

THE JEWISH HOME FAMILY

Happenings



Established
Jewish Home
RUSS BERRIE HOME FOR JEWISH LIVING

10 Link Drive, Rockleigh, NJ 07647

Jewish Home Assisted Living
KAPLEN FAMILY SENIOR RESIDENCE

685 Westwood Ave., River Vale, NJ 07675

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New York: A copy of JHFoundation's latest annual report may be obtained, upon request, by writing to Jewish Home Foundation, Attn: Melanie Cohen, Executive Director, 10 Link Drive, Rockleigh, NJ 07647 or from the New York Sate Attorney General Charity Bureau, Attn: FOIL Officer, 120 Broadway, New York, NY 10271.

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Patient to Volunteer — A Rewarding Journey

Ezra Halevi, Director of Community Relations & Outreach, Jewish Home Family & Stacey Orden, Director of Volunteer Services & Safely@Home

After a bout with pneumonia, Lynn Zimmering found herself at the Jewish Home at Rockleigh. She returned home to resume her busy life after a wonderful experience and successful rehabilitation. "I had an inside look at the Jewish Home," says Lynn.

A college graduate with a Master's Degree in Psychology, Lynn is also a certified Life Coach with a remarkable background of varied experiences.

A buyer, photographer and business owner, Lynn retired at 72...but that did not slow her down. "Volunteering has always been a part of my life. I always have my eye on doing something worthwhile." Lynn began volunteering at the inception of



the Opening Minds Through Art (OMA) Program at the Jewish Home, in August of 2015. "It's a perfect fit for me," says Lynn. "I feel as though I am truly adding to the lives of the residents."

Lynn volunteers with both the residents of the Jewish Home at Rockleigh, and the participants

of the Gallen Day Center. "I still work part-time, but for me" Lynn adds, "this time volunteering is very worthwhile. It does much more than fill my time...it's a responsibility. I feel needed, and that's so important."

About the OMA program, Lynn relates that it's not just about the art work, "it's the process of having them feel they can still create something and are a part of the world." Lynn reflects. "I'm proud of my volunteering and especially being a part of this program."

OMA is a program in which persons with dementia create art to express themselves. It was developed by Elizabeth Lokon, PhD, and is run under the auspices of the Scripps Gerontology Center of Miami University in Ohio. It offers a failure-free, enriching experience that promotes both social interaction and dignity. OMA volunteers work in a structured way to assist the resident artists on a one-to-one basis for the duration of the session.

For more information about volunteering for the OMA Program or for any of the various volunteer opportunities at the Jewish Home Family, please call Stacey Orden at 201-518-1175 or email sorden@jewishhomefamily.org.



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THE JEWISH HOME FAMILY

Happenings

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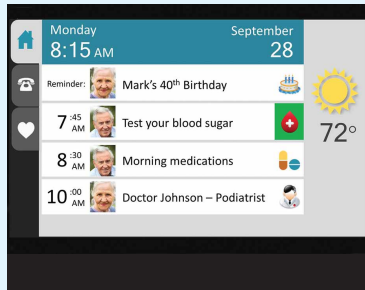
Beta Site for Telemedicine

Joan DiPaola, Senior Director, Jewish Home at Home & Brandy Stefanco, Chief Financial Officer

The Jewish Home Family has recently joined a group of innovative leaders in technology at the LeadingAge Center for Aging Services Technologies, or CAST. The mission of CAST is to lead the charge to expedite the development, evaluation and adoption of emerging technologies that can improve the aging experience. At a recent CAST meeting, a connection was made with a software and technology solutions provider — PointClickCare and the Jewish Home Family. PointClickCare recently acquired a small telehealth organization and has asked the Jewish Home Family to join them in the further research, development and testing of their TouchStream technology.

TouchStream is a collaborative system that will assist older adults in living independently while keeping caregivers connected virtually anywhere. Jewish Home at Home will begin as a beta site next month providing select participants of the Gallen Day Center, @HomeCare and Care Management with a TouchStream tablet.

The tablet enables caregivers to create a custom schedule for their loved ones which can contain appointments, daily activity reminders, medication reminders and other health information. When it's time



for an activity to be performed, the tablet provides visual and auditory reminders as well as directions or instructions for the task. The tablet tracks the activities as they are performed and can provide alerts to the caregiver if the task is missed, or if the results of a task are outside of pre-determined thresholds. For example, an alert is provided to test your blood sugar and record the readings. If the task was not completed, or if the results of the test were too high or too low, an email or text can be sent to alert the caregiver and other designated providers, such as the Jewish Home at Home team or a physician, of the results. Through the alerts, the staff at the Jewish Home at Home will be able to respond to potential medical concerns within minutes which we hope will help decrease the incidence of hospitalization and/or delay the need for long-term care. The Jewish Home Family is excited to be a partner in the development of these emerging technologies.

Jewish Home Assisted Living Acknowledged as an Innovator Provider

Lauren Levant, Executive Director, Jewish Home Assisted Living

This past December was a proud moment for the staff, residents and its family members at the Jewish Home Assisted Living. The community recently received the 2016 LeadingAge "Innovation of the Year" award for the new short-term IV program.

As previously announced, JHAL became the first assisted living facility in the State of New Jersey to get the green light to provide this service. Many have asked why this is so important? The answer is simple. It's our responsibility as healthcare



Parkinson's Center Program Kick-Off

Sunni Herman, Executive Vice President, Jewish Home at Rockleigh

Drawing on the high level of interest, demonstrated by the fact that over 150 individuals attended the genetics lecture in the fall held at Englewood Hospital and Medical Center in partnership with the Jewish Home Family and the Michael J. Fox Foundation, the Jewish Home's Parkinson's Center Program is expanding by leaps and bounds. We continue to receive many inquiries and suggestions on this initiative both from those already receiving services at the Jewish Home and from individuals living in the community.

Partnering with Functional Pathways, our rehabilitation therapy provider, we have rolled out a new Tai Chi for Parkinson's program. Basic tenets of Tai Chi include active relaxation, strengthening and flexibility, natural breathing and body awareness. The primary focus is to promote the development of energy through controlled breathing and visualizations.

This can lead to improvement in the individual's feeling of control, sense of well-being and reduction in stress and anxiety. The movements have been shown to enhance balance, quality of gait and reduction in the incidence of falls. Members of our therapy, recreation and wellness staff received lessons on Tai Chi theory, applications and exercises so that they could lead small groups in all of the Jewish Home Family entities.

A Dance for PD specialist provided sample classes to our residents, and our team is being trained to conduct these classes at the Home. Combining large moves and catchy music, Dance for PD is geared to those who stay



seated as well as those who walk around. The residents thoroughly enjoyed participating.

Those receiving rehabilitation at the Rockleigh campus now have access to a newly purchased Theracycle, a unique exercise bicycle. The Theracycle helps move the pedals to encourage gentle exercise. The assisted motion is helpful for those with Parkinson's and other movement disorders who have limited strength.

We are holding 'small equipment' fairs both at JHR and JHAL so that the staff can trial various equipment to be used in maintaining independence as long as possible. The team will be testing Good Grips utensils and different grooming aids (e.g., combs, brushes) to see how it makes usage easier for those with a Parkinson's diagnosis.

Providing an opportunity for peer support has been quite beneficial. 28 individuals

attended the kickoff support group meeting, including five residents who live at JHR. The first half hour of the meeting included an exercise component, followed by a guest lecturer, and ended with a lively discussion. David

Ross, a JHR Recreation Leader, opened the January meeting with chair yoga exercises. This was followed by a presentation from a Parkinson's Disease Advocate who provided helpful hints to the attendees. The Support Group meets the third Thursday of every month at 10:00 a.m. at the Jewish Home at Rockleigh. For further information, please call 201-750-4246 or email parkinsons@jewishhomefamily.org.




we accomplished this, and how they can begin to offer the same services to the residents that they serve.

To think that we have possibly started a new trend in the assisted living provider arena, once again puts us on the map for being a community that is cutting edge!!



JEWISH HOME FAMILY:
Safety for Older Adults

Carol Silver Elliott, President & CEO, Jewish Home Family



Dear Friends,

In 2015 the Jewish Home Family opened SeniorHaven, a center for elder abuse prevention. At that time, we became the 14th shelter in the country and the first (and still only) shelter in New Jersey. There are those who have asked where we built the shelter or where the rooms are that we hold for shelter and the answer is that none of those elements exist. Our shelter is a virtual shelter, which means that we can house a victim in any appropriate space within our system that is available. And if we have no space available, we have wonderful partners in this work who will help us and provide that necessary shelter.

Why do we need an elder abuse shelter? Why does this matter? The estimates are that between 3.5 and 5 million older adults are victims of elder abuse in this country every year. That's a staggering number. These individuals, some of our most vulnerable citizens, have no place to go to get help or to find safety. In the past, victims could sometimes find reprieve in domestic violence shelters, but that was never a good fit. Domestic violence shelters do a great job and serve a vital purpose but an older adult with ambulation issues, medical needs and more, struggles within a setting that may not only be physically challenging but that is often a temporary home for young women and small children.

More than a decade ago, this challenge was identified and addressed by our friends and partners at the Hebrew Home at Riverdale, New York. The question of where to place elderly victims of abuse was solved when the Hebrew Home began to open its doors to provide short-term shelter — recognizing that there was great logic to caring for older adults in a setting that already catered to them — recognizing that the core of shelter was, and is, a bed.



Since those first days, the shelter movement has grown slowly around the country, with long-term care and assisted living providers stepping into that important role. Sadly, however, it is only a small minority of victims who receive help. In part, this is because there are few shelters, but even where there are shelters, victims may be unable or unwilling to access help. Unable may include physical restrictions by their abuser or dementia that prevents them from sharing their situation with others. Unwilling, often a major issue, can result from the abuser being a close family member and the victim being afraid to sever the tie with the abuser or being embarrassed by the situation in which they find themselves. Older adult victims may not know where to turn or how to seek help. Professionals with whom these victims interact may also not realize that the abuser is controlling the conversations and may not recognize the signs indicating that an abusive situation exists.

We see our role with SeniorHaven as two-fold. The first is, of course, to provide shelter to victims of elder abuse, which we make available for a crisis stabilization stay of 90-120 days. The second, and even more important aspect, is to educate our community about elder abuse. We train professionals of all kinds from discharge planners and social workers in the hospitals, to visiting nurses and aides, to first responders and many more. We provide materials and education to anyone who will listen, hoping to help enlighten our entire area on this critical topic. We also participate actively in state and national conferences to help spread the word and educate our colleagues.

In recent months, our work to help prevent elder abuse has been recognized. We were presented with the Community Service Award from LeadingAge New Jersey, a statewide recognition of this important program. Governor Christie, in late summer, created a Task Force on Abuses of Persons who are Elderly or Disabled. The Task Force has a one-year timeline to develop recommendations to help make New Jersey a safer place for our vulnerable elders. I was honored to be named to that Task Force and look forward to playing an active role in the development of our report.

Elder abuse is a societal issue that lurks below the surface, much as child abuse was decades ago. It will take all of us to elevate the level of conversation on this topic. It will take all of us to keep our older adults safe. It will take all of us to recognize that this is something our older adults can't do for themselves and, therefore, we must.

All the best,



Honor Your Loved Ones

Residents, families and members of the community are invited to celebrate birthdays and simchas, or honor/remember loved ones by sponsoring either a Shabbat or Yom Tov Kiddush (\$150), or by dedicating a large print Holiday Prayer Book (\$36). For further information, contact the Development Office at 201-784-1414 x5538.

Prayer Book sponsored by Lyn Frankel & Harriet Samuels
in memory of Mildred Goldstein

Special Kiddush sponsored by Sonja Beck
in honor of Mr. and Mrs. Steven E. Kober

Monthly Kiddushes sponsored by
Alan Musicant & Marty Kasdan

Support the JH Family With an Annual Gift

Melanie S. Cohen, CFRE, Executive Director, JH Foundation

2017 marks the fifteenth year that members of the community have the opportunity to support the work of the Jewish Home Family with a single annual gift commitment. Last year, this unique program attracted gifts totaling just over \$1.5MM, allowing the Jewish Home Foundation to continue to play a major role in supporting the critical daily, financial, operational needs of the Jewish Home at Rockleigh, Jewish Home Assisted Living, and the services of the Jewish Home at Home.

Supporters enjoy the ease and convenience of the program known as “Boneh Olam – Builders of the World.” A single commitment early in the year, which can be satisfied at any time during the calendar year, enables donors to choose one of “nine levels of giving” while eliminating further solicitations throughout the year.

The donor can utilize this pledge of support to participate in any or all of the Foundation’s five major fundraising events during the year: Patron Calendar, Passover/New Year Card Programs, Golf and Tennis Outing, Ad Journal and Gala. Donors are recognized in a variety of ways throughout the year. What makes the program so distinctive is the donor’s ability to customize how their own annual gift is utilized for the fundraising events.

First time participants are invited to take part with a contribution of \$2,500...a wonderful opportunity for community members of every age to support the Jewish Home’s programs for our elderly and to help us carry forward the tradition of caring for and honoring our elderly.

For further information on participating in the 2017 Annual Giving Program, call the Foundation office at 201-750-4231.

“Happy is he who performs a good deed:
for he may tip the scales for himself and the world”

Talmud: Kiddushin 40:2

OUR PATRONS’
Special Dates

The Feldman Family	In Memory of Sol Feldman	Mar 3
Janet & Bernie Bober	Wedding Anniversary	Mar 5
Maggie Kaplen	In Honor of Our Grandchildren	Mar 6
Jonathan Furer	Happy Birthday	Mar 13
Angelica Berrie	In Memory of Russ Berrie	Mar 18
Kristin & Warren Geller	In Honor of Our Children	Mar 20
Judith & Jonathan Furer	Wedding Anniversary	Mar 21
Judith Furer	Happy Birthday	Mar 24
Amy & Jeff Goldsmith	In Memory of Edith Goldsmith	Mar 24
Edythe Zaro	Happy Birthday	Mar 26
Jeanette & Seymour Spira	Wedding Anniversary	Mar 30
Bernice & Herb Levetown	62nd Wedding Anniversary	Apr 3
Cynthia & Stanley Low	52nd Wedding Anniversary	Apr 3
Anita & Howard Blatt	Wedding Anniversary	Apr 4
Kathy & Richard Leventhal	Wedding Anniversary	Apr 6
Stuart Himmelfarb	Happy Birthday	Apr 7
Ethel & Irving Plutzer	Wedding Anniversary	Apr 18
The Hausmann Family	In Memory of Werner Hausmann	Apr 27
The Greenblatt Family	In Memory of Burton Greenblatt	Apr 30
Steven Morey Greenberg	In Memory of Rhoda Greenberg	May 6
Naomi Levine	In Memory of Nat Levine	May 7
Lynne & Marty Zaikov	50th Wedding Anniversary	May 7
Amie Gartenberg	In Memory of Marlene, Priscilla & Rose	May 14
Luke Benjamin Silleg	Happy Birthday	May 14
Pharmscript, LLC	Alliance with Jewish Home	May 15
Melissa & Noah Kalman	Wedding Anniversary	May 15
Lovey Beer	In Memory of Murray Beer	May 15
JoAnn & Martin Perlman	Wedding Anniversary	May 16
Barnett Design	Established in 1991	May 21
Rabbi & Mrs. David-Seth Kirshner	In Memory of Rabbi Sherman P. Kirshner	May 27
Stephanie & Barry Kissler	Wedding Anniversary	May 28

Driver Assessment Program Launched

Ilana Dallas, Director of Rehabilitation Services, JH at Rockleigh & Ezra Halevi, Director of Community Relations & Outreach, JH Family

The Driver Assessment Program launched by the Jewish Home in recent months has increased in popularity as families and older adult drivers benefit from tools for safer driving and an objective assessment of their skills.

“We started this program to provide a critical need to the community,” explains Jewish Home at Rockleigh Director of Rehabilitation, Ilana Dallas. “Driving is a very emotionally-based activity, which many people connect with their independence. We are here to objectively look at a senior’s ability and give a clear report to the client, physician and family. This information helps families make informed decisions. Most of the time, the client passes the tests and may be given recommendations for safety so they can continue driving.”

In addition to the assessment, the occupational therapist assigned to a case can recommend equipment which, for example, could make getting in and out of the car easier. “Many seniors have difficulty getting up from the low seat of a car and a simple device can provide better leverage and improve their safety and independence,” explains Dallas. “Other helpful devices are a seatbelt



extender to make it easier to reach the seatbelt if your shoulder is stiff, and mirror enhancers to increase the visual field.”

The Driver Assess-ment Program is divided into two parts. During the first visit, the client is evaluated in the clinic by an occupational therapist that has been specially trained. The evaluation includes: range of motion, vision, knowledge of road signs, and reaction time — using a device that tests the time it takes to react between the gas and the brake.

The second part of the program takes the client on the road, in partnership with the Fair Lawn Driving School, to comprehensively test in real-time conditions. The client is taken on the road with both the driving instructor and the occupational therapist to see how the client reacts to changing lanes, accelerating and braking in a realistic situation.

“We are here to help people safely maintain their independence while driving,” Dallas explains, “offering therapy where we can address the impairments, and educate our clients and families if driving is no longer a safe option.”

For further information on this program, please contact Ilana Dallas at 201-750-4236 or idallas@jewishhomefamily.org.

Upcoming Event

We really hope you can make it, so...

SAVE THE DATE
Monday, May 22, 2017

The 23rd Annual
Golf, Tennis & Card Outing

Honoree
Robert Peckar

Montammy Golf Club, Alpine, NJ

For a fun-filled day of golf, tennis, mah jongg, bridge & canasta, with tournament prizes, gifts, raffle drawing & gourmet kosher food

New This Year!
Mobile Auction Bidding
with live notifications

Watch the mail this month for your invitation!

Please call us at
201-784-1414 Ext. 5539



A Dream Becomes A Reality at JH Assisted Living

Lauren Levant, Executive Director, JH Assisted Living



Where were you on December 18, 2016? Well, the residents, family members, staff and other community members were at JHAL when we officially cut the ribbon to the new 3,000 sq. ft. community room.



This has been a long-awaited dream (4 years to be exact) to provide more space for our residents so they can enjoy a higher quality experience with the programming at JHAL. About 400 people in all attended what many have described to be like a Bar/Bat Mitzvah or even a wedding celebration. The ceremony was combined with the annual Chanukah party.

As always, our Dietary Department went above and beyond with delicious food and our Activities Department arranged for great music and beautiful decorations. Immediately following the festivities, JHAL staff ensured that the room was in full swing for the rest of the programming — lectures, movies and services. The community room is adjacent to the main dining room which will enable us to open up both rooms to give a more pleasurable experience for Passover and other larger events so we can accommodate more guests to join their family members.

Can you imagine seeing a live Broadway show with Mom or Dad here at JHAL? Well now you can! JHAL has a subscription to “Broadway HD” which is a live feed to see Broadway shows as they are performing on stage in New York City. Prior to this expansion, we could only bring the Glen Rock Pops during the warmer weather. Now we can have them here year round (which is a favorite amongst our residents).

All religious services will now be held in the community room which will allow for more family members to join us for the High Holidays and for Shabbat. Have you seen the new Aron Kodesh, Holy Ark in the community room? If you haven’t, it is a must see, adding spiritually to our Shabbat service!

This is just a small taste of what is to come at JHAL!






THE JEWISH HOME FAMILY
A tradition of caring.

Have a Zissen and Kosher Passover with Jewish Home’s FREE, HOT, KOSHER Meals!

We will deliver free, hot, kosher meals to the door of seniors in Bergen County on Monday, April 10th.

To Register:
Whether you or someone you know is 65 or older, call 201-518-1175 or email sorden@jewishhomefamily.org by March 31st to register.

Volunteers Needed!
YOU can help the Jewish Home perform this mitzvah by volunteering to help deliver meals! Call 201-518-1175 or email sorden@jewishhomefamily.org to volunteer.



This program is made possible through partial funding by Jewish Federation of Northern New Jersey.