



The ORANJ TREE

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SPRING ISSUE

APRIL 2007

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

Spring Plenary Meeting

My thanks to those of you who will be attending the April 18th, 2007 ORANJ Plenary Meeting at The Pines at Whiting. The program will be excellent. I need not remind you of how important it is for the presidents, officers and other key persons from each CCRC to attend plenary meetings. We want to hear from you at the plenary meetings and to encourage your participation at the quarterly Regional Meetings held in your geographic area. As the president or chairperson of your residents' association, you are the focal point for ORANJ at your community. In most instances, our budget does not permit multiple information mailings to each CCRC. We depend on you, as the single point of contact in the CCRC to distribute information received from the Executive Committee of ORANJ and the standing committees, to the resident population of your community. Our mission and objectives remain focused on strengthening ORANJ through greater participation by the members we serve.

Surveys

A unique advantage of your membership in ORANJ is that you frequently benefit from the receipt of information compiled in survey form on various subjects common to all CCRCs. Surveys are frequently used to drill down on a subject and produce a comparative document that is often times the catalyst for recommending change or instituting new policies in other CCRCs. The larger continuing care systems in New Jersey, like the Erickson-managed retirement communities and the Presbyterian Homes properties, are able to readily exchange information and best practices within their systems. At any given time a campus can turn to a sister campus for their guidance on a particular subject. However, for the smaller organizations that function independently, this luxury is not available to them. Therefore, the survey may become a very useful instrument for these CCRCs or Residents Associations to get a feel for how a subject is treated across the state. In the past two years, ORANJ has sanctioned surveys covering a variety of areas; e.g., Health Care Survey, Resident's Associations Bylaws Survey, Meal Credit Survey, Resident Trustee Survey, Finance Committee Survey, and the ever-popular Resident Occupancy Survey, currently being updated. If you have not received one of these survey reports or summaries, please contact our Secretary, Ann Cooper (732-303-8390) and she will send you a copy. If there is a subject, about which your council would like to see some comparative data collected, simply discuss it at your regional meeting or send a note to the Executive Committee. Surveys are a very popular service provided by ORANJ and are very much appreciated by our membership.

Gary A. Baldwin, President

Newsletter of The Organization of Residents Associations of New Jersey
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Whiting

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Moorestown

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Atco

Franciscan Oaks

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Monroe Twp

Navesink Harbor

Red Bank

The Pines at Whiting

Whiting

Seabrook

Tinton Falls

Stonebridge

Skillman

Wiley Mission

Marlton

Winchester Gardens

Maplewood

ORANJ – Southeast Region Report
Notes from the First Meeting on February 2,
2007

Thanks to Dorothy Wilson and Crestwood Manor for hosting this meeting.

1. After greetings and introductions we briefly reviewed notes and there were comments about our last meeting.
2. The ORANJ DVD at Crestwood Manor had a problem due to scratching, but this was corrected.
3. Standing Committee Activities

David reported on the general activity for the Communication Committee and the web site expansion, to provide much more information about ORANJ and its activities. The web site is www.oranjccrc.org.

He also mentioned the Health Committee had discussed the value of Emergency Medical Cards. All four CCRCs in the South East had such cards, though at Harrogate it had languished, but they were talking about reactivating it, since it carries personal and medical information, which is useful when traveling away from home and a medical emergency occurs.

A new NJ law requires pharmacies to disclose 150 popular prescription drug prices posted on a government web site, and also available on an 800 telephone number. This will be available in a few months.

In the Legislative Committee, two identical bills (SR27 in the NJ Senate and AR187 in the Assembly) are both now with the Secretary of State, having successfully passed votes in these two legislative bodies. Both bills are resolutions asking the Governor to appoint members to the Governor's Advisory Committee for CCRCs.

The Finance Committee has successfully conducted a survey to find out important financial concerns that residents have, so that this committee can be of help with useful information.

A copy of the recent Food Committee Survey was copied and circulated to those present. A question was asked about the annual cost of the Food Service as a percentage of its total annual

expense for each CCRC. No one present was able to offer answers, but would try to obtain such information. (I estimate Harrogate's percentage to be 12% for 2004 and 2005).

4. General discussion occurred concerning how to obtain information about Standing Committees activities, and who to contact to join them. President Gary Baldwin told us that the president of each CCRC receives information about each Standing Committee and their activities, and who to contact to join a committee. This is best done through the president of each CCRC.

Information was exchanged about safe driving talks for senior citizens in CCRCs by AAA (kchrusz@aaamidatlantic.com) for a speaker, and www.aaafoundation.org for information. Also from AARP, from Mary Beth Dixon at (866)542-8165 ext. 3926.

President Gary Baldwin told us about the ORANJ Spring Meeting at The Pines at Whiting on April 18 starting at 10:00 a.m. and the proposed speakers for the meeting.

5. Next Meeting

This will be at 10:00 a.m on Friday May 11, 2007 at Seabrook Village in Tinton Falls.

After the meeting we were given a short tour of the new café, and the new games room at Crestwood Manor, which was most impressive.

David Hibberson
V.P. Southeast Region

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Visit The ORANJ website at:

<http://www.oranccrc.org>

Staying Sharp Thanks To Our Brains' Plasticity

Recently, Michael Patterson from AARP addressed the fall meeting of ORANJ (the Organization of Residents Associations of New Jersey) at Stonebridge at Montgomery in Skillman, NJ. The meeting attracted a record turnout of over 100 people from various CCRCs (Continuous Care Retirement Communities) throughout the state.

The presentation on brain health is part of a national Staying Sharp initiative, which is a joint project of NRTA: AARP's Educator Community, (formerly the National Retired Teachers Association); and the Dana Alliance for Brain Initiatives. The title of the presentation was "Staying Sharp" but the presentation dealt not only with maintaining brain functioning but also with engaging its potential for growth and development in older people. Mr. Patterson explained that in the old days, we used to hear about the "feeble brain" of the elderly. There was a widespread belief that we are born with all the neurons (nerve cells) we would ever have and that the number would diminish gradually as we age.

Recent research has overturned the old belief. We now know that brains continue to generate new neurons throughout life, particularly in the hippocampus, which is critical to memory and learning. Further, brains are not "hard wired" at birth, but keep changing by developing new synapses (connections between neurons) as a result of learning and experience. This growth in synapses can be tested empirically. For instance, in a study of British taxi drivers who are required to memorize the map of their territory, research showed that the section of the brain devoted to spatial recognition was significantly larger than that of non taxi driver cohorts.

It also turns out that we must make sure that the brain does not learn "bad" behaviors. For instance, if we walk with our backs bent over, the brain will learn to think of this as normal. Straightening up will help the brain to change its notion of normality. After a stroke when we are left with a defective arm, some physicians recommend putting the "good" arm into a restraining cast to encourage the brain to re-learn how to activate the "bad" arm.

According to Mr. Patterson, there is a growing

consensus among neuroscientists that healthy brain behavior requires 1. physical activity, 2. mental activity, 3. cardiovascular health, 4. social engagement, staying involved with many facets of behavior. Shopping, for instance, is such a multifaceted activity. It requires critical thinking, i.e. making choices, spatial learning, i.e. where the desired objects, physical activity, i.e. traversing a supermarket or a Wal-Mart and social engagement at least with the cashier at the check out counter.

The presentation was lively and stimulating. Fortunately, the presentation or a version of it, may be available to any CCRC if requested. For information about brain health and the Staying Sharp program, see the AARP website at <http://www.aarp.org/health/brain>.

*Ellen Handler
Winchester Gardens, Maplewood, NJ*

Introducing ORANJ's Resident Communities Navesink Harbor

Navesink Harbor is located on the banks of the Navesink River in downtown Red Bank. Founded in the late 1960's by the Baptist Estates of New Jersey, like so many other retirement facilities, it was caught in the meteoric rise in health care costs in the 1990's. This past July it merged with Presbyterian Homes and Services of New Jersey and a dramatic re-birth is underway.

We're anticipating chaos – of the good sort – in the next few years as our present 12 story high rise building undergoes extensive renovation. A new 6 story building will be added connecting to the present structure with a central courtyard/atrium.

We received a little publicity recently during Brian Williams' NBC series on Trading Places; his father is a resident here and a past president of our Residents Association.

We continue to delight in our river views: summer sailings, ice-boating, rowing; we even have our own boat for trips down-river. Residents are pleased to be inches of walking distance to the Red Bank Library (5 minutes), the movie theater with art films, The Count Basie and Two Rivers Theaters, and well known antiques cent and shops, makes this a unique place to live.

*Peggy Evans
President, Residents Association
Navesink Harbor
Redbank, NJ*

ORANJ Meal Credit Survey Report

Background

A suggestion to conduct a meal credit survey was made in mid-year of 2006, and the Executive Committee agreed that such a survey would have merit. Accordingly, a survey form was developed and feedback obtained. After a review by the Executive Committee, the form was adopted and distributed in early September to the CCRC presidents and contacts, with copies to the Regional Vice Presidents and the Executive Committee members. As of today, we have received 21 responses, out of the 24 requested. The attached chart presents the raw data and information obtained. It is expected that the exchange of information will be of great interest and helpful in the areas of common standards and operational efficiency.

Data Review

1. Only two CCRCs indicated that they have no policy regarding meal credits, Navesink Harbor and Wiley Mission.
2. Six CCRCs require advance notice of absence in order to qualify for credit, and the range is 1 to 7 days.
3. An absence of consecutive days in order to qualify for credit ranges from zero to 16 days, with 12 CCRCs using 14-16 days, 5 using 5-7 days, and 2 using zero days.
4. The type of credit used varied from location to location, but 3 used coupons as a form of credit, and the rest used a form of adjustments to billing.
5. Credit values ranged from \$3 to \$9 per day.
6. Revisions to the meal credit varied, with 8 CCRCs indicating recent changes, while 7 claimed no changes had been made in over 5 years.
7. Below are the data on cost of meals:
 8. Breakfast, ranges from \$1.35 - \$6.75
 9. Lunch, ranges from \$3.00 - \$12.50
 10. Dinner, ranges from \$3.50 - \$18.00
 11. Guests, ranges from \$7.50 - \$20.00
12. Waiting time for seating for dinner was not a problem at 13 CCRCs, but for others, 5 reported waiting 5-30 minutes, and three indicated the waiting time varied with availability of staff.
13. Use of bar codes for tracking residents at the restaurants:
 14. 5 CCRCs use a bar code system
 15. 2 are planning on installing the system in

'07.

16. 2 are using a special computer system to track diners.
17. Credit for missed meals when a resident is not away, was not provided generally, but 6 CCRCs use a coupon system for providing credit.
18. The CCRCs were split evenly as regards being able to take out uneaten food.
19. There were very few added comments to the survey.

ORANJ Meal Survey Report Possible Avenues of Action

1. Negotiate with management to update the meal credit annually.
2. Discuss with management the pros and cons of installing a bar code, or similar system, to save on manpower and provide data on resident habits for future planning purposes.
3. In an effort to reduce the "consecutive days" absence requirement, discuss with those CCRCs with lower requirements, how they are able to effectively do this. Then review with management.
4. Providing a missed meal credit even though the resident is not away, seems worth pursuing, and will require discussions with management and the CCRCs who are providing this type of plan.
5. Being able to take out uneaten food also appears to be attractive and will need to be discussed with management.

Don Hartley

Winchester Gardens, Maplewood, NJ

(Note: See detail chart on the next page.)



ORANJ Meal Credit Survey Report

CCRC	Notes	Advanced Notice Required	Consecutive Days Required	Type of Coupon	Credit Billing	Provided Guest	Credit Amount per Day	Last Adjustment		Cost of Meals				Seating Wait time (in minutes)	Bar Code Used
								Date	Change Made	Breakfast	Lunch	Dinner	Guest		
<i>Applewood Estates</i>		ASAP	14		X	X	\$5.50	1/1/2006	Raised	n/a	\$8.50	\$13.50	\$13.50	15	No
<i>Arbor Glen</i>	A monthly meal ticket is clipped when used. It expires at the end of month.	0	14		X		\$4.00	1/1/2006					\$19.00	0	Mo. Ticket
<i>Bristol Glen</i>	Credit is tallied at the end of the year.	0	0		X		\$3.70	1/1/2006		\$4.00	\$5.00	\$10.00	\$10.00	0	No
<i>Cadbury</i>		0	14		X		\$4.00	1/1/2000		\$1.35 Café	\$3.00 Café	\$3.50	\$9.00	0	No
<i>Cedar Crest</i>	A non-occupancy credit of \$12/night if away 90+ consecutive days.	1	7		X		\$8.00	1/1/2001		Café, ala carte	Café, ala carte	\$18.00	\$20.00	Varies 5-30	No
<i>Crane's Mill</i>	Meals can be swapped.	0	14		X		\$9.00						\$14.00	2	Yes
<i>Crestwood Manor</i>	Continental breakfast is provided at no fee.	0	0	X	X	No	\$3.00			\$4.00	\$8.50	\$8.50	\$5.50, \$10.00,	Varies	In '07
<i>The Evergreens</i>	A graduated lunch meal ticket is used for credit.	3	4 to 14	X	X		\$4.75	1/12/2005		n/a	\$12.50	\$17.00	\$18.00	0	No
<i>Fellowship Village</i>		1	7		X		\$3.15	1/1/2006	Raised 3%	n/a		\$10.00-\$13.75	\$10.00 - 13.75	3	Yes
<i>The Fountains Cedar Pk</i>		3			X		\$4.50	8/1/2006		n/a	n/a	\$8.50	\$12.50	0	Yes
<i>Franciscan Oaks</i>		0	14		X		\$4.00	1/1/2000	Raised	n/a	\$8.00	\$8.00	\$12.00-\$17.00	0	Yes
<i>Fritz Reuter Altenheim</i>															
<i>Harrogate</i>		0	14		X	X	\$4.30	1/1/2006	Raised	\$6.75	\$10.00	\$10.00	\$13.50	0	Yes
<i>House of Good Shepard</i>															
<i>Keswick Pines</i>		1	14		X		\$5.00			\$5.50			\$7.50	0	No
<i>Meadow Lakes</i>		7	7		X		\$4.17			\$6.75	\$8.50		\$16.75	0	Yes
<i>Medford Leas</i>		0	14		X		\$4.00	1/1/1994		\$8.00	\$11.00	\$15.00	\$15.00	0	In '07
<i>Monroe Village</i>	A coupon is received for every missed meal.	0	16	X	X		\$3.10	1/1/1997			\$8.00	\$8.00	\$12.00	20	No
<i>Navesink Harbor</i>	No meal credit policy, but meals can be swapped within the month.						\$0.00			\$4.00	\$6.50		\$11.00	0	No
<i>Seabrook</i>	If out 7+ consecutive days, credit is \$8.75/day, if out 90+ consecutive days, credit is \$13/day.	0	7		X		\$8.75	1/1/2002	Raised				\$15.00	Varies	No
<i>Stonebridge</i>	Horizon Computer system is used for check-	0	14		X		\$4.00	1/1/2006					\$16.00	0	Comp. Sys
<i>Village at Friends Home</i>															
<i>Wiley Mission</i>	31 day meal tickets are purchased and used as needed, they are good for 1 year.						\$0.00			n/a	\$8.22	\$8.22	\$8.75	0	
<i>Winchester Gardens</i>		0	14		X		\$4.11	Over 7 years ago		\$5.00	\$8.50	\$18.00	\$18.00	20	0

Introducing ORANJ's Resident Communities *Franciscan Oaks*

Franciscan Oaks, a member of Saint Clare's Health System, welcomed its first of 300 residents in 1995. It is the only CCRC in NJ affiliated with a healthcare organization. Franciscan Oaks is a Catholic organization, open to residents of all creeds dedicated to maintaining the individual's total well-being. We are next door to Saint Clare's Hospital and just across the street from a large physician's office building. In addition to a Board Certified Nurse, a podiatrist, optometrist, chiropractor and masseuses patients are seen at our Wellness Center.

Franciscan Oaks has a dedicated young and energetic staff directed by professional management. The Dining Room is managed by an executive chef who provides a wide variety of freshly prepared meals.

Upon arrival at Franciscan Oaks an assigned "Angel" helps each new resident to become familiar with the 5-building layout and the location of the activity centers such as the Library, computer, fitness centers, multi-faith chapel, lap pool and The Market. Resident Committees, in conjunction with staff, encourage the exchange of ideas, innovations and opinions in a multitude of activities, including programs and diverse field trips which may extend to several days. Numerous apartment layouts, each with a fully equipped kitchen, are supplemented with separate storage space. Reserved parking is available for residents and guests. Our transportation system, with its own cars and buses are available for medical visits, church and shopping and field trips to various attractions. Downtown Denville, a short walk, is a shopper's delight with several fine restaurants.

*Semon O'Keefe
Franciscan Oaks
Denville, NJ*

Note: ORANJ Tree will continue to publish Introducing ORANJ Resident Communities as they are received.

- Editor of ORANJ

Things Every New Jerseyan Should Know

The 2005 U.S. Census estimate ranks NJ as the nation's most densely populated state, with 1,175 people per square mile, compared to the national average of 83.8.

NJ's per capita income averaged \$43,771 in 2005, the third highest figure among the states.

In 2005, NJ produced more than a million gallons of wine. The state ranks 5th after California, Washington, New York and Oregon.

The Garden State ranks 2nd in the nation in blueberry production, 3rd for bell peppers, spinach, cranberries, and peaches, and 8th for those beloved Jersey tomatoes.

In 1641, Aert Teunissen Van Putten, a Dutchman, fulfilled a noble calling when he landed in Hoboken,

cleared land, fenced fields, and constructed the state's first brew house.

Mount Mitchell, near Atlantic Highlands, is the highest point on the East Coast south of Cadillac Mountain in Maine. On a clear night you can see past the Verrazano-Narrows Bridge to the Empire State Building, about 22 miles away.

The Mason-Dixon line does not technically run through NJ, but if the border between Pennsylvania and Maryland were extended due east, it would run south of Penns Grove, north of Hammonton, and just below Barnegat.

*New Jersey Monthly,
Appearing in the Navesink Harbor Newsletter
Navesink, NJ*

Spring Meeting Agenda

*The Pines at Whiting
(Formerly Keswick Pines)*

April 18, 2007

10:00 AM to 2:30 PM

- ❖ 10:00-10:10 Welcome to the Pines at Whiting:
 - *Residents Association President – Charity Roszel*
 - *Executive Director – Bill Janson*
- ❖ 10:10-10:45 Spring General Meeting – Call to Order
 - *President's Remarks*
 - *Establish Quorum and Approval of Minutes – October 18 2006 Meeting*
 - *Treasurer's Report*
 - *Update – ORANJ Mission and Objectives*
 - *Review Standing Committee Actions 2006-2007*
- ❖ 11:00-12:00 Presentation: Personal Enrichment – Back to College for a Day
 - *Guest Speaker: Mr. Steven Schragis, Founder, One Day Universities, New York, NY*
- ❖ 12:00-12:45 Lunch – The Pines Dining Room
- ❖ 1:00-2:00 Presentation: Advances in Technology – Living Independently in a Secure Environment
 - *Guest Speaker: Mr. Jeffrey Einbinder, Vice President, Living Independently Group, Inc., New York, NY*
- ❖ 2:00-2:30 Discussion Items:
 - *Fall Meeting: October 17, 2007*
 - *Noteworthy Items*
- ❖ 2:30 PM Meeting Adjournment