

Celebrating 75 Years of Health & Healing



Dear Friends,

For 75 years, the Sitrin Health Care Center has been a cornerstone of care and compassion in our community. It's a milestone made possible by the trust of our community, the dedication of our providers, and the generosity of our supporters.



Marc DePerno

Vice President
Foundation & Communications



Since opening our doors in 1951, Sitrin has been rooted in a simple yet powerful mission: to care for our neighbors with compassion and excellence. From our beginnings as a six-bed nursing home, to becoming a comprehensive healthcare facility with a wide range of inpatient and outpatient services, Sitrin has grown alongside the community we serve.

Today, we stand proudly as one of the few remaining not-for-profit healthcare systems in our region. In a time when many small nursing homes have closed or been absorbed into larger systems, our continued presence reflects the strength of our leadership, the support of our community, and the dedication of the incredible individuals who make this organization run every day.

Our journey has been defined by milestones in innovation, dedication, and growth.

However, our work is far from finished. We are excited to highlight our history with you and are thrilled to reveal our newest project, Memory Care. This \$17 million state-of-the-art facility will provide a homelike setting and meet the unique needs of older adults diagnosed with Alzheimer's disease or other forms of dementia. Groundbreaking is planned for April 2027 with completion by June 2028.

We invite you to explore the journey that shaped our legacy and continues to inspire our mission today, as well as review unique giving opportunities through the Sitrin Foundation that honor the past while investing in the future of local healthcare.

Together, let's continue building a healthier tomorrow!

With sincere gratitude,





1951

► Hymen Sitrin, his wife Clara and sister-in-law Florence, establish a six-bed residence for the elderly and infirm of Jewish faith naming it after Hymen's brother and Florence's late husband, Charles Theodore Sitrin, the president and general manager of National Accessories (later known as National Auto).



1957

► Recognizing the need in the community, the Charles T. Sitrin Home for the Aging doubles its capacity to 12 beds.



1966

► Once again, the Sitrin Home grows to 30 beds providing personalized, compassionate care.





1974

- Sixty-three beds are added to provide long-term care to 93 members of our community.
- Introduces the region's first medically-affiliated Adult Day Health Care Program making it possible for people to continue living at home while receiving personal care, nutrition, and therapies at Sitrin.



1988

- An 18-bed skilled nursing unit opens increasing overall capacity to 111 beds.



1991

- Two special needs residences are constructed to accommodate 24 individuals with intellectual disabilities and medically complex conditions.





1992

- The 18-bed skilled nursing unit expands to 80 beds, increasing the overall bed capacity to 173.

1995

- A 24-slot child care center is created and utilized equally by staff and the community.

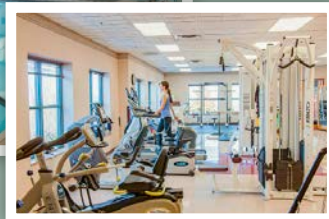


1997

- The Sitrin Medical Rehabilitation Center opens providing the most comprehensive services in the region including inpatient post-acute rehabilitation and outpatient programs such as physical and occupational therapy, psychological services and specialty clinics.

2000

- Smile! An outpatient dental clinic opens in the Medical Rehabilitation Center.



- Making a splash, the Wellness & Aquatic Center is introduced providing community access to the state-of-the-art fitness facility.

2001

- The Sitrin STARS (*Success Through Adaptive Recreation & Sports*), the region's first adaptive sports program for individuals with physical disabilities, is created providing many opportunities for competition, both nationally and internationally.





2003

► Sixty-four children are welcomed into the new and larger child care center on the main campus to meet increasing needs from local families.



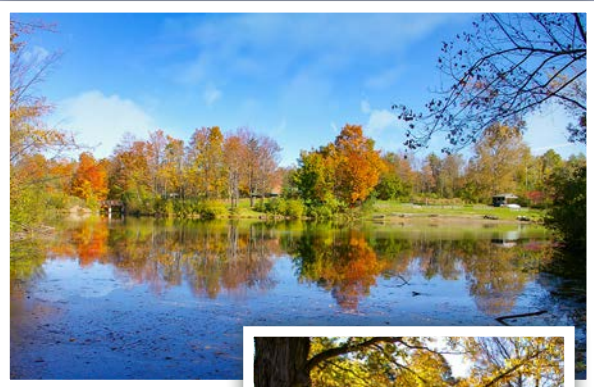
2009

► The Cedarbrook Assisted Living Complex opens, offering 44 one- and two-bedroom apartments for people 62 years of age or older.



2006

► Sitrin acquires the former Camp Pioneer, a 142-acre campground in Frankfort. Renamed Camp Sitrin, the property is used by Sitrin's long term care residents and community-based programs for summer activities.



► Nine long-term care houses are created to transition residents from nursing home units to a home-like environment. This new model of care, the first approved by the New York State Department of Health, represents an entirely unparalleled approach that dramatically alters the concept of long-term care.



2010

- The inpatient medical rehabilitation unit is renovated and expands to 46 private patient rooms.



2016

- Sitrin NeuroCare, Upstate New York's only specialized long-term care program for individuals with Huntington's Disease and Amyotrophic Lateral Sclerosis (ALS), opens a 32-bed unit becoming one of only three in New York State.



2011

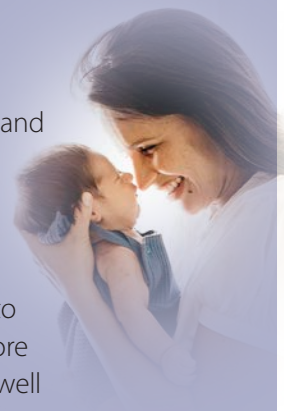
- The Military Program is launched to serve the rehabilitation and civilian reentry needs of post-9/11 injured service members and veterans. All services are provided at no cost thanks to donors and fundraising initiatives.



2025

- A place for veterans to enjoy nature therapy, Camp Sitrin adds four cabins to create a Cabin Community for indoor/outdoor activities as well as enjoy overnight stays. This community enables veterans to come together with other veterans, share experiences, provide support, make friendships, and bond with other families.

- New mothers now have someone to answer their questions, share experiences and bond with! The Maternal Health and Infant Wellness Program is introduced and designed to make the transition from pregnancy into motherhood and beyond more manageable for all moms as well as provide assessment of infant milestones and development.



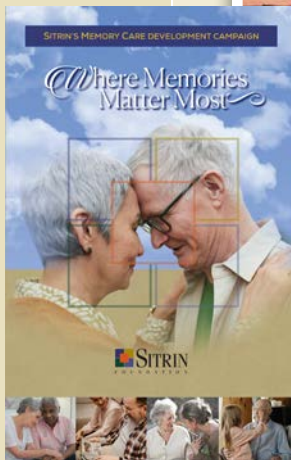


2026

► Sitrin announces plans to create a 40-bed Memory Care facility to support older adults diagnosed with Alzheimer's disease or other recognized forms of dementia. The \$17 million project will incorporate a unique and highly structured environment, stimulating programs, cutting-edge technology, and comprehensive staff training. Groundbreaking is planned for April 2027 with completion by June 2028.

Currently, there are only 80 Memory Care beds in Herkimer and Oneida Counties which are consistently at full capacity. With this new facility, Sitrin is uniquely positioned to meet the growing needs of the aging population throughout Central New York.

Would you consider making a gift to our capital campaign to help us build this critically needed program? Your contribution would go a long way with supporting the unique needs of those affected by dementia. Please refer to the enclosed envelope for giving opportunities.



Also!

Please Join Us!

Join us for Mohawk Valley Gives on September 18, 2026. This 24-hour day of online giving, powered by the Community Foundation of Herkimer and Oneida Counties and UpMobility Foundation, unlocks additional funding and matching awards for Sitrin Memory Care.



For more information, visit www.givemv.org