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has a new look.



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photo galleries,
policy alerts and Tips For Seniors.

Green Hill Media On-Line

The Green Hill Gala Video can be viewed now online on the Green Hill Press Room. Coming soon view the new Green Hill Development Video and promotions video. All video and photographs of Green Hill events and programs can be accessed at www.greenhillpressroom.com/media.

New Dining, continued from page 1

Stories, features and tips on delicious Green Hill recipes and nutritional health for seniors will be highlighted in 2013 on our Enews and Green Hill Press Room web site.

Message from ED, continued from page 2

and dining, nurturing and protecting the elder. The Green House Home training is elder-centric in all areas of care returning choice of living style, activities, and food desires to the elder, and it also frees the caregiver to create a relationship with each elder, to invest in their comfort and happiness. This intimate relationship increases the happiness of the caregiver and decreases the frustrations of the elder.

In institutionalized settings CNAs are required to keep seniors on schedules for all of their services. The seniors and caregivers have little choice as to how their days are crafted and results are quantified as to how many medications have been delivered, how many beds changed, when and how many meals are served, among other regulated activities. Keeping to the schedule is paramount to defining staffing needs and staffing time. This creates a tremendous amount of stress

on caregivers and seniors alike.

In either case, caring for elders can be a stressful proposition. At Green Hill we employ meditation sessions for our staff and massage chair sessions to relieve stress and refresh spirits.

At Green Hill it's not unusual for me to walk into a Green House home after dinner and see the elders and the Shahbazim all together at the table talking, playing cards, or doing a puzzle. In the summer they may leave the dishes and go out and sit on the front porch to watch the deer roam the property, and enjoy the sunset.

In the Times article it was asked how contemplative caregiving can help. It was answered that 'people need to cultivate a relationship with aging, sickness and dying. To turn toward it rather than turning away, and pay close attention.' That is a very valuable tool to being able to provide quality caregiving at the end of life. At Green Hill we take it a step further to say, we embrace living, the quality of life of our elders as they take those final steps in their lives. We fill their days with love and choices, experiences and friendships. That mission defines our Zen of Caregiving at Green Hill.

NEWS FROM GREEN HILL, INC.

Winter Issue 2013

Green Hill SM

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.

NEW DINING SERVICE INTRODUCED AT ANNUAL TRUSTEE HOLIDAY BREAKFAST

Green Hill has a new service company to tantalize the palates of residents and staff. The Morrison Senior Dining services team was welcomed by the Board of Trustees at the annual Board Holiday Breakfast, prior to the concluding board meeting of the 2012 calendar year on Thursday, December 13.

The Chef presented a bountiful buffet of eggs benedict with crab, crispy French-style brioche, side dishes and fresh baked scones, muffins and granola parfaits. All of the offerings sample the quality and diversity of food choice residents will enjoy at meal time at Green Hill.

Staff and Trustees were excited to taste new offerings. "Everything tasted delicious" said Chairman Dr. Paul O'Connor. "Everything was so fresh!" exclaimed Trustee Elizabeth Orton Davis.

Green Hill's new culinary team includes Chef Ivan Beutell, Dietary Director Tim Page and Dietician Rose Scarpa.

"Mealtime is very important to all of us and it's no different for our elders; the conversation, sitting with friends and serving the highest quality and tastiest food possible. We are very excited that our elders will have more choices when they dine," said CEO and President Toni Lynn Davis. "It's great to have Morrison, Chef Ivan and Dietician Rose here at Green Hill."

Morrison Senior Dining service began on Saturday, December 8. "It's very exciting" said resident Ruth Wax. "I have enjoyed what I have tasted so far."



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New Year's Eve Fun at Greenhill



Yetta Kaemer, Manny McDonald



Ruth Fowler



Activities Staff- Mandy Zucarelli, Samantha Uzzell, Manny McDonald, Maggie Frank, Kaitlyn Davies, Mel Novick



Tips For Seniors by Toni Lynn

FLU SEASON AND PREVENTION

The flu season has reached epidemic proportions in the US and in our tri-state area and everyone is cautioned to take precautions. This year, the flu is being considered as the worst outbreak in decades. Hospitals in New Jersey and in the region are being inundated with patients suffering from flu symptoms and emergency rooms are overwhelmed.

WebMD posts that if we don't take the right precautions, odds are that one in five of us will catch the flu in any given flu season. The flu is more than a nuisance that sends the average sufferer to bed for a week. It is a life-threatening illness for those with a weakened immune system, heart or lung disease, asthma, the very old and the very young.

According to the Center's for Disease Control and Prevention, nearly 3,000 people died from the flu in 2009 and this is looking like a more wide-spread and longer flu season.

There are precautions we each should take to avoid but not eliminate catching the flu. Get a flu shot if you are between 6 months and older 95 years of age. Check with your doctor first to make sure you are not allergic to any of the ingredients in the flu vaccine. People with egg allergies should not get the vaccine. Don't let fear of needles stop you; now there is an easy nasal mist option, as well as a short-needle option that is more like a skin prick.

Stay away from people who have the flu and avoid people who are coughing or sneezing. Try not to touch a lot of public surfaces, as flu germs are transferred by them. Wash your hands well with soap often and/or use antibacterial alcohol-based gels, especially after you have shaken someone's hand, before and after a meal and after using items that others have touched. Don't share drinks or food. Be sure to get plenty of sleep, exercise and eat a healthy diet. If your body is running on fumes you are more susceptible to catching a virus.

If all fails and you feel the flu or flu-like symptoms coming on, call your doctor and get a prescription for Tamiflu or Relenza or their generic version. Do this right away, within the first two days, as the medications are not as affective once the virus has taken hold.

Seniors should be especially careful and check with your doctor if your symptoms are severe, if you have a high temperature of 102 degrees or more for more than 24 hours, or can't keep down fluids. Make sure you have someone to care for you to keep you hydrated with plenty of clear fluids. Seniors should not wait to go to the emergency room if you can't get in to see your doctor or feel too ill to care for yourself.

For more on flu and flu prevention visit www.flu.gov.



Legislators Propose Tax Credits Up to \$675 for At-Home Caregivers

GOP lawmakers question how to pay for program to help families with cost of aiding elderly. Caregivers struggling with the cost of aiding older relatives would receive tax relief under a bill that is advancing in the Legislature.

The bill, AA-3404, would provide up to \$675 in tax credits for individuals and couples who provide care for a family member who is at least 60 years old and lives in the home of the caregiver.

For more on this story visit www.njspotlight.com.

Congress Avoids Fiscal Cliff From LeadingAge DC

On Jan. 1, Congress passed the American Taxpayer Relief Act of 2012 (H.R. 8), which avoids the so-called fiscal cliff by:

- Permanently eliminating an increase in the tax rate for most Americans.
- Temporarily avoiding steep cuts to domestic and defense spending scheduled to take effect on January 1 (known as sequestration).
- Preventing a 27% cut in payments to Medicare physicians and implementation of caps on out-patient therapy.

In addition, the legislation repeals the Community Living Assistance Services and Support (CLASS) Act and creates a Long-Term Care Commission similar to one LeadingAge had supported to address the broad question of how to best provide long-term services and supports.

For more visit www.LeadingAgeNJ.org

A Message from the Executive Director

Reading a New York Times blog by Judith Graham on 'Taking a Zen Approach to Caregiving' I was intrigued to consider both my personal practice in caregiving as the leader of Green Hill, Inc., and how the staff at Green Hill has been trained to address many of the challenging issues that can arise in the care of our elders. Ms. Graham spoke about a concept called 'contemplative care' where caregivers are trained in meditation, coping tools and response paradigms that help them remain positive, and supportive during the sometimes trying and exhausting elder caregiving process.

In the final act of ones life we do lose many of the freedoms that we once enjoyed as fully functioning and productive adults in society. Often one is required to move to a communal setting to receive the level of care a transitioning body and/or mind may require to have a healthy and comfortable life style, where strangers perform the most intimate functions for you and new relationships need to be formed. With the loss of control of our choices, our bodies and minds, we can become irritable and frustrated. Traditional nursing and assisted living care models are not devised to return choices to an elder. The feelings experienced by elders in these

situations can make it difficult for caregivers to exhibit patience, to show continual love and support, and to not take an elder's behavior personally.

At Green Hill the experience of incorporating The Green House® Home program with the creation of four new Green House Homes also changed the culture of care provided throughout our Green Hill residence. The Green House Homes look like a traditional home setting with private bedrooms and baths, living and dining rooms. The training of Shahbaz, the (certified nursing aide (CNA) in the Green House Homes is much more comprehensive and holistic than the training for a typical CNA in an institutionalized setting.

In a Green House Home the Shahbaz are encouraged to let go of preset schedules and work with each elder, and each other to craft the course of their day. Shahbaz perform all health, personal and home care tasks for the elder as a treasured family member would providing at home care. Shahbaz create a familiar relationship in the home through continuity, recreational activities, meal preparation

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Upcoming Holidays

Visit www.greenhillpressroom.com for celebration dates and information.

- Groundhog Day - February 2
- Marti Gras - February 12
- Valentines Day - February 14
- Presidents Day - February 18
- Purim - February 24
- St. Patrick's Day - March 17
- Passover - March 26
- Good Friday - March 29
- Easter - March 31



DAYLIGHT SAVINGS TIME STARTS MARCH 10TH.

SPRING FORWARD & TURN YOUR CLOCKS AHEAD ONE HOUR.



Students from the The Children's Institute visited elders in the Green House Homes on 1/11/13. Teacher f Joanne Cora brings student to visit the Whitehill Green House Home where her mother resides. Standing- Ryan JT, & volunteer Vincia; seated Danny M. & resident Florence Rosenberg.



The "Traveling Happy Hour" program began on 1/11 where elders from the 4 Green Hill Green Houses gathered together to enjoy each other's company. All had a great time drinking, eating, singing & chatting together seated- Marie Rachel & Dr. Helen Cullina; standing- shabaz Ericka Dickens, volunteer Julia, elder Shirlee Decostanzo, volunteers Julia & Vincia