

Hoarding Seminar - part 2 of the sought after seminar Hoarding Behavior: From Clutter to Chaos by Marcie Cooper, MSW, LCSW was held at Green Hill Inc. on Oct 8th. Ms. Cooper is the founder of The Hoarding Disorder Institute.



Ms. Cooper and Green Hill director of marketing Stephanie Addison.



Dinner is served to guests before touring the Green House Homes and learning more about hoarding behavior.

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The role reversal aspect of a caregiver's experience is a common challenge. If you respond to your parent as a child the parent's behavior will ultimately mimic a child's. If you continue to treat your parents as an adult, their reaction to your instructions will more often be responded to with adult behavior.

Parents will look to the caregiver for clues on how to act as they no longer can trust their own judgment. If you become angry or impatient with your parent, or with people around your parent who provide support in their care, know the parent will mimic your behavior. It's important for adult caregivers to keep in mind when taking care of their elderly loved ones to treat parents with respect. Provide your elder with some areas of choice and control in their daily lives.

Engage your parent in their financial or health care decisions as long as possible. Do your best to respect their wishes in regard to their finances and health care, and involve them in any important decision making processes such as home health care, long-term nursing care, powers of attorney documents, and end-of-life wishes.

Assume that your parent can understand you and take the time to explain what's happening. Never discuss your parent with another person in the room as if they are not there. Avoid talking or treating your parents like children. Know that certain medical conditions such as dementia as well as some medications may alter your

parent's personality or attitude, and respond accordingly.

Remember to take the time to put yourself in your parent's shoes. Reflect on how you would like to be treated regardless of physical or mental limitations. Your parent deserves to be treated with respect, compassion, and dignity. A support group can be a lifeline for caregivers. You do not have to face the challenge of caring for an elderly parent alone.

For more information on this article and a list of resources visit www.greenhillpressroom.com.

Affordable Care Act, continued from page 2

of the Affordable Healthcare Act. There will be many 'scammers' out there who will try to take advantage of the confusion and misinformation around this new legislation. If you are a senior citizen with Medicaid or Medicare coverage, or a private or employer funded health insurance plan you need to take no action at this time to be in compliance with the Affordable Healthcare Act. For more information about the Affordable Healthcare Act or to enroll visit www.healthcare.gov.

Sources and additional information on this subject can be found at www.greenhillpressroom.com

NEWS FROM GREEN HILL, INC.

Fall Issue 2013



Discover new styles of senior living



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CLARIFYING THE AFFORDABLE CARE ACT FOR SENIOR CITIZENS

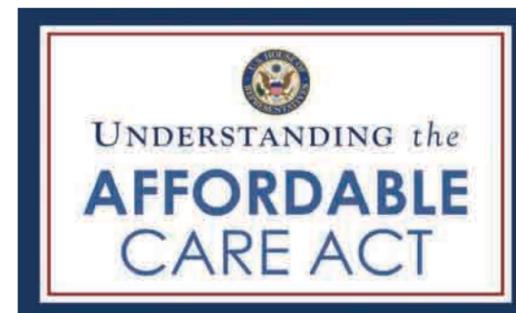
"About 17% of seniors incorrectly believe the Affordable Care Act replaces their Medicare with insurance policies purchased on line through the state and federal health insurance exchanges according to a study released exclusively to USA TODAY.

The Affordable Care Act (ACA) is legislation that seniors need to understand so they don't make any unnecessary changes to their healthcare out of ignorance, fear, or as a result of unscrupulous individuals looking to take advantage of the confusion.

The ACA was enacted to enable and require those persons that do not have health insurance, and who are not provided health insurance by their employers, to enroll in a health insurance plan. No one may be turned away for pre existing conditions. All uninsured persons will have to pay a yearly fine if they do not purchase health insurance. This enrollment of the uninsured is believed to reduce the overall cost of health care for the majority of citizens.

For those who do not have healthcare insurance the initial phase begins Oct 1st and runs through March 2014. An uninsured citizen or legal resident may select a health insurer from a list of state or federally assigned providers. New Jersey elected not to participate in setting up its own health insurance co-op so New Jersey residents will choose from the Federal list of providers on a web site exchange on www.healthcare.gov. Rates do vary by region of the country for similar services and one may choose moderate to high levels of coverage. The law provides tax credits based on income levels.

For our seniors if you already have health insurance provided by Medicare you do not need to do anything. You are already covered and your benefits will not change whether you are enrolled in traditional Medicare or Medicare Advantage Plan. Seniors without healthcare coverage should still enroll in Medicare directly through www.medicare.gov.



The Affordable Healthcare Act does expand the eligibility for Medicaid which remains accessible through www.medicare.gov. "New Jersey has about 1.2 million people enrolled in Medicaid. According to the Urban Institute, and additional 307,000 will be eligible because of the law's expansion of the Medicaid program," as stated in the Star Ledger Guide to Obamacare.

For most people, seniors included, prescription drug costs in the 'doughnut hole' coverage gap will not increase but is legislated through the 'Act' to decrease. "The law closes the infamous Medicare Part D prescription drug 'doughnut hole,' in which Medicare beneficiaries paid full price for prescription drugs after exceeding a certain dollar limit each year. Now enrollees who reach the doughnut hole get large discounts, and by 2020, the hole will close." From AARP 11 Myths about Healthcare Reform.

If you have private health insurance or insurance provided by an employer and you would like to see if you can get similar coverage for lower rates you may consider exploring joining an Affordable Care Act plan.

It is important that senior citizens are aware of the facts

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Green Hill is a Non-Profit community for men and women, founded in 1866 in Newark, NJ. Medicaid and Medicare certified.

ELDER EMPLOYMENT: A VALUABLE RESOURCE



An article by the Associated Press, printed in the Newark Star Ledger, stated that employers who hire older adults were finding the experience a profitable one. The article notes that some 200 employers like Google, AT&T, MetLife and others have signed a pledge with AARP "recognizing the value of experienced workers and vowing to consider applicants 50 and over."

If seniors want to return to the job market for professional, social or financial reasons, I caution you to check with your financial advisor first. But if you are given the all clear there are a few steps you will need to take before you begin.

In today's market one often has the option of applying for jobs online and it is the method preferred by most businesses. Yet, the old basics of the job search still apply.

- 1 Have an updated resume highlighting your work skills, job history, (including volunteer jobs) and include your educational degrees, technical abilities, full contact information, references and their contact information.
- 2 Write a brief but comprehensive cover letter that communicates your personality. Be honest about your age and physical abilities.
- 3 Have an email address that you check daily.
- 4 Be strategic when looking for job opportunities. Look online for job listings. Employment opportunities are still listed in the daily newspapers so don't forget to look in the help wanted sections.
- 5 For online applications make sure your documents have your name in the document/file title and are in a word document, or pdf file.
- 6 Make a good first impression.
- 7 Do some research on the company or organization.
- 8 Be prepared with print copies of your resume and examples of your work.
- 9 Be on time.
- 10 Show your enthusiasm and do not discuss salary requests.
- 11 Email a professional thank you note to your interviewer within 24 hours.

Returning to the work force at any age is a challenge. As an older adult you have experience that is unmatched in younger workers but you may have additional challenges as well, including physical abilities, technological knowledge and social security, or other support program conflicts. It's clear that an older adult brings a valuable commodity, decades of experience, to the work force.

For more information on this subject visit www.greenhillpressroom.com



Maries' 90th birthday - Marie Rachel, from Green House 121, had a surprise 90th birthday party on Sunday, Septmber 15th (her actual b'day is September 18th). Her 2 sons Tom & John, and daughter in law Linda, had the party catered, and all of the elders in the house were invited to join in the celebration. The shahbazim also celebrated her birthday on September 18th with a special dinner and cake.



Robert Sohn celebrates his 102nd birthday with his sons, Marty & Jeff, daughter-in-law, Debbie, & two granddaughters, Rachael & Lauren at Green Hill Inc, in West Orange. Mr. Sohn has live at Green Hill since 2008 and hails from Covered Bridge in Manalpan. He is a proud WWII Army veteran.



Matthew Wrobel with activities assistant Ellen Mikell

Beef & chicken tacos, rice & beans and coconut custard pie for dessert was on the menu for the monthly Men's Club meeting at Green Hill

Super Fall Foods From the Green Hill Kitchen

Couscous with Cranberries, Mint and Pine Nuts

Fluffy couscous with fresh herbs, toasted pine nuts and tart cranberries

Yield: 8

- | | |
|-----------|-----------------------|
| 1-1/2 cup | Dried Cranberries |
| 2 Tbsp | Fresh Lemon Juice |
| 1 Tbsp | Olive Oil |
| 1/4 tsp | Kosher Salt |
| 2 cup | Boiling Water |
| 2 tsp | Ground Cinnamon |
| 1 cup | Couscous |
| 2 Tbsp | Chopped Fresh Mint |
| 2 Tbsp | Fresh Chopped Parsley |
| 1/4 cup | Pine Nuts |



In a large bowl, combine couscous with cinnamon, cranberries, salt, oil and lemon juice. Add boiling water, cover bowl and let everything steam for 10-15 minutes.

Toast pine nuts until golden brown; set aside until ready for use.

Separate the couscous with a fork and fold in the fresh chopped herbs and toasted pine nuts.

Chef's Note: Pine nuts are expensive nuts so be careful when toasting them. Best is to toast in a medium hot dry skillet until golden brown and do not leave them unattended. Toasted chopped pecans are a great alternative in this dish.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)	Sat Fat (g)
218.4	3.7	42.1	5.1	0	79.6	3.3	0.5

A Message from the Executive Director

TAKING CARE OF A PARENT WITH DEMENTIA IS A CHALLENGE OF REVERSING THE ROLE BETWEEN PARENT AND CHILD

One of the best things you can do for your aging parent is to become an advocate for them, especially when a parent begins to reveal signs of poor judgment or memory loss and can't take care of everyday activities like feeding or dressing oneself, making phone calls, or cooking. 'Baby boomers' with one hand still used to raise their children and the other responsible for aging parents, have been identified as the 'endless parent'. For these multi-generational caretakers it is important to remember that there is a difference between being an advocate for your parent and running the parent's life as you orchestrate a child's. Treating ones parent like a child can cause depression in the elder and strain the loving bonds between elder parent and grown child. Communication between the elder parent and the child about every aspect of the parent's life must take place early, before full signs of their inability to care for themselves, so that all the wishes of the parent can determined by them and honored by you.



The average age of admission at Green Hill, Inc. in all areas of living from independent to skilled nursing is 89 years of age. The result of people living longer is a rise in the rate of those elders having some type of dementia in their latter years. More adult children are finding themselves faced with a parenting role reversal. This process happens in stages as parents become less likely to respond on their own and look to their children to make all of their decisions for them.

About 4.1 million Americans have some kind of dementia and millions of 'baby boomers' are caring for their afflicted parents. Dementia can range from slight memory impairment to a total loss of identity. The incredible sadness and frustration felt by these caretaking adult children as they experience their parents losing connection to family, and ultimately to themselves, is an overwhelmingly taxing physical and emotional process. A balanced and managed process of caring for an elder with dementia can be accomplished with thought, planning and honesty.

Some of the classic areas of experience in the caretaker dynamic is the feeling of helplessness experienced by both caregiver and elder, due to the lack of control over the dementia and its progression. The single aspect a caregiver can control is how one reacts and responds to this challenge.

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CALENDAR HIGHLIGHTS

- 10/2- Oktoberfest Happy Hour.
- 10/31- Annual Halloween Party with Dj-face painting.
- 11/26- Thanksgiving Cocktail Party with strolling violinist.
- 11/27- Hanukkah discussion followed by happy hour- homemade latkes, lighting the menorah & playing dreidel.
- 11/28- Thanksgiving Day- Macy's Thanksgiving Day Parade on the big screen, AM. Thanksgiving Day feast, PM.
- 12/4- Legacy Building Annual Holiday Party for families & residents.
- 12/10- Green House Homes Holiday Party with families, staff and strolling carolers.

On Sunday Sept 8th, at 1pm the annual Grandparents Day event was held at Green Hill Inc., in West Orange. The carnival atmosphere with a Candyland theme was enhanced by the perfectly sunny and breezy weather, and the giant lollipop decorations on the 20 acre sculptured property and around the Green House Homes neighborhood. Grandparents Day at Green Hill one of a series of intergenerational events held each year brings families together at their grandparent's home at Green Hill.



Dorothy Dalgauer, her daughter Kim Tiernan, and 3 grandsons.



Yetta Kaemmer, her daughter Michele Grodner, and grandson -in-law & great grandchildren



Daughter Carolee Aresco, resident Grace Gerdts, Brianna Camp, granddaughters Tess & Olivia, daughter Melissa Lucanie, and resident Ernie Gerdts