

Spring 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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Green Hill To Open GreenFit Track

Green Hill celebrates senior fitness this spring with the grand opening of the Green Hill GreenFit outdoor track on Wednesday May 30th, the 25th anniversary of National Senior Health and Fitness Day. The ribbon cutting and walking contest will launch the new warm weather fitness program on the 23-acre tree-lined property. The GreenFit track will enable residents to track their walking goals and will encourage additional outdoor activity as part of their active lifestyle.

Green Hill believes that goal setting is an important part of a healthy, happy and active life for seniors. When one joins the Green Hill community their talents, interests and goals are integrated into the activities of their life and the life of the community.

The GreenFit program at Green Hill begins with physical fitness goals established through a partnership between the resident and Dr. Richard Lai, the Director of Rehabilitation. Physical fitness is key to maintaining cognitive acuity, strength and balance. Weight training increases muscle tone, ligament strength and bone density. Weight and resistance training can prevent or slow osteoporosis. Cardio exercise like walking, biking, and dancing helps prevent weight gain, diabetes, heart disease

and depression.

Green Hill provides a full range of exercise opportunities for residents. The state-of-the-art rehab center includes NU Step Machines, Treadmills, Omnicycles, a Wii Console, Saratoga Cycles, free



weights, resistance tools and a staff of physical and occupational therapy professionals to assist with exercise routines. The Community Life staff hosts yoga, tai chi and exercise classes, and dancing is included in many of the social activities.

Wellness goals also hold an integral place in life at Green Hill, whether one participates in meditation *Story continues on page 4*

A Message from the Executive Director

The energy at Green Hill is palpable. Spring is finally here, and as the weather warms we will take our activities outside to our many patios, porches and green spaces. We will be planting fresh herbs for the kitchen in the garden to celebrate Earth Day, host a ribbon cutting and fun walk on our new GreenFit track for National Senior Health and Fitness Day, and enjoy barbecue and music at the annual Green House® Block Party.

A wonderful Mother's Day concert will be held on May 11th. Not to be outdone, the fathers will be celebrated on June 17th with a jazz combo and party. Family and friends are welcome to join us for these musical events.

The first LGBT Senior Housing and Care Expo in New Jersey will be held at Green Hill on June 9th. The educational event will enlighten and inform us as to the challenges and opportunities for our

aging LGBT community in New Jersey. Vendors and stakeholder organizations will be present. Lunch is provided for those who register. (See page 3)

Congratulations to our dining services team — Flik Lifestyles recognized Green Hill as a Platinum account

for their contributions to the community through fundraising for causes such as *Tribes for Tribes* and *Alzheimer's Awareness*.

There is always a lot of life going on at Green Hill no matter the season. As spring has sprung, a bright and fresh energy abounds. Take the opportunity to visit us and experience the energy of Green Hill for yourself. Happy Spring!



Donna Lazartic, MBA, LNHA

New Residents' Tea

A new event created and hosted by the Green Hill Resident Volunteers



Liliane Brown and our volunteer Gregory serving tea

Community Store Reopens



Shirlie DeCostanza holding her favorite Hershey bar candy!

Valentine's Day Party



Maggie Frank and Harry Katz dancing

Wear Red for Women



Green Hill staff on Wear Red for Women Day

Green Hill Pride



Hope Richardson

Welcome to the Green Hill family, **Hope Richardson**, Registered Nurse, Assisted Living. Hope has been an RN for 14 years. She learned about Green Hill from a current team member who said it was a "great place to work. I am very happy at Green Hill and love working with the residents and their families."

Green Hill also welcomes **Joyce Hicks**, Registered Nurse, Nursing. Joyce has been an LPN since 1996 and an RN since 2004. She loves working with seniors, and credits her interest with having lived with her grandparents until the 5th grade.

"Everyone I have met here is nice and helpful. I love that I can spend real quality time with the elders, and I am very impressed with the staff ratios."



Joyce Hicks



Oscar Suarez

Welcome **Oscar Suarez**, Flik Dining Services Supervisor.

Oscar has been employed with Flik Dining Services for the past 6 years. With a degree in business management, Oscar also has managed dining services at Newark Airport but prefers to work closely with the people he serves. "I really like working with the staff and residents at Green Hill."

Green Hill is pleased to welcome **Sheena Astor**, Licensed Practical Nurse, Assisted Living. Sheena was educated in the Philippines, has lived in the United States for 6 years, is board certified in the US and worked as an LPN for the past 2 years. "I love my profession because of all the great people I get to work with. Green Hill is a great community. Everyone is so friendly."



Sheena Astor

We also welcome to the Green Hill family:

Jy-Mir Bailey
Dining Services

Aretha Jackson
Dining Services

Emily Patrone
Communications

Asaad Goodman
Dining Services

Joline Lominy
Nursing

Marie Victor
Assisted Living



Dr. Fran Hoh

CONGRATULATIONS to Green Hill Pain and Palliative Care Practitioner, Dr. Francine Hoh, NJBiz BEST 50 WOMEN IN BUSINESS 2018!

Excited About Living Again at Green Hill

Sarah Wight lived happily in a large, historic home in Montclair for more than 23 years with her husband Richmond. When he unexpectedly passed away, her zest for life faltered. The home she once loved became too much for her to maintain, she began to isolate from family and friends, and her health deteriorated. A good friend suggested she spend some time healing at Green Hill. How auspicious that was for both Sarah, and the residents and staff of Green Hill.

"I found myself again at Green Hill," Sarah exclaimed as she lounged in her wing-backed chair, brought from her house along with rooms of other furniture and belongings. Sarah so loved the people she met and the life she created at Green Hill, that she put her house up for sale and moved into a three-bedroom independent living apartment in the grand Legacy Building. "I am back to being Sarah," she said, "and my goal is to give back to the people and friends here that brought me back to life."

"Sarah has become a powerhouse in the community," says Assistant Executive Director Judy Wittler. "She has joined and taken a leadership role in a number of our clubs and volunteer groups."



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National Nutrition Month Celebrated



The monthly super foods demonstrations have become one of the most popular resident events. Chef Jomar and Nutrition Care Manager Michiko Tomioka both entertain and educate residents on the benefits of healthy food choices. Residents and staff enjoy the tasty samples of the featured recipes.

National Nutrition Month in March was dedicated to incorporating healthy grains into one's diet. Traditional white grain recipes served to residents were enhanced with the use of whole grains including buckwheat pancakes, whole wheat French toast and pastas, and hot dogs and hamburgers served on whole wheat buns. Green Hill staff also enjoyed healthy homemade snacks provided to promote health lifestyles for caregivers.

Green Hill Receives "Be A Star" Award

Flik Lifestyles recognized Green Hill's dining services team as the stars of our community with their **Be A Star** award. Throughout 2017, Green Hill has participated in fundraising for causes such as *Tribes for Tribes* and *Alzheimer's Awareness*. In January, Flik recognized Green Hill as a Platinum account for their contributions to the community through fundraising.

Our Dining Services Team receiving the Be A Star award: Oscar Suarez, Michiko Tomioka, Benny Montalvo, Jomar Bras, Mirelys Castillo



LGBT Senior Housing & Care Expo Saturday, June 9th, 10am-4pm

Speakers, Panels, Vendors and Networking Lunch included with Registration



in collaboration with Garden State Equality

FREE EVENT Open to the Public

Register Today!

CLICK: Green-Hill.com/Events

EMAIL: pr@green-hill.com

CALL: 973-731-2300 x373

For **Expo Information & Vendor Opportunities** contact the LGBT Senior Program Director at **amy@asimonsays.com**

LGBT Program/Expo Sponsorships Available.
Email: **Development@Green-Hill.com**

Spring Calendar

Events are FREE, open to family and friends, and open to the public where noted. RSVP is required at www.Green-Hill.com/Events, or by phone at 973-731-2300 where listed.

Know Your Rights

April 23rd, 1:00-3:00 pm

LGBT senior citizen rights and responsibilities, presented by Garden State Equality. Open to the public.

Remembering Why We Do What We Do April 19th, 5:00-8:00 pm

Maintaining goals and values in challenging situations. Includes dinner and CEUs. Open to the public. RSVP Sharon, x335

Mother's Day Concert May 11th, 2:15 pm

Featuring Estere. RSVP Joanna, x263

Green Hill GreenFit Track Ribbon Cutting, May 30th, 11:00 am

Celebrating National Senior Health and Fitness Day. RSVP Joanna, x263

Speaker Series: Health & Wellness Tips May 30th, 2:15 pm

With Dr. Laura Rokosz from Radio 1250 AM. Open to the public. RSVP Joanna, x263

Summer Beach Party June 1st, 2:15 pm

The Resident Volunteer Committee hosts this special First Day of Summer celebration. RSVP Joanna, x263

LGBT Senior Housing and Care Expo June 9th, 10:00 am-4:00 pm

Informational event about housing and person-directed care for LGBT seniors. Lunch provided with registration. Open to the public.

Green House Block Party June 13th, 5:00 am-7:00 pm

Celebration of the Green House Homes® at Green Hill. BBQ, music, fun and family. RSVP Joanna, x263

Father's Day Concert June 17th, 2:15 pm

Featuring the Florian Schantz Jazz combo. RSVP Joanna, x263



Like Us on Facebook and Give Us a 5-Star Review

Facebook: Green Hill Inc



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Donna Lazartic MBA, LNHA

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A Little Help. A Big Difference.

Green Hill Senior Living

is about the whole family
and the whole **YOU.**

Our services are tailored to
you, so you'll get just the
right amount of help you
need, when you request it.

And the best part? We'll
even help with your
home downsizing
and move-in
this Spring!



50% OFF Move-In Fee
(\$1500 value) AND
FREE Home Downsizing
Assessment
(\$200 value)*

Call Now! 973-731-2300

Community Connections



**Glen Ridge Girl Scout Troop 20064 and elders
Ruth Fowler, Harry Katz & Shirlie DeCostanza**



**Sarah Wight, Clarice Ollinger and Lillian Brown
welcomed Isabel Castro from the West Orange
Library, who introduced the home delivery
service for elders wishing to borrow books,
movies and audio books from our local library!**

Green Hill To Open GreenFit Track

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classes, music therapy, arts and cooking
clubs, gardening, or one of the many
resident volunteer and governance
groups. Participating in activities, and
exercising with others, decreases one's
feeling of isolation and enhances mood.

Person-directed care at Green Hill
means that each resident defines their
own vision for their life, with the staff at
Green Hill supporting them in facilitating
their goals. As spring unfolds and the
weather warms, Green Hill celebrates
National Senior Health and Fitness Day
by encouraging residents to include daily
physical activity as one of their personal
goals for optimizing good physical and
mental health.

Living Again...

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Sarah can be found on any given day
participating in social activities, exercising
in the rehab gym, chatting with friends in
the dining room, or pitching ideas for new
activities to the community life director. She
volunteers at the Community Store and with
the Resident Volunteer Committee and is
planning to produce a community talent
show. "I am very busy right now helping to
throw a beach party, so we can let off some
steam after this long winter," said Sarah.

Sarah's busy schedule made it challenging to
organize and pack up her home in Montclair.
So she took advantage of one of Green Hill's
new professional partnerships, engaging
Professional Organizer Eileen Bergman to
assist her in getting her house ready for sale.
(See the promotion above.)

Sarah feels the next chapter of her life began
when she joined the Green Hill community. "I
am excited about living again," she exclaimed.
"Home to me is now Green Hill."