

How Calvary Hospital Cares

Calvary is the first and only U.S. hospital dedicated to the palliative care of adult patients with advanced cancer and other life-limiting illnesses.

To date, we have provided end-of-life care to more patients than any other single entity in this country. We have a 120-year track record of providing excellent end-of-life care.

CalvaryCare may be obtained at our four inpatient locations in the Bronx, 25-bed Brooklyn campus, Manhattan and Queens.

We also offer home care

and hospice in private homes, nursing and assisted living facilities in New York City, Westchester, Nassau and Rockland counties.

As needed, Calvary@Home can facilitate a seamless transition for patients into our four locations.

Since 2001, Brooklyn residents have been able to obtain CalvaryCare in several ways:

- Inpatient care at our 25-bed Brooklyn Campus;
- Home Care and Home Hospice where they reside; and
- Participating in free bereavement support groups in downtown Brooklyn for adults, children, tweens and teens.



Photo © Calvary Hospital

▲ Calvary cares for the medical, emotional and spiritual needs of thousands of patients and families each year.

Here's what people say about our care: "When my dad and then my mom were both stricken with cancer, we took them to the only place on earth that could

relieve their suffering - Calvary - in the place they loved the most - Brooklyn. Both times, you gave them back the quality of life they deserved." - Joey P.

"Your expert Home Hospice staff alleviated my mother's suffering. The Calvary nurse, social worker, and rabbi provided wonderful compassion and reli-

giously appropriate, first-rate, end-of-days medical care. You did not delay Mother's death; you prolonged her quality of life." - Leon M.

CalvaryCare is made possible by the generosity of our supporters.

To learn more about CalvaryCare in Brooklyn, please go to: <https://www.calvaryhospital.org/brooklyn-campus/>

For details on admission, go to: <https://www.calvaryhospital.org/admissions/>

To support Calvary's mission, please go to: <https://www.calvaryhospital.org/ways-to-give/>

Stay in touch with us. Our Facebook, LinkedIn, Instagram and Twitter handle is @CalvaryHospJobs.



"There was no better caregiver on earth than our mom. At the end her life, there was no better place than Calvary."

"Our mom, May Houlihan, was a consummate caregiver. While the safety, health and well-being of us, her family, was her highest priority, she embodied a tireless passion for helping those in need. This included her volunteering at her beloved Calvary Hospital. She was always there, for everyone. So it was only natural that during her final days, Calvary was there for her. Your expert staff provided comfort and care...warmth and love...making her last days on earth peaceful and pain-free. It was the dignity and compassion that she deserved so very much. There's no question that the world is a better place because of May Houlihan. Just as it is a better place because of Calvary."

- The Houlihan Family

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For more information call 718-518-2000 or visit www.calvaryhospital.org/ourstories

**CALVARY
HOSPITAL**

Where Life Continues

1740 Eastchester Road, Bronx NY 10461 • (718) 518-2300 • www.calvaryhospital.org

Brooklyn Campus • Calvary@Home (Home Care/Hospice)
The Dawn Greene Hospice at Mary Manning Walsh Home in Manhattan • Ozanam Hall of Queens Nursing Home
(Calvary@Home programs are Medicare-certified and contract with most major insurances)

Don't Forget About Your Feet

(StatePoint) - Among older Americans, falls are the number one cause of injuries and death from injury, according to the Centers for Disease Control and Prevention. Not only are seniors more at risk for falls, when they do so, it poses a greater risk for injuries, hospitalization and complications.

For a ground-up approach to fall prevention, seniors should start by examining

the health of their feet.

"Painful foot conditions, such as osteoarthritis, corns, bunions, hammertoes and diabetes complications, can make it difficult for seniors to maintain balance and coordination when walking or standing," says Michael Ambroziak, DPM, FAC-FAS, a board-certified foot and ankle surgeon and Fellow Member of the American College of Foot and Ankle Surgery

(ACFAS). "Compounding the issue is that the very exercises intended to correct risk factors for falls, such as lower-body weakness, as well as gait and balance problems, are made difficult to perform when one is suffering from painful foot and ankle conditions."

While the factors causing falls are numerous, experts say that seniors, and everybody for that matter, can take steps to reduce their risk by minimizing or even eliminating foot pain.

Doing so will improve balance, coordination and stability when walking or standing.

Foot and ankle surgeons recommend the following ways to help keep feet and ankles healthy:

- Don't ignore pain: Foot pain is not just a normal consequence of growing older, so don't resign yourself to aching and suffering. You likely have a treatable condition. For a proper diagnosis and intervention, be sure to pay attention to your feet and see a foot and ankle surgeon if and when you experience pain.

- Examine your feet: You are the gatekeeper of your own health, making

► See Page 15A