



The Tree Unites the Branches; The Branches Bear the Fruit

# ORANJ TREE

Quarterly Newsletter of the Organization of Residents Associations of New Jersey

[www.oranjccrc.org](http://www.oranjccrc.org)

Number 56

Fall Issue

October 2017

## PRESIDENT'S MESSAGE

Recently, Stonebridge CCRC residents asked ORANJ to carry out a statewide survey of CCRC caregiver support groups. I spoke to Rev. Ian Rankine, the Fellowship Village Chaplain, to learn how that type of support is given where I live. Happily, my wife and I do not require a caregiver, so I had never attended one of the support sessions held monthly in the *Living Room*. Ian invited me to a recent session. Before starting he asked all those in attendance if they would be comfortable to have me listen in. Being the president of the Residents' Association Council (RAC), I know everyone who sat in the circle. My friends were OK with me listening in. All were caregivers to their spouses.

Ian, who is an ordained Presbyterian minister and highly trained facilitator, started by reading from the book *Chicken Soup for the Soul: Living with Alzheimer's & Other Dementias: 101 Stories of Caregiving, Coping, and Compassion*. Next, he asked everyone to say a few words. The opportunity to speak was passed sequentially to all in the circle (even me). When someone asked a question or described a problem, one or more other people would answer and try to be helpful. I left this session understanding the role of caregivers and how urgently they need support.

Stonebridge created a questionnaire for a survey, which was approved by the ORANJ Executive Committee in May. We emailed the questionnaire on August 9, 2017, to CCRC RAC presidents and others. As of August 27, 10 of 26 CCRCs have responded. Half of the respondents do not have a caregiver support group. **If your CCRC hasn't submitted your reply yet, please do so as soon as possible.**

Recently, Road Scholar (formerly Elderhostel) announced a program to reduce the isolation, depression and anxiety felt by caregivers. Road Scholar is offering a Caregiver Grant for rejuvenation retreats that help promote wellness and healing for caregivers. In the August 18, 2017, *NY Times*, Ron Lieber wrote an article about four books that would provide support for caregivers. They are *Being Mortal* by Atul Gawande, *The 36-Hour Day* by Nancy L. Mace and Peter V. Rabins, *A Bittersweet Season* by Jane Gross, and *Being My Mom's Mom* by Loretta Anne Woodward Veney.



**TO CONTINUE ITS IMPORTANT WORK, ORANJ urgently needs CCRC resident volunteers who would be willing to join the Executive Committee. Send an email to me at [2whalins@gmail.com](mailto:2whalins@gmail.com) or call me at 973-723-5699. YOU CAN MAKE A DIFFERENCE!** *Ron Whalin*

### Executive Committee

RON WHALIN, *Fellowship Village*  
President

ROBERT GEBERTH, *Applewood*  
Vice President, Central Region

BARBARA TROUGHT, *Medford Leas*  
Vice President, Southwest Region

GARY BALDWIN, *Seabrook*  
Acting VP, Southeast Region

MAGGIE HEINEMAN, *Medford Leas*  
Secretary/Treasurer

GENE WACHSPRESS, *Meadow Lakes*  
Legislative Committee

### Members

- Applewood, *Freehold*
- Arbor Glen, *Bridgewater*
- The Atrium at Navesink Harbor, *Red Bank*
- Bristol Glen, *Newton*
- Cadbury at Cherry Hill, *Cherry Hill*
- Cedar Crest, *Pompton Plains*
- Crane's Mill, *West Caldwell*
- Crestwood Manor, *Whiting*
- The Evergreens, *Moorestown*
- Fellowship Village, *Basking Ridge*
- The Fountains at Cedar Parke, *Atco*
- The Oaks at Denville, *Denville*
- Friends Village, *Woodstown*
- Fritz Reuter, *North Bergen*
- Harrogate, *Lakewood*
- House of the Good Shepherd, *Hackettstown*
- Lantern Hill, *New Providence*
- Lions Gate, *Voorhees*
- Meadow Lakes, *East Windsor*
- Medford Leas, *Medford*
- Monroe Village, *Monroe Township*
- The Pines at Whiting, *Whiting*
- Seabrook, *Tinton Falls*
- Stonebridge at Montgomery, *Skillman*
- Wiley Christian Retirement Community, *Marlton*
- Winchester Gardens, *Maplewood*

### ORANJ contact

Ron Whalin  
2131 Fellowship Road  
Basking Ridge, NJ 07920  
908-903-0155  
cell 973-723-5699  
[2whalins@gmail.com](mailto:2whalins@gmail.com)

**PLENARY MEETING OCTOBER 18 AT STONEBRIDGE**

# FROM BROOKLYN TO BASKING RIDGE

Through the grapevine and bulletin board announcements I collected the stories of 20 Brooklynites from Fellowship Village for my "Growing Up In Brooklyn" project. The stories were displayed for three weeks on 20 posters in the reception center at Fellowship Village.

The project came about because I met a new resident who happened to remark that he grew up in Brooklyn. We reminisced about being Brooklyn Dodgers fans and laughed about the street games we played - like stickball for the boys and ringolario for the girls. We remembered the famous Brooklyn seltzer beverage, egg cream, that could be purchased for a nickel,, that had neither egg nor cream in it.

The photo below shows Brooklynites celebrating the project with a dinner in the formal dining room that featured the fondly remembered egg cream.



**Brooklynites at Fellowship Village**

Ron suggested an *ORANJ Tree* article and I sent the the residents' stories to Maggie, who found them fascinating and has made them available in a special issue of *ORANJ Leaf*, which can be read online [oranjccrc.org/ORANJ/wp-content/uploads/2017/08/ORANJLeaf8.pdf](http://oranjccrc.org/ORANJ/wp-content/uploads/2017/08/ORANJLeaf8.pdf)

Here are some brief highlights from the stories in that issue of *ORANJ Leaf*. Back issues of both *ORANJ Leaf* and *The ORANJ Tree* are archived at [oranjccrc.org/publications/](http://oranjccrc.org/publications/)

## BAY RIDGE

- **Joan Cosenza.** My parents emigrated from Sicily around 1913 to a four-room flat in Park Slope with one coal stove for heating and a WC in the hallway between two neighbors. When there were six children we moved to a larger apartment in Bay Ridge. Many the chicken I defeathered before my mother threw it in the pot to make soup. Of all the children, I was the only one to go to high school.

- **Julie Stagias.** Bay Ridge welcomed a huge influx of Greeks around 1922 as a result of the

political situation after the fall of the Ottoman Empire. My father joined his brother in Bay Ridge and when he was 23 he went back to Greece to find a wife, which he did. She became my mother.

- **Etta Kuhn.** My Grandparents came to America from Germany and settled in Bay Ridge. I had a bike that I loved riding - especially on the Shore Road along the Lower New York Bay. I almost rode to Coney Island one day

- **Doris Stratakis.** My parents emigrated from Norway. There were endless church suppers with typical Norwegian food such as fish balls with gravy.

## BENSONHURST

- **Jack Brooks.** My parents came from Ukraine in the early 1900s and settled in Bensonhurst. At Lafayette High School I was a classmate of Sandy Koufax, who became a Dodgers pitcher.

## FLATBUSH

- **Peter Stratakis.** My father emigrated from Greece. I remember living in a 4<sup>th</sup> floor walkup in the days of the icebox when the iceman would holler up and down the dumb waiter shaft for the order of ice, which sold at the amazing price of 10 cents apiece.

- **Elaine Magliulo.** My grandparents lived in Flatbush and my parents grew up there. I remember visiting my grandparents, who lived on the 2<sup>nd</sup> floor over their butcher shop that had sawdust on the floor.

- **Elaine Baumann.** I remember the small-town feeling of Flatbush with its old houses, lots of trees and bushes, and big backyards. We had our own apple tree with plenty of its delicious fruit to eat and enjoy.

- **Joe and Pat Merten.** Joe played stickball on the street - with the manhole cover designating one of the bases. Pat had fun with her girlfriends digging tunnels in the open lots between the houses, playing marbles and jumping rope. Joe sold hot dogs at Coney Island. Pat stuffed envelopes for Merrill Lynch.

## GARRITSEN BEACH

- **Betty Brown.** My father ran a "thrill ride" concession as well as the movie house at Coney Island. We jumped rope, rode swings as high as possible and walked everywhere except when we went to Manhattan by bus and subway.

## GREENPOINT

- **Betty Frair.** In the evening to get a breath of fresh air everyone sat out on their stoops and chatted with next-door neighbors. Information and gossip could be passed all the way down the street. I sat on the stoop with my girlfriends and played "pick up jacks." We walked everywhere in the community and to the subway, which would transport us to midtown Manhattan in about 20 minutes for a nickel.

*Betty Frair, Fellowship Village*

## UNDER ONE ROOF - A DOCUMENTARY

Every CCRC has a mix of residents with fascinating stories to tell by a generation that will pass on in the not so distant future. On August 23<sup>rd</sup> a packed theater at Medford Leas shared the life experiences, personal tragedies and triumphs, of ten residents who lived through the Great Depression and World War II. They viewed the initial presentation of a documentary entitled "Under One Roof" by David Goodman, the producer, who informed the audience that final editing had only been completed a day earlier. His mother Margaret is a resident.

The size of the audience is easily explained by the desire to become acquainted with the amazing lives of ten of their friends and neighbors. The group consisted of Quaker Conscientious Objectors, European Jews escaping the Holocaust and Japanese-Americans and their treatment after the attack on Pearl Harbor. Seven of the ten were in the audience, accompanied by family. Each was presented with a copy of the DVD. Two of those missing, unfortunately, have already passed on, Everett 'Bart' Bartholomew and his wife Colette.

The presentation began with a brief description of Medford Leas, a Quaker community founded in the early 1970's. One member of the founding board was a Japanese American. The lives are interwoven, moving back and forth, from one to another as the story unfolds. Sumi Kobayashi, a Japanese American, begins the story, followed by Inge Raven, another longtime resident. We then meet Kit Ellenbogen, born in Austria who speaks of her strong sense of belonging to her community, and on to Everett 'Bart' Bartholomew, a Quaker married to Colette, a Jew who escaped the Holocaust.

For Sumi, it is the tale of a young American girl sent with her family to an internment camp surrounded by a high fence and guard towers, located in the middle of a forbidding desert. All they could take with them was what they could carry in their two hands, which also meant leaving behind her pet dog. She never could bear to have another.

For the Quaker men, John and Everett "Bart," Bartholomew, Warren Sawyer and Neil Hartman, the documentary details the impact on their lives of their decision to remain true to their beliefs and refuse to bear arms. Bart volunteered for and contracted Malaria as part of the Army study of the disease. For Warren it meant witnessing first hand "man's inhumanity to man" while serving in Byberry, known locally as a lunatic asylum.

Kit Ellenbogen, Colette Bartholomew and Inge Raven relate their very different escapes from the Holocaust.

During their childhoods, Kit and Colette posed as Christians, wearing little crucifixes around their necks as they successfully blended in with their classmates. As Kit jokingly comments, "I became an excellent liar."

Inge's story is very touching. She was born in Berlin of an unwed mother and Jewish father. She became a 'giveaway' by her mother and at the age of twelve was in a home run by Orthodox Jews in the city of Amsterdam. Two and one half years after German troops occupied Holland she was placed in an internment camp.

Two of the stories involve Jewish men who fought in the war and returned as heroes. After his prewar release from Buchenwald, Ernest Kaufman came to America, then joined the US Army when the war began. After becoming an officer, he returned to Germany where at great personal risk he talked a German general into surrendering and averted the destruction of a village by an artillery bombardment. Upon returning to America, he and his wife Mina began raising chickens, ultimately running a flock of 45,000. Ernest has continued to give talks about his experiences and in 2016 published a memoir, "A Journey of Survival, From Fright to Fight to Farm."

George Rubin, enlisted in the Air Force while still in his teens, and became a gunner on a B-17. While he could accept bombing military/industrial complexes, he was deeply troubled when their mission became simply bombing cities. He was seriously wounded as his airplane was shot down shortly before the war ended. Before the crippled aircraft could attempt a crash landing he had to manually drop the six, thousand pound bombs which would not eject from the bomb bay. After the plane crash landed he became a prisoner and moved from camp to camp until the German surrender. He suffered from PTSD until, in the year 2,000, he returned to Germany and revisited the site of his trauma to put it behind him.

Because many residents could not be admitted to the auditorium and the many who wish to see another presentation, there is already talk of another showing.

*John Sommi, Medford Leas*



## OCTOBER 18 SPEAKERS - STONEBRIDGE AT MONTGOMERY

### BASIL PFLUMM, PRESIDENT OF NACCRA



Before retiring to a CCRC in Florida, Basil served our nation as a general in the Air Force. His leadership and team-building skills are now being put to good use at NaCCRA, The National Continuing Care Residents

Association. He has led the development of a project to put NaCCRA on a sound financial footing. His overall plan includes better communications, growth of membership, an improved dues structure, and more. A stronger NaCCRA will lead to effective advocacy for national legislation in support of CCRC residents.

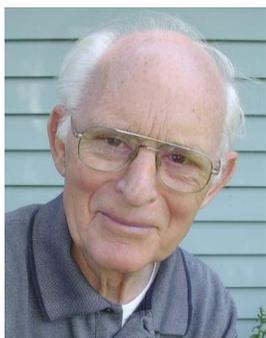
### MARSHA GREENFIELD, VP OF HEALTH LEGISLATION AT LEADINGAGE



Ms. Greenfield received her Doctor of Law degree from Rutgers University. Developer of the LeadingAge legislative agenda, Ms. Greenfield maintains and oversees liaison with key public officials and identifies

appropriate opportunities for LeadingAge to testify before key committees of Congress. She has been the LeadingAge chief healthcare lobbyist since 2004 – through three different administrations. She will discuss what's going on in this field. Included will be her view of the current situation and possible advocacy opportunities.

## SHARING OUR STORIES



Thanks to Paul Basham, a resident of Wiley Christian Retirement Community, ORANJ is embarking on a new project which we call "Sharing Our Stories." Paul is a master storyteller who has a knack for stimulating others to find their voices in sharing their stories.

Please consider inviting Paul to speak to a group of your residents, to help them celebrate their personal stories. He will encourage them to zoom in on the people, places, and experiences that have impacted their lives and the unusual events that brought them to your retirement center.

The number of people in your group can be from five to more than 50 and the session would be from an hour to an hour and a half. Within your community there are stories of perseverance and

courage in the face of adversity and dramatic change.

The meeting with Paul is designed to help your residents come together for fellowship and to become better acquainted with each other. Also, as an ambassador of ORANJ, Paul's visit will lead to both an article in *The ORANJ TREE* newsletter and a special issue of *ORANJ Leaf* with a compilation of participants' stories.

The Brooklynites article in this issue and the six-page issue of *ORANJ Leaf* #8, with the complete write-ups of Brooklyn stories from Fellowship Village residents, written by Betty Frair, is an example of what we have in mind.

We are excited about this project and, schedules permitting, Maggie and Ron will accompany Paul on his visits around the state so that we too can get to know many more of you.

Paul Basham 856-983-0618  
Maggie Heineman 609-518-8906  
Ron Whalin 908-903-0155