

The Gazette

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'Tis the season for gratitude, festive cheer & exciting activities at White House Healthcare!

We love seeing our residents actively engaged with the local community. On Nov. 15, we hosted our annual Seton Hall University Senior Prom and welcomed the students who regularly volunteer and have formed strong connections with our residents over time. We have continued this prom tradition for more than a decade and our residents eagerly look forward to this celebration.

November is also an important month for raising Alzheimer's Awareness and on Nov. 20, residents and staff united in a display of purple solidarity to show their support of those experiencing and fighting the disease. At our special awareness event, the day room was decorated with purple bows handcrafted by our residents, purple clothing and accoutrements abounded, and purple cake and refreshments were served. Special thanks to our recreation staff who have been hard at work developing important events like these for residents and their families – we can't wait to share more of them with you.

A reminder to all visitors, please sanitize your hands on your way in and out of our building, and make sure to get your flu shot. The Centers for Disease Control (CDC) advises individuals to get vaccinated each year. We appreciate your help keeping everyone healthy!

We look forward to celebrating and rejoicing with all of our residents, families and staff, and extend our appreciation and best wishes for a safe and happy holiday season!


ELIEZER M. GROSSMAN, ADMINISTRATOR



Congratulations to the winning artists of our 2019 Art Show!

1st Place Winner: Catherine Hartshorn-James
2nd Place: Lillie Burton • 3rd Place: Queen Granger

Our residents and staff voted for the best art and the top three winners received a gift certificate. Organized annually by the Recreation Department headed by Ms. Pam Gray, the program teaches residents that no matter what they paint, there is intrinsic value and appreciation in their talents.

FACE TO FACE With Dr. Hemant Patel



*We are so proud to have physicians of the highest caliber such as Dr. Hemant Patel as part of the White House community. Dr. Patel, an attending physician at White House for many years, was chosen as a **NJ Top Doc for his commitment to excellence in Pulmonology and Critical Care**, two years in a row, in 2018 and 2019.*

It was his childhood in Baroda, India, that propelled him towards medicine. Having seen up close too many sick and unfortunate individuals on the streets of his hometown, he instinctively knew he wanted to make a difference and save lives. After attending medical school in India, he moved to the United States in 1981

to start his training. However, while completing his medical residency, his father became ill with a small spot on his lungs, so Dr. Patel raced back to India to be at his side. Thankfully the spot was not cancerous, though it was discovered that his father suffered a pulmonary condition. This personal connection inspired much of Dr. Patel's interest in Pulmonology.



While he has worked primarily in the U.S., Dr. Patel has never neglected his roots. He is involved in the global healthcare community and continuously striving to make a notable difference in his home country of India. He served as president of the American Association of Physicians of Indian Origin (AAPI) from 2007 to

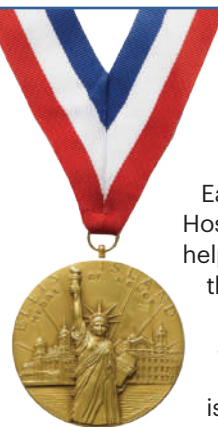
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Face to Face With Dr. Hemant Patel –Continued

2008. He has partnered with the Indian Health Ministry as a driving force in achieving smoke-free hospitals in India and exchanging best healthcare practices. He also founded the Annual Healthcare Summit in 2007, a 4-day convention in New Delhi, India.

As a resident of Livingston, NJ, Dr. Patel has led his private practice since 1989 and served in various leadership positions in different hospitals, including Chairmanship of Pulmonology. He is affiliated with St. Barnabas Medical

In 2010, Dr. Patel was awarded the Ellis Island Medal of Honor, a deserving distinction which recognizes “individuals who have made it their mission to share with those less fortunate, their wealth of knowledge, indomitable courage, boundless compassion, unique talents and selfless generosity. They do so while acknowledging their debt to their ethnic heritage as they uphold the ideals and spirit of America.”



Center, Newark Beth Israel Hospital, and East Orange General Hospital. His love of helping others runs in the family and he is proud of his sons who are both practicing physicians; one is a Radiologist in Southern Jersey and the other is an Infectious Disease Specialist.

Congratulations and special thanks to Dr. Patel for your continued expertise and passion for helping so many people. We are so fortunate to have you with us!



DID YOU KNOW?

BENEFITS OF PET THERAPY

At White House, we are always finding new ways to provide the best care for our residents, including looking at innovative therapies such as pet therapy. The many proven mental and physical benefits of this kind of therapy helps to ensure that our residents' needs are being met on a continuous basis. Our residents love to pet, hold and care for our therapy dogs Toby (a Yorkshire Terrier) and Lily (a Cavalier King Charles Spaniel) – just look at their smiles! In turn, Toby and Lily love the attention and affection that our residents give them! Lily is certified by The Bright & Beautiful Therapy Dogs, Inc. and usually visits every other Friday, while Toby has an extra special connection to White House – his owner, Maria, used to work in the rehab department.



Pictured on left is Resident Isabelle Dixon caressing Toby. Pictured on right is Resident Giacomo Nanfria enjoying a visit by Toby and owner Maria

We're not the only ones to notice the positive impact of having Toby and Lily around. Researchers have long touted the benefits of pet therapy. UCLA Health notes that the simple act of petting an animal releases hormones like serotonin, prolactin and oxytocin which are known to improve mood. Not only can animals like Toby and Lily help reduce

anxiety and loneliness, they also increase mental stimulation, particularly assisting those with memory issues or sequencing temporal events that have been impacted by head injuries or diseases like Alzheimer's. Staff and residents here at White House can attest to the fact that studies show the calming presence of an animal can also help to lower blood pressure, improve cardiovascular health, and provide relaxation during therapy. In some cases, pet therapy can even reduce overall pain.

SPECIAL EVENTS

- DEC. 5: Flip Peters Concert
- DEC. 13: Apple Pie A La Mode
- DEC. 17: Fashion On Wheels Clothing Sale
- DEC. 19: Birthday Party with Hunter Hayes
- DEC. 22: St. Matthews Male Chorus Holiday Visit
- DEC. 23: Resident Council
- DEC. 24: White House Choir with Elba
- DEC. 25: Traditional Holiday Dinner/Holiday Gift Giving
- DEC. 26: Hot Chocolate Social

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