



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

The ORANJ TREE

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NEWS FROM LEADINGAGE NATIONAL CONVENTION



I represented ORANJ at the 2016 LeadingAge Annual Meeting and Expo in Indianapolis from October 30 through November 2. The theme of the meeting was "Be the Difference." As a resident of a CCRC I was able to attend educational and general sessions and to visit product displays and booths on the convention floor for a nominal \$99 registration fee. I spent some of my time as a volunteer at the booth of the National Association of Continuing Care Retirement Associations (NaCCRA) and happened to be working at the booth when a group of Springpoint staff members stopped by.

The NaCCRA annual meeting was on October 29-30, just prior to the LeadingAge Convention. One event was an open forum to discuss strengthening NaCCRA; another was the State Presidents' Luncheon with President-elect Walt Boyer. President Bob Nicholson presided over the General Membership Meeting, where I gave an overview of the ORANJ website. The main speakers at the General Meeting were Martha Marks, webmaster, who showed the new and improved NaCCRA website <naccra.com>, Brad Breeding, co-founder of LifeSite Logics <mylifesite.net>, and Mag Morelli, CEO and President of LeadingAge Connecticut. Mag spoke about a new publication that would guide seniors in selecting the best Life Plan Community meeting their needs.

On Sunday, October 30, LeadingAge sponsored a complimentary luncheon for all residents. Katie Sloan, CEO and President of LeadingAge National, spoke about her crusade against ageism. Jack York, CEO of It's Never 2 Late <in2l.com> spoke about helping older adults realize the full benefits of today's technology.

A session on "The Inside Scoop of a New Administration and Congress" provided good interaction between residents and providers. Of course no one, including the panelists, knew what would happen on November 8. The panel sponsored by Holleran Consulting, "Resident Engagement: Satisfaction is No Longer Enough," included speakers from Well-Spring Retirement Community in North Carolina. At this session, Holleran handed out voting devices which permitted the audience to answer several questions in real time. One question was "Select the one area that your residents provide the most input into." The answer (no surprise): Activities.

Ron Whalin

Executive Committee

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ROBERT GEBERTH, *Applewood*
Vice President, Central Region

BARBARA TROUGHT, *Medford Leas*
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Arbor Glen, *Bridgewater*
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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*
The Oaks at Denville, *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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ORANJ NEEDS SOME HELP

Hibberson Resigns - SE Region Without a Vice President

The recent resignation of Harrogate's David Hibberson as the Vice President of the Southeast Region represents a significant loss for ORANJ and the four CCRC communities in the SE Region. David has held that position from the date the Executive Committee established the five regions, over a decade ago.

In 2006, the Executive Committee began discussions relative to its lack of direct contact with the membership communities. The solution proposed by David Hibberson and the then president was to establish a regional representation system overseen by the ORANJ vice presidents. The thought was to encourage face-to-face communication among the resident advisory council leaders within each region through quarterly meetings with their respective vice presidents while rotating the locations of the meetings among the CCRCs of the region.

The two men grabbed a map, suggested general boundaries for five regions, and the plan was approved. At oranjccrc.org/about-oranj/members there is a [google map showing ORANJ regions](#).

David immediately volunteered to lead the SE Region and the rest is history.

Regional meetings are the backbone of ORANJ as it is from those meetings, which voice the concerns and objectives of the respective resident populations, that a great deal of the direction comes to guide the Executive Committee. With David stepping down, the Executive Committee is actively looking for a new vice president for this region to maintain the flow of communication to and from the respective CCRCs, which are Crestwood Manor, Harrogate, The Pines and Seabrook.

Gary Baldwin has agreed to oversee the region on an interim basis until new leadership is established. If you would like to learn more about the position and ensure timely communication and active involvement by your CCRC, contact Gary Baldwin at 732-922-9227 or gbaldwin36@verizon.net. ORANJ can only be a representative and a voice for your CCRC if you and your colleagues get involved.

Gary Baldwin

~~~~~ BEEZNESS UPDATE ~~~~~

Reprinted from the September 2016 issue of the Fellowship Village FYI newsletter.



The beehive introduction project gradually initiated this past June by Fatmir (aka Frank) Ndreu, right in the photo, and Ken Mart, left in the photo, has been progressing nicely. Our two hives seem to be flourishing both in the production of honeybees and wildflower honey. We are indebted to our N.J. Beekeepers Association President Janet Katz (Chester, NJ) for providing us with the two swarms of bees that are now *beezey* at work here on the Fellowship Village campus.

As we initiated this project we have been grateful for the encouragement and assistance of folks like George Helmke, who built a sturdy beehive platform on which we have been able

to safely place the hives in their location down by one of the ponds across from the flagpole oval of the Fellowship Village campus. Ken Post in his usual manner has also been wonderfully supportive of the project, along with photography pros like Phylis Tranotti and Ron Whalin.

The emphasis of our project at this point is that of monitoring the honey production of each hive in hopes that they will produce enough honey to feed them over next winter. The estimated volume necessary to feed a colony in this part of America is about 60 lbs. of honey. Due to the

later than usual suggested start of our colonies we would *bee* happier if our “ladies” were able to produce that quantity this year. If that is not the case, we plan to subsidize their need for nourishment with a 50/50 blend of sugar/water as needed. We want to assure our fellow Fellowship Villagers that as soon as our Beezey ladies can accommodate us we will make honey samples available for your taste buds.

Editor's note: Medford Leas and Meadow Lakes also have hives. Let us know if there are other New Jersey CCRCs with hives and we'll have a follow-up story.

~~~~~ GoGo GRANDPARENT ~~~~~

Uber is a transportation network company that requires a smartphone to connect passengers with drivers who provide rides with their own cars.

GoGo Grandparent is a “concierge service” that makes it possible to use a regular phone to get a ride with Uber. GoGo Grandparent says that rides arrive in less than 15 minutes. The pricing link at gogograndparent.com asks for a zipcode and lets you know about the availability and cost of the service in that area. At 08055, the Medford Leas zipcode, the Uber fare is \$2.65 base fare plus \$0.87 per mile plus \$0.15 per minute. The minimum fare of \$6.55 includes the GoGo Grandparent concierge fee of \$0.19 per minute.

My test ride was from Medford Leas to the ShopRite that is less than one mile away. I did not sign up in advance because that would have made it too easy.

I phoned GoGo Grandparent (855-464-6872) around 11:50 from my not-smart cell phone. I chose the option to talk to a person to register. After a couple of minutes on hold I talked to a person and gave my name, home address, home phone number, credit card info, pick-up location and destination. I was told that there was a driver, David, about seven minutes away and asked if I wanted to order the ride. I said

yes and was then told he was driving a Taurus. David pulled up in his Taurus in less than five minutes.

David dropped me off at the ShopRite and I walked back to Medford Leas. With tax the ride cost a little over seven dollars. I then drove home to the Lumberton campus of Medford Leas, which is six miles away. At home I checked for phone calls and email. A call from GoGo Grandparent had come in at noon telling me that David was arriving and I should go outside to meet him, and it gave me the option of cancelling the ride. The welcoming email from GoGo Grandparent provided more information and answered frequently asked questions — “No, do not tip the driver.”

I phoned 855-464-6872 from my landline and chose the option to talk to a person. I then added my cell phone to my account and I added Medford Leas as a custom location. Now when I phone from either my landline or my cell I get these options:

- Press 1 to get picked up at your home
- Press 2 to get picked up at where we dropped you off last
- Press 3 to get picked up at Medford Leas
- Press 6 to set up your custom locations
- Press 0 to get picked up at any other location.

Maggie Heineman

FALL 2016 PLENARY MEETING HIGHLIGHTS

Over 170 attendees and 30 volunteers made the Fall 2016 Plenary Meeting at Medford Leas a smooth and successful day. A short business meeting established a quorum and introduced your executive committee.

After a few necessary business matters were accomplished, the first speaker of the day, Jeremy Vickers, CEO of Medford Leas, spoke about "Satisfaction Surveys and Quality Improvement Programs." It seems that each of us can contribute to the needs and wished-for improvements or changes in our organizations by using surveys. The trick is to get an accurate range of questions pinpointing exactly the information you need. A survey can be too long or not long enough. Surveys are an art form as well as a scientific tool. Comment sections can be especially valuable and must be read carefully (and maybe read between the lines) as some surprisingly useful information comes from those surveyed.

At lunch each attendee was assigned seating at a predetermined table in one of the beautiful dining rooms. The views were spectacular in their fall colors. The assigned tables allowed

residents from different associations to get acquainted. A wonderful way for us to learn more about each other. It seems we have many problems and pleasures in common as well as some issues individual to each community.

After lunch, we were treated to a performance by the Medford Leas Singers.

Our afternoon speaker, Mary E. Swigar, M.D., addressed "Aging Optimally." We learned that it is possible to influence brain aging. She stressed that good habits are both good for the heart and good for the brain. Some suggestions included: do not smoke; get adequate sleep; exercise in some fashion including balance training; alter your diet to include more vegetables, less red meat, more fish and fewer sugars. The good news is that drinking coffee is no longer considered bad for us. Of course, moderation is the key to most lifestyle changes. Most of us are aware of the things we need to do to keep healthy longer; we just need to do them.

Swigar's handout and Vickers' slides can be reached from the October 17 post at www.oranjccrc.org/news/

Wendy Gansberg

~~~~~ APPLEWOOD "GO GREEN" ~~~~~

Go Green was launched several months ago in Applewood in an effort to join America in reducing the use of plastic, paper and non-recyclable containers. In our monthly newsletter, we discussed the adverse impact of plastic bags in our environment and emphasized our responsibility to help save the environment for our children and grandchildren. The Executive committee of Applewood Residents' Association first addressed the adverse impact of plastic bags and the use of non-recyclable containers for takeout food from our Bistro and to carry food and groceries. As a result the coffee cups, soup and fruit cups were changed to ones that are recyclable. Each household was given a reusable, washable bag with the hope of reducing the use of plastic bags. Over 425.

plastic bags were used daily (3000 a week). That number has dropped to 300 a day. We have a long way to go but we have not given up hope. More recently the Executive Committee, with Management's blessing, is reducing the number of paper handouts at our Association meeting. Whenever possible, what used to be a printed handout will now be announced at the meetings and posted. This change will save reams of paper, time, money and lots of trash.

For years Applewood has been sorting trash for pickup. "Go Green" Applewood increases our efforts and remains at the top of our agenda and there is more to come. We plan to do our part to Keep America Green.

*Virginia Allen, President
Applewood Residents' Associatio.*