



The ORANJ TREE

ISSUE No. 23

FALL ISSUE

OCTOBER 2008

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

National Continuing Care Residents Association (NaCCRA) Many of you are aware that ORANJ has a state membership in NaCCRA, and I understand that a number of our residents living in CCRCs around New Jersey also hold "personal" memberships in NaCCRA. This is an excellent organization that offers us the opportunity to unite with twenty-five other states and the District of Columbia on issues that concern seniors living in CCRCs. At present, NaCCRA represents collectively over 77,000 residents across the country. As an example of their activity, NaCCRA has been working to produce a Residents Bill of Rights to offer as a "National Model" which, at present, is still in draft form. NaCCRA meets twice a year in conjunction with the Spring and Fall meetings of the American Association of Homes and Services for the Aging (AAHSA). ORANJ will be represented at the October 12th NaCCRA meeting in Philadelphia by Helen Vukasin of Medford Leas, who will present our State Association Report to the delegates. Look forward to seeing a summary of Helen's participation at the meeting in a forthcoming issue of *The ORANJ Tree*. For more information about NaCCRA, take a moment and look at their website, www.NaCCRA.com, which describes the organization as being "dedicated to the promotion of Continuing Care Resident Communities as a humane, cost-effective long-term care model for elderly individuals. NaCCRA encourages the development of minimum federal standards for provider performance, allowing ample opportunity for each state to utilize policies, which contribute to the welfare and financial security of their residents."

Resident Director Appointments Again, I am pleased to report that we have seen some additional resident director appointments made since last reported. We now are aware of 14 of our 24 member communities that have appointed resident directors to their boards of trustees. Many of the remaining CCRCs are in the selection process, but have not reported their status. Please let me know if you have had a recent appointment so that I can update our listing. Again, I offer my compliments to the Resident Associations which have assisted their Boards in this extremely important endeavor.

Fall General Meeting I encourage you to be at the Fall General Meeting of ORANJ on October 15, 2008, at Arbor Glen in Bridgewater. The Executive Committee has again selected two very fine speakers with topics which will be of interest to the members attending. The Star-Ledger Media Editor, Carol Ann Campbell, will present a program which will summarize a recent conference at Richard Stockton College of NJ entitled "A Troubling Abundance of Care: Over-treatment at the End of Life" which dealt with medical treatments that do not prolong life or improve the quality of life for seniors at life's end. Our second speaker will be Jon Shure, President of NJ Policy Perspective. His topic will be related to New Jersey Energy Policy and how it affects our lives.

Gary A. Baldwin, *President*

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

Officers

Gary A. Baldwin
President, Seabrook Village
Jerry Chanon
Vice President, The Evergreens
John Cook
Vice President, Applewood Estates
David Hibberson
Vice President, Harrogate
Winifred Livengood
Vice President, Fellowship Village
David Way
Vice President, Cedar Crest
Ann Cooper
Secretary-Treas., Applewood

Members

Applewood Estates
Freehold
Arbor Glen
Bridgewater
Bristol Glen
Newton
Cadbury
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
Franciscan Oaks
Denville
Fritz Reuter Altenheim
North Bergen
Harrogate
Lakewood
House of the Good Shepherd
Hackettstown
Lions Gate
Voorhees
Meadow Lakes
Hightstown
Medford Leas
Medford
Monroe Village
Monroe Twp
Navesink Harbor
Red Bank
Seabrook
Tinton Falls
Stonebridge at Montgomery
Skillman
The Pines at Whiting
Whiting
Wiley Mission
Marlton
Winchester Gardens
Maplewood

Legislative Committee Report to the Executive Meeting

*David Hibberson
V.P. S.E Region*

1. 2008 Additions to the Chapter Laws of New Jersey

There are two new Chapter Laws of interest to seniors -

- **2008, c.33** (supplementing P.L. 1971, c. 136), which provides a Health Care Stabilization Fund for emergency grants for ... licensed healthcare facilities to ensure ... healthcare services for residents in a community, ... due to financial distress.
- **2008, c.43** (amending P.L. 1976, c.1200), which includes among the rights of nursing home residents, to have the right to receive, upon request, food that meets the resident's religious dietary requirements, providing that the request is made prior to or upon admission to the nursing home.
- **2. Some Current Bills of Interest**
- S324 Establishes a six-member "Prescription Drug Labeling Task Force" to lower drug costs.
- S787 Permits practitioners to refer patients to certain ... facilities in which they have an interest ...
- S417 Requires written prescriptions to be legibly printed or typed.
- S546 Establishes a NJ Rx Program to reduce the cost of Prescription Drugs.
- S906 Requires pharmacies to notify consumers when prescribed medications are substituted with generic drugs.
- S1162 Establishes a NJ Rx card program to reduce prescription drug prices.
- S1187 Directs DHSS to investigate mercury use in dental fillings ...
- S1588 Established a "Comprehensive Geriatric Fall Prevention Pilot Program"
- S1642 Requires certain ambulatory care facilities to provide services to patients without regard to ability to pay ...
- S1863 Requires each hospital board of trustees to adopt a written policy regarding conflicts of interest.
- S2040 Requires practitioners to disclose

business relationship with out-of-state facilities when making referrals to those facilities.

- Veteran's Town Tax Rebate Bills are currently still "on the books" of the relevant Committees.

To date, no bill has been introduced to amend the law requiring Resident Trustees in CCRCs.

3. Bill Pending Introduction

Senator Singer (R) will shortly introduce a bill to allow taxpayers to apply medical expense deductions to the calculation of gross income for the purpose of determining eligibility under the pension exclusion of the gross income tax. (This will reduce the income tax payable. DH)

4. General

I am not aware of any strong interest in reviving the Legislative Committee activities to date. However, I am willing to try again to revive interest when I return from my vacation, (just after the Annual Meeting in October).

There was a lukewarm response, at best, to my last effort in February this year (e-mails and letters).

Thoughts on "The Love Song of J. Alfred Prufrock"

*Ed Babbot
Fellowship Village
Basking Ridge, NJ*

I grow old...I grow old...

I shall wear the bottoms of my trousers rolled.

Shall I part my hair behind? Do I dare eat a peach?

I shall wear white flannel trousers, and walk upon the beach.

The Love Song of J. Alfred Prufrock ~ T. S. Eliot

Poor J. Alfred Prufrock, aging, timid, unhappy, frightened by the way his world is closing in on him. One can imagine him as a young man, vital, somewhat shy, with straight shoulders and a brisk walk, able, with some urging, to make life's decisions and move ahead. No longer. We see him now, shoulders hunched, eyes on the sand, dipping his toes into the sea occasionally

as he plods along the beach, with his slacks turned up just enough so the cuffs do not become damp. Cynny and I, as many of you, have invited friends from our “other life” to Fellowship Village for a visit and a look around. One couple recently stopped by for luncheon and reminiscences about mutual friends and shared experiences, and by desert time, the conversation, as it always does in such situations, turned to our life here. The wife, who had spotted walkers in the corridor and some residents in wheel chairs, turned to us and hesitantly confessed that “she could not possibly live in a place where there are so many old and disabled people - it would be too depressing.” Her husband, a wonderful, thoughtful and sensitive man, was quiet for a minute then turned to her and to us and said, “Where you see disability, I see courage”. How apt and accurate his observation was. All any of us has to do is to walk down the hall, sit with someone in the dining room or cafeteria, chat with friends and acquaintances by the mail box - friends who are bent over, friends who have a distinct limp, friends who are leaning on their walkers or sitting in their wheel chair, or friends who you know have just returned to their unit from the Health Center. So often their response to the ubiquitous “Hi, how are you”, answer “Fine” or “I’m doing well”. Talk about courage, talk about a positive attitude toward life! They will walk along the beach unafraid to roll their slacks up to the knee to wade further into the sea, they, unlike Mr. Prufrock, are not afraid to eat a peach. By simply looking around, or by glancing in the mirror, we will see what our friend saw: courage, equanimity, vitality. What a wonderful community!

The Hidden Meanings Behind Nursery Rhymes

*Joan Fajgier
Crestwood Manor
Whiting, NJ*

What do those nursery rhymes you read to your grandchildren really mean? As Mother Goose, I did a lot of research to find out where they came from. Who was Dr. Foster who went to Gloucester and who or what was Humpty

Dumpty? I just wanted to know where these characters originated.

It turned out they often were parodies of real people, especially kings, nobles or clergy. For example, Dr. Foster is believed to be King Edward 1st who built so many castles in Wales. In one trip he arrived at Gloucester in a heavy rain storm. He and his horse got mired in the mud and it took many of his men to free them. He promptly aborted his trip and swore never to return to Gloucester.

Later in history, during the English Civil War, Cromwell’s Roundheads occupied Gloucester, which is located on the River Severn. To capture the city the royalist troops needed to cross the river but no bridge was available. A man named Chillingworth designed a wooden war machine shaped like a huge egg and meant to contain a large number of troops. It was intended to gently slide down the river bank and float across the river. Then the troops would storm the city a-la Trojan Horse. Cromwell’s men heard of the machine and named it “Humpty Dumpty”. Then they set about widening the river, so that when it was launched, it broke into pieces and quietly sank. Most of the occupants drowned. Thus the last two lines of the rhyme that “all the King’s horses and all the King’s men couldn’t put Humpty together again.”

What of Jack Horner who sat in the corner eating his Christmas “pie”? Well, Jack Horner was steward to the Abbot of Glastonbury during the reign of Henry VIII. As a peace offering the Abbot sent Henry a Christmas “pie,” under the crust of which were the deeds to twelve manors owned by the church. Horner was dispatched to deliver the “pie” to Henry, but on his way to London he pulled out the deed as a reward for safely delivering the valuable gift. Years later Henry had the Abbot tried for refusing to sign the Act of Supremacy. It is known that Jack Horner was one of the Jurors who found him guilty!

Another rhyme from Tudor times is “Three Blind Mice.” The farmer’s wife is Queen Mary I who returned England to Catholicism, and the three mice are Archbishop Cranmer and two Bishops, Ridley and Latimer, who refused to return to the Catholic rituals. She had them tried and they are said to have lost their tails when she

had them burned at the stake. Cranmer had recanted toward the end but to no effect. He was still burned.

There are two versions of the origins of “Hey-Diddle-Diddle, the Cat and the Fiddle.” In the first, people said it referred to Elizabeth I (known as “the Cat”) who held a merry court with many musicians or fiddlers. In Berkshire, however, there came a second version which I think more likely. There were two families of farmers. Hey had cows and Moon raised sheep; both were high officials in the church. Farmer Hey was responsible for the safety of the anointing spoon and Farmer Moon had charge of the alms-dish. When the Monasteries were dissolved by Henry VIII, Hey became a Protestant, but Moon retained his Catholic faith. As a reward, Hey was given most of Moon’s property. Hence “the cow jumped over the moon.” There was much bitterness between the families (like the Montague’s and Capulet’s), but the two young lovers, one a Hey, the other a Moon, eloped, giving us the last line: “the dish ran away with the spoon.”

The children’s rhyme’-game “Ring-Ring-o-Roses” goes back to the Bubonic Plague, or Black Death. The ring of roses refers to the rosy rash, the first sign that a person had contracted the plague. In hope of warding off the disease, people took to carrying sachets of herbs, thinking that would protect them. So there comes the line “pockets full of posies.” Sneezing came along as a symptom as the person grew worse and it usually progress so rapidly that people would just suddenly drop dead on the spot and “we all fall down” so ends the rhyme.

The Editorial Staff of ORANJ Tree

Jack Fisher, Editor

Phone: 973-835-4649

E-mail: proffjackfish@verizon.net

Marie Fisher, Assistant Editor

Heather Devine-Hansen, Production Editor

Ruth Binder, Proofreader

Evan Holstrom, Proofreader

Visit The ORANJ website at:

<http://www.oranjccrc.org>

So, next time you read these rhymes to one of your grand- or great-grandchildren, look at them in a different way. They weren’t made to amuse children. They were comments on current events made by adults who didn’t want to risk their lives by naming real people.

Store Survey Select Comments and Remarks

Helene Williams

Fellowship Village Store Manager

Basking Ridge, NJ

Thank you to the 19 CCRC’s who replied to our 2008 CCRC Survey on ORANJ Convenience/Gift Shops or Nooks

Along with a blank copy of the survey form is a spreadsheet compilation of the basic answers enclosed for your interest and knowledge.

In addition, we are listing some particular comments and remarks.

Medford Leas: “Only one volunteer is compensated for mileage, when buyers go to Trade Shows. No other volunteers are compensated when using their own car to buy merchandise locally.”

Monroe Village: “Finding volunteers is an on-going problem. Our finding is that people enter CCRC’s at an older age each year.”

Navesink Harbor: “We are so few in residence that we have reduced our hours from 1 hour every day to 1 hour three times a week, and it is more than adequate.”

Seabrook: “No resident volunteers - Store is run by the Dining Services Department.”

Stonebridge at Montgomery: “This is not a very big store. It has a copy machine, sells greeting cards, tissues, candy, odd snacks.”

Crestwood Manor: “Total of 64 work in the Gift Shop.” They give a folder to each new resident in which are listed store items, hours, contact names, and solicitation of volunteers, plus other pertinent information.

Fellowship Village has 44 volunteers who fill the 30 regular spots in the store. Two cashiers and one helper serve on each shift. The rest are substitutes. Some of the regular workers work more than one shift each week.

Again, thank you for your participation.

2008 CCRC Survey on Convenience/Gift Shops or Nooks

1. *Does your institution have a Convenience Store or Gift Shop?*

Yes / No

2. *Is your store/shop basically:*

- a) A function of the institution's management
- b) A function of the Resident Council or Board and resident volunteers.
- c) A mixture of some institutional help together with volunteers.

3. *If 2c is chosen: How is store/shop connected with management?*

- a) Through a management employee(s) managing or supervising store/shop.
- b) Through reports to management.
- c) Other, please explain.

4. *Does the store/shop receive subsidies from management?*

- a) No
- b) Yes and for what?

5. *Financial Reports:*

- a) Prepared by:
 - Volunteer
 - Management
- b) To whom do the financial reports go?

6. *What overhead is the store/shop responsible for?*

7. *Do you normally have an excess of income over expenses, i.e. do you make any "profit"?*
Yes / No

8. *If the answer to 7 is YES, where does the "profit" go? (e.g. one of the institution's benevolent funds.)*

9. *Staffing:*

- a) Management staff ____ Number
- b) Volunteer staff ____ Number
- c) Do any of volunteer staff receive compensation? Yes / No
- d) If 9c is Yes, is the compensation
 - i) Monetary
 - ii) Store discount
 - iii) Other (explain)

10. *How do you recruit volunteer store workers? Explain.*

11. *How do you train your volunteer store workers, explain:*

12. *Are terms of volunteer workers limited:*
Yes / No

13. *Who works out the schedules for in-store volunteer cashiers and helpers?*

- a) Management staff, if there is one.
- b) Volunteer manager
- c) Small committee
- d) Other, explain

14. *Who is in charge of ordering supplies?*

- a) Management staff
- b) Volunteer manager
- c) Team of volunteers
- d) Other, explain

16. *Does your store use "bar codes" for sales and inventory purposes? Yes / No If yes:*

- a) For everything
- b) only partially, explain



2008 CCRC Surbey on Convenience / Gift Shops or Nooks

Community	#1	#2	#3	#4	#5a	#5b	#6	#7	#8
Arbor Glen	Yes	Res. Bd	N/A	No	Volunteer	Res. Bd	None	Yes	Res. Bd
Cadbury	Yes	Res. Bd	N/A	No	Volunteer	Res. Bd	None	Yes	Entertainment Fund
Cranes Mill	Yes	St & Res	N/A	No	Volunteer	Res. Bd	Minimal	Yes	Res. Bd
Crestwood Manor	Yes	Res. Bd	N/A	No	Volunteer	PHS	None	Yes	Res. Bd
Evergreen	Yes	Mgment	N/A	No	Staff	Unknown	None		Unknown
Fellowship Village	Yes	St & Res	St Mgr Rep	No	St. Mrg	CFO	None	Yes	Benevolent Fund
Fountains	Yes	Mgment	N/A	Yes	St. Mrg		None		N/A
Fran. Oaks	Yes	St & Res	St & Res	No	St. Mrg	CEO, CFO	Unknown	No	N/A
Harrogate	Yes	Res. Bd	Res Bd	Yes	St. Mrg	Mgment	None	Yes	Red. Res. Fees
Good Shepherd	Yes	St & Res	St Mgr	No	Volunteer	N/A	None	No	N/A
Meadowlakes	No	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Medford Leas	Yes	Res. Bd	N/A	No	Volunteer	Res. Bd	None	Yes	Emp App Fund
Monroe Village	Yes	St & Res	St Mgr Rep	No	Volunteer	PHS	None	Yes	Entertainment Fund
Navesink	Yes	Res. Bd	N/A	No	Volunteer	Res. Bd	None	Yes	Benevolent Fund
Pines at Whiting	No	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Winshester G	Yes	Res. Bd	N/A	No	Volunteer	Res. Bd	None	Yes	Benevolent Fund
Seabrook	Yes	Mgment	N/A	No	Staff		None	No	N/A
Stonebridge	Yes	Res. Bd	N/A	No	Volunteer	Res. Bd	None	Yes	Res. Bd
Wiley Xian	Yes	St & Res	St Mgr	No	St. Mrg		All	Yes	SKU

Community	#9 a or b	#9 c or d	#10	#11	#12	#13	#14	#16
Arbor Glen	Vol - #15	No	Interv Res.	Wr. Inst. & Mentor	No	Vol. Mgr	Vol. Team	No
Cadbury	Vol - #10	No	Res. Recommend	Mgr & Exp. Vol	No	Vol. Mgr	Vol. Mgr	No
Cranes Mill	Vol - #44	No	Invitation	Exp Vol train	No	Vol. Mgr	Mgr & Team	No
Crestwood Manor	Vol - #64	No	Interv. Res	Exp Vol train	No	Vol. Mgr	Chairs	No
Evergreen	Mgnet - 2	N/A	N/A	N/A	N/A	N/A	N/A	No
Fellowship Village	St-1 Vol-44	N/A	Inter. Re.	Exp Vol train	No	Vol. Mgr	St. & Res. Mgrs	No
Fountains	St-4	N/A	N/A	N/A	N/A	N/A	St. Mgr	No
Fran. Oaks	St-4 Vol-18	No	Invitation	Exp Vol train	No	Vol. Mgr	St. & Res. Mgrs	No
Harrogate	Vol. 30	No	Invite & Interview	Exp Vol train	No	Vol. Co-Mgr	Vol. Co-Mgr	No
Good Shepherd	St-1, Vol-5	No	Notices	Exp Vol train	No	Vol. Mgr	St. & Res. Mgrs	No
Meadowlakes	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Medford Leas	Vol -	1-Gas \$	Notices	Exp Vol train	No	Vol. Mgr & Staff	Mst. Mgment	No
Monroe Village	St-2 Vol-10	No	Notices	Exp Vol train	No	Vol. Mgr & Staff	Vol. Mgr	No
Navesink	Vol-16	No	Notices	Exp Vol train	No	Vol. Mgr	Vol. Mgr	No
Pines at Whiting	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Winshester G	Vol		Notices	Exp Vol train	No	Sm Committee	Co-Mgrs	No
Seabrook	Staff	N/A	N/A	N/A	N/A	N/A	Mgment	Yes
Stonebridge	Vol-6	No	Notices	Exp Vol train	No	Vol. Mgr	Committee	No
Wiley Xian	Vol-5	No	Notices	Exp Vol train	No	St. Mgr	St. Mgr	No

Directions to Arbor Glen (908) 595-6500

From the South via the Garden State Parkway:

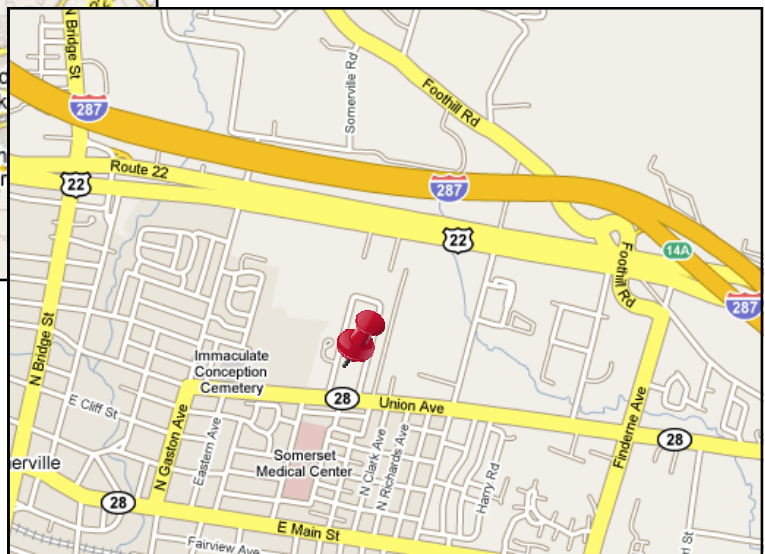
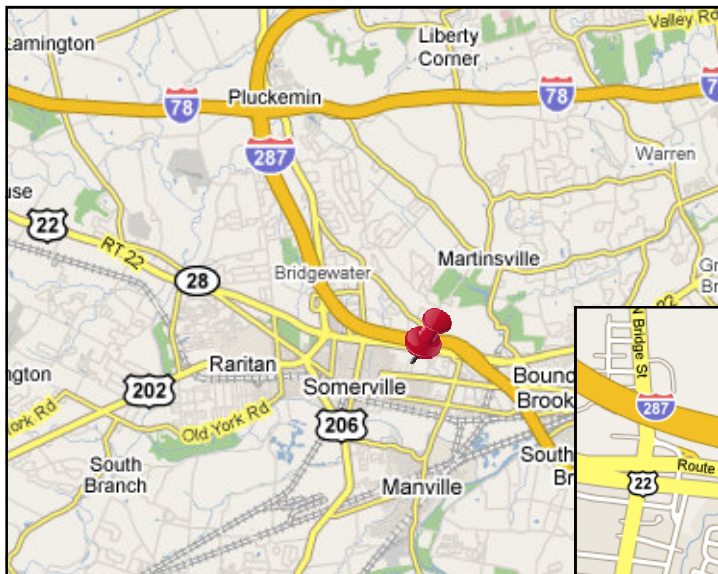
- Take exit 127 to merge onto Route 440 South toward I-287 North
- Continue on I-287 North
- Take exit 13B for Route 28 West toward Somerville
- Merge onto Route 28/Union Avenue
- Turn right at Monroe Street
- 100 Monroe St., Bridgewater

From the South via the New Jersey Turnpike:

- Take exit 10 to merge with I-287
- Continue on I-287 North
- Take exit 13B for Route 28 West toward Somerville
- Merge onto Route 28/Union Avenue
- Turn right at Monroe Street
- 100 Monroe St., Bridgewater

From the North via I-78:

- Take exit 29 to merge onto I-287 S toward US-206 South/US-202 S/Somerville
- Take exit 17 to merge onto US-202 S/US-206 S toward Flemington/US-22 W/Somerville
- Merge onto US-22 E via the ramp to New York
- Turn right at N Gaston Ave (signs for N Gaston Ave/Somerville)
- Turn left at RT-28/Union Ave
- Turn left at Monroe St
- 100 Monroe St, Bridgewater, NJ





ORANJ

Organization of Residents Associations of New Jersey

Fall Meeting Agenda

Arbor Glen

October 15, 2008

10:00 AM to 2:30 PM

10:00 - 10:10 Welcome to Arbor Glen:

- Residents Association President ~ Bill Miner
- Chief Executive Officer ~ James Wells

10:10 - 10:45 Spring General Meeting ~ Call to Order

- President's Remarks
- Establish Quorum and Approval of Minutes – April 16, 2008 Meeting
- Treasurer's Report
- Update – ORANJ Mission and Objectives
- Review Standing Committee Actions 2008

11:00 - 12:00 Presentation: Medical treatments that do not prolong life or improve the quality of life for seniors at life's end. Guest Speaker: Ms. Carol Ann Campbell, Medical Staff Writer, Star-Ledger

12:00 - 12:45 Lunch in the Main Dining Room, 2nd Floor

1:00 - 2:00 Presentation: New Jersey Energy Policy: How it affects our lives. Guest Speaker: Mr. Jon Shure, President of New Jersey Policy Perspective

2:00 - 2:30 Discussion Items:

- Spring Meeting: April 15, 2009
- Noteworthy Items:
 - ♦ Comments by Dan Hartley, Winchester Gardens, on the use of Bar Codes in Campus Dining Rooms.
 - ♦ Comments by Ed House, Medford Leas, on Accepted Tax Allowances

2:30 PM Meeting Adjournment