

Alleviating  
back-to-school  
anxiety amid  
COVID-19

PAGE 3





## Which senior residence is right for you or your loved one?

Assisted living, pre-assisted living, skilled-nursing home, dementia/memory care, senior independent living, or senior affordable housing?

Our personal approach to help you determine the right care makes it easy.

**Arrange for a virtual tour and personal one-to-one consultation,** and learn about our extraordinary safety and infection-control measures during the pandemic. Contact Karen Hockstein at (201) 848-4463 or [khockstein@chccnj.org](mailto:khockstein@chccnj.org).

*Senior-life residences open for admissions.*



HEALTH, HEALING, AND WELLNESS FOR ALL AGES

**Christian Health Care Center**

MAIN CAMPUS: 301 Sicomac Avenue, Wyckoff, NJ 07481  
WAYNE CAMPUSES: 1000 Siena Village, Wayne, NJ 07470  
2100 Summer Hill Road, Wayne, NJ 07470  
**(201) 848-5200 • [ChristianHealthCare.org](http://ChristianHealthCare.org)**

SENIOR LIFE

SHORT-TERM REHAB

MENTAL HEALTH

THE VISTA

# Dear friends,

The new normal.

That phrase is heard quite often today, as we don masks, stand six feet apart, and wash or sanitize our hands frequently and thoroughly. COVID-19 has changed the way everyday life looks for all of us.

At Christian Health Care Center (CHCC), the new normal isn't really that new. Social distancing wasn't standard operating procedure pre-pandemic, but strict infection control and prevention measures were. Today, as the pandemic continues, our compassionate care remains safe – and extraordinary. Our measures go beyond state and federal regulations and guidelines to protect those we care for – the most fragile and vulnerable members of the community.

This is not the first pandemic that has challenged Christian Health Care Center. Only six months after CHCC admitted its first patient, the Spanish flu, aka the 1918 flu pandemic, began. And COVID-19 isn't the first pandemic experienced by our residents. A handful of our seniors have now lived through two pandemics. We are privileged and honored to care for them.

Just as we did after the Spanish flu pandemic, we will emerge stronger after COVID-19. The new approaches, systems, and technologies which we developed and employed can be adapted, if necessary, for any future health-care crisis. Through remarkable and challenging times, we will always remain mindful of our mission to foster health, healing, and wellness. In times of uncertainty, we all look for something that we can be certain about. That certainty is God's love, provisions, and blessings. With His guidance, we are well-positioned to continue the great legacy of our forefathers.



*Rick DeBel*

**Rick DeBel**

CHAIR, BOARD OF TRUSTEES



*Douglas A. Struyk*

**Douglas A. Struyk, CPA, LNHA**

PRESIDENT AND CEO



## ACCOLADES AND ANNOTATIONS

*"My dad and I can never thank you enough for all the love and kindness you shared with him during his months at Christian Health Care Center. If it weren't for the amazing care you gave him during his physical therapy sessions, he would not have gotten as physically strong as he did. You enriched his life in so many ways. He came to you with a broken heart and a broken hip, but over the months you gave him so much love and time that he felt whole again. Your kindness in helping me find a comfortable mattress and wheelchair will also always be remembered. You are an amazing, selfless woman, and you never once showed disinterest in anything we asked you for help with. My dad adores you, and we can't thank you enough for being such a loving, kind woman. God bless you. He is looking over you, and we send you our love and gratitude."*

— WRITTEN TO KIMBERLY MARTIN, OTR/L,  
REHABILITATION SERVICES, BY A FAMILY MEMBER



# CONTENTS

5

COPING TECHNIQUES  
AND SKILLS FOR  
PARENTS

6

IMPROVE YOUR BRAIN  
POWER AT ANY AGE

7

WORKOUTS FOR YOUR  
BRAIN

8

IMMUNE-BOOSTING  
DIET KEEPS YOUR BODY  
IN FIGHTING FORM

9

FOODS THAT BOOST...  
AND THOSE THAT  
DON'T...

SIX ADDITIONAL STEPS  
TO BOOSTING IMMUNITY

10

SAFETY FIRST:  
EXTRAORDINARY  
INFECTION-CONTROL  
MEASURES AT CHCC

"I FELT SAFE."

11

CHCC IDEAL SETTING  
FOR SENIOR COUPLES  
WITH VARYING NEEDS

12

CHCC'S EXTRAORDINARY  
COMMITMENT TO  
INDEPENDENT SENIORS

13

SIX GREAT REASONS TO  
STAY IN MOTION

14

THE VISTA: A CLEAN  
SLATE FOR THE FUTURE

16

VOLUNTEERS WITH  
SPECIAL APPEAL

17

COMPANION PETS  
ENGAGE AND CONNECT  
WITH SENIORS

18

LOSS AND GRIEF  
AMIDST COVID-19

20

"GIVE BACK WHEN  
YOU CAN."

21

YOU'RE ONE  
CLICK AWAY FROM  
SUPPORTING CHCC!

24

BETWEEN SUNDAYS:  
"MAY PEACE PREVAIL  
ON EARTH."

*DON'T MISS OUR  
NEW COLUMNS!*

22

ASK OUR EXPERTS

23

CENTER POINT

25

AROUND THE CENTER

## CONNECT WITH US



[Facebook.com/CHCCNJ/](https://www.facebook.com/CHCCNJ/)



[Linkedin.com/company/  
Christian-Health-Care-  
Center/](https://www.linkedin.com/company/Christian-Health-Care-Center/)

Sign up to receive Centered Care,  
our newsletter, by emailing  
[khockstein@chccnj.org](mailto:khockstein@chccnj.org).

Back issues, as well as the current  
issue of **Center Life**, are available  
online at [ChristianHealthCare.org](https://www.ChristianHealthCare.org) >  
News and Updates > Publications.



Center Life is published by the Marketing  
Department of Christian Health Care Center.

Douglas A. Struyk, CPA, LNHA  
PRESIDENT AND CEO

Julie K. Lee  
SENIOR VICE PRESIDENT AND CHIEF MARKETING AND  
DEVELOPMENT OFFICER

Karen P. Hockstein  
EDITOR  
DIRECTOR, COMMUNICATIONS

Jessica P. DeMaio  
GRAPHIC DESIGNER



# *Back-to-school anxiety amid COVID-19*

Back to school means catching up with friends, making new ones, and resuming learning and activities. But this autumn will be anything but normal because of COVID-19. Whether students are learning in-person in a classroom, virtually at home, or a combination of both, school can cause stress. What are typical stressors? How is coronavirus compounding them? Michele Jenkins, LCSW, Christian Health Care Counseling Center therapist, has answers.

## **WHAT ARE TYPICAL BACK-TO-SCHOOL STRESSORS FOR STUDENTS?**

The beginning of school can be an exciting time, but it can also be accompanied by stressors, which differ as a child ages.

For very young students, returning to school can create worries and fears about being away from family and other caregivers. If a child has a genetic predisposition to anxiety disorders, this is a common time for possible onset of separation anxiety. Older elementary-school students might have more general worries, such as whether they will be able to handle schoolwork and make new friends, especially with safety measures in place because of COVID-19.

The anticipation of academic pressures may create stress for middle- and high-school students, who may be facing the additional stress of applying for college. The new school year also dramatically increases peer-to-peer, socially distant interactions. Young people tend to socialize with close friends over the summer. Returning to school means that they will experience more numerous social interactions, which can be stressful as they navigate the complexities of peer-to-peer communication. These years can be a burgeoning time for the onset of social anxiety, which creates fear of speaking to peers, being called upon in class, or walking into classrooms when everyone is already seated, and can cause extreme discomfort.



College students face unique challenges, especially during freshman year. Those who have never been away from home for an extended period of time will be immersed in a completely new experience in every way. For those who previously struggled with generalized, separation, or social anxiety, college may cause those feelings and symptoms to resurface.

## **HOW DOES COVID-19 FACTOR INTO BACK-TO-SCHOOL STRESS?**

Although engaged with schoolwork in the spring, students were not physically present. There was a prolonged period of being home and escaping those stressful, yet character-building, exchanges with peers. This could amplify separation and social anxiety.



The status of and regulations related to COVID-19 change quickly, so those unknowns can be a big stressor at any age. The presence of the virus can also spur a common worry about getting sick in school without parents there. Students will most likely need to practice social distancing and wear masks, and those requirements can make it somewhat harder to communicate and make connections with people.

### **PARENTS EXPERIENCE BACK-TO-SCHOOL STRESS, TOO. WHAT STRESSORS DO THEY TYPICALLY FACE?**

When back-to-school time rolls around, parents may be stressed as they are thrust back into preparation mode, fielding requests and requirements, completing forms, etc. Parents may also experience their own anxiety regarding how their child will cope with a new school year if he/she already has anxieties, and they may worry about their child contracting COVID-19.

### **AT WHAT POINT WOULD PROFESSIONAL THERAPY BE RECOMMENDED?**

If feelings and symptoms are interfering with normal functioning, professional help may be beneficial. Can the child get to school, or adapt to online learning again? Focus on schoolwork? Is he/she complaining about feeling unwell? Is the child very irritable and having daily outbursts or difficulty managing anger?

Other symptoms warranting professional therapy include changes in sleeping and eating habits; physical symptoms, such as stomach upset; difficulty concentrating; excessively worrying or thinking negatively; and disruptions in relationships.

### **HOW CAN CHRISTIAN HEALTH CARE COUNSELING CENTER HELP?**

Currently, all assessments and counseling are taking place virtually. An individualized outpatient

treatment plan is developed following an initial assessment. Cognitive-behavioral therapy (CBT) is one therapeutic modality that is very effective. Through CBT, young people learn skills and techniques to help reduce anxiety. Some youth do require medication to alleviate disruptive symptoms that are interfering with daily life.

### **WHAT ADVICE CAN YOU OFFER FOR BOTH STUDENTS AND PARENTS?**

Students should remember that their friends are likely experiencing the same feelings. They should try to express their feelings to their parents, trusted friends, and other trusted adults and relatives.

Parents should have a conversation with their child regarding concerns about COVID-19 and how the school year may unfold because of the virus. Try to anticipate possible scenarios, such as preparing for another round of school closures, and how to make the best of it if the situation arises. Parents can provide reassurance that school will guide them and help them catch up with skills that might be underdeveloped due to homeschooling.

Parents should model a calm, positive energy. Being surrounded by confidence can help kids cope better. Being surrounded by anxious energy can be detrimental. Parents are a child's most important role model of how to best cope with anxieties.

*Christian Health Care Counseling Center provides virtual outpatient treatment for children, adolescents, adults, seniors, and families. For more information, contact Karen Hockstein at (201) 848-4463 or [khockstein@chccnj.org](mailto:khockstein@chccnj.org), or visit [ChristianHealthCare.org](http://ChristianHealthCare.org).*

## *Coping techniques and skills for parents*

Parents can help reduce back-to-school anxiety faced by their children. The Christian Health Care Counseling Center staff offers the following tips:

- Talk with your child about his/her worries.
- Encourage the appropriate expression of feelings and emotional responses to stress.
- Keep a positive attitude.
- Promote healthy friendships, activities, nutrition, exercise, and sleep.
- Encourage positive problem-solving, coping skills, and resiliency.
- Be patient, and don't overreact when your child makes poor decisions. Encourage him/her to learn from mistakes.
- Communicate with school personnel.
- Seek assistance of a school counselor or professional therapist if your child's stress becomes overwhelming.
- Make expectations clear, such as a clear schedule for homework.
- Provide consistent discipline.
- Discuss the harmful effects of drugs and alcohol.
- Establish fun traditions, such as a special breakfast every Monday morning.
- Eat dinner together.

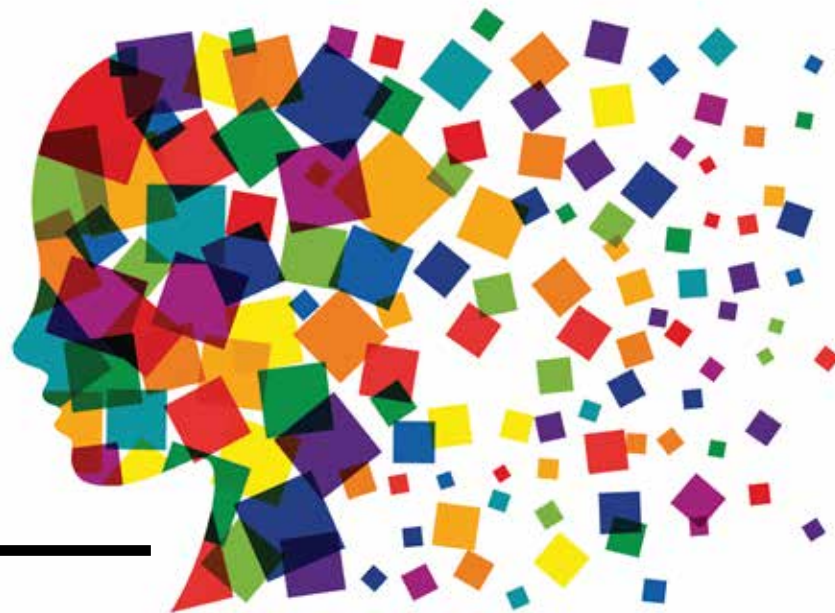
COVID-19 has created additional school stress.

- Children imitate modeling, so remain calm and reassuring.
- Separate fact from fiction, and reassure your child that all reasonable efforts are being made to keep him/her – and the public – safe.
- Promote “flexible” thinking. Acknowledge that school is different, but learning is still taking place through new and innovative ways.
- Monitor television or news programs.
- Share age-appropriate information. Prevent sharing reports that may frighten or cause unnecessary panic in your child.
- Communicate ways that teachers and school staff are keeping students safe.
- Sometimes, anxiety develops due to a lack of sense of control. Remind your child that he/she can maintain control through measures aimed at preventing the spread of the virus, such as proper hand washing and wearing a face shield, and boosting his/her immune system through healthy eating and sufficient sleep.



# Improve your brain power at any age

---



Whether you're a 104-year-old living in one of Christian Health Care Center's (CHCC) independent-senior affordable apartment complexes, a 75-year-old who calls The Longview Assisted Living Residence home, or an 88-year-old with dementia being treated at Ramapo Ridge Psychiatric Hospital, you can improve your brain power and enhance quality of life through appropriate activities.

**"Brain fitness, as much as physical fitness, socialization, and good nutrition, is at the very core of a healthy and independent life,"** says Eileen Joseph, LCSW, CPT, PAC, a frequent speaker – in-person and virtual – on brain-power programs presented by The Vista, Christian Health Care Center's (CHCC) Continuing Care Retirement Community slated to open in spring 2021.

"Think of the brain as a muscle. In order to grow, strengthen, and improve, the brain needs to be stimulated through novel actions. The key is to add new and different activities to provide a flow of

freshness, variety, and challenge that combine physical and mental exercise, while not discounting components like stress management and balanced nutrition," Ms. Joseph says. "Get out of your normal routine, whether mental or physical, and do something that takes you out of your comfort zone. Learn a new sport or language. Join a choir. Identify individual ingredients in a meal to challenge your taste buds."

Improving and/or stimulating the brain is a key goal of activity programs throughout CHCC's senior-life and mental-health services. Activities are therapeutically based to ensure that they are appropriate, meaningful, and beneficial.

"Not everyone maintains high brain power, but activities appropriate for cognitive-functioning level can provide mind-stimulating benefits," says Linda Bunker, ADC, Heritage Manor Nursing Home/Southgate Activity Director.

Individuals with mild cognitive loss may benefit from activities

geared toward maintaining or improving cognitive and functional abilities. The roster includes exercise, reminiscing, singing, and art-based programs.

**"We offer programs designed to actively challenge different areas of the brain responsible for specific cognitive skills,"** says Nickesha Ivey, Longview Activity Director. "For example, when residents are engaged in an art-appreciation activity, they are using coordination, planning, organizing, and reasoning skills."

Individuals with intermediate cognitive functioning may find crafts and baking rewarding with assistance from Activities team members. They may have the ability to create a collage, for instance, but may need help with each step. Individuals with limited cognitive function, such as those living on CHCC's Southgate behavior-management unit, respond favorably to activities which keep them calm, comfortable, and alert. Listening to music from appropriate eras and reciting familiar prayers with a



CHCC chaplain are beneficial.

Although group activities throughout CHCC are suspended during the pandemic, appropriate and safe individual activities are offered and encouraged, such as crafts, puzzles, and listening to music.

“Residents benefit cognitively from therapeutic activities appropriate for their functioning

level,” Ms. Bunker says. “From day-to-day, and even hour-to-hour, we see fluctuations in responses to and participation in activities, so we adapt accordingly. In adhering to our Person- and Family Centered Care philosophy, we continually reassess our activities so that residents’ interests and physical needs are met, and they are mentally stimulated.”

*For more information about CHCC’s senior-life and mental-health services, or to arrange for a virtual presentation on improving brain power through the CHCC Speakers Bureau, contact Karen Hockstein at (201) 848-4463 or [khockstein@chccnj.org](mailto:khockstein@chccnj.org), or visit [ChristianHealthCare.org](http://ChristianHealthCare.org).*

## Workouts for your brain

Officially, the brain is an organ. Unofficially, it’s a “muscle” of thinking. Here are some ideas to help attain your quest for mental fitness.

### GAME ON!

Brain-teaser games, like crossword puzzles and Sudoku, improve your brain’s speed and memory. They rely on logic, word skills, and math. Many games tend to be solitary, so find ways and games to play with friends.

### CULTIVATE RELATIONSHIPS.

Relationships help you stay engaged with the world and challenge mental functioning on many levels.

### LIVE WITH MEANING AND PURPOSE.

Find an interest and become involved. Devote yourself to a cause or engage in lifelong learning. You will meet people, remain active, and have something for your brain to “chew” on all day.

### LEARN A NEW SKILL.

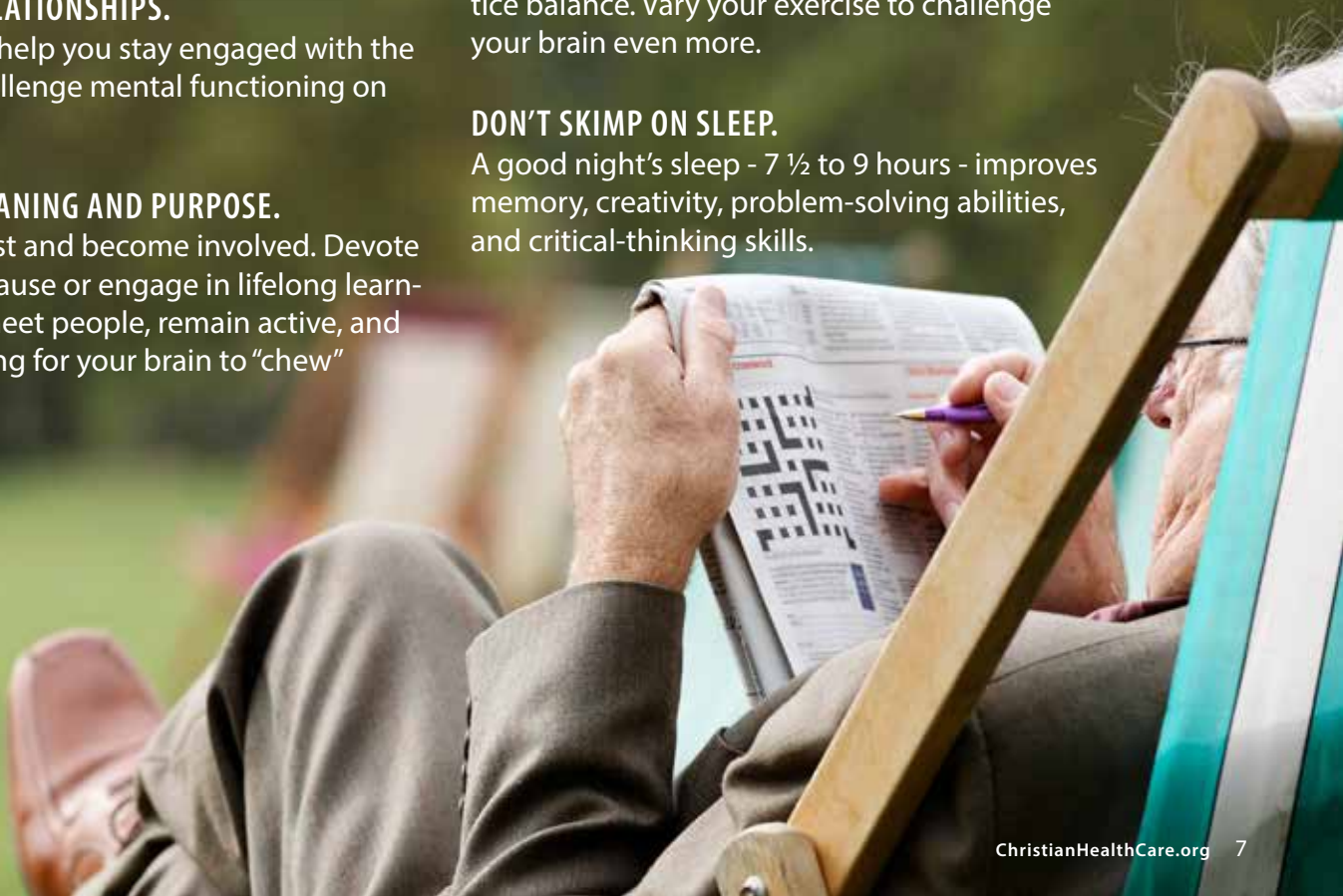
Take piano lessons. Paint by numbers. Study a foreign language. Learning new skills works and challenges numerous areas of the brain.

### EXERCISE.

Exercise not only keeps your body fit and your heart healthy, but it also improves mental functioning. Exercise enhances memory and improves thinking since your brain has to learn new muscle skills, estimate distance, and practice balance. Vary your exercise to challenge your brain even more.

### DON’T SKIMP ON SLEEP.

A good night’s sleep - 7 ½ to 9 hours - improves memory, creativity, problem-solving abilities, and critical-thinking skills.



# Immune-boosting diet keeps your body in fighting form



Next time you're standing in a socially distant line at the grocery store, pay special attention to the magazine rack. Scan the headlines. A good portion may extol the benefits of an immune-boosting diet.

**"COVID-19 has caused an uptick in the popularity of an immune-boosting diet since a healthy immune system can help fight viruses and infections,"** says Carolyn McAdams, RD, Clinical Nutrition Manager at Christian Health Care Center (CHCC).

The immune system is a complex network of organs, cells, tissues, and proteins that guards against or limits viruses, bacteria, and foreign bodies which cause infection or disease. When the system encounters a pathogen,

an immune response is triggered and antibodies are released. Antibodies attach to antigens on the pathogens and kill them. The antibodies keep a record of every germ they have defeated so they can recognize and eliminate it quickly if it ever invades the body again.

"Intestinal microbiota, or gut flora, and the gut barrier determine gut health. Inside the gut are about 100 trillion live microorganisms that promote normal gastrointestinal function, protect the body from infection, and regulate metabolism and the mucosal immune system. In fact, they comprise more than 75 percent of the immune system," Ms. McAdams says.

Incorporating specific foods

into your diet may strengthen this immune response. For optimal function, the immune system needs an array of vitamins, minerals, and certain bioactive compounds - types of chemicals found in small amounts in plants and certain foods, such as fruits, vegetables, nuts, oils, and whole grains. Omega-3 fatty acids and probiotics are examples of bioactive compounds.

"The Mediterranean diet supports a healthy immune system with its emphasis on fresh fruits and vegetables, whole grains, fatty fish, nuts, and olive oil," Ms. McAdams says. "The diet provides large amounts of vitamins and minerals, as well as healthy fats from fish oil."

**Throughout CHCC's senior-life, mental-health, and short-term rehab programs, services, and residences, immune-boosting foods make frequent appearances on menus.** Broccoli, sweet potatoes, fresh fruit, low-fat yogurt, and fish are popular – and beneficial – options.

"As we age, immunity declines as the body becomes less efficient at absorbing vitamins and minerals that fight infection and disease. That's one of the reasons why a well-balanced, nutrient-dense diet is very important for older adults," Ms. McAdams says. "Additionally, many seniors have chronic low-level inflammation and/or underlying health



conditions, such as cardiac disease or diabetes, which also weaken the immune system.”

Creating an optimum diet for each resident and patient at CHCC begins with a dietary assessment upon admission. Registered dietitians gather and analyze information about medical diagnosis, weight history, food allergies, medications, dental status, and food preferences. The most advantageous diet can then be developed. Thereafter, dietary status is assessed regularly and altered, as necessary.

*“Good nutrition,” Ms. McAdams says, “plays a significant role in health, healing, and wellness.”*

*The health-care experts at Christian Health Care Center can share their expertise through our virtual Speakers Bureau. Popular topics include nutrition, exercise, retirement-living options, caregiving, and tips for coping with COVID-19. Contact Karen Hockstein at (201) 848-4463 or [khockstein@chccnj.org](mailto:khockstein@chccnj.org) if your community group, school, church, or company is interested in an engaging, enlightening, and educational virtual presentation!*

## SIX ADDITIONAL STEPS TO BOOSTING IMMUNITY

1. Exercise regularly.
2. Maintain a healthy weight.
3. Get adequate sleep.
4. Minimize stress.
5. Avoid tobacco.
6. Wash your hands properly and frequently.



## FOODS THAT BOOST...

### Fruits

*Especially blueberries, oranges, strawberries, mangoes, lemons, watermelon, and acai berry*

### Vegetables

*Especially spinach, broccoli, mushrooms, and sweet potatoes*

### Whole-grain bread and cereal

### Low-fat dairy products

*Especially low-fat yogurt*

### Beans and legumes

*Especially lentils, chickpeas, and red, pinto, navy, and black beans*

### Olive oil

### Garlic

### Fish

*Especially salmon, tuna, and oysters*

### Green tea

### Nuts

*Especially almonds*

### Turmeric

### Ginger root

### Raw honey

## AND THOSE THAT DON'T....

Sugary drinks, packaged convenience foods, high-fat meats, and other highly processed foods with sugar, sodium, and fat

# Safety first: Extraordinary infection-control measures at CHCC



Kurt Herbert of Environmental Services removes privacy curtains to be disinfected and cleaned.

Christian Health Care Center (CHCC) takes extraordinary precautionary measures in providing care for the most fragile and at-risk population in our community. Even before COVID-19, our infection control and prevention policies and procedures were extensive and thorough.

**“Now, during the pandemic, we exceed not only our own standards, but also guidelines and recommendations of the Centers for Disease Control and Prevention, and the New Jersey Department of Health,”** says Michael Doss, Senior Vice President and Chief Facilities Management Officer. “For instance, we sanitize all flooring – carpet, tile, and wood – every day using an EPA-registered and hospital-grade disinfectant. We even disinfect campus roads and parking lots with a cleaning solvent. We utilize UV cleaning. All staff is

screened every day upon arrival. This includes checking temperatures and completing a screening form.”

One of the most important practices which helps prevent the spread of COVID-19 is sanitizing and disinfecting resident and patient rooms in preparation for a new admission.

- Before entering the room, a team member from Environmental Services dons personal protective equipment (PPE), including a gown, gloves, face mask, and face shield.
- Privacy curtains are removed first. They will be disinfected and cleaned.
- Next, beds are stripped and personal belongings are removed. The bedding will be disinfected and cleaned.
- The room is sanitized using an electrostatic sprayer to ensure that all surfaces have been disinfected.
- The Environmental Services team member returns in a few hours to perform what is called a terminal cleaning of the entire room. Every surface and object, from ceiling to floor, is cleaned and disinfected. This includes furniture, bed controls, telephone, remote control, and drawer handles.
- When all surfaces and objects are clean, the disinfected and cleaned privacy curtains are put back up.
- The Environmental Services team member removes all PPE and sanitizes his or her hands prior to exiting the room.

“At Christian Health Care Center,” Mr. Doss says, “we are, and always have been, committed to maintaining strong and proactive measures to keep everyone on our campuses and the community safe and protected.”

*Admissions are open at CHCC’s senior-life residences, inpatient short-term rehab, and Ramapo Ridge Psychiatric Hospital. Safety is always first! For more information, contact Karen Hockstein at (201) 848-4463 or [khockstein@chccnj.org](mailto:khockstein@chccnj.org).*

## “I FELT SAFE.”

When Carol McGough required short-term rehab following hospitalization for COVID-19 earlier this year, she was grateful for Christian Health Care Center’s exceptional infection control and prevention measures. Here, from the safety of her room, an individualized physical-therapy treatment plan helped the 75-year-old grow stronger and regain the ability

to perform activities of daily living.

Mrs. McGough is one of many North Jersey residents who successfully recovered from coronavirus through CHCC’s inpatient short-term rehab service. Short-term rehab is also beneficial for individuals who are recovering from a stroke, cardiac surgery, or pneumonia; undergone surgery or a joint replacement; or have a chronic illness or condition.

“Christian Health Care Center

is top-notch and beautiful, but the shining stars are the people who work here,” says Mrs. McGough, who expressed her thanks to her CHCC caregivers by arranging a meal for them. “They are incredible – the absolute best.”

*For more information about short-term rehab at CHCC, contact Karen Hockstein at (201) 848-4463 or [khockstein@chccnj.org](mailto:khockstein@chccnj.org), or visit [ChristianHealthCare.org](http://ChristianHealthCare.org).*



# CHCC ideal setting for senior couples with varied needs

He was raised in Lodi. She grew up in Paterson. They met on a blind date arranged by one of her co-workers. This year, Joseph and Bernice De Flora, now residents of Christian Health Care Center (CHCC), celebrated their 66th wedding anniversary.

Mr. De Flora, 91, lives at Heritage Manor East Nursing Home, CHCC's memory-care neighborhood. Mrs. De Flora, 90, lives at Hillcrest, CHCC's pre-assisted living community. The residences are just a short distance from each other.

**"Our family is very happy that they are on the same campus,"** says Janice Tuohy, one of the De Flora's six children. "It's comforting to know that they are physically close to one another."

**"CHCC is a unique community for couples with varied needs,"** says Steve Dumke, LNHA, FACHE, Executive Vice President and COO of Christian Health Care Center. "We offer residence options for every level: independent living, pre-assisted living, assisted living, skilled nursing, special-care skilled nursing, and memory support. This enables couples like the De Floras to age in place together on the same campus. It greatly enhances quality of life for the seniors, and offers peace of mind for their families."

At Hillcrest, residents have their own private studio, along with the benefit of three restaurant-style meals; safe, socially distant activities; and the security of 24-hour staff presence. At Heritage Manor East, residents benefit from skilled-nursing care; specialized, safe programming based on individual needs; and ample meal options.

Mrs. De Flora moved to CHCC a year ago following inpatient short-term rehabilitation. Her children recognized that Hillcrest's supportive environment would be ideal for their mother.

"We live locally, so we were familiar with Christian Health Care Center," Mrs. Tuohy says. "I visited other residences, but knew that Hillcrest would be perfect for mom. I like Hillcrest so much that I would move here!"

Mr. De Flora continued to live in their Waldwick house with assistance from an aide and his children, but the Navy veteran missed his wife. Soon, his own needs warranted a higher level of care, so he moved

to Heritage Manor East.

To mark their anniversary, staff arranged for a socially distant celebration following New Jersey Department of Health regulations. The festivity was complete with flowers, cake, congratulatory banners, and nostalgic music.

"I more than appreciate the party," says Mr. De Flora, who sang "Because" along with Mario Lanza as his bride appeared.

**"Arranging this celebration for them was amazing!"** Mrs. Tuohy says. **"It reinforces that our parents are well-cared-for here."**

For more information about Hillcrest, Heritage Manor, and other senior-life residences at CHCC, contact Karen Hockstein at (201) 848-4463 or [khockstein@chccnj.org](mailto:khockstein@chccnj.org), or visit [ChristianHealthCare.org](http://ChristianHealthCare.org).



Joseph and Bernice De Flora

# CHCC's extraordinary commitment to independent seniors

**"Thank you."**

Jennifer Ross, CALA, CHSP, hears those two words often at Evergreen Court, Christian Health Care Center's (CHCC) independent-senior apartment complex in Wyckoff.

"The residents stop by my office to offer their thanks to Christian Health Care Center for keeping them safe during this pandemic," says Ms. Ross, Evergreen Court Director. "As restrictions and regulations were being rolled out in the state and the nation, they asked how CHCC would be addressing them. Even though Evergreen Court is an independent-senior complex not bound by assisted-living or long-term care regulations, we wanted to protect our residents' health and safety. For instance, we encouraged only limited visitation. We distributed informational flyers about social distancing and proper handwashing. They were very grateful for all measures designed to protect them."

**This extraordinary commitment to residents is what makes CHCC's independent-senior apartment complexes unique.**

Evergreen Court, along with Siena Village and Summer Hill in Wayne, not only offers a mix of affordable and fair-market apartments, but also amenities and activities in environments shaped by CHCC's mission to foster health, healing, and wellness.

"Collectively, we offer 454 one- and two-bedroom units in warm, attractive, and secure settings," says John Browne, FACHE, LNHA, CPHRM, Vice President of Residential Services at CHCC. "But we offer more than just a home. We are mission-driven, so we are committed



to addressing the physical, emotional, and spiritual needs of our seniors."

Siena Village and Summer Hill offer a Service Coordination Program. This extensive, complimentary, and voluntary benefit for residents provides educational programs, as well as access to information, services, resources, and referrals relating to health, nutrition, financial and legal assistance, transportation, mental-health and emotional guidance, and senior services provided by Passaic County.

"A Service Coordination program is government-mandated for certain types of senior communities, but not for Siena Village and Summer Hill," says Resident Director Laura Koblit. "We chose to establish it to promote independence and autonomy."

When group events and programs were paused for the first few months of the pandemic, CHCC's commitment to residents' safety and security remained strong. The Service and Activity Coordinators, for example, made wellness checks via phone; gathered

and disseminated information about grocery, meal delivery and takeout, and food pantry options; and provided details about township services in relation to seniors and COVID-19. At Evergreen Court, Ms. Ross made daily rounds to distribute educational materials related to COVID-19. When warm weather arrived, she encouraged the seniors to venture outside to enjoy the fresh air and socialize safely. All three complexes delivered activities to exercise the mind, such as crossword puzzles and word searches, upon request.

**"Our independent-senior complexes are not just brick and mortar," Mr. Browne says. "They are true communities designed so seniors can thrive, share daily experiences with others, and live life to the fullest."**

*Learn more about the benefits of living at Evergreen Court, Siena Village, or Summer Hill! Contact Karen Hockstein at (201) 848-4463 or [khockstein@chccnj.org](mailto:khockstein@chccnj.org), or visit [ChristianHealthCare.org](http://ChristianHealthCare.org).*



# Six great reasons to stay in motion

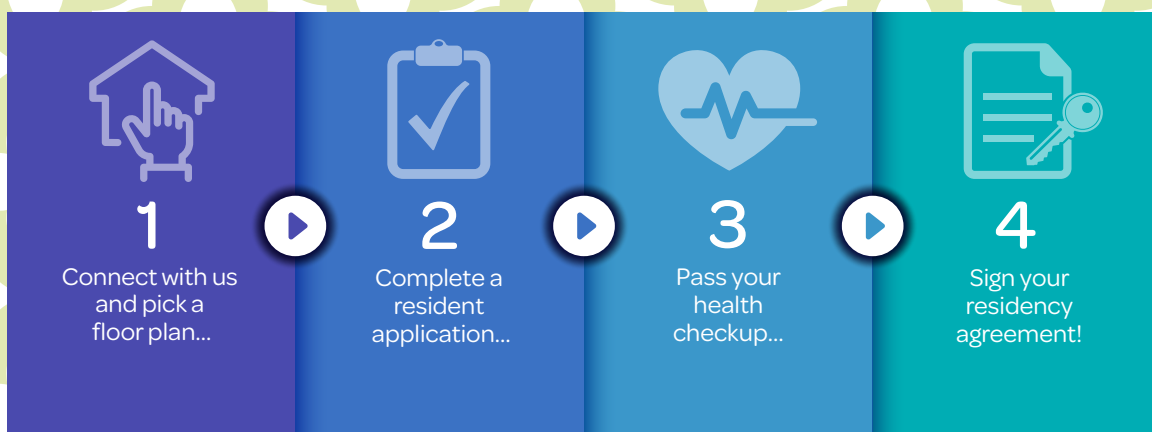
When you're leaning toward skipping crossfit in favor of a few extra winks, remember Newton's law: A body in motion stays in motion. Crossfit wasn't around when he devised that law in 1687, but four centuries later, it's motivation to keep moving and exercise. In homage to Sir Isaac Newton, the short-term rehab staff at Christian Health Care Center offers the following reasons to stay in motion:

1. Many health conditions and diseases can be prevented or managed with exercise.
2. Want to lose weight or maintain those 10 pounds that you've shed? Exercise can help.
3. If household chores or other daily tasks are wearing you out, exercise for an energy boost.
4. De-stress and get happy from exercise. It can improve your mood.
5. Forget counting sheep. Exercise works better to promote sleep.
6. Take a spin on your bike or grab some friends for a socially distant boot camp. Exercise can be enjoyable and social.

To schedule a virtual Speakers Bureau presentation by a member of our short-term rehab staff, contact Karen Hockstein at (201) 848-4463 or [khockstein@chccnj.org](mailto:khockstein@chccnj.org).

## Four easy steps to a new home at *The Vista*

Residency experts are waiting to help. Call us today at (201) 848-4200.



*All four steps can be completed virtually or safely in person at The Vista Information Center.*

**The Vista Information Center** Cedar Hill Plaza, 525 Cedar Hill Ave., Wyckoff, NJ 07481 • (201) 848-4200  
**Hours** Monday to Wednesday 9 a.m. to 5 p.m. • Thursday 9 a.m. to 7 p.m. • Friday and Saturday 9 a.m. to 5 p.m.



## *The Vista: A clean slate for the future*

The final touches are being added to The Vista's 161 finely detailed apartment homes catered toward active residents age 62 and older. Here, at North Jersey's premier Continuing Care Retirement Community being built on Christian Health Care Center's (CHCC) Wyckoff/Hawthorne campus, everything will be brand-new. At a time like this, that's a great benefit – and a healthy option.

"The future is a clean slate at The Vista," says Douglas A. Struyk, CPA, LNHA, President and CEO of CHCC. "While Christian Health Care Center has continuously adapted to deploy best practices during this pandemic, much of our success comes from advance preparation, a dedicated staff, and a tireless commitment to those who trust us with their health, healing, and wellness. This level of experience, foresight, and thorough planning gives us the ability to design and build an even safer Vista as we prepare to open in spring 2021."

Many new initiatives are being actively investigated and considered, and some are already secured for implementation.

- Individual HVAC systems will use fresh air from the outside, not recycled interior air.

- An ionization feature in HVAC systems for common areas will help disinfect surfaces. The process not only kills coronaviruses, but also bacteria, mold, dust mites, pet dander, and volatile organic compounds.
- A UV-C remote-control robot cleaner can complement the HVAC ionization feature. This robot cleaner can disinfect a room without a person needing to enter. It can be utilized in common areas as often as needed, and can also be used in individual apartment homes, if necessary.
- The frequency of cleaning common areas will be increased. Only products certified to kill coronaviruses will be used.
- Some amenities can be virtual. From the comfort of individual apartment homes, residents can enjoy live streaming performances from The Vista's performing arts center or participate in exercise classes.
- The Vista's restaurants can be reconfigured to allow for social distancing. A reservation system can enable residents to enjoy preferred dining times and locations on a rotating basis. Menus can be viewed through an app and ded-





icated website. Single-use paper menus can also be utilized. Outside dining capacities will be safely increased. Residents may also request meal deliveries to their apartment homes to optimize safety.

- Paper screening forms can be replaced with a state-of-the-art digital screening kiosk, which has a component enabling touchless temperature measurement of staff and residents.
- Packages will be quarantined for 24 hours before being dispersed in The Vista community.
- Resident key fobs will be used to open garage doors, main Vista front doors, and other automatic doors throughout the community, as well as unlock their individual apartment homes.
- One single point of entry will be designated for moving companies. Strict protocols will be in place.

"While we can't predict what state and federal restrictions regarding COVID-19 will be in place when The Vista opens, we can be prepared to not only meet, but exceed, these standards to ensure our residents' safety, quality of life, and enjoyment of their new homes," Mr. Struyk says.

## ALMOST SOLD OUT! TAKE A LOOK AT THE VISTA NOW!

- Premier Continuing Care Retirement Community (CCRC) catered toward active adults 62 and older
- 161 finely detailed apartment homes ranging in size from just under 1,000 square feet to almost 3,000 square feet; less than 40 homes remaining
- Four design-package options offering alternate cabinetry finishes, tile, carpet, countertops, fixtures, and paint
- Design-package upgrades including floor options, ceiling fans, various backsplashes, towel warmers, appliances with extra features, and more
- Life Care and Fee-for-Service contracts available
- Seamless transition to Christian Health Care Center's higher levels of care, if needed
- Variety of dining options: fine dining at The Waterstone, casual fare at the Gallery Café and Bistro, and pub fare/grab-and-go selections at The Windmill
- State-of-the-art fitness center
- Spa and salon services
- Indoor aquatic center
- Performing arts center
- Cultural, educational, spiritual, and social programs and activities
- Paved walking trails

The most important element that sets The Vista apart from other CCRCs is its non-profit status. Funds will be invested into improving the community and making residents healthier and happier through nourishing body, mind, and spirit.

**The Vista Information Center** Cedar Hill Plaza, 525 Cedar Hill Ave.  
Wyckoff, NJ 07481 • (201) 848-4200

**Hours** Monday to Wednesday 9 a.m. to 5 p.m.  
Thursday 9 a.m. to 7 p.m. • Friday and Saturday 9 a.m. to 5 p.m.

# Volunteers with special appeal



Matthew Klemchalk and Emme



Alison Kelly and Maggie

When COVID-19 put a “paws” on Christian Health Care Center’s (CHCC) pet-therapy program, Emme clearly missed her friends.

“She moped and laid around the house all day,” says Matthew Klemchalk of his 4-year-old Golden Retriever. “She really enjoys visiting everyone at Heritage Manor Nursing Home and the short-term rehab unit.”

Through the pet-therapy program, dogs, cats, rabbits, an occasional horse, and even a goldfish delight, entertain, and soothe residents, patients, and staff at CHCC.

**“Medical studies have shown that interacting with pets has a calming effect that can help alleviate pain, reduce stress, and lower blood pressure,”** says Caroline Silva, CHCC’s Volunteer and Community Outreach Coordinator. “Part of the reason is because the animals are non-judgemental and do not pressure a senior to do or say anything. They only expect a scratch behind the ear or a rub on the belly.”

The furry volunteers must adhere to guidelines and be up-to-date on vaccinations. A majority have had intensive training to be certified therapy pets, proving not only that they listen to commands, but also that they can navigate wheelchairs, walkers, and the like.

“Before we were halfway through our initial tour, Emme was hooked. She really enjoyed visiting the patients,” Mr. Klemchalk says. “That was 1 ½ years ago. We’ve been here ever since.”

COVID-19 placed a temporary restriction on pet visits. Fortunately, CHCC’s Care-cade, a drive-by car parade, offered a unique opportunity for loved ones and furry friends to visit residents. As restrictions are lifted, the pets will resume their normal visits.

**“I thoroughly enjoy my interactions with the residents and the employees, and look forward to seeing them again soon. Everyone is so welcoming, friendly, and excited to see us,”** says Alison Kelly, who brings her 13-year-old mixed-breed Maggie to visit seniors at The Longview Assisted Living Residence. “I know Maggie loves it, too, because she will perk up when I ask, ‘Are you ready to go to work?’ And she knows when we are about to leave Longview. She will lie down when we are heading to the exit and won’t get up. I have to scoop her up in my arms to get her to leave.”

*For more information on Christian Health Care Center’s pet therapy and volunteer programs, contact Karen Hockstein at (201) 848-4463 or [khockstein@chccnj.org](mailto:khockstein@chccnj.org), or visit [ChristianHealthCare.org](http://ChristianHealthCare.org).*





Courtyard resident Hulda Ritz with a Companion Pet

## *Companion Pets engage and connect with seniors*

At the Courtyard, John declined to leave his suite to participate in activities. He was anxious and focused on folding his towels. The care team at this home for individuals in early to mid-stages of memory impairment at The Longview Assisted Living Residence gently encouraged the resident to join them, but to no avail. Then Maureen Braen, CDP, CPXP, had a thought.

"John loves cats, so we introduced him to a Companion Pet cat and were able to redirect his attention," says Ms. Braen, who is Christian Health Care Center's (CHCC) Care Experience Coordinator, and Person and Family Advisory Council Chair. "His anxiety decreased, and he stopped folding the towels and happily focused on the cat. The time he spent with the Companion Pet motivated him and enabled him to then concentrate on the scheduled activities."

**Companion Pets are interactive, lifelike cats and dogs with a unique ability to engage, calm, soothe, provide companionship, and most important, promote happiness among "owners."** Their soft fur looks and feels real. Built-in sensors react to human touch. If a senior stops stroking the pet, it will meow or bark for attention.

CHCC initially welcomed two Companion Pets and within a week, Activities staff throughout Longview, Heritage Manor Nursing Home, Southgate behavior-management unit, and Ramapo Ridge Psychiatric Hospital requested more. Each has a name and a tag, and each is "groomed" following manufacturer's directions for sanitizing and disinfecting, as well as

CHCC infection prevention and control policies and procedures.

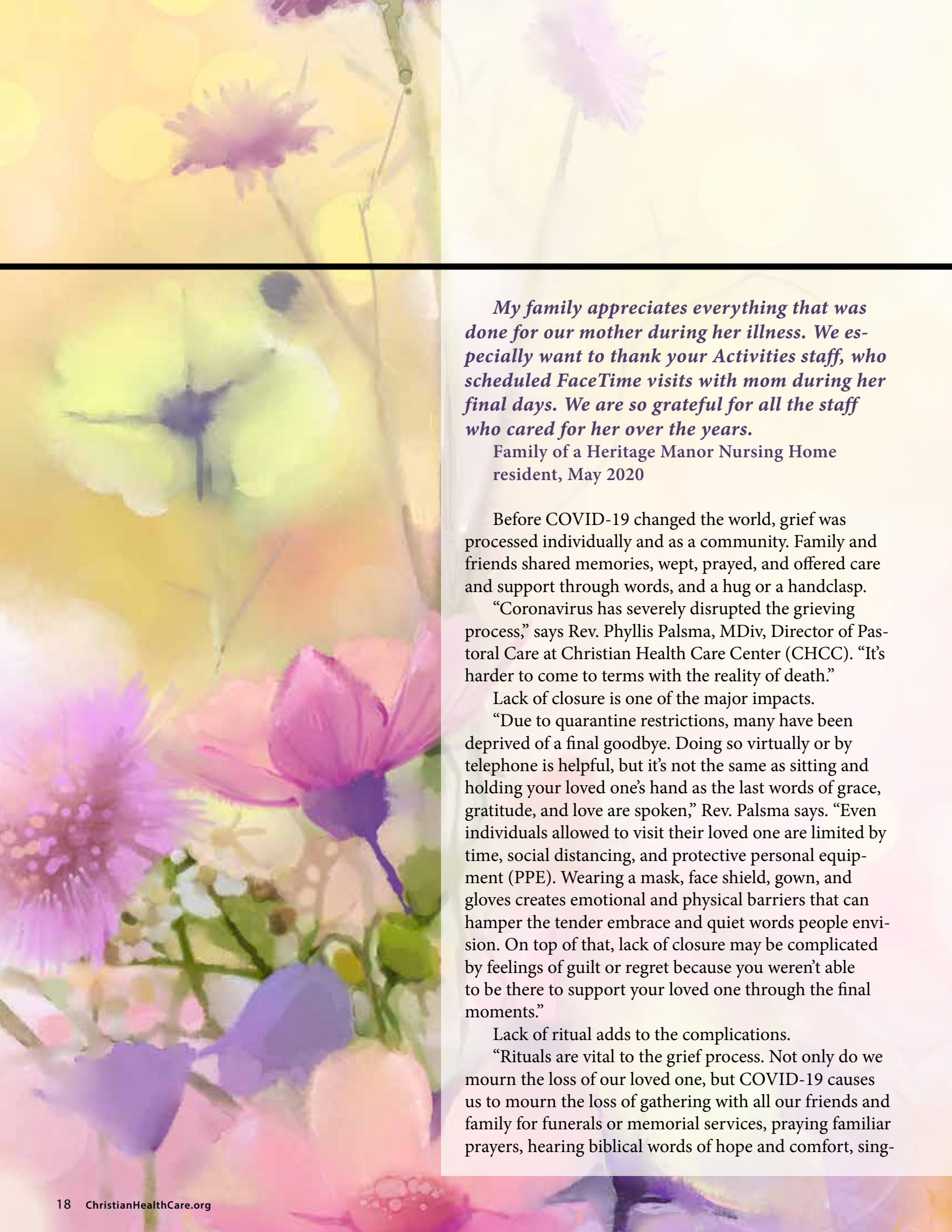
**"The interaction between Companion Pets and residents is amazing,"** says Linda Bunker, ADC, Heritage Manor/Southgate Activities Director. "The companionship of and interaction with the robotic pets have such positive effects among seniors. **For individuals living with dementia, the pets reduce agitation and anxiety. For those who are lonely, the pets improve overall mood and enhance quality of life.**"

Additional benefits have been documented in recent studies. Robotic pets help stimulate seniors' minds longer than some other therapeutic activities, decrease wandering, enhance motor skills, and improve speech.

"We introduced a Companion Pet to a resident with advanced dementia," Ms. Braen says. "She hadn't spoken in a very long time. While petting the cat, she began speaking in her native language."

"Companion Pets are a way of engaging and connecting with individuals. The pets often evoke memories. Residents will share stories about former pets that were once a part of their family. These stories often give them a sense of peace and comfort. And providing attention and 'care' to the pet provides residents with a sense of purpose and value."

*For more information about senior-life residences at Christian Health Care Center, contact Karen Hockstein at (201) 848-4463 or [khockstein@chccnj.org](mailto:khockstein@chccnj.org), or visit [ChristianHealthCare.org](http://ChristianHealthCare.org).*



*My family appreciates everything that was done for our mother during her illness. We especially want to thank your Activities staff, who scheduled FaceTime visits with mom during her final days. We are so grateful for all the staff who cared for her over the years.*

Family of a Heritage Manor Nursing Home resident, May 2020

Before COVID-19 changed the world, grief was processed individually and as a community. Family and friends shared memories, wept, prayed, and offered care and support through words, and a hug or a handclasp.

“Coronavirus has severely disrupted the grieving process,” says Rev. Phyllis Palsma, MDiv, Director of Pastoral Care at Christian Health Care Center (CHCC). “It’s harder to come to terms with the reality of death.”

Lack of closure is one of the major impacts.

“Due to quarantine restrictions, many have been deprived of a final goodbye. Doing so virtually or by telephone is helpful, but it’s not the same as sitting and holding your loved one’s hand as the last words of grace, gratitude, and love are spoken,” Rev. Palsma says. “Even individuals allowed to visit their loved one are limited by time, social distancing, and protective personal equipment (PPE). Wearing a mask, face shield, gown, and gloves creates emotional and physical barriers that can hamper the tender embrace and quiet words people envision. On top of that, lack of closure may be complicated by feelings of guilt or regret because you weren’t able to be there to support your loved one through the final moments.”

Lack of ritual adds to the complications.

“Rituals are vital to the grief process. Not only do we mourn the loss of our loved one, but COVID-19 causes us to mourn the loss of gathering with all our friends and family for funerals or memorial services, praying familiar prayers, hearing biblical words of hope and comfort, sing-



# Loss and grief amidst COVID-19

ing meaningful hymns, listening to heartfelt eulogies and remembrances, sending flowers, and sharing food at a repast,” Rev. Palsma says. “And social distancing prevents physical gestures of support. Smiles are hidden behind masks, and hugs and handshakes are replaced with a distant wave or an elbow bump.”

Further complicating the grieving process is the traumatic nature of COVID-19.

“Grief with trauma is more complex, and requires more time and processing,” Rev. Palsma says. “We have experienced traumatic grief in the past – 9/11, Superstorm Sandy – but we were able to grieve as a community, and then pitch in to clean up and move on. There was an end in sight as lives and buildings were rebuilt. We don’t know when we’ll be able to ‘move on’ with COVID-19. So we continue to grieve, live with precautions of mask-wearing and social distancing, and wonder ‘Why did this happen, Lord?’

“The ‘why’ questions are accompanied by feelings of survivor guilt. ‘Why did I recover and my loved one did not?’ ‘Why didn’t I get sick?’ ‘Did I pass it on to my loved one?’ These questions are pastoral challenges. People want answers, and there may not be answers.”

**Despite the complexities, it is possible to cope with grief and loss.**

“First and foremost, take care of yourself. Eat healthy, stay hydrated, get enough rest, and exercise. Don’t pressure yourself to ‘get through this.’ Maintain spiritual disciplines of prayer, meditation, and scripture reading. Trust that even when God doesn’t feel close, His promises tell us He is always near. God weeps and grieves alongside us.”

**Remember, too, that grief is personal.**

“There is no right or wrong way to feel. Grief has no timeline,” Rev. Palsma says. “Work through your feelings at your own pace. Some find that keeping a journal about feelings, experiences, and losses, as well as how you are managing these events, is a healthy outlet.”

Reach out to friends and family.

“Talk to them. Write to them. Connect with them on social media. Share pictures or videos. These are ways to memorialize your loved one. Though a large physical gathering may not be possible, an emotional connection to family and friends can still occur,” Rev. Palsma says.

Many who are struggling with grief find that talking to a clergy person or mental-health professional can be helpful. Throughout COVID-19 restrictions, CHCC’s Pastoral Care Department reached out virtually or via phone, and Christian Health Care Counseling Center temporarily transitioned to a telehealth platform. CHCC’s monthly Faith & Grief Luncheons also temporarily shifted to an online option at [FaithandGrief.org](http://FaithandGrief.org).

“The Pastoral Care staff focuses on being present and listening, listening, and listening. We invite the telling of stories. We affirm that grief is personal,” Rev. Palsma says. “Clergy are accustomed to being present at the time of death or through the grieving process. Presence has taken on a new meaning through this pandemic since phone calls or social media may be the only way to ‘be’ with someone in grief.

The entire CHCC staff join Pastoral Care in comforting families and friends during COVID-19 restrictions.

**“We do everything we possibly can do,” says Maureen Braen, CDP, CPXP, Care Experience Coordinator at CHCC, and Person and Family Advisory Council Chair. “We hold residents’ hands. We communicate with their families and friends virtually or via phone. We are the bridge. It is about humans caring for humans. Our actions are from the heart.”**

For more information about Pastoral Care or Christian Health Care Counseling Center, contact Karen Hockstein at (201) 848-4463 or [khockstein@chccnj.org](mailto:khockstein@chccnj.org), or visit [ChristianHealthCare.org](http://ChristianHealthCare.org).

# *“Give back when you can.”*

---

Giving back to the community is at the core of Nancy L. Mueller, MD. National philanthropic associations and local organizations – including Christian Health Care Center (CHCC) – have all benefitted from the neurologist’s compassionate philosophy.

“I was raised that you should give back when you can,” she explains.

CHCC is humbled to receive ongoing support from Dr. Mueller through monthly contributions and gifts in honor of special occasions, two of numerous stewardship opportunities offered by the CHCC Foundation. Dr. Mueller was introduced to CHCC several years ago when she served on the Bergen County Improvement Authority with Douglas A. Struyk, CPA, LNHA, Christian Health Care Center’s President and CEO.

“Doug invited me to tour CHCC’s Wyckoff campus,” says Dr. Mueller, who is also a Clinical Associate Professor in the Neurology Department at NYU Grossman School of Medicine. “I was born and raised in Bergen County, so I was aware of Christian Health Care Center, but had never visited. The organization evokes such a sense of community, and the campus is beautiful.”

Shortly thereafter, Dr. Mueller, who still resides in Bergen County, joined the CHCC Courtesy Medical Staff. She treats Heritage Manor Nursing Home residents and Ramapo Ridge Psychiatric Hospital patients.

**“Ramapo Ridge is one of the best psychiatric hospitals in the state,”** she says.

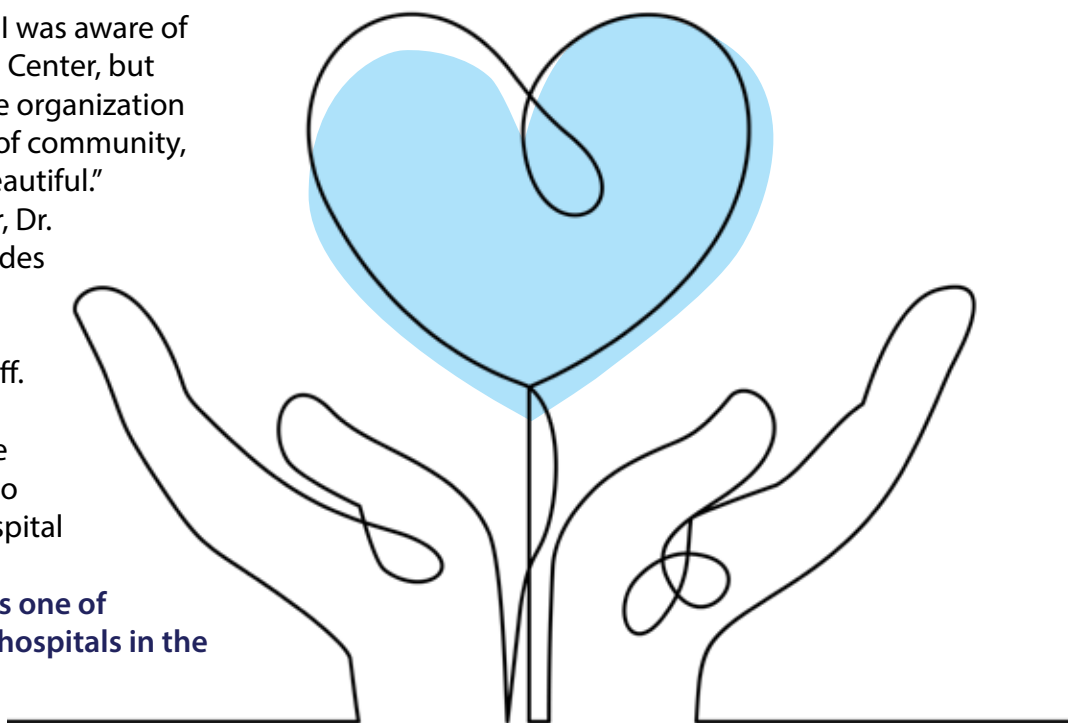
In addition to supporting non-profits through donations, Dr. Mueller also organizes fundraisers. When her husband passed away four years ago, she created the Kenneth D. Lancin Memorial Event through the AMA Foundation.

“Funds raised provide those in need with access to free medical care,” Dr. Mueller says

When she’s not caring for her patients or teaching, Dr. Mueller enjoys cooking, baking bread, and reading.

“My favorite activity, though, is playing with my two grandchildren,” she says. “They are both very bright and personable. They are just a joy!”

*For more information on supporting Christian Health Care Center, contact Sue Kelly at (201) 848-5799 or [skelly@chccnj.org](mailto:skelly@chccnj.org), or visit [ChristianHealthCare.org](http://ChristianHealthCare.org).*





## CHCC GIVING OPPORTUNITIES

- Christian Health Care Center (CHCC) Annual Fund
- CHCC specific funds
- Grants and gifts of stock
- Bequests, gift annuities, and charitable trusts
- Matching-gift programs
- Honor/memory tribute gifts
- Grateful Patient Program
- Membership Program
- Good Samaritan Fund (enables access to CHCC outpatient therapy for those with financial limitations)
- Employee Fund (supports employee appreciation and recognition programs, and educational opportunities)
- Attend/sponsor CHCC Foundation special events

## YOU'RE ONE CLICK AWAY FROM SUPPORTING CHCC!

A simple click is all it takes to help your community by becoming an online fundraiser for Christian Health Care Center (CHCC).

At CHCC, prioritizing the health, safety, and protection of all those entrusted to our care has always been at the forefront of our mission. Now, as we face this unprecedented COVID-19 pandemic together, our mission to protect the many fragile and vulnerable people in our community has never been more critical.

By creating your own fundraiser for CHCC with our help, you will support the most-at risk population in our community, along with the staff on the front lines and behind the scenes who give of themselves wholeheartedly to keep them safe, during this pandemic, and every day.

Creating your custom fundraising page is easy. Visit [justgiving.com/campaign/CHCC-Covid19Support](https://justgiving.com/campaign/CHCC-Covid19Support) and follow the simple steps. Once your page is live, share it on your social-media pages, text a link to your family and friends, and email everyone in your contact list.

For other ways to support Christian Health Care Center, contact Sue Kelly at (201) 848-5799 or [skelly@chccnj.org](mailto:skelly@chccnj.org), or visit [ChristianHealthCare.org](https://ChristianHealthCare.org).

CHRISTIAN HEALTH CARE CENTER

SAVE THE DATE

*Virtual*  
**A Celebration of Excellence**  
*honoring*  
**CHCC's health-care heroes**

**THURSDAY, NOVEMBER 12, 2020**

*Online auction*

# ASK OUR EXPERTS



## CAN I REALLY LEARN SOMETHING NEW AT 80?

Absolutely! Your brain has an astonishing ability to learn and master many new skills at any age. Consider Christian Health Care Center's own Julie Belanus. Julie has cerebral palsy and has resided at Heritage Manor Nursing Home for 46 years. At 67, she achieved one of her greatest goals: She received a bachelor's degree from Ramapo College of New Jersey. So follow Julie's example. Learn a new language. Take up a new instrument. And don't forget to exercise. It helps release a flood of neurotransmitters and hormones that promote the growth of new brain cells and synapses, which helps you learn.

*Linda Bunker, Heritage Manor/Southgate Activities Director*  
Senior life information: (201) 848-4463 or [khockstein@chccnj.org](mailto:khockstein@chccnj.org)



## WHY IS BALANCE IMPORTANT?

Balance helps keep you on your feet and active. It's important at any age for everyday activities, like walking and climbing stairs. For some, balance training is vital. It can help re-

duce the risk of falls in older adults and women with low bone mass, and help improve postural stability after a stroke and in individuals with Parkinson's disease, arthritis, and multiple sclerosis, among other conditions. Fortunately, balance training doesn't require a lot of equipment. Alternate standing on one foot for at least 10 seconds per side. Walk heel to toe for 20 steps. Steady yourself with a wall if you need a little support. Sit down and get up from a chair without using your hands. And throughout the day, practice good posture. It promotes good balance.

*Jane Quijano, PT, Outpatient Rehabilitation Services Director*  
Short-term Rehab information: (201) 848-4463 or [khockstein@chccnj.org](mailto:khockstein@chccnj.org)



## IS A MESSY HOME A SIGN OF A MENTAL DISORDER?

A messy home might be the result of a busy lifestyle. However, a sudden change in the cleanliness of a home, coupled with other signs and symptoms of lack of motivation, low energy, loss of interest in activities that you previously enjoyed, sleep or appetite disturbances, or any change in your usual outlook could be indicators that you should consider reaching out to a mental-health professional.

*Marianne Kennelly, BSN, RN, NE-BC, Ramapo Ridge Psychiatric Hospital Director*  
Mental Health Central Access information: (201) 848-5500 or [khockstein@chccnj.org](mailto:khockstein@chccnj.org)



## I'M AN AVID EXERCISER. WHAT CAN A CONTINUING CARE RETIREMENT COMMUNITY (CCRC) LIKE THE VISTA OFFER TO KEEP ME MOVING?

When it comes to fitness, things are shaping up nicely at The Vista, North Jersey's newest CCRC being built on Christian Health Care Center's Hawthorne/Wyckoff campus. The Vista Wellness Center will offer a strength and cardio training room, and exercise classes. Our aquatics facilities will include a heated indoor pool, whirlpool, and water-exercise classes. Prefer the great outdoors? Step outside and amble along The Vista's paved walking trails. For the more adventurous, the nearby Ramapo Mountains offer more than 100 miles of trails. We know that staying active is important for physical and mental health.

*Kelly Fieldhouse, Vista Residency Counselor*  
Vista information: (201) 848-4200 or [Live@TheVista.org](mailto:Live@TheVista.org)



# CENTER POINT

**SINI NINAN, BS, RN**  
Director of Health Services  
The Longview Assisted Living Residence



**MY HOMETOWN:** Wayne, NJ

**MY WORK EXPERIENCE PRIOR TO CHRISTIAN HEALTH CARE CENTER (CHCC):** After I graduated from William Paterson, I worked as a research and development chemist at a fragrance and flavor laboratory. During this time, I decided to go back to school for nursing. I began my nursing career working the night shift at a sub-acute and rehab center close to my home in Wayne. This allowed me to maintain my nursing skills and contribute my efforts in the profession I enjoyed, as well as dedicate time to my family.

**WHY I WORK AT CHCC:** CHCC has given me the opportunity to care for patients following a mission that I truly believe in. As an ambassador of CHCC, I am able to represent the hands of Christ and His love with others and those in need of healing. I have enjoyed working at CHCC for the past two years, during which I have grown as a nurse, both professionally and emotionally. CHCC is a wonderful organization, and I feel blessed to be part of it.

**MY INSPIRATIONS:** My greatest inspiration is my family. My parents have shown me over the years through their own experiences that with hard work, motivation, and faith, you can achieve your goals. Since my mom is a nurse, she was given the chance to come to the United States to start a new life here for our family. It is especially her example that encouraged me to become a nurse.

**MY PROUDEST ACHIEVEMENTS:** I was able to spend a year in rural India at a Christian mission hospital with dedicated doctors and nurses, observing medical challenges and diseases in undeveloped areas.

**UNFORGETTABLE CHALLENGE IN MY JOB:** During this pandemic, being the eyes and ears for the families of our residents during a long period of separation was important and dear to my heart. It was not always easy, but our highest priority was to reassure families that their loved ones were in good hands. This challenging time has changed us all!

**MOST MEMORABLE EXPERIENCE AT CHCC:** Recently, I had the opportunity to care for someone I knew on my unit. I was glad to help him adjust to the short time he was there and provide him with the medical care that he needed. His family was comforted to know that he knew a familiar face, and they were comfortable reaching out to me with any concerns.

**MY WISH LIST:** To continue to educate families and loved ones of individuals with dementia, as well as the community, about the disease process and help them cope with changes which can be difficult. I would also love to volunteer my time in a mission field one day.

*For more information about The Longview Assisted Living Residence, contact Karen Hockstein at (201) 848-4463 or [khockstein@chccnj.org](mailto:khockstein@chccnj.org). To view career opportunities at CHCC, visit [ChristianHealthCare.org](http://ChristianHealthCare.org).*

# BETWEEN SUNDAYS

## *“May peace prevail on earth.”*

BY REV. KATHY JO BLASKE, MDIV

*Christian Health Care Center Chaplain*

A couple of months ago, Christian Health Care Center (CHCC) chaplains joined Wyckoff area clergy to encircle CHCC's Peace Pole, outdoors, near the main entrance to Heritage Manor Nursing Home. On another occasion, CHCC staff and administrators did the same. Standing six feet apart, we prayed. Our prayers included supplications for health, safety, and sustenance of spirit during the pandemic. In the wake of unrest in our nation, our prayers also asked God for guidance in furthering mutual respect, understanding, cooperation, justice, and unity of Spirit.

Faithfully for 109 years, CHCC has aspired to be the hands of Christ. Our hands have been joining together to care for those entrusted to us, as well as one another, during these unsettled times. Our hands have also joined together in prayer - prayer that continues to keep God, Christ, and the Holy Spirit at the core of our life together.

“May peace prevail on earth” is the prayer engraved on all sides of the CHCC Peace Pole. Reflective of our CHCC diversity, the prayer is written in Dutch, English, Spanish, Filipino, Hindi, Korean, Arabic, and Creole. Surrounding the base of the

pole are three Bible verses which anchor the prayer in Christ's peace. One of them, John 16:33, quotes Jesus, who says, “...in me you may have peace.”

Christ's peace is one upon which His servants do rely on these days. Christ's peace is distinguished from that which the world offers. Those with Christ's peace realize that all is not okay with the world, but rather than try to escape or ignore the ills and injustices, they face them and use their God-given talents and skills, their thoughts and prayers, to make a positive difference. They work together with people of different races, with those of different ages and political persuasions. They team together to serve the spiritual, physical, and mental health of God's people.

Thanks be to God for those who are overseeing health practices during the pandemic in order to prevent the spread of disease; aid with recovery; and research, test, and produce a vaccine. Thanks be to God for the rehabilitation therapists and nutritionists who continue to assist people with exercise and diet to maintain strength through extended times of limited movement. Thanks be to God for counselors' listening ears. Thanks be to God for those who maintain the sanitary conditions necessary in our buildings and grounds. Thanks be to God for all who join together in prayer for Christ's peace to prevail on earth. Amen.



Christian Health Care Center  
Peace Pole

## THE PEACE POLE AT CHCC

The Christian Health Care Center (CHCC) peace pole, located in the garden area to the left of the Commons main entrance, is one of 200,000 in nearly every country in the world. In eight different languages, the pole displays the prayer, “May peace prevail on earth.” Peace poles grace such notable places as Jesus' birthplace in Bethlehem, the Hiroshima Peace Memorial, and the Allenby Bridge between Israel and Jordan.

The eight languages on our pole represent most of our CHCC staff. Around the top, the prayer appears in Dutch, English, Spanish, and Filipino. Around the bottom of the pole, the prayer is inscribed in Hindi, Korean, Creole and Arabic. Circling the base are three stones engraved with biblical verses which attest to the peaceful mission of the Christian faith.

Our peace pole installation was suggested by CHCC Chaplain Rev. Kathy Jo Blaske, MDIV, and then designed, planned, and executed by Devin Hulsebos of Boy Scout Troop No. 77 in Wyckoff, NJ, as an Eagle Scout project.



# AROUND THE CENTER

## OUR SENIORS ARE WAYNE STRONG!

Siena Village and Summer Hill residents donned Wayne Strong T-shirts in support of their town. The non-profit Wayne Helping Hands Inc. raised funds for those in need in the township through sales of the T-shirts. To learn more about Christian Health Care Center's independent senior apartment complexes in Wayne, contact Karen Hockstein at (201) 848-4463 or [khockstein@chccnj.org](mailto:khockstein@chccnj.org).



## NOT YOUR AVERAGE GIFT SHOP

Look no further than de Snoep Winkel Gift Shop at Christian Health Care Center (CHCC) for COVID-19 essentials. Masks, alcohol prep pads, disinfectant, and vinyl gloves are just a sampling of available items. The shop also offers gifts for all ages and occasions. Popular items include Dutch cookies and candy, Delftware, Dutch lace, jewelry and accessories, home-décor items, children's toys, balloons, greeting cards, and creative products for independent living. Order gift items and COVID-19 supplies by emailing [giftshop@chccnj.org](mailto:giftshop@chccnj.org) or calling (201) 848-5946. Delivery to CHCC resident/patient rooms or community curbside pick-up can be arranged. All gift-shop proceeds support CHCC's mission as part of our Philanthropy in the Age of COVID-19 Annual Fund campaign.



## CHRISTIAN HEALTH CARE CENTER AND PSE&G PARTNER ON SUSTAINABILITY PROJECTS

Three energy-efficient grant-funded projects by PSE&G have significantly impacted Christian Health Care Center's (CHCC) energy-efficiency across its Wyckoff and Wayne campuses, and have generated significant annual cost savings.

- The PSE&G Hospital-efficiency Program grant supported replacing such equipment as heat pumps, HVAC roof-top units, and variable-frequency drives for chilled- and hot-water pumps, along with many other HVAC upgrades and LED-lighting replacements, on CHCC's Wyckoff campus. Approximately 325 mechanical and 4,000 electrical devices were changed.
- A second Hospital-efficiency Program grant for the Wyckoff campus funded upgrading a 110-ton chiller, 2,000 MBTU boiler, and a heat-recovery unit for reclaiming hot air expelled from our microturbines' exhaust. In addition, an upgraded and robust building-management system (BMS)/controls package was implemented with the new equipment.
- Through the PSE&G Multi-family Efficiency Program, low-efficiency equipment, including water heaters, pumps, light fixtures/equipment, water-flow devices, and other mechanical/electrical upgrades, were replaced at Siena Village, one of CHCC's affordable independent senior complexes in Wayne. Upgrades included approximately 2,400 electrical devices, 1,000 minor mechanical devices, and 50 major mechanical devices.

CHCC remains committed to engaging in new methods to reduce energy use across all buildings, both old and new. We look forward to continuing to work toward more sustainable practices and are grateful for the support of PSE&G, which enables us to provide these efficiencies for our residents, patients, clients, consumers, and the community that we serve.





# Have a *Safe Visit* at Valley Medical Group

If you've missed a medical appointment or put off seeking care from your primary care doctor or specialist, now's the time to reschedule.

You can see a Valley Medical Group doctor with confidence, thanks to our *Safe Visit* measures:

- All offices are reconfigured to meet social distancing guidelines and ensure patients can remain at least six feet from each other.
- Scheduled appointments are staggered to limit patient arrivals and departures.
- All patients must wear a mask or cloth face covering.
- All patients are pre-screened for virus symptoms and have their temperature checked upon arrival.
- We ask our patients to come to their appointments unaccompanied whenever possible.
- Patients can check in for their appointment online and text the office when they arrive, to ensure they have no wait time before being escorted into exam rooms.

Don't delay your care. Call 1-800-VALLEY 1 (1-800-825-5391)  
to schedule an appointment today.

**Care Like No Other™**  
[ValleyHealth.com/SafeVisit](https://ValleyHealth.com/SafeVisit)





You may have become an expert at virtual visits, but have you mastered virtual banking? Here's some tools Columbia Bank provides to help you manage finances from anywhere.



With Online and Mobile Banking, move money, deposit checks, view your latest transactions and more from any location.<sup>1</sup>



## Zelle®

Zelle® is a fast, safe and easy way to send and request money. Funds are sent directly to the recipient's account in a matter of minutes.<sup>2</sup>



Digital wallets make it easy to leave your card at home and pay with your phone. Use Apple Pay®, Samsung Pay®, or Google Pay® for a safe, contactless way to pay.<sup>3</sup>

1. Message and data rates may apply from your wireless carrier. 2. Transactions typically occur in minutes when the recipient's email address or U.S. mobile number is already enrolled with Zelle. Must have a bank account in the U.S. to use Zelle. 3. Apple, the Apple logo, Apple Pay, iPhone, Apple Watch and Touch ID are trademarks of Apple Inc., registered in the U.S. and other countries. Samsung Electronics America, Inc. Samsung, Samsung Pay, Samsung Galaxy, Galaxy S, Samsung Galaxy S6, Samsung Galaxy S6 edge, Samsung Galaxy S6 Edge+, and Samsung Note5 are registered trademarks of Samsung Electronics Co., Ltd. Google, Android, Google Pay are services provided by Google, Inc. There is no charge from Columbia Bank, but message and data rates may apply.



**When it's time to adjust your lifestyle to fit your changing needs...**

I'm committed to helping you:

- Establish a fair market value for your home
- Advise you on how to best prepare your home for sale
- Negotiate on your behalf to attain the highest price and best terms

**TERRIE O'CONNOR**  
REALTORS



**Jeff Vander Molen**, Sales Associate  
Top Sales Associate - Company Wide 2018  
Top Sales Associate - Wyckoff  
201-290-2103 Cell  
201-891-0100 x210 Office  
395 Franklin Avenue, Wyckoff, NJ 07481

**Call me for all of your Real Estate needs**



# REGENCY

WEALTH MANAGEMENT

*Committed to helping you work toward your financial goals through planning and objective advice. Please call us today to schedule a consultation to determine if we can assist you as you plan your future.*



**Andrew M. Aran**  
CFA



**Mark D. Reitsma**  
CFP®, CMFC



**Timothy G. Parker**  
CFA



**Bryan D. Kabot**  
CFP®, AAMS®

500 North Franklin Turnpike, Suite 212, Ramsey, NJ 07446  
**201-447-5850** [www.regencywealth.com](http://www.regencywealth.com)

*We typically work with clients with investable assets in excess of \$750,000*

# LAN

LAN ASSOCIATES

ENGINEERING  
PLANNING  
ARCHITECTURE  
SURVEYING, INC.

SINCE 1965



KENNETH H. KARLE, PRESIDENT, AIA, PP, PE, LEED® AP

## CELEBRATING MORE THAN 50 YEARS OF EXCELLENCE

445 GODWIN AVE. STE. 9  
MIDLAND PARK, NJ  
P. 201-447-6400  
WWW.LAN-NJ.COM



**Munn & Associates**  
Ameriprise Private Wealth Advisory Practice



You've worked hard to achieve success. You deserve financial advisors who *work as hard for you.*

**William C. Munn, CFP®, ChFC®, APMA®**  
Private Wealth Advisor

- Ameriprise Chairman's Advisory Council, 2005 - 2015
- Ameriprise Circle of Success, 2001 - 2015
- Ameriprise Hall of Fame, Inducted in 2012
- An Ameriprise Platinum Financial Services® Practice

*Call us today  
and discover the  
personal service  
you deserve.*

**Munn & Associates**  
A private wealth advisory practice  
of Ameriprise Financial Services, Inc.  
80 East Route 4, Ste 390  
Paramus, NJ 07652  
**201.226.1780**  
seth.r.courtwright@ampf.com  
ameripriseadvisors.com/team/munn-associates



Certified Financial Planner Board of Standards Inc. owns the certification marks CFP®, CERTIFIED FINANCIAL PLANNER™ and CFP (with flame design) in the U.S. The Compass is a trademark of Ameriprise Financial, Inc. Ameriprise Financial Services, Inc. Member FINRA and SIPC. © 2016 Ameriprise Financial, Inc. All rights reserved.



## Downsizing? Relocating? Job transfer? Independent or assisted living?

Estate STuFF hosts estate/moving sales on your premises. Whether you have an estate that needs liquidating or are moving, we sell your stuff.

STuFF is located in the Brownstone Mill in Midland Park, NJ. Our retail consignment shop also gives clients the option to sell their stuff after the estate/moving sale is over. Call us or stop by for a free, no-obligation quote.



11 Paterson Ave., Suite 16, Midland Park, NJ  
(201) 485-6325 • [www.estatestuff.net](http://www.estatestuff.net) • [estatestuff@optimum.net](mailto:estatestuff@optimum.net)  
Owners: Lois & Peter Cooper





EASTERN CHRISTIAN  
SCHOOL

*Explore the*  
***EC Difference***

---

A QUALITY CHRISTIAN EDUCATION

FOR PRESCHOOL - GRADE 12



- ▶ Safe Environment
- ▶ Nurturing Faculty
- ▶ Excellent Academics
- ▶ Biblical Worldview
- ▶ Affordable Tuition

LEARN MORE ABOUT

Eastern Christian School **TODAY!**

[www.easternchristian.org](http://www.easternchristian.org)

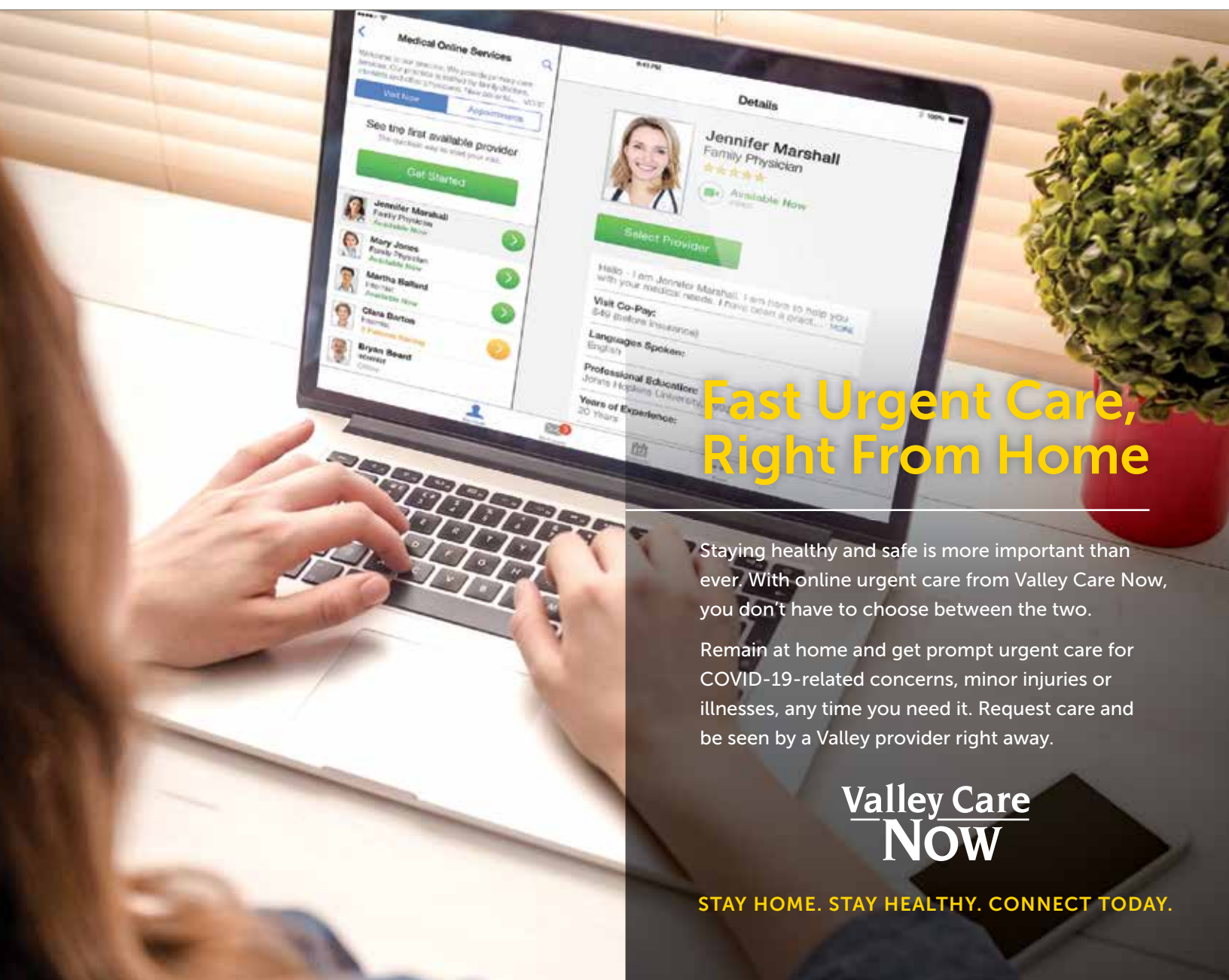
| 973.427.4013



Christian  
Health Care  
Center

301 Sicomac Avenue  
Wyckoff, New Jersey 07481  
(201) 848-5200  
ChristianHealthCare.org

NON-PROFIT ORG.  
U.S. POSTAGE  
**PAID**  
PERMIT NO. 55  
W. CALDWELL, NJ



## Fast Urgent Care, Right From Home

Staying healthy and safe is more important than ever. With online urgent care from Valley Care Now, you don't have to choose between the two.

Remain at home and get prompt urgent care for COVID-19-related concerns, minor injuries or illnesses, any time you need it. Request care and be seen by a Valley provider right away.

**Valley Care  
Now**

**STAY HOME. STAY HEALTHY. CONNECT TODAY.**

Valley Care Now offers 24/7 urgent care for adults and children (ages 2 and up) on your mobile or desktop device. Visit [ValleyCareNow.com](https://ValleyCareNow.com), or download the Valley Care Now app from your device's app store.

**Care Like No Other™**  
[ValleyCareNow.com](https://ValleyCareNow.com)

