

Our Complex Care Team:



Maureen Orlando, RRT
Registered Respiratory
Therapist



Mirja Tupas, RN
Transitional Care Nurse



Francis Lijadu, RN
Regional Clinical Director

Touchpoints Rehab is an innovative provider of skilled nursing and rehabilitation that specializes in congestive heart failure (CHF) and pulmonary rehabilitation.

The Touchpoints team works closely with and accepts referrals from all area hospitals as well as placement state and nationwide.

Our clinical team is well versed in a vast array of disease processes which includes diabetes management, wound management, COPD, hip and joint replacement, CHF, and many others.

Touchpoints Rehab also provides outpatient therapy, long term care and behavioral health services.



Touchpoints at Bloomfield
140 Park Avenue • Bloomfield, CT 06002



Touchpoints at Chestnut
171 Main Street • East Windsor, CT 06088



Touchpoints at Manchester
333 Bidwell Street • Manchester, CT 06040



Congestive Heart Failure Rehabilitation Program

Touchpoints
Rehab

Bloomfield • East Windsor • Manchester

Enriching Lives!

iCare
HEALTH NETWORK



The Congestive Heart Failure Rehabilitation Program

Following a hospitalization for heart failure, patients may benefit from receiving care and rehabilitation in a post-acute, skilled nursing care center. Such a stay helps to regain strength, manage the challenges of the disease and avoid readmission to the hospital.

Through Touchpoints Rehab’s comprehensive heart failure program, patients receive personalized care from our own multidisciplinary team, with attention to optimizing medication therapy, enhancing knowledge of chronic disease and increasing exercise tolerance.

Touchpoints Rehab offers both inpatient and outpatient programs designed to optimize therapy, promote recovery, and provide ongoing quality of life for patients experiencing congestive heart failure.

“The lives of the residents of our program and their families shall be enriched by having received distinctive care and services, suited to meet their unique needs through specialized staff training, social engagement activities, and in an environment centered on their health, comfort, and safety.”

Mirja Tupas, RN

Mirja Tupas, RN has been a dedicated nurse for 15 years, with a particular passion for working with the geriatric population.

Her commitment to nursing is a family tradition, as she comes from a long line of healthcare professionals.

Mirja’s nursing career is marked by her exceptional ability to connect with her patients and their families. She is particularly skilled in managing complex cases, where her attention to detail and patient-centered approach makes a significant difference in patient outcomes.

Outside of her professional life, Mirja is an avid traveler and enjoys documentaries and museums. She values teamwork and is committed to ensuring positive outcomes for her patients, taking pride in the collaborative effort it takes to achieve success in patient care.



For more information on our congestive heart failure rehabilitation program or Touchpoints Rehab care centers, please call

860-812-0788

or visit

Touchpointsrehab.com



Program Benefits and Personalized Care:

- Skilled delivery of IV treatment modalities including Lasix, Bumex, Dobutamine and Milrinone therapies
- Frequent lab value monitoring
- Continuous clinical assessment and monitoring by complex care nurse
- Disease management education for patient and family including diet, symptoms, Zones and fluid restriction modules
- Heart healthy menu
- Daily weight tracking and trending
- Physical, occupational and speech therapies
- Customized care, home support and discharge planning

