



Fall 2011

PARKER PRESS

Staying Close to Family & Friends: PARKER's Plan for Long-Term Care Services in Monroe

Contributed by Donna Lazartic



PARKER at Monroe Commons Entrance

PARKER recently outlined exciting plans for an innovative, long-term care community in Monroe Township that will ensure the town's seniors have access to high-quality and compassionate care close to their friends and family.

"I think PARKER at Monroe will be wonderful. We need this," said Marie Frick who lives at Rossmoor in Monroe, one of the many active adult communities in the township. Her husband, who suffers from dementia, lives in a facility more than a half-hour drive away. "I want him close," she said. "We've been married 57 years. He is my friend, my everything. ... I want to know he is getting the right care. We really need PARKER at Monroe."

PARKER at Monroe will be home to 96 residents who need skilled care and 32 assisted-living residents who require memory support. The community will be comprised of four, two-story, village-style homes, each with a welcoming porch and front door entry. They will have inviting great rooms, spaces for enriched living activities, home-style kitchens and table-side dining. The architectural plan maximizes natural light and offers easy access to courtyard gardens and serene outdoor venues. Each home will be anchored to a larger common area, giving residents and guests easy access to community-wide social events, fitness and rehabilitation services, dining and roof-top terrace gardens.

Lillian Willis, who lives in Clearbrook, another active adult community in Monroe, was impressed with the project. As she ages, she said, she wants to remain close to her family and friends but she does not want to be a burden to them. "We are all aging," she added. "I want to be prepared. I think PARKER at Monroe is very much needed here."

A Message from the President

This is an exciting time for all of us at PARKER. Recently, we previewed our plans for PARKER at Monroe with registry members who live in Monroe Township. I was touched by the stories they shared.

Tony Zarillo's wife Carolyn is a one-time ballet dancer who can no longer follow dance class at her local senior center. "Her brain is telling her she should be able to do these things. But the disease of Alzheimer's affects her memory and cognition, so she gets frustrated," Mr. Zarillo said about his wife of 48 years. He is thankful that the PARKER Adult Day Center in Highland Park engages his 68-year-old wife in activities she can enjoy and that the staff understands her disease. "The PARKER day program is fabulous. People with this disease need to be stimulated. We need PARKER at Monroe, not just for my wife but for many people like her," he added.

Bruce Colligan's mother resided at PARKER, and his mother-in-law and father-in-law reside at

PARKER at River Road. "Of course it would be wonderful if they could have stayed in Monroe," Mr. Colligan said. "We could pick them up and take them to places they know. Their older friends could visit. They could be close to us. It would be wonderful to have a PARKER community here in Monroe. Absolutely."

These are just two of the families who have pledged to show their support of PARKER at Monroe at upcoming public meetings with the Monroe planning board. If you have a story to share about the need for long-term care services for Monroe residents wanting to stay close to family & friends, please call us on 732-565-2400. We encourage you to share your stories and join us to show your support of PARKER at Monroe.



**Roberto Muñoz,
President & CEO**

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ADC Celebrates Adult Day Week

Contributed by Natalie Macaro



The BBQ luncheon, just one of a week's worth of activities celebrating "ADC Week."

One week out of every year is designated "Adult Day Week," at PARKER, with staff and participants of the Adult Day Center celebrating the services and people who positively impact their lives. To create a meaningful time for all, Recreation Coordinators, Carissa Keil-Sweeney and Candy Castellino, organized a week of activities that would acknowledge the hard work of the Adult Day staff and bring joy to the participants.

The week's activities began with a special pancake breakfast. There was BINGO, played with game cards featuring photographs of staff members, an outdoor BBQ luncheon, and a theme party, entitled "Under the Sea," with dancing to the sounds of Algia, a favorite entertainer of the Adult Day crowd.

Carissa told us she, "was thrilled with the reaction of staff and participants," to the theme song she composed for the ADC, inspired by 'YMCA.' "We're Having Fun at the A-D-C."

The PARKER Adult Day Center is one of 4,600 adult day centers providing supervised daily health care to individuals who need a range of services to support them, while they remain in their own homes and communities. Currently, 250,000 people in the United States benefit from adult day services.



PARKER Pride



Tracey Bridges



Marcy Salzberg

Tracey Bridges, Dining Captain/Supervisor at Stonegate, and Kadie Sheriff, CNA at Landing Lane both graduated and passed their state examinations to become Licensed Practical Nurses and are now participating in PARKER's "LPN on the Job" training program. This program enables nurses to obtain clinical experience while holding their present full time positions. Tracey and Kadie are grateful to PARKER for the opportunity to advance their skills and training.

Dawn Kellerman has joined PARKER as Human Resource Manager. Dawn holds a Professional Human Resource Certification and has nearly 15 years of experience in HR, most recently as Regional Human Resource Manager for the NY/NJ Airports Parking Division.

Please welcome the new PARKER at Stonegate Resident Family Liaison, Marcy Salzberg. Marcy holds a Master's Degree from New York University's Ehrenkranz School of Social Work and has dedicated more than 10 years to working with Central NJ's geriatric population, in hospital, nursing home and rehabilitation settings.



Dawn Kellerman

PARKER Awards

PARKER is the proud recipient of the 2011 Health Care Association of New Jersey *HCANJ Best Practices Award* for Effective Communication Between Nurse and Caregiver/Aides.



PARKER at Stonegate received the 2011 Home News Tribune Readers Choice Award for BEST Assisted Living Residences in Central Jersey.

PARKER completed the first major *Milestone of The Path to Mastery™: The Art of Creating a Caring Community*, as set forth by The Eden Alternative® which guides organizations through the process of transforming their culture by applying person-directed care practices.

Since the conception of *OSHA's Safety and Health Achievement Recognition Program (SHARP)* more than 10 years ago, only 14 companies have received this prestigious recognition. This year, PARKER at Stonegate earned recognition as the 15th recipient. It is the second PARKER location, the first being PARKER at Landing Lane, to be admitted to SHARP.



The Marketing & Admissions Department received the 2011 *Nation's Best Marketing, Communications Materials for Older Adults* award for the PARKER brochure, featuring beautiful photography of our own residents and staff, and vivid descriptions of PARKER programs, services and amenities. The awards were chosen from nearly 1,000 entries including brochures, newsletters, magazines and newspaper articles, radio and television programs.

Art Inspires PARKER Resident

Contributed by Candice Avila

Eileen Muller, who resides at PARKER at Landing Lane, recently received two honorable mentions for her drawings in the 2011 Middlesex County Fair. Although she has never had any formal training, she has always had a passion for art and design.

Eileen said, "I also enjoy watching old movies, playing pinochle, listening to music and shopping." Some of Eileen's other great qualities include her sense of humor, patience, and leadership among her peers. She is currently President of the Resident Council of PARKER at Landing Lane. Congratulations to Eileen, and many thanks Madeline Grabowski, one of our dedicated volunteers, who helped and encouraged Eileen to enter her drawings!



Technology Foundation for Quality Care

Contributed by Rick Mallia

In 2009 PARKER's Board of Trustees approved major investments to upgrade PARKER's technology infrastructure and software applications. The first step in this strategic technology plan was completed this summer with a \$500,000 major capital project to upgrade our computer, wireless and telecommunications infrastructure. This created a stable foundation for the next step — the purchase and implementation of a new software system that supports our financial and clinical processes. This system, Answers on Demand (AOD), will enable PARKER to hold all resident medical records and related information in a reliable and secured electronic environment. Marketing and Admissions, plus Billing and Finance modules, were successfully implemented during recent months, and the first phase of Electronic Medical Record rollout is scheduled for this fall. Roberto Muñiz said, "We are very excited about the benefits of this initiative, and how it both augments the quality care for PARKER's residents, and lays the foundation for PARKER's continued success and growth."

Splash Your Way To Fitness

Contributed by Lori Morrell

As we age, our activity levels decrease significantly, causing our joints, muscular strength, and cardiovascular system to decline. While working out on gym equipment is stressful for the human body, water exercises have many benefits such as soothing aches and pains of arthritis, increasing blood circulation, and reducing stiffness. In the water at chest level, your body bears only 25-35% of its physical weight. PARKER's Aquatic Program provides an ideal environment for exercise for ambulatory older adults.



The Olympic size pool at PARKER's Health & Wellness Center has an ADA accessible ramp that leads into 3 feet of warm water, permitting participants to walk, swim or jog at their leisure, Monday thru Saturday. Daily Aquacize classes, like Water Walking, led by professional instructors, promote slow, gentle movements that minimize physical impact on the knees, hips and spine. Elaine, an Adult Day Center participant of this class is enthusiastic. "The Arthritis Aquacize classes are challenging and have brought great relief to my painful joints I have encouraged my friends to join the program." Whether you walk, swim, float or wade, the water will aid in combating the aging process. Remember: ***The more you move the more you improve!!!!***

Volunteering Opens Young Eyes

Contributed by Catherine Martino

This fall, PARKER's volunteer program hosted a Dementia Education Seminar for volunteers from one of PARKER's community partners, Quixote Quest, a non-profit organization that provides high school students with the opportunity and support to make a difference in their community.

Last year, the young volunteers spent six weeks interviewing six PARKER residents and created personalized legacy books commemorating the residents' lives and memories. This year, Quixote Quest Director Frank McGough, wanted to offer volunteers the opportunity to work with memory impaired residents but wasn't sure how to train them. We welcomed several students to PARKER to learn about dementia signs and symptoms, communication tips, and how to respond to challenging behaviors. They did hands-on simulations to experience some of the challenges seniors face every day. Using vision impairing glasses and gloves that simulate arthritis, they tried to complete tasks such as tying shoes, opening a bag, folding clothes and self-propelling in a wheel chair. McGough was pleased that, "PARKER was willing to teach the student volunteers skills to use with seniors with memory impairment. The students are excited to start their volunteer work with PARKER residents and other seniors though out New Jersey"

A Harvest of Benefits

Contributed by Lee Shahay



Reaping the benefits of horticultural therapy at PARKER

Have you ever noticed how a walk outdoors or being around plants makes you feel better, or how your senses come alive from the scent of lavender and fresh basil? Those are the experiences you might have by participating in one of the many horticultural therapy activities for residents of PARKER at Stonegate.

Horticultural therapy involves the use of plants and plant-related activities to improve the body, mind, and spirit. It enhances the healing process, contributes to overall quality of life, and offers a special connection that increases our sense of well-being. Exposure to the natural world has therapeutic and physical benefits, such as improved fine motor skills, coordination, and balance.

Stonegate residents have the opportunity to participate in year-round nature related activities and weekly activities that are adapted to meet the needs of a wide range of interests and functional ability levels.

"During the spring and summer, we spend time in the garden planting, tending, and harvesting fruits, vegetables, herbs and flowers. This year's crops included lemons, strawberries, figs, peas, tomatoes, potatoes, and Swiss chard," said Florence Levy.

As each crop is harvested, residents reap the rewards of their labors. Nothing tastes better than home made salsa using fresh-picked tomatoes, onions and herbs straight from our garden. And sugar cookies take on a whole new flavor when home-grown lemon verbena and lavender, dried and crushed, are added to the dough!

Stonegate's horticultural program cultivates the residents' interests in gardening, tempts their taste buds and brings a greater sense of well-being for all who participate!

PARKER Team Walks to End Alzheimer's

ADC Coordinated PARKER Employees' Participation in the 2011 Memory Walk



Through our Bake Sale, Pancake Breakfast by Evergreen Way staff, and generous donations, we raised \$2,100!



PARKER

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

Hospice Care in America

Presented by the Martin and Edith Stein Hospice: Bruce Birnberg, Sharon Criscione, Rabbi Bryan Kinzbrunner, and Sara Culang
Tuesday, November 15th 7:00-8:30 pm

FREE 3 CEU Workshop:

Elder Abuse Prevention and Crime Prevention for the Older Person

For Social Workers and Nurses. Presented by Helen Hunter.

Thursday, November 17th 8:30-11:00 pm

Caregiver Support Groups

Tuesday, November 8th, 7-8:30 pm

Facilitated by PARKER Social Workers

Wednesday, November 16th, 1:00-3pm

Facilitated by Kathleen Ostertag

Identity Theft

Presented by Gerri Burns

Wednesday, December 7th 1:30-3:30 pm

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

Register Today!

732-565-2400

Caring For A Loved One

Contributed by Debbie Littman

Caring for a loved one with dementia may be overwhelming and tiring, but sharing with others in a similar situation can be a source of relief and encouragement.

Caregiver support groups provide practical advice and emotional support. They assist with problem solving for the day-to-day frustrations of caring for a loved one with dementia. In a safe and comforting environment, families may share concerns, joys, and challenges with one another. There may even be occasional humor and the opportunity to make a friend. There is no

pressure to speak unless one feels comfortable. According to *The Alzheimer's Action Plan* (Doraiswamy, Gwyther, and Adler), caregivers who attend support groups are more accepting of their relative's diagnosis and report feeling less alone and misunderstood.

PARKER's Caregiver Support Groups are facilitated by professional social workers in a compassionate, confidential setting, and are held once a month, in afternoons and evenings, for the convenience of families. Guest speakers offer presentations on topics such as dementia, home safety, activities, and supportive resources. Light refreshments are served. Please join our email list at www.FrancisEParker.com to receive announcements of Caregiver Support Group meetings and special presentations.

Debbie Littman, LCSW, is a licensed social worker at PARKER. She has devoted her life to the compassionate care of older adults for 35 years.



Tony Zarillo shared that, "The PARKER Day Center is fabulous for my wife, Carolyn."