

Elders enjoyed a delicious Labor Day barbecue with hamburgers, hot dogs, coleslaw, potato salad, baked beans and watermelon. The fun continued to the outdoor patios where they enjoyed the beautiful gardens they worked so hard to maintain this summer.



Peggy Gelhaw with our homegrown sunflowers.



Rose Marie Johnson and Peggy Gelhaw enjoying the great weather.



James Seale & Shirlee Decostanza showing their patriotic pride.

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recognize financial abuse from those tasked with handling an elder's financial affairs. The addition of culture change in the home care field, as with the Green Hill @ Home program enables caregivers to recognize signs of emotional, physical or financial abuse in elders when living in their own homes.

By simply changing the language associated with nursing care we can change the culture. Person directed care implies to a care giver that the resident should be directing the course of their own care. Engagement in the community instead of an arbitrary schedule of activities means that instead of keeping someone "busy", engagement with an elder is much more fulfilling for elder and care giver. We in the long term care culture change community are grateful that CMS recognizes the importance of the language in the updated regulations and is making amendments to reflect the movement. I am inspired by the work of my colleagues on culture change and honored to be a part of it at Green Hill, through my work with the State of New Jersey, serving on the Board of the NJ Alliance for Culture Change (NJACC) and on the national level to make culture change an integral part of elder care in America.



Marketing Director Scott MacDuffie welcomes Author Dick Edwards to Green Hill to present his new book Mom, Dad... Can We Talk? Insight and Perspectives to Help Us Do What's Best for Our Aging Parents, on October 4th, part of the Green Hill Speaker Series.



Marketing Director Scott MacDuffie and prospective resident Alex Caprio enjoy desserts and conversation at the Green Hill open house on September 26th.

NEWS FROM GREEN HILL, INC.

Fall Issue 2015



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.



GREEN HILL, 150 YEARS AS THE LEADER IN ELDER CARE IN NEW JERSEY

The time for the big celebration of the 150th anniversary of Green Hill Inc. is fast approaching. The second show of the celebration concert series, T-Ray Best of Motown was held October 11th. Family members, residents, staffers and guests enjoyed the fun filled day complete with concessions, raffles and give a ways.



Visitors, residents and family members enjoyed the spectacular fall day and the T-RAY concert.

The 150-year history of Green Hill began as the Society for the Relief of Respectable Aged Women in Newark, New Jersey in 1866. The not for profit enterprise began as a home for thirteen elderly women and soon grew to fill two buildings in Newark. In 1965 the organization, then called the Memorial Center for Women, moved to West Orange into the Green's Hotel building and property and became Green Hill. In 1998 Green Hill welcomed men to the stately Legacy building that sits high on 21 acres of the second Watchung Mountain Ridge.

The growth of Green Hill continued with added services including rehabilitation, specialized nursing care, memory care facilities, and independent living. In 2011 the Green House® Homes and Green House project care model, the first of its kind in New Jersey transformed Green Hill once again, establishing them as a leader in the elder care industry for New Jersey. Green Hill continues to exceed expectations in the field of

elder care with programs such as Care For Life where elders remain in their home indefinitely at Green Hill regardless of payer source. Green Hill @Home provides specialized individualized care and assistance to elders in their own homes by the highly trained experts of the Green Hill staff. Green Hill provides training for the future generation of geriatric nurses providing clinical experience, as a Nurses Improving Care for Healthsystem Elders associated community. Additionally, the leadership at Green Hill advocates for elders on a state and national level to ensure that healthcare services, hospitals and care facilities always provide the best elder directed care to the seniors of our state and country. The newest Green Hill state of the art program is the Outdoor Therapy Garden. Currently under development, the Therapy Garden will provide outdoor activities as rehabilitation options for those who are rehabilitating from trauma.

Funding for Green Hill programs and services are not met by resident fees alone. As a 501c3 organization fundraising is an integral part of a healthy financial plan. As you plan your giving for the 2016 calendar year remember Green Hill. Join us at the 150th anniversary gala and fundraiser in April. Donate by visiting the donate page at www.green-hill.com. Or contact us about planned giving by calling Toni at 973-731-2300.

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Learn more about what is happening at Green Hill. Log on to www.green-hill.com.

Follow us on facebook and twitter.

DONATE FOR THE CARE FOR LIFE OR THERAPY GARDEN PROGRAMS TODAY BY CALLING 973-731-2300 OR LOGGING ON TO

WWW.GREEN-HILL.COM/DONATE/

WE THANK YOU FOR YOUR SUPPORT.

CALENDAR HIGHLIGHTS

OCTOBER
10/7 - Oktoberfest themed Happy Hour @ 4pm

10/18 - NY Opera Idomeneo by Mozart at 2:15pm
NY Opera Forum returns with a spirited rendition of Maria Stuarda by Donizetti.

10/30 - Halloween Party 2:15pm

NOVEMBER
11/1 - NY Opera Orfeo ed Euridice by Gluck and Cavalleria Rusticana by Mascagni 2:15pm

11/19 - Molly Dunn and her music students 7:15pm

11/24 - Thanksgiving Cocktail Party

DECEMBER
12/8 - Green House Caroling

12/16 - Legacy Holiday Party

12/20 - NY Opera Roberto Devereux by Donizetti 2:15pm

NUTRITION FROM MARCELLA SPEZZACATENA, DIRECTOR OF DINING SERVICES

SPICED CRANBERRY AND CINNAMON APPLE WITH WALNUT YOGURT PARFAIT

Plain Greek yogurt layered with spiced cranberry relish and cinnamon apples
Yield: 6 Servings

- 24 oz Fat Free Greek Yogurt
- 3/4 lb Fresh Apples, Chopped
- 1 tbsp Lemon Juice, Fresh
- 1 tbsp Ground Cinnamon
- 3/4 cup Walnuts, Toasted, Chopped



- Spiced Cranberry - yields 3/4 cup
- 6 oz Cranberries, Fresh or Frozen
- 2 tbsp Dark Brown Sugar
- 3/4 tsp Olive Oil
- 2 tbsp Shallots, Fresh Peeled, Chopped
- 1/8 tsp Mustard Seed
- 1/8 tsp Cumin Seed
- 1/8 tsp Kosher Salt

Mix together cranberries and sugar and set aside. Drizzle oil into a hot pan over medium heat. Add shallots, mustard seeds and cumin seeds and cook until seeds start to pop. Add in cranberries tossed in sugar, cover and simmer for 5 minutes. Set aside. Cut apples and toss with lemon juice and ground cinnamon. Build your parfait in small bowls or sundae cups. Place 4 oz (3/4 cup) of yogurt, then top with 1/2 cup apples, 1-1/2 tsp cranberry relish and 2 tsp chopped toasted walnuts.
Chef Notes: Best apple varieties for this parfait are apples you would eat fresh, crispy and juicy. So many varieties and a personal preference but here are some of our favorites - Galas, Honey Crisp, Cameo and Fuji.

NOTICE ACT SIGNED INTO LAW

Congress has passed and the President has signed into law H.R. 876, the Notice of Observation Treatment and Implication for Care Eligibility, or NOTICE Act. The bill requires hospitals that hold any Medicare beneficiaries for longer than 24 hours under observation to provide the beneficiaries with oral and written notification of their outpatient status and its potential implications for eligibility for Medicare coverage of subsequent post-acute care.

It's important that people are aware and should expect to receive this notice, and if they don't to ask about it. If your loved one is in the hospital for 3 days, under the Medicare Part A program they should be entitled to receive rehabilitation therapy which would be paid by Medicare. This is the case IF the days in the hospital are not being considered OBSERVATION days. We have seen resident's go to the hospital for 5 days and not be covered under Medicare when they come back to Green Hill for rehabilitation therapy because 4 of the 5 days were considered 'observation days'. A resident can appeal what is considered an observation stay and with proper notification can do so while the resident is still in the hospital.



A MESSAGE FROM THE EXECUTIVE DIRECTOR

Over the past ten years 'Culture Change' has become a mainstream concept in long-term care. Culture change was recently included in the Centers for Medicare and Medicaid Services proposed Reform of Requirements for Long-Term Care Facilities, regulations not amended since 1991, by referring to person directed care and involving the resident in their care goals. As the Executive Director of Green Hill Senior Residence in West Orange I have seen the culture shift in different ways in communities throughout New Jersey. However, the biggest shift was the Green House® Project which I discovered in 2003 when the 1st Green House home was built in Tupelo Mississippi.

The Green House concept is one "where elders and others enjoy excellent quality of life and quality of care; where they, their families, and the staff engage in meaningful relationships built on equality, empowerment, and mutual respect; where people want to live and work; and where all are protected, sustained, and nurtured without regard to pay." (The Green House® Project) Learning that the deinstitutionalized physical environment where elders live, as in a Green House home, creates a foundation for culture change led us to build the first four Green House Homes in the State of New Jersey on our campus in West Orange. Through the resident directed care training learned with the Green House model we expanded culture change throughout our Legacy building as well.

"Culture change involves rethinking values and practices..... change that brings all who are involved in the nursing home culture - staff, management, residents, and families - to a new way of working that creates a humane environment supporting each resident's life, dignity, rights and freedom. Culture change is about de-institutionalizing services and individualizing care." (The National Consumer Voice For Quality Long-Term Care).

Culture change involves person directed care, not just for the body but for the mind and spirit as well. As staff work together with the residents to find out history and cultural backgrounds, relationships are formed, when-

ever relationships are formed there becomes a bond through trust and mutual admiration, as well as a protective instinct that is innate in all of us. Spending time with a resident, getting to know them, learning about their background can support positive behaviors. Communities with consistent staffing who have utilized person directed care find that the elders exhibit: more activity involvement for impaired residents; better outcomes in quality indicators; less resident agitation/anxiety, depression, withdrawal, behavioral and mood disturbance, delusions, hallucinations, psychosis, aggression and phobias.

Culture change in long term care has been proven to improve the medical outcomes for residents. Extensive literature has found the increased CNA time is widely associated with improved resident outcomes of infection, pressure ulcers, abuse, quality of life, resident satisfaction, and staff satisfaction and turnover, and better care in engagement, nutrition and documentation.

"Nursing homes that were identified as culture change adopters exhibited a 14.6% decrease in health-related survey deficiency citations relative to comparable non-adopting homes, while experiencing no significant change in nurse staffing or various MDS quality indicators." (The Gerontological Society of America)

The psychosocial outcomes include better rapport, less abuse, more social involvement for impaired residents, fewer conflicts and emotional and behavioral symptoms; because the staff know the residents more intimately and there are fewer environmental demands on impaired residents.

Creating culture change in nursing communities has been evidenced to lead to a reduction of abuse or abusive behavior within the long term care community, and have aided in the ability of staff and administrators to recognize abuse of an elder. Creating a strong one-on-one, daily relationship enables the care giver to recognize changes in behavior, to develop trust whereby an elder may feel comfortable sharing abusive experiences, and an environment where administrators are more able to



Marie Rachel in House 121 celebrates her 92nd birthday



Rosemarie Richland enjoys a visit from Lady, who belongs to Activity Therapist Karen Giveway. Rosemarie was happy to share her bed with her new friend.

GRANDPARENTS DAY

A gorgeous last day of summer was host to the Green Hill Grandparent's Day on Sunday September 20th. The annual event welcomes the whole family to the 12 acres campus in West Orange for games, entertainment, food and fun.



Loretta Depanices enjoys the day with son Kevin Hart Sr and grandsons from left Conner (2), Evan Hart Jr (4), and Hunter (8).



Bob Lowenstein and Matthew Wrobel take it all in from the comfort of their lounge chairs.



Agnes Blackshear, Mandy Zucarelli, Kaitlyn Davies & Maggie Frank.



Yetta Kaemmer & her grandson Jared & great granddaughters Ruby & Willy.



Maya Simmons (7) gets her face painted.



Courtney waits to get dunked.