



Fall 2010

PARKER PRESS

PARKER Opens Doors to Area Seniors

Contributed by Margaret Fourounjian

"Are you at risk for Diabetes?" was the theme of the FREE Diabetes Health Fair for Seniors on Sunday, October 17th. The event was attended by nearly 100 visitors with most of them benefiting from the glucose and blood pressure screenings offered by the Saint Peter's University Hospital Mobile Unit. All of the guests attended lectures and enjoyed a FREE "healthy" lunch.



Thanks to Bill Bauerband, Stonegate resident, volunteer and PARKER Press proofreader – we will miss you.

Attendees gained powerful knowledge about the disease through educational lectures and programs presented by experts in the field. Leading one of these lectures was Dr. Meena Murthy, Chief of Endocrinology, Nutrition and Metabolism at Saint Peter's University Hospital. With her years of experience, Dr. Murthy shared her insight and expertise regarding best-practices for diabetes management.

Attendees also discovered how diet can effect

diabetes through healthy eating workshops. Exercise classes and healthy cooking demonstrations, complete with food tastings, were enjoyed by many of the guests. Rocco Mita, PARKER executive chef and dining services manager, and Carol Schindler, a registered dietitian and certified diabetes educator at Saint Peter's, demonstrated how to prepare healthy and simple meals in minutes.

We were pleased to receive such positive comments as, "I enjoyed the fair and programs much more than I ever expected. The variety of choices was great and the entire afternoon passed so quickly." PARKER is delighted to offer this wonderful event FREE to our surrounding communities. As a not-for-profit long term care provider we are always looking for ways to "give back" to the community. Through programs like this we support the health and independence of area seniors.

We are grateful to the sponsors, especially the Saint Peter's University Hospital Thyroid and Diabetes Center, Diabetes Health Center of New Jersey, Visiting Nurse Association (VNA) of Central New Jersey, BrightStar Lifecare, Martin and Edith Stein Hospice, and Sharon Yeskel, Reiki Master.

Special thanks to the PARKER staff and all our sponsors and exhibitors, without whom this event would not have been possible.

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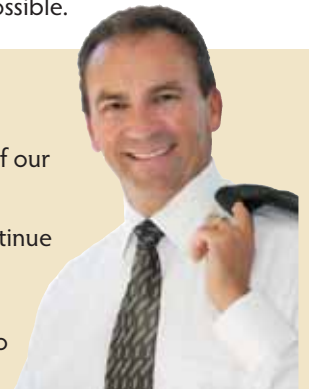
A Message from the President

During the last few months PARKER welcomed visitors from the community to many events and programs. The October Diabetes Health Fair provided just one of the opportunities to visit our beautiful River Road campus. The renovated PARKER Cottage became a destination for art lovers and a lovely venue for parties and events, enjoyed by our residents, visitors and guests. Our Health & Wellness Center and aquatic programs are growing and serving more community members. It warms my heart to hear that so many participants and caregivers are benefiting from

the expanded service of our Adult Day Center.

PARKER volunteers continue to surprise us with new, innovative programs which allow everyone to join in and contribute to the community.

As a not-for-profit, PARKER has a long history of supporting the community. I am proud of the many ways we contribute our time and talents to "give back."



Roberto Muñoz, President & CEO

The "Get Moving" Passion of Lori Morell

Contributed by Donna Lazartic

By now you've likely experienced the "get moving" passion of Lori Morell, PARKER's new Health and Wellness Coordinator who joined us in July.



Lori brings a wealth of experience to the role. She managed Monroe Township's adult and senior exercise programs for twenty years, while concurrently serving for six years as Wellness Director for Monroe Village Continuing Care Retirement Community. In addition Lori has health, fitness, event planning and special population certifications. Lori is teaming with Washima Soloman, PARKER's well-loved Personal Trainer. They are a very dynamic team and our Health and Wellness program for residents, employees and community members is growing by leaps and bounds with their combined energy and leadership. Lori's motto is "Fitness should be fun. You've got to move to improve," she said. "A sedentary lifestyle will result in less independence, more ailments and a poor quality of life. If you train your head to perform, your body will follow the same path."

Stay tuned for the exciting programs Health and Wellness is planning as we move into the holidays and the new year. Lori and Washima will be offering unique and fun health and wellness programs, and events that will keep everyone moving!

In Memory: Valeria Barber, Recreation Coordinator

We learned with sadness of the loss of PARKER employee, Valeria Barber, who passed away on August 29th. We are grateful for her long service and will remember her compassionate and loving manner. Our hearts go out to her family.



PARKER Pride

We are proud to salute one of PARKER's Best, as in **Barbara Best**, a Certified Nurse Aide who has just celebrated her 48th anniversary as a member of our team. "I have always enjoyed the direct care and the residents I have worked with," said Barbara.



Barbara Best: For 48 years, one of PARKER'S Best



Reena John

Reena John was the proud recipient of the 2010 Celebrating CNA's Scholarship, sponsored by the Health Care Association of New Jersey (HCANJ), the New Jersey Association of Directors of Nursing Administrators (NJADONA), New Jersey Association of Homes & Services for the Aging (NJAHSA), and the New Jersey Hospital Association (NJHA). Reena has been an employee of PARKER for the past 10 years. She is compassionate, kind, and caring—loved and admired by residents, sponsors and co-workers alike. She was very happy to receive the \$500.00 scholarship.

Drs. Zareen Taj Syed and Alina Tyndall were congratulated by Mr. Muñoz as they celebrated their graduation from the UMDNJ Robert Wood Johnson Medical School Department of Family Medicine Geriatric Fellowship program. At PARKER the doctors received advanced training in geriatrics, and provided services to PARKER's senior community as well as educational programs for staff and residents. We wish Drs. Taj Syed and Tyndall all the best in their future careers as geriatric physicians.

Congratulations to **Natalie Macaro and Ruth Funderburk** who received the A.C.E. (Ability, Compassion, Excellence) Awards. Ruth has been a valuable asset to the PARKER team for almost 20 years. She is dedicated to the residents at Stonegate and always offers a warm smile and a listening ear. Natalie is the program director of the Adult Day Medical Program and the new Social Program. She has provided an excellent service to families and caretakers and has given them comfort and peace of mind. Thanks to both for their hard work and dedication; we are proud of our excellent staff!



**A.C.E. award recipients
Natalie Macaro and Ruth
Funderburk**

Birthday Celebration at "The Cottage"

Contributed by Linda Lash, Stonegate Resident Family Member

On July 24th, PARKER at Stonegate resident, Dot Bartow, celebrated her 90th birthday at a party with her family and close friends in The PARKER Cottage.



Hosted by Dot's son and daughter, the party was enjoyed by 16 guests, who appreciated the lovely, historic building and delicious food prepared by Stonegate Caterers. The Bartows were proud to be the first family to hold a very special celebration in The Cottage.



Keeping Up PARKER'S Environments

Contributed by Donna Lazartic

Everyone knows that you need to maintain a home and make improvements to keep it comfortable and livable. Well, PARKER is no different. "We want our residents to be proud of their home, and try to create a warm and inviting environment for all to enjoy," said Gloria Zayanosky, Nursing Home Residences Administrator. The plant operations team, led by Neph Orillaza, and environmental services staff led by Debbie Cahill, are always busy maintaining and improving our environments to keep PARKER comfortable and livable for all.

As the year winds down, we're taking stock of the numerous major improvement projects of 2010. Early in the year, PARKER at Landing Lane residents and families began enjoying the expanded and renovated Blue Room. Then in May, PARKER celebrated the grand opening of the renovated PARKER Cottage and newly installed Seward Johnson Sculpture Garden – intimate and unique indoor and outdoor environments that are well loved and used. Next, we added 29 parking spaces to PARKER at Stonegate and The Pavilion, improving access to resident and guest parking. This summer we repaved the Evergreen Way Tranquility Trail with an environmentally friendly composite material – and the landscaping was refreshed to the enjoyment of residents, families and staff.

The installation of magnetic door locks on the PARKER at Stonegate resident suites enhanced resident access, safety and security. PARKER at Landing Lane and River Road received facelifts with new corridor carpeting and wall sconces. And most recently, we've completed three new resident rooms in the nursing care residences. Whew! It's been a busy year for the maintenance and improvement staff – all part of PARKER's mission of enhancing the lives of residents and participants in home-like settings.

PARKER Cottage

Contributed by Linda Sue Patron

As I walk around the cottage, I see how it has been transformed; a once "old building" that was just waiting for someone to bring it "alive" again...

It has a warm, cozy feeling, one that you cannot experience sitting in the conference room or the classroom in the Pavilion. It is unique and charming. My mind drifts as I study the beams on the ceiling. I feel like I'm in a museum, re-created to accommodate us in the current year, but capturing the history of many years ago. Such a beautiful place!

I'm so grateful to those responsible for making this restoration happen. Had this building been destroyed, it would have been a great loss to PARKER because the Cottage is not just an historical building, but a place for many people to enjoy in a wide variety of future activities!



"Helping Hands of Hope" a Big Success

Contributed by Catherine Martino

Two of PARKER's Intergenerational Volunteers, Shruti Nadkarni, a student at Edison's Wardlaw-Hartridge School and her younger brother Shree, have been motivated for most of their young lives to help others. This summer, they took on another critical challenge. They volunteered to conduct a food drive for the Hands of Hope Food Pantry/Soup Kitchen. For the month of July PARKER was the drop off spot for non-perishable food items, with bins available at the front doors of all locations and items collected weekly for storage at the Highland Park campus.

Six hundred and ninety five families from Edison, Highland Park, Piscataway and New Brunswick depend on the Hands of Hope Food Pantry/Soup Kitchen for food, and their shelves were empty! "The generosity of the PARKER community exceeded the target by 50%," said Shruti, "and yielded over 750 items which we delivered to the soup kitchen in Edison."

Caregivers Praise Adult Day Center

Contributed by Candy Castellino

PARKER Adult Day Center is receiving high praise from caregivers and seniors alike. Its newly expanded program offers both social AND medical services, and the payoff is clearly seen in the feedback we've been receiving.



Meet the Social Club at PARKER

"I must tell you how happy I am about the wonderful social program at PARKER. I am totally confident when I drop my mom off every morning. You greet her with love and warmth, and I can see a difference when she comes home smiling. You've given her more friends, and you give her self respect."

~ Barbara F., daughter of Sonja G.

The social program provides a welcoming environment for seniors seeking socialization, plus peace of mind for caregivers, knowing their loved ones are cared for by a wonderful professional staff. The program offers a variety of stimulating activities, a morning snack and a delicious lunch.

"Joyful. Happy. Engaged. Purposeful. Thanks to all at the PARKER Adult Day Center for giving these gifts to mom. Soon mom will be lost and without her memories. I already miss her. You have given mom something I and the family have been unable to give her, her smile and the joy in her voice." ~ Lon J., son of Fran

The medical program is for those with cognitive and/or physical impairments who benefit from a structured program promoting overall health and well-being.

If you or a your loved one would benefit from the services offered at PARKER Adult Day Center, please schedule a visit and request a FREE one-week program trial by calling Natalie Macaro, Program Director, at (732) 565-2400. This is a limited time offer; call soon.

FREE ONE WEEK Program Trial



Call Today
732-565-2400

and speak with
Natalie Macaro,
Program Director

Peace of mind for caregivers from
the stress and demands of caring for an
elderly relative or friend

Certificate offer expires 12/31/10

**Experience PARKER'S
AFFORDABLE Adult Day Center**



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 Center
443 River Road
Highland Park, NJ 08904

Upcoming Events

Celebrate Veteran's Day: Fog of War
presented by Bob Vaucher, LT. Col, WWII vet
Thurs. November 11th — 10:30 & 2:30

AMA Workshops in Senior Education:
– **Hypertension**
presented by UMDNJ Medical School
Friday, November 19th — 3:30 pm
– **Nutrition**
presented by UMDNJ Medical School
Tuesday, November 30th — 3:30 pm

Take Control of Your Health
presented by Saint Peter's University Hospital
& the New Jersey Department of Health &
Senior Services
6 Weeks, Beginning January 4th at 9:30 am

Caregiver Support Group
Meets monthly every third Wednesday
of the month from 1:30 to 3:30 pm
November 17, December 15, January 19

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

Register Today!
732-565-2400

New 2011 Aquatic Program: A Partnership with the Community

Contributed by Lori Morell

PARKER will welcome the area Senior Center to the warmth of our 88-degree indoor swimming pool. The facility features beautiful locker rooms and free towel service, as well as an ADA access ramp into the pool. A certified lifeguard is provided during operating hours for the safety of residents and community members.

Kim Perkins, Senior Coordinator for the Highland Park Senior Center stated: "We are excited about the joint community effort to keep our active adults healthy and fit. The warm pool water provides a soothing environment for people with arthritis and other joint diseases. The buoyancy of the water lightens your body weight, easing the stress on your joints and muscles, and making it easier to move about freely. Many of our members are eager to start reaping the benefits of a regular aquatic program."

PARKER is delighted to provide members of the community with the opportunity to maintain their health and well being by providing access to our wonderful facilities. We are always looking for ways to partner with the community, and this is certainly an excellent program in advancing that initiative.

Everyone in the community is invited to join the program. Call to inquire about how you can start enjoying our warm pool during the cold winter months. Whether it's swimming laps, water walking, playing with the aqua toys or enjoying the luxury of the hot tub, there's something for everyone to make a splash about at PARKER.



Area Seniors can enjoy PARKER'S pool facility