HomeCare Options
60th Anniversary Celebration Dinner
1954 - 2014
Even when we're closed.

Our arms are open.

At TD Bank, we’re happy to support the things that bring our community together.
Lifetime Caring Awards Honorees
HomeCare Options will honor former New Jersey Governor and veteran State Senator Richard J. Codey and its long-time Executive Director Ken Wessel at tonight’s dinner celebrating its 60th anniversary.

Codey and Wessel are co-recipients of the agency’s “Lifetime Caring Award.” The award was last given in 2004 to former U.S. Senator Bill Bradley.

“During their long careers, both Senator Codey and Ken Wessel, in their own ways, have had a huge impact on the state of health care in New Jersey,” said HomeCare Options’ Executive Director Alexis Barry. “They represent a lifetime of caring for the people of New Jersey.”

Senator Codey, who served as President of the State Senate from 2004 - 2009, became Governor according to state law when James McGreevey resigned before his term expired in 2004. Serving in state government since 1973 – when he was first elected to the Assembly at the age of 26, and where he served four terms before he was elected to the senate in 1981 – has been responsible for dramatic improvements in health care for New Jersey citizens. He has been a powerful advocate for better care and treatment of the mentally ill. This included his exposing major problems in state psychiatric hospitals that led to much-needed reforms, as well as the launching of a statewide post-partum depression program to educate new mothers. He sponsored New Jersey’s Health Care Reform Act, making New Jersey the first state to enact significant cost cutting measures for health while protecting the quality of care. He also helped establish New Jersey’s Charity Care program, which helps hospitals treat uninsured patients and helped create the state program that provides prescription drug cost assistance for the elderly and disabled.
Ken Wessel, who ran HomeCare Options for 36 years before retiring last summer, has played an active role in enhancing the reputation of the home care industry. He was elected to four separate terms as a board member for the National Association for Home Care (NAHC), and served four times as chairman of the Home Care Aide Association of America. He was elected three times as President of the Home Care Council of New Jersey and served as Vice President of the Home Care Association of New Jersey, and as six-term chairman of the Passaic County Human Services Advisory Council. Over the years, he has been active in revising the standards for licensure of home health agencies in New Jersey, and has testified on numerous home care issues before both houses of Congress and the state legislature. Wessel has also played a significant role in changing the life of home health aides. When he began working in the industry, home health aides earned about $2 an hour and received few benefits. In addition to paying his home health aides significantly more than the national average, he instituted a scholarship program that has allowed many to attend nursing school (as well as scholarship and camp programs for their children), and programs to help them gain their GED and U.S. citizenship. When he assumed the helm at HomeCare Options in 1977, the organization employed 70 homemaker/home health aides in the Paterson area. Today, it services thousands of families in Passaic County with a staff of 400.
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Oasis congratulates HomeCare Options on its 60th Anniversary.

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CONGRATULATIONS TO HOME CARE OPTIONS ON YOUR 60TH ANNIVERSARY

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ATTORNEY AND COUNSELOR AT LAW
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PERSONAL CARE

As a part of the health care team, the Home Care Aide works with nurses, social workers, therapists, and physicians to speed the recovery of patients in their own homes. With hospitals under increasing pressure to discharge patients sooner, this service is in great demand. The type of patient cared for at home has more severe medical problems than in the past. The aide’s training has been expanded accordingly. Personal care includes bed baths, help with transfer activities, and ambulation, help with eating, help with therapies and exercises, and much more. The aide also lends a caring ear and provides vital input to the patient’s plan of care.

HOME MANAGEMENT
When the normal functioning of a household is disrupted due to illness or some other emergency, a home care aide can insure that the household continues to function. The aide can help get the children dressed and off to school, do laundry, shopping, meal planning and preparation, and other duties as needed.

TEACHING
In certain situations, the home care aide may be utilized as a teacher. The aide may help a young mother understand how better to care for a new child, or help a family learn how to better care for an elderly parent.

LONG TERM CARE
The Certified Home Health Aide can care for someone at home who needs some help to get by, but does not require the intensive care of an institution. These cases involve potential nursing home placements as well as those discharged from other facilities and usually have chronic problems relating to age or disabilities. HomeCare Options provides service under the PCA program, as well as the State’s JACC, CARES, and Global Options programs.

RESPITE CARE
The vast majority of home care is provided by the family. To ease the burden for the family and to provide them with some relief and
time away from the home, HomeCare Options provides a Respite care service. A variety of services are available to help with the care of the patient so that the primary caregivers can take time out for relaxation and personal business.

In the Fall of 1987, HomeCare Options was selected as the Passaic County sponsor of the Statewide Respite Care Program (SWRP). This program has greatly expanded our capacity to provide this vital service. In addition to home care aide service, the program has components to provide temporary nursing home placements, adult day care, emergency response systems, and live-in help. In 2012, the SWRP provided 15,418 units of care to 162 families. The Community Respite Program is funded by the County of Passaic to provide respite services to families of individuals suffering from organic brain disorders. In 2013, the CRP program provided respite care to 53 families.

BATH SERVICE
A separate Bath Service is available to people who do not require the full range of services provided by a certified home care aide. The bath aide will assist the patient with a bed bath, tub bath, or shower, depending on the patient’s degree of functioning. The patient will be dressed, bed linens will be changed, and the room will be put in order. In 2013, 736 bath visits were provided.

HOUSEKEEPING SERVICE
Housekeeping Service is intended to provide essential shopping, meal preparation, errands and housekeeping to those who are unable to perform these tasks themselves. These services are provided to insure a healthy, stable environment to families or individuals in their own homes. No personal care of any kind is provided with this service. In 2013 we provided 1,132 hours of housekeeping service to 29 people.

HOUSE CALL GROCERIES FOR SENIORS
House Call Groceries for Seniors is a grocery shopping program serving the elderly of Passaic County who are unable to shop for themselves. The shoppers are screened, trained volunteers. In 2013, there were 3208 shopping visits through the program made to 109 clients. This service is made possible by our 84 dedicated volunteer shoppers and by Virginia Statile, our volunteer coordinator, and Peter Smook, her assistant.
ECAP PROGRAM
Visiting Homemaker Service began our Emergency Child Aide Program (ECAP) in February 1983. In 2013, 21,650 hours of service were provided for 283 families. The ECAP program is designed to work in conjunction with caseworkers from the Division of Child Protection and Permanency (DCPP) who are handling problems of child abuse and neglect. ECAP aides work directly with these families with four main objectives:
• To enable the family to remain intact in their own home.
• To identify and help document child abuse/neglect situations.
• To assure the safety of the children while the DCPP.
• To prevent child abuse/neglect by strengthening family life and teaching parenting and home management skills.

The program has 10 certified aides and a Program Coordinator on staff. These aides are available for emergency placements 24 hours a day, 7 days a week and can live-in if needed. The program is made possible by a grant from the DCPP. In 2013, only 19 of the 283 families required placement. That’s a 93 percent success rate. These aides are available for emergency placements 24 hours a day, 7 days a week and can live in if needed.

HEALTH RISK ASSESSMENT PROGRAM
The Health Risk Assessment Program is funded by a grant from the Passaic County Office on Aging. In this program a registered nurse goes to the homes of isolated elderly persons and completes a comprehensive assessment which includes medical, nutritional, medication, and environmental safety. At the time of the assessment, the nurse can identify needs and refer the person to appropriate community services. A plan of care is developed. Follow-up by the registered nurse and a social worker assure that appropriate actions have been taken to help clients maintain healthy, independent living. A limited amount of medical supplies can be purchased through the grant as well. The program provided 218 visits to 34 clients in 2013.

EMERGENCY RESPONSE SYSTEMS
Anyone can benefit from an Emergency Response System. This system brings immediate help in any crisis situation. Household accidents happen all the time. Anyone who is home alone can be
victim to a household accident such as a fall or a burn and may not be able to get to a telephone. This includes children as well as the disabled and the elderly. All that’s needed is a press of the help button on the transmitter. No need to reach a telephone or remember emergency telephone numbers. The Lifeline system is especially suited to persons with physical disabilities, heart problems, histories of strokes, falls, or diabetes. Two way voice communication through the Lifeline base unit lets you talk directly to specially trained staff at the Monitoring Center.

The monitoring center monitors emergency calls - 365 days a year - twenty four hours a day.

The waterproof pendant can be worn any place in the house - including the bathtub or shower. Emergency back up power gives the assurance that even if the electricity is out, help is available with just the press of a button. Emergency response systems were placed in 200 households in 2013. There were 66 incidents where emergency responders were summoned to the home and 33 incidents where patients were transported to the hospital.

WORKPLACE WELLNESS PROGRAM
HomeCare Options, our not-for-profit home care agency that has provided home health care for more than 50 years, has created a holistic, customized approach to keeping people healthy in the workplace. The program is intended to reduce absenteeism and presenteeism due to such issues as personal illness and stress and, by making people feel better, improve their productivity.

Save your organization over $3 every dollar invested in your employee’s health. The New Jersey State Department of Health writes: For every $1 the average company spends on its worksite wellness program, it receives an average net benefit of $3.40 to $7.88.

Investing in the health of employees is one of the best decisions a company can make. At least 25 percent of the healthcare costs incurred by working adults are attributed to modifiable health risks such as poor diet and lack of exercise.
With more pressure today than ever before, corporate America is struggling to be profitable while healthcare costs continue to rise and attack the most important resource - employees. Most executives know that creating a wellness environment is the only way to have healthier employees and ultimately lower healthcare costs.

Moreover, presenteeism when sick employees come to work and spread their illness, causing contagion and lower productivity is also a growing concern addressed by workplace wellness programs.

A Customized Approach
The Workplace Wellness Services offered by HomeCare Options are individualized and customized to the needs of the client organization. They may include any or all of the following:

* Reduced absenteeism
* Employee physicals
* Counseling for chronic diseases like diabetes, asthma and high blood pressure
* Preventive screenings
* Computerized medical screenings to detect adverse drug reactions among prescription drugs
* Flu shots
* Infection control and stopping the spread of colds and flu in the workplace
* Nutritional guidance
* In-services on health-related topics
* Support groups for those with various health-related issues
* Lifestyle-related programs (e.g. smoking cessation)
* Periodic health assessments
* Stress reduction and exercise

MEDICATION MANAGEMENT PROGRAM
The goal of this service is to promote the optimal health and well-being of our clients through assessment and management of medications. After an initial assessment and a consultation with the physician(s), the RN will do a computer drug screen on the medications to identify any adverse drug to drug or drug to food interactions. Once medications are managed initially,
the RN will make regular visits to educate on proper use and to monitor compliance with the medication’s guidelines for utilization. Sophisticated medication dispensing devices are available where appropriate. This service is in part available through a grant from TD Bank. In 2013, the program provided 31 nursing visits.

SEASONAL HOUSEKEEPING
This program is designed to provide intermittent household cleaning to frail/disabled elderly clients in Passaic County whose health and safety are threatened due to their inability to perform these tasks for themselves. A social worker completes an assessment to see if the individual is potentially at risk of institutionalization without the program. The program will utilize housekeeping aides to do seasonal cleaning of a participant’s home up to 4 times a year. Tasks include washing windows, changing curtains, scrubbing floors and walls, dusting and vacuuming, cleaning closets and cabinets, defrosting refrigerators, etc. The program is made available through a grant from the Passaic County department of Senior Services. In 2013, 200 clients were helped with 3251 hours of service.

CARING CONNECTIONS NURSING
Caring Connections Nursing is designed to provide private pay skilled nursing and private duty services utilizing RN’s, and LPN’s. Private insurance is also accepted. Nursing services can be provided on a per visit or per hour basis. Services include: pain management, catheter care, ostomy care, wound care, medication management, pre and post-op surgical care, family and patient health education, health monitoring, etc.

CREDENTIALS AND AFFILIATIONS
HomeCare Options takes part in the National Accreditation process to guarantee that the health care we provide to the community is the best that it can be.

HomeCare Options continues to be accredited by the National Association for Home Care with numerous commendations. The Agency is licensed by the State of New Jersey as a Health Care Service Firm.
We are also affiliated with:
- The United Way of Passaic County
- The National Association of Home Care
- The Home Care Council of New Jersey
- The National Family Caring Network
- The Passaic County Human Services Advisory Council
- The Upper Passaic County Human Services Coalition
- The North Jersey Home Care Association
- The ARCH National Respite Network

SUPERVISION
All Certified Home Health Aides work under professional nursing or social work supervision on all their assignments. This is provided by our own staff of Field Supervisors. The Intake RN Supervisor does an initial case assessment. The Field Supervisor gives the Home Health Aide a plan of care to follow in working with each patient, and is always available if a problem arises. The supervisors also visit the aides regularly to evaluate performance and monitor case progress.

Periodically, as part of the Agency’s Quality Improvement program, the home care aides are asked to complete a supervisory survey. The survey asks the aides 11 questions regarding the nature of the supervision they receive. The average total for the responses was 38.98 out of a possible 44, which indicates a high level of satisfaction with their supervision and respect for their supervisors.

QUALITY IMPROVEMENT
In 1989 the Board of Trustees established a Quality Assurance Policy. Procedures established under this policy are designed to implement an on-going internal assessment of the quality of work performed by the Agency.

TRAINING
HomeCare Options places only trained, certified home health aides into patients’ homes. This is one major distinction between HCO and many other agencies. Training applicants must complete a State approved Home Health Aide training course and receive a
State Board of Nursing Certificate before working. All applicants are required to have a personal interview, written references and a complete criminal background check. Only a select number of applicants are accepted to each training course.

HomeCare Options is honored to have some of the most qualified people in their respective fields conducting our training. These instructors include: Mary Inhoffer, PT; Dixie Stokem RN, MS; Catherine Pichardo RN, BSN; David DiLaura RN; Barbara Sous RN; Lidia Vidal RN; Janine Mehta BA; Michelle Krivy RN BSN; Bruce Griffin BA; and Eva D’Alebo BA.

Homecare Options conducted four training programs in 2013. The Agency trained 46 home health aides through classes.

HomeCare Options also conducts regular workshops and in-service meetings to maintain and enhance the skills of the staff. Experts in various fields present educational programs related to care in the home, and health and wellness. There were 36 hours of in-service meetings in 2013. We acknowledge the impressive knowledge and skill of professionals from St. Joseph’s Hospitals who have presented programs for our staff of 300 aides and nurses. Our thanks go to St. Joe’s Angela Harris, for her assistance with this.

**Alzheimer’s Specialized Training**
In late 2009 the Alzheimer’s Association of Greater New Jersey, the Home Care Council of New Jersey, and HomeCare Options partnered to develop and implement a pilot training program for Certified Home Health Aides. HomeCare Options provided a class of 25 aides to receive the training and test the curriculum. Nineteen aides completed the initial training program and received certificates from the Alzheimer’s Association. These aides are better equipped to deal with the hardships for patient and family that come with an Alzheimer’s diagnosis.

**Good Steps Falls Prevention Program**
Good Steps is an evidence-based program of leg muscle strengthening and balance retraining exercises taught and monitored by specially trained Registered Nurses. It is based on a program developed in New Zealand. Research has found it to be
successful in reducing falls and the injuries associated with them by 35%. It is the most effective such program we could find in the world and HomeCare Options is bringing it to you. Even people in their 90s can improve their strength and balance sufficiently to avoid falls. The program consists of an initial assessment visit by the specially trained Registered Nurse. Thereafter, an RN will visit 4 to 5 times to individually prescribe, demonstrate, and monitor the flexibility exercises, the strength and balance exercises, and a walking plan. In 2013, the program provided 572 visits to 99 individuals.

AWARDS

The **HOMEMAKER OF THE YEAR AWARD** will be presented in April 16, 2014 to honor the outstanding Certified Home Health Aide of 2013. The award is named after a former Board member and past President who was active in the founding and development of this organization. In addition to her years of contributions to HomeCare Options, she had been very active with the State Homemaker Association and had served as its President. Mrs. Tarchiani has moved out of our area and can no longer work with the agency but she will be remembered through this important award.

The Homemaker of the Year is chosen by a committee of the Board which reviews written narratives on nominees presented by the supervisory staff. These narratives are nameless and the contenders are not identified until after the selection is made. The committee considers the following criteria in making their selection:

- Length of service
- Dependability
- Regularity of attendance
- Knowledge of patient care
- Service above and beyond meetings the call of duty
- Willingness to accept cases
- Conscientiousness
- Concern for patients
- Willingness to learn new skills
- Attendance at in-service

Most Home Care Aides perform in an outstanding manner and deserve recognition. The Homemaker of Year is, in a very real sense, a symbol of all the fine work they do.
HOMEMAKERS OF THE YEAR
1983 SUSAN BOYD
1985 LUEGENE SMITH
1987 SHARON FAISON
1989 ALLEN PEASE
1991 MARTHA MOYA
1993 MABLE WADE
1995 HARRISTINE TRENT
1997 RAQUEL TORRES
1999 LAI CHAVEZ
2001 ANA DUME
2003 SANTA VASQUEZ
2005 LUZ E. RODRIGUEZ
2007 MARIA CARPIO
2009 MUJIBUR RAHMAN
2011 EUPHEMIA RICHMAN
1984 VIVIAN THOMAS
1986 EARLA DANIEL
1988 WILLIE MAE
1990 TRUDY CLARK
1992 KATHERINE ALWARD
1994 CHERYL HARRISON
1996 MARGARET WISE
1998 SHIRLEY SCOTT
2000 GRACE BARILLA
2002 ARDINE BARDEN
2004 JOANN WHITE
2006 BETTYE SHEPPARD
2008 WILEAN CARROLL
2010 LORA ELLIS
2012 EUSTOLIA CASTILLO
2013 HOMEMAKER OF THE YEAR: FABIOLA PRADO
The following home health aides will be honored in 2014

40 years of Service
Yvonne Hester

30 years of Service
Sharon Faison
Euphemia Richman

25 years of Service
June Gordon
Lora Ellis
Nadia Herard
Ramona Sierra
Maria Cotrina

20 years of Service
Magda Delavega
Maria Yrrizarry
Toshia Brown Williams

15 years of Service
Delma Olivares
Carman Fabregas
Teresa Romani
Chancena Gibbons
Maria Cerna

10 years of Service
Gail Edwards
Natacha Guerrero
Rosa Castellanos
Awilda DeJesus
Aurea Colon
Nilda Morales
Beverley Scott
Francia Guzman
Dilsa Cintron
Supervisory and Support Staff

Alexis Barry, BSN, MPA, Executive Director
Dorothy Bensi, Finance Dept.
Adelina Camacho, Scheduling Specialist
Eva D’Aleo, Respite Coordinator
David DiLaura, RN, Field Supervisor
Lillian Falquez, Finance Dept.
Vilma Falquez, Payroll Supervisor
Julie Ford, Customer Service Associate
Bruce Griffin, ECAP Coordinator
Michelle Krivy, RN, BSN, Field Supervisor
Zoraida Morales, Medical Records Clerk
Maria Motta, Intake Coordinator
Nancy Ramos, Scheduling Specialist
Marisela Reynosa, Scheduling Specialist
Frieda Ray, Finance Dept.
Maria Rios, Billing Supervisor
Janine Mehta, Social Worker
Maria Santiago, Receptionist
Barbara Sous, RN, Field Supervisor
Virginia Statile, Volunteer Coordinator
Lidia Vidal, BA, RN, Field Supervisor
Noe Rodriguez, Director of Finance
Catherine Pichardo, RN, BSN, Field Supervisor Manager
CLIENT SATISFACTION
Annually and at the conclusion of each case an evaluation form is sent to each patient so that they can provide input into the services the Agency provides to the community. They are asked to rate the Home Care Aide for: Attendance, Punctuality, Caring Attitude, Appearance, and Work Performance. Patients are also asked if the office staff was pleasant and helpful and if they would use our service again if needed. There is, in addition, a space for them to write any narrative comments they may have. The staff and the comments are rated on a scale from 1 to 4 with four being excellent.

The overall 2013 rating the Agency received from its patients was an outstanding 3.74 out of a possible 4.0. It shows that our continued efforts to provide a quality service in a courteous manner have been appreciated. Our Customer Service Associate, Julie Ford, did an outstanding job along with all our motivated caregivers and support staff. Everyone involved with HomeCare Options is very proud that those who use our service are so pleased with the excellence of the care we provide.

2013 Expenses of $6,500,000

The 2013 Independent Audit for Visiting Homemaker Service of Passaic County is being completed by Joyce Mayeresky, Withum Smith + Brown, New Brunswick, NJ, in accordance with generally accepted accounting principles.
Patients Served by Age in 2013

74% of our patients are over 70 years of age. We have two patients 100 years or older.

In 2013, 73% of our patients were female and 27% were male.
Congratulations to HomeCare Options on 60 years of Making a Difference in People’s Lives
NJM Insurance Group and NJM Bank

are pleased to support

HomeCare Options

and congratulate

Richard J. Codey
Former Governor of New Jersey

on being honored with the

Lifetime Caring Award
Congratulations
to HomeCare Options
On its 60 Years of Excellent Service

And to
Ken Wessel
and
Senator Codey
on Their Lifetime Caring Awards

The Board of Trustees
of HomeCare Options
Congratulations to HomeCare Options on 60 years of outstanding service to the community and to Ken Wessel and Senator Richard Codey on making a difference in people’s lives.
Community, family and friendship are the key values for success in business and in life. For 40 years, WithumSmith+Brown has been committed to these principles, knowing that strong relationships help make strong foundations. At WS+B, we celebrate the continued mission of HomeCare Options for caring for loved ones and providing health and social services to thousands of people each year throughout northern New Jersey.

Joyce Mayeresky, CPA, PSA, CFE, CGFM Partner
732.828.1614

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