

PARKER PRESS

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CARING FOR THE CAREGIVER

By Roberto Muñoz, Parker President and CEO

The role of caregiver to an aging or sick parent or spouse

is not something we typically plan for, yet it's a role that over 30 million Americans have taken on in the last year.

At Parker, we care about caregivers. Their decisions are often difficult and extremely stressful. Very often they feel, incorrectly, that they are alone.

They are the unsung heroes: providing direct care for their loved one, taking over the responsibilities of making doctors' appointments, paying bills, or ensuring their loved one gets the attention they need. They're often providing the maximum effort while still trying to save every

shred of their loved one's dignity.

Sadly, their own needs are frequently unmet. A recent study conducted by Atlantic Health System and United Way found that the rate of severe depression more than doubles when comparing caregivers to the general public.

Do you know someone who is a caregiver? Help them with small gestures that go a long way. Offer to spend time with their loved one while they take a well-deserved break. You can also do their grocery shopping, run errands or help with chores.

Each month, Parker hosts several free caregiver support groups. Visit the Events section of our website to learn more. **Knowing you are not alone can make all the difference.**

PARKER CPR TRAINING SAVED TODDLER'S LIFE

By Danielle Woodruffe

When Aisha Kamara signed up to take a CPR class at Parker, she had no idea the magnitude of the decision she was making.

Kamara, who works in Environmental Services at Parker, thought knowing CPR would simply be a good skill to have.

However, just two months after becoming certified, she put her training to the test on someone she was not expecting to save from a choking incident — her two-year-old daughter who swallowed a penny and a dime.

"She laid down on the floor and put a water bottle in her mouth and the coins, which were in the water bottle, went down her throat," said

Kamara. "I wasn't sure what to do. I was thinking, 'Should I call 911?' I was panicking." Then Kamara remembered her CPR training and administered the Heimlich Maneuver, saving her daughter's life. While clinical workers are required to be CPR certified, other staff are encouraged to take advantage of the free class. In 2018, more than 100 employees were CPR certified at Parker. Some of them have put their training to use on the job.

Classes are offered each month at Parker. Students are taught general CPR, which includes proper training on the Automated External Defibrillator (AED) machine, as well as the Heimlich Maneuver.

WE ARE #WithIt!

By Fern Marder

Get #WithIt on Aging:
Join the Movement

#WithIt

WeAreWithIt.org

[@WeAreWithIt](https://www.facebook.com/WeAreWithIt)



Anita's morning yoga
practice keeps the
rest of her day in
balance



Inspired by Parker | Parkerlife.org

In 2017, Parker began a campaign to create more positive attitudes and behaviors towards aging as a reaction to the increase in ageism in society and especially in the media. Elders are not respected and are often depicted as frail, laughable drains on our society, particularly on TV and in social media memes. Ageism is the last acceptable form of discrimination and prejudice. It's time to shine a light and reverse this trend. This year, we converted the #WithIt campaign to a full-blown movement and are inviting everyone to join us and help in the battle against ageism.

Our goal is to move the public beyond simply knowing that ageism is a problem in our society. We want everyone to drop biases against older Americans and open themselves up to shared experiences with people of all ages. We want people to embrace the beauty of aging and learn what we know from experience—that people of *all* ages are learning, loving, and living life to the fullest. We know this because we see examples of it every day—in our residences, our Health & Wellness Center, and our Adult Day Centers.

We launched a new website—WeAreWithIt.org—and opened **Facebook, Twitter, LinkedIn and Instagram @WeAreWithIt accounts** where you'll find fascinating stories about people living their best lives.



Making Music at Parker Adult Day Center

PARKER ADULT DAY MAKES LIFE EASIER FOR CAREGIVERS

By Daniel Carr

In recent years our mission of empowering those we serve has expanded: As we seek new ways to serve the community, we aim to “lighten the load” and relieve a little pressure from those in the demanding role of caregiving. As one caregiver noted at our Caregiver Conference, “Once you become the designated caregiver, everyone expects you’ll handle everything.”

We believe our adult day programs, located in Highland Park and Monroe Township, are key in providing that assistance. While participants, many of whom have dementia, are enjoying their day at the center, the caregiver can take some long-needed personal time.

We host monthly support groups, which focus on memory care, at both of our Adult Day Center locations. We provide education to caregivers in relation to their difficult role. Additionally, we host events that allow caregivers to socialize with their loved ones in a group setting, such as dancing or enjoying a nice meal — an opportunity they may not be able to have otherwise.

We are happy to work just as hard to attend to the needs of caregivers as we do for our program participants.

OUR MISSION CONTINUES

By Bill Hagaman, Chair, Parker Board of Trustees

In May 2017, Parker adopted a new brand, vision and mission to guide us into the future.

The mission statement is:

Discover ways to make aging manageable, relatable and enriching for all of society. The

vision statement is also our

tagline: **we make aging part of life.** In the two years since rebranding, how has the new mission and vision impacted and improved Parker?

You may have noticed that both statements do not mention long-term care; they are specifically about aging, which reflects Parker’s growth from a single nursing home to a provider of aging services, including post-acute rehabilitation, specialized memory care programs, adult day centers, a health and wellness center, rehabilitative therapies, and more intriguing plans on the horizon—fulfilling the “discover” aspect of Parker’s mission.

Another example of implementing Parker’s vision to **make aging part of life**, is the **#WithIt** campaign, which has recently been transformed into a movement. To make aging part of life, Parker has launched a website and four social media accounts to highlight people who are living their best lives and to applaud corporations and media outlets that have integrated older individuals into their ad campaigns and subject matter. Learn more about **#WithIt** on Page 2 of this publication and **Join the Movement!**



PARKER: MEETING ALL THE MEASURES OF 5-STAR REHABILITATION

By Tesla Rindels

When looking for a rehabilitation center for you or your loved one, what should you look for? Is it exceptional care? Is it about the level of clinical capabilities? Is it a short stay or a great outcome? There is a place that encompasses all of your wants and needs. At the post-acute rehab of Parker at Somerset, we maintain the highest quality of excellence. We strive for a short length of stay paired with a low hospital re-admission rate. Our therapy department offers services seven days a week, ensuring that you are making the most of your time with us. Our nurses and nursing assistants truly care and make sure that your needs are met. With 30 post-acute beds, you or your loved one will be cared for in a person-centered environment with highly-proficient and well-trained staff. Whether you have a special diet, therapy needs or require special accommodations, we have you covered. It's why Parker at Somerset was honored with a five-star rating from the Centers for Medicare and Medicaid Services in all categories, which places the community as one of the top-rated nursing homes in the state.



KEEPING ACTIVE WITH PARKINSON'S

By Danielle Woodruffe



Parker at Stonegate Assisted Living Resident, Doris Kempton, discovered a love she never knew in boxing. She practices five times a week at Parker's Health & Wellness Center. The sport does more than provide exercise, it's helping Doris live with Parkinson's Disease. "I knew boxing was good for people who have Parkinson's Disease," says Kempton. "Part of the things you should do when you have Parkinson's is stay active and that's what I try to do."

Walter Braun also lives at Parker at Stonegate, and like Doris, he has Parkinson's. He's found that karate helps to keep him steadier and stronger. "When I was first diagnosed, I was devastated," says Braun. "Slowly I started to develop an ability to do more with exercise, picking up on these *katas*, as they're called. "It's turned out to be wonderful exercise because the unique thing about karate is, it exercises every part of your body."

Parker personal trainers see the improvement both have had with boxing and karate. "They forget about Parkinson's once they start moving and their body frees up," notes Parker trainer, Lori Stevens. "Once they're doing things that they used to, maybe from years ago, that muscle memory comes back."

Both participants say positivity makes all the difference in living with Parkinson's. "I discovered that being positive was one of the things that's going to make this successful or not," says Braun.

"I only have Parkinson's. Parkinson's does not have me," Kempton remarked. These two champions are staying in control of Parkinson's and **make aging part of life.**

WHAT WILL YOU SEE ON PARKER TV?

Stories from Parker residents, employees, volunteers and families told in their own words. They are living every day to the fullest. They're **#WithIt!**



Championing Parkinson's



Nurse's Amazing 29 Year Career



Resident Broadcasters



Rockin' Exercise Routine



CNA Life at Parker



Volunteers Marty and Pearl



The Joy of Aging Together

Follow Parker Life Org on YouTube to watch more!



Meet Marion

Dedicated to her dice game and her granddaughter, Marion makes sure her schedule works for both. Enjoying life. **She's #WithIt.**

Share what aging means to you, and see the stories that are changing the conversation about aging in America.

Follow our #WithIt movement: [@WeAreWithIt](#) |    

we make aging part of **life**

To learn more about Parker, please visit [Parkerlife.org](#) or contact (732) 902-4200

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Parker Health Group, Inc. is a nonprofit, New Jersey-based aging services organization that is committed to changing perceptions about aging, empowering older Americans, and making aging part of **life**. For over a century, Parker has led the way in aging services—challenging, changing, and expanding the idea of what it means to grow older in America.