



HEATH VILLAGE VOICE

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Inside

- | | | | |
|---|---|---|---|
| 2 | Heath Village Bocce...Where Friendships are Formed | 5 | Soothing Sounds & Furry Friends |
| 3 | Professional Excellence Recognized, Happy Retirement Joyce! | 6 | A Special Place to Nest at Heath Village, Newcomers |
| 4 | Heath Village <i>Bricks of Love</i> | 7 | The Luck of the Irish, In Memoriam |

Heath Village Bocce

Where Friendships are Formed

Want to meet fellow residents? Get a little bit of exercise in the outdoors? Learn a new skill to keep your brain from turning to mush? Bocce is the answer! It is truly where friendships are formed and bocce balls are thrown with laughter!

This past season was outstanding. Faye Kennedy, Bocce Commissioner, noted that more individuals and teams were putting in extra practice sessions during the year. Sometimes the practice sessions were more jolly than the actual games. And of course, the frequent complaint: "Why can't I play this well in an actual game?" Practice sometimes led us to false security (sigh).

We were all shocked to hear Faye declare a tie for the first time ever during our bocce's playoff game between the Magic and the Monarchs. The two captains agreed to play a post-season game. Magic emerged victorious, and at the annual bocce luncheon, Captain Frank Reitz and his cohorts (in alphabetical order) Louise Flynn, Gary Hills, and Bill Reidenbach were adorned with the traditional ribbons/medals and their names etched on a brass plate on the plaque at the door of the Game Room.

Our celebratory luncheon was tons of fun, with a song adapted for the occasion by yours truly. As always, our Dining Department rose to the occasion with a delicious lunch. Team spirit reigned.

Tribute was paid to resident Bob Jones, who for so many years played with the Kings team and took on many behind-the-scenes chores for the bocce community. Also noted among the team members were other "absent friends," who started the year with our bocce family but could not complete the season.

You honestly can't beat the camaraderie that occurs during our bocce season! Even the Administration joins in at the end of autumn by offering a challenge to our players. This year the Administration players, Mary Ellen, Tony, Vivian, and Kelly (who said she'd never played before, but she turned out to be a star - very sneaky of her) played two games against eight residents from multiple teams encompassing the Colts, Hawks, Vikings, Darts, Kings, Monarchs & Magic. Residents won the first game; Admin won the second. Refreshments were available, and \$400 in donations were raised for The Reverend Clarence W. Sickles Friendship Fund.

Article by: Nancy Wolff

Photos by: Housing & Marketing Services



2024 Bocce League Champions - Team Magic
Pictured left to right: Gary Hills, Frank Reitz, Louise Flynn & Bill Reidenbach



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Professional Excellence Recognized



Heath Village is proud to announce that Gina Martinez, Heath Village's Clinical Coordinator/Infection Preventionist, has received Leading Age of NJ/DE's 2025 *Excellence in Professional Advancement Award*. This award celebrates individuals who have assumed progressive leadership responsibilities within their organization and have worked to build a shared vision, develop robust relationships and enhance organizational capacity.

Gina Martinez began her career at Heath Village in February 2003 as a CNA in the long-term care center. In 2005, she received her LPN license. Gina returned to school and earned her RN degree in 2011 and shortly thereafter was promoted to unit manager where she raised the bar on resident care.

In 2019, Heath Village expanded her role to that of clinical coordinator where she oversees resident needs throughout the campus and provides staff education.

Throughout the COVID-19 pandemic, Gina was a constant source of information, education and reassurance to residents and staff, while strictly monitoring adherence to infection prevention guidance. In 2022, she became certified by the Association for Professionals in Infection Control and Epidemiology (APIC) as an infection preventionist. Most recently, she became certified as an Assisted Living Administrator.

"Heath Village congratulates Gina on this well-deserved recognition. We are very grateful for her hard work and tenacious spirit over these last 21 years, and we have no doubt she will continue to grow in our organization," said CEO/Executive Director Mary Ellen Bove.

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

Photos by: Leading Age of NJ/DE Event Photographer



Pictured left to right: Jim McCracken, President & CEO, Leading Age NJ & DE, Gina Martinez, Clinical Coordinator/Infection Preventionist, Heath Village, Mary Ellen Bove, CEO, Heath Village

Happy Retirement Joyce!

Joyce Kingston began her 36-year career at Heath Village on October 11, 1988, as a part-time nursing assistant. Her starting hourly rate was \$5.45. She transferred to Mayflower House in April of 1989. She accepted the role of Head Receptionist at the beginning of 1992.

In the book *The Heath Village Story II: Celebrating 50 Years*, published in 2016, resident authors used these very true words to describe Joyce: "Every resident's go-to person is the Heath Village Receptionist, Joyce Kingston. She is one of the first employees we meet when arriving at Heath Village, and all we need to do is dial '0' and she will answer your questions and problems with care and concern. Joyce is a wonderful lady who has been at her desk greeting everyone who enters Heath House with her smile for over 25 years." We couldn't say it any better if we tried.

During her career, Joyce touched countless lives with her kindness. She knew every resident's name as well as those of family members. Residents always came first with Joyce. From hand delivering Friday Flyers to making appointments or tracking down answers to a whole variety of questions, she would go the extra mile for whoever needed it.

On behalf of her Heath Village family, we thank Joyce for her many years of dedicated service. While she is sure to be missed, we congratulate her on her well-deserved retirement and offer her our absolute best wishes as she embarks on this exciting new phase of her life!

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

Photos by: Housing & Marketing Services



Pictured left to right: Melissa Brobst, Head Receptionist/Concierge Heath House as of February 3, 2025, Joyce Kingston & Heath Village resident, Rita Hoch

Heath Village Bricks of Love

The Residents' Council's Special Events Committee focuses on raising donations for The Reverend Clarence W. Sickles Friendship Fund, a benevolent fund created to assist those residents who, through no fault of their own, have depleted their assets and need financial assistance to be able to continue living at Heath Village. This fund holds a special place in our hearts and one of our most successful fundraising projects to support it, is the *Bricks of Love*.

Above the great lawn, and below the garden is a small portion of real estate devoted to the *Bricks of Love* walkway. It is made up of individual bricks, each one inscribed with a tribute to someone. A resident, or family member, or anyone connected to Heath Village is invited to donate a brick. It is a lovely way to honor or memorialize a member of your family or someone who has special meaning in your life.

This year's *Bricks of Love* campaign is currently running and will end in May. The new bricks will be installed during the summer. Order forms are available in our Activities Department and at the reception desk in the lobby of Heath House. This is a perfect opportunity to contribute to the Friendship Fund and help to support our community.

If you are new to Heath Village or are visiting and want to see the *Bricks of Love* pathway, ask a resident or staff how to get there. If you are in any of the dining areas, it is a short walk across the lawn to this meaningful and special place. Surrounded by butterfly bushes, it provides a peaceful place for residents to sit and reflect on their loved ones.

For more information about the *Bricks of Love*, please call Paula Benson at 908-684-6045.

Article by: Paula Benson

Photos by: Housing & Marketing Services



Soothing Sounds & Furry Friends

In recent years, two unique therapies have gained significant recognition for their potential to enhance rehabilitation recovery: music and pet therapy. These complementary modalities, when integrated into rehabilitation programs, can offer a powerful combination of benefits. The Heath Village Rehabilitation Department has been utilizing these integrated therapies with great success. "The music and pets bring a smile to my face, but seeing everyone else smiling makes what we are doing in therapy feel so much more manageable," said a recent patient.

The clinical use of music has been shown to have physical, emotional, and cognitive benefits. More specifically, it can improve motor function, coordination, and balance. Rhythmic exercises, for example, can enhance gait patterns and reduce spasticity. Music has the power to evoke strong emotions and memories, which can be therapeutic. It can also help regulate mood, reduce anxiety, and alleviate depression. Music also stimulates cognitive functions like attention, memory, and problem-solving as well as communication.

Pet therapy, also known as animal-assisted therapy, involves the use of animals to facilitate therapeutic interactions and promote healing. Animals, particularly dogs and cats, can provide companionship, comfort, and emotional support to individuals undergoing rehabilitation. It can help reduce stress, anxiety, and loneliness. It can also improve social skills and communication. Engaging in activities with an animal can foster social interaction and reduce feelings of isolation. Pet therapy can motivate patients to participate in physical activities, such as walking or playing with a pet. This can help improve mobility, strength, and endurance.

"Our long and short-term care residents have always enjoyed pet and music therapy. We have seen, first-hand, the benefits of these programs. At the Meadows, we host a variety of musicians and have partnered with Creature Comforts, a certified pet therapy. The beautiful music and the weekly pet visits are something special for our entire community," said Cathy Stukes, Assistant Activities Director at the Meadows.

The soothing sounds of the harp & flute and friendly visits from our furry friends have definitely helped to enhance the recovery process for our residents and patients. We are grateful to our Activities Department for their partnership in helping to make these unique therapies a consistent part of the rehabilitation process.

Article by: Alyson Slezak, Director of Rehabilitation

Photos by: Housing & Marketing Services



A Special Place to Nest at Heath Village

West Morris Central (WMC) High School senior Anja Olsen sat outside on her school campus in Chester, NJ on a sunny spring afternoon last year to brainstorm what her service-learning project should be for the International Baccalaureate Career-Related Program she participates in at WMC. As she was sitting outside listening to the birds sing, she decided on building birdhouses to create a new place for native birds to nest. She learned about birding and what an ideal habitat should look like in New Jersey from her father who is a seasoned birder. Being familiar with Heath Village's rustic campus, Anja knew it would provide the perfect environment for her project. She was excited when her project proposal was approved by her school administration, and she could begin executing her plan to build, paint and install new bird houses on Heath Village's campus.

After researching online bird house designs appropriate for NJ weather and native birds, Anja purchased the hardware to build five birdhouses. She worked closely with the Heath Village art group painting the bird houses to ensure they would fit well with our beautiful surroundings and add charm to our campus.

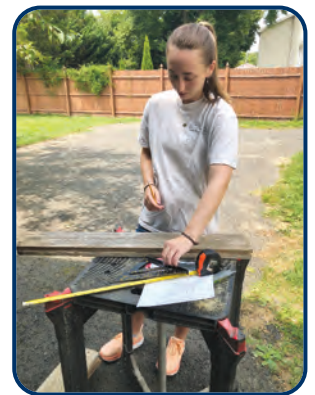
Just in time for spring, she worked with staff and resident Maria Moch to install the bird houses. Our bird watching residents are so excited to already see blue birds nesting in these new bird houses!

"I wanted my project to positively impact the local community which is why I chose to construct and install birdhouses at Heath Village, envisioning the residents sitting on benches, relaxing and enjoying watching the birds nest in their new homes. It was a pleasure working with the residents, decorating and customizing each house to make it their own design. I learned a little bit about each of them and shared about myself as well. My hope is that these houses create new homes for native birds as well as enhance the beauty of the campus at Heath," said Anja when asked to describe her experience.

Thanks to Anja and all our residents who participated in making the birdhouses and to the Grounds Department for installing them. Our village always looks forward to continuing to work with the community, young and old alike, on a variety of special projects. These endeavors are always such a rewarding experience for all involved.

Article by: Housing & Marketing Services

Photos by: Housing & Marketing Services



Newcomers



The Luck of the Irish

Eat, drink & be Irish is our motto on St. Patrick's Day and this year was no different with leprechauns on the loose, non-stop shenanigans, good ol' Irish tunes and tasty Irish fare for all to enjoy. Everyone is a wee bit Irish on St. Patrick's Day.

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

Article by: Housing & Marketing Services

Photos by: Housing & Marketing Services



In Memoriam

Rachel Aron
Vera Slade
John Eichelberger
Gloria Amari
Joseph Amari
Lois Slattery

November 9, 2024
January 8, 2025
January 12, 2025
February 1, 2025
February 1, 2025
February 28, 2025

Janet Lowery
Phyllis DeFranco
Helen Jones
Don DeLambert

March 3, 2025
March 11, 2025
March 11, 2025
March 15, 2025

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Celebrate Spring at Heath Village! Call 908-684-5009 today to schedule a tour of our beautiful campus or register for a Village Luncheon. 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 | 7.0 % |
| 76 | 7.2 % |
| 77 | 7.4 % |
| 78 | 7.6 % |
| 79 | 7.8 % |
| 80 | 8.1 % |
| 81 | 8.3 % |
| 82 | 8.5 % |
| 83 | 8.7 % |
| 84 | 8.9 % |
| 85 | 9.1 % |
| 86 | 9.3 % |
| 87 | 9.5 % |
| 88 | 9.7 % |
| 89 | 9.9 % |
| 90+ | 10.1 % |

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.

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

Assisted Living Coming Soon!

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.