

RIVERSIDE IDYLL

News from The House of the Good Shepherd

July 2021



*Best wishes for a happy
Independence Day!*

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Summer is officially here! Please be safe when you are outside: wear a hat, use sunscreen, stay out of the full sun when you can, and be sure to stay hydrated. We have so many great spots on our campus for enjoying nature, just do it with safety in mind.

We will be repaving our parking lot areas sometime in July and will alert you when that will happen and how to manage your vehicle and visits here at that time.

We officially closed our second Covid outbreak (which started in late October 2020) in June.

Hurrah! Testing protocols have changed: all residents (skilled nursing, assisted living, and CPC, whether vaccinated or unvaccinated) need to continue to have weekly testing as well as unvaccinated employees. We did also “pause” the Covid message line, which had been giving Monday – Friday updates about Covid at the House for the last 15+ months.

If you haven’t received a Covid vaccine yet, but still want to get one,

— continued on next page

Thoughts
from Sue

Living well along the Musconetcong River in Hackettstown, New

— from front page

please contact **Kristina Partika**, Director of Admissions at 908-684-5995 or via email kpartika@hotgs.org.

We are assisting both residents and staff who are unvaccinated to get appointments—every person who complies and gets vaccinated, makes life easier at the House. We supply the CDC and the NJ Department of Health our vaccination rates for residents and staff each week and they want to see that we are continuing to make progress.

Sue Lanza, *CEO and President*

From the Editor

It was a treat to sit down and talk this month with residents **Bill and Gerry Barton** and our new Director of Nursing, **Stephanie Rudloff**. My thanks to them for sharing their stories with our community! We are blessed to have people with such varied interests and experiences who enrich our life together at the House.

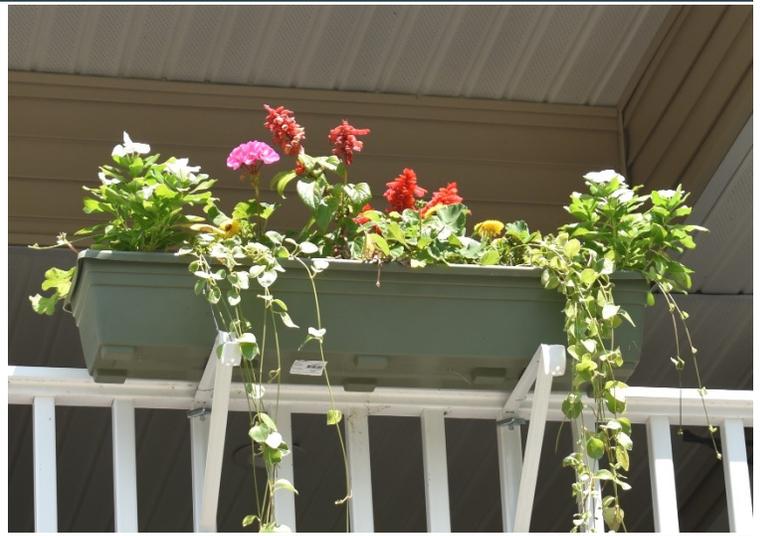
We celebrate a wonderful collection of our staff receiving “Shining Star” awards (p. 7). Perhaps we could call them a constellation? Many thanks to all who took note of staff members giving their best!

Have a story idea? Share them by email (scarty@hotgs.org) or ext. 5931. Thanks for reading the *Riverside Idyll*.



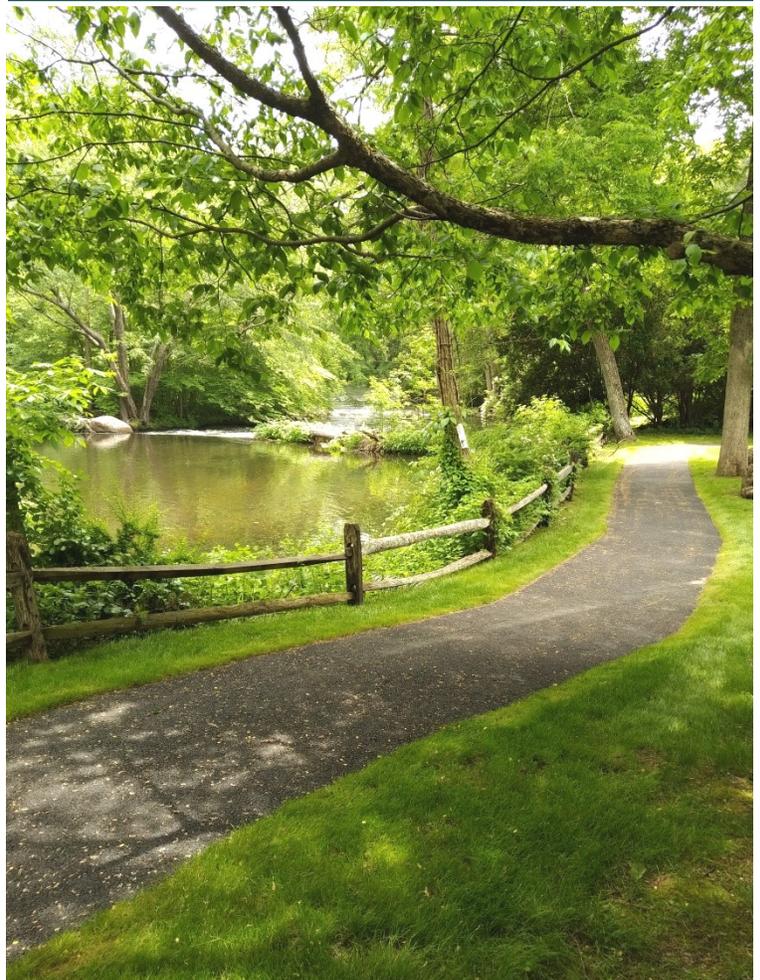
The Rev. Shawn Carty, *Editor*

Items for next newsletter due: July 23



Calico Country Flowers, our neighbor and local florist on Willow Grove Road gave a generous gift of pots of summer flowers that now brighten the railings at our Independent Living Village.

Thank you!



Bill and Gerry Barton

Bill and Gerry Barton are Independent Living residents and I had the pleasure recently of sitting down with them to learn about their story. I hope you enjoy reading about our conversation! - Ed.

When did you move to the House?

We moved to the House in 2016 after living at Heath Village. People are friendly here and we are glad to be part of the community, including serving with the IL Residents' Council. I [Bill] serve as the current treasurer.

How did you originally meet?

We met while we were both working for Union Carbide. Our home was in North Plainfield and then later we moved to Gillette. We have a son and daughter, Kenneth and Karen. Many people here know Karen, who lives in the IL Village apartments.

Gerry, tell us about your work and interests over the years.

I have many years of experience sewing, which I learned from my grandmother. Growing up in Collingdale, Penna., I lived across the street from my grandparents. I worked with home decorators making custom pillows for their customers and have always enjoyed sewing.

Bill, tell us a bit about your work and interests through the years.

Just after the war in Korea, I served as a medic in the Army. Later, my career was as an analytical chemist. A friend of

mine used to say I "rattled the test tubes." After working as a bench chemist, I moved on to physical testing, quality control, and then a production manager with Union Carbide.

What are your shared interests?

Our main activities have been hiking and biking in our travels locally and around the world. We have hiked the Appalachian Trail from the Delaware to



the Hudson and many other local hikes. We have visited Egypt, South Africa, Japan, and much of Europe, often with Elderhostel programs. The Netherlands were a biking paradise. One of our favorite trips was a month-long car trip as a family from Edinburgh to Rome.

I know you also love gardening.

We always had a garden, but the one that stands out is when we first retired and moved to Millington to a new house on a large lot that had originally been part of a farm. We had a large garden, growing just about everything you can imagine from vegetables to fruit trees.



Spring Scenes at the House of the Good Shepherd

*Sounds of Broadway were heard alongside the flowing waters of the Musconetcong River on June 10 as performers, guests, residents, and staff enjoyed a beautiful evening under tents on the lawn.
Bottom left: Happy Father's Day as the cheer cart celebrates our resident men!*



Stephanie Rudloff, R.N.

This month, we meet our Director of Nursing, Stephanie Rudloff, who began her work with us in May and is getting settled in her new position at the House. Welcome, Stephanie! - Ed.

How did you come to your new position at the House?

It's an interesting story! I was working as the assistant director of nursing at a care center about an hour south of here in Hunterdon County and received a phone call. A recruiter had found my name online from when I was in nursing school years ago and asked if I might be interested in a position in Hackettstown. Initially, I wasn't, but I found that my interest grew the more I thought about it and the more I learned about the House. I was born and raised nearby in Byram and live there now, so it was much closer to home. During the interview process, I took a tour and remember being drawn to the House and thinking, "This is where I need to be." And then, in a strange twist, two days before I took the position here, I was driving and another car hit mine. That crash clarified for me that a shorter commute would be a good thing.

What were your first impressions when you visited the House?

To begin, I noticed how clean the House is and how much care is given to making it a welcoming home. This might seem like a picky thing, but one thing that impressed me was how clean and organized the linen closet was, with all

the towels lined up just so. It told me that our staff members take great care in their work and have pride in what they do. The size of the House is a bit smaller than other places I have worked and it really lends itself to getting acquainted with the residents and knowing them personally. I love it!

Have you always been a nurse?

My first career was in law enforcement and I worked as a police officer for ten



years. It is a very tough job and I remember taking a person who had been arrested to go to the hospital for emergency care. Seeing how the nurses helped people and made such a difference in the lives of others caused me to re-evaluate my career choice. I remember looking at the nurses and thinking, "Why not me?" I really feel nursing is a calling and it is a calling that makes me happy. I already had a bachelor's degree from Centenary College, so I went back to school for nursing and earned a B.S.N. and M.S.N.

Would you like to share a bit about your family and interests?

My husband and I have been married for 20 years and we have one daughter, who is 16 and will be a Junior in the fall. My husband is a fire fighter. For fun, I love running. The endorphins from a good run make any stress disappear.



The House of the Good Shepherd
Rehabilitation Department wants
to remind you to
always stay hydrated.



Do you know about the 8 x 8 rule? It is recommended that individuals drink 8 glasses of water that are 8 ounces each.

Medications, urinary incontinence, impaired mobility and cognition changes place individuals at higher risk for dehydration.

Studies have shown that dehydration can affect blood pressure and balance leading to falls.



Staff Corner

A warm welcome to new employees joining the team at the House

- **Toni Carmosino, R.N.**
Assistant Director of Nursing
- **Regan Carroll**
Temporary Nurse Aide
- **Adriana Chapal, C.N.A.**
- **Katherine McConnell, L.P.N.**
- **Cassidy Ricciardo**
Dietary Aide
- **Teri Simony, R.N.**
- **Rossanna Villaruz, L.P.N.**

Know someone who might make a good team member at the House? Employees can receive a bonus for referring new employees. Speak with Gina Arnone in HR or visit our website and click on Jobs to learn more.

Employees of the Quarter



Jamie Conklin and Stephanie Bartell are our Employees of the Quarter.

Congratulations!

Descriptions of their good work are posted at the second floor entrance and will be featured in next month's *Riverside Idyll*.

Shining Stars

Congratulations to staff receiving Shining Stars for excellent service!

- ★ Lindsay Burnett
Recreation
- ★ Regan Carroll
Assisted Living
- ★ Laura Musselman
Assisted Living
- ★ Jesse Rinier
Maintenance
- ★ Hashiem Sabree
Riverside Cafe
- ★ Vanessa Sembrat
Rehabilitation

Just a sample of the words of praise for our spectacular staff and their service to residents and coworkers:

"Did a great job!"

"Always very helpful."

"Always has a smile ... and word of encouragement ... gracious and pleasant... an absolute asset to the House!"

"Recreation is the absolute best!"

"...patient, kind, understanding, and persistent. Thank you so much for all your help."



Just for Fun

Beach	Independence
Bill & Gerry	Day
Barton	Larkspur
Broadway	Philadelphia
Declaration	Stephanie
Fireworks	Rudloff
Flowers	Ruby
Hydration	Summer
	Sunscreen

N O T R A B Y R R E G L L I B I
 O O Y T I N E E R C S N U S H D
 I J A H H M D A F Q O P R K S M
 T V D N P I E O C I N E E R M J
 A C E B L E O R T H W J M O N E
 R H C B E V M A Y O O Q N W S E
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 N D P M P E G C G R W N R N R M
 G R E X M N B E S F W G I H K B
 G J D V O U F M X I C D U R P A
 O B N R U P S K R A L J E U I P
 E K I S H C L J Y D O S P R T D

A man walks into a library and orders a hamburger. The librarian says, "Sir, this is a library." The man apologizes and whispers, "I'd like a hamburger, please."



This issue has 3 lost sheep. Did you find them?

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