



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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PRESIDENT'S REPORT

SAVE THE DATE: APRIL 18



On that day we will have our spring 2012 Plenary Meeting of ORANJ. We will be meeting at Crane's Mill CCRC, in their newly remodeled facilities and I hear that "the chef expects to 'wow' the attendees with the lunch they're planning." Make sure to sign up with the person at your CCRC who is making arrangements.

We are expecting two outstanding speakers. Regina Spielberg, an attorney who specializes in elder care law, will be speaking on planning for long-term care costs, a subject of great interest to residents of CCRCs. Dr. Sudhansu Chokroverty, an internationally recognized expert on sleep medicine, will be making a presentation on sleep and the elderly. Bios of both speakers can be found on the back page.

There are a number of interesting opportunities at ORANJ. Our legislative committee needs more people to keep track of legislation that is moving through the process at Trenton and to alert everybody to items that we need to support. Recently, we asked ORANJ members to show their support for the extension of the exception process that helps residents to receive Medicare coverage for rehabilitation services in excess of current caps, about \$1,900 per year. A number of us called and wrote to our legislators in Washington to pass this legislation.

Our Health Care Committee is working on a very important study concerning how NJ CCRCs are handling various issues associated with mobility assistance devices, such as walkers, wheelchairs, and scooters. Virtually every CCRC reports problems including parking, training for use, liability etc. Studies show how different CCRCs handle the problems. These surveys are fun and interesting to do and they become a good starting point for talking to management.

I hope that everyone who reads this article will not only think about taking an active part in ORANJ but will also bring his thoughts and comments to the ORANJ TREE and consider writing a letter to the editor. Please talk about these opportunities among friends, at the dinner table, and especially when talking to new residents.

See you on April 18.

Ellen

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The Atrium at Navesink Harbor,
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*

Franciscan Oaks, *Denville*

Friends Village, *Woodstown*

Fritz Reuter, *North Bergen*

Harrogate, *Lakewood*

House of the Good Shepherd,

Hackettstown

Lions Gate, *Voorhees*

Meadow Lakes, *East Windsor*

Medford Leas, *Medford*

Monroe Village, *Monroe Township*

The Pines at Whiting, *Whiting*

Seabrook, *Tinton Falls*

Stonebridge at Montgomery,

Skillman

Wiley Christian Retirement

Community, *Marlton*

Winchester Gardens, *Maplewood*

Newsletter

Pearl Lehrhoff, *Winchester Gardens*,
Editor

Maggie Heineman, *Medford Leas*,
Production

ORANJ contact

Ellen Handler

333 Elmwood Ave Apt M459

Maplewood, NJ 07040

973-275-9290

e12handler@verizon.net

TED BROCK, SECRETARY/TREASURER



Ted Brock was recently elected Secretary/Treasurer of ORANJ. Along with his second wife, Marie, he moved into Harrogate in 2008. He immediately became involved in a variety of volunteer activities and became Resident Association Treasurer in 2009.

They have four adult children between them.

He was born in England and lived there until he moved to the US in 1982. He studied aeronautical engineering at Loughborough College and graduated in 1957 with honors. He initially worked on weapons systems and soon changed his focus to internal combustion engine technologies. Most of his professional years were spent in development and troubleshooting of turbocharged piston engines which were used in racing cars, power plants, and very large tankers. He published about ten technical presentations. Even after retirement in 2000 he consulted for international power plants and engine manufacturers.

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## ED BABBOTT, NE VICE PRESIDENT



Ed is an old friend of ORANJ but new to the Vice Presidency of the Northeast Region. He is an experienced CCRC resident, having lived at Fellowship Village with his wife, Cynthia, since the day before 9/11. During his 10 years at

Fellowship he has been active in a variety of committees including the medical, environmental and operations committees as well as a stint as President of the Residents Council. He also enjoys many activities sponsored by the CCRC, and events at which his nine grandchildren take part.

(Babbott continued)

Before retirement Ed had a distinguished career as a Director of Guidance both at Summit High School and at Chatham High School, in NJ. He has also taught English and history at high schools both in the US and in Switzerland. He has been President of both the NJ and the National Associations of College Admissions Counselors. He has earned degrees from Swarthmore College, Stanford University and New York University. For several years, Ed was a member of the ORANJ Health Advisory Committee and took part in one of their survey studies. He has recently consented to become VP for our Northeast Region on the advice of Wink Livengood, his predecessor and ORANJ leader, who was very persuasive. Wink knew that Ed would be a great addition to the ORANJ Executive Committee.

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ADVERSE DRUG EVENTS

This article is based on "Take Steps to Lower Your Risk of Adverse Drug Events" in FOCUS ON HEALTHY AGING, Newsletter from the Mount Sinai School of Medicine, Vol. 15, No. 2, p. 1.

The New York Times recently reported that "according to the 2010 census there were 40.3 million people age 65 and older, as of April 2010, a rise of about 15% from 2000," and that we are fighting for scarce government resources." Therefore, we feel that we should do some research and report to you about health problems special to seniors.

Starting with this issue, we shall have a column discussing some senior medical problems that many of us face. All information will be taken from medical newsletters and newspaper articles.

Take Steps to Lower your Risk of Adverse Drug Events.

When you think about which prescription drugs are most dangerous, strong medications and tranquilizers come to mind. However a study in

the *New England Journal of Medicine* (NEJM) reported that four medications – Coumadin, Plavix, aspirin, and agents that lower blood glucose levels were implicated in 67% hospitalizations among American seniors due to adverse drug events.

The results of the study are not surprising. These drugs are always on the top ten lists that cause serious adverse events,” says Judith Beizer, Pharm.D., a clinical professor at St. Johns University. “The data sends a message about the importance of monitoring how these drugs are working, and taking them properly.” In the NEJM study 48.1% of hospital admissions for adverse drug events occurred in patients who were at least 80. “Older adults process drugs differently due to metabolic changes,” explains Beizer. Adverse events also can occur from taking too much or too little medication. “Some patients have trouble because their drug regimen is too complex. Others take their medication less often than directed because it is too expensive,” notes Beizer.

Ask your doctor or pharmacist to help you. “If patients work with their doctors and pharmacists and follow their directions and recommendations, they can reduce their risk of adverse drug events in many ways,” concludes Beizer.

Pearl Lehrhoff, editor

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## **THE ORANJ LEGISLATIVE COMMITTEE**

The committee’s responsibility is to monitor bills in the New Jersey legislature and sometimes in the federal legislature as well. We select those items that are most likely to be of interest to residents of CCRCs, such as those concerned with senior health, taxes, veterans, senior citizen rights and new traffic laws. Usually, we try to support the Bill but in some cases we choose to oppose it or request additions, changes or deletions. To get support for our positions, we send letters or emails to Senators and Assemblyperson and, in

some cases, we may seek an audience with senators or assembly persons at their Legislative Offices in order to persuade them in person. Sometimes we enlist the support of all the residents in NJ CCRCs by sending a letter or email from our ORANJ President to all the Presidents of the New Jersey CCRCs requesting that their members send emails or letters of support.

One can find bills of interest to our members by going to the ORANJ Legislative Handbook on our website [www.oranjccrc.org](http://www.oranjccrc.org). The handbook links to the four “committees of interest” on the NJ website – to the senate and assembly committees on seniors and to the senate and assembly committees on veterans. Our handbook shows the members of these four committees and indicates which of these members have ORANJ CCRCs in their district. In addition it includes a table listing ORANJ CCRCs and shows which of the committees of interest have senators or representatives elected from their district.

The ORANJ Legislative committee also monitors all bills that have recently been signed into law (Chapter Laws). And for those of special interest we ask our Executive Committee for additional support.

One of our most important successes was the bill that requires that at least one resident be a full member of every board of trustees of a CCRC. This particular bill took nearly five years from the time we drafted it in 2003 until it successfully passed both the Assembly and the Senate and was signed into law in 2007 as Public Law 2007, chapter 192.

We are currently drawing up a draft bill entitled “A Bill of Rights for CCRC residents in Independent Living.” It includes most of the existing rights that are part of the regulations of the Department of Community Affairs together with some additional requirements which we have decided are worth-while. We expect that it will be soon sent to the New Jersey Legislative Office in Trenton to be accepted and assigned to committees.

*David Hibberson, V.P.  
Southeast Region  
Chairman, Legislative Committee  
February 19, 2012*

## SPEAKERS AT PLENARY MEETING, SPRING 2012



Regina Spielberg, a partner with Schenk, Price, Smith & King, is a member of the firm's Tax, Trust, and Estates Department. Ms. Spielberg concentrates her practice on elder and disability law. She also specializes in estate and trust planning and

administration and is a Fellow of the American College of Trust and Estate Counsel and past Chair of the Real Property, Trust and Estate Law Section of the New Jersey State Bar Association. Ms. Spielberg will speak on "Planning for Long Term Care Costs" at the April 18 ORANJ meeting at Crane's Mill in West Caldwell, NJ. She will discuss the importance of advance planning, the various long-term care choices which are available, the steps involved in choosing long-term care and the insurance options involved.



Dr. Sudhansu Chokroverty is Co-Director of Neurology (Clinical Neurophysiology and Sleep Medicine) at the New Jersey Neuroscience Institute, JFK Medical Center in Edison, NJ. He is a Fellow in Neuro-physiology, Northwestern University Medical School

and has served as President of the World Association of Sleep Medicine. His presentation on "Sleep and the Elderly" may touch on disturbances affecting sleeping, sleep disorders, neurological conditions, disrupted sleep patterns, available treatment for sleep improvement, and the potential risks in taking certain sleep medicines. Dr. Chokroverty is board certified in Neurology and Clinical Neurophysiology. He is the author of a number of articles in the journal *Sleep Medicine* and in other scientific publications.

*Gene Lanigan*

## ANDY REDUX

I still watch "60 Minutes" regularly but there's something missing and I know exactly what it is. It's Andy Rooney.

Andy told it the way it was and if there was a little abrasion in the process due to elevated sensibilities, so be it. I liked the way he went after sacred cows and especially when the sacred cows spoke. For instance, when the message from management was: "Last year, your company experienced significant restructuring," Andy translated it as meaning: "A lot of people got fired and one of the divisions lost so much money that we got rid of it." And when the memo read "confident with your help we will be able to overcome the formidable obstacles that lie ahead," it meant, "We'll be asking you to take a cut in pay." As an expert wordsmith himself, Andy noted that "difficult times" always "lie ahead" in company memos.

So, what I'm thinking is, maybe Andy should be replaced so that the fun can continue. CBS should post a job opening for a reasonable facsimile of Mr. Rooney and I plan to apply. Now, before there's too much guffawing at the idea, let me list the amazing number of similarities that Andy and I share: we are of an age, we both served in WWII, Irish-American backgrounds (lace curtain variety) and a certain resemblance physically. Okay, I'm not bent over as much as Andy was, but I'm not 5'11" anymore either. He came from Albany, which is close to Schenectady, where I once worked, as did Kurt Vonnegut, so the literary connection is clear. Yes, my eyebrows will need bushing up but simple neglect will see to that. And, truth to tell, I would love appearing on television and becoming famous.

Then I could say, as you approached me for a friendly chat or an autograph, "Please let me eat my dinner."

*Gene Lanigan*