

NEWS FROM GREEN HILL INC

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100th Green House® Home at Green Hill

National leaders in long-term care, aging policy, and philanthropy gather at Green Hill Inc. in West Orange, New Jersey on September 27, 2011 to celebrate the milestone of the opening of the 100th Green House® home nationally. Green Hill, under the direction of Toni Lynn Davis has recently opened four Green House Homes on their 20 acre campus in northern New Jersey.

The Robert Wood Johnson Foundation partnered with NCB Capital Impact to provide technical assistance, pre-development loans and ongoing support to spur the creation of this new model of skilled nursing care called The Green House, a method of elder care that respect dignity and autonomy while allowing for the services and supports one need as they age.

The Green House model returns control, dignity and a sense of well-being to elders, their families and direct care staff. It focuses on delivering care in small, self-contained homes that meet all required state and federal regulatory and reimbursement criteria for licensure as skilled nursing facilities. To date, there are over 230 Green House homes in development with 50 organizations across 26 states. Studies show that Green House homes significantly improve the quality of life for elders and increase satisfaction among families and direct care staff. A study to be released this September confirms that Green House is a financially viable model for providers.



Green House is catching the attention of policy-makers, long-term care providers and aging advocates across the country and enjoys strong bi-partisan support from lawmakers in Congress. Likewise, the Green House project at Green Hill has attracted the attention of senior care providers and policy makers across the State of New Jersey.

To mark the opening of the 100th Green House at Green Hill Inc, the Robert Wood Johnson board chair, Governor Tom Kean, top leadership at the Department of Health and Human Services and a select group of national and NJ State leaders in aging and long-term care gather to celebrate this important milestone.

To learn more about The Green House® Homes project visit, www.green-hill.com. To learn more about the Green House® Homes at Green Hill visit www.greenhillpressroom.com to see photos and video of the Green House® Homes and related Green House events. Video and photos of this event will be available on the Green Hill Press Room website following, and available for viewing as a link in the October Green Hill Enewsletter. To receive web news from Green Hill send your email address to b.heins@green-hill.com.

(Depression continued from page 3)



Elders have access to the outdoors at their leisure, sun provides vitamin D,

a necessary supplement that keeps one's mood balanced.

Green Hill welcomes our elder's pets, known to give great comfort and keep spirits high. We also welcome pet visitors for those elders who don't have their own pet friends. Clinical staff is on site to provide one-on-one and group counseling, and physicians provide and monitor pharmacological remedies for depression when necessary.

Perhaps our most successful program to improve the emotional and physical health of our elders, thereby reducing the feelings of depression, has been the facilitation of our Green House® program.

Our four new Green House Homes has provided 40 of our elders with an elder centric style of living, in an intimate and supportive setting. The Green House Homes have drastically improved the emotional health of these elders.

As we apply the Green House practices to the care areas of our legacy building I have no doubt we will see marketed improvement and reduction in the rate of depression in those elders as well.

It is important that we stay on top of depression in our elders by closely monitoring their moods, food intake, and level of participation with others. As care providers, whether residential or family members we must make sure we talk with our elders everyday to keep the channels of communication open, and assess their daily and long term needs.

Elder depression has many vehicles for remedy but the most important is daily contact with others.

For more information on depression visit.

www.helpguide.org/mental/depression_elderly.htm
www.healthyweb.com/Depression
www.health.com

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



Green Hill Neighborhood

Green House Update

All four Green House homes have been completed.

Learn more about the Green House Homes at Green Hill Inc. visit www.green-hill.com.



103 Pleasant Valley Way
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Visit the Green Hill Press Room For All of the Latest Green Hill News
www.greenhillpressroom.com

Green House® Naming Program Continues

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.

Robert Sohn's Celebrates 100 years



on 8/23, pictured here with sons, Jeff and Marty.



Tips For Seniors by Toni Lynn

Emergency Preparedness

Earthquakes, hurricanes, flooding, natural disasters seem to be more frequent than we'd like, and being prepared is important for elders. With winter snows around the corner as well it's important to make sure your emergency preparedness kit is in good order. Often times with weather related emergencies we have some time to get supplies but occasionally we are caught unaware, and as for man made emergencies, we need to be continually on guard.

Here is a list of items that you should always have on hand in case of an emergency or disaster:

Clean water – Keep a gallon of bottled water (1 qt a day will last 4 days) on hand per person in your household for consumption. If a storm or hurricane is eminent, fill your bathtub or empty buckets with water for cleaning and cooking. Often with flooding water service may become contaminated.

Food- Keep stores of dry food that doesn't need to be cooked if power is lost, dried fruit, nuts, cereals, powdered milk, and canned items. Be sure to have a hand operated can opener as well.

First Aid Kit – A basic first aid kit with antibacterial ointment, sterile bandages, aspirin, sutures, alcohol wipes, splint wraps, band aids, and peroxide is recommended.

Medicine – Be sure to keep a week's supply of your medications on hand. Have copies of all of your prescriptions in a sealed plastic bag.

Other – Army knife/scissors, batteries, flashlights, radio, candles, matches kept dry in plastic container, fully charged cell phones and computer, thermal blankets and a change of clothing (it is important to stay warm and dry).

In emergencies often cell phone service is unreliable but texting is still possible. Having a phone

that uses a wall jack and in not electric powered is best if power is lost.

A gas generator is a good investment if your area has repeated power outages in emergencies. Make sure you have fuel on hand to keep it running. Make sure you know how to turn off the gas and water to your home if instructed to do so by authorities.

If evacuation may be necessary be sure to have a full tank of gas in your car. Create an evacuation plan with your family that includes the route you will drive and a meeting place where you may gather.

Important documents (licenses, passport, account numbers, insurance agent) should be easily retrievable and kept in a water proof container.

For more information visit http://www.nhc.noaa.gov/HAW2/english/disaster_prevention.shtml

Keep an easily retrievable evacuation box stored with food, first aid, medicine, bottled water and other supplies as listed above. You may include sleeping bags, a tent, fat sticks and canned fuel if you will be camping outside.

With preparation you can ride out the rare emergency with confidence. Knowing that you are prepared for an emergency will provide you with peace of mind every day.

Did you know?

Green Hill Inc. Founded for nursing care 1866 – Transforming Elder Care 2011

CHOICES

For Living Your Best Life

Homes
The Green House® Homes -1st in NJ
A traditional home setting
Innovative 24 hour nursing care
Studio, one and two bedroom apartments
Spacious, light filled, independent and assisted living
Pet friends welcome

Dining
Seasonal menus
Home style & restaurant dining
'Always open' kitchen
The Green Hill Café

Activities
Sculpted garden paths, patios, meditation rain garden
Tai Chi, Yoga, Exercise and Physical Therapy Center
Art classes, seminars, trips

Your Best Life Begins Today at Green Hill.
Call for a tour. 973-731-2300 Visit us at www.green-hill.com.

Treat Yourself to a 'Staycation' at Green Hill!

103 Pleasant Valley Way
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A Message From the Executive Director

With the anniversary of the terrorist attacks in NYC, and Washington DC, upon us, and remembering the loss of life at the World Trade Center, the Pentagon, and in the fields of Pennsylvania, it is normal to feel a sense of depression and vulnerability. After all, many of us lost friends and loved ones in 2001, and our sense of security as Americans has been eroded, leaving behind the threat of other terrorist attacks as a new normal to cope with in our everyday lives.

As an Elder depression can be chemical, a condition that may be carried through one's lifetime, or can come on as situational, a result of a loss of control of one's life, body, choices, home, and a sense of isolation brought on by a lack of mobility, and the loss friends and family members. It is a natural but unsettling process of life.

Elders are living much longer and healthier lives so in turn are spending many more years in the cycle of loss and change. These extra years can also provide an opportunity for many more moments of joy in an elder's life.

Clinical depression may be addressed with a combination of medication and therapy. In addition, general or situational depression can be addressed this way on a temporary basis. In both cases, eating nutritionally, monitoring alcohol use, getting enough sleep, participating in activities with others, taking an interest in new subjects, volunteering, taking up a craft or art, and physical exercise can all help combat the feelings of depression.

At Green Hill we are extremely sensitive to the emotional lives of our elders. We provide elders with a plethora of opportunities to congregate, to participate with the surrounding community, to try new activities, to be stimulated by art and culture, to visit new places, learn new things, and to exercise both mind and body. Green Hill provides our elders, light and sound free bedrooms which create great environments for restful sleep habits. We provide elders with three delicious, varied and nutritious meals a day and 24 hour snack and beverage service, keeping their energy and spirits up, and palates tantalized.



Continued on page 4

Sept/Oct Special Events

- 9/5 Labor Day Discussion
- 9/11 Remembering 9/11
- 9/18 Grandparents Day Celebration
- 9/23 Rosh Hashana Service
- 9/27 100th Green House Home Celebration
- 10/5 Yom Kippur Service and Discussion
- 10/9 Calvary Lutheran Church Choir
- 10/10 Musical Program, Falling Leaves
- 10/11 Octoberfest Green House Homes
- 10/19 Octoberfest Legacy Building
- 10/31 Children's Halloween Parade