



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

The ORANJ TREE

Quarterly Newsletter of the Organization of Residents Associations of New Jersey
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RON WHALIN'S MESSAGE

Help Wanted



CCRC residents hear this plea from many organizations. How many times have you heard the request? I was asked to be the NE Region ORANJ Executive VP six years ago. I served my VP term of two years beginning October 2013. ORANJ was unable to recruit a candidate for President starting October 2013. Our bylaws say that an existing VP should serve if there is no president. So four other existing VPs took turns serving as quarterly president up until October 2014. This process did not work well.

On October 2014 I put aside some personal plans and agreed to be the president of ORANJ for a one-year term ending October 2015. In October 2015 no one else volunteered to be President again - so I accepted a two-year term ending October 2017. Then I continued as president for another two-year term. In October of 2019 my final term will end. Our bylaws require that a president can only serve two two-year terms. I will stay on the Executive Committee as "Past President."

This year, Paul Basham has agreed to be the chair of the Nominations Committee and he is searching for a volunteer willing to be elected to the position of president.

ORANJ serves an important mission for all the residents of New Jersey CCRCs. The 10,000 residents of NJ CCRCs urgently need to have a leader. You don't need to be a "rocket scientist" to do this job. However, ORANJ does need a willing and energetic leader/organizer. The president plans and holds two plenary meetings per year in the fall and spring. The office also plans and officiates at six ORANJ executive committee meetings per year. The president participates in NaCCRA and monitors the activities of LeadingAge. We plan to use more teleconferencing to reduce the amount of travel.

Past leaders have sponsored legislative bills which give residents a "bill of rights." The 2007 legislation required management to put a resident on the board of directors. Last year, ORANJ sponsored the FIFO bill, which ensured that refunds will be fairly given to residents who move out. This year, we are struggling to have a constitutional amendment passed giving CCRC residents who are veterans a refund on their property tax. It is worth spending your remaining years to provide benefits to you and your fellow CCRC residents! Somewhere there are qualified managers. Please step forward and let us know that you are willing to give two years of your valuable time to the needs of people living in NJ CCRCs.

**Call me at 973-723-5699 or Paul Basham at 856-983-0618.
WE NEED YOU! Please accept the challenge.**

Executive Committee

RON WHALIN, *Fellowship Village*
President

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

HARVEY PETERS, *Crane's Mill*
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BARBARA GRUTTER, *Applewood*
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Seabrook, *Tinton Falls*
Stonebridge at Montgomery, *Skillman*
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Community, *Marlton*
Winchester Gardens, *Maplewood*

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SPRING 2019 PLENARY

On April 17, multitudes of cars and 13 buses delivered representatives and guests from 22 New Jersey CCRCs, a total of 160 delegates, for the ORANJ Plenary at Meadow Lakes. Many willing volunteers greeted the delegates and speakers and guided them to a bountiful continental breakfast, at which the hot coffee was especially welcome.

The meeting began with a warm welcome from Joe Vazzano, Vice President of the Meadow Lakes Forum, and additional greetings from Brenden Garozzo, Executive Director. He reminded us that Meadow Lakes, founded in 1965, was the first continuing care retirement community in the state and one of the very first in the country. Its breathtaking campus in East Windsor, with its stately trees and serene lakes, has earned it recognition as a U.S. accredited arboretum. All were invited to visit the grounds and enjoy the spring blossoms during their free time.
meadowlakesonline.org

A short business meeting followed. A quorum was established, and the minutes of the October 17, 2018 minutes were approved. Minutes from the previous plenary and the current treasurer's report were reviewed and accepted. Committee reports followed with updates from Gary Baldwin, Legislative Committee, on our current efforts to have veterans receive credit towards fees at CCRCs. Barbara Trought and Harvey Peters reminded us of the 2007 amendment to a bill that requires each CCRC to include at least one member of its community as a full board member on its governing board. Paul Basham, Nomination Committee, asked for written suggestions for candidate nominations for our next election.

Ron Whalin's President's Report included suggestions for teleconferencing software to be used at our executive meetings and the results of a recent survey asking if our members charged for wheelchair transportation. Whalin has become the New Jersey NaCCRA (National Continuing Care Residents' Association) representative on their Board of Directors. naccra.com

The morning program speaker, Ann Mackay, past president of NaCCRA, talked about the *CCRC Lifestyle: Now and in the Future*. Her talk featured workforce challenges: payment reform and new service models; partnerships and consolidation; technology; consumer expectations and roles for residents. Just touching on a little of her speech: we learned about the almost 50% turnover in employees, the probable impact of the new \$15.00 minimum wage, and the place of technology, which may

reinforce and possibly replace some responsibilities of our current employees. She stressed the need for good attitude and respect for both employees and residents.

She spoke of changes in our payment systems and how future and current modifications in Medicare may affect us. A new patient-driven model was also discussed. Memory care and the problem of loneliness in seniors were touched upon. Her comprehensive speech gave us much to think about. The entire keynote address is available on our website. Find it at
oranjccrc.org/about-oranj/meetings/

After a pretty luncheon in the graciously appointed dining room, visitors were given time to view the many beautiful spring vistas through the large windows and to walk outside. The facility's two pairs of swans, one black and one white, charmed everyone.

The afternoon speakers, Robin Bacon Hoffman and Linda Rose, MS, APN, LNHA, joined together to tell us about *Ethical Decision Making in Aging Services*.

Findings indicated that there were seldom easy answers to the problems seniors face. Examples such as the timing and need for moving from independent living to a healthcare facility along with the choice to give up driving can make the ethical choices difficult. Who makes decisions for the elderly? Are their wishes possible or practical? What is the right (ethical) decision when residents and caregivers disagree? Such choices are often fraught with indecision. End-of-life discussions are uncomfortable for all, but decisions must often be made in advance of the necessity for them. Is a given choice still the right one when the time comes?

Both speakers stressed the importance of choosing, in writing, your health care proxy and writing an advanced directive as well as a will. A power of attorney and a long-term health care plan should accompany the will.

They gave many examples of ethical choice conundrums and suggestions for making some decisions easier for residents, families, and outside caregivers. They stressed that end-of-life planning can help choices to be right for you and comfortable for your loved ones. They suggested that we seriously consider completing these tasks now.

The Fall Plenary will be October 16, 2019 at Fellowship Village, Basking Ridge.

MEADOW LAKES LIFELONG LEARNING PROGRAM

Last fall I visited the Meadow Lakes CCRC, a Springpoint community in East Windsor, to learn about their Meadow Lakes Academy, which is a resident lifelong learning program that utilizes the talents and expertise of the residents. My hostess was Liz Schaus-Guzzo, Director of Resident Activities, who introduced me to a dozen of the residents. I listened as they told me how much they enjoyed their lifelong learning program.

Paul Rockman is chair of the Meadow Lakes Academy Steering Committee, which is now in its seventh year. He has taught academy courses on "The Incomplete Ice Age," "Climate Change and Its Impact," "Wonders of the National Parks," "Polar Explorations," and "The Delaware River," to name a few. During his working years he was a professor and he said, "That's why I enjoy teaching and learning." Rockman said that each year they schedule an "Academy Day," when there are presentations about the courses being offered during the year.



Paul Rockman

Marjorie Fox said she is very interested in the connection between the brain and the body, and she has taken advantage of courses in the academy that pertain to health, history, music, science, weather, and geography. What she likes about the academy is that she can select the courses according to her own interests.

Other residents that have taught courses are as follows: Helene Reed has taught "Masterworks of American Art" and "Women in Art." Gene Wachspress has taught "Oceanography." Wendy Gansberg has taught "Turning Points in American History" and other courses about American history and made many special presentations on and about New Jersey. Julia Orron has taught "Life in the Middle Ages."

Liz mentioned that Meadow Lakes offers a series of classes on brain health and gives instructions in the creative arts, from creative card making to multimedia arts, which are also taught by the residents. In 2019 Meadow Lakes will be presenting a series of classes on emotional health including how to reduce stress and develop an "attitude of gratitude." Liz said, "Meadow Lakes is indeed fertile ground for lifelong learning."



Lillian Blatt

Lillian Blatt has taught courses in the academy on the history of music, focusing on Copeland, Brahms and Shostakovich. During the course she presented a film recording of the composers' great works. In addition, she has taught classes on "Yiddish Culture" and "Learning Yiddish." To conclude our time together, Lillian Blatt sang a song for us in Yiddish. She said what she likes about her role in the academy is that "we laugh a lot, reminisce, and enjoy each other's company...to learn what we didn't learn in school."

by Paul Basham

SAVE THE DATE ORANJ PLENARY MEETING

OCTOBER 16, 2019 – FELLOWSHIP VILLAGE

EARTH DAY AND ARBOR DAY



LANTERN HILL –



At Lantern Hill, on Arbor Day, staff members and residents planted several new trees on the front lawn, known in town as The Great Lawn. The group planted two varieties of oak and a plane tree (sometimes called sycamore, and sometimes buttonwood). Now comes the hard part: waiting and watching the sapling grow to adult size!

Dave Marr

APPLEWOOD –



Earth Day 2019 was celebrated at Applewood as a daylong program of planned activities designed to move the community along a “greener” path. Under the auspices of the “Go Green” group, an ad hoc committee of the Residents Association chaired by Virginia Allen, twenty-seven residents, specialty staff, and various community support services produced a program of classic educational sessions, fun and games events, and a related fund-raising activity. “Climate Cabaret” by Stephen Hiltner, was the keynote speaker. A lunch and learn opportunity featured New Jersey wildlife specialist David Wheeler. There were also continuous showing of TED talks on the Bistro Lounge television screen,

with resident-narrated poster display sessions highlighting green best practices, recycling opportunities and updates.

On a lighter side, residents “pinned the apple on the tree” encouraging everyone with a fresh apple prize to “eat what is locally grown”. Many residents challenged each other to rubber ducky races, reminding us not only of the need to conserve water but that all beings, ducks and humans alike, require clean unpolluted water. Rubber ducks in their own man-made pond were propelled along a racecourse by their handlers blowing through large-bore straws. Much laughter, effort, and light breathlessness ended with a green lollipop to all who raced.

At the conclusion of the day, the winner by resident vote of the “Design the 2019 Applewood Logo” contest was announced, and a prize awarded. This logo will be used by the “Go Green Team” as it moves forward with its agenda.

Barbara Grutter

MEADOW LAKES –



The numbers were impressive. Meadow Lakes received a \$5,000 grant from the New Jersey Nursery & Landscape Association. That amount helped pay for 1,700 herbaceous perennial plants to be used as some of the community’s riparian buffers. 550 Peddie students took part in Earth Day activities throughout the borough with about 200 who

volunteered their time to get our plants into the ground. Many grateful Meadow Lakes residents looked out windows, talked in the halls, took pictures and even (gasp!) went outside to meet the students and enjoy the beautiful days. The project included four new floating wetlands installed in Tear Drop Lake. These floating islands offer additional benefits of improved water quality and provide diverse habitats for wildlife.

In recognition of the contribution of the Peddie School, Meadow Lakes will be presenting the school with a plaque. Hopefully, the students will return and join us next spring to see the fruits of their labors.

Wendy Gansberg