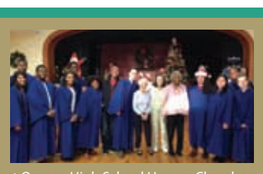


West Orange High School Honors Chamber Choir sang holiday carols at Green Hill. Pictures with elders l-r are Peggy Gelnaw, Joan Sayre and Celia Bryan.

Green Hill staff and Santa Claus sang Christmas carols at the Green House® home's holiday parties. The annual strolling, singing event was enjoyed by residents and family members in the festively decorated Green House homes. Each Green House Home has a Christmas tree decorated by residents and Shabbazim, and a joyful Chanukah display with Menorah and Dreidels.

Green Hill staff, Kaitlyn Davies, Maggie Frank, Karen Gyetvay, Iesha Carter, Nina Davis, Diane Lambert, Judy Wittler, Mandy Zucarelli, Shafeeka Clark, Jen Knittel, Jackie Colao, Ellen Mikell, and Maggie's children Jimmy & Mia Southworth.

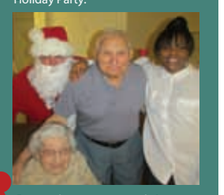
Carmie "Sonny" Corrado with Santa

Residents enjoyed the Happy Holiday Party at Green Hill Legacy Residence on December 16th.

Anne Harris and family enjoy a photo with Santa during our Holiday Party.

Agnes Blackshear, Joanna Cullen, Maggie Frank and Minerve Lazare assist Santa during our Annual Holiday Party.

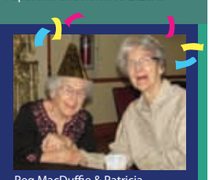
Jackie Colao (Social Services), Santa, Toni Lynn Davis (Executive Director) and Iesha Carter (Director of Nursing) serve crab cakes and beef wellington at Green Hill's Annual Holiday Party.



Santa take a moment to bring holiday cheer to Sam and Rose Paparatto and Minerve Lazare.

Residents rang in the New Year with music from the David Aaron band. They enjoyed delicious appetizers, cocktails, and a champagne toast.

Stephanie Palmer with Community Life Assistant Minerva Lazare.



Peg MacDuffie & Patricia Finley.

Green Hill
SM
103 Pleasant Valley Way
West Orange, NJ 07052

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

Follow us on facebook and twitter.

ED Message cont. from Pg 3

forgotten, they will not acknowledge or believe that they forgot. When your loved one wants to know why they need to do this new thing say, "I forgot the doctor said this, so we need to start doing this now."

When an elder is forgetful of where they are or has traveled back in time to an event when they were younger, respond to them by repeating what they say instead of trying to answer their questions directly. For example, if they realize they need or want to get home and they say "can you take me home?" the home where they live is not the home they may be remembering from childhood. Do not reply, "yes I will," or "no I can't," because either answer will cause conflict. Respond by repeating, "you want to get home", then you can redirect when they give you more information such as "yes I have to get home for dinner." You might respond, "you have to get home for dinner, are you cooking?" You can also redirect or change the subject to something that might interest them, or engage them in a new activity.

Be creative in solving these daily dementia challenges by learning to let the little things go. Never say "don't you remember?" Try redirecting if the elder gets unfocused in the present moment and reduce choices that may lead to uncomfortable moments. These techniques will ease their minds and make your life as the caregiver a lot easier.

If you have a topic or need ideas about how to provide positive care for an elder with Alzheimer's Disease and Dementia, send me an email PR@green-hill.com and I can cover it in a future article.

NEWS FROM GREEN HILL,INC.

Winter Issue 2016

Green Hill SM

Discover new styles of senior living

In this issue

Preplanning for Elder Care P.1
Toni's Tips P.2
Creamy Curry Soup P.2
Drilling Down on Dementia P.3

Green Hill, Inc.
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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.

PRE PLANNING FOR ELDER CARE IS ESSENTIAL

As the executive director and president of Green Hill and one who is active in the elder care advocacy community in New Jersey, I receive many calls from people looking for advice in caring for their elder parents. In the best-case scenario, the call is from an adult child who is working with their parent to plan for their future care. Either planning for when they might need assistance in their home, if they should suffer an unexpected illness or injury, or if they should become unable to care for themselves at home on a long term basis. Advance discussion and planning for the natural life cycle process is essential for families. Those who do not make plans in advance for how to care for their parents, will find themselves faced with frightening and incomprehensible choices at a time when they are highly stressed by the emotional toll of an ailing parent.

I received a frantic call from a woman who was given my name regarding her mother who was to be discharged from the hospital in 24hrs after suffering a broken hip. We did not know each other, but she was desperate for advice. Her mother was required by the hospital to be discharged to a nursing home and she was given a list of options to review. After quickly visiting the nursing homes on the list, she was distraught by her options. Only one facility met the minimal standards that she would accept for her mother and they had no available beds to receive her.

So the desperate call to me began with a relieved 'THANK YOU for talking to me' as she could not find anyone to assist her thus far, followed by a panicked and tearful "I don't know what to do, they are discharging my mother from the hospital tomorrow. They want to make me send her to one of these horrible places!"

When faced with the unfamiliar pressures of doctors, hospitals, social workers and insurance companies, it is best to be well informed of your parent's and your rights. Hospitals and their well meaning social workers can not force you to place your parent somewhere, anywhere, to merely release their bed. Check with your insurance company or plan administrator to understand more about your coverage for extra days in the hospital that may be needed to arrange for a smooth transition to nursing care. You are also not required to select a facility only from the list that the hospital provides to you. Facilities on the hospital list do not constitute an endorsement for the quality of the facility. Usually those on the list are facilities fairly close by, that provide the rehabilitation services that the hospital is recommending for your parent.

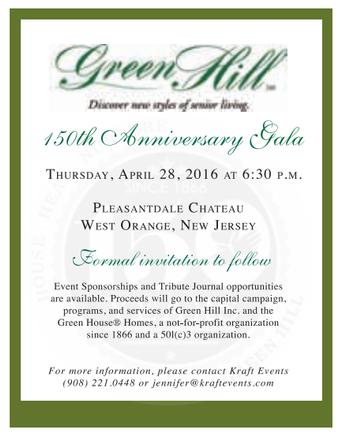
The first thing one should do is log on to the website Medicare.Gov- the Nursing Home Compare website, at https://www.medicare.gov/NursingHomeCompare, for a list and comparison of nursing homes by state. By entering a zip code, you will see a list of facilities with star ratings apportioned to them - 5 is the best, 1 is the worst. You will see sub ratings for the different areas of service like staffing ratios, quality of care and latest inspection results from the state. This site is updated regularly.

Make a list of the communities that interest you and call to make appointments to view those locations as soon as possible. Bring a list of questions that are important to you and note the answers and your observations of the facility.

Some important questions and observations are:
1. What is the ratio staff to residents? All nursing hours should be posted. Ask where they are and have a look.
2. If your loved one runs out of money, what will happen?
3. Ask for a complete breakdown of pricing and learn what is included and not included. For example, laundry, disposable undergarments, activities etc.
4. Ask to see most recent State, family and resident surveys and discuss any deficiencies.
5. Make sure you see staff smiling and acknowledging you as you walk through.
6. Assess the cleanliness of the facility and how well cared for the residents appear.

After your first tours, cull your list to your top three choices. Go back and visit them without an appointment and

Continued on Pg 2



CALENDAR HIGHLIGHTS

JANUARY
1/10 - NY Opera Forum Die Fledermaus by Strauss 2:15pm
1/11 - Pleasantdale School 5th grade chorus 10:00am
1/17 - La Bella Musica 2:15pm
MLK Discussion, TBA

FEBRUARY
2/12 - Valentine's Day Party on at 2:15pm

MARCH
3/13 - NY Opera Forum Un Ballo In Maschera by Verdi 2:15pm
3/17 - St. Patrick's Day party at 2:15pm

CREAMY CURRIED CAULIFLOWER SOUP

by Coretta Browne-Desrivieres, MA, RD
Green Hill Dietitian

Per Serving: 140 calories (60 from fat), 7g total fat, 0.5g saturated fat, 0mg cholesterol, 200mg sodium, 16g carbohydrate (6g dietary fiber, 5g sugar), 6g protein

1/4 cup raw sunflower kernels
3 1/2 cups unsweetened almond milk, divided
3 teaspoons mild curry powder, divided, more to taste
1 cup chopped yellow onion
3 cloves garlic, chopped
5 cups (about 1 pound) cauliflower florets

Preheat the oven to 350ºF. In a medium bowl, toss sunflower kernels with 1 teaspoon almond milk and 1 teaspoon curry powder. Spread out on a small parchment-paper-lined baking sheet and bake, tossing once or twice, until toasted and fragrant, 6 to 8 minutes; set aside. Meanwhile, heat 1/2 cup almond milk in a large pot over medium heat. Add onion and garlic and cook, stirring occasionally, until soft, about 10 minutes. Add cauliflower, remaining 2 teaspoons curry powder and almond milk, cover and simmer until cauliflower is very tender, about 40 minutes. Taste and adjust seasoning with more curry powder if you like. Working in batches, carefully purée in a blender until smooth. Transfer to bowls, garnish with sunflower seeds and serve.

"Cauliflower is a part of the cruciferous vegetable which offers unique benefits to an elder's health as it contains a special blend of vitamins and minerals mainly Vitamin C; one cup of cauliflower contains 73% of your daily Vitamin C needs to boost your immune system during those cold winter months".

CNA RATIO TO PATIENT LEGISLATION GOES TO NJ SENATE COMMITTEE

POLICY ALERT

On Thursday December 10th, legislation S-2878, introduced by NJ State Senators Stack and Weinberg on increasing the ratio of Certified Nursing Assistants to patients in nursing homes, was presented to the Senate Health, Human Services & Senior Citizens Committee.

Certified Nursing Assistants (CNAs) work under the direction of a licensed nurse to assist residents with activities of daily living, i.e., eating, grooming, hygiene, dressing, transferring, and toileting. (State.nj.us)

Currently, it is not designated that a certain amount of aides need to be on shift per resident. It is a computation that we have at least 2.5 hours / day of nursing services, which include RNs, LPN's and Certified Nurse Aide. There is a higher computation of hours if there is higher acuity presented, such as wounds or tube feedings.

There are three major components of the legislation S-2878 regarding the minimum levels of staffing of CNAs recommended in New Jersey. In each case, Green Hill already meets or exceeds these benchmarks.

1) 1 certified nursing assistant to every 6 residents during the day shift.
Green Hill has 1 CNA for every 5 residents in the Green House Homes and 1 for every 6 residents in the Legacy building.

2) 1 certified nursing assistant to every 9 residents for the evening shift.
Green Hill has 1 CNA for every 5 residents in the Green House Homes in the evening and 1 for every 8 residents in the Legacy building.

3) 1 certified nursing assistant to every 14 residents for the night shift.
Green Hill has 1 CNA for every 10 residents in Green House Homes for the night shift and 1 for every 13 residents in the Legacy Building.

Green Hill continues to provide care and services to its residents that exceed national and state requirements. At Green Hill, our residents are our family. Best practices and quality of life care for our residents is our mission.

For more information about S-2878 visit http://www.njleg.state.nj.us/bills/BillView.asp?BillNumber=S2878.

Toni's Tips: Taking your elder on a visit without threatening their health.

The Green House® Homes at Green Hill, where elders are loved and cared for like family.

I once had a family member who took one of our residents out and the resident became so exhausted they had to call an ambulance. The elder was fine and back home by that evening, but to put him through a hospital visit was a very upsetting event that was not the intention of the family for his special day.

Long drives, walks, shopping, visiting with family, holiday dinners, playing with pets, concerts or plays all sound like fun activities, in which to include your elder and they are, but acknowledging your elders physical, mental and emotional abilities will ensure your time together is a success.

Here are a few tips to tailor your activities to the benefit of your loved one.

Measure your expectations with their abilities, physically and emotionally.
When taking your family member out for a holiday or just some fun, please keep in mind they have limitations both physical and mental.

Stimulation
Try not to overwhelm your elder with too much noise and too many people at once. Be mindful of how they are reacting to crowded places.

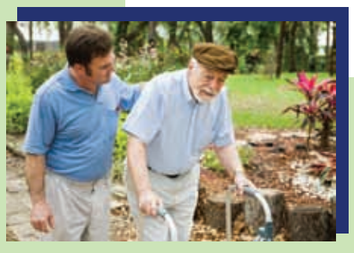
Make sure you provide regular snacks that they like and have food that they can eat easily.
Some elders have dietary restrictions so know what they are and adhere to them.

Rest
Schedule periods of rest during the day. Be mindful of their particular needs. Have a comfortable place for them to sit or lay down.

Speak with their daily caregiver.
Talk to the people who care for your loved one, explain your plans and make sure they can tolerate it.

Bring along any medicine they may need.
Maintain their medication schedule and assist as needed.

Offer regular bathroom breaks.
Be sure to have the equipment on hand that can assist them like raised toilet seats or wall bars.



Be On Time
Pick up your parent on time when they expect you. Keeping them waiting can create unnecessary anxiety. Return your parent to their home on time. Keeping them on their regular evening/bedtime schedule will help them manage the stress of an eventful day.

Eldercare cont. from Pg 1

compare your observations. Talk to other residents and staff to understand what life is really like at the community. Once you have determined your finalist, let the hospital know where they may send your parent. Hospital administrators may not have the latest information on beds available, so if they say there are no beds be sure to call the nursing homes directly to find out.

We at Green Hill provide outreach programs to community groups and others to provide information on planning and services for the time when we face caring for our parents and elders as they age. Visit our website www.green-hill.com to learn more about future presentations near you or, call us at 973-731-2300.

It is such a hard and emotional time for both you and your loved one when dealing with an unexpected injury or illness that requires immediate decisions. Having the right information can make it so much easier. Knowing your options in advance can further empower you to best support your ailing parent.

A MESSSAGE FROM THE EXECUTIVE DIRECTOR

Drilling down on Dementia and Alzheimer's
What you should know to support your loved ones.

Alzheimer's and Dementia symptoms, once a private family and healthcare issue, have become a main stream subject of eldercare and the effects on residents and family members a subject of movies, books and talk shows. Even with all of the information available to families and caregivers, many questions remain about how to relate to the sufferer and care for them on a day-to-day basis.

As someone who has devoted their life to elder care and supporting eldercare staff at Green Hill Inc. in West Orange, I thought penning a periodic article focusing on the challenges and the variety of techniques, employed to take care of Alzheimer's and Dementia patients may provide added help for caregivers.

Alzheimer's Disease is one type of dementia. It is the most common form we identify, found in 60%-80% of persons with dementia, and the term has been used as a generalization of memory failing diseases. A majority of people with Alzheimer's are over 65, but earlier onset of symptoms does happen. Alzheimer's is a progressive disease and requires a care plan that progresses as the disease does.

Understanding dementia and/or Alzheimer's is important when caring for someone who has the disease. Alzheimer's, or dementia, is currently divided into three stages. Stage One, the onset of the disease to mild symptoms of forgetfulness. Stage Two, moderate, is when symptoms become more pronounced and a person will require assistance. Stage Three is severe symptoms, with a complete loss of self. The progression of these stages can take up to a span of 10 to 15 years - is a very long process for caregivers to participate in.

Certified nursing aides and home care aides, while well intentioned and well trained in many areas, are not trained in caring for people in the multiple stages of Alzheimer's Disease. At Green Hill, all caregivers are given additional training to effectuate appropriate and supportive care for dementia patients.

In the beginning stage, you may not even know for sure that your loved one has Alzheimer's or dementia. You may just think that what you are experiencing is normal age related forgetfulness that we all experience at one time or another. Eventually, you will realize that there is no denying Alzheimer's, or some form of dementia, is present as the elder begins to lose a sense of self in negotiating personal activities like grooming and dressing or they may exhibit inappropriate social behaviors. During this time, they may still present many other self-sufficient abilities.

A few of the ways we maintain a resident's peace of mind and cooperation with daily activities during the first and second stage of the disease is by redirection and/or distraction. If an elder begins to dress incorrectly the important thing to remember is to not let them know there is anything wrong. Criticism will cause them to get agitated. They understand that what they chose is correct and they will deny they erred. Redirecting the issue, for example in the case of removing an item of clothing may be, "I love that blouse. You look beautiful in it. Can I see who makes it?" Then, they may agree to remove the blouse and you can put it away. You can distract the elder by changing the subject for example by asking them if they would like to go to the kitchen with you and have a cup of tea. Another way to avoid conflict is to limit their choices. In the case of clothing, reduce options and coordinate their outfits in the closet for them.

Learn to let the little things go. Not every misplaced item or forgotten instruction is important to address. If it's important you can take the blame for not telling them something they have forgotten, instead of saying, "don't you remember?" For example if the doctor tells them they need to do something, take a medication or other palliative action, and it is clear that they have

Continued on Page 4

Assistant Executive Director Judy Wittler Presents

What To Do If I Have To Go To The Hospital

Wednesday, January 13, 10:15 am
YMCA Park Avenue Montclair

Assistant Executive Director Judy Wittler

It's a very confusing journey once you enter the hospital doors. What can you do ahead of time to prepare? So many rules regulate what insurance will pay for or not.

Find out if your Medicare covers your hospital stay, in a rehab or home.

Creative Aging: A Guide to Aging in Place

Clear and concise overview of the many options available to adults 65 and over who wish to remain in their homes and surrounding communities, as they forge ahead into their later years.

Information will be provided to support this choice, focusing on amenities and services offered in the community, such as transportation, access to medical care, home care, grocery delivery, pet care, social offerings etc.

Caldwell Kiwanis Club on March 10th at 12:30. Cloverleaf Tavern in Caldwell.

To schedule a presentation and discussion in your community on these topics or any senior care and senior living topic, contact:
Judith Wittler, ***L.N.H.A., Assistant Executive Director Green Hill***
j.wittler@green-hill.com
Ph: 973-731-2300 Ext.225
Fax: 973-731-5185

Happy Chanukah to all!

Elders enjoying Chanukah celebrations at Green Hill. Cantor Mel Novick leads the candle lighting ceremony each night.

Cantor Mel Novick with Bob Lowenstein, Allegra Azouvi, Nina Platt and Jerome Markowitz.