



Green Hill Neighborhood

Green House Construction Update

Builders are working hard to finish all four Green House® Homes at Green Hill by the end of June 2011. Staff are trained and ready. Elders move in to house #1 in June.. Learn more at www.green-hill.com.

Continued from page one

Medicare will cut payments to hospitals by 1% percent, and set aside that money in a fund to provide bonuses to hospitals that meet benchmarks and improvements in quality of care totaling \$850 million in the first year.

This is a step toward addressing quality of care issues for seniors and controlling costs, and administering spending controls in the Medicare program. 77 million baby boomers are expected to retire and utilize their Medicare benefits in the next couple of decades. Innovative ideas for programming Medicare funds will continue to be necessary to address that economic challenge. At Green Hill we have initiated many programs that provide quality of care for our elders and lower expenses, including preventative healthcare, proactive resident involvement in their own care, and the Green House® Homes project that provides our elders with a home environment with 24hr nursing care, in a setting proven to raise quality of life and health standards, while stabilizing overall resident costs.

For more information on the Green House® Homes at Green Hill, visit www.green-hill.com, or call 973-731-2300.

For more information on the Healthcare Act log on to www.healthcare.gov. For information on the Value Based purchasing program visit HealthCAre.gove/news/factsheet/valuebasedpurhasing04292011b.html

Sources: Wvseniors.org Healthcare.gov Reuters News Service - Reporting by [Donna Smith](#); Editing Laura MacInnis

Visit the Green Hill Press Room For All of the Latest News
www.greenhillpressroom.com



103 Pleasant Valley Way
West Orange, NJ 07052

NEWS FROM GREEN HILL INC

MAY/JUNE 2011



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

info@green-hill.com

Executive Director, President
Toni Lynn Davis

Board of Trustees

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Green Hill is a Non Profit community - Medicaid and Medicare certified, founded in 1866 in Newark NJ.

Cash For Care will Improve Outcome for Seniors

As reported by Reuters News service on April 29th, "government healthcare programs for seniors spent about \$4.4 billion in 2009 to care for patients who were harmed in the hospital."

In a news release from the Federal Department of Health and Human Services the Obama administration implemented the Affordable Care Act provision to improve health care and lower costs by rewarding hospitals with funding based on the quality of their care, and not the quantity of care. This altering of how Medicare payments are made to hospitals based on care quality is a much needed addition to the health care arsenal for protecting seniors and lowering costs to the program.

Medicare spending is expected to balloon over the next few decades as the 77 million-strong 'baby boomer' generation retires and draws on benefits.' The care based program will work toward achieving not only improved quality, but also lower costs by reducing

hospital errors, and improving follow-up with patients to make sure they are following treatment instructions. These steps should help sustain the Medicare program through the "boomer" impact.

"It's a historic change," CMS Administrator Donald Berwick told reporters, as noted in the Reuters report, "For the first time hospitals around the country are going to be paid for in-patient acute services based on healthcare quality not just on the quantity of services they provide." *Continued on page 4*

Green House Grand Opening June 30th 6PM



Supporters, families, and special guests are coming to Green Hill on June 30th for the ribbon cutting of the first Green House® Homes in New Jersey. Check your email for your special invitation. If you would like to join us call Barbara Heins at 973-731-2300 now.

**Congratulations
Green Hill Inc!**

Finalist
2011 NJ Biz
Healthcare Heroes
Award
Nursing/Assisted
Living Facility

Green Hill's success celebrates innovation and culture change in senior care with the advent of the Green House® Homes opening June 2011.

**Author /Resident
David Sive
Presents Latest Work**



On Friday, May 20th, Green Hill resident, David Sive, author of *A Force For Nature: A History Of The Environmental Movement* hosted his friend and colleague, author John Adams, and his co-author and wife, Patricia Adams at Green Hill for an informative discussion of the book and the history of environmental law.



Tips For Seniors by Toni Lynn

**Vitamins or No Vitamins ?
That is the Question.**

Nutritional supplements have long been thought to contribute to good physical health. The nutritional value of the foods that we eat have diminished due to the advent of processed foods, foods massed produced, and foods harvested before peak, losing nutritional value during long distance travel to our markets. Combined with our propensity to eat more high fructose, high fat foods, people at every age are not ingesting the full complement of vitamins and minerals needed to maintain a healthy body.

The correct use of supplements including, vitamins, minerals, herbs and botanicals can offset these nutritional losses, but supplements can also be a dangerous addition to your diet. Vitamins are not required to be FDA approved for market because they are considered foods and not drugs. Dosing, preparation, production, and distribution of supplements are not regulated so one purchases these products at their own risk.

After checking with your healthcare provider, and perhaps getting a blood test to determine your need for additional nutritional support, one must find a safe source for their dietary supplements. The three organizations in the call out box below keep regularly updated fact sheets on the most commonly used herbs,

Natural products are not always safe, and can be toxic when combined with other medication or in unregulated amounts .

Many cause undesired side affects. The best way to get all of the vitamins and nutrients that you need is to eat six healthy and moderate meals through the course of the day. Balance the calorie intake evenly. Combine healthy lean protein with fresh fruits and vegetables, and whole grain carbohydrates. Drink 48 oz of clean water a day, and limit your fat, alcohol, caffeine and

sugar intake. If your need a supplement, or miss a meal, try a vitamin enriched meal replacement beverage, but always check with your healthcare provider to learn what is the best approach for you when it comes to supplementing your diet with vitamins, minerals, herbs, and botanicals.

- *[The Office of Dietary Supplements](#)
- *[National Center for Complementary and Alternative Medicine](#)
- *[Memorial Sloan-Kettering Cancer Center](#)

Source material: Vitamins & Supplements: What You Need to Know Before You Dive In By Health Behavior News Service, Center for Advancing Health - What Are Dietary Supplements and How Are They Regulated? April 5, 2011



THE
GREEN HOUSE® HOMES

AT GREEN HILL

A nurturing life for Elders.

Green House® Naming Program Underway

Select sponsorship opportunities are available for you to name a Green House. Honor your family, firm, or organization with this unique tax deductible gift. Your name will be prominently displayed on one of six Green House Homes, and your sponsorship will be celebrated with a reception, and public relations program tailored to you.

Individual rooms in a Green House including work, living, and recreational spaces, are also available for tribute. Visit www.green-hill.com to learn more about the Green House Naming Program.



Did you know?

In the United States, the proportion of the population aged 65 years or older is projected to increase from 12.4% in 2000 to 19.6% in 2030. The number of persons aged 65 years is expected to increase from approximately 35 million in 2000 to an estimated 71 million in 2030, and the number of persons aged 80+ years is expected to increase from 9.3 million in 2000 to 19.5 million in 2030. In 1995, the most populous states had the largest number of older persons: nine states (California,

Florida, Illinois, Michigan, New Jersey, New York, Ohio, Pennsylvania, and Texas) each had more than one million persons aged 65 years+.



U.S. Census Bureau. State and national population projections.

June Events

6/19 Father's Day
Cook Out

6/20 Green House®
Home #1 Move In
Day

6/21 Green Hill
Finalist - Healthcare
Heroes Award
Presentation by NJ
Biz

6/23 Culture Change.
New Choices for the
Elderly. Presented by
the Culture Change
Coalition and featuring
the Green
House® Homes

6/27 Space Odyssey
Program—Green Hill
Café

6/30 Green House®
Homes Grand
Opening Open House

Trips

6/15 Newark
Museum

6/22 Pt Pleasant
Boardwalk