

WELCOME TO THE GROVE AT VALHALLA!

Located on a lush and scenic campus in the town of Mount Pleasant, The Grove at Valhalla provides a peaceful and tranquil setting to recuperate following a hospital stay. Located near many major highways, The Grove at Valhalla is conveniently situated and easily accessible from many area hospitals.

Our Center features two subacute care units and two long term care units, and our stellar rehabilitation program significantly enriches the health and well-being of our residents by delivering specialized therapies to bring them rapidly back to optimum health.

With an expansive rehabilitation gym, elegant private and semi-private suites, beautiful grounds, and an array of comfort-enhancing services and amenities, residents enjoy high caliber, proactive care in our upbeat, optimistic setting.



THE GROVE AT VALHALLA
REHABILITATION AND NURSING CENTER

OUR MISSION

is to foster and provide unprecedented levels of genuine care and customer service for our community's Rehabilitation and Nursing needs, in a soothing, tranquil and state-of-the-art environment.

The Grove at Valhalla Rehabilitation and Nursing Center experience enlivens our guests' physical and emotional strength through cutting-edge technology and highly trained healthcare professionals to get them back to their fullest potential of ReNEWal™.

Our employees are the vital link; they are the core of excellence in the care and compassion we are committed to, striving to fulfill the expressed and unexpressed wishes and needs of our guests and their families daily. They are therefore our most precious resource.



THE GROVE AT VALHALLA
REHABILITATION AND NURSING CENTER

61 Grasslands Road, Valhalla, NY 10595
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Please **like** and **follow us** on social media for real-time updates on all the happenings within our community!



RECREATION AND CREATIVE ARTS THERAPY

Every individual is emotionally affected to some degree by a traumatic experience. For patients recovering from an illness, accident, a medical procedure, or any other traumatic experience, it is essential for recovery to address not only their physical needs, but their emotional response to the event as well.

CREATIVE THERAPIES AND ACTIVITIES INCLUDE:

- Art Therapy
- Movement Therapy
- Music Therapy
- Pet Therapy
- Garden Club
- Wine and Cheese
- Summer Barbecues
- Weekly Concerts
- and much more

These modalities and the overall creative process are utilized to foster health, communication and expression. By utilizing these creative arts, we help patients build their self-awareness and maintain their optimal level of emotional, physical, social and cognitive functioning.



SHORT TERM REHABILITATION: A REVITALIZING REHABILITATION ENVIRONMENT OPTIMIZED FOR YOU!

Individuals recuperating from surgery or illness regain their independence and functionality at The Grove at Valhalla. Every patient's singular needs are addressed in a well coordinated personal plan of care. Our multidisciplinary team works together to optimize each individual's overall health, using progressive technology and strong fundamental rehabilitation techniques.

PATIENTS BENEFIT FROM:

- Physical, Occupational and Speech Therapy
- Large Rehabilitation Gym with Cutting-Edge Equipment
- Highly Trained Rehabilitation Personnel
- Accelerated Care Plus
- Comprehensive Discharge Planning and Post-Discharge Follow-up

OUR SPECIALIZED REHABILITATION EXPERTISE ENCOMPASSES:

- Total Hip and Knee Replacements
- Status Post Fractures
- Stroke Recovery, overseen by a Physiatrist (specializing in Brain and Spinal Cord injuries)
- Neuromuscular Disorders
- Cardiac Rehabilitation
- Neuro Rehabilitation
- Pulmonary Rehabilitation
- LVAD Care

Our goal-oriented approach is to get you back home to leading the life you love, as quickly as possible.

LONG TERM CARE: MAKING EVERY RESIDENT FEEL AT HOME!

Staffed by caring and attentive professionals, The Grove at Valhalla provides familiar, all-embracing care in a welcoming home-like environment. Residents are assured 24-hour skilled nursing care, as well as that all of their needs are met with warmth, dignity and respect. Our individualized care plans are designed to realize the full potential of each resident.

We pride ourselves on enhancing our residents' quality of life, and provide an array of opportunities for recreation and socialization.



INDIVIDUALIZED PROGRAMS TO HONOR OUR VETERANS

To ensure the comfort of our revered Veterans, we expend every effort to create a tailored environment attuned to their every need. We are honored to serve those who served us.

Our special Veterans programs include:

- Special Activities
- Reminiscence Therapy
- Vet Chat Groups
- Walls of Honor
- Video and Print Memoirs
- Emotional Support
- Family Services

RESIDENT'S VOICE

"Terrific place. Staff is great, food is great, they treat us with dignity - everyone works so hard!"

-Nancy and Alfred D., Patient and His Wife