



**150th Anniversary continued from pg. 1 ED Message continued from pg. 3**

organization, then called the Memorial Center for Women, moved to West Orange into the Green's Hotel building and property and became Green Hill.

"What has impressed me the most about Green Hill during my tenure as a trustee has been to observe first-hand the passion and commitment that Green Hill has toward the seniors of the community," said Chairwoman Lori Braender. "To understand the care and attention Green Hill staff give to the families and caregivers as they traverse the difficult terrain of planning and giving needed care for their loved ones has been truly remarkable."

sations have been known to happen with people who have had years of silence from dementia or Alzheimer's.

If you feel you can be present with your loved one, and don't be hard on yourself if you can't, death of an elder can be as miraculous as the birth of a baby. At Green Hill we work with hospice nurses to ensure the elder is comfortable and support families while they experience those precious end of life moments with their elder.

Executive Director/President Toni Lynn Davis, Trustee/Gala Co-Chair Valerie Hufnagel, Chairwoman Lori Braender, Trustee Gala Co-Chair Jamie Raskulincz.

Green Hill Special Recognition Award winner The Honorable Robert D Parisi, Mayor of the Township of West Orange (center) with Executive Director/President Toni Lynn Davis(left) and Chairwoman Lori Braender (right).

Green Hill Special Recognition Award winner The Honorable John F. McKeon, NJ State Assemblyman 27D (center) with Executive Director/President Toni Lynn Davis(left) and Chairwoman Lori Braender (right).

# NEWS FROM GREEN HILL, INC. *Green Hill* SM

Discover new styles of senior living

## Spring Issue 2016



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### GREEN HILL SENIOR LIVING 150TH ANNIVERSARY GALA HELD AT THE PLEASANTDALE CHATEAU

**The Robert Wood Johnson Foundation, Davies Landscape Architects and The Honorable John F. McKeon, Robert D. Parisi and Susan McCartney Honored.**

150 guests and dignitaries gathered together last night at the Pleasantdale Chateau in West Orange to celebrate the 150th anniversary of Green Hill Inc. in New Jersey.



History of Green Hill Collage 1866 - 2016

"Green Hill is a family, my family," said President and Executive Director Toni Lynn Davis, the third generation of four generations of women who have served Green Hill. "As a non-profit agency for 150 years it is the support of friends, family members of our residents, grant makers, and Federal and State agencies that make it possible for us to continue our mission to serve the seniors of New Jersey with a home that focuses on their individual needs, wants and dreams."

Johnson Foundation, presented with the Lincoln Ames Award. Davies Landscape Architects was presented with the Green Hill Champion Award. The Honorable John F. McKeon, Assemblyman for the 27th district, The Honorable Robert D. Parisi, Mayor of the Township of West Orange, and the Honorable Susan McCartney, Councilwoman of the Township of West Orange, were given the 150th Anniversary Special Recognition Award.

Risa Lavizzo-Mourey MD, MBA, President and CEO of Robert Wood Johnson Foundation said via taped address, "Five years ago we celebrated with you as you broke ground on the 100th Green House Home in America... The Green House Homes project has shown that quality care is compassionate care. I am very proud and honored to accept the Lincoln Ames award this evening on behalf of the Robert Wood Johnson Foundation and all of the adopters of the Green House Project who have had the courage and foresight to lead the way to a new model of care."

"I am humbled to be recognized for the small part that I may have played in these last years of your 150-year journey," said the Honorable John F. McKeon. "Frank Lloyd Wright once said 'the longer I live the more beautiful life becomes.' On behalf of the thousands of lives Green Hill has enhanced and families who have been comforted, congratulations on this momentous occasion."

The 150-year history of Green Hill, a not for profit enterprise, began as a home for thirteen elderly women and soon grew to fill two buildings in Newark. In 1965 the

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Executive Director, President Toni Lynn Davis, Trustee/Gala Co-Chair Valerie Hufnagel, Chairwoman Lori Braender, Trustee Gala Co-Chair Jamie Raskulincz.

Board of Trustees Officers:  
Lori J. Braender, Esq., Chairwoman  
Jaime J. Raskulincz, Vice Chairwoman  
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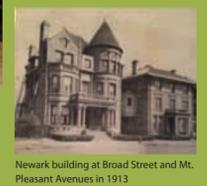
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Christian Bastardi  
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Marc Scudillo  
Christopher Stracco, Esq.

Green Hill is a Non-Profit community for men and women, founded in 1866 in Newark, NJ. Medicaid and Medicare certified.

Honorees at the celebration included the Robert Wood



Dancers Hayak Balasanyan and Emilia Poghosyan



Newark building at Broad Street and Mt. Pleasant Avenues in 1913



Green Hill Special Recognition Award winner The Honorable Susan McCartney, Councilwoman for the Township of West Orange (center) with Executive Director/President Toni Lynn Davis(left) and Chairwoman Lori Braender (right).



The senior staff of Green Hill, Shelly May, Isha Carter, Stephanie Hogan, Courtney Campbell, Toni Lynn Davis, Sherryl Laraway, Mandy Zucarelli, Barbara Heins, Judy Wittler.



Learn more about what is happening at Green Hill. Log on to [www.green-hill.com](http://www.green-hill.com). Follow us on facebook and twitter.



## CALENDAR HIGHLIGHTS

- MAY**
- 5/7 - Mother's Day Concert with Janice
  - 5/25 - National Senior Health and Fitness Day - Improve Your Health Discussion
  - 5/30 - Memorial Day BBQ
- JUNE**
- 6/1 - Gentle Jazz with Darrell Courtley
  - 6/8 - The Livingtones an AARP group performs
  - 6/19 - Florian Schantz Jazz Combo returns for Father's Day
  - 6/26 - NY Opera Forum returns with Xerxes by Handel
- JULY**
- 7/4 - For July 4th activities visit [www.green-hill.com](http://www.green-hill.com).



Glen Ridge High School Key Club members and our elders enjoyed a fun afternoon of dyeing Easter eggs together.



Elders enjoyed a special visit with Daniel the Beagle and Shelby the Pit bull. Karen Gyetvay (Community Life Assistant), Joe Dwyer, Shelby the Pitbull, Daniel the Beagle, Carolyn Robertson, Eveline Adams and Shirlee DeCostanza



Yumi Sam and Rose Papatotto make their fried peppers, for friends at Green Hill.

## DRILLING DOWN ON DEMENTIA

Whether one is newly diagnosed with dementia or Alzheimer's, or if the symptoms have progressed to the middle stages, patients and caregivers have found respite in spending time in activities with people who face the same challenges as they do.



With cases of dementia diagnosis rising nation-wide sufferers and caregivers are faced with the progressive challenge of losing cognitive ability and memory while planning for the inevitable that the future will bring. There are often years of living to do before that time comes and each patient along with their loved ones are encouraged to make the most of the time that they have together.

There was a very moving article in the Sunday May 1st New York Times that intimately followed the journey of Geri Taylor as she traversed her diagnosis and progression. [Fraying At The Edges](http://www.nytimes.com/interactive/2016/05/01/nyregion/living-with-alzheimers) by N.R. Kleinfeld can be found at <http://www.nytimes.com/interactive/2016/05/01/nyregion/living-with-alzheimers>.

In the article Ms. Taylor spoke of the emotional challenges of her changing mental landscape and explained how she found solace and acceptance by attending programs at The Caringkind organization in NYC. Ms. Taylor joined Memory Works classes where she participated in music and memory games with other people going through what she was. She had fun.

Across the country a new kind of support group is springing up called Memory Cafes. It is a place where people with Alzheimer's or dementia can go with their caregivers to socialize and spend time with others going through the same things. Just when one thinks they are given a diagnosis that will isolate them from their world there are solutions that enable them to have an expanded world with new friends, new activities, and information about tools and tricks one can employ to function more effectively.

"Dr. Bère Miesen, a Dutch psychologist, understood this need for social connection when he opened the first Memory Café in Holland. The idea is now gaining traction in the US where close to 200 cafés have opened in cities and towns across the nation," as noted on the website [Alzheimerstalks.com](http://alzheimerstalks.com).

These cafés are popping up in restaurants, museums, libraries and community centers and the activities are directed by the desires and interests of the participants themselves. At Green Hill, in fall 2016, we will open our own version of a Memory Café that will be open to the whole community. There we can enjoy each other's company in a safe and warm environment. We will have coffee and treats, share conversation, listen to music, do art and employ coping and care mechanisms to release stress. Guided by the Green Hill staff caregivers, family members can share care techniques and strategies for preparing one's home for the stages of the disease and learn how to approach the financial ramifications of a long term illness.

It is important to choose to make the diagnosis of dementia or Alzheimer's not the end of one's life, but the beginning of a new stage of life that can encompass joy, new experiences and new friends.

We will keep you posted on our progress for a Memory Café at Green Hill. To learn more about Memory Cafes, or to find one or start one in your community visit <https://alzheimerstalks.com/>.

## TONI'S TIPS: SPRING HERBS PROVIDE GREAT WELLNESS

It is finally spring and we are all about fresh herbs at Green Hill. Residents have fun planting the herb garden and enjoy watching the beautiful plants grow all summer long. We cook our meals with the fruits of our labor.



Fresh herbs not only add flavor and color to dishes, they may also help your health. Herbs contain vitamins and minerals, as well as disease-protecting flavonoids. Basil, parsley, rosemary and mint are particularly beneficial. Fresh herbs are easy to find in supermarkets.

My tips for spring is to enjoy the wellness-boosting benefits of fresh herbs by incorporating them into your diet. Here are just a few benefits found in some of our favorite herbs.

**Basil**  
Basil is a great source of vitamin K and it also contains healthy amounts of iron, calcium and vitamin A. Vitamin K is needed for blood to clot, while iron prevents anemia and calcium promotes strong bones. Vitamin A helps night vision, among other things. Fresh basil also has anti-inflammatory properties and its oils may fend off some harmful bacteria. Tastes great cooked or raw in salads, and with cheese.

**Parsley**  
Parsley is loaded with carotenoids, powerful antioxidants that help protect cells from the damage caused by free radicals. Parsley is high in Vitamin K and Vitamin C, another antioxidant that also helps wounds heal and aids immunity. It is also a good source of iron and folate, a B vitamin. Parsley raw freshens your breath and is a great addition to salads - delicious in soups and stews.

**Rosemary**  
Rosemary has been reported to decrease blood sugar levels. This suggests the herb may help protect against the oxidative damage associated with macular degeneration. Fresh rosemary may also have cancer-protecting properties and has been shown to help support the immune system. Rosemary makes any room smell fantastic and is a great addition to cooked dishes and meats.

**Mint**  
Chewing a leaf of mint will help calm the stomach and alleviate nausea. It is also wonderful in ice tea and lemonade. If growing your own fresh herbs in a garden, morning is the best time to pick them before the heat of the day sets in. Visit these websites for more information on gardening and cooking with herbs. <http://healthyeating.sfgate.com/healthy-benefits-fresh-herbs-7871.html> <http://www.besthealthmag.ca/best-eats/nutrition/5-health-benefits-of-fresh-herbs/>

## OLDER AMERICANS ACT RE-AUTHORIZATION APPROVED BY THE SENATE



March 22, 2016 The U.S. House of Representatives passed, without opposition, amendments to S. 192, the Older Americans Act Re-authorization of 2015. The Older Americans Act (OAA) Re-authorization bill was unanimously approved by the Senate on July 16, 2015.

Final passage of S.192, reauthorizes the Older Americans Act for three years. The OAA, which funds many of the home and community-based services our members utilize, has been without statutory authority since 2011. Passage of the reauthorization measure culminates years of direct and grassroots advocacy. We so appreciate all of your efforts and those of your members to make legislators aware of the importance of the services OAA funds. The reauthorizing legislation now goes to the White House for the President's signature.

As noted, the House increased the authorized funding levels for supportive services, like adult day, and for congregate and home-delivered meals. The bill's spending levels are still subject to the annual appropriations process and we will continue advocating for full funding of OAA initiatives.

Copy and paste, or type this into your browser bit.ly/1VH89rZ to read the summary of the bill by Peter Notarstefano at [LeadingAge.org](http://LeadingAge.org).

## A MESSAGE FROM THE EXECUTIVE DIRECTOR

### On Death and Dying



"Long before your elder is faced with transition you should discuss their directives with them."

Death and dying is a topic that is taboo for many people. End of life directives and care wishes are not often facilitated due to the reticence of people to think about life's end for themselves or their loved ones. If one should be so lucky as to define the process of their own death in illness or old age, they should do so. Death must be more openly discussed especially with your loved ones.

Beyond medical treatments, try to get them to share their vision for how they would go, who they want with them, what they think they might desire to be more comfortable whether it is certain music, having photographs around, or family members.

There are signs that death is nearing in an elder. They may seem to diminish physically, they are no longer interested in participating in activities, may sleep for longer periods of time and eat less. They may speak more often of leaving or going home.

As the time nears, be sure to let your loved ones know that you will be fine and it is okay if they are tired and want to leave now. It is so important for those who are getting ready to transition because it is their love for you that might be holding them back. Find a way to be okay with letting your loved one go, whether it be a belief that you will see them again or a religious or spiritual belief that you can hold onto. Find a way to let them go "home".

I speak of the miracles in death because time and time again we hear stories of loved ones who are passing see other loved ones, whom have already passed, on the other side waiting to bring them "home". Lucid conver-

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Book a discussion with Green Hill's Assistant Executive Director Judy Wittler On Topics on Aging for your Community Group or Organization.



**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.

**What To Do If I Have To Go To The Hospital**  
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.

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