



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

The ORANJ TREE

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PRESIDENT'S LETTER



HEALTHCARE – Establishing a Healthcare committee is in the forefront as we began to gather, via the Regional VPs, survey questions and issues from the CCRCs addressing population needs and facility capabilities. Deadline for the survey input is March 31. We need a chairperson for healthcare and at least one committee member from each region and at least one committee member from a small CCRC.

REGIONAL MEETING – I attended my second southeast regional meeting which, as usual, was right on target with a healthcare focus; both residents and providers provided input and guidance. It turned out that one CCRC has no resident Healthcare Committee. They were urged to establish one. One CCRC has a medical professional managing one of its units. The SE region effectively uses ORANJ liaison positions to provide additional personnel assets and guidance. Southeast Region VP Gary Baldwin indirectly hit upon the need for succession planning which is an item that will be taken up later.

PLENARY PLANNING – a number of items were resolved in various meetings with excellent support by OAKS residents and staff. Attendance fees are now \$20/attendee to more adequately cover costs. Priority to first time attendees was granted. Lunchtime was extended to provide more time for discussion. And valet parking was made available to those driving personal vehicles.

RECRUITING – across the board, for both CCRCs and ORANJ, the effort has to be active recruiting – not wishful unsolicited volunteering. I'll personally help if desired presoranj06@gmail.com

Ralph Hemecker

ORANJ Plenary

April 15, 2020

The Oaks at Denville

Registration Deadline March 20

Executive Committee

RALPH HEMECKER, *Crane's Mill*
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*
Vice President, Southeast Region

PAUL BASHAM, *Wiley Christian*
Secretary

MAGGIE HEINEMAN, *Medford Leas*
Treasurer

GARY BALDWIN, *Seabrook*
Legislative Committee

WENDY GANSBERG, *Meadow Lakes*
Newsletter Editor

RON WHALIN, *Friendship Village*
Immediate Past President,

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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KEEPING SENIORS HEALTHY THROUGH SOCIAL CAPITAL

There seems to be a couple of new buzzwords making the way throughout the scientific literature when studying seniors and successful aging. Referred to as *social capital*, this concept is now viewed as the gold standard with certain researchers, who claim that *aging in place* should be replaced with *aging in community*, and promoting, nurturing and cultivating social capital is one way to accomplish this.

Researchers have long known about the health benefits of social capital, which can be defined as the ties that build connection, trust and participation. While beneficial to all ages, this link may be especially vital to seniors, as both physical health and emotional ties tend to diminish as we age.

As one social scientist reports, "The most important part of living in a community with strong social capital is having others nearby to support, engage and energize you. Finding others that enjoy similar and meaningful activities staves off depression, fosters engagement, and in doing so can even increase mobility."

When referring to meaningful activity, he explains, "I don't mean driving a group of seniors to a local mall to wander around or having a group of retirees participate in a staged, frivolous event. I am referring to authentic engagement, where

collaboratively these seniors are working on a common cause which ties people together – socially, actively, and intellectually."

Such activities can include organizing a fundraiser for a local charity, drafting a resolution to address a concern, scheduling a keynote speaker for a conference or even hiring a new minister, board member, or employee.

As I attended the ORANJ Executive Committee meeting, I felt as if I were witnessing social capital in action, as this energetic board exchanged ideas, proposed agenda items, and worked together on a common cause: in this case, planning the next plenary, which will be held on April 15, 2020 at the Oaks in Denville. Incidentally, the theme for that meeting is "Aging in Community."

Stay tuned, or better yet, plan to attend. From all accounts, it promises to be a resounding success, and I guarantee the event will showcase social capital at its best.

by Barbara A. Davey

For 23 years Barbara Davey was the Vice President of Marketing, Public Relations and Patient Relations at the Christ Hospital in Jersey City, NJ. Currently she is a retired adjunct professor from the Department of English at Caldwell University.

MEET THE NEW PRESIDENT OF ORANJ

Ralph C. Hemecker was elected ORANJ president at the October 16, 2019 plenary at Fellowship Village. In his words, "My contribution to ORANJ is to strengthen and broaden the amenities and rights of the residents we represent." He has already made a positive impact on ORANJ and has set some ambitious goals for 2020 with a major focus on health care.

He graduated from Bucknell University (B.S. Biology and Chemistry) and the Army Command & General Staff College. His military career began as a 2nd Lt. in the 3rd Armored Cavalry Regiment with his last duty assignment as a colonel evaluating an Infantry Division. He was in the Command Section of the 77th ARCOM which at its peak had 20,000 troops and 220 armories.

In Ralph's civilian career, he served as financial advisor for PNC Bank, Prudential Securities and

Shearson Lehman Hutton. In addition, he was managing director for an international consulting firm that had clients in Britain, France, Germany and Japan as well as the United States. Also, he was the chief planning officer for Alpha Therapeutic (Biotech) and he was the national sales manager for Water Treatment Chemicals, American Cyanamid.

In other responsibilities Ralph was president of the Northern Military Officers Association and president of the Chemical Industry Association.

Ralph resides at Cranes Mill and is on the resident board. He has been married for 60 years, has three adult children and four grandchildren.

The ORANJ Executive Committee has embraced Ralph's collaborative leadership style and we welcome him as our new president.

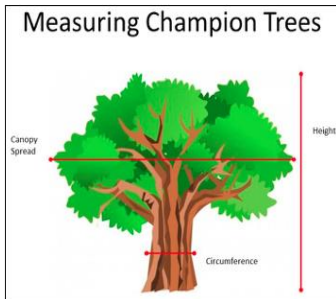
by Paul Basham

CHAMPION TREES AT MEDFORD LEAS

Excerpted from the December, 2019 issue of Medford Leas Life

Who would have imagined it? Champion trees at Medford Leas?

The Big Tree Registry is a list of champion trees compiled by the NJ Forest Service, under the Department of Environmental Protection of the State of New Jersey. The purpose, according to the NJ Forest Service, is to make “a compilation of the largest native and naturalized tree species in the state,” with the goal of preserving these trees for their environmental and historical value.



How does a tree get to be a champion? There is a nominating process that requires that certain measurements are taken: the height, the circumference of its trunk, and the spread of its crown. Each

measurement is given a certain number of points. The tree with the highest sum for that species is crowned the champion.

The Medford Leas “Historic Holly” was measured and the measurements were sent to the state with the name of the species, botanical and common, and

the location. Shortly after Medford Leas sent in the nomination Joseph C. Bennett, assistant regional forester, arrived to examine the holly. Sadly, he determined that the holly wasn’t as big as the reigning champion already on the list. (It did have enough points to merit a runner-up place.)

However, driving around the campus, the forester was impressed with several other trees and decided that Medford Leas warranted a second visit. One of his colleagues came and suggested four special trees for nomination. The required measurements were taken and the trees were nominated.

All four won championships!

At present there are over 700 trees on the New Jersey Big Tree Registry. Many are interesting and unusual, and those over a hundred years old have been a part of history. The number of unusual trees at Medford Leas is attributed to Lew Barton, one of our founders, and Paul Meyer, of the Morris Arboretum, who went on tireless searches for them in the early days of our community.

There is a National Big Tree Registry. Who knows? Our champions may be recorded on it someday.

by Betsy Pennink

THE VAMPIRE SNEEZE



Remember the bone-chilling story of Dracula the vampire? As the morning light crept into his dim lair he emerged, sweeping his cape across his face in a grand gesture, as he

tucked his nose into the crook of his elbow.

Although I do not recommend Dracula's diet of fresh blood sucked from his victims, it turns out he was spot-on when it came to slowing the spread of germs.

It's the middle of winter, and many of us are coughing and sneezing with colds, flu, and general malaise; it's no wonder we are all anxiously awaiting spring. Winter brings with it memories of our children coming home from school with every bug brought there by their schoolmates. Remember those

days of quarantine and boredom, broken by coughing, sneezing, and endless games of Candyland?

We are older now, but often we still share our illnesses. One way to prevent this is by using Dracula's Vampire Sneeze and burying our sneezes and coughs in our elbows. If there is no cape handy, you may also cough or sneeze into a tissue or paper towel and then discard it. Washing your hands often with warm water and soap helps too. According to the CDC, scrub for 20 seconds or hum Happy Birthday twice. Remembering not to touch your face can also help you avoid airborne illnesses.

The distance germs from a sneeze or cough travel may amaze you. Particles may travel six to eight feet and can spread germs from colds, flu, staph, and other contagious diseases. Think about Dracula and use your Vampire Sneeze – it's dramatic and can help you be a good neighbor.

by Wendy Gansberg

PLENARY SPEAKERS

STACY JUDGE



Our morning speaker is Stacey Judge, Director of LivWell, the Springpoint wellness program. Stacey was our morning speaking five years ago. Stacy told us "It is crucially important to be able to demonstrate that a program is effective...especially if the CCRC

is applying for outside grants. Stacy will update us on any changes of approach to helping people maintain the seven aspects of wellness: social, emotional, spiritual, environmental, occupational, intellectual, and physical.

DIANE LANG



Diane Lang's topic is "Positive Psychology – Finding Your Happiness." What are the myths of happiness? Can we be happy – is it in our control? Learn new ways of thinking and behaving that will make your life happier like expressing gratitude, setting life

goals, random acts of kindness, etc. Make small changes now that will help you to live a more positive and resilient lifestyle. Learn the steps that you can take that will make a HUGE difference in your life

BRIEF HISTORY: THE OAKS AT DENVILLE

Abridged from an article by S. O'Keefe, resident of The Oaks



The roots of The Oaks extend from 1883, when a young German woman established the Sisters of the

Sorrowful Mother in Rome. The stated mission of the congregations, which was based on the Third Order of Franciscan Rule, was to care for the sick, for children and for the aged. In 1888, two of the Sisters, sent to America to solicit alms for the poor in Rome, settled first in Wichita, KS to begin their health care ministry in this country. Seven Sisters from the Group came to Denville, NJ in 1895 because this location provided access to the Rockaway River, whose water facilitated the Kneipp Water Cure, a combined hydrotherapy, exercise and diet program. The 200 acres of cultivated farmland purchased for \$18,000 became the site for the St. Francis Health Resort, which by 1927 housed 250 guests from New York and beyond.

When, during the 1940s, this water treatment gave way to modern hydrotherapy, the resort became more of a hotel than a therapy center, and with the decline in demand for treatment there were fewer guests and a loss in funding. A new focus now included a continuum of care that allowed "aging in community."

The St. Francis Life Care Corporation sponsored the construction of Franciscan Oaks in 1985, a

residential and health care system for the elderly. Although there were 20 similar communities in NJ, Franciscan Oaks was the first continuing care community in Morris County.

In April 2008, St. Francis Life Care Corporation became a subsidiary of Catholic Health Initiatives. Then in May 2016, Springpoint Senior Living, a nonprofit organization, became the official and sole owner of Franciscan Oaks. Effective July 1, 2016, the name was officially changed to The Oaks at Denville.



Major renovations came in June 6, 2017. In 2018, the new Bistro was opened for meals and between meal opportunities. There have since been renovations and enlargement of the Front Entrance, the Fitness Center and the Auditorium.

We are happy to invite you all to visit us for Plenary Day and enjoy our beautiful updated facility.