



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

The ORANJ TREE

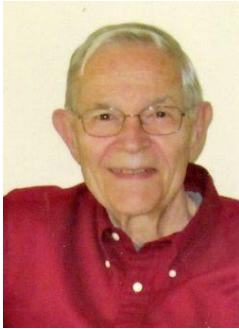
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PRESIDENT'S MESSAGE



The National Association of Continuing Care Retirement Associations (NaCCRA) collaborates nationwide with residents of CCRCs and allied organizations for the purpose of promoting, protecting and improving the CCRC/Life Plan lifestyle.

ORANJ is a State Member of NaCCRA. There are 25 NaCCRA Individual Members living in NJ CCRCs. You can join NaCCRA by visiting naccra.com and clicking *Member Signup* and following the directions.

As a NaCCRA board member, I was asked to chair the nominating committee to find candidates for four vacant board positions. All qualified members of NaCCRA can log onto naccra.com and cast their ballots online during the 30 days preceding the NaCCRA Annual Board Meeting in Washington, DC, on March 17. Recently, the NaCCRA bylaws were amended to better define member categories and requirements for board members. I recommend that between now and the March 17 election NJ members of NaCCRA approve the new bylaws by voting online. After the meeting, the board will name new officers. Members and nonmembers can access and read the bimonthly *LifeLine* newsletter.

At the time of the NaCCRA meeting, the 2019 LeadingAge Leadership Summit meeting will be held in Washington. Residents can register for a fee of \$99. Check leadingage.org for info.

The new NaCCRA website has features that can be used by state member organizations. It is possible to upload contact information for custom groups of residents. This makes it easier for groups to work together on common issues. We at ORANJ are fortunate to have our own excellent website developed and maintained by Maggie Heineman and Ann Campbell. The NaCCRA Board has held the ORANJ website up as a model for other states to follow.

Remember, the Veterans property tax reduction bill is moving toward a November 2019 constitutional ballot. I have a box of T-shirts for ORANJ to demonstrate support.

Ron Whalin, President

Executive Committee

RON WHALIN, *Fellowship Village*
President

DAVE MARR, *Lantern Hill*
Vice President, Northeast Region

HARVEY PETERS, *Crane's Mill*
Vice President, Northwest Region

BARBARA GRUTTER, *Applewood*
Vice President, Central Region

BARBARA TROUGHT, *Medford Leas*
Vice President, Southwest Region

GARY BALDWIN, *Seabrook*
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PAUL BASHAM, *Wiley Christian*
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MAGGIE HEINEMAN, *Medford Leas*
Treasurer

GARY BALDWIN, *Seabrook*
Legislative Committee

WENDY GANSBERG, *Meadow Lakes*
Newsletter Editor

Members

Applewood, *Freehold*
The Atrium at Navesink, *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*
Friends Village, *Woodstown*
Harrogate, *Lakewood*
House of the Good Shepherd,
Hackettstown
Lantern Hill, *New Providence*
Laurel Circle, *Bridgewater*
Lions Gate, *Voorhees*
Meadow Lakes, *East Windsor*
Medford Leas, *Medford*
Monroe Village, *Monroe Township*
The Oaks at Denville, *Denville*
The Pines at Whiting, *Whiting*
Seabrook, *Tinton Falls*
Stonebridge at Montgomery,
Skillman
Wiley Christian Retirement
Community, *Marlton*
Winchester Gardens, *Maplewood*

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SHOPS SHOPS SHOPS!

by Wendy Gansberg

With so much information and so many great photos we have created a blog post at oranjccrc.org/news with all the photos and text which has been provided to describe shops at New Jersey CCRCs.

The number and variety of shops at our NJ CCRCs is simply amazing. There are convenience stores and gift shops, resale shops, thrift stores and furniture outlets – the list goes on and on. From a simple refrigerator case in the café to elaborate multi-location fundraising endeavors, our volunteers and employees provide a surprisingly large number of choices and support several causes.

A recurring theme is that of new residents bringing too much with them when they move to their new apartments or cottages. Extra items are as varied as the residents themselves. We can be talking about furniture, kitchenware, lamps, picture frames or books. Another opportunity many of our neighbors provide to a family is cleaning out an apartment. There are many reasons and many items for donations to some of our shops. Our shops can be a bonanza for college students or the newlywed. Does anyone else remember furnishing in “Early Attic and Basement” style for their first apartment? Many clothing items are purchased by employees to be sent to their families. Holiday decorations, Halloween costumes and special evening wear provide cheer as well as a bargain.

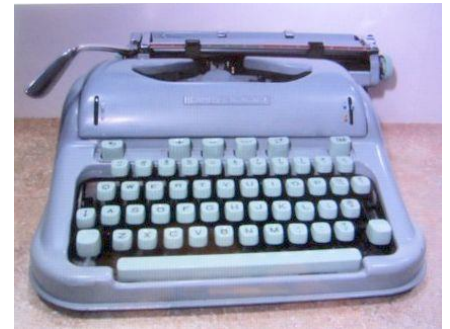


Volunteers at House of the Good Shepherd

Convenience stores provide a service. Again, run by residents, they fulfil a need for the foods commonly requested such as eggs, milk, and snacks, as well as greeting cards and such household necessities as batteries and postage stamps. Often, an unplanned additional benefit of these small stores is that of residents seeing each other and having a social moment. Another benefit for seniors when shopping is, of course, being active. But also think about the

benefits of keeping the brain working as one decides what might be needed and calculates cost and travel time. Deciding what one might donate is a tough decision. Downsizing again after moving can be challenging.

Some of our friends in New Jersey CCRCs have large and successful operations which support a surprising number of ancillary stores. They can be in multiple locations and use their own criteria about what will sell. Auction houses, consignment shops, antique stores and even eBay benefit from our endeavors. Sandy Konrad of Medford Leas has had success with selling donated items on eBay. A Franklin Mint Fabergé egg and a Swiss typewriter from the 1960s are examples.



Fabergé egg and a Swiss typewriter

The bonus of all this convenience also provides donation of sales profits to resident assistance funds, employee appreciation and tuition programs, and RAC treasuries, and to enhance the quality of life for residents. Surprisingly successful, when selling at such bargain prices, donations from sales can range from simply reimbursing supporting departments up to approximately \$40,000 in the bigger operations. Certainly, shopping in our CCRCs provides many more benefits than just purchasing the ever-popular toilet paper, the biggest seller of all.

Thanks to all who responded and made this article possible: Blance Blitzler, *Cedar Crest*; Ted Bryant, *Winchester Gardens*; Marilyn Craine, *Cedar Crest*; Helen and Lawrence Curtis, *Stonebridge at Montgomery*; Marie Dahl, *The Pines*; Jan Durbin, *Medford Leas*; Shirley George, *Lantern Hill*; Roger Graham, *The Evergreens*; Don Howard, *Atrium at Navesink*; Terry Hughes, *Crestwood Manor*; Eileen Kendall, *Medford Lakes*; Sandra Konrad, *Medford Leas*; Carolyn Krause, *Cedar Crest*; Tarcila Sutterly, *The House of the Good Shepherd*; Liz Szymanski, *Fellowship Village*; and George Torpey, *Seabrook*.

Music Music Music!

by Paul Basham

What would our retirement communities be without music? Take music away and we would soon discover how boring and weary life can be. Music is the social bonding that brings us together and keeps us together. Music has the power to stir up old memories with the first few notes. Music encourages exercise and discourages isolation. I checked in with some of our retirement communities to see how music enhances the lives of our residents.

Roger Graham in the Evergreens Retirement Community in Moorestown was quick to let me know that their Episcopal services are filled with the music of piano and organ. They also have Sunday afternoon concerts with well-known Philadelphia Orchestra musicians. Their Thursday socials feature the light music of guitar, bass and piano. They have a choir of 20 residents that performs several times during the year. Organ programs are held during Lent and Advent and guest choirs provide Christmas noels and carols.

What was House of the Good Shepherd Retirement Community in Hackettstown to do with a set of chimes donated to them? According to Tarcila Sutterley, that question was answered when Pam Laura, the chapel organist, volunteered to direct the bell choir of 12 members who accepted the challenge of a steep learning curve. The oldest "chimer" is 101. Their chaplain, Rev. Dn. Jeanerre Hile, has taught a class in "Music and Civilization" exploring medieval chants, jazz, rock and pop.



Bell Ringers at House of the Good Shepherd

"The Great American Songbook" is used for sing-alongs on Friday afternoons and Wednesday mornings, explained Vince Long, vice president of the Resident Association of Friends Village in Woodstown. Toss in some trivia and a few laughs and you have concocted what a happy hour should look like. On top of this they have musical programs each week by "outside performers."

Edward Bryant, president of the Winchester Gardens Resident Association, indicates that many of the

residents go to Met Opera Live and to NJSO in Newark. He added, "We have concerts offering a wide variety of music at least once a week."

A new Culture Arts Center will soon open at the Fellowship Village in Basking Ridge. What an asset this will be to their 25-voice choir and other musical performers! Nancy Little remarked that a popular activity is the monthly hymn sing when residents request their favorite hymns for everyone to sing.



The Choir at Fellowship Village

Cool Hand Ukes, a band of ukulele players, and the 36-voice Medford Leas Singers are resident music-makers that entertain at their community. The music therapist who conducts the singers also leads singalongs for residents and regularly makes the rounds to assisted living apartments with her keyboard. Professionals bring music to the monthly Guest Artist Series. The CEO, along with physicians and nurses and employees from every department, fill the Theater twice – with two performances of their annual holiday show.

Nancy Neri, Activities Director for the Wiley Christian Retirement Community of Marlton, has a music therapist who plays and sings old-time favorites, leaving the residents "singing in their hearts." Jack Hanna, chair of the music committee, sponsors a spring and fall concert. A fall block party with an outdoor band jumpstarts the fall activities.

The residents of the Crane's Mill Retirement Community in West Caldwell are privileged to enjoy a wide spectrum of musical experiences from attending recitals of young piano and violin students to hearing the Philharmonic in New York City and Broadway type shows at the Paper Mill Playhouse in Millburn. Beverly Delaney, president of Crane's Mill Resident Association, said that each month they have live music in three afternoon parties that usually have themes to celebrate holidays and special events.

PLENARY SPEAKERS – APRIL 17 MEADOW LAKES

Morning Presentation:

The CCRC Lifestyle: Now and in the Future



Ann MacKay lives at the Charlestown CCRC in Catonsville, MD. Her entire working life has been in long-term care. Early in her career she was president of the Minnesota Nurses Association. She was inducted into the Maryland Senior Citizens Hall of Fame in recognition of her

volunteer efforts after age 65. At the time of her retirement she was the vice president of membership and state relations for AASHA (now called LeadingAge). In 2014 she joined NaCCRA and in 2017 she became web master for naccra.com. She served as NaCCRA president for a time and now serves as a board member and editor of the NaCCRA newsletter *Lifeline*.

Afternoon Presentation:

Ethical Decision Making in Aging Services.

Summary: It's about doing the Right Thing; sometimes we have an Ethical Dilemma.



Linda Rose (*left*) is Senior Vice President of Health Services and Chief Clinical Officer. She is responsible for health care delivery to residents at Springpoint's full service communities and Springpoint At Home.

Robin Bacon Hoffman (*right*) served as chaplain at Meadow Lakes for 24 years before retiring in August 2018.



Nominating Committee Request

Election of ORANJ officers, including the ORANJ president, will be held at our fall ORANJ Plenary Meeting, October 16, 2019.

If you, or someone you know, are a potential candidate to serve as our next president, please send this information to pjbasham@gmail.com or mail it to Paul Basham, 14 Privet Court, Marlton, NJ 08053.

ORANJ Nominating Committee
Barbara Trought
Gary Baldwin
Paul Basham, Chair

Online at oranjccrc.org/news

oranjccrc.org/news/

- **How Does Music Affect the Mind and Body?**
Music and Memory
The Health Benefits of Music
- **S 299. Geriatric Workforce Improvement Act**
Introduced by Senators Susan Collins (R-ME) and Bob Casey (D-PA)
- **Shops at New Jersey CCRCs**
Words and pictures from ORANJ members.