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HEATH VILLAGE

VOICE

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In Memoriam

Sea La Vie – It's a shore thing!

An excited group of Heath Village residents boarded our bus for an end of summer adventure to the Jersey Shore. Our destination was Point Pleasant beach, specifically Jenkinson's Aquarium.

Following a two-hour drive, we arrived at the aquarium where after being told our tour time, we were on our own to explore.

We strolled around the boardwalk reacquainting ourselves with the Jersey Shore and enjoyed looking at the quaint rental properties while discussing our 'to do' list for the afternoon.

My own personal goals were (1) to eat a lobster roll; (2) to get some salt-water taffy, and (3) maybe to get some fudge. The minute I saw the sign "Lobster Rolls," I realized the time had come for goal number one to be fulfilled. As I enthusiastically attacked the food, fellow resident & my friend Louise came along and very nobly helped out with the fries.

When it was time for our tour, we entered the aquarium to a well-lit scene of feeding time for the penguins. The cute small South African penguins were flying under water and floating on top, snatching up the small fish the keeper tossed toward them.

We moved on to view some skeletons of small sea creatures, then on to a Pacific kelp forest with many little, colorful cichlids and other fish darting in and out of the scene. In another tank were two harbor seals - rescued, blind, probably injured by boats.

Larger tanks held guitar fish (fiddler rays), flash (a long black spotted eel hiding in an artificial log), brightly colored lionfish, an axolotl - a whitish fish with what looked like six antlers sticking out of its head (truly a weird sight), some poison dart frogs of different colors, several kinds of rays (looking sort of like pancakes wiggling along the floor of the tank or floating along just under the surface.)

One striking exhibit presented some haunting jellyfish, translucent white and mysterious as they floated up and down in their habitat.

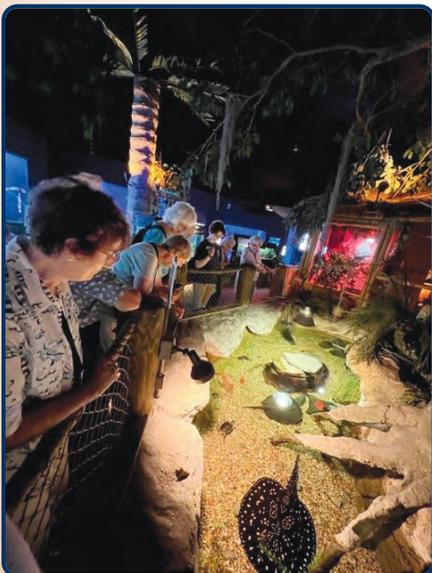
As we exited the aquarium, I knew now was the time to achieve goals number two and three on my list. I was successful in getting some salt-water taffy and a few pieces of fudge without being tempted by more of the sugary treats in view.

But wait, there was an ice cream counter! Can't say no to ice cream. I found some fellow residents sitting in the shade and joined them to enjoy our ice cream treats.

We arrived home in time for dinner, all of us resolving to try a new diet soon! We were all so happily exhausted from our exciting trip and realized that a day at the beach restores the soul!

Article by: Nancy Wolff

Photos by: Activities Department



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Hackettstown, NJ
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Melissa Nichols
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For the Love of Art

I love artistic creation and am passionate about sharing what I feel is a great source of expression and therapy - painting.

When the Heath Village Women's Association reached out to me and asked if I would instruct a sequel event to their extremely popular *Discover Your Inner Artist* program held a few months ago, I was both honored and, honestly, a bit intimidated.

Once I said yes, I would do it, I began thinking about what my focus would be for the program. I knew my goal was to help participants do something out of their comfort zone, learn something new about themselves and have fun. I feel everyone can be an artist, from a novice to an experienced painter.

I decided our group should work on painting a bouquet of fresh flowers from our community garden. My neighbor provided a lovely bunch of flowers from her garden plot for inspiration. I created a quick demo of each step of the process while not duplicating the flowers as I wanted participants to find their own vision and not follow mine. As the participants painted, members of our Tuesday art group walked around and offered support and suggestions.

All the paintings had a great deal of life and energy and there was a lot of variety in style. We were excited that everyone's paintings were framed and on display in the Activities room in time for Family Day!

"Facing a blank 8x10 canvas with our assignment - 'Let's paint a vase full of flowers' - seemed like an impossible challenge to a non-artistic person like me," said Dottie Crossett, resident and first-time painter. But I discovered that I could produce a myriad of colors using the four blobs of white, red, yellow, and blue paint on the paper plate before me. I felt like I was holding a magician's wand. Wow! Look at that beautiful shade of green I created from the blue and yellow. Woops! I don't like the shape of that flower - so I'll just paint over it and make new petals. I can't wait to do this again! Move over, Georgia O'Keefe - new masters of flower painting are blooming here in Heath Village," continued Dottie.

Article by: Susan Sumner

Photos by: Housing & Marketing Services



Heath Village resident Susan Sumner, who was the event instructor, displaying her finished artwork from the program.



The Emerald Isle 🍀



Carmel Bourneuf (L) & Maria Moch (R) pictured in scenic Killarney, a town on the shores of Lough Leane in southwest Ireland's County Kerry.

Ireland, the Emerald Isle, is known for its wide expanses of lush, green fields which is how it earned this nickname. The Irish folk are known for being warm and friendly, as well as for their hospitality and sense of humor. They have a profound love for good conversation and a hearty laugh, and visitors to the country often comment on the friendly and welcoming nature of the people.

I learned this through research but wanted to experience it for myself. One day my friend and fellow resident, Carmel, was discussing her homeland and her life experiences in Ireland before she moved to the States in 1961. She expressed how badly she wanted to return as it had been more than five years since her last visit. I told her how I always wanted to go to Ireland and she turned to me and said, "Well, then let's go!" I decided to take a leap of faith and we booked our tour in a

matter of weeks and off we went to Ireland for a two week trip this past July.

Our tour began with a magnificent walking tour of Dublin followed by a bus tour to the far corners of Ireland and eventually spent a couple of days in north Ireland visiting Belfast and Derry (officially Londonderry). We toured the Crumlin Road Gaol, a prison in Derry, dating back to 1845 and the Titanic Museum in Belfast. Both were fabulous.

We continued southwest to Westport, a lovely, quaint coastal town. My daughter-in-law's aunt and uncle live there, and they invited Carmel and I for drinks at a popular local bar. I was also able to meet their adorable free roaming donkeys! We continued south to visit the Giants Causeway, which required more than a mile hike to reach but was absolutely worth it. The causeway consists of over 40,000 columns of basalt rock!

We toured the spectacular Cliffs of Moher where Carmel reminisced about her time spent there with her three children on holiday. "I couldn't believe how greatly improved the grounds were since the last time I was here with my family," said Carmel. All this was not here when I would run around the cliffs with my children. I also walked the grounds of Blarney Castle in 1967 with my husband who kissed the Blarney Stone, which is supposed to give you the gift of gab. I didn't need any help in that department, so I decided to pass on kissing the stone. My husband and I drank Guinness, sang songs, and danced a few Irish jigs that evening just for the fun of it...such good memories for me," continued Carmel.

We continued to travel through Killarney where we were entertained at a castle with medieval music, dance, food and mead. When we arrived at the largest thatched roof building in Ireland, we had another wonderful feast with Irish singing and step dancing on our table to boot. No blarney!

We traveled from North to South and finished our tour where we started, in Dublin. We enjoyed a tour of the Guinness Factory where we had a great lunch and of course, a pint of Guinness to celebrate. Slainte!

We were thrilled to return to Heath Village and share our adventure with the residents by showing a slide show presentation filled with pictures from our trip during one of our popular happy hours at Paddy's Pub. It was the perfect ending to our journey of a lifetime.



*Article by: Maria Moch & Carmel Bourneuf
Photos by: Maria Moch & Carmel Bourneuf*

It's Electric! Heath Village Gets "Greener"

Approximately two years ago, it became clear to Heath Village that it needed to begin planning for the newest generation of motor vehicles – the electric car. Not only had our first resident moved in with a hybrid vehicle, more and more prospects I was told were asking about the availability of charging stations on campus.

After getting approval from Heath Village, Diane Horner, Director of Maintenance, applied for a state grant to pay for the installation of two charging stations. Once we were awarded the grant, the challenge of selecting the right charging company for our community began. I contacted approximately ten state approved companies for quotes and responses to questions such as the annual cost to use the software network, maintenance costs, length of warranty, the type of internet connection required, how funds are collected and payment methods for charging.

After reviewing the information with administration and department heads, we agreed that we wanted the charging experience to be as simple as possible for residents. We found that the company Blink EV Charging best suited our needs.

Once the chargers were ordered, I met with our electrician to decide on the most practical locations for each charging station. We wanted to make the stations easily accessible for residents across the campus, so we picked two locations – one in lower campus by Heath House and one in upper campus, adjacent to the old health care center.

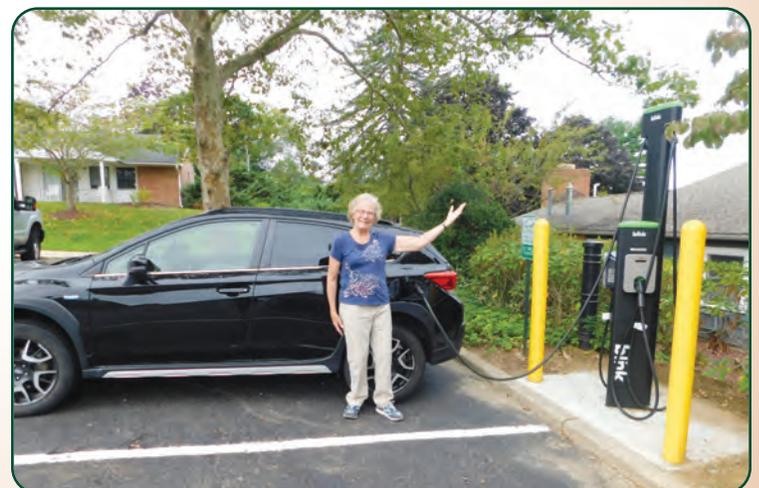
We were able to source electricity and provide power directly from our campus to facilitate the perfect environment for the charging stations. Following the site work, Blink EV Charging stepped in to designate the charger settings and finalize the power supply to each station. I received training on the software, conducted many test runs, worked through some technical issues, and finally got the stations up and running for use. Both charging stations are private, meaning they require an access card to utilize them. We knew this would keep the stations secure and in good condition for our residents and their family members.

Octavia "Tavia" Brown, one of the first residents to bring with her a hybrid car was happy to share her thoughts on the new addition. *"In 2021 when I purchased my Subaru plug-in hybrid car, I felt righteously happy to be doing something useful for the environment. My excitement dwindled quickly when I realized that my new Heath Village home wasn't prepared for this new technology. However, after a series of setbacks (including me causing a power outage in my neighborhood when trying to charge my car in the carport), Heath Village is now the proud host of two charging stations! It takes just about an hour to fully charge my car and I'm now doing my bit for a greener world!! And in exchange, I get spectacular mileage."*

We are very happy to offer this exciting amenity and to take another step toward a greener community.

Article by: Kevin Newport, Director of Grounds

Photos by: Housing & Marketing Services



Heath Village resident Tavia Brown happily charging her hybrid electric car.

New Adventures Await!



Earlier this year, Heath Village hiking enthusiasts and Heath Village staff partnered to refurbish our very own hiking and nature trail system located behind our homes in the upper campus.

Following the Voice article highlighting the development and maintenance of our hiking trails and our active hiking group, there was renewed enthusiasm among the residents in our trails. In response, the Hiking Club decided to develop guided trail walks for interested residents with a member from the Heath Village Hiking Group serving as the guide.

We offer the guided trail walks once a month and advertise the date in the Friday flyer distributed by the Activities Department. Participants decide the route(s) to be taken depending on group interest and abilities

when they gather for the hike. Our experienced resident trail guides assist in route selection and lead them through the newly marked and well-maintained trail system.

Our trails feature a variety of walking options ranging from short nature trails with gentle grades, to more challenging walks on steeper, longer trails. We also interconnect with the county-wide Patriot's Path Trail and our neighboring Cataract Falls Park. Since all the trails are interconnected, each hiker/walker can easily custom design their trek to meet their energy level and interest.

Our guided walks help resident beginners discover their very own favorite route for their daily walk or weekly hike! We encourage residents to invite a friend and join us as we visit areas of campus you may have never seen, such as the water tower, Heath Village iron mines, the connections to Patriot's Path and Cataract Falls, vista points on the ridge or fire-pit corner. All fun spots to discover and explore.

Hope to see you on the trails!

Article by: Dick Kline

Photos by: The Heath Village Hiking Group



Newcomers



Janice "Jan" Georgett,
from Peru, VT
to Apt. 79

Linda Keady,
from Great Meadows, NJ
to Apt. 94

John "Allan" Phillips,
from Brookside, NJ
to Apt. 247

Shirley Phillips,
from Brookside, NJ
to Apt. 247

Dolores Shields,
from Newton, NJ
to Apt. AC 5/6

Pat Sikora,
from Dover, NJ
to Apt. 264

Maria Weiskott,
from Roxbury, NJ
to Apt. 270

Martin "Marty" Weiskott,
from Roxbury, NJ
to Apt. 270

The Village Pier at Heath Village's Family Day!

Family Day, one of Heath Village's most anticipated annual events, continued to shine this year. This year's theme was *It's A Shore Thing – Under The Boardwalk*. There was live music and entertainment, pony rides, a petting zoo, tattoo and balloon art, face painting, carnival games & rides and delicious boardwalk treats. What makes Family Day so special is the unique opportunity it presents for residents and employees to relax with one another as well as their own family members. It is a true celebration of our Heath Village family. And, like every year prior, children of all ages could be found laughing and having a wonderful time.

Article by: Housing & Marketing Services

Photos by: Housing & Marketing Services



Heath Village resident, Andy Sutton, keeping it REEL while showcasing his award winning jelly flies



In Memoriam

Alfred "Alf" Nicholas
Nelson Russell
Sarah "Sandy" Chapman

7/13/23
8/8/23
8/20/23

Brian Tape
David "Allen" Crossett

9/9/23
9/17/23

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Celebrate Fall at Heath Village! Call 908-684-5009 today to schedule a private tour and visit our beautiful campus. Like & follow us on Facebook to stay up to date on all the activities at Heath Village.

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.
Come and see for yourself.
Call 908-852-4801 for an appointment.*