



CHERRY HILL SENIOR LIFE

SENTINEL

NORC Staff:

Program Coordinator—Rachel Dubrow Smith

Nurse—Ellen Gartzman

Social Worker—Wendy Klier

Social Work Intern—Desiree Martinez

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

Dear NORC residents:

It has been a long time since we did a newsletter! Things are going well here at the NORC. Our "NORC Notes" are a huge success and a wonderful fundraiser! Please buy some and support our program! They are \$10 for 5 cards. They are beautifully designed by our own Susan Graham. They can be used for any occasion.

We have reached the mid point of our State grant. This grant has allowed us to star our wonderful Wearable Art program with Claire Zelman. Claire runs this group every other Thursday at 9:30 AM. The group has created beautiful jewelry and scarves. Please come to the group and make something beautiful for yourself or a loved one.

The grant is also funding our knitting/crocheting group. We have been making items to be donated for charity. Please come and join us. If you do not know how to knit or crochet, someone in the group will teach you. We have a wonderful volunteer, Cindy Lunenfeld, who comes to the NORC on Thursdays to help us with our groups. She can show you how to crochet or how to play Mah Jongg (or both)! You may also catch her helping us with serving food during Lunch and a Movie. We are very lucky to have her help us. If you see her around, please say "hi!" The grant has allowed us to restart our Short Story program through the JCC's Life-Learning Learning program. Ruth Lipschutz is fantastic and she always provides terrific stories and stimulating conversation. If you have never participated in the Short Story group, please check it out. I am sure that you will enjoy it!

Our exercise program is currently being paid for by an anonymous donor, but when that money runs out in October, the grant will continue to pay for Roland to teach our exercise class. Roland is amazing. Not only does he help people feel better

physically through exercise, he also puts a smile on people's faces through his wonderful personality.

We have a volunteer named Deena who is starting a monthly Art Education class. Her first class will be on July 22nd at 11:30 in the Social Hall. Please come and support our new volunteer and help make this new program a success!

I also wanted to make you all aware of our fabulous intern, Desiree. We are so lucky to have her with us. Desiree has written a blurb for the newsletter, so I will let her introduce herself. I just want to say how happy we are to have her in our office. Please come to the office to meet her, call in to talk to her, or say hi to her when you see her around, you will be glad that you did. Desiree is going to revive the "Lasting Memories" program. If there is anyone who did not have their videos done who would like to have them done, or if anyone wants their videos done who did not sign up originally, please call our office and make an appointment with Desiree. You all know how important this project is to me and I feel badly that I have not been able to dedicate the time necessary for it. I am thrilled that Desiree wants to do this project! It is an important legacy to leave for your families. Please call and set your appointments today!

Wishing everyone a wonderful summer,

Rachel ☺

OUR VERY OWN NORC STAR!!!!

Cherry Hill's Got Talent took place on Sunday, April 18, at 7 p.m. at the Cherry Hill West auditorium. The purpose was to raise funds for the Cherry Hill Education Foundation. It was directed by Drew Molotsky.

NORC's own Sylvia Denbo participated in this multigenerational event. Here is what the CH Eastside newsletter wrote about her:

"Sylvia Denbo, an astonishing 90-year-old, sang what she explained as a torch song called "Stormy Weather," first sung by Ethel Waters in the 1930s.

According to (emcee Greg) Gagliardi, Denbo "brought down the house" and "won the hearts of the audience" as she received a standing ovation. Before exiting the stage, Denbo quoted Yogi Berra: "It ain't over till it's over!"

Way to go Sylvia!

FROM OUR NURSE...Ellen Gartzman, RN

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THEY WILL ASK FOR YOUR PHONE NUMBER – ENTER ALL 10 DIGITS STARTING WITH THE AREA CODE (for example -8563212124)

IT WILL TAKE A FEW WEEKS BUT THE ANNOYING CALLS WILL STOP



SOCIAL WORK HAPPENINGS

Desiree Martinez

Hello! My name is Desiree Martinez; I am the intern student at the NORC Office. I will be in on Monday, Tuesday and Wednesday. If anyone would like me to visit, please call the office at 856-321-2124. I hope to hear from you soon!

RESIDENTS' WRITING

POETRY

Power Breakfast

By Sylvia S. Cutler, June 2010

I daily count my victories
The things that I've done well
They are not wars dramatic
As you can clearly tell.
Small things that I can check off
To signify my day
My accomplishments are simple
Is there a better way?

While others count their blessings
I enumerate each task
And when I have the total
That's the best that I can ask.
I put together breakfast
Nutritious as well as tasty
I am meticulous with it
And try not to be hasty.

My coffee's hot and decaf
I eat a bowl of fruit
I add some nuts and yogurt
And find that this will suit.
A toasted raisin biscuit
Topped with peanut butter
And some orange marmalade
Makes my glad heart flutter.

I clean my bowl; each bite
And then I swallow pills
I take them day and night
Designed to conquer ills.
And when I've done the lot
Disposed of all my dishes
I feel I've reached success
And realized all my wishes.

I follow this routine
Daily the same way
If this is **all** I've done
It still has made my day!

ESSAYS

DO YOU HAVE GRANDDAUGHTERS IN THEIR TEENS?

By Sylvia S. Cutler, June, 2010

Those of us who are seniors could be anything from 55 to 95. We remember much about the various decades of our lives, and probably among our fondest memories were those of our teen years. We listened to Frank Sinatra, fussed about our hair, hung out with our girlfriends, talked about boys, and went through puberty with much angst. We talked about things like menstruation behind our hands, calling it the curse, the “monthlies,” or “my aunt arrived,” or “I fell off the roof.” The worst thing about it wasn’t the cramps, but that we couldn’t “take gym” or go swimming.

Most of us today don’t understand the modern generation, thinking they are outlandish in their dress, their music, and their morals. However, don’t worry. They are really okay. They are smart, and have options such as we never had. They also have problems such as we never had.

Provided that they are willing to listen to us old ladies, perhaps you can be of help to your teen granddaughters, by learning something about that generation. The author Mary Hogan knows a lot about them, writes books for them, and has a blog where they express their feelings.

Lovely young girls aged twelve to nineteen may be “teens,” but they’re really sensitive beings who soak up signals through their pores. Growing rapidly from children to women isn’t easy. All sorts of thoughts, feelings, sensations and images are coming at them like shrapnel, hitting hard, from within and without. Going from grammar school to middle school to high school is a tremendously emotional transition, and nothing moves slowly. One is being hit with parental influence, teacher influence, peer influence, studies, social activities, after school activities, chapters to memorize, tests to take, physical activity, plus of course burgeoning hormones, and the realization that the opposite sex is a factor, plus lots and lots of self doubt. The thoughts that go through the head of a teen are enough to make a psychological thriller. It is not an easy stage. In fact, if you are an adult and you give some thought to what it was like for you, it is certain that you would say “I’d never go through that again!”

On May 5, members of Virtua’s Junior Auxiliary were invited to “Junior Girls’ Night Out,” at the Barry Brown Health Education Center. There they found other girls just like them, and a few parents. They also found a beautiful and elegant buffet table and a room filled with interesting items for purchase to enhance appearance, physical wellness, and the palate. The highlight of the evening was a talk by **Mary Hogan**, a former features editor at Teen Magazine in the mid ‘80s, and an award-winning author of several popular young-adult novels: *Pretty Face*, *Perfect Girl*, *The Serious Kiss*, *Susanna Sees Stars*, *Susanna Hits Hollywood*, *Susanna Covers the Catwalk*, and *Susanna Loves London*. All are available from Amazon.com or Barnes & Noble.

Beginning her talk, Ms. Hogan asked how many girls in the audience liked their body image. Three hands went up. She confessed that in her youth she had been a fat girl, and she knew exactly how it felt. “Unfortunately, no matter how skinny you get, in your head you’re always a fat girl,” she said. (As it happens, Mary Hogan today has a slim figure.)

“Where do you suppose a poor body image really comes from? It comes from the media. In every medium, whether it is television, internet, movies, or whatever, it’s always made clear that if you’re pencil thin, you’re okay, and if you’re not, you’re not okay. Every fashion display features lollipop women: big heads, stick-thin bodies. They’re grotesque. They’re not real. They have broad bony shoulders because fashion editors want dresses to hang on them in the same way dresses hang on plastic hangers in the store. Haven’t you noticed how a dress looks when you hold it up in the store and how it looks after you put it on? Models are supposed to be nothing more than coat hangers.”

“What do you think the media is? It’s all the ways that information comes to us—a flood of information and images. Because you see those pictures of lollipops, you think you should be

a lollipop, too. Why do they do it? They want you to buy things. The media is trying to get you to think they are giving you what you want; but what they are doing is pandering to the manufacturers who pay them!”

“All of a sudden the tooth-whitening business is a multi-million dollar business. Do you know why? Because no one is born with white teeth. The teeth you have are the teeth you were born with. But industry will not stop until they force you to spend every cent you own on products you don’t necessarily need.”

“Why do you suppose that you find clothing in stores marked size zero? There never was a size zero. But the way you shop has changed the way they sell. Women who are a bit more substantial would go into a store and find that the only garment that fits is a size 14. Then they’d walk out. They don’t want to be a size 14. So manufacturers started changing sizes: 14 became 12; 12 became 10; 2 became zero. Your ego comes into play when you put yourself into a size zero and so you buy more.”

“Another thing that tears down your vision of yourself is the ads. Because we read from left to right, and because we spend only three seconds glancing at an ad, ignoring the print and looking only at the picture, they place large perfect faces on the left hand side. What you see is a perfect face, not realizing that there is no perfect face. The photo has been retouched. There will never be a wrinkle, a pimple, or sag. Every single ad has been altered. No human can match those pictures. But you will spend your lifetime trying, buying product after product seeking perfection. Maybe this time....”

“The influence of the media is 24/7. You can’t get away from it except when you sleep. Billboards, magazines, newspapers, posters, television, more and more. The average number of ads we see each day is 600. That’s a lot of influence. Even if we’re not conscious of it, the ads make an impact.”

“Girls and women have an inordinate amount of power. In the next year, we will spend 200 billion dollars on products. Last year we spent fifty billion on diets; seven billion on beauty products. If you were to decide you didn’t like something and didn’t buy it, imagine what impact you’d have on an industry.”

“Don’t decide that you’re too heavy until you’ve taken a reading of your body mass index. If you do decide that you need to be slimmer, that’s easy. Stay away from fast food and junk food. Stay away from white food. See to it that everything you put in your mouth has color—meaning fruits and vegetables. Move around. Exercise. Run, dance, do gymnastics. We all have the power to decide how we want to look.”

“What’s also important to realize is that parents have an impact on a girl’s feelings of self worth. A careless or joking remark from a girl’s father can damage her for life. Even mothers say things to their daughters that hurt; but coming from the father, it hurts worse.”

“My advice to you is that imperfect is human. We need to accept our imperfections. And don’t give your power away. You are in control of how you look, how you feel about yourself, and how much self respect you have. Don’t let anyone else tamper with that.”

Mary Hogan was a film major in college and wanted to be a director. But at Berkeley, the film major was in the English Department. So she wrote a great deal. Years later, after writing for several magazines (New Women, Seventeen, Jane, Family Circle, Fitness, Parenting), she decided to write about her own life. That’s when *The Serious Kiss* was born. The first line of the book goes like this: “My dad drinks too much and my mom eats too much which pretty much sums up why I am the way I am.”

“Off I went. I told the truth about growing up in an alcoholic family. That’s the biggest lesson I learned about writing fiction: even when you’re writing a made-up story, tell a real emotional truth. What it felt like to be you. My teen years were incredibly traumatic. My family was in constant chaos. I never forgot what it felt like...which is, I think, why I feel so connected to teens. I feel their pain. I received thousands of Letters to the Editor at “TEEN magazine. The girls would pour out their souls. I always wanted to call them and tell them that things would get better.

“The best part now is the fact that I constantly hear from teens. My Facebook page is on fire and my email in-box is full. I have already heard from a few girls from Virtua! It makes me SO happy to see that I am really reaching them.

“A lot of times, teens don’t feel as though anyone is really listening. I feel incredibly lucky to have a job that allows me to have an impact on a group of kids who are so vulnerable. For me, teens are funny, intelligent, complicated, open, curious, and absolutely interesting. I truly loved the chance to meet and talk to the kids from the Virtua group. They were amazing!”

Mary Hogan’s blog is www.maryhogan.com. Get on to see what teens have said about her books. If you do not have a computer or don’t know how to work one, get your granddaughter to pull up this website, and make it your business to browse through it.

In the meantime, it would not be a bad idea for you to take a trip to a book store, and get these books for your teen granddaughter. Start with “Pretty Face.” It touches on a topic that teens are very sensitive about. And it wouldn’t be a bad idea for you to read the books first. To begin with, you will see what really goes on in a teen’s mind, so you will know your granddaughter better; and then you will see that these books are written to help a teen grow into womanhood with better attitudes about herself, her parents, and even you.

It is not impossible for generations to understand one another better. In the first place, you as a grandmother should not be disapproving of everything your grandchildren do. It is a different world. For one thing, information technology has made it possible for our teens to know more about the world than we ever could. This is a good thing. For another thing, the things that were important to us when we were growing up may no longer be important. Every era has its own style, its own take on things, its own ethics and moralities.

The clothes they wear, the exposure of skin, the way they talk, the music they listen to and even the tattoos are all “normal” for the times. It is unfair to make comparisons with another era. Our parents and grandparents complained about us; remember? The freedoms all of us enjoy today couldn’t have been possible at any time in the past. If times had not changed, we women would all be wearing corsets, a dozen petticoats, and hobble skirts. And certain things were common in the 1890s and 1940s that would shock us today!

And don’t be so intimidated by technology today that you keep saying you hate computers. They are not a curse, but a blessing. If you drive a car, it has a computer. Your cell phone is a computer. Your microwave is a computer. Your home phone is a computer. And your GPS (bless its little soul) is a computer! Medical science, computerized, is one of the factors that keep us alive today.

In spite of the terrible things that are happening in the world today, it is a good world. Terrible things happened in the past and, unfortunately, they will happen in the future. But the teens of today will grow up, become parents, and will miraculously become as traditional as we grandparents are. They’re okay; they’re really okay.

But, if your teen granddaughter is acting up, perhaps it’s because she’s insecure. You can help her. Buy her one of the wonderful books mentioned! And by all means, talk to her.

“You know, Sally, you are so lucky to be alive today. In my day we couldn’t ...”

IN SEARCH FOR MEANING

Elaine Procida

As a child, it seems that Religion was a mystery to me. I wondered why the nuns dressed as they did and why Catholic children usually went to Catholic School. My family was also Catholic but other than making the required Holy Communion and other sacraments it had no real meaning for me. When I got older I learned from my mother why we did not go to Catholic school. She said my grandmother had started her in such a school but pulled her out within the first year when she heard my mother crying because the teacher had punished her. While my mother did send my brother and me to church on Sunday, she rarely attended herself being a single mother and working full time.

Looking back on my life, there were many who tried to give me religion. My good friend Frances in High School was the first. When, in High School, she found out I did not have a bible, she gave me one of hers telling me “everyone should have a bible.” And, I did read that bible from beginning to end. Frances and I remained friends after she married and I was in her wedding party. She had three children and then her husband, who was a volunteer fireman, only in his 30’s, died of a heart attack while helping with an accident.

Before her husband had died, and over his objections, Frances had moved away from her Protestant religion after meeting Jehovah Witnesses who knocked on her door. She became a Witness and then, of course, set about to convert me. I actually did join with them for several years and even, one time, went with them “door to door” hiding in the background. But, when it reached the point where I had to make a decision to join or not, I said: “no, I cannot join this because I don’t have your beliefs.” One of their beliefs that I could not follow was that they believed that the heart is what makes us what we are. And I thought, that is just not true. Our brain is what makes us what we are, not our heart. Well, after that, Frances could no longer be my friend. This was in the 1960’s and I remember when Fran had told me that the earth would be destroyed in the 1980’s and only the Witnesses would survive and live forever. In 2008, I attended my High School’s 50th reunion and I was shocked and very sad to see Fran’s name on the list of classmates who had died. I had no idea why she died so young.

My next religious experience occurred when I was in my early 40’s. Because of the isolation of my hearing loss within the hearing world, someone suggested that I make contact with deaf organizations. I followed this suggestion and, through friends, found out about a Catholic priest who was leading a deaf ministry. I met Fr. Brian O’Neil and his deaf group and I joined with them.

I studied sign language and tried my best to fit in. I was even signing songs for their services. I was happy for the first time in my life and might have continued with the group except for the fact that at some point Fr. Brian, who had normal hearing, made a decision that he would no longer use his voice, he would only use sign language. As hard as I tried to learn, I never mastered sign language. My brain had been trained to watch lips and I could not make the change to hands. Then gradually, other people in our group who were like me, hearing impaired but not signing deaf, left the church group.

Eventually I felt just as isolated within the Deaf Ministry as I did with hearing groups and I left the church, never to return. I have to say, even though I was attending Catholic Church every Sunday, I never really changed my “disbelief.” For example: one day Fr. Brian told us that he was a priest because God chose him. As much as I liked him, I could not believe that.

So there I was, in my 50’s drifting in the sea of life trying to find answers. I did not believe in any superior being or the stories of creation. I did believe that we are descended from lower forms of life. But, while I could not follow the teachings of any religion, I did recognize the need humans have for a religious experience: Most important, the need to be with others in a social setting and the need to feel in harmony with family members who did have religious beliefs. While I did not believe in a God, I did wonder about life and if there might be something more than just these few years that I am here? As a member of a Secular group in Cherry Hill, I was aware that many of them attended the local Unitarian Universalist Church. I decided to attend the services also. I became friends with people there who, like me, believe that what we believe is personal and no one should try to force their beliefs on anyone else. If we are ever to have peace in our world, it will be only when everyone learns to respect each other’s religious beliefs or non-beliefs. I believe the most important thing is to be good, honest people who would never do anything to hurt anyone else. Love, in the world, is what we need.

BEAUTY + QUIET = PEACE

Elaine Procida

I have to admit, I was not impressed with my first view of the Arizona Desert country. As I looked around the Tucson countryside it seemed to be too much sameness. The colors that stand out are tan and brown. Not only the impressive Saguaro Cactus plants but the houses as well were tan with brown roofs. It did not take long for this impression to change. I found that I delighted in taking walks along the desert paths and even, in a braver moment, getting off the path for short walks.

What was it that was delighting me so much? Was it the majestic mountain peaks in the near distance, some with snow at the top? Was it the knowledge that within all this vegetation there was animal life, including snakes, that I would occasionally be privileged to see? There seems to be a feeling of respect in the desert. If we leave the animal life alone, they leave us alone. I delighted in studying the various cactus plants. They seemed to have their own personality. Especially the Saguaro! No one seems to know what makes the arms grow in different numbers and at different places. At times, the arms turn down and I have been told that is the result of cold weather. The result is a plant that seems to be talking to us with its arms and other markings.

I know I did more walking and climbing on this trip than I have ever done. While there was one time I decided to turn back rather than risk climbing a rocky path and the more dangerous descent back, most of the time I was right in there pushing along. For the first time in my 70 years, I took my shoes and socks off to wade through a stream of mountain runoff. It was either that or chance jumping from rock to rock to cross over. The water was so cold I thought my feet would fall off but after a few seconds, I adjusted and delighted in the adventure. At another point, I had to climb around a rocky ledge and while it was not high up, I could still have gotten hurt if I had fallen.

Did I say the landscape was mostly tan and brown? I take that back. I was privileged to see the beginning of the mountains blossoming with flowers. We know how beautiful a flower garden is. Picture a whole landscape of flowers.

I don't think even all of this was what really made me love the desert. I think it was these things and the most important. Which was the total silence. Other than an occasional birdcall or the sound of water running, it was quiet. And I delighted in it. Not here, was the annoyance of an overhead airplane, a power mower, a passing motorcycle or auto. I discovered the true peace that only beauty and quiet can give us.

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 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.

