

FamilyFirst

Brought to you by The Allendale Community for Mature Living

TAKE A TOUR

- The Atrium
- Carlton Court
- Senior Social Club
- Nursing and Rehabilitation Center
- Respite Care

Yes!

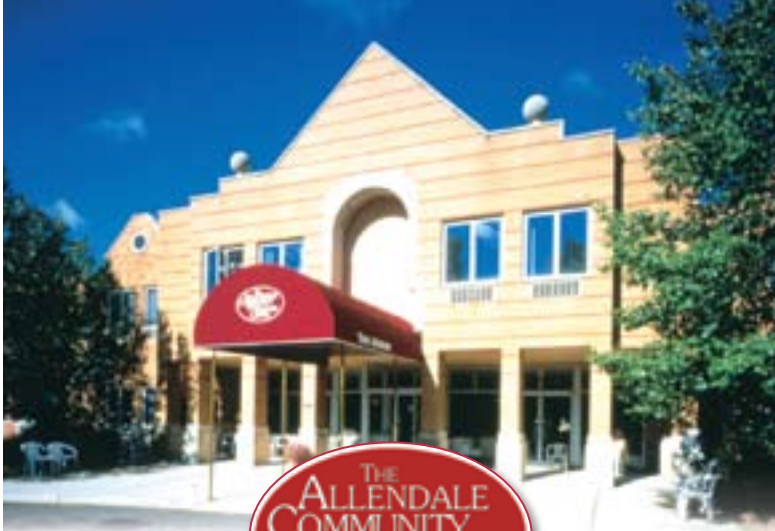
We are Medicare Certified!

Come see the Show

Schedule of upcoming events you won't want to miss

Discover "Five-Star" Living for Seniors





All About The Allendale Community

Developed in stages beginning in 1967, The Allendale Community for Mature Living has evolved into a full-service retirement community where residents can enjoy a lifestyle tailored to their preferences and needs. While each component provides its own distinct program, the community's services and activities overlap as required or desired.

The Allendale Community's primary goal is to maximize independence for each resident while providing a comfortable, warm and elegant environment. "The key to our community is the continuum of care," says Hector R. Giancarlo, M.D., F.A.C.S., Founder, President and Medical Director. "A person can start off his or her residency in need of skilled nursing care, but eventually be able to move into assisted living—or the other way around," he says.

Allendale's Lifestyle Options

• **The Allendale Nursing Home & Rehabilitation Center** was the first facility to be built. The 120-bed skilled nursing center offers a high level of medical attention. Services include 24-hour nursing care, short-term or long-term rehabilitation for individuals of any age as needed, and an array of social and recreational activities.

• **Carlton Court** is a community of 50 private and semi-private rooms for those who need extra assistance with daily activities, but want to maintain a sense of independence. Opened in 1972, the building contains a unique circular dining room, an activities center, a library and a sunroom that adjoins a landscaped courtyard. A dedicated staff provides residents with medical assistance.

• **The Atrium**, built in 1989, offers residential living for healthy seniors needing some medical supervision and includes 166 studio, suites, and one-, two- and three-bedroom rental apartments, supplemented by housekeeping, dining services and a dynamic activities program. A staff of resident aides and a registered nurse provide personal care as needed. The building includes a luxurious two-story atrium and lobby, as well as a dining room, theater, game room, arcade, library, exercise room, activities center, 1950s-style diner, putting green, and bar and lounge.

The Benefits of Being Physician-Owned

"The most essential component of The Allendale Community is that we provide excellent clinical care," says Dr. Giancarlo. "Whether you are receiving minimal medical support in The Atrium or comprehensive skilled nursing in the nursing home, the care is of the finest quality."

Dr. Giancarlo was a prominent ear-nose-throat surgeon in New York City and former Chairman of Otolaryngology at the prestigious New York Eye and Ear Hospital. He has also sat on the New Jersey Department of Health Licensing board for nursing home administrators for 15 years.

A physician at the helm also ensures that The Allendale Community keeps up with the current changes in healthcare. "The demand for sub-acute rehabilitation has exploded in the last 10 years," says Dr. Giancarlo. To answer that growing need, Allendale now offers a full spectrum of rehabilitation for individuals of all ages. This includes orthopedic patients who have had joints replaced, or those recovering from a stroke.

The personal touch Dr. Giancarlo brings to the community is as important as the expertise. "The scale of the



Hector R. Giancarlo, M.D., F.A.C.S., Medical Director

community is intimate. I know everybody and make my own rounds. I am accountable and take my mission very seriously," he explains.

The Perks of Home

Beyond excellent care, residents want the warmth and beauty of a place to call home.

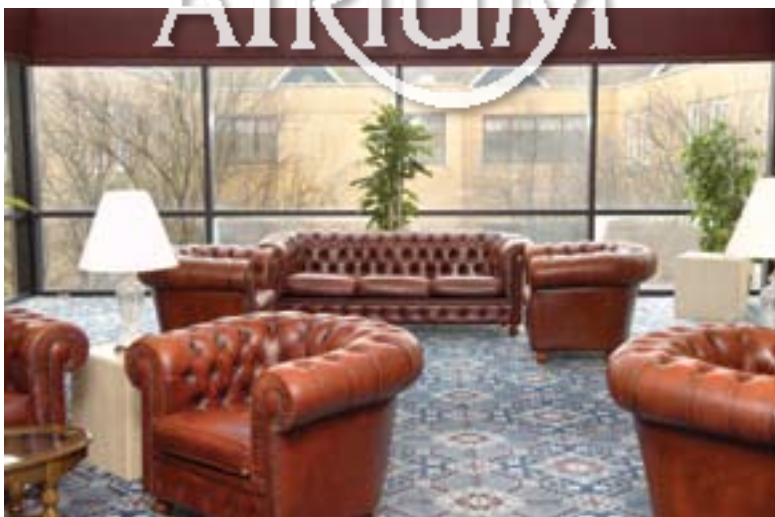
"At Allendale, residents can enjoy the same level of luxury that they had in their homes," says Dr. Giancarlo. Allendale prides itself on lovely public spaces, groomed grounds, and a range of residential options from the private accommodations of The Atrium, to the private and semi-private rooms in Carlton Court or the Nursing Home.

What defines "home" most, however, is the presence of loved ones. "We are a families-first place," says Dr. Giancarlo. "We encourage lots of visitation and participation. Our families are really involved, which adds a spirit of liveliness and friendliness to our community."





T·H·E ATRIUM



The Atrium Bridges the Gap Between Independent and Assisted Senior Living

New option maximizes independence through wellness and activities programming

To fill the gap between independent senior living and assisted living, The Atrium at The Allendale Community for Mature Living is introducing a new concept in senior lifestyle services — independent living with health care and medical services provided, as needed, at no additional charge. Designed for older adults who require minimal supplementary services, The Atrium’s carefree lifestyle offers a broad range of activities and amenities to enhance daily living and maximize opportunities for social, recreational and educational pursuits.

“The Atrium lifestyle has been developed for independent seniors, some of whom may require supportive services in the comfort and privacy of their own apartment,” explained Jolanta Kozinska, Assistant Administrator of The Atrium. “The goal of a supportive senior residence like The Atrium is to help older adults remain as active and self-sufficient as possible throughout the natural aging process. This is achieved by offering residents and family members flexible healthcare services in one convenient location.”

Each customized plan of supportive care is developed based on individual resident needs. Supportive services

include monthly health monitoring, medication management and registered nurse supervision. These personalized support services are provided discreetly in the privacy of one’s own apartment. Each apartment also is equipped with a 24-hour emergency call-response system for added peace of mind. Healthcare service options included are nutritional planning, an individually designed physical exercise program, appointment reminders, and assistance with daily tasks, such as dressing, bathing and grooming.

“Generally, older adults become anxious when their health status changes after living in their own home or other accommodations that do not offer supportive services,” explained Pat Costello, R.N. of The Allendale Community. “The Atrium eases this transition by incorporating supportive services for the once fully independent resident in a seamless manner.”

The Atrium strives to keep its residents healthy by offering a full array of wellness and health education programs. Past lectures have focused on oral hygiene, a Medicare presentation by the National Council on Aging, and a senior health fair for Atrium residents as well as those living in the surrounding area. For added assurance, a health station located on each floor is staffed 24 hours a day, seven days a week by certified nurse’s aides, and a physician is on call.

To exercise the mind, The Atrium hosts a current events lecture, popular ethics class and a trivia session. For physical fitness, the community offers martial arts, yoga and a low-impact exercise series that focuses on strength training, stretching and balance.



Mary Stampleman
Director of Therapeutic Recreation
for The Atrium



Jolanta Kozinska
Assistant Administrator
for The Atrium

Activities Programming Encourages Individual Interests

At The Atrium, older adults are rediscovering their independence by exploring a wide range of personal interests and talents. The community provides an ideal balance of exceptional hospitality services and customized healthcare options, with diverse program offerings.

“Our goal is to balance The Atrium’s first-class amenities with limitless opportunities for peer socialization,” explained Mary Stampleman, Director of Therapeutic Recreation. “Our activities span virtually every interest — cultural, educational and social.”

Most recently, the supportive senior living community hosted an opera performance, a fashion presentation focusing on clothing trends between 1740 and 1895,





and a Swing-band concert. Planned outings to local performances or restaurants also are an integral part of The Atrium lifestyle.

Community Spaces and Dining Options Offer Something for Everyone

The Atrium features 166 studio, suites, and one-, two- and three-bedroom rental apartments with options for customized layouts. Each offers a spacious living area, ample closet space and a private bathroom. Apartments also are equipped with closed-circuit televisions to provide the latest in-house and off-site activity updates.

Community spaces have been designed to encourage socialization among residents as well as for entertaining family members or guests. From the luxurious two-story lobby, to gracious living rooms and intimate sitting areas, The Atrium promotes an active, enriching lifestyle. Additional amenities include a state-of-the-art computer center, full-sized movie theater, putting green, game room and arcade. Situated on 12 acres, The Atrium's professionally landscaped grounds, complete with winding walking paths, encourage outdoor strolls or brisk walking for exercise.

Residents also have a wide range of dining choices at The Atrium. From the elegant restaurant-style dining room staffed by friendly waiters and waitresses, to the cocktail lounge and 50s-style diner, all of the community's traditional and gourmet menu selections are prepared by an expert staff of chefs and dietary professionals.

For more information about supportive senior living at The Atrium, please call The Allendale Community for Mature Living at (201) 825-0660 or visit www.allendalecommunity.com.



Pat Costello, R.N.
Health Maintenance Wellness Nurse
for The Allendale Community



Carlton Court Defines Concept of Assisted Living as 'Community of Choice'

Services provided discreetly in private apartments

As a growing number of older adults seek the benefits of assisted living, Carlton Court at The Allendale Community for Mature Living has become the 'community of choice' in northern New Jersey. The residence offers an environment that meets the upscale lifestyle and healthcare needs of today's seniors who require assistance.

"Carlton Court is unique in terms of its services, character and physical environment," said Pat Rubino, Assistant Administrator of Carlton Court. "We help residents maximize their independence by offering them flexible, customized services rendered by our highly attentive staff."

Assistive services include help with daily tasks; nutritional counseling and meal planning; medication reminders and management; 24-hour emergency call-response system; and health checks at an on-site health station. Carlton Court is staffed around-the-clock by a registered nurse, and on-call physicians can provide immediate medical care if necessary. All services are provided by trained nursing professionals and personal care assistants in the privacy of one's own apartment.

"Every lifestyle need is available right outside our residents' doors," explained Ms. Rubino. "Carlton Court's physical design and staff-to-resident ratio enables each resident to reach his or her highest level of living."



For residents with memory impairments, specialized programs are designed to enhance physical and emotional well-being while encouraging self-expression. "Our residents are busy, happy, and active, and it shows on their faces," said Eucille Emily Brown, Assistant Activities Director of Carlton Court and The Nursing Home and Rehabilitation Center. "They have fulfilling, dignified lives."

The recreation center, game room and solarium are the hub of activity at Carlton Court. The residence regularly hosts diverse programs, including informative seminars, musical performances, a lecture series, films and planned outings.

Opened in 1972, Carlton Court was one of the first assisted living communities in the state of New Jersey. "The Allendale Community defined assisted living and established the benchmark to which other senior residences have been held nationwide," added Ms. Rubino.

For more information about Carlton Court at The Allendale Community for Mature Living, please call (201) 825-0660 or visit www.allendalecommunity.com.

C.A.R.L.T.O.N
 C.O.U.R.T



Senior Social Club Balances Stimulating Activities with Social Interaction

Daily program serves caregivers and their loved ones by offering safe environment and full roster of specially designed events



According to the National Adult Day Services Association (NADSA), the demand for adult day respite programs, like the Senior Social Club at The Allendale Community for Mature Living located in suburban Allendale, N.J., has surged to keep pace with the demand for home and community-based services. Today, more than 4,000 centers nationwide are supporting primary caregivers by offering flexible program options that integrate therapeutic services with peer socialization.

“Adult day services allow caregivers to continue working outside the home while balancing the needs of their immediate family with those of an elderly loved one,” explained Mary Stampleman, the Club’s Director. “The Senior Social Club offers families peace of mind knowing that their loved one is interacting socially with others, his or her own age, while sharing in stimulating therapeutic, cognitive and physical activities.”

Since its inception in 2002, the Senior Social Club has been providing closely supervised activities specially designed to challenge the mind and strengthen the body. These include cultural performances and lectures both on-site and at local venues, trivia games, exercise sessions, theme-based parties, current events and political discussions. In addition, seniors enjoy specially planned boat trips on the Hudson River as well as luncheon show trips to area restaurants and theatres. “The best thing is the



companionship,” said Ann Roenish of Ramsey. “Being with friends is great and I get to do things I wouldn’t be able to do otherwise.”

Operated weekdays from 8:30 a.m. to 4 p.m. as part of The Atrium, The Allendale Community’s independent living residence that offers supportive services, families may choose to enroll their loved one in any number of days. The modest daily fee includes breakfast, snacks and lunch, with a choice of three delicious entrees served restaurant-style in an elegant dining room, as well as a full complement of social and educational recreation programs. Round-trip or one-way local transportation also is available for an additional fee.

“When I’m not here, I am usually at home most of the time,” explained Gerti Maiano from Sloatsburg, N.Y., who attends twice a week. “I really enjoy all of the fun events and activities and seeing my new friends. When I am here, the day goes by so fast. I have a chance to learn new things and do everything I love, like dancing.”

According to Ms. Stampleman, candidates for the Senior Social Club include those who desire peer companionship and/or live with someone who works outside the home or is frequently away from the home attending to other matters.

“Most of our Senior Social Club members live with their daughters or sons throughout Northern New Jersey,” she



said. “In addition to the day services program, many also have utilized the respite program, which includes a rental apartment on-site for one or two weeks, while the caregiver travels for vacation or business.”

To familiarize area seniors with the Senior Social Club, the residence is now offering a free trial day to experience all the program has to offer. For more information about joining the Senior Social Club program at The Allendale Community, please call (201) 818-7978 or visit www.allendalecommunity.com.



The Allendale Nursing Home & Rehabilitation Center Expands Services to Provide Therapeutic Modalities to People of All Ages



The Allendale Community for Mature Living is adding the finishing touches to its newest service enhancement, short-term rehabilitation at The Allendale Nursing Home & Rehabilitation Center. Housed within the Nursing Home, a fully licensed healthcare facility offering 24-hour skilled care, the Rehabilitation Center provides vital speech, occupational and physical therapy services to people of all ages who have suffered an injury or are recovering from an illness or surgical procedure.

The state-of-the-art sub-acute unit serves those who have recently been discharged from a hospital, but require additional rehabilitative services. The Rehabilitation Center offers an array of social, recreational and therapeutic programs designed to maximize each resident's capabilities and enhance daily living.

"When someone is discharged from a hospital, he or she may not be ready to return home, due to physical limitations or weakness," explained Kathleen Bedeau-Francis, Occupational Therapist. "A comprehensive rehabilitation program enables these individuals to focus on restoring their health and maximizing their level of independence."

The center specializes in providing treatment for a variety of diagnoses, including joint replacement, orthopedic fractures, cardiac rehabilitation, post-chemotherapy, IV therapy and a wide range of neurological diseases.

Staffed by a multi-disciplinary team of health professionals, the center develops an individual plan of care in collaboration with each patient's personal physician. Supervised by registered nurses, the health team includes licensed therapists, social workers, dietitians, certified nurse aides and recreation therapy professionals. "Careful attention is given to developing a customized care plan to



Suzette Gustilo Cornelio, R.N., B.S.N.
Director of Nursing

help patients gain confidence and maximize their level of functioning," added Bladdymir Coronel, Physical Therapist and Rehabilitation Manager.

Before a patient is discharged from The Center, the rehabilitation team conducts a thorough evaluation of the patient's home to ensure all of their needs are met. "Often, this includes identifying areas within the home that may require temporary adjustments, like removing a small carpet that could inhibit walking or pose a fall risk," added Mr. Coronel.

The Allendale Nursing Home & Rehabilitation Center has set the standard for skilled nursing and therapeutic care with a high staff-to-resident ratio and 24-hour registered nurse supervision. Additionally, The Center's large, spacious rooms feature cable television, telephone service and climate controls for each standard or private room.

Situated on 12 acres in suburban Bergen County, N.J., The Allendale Nursing Home & Rehabilitation Center has recently undergone a comprehensive refurbishment and renovation project. The Center features newly upgraded dining rooms, recreational areas and public hallways. The updated, luxurious entrance lobby boasts marble finishes, attractive seating areas, indoor plantings, and an interior fountain.

New Private Rooms Now Available

In addition to the upgraded Rehabilitation Center, the nursing home has added 12 new luxury rooms. "These rooms

have a gracious residential feel – they are atypical of what you might expect in a nursing home," noted Suzette Gustilo Cornelio, R.N., B.S.N., Director of Nursing. "The rooms, situated in a separate wing of the nursing home, feature fabric wall coverings, carpeting and wood flooring as well as traditional architectural details... even a crystal chandelier." The concept was to create upscale private living for nursing home residents that would provide a welcoming, elegant and comfortable environment while they still accommodate the medical needs and state-of-the-art equipment that is required.

The upgrades are part of a renewed commitment to the quality of patient care that makes The Allendale Community for Mature Living a model for retirement communities nationwide. It is one of the first and only retirement communities in the region that incorporates three fully licensed levels of residency offering a continuum of care.

In addition to accepting Medicare, The Allendale Community is approved by the State of New Jersey as a continuing care provider and offers three levels of residency on campus.

For more information about The Allendale Nursing Home & Rehabilitation Center, please call (201) 825-0660 or visit www.allendalecommunity.com.





Respite Program Offers a Vacation to Both Seniors and Caregivers Alike

With families heading to the beaches, mountains or overseas during upcoming peak travel days, full-time caregivers of aging parents, grandparents or a homebound spouse may find taking that much-needed getaway complicated or even impossible. To meet the needs of these caregivers and those they care for, The Allendale Community for Mature Living offers a newly expanded short-term stay program that offers every member of the family an opportunity to make the most of their vacations.

The Respite Care Program offers short-term stays at the community's fully licensed independent, assisted living and skilled nursing/rehabilitation residences. Each level of living offers complete access to luxurious amenities and a varied schedule of stimulating programs. While caregivers

can schedule their loved one's stay to coincide with leisure or business-related travel plans, many often add a few extra days to enjoy each residence's planned events, amenities and companionship.

"Participants in the Respite Care Program benefit from a break in their routines and stimulating interaction with their peers," explained Jolanta Kozinska, Assistant Administrator of The Atrium, the community's independent living residence. "From educational, cultural and wellness activities and scenic outings, to nutritious multi-course meals, there are numerous opportunities for socialization, enjoyment and new experiences. Our short-term stay guests make the most of their holiday as well."

One recent guest of The Respite Program is Francis Buonarota, who lives with his daughter in Mahwah. "There is so much to do here and not enough time," he explained. "Everyone here knows everything about me and this is my life. I love it!"

The Respite Program offers customized lease options, ranging from a one-week minimum to several months, and a full complement of hotel-style amenities, including elegant dining, housekeeping and laundry services. For more information, please call The Allendale Community for Mature Living at (201) 825-0660 or visit www.allendalecommunity.com.

The Allendale Community's Commitment to the Continuum of Care Unwavering

Admissions process ensures seamless transition for new residents and families

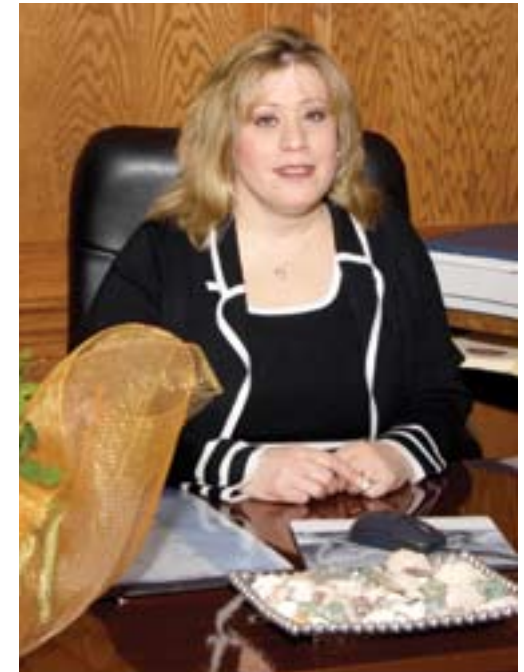
The entire professional staff and healthcare team at The Allendale Community for Mature Living is dedicated to providing an efficient, smooth transition for all new residents who are moving from their own homes, another residential setting or acute care facility. Throughout this process, the staff is committed to maintaining a continuum of care that is seamless and supportive.

"Our goal is to streamline the admissions process for all of our new residents at The Atrium, Carlton Court, Allendale Nursing Home & Rehabilitation Center, Senior Social Club and Respite Program," explained Anna Marie Baum, Director of Resident Services. "We can lend our expertise in virtually every facet of residential senior living and sub-acute services, ranging from move-in assistance for our senior residences to home assessments for those being discharged from our skilled nursing and rehab center."

Tours are available and encouraged for all three levels of living at The Allendale Community as well as the Senior Social Club and Respite Program. At this time, personal concerns or questions can be addressed. This will assure family members that their elderly loved one will be safe, comfortable and enjoying a carefree lifestyle surrounded by people with similar experiences.

Through a coordinated team approach, staff members at The Allendale Community work closely with family members, personal physicians and, when appropriate, hospital social workers, to ensure the highest level of care for each new resident is being implemented. In addition, on-going evaluations enable staff members to modify personal care plans in order to maximize each individual's capabilities. Regular, detailed reports are provided to family members and physicians.

For information about admissions to The Allendale Community for Mature Living, including The Atrium, an independent living residence; Carlton Court, an assisted living community; or The Allendale Nursing Home & Rehabilitation Center, a Medicare-certified skilled nursing and rehabilitative community, please call (201) 825-0660 or visit www.allendalecommunity.com.



Anna Marie Baum
Director of Resident Services
for The Allendale Community





The Range of Rehabilitation

Along with excellent physical and occupational therapists, Daniel A. Brisman, M.D., the consulting physiatrist (a specialist in rehabilitation medicine) for The Allendale Community for Mature Living, helps long-term residents maximize their physical function and assists short-term rehabilitation patients in returning home.

“Many of our patients are decidedly short-term. For instance, most people who had their knee replaced will go home after a few weeks in good shape,” he explains.

Long-term residents of the entire community benefit from rehabilitation, too. “If a staff member notices a resident is experiencing difficulty with balance, I’ll be called in for an evaluation and to see how we can help,” says Dr. Brisman. “The benefit of this community is that our staff is very attentive.”

The Allendale Community for Mature Living Achieves Medicare Designation

To better serve the skilled nursing and rehabilitative needs of Medicare-eligible patients, The Allendale Nursing Home & Rehabilitation Center has earned Medicare certification by the New Jersey Department of Health and Senior Services (NJDHSS). This designation enables the 120-bed fully licensed facility to accept Medicare as payment for services provided to program beneficiaries who meet federal regulations and certification rules.

“This coveted designation is key because it now enables The Allendale Nursing Home & Rehabilitation Center at The Allendale Community to serve a key population in need of highly skilled nursing as well as short- and long-term rehabilitation care,” said Suzette Gustilo Cornelio, R.N., B.S.N., Director of Nursing. “We are pleased to offer them the high-caliber, compassionate skilled nursing and rehabilitative services that insure their continuum of care.”

The Allendale Nursing Home & Rehabilitation Center offers 24-hour skilled nursing care and rehabilitation as needed for sub-acute and long-term care. In addition, the center offers an array of social, recreational and therapeutic programs designed to maximize residents’ capabilities and enhance daily living.

To qualify for the certification, which is administered by the state under a cooperative agreement with the Center for Medicare and Medicaid Services (CMS), The Allendale Nursing Home & Rehabilitation Center underwent a rigorous on-site survey. NJDHSS examiners conducted an inspection to evaluate the quality of care and services provided, as well as the appropriateness of the facility’s building, equipment, staffing, policies, procedures and finances.

For more information about Medicare services provided at The Allendale Nursing Home & Rehabilitation Center, please call (201) 825-0660 or visit www.allendalecommunity.com.

COME SEE THE SHOW!

2007 SPECIAL EVENTS OPEN TO THE PUBLIC



MAY 12TH

1:30pm – 3:30pm, LOBBY

“SPRING FLING BINGO PARTY”

GIFT BASKETS AND PRIZES!
WEAR PASTEL COLORS &
FLOWERED HATS



SEPTEMBER 17TH

3:30pm, LOUNGE

“APPLE PICKING PARTY & RAFFLE”

OCTOBER 4TH

3:30pm, LOUNGE

“OCTOBERFEST”

OCTOBER 31ST

3:30pm, LOBBY

“HALLOWEEN COSTUME PARTY”

SPOOKY MUSIC & TREATS!
PRIZES FOR BEST COSTUMES



NOVEMBER 7TH

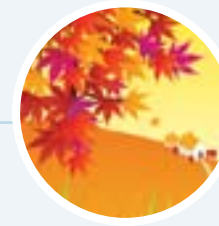
2:00pm, ACTIVITIES ROOM

“POT-POURRI SACHET CLASS”

NOVEMBER 15TH

7:00pm, LOUNGE

“AUTUMN BINGO FOR PRIZES PARTY”



DECEMBER 4TH

4:30pm, LOUNGE

“LIGHT THE MENORAH”

DECEMBER 10TH

3:30pm, LOUNGE

“TREE TRIMMING PARTY”



JUNE 22ND

3:30pm, LOUNGE

“STRAWBERRY FESTIVAL & RAFFLE”

MUSIC BY DONNA STALKER

JULY 19TH

3:30pm, LOUNGE

“ROCK N’ ROLL ICE CREAM PARTY”

A SURPRISE VISIT!

AUGUST 23RD

3:30pm, LOUNGE

“ITALIAN FESTIVAL”

WEAR THE ITALIAN COLORS!
MUSIC BY PETE VISALLI

SEPTEMBER 5TH

7:30pm, LOBBY

“SADDLE RIVER CONCERT BAND

PATRIOTIC PROGRAM”





Discover “Five-Star” Living for Seniors

The Allendale Community for Mature Living in Bergen County is a leading continuum-of-care community, comprised of three separate residences: **The Atrium** for residential living, **Carlton Court** for assisted living and the **Allendale Nursing Home & Rehabilitation Center**. Founded by Dr. Hector Giancarlo more than 35 years ago, the community provides a better way for seniors to live happy, self-directed lives in a caring supportive environment sensitive to every need.

Call today for more information or to schedule a tour.

Physician Owned and Operated
For More Than 35 Years



Ask About Our Popular
Social Day Services Program

THE
ATRIUM

Residential Living

C·A·R·L·T·O·N
C·O·U·R·T

Assisted Living

The Allendale Nursing Home
& Rehabilitation
Center

Skilled Nursing Care

85 Harreton Road., (off Route 17 south), Allendale, New Jersey 07401
201-825-0660 • www.allendalecommunity.com