



# CenterLife

A PUBLICATION OF CHRISTIAN HEALTH CARE CENTER | WYCKOFF, NJ | FALL 2019



Christian Health Care Center  
is awarded **GOLD!**





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## Sign up to receive our e-newsletter to stay up-to-date with Christian Health Care Center!

Keeping our sponsors, donors, and the community informed about Christian Health Care Center is part of our mission to provide health, healing, and wellness. We designed **Centered Care, our monthly e-newsletter**, to keep you up-to-date on our events, programs, and services. To receive Centered Care, email [hkockstein@chccnj.org](mailto:hkockstein@chccnj.org).

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



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

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Christian Health Care Center (CHCC) purchases mailing lists in an effort to communicate with community members who may benefit from receiving our publications. We recognize the fact that some residents prefer not to receive our materials. However, CHCC does not control the deletion of names from a purchased list. To reduce unsolicited third-class mail, go to the Direct Marketing Association website at [www.dmchoice.org](http://www.dmchoice.org).

Every organization, from the grocery store around the corner to the enormous dot.com across the nation, has a mission. In some instances, it is merely an informal decree. At Christian Health Care Center (CHCC), however, our mission is composed of words we live by, and a faith to reflect it. We are truly dedicated to fostering health, healing, and wellness for people of all ages.

How do we quantifiably measure our success in fulfilling our mission? One way is consistently high marks on our satisfaction surveys. Another is by awards and recognitions we receive. With these successes, we also make sure that we always look for opportunities to do even better.

We are humbled to announce that CHCC has been recognized as a 2019 *Gold – Excellence in Quality Award* recipient by the American Health Care Association and National Center for Assisted Living (AHCA/NCAL) for superior performance in long-term/post-acute care and assisted living. We are one of only five providers nationwide to receive the Gold award this year, and the first and only recipient in New Jersey to be recognized for skilled nursing since the award's inception two decades ago. Please read more about this honor in the story on the adjacent page.

Our Ramapo Ridge Psychiatric Hospital (RRPH) has earned the distinction of *Disease-specific Care Certification for Dementia* from The Joint Commission, the premier health-care quality improvement and accrediting body in America, for another two years. RRPH is the only hospital in New Jersey and one of only two in the nation to earn this certification.

For the eighth year in a row, The Longview Assisted Living Residence has received Advanced Standing status from the Health Care Association of New Jersey Foundation and the New Jersey Department of Health. Longview has been awarded this designation since it was developed.

Just as we have been recognized for quality, CHCC will commend individuals and organizations that have made significant contributions to our communities at *A Celebration of Excellence*, our premier gala. We will honor the boards of trustees of CHCC and its Foundation, along with first responders from Hawthorne, Wayne, and Wyckoff. We invite you to read more about our honorees on pages 2 and 3, and hope you will support our event, which will be held Wednesday, October 23, 2019, at The Venetian in Garfield.

Our honorees join us in living our mission. Together, we create an atmosphere of kindness, compassion, caring, and respect in our community.



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

PRESIDENT AND CEO



**Rick DeBel**

CHAIR, BOARD OF TRUSTEES

# Christian Health Care Center Earns National Award for Excellence in Quality Care

*One of only five providers in the country to receive the Gold award*



Christian Health Care Center (CHCC) has been recognized as a 2019 *Gold – Excellence in Quality Award* recipient by the American Health Care Association and National Center for Assisted Living (AHCA/NCAL) for superior performance in the long-term and post-acute care profession. The AHCA/NCAL National Quality Award Program recognizes organizations nationally that serve as models of excellence in providing high-quality care.

“As an organization long-committed to continuous quality assurance and performance improvement, we are extremely proud and excited to be recognized as a 2019 Gold award recipient for our Heritage Manor Nursing Home and Southgate, including CHCC’s post-acute care/short-term rehab, and The Longview Assisted Living Residence,” says Douglas A. Struyk, CPA, LNHA, CHCC’s President and CEO. “CHCC is the first and only recipient in the State of New Jersey to be recognized with the Gold distinction for skilled nursing since the award’s inception two decades ago. This award is a true affirmation of CHCC’s commitment to excellence and quality on behalf of all those entrusted in our care.”

**CHCC is one of only five providers nationwide to receive the 2019 Gold – Excellence in Quality Award.** Having previously achieved both the Bronze and Silver Quality Awards, CHCC continued on the intense and arduous journey to reach the ultimate goal of Gold.

“Christian Health Care Center has attained results that demonstrate it is the best-of-the-best of long-

term care organizations in the country,” says Alana Wolfe, Chair of the AHCA/NCAL National Quality Award Board of Overseers. “CHCC should be incredibly proud for achieving the highest honor of quality recognition in this field.”

Based on the core values and criteria of the nationally recognized Baldrige Performance Excellence Program, the AHCA/NCAL National Quality Award Program challenges member providers to achieve performance excellence through three progressive levels—Bronze, Silver, and Gold. The Gold is the most renowned of the program.

**“The Gold award is the highest honor a facility can receive that recognizes its quality of care. Recipients are role models for our sector, and because of their years of hard work, dedication, and passion, they are improving, and will continue to improve, lives every day;”** says Mark Parkinson, AHCA/NCAL President and CEO.

“Gold award recipients serve as a model of excellence in providing the highest quality care to those who count on them,” says Jon Dolan, Health Care Association of New Jersey’s President and CEO. “Despite enormous challenges from funding to regulatory and Medicaid reimbursement process delays, CHCC has distinguished itself nationally by earning this prestigious quality award.”

*For more information about long-term care, short-term rehab, and assisted living 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).*

# Christian Health Care Center Announces A Celebration of Excellence Honorees

This fall, Christian Health Care Center (CHCC) will honor the boards of trustees of CHCC and its Foundation, along with first responders from Hawthorne, Wayne, and Wyckoff, at its premier gala, *A Celebration of Excellence*. The event will be held on Wednesday, October 23, 2019, at The Venetian in Garfield.

**“This year marks the 20th anniversary of the CHCC Foundation, and a wonderful opportunity to honor those who have and continue to inspire, lead, serve, and protect CHCC,”** says Douglas A. Struyk, CPA, LNHA, President and CEO of CHCC. **“For decades, our boards of trustees and the Hawthorne, Wayne, and Wyckoff first responders have demonstrated tireless devotion to those we serve and to the community. It is our privilege to recognize their many significant contributions.”**

Since its inception in 1911, CHCC has continually expanded and enhanced its senior-life, mental-health, and short-term rehab services, programs, and residences based on community need and with the vision and guidance of knowledgeable and dedicated trustees. Today, this board is aided in its efforts by the CHCC Foundation Board of Trustees. Foundation trustees help educate the community about CHCC’s mission and seek support through financial gifts, volunteer efforts, and prayer.

Part of CHCC’s continued growth and ability to deliver quality care is through mutual respect and collaboration with the Borough of Hawthorne, and the Townships of Wayne and Wyckoff. Their first responders – police and fire departments, ambulance corps, and first-aid squad - provide critical services and support to all those entrusted to our care and in our community.

In keeping with the spirit of recognizing and giving back to those who serve so selflessly, CHCC has committed to making a generous gift to honor the first-responder honorees through a portion of the proceeds raised at this year’s gala.

**“Our gratitude and admiration for the Hawthorne, Wayne, and Wyckoff first responders – past, present, and future – are constant. They continue to inspire all of us at CHCC to selflessly serve, protect, and care for others with dignity, compassion, and honor,”** Mr. Struyk says.

Past honorees of *A Celebration of Excellence* include David F. Bolger; Garry and Raeann Dykhous; Kuiken Brothers Co. Inc.; Rev. David Krentel; Doug Dittrick; Sen. Kevin O’Toole; LAN Associates; Atlantic Stewardship Bank; The Wyckoff Family YMCA; Atlantic, Tomorrow’s Office; and the CHCC Medical Staff.

“This year, we look forward to recognizing our CHCC trustees and our area first responders to celebrate the excellence that they have brought to our community,” Mr. Struyk says.

*Ticket and sponsorship opportunities are available for A Celebration of Excellence. For complete event information, contact the Christian Health Care Center Foundation at (201) 848-5796 or email [events@chccnj.org](mailto:events@chccnj.org), or visit [ChristianHealthCare.org/ACelebrationOfExcellence](http://ChristianHealthCare.org/ACelebrationOfExcellence).*

## FIRST-RESPONDER HONOREES

### **Borough of Hawthorne**

Fire Department  
Police Department  
Volunteer Ambulance Corps

### **Township of Wayne**

Fire Department  
Police Department  
Memorial First Aid Squad

### **Township of Wyckoff**

Fire Department  
Police Department  
Volunteer Ambulance Corps

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# A Celebration of Excellence

WEDNESDAY, OCTOBER 23, 2019 • 6 P.M. • THE VENETIAN • GARFIELD, NJ

To recognize our honorees, visit [ChristianHealthCare.org/ACelebrationOfExcellence](http://ChristianHealthCare.org/ACelebrationOfExcellence)

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John Daamsma

**Rick DeBel**

Donald De Bruin

Peter De Haan

Martin De Jong

Peter De Leeuw

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Ruth Knyfd Wynbeek

# The Vista is Coming Into View



Ken Karle stands amidst footings and foundations at the summit of Christian Health Care Center's (CHCC) Wyckoff/Hawthorne campus.

"This vantage point really does offer a beautiful view," says the architect and engineer from this point at 550 feet above sea level. "This really is The Vista."

Mr. Karle is President of LAN Associates, the architectural and engineering firm for The Vista, North Jersey's newest Continuing Care Retirement Community (CCRC) being built on CHCC's 78-acre campus. The Vista, for active adults 62 and older, will include less than 200 spacious one-level apartment homes and 20 floorplans. Apartments range in size from just under 1,000 square feet to slightly less than 3,000 square feet.

Preparation for construction began with the demolition of the buildings at the intersection of Sicomac and Cedar Hill avenues. This site will be the new entrance to CHCC once The Vista opens. A traffic signal will be installed at the intersection, as required by the Bergen County Planning Board, and Sicomac Avenue will be widened to accommodate for turning lanes and signalizations.

The Vista is being built away from the busyness of

Sicomac Avenue, situated deep into the existing CHCC campus. Active site clearing began after all permits were finalized. During tree removal, useable lumber from the property was saved and will be repurposed in certain areas and wooden features of The Vista.

"Nearly 100 percent of the dirt excavated is remaining on site," says Ken Ogden, LEED AP, Vice President of Lecesce, construction company for The Vista. "It will be used in various capacities, such as leveling the property."

While a retention pond was constructed on CHCC's lower campus, footings and foundations for The Vista's three residences - Briarcliff, Esplanade, and Highridge - began to rise on the upper campus. Now, the buildings' frames will rise.

CHCC gathered the best-of-the-best senior-living design, development, architecture/engineering, and programming consultants to help create a unique community that applies the industry's top standards and best practices to establish a community like no other. During the local approval process for The Vista, CHCC proposed and committed to incorporating many safety measures above and beyond what is required by state regulations. A LAN representative is





on site almost every day while Lecesse is building the community.

“LAN reviews every single material being used in constructing The Vista, every plank of wood, every nut and bolt, every door knob,” Mr. Karle says. “We review written specifications for every item prior to installation. This equates to thousands and thousands of pages of documents and drawings. We then inspect every item after installation. This extensive process ensures that all building materials comply with LAN, Lecesse, and CHCC standards of quality.”

“Our standards for excellence at The Vista will be a prime example of building and developing a residential community that has a strong focus on safety,” says Douglas A. Struyk, CPA, LNHA, CHCC President and CEO.

A component which sets The Vista apart from other CCRCs is its non-profit status. For-profit CCRCs strive to generate a profit to make a return on investment for stakeholders. The Vista, however, will invest funds into improving the community, and making residents happier and healthier through nourishing body, mind,

## More than 70 percent of Vista apartment homes are already reserved. Now is the time to plan your move to The Vista!

- Abundance of amenities and maintenance-free lifestyle
- Fine-dining restaurant, casual café, and pub fare/grab-and-go bistro
- Spa and salon services
- State-of-the-art fitness center
- Aquatic center with indoor heated pool and whirlpool spa
- Cultural arts center
- Paved walking trails
- Outdoor terraces with café tables
- Fee-for-Service and Life Care contracts available.

### For a limited time, new Vista depositors automatically become Vantage Select members and enjoy a unique set of benefits, including:

- the ability to customize your apartment,
- \$1,500 in free upgrades,
- \$1,500 in move-management assistance,
- priority access to CHCC on-campus health care, and
- care coordination at CHCC before move-in.

The Vista Information Center is located at 525 Cedar Hill Ave., Cedar Hill Plaza, Wyckoff. Saturday and evening hours available.

Call (201) 848-4200 or email [Live@TheVista.org](mailto:Live@TheVista.org) to make an appointment today or to attend the next open house!

and spirit. Like other residences and services on the CHCC campus, The Vista will be a 501 (C) (3) corporation, meaning profits are reinvested back into the community.

Designing and building The Vista, however, goes beyond bricks and mortar. The core of The Vista is its residents. The community began to form while the building approval was underway. Individuals who made a deposit to live at The Vista in advance of the anticipated opening in late 2020 were invited to special events designed so they could get to know their neighbors-to-be. They’ve gathered at social events and educational presentations. The relationships formed will continue to flourish long after The Vista opens.

“A move to The Vista has so many advantages,” Mr. Struyk says. “It’s a move to a lifestyle enriched with cultural, social, and spiritual enrichment, and to worry-free living. Vista residents are making a sound investment in their lifestyle, health, and the future. They are also investing in CHCC’s mission, vision, and values.”



## Medical Minute



Allen Khademi, MD

# Physiatry: Caring for Body, Mind, and Spirit

*Physiatrist Allen Khademi, MD, has joined Christian Health Care Center (CHCC) as Vice President of Medical Affairs. He brings a quarter century of knowledge and experience from providing medical leadership and practicing in acute-care hospitals and rehabilitative facilities in the Northeast. Here, Dr. Khademi explains physiatry and its role at CHCC.*

### **What is physiatry?**

“Physiatry is the medical specialty which focuses on physical medicine and rehabilitation. It pertains to any patient who has had a decline in his/her well-being and ability to function, and requires rehabilitation and other interventions to heal. It is a very broad field encompassing the treatment of individuals with a variety of illnesses and/or injuries, which I find very interesting and challenging. Physiatrists help people with neurological conditions such as stroke, Parkinson’s disease, and multiple sclerosis; musculoskeletal injuries such as back pain, fractures, or joint replacement; cardiac and pulmonary conditions; and generalized weakness and debility.”

### **What interested you in physiatry?**

“The goal of physiatry is to help individuals restore their level of functioning and improve their quality of life. It’s not just about prescribing a pill. Physiatrists are experts in designing a comprehensive, patient-centered treatment plan. We work in conjunction with an entire treatment team to address all aspects of an individual’s care and well-being. Physiatrists look at a person as a whole and help to restore wellness, as well as help an individual to make healthy choices toward staying well.”

### **What is physiatry’s role in short-term rehab?**

“Short-term rehab refers to an inpatient/outpatient rehabilitation facility, such as ours, which individuals may qualify for when they are in a weakened state, often after

being hospitalized for an illness. A physiatrist provides medical guidance and oversight to the treatment team, which includes rehabilitation therapists, nursing staff, dietitian, and social worker. The goal is to help patients restore their level of functioning so that they can be as independent and active as possible, and to empower them to successfully continue on their path toward recovery and staying well in the future.”

### **What is your philosophy of medicine?**

“The practice of medicine is just as much of an art as it is a science. It’s applying scientific knowledge, but also closely listening, observing, knowing what questions to ask, weighing the possibilities, communicating effectively, educating, and adjusting to best serve the individual. For true healing, understanding and addressing the cause of an illness is paramount. It’s about more than just treating the symptoms. And prevention is better than cure. There’s a lot to be said for the value of good nutrition, basic exercise, proper hygiene, maintaining flexibility, managing stress levels, and leading an active and fulfilling lifestyle.”

### **Why did you want to become a physician?**

“For as long as I can remember, I have been motivated to serve others through promoting their healing and well-being. My mother was a nurse and my father a physician, and I enjoyed observing their passion toward health care. I must have inherited it from them, because I naturally feel the same. Being a physician is a special privilege because we are given the opportunity to help ease a person’s physical and/or mental pain, and to teach him/her how to stay healthy. I strive to take care of others as I would want my family or myself to be taken care of.”

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



# Easy Steps to Prevent Falls



Tripping on a rug or slipping on a wet floor can have catastrophic results, particularly for seniors. Among individuals 65 and older, falls are the leading cause of injury-related deaths and are also the leading cause of non-fatal injuries, threatening independence, mobility, and safety. **One in four people 65 and older falls each year.**

“Fear of falling becomes more common as people age and may even cause some seniors to avoid activities such as walking, shopping, or taking part in social events. This can lead to physical decline, social isolation, feelings of helplessness, and depression,” says Jane Quijano, PT, Outpatient Rehabilitation Services Director at Christian Health Care Center (CHCC). “To help prevent falls, both our inpatient and outpatient short-term rehab programs place significant emphasis on increasing strength, flexibility, and balance to help improve stability and walking.”

In addition to weak muscles, medical conditions, such as Parkinson’s disease, diabetes, spinal stenosis, sciatica, heart disease, foot

ailments, and eye and ear disorders, can affect balance. Medications which may cause drowsiness and poorly fitting footwear and/or clothing also impede balance. Environmental issues factor into the equation, as well. Wet or uneven floors, poor lighting, unstable furniture, throw rugs, steps, and pets can be catalysts for a fall.

**“Fall-prevention awareness, education, programs, and strategies can help reduce falls, while promoting safety and independence for seniors,”** says Elisabeth Micich Otero, MSN, RN-BC, QCP, Quality Manager and Clinical Educator for CHCC’s senior-life and short-term rehab programs, services, and residences. “At CHCC, for instance, our “Call. Don’t fall. Ask for help!” campus-wide initiative aims to reduce falls by providing assistance when necessary, communicating fall-risk information from shift-to-shift, increasing observation of individuals taking medications which can cause drowsiness, noting changes in patients’ condition, and educating patients and families about fall prevention.”

**CHCC’s Rehabilitation Services offer the following guidelines to help reduce falls:**

1. Remove throw rugs, or buy throw rugs with non-skid backings.
2. Fix loose or uneven stairs and carpeting.
3. Place electrical cords next to walls or behind furniture.
4. Keep objects off stairs and the floor.
5. Light hallways and stairways.
6. Install and use handrails on both sides of stairs.
7. Never use a chair as a step stool.
8. Use non-slip mats or self-stick strips in tubs and showers.
9. Install grab bars inside a tub/shower stall and next to a toilet.
10. Use automatic night lights.
11. Wear enclosed shoes with sturdy ankle support.
12. Wear clothes which fit appropriately and are easy to put on/take off.
13. Exercise regularly to improve balance and coordination.
14. Slowly rise after sitting or lying down.
15. Keep emergency numbers in large print near phones.
16. Consider wearing a medical-alert device.

*Contact Karen Hockstein at (201) 848-4463 or [khockstein@chccnj.org](mailto:khockstein@chccnj.org), or visit [ChristianHealthCare.org](http://ChristianHealthCare.org) for more information about short-term rehab or to arrange for Rehabilitation Services staff members to make a presentation on fall awareness and prevention through our Speakers Bureau.*

**LSVT BIG has joined the roster of outpatient short-term rehab therapies at Christian Health Care Center.**

- Specially certified physical and occupational outpatient therapy addressing symptoms of Parkinson’s disease
- Intensive, one-on-one individualized treatment by certified therapists

**Learn more! Attend our free community-education introduction!**

**6 p.m. Wednesday, October 2, 2019**

Bolger Rehab Gym & Wellness Center at Christian Health Care Center  
700 Mountain Ave., Wyckoff, NJ

*Light refreshments will be served.*

**Registration required by contacting Karen Hockstein at (201) 848-4463 or [khockstein@chccnj.org](mailto:khockstein@chccnj.org).**



From left, are Tamara Alvarez, Food and Nutrition Services Director; John Castrignano, Executive Chef; and Carolyn McAdams, RD, Chief Dietitian.

## Meals Matter at CHCC

In the short-term rehab inpatient unit at Christian Health Care Center (CHCC), patients are going back in time with the transformation of the dining room into a 50s diner. At this special-themed dinner, patients and families sing along to Elvis Presley and Bobby Darrin, while feasting on grilled-cheese wedges, oven-fried chicken, crinkle-cut French fries, coleslaw, and ice-cream sundaes, all served by Activity staff members donning poodle skirts.

At The Longview Assisted Living Residence, Executive Sous Chef Frank Poveromo is gathered with residents for the monthly Chef Demo and Dining Diary. Today, he's making stromboli. After sampling the Italian specialty, the chef and residents have a conversation

about the week's menu. The seniors provide input and feedback about the culinary selections.

A local farmer's market is the destination for Hillcrest Residence seniors. On this popular scheduled outing, a delectable assortment of locally grown and/or baked foods is available for purchase by the independent seniors. Although Hillcrest provides three delicious and healthy meals a day, some seniors will use their farmer's-market procurements to make a favorite recipe in Hillcrest's Resident Country Kitchen. This fully outfitted kitchen, complete with snacks, is available to residents around-the-clock.

Fellowship and food are on the menu at Summer Hill, one of CHCC's independent-senior apartment



complexes in Wayne. Residents are gathered in the Community Room for the Summer Hill Dining Program, a unique, low-cost benefit for an independent-senior complex. While participants dine on homemade carrot ginger soup, boneless herb-roasted chicken with apple stuffing and corn niblets, they share stories and socialize.

The magnificent aroma of fresh-baked chocolate-chip cookies is floating through Heritage Manor Nursing Home East. Tucked in a corner of the Activities office, resident Pam Brooks is baking the treats for participants in a meeting in the DeYoung Auditorium. The staff set up “Pam’s Kitchen” after learning about her love of baking. With ingredients supplied by CHCC, Ms. Brooks makes sweets for her neighbors on Heritage Manor East, Summer Hill residents, and CHCC staff.

At Ramapo Ridge Psychiatric Hospital (RRPH), dietitian Linda Heiser, RD, recognizes the stress being experienced by the wife of a newly admitted patient. Before his lunch is delivered, Ms. Heiser retrieves a meal for his wife so the couple can dine together. This simple gesture makes a tremendous impact on the wife, helping to alleviate her anxiety over her husband’s hospitalization.

**Throughout CHCC’s senior-life, mental-health, and short-term rehab programs, services, and residences, meals matter – on so many levels.**

“Good nutrition and sharing meals play a significant role in health, healing, and wellness,” says Tamara Alvarez, Director of Food and Nutrition Services (FANS). “Mealtimes not only provide physical benefits, but psychological and social, as well.”

Optimal nutrition for all patients, residents, and clients at CHCC begins with a dietary assessment upon admission. Registered dietitians, who are members of the interdisciplinary care team, gather information about medical diagnosis, weight history, food allergies, medications, dental status, and food preferences. Nutritional status among seniors, in particular, can be adversely affected by natural changes of aging. For individuals with mental disorders, food can impact mental health.

“If you skip a meal, blood-sugar levels fluctuate and cause mood swings,” Ms. Heiser says. “Skipping meals can also result in poor concentration, and stress can cause you to either overeat or skip meals.”

Once an individual’s information is gathered and analyzed, a well-balanced, appropriate diet is developed. Thereafter, dietary status is assessed regularly and

altered, as necessary.

Ensuring optimal nutrition also involves input from residents and patients themselves. Through Longview’s Dining Diary and Heritage Manor Nursing Home’s Resident Dining Council, seniors offer their opinions on current menu selections and propose new options.

**One of the largest culinary transformations at CHCC has occurred in inpatient short-term rehab. The dining room now features restaurant-style service with an extensive menu for breakfast, lunch, and dinner.** Previously, only breakfast was offered à la carte in the dining room. Many patients chose to dine in their rooms, an option still available today.

“At first, only breakfast was available à la carte, I noticed that patients were socializing and developing relationships,” Ms. Alvarez says. “Now, we offer three meals à la carte, and the dining room is packed! Activity staff members serve as the wait staff, and FANS team members are the host and runners. Music plays in the background, while patients dine and socialize. We have daily specials and theme dinners monthly. And families can eat with their loved ones, too, which is so important.

**“In society, food is a celebration. At CHCC, we recognize that meals play a tremendous role in the everyday life of our residents, patients, clients, and consumers.** We cater to our residents. We hear and honor their voice. Our goal is to ensure that they are always excited about dining at CHCC, to have something to look forward to.”

*Contact Karen Hockstein at (201) 848-4463 or [khockstein@chccnj.org](mailto:khockstein@chccnj.org) for more information about food and nutrition throughout Christian Health Care Center or to arrange for a Speakers Bureau presentation on a variety of nutrition topics.*





# Anxiety: An American Epidemic

Occasional anxiety is a normal part of life. An important deadline at work, a final exam, or selling a house may all cause nervousness. But when anxiety becomes intense and persistent, impacting daily living, the result is a diagnosable mental illness. Anxiety disorders are the most common mental illness in the United States, affecting 40 million adults age 18 and older, and 2.6 million children and adolescents.

**“Anxiety occurs naturally, but for those suffering from an anxiety disorder, it causes excessive nervousness, fear, apprehension, and worry,”** says psychiatrist Aijaz Nanjiani, MD, Medical Staff President of Christian Health Care Center and psychiatrist at Christian Health Care Counseling Center. “Anxiety disorders alter emotions and behaviors, and seriously affect day-to-day living.”

Several anxiety disorders exist, including the following:

- **Generalized anxiety disorder** involves persistent and excessive anxiety about often ordinary, routine circumstances. The worry is out of proportion to the actual event or activity and difficult to control. It often occurs in conjunction with other anxiety disorders or depression.
- **Panic disorder** encompasses repeated, sudden episodes of intense anxiety and fear that reach a peak within minutes. The resulting panic

attack may prompt feelings of impending doom, shortness of breath, chest pain, or heart palpitations.

- **Agoraphobia** causes an individual to fear and avoid places or situations that might cause panic. Feeling helpless, embarrassed, and trapped is common.
- **Separation-anxiety disorder** in a child results in anxiety that is excessive for his/her developmental level.
- **Social-anxiety disorder** causes anxiety, fear, and avoidance of social situations due to feelings of embarrassment, self-consciousness, and concern about being judged or viewed negatively by others. **Social-media anxiety** is a subset of social-anxiety disorder. Causes of anxiety disorders vary.

“Anxiety disorders can be caused by a medical condition, like heart disease, diabetes, or thyroid or respiratory issues; certain medications; or a traumatic life event,” says psychiatrist Adnan Khan, MD, Vice President of the CHCC Medical Staff and Medical Director of the Ramapo Ridge Partial-hospitalization Program at CHCC. “Illness, personality, a family history of anxiety disorders, and drug and alcohol use place individuals at an increased risk of developing an anxiety disorder. Among children and teens, social and academic pressures cause high levels of anxiety.”

Anxiety disorders can have physical,



psychological, and behavioral symptoms. Physical symptoms include rapid heart rate, dizziness, stomach pain, nausea, muscle aches, and sleep disturbances. Psychological symptoms include racing thoughts, unrealistic fears and worries, and anger. Behavioral symptoms include distress in social situations, obsessive/compulsive actions, and an increase in alcohol and/or drug abuse.

**When anxiety impedes daily functioning, professional intervention may be necessary.**

“Treatment for anxiety disorders can include a variety of therapies, such as cognitive-behavioral therapy, psychotherapy, and group therapy. Medication may be necessary, as well,” says psychiatrist Mohamed Elrafei, MD, Medical Director of Ramapo Ridge Psychiatric Hospital at CHCC. **“At Christian Health Care Center, anxiety disorders are treated across our continuum of mental-health care, from our outpatient counseling for all ages, to our partial-hospitalization program for adults, to our inpatient hospital for adults and seniors.** When requested, faith is integrated into treatment.”

CHCC has been caring for the mental-health needs of the community for 108 years. It was founded in 1911 as New Jersey’s first private psychiatric hospital. Today, in addition to mental-health services and programs, CHCC offers a full continuum of senior-life and short-term rehab programs, services, and residences.

*For more information about CHCC’s mental-health programs and services, contact Karen Hockstein at (201) 848-4463 or [khockstein@chccnj.org](mailto:khockstein@chccnj.org), or visit [ChristianHealthCare.org](http://ChristianHealthCare.org).*



Mental illness affects not only the individual who is suffering, but his or her loved ones as well. Through Christian Health Care Center’s new **Mental Health Central Access** Department, selecting appropriate treatment and making an initial appointment is now less stressful. One phone call will place you in touch with a mental-health professional who can review our treatment options, gather intake information, and make an initial appointment or arrange for admission.

**Christian Health Care Counseling Center  
Ramapo Ridge Partial-hospitalization Program  
Ramapo Ridge Psychiatric Hospital**



Christian Health Care Center invites nurses, social workers, and activity therapists to

## **Anxiety Across the Lifespan**

part of the

*Mental Health Matters series  
for Health-care Professionals*

**Friday, October 4, 2019**

9 a.m. to 3 p.m.

DeYoung Auditorium at  
Christian Health Care Center,  
700 Mountain Ave., Wyckoff, NJ

**Topics: Psychopharmacology,  
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Cultural Aspects of Anxiety,  
Social-media Anxiety,  
and Resiliency**

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[ChristianHealthCare.org](http://ChristianHealthCare.org).*



Ashley Furniture volunteers, from left, are John Santiago, Jennifer Avila, Billy Foley, Jessica Beeler, and Katelyn Bezem.



Katelyn Bezem, Ashley Furniture employee, kneeling, with Iris Forshay, Heritage Manor Nursing Home resident.

## Corporate Volunteers Add New Dynamic at CHCC

An afternoon on the links is uncommon for long-term care residents, but Heritage Manor Nursing Home residents did just that when the DeYoung Auditorium at Christian Health Care Center (CHCC) was transformed into a miniature golf course, complete with waterfall and working windmill! The Heritage Manor Activities staff spearheaded this special event, with significant assistance from volunteers who are employees of Ashley Furniture. The team of five helped construct fairways, assemble the windmill, create boulders, and build borders. Once the course was ready for the golfers, the Ashley volunteers served as caddies for the seniors, ushering them to holes and providing assistance with hitting the ball.

“Ashley encourages employees to volunteer in the community. We can look on our own for opportunities, but we learned about the miniature golf event and a crafts project at Christian Health Care Center through work,” says Ashley employee Jessica Beeler. “We had so much fun assembling the course and then helping the residents to play golf.”

**Volunteers from area corporations and businesses are growing exponentially at CHCC.** Microsoft volunteers teach residents of Siena Village, one of CHCC’s affordable senior-housing complexes in Wayne, how to use laptops, cell phones, and tablets. Volunteers from nThrive, a health-care billing company, join Heritage Manor residents at a variety of activities. Family First Life/Tri-State insurance company volunteers help greet clients, serve lunch, and participate in activities at Christian Health Care Adult Day Services of Wayne. “These volunteers help CHCC continually expand and enhance its relationship with the community,” says Caroline Silva, Volunteer and Community Outreach Coordinator at CHCC. **“Volunteering as a group creates bonds and offers a sense of collaborative achievement.** Corporate employees get the bonus of participating in something memorable that can’t be experienced sitting in a conference room.”

“Every Ashley team member who has volunteered at Christian Health Care Center has loved the experience and spending time with the seniors doing different activities. In fact, we have two new groups of

team members who have requested to go to CHCC to volunteer,” says Nahomi Cazar, Ashley Furniture Secaucus Operations Manager. “We are thankful to Christian Health Care Center for giving us the opportunity to help our community and enjoy this new experience.”

Many corporate volunteers at CHCC, such as those from Ashley Furniture, learned about the opportunities at CHCC through Bergen Volunteer Center. Among its many services, this non-profit organization maintains a data base of volunteer activities.

“The corporate volunteer boom is a 21st century trend,” says Melissa LaRobardier, Strengthening Our Communities Coordinator for Bergen Volunteer Center. “With more millennials joining the workforce, companies have found that providing opportunities for them to volunteer in the community boosts morale. **All who have volunteered at Christian Health Care Center have greatly enjoyed the experience.**”

For more information on volunteering 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).



## CALENDAR OF EVENTS

All programs are held at Christian Health Care Center, 301 Sicomac Ave., Wyckoff, unless otherwise noted. For additional programs, visit [ChristianHealthCare.org](http://ChristianHealthCare.org).

### Faith & Grief Luncheons

NOON TO 1 P.M.  
THIRD WEDNESDAYS  
OCTOBER 16, NOVEMBER 20,  
DECEMBER 18

Auditorium, (201) 848-4264  
Registration required.

### Caregivers Support Groups

NOON • FIRST TUESDAYS  
OCTOBER 1, NOVEMBER 5,  
DECEMBER 3

Building 1 Conference Room  
(201) 848-5830  
Registration required.

1 P.M. • SECOND WEDNESDAYS  
OCTOBER 9, NOVEMBER 13,  
DECEMBER 11

Christian Health Care Adult Day Services  
of Wayne, 2000 Siena Village  
(off Valley Road, Wayne),  
(973) 305-9155

*Note: This group is specifically for caregivers  
of individuals with dementia.*

10 A.M. • SECOND AND  
FOURTH FRIDAYS  
OCTOBER 11 AND 25,  
NOVEMBER 8 AND 22,  
DECEMBER 13 AND 27

Commons Conference Room  
(201) 848-5867  
Registration required.

### A Celebration of Excellence

WEDNESDAY, OCTOBER 23  
The Venetian, Garfield, NJ  
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[events@chccnj.org](mailto:events@chccnj.org)

BETWEEN SUNDAYS

# On Hope

By Rev. Dawn Rivers, DMin

Heritage Manor Nursing Home Chaplain

Set in 1940s, the movie "Shawshank Redemption" tells the story of a gentle, soft-spoken banker who is falsely convicted of his wife's murder and sent to prison. A prisoner incarcerated for life who befriends the former banker tells him, "The first night's the toughest. A whole life blown away in the blink of an eye. Nothing left but all the time in the world to think about it." Yet, unlike the other prisoners, this former banker retains a sense of hope.

We use the word hope in so many different contexts. We are often encouraged to remain hopeful when dealing with difficult situations and people. We are encouraged to remain hopeful when waiting on news or outcomes related to our situations. The foundation to hope begins with believing in someone or something. As Christians, believing is having faith, which is the road we travel toward hope. "Faith is a process, but hope is its end."

*2 Corinthians 3:12: "since we have such a hope, we are very bold...  
16: Whenever a man turns to the Lord the veil is taken away. We see  
God in blazing glory in the face of Jesus Christ."*

As Christians, we must remember that our hope is grounded in something so much bigger than our abilities, achievements, and desires. Regardless of what happens in our world, good or bad, even if it seems all hope is lost, our Christian hope should remain bold and unshaken in God.



## Is memory loss affecting daily life?

Christian Health Care Center offers a variety of programs, services, and residence options for individuals living with memory impairment and those who love them.

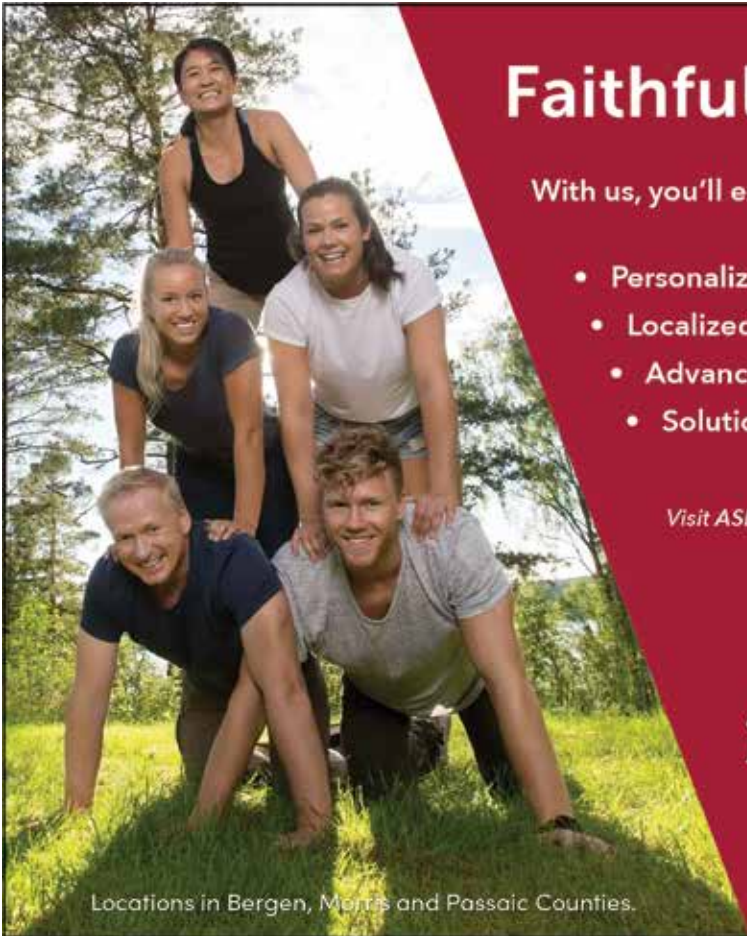
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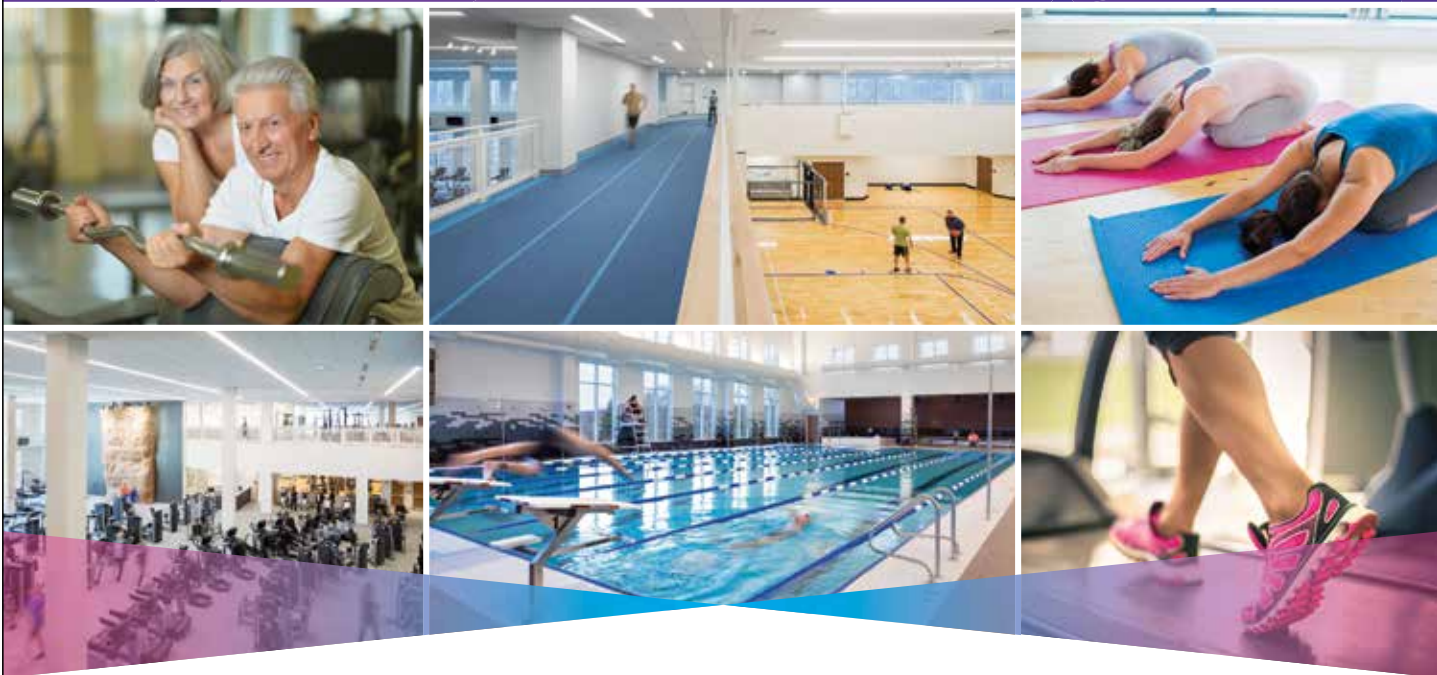
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