



Heritage Home For Women – Schenectady

1519 Union Street, NY 12309 • (518) 374-6921 • www.heritagehome4women.net

The Heritage Home for Women has a long and interesting history in Schenectady. It was formed in 1868; three years after the Civil War when residents of Schenectady saw a need for a caring environment for older women. The home was originally named "Haven of Rest" and was located in the historic Stockade area.

In 1901 the name was changed to "Old Ladies Home" and in 1905 the home was moved to 1519 Union Street where it remains today. But it took until 100 years later, in 1968 when the name was changed (again) to "Heritage Home for Women".

Today 36 women reside at the Home, which is a licensed adult home that is regulated by the NYS Department of Health. It is overseen by a Board of Trustees. For those who have not been to the Home; it is a beautiful old structure featuring all of the modern needs of a unique assisted living facility. It allows older women to live independently and with the freedom of enjoying life without the cooking, cleaning and maintenance of their own home. Some of the women are in need of assistance and personal care, while others prefer the companionship of others.

Jane Schramm, the Administrator of the Home, shared that "The mission of Heritage Home for Women is to provide exceptional care and friendship to older women in a safe and nurturing environment. The Home exists to assist older women with modest incomes."

Heritage Home provides their residents with a very caring staff who attend to their special needs with 24-hour, 7 day a week supervision in a friendly and homelike

setting. For those who need extra care, there is attentive and friendly staff available around the clock to lend a helping hand. Heritage Home for Women maintains a staff of 32. Ms. Schramm is proud of the staff of the Home and feels that you won't find a more consistent, caring, and dedicated personal care team anywhere. The staff consist of 17 C.N.A.'s, Medical Technicians, and other support staff for the 36 Residents; many them have been with Heritage Home for Women for years. "Our Home is known for having extraordinarily high staff morale and retention", shared Ms. Schramm.

Personal Care Aides assist with dressing, bathing, toileting, hygiene, oral care, grooming, nail care, making beds, and straightening rooms and closets. Laundry staff washes the residents clothing, iron, and help organized resident's rooms and personal belongings. The housekeeping staff keep the house clean and tidy daily, with weekly cleaning of each resident's room. Maintenance staff help with items such as hanging pictures, moving furniture or changing a light bulb.

Residents are ambulatory and are often seen walking the grounds or sitting on the front porch watching the neighbors and busy street. Meals are provided in a formal yet comfortable dining room with many opportunities for conversation, friendship and activities. The Home's professional activity staff, offer a full calendar with a variety of daily activities for the Residents.

Heritage Home extends in-house physician services to their residents. Dr. Mina Sun and Dr.V. Rao Voleti visit patients regularly, as well as local podiatrist Dr. Stephen Lam.

Volunteers are always welcomed and appreciated. They are an integral part of the home assisting in providing various activities for the Residents sharing their diverse skills and talents, (such as music appreciation, health & wellness activities photography, travelogues, arts & crafts or puzzles and games).

Many caring and supportive individuals have contributed to the success of Heritage Home for Women's mission, thus enabling them to establish an endowment. Ms. Jane Schramm shared that "The endowment allows the Home to assist women with modest incomes by subsidizing a portion of the facility charges. It is our hope to continue this tradition of caring for future generations."

Supporters may purchase a flower for the home's Giving Garden in their name, a loved one's name, or in recognition of a staff member. Planting the seed of thanks through a special donation is a wonderful way to show how the staff has provided the kindness and care a loved one has received as well as, a way to remember a loved one.

The following captures how families and Residents feel about the Home. "I wanted to take a moment to let you know how much I have appreciated the many, many, kindnesses shown to my Mom during her four years at Heritage Home for Women. When it became apparent that my mom was unable to live independently, I began my search for a residence that would most likely be her last home. As you can imagine, this was difficult and emotional.

As soon as she moved into the Heritage Home for Women, I saw an immediate change in her attitude. She was happier and enthusiastically engaged in every activity! She raved about the meals, and made many friends. I no longer felt overwhelmed by her care, and our times spent together were truly joyful instead of involving some chore or doctor appt. My mom often told me she felt like "royalty" or that it was like living in a hotel!

She worked hard her entire life, retiring at age 70. I often tried to think of things to make her life easier, and really believe that the best gift I ever gave my mom was finding Heritage for her. Those four years are certainly four of the very best of her life. I can never, ever, thank the staff at Heritage for all they did for both my mom and for my family. Please let everyone know how great my appreciation is for the wonderful years they contributed to.

- Rosemary Stedman, *daughter of Helen Kenny, past Resident of the Home*

To learn more about the Heritage Home for Women, please visit their web site at www.heritagehome4women.net , stop in or call (518) 374-6921.