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ON THE COVER:
There's no denying that we live in a digital age. Smartphones, tablets, and WiFi keep us connected and up-to-date around the clock from wherever we may be. At Christian Health Care Center, we embrace digital technology not for its social implications, but as a means of fostering person- and family-centered care. Innovation is a powerful driving force at the Center. Innovation enabled the 14 founding fathers to envision that a renovated farmhouse would one day become New Jersey's first private psychiatric hospital. Innovation helped guide the Center when it segued into senior-life services in 1957, and into short-term rehab in 2005.

This issue of Center Life includes articles highlighting the impact of innovation on person- and family-centered care on The David F. Bolger Post-acute Care Unit. It also features stories about the beneficial group-therapy format of our Ramapo Ridge Partial-hospitalization Program; national recognition of our Ramapo Ridge Psychiatric Hospital; our successful, first-ever Employee Giving Campaign; and a new bereavement support group which explores faith and grief. All of the Center's senior-life, short-term rehab, and mental-health programs illustrate how we unite advances in technology and medical science with our core Christian values to deliver unfaltering, high-quality health care and services.

Our ability to continually enhance our care and services is largely made possible through the generosity of our dedicated benefactors. Gift-giving opportunities include supporting our Annual Fund, bequests, gift annuities, matching gifts, and endowments. Attending and sponsoring our special events throughout the year is another way to support the Center. A very special event this year is the 25th Annual Golf Classic June 9 at Knoll Country Club in Parsippany. We give thanks to God for His continued blessings on this outing, which has become a community tradition of golf and fellowship to support Christian Health Care Center.
The RRPP, a voluntary, short-term outpatient program that bridges the gap between inpatient hospitalization and outpatient counseling, fosters Christian Health Care Center’s person- and family-centered care model. Through a comprehensive roster of therapeutic groups offered in a beautiful and soothing environment, the RRPP helps consumers before the need for hospitalization becomes necessary, or serves as a step in the continuum of care following inpatient treatment. Groups help consumers develop appropriate day-to-day coping skills, decrease symptoms, develop healthy relationships, improve concentration, and learn about diagnoses, medication, and side effects. A friendly and open multidisciplinary team, which includes a psychiatric nurse, activity therapist, social worker, nutritionist, counselors, and a chaplain, leads the groups.

While all RRPP consumers attend the same groups, individual goals are established based on a person’s illness and symptoms. Goals determine if an individual is best served by attending full- or half-day sessions, which are offered Monday to Friday. Most consumers attend the program for four weeks.

“One of my goals was to get back in the community. Through the groups, I was able to explore career choices,” John says. “The entire program made me feel more secure and more functional.”

For more information about the Ramapo Ridge Partial-hospitalization Program, call (201) 848-4463, email khockstein@chccnj.org, or visit ChristianHealthCare.org.

*John’s real name was changed upon his request.

Ramapo Ridge Psychiatric Hospital Receives National Recognition by The Joint Commission

Ramapo Ridge Psychiatric Hospital (RRPH) at Christian Health Care Center (CHCC) was recognized by The Joint Commission as a Top Performer on Key Quality Measures in Inpatient Psychiatric Hospitalization. RRPH received notification in 2013 that it was honored for exemplary performance in using evidence-based clinical processes that are shown to improve care for inpatient psychiatric services. This coveted distinction is awarded on a limited basis across the United States to hospitals achieving the highest level of outcomes with defined quality measures and related processes.

In New Jersey, RRPH is one of only 26 recipient organizations of this recognition. RRPH was recognized for its ability to have nearly no use of physical restraints or seclusion, strong results from hand-off communications about patients with subsequent providers, single use of antipsychotic medications, and a comprehensive admissions assessment process.

RRPH is a 58-bed hospital offering inpatient care for adult and geriatric patients. Following the Center’s person- and family-centered care model, an individual recovery plan is prepared for each patient by an interdisciplinary team. Treatment includes medication, individual and group psychotherapy, education, therapeutic activities, family support, and pastoral care.

“We understand that what matters most to patients at Ramapo Ridge is safe, effective care,” says Cathleen Pilone, RN, MSN, NEA-BC, Vice President/Administrator, Mental Health Services. “That’s why Ramapo Ridge has made a commitment to accreditation and positive patient outcomes through evidence-based care processes.”

“I am so proud of our Ramapo Ridge physicians and staff, along with many supporting departments, for their dedication to excellence and fostering health, healing, and wellness for our patients,” says Douglas A. Struyk, CPA, LNHA, CHCC President and CEO.

For more information about Ramapo Ridge Psychiatric Hospital, call (201) 848-4463, email khockstein@chccnj.org, or visit RamapoRidgeHospital.org.
Nintendo Wii has moved from the family room to the therapy room at Christian Health Care Center (CHCC). The gaming system’s motion-controlled activities provide an innovative modality for rehabilitation therapy in the Center’s David F. Bolger Post-acute Care Unit.

“Using the Wii as an adjunct to our patients’ treatment plans has truly been a wonderful experience,” says Jessica Dunn, PT, Rehabilitation Services Assistant Director. “The videogame system allows us to address deficits in a number of areas, such as balance, cognitive impairments, motor planning, range of motion, strength, and activity tolerance.”

The Center won an award from Genesis Rehab Services for successfully and beneficially incorporating Wii into therapy. One of the case studies submitted by the Center in the regional competition profiled Roger, a patient who had a decline in muscular strength and impaired balance while standing. A sports enthusiast, Roger thoroughly enjoyed the combination of Wii gaming and conventional therapy. After several weeks, Roger demonstrated overall improvement in functional independence. He was able to complete all self-care activities by himself. His wife purchased a Wii system so that Roger could continue to enjoy this component of his therapy at home.

AWARD-WINNING INNOVATIVE THERAPY at The David F. Bolger Post-acute Care Unit

Nintendo Wii integration into rehabilitation on The David F. Bolger Post-acute Care Unit is not only therapeutic, but fun and challenging as well.

Patients on the David F. Bolger Post-acute Care Unit (PACU) are benefitting from a newly created nursing position designed to help patients navigate the transition from the hospital to the PACU and ultimately back to the place they call home. Linda Dillman, RN, MSN, APN-C, Transitional Care Navigator, oversees this continuum of care, with the goal of preventing re-admission to the hospital for high-risk patients with chronic illnesses. This new position is the result of an exciting new venture between Christian Health Care Center (CHCC) and Valley Home Care.

Ms. Dillman currently focuses on patients with congestive heart failure, pneumonia, and acute myocardial infarction. She provides patient pre-assessment in the hospital and post-assessment in the PACU.

“Ms. Dillman empowers patients and/or their families to manage their chronic illness,” says Peter Peterson, LNHA, Vice President/Administrator of Long-term Care and Post-acute Care Services at CHCC. “She provides them with the tools they need to be more independent.”

Ms. Dillman’s duties include providing patient and family education and support, and monitoring patients’ health status. She also assists staff by evaluating their patient-care needs, providing education, and giving them a comfort level for caring for patients with chronic illnesses. An essential liaison with The Valley Hospital, Valley Home Care, and CHCC, Ms. Dillman fulfills an important role in our joint efforts to reduce re-admission rates.

A geriatric nurse practitioner for nearly 30 years, Ms. Dillman has experience in primary care, nursing-home care, and home care. She earned a bachelor of arts degree from Ithaca College, a bachelor of science in nursing from Cornell New York Hospital School of Nursing, and a master of science in nursing from Hunter Bellevue School of Nursing in New York.

For more information about the PACU, call (201) 848-4463, email khockstein@chccnj.org, or visit ChristianHealthCare.org.
Tablet Technology Adds New Dimension to Care for PACU

Education, entertainment, and connectivity are just a touch away for patients on The David F. Bolger Post-acute Care Unit (PACU) at Christian Health Care Center. Through a unique program – Pad in Motion – patients may be provided with a customized iPad to use during their stay.

The tablet is preloaded with entertainment options, connectivity tools, and a PACU-specific application that help patients better understand the unit at CHCC, as well as their diagnosis, prognosis, recovery process, medication, and discharge planning.

“Patients can play cognitive games; stay connected through email, social media, and Skype; watch a movie; and read current events in local and national newspapers and magazines,” says Denise Kish, Director of Organizational Development and Service Excellence who spearheads the PACU Pad in Motion program. “More important, the iPad provides patients with a wealth of information about the PACU, their health-care team, and education about their particular diagnosis. In addition, patients can schedule their therapies and review menu options – all on the iPad!”

Pad in Motion has therapeutic value, as well.

“A former PACU patient enjoyed listening to music on the iPad,” says Suzanne Gramuglia, Activities Director for the PACU, Heritage Manor Nursing Home, and Southgate behavior-management unit. “It helped her relax and aided with her recuperation.”

Following a patient’s discharge, all data on the iPad is automatically cleared using a process that meets the highest data security and HIPAA standards. No sensitive information of any kind is retained between patients. Additionally, each tablet undergoes a five-point hygiene process before it is used by a new patient.

For more information about Pad in Motion at Christian Health Care Center, call (201) 848-4463, email khockstein@chccnj.org, or visit ChristianHealthCare.org.
Family Values

When Rick De Bel started dating his soon-to-be wife Ellen in 1986, he also began a deeply rooted relationship with her place of employment – Christian Health Care Center (CHCC).

“I have Ellen to thank for introducing me to CHCC,” says Mr. De Bel, who serves as Vice Chair of the Center’s Board of Trustees. “The Center’s level of care and loving kindness is unmatched by any facility of its kind in our area.”

In addition to his role as Vice Chair, Mr. De Bel also serves as Chair of the Finance Committee and long-time Co-chair of the Golf Classic Committee, which will celebrate its 25th anniversary this year. He also served as Chair of the Personnel Committee.

When his father Elias became a patient at CHCC, however, Mr. De Bel experienced the Center’s care and compassion first-hand. The elder De Bel was in The David F. Bolger Post-acute Care Unit (PACU) on several occasions before moving to The Longview Assisted Living Residence where Ellen, a registered nurse, is the Director of Health Services.

“When my stepmother passed away and it became evident that my father could not remain on his own, he simply stated that CHCC was his one and only choice because the care he received in the PACU was so wonderful,” says Mr. De Bel, a Senior Vice President at Bank of America Merrill Lynch. “He enjoyed the same tremendous care at Longview until he passed away last year at the age of 93.”

As the Center looks toward the future and fulfilling the needs of the community with new and expanded programs, Mr. De Bel remains dedicated to supporting the organization he holds with much respect.

“When I’m asked to list the Center’s assets, I would have to say that the greatest are the extremely dedicated trustees, administration, and staff, all working together to deliver care driven by CHCC’s mission,” Mr. De Bel says. “A close second is the culture that has been engendered as a result of this dedication, a culture of loving care delivered by a professional, hard-working staff which is proud of its affiliation with CHCC.”

For more information about supporting CHCC, becoming a volunteer, or the 25th Annual Golf Classic, call (201) 848-4463, email khockstein@chccnj.org, or visit ChristianHealthCare.org.

EMPLOYEE GIVING CAMPAIGN BENEFITS OUR PATIENTS

A very successful Employee Giving Campaign, coupled with a matching grant from The Bolger Foundation, funded renovations to the Ramapo Ridge Psychiatric Hospital C Wing Patient Lounge.

Much-needed renovations to the Ramapo Ridge Psychiatric Hospital C Wing Patient Lounge were the focus of a very successful, first-ever Employee Giving Campaign. The patients on this wing are the hospital’s most vulnerable and fragile. Coupled with a matching grant from The Bolger Foundation, the campaign funded renovations which transformed the lounge into a beautiful new multi-purpose space for patient dining and activities, as well as an area for families to visit their loved ones. The addition of a large-screen television helps engage patients and stimulate their minds, and music played through a state-of-the-art sound system along with a skylight simulating a peaceful outdoor space helps calm and relax them.

Employees, physicians, and patients’ families recently gathered to tour the new lounge, which was dedicated in memory of the mother of Mohammed Elrafei, MD, the hospital’s Inpatient Medical Director. Dr. Elrafei was a major supporter of the Employee Giving Campaign.

“This wonderful new space promotes recovery, improves function and convenience, and enhances the quality of life for patients and families,” says Cathleen Pilone RN, MSN, NEA-BC, Vice President/Administrator of Mental Health Services.
Upholding the Mission

As a Franklin Lakes resident, W. Peter McBride was familiar with Christian Health Care Center (CHCC), but it wasn’t until his aunt resided at Heritage Manor Nursing Home that he became aware of the breadth and depth of the organization.

“My aunt had a nice room with a nice view and was always very comfortable,” he says. “I visited her often, so I became familiar with the Center and got to know the residents, employees, and volunteers.”

After his aunt passed away, Mr. McBride continued to visit friends, relatives, and fellow parishioners of Most Blessed Sacrament in Franklin Lakes who had become residents or patients at the Center. His continued dedication to and support of the Center was acknowledged when he was asked to join the inaugural Board of Trustees of the CHCC Foundation in 2000. He accepted the invitation with honor and commitment, and served two terms.

“From the start I was impressed with the Center’s Christian mission, which is very evident,” he says. “It’s a very worthwhile mission and ministry, and the Center has a lot of very dedicated people.”

Like Christian Health Care Center, Mr. McBride and his family are integral parts of our community’s fabric. Family patriarch John McBride emigrated from Ireland to Paterson in 1863. W. Peter’s grandfather Frank founded a plumbing company in 1898, which grew to become Frank A. McBride Mechanical Contractors. After W. Peter completed a tour of duty as a second lieutenant in the U.S. Army from 1968 to 1971, he entered the family business and eventually joined forces with his father, J. Nevins, and brother David to lead McBride Enterprises, one of New Jersey’s premier real-estate development companies. Currently, W. Peter is President and broker of record for McBride Agency Realtors of Franklin Lakes.

Mr. McBride believes in giving back to the community. He has served on the St. Joseph’s Hospital and Medical Center Foundation, Passaic Valley Council of the Boy Scouts of America, Ramapo College Board of Trustees, Archdiocese of Newark Finance Council, and Most Blessed Sacrament Pastoral Council, in addition to his service to the CHCC Foundation.

“Christian Health Care Center has a great staff, great leadership, and a tremendous amount of volunteer support,” he says. “I’m proud to support an organization that has served our community for more than 100 years.”

To make a donation to Christian Health Care Center, call (201) 848-5799, email dkrentel@chccnj.org, or visit ChristianHealthCare.org.
Unique Bereavement Group Explores Faith and Grief

“I’ve lived in Wyckoff for years, and this was the first time I was ‘up on the hill,’ says Tom, a participant in Christian Health Care Center’s (CHCC) new Faith & Grief luncheon series. “Today was the first time I remember smiling and laughing in more than a year since the loss of my wife. You have a wonderful mission, and I want to thank everyone.”

Open to all faiths, Faith & Grief luncheons are opportunities for those mourning the loss of a loved one to gather together and be strengthened through sharing, scripture, prayer, and reflection.

“During these gatherings, participants find healing, comfort, hope, and strength,” says Rev. Sandi Masters, BCC, a CHCC Chaplain and the Faith & Grief Coordinating Team Leader. “They confront and explore the intersection of their faith and their grief.”

Participants are invited to attend monthly or whenever their schedule allows. There is no cost to attend, and the luncheon is complimentary; free-will donations are accepted.

“One participant told us that today was the first time that she ate at a table since her husband passed away. She couldn’t bear to eat at her dining room table without him and would bring a tray with her meals into the living room to eat in front of the television,” Rev. Masters says. “She was so grateful.”

**Faith & Grief luncheons are held from noon to 1 p.m. the third Wednesday of every month in the Auditorium. Registration is required by visiting FaithandGrief.org; emailing dcioffi@chccnj.org, or calling (201) 848-4264.**

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**Binding Up Our Grief**

BY REV. SANDI MASTERS, BCC
Chaplain, Heritage Manor Nursing Home and The David F. Bolger Post-acute Care Unit

“[The Lord heals the brokenhearted and binds up their wounds.” —Psalm 147:3 (NRSV)

Wounds take time to heal, especially the deep wounds of the spirit which occur when a loved one dies. A traumatic wound of the body needs ongoing attention and care to allow our body to heal and rebound to its fullest potential. Traumatic wounds of grief and loss that death inflicts need the same attention and care for our spirit and lives to heal and rebound into their fullest potential for the future.

The undergirding belief of our monthly Faith & Grief luncheons is that the Lord is a gentle and persistent presence in the midst of our grief, calling us, through faith, out of the isolating influence of anguish into the presence of the Lord’s comfort in and through a community of those who understand. That call may come from a friend’s inducement, a pastor’s urging, or a newspaper’s calendar notice, but however it is heard by our participants, we believe that it is the Lord’s initiative and invitation to come and allow the Lord to re-dress wounds and re-inspire spirits, thereby empowering broken hearts to heal.
If there really is a fountain of youth, Carrie Graf may have found it. At 101, she looks and acts decades younger, and is a role model for her neighbors at Evergreen Court independent-senior housing at Christian Health Care Center.

“Carrie is amazing,” says Ethel De See, Evergreen Court Director. “She is a joy to be around. Her positive attitude is contagious.”

Mrs. Graf grew up in Paterson. She was one of 10 children and helped to raise her siblings. She worked in the city’s silk mills until she got married. Her husband Albert passed away in 1969, shortly before their 25th anniversary. Mrs. Graf remained in her home until 2005 when construction necessitated a move.

“My nephew and niece had wanted me to move to Christian Health Care Center for quite some time, but I wasn’t ready,” says Mrs. Graf, who attends Ebenezer Netherlands Reformed Church in Franklin Lakes.

Initially, Mrs. Graf looked at supportive senior housing at Hillcrest Residence at the Center, but the enthusiastic baker ultimately decided upon independent living at Evergreen Court. Up until very recently, the active senior would often bake dozens of almond tarts and butter cookies for her Evergreen Court neighbors. Her exuberance and happiness – and baking skills – are admired and enjoyed by all Evergreen Court residents.

“I really like all the people who live at Evergreen Court,” she says. “We’re one happy family.”

Addrs Mrs. De See, “We look forward to celebrating her 102nd birthday in September of this year.”

For more information about Evergreen Court, call (201) 848-4463, email klockstein@chccnj.org, or visit ChristianHealthCare.org.

Calendar of Events

All programs are held at Christian Health Care Center, 301 Sicomac Ave, Wyckoff, unless otherwise noted.

Caregivers Support Groups

Noon • Tuesdays June 3, July 1, August 5
Building 1 Conference Room, (201) 848-5830, registration required

1 P.M. • Wednesdays June 4, July 2, August 6
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. • Fridays June 13, July 11, August 8
Commons Conference Room, (201) 848-5867, registration required

5:30 P.M. • Wednesdays June 18, July 16, August 20
Commons Conference Room, (201) 848-5867, registration required

Faith & Grief Luncheons

Noon to 1 P.M. Wednesdays June 11, July 16, August 20
Auditorium, (201) 848-4264

Community Blood Drive

9 A.M. to 1:30 P.M. June 25
Commons Parking Lot, (201) 848-5872

Christian Health Care Center 25th Annual Golf Classic

Monday, June 9
Knoll Country Club, Parsippany, (201) 848-5796

Celebration of Excellence

Thursday, October 16
The Terrace at Biagio’s, Paramus, (201) 848-5796
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