

# RIVERSIDE IDYLL

News from The House of the Good Shepherd

November 2022



River Walk



**H**ello! This is a time for reflection on all that we have and all the blessings we need to be grateful for! I have so many people and things to be grateful for, and many of them live and work at HOTGS!

Please join us for our rescheduled Celebration of 140 years at the House of the Good Shepherd, which will be held on Tuesday, December 6th in our Schenk Lodge. We will have performers from Centenary University in period costumes helping us turn back the clock to an earlier time. If you want a taste of the rich history of the House, please spend some time visiting our beautiful history wall that is right near our Concierge desk in the main lobby. You will learn about the Schenk family who generously made a donation that started our HOTGS Foundation.

Have you seen our “new” Café & Country Store yet? A joint effort by Dining Services & Maintenance refreshed the Café space to stock lunch options as well as the IL Resident Store. The space will be managed by Dining Services but the IL Residents are planning the inventory. Thanks all!

Happy & Healthy Thanksgiving!  
**Sue Lanza, Executive Director**

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# Meet Eileen Holmes

*This month our Director of Community Relations Kristina Partika had the pleasure of speaking with Eileen Holmes. Thank you Eileen for sharing your story.*

## Tell us about your family and where you grew up.

I grew up in Staten Island, New York.



**Eileen Holmes**

I have always been very close with my family. I grew up with my brother and my cousins. I have great memories of holiday get togethers. When we all got together, there was 21 of us between my brother and I and my cousins and aunts and uncles

and grandparents.



Growing up I enjoyed playing sports like kickball, baseball, soccer, basketball, punchball. I have great memories of camping with my grandparents, going to the beach at Sandy Hook, having family picnics and family BBQ's, weddings, anniversaries, riding my bike and swimming while my father was fishing. I was always very busy and active as a child. My mother would have to call me in at night; I never wanted the fun to end.

## Tell us about when you first came to the House of the Good Shepherd.

When I first came to the House of the Good Shepherd, I liked it very much. Everyone was very pleasant and helpful. The residents and staff are so nice. The new lodge is very nice. The lobby is nice. The café is going to be so nice. I like that you can take family members outside.

## What are some of your favorite things to do at the House of the Good Shepherd.

During the day I sit outside. I enjoy the flowers. I sit in the screen house and watch people fish in the river. There are always lots of people outside and I enjoy talking to them. I like to walk. I have always enjoyed nature and going for hikes. The fresh air is good for you, it helps clear your head.



I also love to watch women's volleyball when it is on TV. I also watch golf and the Jets and Giants Football games. My favorite is the UConn Huskies Women's Basketball games. I also enjoy the cooking shows.



## Visit our refurbished Café and Country Store



## Discover the rich history of the House of the Good Shepherd...



# Wellness - at House of the Good Shepherd

*by Carole Clausen, Director of Wellness at Fellowship Senior Living*

## Group Fitness Classes for Your Wellbeing

Group fitness workouts have the power to not only help individuals maintain a healthy body weight and increase lean muscle mass, but they also can be a powerful stimulus for enhancing emotional wellness. Exercising in a group setting offers an important social aspect that fosters community and connection with other participants.

It is inspiring and motivating to workout with dedicated, like-minded individuals and professional instructors who empower and support participants to work harder as a team. Working out in a group setting provides motivation, creates discipline and accountability, and builds a sense of friendship and community. Whether you are new to exercise or would like to update your current fitness plan, exercise classes offer diverse workouts for all fitness levels

Join Amber Brady Monday-Friday for exercise classes that will restore muscle strength and power-keeping you strong, fit and independent.



## Fitness Classes-Independent Living

**Balance Class:** Thursdays at 1PM in the Activity Room. This 30-minute balance class will boost balance, coordination, and reaction time. Strengthen balance control for everyday activities; help reduce the fear of falling and increase walking speed.

**Drum Therapy:** Join us Tuesdays at 10AM in the Activity Room for this fun class. Drumming can help keep the body and brain strong by increasing circulation, improving joint mobility and posture, improving motor skills, increasing energy and reducing stress.

**Meditation & Breathing:** Wednesdays at 2:30PM in the Activity Room. Your mental well-being is just as important as your physical health. Each week this meditation and breathing class will focus on allowing well-being to flow through your whole body.

**Strength Class:** Fridays at 3PM in the Activity Room. This class provides a total body workout, combining strength, balance, and flexibility exercises using free weights, resistance bands, and body weight.

**Stretch & Flex:** Mondays at 10AM in the

Activity Room. A great addition to our fitness programming, this 30-minute seated class is designed for all fitness levels as it combines gentle movements and stretches to improve flexibility.

### **Fitness Classes-Assisted Living**

**Strength Class:** Mondays at 1PM and Wednesdays at 9:30AM in the Lounge. This class provides a total body workout, combining strength, balance, and flexibility exercises using free weights, resistance bands, and body weight.

**Chair Yoga:** Mondays at 1PM in the Lounge. Take the time to sit, stretch, strengthen, and relieve stress during this 30-minute class. This class is a perfect complement to your strength and conditioning workout and is suitable for all fitness levels.

**Drum Therapy:** Thursdays at 10AM in the Lounge. This fun class offers many benefits to keep the body and brain strong by increasing circulation, improving joint mobility and posture, improving motor skills, increasing energy and reducing stress.



**Stretch & Flex:** Fridays at 9:30AM in the Lounge. A great addition to our fitness programming, this 30-minute seated class is designed for all fitness

levels as it combines gentle movements and stretches to improve flexibility.

### **Wellness Services:**

**Personal One-on-One Training:** Our certified personal trainers will customize a fitness plan suited to your individual needs, supporting you in maintaining a healthy lifestyle and optimal health. Personal Training is a good starting point for those who are unsure how to begin an exercise program. Trainers also work with anyone finishing physical and occupational therapy to maintain the increased strength attained through therapy.

**Call us to schedule one of our wellness services, 908-580-3827.**



Spirit Day - Halloween -

# Meet Colleen Madonna

*This month, our Director of Community Relations Kristina Partika took time to interview Colleen Madonna. Colleen is a member of the Life Enrichment Department and has been at HOTGS for the past twenty five years! Thank you for sharing your story Colleen!*

I celebrated my 25th anniversary with the House of the Good Shepherd a few months ago, on August 18th. I have been through many changes, but The House of the Good Shepherd has helped me grow into the person I am today. I have made a lot of friends over the years. This is my home and I hope to retire here.

## **Tell us about your journey at the House of the Good Shepherd.**

Twenty-five years ago, I started as a ward clerk, at the Skilled Nurses station. Over time I transitioned into the role of assisting our Director of Nursing with the nursing schedule, resident records and welcoming admissions. After eighteen years, I felt I wanted to be with the residents more. I wanted to be able

to connect with others more than I was. I accepted a position in the activities department and very quickly realized that this is what I was meant to do. I enjoy making the residents laugh. I enjoy making the residents smile. I try to focus on what makes the residents happy and zero in on that. Sometimes it is my funny sneakers or socks. But it makes them happy. I have learned to laugh at myself. I found a happy place with the residents. They keep my energy up. I couldn't have asked for a better trainer when I transitioned into the activity department. She was so compassionate. I have learned to be more compassionate.

## **What is your favorite enrichment program?**

My favorite activity with the residents is the egg crate toss. I helped initiate this activity years ago and it is still one of my all-time favorites. Everyone can play! I am a planner and love to multitask. I enjoy sharing the weekly programs with the residents and explaining the details about the craft or program.



## **Tell us about your family?**

I am so blessed with such a wonderful family. My husband Sal is my rock. We have two wonderful boys, Anthony and Michael, and two beautiful

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**Colleen Madonna**

— Meet Colleen Madonna — from previous page

grandchildren; Josie is 4 and Rocco is 1. We couldn't have asked for better boys. They are such good people. Our grandchildren are the apple of our eyes. I enjoy them so much. I feel I have special bond with my granddaughter. We babysit about two or three times a month. I enjoy playing on the floor with them and being active. Raising children is not easy, but we have a good balance between my husband and I and great family support.

### What are some of your other interests outside of work?

When I am not working, I enjoy reading, doing yardwork and sitting outside in my backyard relaxing in the gazebo. I try to get outside as much as I can. I enjoy going to the casinos, especially Mt. Airy casino with my sister. My all-time favorite thing to do is Dance! When the music comes on, especially at a wedding, you will always find me dancing!!

### Turkey Shoot in Assisted Living



### The Godbledy Gooker at HOTGS



## RELIAS

Staff, are you up to date with Relias trainings? Please check with your department head to make sure you have all current trainings completed. Thanks!

### Look who was sighted on Sue's trip to Seattle!!! Rev. Shawn Carty says hi!



# Just for Fun

|               |               |
|---------------|---------------|
| Centenary     | Lean          |
| Costumes      | Muscle        |
| History       | Colleen       |
| Wall          | Sneakers      |
| Eileen        | Compassionate |
| Staten Island | Godbledy      |
| Kickball      | Gooker        |
| Soccer        | Mount Airy    |
| Sandy Hook    | Casino        |
| Volleyball    | Seattle       |



**Q: What is the cutest season of the year?**

**A: Awwwtumn.**

*This issue has 6 lost sheep. Did you find them?*

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