



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

# The ORANJ TREE

Quarterly Newsletter of the Organization of Residents Associations of New Jersey

[www.oranjccrc.org](http://www.oranjccrc.org)

Number 64

Fall Issue

October 2019

## ORANJ URGES ALL CITIZENS TO VOTE YES FOR PUBLIC QUESTION ON NOVEMBER 5, 2019 BALLOT

For many years veterans and widowed spouses have been entitled to a \$250 deduction on their property taxes if they own their homes. They were denied the deduction if they sold their home and moved to a CCRC. A veteran in an Independent Living arrangement typically does pay property taxes, but the property is not deeded in the veteran's name. Therefore he/she does not qualify for the tax break. This legislation corrects that. Some veterans and spouses who are CCRC residents in other living arrangements do not pay property taxes; they will not qualify for the deduction.

### Fifteen Fellowship Village veterans are wearing shirts showing their support of the public question.



Sitting in the new Fellowship Village Cultural Arts Center are (left to right, top to bottom): Eliot Knight, Jim Wilson, Charlene Wilson, Herb Ohlers, Ralph Ortega, Dan Boston, Bill Todt, Paul Lang, Guil Thompson, Ben Jackson, Ed Blejwas, Joe Merten, Betty Frair, Gary Westerhoff, and Hazel Draper.

**Please urge your friends and relatives to vote "YES"**

*Ron Whalin*

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**PLENARY MEETING OCTOBER 16 AT FELLOWSHIP VILLAGE**

# **FELLOWSHIP VILLAGE PLENARY – OCTOBER 16**

## **THOUGHTFUL LIFE CONVERSATIONS – EXPLORING PALLIATIVE CARE**

The program portion of the October ORANJ plenary meeting is titled “Thoughtful Life Conversations: Exploring Palliative Care.” In both the morning session with two speakers and also the afternoon panel discussion, the needs of patients and families of patients with serious or life limiting illnesses will be addressed. It is those needs that provide the basis for a program of palliative care.

Both the morning and afternoon presentations will provide the opportunity to gain greater knowledge about the palliative care approach to end-of-life care in a non-crisis, non-threatening situation.

So often patients and families are confronted with serious decision making in an atmosphere fraught with urgency, confusion, heightened anxiety, and misinformation. The process of learning, thinking about, and discussing the palliative care option of care may be useful preparation for future difficult decisions.

### **THE MORNING SPEAKERS**



Vikranta ‘Vicky’ Sharma, MD, is the medical director of hospice and palliative care at Visiting Nurse Association (VNA) health group. VNA is a nonprofit organization helping people live their life to the fullest in the place that they love the most – their

home. In her role as a medical director she oversees patients with chronic illness at CentraState hospital and is among the few physicians who visit patients in their own homes after they are discharged from the hospital. Dr. Sharma has been an active task force member for Conversation of Your Life (COYL) in New

Jersey since its beginning. [njhcqui.org/coyl](http://njhcqui.org/coyl) In 2015, the New Jersey Healthcare Quality Institute created the Conversation of Your Life (COYL) program, which provides mayors and community partners with tools to develop a community conversation around end-of-life care planning in a culturally sensitive and accessible way. Now there are 11 counties across the state that convene county task forces

Rosemary Gorman, APRN, received her undergraduate nursing education at the College of Nursing, Niagara University. She holds an



MSN in adult/geriatric primary care and palliative care from the New York University Rory Meyers College of Nursing. She is certified in adult geriatrics, hospice and palliative care, gerontology, and dementia. Currently Ms. Gorman is an

advanced practice nurse at the Geriatric Health Center, Monmouth Medical Center and a provider of palliative care.

### **A HOSPICE TEAM**

The afternoon portion of the program will feature a four-person panel on hospice care moderated by Ms. Gorman, one of the morning speakers. A hospice team assisting a patient and family frequently consists of a nurse, social worker, various therapists (art, music, etc.), chaplain, home health aide, medical director, and volunteer. This afternoon a nurse, a social worker and a volunteer will describe their roles on the team and the critical interactions that occur among members. They will be joined by a family member of a patient who had been cared for by a hospice team.



# THOUGHTFUL LIFE CONVERSATIONS – EXPLORING PALLIATIVE CARE

## AFTERNOON PANEL – A HOSPICE TEAM

by Barbara Grutter

**Nurse:** Nurse Alaina Nemes is the nurse supervisor at Fellowship Garden State Hospice supervising all nursing personnel as well as other professionals on the hospice team. Additionally she participates in direct patient care as the need arises. She has been with Garden State almost from its inception, coming from a rich background in hospice care. Her previous experiences were particularly useful as policies and processes were being developed for the new hospice organization. Ms. Nemes will describe the important role of the nurse on the hospice team.

**Hospice Social Worker:** Geralyn Kienlen has been on the staff of the Fellowship Garden State Hospice for nearly one year. In 1993 she received an MSW from the University of Pennsylvania following a program specifically designed for health care practice. Subsequently she was employed in the health care field; Fellowship is her first hospice assignment. She is a critical member of the team, working with patients and families on site and at a distance as they strive to adjust to the hospice

experience and all that it entails. Ms. Kienlen also manages a demanding schedule of community volunteer services with groups such as women cancer survivors, the local rescue squad, and others. Busy folks seem to get things done.

**Volunteer:** Barbara Grutter is a veteran of twenty-two winters as a volunteer for Hope Hospice and Hope Health Care Services of Ft. Myers, Florida. She is also a nine-year resident of Applewood CCRC and a member of the ORANJ Executive Committee.

**Family Member:** Lou Lorio, family member of a hospice patient and the fourth member of the panel, has done it all in the field of hospice care. She is a retired nurse, and her diverse experience has included hospice nursing. She currently serves as a hospice volunteer. However, as our panel member today, she will focus her remarks on her experiences as a family member of a loved one who had been cared for by a hospice team. Lou is a six-year resident of Fellowship Village.

## DOCTOR WITH FRIEND

by Wendy Gansberg

Recently my primary care physician referred me to a specialist for further analysis and possible treatment of my complaint. Already scared, I became really upset and pictured the worst. Having worked myself into a tizzy, I was lucky enough to have a friend volunteer to join me at the appointment. I am very glad she came with me. Afterwards, further thought and research led to some conclusions that I think may be valuable to fellow seniors. Please consider the following and use what makes sense to you.

Bring a friend or relative to your medical appointments. Perhaps you don't hear as well as you might. Or perhaps you may forget some of your questions or concerns. Four ears can be better than two. Remember that you are under some stress, so it may be best if your friend does the driving.

Make a list of your questions before your appointment and bring it with you. Bring a current list of your medications and your physicians with

their contact numbers. This list should include all your meds: vitamins, OTC, laxatives, homemade and herbal remedies.

Make clear your allergies and/or bad reactions to certain tests and/or medications. Various preparations and dyes may have created a previous bad reaction. Ask what alternatives can be used. Perhaps a different test may work. Perhaps a different preparation formula is available. Identify all your concerns.

Make sure you have your emergency information and contact list with you. If you think it may be necessary, bring copies of your advance directive and other information or, failing that, make sure your primary care physician has all your end-of-life wishes and forms on file.

And, very important, as the physician talks to you, take notes or ask your friend to take notes, and ask questions if you don't understand.

Feel better soon.

# THE GAMES WE PLAY

by Paul Basham

I asked for information about the games played by the residents of ORANJ. The response was an eye-popping list of games that would make Parker Brothers proud. The list was dominated by table games, but also included active games requiring moderate exercise. Special thanks to the leaders from The Oaks at Denville and The Pines at Whiting, who sent photos.

The value of playing games is well documented. Games cause us to learn new things and keep us connected with others. Table games are good for those with limited mobility and can involve people from different generations. While taking part in games, a person loses track of time and is less likely to become bored.

I quickly received responses from both staff and residents testifying to the importance of games in the community. The role of games in promoting critical thinking and eye/hand coordination was emphasized in several responses.

At Navesink Harbor the number of participants in games is increasing each year. At Harrogate members of the Bridge Club have dinner together following the games. Monroe Village has a Chess and Checkers Club with a leader that provides instruction on strategy. I received a list of the table games played at The Oaks at Denville along with the comment that "Games stimulate brain functions, encourage socialization, and increase endorphins to raise a person's mood." The response from Friends Village emphasized the role of games in integrating new residents into the village. At Lantern Hill there are five clubs, each focusing on a specific game.

Croquet is one of the outdoor games played during the warmer months at the Wiley Christian Retirement Community. An annual croquet tournament between the residents (Wiley Coyotes) and the administration (Wiley Roadrunners) is held each summer.

Are you ready to see the list of games that kept reappearing on the responses I received? Here they are: bridge, poker, mahjong, canasta, pinochle, bingo, dominoes, 500 rummy, Parcheesi, pick-up-sticks, Rummikub, Scrabble, trivia, Phase Ten, Wii bowling along with other Wii sports, billiards, bowling, horseshoes, ping-pong, pickleball, shuffleboard, bocce, and golf on the putting green.



Oaks Dominoes



Oaks Bocci



Oaks Cards



Pines Ping-Pong



Pines Seated Volleyball