Health care is constantly changing, partly because the population is constantly changing. On average, we are living longer, and with an extended lifespan comes new needs and expectations. Some people live to be over 100 without any medical issues, while others may face one or more health concerns. One diagnosis affecting a growing number of individuals is dementia. In 10 years, the number of people age 65 and older in the U.S. with Alzheimer’s disease or another dementia-related disorder is expected to rise by 40 percent – from 5.1 million to 7.1 million. At Christian Health Care Center, we are caring for a growing number of seniors with Alzheimer’s disease or other forms of dementia. To better meet their needs, we designed a new community on Heritage Manor East Nursing Home. Here, following our Person- and Family-centered Care model, memory support is delivered compassionately and respectfully. You can learn more about our new community on Page 1.

This year’s Annual Fund has been designated for The Longview Assisted Living Residence. Longview has been home to hundreds of seniors in our community since its opening nearly 16 years ago. The 2015 Annual Fund will be used to help renovate and refurbish Longview to be more suitable for the changing and growing needs of its residents, and to optimize quality of life through health, healing, and wellness. Jean Lizza, one of our Longview residents, describes life at Longview on page 3.

Finally, we hope you are enjoying the warmth of the summer after such a cold winter. Please make a note on your calendar to come out and enjoy our second Family Fun Night and Classic Car Show on August 14. To keep up-to-date with all news and events at CHCC, we encourage you to sign up for Centered Care, our monthly e-newsletter (see below).
Christian Health Care Center continually evaluates its services and programs, undertaking renovations and expansions in order to enhance the quality of life for those entrusted to our care. In maintaining this commitment, the Center recently designated a community on Heritage Manor East Nursing Home to better meet the needs of seniors with memory-care issues.

This beautiful, secure, and comfortable residence offers ample benefits, including specialized programming tailored to residents’ needs, multiple dining experiences, various home-like spaces for visits with family and friends, a Great Room, a large Media Room, and a serene and secure outdoor area.

“On Heritage Manor East Nursing Home, each resident receives the care, attention, and support to help him or her thrive... The care, comfort, and safety of our residents are at the core of Christian Health Care Center’s mission.”

— Nancy Mericle, RN, NADONALTC
Director of Nursing Services for Heritage Manor and Southgate

Memory-care Community Fine-tunes Care

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“On Heritage Manor East Nursing Home, each resident receives the care, attention, and support to help him or her thrive;” says Nancy Mericle, RN, NADONALTC, Director of Nursing Services for Heritage Manor and Southgate.

A major benefit for Heritage Manor East residents is innovative, specialized programming.

“Music therapy, educational programs, and individualized activities are so beneficial for seniors living in a memory-care environment,” says Linda Bunker, ADC, Activities Director.

“We continually evaluate our activities and programs. Ultimately, the process helps us develop more individualized programs. Currently, we are creating additional sensory-enrichment activities, such as cooking demonstrations. We are also developing more programs that involve families and friends to help them stay connected with their loved one. The goal is for everyone to have fun and create memories."

Part of the new programming will focus on educating family and friends about dementia and other health conditions that benefit from memory care. Heritage Manor East staff and volunteers also take part in regular educational programs and training to ensure that care remains beneficial, appropriate, and innovative.

“The care, comfort, and safety of our residents,” Mrs. Mericle says, “are at the core of Christian Health Care Center’s mission.”

For more information about Heritage Manor East, call (201) 848-4463, email khockstein@chccnj.org, or visit ChristianHealthCare.org.

Certified Nursing Assistants: Keen Observers Enhance Care and Safety

At Christian Health Care Center, certified nursing assistants (CNA) are the frontline of care. CNAs, who will be celebrated during Nurses Assistants Week in June, can be found at the Center in The David F. Bolger Post-acute Care Unit, Heritage Manor Nursing Home, Southgate behavior-management unit, and Ramapo Ridge Psychiatric Hospital. Their many responsibilities include assisting with ambulation and activities of daily living, and ensuring that personal needs are met.

“CNAs are keen observers. Because they provide frequent, routine care on a daily basis, they are very aware of any symptoms or changes in an individual’s health status;” says Nancy Mericle, RN, NADONALTC, Director of Nursing Services for Heritage Manor and Southgate.

A unique position at the Center is the Lead CNA. Lead CNAs serve as team captains for their respective unit/wing. At the start of their shift they review resident/patient care reports from the charge nurse and provide input regarding CNA assignments. They make rounds, confirm that replacement and/or relief staff has arrived, and transfer patient-care information to the next shift.

The Center offers an on-site Nurse Aide Training and Competency Evaluation Training Program. For more information, call (201) 848-4463 or email khockstein@chccnj.org.
Allen Lowitt has one word to describe his stay on The David F. Bolger Post-acute Care Unit (PACU) at Christian Health Care Center (CHCC): “Fantastic!”

The 76-year-old Pompton Plains resident arrived at the PACU in a wheelchair and on oxygen following triple-bypass surgery at The Valley Hospital in Ridgewood. Five weeks later he walked out of the unit without any assistive devices, eager to return to his normal routines.

“I had no idea that I was going to have a triple bypass,” Mr. Lowitt explains. “I was supposed to have a stent put in, but the surgeon determined that I really needed a bypass.”

As his nine-day inpatient stay was coming to an end, his social worker provided a list of potential rehabilitation facilities to his wife Lee.

“Christian Health Care Center was on the list. I had only heard good things about it, and I always notice vans for Christian Health Care Adult Day Services program in our neighborhood,” Mrs. Lowitt says.

Upon Mr. Lowitt’s arrival at the PACU, assessments by the interdisciplinary team were conducted quickly. The full-time, on-site team includes physicians; a physiatrist (a physician who specializes in rehabilitation); registered nurses; certified nursing assistants; physical, occupational, and speech therapists; social workers; discharge planners; activities staff; and chaplains. Mr. Lowitt’s overall health, age, and physical limitations were taken into consideration when developing his personal care plan, as was his exercise tolerance, maximum heart rate, muscle strength, joint mobility, peripheral blood flow, vision, hearing, motor skills, coordination, and balance.

On the PACU, rehabilitation is a key component of care. Mr. Lowitt began physical and occupational therapy the day after he was admitted.

“My therapy consisted of walking, leg strengthening, climbing stairs, and working on balance. I practiced getting in and out of bed, and getting dressed by myself,” he explains. “I no longer needed the wheelchair a week and a half after I came to the PACU. The therapy was excellent. I had six or seven therapists. Every single one was terrific. Every single one knew what therapy I had done with the others because it was all documented.”

Patient and family education is another key component of care at CHCC. To that end, Mrs. Lowitt met with a registered dietitian for information about the most beneficial diet for her husband.

“The amount of people who help the patient and family is amazing,” she says.

Upon Mr. Lowitt’s discharge, his social worker had arranged for outpatient physical therapy.

“The concern of and care by the entire staff – from the therapists to the nurses to the certified nursing assistants to the people that clean your room – is remarkable,” Mr. Lowitt says.

“When I came here, I couldn’t do much for myself. Thanks to the whole staff, I was able to take care of myself at almost 100 percent when I got home.”

For more information about The David F. Bolger Post-acute Care Center at Christian Health Care Center, call (201) 848-4463, email khockstein@chccnj.org, or visit ChristianHealthCare.org.
**Embrace Wellness at The Vista**

Wellness is more than a state of physical health. Total well-being includes all seven dimensions of wellness — physical, emotional, intellectual, spiritual, social, environmental and occupational. **At The Vista, Christian Health Care Center’s continuing care retirement community, residents will find a wealth of opportunities to engage in activities that enhance their lives and empower them to enjoy all the benefits of retirement living.** Here, they will not only find a variety of ways to exercise the body, but also musical and dramatic performances that will awaken the imagination, educational classes and lectures that will engage the mind, and affinity groups that will provide an opportunity to explore both new and existing interests with like-minded people. In addition, frequent social events, trips both near and far, faith-based activities, volunteer opportunities, and more will fill the calendar. The only thing residents will have to plan is what to do next!

The Vista’s location on a quiet ridge overlooking the Ramapo Mountains features mature trees and a natural woodland environment that will offer spectacular views and open spaces for outdoor activities. In contrast to other communities with several hundred or even a thousand homes, The Vista will be an intentionally small community with fewer than 200 apartment homes, creating an intimate ambience that encourages opportunities for friendship and social interaction. Here, residents will find personal attention and advanced, innovative programming based on the most up-to-date knowledge that will empower them to stay as active and healthy as possible.

Visit The Vista Information Center to learn more. Our Information Center team is available to answer your questions:

- Caroline Angelica, Vista Sales Counselor
- Andrea Moraski, Vista Sales Counselor
- Camille Munro, Vista Sales Counselor
- Amy Rose, Vista Marketing Associate

**The Vista Information Center is located at Cedar Hill Plaza, 525 Cedar Hill Ave., Wyckoff. Call (201) 848-4200 or email Live@TheVista.org to make an appointment.**

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**The Vista’s Amenities**

The Vista’s programming and amenities have been thoughtfully designed to promote and enhance total wellness.

- **Healthy, delicious, chef-prepared meals** served in a choice of venues: a fine-dining restaurant; a private dining room; a chef’s exhibition casual restaurant; a pub with a convenient take-home option; and a fitness bar for healthy snacks and beverages on the go

- **State-of-the-art fitness center** with cardio and weight equipment specially designed for mature adults, as well as a group exercise room

- **Aquatic center** with an indoor, heated pool and a whirlpool spa

- **Spa and salon services**, including hair care for men and women, massage, facials, manicures, and pedicures

- **Cultural Arts Center**

- **Library**

- **Outdoor terraces** and paved walking trails

- **Social events, educational programs, and cultural activities**

- **Christian Health Care Center volunteer opportunities**
For John Gunther, the decision to volunteer at Christian Health Care Center (CHCC) was easy.

“When you visit the Center and witness the dedicated employees and see the beautiful campus, it’s very easy to raise your hand and say, ‘Yes! I want to get involved.’”

Mr. Gunther serves on the Golf Classic and Foundation Events Steering committees, and is also a friendly volunteer for short-term rehab patients at The David F. Bolger Post-acute Care Unit (PACU).

“I was aware of Christian Health Care Center because the Center is actively engaged in the same local Bergen community that I work and live in,” says the Glen Rock resident. “My formal introduction to the Center was in 2005 by my dear friend, the late David Krentel who served as the Foundation Executive Director until his sudden passing in January of this year. He was so proud of the Center. He encouraged me to come for a visit.”

The first area that Mr. Gunther, a Financial Advisor with Morgan Stanley’s Paramus office, visited that day was CHCC’s short-term rehab unit.

“My first few visits to the Christian Health Care Center were so positive and really motivated me to find a way to become an active volunteer,” he says. “I was so impressed by the dedication and enthusiasm of the employees. I sensed that the short-term rehab patients appreciated the care they were receiving and were committed to recovering so they could return to the place that they call home.”

The more Mr. Gunther volunteered at the Center, the greater his appreciation of the organization grew and the more he felt like part of the CHCC family.

“The Center has a continued commitment to excellence,” he explains. “Strong Christian values are at the center of everything we do, and those values are what make us unique.”

Like most volunteers, Mr. Gunther, who also serves as the community service coordinator for his office and as the head football coach for the Glen Rock Junior Football program, feels that he receives more than he gives.

“I enjoy seeing the work and the time that I put in benefiting the Center, whether it’s via my participation on the Golf Committee or the Foundation Events Steering Committee,” he says. “What I enjoy the most is visiting patients and letting them know that we really care about them and that their recovery is just as important to us as it is to them.”

— John Gunther

For more information about volunteering at Christian Health Care Center, call (201) 848-4463, email khockstein@chccnj.org, or visit ChristianHealthCare.org.
Volunteer Christian Health Care Center proudly honors Douglas H. Dittrick and David P. Krentel (posthumously) with the David F. Bolger Award for Service and Leadership.

A Celebration of Excellence
Wednesday, October 28, 2015
The Venetian • Garfield, NJ

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A medical day program for older adults

With locations in Wayne and Wyckoff, Christian Health Care Adult Day Services provides:

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- door-to-door transportation to neighboring towns;
- nutritious meals and snacks according to dietary needs;
- diverse activities, such as exercise, entertainers, arts and crafts, games, and baking;
- social-work services including community referrals and family counseling;
- physical, occupational, and speech therapies;
- beautician services; and
- respite for caregivers.

Financial grants available. Medicaid accepted.

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Let us share the care!

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Financial grants available. Medicaid accepted.

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Proudly honors Douglas H. Dittrick and David P. Krentel (posthumously) with the David F. Bolger Award for Service and Leadership
Wednesday, October 28, 2015
The Venetian • Garfield, NJ

For more information about A Celebration of Excellence or to make a donation to Christian Health Care Center, call (201) 848-5796, email dbickert@chccnj.org, or visit ChristianHealthCare.org.
“I think the world of Christian Health Care Center (CHCC),” says dedicated supporter Doris Swenson of Ridgewood. “I think the Center has a remarkable staff and a remarkable administration.”

Ten years ago, her husband Richard was a patient on the newly established short-term rehab unit. After his passing, she expressed her gratitude for the care he received through the first of many gifts to the Christian Health Care Center Foundation. Her introduction to the Center, however, actually occurred years earlier.

“I became associated with Christian Health Care Center in a very roundabout way,” Mrs. Swenson explains. “About 25 years ago, the daughter of a very dear friend of mine went to Eastern Christian Children’s Retreat. She asked if I would help her organize a fundraising sports-night dinner. We organized the dinner for 12 years and a lot of sports figures, like Phil Simms of the NY Giants, became involved. A number of Christian Health Care Center board members attended our dinners. I didn’t know much about the Center at that point, but I got to meet a lot of people involved with CHCC.”

Mrs. Swenson’s first-hand introduction to CHCC came after her husband broke his arm and needed rehabilitation.

“I didn’t know much about short-term rehab facilities, so I visited some with a friend of mine who is a doctor’s daughter and very savvy in the medical world,” Mrs. Swenson says. “She went to the Nurses’ Station at CHCC’s short-term rehab unit and asked two employees how long they had worked for CHCC. One said 15 years. The other said 17. My friend turned to me and said, ‘This is where you want to bring your husband. If the employees have been satisfied working here for that long, then it is a good place.’”

In addition to employee longevity, Mrs. Swenson was impressed by the environment.

“The whole atmosphere at CHCC was so cheery and so bright,” she says. “And this is the most important thing – the aroma was very pleasant and fresh. It wasn’t like other facilities.”

Following his passing in 2007, she was moved to support CHCC.

“I wanted to do something for CHCC because the staff had taken such good care of my husband Richard,” she says. “They also took such good care of my dear, dear friend Marge Roukema.”

A Ridgewood resident of 59 years, Mrs. Swenson and her husband designed and built their home. Their den became the first office of Eastern State Steel Corp., a steel business they founded in 1963. The Swensons raised four children in their Ridgewood home. Now Mrs. Swenson’s granddaughter Sarah brings her daughter Claire to visit every week.

“I am so very proud of my children, grandchildren, and great-grandchild,” she says. “A dedicated community member, Mrs. Swenson is also a supporter of The Valley Hospital and West Bergen Mental Healthcare. “I continue to support these organizations and Christian Health Care Center as much as I can,” she says.

To join Doris Swenson in her support of Christian Health Care Center, call (201) 848-4312 or visit ChristianHealthCare.org/Foundation/Donate.

“I wanted to do something for CHCC because the staff had taken such good care of my husband Richard. They also took such good care of my dear, dear friend Marge Roukema.”

— Doris Swenson

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More details to follow. Visit ChristianHealthCare.org, email dbickert@chccnj.org or call (201) 848-5796.
Living at Longview: “Everything I had hoped for.”

Jean Lizza is partaking in two of her favorite pastimes — reading a good book while enjoying brilliant sunshine streaming through her picture window — in the comfort of her home at The Longview Assisted Living Residence.

“I love my room, and I love the view,” says the 89-year-old, who moved to Longview at Christian Health Care Center two years ago.

Longview provides personalized care in a secure environment that supports and fosters each individual’s maximum level of independence, while also providing needed assistance with activities of daily living, such as bathing, dressing, and medication reminders. Residents can choose from an extensive list of services and amenities, enabling them to get exactly the help they need to remain as independent as possible. Each resident enjoys an apartment, as well as common areas that promote socialization and a sense of community.

A Child Day Care Center, located on the lower level, provides opportunities for residents to enjoy intergenerational programs. Residents also have access to an on-site Wellness Center for physical, occupational, and speech therapy, and a professional suite for physician appointments. This year, Christian Health Care Center’s Annual Fund is designated to help renovate and refurbish Longview.

Many years ago, Mrs. Lizza told her three sons that if she could no longer take care of her house — or wanted to take care of her house — she planned to move to Longview.

“I had never visited Longview,” she says, “but I had heard about it and knew about its reputation.”

Mrs. Lizza, a Bayonne native, met her husband Arthur while she was working as a legal secretary at a Jersey City law firm. After they were married, they moved to Ho-Ho-Kus. There, Mrs. Lizza took on a new role as a full-time mother. Mr. Lizza passed away in 1991, and Mrs. Lizza decided to move to a townhouse in Mahwah.

About four years ago, Mrs. Lizza made her first visit to CHCC as a short-term rehab patient on The David F. Bolger Post-acute Care Unit (PACU) following hospitalization for a cardiac condition. Immediately following a second PACU stay a short time later, she moved to Longview.

At Longview, Mrs. Lizza enjoys bingo (“for the social aspect”) and volleyball (“We have a hilarious time!”). Mostly, she enjoys the rest and relaxation that come along with life at Longview.

“I’m very relaxed at Longview, and I’ve made some nice friends,” Mrs. Lizza says. “I’m very happy living here. It’s everything that I had hoped for.”

For more information about The Longview Assisted Living Residence, call (201) 848-4463, email khockstein@chccnj.org, or visit ChristianHealthCare.org.

To support the 2015 Annual Fund, call (201) 848-4312 or visit ChristianHealthCare.org/Foundation/AnnualFund.

Kudos!

The Longview Assisted Living Residence awarded Advanced Standing status by the Health Care Association of New Jersey and the New Jersey Department of Health.
Christian Health Care Counseling Center offers effective family therapy provided by counselors with decades of knowledge and experience.

Family Therapy Can Help Ease Stress and Improve Communication

Melissa was a typical 14-year-old who listed her hobbies as shopping, listening to (and singing along with) Taylor Swift, and chatting endlessly on the phone with friends. Her world changed the day she learned that her mother had cancer. She lost interest in the activities that she once enjoyed and felt depressed. Her parents, who were facing their own fears, recognized that she needed help and turned to Christian Health Care Counseling Center (CHCCC). Following an initial assessment, family therapy was recommended as the treatment with the most potential to help Melissa, as well as the entire family.

“When a family is impacted by catastrophic or chronic illness, family counseling can be extremely beneficial,” says Miles Thomas Burklow Jr., EdS, LMFT, a CHCCC therapist and a Clinical Fellow of the American Association for Marriage and Family Therapy (AAMFT). “This type of counseling is also beneficial when a family is impacted by alcohol or substance abuse, mental illness, domestic violence, marital or financial problems, interpersonal discord, and change-of-life issues, such as when a child goes away to college.”

Therapists help families identify interpersonal factors and interactional patterns that may promote, exacerbate, or maintain symptoms or relational distress. Therapists can help family members transform these patterns into more constructive ways of relating to one another and deepening family connections so that even after therapy is complete, families can get through stressful times.

“Family counseling doesn’t automatically solve family conflicts or make an unpleasant situation go away, but it can help family members understand one another better and provides skills to cope with challenging situations in more effective ways,” says Mr. Burklow, who is the former President of AAMFT’s New Jersey Division and its current Legislative Chair.

During therapy, the family’s ability to solve problems and express thoughts and emotions are examined. Family roles, rules, and behavior patterns are explored, and family strengths and weaknesses are identified. Individual and family goals are set and ways to achieve them are developed.

“It is important to note that today’s definition of family encompasses long-term relationships between people who may or may not be related by blood or marriage,” Mr. Burklow says.

Not all family members may attend family therapy. If one member is suffering from a mental-health illness or has a substance-abuse issue, for instance, he/she may be in individual treatment while other members attend family therapy.

“People don’t often think about the interpersonal and interactional factors involved with depression, anxiety, and substance and alcohol abuse. The entire family is affected,” Mr. Burklow says. “Our goal is to help families understand one another, improve communication, and help resolve conflicts. Ultimately, we work to bring families closer together.”

For more information about Christian Health Care Counseling Center, call (201) 848-4463, email khockstein@chccnj.org, or visit ChristianHealthCare.org.
There is a lot of research these days on resilience, the ability of some to repeatedly live out the refrain, “I get knocked down, but I get up again; you’re never going to keep me down!” while others simply stay down and defeated. Is there a key identifiable quality which, when present, allows us to effectively rebound in the face of adversity?

Researchers are beginning to answer, “Yes,” identifying hope as the key ingredient of resilience. One researcher even writes, “Resilience is hope. Hope is powerful. As opposed to its dark cousin, despair, which paralyzes us, hope energizes and mobilizes us.” Resilient hope is not blind optimism but an attitude toward life that believes even the most devastating difficulties and experiences can be overcome.

Scripture also confirms hope as the central ingredient of resilience, but not hope in our inner strength which may falter. Rather, we place our hope in the love, power, and faithfulness of God which never fails nor falters. We are promised that “those who hope in the Lord will renew their strength.” (Is.40:31a,NIV) We are assured that, by relying on the resilient hope that is God, “We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed.” (II Cor 4:8-9, NIV)
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