



THE BRIGHT SIDE FAMILY

SENIOR HOUSING & SUPPORTIVE CARE

Geriatric Services, Inc.
Annual Report
2019

Table of Contents

Message from our Executive Director

Programs and Projects:

- Bright Side Manor
- Portable Assisted Living Services (PALS)
- The Brookdale
- Age-Friendly Teaneck

Financials

Our Board of Directors

Our Team

Our Community

Donor List

Our Events

OUR MISSION

Our mission is to provide affordable housing and support services that respond to the changing needs and preferences of older adults, offer choice, promote dignity, and ensure safety and comfort.

OUR VISION

The Bright Side Family of Geriatric Services will develop sustainable strategies that address the rapidly changing needs of older adults and promote their health and well-being.

A Message from Our Executive Director

Dear Friends,

Thank you for support as we celebrate the past accomplishments and look to the future. With many new projects on the horizon, there is much to look forward to as we continue to focus on our mission — “To provide affordable housing and support services that respond to the changing needs and preferences of older adults, offer choice, promote dignity, and ensure safety and comfort.”

- The needs and preferences of older adults are, indeed, changing and growing by leaps and bounds.
- For this reason, we will be moving forward with a major renovation project at Bright Side Manor. We are in the planning stages for a second senior apartment building which will offer 40 more affordable units in Teaneck.
- Our PALS program, now offered in two locations, will continue to expand and serve as a model for addressing the complex needs of older adults who have aged in place within subsidized housing.
- Age Friendly Teaneck will continue to weave its projects and community improvements into the fabric of the Teaneck community.
- We launched a new website that reflects the scope of our projects and programs as well as our history, mission and vision for the future. Visit us at thebrightsidefamily.org

We honor our past and remember with gratitude the contributions of the trustees, staff members, residents and families who brought us to where we are today. Our current team of staff, trustees, volunteers and community friends look forward to building on that past while developing new and innovative strategies to serve Bergen County's older adults.

Your support is greatly appreciated. We also thank the many donors who have contributed to ensure our projects and programs's success.

Sincerely,
Elizabeth Davis, LCSW, CALA
Bright Side Family



Bright Side Manor

Bright Side Manor was the only assisted living option in all of Bergen County that was within their financial means.

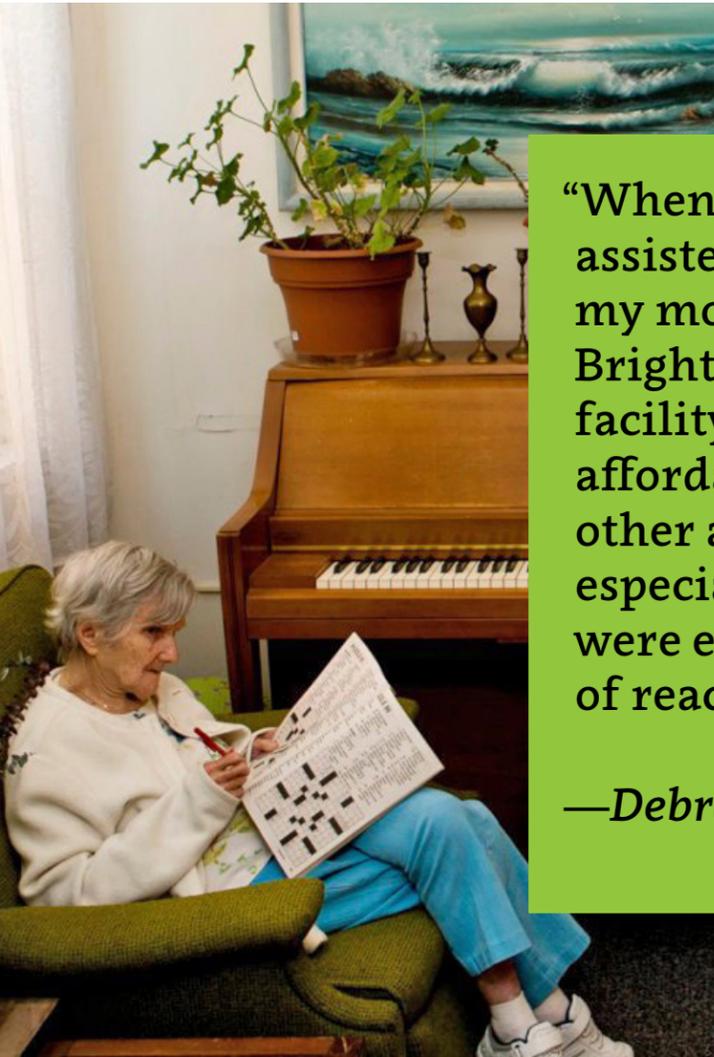
BRIGHT SIDE MANOR HIGHLIGHTS

- A 65 bed comprehensive personal care home providing affordable assisted living in a home-like setting.
- 72 residents were provided with housing, health care and social support services in 2019.
- Bright Side Manor continued to serve as Bergen County's only truly affordable assisted living community with an open door policy for the admission of residents on New Jersey's Medicaid MLTSS program.
- Expansion plans include the construction of a 8000 square foot addition which will include a spacious dining room, activity center, hair salon, private resident rooms with private baths, a secure outdoor deck and new landscaped front yard as well as a second elevator and laundry facilities.
- Approximately 30 volunteers visit regularly to visit with residents, bring pet therapy dogs, provide intergenerational programming and faith-based activities.



- Plans for a major expansion and renovation project at project were developed by the architectural firm, Kitchen & Associates. These plans were approved by Teaneck's Zoning Board of Adjustment in November and a capital campaign to raise funds for construction costs will be launched in 2020.
- Our Recreation Coordinator provides a weekly schedule of activities that includes music, exercise, current events, cooking, wine tasting, games, arts and crafts, spiritual programs.





“When we were looking for an assisted living community for my mother, it was appalling that Bright Side Manor was the only facility in Bergen County that was affordable as the cost of other assisted living facilities, especially in Bergen County, were exorbitant and well out of reach.”

—*Debra F.*

Photos:
Residents are
enjoying many ac-
tivities on offer at
Bright Side Manor:
crafts, outings and
puzzles.

“There is no greater place for our Mom to be than at Bright Side Manor. It’s a facility that really cares for their residents. The entire staff have shown so much love and compassion for the residents. Thank you for all that you do. Each and every one of you are a blessing to us and we are grateful to you for our Mom’s happiness and well-being.

Bright Side Manor is a gift from God for my sister. It's extremely difficult to find a caring facility that accepts Medicaid. I don't know what we would have done without Bright Side. She gets quality care, great food, and lots of activities. Thank God for Bright Side.”

—*E.H*



*PALS - Portable
Assisted Living
Services*

Since it's inception in 2015, PALS has served over forty residents, providing them wellness care, assistance with personal care, medication administration, meal preparation, laundry, housekeeping and social activities.

PALS HIGHLIGHTS

- Has provided assisted living services to 40 residents in Westwood House, allowing these seniors to age in place in their own apartments and communities while avoiding premature nursing home placement
- Expanded to a second location - Golden Tower, one of Garfield Housing Authority's two subsidized senior apartment buildings. Plans to expand into the second building, Belmont Gardens, are under development.
- 8 residents in Golden Tower were enrolled in PALS and, by year's end, another 8 were being assisted with enrolling onto MLTSS so that they can also enroll.
- PALS staff provided over 200 residents in Westwood House and Garfield Housing with health and wellness programs including weekly blood pressure checks, seminars by geriatric physicians, physical therapists, elder law attorneys, and other professionals.

The Brookdale

This lovely subsidized senior apartment building, opened in Fall 2016, is fully occupied and has a ten year wait list. It's generous community space hosts many building functions as well as larger community programs.

This year, a large, unused space in the front of the building was transformed into a beautiful, handi-capped accessible Community Garden that provides planting beds and sitting areas for our residents. A Master Gardener volunteered her time to design the garden and the Holy Name Medical Center's Asian Health Services Program provided funding to pay for landscaping work and materials. Benches and engraved bricks were donated as were raised planters.

A part-time activities coordinator facilitates numerous wellness and social programs for residents and recruits volunteers to teach yoga, piano and other classes. Residents outfitted an unused space with sewing equipment and now enjoy working together on quilting and other sewing crafts.

The library continues to receive donations of books and provide a quiet space for residents to read or play cards.

Special lunch parties took place throughout the year bringing residents together to celebrate holidays and the various seasons.



PALS Program Staff:

I would like to write you all a letter of appreciation. You were all so wonderful with my mom for the last couple of years. Without you I do not know what we would have done. Mom is now in full time assisted-living and doing as well as can be expected. I am sure if she could she would have written this letter herself.

I hope your program continues with great success. I also hope you all realize how much of an impact you have on someone's quality of life. Believe me my entire family is grateful. I will miss everyone in the building and I wish you all well.

—Mary L.

Age-Friendly Teaneck

Age-Friendly Teaneck (AFT) - A community-wide initiative making Teaneck a great place in which to grow up and grow old

2019 Highlights

- Our second annual Summer Career Explorations Internship program awarded four Teaneck high school student with \$1000 stipends and taught them about the joys of working with older adults and tremendous career opportunities in the geriatrics field.
- An AFT Walkability Workshop inspired the Township's successful application for

a \$10,000 AARP Challenge grant to improve pedestrian crossings.

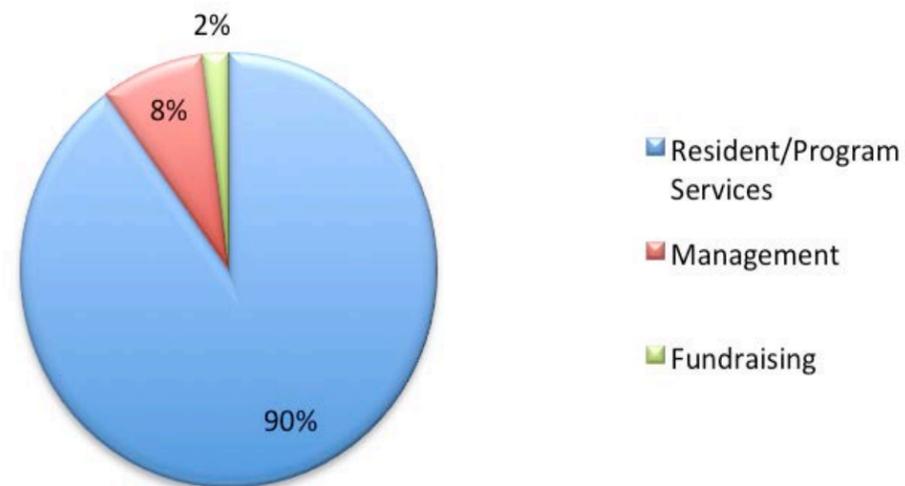
- AFT Co-sponsored with Holy Name Medical Center of a health/resource fair featuring 12 providers at which ##### Teaneck residents were provided with health screenings and education on health and social services .
- Plans are underway to create an AFT Community Center within a soon to be developed 40 unit affordable senior apartment building in Teaneck's Northeast section. The center will be open to all Teaneck seniors and will provide regular health and wellness programming, support groups and information on community resources.

- AFT had 4560 unique visits to our website, a 122 percent increase from previous year.
- AFT A quarterly newsletter was distributed throughout the Township and electronically to keep older adults abreast of AFT activities and provide information on topics of interest such as housing, transportation, financial planning, volunteering and intergenerational programming.
- AFT was approved for an AARP grant that will support the development of a Community Table program in 2020. This program will provide a monthly dinner party with nutritious food, entertainment and socialization for older adults who have become more socially isolated and for whom the dinner hour is particularly lonely.



2019 Financial Highlights

Functional Expenses

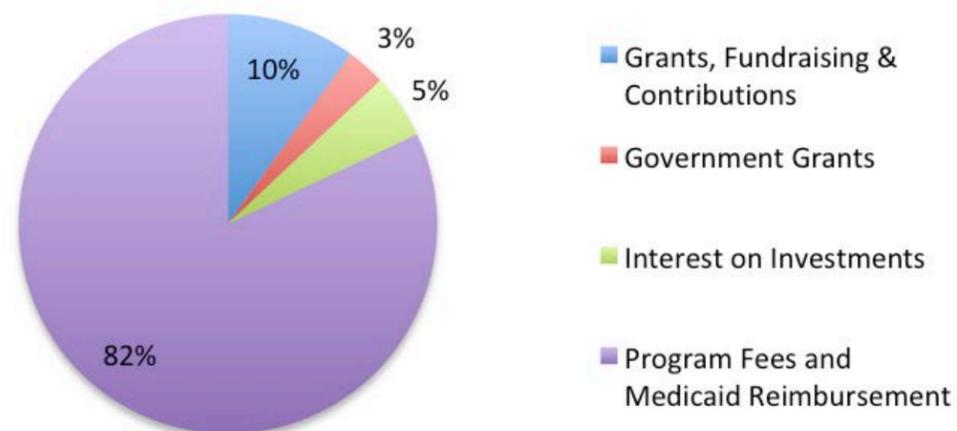


Provided housing and support services for 140 older adults

Provided assisted living services for 30 seniors living in subsidized housing

Provided information, referral and health screening services for approximately 350 older adults

Sources of Revenue



We have continued to provide information and advocacy services through our community wide initiative, Age Friendly Teaneck and its website, fostering partnerships among all segments of the community in an effort to make Teaneck a great place to grow up and grow old in. In 2019, Age Friendly Teaneck sponsored a Geriatric Career Explorations Summer Internship Program that provided stipends to four Teaneck high school students while they learned about and worked in a variety of geriatric care settings and programs in an effort to encourage more young people to pursue careers working with older adults. This was the second year of this highly successful program .

Donors

BUSINESSES

Andres Wines and Spirits
Applebees
Atrium Pharmacy
The Brookdale Foundation
Capital Impact Partners
Church of the Atonement
Community Foundation of New Jersey - Frank Denny Family Fund
Cross River Bank
Dante's Place
Ecolab
Euro-American Brands
Five Star Premier Senior Residence
Goldberg's Bagels - Allendale
Greater Bergen Realtors Care Foundation
Henry & Marilyn Taub Foundation
Ice Cream on Grand
Image First - Brian Piskaldo
Kates Nussman Ellis Farhi & Earle, LLP
Kearny Bank Foundation
Kitchen & Associates
Napoli Mania Pizza
Outreach Physical & Occupational & Speech Rehabilitation, LLC
Peapack Gladstone Bank
SeaBreeze
Sears in Hackensack
Suez Water
Teaneck Cinemas
Walter Stillman School
Wegman's
Westies Self Storage
Wine Land in Teaneck
Woman's Club of Ridgely Park

INDIVIDUALS

William Barach
Donald and Eileen Becan
Emily and Peter Bengelsdorf
Evelyn Berenbroick
Karen Blick
Eileen Bogosian
Janice and Robert Bowman
Geoffrey and Cynthia Bequeath
Michael Candullo
Kyunghee Choi
Charlene Clark
Louis Cupo (Cornell Surgical)
Diane Daly
John Daly
Valerie DeSimone
Mitchell Dinnerstein
Colleen Diskin
Carolyn Larke
Michael Fedida (J & J Pharmacy)
Linda Fleischer
Robert Gallagher
Robert and Lynn Garatty
George Hobson
Linda and Richard Hodge
Dr. Odessa Hoinkis
Andrew Howard
Ann Jankinson
Jacqueline Kates
Brenda Kolata
Matthew Leber (Volk Leber Funeral Home)
Jay Levin
Andrew Love and his fraternity group Kappa Alpha Psi
Patrick and Dorothy McCarthy
Joseph McHale
Kenneth and Elinore Miller
Jeffrey and Maureen Mohn

The Nuzzi family
Mary Pacella
Sherry Potenza
Biraj Rachh
Rachel Roberts
Robert J. Romano, Jr. (Andora & Romano, LLC)
Adrienne and Joseph Rothstein
Corrine Ryan
Claire Scarano
Patricia Sottarelli
Tami and Brian Targovnik
Margo Tucker
Frank Tulipano
Dite Van Clief
Mary Ann Van Clief
Eilene Zimmerman
Laura Zullo

Our Board of Directors

OUR LEADERSHIP

Mary Ann Van Clief, Board President
Matthew Leber, Board Vice President
Kay Lucas, Board Vice President
Dena Matthews, VP, Secretary and Treasurer
Carolyn L. Larke, Board Treasurer
Fran Monteleone, RN, Board Secretary
Elizabeth Davis, Executive Director

DIRECTORS

Joe Alpert
Karen Blick
Michael Candullo
Kyung Hee Choi
Thornton Ellerbe
Linda Lohsen, RN
Patricia Sottarelli
Mary Ann Van Clief

“My mother could have afforded to reside in any of the new, “fancy” assisted living facilities in this area. We chose Bright Side Manor, however, because when I visited some of the places with all the bells and whistles, I noticed something missing. There was not a strong connection between the staff and the residents. I pictured my mother isolating herself in her big apartment that she didn’t need. In contrast, when I visited Bright Side Manor, I felt like I was in someone’s home. I noticed a very strong connection between the residents and staff and felt comfortable that my mother’s needs would never go unnoticed.”

Our Team



Elizabeth Davis, CALA
Executive
Director



Emily Davis,
Accountant
Bright Side Manor



Jorge Angulo, CALA
Administrator
Bright Side Manor



Dee McDonagh
Office Manager
Bright Side Manor



Lisa Cooper,
Wellness Director
Bright Side Manor



Beth Buckley
Wellness Nurse
PALS Program



Julie McGaffin, CALA
Wellness
Administrator
PALS Program



Ashley Gonzalez,
Director of Food Service
Bright Side Manor



Kendall Polland,
Community Resource and
Recreation Specialist
Bright Side Manor



EJ Nicolas, CALA
Social Worker/Assistant
Administrator
Age-Friendly Teaneck

Team members not pictured:

Hugo Medrano, Food Service Director
Marge Mazzo, Recreation and Volunteer
Coordinator

Our Community

Volunteers, including pet therapy dogs (and their owners), the Glamour Girls, numerous retirees, high school and college students, business people and more, who collectively donated approximately 2000 hours of time and effort annually.

The Faith Based Community including :

- The Women from Congregation Beth Am;
- St. Joseph's Church, Bogota, NJ;
- Community Baptist Church,
- The River Church Bergen County Volunteer Center

Interested in Volunteering?

An easy and inexpensive way to make a difference with us is to become a volunteer. Volunteers are the backbone of Bright Side Manor, and they make a huge difference not only to our residents, but also to our staff. There are countless ways to volunteer with us.

If you're interested in any of the opportunities, or if you have an idea we haven't thought of, let us know. Please contact kendallpoland@brightsidemanor.org to see how you can lend a helping hand with this program.

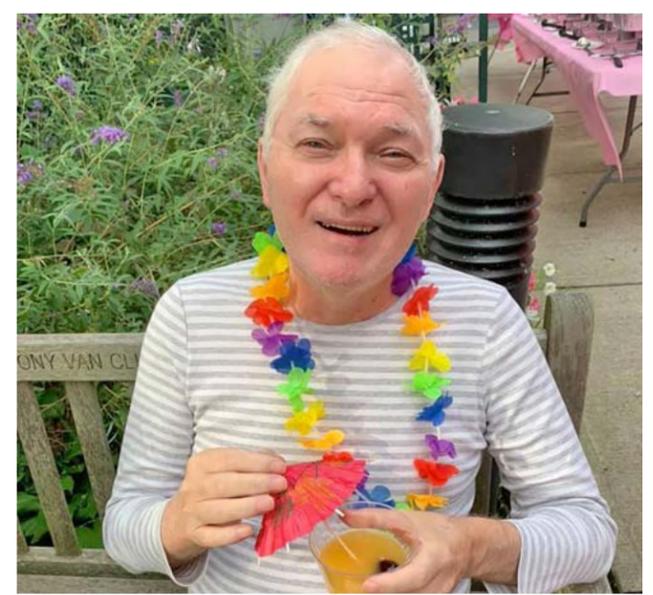
This is one of our key areas of focus here at The Bright Side Family, and a source of much success for our Non-Profit Organization.

“In my 10 years as a volunteer at Bright Side Manor, I have seen the facility grow from a rather run-down and dreary 50-bed residential health care facility into a beautiful, bright, and cheerful 65-bed assisted living facility. I've witnessed almost no turnover in staff, giving a tremendous sense of stability to those living at Bright Side. I continue to observe a very high standard of care and a true sense of contentment and satisfaction among the residents. Daily activities, meals, and care are tailored to the unique needs of each resident, promoting their individuality and well-being.”



**Volunteers,
Thank You
for Your Service.**

CARIBBEAN NIGHT



Our Events

CARIBBEAN NIGHT



GARDEN PARTY

GARDEN PARTY



GARDEN PARTY



OCTOBER GALA

OCTOBER GALA



OCTOBER GALA



ACTIVITIES AT BRIGHT SIDE MANOR

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ACTIVITES AT BRIGHT SIDE MANOR



Credits

PHOTOS: freepik.com (pg.), unsplash.com (pg.)and member photos
DESIGNED by Adrienne Yang (info@orangewafer.com)

TYPE: Clavo & Brandon Grotisque