



The ORANJ TREE

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

This year ended with a whirlwind of activity for members of the Executive Committee. Our primary focus for several years has been directed at getting support from our New Jersey legislators for the bills introduced in both bodies that would require inclusion of a resident as a member of a CCRC's governing body. Recently, delegations have presented before Senators Vitali, Singer and Karcher and contacts were made with Assembly persons Dancer, Panter and Beck asking for support. We also met with the NJANPHA staff in a meeting presided over by the Senate Democratic Leadership Office in Trenton. Progress has been slow, but I firmly believe we are overcoming the myriad of distracters advanced by opposing groups by simply dispelling myths and providing sound, factual information regarding the advantages to a governing body by having a resident voice in board discussions. ORANJ has appealed to the state's majority party to do the right thing, similar to what has been mandated by HUD for housing projects in New Jersey. The reason these bills have not been passed has been political. No funds are involved to complicate the budget process. We have simply been saying to our representatives that citizens in CCRCs have a right to be heard by their governing bodies and to deny that opportunity denies residents one of our most fundamental rights, the right to be heard by those who regulate their lives.

We have had two extremely interesting and well-attended plenary meetings this year and I am really pleased to see the attendance at these meetings grow. Our October meeting set a new record for attendance and I am very grateful to those who have supported our meetings. The Spring '07 Meeting in Keswick Pines, I believe, will be equally informative and worthwhile. Responding to suggestions emanating from the ORANJ Health Care Committee, we have arranged to have a speaker from the Living Independently Group Inc., to present a program which will summarize today's advances in technology that are increasing the security of residents living independently in continuing care facilities and providing a better quality of life for seniors. This program will provide an opportunity for our members to get first hand information on this subject from a representative of a company that competes in this new and rapidly expanding industry. Please note, the meeting date is April 18, 2007.

I would like to remind all CCRC leadership persons that Mr. Michael Patterson, AARP's program manager for the "Staying Sharp" program he presented at the October 2006 meeting, will distribute Staying Sharp Information Kits to you for residents at your CCRCs, if you call or email Michael with your requirements. Call 202-424-3562 or mcpatterson@aarp.org.

Gary A. Baldwin, President

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Winchester Gardens

Maplewood

Newsletter of The Organization of Residents Associations of New Jersey
Editor: Jack Fisher, 402 Timber Ridge, Pompton Plains, NJ 07444

Region Meeting on December 8, 2006, at 10:00 a.m. at Keswick Pines.

Present: Crestwood Manor-Dorothy Wilson (Pres.), Connie Farrell, Evan Quarton Harrogate-Barbara Rodger (Pres.), David Hibberson, Keswick Pines-Charity Roszell (Pres.), Rota Snegor Seabrook-Gary Baldwin (Pres.), Leon Wickersham

Notes on the meeting

Welcome Introduction.

We introduced ourselves and settled down with our cups of coffee.

Update on the current status of ORANJ bills in the Legislature

David Hibberson reviewed the history and present status of bills in the NJ Legislature S425, SR27- and A1148 and AR187 of 2004/5. Arising from the discussion about these bills, there was considerable discussion about communicating Standing Committee meeting information, dates of meetings, and methods of obtaining representation on these committees.

Gary Baldwin gave us all an outline of the commonly used ways of obtaining delegates and members of the Standing committees, formal and informal ways. Many useful suggestions and comments were exchanged. The cornerstones are generally, the CCRC Presidents and the Chairpersons of these committees, when it comes to finding or arranging for new members.

Communication

During this short meeting a good deal of discussion centered around communication and how important it was to establish a continuous flow between each CCRC and the Standing committees (see also above comments under item 1).

When and where they meet (Send CCRC Presidents a list of meeting dates and locations for Standing Committees, for instance;

-what is discussed and how this information gets back to CCRC resident councils and the membership.

-the quarterly issue of "The Orange Tree", and contributions from CCRCs was mentioned.

-the website we have was also mentioned. This is www.ORANJccrc.org.

David Hibberson offered to visit Crestwood Manor at the convenience of that CCRC to discuss with any size of membership group, the bills in the NJ

Legislature, and to answer any questions on this and other topics.

General Discussion

There was a general discussion on these topics was:

-walkers and electric carts and the problems they can pose for residents and staff. One suggestion was made to label all of them with apartment numbers on a large display card, for ease of identification cart location, when stored temporarily during meals or gatherings. Copies of one method of regulating them (from Keswick Pines), was passed out for interest.

-Dress codes in Dining Rooms was discussed briefly.

Next Meeting

Was planned tentatively for the first Friday in February 2007 at Crestwood Village. Date and time to be confirmed.

Thanks were expressed to Charity Rosezell for arranging the meeting at Keswick Pines.

Notes by David Hibberson V.P. ORANJ – S.E. Region

New At Cedar Crest

September has been a busy month at Cedar Crest. We opened our third and final residential neighborhood this month, including a clubhouse and the first of four residential buildings. Our clubhouse brings exciting new amenities to the community, including a restaurant, a pub/bistro, a salon and day spa, a branch office of Lakeland Bank, and a large event space for the community.

We also opened our Interfaith Chapel with a lovely dedication service. Residents from our Protestant, Jewish and Catholic faith communities helped to plan and participate in the service. Formal worship services are now being held in the Chapel, which is also open for individual prayer and meditation.

We continue to be proud of our strong resident and staff partnership, which has brought many new services to our community, as well as significant improvements to our existing services. With over 1,200 residents and growing, we certainly have a lot of energy and expertise to tap!

*Chip Warner
Director of Cedar Crest Village*

HIGHLIGHTS OF THE 2007 AAHSA MEETING

Introduction

The theme of the AAHSA (American Associations of Homes and Services for the Aging) conference this year was "Tell your Story." The annual meeting was set up to educate and inform the 5,600 member organizations, as well as members of boards of directors, CEOs administrators, nursing staff, the 126 residents in attendance. One of the things one learns is that those responsible for care at all levels are extremely committed and dedicated. For almost everyone encountered, their work is not just a job.

The 126 residents were aware that, while the emphasis was on providing information and education for service providers, they have a real role to play in reminding participants of the needs and experience of resident consumers.

"Telling one's story" "means that the best way to talk about the work of the seniors care-giving industry is to focus on people as individuals. One can quote all the statistics about CCRC's, but listeners will hardly remember them. If there is a story about one particular case or relationship, the audience may be touched and will remember it long afterwards.

Plenary Speakers

The plenary speakers were challenging and stimulating. Walter Cronkite illustrated how to earn public trust with amusing and touching stories about his illustrious career. Another speaker, Andy Goodman, said that story telling may be our single most powerful strategy to connect with consumers, staff, policy makers, media and the community around us.

Education Sessions

There were literally hundreds of education sessions from which to choose. The best sessions for residents are those that are based on subjects where a resident's perspective might make a useful contribution to the discussion or where the information provided could be useful to Medford Leas. Dave Swartz, vice president of MLRA and the official representative of Medford Leas Residents Association, and I, representing ORANJ, purposefully chose different sessions.

Here are summaries of some sessions attended by one of us:

Consumer-Older Adult Luncheon-This is an annual event, providing the opportunity to meet and exchange views with the other residents. This year's discussion was about how we need to make a shift of language away from such terms as old, sickness, home, and patient to wellness, fitness consumer, and other positive terms.

Affordable Senior Housing, Making it Happen-this session provided information about funding these projects. It was of interest because of the Affordable Housing project to be built adjacent to our property.

Assisted Living Issues Forum and CCRC Issues Forum-In these two sessions important information was provided about the foremost issues and how Congress might deal with them.

What Message are you Really Sending? Making the Most of your Image and Public Relations, an Essential Marketing Tool-These three sessions stressed creation of a unique image for a CCRC by various means.

Empowering Residents in Philanthropy and To be a Foundation or not to be a Foundation-These two sessions offered assistance with a challenge Medford Leas is dealing with at this time, which is how to build the Reserve Fund. Information will be shared with the Medford Leas Development Office.

National Commissions for Quality Long-Term care and Financing Long-Term-It is hoped that The National Commission will negotiate with Congress improvements. The Long-Term Care session explained how we can move toward a new financial system that could help provide long-term care for all.

Helen L. Vukasin

Why Banana?

After reading THIS, you'll NEVER look at a banana in the same way again!

Bananas. Containing three natural sugars-sucrose, fructose and glucose combined with fiber, a banana gives an instant, sustained and substantial boost of energy.

But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

Depression: According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts in serotonin, known to make you relax and generally make you feel happier.

Blood Pressure: This unique tropical fruit is extremely high in potassium yet low in salt, making it the perfect way to beat blood pressure. So much so, the US Food and Drug Administration have just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of high blood pressure.

*Crestwood Manor
Whiting, NJ*

How To Reduce Junk Mail

The first step in cutting back on the flow of junk mail is to register for the Direct Marketing Association's "Do Not Mail" list. Send a letter or postcard with you name, home address and signature to:

**Mail Preference Service
Direct Marketing Association
P.O. Box 643
Carmel, NY 10512**

In Addition, the California Integrated Waste Management Board offers these suggestions:

*If junk mail is marked "address correction requested" or "return postage guaranteed," write "Refused - Return to Sender" on the envelope and mail it back.

*Call the 800 number listed on unwanted catalogs and ask to be removed from the mailing list.

*Call the customer service department of specific organizations and businesses and ask to be removed from their mailing list, or send a signed, written request that includes a copy of the mailing label.

*Ideas Unlimited,
Navasink Harbor*

Sir Harry

Did you know that there's a knight in our midst at Applewood. On the 23rd of May, 1975, Applewood RESIDENT Harry Gedin was knighted by King Carl Gustaf of Sweden. The ceremony took place at the Swedish consulate in Manhattan, followed by a festive dinner at the consul's residence. Harry remembers his young nephew asking, "When will Uncle Harry be getting his armor"?

On Harry and his wife's next trip to Sweden following the knighting they were honored at a reception at the royal palace in Stockholm, then enjoyed a formal dinner at the consul's residence.

Harry was born in New York City; both his parents were born in Sweden. Swedish culture is still strong in the family and Harry and his grandchildren can converse in Swedish. Harry has fostered friendship between Sweden and the United States and as helped keep the culture alive among those of Swedish descent. He was chairman of the United Swedish Society in New York City for 20 years. Professionally he was the administrator of the Swedish Home for the Aged in Staten Island for 16 years.

On a wall in Harry's apartment is a Swedish display: certificate of knighthood, portrait of the king and queen, a wheat sheaf symbol of Swedish friendship, his knighthood medallion, photos of the royal couple's visit to the Swedish Home in the United States in 1952, a medal for participation on the Swedish-American tennis team, an award he and his wife received as Swedish Day Couple of the Year for 1998, among other memorabilia. Elsewhere are displayed Swedish traditional wooden carved horses, folkloric figures, china, and other collectibles. (Yes there's still room for Harry's huge Mickey Mouse collection!)

Although the nice gentleman has been much honored we can't call him "Sir Harry". He explained that his knighthood is not recognized in our democratic country, so he is just plain "Harry" to us, which is fine with him.

*Paulette Robischon
Applewood Estates*

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Visit The ORANJ website at:
<http://www.oranccrc.org>