

Summer Fun at Green Hill



On Puerto Rico Day – dancers Mark James and Karen Lupo teach salsa to guests



Sam and Rose Pappalardo toast champagne cocktails called Bellinis to celebrate the kick off of travel week at Green Hill.

Each August Green Hill residents spend a week traveling the world with daily events full of music, performances, art and food. Trip week 2016 took residents traveling through Key West, Puerto Rico and Jamaica with specialty food and drinks, dancers, a wild animal show, a summertime sing along, and a concert on steel drums.



Celia Bryan, Julian Caplan, Shirley Kirschbaum, and Kathleen Crocco enjoyed the sounds of the steel drum played by Sterling Sample during our day in Jamaica.

COOKING CLUB

Food, food, glorious food! The Cooking Club is at it again making the most delicious appetizers for Happy Hour. Ruth Wax proudly shows off Chicken and Vegetable Pizza. June Lynch, Dorothy Brady and Activities Director Joanna Cullen add the finishing touches.



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your person and a file handy with all medical information.

If faced with the emergency of a missing person with Alzheimer's or dementia, spend no more than 15 minutes searching the immediate area and then call 911.

For more information visit: <https://www.caregiver.org/caregivers-guide-understanding-dementia-behaviors>

Oktoberfest Celebrated at Green Hill in West Orange



Community Life Assistant, Ellen Mikell, Kathleen Crocco, and Eric Kersen

Residents at Green Hill enjoyed the rousing songs and great food at the annual Oktoberfest event. The party featured German accordion music with Eric Kersen, German Beer, and German foods including bratwurst and sauerkraut, and pumpernickel and cucumber sandwiches.



Julian Caplan and Eric Kersen enjoy the German songs.

NEWS FROM GREEN HILL, INC.



Discover new styles of senior living

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Green Hill, Inc.  
103 Pleasant Valley Way  
West Orange, NJ 07052  
973-731-2300  
[www.green-hill.com](http://www.green-hill.com)  
[info@green-hill.com](mailto:info@green-hill.com)

Executive Director, President  
Toni Lynn Davis MHA,  
CNHA, FACHCA

Board of Trustees Officers:  
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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.



COMING TO GREEN HILL - THE GREEN HILL THERAPY GARDEN

Green Hill has launched a new program to aid in the rehabilitation of our residents called the Green Hill Therapy Garden. The garden will be located adjacent to the Green House Rehabilitation home, part of our Green House Homes neighborhood. Design and fundraising for the project is now underway.

The therapy garden will directly benefit those who come to Green Hill after a clinical episode, such as a fall, surgery or an illness where strength, and balance need to be improved so that the person can obtain their prior state of independence. The therapy garden will complete the therapeutic cycle of rehabilitative care offered in the home like setting of the Green House Homes. The therapy garden will also benefit all of our residents with a variety of rehabilitation needs that include common issues of aging, dementia and even PSTD.

"A well designed therapy garden includes much of what is found outdoors in a home setting to support rehabilitation of a person's former state of independence in relation to their outdoor environment," said Green Hill Executive Director and President Toni Lynn Davis.

Patients will practice balance utilizing a variety of surfaces such as cement, grass, sand, pavers and wood. They will practice going up and down stairs, working with gardening tools, planting, shoveling, raking and other activities that they encounter in their daily lives at home.

"Another aim of therapeutic gardens is to promote ambulation, positive reminiscences, decreased stress and stabilized sleep wake cycles... exposure to nature has been associated with reduction in pain, improvement in attention and modulation of stress responses. In addition, some studies have reported that having free access to an outdoor area may reduce some agitated behaviors, medications and falls in dementia residents." Psychiatry Investig. 2012 Jun;9(2):100-110. English, Published online May 22, 2012, Copyright © 2012 Korean Neuropsychiatric Association.

The Therapy Garden compliments the occupational rehabilitation provided in the Green House Home setting where the person can practice functioning in a bedroom, bathroom, kitchen, and laundry room, and practice negotiating carpet, tile, doorways and back yard spaces.

"In addition to the clinical therapeutic focus for the body of our residents, the garden will provide support for healing of the mind and spirit which is so very important during a challenging recovery," said Ms. Davis. "Utilizing rocks and water to create a Zen like area for reflection and meditation, as well as the different plants and flowers that will change with the seasons and engage the senses, will support the rehabilitative efforts of

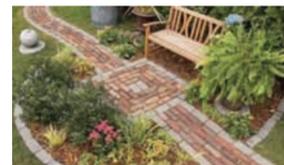
residents and caregivers alike."

At Green Hill the focus is on the quality of life of residents regardless of their physical, cognitive or emotional challenges.

Incorporating the use of the beautiful outdoor spaces on the landscaped 21-acre property is a priority and includes the rain garden, backyard social areas at each Green House Home, and shaded patios and sun gardens at the Legacy building.

There are two ways to participate in the success of the Green Hill Therapy Garden. The purchase of a commemorative engraved garden paver that will grace the garden walkways is a wonderful gift for the holidays for family, friends and colleagues. Or, make an additionally significant contribution to the Therapy Garden capital campaign. Green Hill is 501(c)(3), not-for-profit organization. All contributions are tax deductible to the full extent of the law.

Include the Green Hill Therapy Garden in your end-of-year funding plan and feel confident that your resources are providing healing, and rehabilitation in an environmentally supportive setting to those who need it most. Visit [www.green-hill.com/therapygarden](http://www.green-hill.com/therapygarden) for funding information and the paver order form.



Therapy Garden Paver



A Great Gift for the Holiday Season

Immortalize your loved ones, or promote your business or organization by purchasing a Therapy Garden Paver this holiday season. It's a perfect gift that is both a donation to a local non-profit focused on senior citizen health and well being, and a long lasting tribute to your recipient.

As an added value, pavers are tax deductible to the full extent of the law. Check with your financial advisor to learn more. To buy your paver in time for the holidays, visit [www.green-hill.com](http://www.green-hill.com). A certificate of purchase will be emailed to you to present to your recipient.

Follow us on facebook and twitter.

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



CALENDAR HIGHLIGHTS

OCTOBER

Rosh Hashanah and Yom Kippur Celebrated Happy New Year!

10/5- October Fest Festivities

10/31- Annual Halloween Party

Costumes, Tricks and Treats. Costume Parade with visiting school children. Families welcome! 2:15pm

NOVEMBER

11/14 Judy Talks About Aging Central Presbyterian Church, Caldwell NJ 10am

DECEMBER

Annual Holiday Party Celebrate the winter holidays with an all in one party. Gifts, food, entertainment. Families welcome!

35th Annual Grandparents Day

Intergenerational event welcomed family members to honor grandparents.



Barbara Lemmerman enjoys Grandparents Day with daughters Nancy, Linda, granddaughter Lana and grandson Benjamin.



Four generations of the Lowenstein family with Bob Lowenstein and friend Shirley Kirschbaum.



Spiderman and Rapunzel join Helen Korzun for a photo with her daughter and grandchildren.



Lovettal Brooks enjoys the day with her niece Donna Smith, son Herschel Davis and daughter Marie Davis.

MERRY CHRISTMAS - HAPPY CHANUKAH - HAPPY KWANZA



Independent, Safe, Happy @Home

Green Hill @Home provides a variety of help that can make staying in your home a viable and healthy choice including personal care, household assistance, transportation, healthcare assistance, physical and occupational therapy as prescribed, and companion visits.



For information on Green Hill @Home visit [www.athome.green-hill.com](http://www.athome.green-hill.com) or call 973-325-6015, to schedule a personal appointment.

Holiday Care For Your Senior

Enjoy the holidays with your senior citizen, and ensure they are happy and healthy this holiday season.

Be sure to schedule a visit with your loved one when they are most energetic before the late afternoon or evening. If you take them to a restaurant or bring them home for festivities, try not to overire or over stimulate them. Keep noise levels moderate. Ensure they can be safely transported and have a comfortable place to sit at your event. Plan a rest period and resting place during the day if necessary. Ensure there are food choices that are delicious, healthy and fit into any food restrictions or physical abilities they may have.

When gift giving consider interactive activities like games, or crafts, and memory makers like music from their era or photographs of family. Be sure to bring any medication, supplies or supplements that they are required to use during the time period of their visit.

Enjoy your holidays with your loved ones.

TONI'S TIPS: MINDFULNESS LEADS TO A HEALTHIER LIFE

(An excerpt – full article can be found on [www.green-hill.com](http://www.green-hill.com).)

Research reveals that our minds wander from what is happening in our present about 47% of the time and that we wander off when in conversations with other people about 32% of the time. (Heartwoodrefuge.org)

We train our staff at Green Hill to be in the moment in listening, when participating or leading activities, or when providing health care, to create an environment that is authentic for our residents and one in where we are consciously aware of each other's needs. We speak a lot about listening skills and how important it is to be in the moment of listening when others are speaking.

Mindfulness is believed to reduce stress and boost the immune system. It can help one cope with illness such as chronic pain, cancer, heart disease, and even reduce high blood pressure. Mindfulness can boost your performance at work, improve your relationships with others and reduce ones anger and judgment of others. It can help mitigate impulsive behaviors like bingeing on food, excessive drinking and drug use. Mindfulness can help ease depression.

Mindfulness Meditation can be incorporated into your daily life. Look on line for classes on this technique near you. The exercises will take little to no extra time during your day and set you on the path to a more mindful way of life.

- 1-Take a moment when the alarm goes off in the morning to check in with yourself before you rise out of bed. Recognize where you are in the moment.
- 2-As soon as you rise take stock of your body. Bring awareness to each part of your body with a stretch and a hello.
- 3-During your morning or evening shower, be present. Feel the water on your skin, smell the scent of your soap and shampoo.
- 4-While you commute, be aware of those around you, driving or being on the train or bus. Don't fill the time with reading or busy work. See the places that you pass along the way. Listen to the sounds and smell the smells of each moment.
- 5-At work focus on the specifics of each task and each interaction with others. Don't be on autopilot during the day.
- 6-When eating focus on each bite of food, of chewing and swallowing, of the taste on your tongue and the food in your belly, instead of reading, or looking through your phone. If someone is speaking while you eat try switching your attention back and forth to the speaker and to the food intermittently.
- 7-When you are waiting, for your train, or an appointment, refrain from taking out your hand held device to fill the time. Look around you. Engage with others in moment-to-moment experience.
- 8-Repeat the morning mindfulness ritual in the evening when you get into bed. Lay quietly and take stock of your body, your mind, and focus on the feeling of the pillow under your head and the sheets against your body. Breathe and acknowledge the moment you are in.

Focusing on being more mindful in daily experience, living in the NOW will benefit us in so many ways and make us happier. By re-training ourselves out of this "wandering off" habit our lives will be less stressful, richer and more fulfilling.

THE COMMUNITY BASED INDEPENDENCE FOR SENIORS ACT

A revised version of H. R. 4212 the Community Based Independence for Seniors Act was introduced to both houses of Congress. This bill would establish a Community-Based Institutional Special Needs Plan demonstration program in five states, to target home and community-based care to eligible Medicare beneficiaries. LeadingAge strongly supports this legislation that would allow Medicare recipients that have care needs to receive adult day services, non emergency transportation and meal programs within a demonstration program. We thank Rep. Linda Sanchez D-CA, Rep. Leonard Lance (R-NJ), Rep. Patrick Meehan (R-PA), and Rep. Kurt Schrader (D-OR) for their dedication to help older adults receive the care they require to remain in the community.

Under the CBI-SNP demonstration program, eligible Medicare beneficiaries shall receive the following benefits in addition to those already covered under Medicare Advantage program: homemaker services, home delivered meals, transportation services, respite care, adult day care services and non-Medicare-covered safety and other equipment.

An evaluation of the Community Based Independence Special Needs Plan (CBI-SNP) demonstration program and Report to Congress must take place no later than 4 years after implementation of the demonstration. The demonstration program shall be implemented by January 1, 2018. HHS shall arrange for an independent third party evaluation of the demonstration program, on the basis of which its duration and scope may be expanded. Funding for the demonstration program shall come out of the Medicare trust funds.

"This will give our seniors the services they need to continue to thrive at home," says Green Hill Executive Director and President Toni Lynn Davis, MHA, CNHA, FACHCA.

For more information visit [www.leadingage.org](http://www.leadingage.org)

A MESSAGE FROM THE EXECUTIVE DIRECTOR

Drilling Down on Dementia- Wandering



In 2012, Green Hill hosted the bill signing, with Governor Richard Codey, of the NJ Sliver Alert legislation that created the New Jersey public alert notification system requiring media outlets to broadcast information about missing senior citizens. If the missing senior citizen is driving, the state Department of Transportation and highway authorities let the public know through the highway message boards and alert signs. A missing senior is often the result of a person with Alzheimer's disease or dementia who has wandered.

"It is estimated that more than five million Americans currently have been diagnosed with Alzheimer's disease", says the Alzheimer's Foundation of America. 6 of 10 people with Alzheimer's will wander and not know who they are.

Persons with dementia have a progressive neurological disease with symptoms that are constantly evolving, creating a cascade of unusual behaviors. Wandering is a common activity of people with dementia and it can have serious consequences. Wandering may appear as aimless walking to and fro with no apparent destination in mind. A person may be looking for something that they can or cannot identify, often something lost or misplaced and not of the present time. They may have a desire to return 'home' to somewhere that they used to live. They could have a need to be addressed like hunger, thirst or to go to the bathroom.

Understanding the triggers of wandering at any given time in the progression of dementia is a challenging task. The old adage of the best offense is a good defense' may be one's best tool to mitigate the wandering of a loved one suffering from dementia.

Have a clear, delineated daily schedule of activities. A routine will provide structure for the person. Try to recognize what times of day the person seems most restless and likely to wander. Fill those periods with activity. Communications strategies that we have covered in prior articles, such as redirecting the attention of the person who is wandering, can be helpful. Asking them if they would like something to eat or drink, or if they have another need can help the caregiver understand more about their needs. Engaging them in an activity that brings them pleasure, such as music, food preparation, or an art project, may bring positive diversion. Encouraging them to talk about an event or time that brings them pleasure is another approach. Exercise like walking or dancing, keeping the person active so they tire out can reduce the restlessness that dementia often stimulates.

There are also specific tools in the home that you can use to protect the person from choosing to wander, or to give the caregiver added ability to catch them wandering before they get too far. Caregivers.org and the Alzheimer's Association suggest the following actions:

Install key locks on your doors so persons can't open them. Check with your municipality to see if key locks are permitted. They can create a fire hazard. You may consider a keypad lock instead. You can also install child locks on door handles. Put door locks above or below eye level which will impede the processing of them as a way to exit.

Bright, clear signage like 'Do Not Enter' and 'Stop' are phrases that can impede a person's desire to go forward. The color black used as a line of demarcation on a porch or pathway is thought to impede a person's desire to cross it. Some home security systems include alarms or sounds that can be activated when an door is opened. There are monitored alert bracelets with GPS technology that can track a wandering person.

Do not leave your car keys in sight. If it is not too distressing, hide items such as purses, wallets, coats or any item that you notice your loved one never leaves home without. Not only will looking for the items

distract them from exiting, it can give you the extra time to recognize that they are planning to wander off. Put night lights on throughout the house and make sure your person has gone to the bathroom right before bed to reduce nighttime wandering.

If you do care for a person that wanders, have a plan. Make sure that their clothing has nametags with contact information sewn on. Let your neighbors and local law enforcement know that you have a person with dementia living with you and give them your phone number so they can keep an eye out as well. Have a recent photo of

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Talks on Aging

Judy Wittler, Green Hill Assistant Executive Director's Talks On Aging have become a widely popular event for organizations and community groups across the northern New Jersey region.



Assistant Executive Director Judy Wittler

The educational and informative presentations on *Aging In Place, Hospitalization - The Issues and Challenges and, Discharged, Now What?* are providing comforting straight talk about available resources, rehabilitative services, home care, Medicaid and Medicare, hospital lingo and your rights and responsibilities, to people of all ages.

To schedule a presentation and discussion in your community contact: Judith Wittler, L.N.H.A. at [j.wittler@green-hill.com](mailto:j.wittler@green-hill.com) or phone 973-731-2300 Ext 225.