



Living Independently
and Fully Enriched

CHERRY HILL SENIOR LIFE SENTINEL

NORC Staff:

Program Coordinator—Rachel Dubrow Smith
Nurse—Ellen Gartzman
Social Worker—Wendy Klier
Social Work Intern—Karen Gilbert

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

Dear NORC residents:

Happy 2010! I am so glad to be able to say that to all of you! Our program is still here and we are doing well! ☺

I am very excited to report that we have received a nice amount of donations from residents and from residents' families. Since October 1st (the start of our fiscal year), we have brought in almost \$3,000 in donations! That's tremendous! Thank you to all of those who have donated. I know from JFCS that there are a couple of you who donated to the agency in the name of the NORC. Please let us know so that we make sure that it is counted as a NORC donation. If you send a check, please make sure to put "NORC" or "NORC donation" in the memo line. Also, giving us the checks instead of sending them into the main office will ensure that we get them to the proper people so that NORC gets "credit." Starting in the next newsletter, I am going to be listing donations (for this fiscal year), if you do not want your name listed, please let me know and you will be put in as "Anonymous". The list will have your name and the reason (if there is one). For instance if someone makes a donation for their friend's birthday, it will be listed "Jane Doe in honor of Sally Smith's 85th birthday". No amounts will be listed.

Along with donations to the NORC, we have decided to start selling tribute cards. This card would be available for purchase in honor of someone, in memory of someone or for whatever reason. People have been known to use tribute cards as birthday cards, holiday cards, etc. Our card was beautifully designed by Susan Graham. We will hopefully have our cards printed soon. They will cost \$10 per card or \$54 for a pack of six cards. These cards are specifically for the NORC, meaning all money generated from them will go into the NORC budget.

I want to wish everybody a safe, happy & healthy new year!

Rachel ☺

MEMBERSHIP FOR 2010

It's that time of year again, when we start filling out membership forms. Along with your forms this year, you will also be asked to sign a "Release of Information" (ROI). This is so we can speak with your family (or whomever you designate) in case that person calls us or you ask us to call that person. We will be giving everyone two ROI's to fill out. One is for family and one is for medical. If you do not wish to sign them, that is ok, we just need to document that. If you have any questions or concerns, please call the NORC Office at 321-2124. Also, if you need to discuss membership fees, please call us.

Thank you!

NORC Staff

Rachel, Ellen, Wendy & Karen

UPCOMING MEMBERSHIP PARTY

Please RSVP to our upcoming NORC Membership Party on Monday January 4th at 4:00 PM in the Toledo Social Hall. We will have piano music by Neil Alexander and we will have our food catered by Chef's Kitchen. Please see the attached flyer for details!

FROM OUR NURSE...Ellen Gartzman, RN

What Can You do to Make Your Healthcare Safer?

Healthcare involves the participant, you, and the professional; the doctor, nurse, hospital and pharmacist. Everyone has a role in ensuring patient safety. Professionals have the responsibility to update their knowledge and incorporate new trends and facts into their practice. Communication between consumers and professionals is essential.

The National Patient Safety Foundation has several steps to make your health care experience safer. They suggest:

1. Become a more informed consumer: Gather information about your doctor and illness. Research options for treating your condition.
2. Keep track of your medical history: Make a list of surgeries, hospitalizations, diagnoses. Write down all medications, medication and food allergies and your physicians' phone numbers.
3. Be a part of the "team" in deciding on a plan of action. Make your voice be heard.
4. Involve a friend or family member: take some to important appointments so they can help ask questions and help you recall the answers when you are home.
5. Follow the treatment plan you agreed upon with your doctor. If you are having problems sticking with the plan, notify your doctor.

SOCIAL WORK HAPPENINGS

Happy New Year everyone! We wanted to let you know about a new group starting on January 12th at 4:00 PM in the NORC Office. It is called "Women's Group" and will be run by Karen Gilbert, our Social Work Intern. Karen will be leading this discussion group where women can come and discuss their thoughts and feelings. Please let Karen know if you are interested in attending or if you have any questions. You can reach Karen on Tuesdays in the NORC Office 321-2124.

RESIDENTS' WRITINGS

POETRY

THE LAW OF MOTHERHOOD

by Sylvia S. Cutler

December 20, 2009

Don't think if you're a mother
That freedom is a choice
For suddenly your status
Responds to another voice
That you have not considered
Don't even know exists
It tells you what you HAVE to do
And it demands, INSISTS
You follow "Rules of Mothers"
Exactly what it tells
Believe me, if you thwart it
Your life is seven hells.

For mothers there are edicts
That every mother knows
Whenever a kid yells "Mommy"
And the night light glows
It means you're getting out of bed
And RUN to him right now!
Or the kick in the butt you get from life
Is POW!

Whenever there's an emergency
And your kid needs his mom
You don't yell "Dad!" or "Harry"
Or "Dick" or "Mike" or "Tom"
You get your butt in gear, you dash
To see what you can do
The kid doesn't want Santa Claus
What he wants is YOU!

If there is a bad snowstorm
And we get twenty feet
It won't matter if your nose is stuck
In a tasty chocolate treat
Or if you're in a sweet embrace
Or wrapped in purple passion
Whatever you're wrapped in matters not
In any shape or fashion
The LAW is that you pick up the phone
Get each kid on the line
To see that each and every one
Is fine!

WE'RE AGING AND WE'RE GLAD.

by Sylvia S. Cutler

July 8, 2009

Your bottom will get bigger
Your top will start to shrink
Your belly will get wrinkles
It's older than you think.

Your boobs will become flatter
Your tush will start to sink
You'll need a lot of collagen
To put you in the pink.

Your arms develop winglets
That wiggle when you walk
Your mouth will get those little lines
That show up when you talk.

Your neck will feature wattles
Your face turns to a square
What you regard as décolletage
Is no longer there.

Your feet develop calluses
Your eyes grow cataracts
You can't see up, you can't see down
Tri-focals become facts.

Our parents never had the things
That make our group so surly
Instead they had weird illnesses
And left the planet early.



ESSAYS

A DAY AT CAPE MAY

by Elaine Procida

October 3, 2009

I am in love with Cape May. I have visited it in the past, sometimes with friends, sometimes alone, and always liked it but this year I have fallen in love with it. It just seems to bring me into a different world. It has, what I think, the most beautiful beach, a lovely walkway along the beach, and Victorian style homes that seem to say “come inside,” a bird observatory, a lighthouse and so much more. So it was when I woke up on Saturday, October 3rd with the promise that the sun would be shining later in the day, I said to myself “I am going to Cape May.’

It is a two hour drive for me each way, the one thing I am not particularly fond of although, I do enjoy driving along the “back roads” most of the way. I had decided that I was going to do, what I had been promising myself I would do all summer, and that is to walk along the beach from the center of Cape May south to the cove and then to the Lighthouse and back. I decided to park where I usually do along Madison Avenue near the beach. The weather was iffy and I debated bringing a jacket and umbrella. I decided to bring both even though most people I saw walking had neither. I ended up not needing them.

And I walked, south along the Promenade by the beach down to the very end. Stopping along the way for a delicious crab cake lunch, then an ice cream cone. At the very tip of Cape May, you come to where the ocean meets the bay. A most beautiful view! I could see the lighthouse in the distance and I was determined to get there. So I walked down the beach near the water and walked towards the lighthouse. There were a few other people walking, but not too many. I exchanged a “happy smile” with the ones I passed and inhaled deep breaths of the sea breeze while I walked. It was just too beautiful for words with the birds making beautiful patterns in the sky. In the distance I could see very large birds sunning themselves. The sun shone on the lovely scene.

Eventually, I made it to the lighthouse, was reading the history of the area and, feeling tired, sat down at a bird observatory. There were many people there. I only sat about ten minutes because the thought on my mind was that I had to walk back. I checked a map and debated. Should I go back the same way, or should I walk back along the roads and see what the area was like. Being inclined to adventure and thinking it might actually be shorter for me to walk back along the roads, I took off that way. I admit to having doubts, which increased when I seemed to take longer to reach each goal point I had noticed on the map. But, no turning back, I continued to walk and walk and walk..... There were mostly only cars and an occasional bike rider who would pass me. I did enjoy the walk when I wasn't wondering if I was going to make it. At one point, I just relaxed and said “well, if I am going to die here, I will die happy.”

I made it back to Beach Avenue in Cape May and headed over to my favorite watering hole, Congress Hall. There I got a cup of tea and a large, delicious oatmeal raisin cookie. I took my treasures outside to sit near the pool and while there watched a wedding party having their pictures taken. Need I say more?

Well, actually the day's adventures were not over. Walking back from Congress Hall I saw a number of police cars ahead and then saw a group of firemen pull someone from the ocean and give them CPR. It seems the person did survive. Reached my car, hopped in and headed for home. I enjoyed the ride, even while getting very annoyed at drivers who I thought were going too slow in front of me on Route 50 towards Mays Landing.

Around 6:30 I reached “home territory” at Berlin and expected to be home at 7:00. I thought I made it but, as it turned out, not quite. It was getting dark which concerns me because of being

more difficult to see. Then I saw in the distance a flash and thought, could that be lightning? It was a warning of what was ahead. I have never driven through such a rainstorm as I encountered only about five miles from my home. Between not being able to see well, and the roads being flooded I admit to wondering if I was going to end up with a stalled car stuck in floodwater. Fortunately, my 97 Ford Escort was up to it and got me safely home. A day to remember and looking forward to my next "Adventure to Cape May."

PEACE IN OUR HEARTS

by Elaine Procida

Once again, we are in the month of December when many people are getting ready for some type of holiday celebration with happy thoughts on their minds. And, once again, we are reminded with the anniversary of Pearl Harbor that the world is not always a happy, peaceful place. On the anniversary of Pearl Harbor we stop to think about and honor those, mostly very young, people who died in the struggle. Of course, other countries have their days when they honor their citizens who died for their cause. But why do we only think about our country's men and women?

The fact is that most of the victims of wars are innocent people who had nothing to do with the cause of the war. Even the soldiers who fight, many of them are forced into service or may have been led to believe what their leaders told them as to why they needed to serve their country. Of course, war is sometimes necessary to protect ourselves but we should not glorify them. War is a tragedy no matter who wins and the only way we will learn to live in peace is when all people realize this.

Rather than have parades and speeches in honor of those who served, maybe we should have parades and speeches in memory of all the victims of all the wars that have occurred. We are all human beings. If everyone would do this, maybe someday our young people all over the world will be able to live with peace in their heart for everyone.

WHAT'S IN A WORD?

by Sylvia B. Denbo

December 10, 2009

My beloved father said "a good word is priceless."

Words are anything and everything you want them to be: powerful, uplifting, depressing, inspiring, encouraging and whatever else you want them to be. Simple, basic writing is my preference.

The following, to me, is the ideal example of simplicity and beauty that touches my heart and evokes a deep emotional response.

I'm pleased to share it with you. It is to be read slowly for maximum effect.

"An American Indian Prayer"

O' Great Spirit, whose voice I hear in the winds, and whose breath gives life to all the world,
Hear me! I am small and weak, I need your strength and wisdom.

Let me walk in beauty, and make my eyes ever behold the red and purple sunset.

Make my hands respect the things you have made and my ears sharp to hear your voice.

Make me wise so that I may understand the things you have taught my people.

Let me learn the lessons you have hidden in every leaf and rock.

I seek strength, not to be greater than my brother, but to fight my greatest enemy—myself.

Make me always ready to come to you with clean hands and straight eyes.

So when life fades, as the fading sunset, my spirit may come to you without shame.

WHAT IF?

by Sylvia B. Denbo

November 19, 2009

My parents had recently bought a house across from Carroll Park, a lovely park in Philadelphia. It was perfect—a great place to meet friends. We had a wonderful, highly intelligent German Shepherd named Pal who had the run of the house plus the basement where the door was always open for him.

Every afternoon when school let out, Pal waited for his run in the park where he loved to frolic with other canines.

At home I enjoyed operatic and classical music recordings. Let me explain: In those days there was a mini-victrola which stood on a table. However, it was on the floor for my convenience and ease of use—after all, I was just six years old. My mother loved those recordings, so it's a no-brainer to realize the life-long love of that music originated from my early experience with the victrola.

So, there I was at the victrola waiting for my mother to return from shopping when a man came down the stairs to the living room wearing only his underwear. He was coming toward me. I jumped up and screamed for Pal, who appeared instantly, barking and growling and so scared the man, that he practically flew upstairs to his room.

Of course, I did not comprehend the possible implications of what had just transpired. I was, after all, just a child.

Mother, upon hearing the screaming and barking, ran in from the yard where she was planting pansies.

Instantly, she ran upstairs. I could not hear what was said, but the man left immediately.

Mother said that he was “sick in the head and did not act right.” For my age, it was sufficient.

The real meaning of his possibly lewd intentions was understood by me at a later age—a sad part of one's education in the facts of life.

Postscript

We had a spare room which was more a storeroom than a bedroom, although it contained a bed. Once in a while, it was utilized by relatives or friends from New York and Baltimore for overnight or a weekend. The man described in this essay was 28 years old and recommended by a cousin for an overnight stay. He was here for an interview for possible admission to medical school. Our cousin was actually sick about this. He had no idea!

Needless to say, no strangers used the storage room again.

Now, what if mother and my unforgettable Pal had not been there for me?

I try not to answer that question.



About Tuttle

by Sylvia S. Cutler

There is a principle in life today that many people know and many people do not. It is that almost anything can be accomplished with the right PR.

Food manufacturers know it. With heavy-duty marketing, spending a total bill annually of millions of dollars, they have managed to persuade the public at large that food is what you should be thinking about all the time. Restaurateurs and chains also know it and spend equal millions to persuade you to eat that three-layer hamburger with tomato, bacon, special seasoning, etc. They know that the more you eat, the more you *will* eat. Thus America is obese.

Religionists know it. So they preach constantly, selling their particular credo in any way they can, on television, radio, churches, books, magazines, newspapers, etc. Repeating, and repeating, and repeating, they manage to find millions of willing customers. In this way they mesmerize and control billions of people.

All sorts of marketers know it, whether they're selling beer or automobiles, pharmaceuticals, or sex. They know that constant repetition will imprint a message inside your brain even though you think you are resisting it. It doesn't matter how much you resist. Words have impact, even if you are not listening. They work their way into your brain even when you're thinking of something else.

The producers and writers of M*A*S*H also knew it when they presented on January 14, 1973, an episode on TV called "Tuttle" The quote on the M*A*S*H website says "Hawkeye and Trapper, with Radar's help, invent a fictitious Captain Tuttle so that his salary can be donated to help a local orphanage. Almost caught by a visiting general, Hawkeye tells his most outrageous story—that Tuttle leaped from a chopper without a parachute."

To give credit where credit is due, this remarkably written and acted episode was the work of Bruce Shelly and David Ketchum, who wrote it, directed by William Wiard, and acted by Alan Alda as Hawkeye, Wayne Rogers as Trapper, and Gary Burghoff as Radar. The rest of the cast helped, as they all believed implicitly that Jonathan Tuttle was real, that they knew him well, but that he was always somewhere else.

I had been thinking about Tuttle periodically, the episode sticking in my mind for 35 years, when it turned up on TV just this evening (October 5, 2008). And I thought that any of us can invent anything at all, tell it enough times to any number of people, and it will be believed as gospel truth. In fact, it will not only be believed, but will be passed on as if it came from a reliable source. That is why we believe many things that cannot be realistically or logically true.

How many lies have you believed today?

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, and Lunch & A Movie and will no longer be provided. Staff “shuttle” rides will be provided only if reserved two business days before the program and if staff is available. To reserve a ride, please call the NORC Office 856-321-2124.

INFORMATION

Would you like to suggest a program or an activity before a Monday Night dinner or start your own program at the NORC? Please call the NORC office with your suggestions. We are always looking for interesting programs and activities!

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.

If you would like to volunteer to assist with Monday night dinners (setting up, serving food or cleaning up), please call the NORC office. Also if you would like to volunteer to assist with any of our other programs, please call us! We are always looking for resident volunteers to help our programs run smoothly!

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.

