

HEATH VILLAGE VOICE

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Keeping It Green – 50th Arbor Day Celebration!

Look at the amazing natural resource we have all around us, include a discussion of all the things it provides for our environment, add a group of very enthusiastic children from the Friendship Center, along with Heath Village residents, and what do you get? A celebration all about TREES!

Heath Village continues its vision of “keeping it green” throughout our campus during the annual Arbor Day celebration this year when we planted our 50th Arbor Day tree named *Taxodium Distichum*, a Bald Cypress. At Heath Village, this natural resource is all around us, it's what makes us unique and one in which we enjoy in so many ways every day.

I was honored as Vice President of the Residents' Council, to introduce this year's beloved event, our 50th Arbor Day celebration. I spoke about several beneficial materials and provisions from trees and interacted with the children asking many questions that were all punctuated with the children raising their arms and responding as loudly as possible, “TREES!” The Rev. Franklin Vilas provided the Invocation, followed by the highly anticipated part of our event, the planting of this year's tree. The Bald Cypress plaque was placed in the ground and then the children, assisted by several Heath residents, undertook the planting of the newest addition to our village. Kevin Newport, Director of Grounds, concluded this celebration with his closing remarks.

The participants, and most importantly our next generation, hopefully came away with a greater understanding of the importance of trees in our lives and thus of the need to foster this irreplaceable resource.

Article by: Dr. Alan Cooper

Photos by: Housing & Marketing Services



HAPPY 105th BIRTHDAY LENA ROWE!



Our community celebrated Mgalina “Lena” Rowe who on April 6th celebrated her 105th birthday! Prior to moving to Heath Village in 2013, Lena was a life-long resident of Rockaway Borough. Lena and her husband owned a Hershey's Ice Cream Parlor in Rockaway, so it is only fitting that she chose a delicious ice cream sundae for her Heath Village birthday party. Lena attributes her longevity to “always keep moving and eating a small piece of chocolate and lots of fresh fruit and vegetables every day.”

Article by: Housing & Marketing Services

Photos by: Housing & Marketing Services

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2024 Senior Hall of Fame Heath Village Inductees

Fran and Bill Blaskopf

It is with great pride that Heath Village Retirement Community announces the induction of residents Fran and Bill Blaskopf into the 2024 Hackettstown Area Senior Hall of Fame. Fran and Bill, along with their fellow honorees, were recognized during a celebration luncheon and induction ceremony at David's Country Inn in Hackettstown, NJ.

The Senior Hall of Fame was established in 1997 to recognize senior citizens in the Northwest New Jersey region who have made a significant impact on the lives of others in the community. Fran and Bill meet this criteria and then some. More specifically, they were recognized for their mission work in Haiti, along with their many contributions to Trinity United Methodist Church, Heath Village and to the Friendship Center.

Fran has participated in three mission trips to the My Father's House Orphanage in Haiti. When asked why she chose to participate in this week-long trip to serve others, she simply said "I just felt called to do it." She summarized the impact of these life-changing experiences this way, "the poverty and food scarcity is overwhelming in Haiti, but by going on these mission trips, I felt that even though I couldn't help everyone, I could help and be a positive influence on these children in that place at that time." Bill followed Fran's lead and participated with her on two trips to Haiti.

Winner of the 2013 Association of Math Teachers of NJ award and a state finalist for the 1994 Presidential Award for Excellence in Math & Science, are just two of many accolades Bill has received during his more than forty years of teaching. While both Fran and Bill serve as pen pals at the Friendship Center, Bill also volunteers there weekly to help teach math to the students. "He is so engaging, they don't even realize it is a math lesson, all they care about is that "Mr. Bill" is there to play with them," said Friendship Center Director Jennifer Jensen in her letter of support. "He intuitively understands the value of the intergenerational relationship for both the residents and the students. While math is his passion, it is equally important to him to share valuable life lessons with them as it is the sum of 2+2," continued Jennifer.

Both Fran and Bill are also very active members of Trinity United Methodist Church. Whether it be the Scholarship Committee, the Senior Social, the Men's Club or the Healing Services Ministry, their leadership and dedication can be felt throughout the parish. At Heath Village, you can find Bill presenting programs on any given topic. Together he and Fran run a monthly trivia game and they both enjoy working in the garden. Fran also serves as Secretary of the Women's Association.

On behalf of everyone at Heath Village, I would like to congratulate Fran and Bill for their induction into the Senior Area Hall of Fame, commend them for their life-long commitment to service and volunteerism, and thank them for their contributions to our community.

Article by: Melissa Nichols, Director of Housing & Marketing Services

Photos by: Housing & Marketing Services and Cathy Miller®-Event Photographer



The Experience of a Lifetime Sight & Sound Theater



On a usual Thursday, we ended up doing something very unusual. We boarded our Heath Village bus and ventured out on our first trip as a community to the Sight & Sound® theater in Lancaster, Pennsylvania. Many of us adventurers had never been to Lancaster or Sight and Sound, so we were very excited.

You could feel the anticipation build as we got closer to the theater to see the live performance of *Daniel*. Although a story from the Bible, it was presented in such a way, that you almost forgot it had come from the Old Testament.

Arriving at the theater, we were amazed at the number of buses from all over the country that were there. The theater itself looked like a massive temple. We had an “oh my” experience as we entered the gorgeous theater and saw the amazing 300-foot wrap around stage, hugging 2,000 seats where each guest had an unobstructed view. It was perfect.

The orchestra began to play, the curtains opened, and the most beautiful voice began to sing. It was Daniel, as a young boy, with his parents in a small Jewish town. Daniel and his family were royalty at the time when the Babylonian Army took control of the county. Daniel and three of his friends were taken against their will to Babylon to train for the king’s court. The decorative cart and horses (yes, real horses) were jaw dropping. The story went on to tell how Daniel, a very intelligent lad, was gifted in many ways. One of his gifts was the ability to interpret dreams. The electronics and imagination of the theater to show his dream sequence left everyone in awe. As the town folk came out to celebrate and recognize Daniel’s gift, they were accompanied by live animals on stage - pigs, cows, sheep, horses, etc..which all came running down the aisle and onto the stage. When their part was over, they all ran off the stage the same way they came on, perfectly cued!

As the story progressed, Daniel’s friends refused to worship the king and were thrown into the Fiery Furnace. The audience was horrified but fear not, The God of Abraham intervened. There was this enormous picture of God shown on a screen high above the furnace. When the furnace door opened, the three men walked out unharmed. The story continued with gondolas on the river and elephants (real ones) carrying soldiers with mountains and valleys appearing and disappearing in the background.

The law of the land at that time was anyone who refused to kneel and honor the king was sentenced to be thrown to the lions. You guessed it, Daniel was stripped of all his titles, fine clothes and thrown in the dungeon with live lions! We were all wondering how they were going to get the lions to run up and down the aisles without starting a riot!!! The lions roared, Daniel prayed, and you guessed it, The God of Abraham appeared, and Daniel was saved.

There is no way I can accurately describe the magnificence of this performance. The phenomenal singing, the live animals, the amazing actors, the beautiful changing scenery - each one more spectacular than the last – provided moments that touched my soul. For those of us visiting Sight and Sound for the first time, we were speechless. Everyone was chatting about it all the way to Shady Maple where we stopped to eat a delicious meal together and complete a perfect day. This trip was most definitely the experience of a lifetime!

Article by: Kathy Grundy

Photos by: Activities Department



Safety Savvy – Fall Prevention Seminar

One afternoon during lunch, the Rehabilitation Department was discussing how we don't get to see our residents on the main campus as much as we used to before we moved to The Meadows. It was from this discussion that the Department decided we should sponsor a Fall Prevention Workshop!

When brainstorming the seminar, the first thing we all agreed upon was we wanted it to be interactive. We didn't want to lecture to a room of residents who would just sit and listen. We wanted it to be hands-on for the residents.

To achieve this goal, we arranged six interactive learning stations that focused on balance, posture, nutrition, medication, assistive devices, and response/reaction timing. We had one of our physical therapists (PT) and occupational therapists (OT) at each station running a tutorial including visuals with an interactive approach. Each station had a small group of residents so we could connect with them and maintain the interactive nature we wanted and answer any questions.

More specifically, **the Balance Test Station** instructed and guided residents through a standardized test that provided them with their fall risk. **The Assistive Device Fitting/Usage Station** provided device education and ensured residents using an assistive device, such as a walker, were properly fitted to them and being used properly. We also discussed different assistive device options and explained the benefits of all.

The Postural/Exercise Station provided exercises that are good for posture and demonstrated how to complete each exercise while also explaining the benefits of each movement. **The Nutrition/Hydration Station** focused on the importance of staying hydrated and good nutrition to maintain strong physical function and prevent falls and injury. **The Fall Intervention Station** discussed common causes of falls and how we could make our homes safer; for example, by removing loose throw rugs, making sure lighting is adequate, installing proper handrails by stairs, among other helpful hints. The sixth and final station, **Durable Medical Equipment** provided education about how to adapt our environment for greater success using specific equipment, such as a chair and grab bars in the shower and toilet seat risers.

"I'm so grateful to have all these amazing physical therapists and occupational therapists right here on campus," said Heath Village resident Mary Jane Purdy. "This program was great. It showed us the correct ways to walk, sit and rise from chairs using our arm strength, legs and core and many other useful tips and tools to help keep us safe and prevent a fall. Life can be a balancing act and this seminar provided great value to many of us and offered peace of mind for the future," continued Purdy.

The Rehabilitation department enjoyed seeing so many residents and were happy to hear they found the program useful. We plan to make this an annual event and are already looking forward to planning next year's seminar.

Article by: Alyson Slezak, Director of Rehabilitation

Photos by: Housing & Marketing Services



Memorial Day Parade 2024

Reflecting on Deep Rooted Memories

It was a humbling experience for me to be with the Heath Village veterans, spouses and friends who participated in the Hackettstown Memorial Day Parade this year. In doing so, veterans like myself remembered those men and women, with whom we served, who have given their lives for our country. The waves and applause from the crowd as we passed by were certainly moving and greatly appreciated. You could feel the sense of community and excitement and seeing families and friends having fun together while honoring and remembering those fallen, brought a sense of happiness and pride to us all.



"What fun we marchers had being cheered on by hundreds of smiling people at the Memorial Day parade in Hackettstown. To see the children's faces as we gave them a small American flag was inspiring. It truly was a privilege to represent Heath Village - and have such a good time doing it," said my fellow Heath Village resident Dottie Crossett about her experience.

Most importantly, walking side by side in the parade with my fellow veterans and friends made me remember those marines, soldiers and shipmates, who in dying, made our country a better place for the greater good. Rest in peace my friends, we have the watch.

Frank Hinchy – Retired U.S. Navy Captain (served 9/1960 – 10/1990)

Photos by: Heath Village Residents



Newcomers



Heath Village Women's Association Continuing To Better Our Community

How fortunate I have been to work with a wonderful group of women residents on the Board of the Heath Village Women's Association.

Over the past couple of years, we have been very busy. We donated to the Friendship Fund, the NJ Lighthouse Association, as well as the Centenary University Scholarship Fund in the name of one of our residents, Octavia Brown. Octavia is a pioneer in equine therapy and has made an impact internationally in this area. She has shared her history and experiences with our community, along with information about the programs available at Centenary University that she helped build from the ground up.



It has been extremely rewarding to "mine" the talents of many of our residents, like Tom Halliwell, teacher and naturalist, who shared his expertise and photography with our community on various nature topics such as butterflies and early spring wildflowers.

Dr. Alan Cooper shared his experiences of 25+ years working on the Lord Stirling Manor archeological dig.

The Women's Association also sponsored three painting sessions led by resident artists Susan Sumner, Maria Moch and Carmel Bourneuf with help from the extended art community.

We also offered popular trips to the Liberty Science Center and Well-Sweep Herb Farm, organized by our Trip Chairs, Maria Katonak and Linda Bradway.

We were honored to have Carol McKinney, noted First Lady re-enactor and president of the Heath Village Board of Trustees, bring alive many former U.S. First Ladies, such as Louisa Adams, Lucretia Garfield, and Florence Harding. Her programs are always so popular.



Also, during the past few years, the Women's Association Board re-vamped its By-Laws and information query form that is given to new female residents by our Membership Chair, Ellie Brown.

Our 2023 spring luncheon featured a fun Heath Village Trivia session led by Mary Ellen Bove, CEO/Executive Director of Heath Village. At our June 2024 luncheon, we mixed it up a bit by asking residents to pick a table number out of a hat and proceed to sit with fellow residents with whom they may have never met. It was a great way to meet new people in our community and was loads of fun.

This illustrates what fun our Women's Association and entire village continue to have together, while deepening our connection to one another. We open our arms to all residents interested in contributing and supporting our association. I will continue to be a member of the Board as Hospitality Chair and look forward to working with my replacement when they take the reins this coming July. It has been a wonderful journey and such an honor to serve our village in this capacity. I am excited to see how our beloved Women's Association continues to carry us into the future.

Article by: Beatrice Lake, Women's Association President

Photos by: Housing & Marketing Services



In Memoriam

Georgette Dorber
Ann Ritzer

4/10/24
4/28/24

James "Jim" Kellerk

5/17/24

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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.**

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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.

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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.

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