

Cherry Hill Senior



Living Independently
and Fully Enriched

CHERRY HILL SENIOR LIFE SENTINEL

NORC Staff:

Program Coordinator—Rachel Dubrow Smith

Nurse—Ellen Gartzman

Social Worker—Wendy Klier

NORC NEWS...—by Rachel Dubrow Smith, MSW, LSW

Hi Everybody! I am writing to say what an amazing group of people you are! Recently, I requested letters of support from many of our residents. Let me backtrack...A couple of years ago, I attended the National NORC Conference in Chicago. At that conference, I spoke about our program. During the discussion, I stated that we pay rent for office space in the building where our NORC is located. I was informed by everyone at the conference that we are the only NORC that pays rent for on-site office space.

Now that our lease is again up for renewal, I spoke with my Supervisor and requested permission to address this issue. I was given permission to try and ask that our office be given to us rent-free. I spoke with Denise about this issue and she supports the work that we do here. I also asked residents to write letters of support. I have sent a letter that I have written along, with 23 letters of support from all of you to Mitchell Morgan requesting that we pay no rent or that Morgan Properties gives us a grant to cover the rent, or that they become a sponsor of Jewish Family & Children's Service and allocate money to the NORC. Any monies given would be tax-deductible since JFCS is a charitable non-profit organization.

I do not know what will come of all this but I needed to try. I want to share with you some of the quotes that your fellow NORC members wrote. Since I do not have permission from everyone, these quotes will not be credited. I hope that no one minds me printing here what they have written! Before I list them, I just want to thank everyone for all the wonderful thoughts that were put on paper! Ellen, Wendy & I love what we do. We love helping all of you and spending time with all of you. We assume that you enjoy having us here (but you know what they say about assumptions!☺). It was nice to actually see in writing what you all think of us! Thank you so much for all of your support! If you would like to still give letters of support, I will hold onto them. They always help when we lobby for money or legislation to sustain this program!

QUOTES

"...NORC is a wonderful concept that you have brought to fruition at the Towers..."

"...I enjoy living here at the Towers because of NORC..."

"...I want to show my appreciation for the services, companionship and friendship I have received from the staff at NORC...I chose to move to the Towers of Windsor because of the presence of the NORC office in the building..."

"...Just want you to know the reason I rented my apartment was because you were here and had a terrific nurse..."

"...You are so wonderful, caring & hard working...the members of NORC are warm & friendly just like family..."

"...You have opened an entirely new life for me personally by way of all your programs and your attention to our needs..."

"...My life is enriched by the on site programs that NORC offers..."

"...They look after our health needs & they conduct & oversee all varied activities...It would be quite a loss if the 'NORC' people left us..."

"...We have been members of NORC for a few years and use their services weekly...it is convenient and gets us out of our apartment..."

"...I sincerely hope that the NORC program becomes a permanent part of our senior lives..."

"...NORC fills a need in my life—I enjoy the sociability...as I live alone...it is good to know that I can get help whenever I need it..."

"...You are all full of compassion and are always present in our times of need..."

"...There is something to do every day, a good reason for getting up in the morning...I am so glad that I found you at the Towers..."

"...I hope that NORC will continue to be a part of the Towers of Windsor Park for as long as I need them and for many years after that..."

"...The staff is first rate, and the programs are wonderful...I thank the program for my wonderful housekeeper that comes to my apartment every two weeks. She is a great help to me..."

"...It gives me great comfort to know that these people are here..."

"...Everyone involved has benefited intellectually, physically or medically from NORC..."

There are many more quotes from our members; these are just a sampling of them. Again I want to thank you all for these wonderful words of support! Your kindness and enthusiasm is amazing to me! I am so honored and proud to be a part of your lives! Thank you for all that you give to me on a daily basis! Thank you for everything!

Rachel ☺

FROM OUR NURSE...Ellen Gartzman, RN

Have a Purpose in Life? You Might Live Longer

The following article by Kathleen Doheny was posted on Yahoo News. Here's a reason to make each day count.

TUESDAY, June 16 (HealthDay News) -- If you have a purpose in life -- lofty or not -- you'll live longer, a new study shows.

It doesn't seem to matter much what the purpose is, or whether the purpose involves a goal that's ambitious or modest.

"It can be anything -- from wanting to accomplish a goal in life, to achieving something in a volunteer organization, to as little as reading a series of books," said study author Dr. Patricia Boyle, a neuropsychologist at the Rush Alzheimer's Disease Center and an assistant professor of behavioral sciences at Rush University Medical Center in Chicago.

"We found that people who reported a greater level of purpose in life were substantially less likely to die over the follow-up period -- only about half as likely to die over the follow-up period -- as compared to people with a lower level of purpose," Boyle said. The follow-up period averaged nearly three years.

Boyle and her colleagues studied 1,238 older adults already participating in two ongoing research studies at Rush, the Rush Memory and Aging Project and the Minority Aging Research Study. The participants were all dementia-free when the study began and averaged 78 years old.

At the start of the study, the participants answered questions about their purpose in life, rating themselves on different areas meant to measure the tendency to derive meaning from life and to feel that one is working toward goals.

The average score on the sense-of-purpose evaluation was 3.7 of a possible 5, Boyle said.

When comparing scores, Boyle found that those with a higher sense of purpose had about half the risk of dying during the follow-up period as did those with a lower sense of purpose. And that was true, she said, even after controlling for such factors as depressive symptoms, chronic medical conditions and disability.

"What this is saying is, if you find purpose in life, if you find your life is meaningful and if you have goal-directed behavior, you are likely to live longer," she said.

Though much other research has found that having a purpose in life is crucial to maintaining psychological wellness and can be important for physical health as well, Boyle said she believes the new study is one of the first large-scale investigations to examine the link between life purpose and longevity.

The finding follows another recent study, done by others, in which the researchers found that retirees older than 65 who volunteered had less than half the risk of dying during about a four-year follow-up period as did their peers who did not volunteer their time.

What's the link? Boyle can't say for sure. But it could be that having a greater sense of purpose helps multiple systems of the body function better, conferring protection in the face of illness.

The findings make sense to Dr. Gary Kennedy, director of geriatric psychiatry at Montefiore Medical Center in New York City. He said he often sees the effects of not having a purpose among older patients. "I see a number of people who have lost that purpose," he said. "Their health declines."


Still, he said, "it's not clear there is cause and effect" between a sense of purpose and longevity. Perhaps the longevity could be explained by another variable the researchers did not examine, he said.

Boyle said that in future research they hope to find out if people can be inspired to have purpose in life, perhaps by being taught to set goals and work toward them.

SOCIAL WORK HAPPENINGS

by Wendy Klier, MSW, LSW NORC FOOD DRIVE

The Jewish Family & Children’s Service’s (JFCS) food pantry helps many people who are in need. As part of its larger Family Assistance Program, JFCS gives non-perishable kosher food out to people who cannot afford to purchase their own food. The number of people requesting food has increased during this difficult economic time and therefore the NORC is hosting a food drive to help stock the JFCS food pantry so that anyone who asks for food can be helped. JFCS requests kosher food. Kosher food is

marked by a variety of symbols. Some of the more common ones are: . If food is donated that is not kosher, it is sent to a church food pantry. When this food drive was discussed with the Residents’ Council, it was decided that pet food should be included so that pets should not go hungry during these tough times as well. .Please bring your items for donation to the NORC office. Please call before coming to the office as we are often out at meetings, groups or visiting residents. Some suggestions for food to donate are the following: canned goods such as tuna, tomato sauce, vegetables and fruit; peanut butter, pasta, cereal, and snacks, pet food, etc. Also, donations of supermarket scrip or gift cards are especially appreciated. Thank you for your help. Please call our office 321-2124 with any questions.

RESIDENTS’ WRITINGS

POETRY

NATURE’S SPRING WEDDING

by Elaine Procida

May 1, 2009

What can be more beautiful than a wedding?
Especially Nature's Spring Wedding!
The bride in her flowing branches
of lovely white dogwood;
Her bridesmaids, Cherry and Apple,
dressed in blossoms of various shades -
Pink, purple, lavender.
The flower girls, named Tulip and Lilac.
Holding hands, they all breeze towards
the groom waiting for his Sweet Blossom.

In happy unison they repeat their vows:
To bring together all humanity,

To love and cherish each other,
To do no harm to anyone,
To work for the greater good of all mankind.
Nature's Spring Wedding shows us the
possibilities.
Now it is up to us to bring it to fruit.

A FLY “?”

by Kay De Mesquita

Little fly upon the wall
Him ain’t got no home at all
Him ain’t got no mommy to go home and tell
his troubles to
But, poor fly don’t cry
I’ll take good care of you.

RECIPE

CARROTS A L'ORANGE

Submitted by Kay De Mesquita

1 large bag frozen baby Belgium carrots or 2 cans carrots drained.
4 Tbs butter or margarine
½ cup orange marmalade
Salt to taste

Cook carrots in boiling salted water until just tender. Drain. (For canned carrots just drain)

Place in small casserole. Cover with softened butter and top with marmalade. Bake 20 – 25 minutes in 350 degree oven.

Serves 6 -8.

ESSAYS

HONESTY

by Elaine Procida

Barnes & Noble Writing Group, May 20, 2009

On the surface, this seems easy to write about. We must all know what Honesty means. The dictionary says it means to be fair and just, free of deceit and untruthfulness, sincere and fairly earned. I could just sit down and start writing what honesty has meant in my life. But, no, to be honest with you, I felt the need to look into this more. The first thing I did was to check the computer. I typed in “honesty” and got a number of websites. I clicked on one and waited and waited, and waited. I decided I better get out of here but my computer was not going anyplace. I ended up having to turn off the computer and, lucky, did not kill it. I was beginning to think that honesty could be dangerous.

Then I checked the library and found several books on the subject but they were checked out. Maybe someone here got there before me? I did manage to find several books on related subjects such as, “The Importance of Being Honest,” which looks at honesty from the point of view of law. It talks about various trials and how honesty on the parts of the defendants, the witnesses, the lawyers and the judges affected the outcome.

The other book “Moral Minds” talks about how nature designed our universal sense of right and wrong. As an example, it talks about people who are Psychopaths and, it seems, their area of the brain that controls the feeling of empathy for others is defective. Where does this reading leave me? I’m still struggling to write my essay on “Honesty.”

Getting personal now, I know that I am an honest person. For example, recently when I saw the cost for my pound of Salmon was \$2.35, I questioned it and was told “yes the price is wrong, it should be \$7.35.” Or after signing up with the Friends of Cherry Hill library and receiving a membership card and coupons for five free DVD rentals, I received an envelope from the library several days later with another membership card and five more coupons. So then I had to make a choice, use the coupons (value \$10.00), which I knew would not be honest, just tear up the coupons, or complain to the library that someone was throwing library money away. I just tore up the coupons.

When I mention these things to other people, they usually look at me like I am nuts. But, these people, when a store makes a mistake and overcharges them, will make sure that they get their money back. Why do they think if a store under charges us, that we should keep the money?

What makes me the way I am? I don’t remember being taught that I should be honest. I believe I would be just as honest if the value was in the thousands or tens of thousands instead

of smaller amounts? What about if I were starving or in great need of something and had the opportunity to steal it? Just how can we define honesty? Or what about telling lies? I have very strong feelings against this but there are times when lying is necessary to protect ourselves. I guess I need to study this subject a little more.

HONESTY—BEACON OR DILEMMA?

by Sylvia Denbo

It appears that Honesty is often a problem endemic to the human race. Diogenes, an ancient Greek philosopher, condemned corruption and was known for “Looking for an honest man”. Our moral compass is set by those who raise us. We learn not to lie, cheat or steal; to live by the Golden Rule. However, from childhood on, we witness everything we are taught not to do. There is cheating on exams, inventing facts to obscure what actually occurs, stealing: from pilfering to large sums. From elementary, High School and College levels there may be an incremental increase if undetected.

The climate of dishonesty is pervasive. How strong is the pull of early teaching against what we witness on an almost daily basis? The dilemma arises when somehow you may be involved in a potentially dishonest situation. Your solid values should prevail, not always and not easy.

From time to time, there have been economic disasters – we are dealing with one now. Private enterprise, government agencies, particularly involved in real estate, mortgages and banks connected to Wall Street have brought us to our financial knees through greed and outright thievery.

On an individual basis, should I have knowledge of egregious dishonesty, what do I say? Do I look away? I may lose my position or even be considered an accessory. What to do! Moral compass help me! What do I say? O I look away?

BEYOND SURPRISE

by Sylvia Denbo

In 1966 the Cherry Hill Apartments were considered very desirable. Our neighbors were great. Across from us was Richard, who taught Elizabethan literature at the University of Pennsylvania. Next to him was Marian, a music teacher in Philadelphia schools. Nearby Marian was Tom, a CPA. Also on our floor was Fred, a retired executive from Campbell Soup Company and his lovely wife.

After some time, our peaceful existence was threatened by several incidents which turned out to be attempts at arson. Three small fires in the trash room (on different floors) were extinguished by residents who fortunately arrived in time. This was over a period of 2 months; he eluded capture.

It so happened that my husband and I returned about midnight after celebrating our friends' wedding anniversary. We wanted to dispose of paper wrappings, but upon opening the door, someone there bolted out of the door and ran to the fire escape. My husband pursued him but could not continue down the stairs. However, we were stunned to identify the pyromaniac as none other than Tom, our neighbor.

We notified the police. He was discovered in the parking lot of the Cherry Hill Mall. It never made the newspapers. It was understood that prominent family connections were involved. There was a tinge of sadness and disbelief at what had transpired. It was beyond surprise: it was a shocking surprise.

THE LITTLE RED O

by Harvey Clynne

May 12, 2009

There I was, slouched in an awfully uncomfortable chair. Bored. What to do? Light another cigarette; have a beer? Idea. Call home; maybe the phones weren't busy. Mom wanted to know what base they moved me to, and here I was in Twenty-Nine Palms, California, and an ensign in the U.S.Navy in the middle of the Mohave Desert. Unbelievable! We Seabees were building runways so the pilots could practice take-offs and landings just like they would on aircraft carriers.

Lucky. The phone booth was empty. Why was I studying the dial instead of dialing home?. One to zero, all around the dial. Why was the zero a little red 0?. What would happen if I dialed it? You'd get the operator, dummy. I did it. "Operator, may ah help y'all? Wow, what a great southern accent, and in California, no less. "Maybe you can, honey. Where are you, in North Carolina?" " No, sailor, Ah'm just a couppla miles from y'all at the Navy Base. Kinda slow here t'night an' ah'm bor-ed with a capital B. Hot, ain't it. Bet it's a hundert-ten here. Where y'all hail from? Y'all bor-ed too? Talk to me sailor."

Well, we gabbed back and forth until another mate twice my size wanted to use the phone. So I quickly said "Hey, you sound like I'd like to meet you. How about it?" Silence.... "OK, hon. Y'all got liberty this Sadaday nite? Y'all be at Butch's Tavern in Indio 'bout nine. I got really red hair. Y'can't miss me. Name's Sandy."

Well, I met "The Little Red O", in Butch's and what a doll !! Twenty years old and stacked. We danced, we had a few beers, we talked until it got so smoky and crowded that Sandy suggested we adjourn to her apartment. WOW !! Once there, I took off my sailor hat, she turned on her phonograph, we danced to real slow, dreamy numbers, we drank coffee. Then I put on my sailor hat and said goodnight.

So that's the story about "The Little Red O", and if you believe that last sentence, I have a bridge I'd like to sell you.

THE BEST KEPT SECRET OF CAMDEN

by Jeanne Engel

It was a nice little bakery where we stopped for coffee and muffins. The gift shops were well stocked. The clothing stores had the latest fashions. It was a pleasure to walk the streets.

The waterfront was lovely and boats were being cleaned and ready for a trip.

Is this Camden? Yes it was our vacation in Camden, Maine.

This can happen to Camden, N.J. too. The Aquarium is just the beginning. The Battleship, N.J. is attracting people. Shows at the waterfront are bringing in crowds. Camden, N.J. is slowly being rebuilt. It can happen and will happen. Camden has a beautiful waterfront. It must be seen to believe that this is the best kept secret of Camden.

FUN

by Jeanne Engel

To watch my great granddaughter, Kendall do a dance and sing like Hannah Montana is a lot of fun. She is 4 years old and is already impersonating a teen-age entertainer.

Sometimes she dresses up like a princess. She serves tea and cake with her set of play dishes.

Also, she will have a favorite book. With Halloween coming, she has asked me to read "Going to the Witches' House". It is a book about all these children going trick or treating and heading for the witches' house. The children are all scared but they are on their way. As I read, I have to sound real scary and finally they get to the house and there was a very nice lady dressed up as a witch and she had candy for everyone.

It is so much fun to see how she enjoys herself at the playground. Going up and down on the swings. Up in the sky and over the trees. Up and down again.

Standing on top of the sliding board, looking out all around, way up so high.

As a four year old, I find Kendall funny and lots of fun.

If you wish to contribute to "Residents' Writings", please contact the NORC office.

Our Mission

Bringing individuals and communities together to promote quality of life for older adults while maintaining independence at home.

The Cherry Hill Senior LIFE office is located in the Kyoto building, apartment LA. Our phone number is 856-321-2124. The office is open from 9:00 am-5:00 pm Mondays through Thursdays and 9:00 am-4:00 pm on Fridays. **If you wish to meet with us, please call to make an appointment since we are often out of the office visiting residents.**

NORCs: Naturally Occurring Retirement Communities

Most NORCs are communities where residents have either aged in place, having lived in their homes for many years, or are the result of significant migrations of older adults into the same housing facilities or neighborhoods where they hope to spend the rest of their lives. NORCs provide a singular opportunity to deliver targeted health and supportive services cost-effectively; increase service availability; offer crises prevention and community improvement initiatives and develop new resources for the benefit of older residents.

REMINDER

Taxis, except for Monday nights, Thursday Thoughts, Lunch & A Movie and Tai Chi will only be provided if reserved the day before the event. To reserve a taxi, please call the NORC Office 856-321-2124.

Would you like to speak at a Thursday Thoughts, or before a Monday Night dinner? Please call the NORC office with your suggestions. We are always looking for interesting programs and activities!

Cherry Hill Senior LIFE is a NORC (Naturally Occurring Retirement Community) program administered by Samost Jewish Family & Children's Service of Southern New Jersey, a non-profit agency of the Jewish Federation of Southern New Jersey. Funding for this program was provided in part by the U.S. Department of Health and Human Services' Administration on Aging.



**If you or a loved one would like to receive information on Cherry Hill Senior LIFE's services, programs, and events, call our office at 856-321-2124
If you would like to purchase Tribute Cards, please contact the NORC at 321-2124.**