

## GREEN HILL ELDERS ACT LIKE PROS WHEN CAMERA ROLLS

Green Hill Green House elders Marie Rachel and Shirlie De Costanza performed like professionals telling stories and singing songs for the Robert Wood Johnson Foundation camera crew.



From left, Director Sam Green, Shirlie Costanza, Sound Operator Joshua Simon, Marie Rachel, Cameraman Yoni Brook.

## PASSOVER SEDER AT GREEN HILL ON TUESDAY APRIL 26th



Mary Lloyd, Cantor Mel Novick, Ruth Wax.

### New Dining, continued from page 1

Green Hill monitors the elder's quality of life as the most proactive approach to stave off depression and the onset of elder dementia. Keeping active and engaged in the Green Hill community and addressing the issue of hearing challenges is an effective tool in keeping the spirits up of elders and staff.

*Lin FR, Metter EJ, O'Brien RJ, Resnick SM, Zonderman A, Ferrucci L. Hearing loss and incident dementia. Arch Neurol. 2011 Feb;68(2):214-20.*

### Message from ED, continued from page 2

When a new elder joins the Green Hill community they are welcomed with an interview where all of their needs, preferences and desires are explored. It could be as simple as how late they like to sleep in, to what food and snacks they prefer, or even what special skills they would like to explore or contribute to the Green Hill community. Green Hill provides activities that give elders goals, intellectual stimulation, draws on their talents and experiences, and involves them in their immediate and larger communities, including men and women's discussion groups, community volunteer opportunities, an energy conservation program, book discussion, and presentations from experts in their fields. Green Hill also provides fun for

elders including trips, clubs, art and crafts, movies, exercise, dancing and celebrations. Green Hill feeds the spiritual soul with worship and holiday activities for every faith. We also recognize the intense pleasure provided by delicious, varied, homemade meals and snacks provided in restaurant style dining, room service and on-the-go 24 hours a day. Green Hill elders are encouraged to share their needs, likes and dislikes, desires for new activities, anything they want to make their home and experiences more fulfilling to them at community meetings with staff.

All of this is in addition to The Green House® Home program where elders enjoy private rooms with private baths, meals at their own dining room table with their housemates, and 24/7 care from their own family of caregivers called Shahbazim.

The key to providing our elders with fulfilling, healthy and relevant lives is to treat each elder as an individual, cater to their individual needs and issues, and to provide a stimulating, welcoming and open environment where each elder feels they are an important member of the Green Hill community.

To read Mr. Bayne's blog log on to [www.thevoiceofagingboomers.com](http://www.thevoiceofagingboomers.com).

## NEWS FROM GREEN HILL, INC.

### Spring Issue 2013

# Green Hill<sup>SM</sup>

Discover new styles of senior living



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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.

## HEARING LOSS AND COGNITION

In a study by Dr. Frank Lin, MD, Ph.D., of Johns Hopkins University, it is stated "the prevalence of dementia is projected to double every 20 years such that by 2050 more than 100 million people, or nearly 1 in 85 persons, will be affected worldwide". Dr. Lin's recent study on 'hearing loss and incident dementia' was executed to study if there is a causality between the onset of dementia due to the physiological and sociological ramifications of hearing loss. The results of his study showed that 'the risk of incident all-cause dementia increased log linearly with the severity of baseline hearing loss.'

Hearing loss and intervention is a common ailment of the aging process that senior care facilities are charged with addressing. At Green Hill we recognize that elders who can hear are more engaged in the activities and social life at Green Hill. They appear more responsive and participatory in their own well-being and even show more interest in food.

At Green Hill, all elders have their hearing checked on intake and annually, hearing aids for those who require them are obtained and checked regularly. Elders are reminded daily to use their hearing aids so they don't miss out on full participation and enjoyment of activities and relationships.

Elders who can hear socialize more and experience less isolation, and depression than those who don't hear well as they appear to retain their cognitive functions longer. In an article in the New York Times by Kathrine Bouton, she states that in the work of John T. Cacioppo, Director of the Social Neuroscience Laboratory at the University of Chicago, studies have shown that "perceived isolation, or loneliness, is a



more important predictor of a variety of adverse health outcomes than is objective social isolation."

Green Hill staff is trained to make sure that whether an elder suffers from hearing loss or not that they are engaged daily on a one-on-one basis, encouraged to participate in activities and spend time with others, are stimulated with music, arts and crafts, and physical tasks and exercise. Weekly discussion groups on current events are also held.

Green Hill has a hearing loop system in the auditorium, living room and nursing unit in the Legacy building. The hearing loop system or Induction Loop System gives elders access to perfect audio perception without ever having to remove or adjust their hearing aids. The system transmits audio signals directly to their hearing aid, and broadcasts sound that is customized to their ears only. It maximizes the effectiveness of an elder's hearing aid during announcements, presentations, activities, movie nights, concerts and more.

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[www.greenhillpressroom.com](http://www.greenhillpressroom.com)

## WHAT'S HAPPENING

### JAM SESSION HAPPY HOUR

Happy Hour in the Green Hill Sunroom enjoyed an impromptu jam session with elders Sam Paparatto on saxophone joining accordion player Eric Kerssen. Sam has played saxophone for most of his life for fun and as a member of an orchestra. Eric performs monthly for the weekly Happy Hour event. We hope to hear the dynamic duo play again!



Welcome to new Admissions Director Stephanie Addison, pictured here on the right and new Marketing Assistant Addie Goldberg, on left.



### Quilt sections made by elders for Green House Project

Residents of the Green Hill Green House® Homes created four custom quilt pieces in celebration of the 10th Anniversary of The Green House® Homes project. Each open and operating Green House Home in the country are contributing to the Green House Homes quilt which will be on display at the Green House Conference in Boston Mass in November 2013.



## Tips For Seniors by Toni Lynn

### SPRING GARDENING TIPS

It's springtime and the perfect time to plant a patio herb garden.

Herbs are beautiful to look at, add a great aroma to your patio, are easy to care for, inexpensive, and provide nutritious, and delicious flavors to all of your meals and drinks.

For seniors who have patios or back yard areas planting in a raised container on a stand, or a large pot on a table top, will decrease the need to bend over or get up and down from the ground. Be sure to get some help setting up when carrying and loading the soil into the container. You can use an apron with pockets to transport a hand trowel and gloves along with a couple of packets of seeds, or fill up a gardening basket in the carry pocket or basket of your wheelchair if use one to get around.

Check with your local garden center to see if they will deliver your soil and supplies to you if you are housebound. Often they will accommodate. If not call your local Boy Scout, Girl Scout or Rotary Chapter. They always have volunteers to help you.

If you live at a senior facility ask your care providers for assistance in setting up your herb garden. The bounty will be enjoyed by you and your community all summer long.

#### How to begin:

- Get a couple of large pots or containers with holes for drainage to put on a table or buy stands to go with them.
- Buy pre-fertilized organic soil about five pound for each container.
- Choose the herbs that you would enjoy to smell, look at and eat. You can plant seeds, or already grown starter plants. Always wear gardening gloves.

#### How to plant:

Fill your container with soil to the top, water, make a hole, add a plant just up to the top of the root, or three seeds one inch deep, cover with soil. Put a little plant marker next to it that you can make with a Popsicle stick so you know which herb you planted where.

For seeds, you need to keep the soil moist, cover with some plastic wrap until they are two to three inches high, and protect the new shoots from the burning sun. For starter plants, keep moist and just watch them grow. You might protect your herbs from direct sunlight in the hottest hours of the day if you have a very sunny spot, with a white umbrella or reflective scrim while they are young, otherwise the more sunlight the better.

#### What to plant:

If you like rich smells in your garden and fun herbs to add to your lemonade and ice tea plant lemon balm, mint, and spearmint varieties. Basil gives great flavor to drinks too, and is delicious in salads, sauces and with mozzarella cheese. Parsley is a fabulous and versatile herb for salads, cooking, freshening the breath, and just on top of a baked potato. Lavender smells great and can be used in drinks, dried and left in dishes in the house for sweetening the air, or cut fresh to place in a vase. Coriander is the same as cilantro and is very flavorful, and its great for cooking as is oregano, thyme and sage. They are all easy to grow and beautiful to look at. If you are adventurous you can plant a few flowering plants in with your herbs too and make a gorgeous display.

Growing herbs and flowers is relaxing, enjoyable and an economical activity. Eating herbs is both nutritious and delicious. Getting out in the sunshine also increases your levels of vitamin D and makes one feel great. Just be mindful of the heat, don't stay in the sun too long, and wear your sunscreen and a hat.



### Call to Preserve Tax Deductions For Charitable Giving

All 6,000 LeadingAge members are not-for-profit. They serve 4.5 million seniors a year, employing well over one million people and hundreds of thousands of volunteers. The tax benefit not-for-profits receive is based on those responsibilities. The income tax deduction for charitable contributions generates resources that are indispensable for LeadingAge members to carry out their mission of service to seniors.

For more information on Policy Alerts log onto [www.greenhillressroom.org](http://www.greenhillressroom.org) or visit [www.leadingage.org](http://www.leadingage.org)

## A Message from the Executive Director

I read an article in the New York Times about a man named Martin Bayne who writes about life inside a long-term care facility. He is only in his 60's but lives there due to Parkinson's disease and other chronic disabilities. Mr. Bayne has had the full gamut of experiences in long-term care. He first lived in a traditional facility where he found himself in a multi-patient room, isolated, overmedicated, psychotic and depressed. Today he lives contentedly in a more home-style environment where he has his own bedroom, and a full community of caregivers and friends.

Mr. Bayne keeps himself present in his life, and relevant by writing a blog on baby boomers and aging. His writings on his experiences in long-term care give us a great window into the experience of residents and patients, that we often can't discern comprehensively from many of our significantly older residents. Mr. Bayne's shared his vision of the perfect long-care environment in the article and I was pleased to read that he noticed The Green House® Homes project as an example of a program that can provide the kind of environment that creates lives for elders, not merely places for elders to die.

There are significant challenges in our

## Financing Long-Term Services and Supports Issue

#### Support:

- Affordable Care Act initiatives to rein in health care costs.
- Active oversight by the Centers for Medicare and Medicaid Services (CMS).
- Provisions of Act that improve the accessibility of home and community-based services (HCBS), Medicaid funds services that improve chronic disease management and reduce unnecessary hospitalizations.
- Legislation to correct the problem of Medicare beneficiaries being kept in the hospital for extended periods "under observation" without being admitted as inpatients.
- Legislation recognizing nursing homes as agents of physicians for dispensing pain and other medications to residents.
- Legislation to promote Medicare savings through home health agencies' use of technology.

#### Oppose:

- Additional across-the-board cutbacks in reimbursement rates for skilled nursing facilities, home health care and hospice.
- Proposals that would reduce federal Medicaid funding to the states.

country in elder and long-term care currently as elder numbers are growing exponentially, the places for care limited, the cost of care unmanageable, insurance premiums high, payments for care low, and elder care options that once included aging at home with families a thing of the past. Often affordable medical care is the primary focus for families placing aging elders and considerations for quality of life are secondary, the transition to long-term caring living is rarely considered. At Green Hill attention to the quality of life of our elders is the primary prescription for good health care, followed closely by a first rate medical team and services.

For transitioning to elder care Green Hill offers what we fondly call the 'Test Drive', a two week program where elders can meet and live with their prospective care givers, make new friends, experience the food and activities, and see if they feel comfortable enough to make Green Hill their new home. The Test Drive gives both the elder and their family's peace of mind when making such a huge life transition as is long-term care.



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## CALENDAR HIGHLIGHTS

To see the full daily calendar of events visit [www.greenhillpressroom.com](http://www.greenhillpressroom.com).

- 4/22 Earth Day Awareness with Karen
- 4/25 Resident Julian Caplan as Mark Twain
- 4/28 Kathy Pucci's Dance Recital
- 4/29 Piano with Shelley Horn
- 5/4 Kentucky Derby & Mint Juleps
- 5/5 Cinco Bingo followed by a Fiesta
- 5/12 Mother's Day Social, Opera in the afternoon Don Carlo by Giuseppe Verdi
- 5/17 Trip Kean Green Fest
- 5/18 Planting around the Bunny Garden
- 5/18 Armed Forces Day- waiting to hear back from armory to get someone in
- 5/27 Memorial Day Program & "Moment of Remembrance"
- 6/3 Piano Recital by Susan Clock & students
- 6/5 Celebrate National Garden Week
- 6/13 Patriotic Concert by Janice Wiggins
- 6/14 Flag Day Discussion
- 6/21 Spring into Summer- Ice Cream Social