



Spring 2010

PARKER PRESS

The EDEN Alternative® at Parker

Contributed by Lisa Slater



Dog Walk: Renéé Frino, Parker employee, with her Borzoi

Eden homes strive to make warm human environments that comfortably support a meaningful life for elders. This philosophy is based on the pioneering work of Dr. William Thomas, a Harvard-educated physician and geriatrician, who founded The EDEN Alternative®. This not-for-profit organization is dedicated to transforming

long-term care communities into environments for elders that promote quality of life for all involved. In 1998, Parker embarked on their Eden journey with an enthusiastic desire to change Parker's culture. In alignment with the Eden philosophy, Parker began by training several employees to spearhead the transformation. Over the years and through numerous trainings and organizational enlightenment, Parker's homelike atmosphere and holistic attitudes have come to define Parker. Today, Parker has 20 Eden Associates who act as a resource to guide the continual transformation and growth. Our environment now includes intergenerational activities with all ages and nature is brought into the

home with plants and animals, offering residents an opportunity to give as well as receive care. Spontaneous activities are offered throughout the day.

An example is a recent Dog Walk, a fashion show of beautiful dogs dressed to the nines with music and pageantry. Anthony Gammarco, River Road Nursing Home resident said, "we have events like these all the time." "This was a 5-star show. The interaction with

the residents and pets was marvelous," said George Riemann, a River Road resident's family member. Carol Burt, Parker's first Eden associate stated, "the Eden philosophy has brought many positive changes, through our growing relationships and ongoing companionships, we have made Parker a warm and inviting place to live and work."

Residents, staff and families all seem to agree that embracing culture change transforms long-term care into homelike human habitats in which we all can thrive.



Flower arranging with horticulture specialist Lee Shahay

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A Message from the President

The Parker Press Spring 2010 issue reflects Parker's extraordinary commitment to our employees. This commitment enables us to attract and retain the highest caliber of health care professionals and each year I am proud to honor the longevity of Parker's staff at our annual service award ceremony. This year, twenty-four employees, representing almost 8% of Parker's workforce, were recognized for a total of 290 years of service. That's an impressive three centuries of caring for our residents.

We all know that dedicated and loyal employees provide for operational excellence. This was never more evident than during the three-day blizzard in February. Over two dozen employees stayed overnight, sleeping on cots throughout the community. It was a long storm and we were chal-

lenged but I never doubted that our residents were receiving the care that they needed.

Parker's 100 year heritage and mission includes a commitment to advancing learning opportunities for nurses, other health care professionals and caregivers.

So that we continue to grow and contribute in this area, I am proud to have Dr. Anita Franzione join the Parker senior team in a new position as Chief Education and Research Officer. With Anita on board, we now have a full senior leadership team to sustain Parker's mission and realize our 10-year strategic vision.



Roberto Muñoz, President & CEO

Welcome Anita Franzione

Contributed by Mary Lou Farmer

Dr. Anita Franzione has joined us in a new executive position as Chief Education and Research Officer.



Dr. Franzione has worked in the health care industry for over 25 years holding leadership positions in

the management and operations of inpatient and outpatient services. She has worked on evaluating services provided under NJ Medicaid and Medicare, and has developed new programs for the Medicare population for a major national health insurance company. In addition, she has presented her work to national associations such as the American Public Health Association, American Health Quality Association, and the National Institute of Mental Health.

Dr. Franzione holds a Doctorate in Public Health from Columbia University and a Masters in Public Administration from New York University. A native of New York City, she currently resides with her husband and two children in Plainsboro, New Jersey.

“I came to Parker because of its reputation in the community. When I arrived, I was completely impressed with how dedicated everyone was to doing the right things for the residents. Since my background is public health, I have always been working on how to do the best for people’s health on all levels and at all stages of life. Here I feel I can support the staff in doing the best.”



“Knights” Alex Glick & Lou Egeth

Changing Lives: Parker’s Annual Employee Awards Ceremony

Contributed by Haja Jabbie

Parker’s yearly tradition is to celebrate employees who have provided years of

“It’s fantastic to work for such a great company that makes every little person feel big,” said Freda Acquaye, recognized for 5 years of service.

service. Mary Lou Farmer, Chief Human Resources Officer opened the ceremony congratulating 24 employees

who celebrated milestone anniversaries. Mr. Roberto Muñiz, President & CEO said, “this year’s special honorees are three exceptional women working in the Administrative, Environmental and Nursing Departments, each of whom are celebrating 25 years of changing lives at Parker, and the best part they are still so young! They will be with us for many years serving our residents. It is my honor to proudly acknowledge all employees who contribute to Parker’s exceptional care.”

Jennifer Small, former Director of Nursing for PARKER at Stonegate, was the keynote speaker for the event and an example of *Changing Lives*. With 26 years of dedication and advancement at Parker, she pursued her second career as an educator of nursing students. Jennifer concluded her inspirational address by saying, “You all should be very proud to work here!”



5-Year Associates

Edna Harris
Jenneh Jallah
Freda Acquaye
Tamara Burgess
Renee Frino
Sima Gonzales
Jun Angeles
Selma Harleston

10-Year Associates

Lue Earl Ratliff
Irvine Guillaume
Maria Marsala
Debbie Cahill
Betty Sanders
Dee Carubia
Olivia Nymadi Banini

15-Year Associates

Pamela Olish
Tess Mercado
Stella Isiwele

20-Year Associates

Mary Osei
Martha Bennett
Lelith Bergen

Special Honorees: 25-Year Associates

Judith Pekanyande
Maria Palma
Theresa Tyus

Knights of Stonegate at the Round Table

Contributed by Bill Bauerband, PARKER at Stonegate Resident

Over two years ago the name “Knights of Stonegate” was coined to represent six men who customarily ate dinner together at PARKER at Stonegate Assisted Living Residence. Since that time some faces changed, but the dinner get-togethers continued. On March 3rd, an exceptional event occurred with a wonderful birthday dinner celebration for two of the “Knights” due to their great achievement of reaching the ages of 99 and 96. Lou Egeth and Alex Glick were the honorees, accompanied by Lou’s niece, Elaine Rand Fromkin, and Alex’s daughter, Phyllis Telleri. The other Knights in attendance were Bill Bauerband, Sol Mackler and Harry Martyn. The 6th Knight, Gordon Aubrecht was unable to attend. PARKER at Stonegate dining services and recreation staff did an outstanding job in coordinating the use of the Private Dining Room plus posters and Happy Birthday decorations.

Lots of toasts, delightfully served dinner, and a trip down memory lane with Elaine leading each guest in a game of “Remember When,” helped to top off the affair. Lou, in an excellent mood exclaimed, “my dad lived till 104 and I will live longer,” and Alex revealed an interesting memory, “I was at Woodstock, helping out with food for the spectators and enjoyed some of the bands.”

After the hugs and goodbyes most of the Knights adjourned to the Tea Room for the usual Wednesday night deuces wild poker game!

Meet Parker Bear

Contributed by Gloria Zayanskosky

To celebrate his first holiday at Parker Adult Day Health Services, Bernie Seeman presented a Vermont Teddy bear for the staff and fellow participants of the program. Parker Bear, sporting a fancy I ♥ PARKER tee shirt, brings smiles to all the participants especially the children who join in activities on Wednesday mornings. Mr. Seeman is thriving — enjoying all the activities offered at Parker — and often says, “Thank God for Mondays.” His wife Beverly works at nearby Telecordia and drops Bernie off at Parker each morning on her way to work. “I am happy to know Bernie is well cared for and enjoys the program so much.”

Stories like these are music to the ears of Natalie Macaro, Program Director, who is dedicated to providing the most meaningful day possible for all the participants. Natalie and the Adult Day Health Services staff are very excited about adding a new social program in June. The new program will provide activities and meals for those participants who do not require medical assistance and care. Natalie says, “We strive to serve the seniors in our community with a variety of care options. Parker is the next best place to home.”



“This place is better than Disney World, I have fun and friends at Parker.”

A Stroll Through Parker at Landing Lane

Contributed by Candice Avila



Aquatic additions

PARKER at Landing Lane Nursing Care Residence has made some wonderful improvements, striving as always to maintain our home-like environment, as we have done for over 100 years. So please join me on a quick journey to see what’s new. As you enter the home and stroll through the halls and neighborhoods you will see beautiful new carpets. Turn left, and make your way to the Parker Room, where you can find residents engaged in an activity, relaxing to piano music or catching a show on the television. You will also find a new floor and some new additions to the Parker family, a gorgeous in-wall fish tank with a few aquatic friends to go along with it. Last but not least, make your way towards Harmony Garden and you will come to the Blue Room, with increased space for resident activities, visits with family, and relaxation. We are excited about the new improvements and hope you will join us for your personal tour of PARKER at Landing Lane.

Parker Employees Lose 450 Pounds

Contributed by Natalie Margolin

Close to 70 employees participated in this year’s 8-week “Biggest Loser” program which began at the start of the new year. This year’s goal for the program was to bring together employees from the three campuses by forming four teams to compete for cash prizes at the individual and team level. The program was developed and administered by Natalie Margolin, Health and Wellness Coordinator, and Washima Solomon, Personal Trainer of the Andrew J. Markey Center for Health and Wellness.

For the 2010 “Biggest Loser” program, 21 circuit classes, 12 educational seminars, and group instruction were offered to assist the employees in achieving their goals. Several members of Parker’s Senior Executive Team participated, including President/CEO, Roberto Muñoz, who is an avid member of the Health and Wellness programs and was one of top ten Biggest Losers of 2010. One participant summarized it well by stating, “One more thing that makes me love Parker is its true commitment to the staff.”



Winners: Candace Castellino (1st), Nadia Louissaint (2nd), Chrisoula DeLaurentis (3rd)

Intergenerational Programming Update

Contributed by Marcia Ortez

In 1998, Parker adopted the Eden philosophy of care, which ensures that each resident will receive care not only of his or her body, but of mind and spirit as well. In doing so, Parker embraced the benefits of uniting the generations and has developed programs to further that goal.

To help us on our journey, we are asking the community to assist us on our Intergenerational Program Planning Committee. This committee will play an instrumental role in using community resources to plan and implement programs to encourage active interaction between our seniors and children, from infants through college age. Please contact Catherine Martino, Volunteer Coordinator at cmartino@feparker.net to get involved.



Please join us for our annual

Senior Health & Fitness Fair

Saturday, May 22nd, 12 noon – 4:00 pm

Come & enjoy:

Gentle Yoga

Tai-Chi in the Garden

Ballroom Dancing

Flexibility Class

Putting Green & Bocce Court

Healthy Cooking Demonstration

Healthy Refreshments Will Be Served

Registration Required

Call Today 732-565-2400



PARKER

The Francis E. Parker Memorial Home, Inc. www.FrancisEParker.com

Home Office

PARKER at River Road
Nursing Care Residence

1421 River Road
Piscataway, NJ 08854

PARKER at Stonegate
Assisted Living Residence

443 River Road
Highland Park, NJ 08904

PARKER at Landing Lane
Nursing Care Residence

501 Easton Avenue
New Brunswick, NJ 08901

PARKER at The Pavilion
Adult Day Health Services

443 River Road
Highland Park, NJ 08904

Upcoming Events

Professional Programs

"Our Images on Aging"

For Social Workers, CALA, and LNHA Professionals by Lisa Flowers
Wednesday, April 21st — 8:30–12 noon

"Living in Eden"

by Carol Burt and Gloria Zayanskosky
Wednesday, May 5th — 8:00–10:00 am

Community Programs

"Substance Abuse and You"

by Mary Anne Higgins
Tuesday, April 20th — 2:00–3:00 pm

"Aging and Mobility"

by Dr. Kothari, FRCP, FACP
Tuesday, June 15th — 6:00–7:30 pm

Caregiver Support Group

Meets monthly every third Wednesday of the month from 1:30 to 3:30 pm
April 21st May 19th June 16th

For details about all events, visit our website: www.FrancisEParker.com

Register Today!
732-565-2400

Parker Residents Educate Medical School Students

Contributed by Jill Ferri



"I'm amazed at myself how calm I am for what's about to happen," said Alexander Glick, a PARKER at Stonegate resident, just before he took the stage in front of 200 medical students.

Mr. Glick was asked to be interviewed in a mock geriatric assessment demonstrated by Dr. Fred Kobylarz at UMDNJ, posing as a first time patient to show how to understand the key elements of a patient's history such as communication, function and social history.

The mock interview was to teach students that no two patients are alike, and that they can always surprise you. Mr. Glick had the students guess his age and they were stunned to learn that he had retired at 87 and is now 96 years old.

Alex, who refers to himself as a golf nut, played on over 100 courses throughout the U.S. A student asked if he had ever golfed his age, he answered, "at 80 years old I shot a 75!"

Mr. Glick has been a resident of PARKER at Stonegate Assisted Living Residence for three years and enjoys the activities Parker has to offer. "We have cocktail parties, birthday parties, and different events," he explained to the class. "There are about 70 people living here and we're one big family!"

Gordon Jolliffe, Lillian Atlas, Ruth Joels, and Charlie Juliussen of PARKER at Stonegate and Bernie Seeman from PARKER at the Pavilion Adult Day Health Services also participated in mock medical interviews.