

# GREENWOOD HOUSE GAZETTE

FEBRUARY 2016

## Care for the Caregiver

There is no denying that caring for a loved one is a full-time job. Not only is it time consuming but even in the best of circumstances it can be emotionally draining. Below are some tips:

- Exercise
- Meditate
- Eat well
- Don't skimp on sleep
- Find some "you time" every day

For more practical ideas for "Coping with Caregiver Stress," attend a free program hosted by Alzheimer's New Jersey on Tuesday, February 9, from 6-7 PM at Abrams Assisted Living Residence. To register, call 973.586.4300.

## Grandchildren and Great Grandchildren Invited!

Join us for a multigenerational celebration of Purim hosted in collaboration with the PJ Library, a partner organization of the Jewish Federation of Princeton Mercer Bucks. On March 6, beginning at 2 PM, we hope to fill the Abrams Assisted Living Residence with young people to enjoy an afternoon of crafts, treats, storytelling and festivities. Space is limited. Please register at [pjoffe@jewishpmb.org](mailto:pjoffe@jewishpmb.org) or call 609.219.0555.

## Save the Dates: Fundraisers

**April 13: Zebra Tomato Party 2016** which will honor Joan and Howard Henschel at Grounds for Sculpture 6 to 9 PM.

**May 5: Annual Becky Deitz Levy Card Party** at Greenacres Country Club – 11 AM.

## Thank You for Making Our Wishes Come True!

Thanks to your generosity our Holiday Wish List goal of \$3,500 has been exceeded. Through your donations, we were able to purchase four Vital Sign monitor systems as well as a recumbent bike for our Rehab Department. We appreciate the more than 100 people who responded to our staff's wish list request!

## All-Call for a Theatrical Event!

Greenwood House is pleased to partner with the nonprofit Passage Theater Company to co-sponsor two performances of the one-woman show "Etty." The internationally acclaimed performance is author/performer Susan Stein's interpretation of the writings of Etty Hillesum's experience as a 27-year-old-woman during the Holocaust. **A portion of ticket proceeds for the March 12 and March 13 shows will benefit Greenwood House. For tickets please visit: <http://passagetheatre.org/events/etty/>**



## Greenwood House in Your Home

Our Homecare Program in conjunction with Jewish Family and Children's Service (JFCS) was recently awarded a special grant of \$23,500 given by the Jewish Federation of Princeton Mercer Bucks. The purpose of the grant is to ensure that we can continue providing care to home-bound, financially at-risk Jewish Seniors following a cut in United Way funding.

"The Shirley & Harold Silverman Homecare Program team made over 13,500 home visits last year, providing companionship, light housekeeping, transportation and home safety supervision among other services," said Richard Goldstein, executive director.



Pictured: Homecare recipient Victor Walcoff with Gwen Hilton, certified home health aide.

## Warm Words From The Heart

"...Heartfelt thanks to you and your dedicated staff for the superb care and loving kindness everyone gave to (my husband.) He was treated with the utmost competence, respect, and -yes- love by the nurses and nursing assistants..."

"...When you put your parent in a home you hope they are taken care of but with Greenwood House you know they are taken care of..."

## The Gift That Keeps Giving

A Charitable Gift Annuity is a planned gift that provides benefits to both the donor and charity. This vehicle is attractive to some donors because typically there is a potential for immediate (partial) tax deduction and reduced capital gains tax liability for gifts of long-term appreciated assets.

When you make an annuity gift to the Greenwood House Foundation you are making a significant contribution to ensure the welfare of the residents of Greenwood House both during your lifetime and after.

**A charitable gift annuity may be an excellent option if you:**

- Are 65 years of age or older
- Would like to secure fixed annual income for the remainder of your life
- Are able to donate a minimum gift of \$10,000

For more information, contact Lynne Nouvel at 609.883.5391 ext. 380 or [lnouvel@greenwoodhouse.org](mailto:lnouvel@greenwoodhouse.org).

## Volunteer Opportunities

**Calling all poker players:** Bring your best game to our Abrams Assisted Living Residence. Contact Lauryn Goldstein at 609.883.5391 ext. 393 or [lgoldstein@greenwoodhouse.org](mailto:lgoldstein@greenwoodhouse.org).

**Retail therapy experts:** You know who you are! Some Greenwood House residents do not have friends or family to help with their light shopping needs. If you can help, call Joan Kritz at 609.883.5391 ext. 320.



Greenwood House