



*The Tree Unites the  
Branches; The Branches  
Bear the Fruit*

# The ORANJ TREE

Quarterly Newsletter of the Organization of Residents Associations of New Jersey

Number 35

Summer Issue

July 2012

## PRESIDENT'S REPORT



Thank you all for coming to our Plenary Meeting at Crane's Mill in April.

We had a full house! Twenty-one of our twenty-five CCRC communities were represented. I only regret not having had the opportunity to greet each of you individually. Our host community did a wonderful job and set a new standard in excellence.

Now take a moment to mark your calendar for October 17, 2012, when we will be holding our Fall Plenary Meeting at Monroe Village. The location is near the center of the state, which should make it

more accessible to all ORANJ members.

All ORANJ committees are now operational and it is time for you to tell us what you think should be the top priorities for ORANJ as a whole and for the Legislative, Finance, Health, and Communication Committees. One way to do this is to attend meetings of the standing committees and the Executive Committee and discuss your priorities with other attendees. In addition, I hope that you will respond to your vice president and attend your Regional Meeting, where you will have an opportunity to share your ideas with others in your area.

While we're on the subject of priorities, I want to share with you a segment from the remarks made by Dr. Ron Herring, a resident of The Glebe in Virginia, who reported in the latest issue of *Lifeline* under the title of "A New Era for CCRC Retirement." Dr. Herring's observations are based on the painful experience of a bankruptcy at his community, which illustrated a self-defeating pattern of unilateral decision making and desperate measures to solve immediate problems. As he says,

"So, what do we need from all stakeholders in this new era of CCRC retirement?

"I believe the only viable answer is the hard work of building stakeholder relationships that produce transparency, open and timely communication, minimizing unilateral decision making, and engagement of residents as partners and participants with administration in the operations, policy making, governance, and problem solving in the CCRC. Anything less and especially unilateral decision making will be self-defeating."

If we decided to make support of transparency and collaborative decision making a priority for ORANJ, what actions should we take?

*Ellen Handler*

### Officers

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Applewood Estates, *Freehold*

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The Atrium at Navesink Harbor,

*Red Bank*

Bristol Glen, *Newton*

Cadbury at Cherry Hill, *Cherry Hill*

Cedar Crest, *Pompton Plains*

Crane's Mill, *West Caldwell*

Crestwood Manor, *Whiting*

The Evergreens, *Moorestown*

Fellowship Village, *Basking Ridge*

The Fountains at Cedar Parke, *Atco*

Franciscan Oaks, *Denville*

Friends Village, *Woodstown*

Fritz Reuter, *North Bergen*

Harrogate, *Lakewood*

House of the Good Shepherd,

*Hackettstown*

Lions Gate, *Voorhees*

Meadow Lakes, *East Windsor*

Medford Leas, *Medford*

Monroe Village, *Monroe Township*

The Pines at Whiting, *Whiting*

Seabrook, *Tinton Falls*

Stonebridge at Montgomery,

*Skillman*

Wiley Christian Retirement

Community, *Marlton*

Winchester Gardens, *Maplewood*

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## BILL MEBANE



Bill Mebane, the recently appointed chair of the ORANJ Communications Committee, is a relative newcomer to both CCRCs and ORANJ. He came to Winchester Gardens about nine months ago.

Born and raised in East Texas, Bill has lived in the Northeast since 1952, most

recently in Short Hills. He has two children and three grandchildren. Bill looks forward to working with the ORANJ vice presidents, to enhance communications among the ORANJ CCRCs and ORANJ members.

In his professional life he has held a variety of positions requiring financial administration and analysis and dealing with a variety of people.

Despite his retirement, Bill remains active with the Boy Scouts, serving as a volunteer with the Northern New Jersey Council headquartered in Oakland, NJ.

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## PEARL LEHRHOFF



Pearl became interested in ORANJ after reading an issue of the ORANJ Tree. She asked questions and made suggestions and before long she found herself as the editor of the newsletter. One of her most important achievements was to persuade

management at Winchester Gardens to produce enough copies of our latest issue to insure that every resident received one. By doing that Pearl brought awareness of the newsletter to all residents.

Earlier in her professional career Pearl was an elementary school teacher in Rockland County, NY. When she moved to South Orange, NJ, in 1964, she both raised her family and became involved in community organizations.

Pearl has a strong commitment to lifelong learning and attends lectures at the JCC of Metro/West. She also leads current events discussions for seniors as part of her work with the National Council of Jewish Women.

Pearl's editing skills come from years of volunteerism. She initiated and wrote a newsletter for Israel Bonds of Metro/West when serving as president of the organization. Pearl was also the editor of a newsletter for the Anti-Defamation League's NJ office. She was one of the founders and currently volunteers as a member of the Sister Rose Thering Fund. The Fund sponsors teachers who want to attend classes at Seton Hall University to learn about the Holocaust. Pearl enjoys being involved in community affairs.

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## WHY WE HAVE A NEWSLETTER

Some of our CCRC members are not aware of all that ORANJ does and why we have a quarterly newsletter. The purpose of ORANJ, the Organization of Residents Associations of New Jersey, is to support and protect the lives of senior citizens in New Jersey. The quarterly newsletter keeps us informed as to what all the committees in ORANJ are involved with. For example, ORANJ has a Legislative Action and Advocacy Committee that monitors legislation that may affect us and takes whatever action is necessary to protect our interests.

Since space is always a consideration, we will give you a brief history of ORANJ in this newsletter and will tell you about other facets of ORANJ in future newsletters.

In the late nineteen-eighties there were fourteen CCRCs in New Jersey offering facilities with Independent Living, Assisted Living, and Long-term Care. Nine of these facilities had been recently formed. Some were facing problems with this rather new form of senior living and found that there was no one to turn to for advice. And so they reached out for help from one another. In 1991 the presidents of each of the fourteen resident associations met at Applewood Estates in

Freehold to discuss common problems and various ways to function. The meeting was so successful that they officially founded the Organization of Residents Associations of New Jersey. Today ORANJ has 25 members, all certified as CCRCs by the Department of Community Affairs. Over 10,000 seniors are currently in residence and living units are being added to reach more seniors in the future.

In 1992 the National Continuing Care Residents Association (NaCCRA) was formed to address the problems of CCRCs at a national level.

The original mission statements and goals of ORANJ have grown but they are worth repeating. "The central purpose remains working cooperatively for the well-being of senior citizens. Across the state the issues and challenges faced are similar. In working together senior citizens multiply insight, strength, and influence for change and improvement." Our next newsletter will discuss other facets of the ORANJ Mission Statement.

*Pearl Randall Lehrhoff*

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## **BELLY FAT**

In our last Newsletter we introduced a new column about health issues that affect senior citizens in all our CCRCs. We wrote about how Adverse Drug Events affect seniors. We hope that information was of value to you.

In this Newsletter we will explain what Bonnie Liebman, writing for *Nutrition Action*, calls "Belly Fat." This article comes from the Center for Science in the Public Interest. She says, "You've heard of a beer belly. Now there's new evidence that the fructose in added sugars may send more of your extra calories to the bulge where your waist used to be." She reports that new studies are proving that our sweet tooth for all sugary drinks such as soda pop, fruit drinks, energy drinks, and foods like muffins, doughnuts, cereal, etc. are causing extra weight around our waists. Researchers focused mostly on sweet sugar beverages because they contribute the largest amount of

added sugar intake. The average American now consumes 22 to 28 teaspoons of added sugars a day – mostly from high fructose corn syrup. That's 350 to 440 empty calories that most of us can't afford. How much sugar is too much? Cutting back to 100 calories (6½ teaspoons) a day for women and 150 calories (9½ teaspoons) a day for men might mean slimmer waists for all of us and a lower risk of disease. "There is strong evidence that sugar-sweetened beverages turn to weight," wrote Vasanti Mallick, research fellow at the Harvard School of Public Health. In three studies scientists randomly chose people to drink sugary beverages made with high fructose corn syrup or the diet beverages that they usually drank made with aspartame (soda, fruit drinks, etc.). They found that only those who drank sugar or high fructose beverages gained weight around their waists.

Until now many believed that any extra calories caused waist gain. But researchers have found that it is the calories from fructose that are more likely to migrate to your belly and become spare tires. The first evidence came in 2009 when researchers gave two groups of overweight or obese men and women 25% of their calories from beverages sweetened either with fructose or with glucose for 10 weeks. Both groups gained the same weight (about three pounds) but they didn't gain in the same place. "We found visceral fat (deep belly fat) in people fed fructose," said the study author, Kimber Stanhope of the University of California, Davis.

When University of Minnesota researchers tested nearly 800 men and women, those who drank the most sugary beverages had more visceral fat and larger waists. Gaining weight in our waists is not the only danger of having too much visceral fat. Excess fat anywhere in the body increases the risk of diabetes, fatty liver, obesity, and heart disease.

In conclusion, if we don't want big bellies and bulging waists we should take the advice of Dr. Malik and "drink water, tea, or coffee, keeping the sweeteners minimal in the coffees and teas. If you want a little flavor try sparkling waters with a twist of lime or orange." Remember calories do count, especially if we want to stay healthy and also have a svelte waist.

*Pearl Randall Lehrhoff*



## APRIL PLENARY SESSION

**Save the Date  
Fall Plenary  
October 17**

Speakers at the Spring Plenary ORANJ meeting on a balmy April 18 at Crane's Mill in West Caldwell, NJ, were greeted

by a full house. Two speakers were on the program: Crystal Edwards, an attorney with Schenk, Price and King, and Dr. Sudhansu Chokroverty, Co-Director of Neurology at the JFK Medical Center, Edison, NJ.

Ms. Edwards began by noting the significance of a living will and the power of attorney with its provisions for gifting. She then dealt with the need for planning for costs of long-term care. On average this can reach \$10K per month. Medicare, with its limited coverage for nursing care, is not the answer and private insurance tends to fall short of gold-plated coverage. Insurance premiums have increased sharply and several insurers, including Met Life and Prudential, are withdrawing from the long-term care insurance business. Two other ways to address the problem are Medicaid and the VA. Both require asset depletion in order to qualify and are subject to a five year "look-back" review.

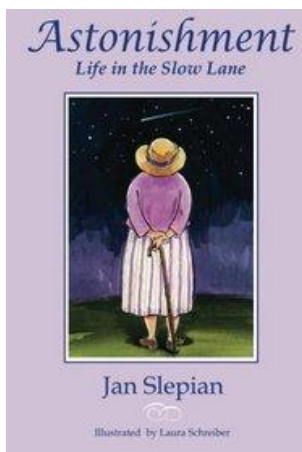
Long-term care planning in a five year term context is a must. To be eligible for Medicaid, one has to be practically reduced to penury and work through a labyrinthine application routine that clearly points up the need for someone as skilled as Ms. Edwards to assist in the process.

Dr. Chokroverty made a presentation on "Sleep and the Elderly," a complex subject with many facets. He began with a description of the changing structure of sleep from childhood to old age. He distinguished between transient, often event-specific sleep problems and those that are chronic and can pose significant health issues that require medical treatment. The latter include sleep apnea and restless leg syndrome. He discussed the importance of the circadian rhythm, the 24-hour internal clock of all living things which can be disturbed by jet lag, or shift work or simply aging. He emphasized the need for regularity, such as maintaining fixed bedtime and waking hours for those with sleeping problems. He also pointed out that sleep medications tend to lose their effectiveness with prolonged use and should be taken only with medical supervision.

*Gene Lanigan*

## WARRANTY EXPIRED

I'm about to sue my body for non-support. Long ago I never dreamed that things would get this bad between us. I thought we were friends, me and my body. Nay, more than that, not just friends, we were one and the same entity. No difference between us. Was there something in the other room I had to fetch...something from the refrigerator (more likely)? Okay. I would get up from a chair in a single movement and get to where I was going without thought, without



This article is from the book *Astonishment* by Jan Slepian

even an instant of aware-ness of the complicated machinery that would get me there. That was then, this is now. I'm suing. Isn't there a Breach of Promise in there someplace? Didn't we have an agreement, something like a pre-nuptial?

In other words, I thought we had a deal, me and my body...or at least an understanding. I thought I was on this earth with a guaranty for life to have a workable body. Like a warranty. I know now that this blissful assumption is called youth. If I had such a warranty, it has expired. It seems as if warranties always expire right before something breaks down. We need a New Parts Department. Imagine a place with lots of bins full of fresh, new workable parts to choose from: ears that hear, skin that sticks to the bones, perfect spines, agile legs. Where would one stop?

If I don't go to court, to whom do I complain? I imagine the scene at the Complaint Department:

Me: "I want to trade in these legs. They don't work so good anymore."

Complaint Department: "Lady, you should get down on your knees and thank the good Lord for what you can still do."

Me: "That's what I'm complaining about. If I could get down on my knees, I couldn't get up."

Complaint Department: **NEXT**