



COBBLE HILL LIFECARE™

Cobble Hill
health center

COBBLE HILL CONNECTION

A Message From Our CEO, Donny Tuchman



Welcome to Our Fall Newsletter!

As we embrace the fall season, I am pleased to share the many wonderful things happening within our Cobble Hill community.

Whether our patients are receiving care at Cobble Hill Health Center or in their own homes through *Your Choice at Home*, they can always rely on compassionate, high-quality care delivered with genuine dedication. It is both our privilege and our passion to serve our patients and their families.

This season invites reflection and gratitude, and I am especially thankful for the warmth, kindness, and generosity of spirit that has become the essence of Cobble Hill LifeCare. Our residents and patients continue to inspire us with their resilience, stories, and spirit. Our devoted staff consistently go above and beyond to provide care with heart, while our families remain valued partners in helping us create a true home for everyone.

Together, we have built a truly remarkable community. As we look ahead, let us continue to celebrate the small moments that make a lasting impact. Thank you for being an integral part of our community and for sharing in our mission of exceptional care.

With sincere appreciation and warm regards,

Donny Tuchman
Chief Executive Officer
Cobble Hill LifeCare



Stay Well

Fall is here, so can winter be far behind? Here are some tips to make sure you weather the weather safely.

- Get a plumber to check your heating system. You may be living in your house for decades and you don't want your boiler conking out on the coldest day of the year.
- Ask your doctor if it's safe for you to shovel snow. It's great exercise, but for some people, it might be too strenuous.
- If you have Diabetes your blood flow may be impaired, making you more susceptible to frostbite. So make sure when you go out you are dressed warmly.
- Stay indoors when it's slippery outside. Falls on ice can happen at any age, but they can be devastating to older adults.

Behind the Scenes



There are many staff members at Cobble Hill who work diligently behind the scenes to ensure that our facility is running smoothly and efficiently.

My name is **Tina Hatzopoulos, MPS, RHIA** and I have been working at Cobble Hill for 15 years as the Director of Health Information Management. My job is to make sure all patient health records are secure, accurate and private. I ensure compliance with federal and state regulations while promoting best practices in data and privacy.

I collaborate closely with clinical, managerial & administrative staff. Training and mentoring staff is one of my greatest priorities, as I believe in building a knowledgeable and empowered team. Our department thrives on open communication, respect, and shared accountability. We celebrate each other's successes and work together to overcome challenges with creativity and professionalism. The teamwork in our HIM department is the foundation of our success and the reason we consistently meet and exceed organizational goals. Our team at Cobble Hill is dedicated to quality, integrity and excellence in health information management. I am proud to lead them.

A BIG Shout Out to my AMAZING staff!

Meet Our Administrator: David Lider, LNHA

At Cobble Hill Health Center, leadership isn't just about managing a legendary facility, (we're coming up on our 50th anniversary!) it's about building a culture of care and collaboration. Administrator David Lider, exemplifies that spirit.

David's steady vision and people-first approach have made Cobble Hill a true community of excellence. With more than a decade of experience in healthcare and a passion for building strong, resident centered teams, David brings both strategic insight and heartfelt dedication to his role.

Known for his hands-on leadership style, David believes in open communication and accessibility. He gives every resident and many family members his cell phone number so they can reach him directly. He takes pride in fostering trust and transparency, ensuring every resident and family member feels supported.



Q: What attracted you to Cobble Hill?

A: Cobble Hill has an outstanding reputation for compassionate, quality care. I was drawn to the organization because it is mission-driven and, as a not-for-profit, uses resources to improve the lives of our residents. Many of our staff entrust us with their own family members, which says everything about the level of confidence people have in this organization.

Q: What's your approach to leadership?

A: My leadership is built on staff members who take pride in what they do and are truly compassionate and care for every resident. I believe in implementing procedures that work and in leading by example. My role is to ensure that every department understands how their work contributes to the bigger picture and to support them in doing their best for our residents. Communication and collaboration are key.

Q: What do you find most rewarding?

A: Seeing new residents come in, watching them regain strength, and getting to know their stories. Every day brings something new, and every success, big or small, reminds me why we do what we do.

Q: How do you connect with residents & families?

A: I meet every new admission personally and I'm on the floors every day, meeting family members and introducing myself to them. I give them my cell phone number. I want them to know they can reach me at any time. Building those relationships early helps us work together to provide the best care possible.

Q: Can you share a memorable experience?

A: Ruth was a stroke patient who couldn't walk when she came here. She had been an avid walker and was depressed and fearful that she would never regain her full ability to walk again. I visited her regularly and encouraged her as she shared her worries about the future with me. Slowly, with intensive physical therapy, she made progress. I can't forget the joy on her face as she walked out the main door on her own two feet!

Q: What excites you most about the future?

A: The people—our dedicated team and our vibrant residents. There's so much opportunity to continue improving systems, expanding programs, and keeping our focus where it belongs: on care, compassion, and community. I look forward to every new day.

| Voices of Gratitude

“

My wife Edith has been here 2 years because she broke her ankle and we lived on the fourth floor. She wasn't eating and began exhibiting symptoms of Alzheimers. I could no longer provide her with the care she needed. Now she is eating and is much more awake. I'm here every day, twice a day. I got to know the staff very well. They are wonderful. I am so grateful to Cobble Hill Health Center.”

- John Lonergan

“

My father came here and on the first floor he is being taken care of so well. When he had to go to the hospital, while he was there he kept saying I want to go back! I give them 100% for the way they care. Wonderful staff and management!”

- Victoria Trevino

“

I come to see my sister often. The social workers are so caring and the nurses as well. She is doing great and will be going home. I'm satisfied with the care she received.”

- Greg Bowman

“

Melinda the patient representative was so helpful and kind to me. Liza my nurse is very caring. I really like the physical therapy. I'm doing stairs. I really enjoy the activities.”

- Maxine Lynch

“

Everybody has been very kind and caring. I am walking well thanks to the physical therapy. I've been walking up and down stairs. I've come a long way.”

- Brenda Mason

“

I'm here for long term, almost 6 years, so I can tell you that this is my home. The nurses are wonderful and everyone tries to make me feel at home. Everyone is good to me. If I would leave I would miss everyone. They're like family.”

- Mohammed Mohammed

Did You Know?*

Recently, a spotlight has been placed on America's problem with loneliness and social isolation which are different but related.

Loneliness is the distressing feeling of being alone or separated. Social isolation is the lack of social contacts and having few people to interact with regularly. You can live alone and socially isolated, yet still feel lonely while being with other people. In fact, these “bad feelings” are being called an epidemic and represent a major public health risk for both individuals and society. This is especially true for older adults. The number of older adults age 65 and older is growing, and many are socially isolated and regularly feel lonely while being with other people.

Loneliness and social isolation are associated with higher risks for:

- High blood pressure
- Heart disease
- Obesity
- Weakened immune function
- Anxiety
- Depression
- Cognitive decline
- Dementia, including Alzheimer's
- Death

According to a recent nationwide survey by the Harvard Graduate School of Education, the underlying causes of loneliness are:

- **Technology** — 73% of those surveyed selected technology as contributing to loneliness in the country
- **Living in a society that is too individualistic** — 58% named this as a cause of America's loneliness problem
- **People are overworked or too busy or tired** — 62% surveyed picked this concern
- **Insufficient time with family** — 66% chose this issue as a reason for loneliness in America
- **Mental health challenges that harm relationships with others** — 60% of people rated this as a significant problem
- **No religious or spiritual life**
- **Too much focus on one's own feelings**
- **Changing nature of work — with more remote and hybrid schedules** — were perceived causes of loneliness selected by around 50% of people who participated in the survey

*According to the National Institute on Aging.

In our next issue we will explore ways to prevent and overcome feelings of loneliness and isolation.



No Place Like Home

"My mom is in her 80's and is extremely active. But when she developed a wound on her leg, she became very depressed and stopped talking. Your Choice at Home sent in Carla, a wound care nurse, and Frank, a physical therapist. He worked with her with such patience and caring that in a week she was back to giving me an argument loud and clear because I had forgotten her Wall Street Journal! Thank you!"

When patients return home from the hospital or from a skilled nursing facility like Cobble Hill, they may need help until they have fully recovered. Our certified home health care agency, Your Choice at Home, provides that assistance to hundreds of patients. **Dmitry Sidanov**, YCAH Director, and Director of Operations, **Ruth Damour**, work closely with doctors and social workers to ensure that patients have the care they need at home as soon as they arrive home.

What services do you provide at home?

We provide skilled nursing care and physical therapy. We send in a nurse to care for the patient's clinical needs like monitoring blood pressure, and a physical therapist who will help the patient recover function.

Some patients have no family to help. What about bathing and meal preparation?

We partner with many licensed home health care providers who will send in-home health aides to take care of the patient's daily needs.

We have a diverse population in the city. How do you make patients feel comfortable with the caregiver?

Before we assign a patient to our caregivers we take into account what language the patient speaks and what ethnicity they are. Our caregivers come from the communities they serve. They speak Mandarin, Creole, Spanish and Russian just to name a few.

Who pays for these services?

We accept most insurances and advocate for our patients to receive the maximum benefits coverage.



COBBLE HILL LIFECARE™

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at home



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Recreation Roundup

Pink bracelets and cotton candy mocktails for Breast Cancer Awareness

Our community proudly joined the fight against breast cancer with a day of pink! Residents and staff sipped on cotton candy mocktails, designed their own pink bracelets, and shared valuable insights.



Oktoberfest with live music

Residents and staff came together to celebrate Oktoberfest with cheerful tunes, laughter, and a festive spirit that filled the halls. The live music brought everyone to move along with the joyful rhythm!



Armchair travel brings the world to our residents, one destination at a time!

From the rolling green hills of Ireland to the vibrant colors of Ecuador, our residents explored new cultures and traditions, all from the comfort of Cobble Hill. Armchair travel lets every journey begin with curiosity and end in connection.



Enjoying a pub crawl filled with big smiles and a fun mix of drinks

Cheers to good company! Our Cobble Hill pub crawl was full of laughter and tasty beverages, proving that you don't have to go far to find great spirits and great fun.



A special visit from Miss New York USA

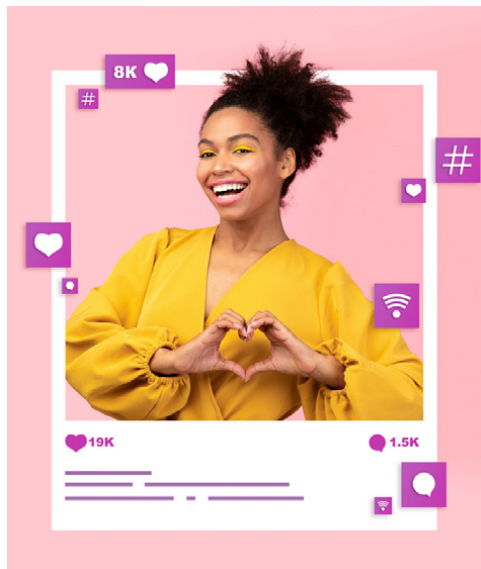
Smiles lit up the room as Miss New York USA stopped by to meet residents and staff. Her warmth and grace made the day unforgettable; a reminder that kindness and beauty come from the heart.



Every gift brings comfort and dignity to someone in our care.



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