



Summer 2011

PARKER PRESS

PARKER Awarded Prestigious Eden® Certification

Contributed by Margaret Fourounjian

PARKER has just completed the first major Milestone of The Eden Alternative's®, Path to Mastery™. This powerful new tool guides organizations such as ours in applying person-directed care practices to transform their culture. Through this approach, care decisions honor the voices and choices of care recipients and those working most closely with them.

The Eden Alternative is a national leader in the "culture change" movement in long-term care. Through The Path to Mastery™, nursing homes and other institutions can now share and benefit from the experiences of hundreds of homes that have successfully transformed their environments for the better.

"PARKER, has focused on this journey of culture change for 12 years," says Ms. Carol Burt, LNHA, CALA, an administrator and lead of PARKER's Eden Team. "During that time we have developed and acted upon our commitment to value our residents as human beings from whom we can learn. By working to understand each elder's preferences and life choices, employees take the lead in providing meaningful care. Eden's Path to Mastery Milestones

serve as a guide to further successful culture change and a vehicle for Eden Alternative® homes across the

nation to discuss ideas and experiences. By sharing our own journey with other organizations we hope to inspire them to initiate these types of changes as well."

Ms. Burt feels that completing Milestone 1 has helped employees and residents to reflect on how far they have come in putting Eden principles into practice. "We have demonstrated real progress in continuing to focus on person-directed care. For example, by creating formal and informal opportunities for open communication between employees and residents on how to better know, value and respect each other, we are bringing the Eden principles to life."

PARKER is proud of being one of only four registered Eden Homes in New Jersey.



Eden Philosophy: It's better to live in a garden

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A Message from the President

As I read the stories in this issue of the PARKER PRESS, I am awestruck by the number of ways that the PARKER community of residents, employees, volunteers, families and friends are thriving here. We are guided by the principles of The Eden Alternative®, in which we embrace and nurture aging as a natural stage in our every day life. Celebrating 100-year birthdays is the norm at PARKER. And we even have a PARKER resident who is soon to be a published author. Day to day, I see powerful examples of PARKER's mission in the "transformative care" of compassionate employees and volunteers who are dedicated to lifting the human spirit of others.

Recently Linda Sue Patron, Director of Nursing, related a story that speaks volumes about the heart of PARKER employees. She said, "One day, my car broke down on the road. After 30 minutes waiting for AAA, a woman stopped and asked if I needed

any help. I noticed she was wearing a PARKER hat and asked her about it. She smiled and said "I work at PARKER. I stopped to see if you needed any help because at PARKER we help people. This is what we do." I was so touched to meet Liz, a fellow PARKER employee, and will always remember her helping hand."

Every day, I see PARKER growing into our vision as a recognized leader in providing a continuum of care services, evidenced by such programs as our thriving Adult Day Center and high-energy community events like the recent Fun, Food and Fitness Fair. If you haven't visited PARKER in a while, please join us for an upcoming event or call us to schedule a personal tour.



Roberto Muñoz, President & CEO

ADC "Social Club"

Contributed by Natalie Macaro



In June 2010, The PARKER Adult Day Center expanded its offerings to include a social program. This program, now referred to by its participants as "The PARKER Social Club," provides varied activities that encourage and motivate seniors to stay

The Social Club's 1st Anniversary Party was held on June 8th for participants and their families

connected to their peers, maintain their independence and most importantly, bring meaning and enjoyment to their days. With approximately

30 people enrolled, the Social Club has become a place of fun, excitement, friendship and love.

Candy Castellino, Recreation Coordinator, deserves enormous credit for creating a program that provides activities that all appreciate and participate in, while taking into consideration the individual needs of the participants. Participants receive breakfast and lunch, transportation within our service area, and access to our Wellness Center, including the gym and heated pool. Operating 9-2, Monday through Friday, the Social Club is a wonderful addition to participants' current lifestyles. The Social Club provides respite for those who care for a loved one. Many families praise the Club for all it has become to their family member or friend. Many letters of appreciation are received, but this one speaks for all, "the program is wonderful for my mom. I look forward to talking about her day, and she raves about the staff, her bus driver, the activities. She loves the food, because she says it's like eating at a gourmet restaurant every day. This program means everything to my mom."

PARKER Pride

Congratulations to **Najwa Haddad** and **Barbara Best**, who received **RN and CNA of The Year Awards**. Barbara has been employed at PARKER for 49 years, making her the longest working employee.

Najwa has been an employee for 5 years. Not every day is easy, she says, but one thing seems to reassure her: "Our residents represent



Kadie Sheriff

our mothers and fathers, and it is rewarding to serve them with dignity and respect. We have the ability to touch people's lives every day, to reinstate dignity to many who feel that they have lost it. It is that thought that puts me in the right frame of mind when I feel like the day is getting tough."

Megan Boyce, former AIT (Administrator-in-Training), now Development Assistant, has passed the exam and completed the required courses and internship to become a Licensed Nursing Home Administrator. Megan will now carry the letters, LNHA behind her name.



Marcia Ortez

Congratulations to **Marcia Ortez** on her recent promotion to Director of Recreation at Stonegate. Marcia has done a fine job for the past 4 years as Recreation Manager and deserves the recognition and responsibility of her new position. We wish Marcia continued success in her career at PARKER.

Hester Robinson retired after 26 years of service at PARKER. Hester was an 11-7 RN manager who was respected by all employees and adored by residents and family. We wish her well in her future endeavors. She will truly be missed by her PARKER family.



Barbara Best and Najwa Haddad



Megan Boyce

Employees on the Move

Congratulations! We are pleased to recognize these employees' promotions.

Ann Cathcart, Charge Nurse; **Melissa Murray**, CNA/Rec. Asst.; **Theo Talbert**, Adult Day Driver; **Anne Ang**, Fitness Attendant; **Tracey Bridges** and **Kadie Sheriff**, In-Training for LPN.

Resident's Book Will Be Published



Donna Gray

Contributed by Ursula Smith

Congratulations to Donna Gray, PARKER resident, on the acceptance of her book about Montana's rural women for publication next spring. A native of Illinois, Donna took up her interest in oral history while living in the Bay Area in California. Upon her husband John's retirement in the mid-1970s, the couple bought a ranch in Montana's Paradise Valley, where Donna took part in the work of the ranch and home, even as she renewed her interest and developed her skills in oral history. She became a contract interviewer for the Montana Historical Society, working on a series dealing with occupations in the state. After hearing the histories of several men in the ranching, railroad, and timber industries, she began to wonder what their wives might have to say. That was the genesis of a long-term project, first interviewing her neighboring ranch women, and later other women around the state who were suggested to her as interesting subjects. "My husband's last wish was to finish this book which I was working on for years. The rural history of the pioneer women can get lost very soon if no one writes and publishes their stories." Several portions of these interviews have appeared in women's anthologies. The full-length book will be out in spring 2012.

Employee Service Awards

Contributed by Haja Jabbie

The Annual Service Award Banquet was held on February 24th with 40 employees receiving awards. Nancy Weintraub, Chairperson of the People Committee, PARKER Board of Trustees, was the guest speaker on the theme of, "PARKER – Growing Again."

The guest of honor was Wilma Matchett, a CNA in Landing Lane who has worked for PARKER for over 40 years. Her years of service demonstrate once again the dedication of PARKER employees. It will only get better as we continue to GROW!



Wilma Matchett, CNA honored at awards banquet

PARKER's "Biggest Loser"

Contributed by Lori Morrell

Congratulations to forty-six PARKER employees who accepted this year's "Biggest Loser" challenge and achieved a combined weight loss of 181.4 pounds! Beginning in January, our teams of employees competed for eight weeks for cash prizes totaling \$1000. The Health and Wellness Center assisted them in their efforts by providing free Zumba and Boot Camp Classes to all participants as well as in-services for tips on healthy eating and exercising.

The three winners, Rachael Gooding, Mary Jo Mascucci and Nikema Talbert had the highest percentile of weight loss in the contest. In order to continue promoting healthy lifestyles throughout the year, the Health and Wellness Center is sponsoring a program called "The Maintenance Plan" until November 2011. Winners will be awarded cash prizes monthly based on the greatest weight loss percentile.



Rachael Gooding, Mary Jo Mascucci and Nikema Talbert were PARKER's "Biggest Losers" with the contest's highest percentile of weight loss

Paying Tribute to PARKER's Volunteers

Contributed by Catherine Martino

Each April, during National Volunteer Appreciation Week, PARKER is pleased to recognize the outstanding, loyal and dedicated community volunteers whose service we are so fortunate to receive. This year's Recognition Reception was held on April 14th at the Imperia in Somerset. President and CEO Roberto Muñiz, members of our senior executive team,



Fred Mock and Mike Miller, weekly volunteers

directors, and staff came to honor and pay tribute to over 100 volunteers in attendance.

PARKER's volunteers share their time and a large diversity of talents and gifts with our residents. Some share their faith in our weekly chapel services, others their beloved pets. There are artists, knitters, readers, writers, gamers, conversationalists and jacks-of-all-trades who are willing to help with anything they can. Another group dedicates their time to assisting the staff with clerical duties. These volunteers diligently file, label, stuff envelopes and enter data in our computer records.

All are invaluable and special. We thank you all for enriching the lives of our residents and supporting our staff.

Improving While Moving at PARKER

Contributed by Jill Ferri

Over 185 members of the community joined PARKER for Fun, Food and Fitness, an active event for adults 55+ held on Sunday, April 10th. PARKER sponsored this



Ballroom dancing, one of many activities at PARKER's Fitness Fair

free event to educate community members on the importance *and FUN* of regular exercise and healthy eating. Donning their sneakers, participants tried out Zumba, the latest exercise and dance craze, yoga, free massage from Inner Works Massage and Muscular Therapy, an arthritis workshop, and ballroom dance lessons from the Arthur Murray Dance Academy.

Free lunches and cooking demonstrations of such healthy selections as Tequila Shrimp, Stuffed French Toast and Pan Seared Salmon were offered by PARKER at Stonegate Executive Chef, Rob Klingebiel, with samples for everybody. "The food was very satisfying and I enjoyed the step by step instructions," said Joan R. "I can't wait to see the menus on the website so I can try them at home."

PARKER has a strong focus on social accountability, and events like this are a great way to "give back" to the community. "I enjoyed the fair and programs much more than I ever expected," commented Carol R. "The variety of choices was great and the entire afternoon passed so quickly."

See page 4 for upcoming events and remember to **Save the date** for PARKER's Free Memory Health Fair on November 6th.

Special thanks to all event vendors: Sundance Rehabilitation, Arthur Murray Dance Academy, Kashi, Sysco, Vitality, Inner Works Massage and Muscular Therapy, Zumba Fitness, and the nutrition students at Rutgers University.

Whether you participated in the fair's activities or are just learning about the fun of fitness, remember the motto of PARKER's Health and Wellness Coordinator, Lori Morell. "The more you move the more you improve!"

A New Addition to Our Website PARKER & Education

Learn how we partner with the medical community, to shape the future of person-centered elder care.



**Partnerships • Educational Affiliations
PARKER Center for Research Excellence**

Visit [Research and Education under Services at FrancisEParker.com](#)



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

Meaningful Activities

Presented by Patricia Newman, PARKER at Stonegate Recreation Associate
Tuesday, June 28th, 7:00-8:30 pm

The Afterlife, & Getting There Gently

Presented by Bruce Birnberg, LCSW, Executive Director, Stein Hospice
Thursday, June 30th 7:00-8:30 pm

Health and Wellness Programs

Tai Chi — Thursday, July 7th, 1:00 pm
Yoga — Thursday, July 21st, 1:00 pm
Zumba — Thursday, July 28th, 1:00 pm

Where & How to Locate Help

Presented by Sundance Rehabilitation
Tuesday, July 12th, 7:00-8:30 pm

Caregiver Support Group

Meets every 3rd Wednesday 1:30-3:30 pm
July 20, August 17, September 21

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

Register Today!
732-565-2400

Living Legends

Contributed by Marcia Ortez

On Friday, May 27, when Marie O'Shea's family gathered to celebrate her 100th birthday, the party joined a long list of family occasions that Marie has celebrated right here at River Road. Residents and staff of PARKER at Stonegate also joined in to congratulate and celebrate her long life.

Marie was born on May 30, 1911 in Hilversum, Holland. She moved to the United States at the age of 4, the youngest of 11 children. She was caring for the J. Seward Johnson children as their nanny here at their estate on the River Road property where PARKER at Stonegate now stands. She met her husband John, *Head Farmer* of the J. Seward Johnson Estate. She and John (who was originally from Ireland) married in 1932 and lived in the Johnson Estate Gate House until 1941. Following the death of her husband two years ago, Marie returned to Highland Park where she resides at Stonegate. Marie attributes, "...the love for my family and faith in God for keeping me going for 100 years!"



Congratulations to Lou Egeth for celebrating his 100th birthday on March 3rd. Lou celebrated with many friends and family. He is a very sweet, kind, and gentle man who continues to love his wife, Lillian. They just celebrated 76 years together!

Happy early birthday wishes to Greta Bauer and Joseph Mancuso who will celebrate their 100th birthdays later this year.



Marie O'Shea celebrates her 100th birthday surrounded by family, staff and residents