It’s a new year AND a new decade! A new era with endless possibilities. What will we witness in this decade? No doubt there will be incredible advances in technology. However, forecasters also predict significant changes to healthcare and a substantial increase in the number of seniors requiring medical care and affordable living. As we prepare for what lies ahead, these issues will be what drives LSMNJ to strive to do more. We will continue to do our part to serve those who hurt, who are in need or who have limited choices. We will continue to extend a hand to those who need lifted up and placed back on their feet. And, we’ll work even harder to provide services that make an impact in New Jersey.

Easter Food Drive

It’s that time again! Easter is almost upon us and we need your help! We reach out to congregations, youth groups, companies and vendors to lend support and help make the Easter Holiday special to the families in our programs. You can help make a difference in their lives by filling a grocery bag with the following items:

- Boxed potatoes (au gratin, scalloped, or mashed)
- 2 canned vegetables
- 2 canned fruits
- Mac and cheese
- Corn bread/muffin mix
- Applesauce in non-breakable container
- Cake mix and frosting

For more information or to set up a time to deliver items, contact Beth Gebhart at 609-699-4133 or bgebhart@lsmnj.org.

New Wellness Initiative

Offers Unique Programming for Residents

Lutheran Social Ministries has introduced a new initiative to bring health and wellness to the forefront of programming at both Crane’s Mill and The Villa at Florham Park senior care communities. La Via Wellness—a forward-thinking, industry-leading wellness program designed especially for its residents, applies six key dimensions which serve as stepping stones on the path to comprehensive well-being. Physical, Spiritual, Intellectual, Emotional, Social, Vocational, and Environmental are six elements that will serve as the foundation for creating clubs, events, activities, and classes offered exclusively to residents.

La Via literally translates to “the road,” as the program’s focus is on helping each resident find their own path to wellness. Whether a resident has modest ambitions like eating more vegetables or reading a trendy piece of fiction, or seeks something more challenging like improving endurance or attending university courses, La Via makes it easy to get started, follow through, and achieve those goals.

Each month, at both communities, a calendar of programs is published and delivered to residents. La Via icons appear alongside programs which meet La Via’s purpose. Residents can personalize their own La Via wellness plan by selecting exactly which activities meet their wants and needs.

Crane’s Mill held a La Via launch event that created a great turnout for the La Via launch event,” said Chad Murin, vice president and executive director, and one of La Via’s key architects. “Wellness is a key to independence and longevity, and the residents are well aware of the program’s importance.”

Ylli Bilani, the community’s exercise physiologist, officially launched La Via with an exercise demonstration geared towards flexibility and balance. “Keeping yourself active is very important as we age,” said Ylli. “At Crane’s Mill, there are a number of ways to stay fit. Residents can use the fitness center, pool, or take an exercise class. Now with La Via, there are even more opportunities.”

At The Villa at Florham Park, residents didn’t skip a beat as they were already enjoying programming and activities that keep them active and engaged. Lester Macalalag, ADC, CDP, director of life enrichment, understands the importance of promoting health and wellness among The Villa’s residents. He enthusiastically encourages residents to make exercise and activity a high priority.

Both communities provide robust monthly activity calendars featuring something to match everyone’s interests. You can view the calendars on each website, under Lifestyle · La Via Wellness.

DID YOU KNOW?

In 2019, Lutheran Social Ministries of New Jersey served 3,177 people and outreached to nearly 6,500 individuals.
Welcome Rubén Alicea

Rubén Alicea has been appointed as the director of community engagement and enrollment at Lutheran Senior LIFE, a Program of All-Inclusive Care for the Elderly (PACE) based out of Jersey City. He brings with him more than 30 years of combined New Jersey state government leadership and non-profit executive experience, especially in the Jersey City and surrounding Hudson County communities. In his capacity as director of community engagement and enrollment, Rubén will be responsible for overseeing the day-to-day marketing operations, enrollment process, and community outreach, among other duties.

Prior to assuming his new role at LIFE, Mr. Alicea served as a Council Aide in the Jersey City Office of the City Council. He has also served as chief executive officer, board treasurer and board member for Puertorriqueños Asociados for Community Organization (PACO), a multi-service provider serving more than 20,000 multi-cultural and multi-lingual low and middle income residents annually in Jersey City and Hudson County. Rubén also spent more than 25 years overseeing multiple federal and state-funded programs with the State of New Jersey’s Department of Community Affairs (DCA), which he retired from in 2011. In his free time, Rubén enjoys performing with his band onstage at various events and festivals. “Music is my therapy,” says Rubén, who credits his loving parents for instilling in him the appreciation for gospel music and spiritual upbringing.

“We are incredibly excited to have Rubén join the team,” said Christine Lesicko, RN, BSN, MBA, vice president & executive director, Lutheran Senior LIFE at Jersey City. “His experience with the population we serve, paired with his government leadership knowledge and background, will prove helpful to enhance the programs we offer and reach a wider audience in the Hudson County community.”

Holiday Gifts Shared Across the State

LSMNJ is grateful to the many residents in our programs, organizations and employees that support our annual holiday giving initiative. This year we collected 451+ gifts and $730 in gift cards, allowing us to give a gift to every child within our various programs across the state.

- Residents and employees from Crane’s Mill, The Villa, and LSMNJ Corporate office assisted in collecting toys and gift cards.
- Residents of Lutheran Crossings assembled blessing bags. The bags were filled with personal care items and large print puzzle books.
- 8 churches participated in collecting toys, gifts cards and blessing bags for LSMNJ communities.

The Villa Receives Silver Award in Inaugural NJ Antimicrobial Stewardship Recognition Program

The Villa at Florham Park was selected to receive a Silver Award in the inaugural New Jersey Antimicrobial Stewardship Recognition Program, run by the New Jersey Department of Health. This program highlights local healthcare facility Antimicrobial Stewardship Programs (ASPs) that can demonstrate implementation of the Center for Disease Control and Prevention (CDC)’s Core Elements for Antimicrobial Stewardship. Acute care hospitals, post-acute care facilities and outpatient facilities from across the state applied for the program and were ranked as Gold, Silver or Bronze based on a review of their ASP interventions and policies.

ASPs are a set of policies and procedures that promote the selection of the optimal antimicrobial drug regimen, dose, duration of therapy and route of administration. It is essential that health care facilities begin to establish ASPs for the health and safety of their patients, as the Association for Professionals in Infection Control and Epidemiology have identified that misuse and overuse of antimicrobials is becoming one of the world’s most pressing public health problems. Successful implementation of an ASP improves patient outcomes, reduces microbial resistance, and decreases the spread of infections caused by multidrug-resistant organisms.

As a highly rated senior living community, The Villa is committed to providing its residents with the best possible care, which includes keeping its residents healthy and preventing the spread of illnesses. Mercy Gonzales, executive director of The Villa, says “The Villa is honored to receive the Silver Award for its ASP program. This award further demonstrates our dedication to ensuring the health and well-being of our residents by meeting and exceeding industry standards for health and safety protocols. Our ASP is in place to minimize risk to our residents and keep them healthier.” For more information about this award, visit www.njha.com/education.

New Website for Journey Hospice

Follow our individual LinkedIn pages for each of our programs to get the latest news and updates first!

Visit:
- Lutheran Social Ministries of NJ
- Crane’s Mill Retirement Community
- The Villa at Florham Park
- Journey Hospice
- Lutheran Senior LIFE at Jersey City

Congratulations to our employees recognized as Mission Champions last quarter.

Sherrie Brown
Barbara Davey (2)
Alexis Green
Lorraine Marie Marthe
Nancy Medley
Felene Paul-Rene
Ralph Perri
Patricia Rhodes
Ann Mari Sirilan
Nicolette Smith (3)
Mirna Valle

It’s Time to Get

Follow us on LinkedIn


It’s here! Journey Hospice has its own dedicated website and features more content, simple navigation and user-friendly resources. The new site makes it easy for our current and prospective patients and families to find everything they need to know about hospice and palliative care. Visit the site today at www.journeyhospicenj.org.

Let’s PAR TEE

MARCH 4, 2020 | 6-9 PM
TOPGOLF MT. LAUREL
104 CENTERROAD ROAD
MT. LAUREL, NJ

TICKETS: $95/pp
Incl. unlimited golf, food, wine and beer

Proceeds benefit LSMNJ’s programs and services that help those in need across the state. For tickets visit lsmnj.org/events or call (809) 699-4115. Email: getinvolved@lsmnj.org.

Lutheran Social Ministries of NJ
3 Manhattan Drive, Burlington, NJ 08016
609-386-7171 | lsmnj.org