

## SENIOR SPOTLIGHT: Carlos McMillan



Carlos McMillan is the president of the Resident Council at Extended Care.

Carlos McMillan has always enjoyed helping others and he continues to serve those around him as a resident of New Community Extended Care. He was elected president of the facility's Resident Council last summer and holds monthly meetings to address residents' issues and concerns.

As the leader of the Resident Council, McMillan said, "I make sure that the residents' rights are being kept up and that the relationship between the resident and the aide is always cordial."

To achieve those goals, he calls Resident Council meetings once a month, which are open to everyone living at Extended Care. There are also monthly meetings for activity planning and menu planning.

McMillan's leadership style has gained the respect of the Care Team at Extended Care.

"Mr. McMillan is a strong advocate for the residents. He listens to the concerns and issues of the residents and he communicates it to the administrative staff," said Extended Care Administrator Veronica Onwunaka. "Mr. McMillan is a part of our resolution

team and is not afraid to tell his co-residents when they are wrong. He believes that neutral respect and working together is best for everyone."

In addition to his role as president of the Resident Council, McMillan is a volunteer member of the National Patient Advocate Foundation. The mission of that organization is to bring patient voices to health system delivery reform.

"I always was for all people's rights. Even before I came to this country. I worked in several organizations in Trinidad," McMillan said.

McMillan was born and raised in Trinidad. He moved to the United States in 1985, settling in Brooklyn. He then spent five years living in Newark before moving to Georgia for a job. From Georgia, he moved to Queens for another job opportunity. While living in Queens he underwent surgery and something went wrong. Afterward he was no longer able to walk and had to seek care.

Extended Care wasn't the first facility McMillan came to. He was at Green Hill in West Orange and another facility in Orange that he called deplorable before researching other options and moving to Extended Care.

McMillan's seven children live in the East Orange area, which was one of the reasons he chose to move to Extended Care. His children come to see him often. He has a brother in Brooklyn and two sisters and a brother in Trinidad. His wife is deceased.

McMillan, who is 68, worked in consumer electronics repair in his younger years. He said it was a hobby that he turned into a job. He said the work combined two things he likes to do: working with his hands and helping people.

McMillan had to stop doing consumer electronics repair because of the onset of Parkinson's disease. But he is happy to be able to continue to help others in his role on the Extended Care Resident Council.

"I like living here because I get an opportunity to do what I'm basically trained to do," he said.