

Beyond Grateful, Truly Blessed

The Christmas Season...always my favorite time of year at the Home, and this year is no exception. In fact, this year, let the joy and celebration begin! We have earned it!

What a year it has been! But rather than rehash the obvious, let's focus on the magic of the season and all the accomplishments in the face of adversity experienced this past year. It has been a distressing year in so many ways, but our spirit has not been broken. We are stronger for it, have new measures in place to prepare us for whatever comes, have a new appreciation for our loved ones, and have learned the true meaning of gratitude for all things.

Let me start there by expressing my sincere appreciation to every single one of our residents, families, board members, employees, donors, healthcare partners, vendors, local businesses, schools, the Old Bridge community, and everyone that has supported us for the past 8 months in so many ways too numerous to count. Your time, talents, generosity, and prayers have seen us through. I am humbled to say the least.

This newsletter is a tribute to all the positivity and love we have witnessed this year, not the anxiety and disappointments. We'll cover some new advancements we made to keep our residents comfortable and safe, provide an update on the overwhelming support we received via donations and acts of service, and an inspiring Christmas message from Pastor Sam. It also gives me great pride to recount, through photos, the amazing moments that helped pass the time in the place we all love to call Home. Check out the centerfold pictures — worth a thousand words for sure!

At this special time of year, I would especially like to thank our amazing and dedicated staff, who have stood by our residents and families with courage and great compassion through incomprehensible circumstances. It may be trite but is certainly true — RCH is home to **Healthcare Heroes**.

With my best wishes for a lovely Christmas season,

Kate Shepard
Executive Director/Administrator



Fairytale Day at RCH, complete with horse-drawn carriage rides in Cinderella's coach!
Made possible by a memorial donation from family and friends of Sabina McCarthy.

*Pictured: Kate Shepard (L) and Maureen McCarthy Cassidy
Coach: Dream Horse Carriage Company at Happy Tails*

One Family's Mission to Honor Their Mom's Memory

We are always gratified when families choose to honor the legacy of their loved one with a memorial donation to the Home. In Sabina McCarthy's case, the family's vision provided hours of enjoyment for residents separated from their own loved ones due to the pandemic, including a magical carriage ride.

Sabina lived at the Home for 17 months, during which time she loved all activities and participated in our senior makerspace pilot project. According to daughter Maureen Cassidy, "The care, compassion, and love shown by each and every member of the staff was evident in their daily interactions with Mom."

In 2020, three major events took place primarily with funding in memory of Sabina: Quiver Farms Traveling Farm, Quiver Farms Bunny Kindling Project, and the Fairytale Day Carriage Rides in early September. We are sharing this kind acknowledgement from Sabina's daughter and thank each friend/family member who helped bring these wonderful programs to the Home!

Hello Amy, Thank you so much for arranging the lovely Cinderella Carriage Ride for the residents of the Reformed Church Home. I realize the hard work and dedication that must go into each activity that you, Alberta, and your staff plan. Please thank all involved. I know my Mom would have loved this event. The happy, smiling faces of the residents was so nice to see...Maureen.



Spotlight on Environmental Services

RCH Installs Air Filtration System as COVID-19 Preventative Measure

The Reformed Church Home has announced the addition of a Needlepoint Bipolar Ionization (NPBI) system from Global Plasma Solutions (GPS) to improve air quality for our residents, visitors, and staff. The installation helps improve ventilation in all common areas, alcoves, and corridors throughout the Home by deactivating harmful pathogens.

NPBI is an air cleaning system that uses ions to disrupt surface proteins of viruses and bacteria with which they come in contact, rendering them inactive and unable to spread. This in turn reduces the volume of infectious pathogens in the air and improves the efficiency of air filtration, without introducing ozone or harmful byproducts into the ventilation system.

Independent tests have determined the GPS NPBI system reduces many types of harmful pathogens in the air, including COVID-19; the company is actively undertaking additional research, development, and testing in the fight against the novel coronavirus. Company literature reinforces that all applicable federal, state, and local health guidelines as well as official guidance from the CDC must be followed when NPBI is in use. This includes but is not limited to social distancing, hand hygiene, cough etiquette, and the use of face masks.



The RCH main lobby is one of the many common areas and open spaces benefitting from improved air filtration from Needlepoint Bipolar Ionization (NPBI), which uses ions to disrupt surface proteins of viruses and bacteria, reducing the volume of infectious agents in the air.

According to Kate Shepard, Executive Director, “We felt it was important to make this investment and do everything possible to reduce exposure to COVID-19 in our building. Earlier this year, our Building Services Department began applying a clean surface mist product called GR-AD Pro in resident rooms and common areas to provide a protective barrier on surfaces for weeks at a time, so the addition of GPS’ bipolar ionization product was one more important step in mitigating risks to our air quality and living environment.”

NPBI has been used for particle reduction, odor control, pathogen control, energy savings and static electricity control for more than 10 years, according to GlobalPlasmaSolutions.com, and has had over 250,000 installations worldwide.

RCH Board of Trustees 2020-2021

Patrick Beckford <i>President</i>	Reformed Church of Highland Park
I. Reed Feuster <i>Vice President</i>	Colts Neck Reformed Church
Linda Soley <i>Secretary</i>	Spotswood Reformed Church
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Rev. William Grob	Ramapo Reformed Church
William Perkinson	Colts Neck Reformed Church
Sara Thompson	Brookdale Reformed Church

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Robert Gethard	Colts Neck Reformed Church
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Audrey Orgo	Colts Neck Reformed Church
Dave Sliker	Spotswood Reformed Church
Rev. Joseph Woods	Spotswood Reformed Church

Synod of the Mid-Atlantic

Rev. Stephen Eckert	South Branch Reformed Church
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Wishing All the Best to Our Newest Assisted Living Residents!

Janet Hartman	E160
Bridget Hughes	E360
Maxine Miller	E230
Elva Ogrodnik	E180
Joseph Rembish	D130

The Home News is published multiple times a year by the Marketing Department at Reformed Church Home. Questions, comments, or editorial suggestions should be directed to Andrea Walls, Director of Marketing, 732-607-9230 or sent via email to awalls@rchnj.org.

Editor: Andrea Walls



From the Pastor's Study

Rev. Sam Youssef, Chaplain

Together in Spirit

When we celebrated the arrival of the New Year 2020, we had no idea what was going to happen three months later. Who would have thought we would be unable to see our family members and friends whenever we wanted or to socialize as we used to? We never could have anticipated how difficult that separation would become. Although these challenges have certainly tested us, as believers in our Resurrected Jesus Christ, we must always try to see the good in every situation. As long as we cling to our Bible and our faith in our Living Savior and Redeemer and as long as we are assured of the Lord's presence in our midst, we can find peace and comfort in every situation, no matter how difficult.

The circumstances we live in at this time remind me of the events we read about in Exodus 33:

"Moses used to take a tent and pitch it outside the camp some distance away, calling it the 'Tent of Meeting.' Anyone inquiring of the Lord would go to the tent of meeting...whenever Moses went out to the tent, all the people rose and stood at the entrances to their tents, watching Moses until he entered the tent. As Moses went into the tent, the pillar of cloud would come down and stay at the entrance, while the Lord spoke with Moses. Whenever the people saw the pillar of cloud standing at the entrance to the tent, they all stood and worshiped each at the entrance to their tent." (Exodus 33:7-10)

I find this resembles what is happening now in our blessed Reformed Church Home and all around the country – or may I say all around the WORLD. In many places, houses of worship are closed or severely limited in attendance. However, thanks to modern technology and the internet, worshipers can tune to their pastors or religious leaders and praise God along with them from their own residences. In our Home, we have been using an upgraded broadcasting system so that residents have access to our spiritual services in their rooms. This has truly been a Godsend! Now all can tune in and worship together with one spirit. Yes, we cannot meet as a group, but thankfully we can pray, sing and worship together via technology that has been made possible by the generous donations of so many.

It also seems to me that, although religious buildings may be closed, many people have embraced the opportunity and have turned their own homes into churches! In turn, this has brought to light the crucial role played by parents and grandparents in not only the academic and social aspects of our precious children's lives, but in their *spiritual* lives.

Families play an important role in planting the seeds of faith in their children. As Jesus said, it is the seed that

that can move mountains (Matt 17:20). Paul reminds us all that the seed we receive from the Holy Spirit and through the love and diligence of our parents and grandparents empowers us and strengthens us.

The story of the disciple Timothy (whose name means "honoring God") is one of many great examples from the Bible that demonstrate the essential role played by grandmothers and mothers in raising young children with a belief in God. Paul, Timothy's mentor, said about his protégé, "I am reminded of your sincere faith, a faith that lived first in your grandmother Lois and your mother Eunice and now, I am sure, lives in you" (2 Tim. 1:4-5). Consequently, Timothy's faith, which was nurtured in him at a very young age, was passed on through him to the whole world. This great faith has not only helped in spreading the Good News of the Gospel to those who were living at the time, but is still working to this day through Timothy's teachings.

This story helps us to realize how influential we can be in shaping the beliefs and values of those we encounter, particularly the young. Some people may spend their whole life trying to accumulate great wealth to leave to their children, but they forget that money can neither guarantee happiness nor secure eternal life. So at this Christmas season, may parents realize the importance of passing to their children true faith in Jesus Christ to help them face everyday trials, persevere through life's difficulties, and give them strength in trying times like the ones we have endured throughout most of 2020.

Let us also not forget to reach out to our children, parents, grandparents or any person that has made a great impact on our lives to wish them a very blessed Christmas season and good wishes for the New Year, with all the new beginnings it will bring. Let us also thank those important people in our lives who taught us about enduring faith in the best of times and the worst of times. Together in spirit this Christmas, from our individual homes, apartments, and rooms, may we worship the birth of Jesus Christ and the hope He brings to us all.



PASSING THE TIME DURING A PANDEMIC...



Virtual Exercise Programs



Patio Chats with Virtual Hugs & Kisses



Foster Dog Remy
(Adopted by Wilson!)



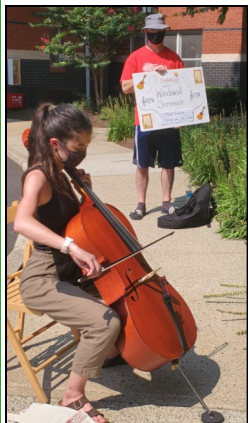
Smoothie Day



Wawa Motorcycle Group Drive-By



Fairytale Day—Cinderella
Carriage Rides



Holisticare Hospice
Windowsill Concerts



Pumpkin Decorating &
Pumpkin Glow Contest



Armed Forces & Veterans Day Tributes

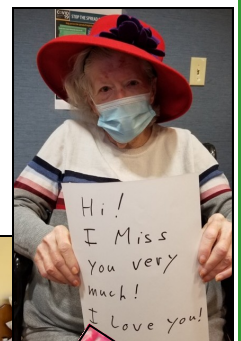


Senior to
Senior
Graduation



Makeovers & Glamour Shots

Mother's Day
Personal
Messages &
Cookies



...MAKING THE BEST OF EVERY DAY GOD HAS GIVEN US!



Father's Day Drive-By Parade



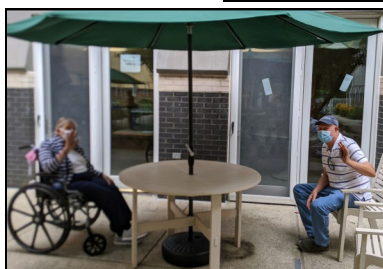
Quiver Farms Bunny Kindling Project



Ice Cream Truck Visits



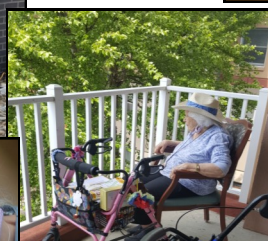
Handmade Pocket Scarves Service Project by Silver Linings at Old Bridge (That's Mayor Henry!)



Outdoor Visits



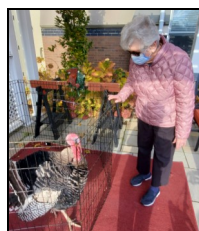
Halloween Fly-By Parade



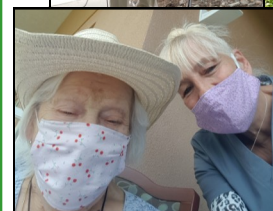
Country Western Day Outdoor Concert



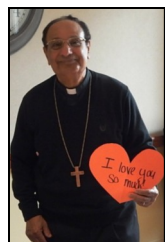
Social Distancing



Quiver Farms Traveling Farm



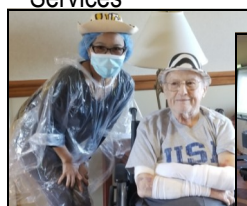
Grandparents Day Drive-By Parade



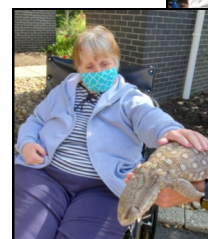
Spiritual Services



Quiver Farms Live Telling of the First Thanksgiving



Safari Day



Reptile Day



See more photos on www.Facebook.com/ReformedChurchHome or www.Instagram.com/ReformedChurchHome. "Like" & Follow Us!



RCH Development



Thank You Seems So Little...But Means So Much!

It's been a very busy year in Development, not due to traditional fundraising efforts, but in learning to pivot and accommodate the needs of our residents and staff members as the pandemic took hold and caused many new priorities. How can we ever thank all those that have given so generously of themselves? Please know the Board of Trustees, the Administration, and **most of all the residents and staff** appreciate all you have done this year to lighten the extreme load placed upon us. Here is a peek into how much your donations have and will continue to help RCH:

- We wish to acknowledge the huge show of support from our families, local businesses, healthcare partners, and donors from near and far for the Employee Appreciation Fund! We raised over \$25,000, most all within the first 3 months of the coronavirus crisis, thanks to all of you! The money was well spent to support local restaurants while providing meals and snacks for our staff multiple times per week for several months. Far from being just a free meal, the provision of breakfast, lunch, and/or dinner on various, preannounced days gave the staff one less thing to worry about as all departments mobilized to deal with COVID-19. The show of support was also good for the soul – our employees are truly grateful. Note that funds in this category also were used to purchase snacks and water bottles to keep the staff hydrated and motivated. Moreover, many families donated gift cards from local eateries, which helped these small businesses continue to operate as their livelihood changed almost overnight. This fund continues to accept donations.
- Our COVID-19 Relief Fund has been the beneficiary of over \$19,000 to date! Many churches, memorial donations, and other online donors have designated this fund as a way to support the Home through this difficult year. The COVID-19 Relief Fund is a restricted fund where the money will strategically be used to allow RCH to move forward with projects otherwise not funded due to the huge impact on our operating budget from pandemic-related expenses. One significant example is the new ventilation and filtration system just installed throughout the RCH common areas (see page 2 article for more details). It may also help supplement budget shortfalls due to increased costs of operating during the pandemic.



On our wish list—a UV light robot sanitizer!

- Another plan for COVID-19 Relief donations is the purchase of a UV light robot that can travel through the corridors and rooms to destroy infectious pathogens, helping to supplement the amazing efforts of our housekeeping team.
- Our annual Silver Bells appeal is underway, and this year all proceeds will go toward COVID-19 Relief, since the need is so great at this time. Please watch your mail for this appeal, which is a long-standing RCH tradition. We know you have many choices, especially this year, in deciding which charities to support. Please know that every single dollar given to the Reformed Church Home is typically used to support the residents first and foremost; however, due to the extraordinary circumstances we faced in 2020, your support also helped our staff provide the compassionate, quality care for which we are known!
- We had many in-kind donations of PPE, hand sanitizer, hand-made masks, uplifting cards, pen-pal type letters from area schools and individual families just hoping to make someone's day...
- No acknowledgement could be complete without highlighting the generosity of our various vendors and healthcare partners for their resolve in giving back to the RCH family. Some examples of their creativity appear on the next page.



RCH Development

Continued



A partial list of donations from vendors and healthcare partners:

Holisticare Hospice – Provided a pizza party, window musicians, Smoothie King, hot pretzels, and a breakfast truck for Hospice Care Month, plus volunteered to paint our windows for the Senior to Senior graduation event:



Lares Homecare – A Sweet Start to Summer/Goldy's Ice Cream Truck, among other events. Lares also brought Max the therapy dog multiple times for outdoor visits.

Always Best Care – Sponsored the *Good Food, Good Mood* breakfast truck for Assisted Living Week.

PharmCare – Provided a staff pizza party for National Nurse's Week.

MVP Softball, Marlboro – Their Feed the Frontlines program donated dinner for our healthcare heroes.

Colts Neck Reformed Church – Many CNRC members dropped off snacks and water bottles for the staff.

Design Alternatives – Generous donation of snacks.

Right at Home Homecare of Central Jersey – Provided entertainment for our residents and treats for our staff.

- Often, families choose to give back to the Home through memorial donations upon a resident's passing, in lieu of flowers. Our Development office works with each family to choose a designated fund for donations, perhaps based on their passions. We've been blessed in 2019 and 2020 to receive tribute donations that allowed us to fund: a live nativity for Christmas, Cinderella carriage rides, a traveling farm visit, bunny kindlings, new bingo cards, enhancements to our gardens, and offerings to Pastor Sam's ministry. All gifts are acknowledged and the families notified of gifts received for their loved one. Tribute gifts can also be made to celebrate important milestones, birthdays, etc.

We have been truly blessed by the many random acts of kindness – and not so random acts – that have gotten us through this year. Apologies for not being able to acknowledge everyone and every situation, but we will have a complete summary in our annual report to be mailed late winter 2021. In the meantime, please know, we thank you from the bottom of our hearts!

Check Out Our New Donor Portal!



In a world where “contactless” is a necessity, we have launched our convenient on-line donation portal! Donors may choose from nine specific funds that may hold a particular meaning or be consistent with their own personal philanthropy mission. The current funds are:

***Covid-19 Relief | Tribute Donations | Ministry Fund
Employee Appreciation Fund | Activities Fund
Garden Fund | Marie Kelene Nazaire Education Fund
Special Projects Fund | General Fund***

The site can be accessed through any **Donate Now** button on our website, or at <https://reformed-church-home-donations.square.site>. We gratefully rely on the support of our families and local community. Thank you so very much...every donation makes a difference!

Giving Back To Our Community

Reformed Church Home stands by its mission as a compassionate, caring partner to the surrounding community. Three recent efforts have banded our residents, staff and families together to make a difference in the lives of those who need a little extra help this year:

- The Stop Hunger Food Drive for Old Bridge Food Bank yielded **701 lbs of food plus \$1,451** in donations, including proceeds from staff events such as a bagel breakfast sale, sub sale, and raffles.



- Our Toys for Tots collection lasted from November 30 to December 11. Thank you to all for making so many children smile on Christmas morning!
- RCH is participating in the Jersey Cares Coat Drive, along with Lares Homecare, through December 28, 2020. Please drop off new or gently used coats, hats, gloves, etc, at our front entrance if you can help!

“We make a living by what we get, but we make a life by what we give.” Winston Churchill



We're proud to have done it again!



NAMED BEST NURSING HOME
BY U.S. NEWS & WORLD REPORT
FOR 2020-2021

Rated "High Performing" for both
Long-Term Care and Short-Term Rehabilitation

Wishing One and All a
Very Merry Christmas
and a Very Well-Deserved
**Happy, Healthy &
Normal 2021!**

**PLEASE: Can you give us
the gift of your time?**

We must refine our mailing list.

If you wish to be removed, or know someone that
wants to be added, please email our Marketing
Coordinator, Abibat, by February 15, 2021

at abisiolu@rchnj.org, or call
732-607-9230, ext 109. Thank you!

Post-Acute Care Partner

RWJ Barnabas HEALTH



EMBRACING QUALITY
AWARD WINNER



5-Star Quality of Care Rating
By the Centers for Medicare
& Medicaid Services



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Assisted Living | Rehabilitation | Skilled Nursing

The Home News

Old Bridge, NJ



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