

The cover of the magazine features a vibrant field of zinnias in shades of pink, orange, and red. The flowers are in various stages of bloom, with some fully open and others as buds. The background shows a clear blue sky and a black metal fence. The title 'HEATH VILLAGE VOICE' is prominently displayed at the top, with 'HEATH VILLAGE' in orange and 'VOICE' in large teal letters. The volume and issue information 'Vol. 55 No. 1 Spring 2023' is in the top right corner. A white rounded rectangle in the bottom left contains the 'Inside' section with a list of articles.

HEATH VILLAGE

Vol. 55 No. 1
Spring 2023

VOICE

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Bringing History to Life ~ The “Other” Mrs. Adams

A true story of tragedy, love, loss and power...the makings of an epic tale.

Heath Village has proudly hosted many virtual and in-person Living History programs featuring noted First Lady re-enactor Carol McKinney in the past and the Women’s Association was excited to do so again as one of their four programs they host annually.

Carol, a local Hackettstown resident has been charming audiences for years with her lectures and portrayals of First Ladies such as Dolley Madison and Louisa Adams. When she is not busy performing, she serves as President of the Heath Village Board of Trustees.

This year Carol portrayed Mrs. Louisa Adams, the wife of President John Quincy Adams. During her conversation with us, “Louisa” shared how she came to befriend a Queen and a Czar, faced war, and survived a White House experience like no other. Men and women, history buffs alike, learned much about this historical First Lady, who was certainly no stranger to adversity.

“Carol spoke and presented as if she was seated with friends. It was a conversation looking back on the life of the ‘Other’ Mrs. Adams and all the highs and lows of her journey. It sounded like a novel that you would want to read again and again and a story you can’t get enough of. We all wanted Louisa, a.k.a. Carol, to continue all afternoon and hear more,” said resident David Dingley about the program.

“What a wonderful journey back in time it was with Louisa to 1825 to 1829 and her life as First Lady to President John Quincy Adams. Louisa was an extraordinarily gifted woman, a people person, one with humor and grit. And, a huge asset for her husband John Quincy Adams, politically and otherwise,” said resident Mary Jane Purdy. “How fortunate we were to have had this sit-down with Carol who with her entertaining energy, her depth of knowledge, and her flair for the dramatic (I loved Louisa’s dress and hat) made it an amazing experience,” continued Purdy.

The Women’s Association was happy to see so many people attend and enjoy the program. I, too, was impressed with how elegantly the “Other” Mrs. Adams” was portrayed by Carol. She mesmerized our large audience with her detailed descriptions of Louisa’s early life in London, education in France and marriage to a son of a President. It was especially fascinating to hear how her husband’s political career took her to posts abroad, including Russia. While sadly, her life was filled with tragedy, it was clear that she was grateful for the educational and social opportunities she had which were normally beyond the accepted position for women of her era.

I think with her fluency in French, Louisa Adams may describe her story as “*c’est la vie*” ~ *such is life!*”

Article by: Beverley Kinney

Photos by: Housing & Marketing Department



Mrs. Louisa Adams



Carol McKinney (right) pictured with Beverley Kinney, Vice President of the Heath Village Women’s Association

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Back to Nature at Heath Village

Over the years Heath Village has been fortunate to have individuals and groups who have taken a strong interest in creating, improving, and using our wonderful trail system. This network of old roads, animal tracks and natural paths has been a source of enjoyment and an energy outlet for walkers as well as observers of animals, birds, flowers and the varied woodlands.

Once again, we have a group who has a renewed interest in the trails with an emphasis of improving and enhancing the paths on the lower slopes of the system.

Last October we, along with Bill Reidenbach, emerged from Heath Village's many trails above the main campus with the same thought. Our Heath Village hiking trails were overdue for trail maintenance, expansion and trail marking makeovers.

The scope of the envisioned trail improvement project expanded when the three of us had a kitchen conference with fellow hiking enthusiasts Linda Bradway and Maria Katonak. They both said, "We need an updated trail map integrated into a handy Heath Village hiking brochure, and why not a trail head kiosk to post the map and dispense the map copies?"

We pitched our vision to a very receptive Grounds and Housing & Marketing Departments, who quickly partnered in the team's implementation efforts. Resident artist Kathleen Madden and several off-campus friends were recruited to add their special talents. Kathy, a retired graphic artist, worked with the team to create an attractive and useful map. Grounds Director Kevin Newport and his team quickly installed the kiosk and added their landscaping magic. Soon after, resident volunteers completed the kiosk construction in the Heath Village wood shop. The trail brochure will be ready for residents as they catch spring fever and seek the outdoors.

Grab your sturdy shoes and hiking stick, stop at the kiosk for your map, and start taking advantage of the three groomed nature paths, or six more aggressive longer trails for an additional challenge. If you still feel adventurous, interconnect with cross-state Patriots Path and nearby Cataract Falls Park to further your outdoor adventure. Your journey all starts on the trails of the Heath Village campus!

Article by: Dick Kline & Tom Edmunds

Photos by: Housing & Marketing Department



Resident Hikers on our "yellow" trail



Bill Reidenbach (L) & Dick Kline (R) pictured with our new trail head kiosk and map



Trail map designed and provided by resident Kathleen Madden



Pictured Left to Right: (Back Row) Dick Kline & Bill Reidenbach (Front Row) Linda Bradway, Maria Katonak & Tom Edmunds

Fueling our Brain: Using our Imagination & Continuing to Learn

My name is Bill Blaskopf and myself and my wife Fran have been residents of Heath Village since last May. I am a retired High School math teacher and I love to learn and share my knowledge with others. I taught for 51 years, the last 46 at a school named Newark Academy in Livingston, NJ. Because Newark Academy is a private school, I got to teach math to all grades from 6 to 12.

Since I came to Heath, the Activities Department has allowed me to play here and share my passion for mathematics, teaching and having fun with my fellow residents. If I can have members of my audience be both entertained and learn something, I am doing my job. It makes me very happy when some in the audience have even been able to hear my Brooklyn accent which comes out when I get excited!

My first presentation was on Baseball statistics. This program married two of my favorite topics, baseball and mathematics. I followed this program with another baseball presentation entitled: *Welcome to the First Day of Baseball Season*. This presentation focused on some of the many “strange but true” things that happen in baseball. While not heavily mathematical, it allowed me to share some interesting facts.

Last November, I presented: *Fibonacci, the Golden Mean, and Nature*. I will admit that I was shocked to have 30+ people attend the presentation. The Fibonacci Numbers are a very special set of numbers and often appear in nature, think number of petals on a flower, and are an integral part of the Golden Mean, a ratio with which all artists are very familiar.

In January I did a presentation on *The History of M&M’s*. My only interest here is a love of M&M’s and the fact that their main U.S. plant and corporate headquarters are here in Hackettstown. Imagine my surprise when 68 people showed up to hear the presentation. Was it me or the bag of M&M’s we gave to every attendee?

We also celebrated “Pi Day” which is March 14th (3.14) in honor of the mathematical constant π (pi), the ratio of a circle's circumference to its diameter. This magical number 3.1415926535 is typically rounded down to 3.14 hence why the celebration takes place on March 14, which has a numerical date of 3/14! We enjoyed a piece of real pie afterward.

Fran and I are excited to host a New Jersey Trivia contest at the monthly Village Social. We now have six sets of New Jersey Trivial contests ready to share in the future.

I am so thankful that Heath Village has allowed me to share my passions and interests with our community. Someone once said something like “Education is an ongoing endeavor.” I hope that we here at Heath Village never stop learning.

Article by: Bill Blaskopf

Photos by: Housing & Marketing Department



*Resident Bill Blaskopf
presenting his many varied programs.*



Toss Like a Boss - Cornhole has Come to Heath Village

This past Fall, not one but two sets of cornhole game boards arrived at Heath Village, and just like that, our residents found a new and entertaining addition to the many activities offered here.

Tuesday afternoons you will find the auditorium filled with the sounds of laughter, cheering and friendly banter as 15 or more residents gather to play cornhole and join in some friendly but fierce competition to be the boss of the toss! Informal “teams” are made up as residents arrive and everyone is welcomed to join in the fun.

When newcomers say they don't know how to play they are told “if you can throw a bone to your dog, you can play cornhole.” They quickly find that's not far from the truth.

One of the best parts of cornhole is that when spring arrives the cornhole boards will be moved outside to the patio area and the games can continue throughout the Spring, Summer, and Fall for year-round fun!



Article by: Linda Bradway

Photos by: Housing & Marketing Department



Love is a Four-Legged Word



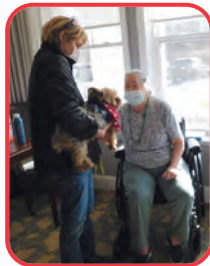
Wet noses, sloppy kisses and wagging tails is the best kind of therapy around.

Heath Village is excited to announce the return of pet therapy at the Meadows, our Nursing and Rehabilitation facility. Sadly, Covid forced us to pause our popular program. Yet, we had so many residents in our sub-acute area asking if their dogs could visit or if we had pet therapy dogs, I thought to myself we really need to find a way to meet this need. So began our outdoor pet parades!

Our first pet parade was held in the spring of 2022. I reached out to the Heath Village employees to see if they would be interested in bringing their dogs to parade around The Meadows and visit with the residents outside. The response was a definite YES from our amazing staff. We brought the residents outside on the porch for each household to meet & pet the dogs. At our first parade we had about 15 dogs. The residents' reactions were so moving and there was an overwhelming sense of joy from the residents, staff and dogs alike. It brought tears to our eyes seeing the residents so happy and interacting with our dogs – giving and receiving love. The dogs were all different shapes and sizes, but all adorable.



Thankfully, restrictions were recently lifted allowing us to resume our more traditional pet therapy program. We still encourage staff to bring their pets for both a pet parade party outside and inside visits to each household. This opportunity enriches the residents' lives and provide such joy. Pet therapy is definitely a priority for Heath Village. I am so happy to be able to again provide this important service for our residents.



Article by: Cathy Stukes, Assistant Director of Activities at The Meadows

Photos by: Housing & Marketing Department

Newcomers



Audrey Dempsey,
from Morristown, NJ
to Mayflower House

Gail Hoff,
from Lancaster, PA
to Apt. 201

Rosemary Robertson,
from Hackettstown, NJ
to Apt. 64

Carolyn Morton,
from San Francisco, CA
to Apt. 210

Miriam "Dolly" Tamburello,
from Mendham, NJ
to Apt. 15

Marie Weasner,
from Succasunna, NJ
to Apt. AC 2

Erin go Bragh

Each year, we have a wee bit of fun at Heath Village to celebrate St. Patrick's Day. We enjoy live entertainment with amazing performers & musicians, great food, wonderful company and loads of laughter...it's pure gold!

Our Irish-themed menus at our luncheon and dinners are top notch and we continue our celebrations with our extremely popular Happy Hour at Paddy's Pub where our residents find their singing voice for our Irish sing-along. The theme of the evening event is simple...bring your neighbor, grab a drink, tap your toes, and join the fun and sing-along. And we never miss a chance to see the Irish step dancers perform when they visit our community!

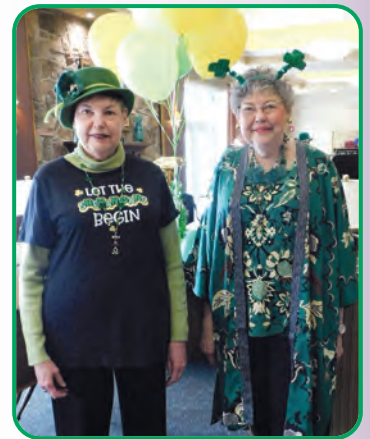
Wherever you go and whatever you do, may the luck of the Irish be there with you. 🍀

Article by: Housing & Marketing Department

Photos by: Housing & Marketing and Activities Department



May you find lots 'o' gold at the end of your rainbow!



In Memoriam

Marie Parsons
Dick Ligertwood
Thalia Twaddell
Joseph Sabatini
Gordon Wallace

1/10/23
1/27/23
2/6/23
3/16/23
3/21/23

Anne Garajcek
Jack O'Grady
Maeve Maher
Diane Piermattie
Danuta "Dana" Cupido

3/23/23
3/27/23
3/31/23
4/1/23
4/2/23

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Join us for our Spring Open House
Saturday, May 20th. Four times 11:00 am or 1:00 pm. RSVP is Required.
Call 908-684-5009 to register.

The Friendship Fund Charitable Gift Annuity

Making an annuity gift: You irrevocably transfer money or securities to our Friendship Fund. In exchange, we pay you (and another, or a survivor, if you like) a fixed amount annually for life. In effect, your transfer is doing two things -making a charitable gift and purchasing a fixed income for life.

Income tax benefit: You get an income tax charitable deduction in the year you make your gift. If you let us know your date of birth and the amount of your contemplated gift, we can calculate your deduction.

How annual payments are taxed: A large portion of each annuity payment received is tax-free. The tax-free amount is fixed at the outset and remains constant for the period of your life expectancy.**

The rate of return is attractive and guaranteed for life - without investment worries or responsibility.

Rate Examples:
One-Life Annuity Rates
1/1/2023

Age**	Rate
75	6.6 %
76	6.8 %
77	7.0 %
78	7.2 %
79	7.4 %
80	7.6 %
81	7.8 %
82	8.1 %
83	8.3 %
84	8.5 %
85	8.7 %
86	8.9 %
87	9.1 %
88	9.3 %
89	9.5 %
90+	9.7 %

The Friendship Fund Charitable Gift Annuity is a wonderful opportunity for giving, as it benefits the donor as well as residents of Heath Village. We hope that you will discuss this opportunity with your legal or financial counsel.

Enjoy campus life at HEATH VILLAGE A UNIQUE RETIREMENT COMMUNITY

Independent living in one of the garden-type units ranging in size from studio apartments to two-bedroom cottages. Dining and meal plans are optional.

Hotel-style living in **Heath House** where meals, housekeeping and linen services are included.

Mayflower House is a residential health care facility with 24 hour staff, meals, housekeeping, laundry, medication monitoring all included in the monthly cost.

The Meadows Nursing & Rehabilitation offers long-term care, sub-acute, rehabilitation and respite care services in a new state-of-the-art facility.

All monthly rates include 24-hour emergency call service and annual carpet cleaning; use of lounges, chapel, library, swimming pool, computer equipment, craft rooms, fitness center and other community facilities; bus service to Hackettstown, club cart service within the Community and on-site parking.

*Affordable monthly rates.
Optional community fees.
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