

Summer 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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Seniors Reduce Risk of Falls, Build Confidence

The National Council on Aging (NCOA) notes that every 11 seconds, an older adult is treated in the emergency room for a fall, and every 19 minutes an older adult will die from a fall. "Falls are the leading cause of fatal injury and the most common cause of non-fatal, trauma-related hospital admissions among older adults," states NCOA "In 2015, the total cost of fall injuries was \$50 billion."



Older adults who have experienced a fall often develop a fear of future falls which can cause them to curtail their activities. This eventually leads to added social isolation, which is one of the main causes of geriatric depression. The risk of falls for older adults can be reduced

by engaging in a fall risk assessment including physical, behavioral and environmental risks, and implementing practical lifestyle adjustments.

Green Hill staff assist residents with balance, strength and walking skills within the GreenFit, rehabilitation, physical and occupational therapy programs, and as part of assisting with daily living tasks. "An elder who can ambulate confidently with or without mobility assistance devices is more social and has reduced incidents of depression," says Donna Lazartic, Green Hill President and Executive Director.

On September 22<sup>nd</sup>, Green Hill will host a fall prevention seminar, open to the public, called "Aging with Confidence" by Director of Rehabilitation Richard Lai. You may register for this free, informative program at [www.green-hill.com/events](http://www.green-hill.com/events).

Knowing your physical, behavioral and environmental Fall Risk Factors will help you to address them proactively. To identify areas of risk and define practical steps to reduce the risk of falling, engage your older adult in a conversation about their risk and together complete the NCOA Fall Risk Assessment

**Find a link to the Fall Risk Assessment and learn step by step actions you can take to reduce the risk of falls for you and your loved ones on our website at <https://www.green-hill.com/preventing-falls-in-seniors/>.**

A Message from the Executive Director

Summer has arrived and with it we are enjoying wonderful outdoor activities including walking around the Green Fit Track, gardening, and relaxing in the comfortable lounge furniture on one of our porches and patios surrounded by nature.

There are many great programs to look forward to this summer including our annual 4th of July barbecue, a Friday the 13th celebration featuring a Hitchcock Movie Matinee. There will be two fun ways to think 'cool': the "At The Hop" Ice Cream Social on July 20th ; and the "Christmas in July" Party on July 25th. Our annual virtual Travel Week program will be held August 13th through August 17th. Residents will explore themed events celebrating New York, Texas and California, just to name a few destinations. Don't forget to register to attend our annual Grandparent's Day celebration on September 16th, and September 22nd is Fall Prevention Awareness Day. You are welcome to join Green Hill for "Aging With

Confidence" by our Director of Rehabilitation Richard Lai. Visit the Events page of our website to learn more and to register to attend our special events and programs.

Summertime means hot weather so remember to stay hydrated. Enjoy a refreshing drink of fresh-fruit flavored water at one of our hydration stations. Exposing your skin to the sun is a great way to get vitamin D, an important nutrient for generating calcium in bones and teeth, to help prevent osteoporosis and boost the immune system. Don't forget to use sunscreen when you go outside and stay out of the sun during the hottest midday hours to avoid risk of skin cancer.

I look forward to seeing you at one of our many exciting summer events!



Donna Lazartic, MBA, LNHA

## Best Life Seminar



Seventeen Green Hill staff members participated in this intensive, 3-day seminar which uses a positive and proactive approach to support people with dementia.

## Grand Opening of Green Hill GreenFit Track



Green Hill staff celebrates Senior Fitness at GreenFit opening on May 30th, the 25th anniversary of National Senior Health & Fitness Day



Left to Right, Front: Maggie Frank, Community Life Director; Peg MacDuffie, Betty Toole; Back: Phil Dacunzio; Ines Chacon, Director of Nursing; Dyann Savvis, Community Life

## Memorial Day Barbecue



Harry Katz, a corporal during WWII in the South Pacific, salutes.

## Green Hill Pride



**Betty Terry**

Betty Terry joins Green Hill as the Executive Assistant. Betty has a business school background and worked as a secretary at Rutgers in the nursing department. "I love working at Green Hill. The people are nice, and I stay very busy."

Marie Pierre joins Green Hill as the Green Hill @ Home Manager. Marie began her education in nursing school and then transferred to business. She worked at Care One for over 14 years. Marie enjoys working at Green Hill. "At Green Hill everyone works as a team and the people here are very nice."



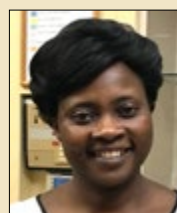
**Marie Pierre**



**Ann Foley**

Ann Foley joins us as the Director of Marketing. Originally from Pittsburgh, PA, Ann is a graduate of the University of Pittsburgh. After a career in pharmaceutical sales, Ann moved to the field of senior health care. "I am very impressed with the caliber of people who work at Green Hill, and I embrace the Green House® philosophy here." Ann loves interacting with the residents and helping make the community a joyful place to work and live.

Jumoke Arewa, LPN, came to the US from Nigeria 12 years ago and settled in Newark. Jumoke says she loves working at Green Hill. "I like the environment and the people." She is happy she can continue her nursing career of taking caring of others in a supportive work environment.



**Jumoke Arewa**



**Rosemary Nosa**

Rosemary Nosa, RN, BSN, has been a nurse for 8 years. She loves working at Green Hill because, she says, "The staff are very professional and caring, and the elders are very happy!"

Ethel Williams, LPN, retired in May after working at Green Hill for 29 years. She is looking forward to traveling to visit her daughter in Delaware and extended family in South Carolina and Georgia. Ethel will still be working at Green Hill a few times each month because, "I love Green Hill and can't imagine not coming here to see all the staff and residents that I love so much!"



**Ethel Williams**

## Joe's 100 Years with Goals

Joe Getzoff professes to be 'just a regular guy' but anyone with 100 years of stories to tell is a special guy at Green Hill. Joe loves to read anything he can get his hands on. He likes living at Green Hill and speaking with the young staff that he interacts with. "I admit, I participated in many more activities when my wife Gert was alive. She really kept me busy here," said Joe.

Joe was involved with scouting for 24 years and met Gertrude at a scout leader's house. They started dating before he was drafted into the Army Air Corps during WWII. In scouting, he had learned Morse Code, which made him a perfect candidate for the radio corps. As a staff Sergeant, Joe flew reconnaissance missions, radioing messages between the flight crew and the ground. "I could tap out code for you right now," Joe said gleefully. "I may forget much of what I once knew but the Code, it stays with you forever." After the war, Joe and Gertrude married and lived in New York City. Joe worked as a commercial photographer for an advertising agency and Gertrude was an editor for Look magazine. Joe said they were best friends for over 70 years.

When Joe and Gertrude moved to Green Hill they lived in a large Catered Independent Living apartment with "a couple of nice rooms." Now Joe lives in a smaller apartment, his "bachelor pad." Asked what words of wisdom he would impart to the younger generation, Joe said, "Just be yourself. Don't try to be anyone that you are not, and have goals." Joe's goal is to keep walking and not to use his wheelchair very often. "Mostly, I push it around to keep myself moving and strong," he said.





## Green Hill Raises the Rainbow Flag at Expo



### Green Hill raises the rainbow flag at the 1st annual LGBT Housing and Care Expo.

Green Hill, in collaboration with Garden State Equality, raised the rainbow flag on June 9th, pledging its commitment to LGBT elders of New Jersey at the first LGBT Senior Housing and Care Expo in New Jersey at Green Hill. The Expo and flag raising were part of a year-long effort by Green Hill to understand the needs and wants of the LGBT senior community in housing, long-term care and health, and quality of life services. The mission of the LGBT Senior Housing and Care program is to create a model of best practice in long-term care housing and services for LGBT seniors of all economic levels, race, religions and cultures, and to advocate for and share this model across the aging services field.

Green Hill completed the SAGEUsa cultural competency training, earning Platinum Certification and Innovation Status, and began efforts to create welcoming environments for residents in senior living who identify as LGBT, beginning with an LGBT housing and care needs round table with Garden State Equality and a state-wide needs assessment, and culminating in the LGBT Housing and Care Expo on June 9th.

*Pictured above: West Orange Councilman Victor Cirilo, Maplewood Committeeperson Dean Dafis, West Orange Mayor Robert Parisi, 27th legislative Assemblywoman Mila Jasey, Green Hill Executive Director Donna Lazartic, Garden State Equality Programs Director Aaron Potenza, LGBT Senior Housing and Care Program Director Amy Simon, Garden State Equality Health and Wellness Coordinator Bianca Mayes, SAGENJ Director Gordon Sauer.*

**Be a Green Hill LGBT Pioneer!** Green Hill is actively looking to welcome older adult members of the LGBTQIAA community to partner with us on creating programs and services for LGBT seniors, their families and friends. Enhanced studio, one- and two-bedroom suites are available now in Catered Independent and Assisted Living. Interested persons should contact Ann Foley for a tour and learn more about being an LGBT Senior Housing and Care Pioneer.



## Drink Fluids to Prevent Dehydration

by Michiko Tomioka, Green Hill Nutritionist

Dehydration is the one of the most common and hidden conditions for aging adults, especially during the summer. It is very important to recognize the symptoms such as constipation, confusion, fatigue, dark-colored urine, dizziness, and lack of balance, before it advances to serious complications, which include heat stroke, urinary tract infection, and kidney stones.



To reduce your chance of becoming dehydrated, drink an 8-ounce glass of water the first thing in the morning to replace the natural water loss that happens during the night. Drink another 8oz glass between each of your three meals, and another before bed. Add to that liquid intake other beverages you enjoy like juice, coffee, and tea and you will exceed the recommended 48 ounces that you need each day. If you are not crazy about the taste of plain water you might try adding a slice of lemon or orange, or you can replace some of the water with fruit juice. Snacking on fresh fruits, like watermelon, berries, plums and peaches, or fruit ices will also increase your fluid intake. *Note: Please follow your doctors order if you have any medical restrictions.*

**To learn more nutrition tips,** join our monthly Super Foods seminar highlighting tasty and nutritionally dense foods, including a cooking demo, a food tasting and a nutrition education segment. Super Food demos are held on the third Wednesday of the month at 3:00PM at Green Hill.

## FREE Summer 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](http://www.Green-Hill/Events) or call Joanna at 973-731-2300 x263

### Annual July 4th BBQ, July 4th, 12:30 pm

Our elders will celebrate with a traditional summer BBQ of hamburgers and hot dogs plus music and flag waving. Open to residents and their families.

### Friday the 13th Hitchcock Movie Matinee Party, July 13th, 2:15 pm

Enjoy an afternoon of suspense with a matinee viewing of Hitchcock's classic, *North by Northwest* with hot buttery popcorn. Open to residents and their families.

### Let's Go To The Hop, July 20th, 2:15 pm

An Ice Cream Social with 50's theme music by Kris Phipany. Open to residents and their families.

### Christmas in July Party July 25th, 2:15 pm

Santa joins us on his surfboard at our winter holiday themed party. Open to residents and their families.

### Road Trip Week, August 13th-17th,

Join Green Hill as we hit the road again for our annual vacation week. Open to residents and their families.

### Grandparents Day September 16th, 1:00-4:00 pm

Annual fun day for all generations featuring the Kona Ice Truck, a petting zoo, pony rides and carnival games. Open to residents and their families.

### Aging with Confidence, September 21st, 2:15 pm

A fall prevention seminar with Director of Rehabilitation, Richard Lai. Open to the public. Register in advance for this free, informative program by phone or on line.

### Staff Bake-off, September 27th, 3:45 pm

Taste, rate and vote for your favorite staff-prepared treat. It's a Green Hill Pride thing! Open to residents and staff only.



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Facebook: Green Hill Inc



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Donna Lazartic MBA, LNHA

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## Employee Service Awards Dinner

**Above, Left to Right:** Trustee Valerie DePiro; Socorro Bumanglag, RN; Judy Wittler, Assistant Executive Director; Diane Lambert, Director of Environmental Services, celebrating 35 years of service; Claudia Grean, Evelyn Laury and Ingrid Sobers celebrating 30 years of service; Barry Laraway, Hyocent Thompson, Narrisa Debuque and Ericka Dickens celebrating 25 years of service; and Donna Lazartic, Executive Director

**The Green Hill Board of Trustees, Executive Director Donna Lazartic and Assistant Executive Director Judy Wittler recognized the following employees for their service and dedication at the 2018 Employee Service Awards Dinner.**

**35 years of service:**

M. Diane Lambert,  
Director of Environmental Services

**30 years of service:**

Ingrid Sobers,  
Environmental Services

Claudia Grant,  
Ripple 2 Nursing

Evelyn Laury,  
Dining Services

**25 years of service:**

Barry Laraway,  
Security

Hyocent Thompson,  
Ripple 2 Nursing

Narrisa Debuque,  
Assisted Living

Ericka Dickens,  
Green House® Home

Margaret Phillips,  
Green House® Home

**20 years of service:**

Joann Small,  
Communications

Edvige Andradas,  
Green House® Home

Jennifer Hickson, Ripple 2  
Assistant Nursing Supervisor

**15 years of service:**

Daisy Andrews Thomas,  
Green House® Home

**10 years of service:**

Rithe Saint Louis,  
Dining Services

Erline Alexandre  
Elpenord, Assisted Living

Marie Chery,  
Green House® Home

Marie Benjamin,  
Assisted Living

Dawn Phillips, Asst. Living

Karen Gyetvay,  
Community Life

Ellen Robinson,  
Environmental Services

Paulette Etienne,  
Green House® Home

Ellen Mikell,  
Community Life

Aziman Harilal,  
Assisted Living

Neila Saint-Val,  
Assisted Living

Sarah Ramseur,  
Assisted Living

