



Executive Director Toni Lynn Davis speaks at the Workshop.



Zosia Poraymade makes delicious home-made oatmeal cookies in Green House 121.

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one has come to expect from a retirement community with a 147-year tradition of thoughtful, attentive, and personal care.



Green Hill hosts the Green House Workshop for the Green House® Project.

For more about the Green House Homes at Green Hill visit www.gogreenhousehomes.com. For more on Green Hill visit www.Green-hill.com.

Message from ED, continued from page 2

to do nothing to secure ones finances for retirement is not an option in today's financial climate. Social Security does not provide full benefits to all at 65 anymore. If you are born between 1943 and 1954 the full retirement age is 66, 67 for those born after 1960.

The Center for Secure Retirement has a few tips;
1. Work as long as you are able.
2. Delay Social Security benefits as long as you can. Waiting until you're 70 to collect Social Security could increase your payments by as much as a third.
3. Practice healthy living. Eat right, stay fit and see your doctor regularly.
4. Consider speaking to a professional retirement

adviser. Social Security was never meant to be your sole source of retirement income

Seniors may also consider downsizing from their homes or moving into a retirement or assisted living community where home maintenance costs can be reduced or eliminated from their budgets. In these communities, just as at Green Hill, there are often professionals available to help plan and manage resources in an effort to cover all of their immediate and long-term needs.

Reducing monthly expenses, and giving less financial support to family members is also a step in the right direction. It is hard to say no to those that you love but can be necessary to remain in a healthy financial situation so you can be there for them in other ways. If you choose to reside in a long-term care facility choose one like Green Hill Inc. where you are guaranteed 'care for life'. Your most important step is to get professional financial advice about preparing for your retirement and senior years. It is never too late or too early to begin planning to live a long, healthy and happy life.

See the full report at Centerforsecureretirement.com. For more information about Green Hill visit www.green-hill.com or www.greenhillpressroom.com.

NEWS FROM GREEN HILL, INC.

Summer Issue 2013

Green HillSM

Discover new styles of senior living



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GREEN HILL HOSTS GREEN HOUSE WORKSHOP FOR THE GREEN HOUSE® PROJECT

On June 5th & 6th dozens of long-term care health providers from around the nation participated in a workshop at Green Hill Inc. in West Orange, New Jersey to learn about The Green House® Homes Project.

Green Hill is home to the first and only Green House Homes in New Jersey, and has become a leading communicator on the benefits and attributes of investing in, and utilizing Green House Homes and the Green House model of nursing care for elders.

"It is great to be a part of this innovative concept bringing a better life and care to our elders at Green Hill," said Toni Lynn Davis, Green Hill President and CEO. "I passionately believe in this model and love being able to share with elder care providers the benefits to the Green House model in the hope that all elders will have the opportunity to live fully with individualized quality care in a 'home' environment throughout their final years."

Presented by The Green House Project Community Solutions Group, LLC of NCB Capital Impact, the two-day workshop helps providers understand the process of choosing the Green House Homes model from working with boards and investors, to financing, site development, architecture, economics, culture change, training and more.

"We came from Puerto Rico to participate in this workshop and see the Green House Homes at Green Hill," said Zoraida Vega the executive director of Esperanza para La Vejez. "We really love the concept and the houses here at Green Hill," said Ange-Luis Mercado, Esperanza chairman of the board.



Panel includes, from left Guide Nick Kurus, President Toni Lynn Davis, Shahbaz Ericka Dickens, Elder Shirlye Deconstanza, Shahbaz Stephanie Thomas, LPN Jennifer Taylor, Ast Dir. Nursing Socorro Bumanglag.

"It's a wonderful concept and so empowering for seniors," said Cathy Hyland, Risk Manager at Morris Hall in Lawrenceville, NJ, "Green Hill showed us a great example of this process in action. They did a beautiful job," added Juvy Gonzales, director of nursing.

The Green House Homes is a completely new care model for long-term care for elders that incorporates a complete culture change in service and care, where the elder's needs and desires is the primary focus and everyone is equally involved in the 'best practice' of care to meet those needs. The economic model for the Green House Homes is at cost, or lower in cost per elder than traditional long-term care models.

The Green House Homes at Green Hill provide a skilled nursing environment that feature private rooms and baths, home-cooked meals, spacious backyards, a front porch overlooking the neighborhood, 24-hour individualized care, a family of consistent care givers, and many individual and group activities. This kind of long-term care is what

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Green HillSM

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GREENHILL in Pictures



Lilian Brown, Rae Hoff, Peggy Gelnaw & Yetta Kaemmer enjoy the beautiful weather in the garden at Green Hill.



Resident Bertha Brownstein from Green House 117 enjoys visits from her granddaughter Jill, and her great-grandchildren Eli (2) and Jonah (1).



Resident Ana Maria Coppola used to raise rose bushes in her garden so her son, Peter, decided to do something special for his Mom's birthday on June 15th. They presented the garden to her on June 16th. Pictured are Ana Maria and her husband Cayetano a fellow resident at Green Hill.



4th of July celebrated with a festive cocktail party. Activities Assistant Joanna Cullen & Minna Berson.

Tips For Seniors by Toni Lynn

SENIORS AND CELL PHONES



Seniors should have cell phones and use them.

Nearly 90% of all people use cell phones, but only 70% of senior citizens have them and less use them regularly. While accessing the Internet is not a priority for senior mobile phone users, access to emergency services is. Whether one has lost electricity or heat due to weather or other events and needs assistance, or has a fall, or feels unwell, access to emergency personal within reach is imperative for a senior citizen. A cell phone can be a life saving device and elders should be encouraged to have and use one.

When on a fixed income it can be disconcerting to add the expense of a mobile phone to one's budget but mobile phones are much cheaper than land lines and there are both government programs for free phones, and free usage plans if you qualify based on income or use of other governmental assistance programs. There are also federally certified carriers that provide free phones, and low to no cost usage plans for seniors and/or no contract plans. Information on these programs can be found at AARP, by web searching free cell phones for seniors, or through your local assistance program.

1. Check out free cell phones if you qualify on the basis of income or are a member of a government assistance program, or add a senior to your family plan.
2. Look for minimal to no cost plans for seniors, check with your carrier for senior plan offers
3. Choose a model with a large typeface, keypad and screen.
4. Set up the phone with pre-entered emergency numbers of doctors, key contacts, and 911
5. Enter basic medical information and prescriptions in notes file .
6. Keep your phone charged and with you at all times, next to the bed, with you in the bathroom, kitchen or on a walk.
7. Use the cell phone to call for help even if you are not sure you need it. It's always better to be safe than sorry and your family will be glad that you did.

At the Garden Club...



Resident Sam Papparatto enjoys working in the Green Hill gardens with activities assistant Agnes Blackshear. Sam had a beautiful garden in his home, and enjoys continuing to work on his passion to make the grounds of Green Hill blossom! The residents meet together on Wednesday mornings for the Garden Club.

A trip to Verona Park...



Sam and Rose Papparatto



VICTORY FOR THE SENIOR CARE INDUSTRY

Michele Kent of Leading Age New Jersey Announces Agreement on Delivery of Long Term Services.

"Any Willing Provider will be permitted for two years for both Skilled Nursing and Assisted Living. NJ will continue to set rates for 2 years with SNF receiving annual inflationary adjustments during that time."

Leading Age New Jersey

"This is a vital "win" for us as it will give us and all skilled nursing communities more time to adjust to the Affordable Care Act", says Toni Lynn Davis, MHA, CNHA, CEO of Green Hill Inc. "Managed Long Term Services and Supports (MLTSS) refers to the delivery of long term services and supports through capitated Medicaid managed care programs. For nursing homes and assisted living providers, "any willing provider" will be permitted for 2 years from the implementation of MLTSS to contract with the MCOs, as long as they meet the MCO's credentialing requirements. DHS will continue to set AL and NF rates for the same 2 year period, with nursing homes receiving rate adjustments for inflation contingent upon availability of budget appropriations. These are important policy decisions which will have a significant positive impact on providers."

For more information on Policy Alerts log onto www.greenhillressroom.org or visit www.leadingage.org

A Message from the Executive Director

Seniors are living longer than ever thanks to better health care and better living. It used to be that when retirement came around one had paid off their mortgage and most of their debt, and saved for their 'Golden Years.' Yet, living longer means that financial resources may need to last a decade or more than we have planned for. Couple that with record unemployment and the recent financial crisis, many older Americans planning for retirement have seen their savings reduced, while they have had to provide unexpected financial support to adult children and even grandchildren.

As with homeowners of all ages during these trying times, the additional resources needed by working and non-working seniors often come from borrowing against equity in ones home, refinancing, and/or extending the length of their mortgage. Credit card debt is also a serious issue. One third of seniors are relying on credit cards to cover basic living expenses.

According to data from the Federal Reserve that was analyzed by the Employee Benefit Research Institute (EBRI), senior citizens' debt increased to \$50,000 in 2010, up 83 percent from 2001. Only 24% of homeowners over

the age of 62 had mortgage debt in 1992, and 45% in 2010.

The Census Bureau looked at how the total median household debt for Americans 65 years and older doubled between the years 2000 and 2011. The average debt is around \$26,000, an increase from \$12,702. In the same research by EBRI, it concluded that median credit card debt for seniors older than 75 increased from \$838 in 2007 to \$1,800 three years later.

So are seniors and Baby Boomers ready for old age with a life expectancy where one in four will live past 90?

The Center for a Secure Retirement asked people ages 55 to 75 how they have planned to handle their retirement income. Their responses were;

- Reduce spending (63 percent)
- Get a part-time job in retirement (41 percent)
- Sell my house (25 percent)
- Give less money to children/ grandchildren (24 percent)
- Don't plan to do anything (15 percent).

It is important to realize that *continued on page 4*



CALENDAR

7/4- Celebrate Independence with a festive cocktail hour and barbeque

7/24- Opera Gala. Listen, discuss and celebrate the famous opera Aida By: Giuseppe Verdi

8/12-8/16- Cruise Week. Visiting destinations around the globe through music, entertainment and food.

9/8- Annual Grandparents Day Celebration- 1-4pm. Petting zoo, pony rides, games and prizes, sand art, caricaturist, face painting & cotton candy, popcorn and hot dogs. Fun for the whole family.



Toni Lynn Davis, Tommie Phillips, Diane Lambert and Judy Wittler. Tommie Phillips retires from the housekeeping department after 30 years of service as the supervisor and head porter.



Arline Marguiles, Mandy Zucarelli, & Grace Chen. The Green Hill Women's Supper Club met on 6-14-13 for a dinner of Pizza, Salad & Lemon Meringue Pie. "Women's club is nice way to get together with my friends and chat" - Yetta Kaemmer



Kaitlin Davies & Helen Beute. Women's club is held every other month and hosted by the Activity Department.