



Masonicare at Newtown

Heart Failure Program

Masonicare at Newtown provides exceptional support for patients dealing with Heart Failure. Our program uses an interdisciplinary approach that encompasses diet, education, exercise and therapy to help patients anticipating discharge home to obtain and maintain optimal health.

For more information on Masonicare at Newtown's Heart Failure Support program, or to make a referral, please contact Kristen Mitchell at (203) 364-3211.

- ♦ *On-site staff Medical Director, Yvette Fernandez, MD, and Nurse Practitioner, John Lujanac, APRN, with coverage 24/7*
- ♦ *Affiliated with Masonicare Home Health, an agency with proven outcomes managing heart failure patients and decreasing hospital readmissions*
- ♦ *Telehealth initiated in skilled nursing setting to get patient accustomed to self-management in preparation for going home*
- ♦ *Customized exercise program under the direction of a certified Physical Therapist and Occupational Therapist*
- ♦ *Dietary consultation for individualized menu planning*
- ♦ *Four-part patient educational series consisting of:*
 - ~ *Diet: Preparation of low-sodium recipes with a Registered Dietitian and chef for patients and families to learn how to manage at home*
 - ~ *Managing medications/ supporting chronic illness*
 - ~ *Telehealth monitoring and how it can help you stay out of the hospital*
 - ~ *Exercise conservation and management to perform activities of daily living*
- ♦ *Heart Failure Support Group*
- ♦ *Care by specialty trained nurses using best practice standards*
- ♦ *Individualized care planning meetings with patients and families*
- ♦ *Homecare Transition Nurse visits patient in facility to establish continuity of care as they transition to home*
- ♦ *MD appointments with community physician arranged prior to discharge*

**Masonicare
at Newtown
139 Toddy Hill Road
Newtown, CT 06470**

*Convenient to Routes
25, 34, and I-84 in
Newtown.*