

Autumn 2018

Green Hill is the NYC Metro Area's only platinum certified, welcoming senior community for LGBT residents



Green Hill is a Non-profit, Medicare and Medicaid Certified Community

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Best Life: Elders Living Joyful Lives

Americans are living longer and generally healthier lives due to advances in healthcare and a clearer understanding of the connection between nutrition and exercise. We are also becoming more familiar with the neurocognitive disorder called dementia that can accompany the aging process. Dementia is a disorder that can be caused by a variety of conditions. Alzheimer's disease is the most common, but there are many other causes of dementia. Some forms of dementia symptoms can be managed, but none are reversible or curable.

People with dementia are often viewed by their loved ones through a lens of loss and a fear of being forgotten. A person with early or mid-stage dementia fears the loss of independence, their memories and their quality of life. Traditionally, caregivers have been trained to address only the health, safety and management of the person's behaviors. Today, there are tools caregivers can employ to address the individual needs of the person with dementia and perhaps to lessen the disease symptoms and slow the progression.

The team at Green Hill Senior Living employs the Best Life model of care created by the **Green House® Project** for residents with dementia symptoms. **Best Life** engages the elder in strategies to live a



First team to receive Best Life training. Over 40 staff are now trained.

meaningful life by focusing on each person in a holistic manner with individualized engagement techniques for all aspects of daily living. Meaningful

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A Message from the Executive Director

It is a busy time at Green Hill for residents and team members. We've added educational seminars that are open to residents and family members, as well as the general public. On October 22nd the subject will be Breast Cancer Awareness. On November 11th, we will have a Veteran's Day discussion group and social.

Each month we look to celebrate the many cultures represented in our community. October 3rd will be an Oktoberfest Happy Hour and on November 7th, Diwali, the Festival of Lights will be celebrated.

The Thanksgiving Dessert Party on November 20th welcomes family and friends as do the winter holiday parties celebrating Chanukah and Christmas in December. Check the calendar highlights in this issue or look for all of our events on the Green Hill website.

A very special thank you to Mrs. Varda Yorán of

the Rose Art Foundation who has gifted Green Hill with five Deluxe Invacare Recliners for use by residents with mobility challenges.

We are grateful to know that there are people and organizations as committed to providing a great quality of life for our residents as we are. We will be joined by some of those organizations on November 9th, as Green Hill has been selected to host the capacity-building workshops for the **2018 Changing Aging Tour**. See page 4 for more information.

It is a busy time at Green Hill this season. I look forward to seeing you at our seminars and celebrations.



Donna Lazartic, MBA, LNHA

Annual Labor Day BBQ



Dyann Savvis and elder, Dorothy Brady, enjoying BBQ, above. Below, Elder Al Gerson enjoying his hot dog!



Grandparents Day



Eleanore Berliant & Margaret MacDuffie, above. Below, Mary Garner, daughter Anne and family



Clarice Olinger has her face painted at the Grandparent's Day picnic

Green Hill Pride



Pablo Artega-Robles

Congratulations to **Pablo Artega-Robles** on his promotion to Maintenance Mechanic. He has an engineering degree and experience from his home country of Columbia, South America. Having been raised by his grandmother, he loves helping the seniors who live at Green Hill.

Welcome to **Claire Giacomo**, who joined Green Hill as Marketing Assistant. Claire is currently pursuing her MBA at Montclair State University. What Claire likes most about Green Hill are the staff and residents who are all "so nice!"



Oscar Suarez

Congratulations to **Oscar Suarez** who was promoted to FLIK Assistant Director of Dining Services. Oscar has done a wonderful job at Green Hill since joining the team.

Welcome to **Rossi Nina**, FLIK Dining Services Supervisor. She has seven years of experience with FLIK. She is very happy to be at Green Hill and enjoys mentoring her co-workers, sharing her expertise and her experiences.



Rossi Nina

Welcome to **Rachael Olaode, RN**, who joined Green Hill as the overnight Nurse Manager. She has a BSN from Farleigh Dickinson University and many years of experience working in long-term care communities. She is happy to be working with the committed nursing team at Green Hill.



Claire Giacomo



Rachel Olaode

Welcome New Resident Rabbi Fogel

Green Hill is home to many residents who have had extraordinary life experiences and have made incredible contributions to their communities. New resident, Rabbi Daniel Fogel is one of these interesting people who have chosen to make Green Hill their home.



Daniel Fogel was born in 1932 in Wyandotte, Michigan. He earned his BA in political science at the University of Michigan in 1954 and achieved his Rabbinic Ordination in 1960 at Hebrew Union College in Cincinnati, Ohio. He served as Assistant and Associate Rabbi at Temple Sinai in Roslyn Heights, NY from 1960-1966. In 1964, while attending a rabbinic conference in Atlantic City, a message arrived from Dr. Martin Luther King asking for assistance with a civil rights demonstration for the integration of a hotel in St. Augustine Florida. Rabbi Fogel was one of 16 rabbis to participate in the demonstration known as the "Pool Dive-In." Fogel was arrested and jailed with Dr. King.

From 1966 to 1997 Rabbi Fogel served as the Rabbi for North Shore Synagogue in Syosset, Long Island. There his social justice leadership continued, including a focus on the issue of Soviet Jewry. In 1978 he visited Russia under a tourist visa. Slipping away from KGB surveillance, Fogel visited with Refuseniks, Soviet Jews who were denied permission to emigrate from Russia, and brought them much needed supplies from the US. Rabbi Fogel's synagogue adopted a Refusenik family from Kiev and helped them obtain the documents they required to emigrate from Russia. In 1985 Rabbi Fogel received an Honorary Doctorate of Hebrew Letters.

While serving his congregation and participating in social justice campaigns, Daniel and Eleanor raised two children, and now have six grandchildren. When Rabbi Fogel's health compelled them to find a senior community, "we selected Green Hill as a good place for Daniel because there is life here," said Mrs. Fogel. Rabbi Fogel lives in a bright, spacious room. He and Eleanor enjoy the community life activities held throughout the day and the Jewish religious services provided by local clergy.

Invacare Recliners Donated to Green Hill

Green Hill is fortunate to be the recipient of five Deluxe Invacare Recliners donated by Varda Yoran of the Rose Art Foundation for use by residents with mobility challenges. The Rose Art Foundation is a non-profit family organization whose mission "Living With Dignity" is to serve persons with mobility challenges who are in need.

The Rose Art foundation was inspired by the remarkable life, contributions and drive of patriarch Shalom Yoran. Mr. Yoran, a Polish Jew, survived WWII by fighting with the partisans against the Nazis. His memoir, *The Defiant: A True Story of Escape, Survival & Resistance*, was published in 1996 by St. Martin's Press. His wife Varda was born in China to Jewish parents who emigrated from Russia in the days before WWII. Varda was a first-hand witness to World War II and the immigration of tens of thousands of Jews to China. She was in Israel for the declaration of Israel's independence, where she met and married Shalom Yoran. The family emigrated to the United States in 1978.

When Shalom became infirm in his later years, his family purchased an Invacare Recliner, significantly improving his quality of life and enabling him to continue to engage with his family and community. After his death the family established the Rose Art Foundation in his honor to improve the quality of life of immobile and handicapped seniors, predominately in non-profit nursing homes, through the donation of Invacare Recliner chairs.

"We are grateful to Mrs. Yoran for the generous donation of these wonderful, reclining wheel chairs. Our residents who struggle with mobility challenges love the comfort they provide and the CNA's who care for them are thrilled." says Donna Lazartic, President and Executive Director of Green Hill Inc.

For more about the Rose Art Foundation and the mission of *Living With Dignity*, visit <http://www.livingwithdignity.org>.



FREE Autumn Events

Some events are open to Green Hill residents and their families/friends. Others are open to the public.

To Register: www.Green-Hill/Events or call Joanna at 973-731-2300 x263

Oktoberfest, October 3rd, 4:00 pm

Happy Hour—Eric Kerssen performs German accordion music. German appetizers. Open to residents and families.

Varda Yoran Recognition Luncheon October 10th, 12:30 pm

In honor of Varda Yoran and the Rose Art Foundation for their donation of five Deluxe Invacare Recliners. By invitation only.

Breast Cancer Awareness Discussion October 22nd, 2:15 pm

Open to the public.

Halloween Party & Staff Costume Contest, October 31st, 2:15 pm

Open to residents and families.

Diwali-Themed Happy Hour November 7th, 4:00 pm

Diwali Festival of Lights—Indian appetizers. Open to residents and families.

Changing Aging Tour Day November 9th, 9:00 am

Age-friendly, capacity-building workshops for local organizations. By invitation only.

Veterans Day Social November 11th, 10:30 am

Resident social in honor of the armed services. Open to residents and families.

Thanksgiving Dessert Party November 20th, 3:30 pm

Sweet seasonal treats and a special musical performance. Open to residents and families.

Resident Holiday Party December 5th, 5–7:00 pm

Open to residents and families.

Resident Holiday Dessert Party December 5th, 6–7:00 pm

Open to residents and families.

Green House Caroling and Holiday Party, December 10th, 5–7:00 pm

Open to residents and families.



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Facebook: Green Hill Inc

Apples with Carrot–Apple Dip

Contributed by Michiko Tomioka, RD

Why does "an apple a day keep the doctor away?" Apples contains fiber, vitamins, minerals, and photochemicals that are beneficial anti-cancer, anti-inflammatory, chronic-disease-preventing, weight-control nutrients. A majority of nutrients are in the skin, so eat the entire apple.

Michiko's Secret Carrot–Apple Dip:

Serve with two apples, washed and sliced

3 Medium carrots (cut into 2-inch pieces)	1½ Tbsp. fresh ginger
1 Medium apple (peeled, cored & quartered)	½ Tbsp. of soy sauce
1 Lemon peel	Pinch of sea salt
⅓ Cup water	1 Tbsp. honey
¼ Cup apple cider vinegar	3-4 Tbsp. extra virgin olive oil
4 Tbsp. roasted, ground sesame seeds	



Puree all ingredients (except olive oil) in a blender to a smooth consistency. Continue blending while drizzling in 3–4 tablespoons of extra virgin olive oil. Dip sliced apples and enjoy. Great on salad greens too!



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Donna Lazartic MBA, LNHA

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Best Life at

The Green House® Homes

Designed as a real home

Comfort of private rooms with full baths

Family-like dining and living

Memory care that builds on your unique abilities



Freedom to set your own daily routine

Stay engaged in life

Green Hill. A place you and your loved ones want to be.

Call Today to Tour: 973-766-9355

Best Life: Elders Living Joyful Lives

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engagement, opportunities for independence, and goal setting are key to feelings of wellbeing. Studies show that the **Best Life** level of engagement helps elders retain their cognitive abilities longer.

Green Hill staff devise unique engagement plans utilizing **Best Life** techniques for each elder with dementia. Personalized care by a familiar team of caregivers, called Shahbaz, employ techniques such as partnering with the elder on doable tasks, sharing past and present interests, and engaging in inside and outdoor activities to create more meaningful daily experiences.

“Best Life is a program created by **The Green House® Project** give our elders living with dementia the best life possible” says Judy Wittler Assistant Executive Director, Green Hill Inc. “Our elders are living more joyful lives, and their families are happy to be part of the process, and experience positive results.”

Changing Aging Tour at Green Hill

The **Changing Aging Tour** is coming to northern New Jersey November 7th to 9th. The **Changing Aging Tour** helps communities become more age-friendly. The program is a remarkable 3-day spectacle utilizing cultural expression to challenge ageism in the US culture through storytelling, live music, movement and theater.

Day 1 of the program will be held at Valley Hospital in Ridgewood where Dr. Bill Thomas will be the keynote speaker. Dr. Thomas is the founder of the **Green House® Homes** and is no stranger to Green Hill. Green Hill is home to the first **Green House® Homes** in New Jersey and the 100th **Green House® Home** in the US.

Day 2 will be held in Montclair focusing on cultural expression and live theater. The day will feature two live, nonfiction theater presentations that challenge stigma, and ideas about aging and dementia, while offering remarkably positive takes on aging, exploring aging as a form of continued

growth, rather than as a slow decline.

Day 3 will be held at Green Hill, where age-friendly, capacity-building workshops will take place. Kavan Peterson, a national leader in the age-friendly movement and consultant with AARP, will conduct a full day of workshops with New Jersey’s age-friendly organizations on topics including strategies for engaging academia and the arts, exploration of connecting agency and non-profits, diverse approaches to fundraising, using positive storytelling to communicate messages, and how to engage with the business community.

“We are looking forward to participating in this wonderful and informative event,” says Green Hill Executive Director and President, Donna Lazartic. “We are excited to spend time with Dr. Thomas again and to connect with other age-friendly organizations in our community.”

For information visit:
ChangingAging.org