



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

The ORANJ TREE

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PRESIDENT'S MESSAGE



My wife Bert and I attended the Philadelphia Leading Age National Convention. While there, we helped staff the NaCCRA (National Continuing Care Residents Association) booth. In the photo, Ron is holding a manual which advises clients how to evaluate CCRCs.

We attended many informative sessions. "Virtual Reality, A health care innovation for seniors" reported

overcoming barriers for seniors." Physical or mental health limitations can be overcome by the technology. In a pilot study, 96% felt happier after using Virtual Reality. "Social Connectivity: Enhancing Wellness Through Technology" reported a successful program providing iPads to low income seniors and teaching them how to connect with their family and friends through social media.

I am continuing as a member of the NaCCRA Board of Directors and serve on the Nominating Committee for the Board. Because NaCCRA has a new computer system, called ClubExpress, which manages membership data and interfaces with QuickBooks, NaCCRA is now able to manage its business without using an outside contractor.

ORANJ has purchased a box of Veteran's tee shirts in preparation for an all-out publicity campaign to convince the NJ electorate to vote for the constitutional amendment in November, 2019. In December, Gary Baldwin and I testified at Senator Singleton's committee hearing. The committee voted unanimously for the bill. We are now waiting for the Senate and Assembly to again pass the bill. Watch for opportunities to support the amendment.

Ron Whalin

ORANJ PLENARY – APRIL 17
at
MEADOW LAKES

Executive Committee

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BARBARA TROUGHT, *Medford Leas*
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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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ATTENDING THE LEADINGAGE CONFERENCE

by Barbara Trought

Why would a CCRC resident attend a conference for CCRC providers?

Many reasons influenced my decision making as I considered a four-day LeadingAge conference. Sure, it's planned for administrators, board members, and personnel from medicine to maintenance all working in facilities serving seniors. So...we all have a stake in the future. I'll be in good company.

The site for the annual event that draws 7,000 participants was Philadelphia, definitely a draw. The dates October 28 through 31 were wide open on my calendar.

I registered.

Signing up by September 1 got me in under a deadline. The registration fee increased the next day.

A very modest registration fee—only \$99—and funds both from my local residents association and from ORANJ to cover room and board simplified the decision.

Best of all were the sessions from such a broad range of topics that choosing slowed me down. Sessions titled “Ethical Decision Making in Aging Services,” “Strategic Decision Making: Engaging Stakeholders,” “Mixed Income Communities: Serving Financially Diverse Older Adults,” and “Cultural Transformations: From Indifference to Engagement” attracted me. Finally, the registration form with all choices made was completed.

Weeks went by with me thinking the pace might be too fast, the leaders too deep into their subjects, and the other registrants primarily focused on their careers and networking. None of these proved real. I was moving comfortably among vital persons open to meeting this stranger, and willing to share their stories from an amazing array of nonprofit institutions around the United States.

Very exhilarating in fact. Lots to learn and to bring back to Medford Leas.

Next year in ... San Diego!

REVOLUTIONIZING DEMENTIA CARE: THE DOCUMENTARY

by Maggie Heineman

Barbara's attendance at the LeadingAge Conference prompted me to attend as well. At the workshop run by the Dementia Action Alliance (ddanow.org) I learned about a documentary that the alliance has developed called “Revolutionizing Dementia Care.”

I recommend the DAA documentary, which is available on YouTube. I made a tinyurl link so if you are reading this on paper, it won't be hard to type.

<https://tinyurl.com/yc6cytjc>

The description of the documentary reads:

“Revolutionizing Dementia Care, a groundbreaking documentary produced by Community Idea Stations, a PBS-affiliate, in partnership with the Dementia Action Alliance (DAA), portrays how person- and relationship-centered practices greatly enhance the lives of individuals living with dementia. These caring

practices—often simple accommodations that can be implemented at home or in a care setting—offer an increased sense of purpose, self-worth, and joy to those living with dementia.

By focusing on a person's abilities, rather than dementia-related impairments, people living with dementia are able to live full, meaningful lives. “By seeing our strengths, we are empowered. It enriches our lives. This is the true meaning of person-centered care,” notes DAA Advisory Board member Brian LeBlanc, who is the film's narrator.”

The DAA mission fights about stigma and misconceptions about dementia. DAA advocates for inclusion and promotes understanding that dementia is a disability needing compensatory strategies for changing abilities. They promote person- and relational-centered care practices and identify beneficial technologies that connect and engage people.

ARTS AND CRAFTS IN RETIREMENT COMMUNITIES

by Paul Basham

Arts and crafts are not optional, but should be an essential part of every retirement community. Participating in artistic endeavors can have a positive impact on one's health and contributes to aging well. In fact, the benefits are enormous: alleviating boredom, preventing feelings of depression, developing hand-eye coordination, bolstering problem solving skills and increasing self-esteem. Painting and drawing are calming activities and encourage socialization. It has been shown that art therapy can help a person cope with traumatic experiences and reduce stress and anxiety. Imagination can flourish in later life and enable a person to take pride in showcasing his/her talents. Even artistic novices can be creative.



Fellowship Village

The Fellowship Village art program, described by Betty Frair and Bert Whalin as a program sponsored entirely by the residents, provides enjoyment, relaxation and stimulation of minds. This makes possible the sharing of talents that is appreciated by the recipients. For example, their knitting and crocheting group makes hats for cancer patients. Residents' artwork is sold at their Activity Fair and also placed on the Display Board in the Village Bistro. Also on display are scrapbooks of village events.

Liz Schaus-Guzzo, Director of Resident Activities for Meadow Lakes, said that they host the Mercer County and State Senior Art Show when artwork from throughout New Jersey is on display in their hallways for six weeks at the end of summer. Other times during the year they display the art of their residents outside of their Art Studio for a period of eight weeks. Kit Murdock said that most of their art classes are taught by their residents and funded by

their resident association, the Forum. Kit mentioned that their newest class is Polymer Beading, taught by residents Judith Winshel and Rima Phillips.

Lawrence Peck said that the Arts and Crafts group which meets every Tuesday afternoon at the Independent Living Area in the Fountains at Cedar Parke in Atco is preparing for an Arts and Crafts Festival. Items in the festival will include 35 crocheted scarves, knitted dish cloths, Christmas ornaments, baby hats and hand towels. Mary Reynolds has made about 35 lap robes and afghans to be donated to the Veterans Retirement Community in Vineland, NJ. In addition to Reynolds, those helping in the Arts and Crafts Festival are Shirley Kloss, Madalene Codone, Rebecca High, Eileen Roemer, Carole Cancelmo and Dorothy Lanier, Chairperson.



Fountains at Cedar Parke

Dr. Leonard Brown, a member of the Art Committee for Stonebridge at Montgomery, mentioned that the art studio, with displays of the residents' artwork, is a popular place for Marketing to bring people interested in moving to Stonebridge. He said, "The visitors are always impressed by the talents of the residents." Dr. Brown further writes, "Residents of retirement communities face increasing concerns

ARTS AND CRAFTS IN RETIREMENT COMMUNITIES — (CONTINUED)

about limitations in physical and mental abilities . Participating in arts and crafts can offer the possibility of increasing competence in creativity — the right side of the brain — which leads to a feeling of well-being and more ability to learn in other ways.”

Amanda Fennimore, Director of Resident Services at Laurel Circle in Bridgewater, wrote, “In our community we have an Artist Gallery with a rotating art exhibit every six weeks.” Their art teacher offers a five-week art class and occasionally there is a “Meet and Greet” with the artists to learn about their work. In addition to a quilting group they have a knitting and crochet group known as the “Stitch Witches.” Both groups donate their work to local hospitals and charitable organizations. Their art classes are held in the artist gallery, where the walls are covered with the artwork of their residents.

Sharon Budde, Assistant to the Director of Community Life Services at Harrogate in Lakewood, indicates that twice a week they have an arts and crafts session which includes stained glass and projects in the woodshop as well as painting. Year round there is a resident art gallery in their hallways. Their “Crafty Ladies” hold a craft fair twice a year

Justine Merlin, Director of Life Enrichment for The Pines in Whiting, wrote about classes in ceramics, wood crafts, quilting, jewelry making and multi-media painting, some of which are taught by the residents. They have an annual craft and hobby show for residents to display their arts and crafts. Justine added, “Annually we welcome a local artist guild to display their works to our residents. I am blessed to be surrounded by talented residents every day.”



Pines at Whiting



Pines at Whiting

Pat Hannon, Vice President of the Resident Council at Springpoint in Denville, states that their art and crafts classes include crocheting, knitting, woodshop projects and cooking, which, she says, “gets us out of our apartments.” She adds, “Baked goodies don’t last long enough to be displayed.” Kristin DiFidi-Williams writes, “Arts and crafts are a very important part of the daily lives of our residents. This offers peace and calming to our residents while allowing them to express their artistic talents. We offer Community Art Shows featuring our resident artists.”

Carolyn Krause, President of RAC at Cedar Crest Retirement Center in Pompton Plains, mentions they have one room with a complete layout of model trains and scenery. They have a class of instructional knitting and an Art Studio where all are accepted regardless of artistic ability. Their “Compassionate and Caring Angels” provide small gifts for long-term-care residents, and their “Yarn Creations” make wonderful baby gifts. In addition, they have a fully equipped woodshop room. Carolyn writes, “Our campus has numerous outstanding artists and gardeners. Our artistic creations are exhibited in the annual “Fruits of our Labors” display.

David Watral, President of the Resident Association at the Friends Village in Woodstown, writes, “We have an Arts and Crafts room where crafts are taught by residents. The room is also the place where VFW hosts the monthly meetings of the Salem County Art League.” David added that they have ongoing gallery displays of local artists as well as the artwork of students from the public schools.

ARTS AND CRAFTS IN RETIREMENT COMMUNITIES — (CONTINUED)

Michelle Aguilar, Senior Resident Services Manager at Seabrook in Tinton Falls, wrote, “I strongly believe that arts and crafts not only bring artists together, but gives residents who are not artistic an opportunity to appreciate the many talented residents that call Seabrook home.” Michelle said that in 2019 they will have their 15th Annual Art Spring Show when residents can submit up to three pieces of work. She added that one of their residents has displayed hand-molded clay and wood mounted busts of the Apostles in their

Auditorium, which serves as a multi-purpose space for religious and other events.

Christina Della Franco, Arts and Craft Counselor at the Wiley Christian Retirement Community in Marlton wrote, “Our residents are making ornaments from tart tins to decorate a Christmas tree for our Festival of Trees. The ornaments are painted with bright festive colors and embellished with jewels. Our residents feel a sense of unity from their work together in preparing for the holiday season.”

Gadgets and Gizmos to Make Your Life Easier

by Wendy Gansberg – reprinted from *The Meadowlark*

Getting older can make us more ingenious about helping ourselves or we can change our routines, or we can just give up. There are so many independent living aids available to us today that it is a shame not to select some to make our lives easier. Ranging from a simple wide-ruled notepad or legal pad with a black marker to make reading easier to the most complex Amazon Alexa intelligent personal assistant, tools are out there. Perhaps one of the following suggestions may be new to you and perhaps may even help.

I used a bold black marker and wide-ruled pad to list important telephone numbers for my mother, who suffered from macular degeneration. I found a wide-ruled check register with a check writing guide, and, of course, changed all the light bulbs in her apartment to a brighter wattage. There are large print calendars and pill organizers. Do you know about recorded materials—most often books or magazines—in audio formats provided by the *National Library Service for the Blind and Physically Handicapped* that are available on **free** loan to people who are blind, visually impaired, or otherwise unable to read or use standard printed materials? Contact them at 1-888-657-7323, loc.gov/nls/ or ask your librarian. There are talking watches and alarm clocks, large-print playing cards and board games, even large pieces for checkers and chess sets. Big-button cell phones and desk phones are easy to find in catalogs or online. Any number of magnifiers are available in lighted or plain sizes and shapes. The list goes on and on.

Hearing difficulties are very prevalent in older adults. Even admitting to a hearing problem is an issue for us. Easy fixes to help include adding captions to your television. Just look at the menu settings and keep the volume okay for others.

A hearing test by an audiologist is the first step. Even if you think you are fine, a baseline test is important to establish possible future hearing issues. Add a doorbell and telephone flashing light alert kit to your existing equipment. You can find watches and alarm clocks with extra loud alarms, vibrating bed shakers, lamp flashers and a bright strobe light that's sure to wake you up. Investigate the **free** *CaptionCall* service for those who qualify. *CaptionCall* provides amplification while displaying smooth-scrolling captions on a large, easy-to-read screen. Check with your hearing specialist.

There are nice wide-step supports to reach the top clothes bar in your closet and to help you get into bed easily. They are wonderful to get into your children's SUV. Light and portable, they make stepping up easier and can be stacked to be even higher than the original two or three inches most provide. Some even have side rails for support. There are wide-bottomed canes and shower stools; stander grab bars and an endless selection of specialized tools for your needs.

These are just a few suggestions for simple aids. Ask your physical therapists for ideas. Check with your doctors; tell your children you could use some help. This is your life. Keep it active.

OCTOBER 2018 PLENARY MEETING AT CRESTWOOD MANOR

by Wendy Gansberg

The excitement was in the air. Are state troopers already roaring up the highways to clear the way? Will she, or won't she? Will invited guest speaker Lt. Governor Sheila Oliver (who today, in Governor Murphy's absence, was acting governor) be able to attend the Fall Plenary Meeting of ORANJ?



Gary Baldwin and Lt. Governor Oliver

The answer, of course, is yes. The audience of 110 delegates and visitors along with many volunteers and residents of Crestwood Manor heard our acting governor speak on the strengths of New Jersey and plans for the future of our state. Of special interest to ORANJ is her position as Department of Community Affairs Commissioner. DCA is often the first contact for ORANJ as we try to legislate for the seniors in New Jersey.

Crestwood Manor, our host for the day, was ably led by Terry Hughes, President of the Residents Association. A wealth of volunteers guided us first to a continental breakfast and then to the meeting hall, where we were welcomed by both Hughes and Anne Hay, Executive Director.

We then heard reports from committees and the President, Ron Whalin. Gary Baldwin, our legislative chair, reported that ORANJ has achieved one of its long-standing goals, that of creating a preference list for units with refund obligations in sequential order. (First in, first out.) On August 17, 2018, New Jersey Governor Phil Murphy signed Public Law 2018, c.98 into law.

It only affects new contracts and would become effective in 90 days, on November 17, 2018. I repeat: **It only affects new contracts.**

Dr. Susan Krum, our first speaker, introduced us to the practice of audiology, the study of hearing, balance, and related disorders. She has heard all the excuses we use when our hearing becomes less acute and even comments that hearing losses can force her to become a marriage counselor at times when spouses do not handle hearing loss well. Going over the physical process of hearing and explaining the function of the ear, both outer and inner, provided the introduction to hearing, but she emphasized again and again that the brain is the real hearing center. She stresses that constant neglect of hearing loss can create other problems and strongly suggests that we each have a baseline hearing test. The good news she brings is that hearing aids are getting better and better and can now improve our quality of life.

In connection with helping hearing loss, Jeffrey Rosenbaum spoke about CaptionCall telephones and had a working model set up for us to see.

Captioned telephones work like any other amplified phone, but feature a large, built-in screen that displays captions of everything the other caller says. Simply read along while you're having the conversation. This is a free service funded by the FCC through payments included with our telephone bills. You must have a professional certify that you have a medically significant loss of hearing and high-speed internet connection for the system to work for you. Your audiologist can be a source for the certification.

After a lunch break in the beautiful Crestwood Manor dining rooms, we had a short presentation by James Short, Regional Director of Sales, Touchtown.

Many thanks to Crestwood Manor for hosting a successful plenary.