



# Art of Living

AT THE JEWISH HOME FAMILY

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# Post-COVID Recovery Program



Carol Silver Elliott, President & CEO,  
Jewish Home Family

Dear friends,

We are grateful to have come through one of the most difficult years in our history as we have dealt with, really fought with, the COVID-19 pandemic. We have struggled, we

have learned and we have helped to heal many as well as to keep our elders safe. Our vaccination efforts have been effective and they are ongoing as we want everyone, elders and staff, to have access to this important protection.

Although we may be through the acute phase of COVID, we know that this virus, for many, is not just a memory. A significant number of individuals who contracted the COVID-19 virus have recovered from their initial symptoms but are still plagued by other lingering medical issues. There is a great deal now being researched, and written, about "long haul" COVID and even those who may not be "long haulers" who still feel ongoing effects.

The Jewish Home Family has opened a new program to address those unmet needs and to help those who are Post-COVID to fully recover. This program takes a holistic approach to the care of these individuals—addressing both physical and other concerns to help people return to an optimal quality of life.

To begin, following a thorough medical assessment, a treatment plan specifically tailored for each person is designed. The individual is then admitted to Jewish Home Assisted Living in River Vale for a one to two week stay in one of our beautifully furnished Rehab Hotel rooms. During that stay, a full day of programming and therapy takes place including intensive physical therapy as well as occupational and speech therapies, as required. A respiratory therapist, as



Rehab Hotel bedroom

well as a behavioral health specialist are also available as needed. Other programming will include exercise, meditation as well as programs designed for entertainment. A special menu of healthy meals has also been developed to support a return to wellbeing. And each post-COVID patient has access to a dedicated concierge, whose job it is to help them manage their schedule and find ways to help enhance their day—and their stay.

After this brief stay, the individual will return home but the service does not stop there. Telehealth services, of all appropriate therapies, are scheduled on an ongoing basis to ensure that recovery continues.

As is our tradition at the Jewish Home Family, we continue to find ways to understand and meet the needs of our community. We believe that this new program fills a gap and provides an important service for many who are still wrestling with the residual impact of COVID.

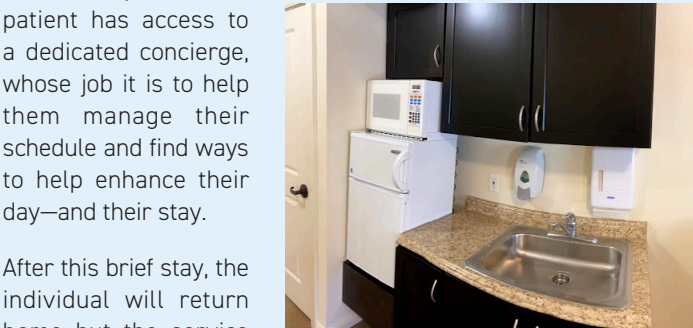
If you would like more information or to make a referral to the program, please call Charlene Vannucci at 201-478-4264 or email [heal@jewishhomefamily.org](mailto:heal@jewishhomefamily.org).

Be well,

*Carol*



One of our beautifully furnished Rehab Hotel rooms



Rehab Hotel kitchen

# Carl's Place Grand Reopening

Sunni Herman, Executive VP, JHR

Carl's Place, our special eatery located on the first floor of the Jewish Home at Rockleigh, has not only been a place to grab a quick bite, it has been a welcome haven for staff on the Rockleigh campus, elders and their family members to break bread together, chat and relax. Many a family has said over the years they go there 'on a date' with their loved ones. When COVID-19 hit a year ago, the Home shut down to visitors for a while, had to both consolidate staff as well as ensure our team was well nourished to combat the battle we were taking on. At that time we decided to close Carl's Place and provide free lunch meals in the cafeteria.



We would walk past Carl's Place over the last year and remember wistfully the laughter that would emanate from the space, the sense of togetherness. We thought about how families became family. Staff conversed and bonded. And we would think about Carl Epstein, our beloved long-time visionary board member, whom the space is named after. Carl was beyond his time in envisioning a space conducive to meaningful life, in line with our Green House model. He would talk about food as a bonding event and the importance of nourishing both the body and the soul.



With thanks to a generous anonymous sponsor and help from Omar Anderson and the JHR engineering team, over the last several months we updated and upgraded the space into a state-of-the-art deli. Complete with new furniture (including bar stools and a high top counter space), lighting and culinary equipment, the new Carl's Place started taking shape. The wall connecting the space to Main Street was taken down to lend itself to more of a welcoming flow between areas. Handicapped accessible door openers were added. Special thanks to Tracey Couliboly who helped with selecting perfect artwork.



Our dietary team, led by the extraordinary Nelson Reyes, created an outstanding affordable new menu. Featured items include a variety of deli wraps and sandwiches, grab and go salads and fruit smoothies. These are highlighted on an electronic display menu board.

April 20th was brimming with excitement as we hosted the grand reopening of Carl's Place. Music was in the air as staff and elders mingled munching on samples of the menu- burger sliders, corned beef mini sandwiches and assorted delicious drinks. Once again laughter filled the space. We are sure Carl is smiling down on us with great pride.





## Visiting Returns to the Jewish Home

Carol Silver Elliott, President & CEO, Jewish Home Family

One of the biggest costs of COVID has been on the well-being of our elders who have been subjected to more than a year of isolation. As an organization, we have worked very hard to ensure that elders continued to be engaged and connected. From the very first days, virtual visits became a regular occurrence and we added window visits, creating space to enable those visits to happen as easily as possible. Last June outdoor visits were authorized and then the State Department of Health allowed Essential Caregivers to visit indoors. All of those were steps forward but none of them was enough.



Now we are delighted that visiting has taken yet another step towards normalcy, although we are not there yet. Visitors may come into the buildings, one at a time, for indoor visits and visitors may also take their loved ones outside, where they can be met by up to two additional visitors. While this is not as open as we remember from the pre-COVID days, it is far closer than we have been for more than a year.

There are still restrictions in place. Visitors must be scheduled to allow us to make sure we have sufficient outdoor space and, for indoor visits, that we know who is in the building at any time. All visitors must sign an informed consent and be subject to screening. In addition, children under 2 are not allowed to visit as all visitors must be able to wear a well-fitting face mask at all times.

Knowing who is on campus is key in the event that we do have someone, elder or staff, who tests positive in our ongoing testing. We test all of our elders weekly and our staff members are tested twice every week. Should we have someone test positive, it is vital for us to be able to do accurate, and rapid, contact tracing. This remains important to keeping our elders safe and well and to also protecting our staff and visitors.

We can see the change in our elders as visits increase. We can see energy and joy as people reconnect with their families. As we see the weather brighten, we see spirits do the same. We continue to look ahead to a day when restrictions are behind us and our hallways, once again, buzz with visitors and volunteers.

## Jewish Home Offers In-House Swallow Studies

Ilana Dallas, Director of Rehabilitation, Jewish Home Family

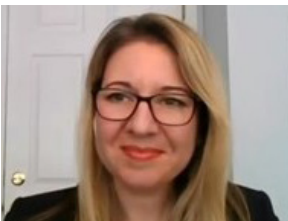
The Jewish Home Family is proud to be able to offer residents Flexible Endoscopic Evaluation of Swallowing (FEES) – an in-house method of determining swallow disorders that is part of the Jewish Home's wider efforts to prevent hospitalization and keep elders safe. Many of our elders both long term and short term experience difficulty swallowing and our goal is to improve their capability and allow them to enjoy all of the cuisine they desire in a safe manner.

"Two options for objective swallow studies exist," explains Jewish Home at Rockleigh Speech Therapist Emily Spazante. "One of them is a modified Barium study – which is a swallowing evaluation completed with X-ray to determine a swallowing disorder. But that requires a hospital visit. Recently we partnered with a mobile FEES study company – which is excellent for elders at Jewish Home since they'll have access to this study if recommended by a Speech Therapist and because this is completed in the building it doesn't require any quarantine or other risks involved in leaving the building."

Multiple studies have found that FEES is even more sensitive than the Barium study and visualizes both sides of the throat. This information allows the speech therapist to develop individualized exercises to address the visualized weakness or impairment. Our first study done in house was extremely successful and well tolerated by the elder. The therapist was able progress the elder from entirely receiving his nutrition by a tube feed to eating a completely regular diet. This is a remarkable recovery assisted by the ability to target his areas of weakness specifically and effectively. Allowing elders to be assessed in the safety of our home environment rather than the hospital is a very important development. We are proud to add this to the many innovative tools we provide at the Jewish Home Family.

## Jewish Home Foundation Hosts Legal Seminar

Paul Kaplan, Senior Development Associate, Jewish Home Foundation



Lorraine R. Salvo, CFP®, CDFA®

On April 20th local experts in law, finance and accounting gathered on the Jewish Home Foundation's zoom channel for a legal seminar entitled, Charitable Giving and Estate Planning in an Ever Changing Tax Environment. Steven Morey Greenberg, Jewish Home Foundation past president and Jewish Home Family board member welcomed attendees and provided an update on our Covid response and Second Century Project. He was

followed by long-time CPA and attorney, Sid Kess who remarked on the excellent care he received during his rehabilitation stay at the Jewish Home at Rockleigh.

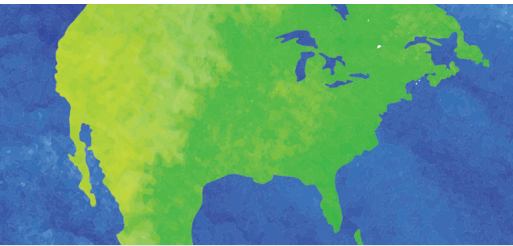
Lorraine Salvo of Palisade Capital spoke about many of the tax considerations to consider in response to the recent Covid bills and projections on what may be to come. She explained that nationally, overall charitable giving continues to increase and discussed the benefits of bunching charitable gifts, especially from appreciated stock. With this strategy, donations planned to be given over multiple years are bunched into one year ensuring any future capital gains tax increases are avoided and the client can maximize itemizations in 2021.

Elizabeth Forspan of Forspan Klear gave an insightful overview of trusts and estates that are used to protect assets and how recent state and federal tax law changes adjusted the efficacy of each those strategies. The Jewish Home Foundation is grateful to Mr. Kess for his encouragement to run our first legal seminar and for all his insight and support to make it a success.

# BONEH OLAM

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### Novice

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Brandy & Timothy Stefanco  
Sydelle Wolfkin

As of 4/29/2021

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

– Talmud: Kiddushin 40:2



## Jewish Home's Meals-On-Wheels Meets Growing Demands

Julie Cochrane, Recreation and Volunteer Director, JHAL  
Tracey Couliboly, Recreation Director, JHR

Many of us look forward to the upcoming holidays, enjoying traditional food and spending time with family and friends. But for many elderly in our community, this past year has been difficult and lonely. As we've done for many years, the Jewish Home Family has continued its long time tradition of delivering hot kosher meals for those in need.

Not only do we rely on our staff, we rely heavily on our closest friends in the community, our dedicated volunteers. For the past Passover holiday, the Jewish Home Family delivered a record breaking 410 meals to seniors' doorsteps. The hot meal included rosemary chicken, roasted potato, carrots, grape juice, fudge brownie and matzah.

This project is funded by Jewish Federation of Northern NJ, and includes a collaborative effort between many departments at the Jewish Home including Dining Services, Housekeeping, Volunteer Services and

volunteer staff, in getting the meals cooked, assembled, sorted by driver and out into the community in a timely manner, just prior to the start of the holiday so that they are hot and tasty. None of this could have been possible without the help of our community volunteers. Thirteen of our volunteers collectively made over 200 phone calls to

elders, while 34 individuals delivered meals for Pesach.

We look forward to the day that we can see our elders in person. For now, we will continue to work together with our staff and volunteers to continue to make a difference in the lives of our elderly in the community.



## Delivering Nourishment and Love – a Volunteer's Story

Ezra HaLevi, Director of Communications & Technology, Jewish Home Family

In addition to the continuum of clinical care and support services offered on both campuses as well as in clients' homes, the Jewish Home Family delivers hundreds of hot meals on wheels to homebound elders living in nearby communities ahead of the Jewish Holidays of Chanukah, Pesach and Rosh Hashana.



Martin Basner with son Adam and wife Robyn

The program, which continued and even expanded during the COVID-19 pandemic, relies on volunteers to efficiently deliver the meals on the eve of the holidays. One of those volunteers, Martin Basner, has been delivering for over a decade.

"It began in 2009 as a Bar Mitzvah project for our younger son, Adam," he recalls. "He delivered the actual meals while I drove him to each location."

Marty found the experience so rewarding, he continued to volunteer delivering each and every time. "So, for twelve years now I have enjoyed working with the Jewish Home staff in delivering to area residents," he said. "By far my favorite part is the heartfelt appreciation that recipients

For twelve years now, I have enjoyed working with the Jewish Home staff in delivering to area residents.

MARTY

offer me upon delivery, and their greetings of Happy Chanukah or Chag Sameach!"

Basner enjoyed the volunteering so much that he contacted Bergen County's Meals on Wheels program to deliver more often. "I am now also delivering monthly for them, giving me more opportunities to serve our community. My son Adam also continues to volunteer as much as possible in local civic initiatives."

## Jewish Home Assisted Living Receives "Advanced Standing Certification" for Sixth Year in a Row

Robert Bardach, Executive Director, Jewish Home Assisted Living

The State of New Jersey Department of Health has once again approved the Jewish Home Assisted Living for the Advanced Standing Program. Such recognition is not easily accomplished because a higher level of commitment is needed to be demonstrated for Advanced Standing status with the facility exceeding the basic requirements of state regulations. Not all licensed Assisted Living communities participate in Advanced Standing; It's a distinction only bestowed upon the best assisted living communities in the state.

Advanced Standing requires the submission of monthly statistics throughout the year regarding the clinical status and functioning of all our elders. These quality measures illustrate how well our elders are doing by showing whether they are frequently hospitalized, at risk for skin breakdown or falls, or taking multiple psychotropic drugs, etc. Identifying risk for depression, how many are on hospice treatment, as well as the number of admissions and discharges is also submitted monthly. Then there is an inspection by a surveyor who physically comes to the facility and reviews the entire operation to ensure compliance with regulations and with those added requirements specific to the Advanced Standing Program. Additional quality measures include a formal on-going education program for all employees, satisfaction surveys with families and residents, Resident Council responsiveness and others.



The staff at the Jewish Home Assisted Living works hard to comply with Advanced Standing requirements and understands that the preparation is year round, not just targeted for inspection. Our efforts have continually paid off, and once again this year all areas were in compliance. No citations or corrective actions were noted. The staff at JHAL deserve a lot of credit for that achievement since there are hundreds of regulations involved in the survey with each one checked by the onsite surveyor. This means that JHAL has complied with all state, federal and local regulations, including all the extensive infection control protocols instituted this past year to protect our elders and staff. Jewish Home Assisted Living is very proud to be part of the Advanced Standing Program and feel especially satisfied this distinction was attained despite the challenges presented during the height of the Covid Pandemic.

## Parkinson's Support Groups – Real Support for Real People

Charlene Vannucci, Director of Community Outreach, Jewish Home Family

The recent battle with COVID may have challenged our ability to provide programs to the community but it didn't stop us. The need for support is too great. Certified Rock Steady Boxing Head Coach Tom Elliott began to offer modified boxing classes to our community members through a Zoom format two times a day, five days a week. SPEAK OUT and LOUD CROWD sessions are provided through telehealth, and the Parkinson's Support Group was re-launched in a new format through Zoom.

A little research was conducted prior to re-launching the Parkinson's Support Group by reaching out to friends and family members like Jerry Ratner and David Flisler. The original JHF support group was modeled after a community support group facilitated by Jerry Ratner. Jerry offered educational pieces in his model but preferred to steer away from presentations from large pharmaceutical companies in favor of more intimate presentations featuring education in treatment modalities and related areas. When asked about the re-launch, he said, "I think it would be great if we could offer more support for caregivers. Caregivers are not usually given the credit they deserve. They need to be recognized and supported." Caregivers also advocated for a time later in the day to accommodate people who are working.

As a result of the research, two Parkinson's Support Groups were launched. The first support group takes place the first Thursday of the month at 4:00 PM. It's facilitated by Charlene Vannucci, Director of Community Outreach. It offers participants an opportunity to speak with each other and discuss areas of concern related to living with Parkinson's. This is followed by a guest presenter, usually a member of the Jewish Home Family team, providing educational information requested at a prior meeting and followed by an interactive questions and answers session concerning the topic at hand.

The second Parkinson's Support Group takes place the third Thursday of the month at 7:00 PM and is facilitated by Tom Elliott. Although a Caregiver Support Group, people with Parkinson's are welcome to attend. The group is "real people offering advice and taking advice. If we can cut out two years of the learning curve for new people, we've really got something." indicates David Flisler, an active participant at these meetings. Elliott says, "I'm just there to get things started. It's about them. Some people are not quick to jump in but given time, they'll ask a question or share advice. When we're talking together, they're not alone."

The Jewish Home Family Parkinson's Support Groups provide 'Real Support for Real People.' They are open to the community at no charge. To sign up or to get more information about the Parkinson's Support Groups or treatment modalities offered by the Jewish Home Family contact [info@jewishhomefamily.org](mailto:info@jewishhomefamily.org).



Art of Living at The Jewish Home Family is published quarterly by the Jewish Home Foundation

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**YOU ARE CORDIALLY  
INVITED TO ATTEND THE  
JEWISH HOME FAMILY  
*Virtual*  
ANNUAL  
MEETING**

**Tuesday, June 22, 2021  
at 6:00pm**

Due to COVID-19, Annual Meeting will be held via ZOOM®

**Pre-Registration required at:  
[JewishHomeFamily.org/2021AnnualMeeting](https://JewishHomeFamily.org/2021AnnualMeeting)**



For questions, contact Shari Buchwald at 551-444-3166  
or [sbuchwald@jewishhomefamily.org](mailto:sbuchwald@jewishhomefamily.org)