

Winter 2019

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 Earns Medicare's Highest Rating

Green Hill has earned a *Five-Star Rating*, the highest standard of excellence in nursing care, by the Center for Medicare and Medicaid Services (CMS).

CMS developed the star rating system to provide consumers with an easy way to search for nursing homes that provide the quality of care they desire.

Green Hill received five-star rankings for staffing and RN staffing, for providing greater licensed nurse staff hours (RN, LPN and nurse aide) and physical therapist hours per resident/day than New Jersey and US averages. CMS has long identified staffing as a vital component of a nursing home's ability to provide quality care, and uses staffing data as an important gauge of quality of care in nursing homes.

"I am incredibly proud to be supporting our dedicated and compassionate team of licensed nursing professionals who provide quality care for our residents 24 hours a day," said Donna Lazartic, Executive Director-President.

Green Hill also ranks much higher than average in the US in 10 out of 15 CMS quality measures. CMS uses nursing home-reported clinical information to measure quality of resident care, including hospital readmittance, first-time antipsychotic medication administration, new or worsened pressure ulcers, and residents who report pain. To review a full list off resident quality measures, visit Medicare.gov/NursingHomeCompare.

Medicare.gov identifies nursing homes as those resident communities that provide skilled care to people who can't be cared for at home and need 24-hour nursing care. Skilled care includes skilled nursing or rehabilitation services to manage, observe, or assess a resident's care. Examples of skilled care include occupational therapy, wound care, intravenous (IV) therapies, and physical therapy.

When selecting a nursing home, it is recommended

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A Message from the Executive Director

It may be cold outside during these winter months but it is warm and busy inside at Green Hill.

January is Glaucoma Awareness Month. It is important for seniors to stay on top of vision and eye health. Make a New Year resolution to schedule an annual eye exam. February is American Heart Health Month. Green Hill staff and residents will wear red on Wear Red Day on the 1st, and we will have a heart health presentation by Dr. Laura Rokosz on the 7th. Our annual Valentine's Day Party will be held on the 14th, and we will welcome a special speaker to join us for National African American History Month, the date and time to be announced.

March brings Mardi Gras with a party on the 5th, our St. Patrick's Day event on the 15th, and recognition of Patient Safety Awareness Week, March 10th-16th. A Women's Historical presentation will be held on the 22nd with speaker Vivian Davis, Education Coordinator for the Bronx Historical Society. In April, we will recognize World Health Day and host our annual Easter event and Passover Seder. Check the events

page on our website for more information on these and other events and to register to attend. Most programs are open to family and friends, and many are open to the public.

Welcome to our new Green Hill team members Susan Mendoza, MDS Coordinator; Robert Tabeck, Executive Chef of Dining Services; Gwendolyn Ogilvie, Social Worker; and Dr. Megan Brady, Physical Therapy Director.

Save the date for our 2nd Annual LGBT Senior Housing and Care Expo on May 19th. Please join us for this enlightening and informative day. A box lunch is included with pre-registration. For more information visit www.green-hill.com/lgbt-senior-housing-care/.

Stay warm and enjoy all that Green Hill has to offer this winter.



Donna Lazartic, MBA, LNHA

Celebrating the Holidays



Dorothy Bagli and daughter at our annual Halloween party



Shirleen Russo baking holiday cookies with staff and her family



Holiday Ugly Sweater Contest (above); and New Year's Eve Party (below)



Breast Cancer Awareness



Staff wear pink for Breast Cancer Awareness

Green Hill Pride



Susan Mendoza, MHA

Robert Tabeck, Executive Chef, Dining Services, a graduate of the French Culinary School in NYC, has been a dining services professional for the past 20 years. This is his first experience with a senior community. Robert lives in Sussex, NJ. "I love feeling like I am making a difference in people's lives. Green Hill, its staff and residents are very welcoming, helpful and warm."



Gwendolyn Ogilvie

Dr. Megan Brady, PT, DPT, has been a physical therapist for 1½ years. She graduated from Widener College in PA, with both an undergraduate degree and a doctoral degree. Megan worked for Starbucks through high school and college, which she feels gave her great customer service experience. Megan currently lives in Montclair with her boyfriend Ben, her cat Stella and dog Nellie. "I am so happy to be working at Green Hill. I enjoy working with the elders in this home-like setting."

Susan Mendoza, MHA, MDS Coordinator, has been a registered nurse for 39 years and has a master's degree in health administration. She lives in West Orange and has been married to her husband, Eduardo for 39 years. She has three children and six grandchildren. Susan says she enjoys ensuring that Green Hill remains compliant and financially healthy. "I love the people I work with here at Green Hill. They are always helpful. The setting is very home-like."

Robert Tabeck, Executive Chef, Dining Services, a graduate of the French Culinary School in NYC, has been a dining services professional for the past 20 years. This is his first experience with a senior community. Robert lives in Sussex, NJ. "I love feeling like I am making a difference in people's lives. Green Hill, its staff and residents are very welcoming, helpful and warm."

Gwendolyn Ogilvie, Social Worker, has been in social work for 15 years. She lives in PA along with her husband Owen. They have 3 children, a set of twins (boy and girl), and a daughter. Gwen really enjoys caring for the elders and making them as comfortable as possible. She appreciates Green Hill's unique setting, including the Green Houses. "I love that Green Hill offers elders the option of aging in place. I am very happy to have joined the Green Hill team!"

Dr. Megan Brady, PT, DPT, has been a physical therapist for 1½ years. She graduated from Widener College in PA, with both an undergraduate degree and a doctoral degree. Megan worked for Starbucks through high school and college, which she feels gave her great customer service experience. Megan currently lives in Montclair with her boyfriend Ben, her cat Stella and dog Nellie. "I am so happy to be working at Green Hill. I enjoy working with the elders in this home-like setting."



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Megan Brady, PT, DPT

Sharing Her Art with Others

Jan Di Scala's light-drenched bedroom in Green House 121 is filled with art supplies, photographs of her family, and books. A blank canvas stands on an easel in the corner, waiting for her to be inspired. The canvas will not wait long. Jan has been an artist all of her life. "I am really just a farmer and rancher," Jan, 86 years old, explains. "But I have always created art."



Jan was born in Cody, Wyoming but grew up in Aurora, Colorado. Her mother was a member of the Cherokee tribe, a fact that Jan is proud of. She worked as a manager in fields as diverse as healthcare and retail. Jan was married and has four children, Rebecca, George, Todd and Jacqueline. She moved to Green Hill to be close to her son Todd, who lives nearby.

Jan likes to sketch with charcoal, and then paint the drawing with watercolors, oils or acrylic. She enjoys copying photos of friends' pets and gifting them the paintings. "I create original works and then give them all away," she says. "That's what makes me happy."

She is excited to contribute to her Green House® Home family by organizing an original art project. Her plan is to work with each of her housemates to paint a personal name plate to post outside their bedroom doors. "The residents are really excited to make some art," she explained. "I've got all of these supplies and we may as well make use of them. It's important that everyone get a chance to make their own sign, to work with the paints and to have some fun."

Jan explained that the freedom to do what she wants, to paint or lead an art project, to eat when and what she wants, are what she likes best about living at Green Hill. She also loves the Shabbazm in her Green House® Home. "They spoil me rotten."

Green Hill Awarded Silver Medal

Green Hill has been awarded the silver medal in the Best of Essex 2018 contest in the category of senior living. The highly competitive competition included over a dozen other senior living facilities in Essex County. The contest, sponsored by Vicinity Publications, requires Essex County businesses to encourage supporters to vote on line for their favorite local businesses. This is the second year Green Hill has earned the silver designation.

"We are an intimate community with a 152-year history of innovative service for seniors in Essex County," says President and Executive Director Donna Lazartic. "We are very proud of our community and our team members who provide intimate, person-directed care to each of our residents and their families."



Film Screening: *Gen Silent*

Join us for a **FREE screening and group discussion about the film *Gen Silent***, which explores the life, care and housing challenges of LGBT seniors in America. Facilitated and sponsored by Garden State Equality. These screenings are part of the Green Hill competency program of the LGBT Senior Housing and Care program. (1 h, 10 min)

March 20th (part 1) & 21st (part 2), 2:15 pm

Screenings for residents, staff & caregivers

March 24th, 2:00 pm

Open to family, friends and the public;
light refreshments



Green Tea & Chia Seed Pudding

Contributed by Michiko Tomioka, RD

Add more plant based foods, such as fruits, vegetables, beans, and whole grains into your daily diet to optimize your immunity. Plants are high in vitamins, minerals, and fibers, and rich in high quality proteins. Plants provide phytochemicals which are beneficial in optimizing your immunity. Boost your immune system to fight off illness in the cold and flu season.

Michiko's Vegan Super Immunity Chia Pudding:

3 tablespoons chia seeds
(organic preferred)

2 cups soy milk, unsweetened

½ cup rolled oats

2-3 tablespoons maple syrup

1 teaspoon vanilla extract

* optional

** for chocolate pudding, substitute unsweetened cocoa powder

1 teaspoon cherry brandy or rum*

½ teaspoon matcha powder**

½ cup dried fruits, chopped
(mango, apricot, raisin or
any other dried fruits
you have on hand)



Place all ingredients in an air tight container. Stir well to combine. Close lid tightly and refrigerate for at least 8 hours. Stir occasionally for smooth texture.

Serve with your favorite topping of fresh fruits, berries or cinnamon.

FREE Winter Events

Many events are open to Green Hill family and friends and/or open to the public.

Visit www.Green-Hill/Events to learn more and to register, or call Joanna at 973-731-2300 x263.

Harmony Heroes Concert,
January 27th, 2:15 pm
Auditorium.

Chinese New Year Happy Hour
February 6th, 2:15 pm

Open to friends and family. Auditorium.

Heart Healthy Foods,
February 7th, 2:15 pm

Presented by Dr. Laura Rokosz. Open to friends, family and the public. Auditorium.

Opera Forum: Orfeo ed Euridice,
February 10th, 2:15 pm

Open to friends and family. Auditorium.

Valentine's Day Party
February 14th, 2:15 pm

With vocalist Estere. Auditorium.

Mardi Gras Party
March 5th, 2:15 pm

Auditorium.

St. Patrick's Day Party
March 15th, 2:30 pm

With Irish tenor Dan Yates. Open to friends and family. Auditorium.

Women's History Presentation
March 22nd, 2:15 pm

Presented by historian Vivian Davis. Open to friends, family and the public. Auditorium.

Model Seder
April 18th, TBD

Good Friday Stations of the Cross
April 19th, TBD

Film Screening: *Gen Silent*

For details, see box this page, left

March 20th & 21st, 2:15 pm

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March 24th, 2:00 pm

Open to family, friends and the public;
light refreshments.



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Give Us a 5-Star Review**

Facebook: Green Hill Inc



103 Pleasant Valley Way
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Donna Lazartic MBA, LNHA

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Join us for the 2nd Annual LGBT Senior Housing & Care Expo

**Pioneering Pathways:
Integrating LGBT-Affirming
Practices into Senior Living**

In collaboration with



**Sunday, May 19th
10am-4pm**

Your logo could be here!

Register at:

**Green-Hill.com/Events
or
pr@green-hill.com**

Be A Sponsor:

For LGBT and **Ally Vendor Opportunities** contact Program Director, Amy Simon, **amy@asimonsays.com 973-669-0600**

Green Hill Earns Medicare's Highest Rating

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that you visit the homes that you are considering or have someone visit for you. The **Nursing Home Checklist** at *Medicare.gov/NursingHomeCompare/checklist* is a valuable resource to help you organize the important information you need to make decisions about what nursing home best meets the needs of you and your family.

Green Hill provides welcoming, five-star quality skilled nursing for short and long-term stays in a choice of 37 private or semi-private rooms in the grand Legacy Building or in a private room in one of the home-like, innovative Green House® Home communities.

Green Hill is a SAGECare Platinum certified, welcoming community and home of the first Green House® Homes in New Jersey. To learn more about our programs, follow us on Facebook and Twitter.

Are you looking for more from Assisted Living?



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- Individualized Wellness Programs
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973-766-9355**

*Must move in by 2/28

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