



Winter 2011

PARKER PRESS

Planning Underway for New PARKER Campus

Contributed by Donna Lazartic

The new year begins with exciting plans to keep PARKER in the forefront of the long term care industry with the development of a new residential long-term care community, PARKER at Monroe. The new community will be located at a 14 acre site on Schoolhouse Road in Monroe Township, 18 miles from PARKER's home office in Piscataway, NJ. PARKER at Monroe will serve over 100 residents with skilled nursing care and assisted living-memory care services. The assisted living-memory care residence will serve individuals who might otherwise be prematurely sent to a nursing home due to declining cognition, but who do not need 24 hour skilled nursing care.

The PARKER at Monroe campus will utilize best-practice household environmental design and operating models coupled with Eden Alternative® principles of person-centered care. PARKER at Monroe will offer spacious residential long term care accommodations, common areas with beautifully appointed environments, and impeccably maintained grounds. The preliminary concept plan calls for interconnected household-type residences and a commons building for resident, guest and support services.

Each household will serve a maximum of 16 long-term care residents.

Roberto Muñiz, PARKER's President and CEO has been enthusiastically sharing the news, "We look forward with great anticipation to the development of PARKER at Monroe in accordance with PARKER's mission and reputation of offering the ultimate in personalized, affordable high-quality long term care services in home-like settings. We feel this is a great location in that many PARKER residents formerly resided in the Monroe area and a large number of PARKER waitlist applicants reside in or around the Monroe community."

Design work will begin soon with plans to be available for review by the community later in 2011. Groundbreaking is anticipated in the Spring of 2012 and staffing will begin in mid-2013, followed by resident admissions beginning in late 2013. When fully occupied, about 125 employees will be needed to serve over 100 residents.

As the project progresses, regular updates, "PARKER at Monroe Progress Notes," will be posted on the PARKER website and at PARKER locations. So stay tuned!!



**Roberto Muñiz,
President & CEO**

What's Inside:

- "Social Networks" Research Project2
- PARKER Pride2
- Registered Nurse Student Affiliation2
- Honoring Dr. Cardi3
- Goodwill Delivered to Area Seniors3
- Volunteers Share "Memory Books"3
- Technology: A Vision Becomes a Reality3
- PARKER'S Reputation is our Greatest Asset .4
- UPCOMING EVENTS4

A Message from the President

It's been quite a winter – we've endured 8 snow storms already! Regardless of weather conditions, PARKER employees are here round the clock

Despite the snow storms of Winter 2011, PARKER's dedicated staff were on the job, with warm hearts and caring hands

faithfully caring for our residents. So, it's no surprise when residents and family members express their appreciation for our remarkable team. Let me share just a few lines from three recent letters.



"I would like to thank the PARKER staff for the excellent care provided for my mother. It was not just that you gave her good care, but that

you cared about her. That, in my mind, is the PARKER difference."

"I wish to thank the entire PARKER family for five years of extraordinary care they provided my mother. The staff were not workers, care givers or nurses. They were her friends."

"It's just about a month that my mother has been at PARKER. In this short period of time, the staff has gained my confidence and respect. When I visit, I am immediately comforted by the nurse's warm smile and appreciate how amazingly helpful she is."

I receive such wonderful letters with great regularity and never get tired of hearing about the goodness of our dedicated employees. May they keep our hearts warm as we look forward to an early Spring!

"Social Networks" Research Project

Contributed by Anita Franzione



Dr. Katherine Abbott conducting an interview for the Penn study

We hear the term "social network" used almost daily, but long before we had technological social networks, we have been connected to one another. Research studies have found that our health is connected to the health of those with whom we interact. Interactions that provide support or access to information, or even those that bring us in contact with germs or second-hand smoke, make differences to our health.

To further the understanding of social networks at PARKER, we have partnered with the University of Pennsylvania in an exciting and innovative study, funded by PARKER, to learn about the social interactions of older adults living at Stonegate and Evergreen Way. The Penn research team, led by Dr. Katherine Abbott, is interested in understanding how social interactions affect the health and quality of life of PARKER residents, family members, and employees. Dr. Abbott explains, "we know from the general population that emotions, information, and health behavior can spread through social networks, and we need to understand if this spread is also happening in long-term care organizations."



Dr. Abbott

This partnership is one important way PARKER is helping to ensure high quality care for all residents of nursing homes and assisted living facilities. The ongoing study is scheduled to conclude in July 2011.

You may contact Dr. Abbott for more information at abbott@nursing.upenn.edu.

PARKER Pride



Debbie Cahill

Kudos to **Debbie Cahill**, the new Director of Environmental Service. Debbie has taken advantage of PARKER's Tuition Reimbursement Program and will complete her Bachelor's degree shortly. In 2004 she was invited to become a member of Delta Mu Delta in recognition of her academic excellence. Debbie is responsible for the Housekeeping, Laundry and Material Management/ Purchasing/Receiving Teams. She manages the Environment Refurbishment/Renovation Capital Projects, is Co-chair of the Safety and Violence Prevention Committees and is an Eden Associate.

Rich Doshim, who has worked for PARKER for the past 12 years, will no longer serve as a full-time IT Consultant. All PARKER employees and most residents and family members know Rich for his warm smile, positive attitude, and of course — his assistance in all IT issues and requests. Although he served as an outside consultant, Rich says that he's "always felt part of the PARKER family." We thank Rich for his years of service, his contributions to PARKER's growth and success, and the close working relationship he has had with PARKER staff. We wish Rich well with his future professional and personal endeavors.

Debbie Littman, Social Worker, of PARKER at River Road, has recently received an MA in Art Therapy from Caldwell College. This degree will complement the MSW she earned from Fordham. The arts have been a passion and lifelong hobby for Debbie. Already she has presented a lunch and learn in-service for staff and hopes to apply her enhanced skills in her work at PARKER.



Debbie Littman



Gloria Zayankosky

Gloria Zayankosky, PARKER Nursing Home Administrator, was appointed board Chairperson of the Alzheimer's Association, Greater New Jersey Chapter for the year 2010-2011. "Gloria has worked tirelessly on behalf of the Association for many years," said Patricia Lombreglia, President and CEO of the Association's Board of Directors. "We look forward to much continued growth and success under her leadership."

Ms. Zayankosky stated, "I am proud to be involved with two organizations that are dedicated to improving the quality of life for seniors and their families while developing the health professionals who care for them."

Employees on the Move

Congratulations on their well-deserved promotions to **Donna Macaro**, Junior Secretary; **Dominic Buzzerio**, Lead Cook; and **Jill Ferri**, Marketing and Admissions Assistant.

Registered Nurse Student Affiliation

Contributed by Lisa Slater



PARKER continued its long tradition of healthcare education by hosting the Middlesex County College (MCC) RN program last fall. Student nurses experienced first-hand caregiving at PARKER's River Road campus. Throughout the fall internship session 90 RN students gained experience in the long term care setting, while 60 RN students experienced assisted living. Through student internships and training programs, PARKER hopes to increase the number of professionals entering the field of eldercare services.

Pictured are students **Anyuly Diaz**, **Gulay Ozdemir**, and **Erin Palumbo** accompanied by their instructor **Mary Adams, RN, BSN**.

Grateful Appreciation for Dr. Cardi

Dedicated member of PARKER Board Retires after 26 years

Contributed by Roberto Muñiz

Louis P. Cardi, M.D. has retired from the PARKER Board of Trustees, where he served as a dedicated member for 26 years. Dr. Cardi chaired the Nominating and By Laws Committees from 1985 until 2006 and has served as Medical Director of the nursing homes since 1997. At the December 2010 meeting of the Board of Trustees, Bill Tibbitt, Chairman, presented Dr. Cardi with a beautifully framed proclamation. The Board expressed grateful appreciation for his exemplary service as a Trustee and wished him happiness and fulfillment in the years ahead.

PARKER Delivers Holiday Goodwill to Area Seniors

Contributed by Margaret Fourounjian

Middlesex County seniors opened their doors on Wednesday, December 15th to receive their regularly scheduled Meals-On-Wheels and were surprised to receive a special gift from the elves at PARKER Adult Day Center — a PARKER mug stuffed with hot chocolate mix, cookies, toothpaste (donated by Dr. Paul Fourounjian, DMD), and an invitation for a free one week trial at PARKER Adult Day Center, all nicely wrapped in a sheer festive bag.

"I would like to take this opportunity to thank you for the 200 gift bags which you gave to the senior citizens receiving home-delivered meals," said Amy Bouman, Director of Aging for Piscataway Township. "The seniors truly appreciate your generosity."

"The holiday season is about giving and we are happy to extend goodwill and cheer to seniors in our community," said PARKER's Adult Day Center Program Director, Natalie Macaro. "We invite you to visit and experience the PARKER Adult Day Center – social activities, hot noon meal – where every day is like a holiday!"



Mildred Hall and Amy Bauman receive PARKER's gifts for Middlesex Seniors

Eisai Volunteers Share Memory Books

Contributed by Catherine Martino, Volunteer Coordinator

On December 17th, PARKER's Adult Day Health Center was visited by a group of individuals from the Office of General Counsel at Eisai Inc. Prior to their arrival, 60 volunteers from Eisai Inc. put together wonderful handmade Memory Books to share with our participants and residents. These



Eisai volunteers share "Memory Books" for cognitive enhancement

books are filled with vibrant and interesting pictures of cultures, flowers, food, locations, and so much more from across the world. Memory Books are used in recreational programming for cognitive enhancement. "I am pleased to hear of the uses for the books – especially the creative storytelling," said Nancy Haig, Vice President of Internal Audit. Eisai Inc., a company driven by the mission of "human health care," generously made these books available to all the residents and participants at PARKER, as well as staff, in order to foster conversation and stimulate memories.

Technology: Turning a Vision into a Reality

Contributed by Rick Mallia

Two years ago, PARKER adopted a new ten year strategic vision and is busily making the vision a reality, through tools, resources and programs, called Strategic Initiatives, one of which is "Technology." After much planning, the Technology Strategic Initiative is beginning to bear much fruit, starting with the new ADP HR and Benefits Administration (HRB) Technology Solution. Every PARKER employee now has an email address and access to their employment file through an on-line ADP portal. "We are looking forward to dramatically reducing the use of paper employee forms and files," said an enthusiastic Mary Lou Farmer, Chief HR Officer. "We saved a lot of administrative time by having the employees make their annual benefit selections on-line in December. As additional features are rolled out, managers and employees will see tremendous reduction in employee-related paperwork."

Over the next few years, further enhancements will be implemented. "We all know that top-tier health care organizations use technology in a significant way today," says Roberto Muñiz, PARKER President and CEO, reflecting on the progress of the technology initiatives. "Similarly, if PARKER is to remain a leader, we recognize that technology, well-planned and implemented, will truly enable PARKER's mission of transformative care."

In Memory: **Bella Reg, Housekeeper**



It is with much sadness that we share the loss of our Housekeeper, Bella Reg, who passed away on January 31, 2011. Bella retired in January, 2010 and returned to us on a part time basis on May 24, 2010.

We will miss her smile and always remember how she cared for the residents and their environment.

Fun, Food & Fitness Day an Active Event for Seniors

Sunday, April 10th
12 noon–4 pm

Nutrition Programs

**Cooking
Demonstrations**

Zumba • Yoga

Arthritis Exercise

**Health & Fitness
Lectures**

**FREE Massages,
Giveaways & Prizes**

Register Today!
732-565-2400



Save the Date!

**FREE
Lunch!**



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

Aqua Arthritis Class
with Cathy Becker,
Certified Arthritis Instructor
Wednesdays & Fridays at 9 am
beginning February 2nd

Fun, Food and Fitness Day
sponsored by the PARKER Health and
Wellness Center
Sunday, April 10th — 12 noon–4 pm

Take Control of Your Health
presented by Saint Peter's University
Hospital & the New Jersey Department of
Health & Senior Services
6 Weeks, Beginning April 12th at 9:30 am

Caregiver Support Group
Meets monthly every third Wednesday
of the month from 1:30 to 3:30 pm
March 16, April 20, May 18

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

Register Today!
732-565-2400

PARKER's Reputation is our Greatest Asset

Contributed by Gloria Zayanskosky

PARKER has a rich 104 year history of providing outstanding care to residents of our nursing homes. But we never allow ourselves to rest on the laurels of our reputation. In order to be outstanding, we must continually self-evaluate and also be very aware of changes occurring in the long term care industry. As good as we are at what we do, we recognize that there are always new and evolving practices, and we remain committed to raising the bar by continually improving care and quality of life for our residents and their families.

Collaborations provide an ideal opportunity to explore ideas and share information. PARKER has been able to participate in several collaborative initiatives through professional organizations such as the New Jersey Hospital Association, the New Jersey Directors of Nursing for Long Term Care Association, and Rutgers Occupation Training and Education Consortium (OTEC). These collaboratives provide PARKER the opportunity to exchange information with other long term care providers and to develop new and best practices. We currently participate in collaboratives with other organizations in the areas of falls, pressure ulcers, congestive heart failure, preventing unnecessary hospitalizations, improving transitions, and communication. Paula Royal, Director of Nursing of PARKER at River Road, recently led PARKER's participation in Rutgers' OTEC collaboration that emphasized improving communication among nursing shifts. Paula stated, "The discussion helped us rethink our processes and we made minor changes that have resulted in improved communication."



**PARKER/Rutgers OTEC Nurses
Collaborated to Improve Care**