

JCHC Chronicles

Miracles Occur When You Take the First Step



By Eric Barr
President, Board of Trustees

Each week my wife Linda and I attend Torah Study classes conducted by Rabbi Mark Kaiserman of Temple Emanuel in Livingston. We've been attending this class for several years and it is one of the highlights of our week.

One of my favorite classes was when we read *Exodus 14:13, 14:14 and 14:15*. The Israelites, having just escaped from Egypt, are about to be attacked by the Egyptian army on one flank and are trapped by the Red Sea on the other. The Israelites are angry and challenging Moses. Moses is exhorting the Israelites. All appears lost. *"Then the Eternal One said to Moses, Why do you cry out to Me? Tell the Israelites to go forward."* God thereby instructs the Israelites to take the first step – to walk towards and then into the Red Sea; follow God's word and have faith in God. When the Israelites take action then, and only then, does God perform the miracle of splitting the Red Sea. The powerful message here is that miracles do occur, but only if we take the first step and follow God's words. Wow!

What are God's words? Well, there are many. In *Exodus 20:12*, God commands us to *"Honor your father and mother, that you may long endure on the land that the Lord your God is assigning to you."* Combining the messages contained in this and the preceding paragraph, we learn that we should honor our parents and get into action. Do this, miracles can follow and we can long endure.

I can't make a better case for volunteering at JCHC.

Do you doubt that miracles still occur? Come visit our JCHC buildings, you'll believe. JCHC provides residents opportunities to learn and grow, to enthusiastically anticipate each day, to make friends, to continue being productive and relevant. Discover an extended family of residents socializing together, dining together, praying together, and enjoying the love of their community. JCHC has been a miracle for many of our residents, and it was only made possible by those volunteers who took action.

So you don't believe you can make a difference? When you hear of our planned social events, JCHC University and new development plans, you'll be amazed at your choice of volunteer activities and the enduring impact you can have.

At JCHC, once you see that miracles can occur, you will want to make them happen. You'll be captured by the appreciative glow of our residents, you'll learn from an exceptionally talented management team, and you'll make new friends collaborating with members of our Board and its many committees. You will be transformed by your experience, and will forever remember the miracles you create.

Make *Exodus, Chapter 14* an important piece of your Passover holiday discussion in 2011. Live its lessons! Come forward and speak with either me or Harold Colton-Max, our JCHC Chief Executive Officer. JCHC has many miracles planned and we need your help.



Residents living at Jewish Federation Plaza for 20 or more years were recognized at the community's 30th anniversary celebration in November. Tenant Association President Sandye Garrison (center) introduced each resident.

Lester Senior Housing Community to Celebrate 10th Anniversary

It was on October 7, 2001 that the Lester Senior Housing Community on the Alex Aidekman Family Jewish Community Campus in Whippany officially opened, after more than a decade in the planning.



The community, consisting of the Heller Independent Living Complex and the Weston Assisted Living Residence, was the first of its kind to serve glatt kosher dining in the state. The modern and bright facility, that included such amenities as a chapel, theatre, beauty salon, recreational areas, medical suite and country store, proved very popular. Within the first six months, Heller was 100 percent occupied.

To recognize "A Decade of Excellence," a committee comprised of board members, residents and administrators was recently formed to coordinate a celebration of Lester's 10th birthday.

"Today, Lester continues to epitomize what a senior living community should be," says Harold Colton-Max, Chief Executive Officer of the JCHC. "Community life at Lester remains vibrant and continues to offer life enriching experiences for its residents. The values of caring and friendship have carried on throughout the years."

Twenty-eight original residents still live at Heller. They will be recognized at celebrations that will be held later this year.

JCHC Forges Relationship with Overlook Hospital for Resident Care

In collaboration with Jewish Family Services and Overlook Hospital, the Jewish Community Housing Corporation of Metropolitan New Jersey is continuing to provide social services, as well as weekly medical visits to residents in each of its communities.

The program, now nearly a decade old, is funded by The Healthcare Foundation of New Jersey and HUD. The program sees about 400 residents each year for a variety of physical and case management services.

Maryann Webber, an Advanced Practice Nurse and Nurse Practitioner, presently visits four of the JCHC communities on a weekly basis. Webber prescribes medication, conducts diagnostic treatments, performs tests and exams and monitors patients' health. She treats residents for ailments

Continued on Page 3

Newsletter Contents

President's Message.....	Page 1
Lester to Celebrate 10th Birthday.....	Page 1
Affiliation with Overlook Hospital.....	Page 1
CEO's Message.....	Page 2
Resident Focus.....	Page 2
Friends of JCHC Tributes.....	Page 2
Facts About JCHC.....	Page 2
Staff Training.....	Page 3
Law Can Benefit You & JCHC.....	Page 3
Donating to JCHC.....	Page 3
In Celebration of Aging Held.....	Page 4
Community Shorts.....	Page 4

Letter from the CEO Our Commitment to Resident Quality of Life



The Jewish Community Housing Corporation takes very seriously its commitment to provide our residents with a level of service that would make them proud to be calling one of our buildings “home.” Whether we are making repairs in an apartment or serving a meal or transporting residents to go grocery shopping or attend an event, we are constantly striving to improve the quality of life for our seniors, just as they had done for us.

I recently had an opportunity to hear for myself how well we are doing in meeting this standard. In November and December, I had the distinct pleasure of meeting with residents at all five of our buildings, including two meetings at one building (one meeting with assisted living residents and one meeting with independent living residents living in the same building). In each case, I was joined by a different member of the JCHC Board Social Committee.

We used this as an opportunity to share the results of the survey that a number of residents (and a few family members) participated in on the subject of resident activities. In addition, we spent time talking about any issues related to that building that residents who attended wanted to discuss.

At our meetings, some of the key findings that I

shared were:

- Residents generally felt that the JCHC was doing a good job in providing activities both in and outside of the building. 83% of residents thought the quantity and quality of programs were very good, good or O.K., while only 3% thought they were poor.
- We should schedule more intellectually engaging activities and speakers to come to our buildings. I described how we were already responding to this through the JCHC University program that we started this past summer.
- Residents and family members want to receive feedback when you participate in surveys, such as this one, to know what the JCHC would be doing in response. These meetings were a direct response to that finding.
- There were some ideas for new activities that received favorable responses. The most popular, which 80% or more of survey respondents said that they would enjoy “very much” or “somewhat” were:
 - Lecture series by professors;
 - “State of the Union” meeting;
 - Visiting nutritionist; and,
 - Book readings by local authors.

We have already started implementing some of these (JCHC University which includes lectures from professors and this “state of the union” meetings, for example). We are working on the others.

I was gratified that at least 30 people showed up for each of our meetings. While the topics varied, there was a lively give and take each time. I have since followed up with letters to all of our residents identifying the issues raised at our meetings and what steps we would be taking to deal with them. I expect that our residents will hold us accountable for living up to our expectations. I am already planning another round of meetings for the Spring to keep our residents apprised and to discuss other issues of importance.

In the meantime, please let us know we are doing and what we can do to improve things. Talk to a Site Manager about conditions around the building. Reach out to an Activity Coordinator to suggest new activities in or out of the building or how existing ones can be made better. Contact the Congregate Services Coordinator or social worker to ask them about additional services.

To paraphrase what they say in the TV infomercials, our doors are open and we are standing by waiting for your input...

Sincerely,

Harold Colton-Max
Harold Colton-Max
Chief Executive Officer

Resident Focus: From a Work Camp to the Beauty Business

After spending nearly 20 years working as a cosmetologist at Saks 5th Ave in Millburn and other salons giving facials and manicures, B'nai Brith Federation House resident Jean Gluck decided it was time to retire. However, now at 83 years young, she still sees the occasional client.

Gluck survived a Nazi working camp during the 1940s in what was then Czechoslovakia. After the Russians liberated the camp, Gluck and family members made their way throughout Europe and after being placed on a displaced person's list, arrived in Toledo, Ohio. A 1954 trip to visit cousins living in Jersey City convinced her that this area of the country was for her.

“We rented a small apartment for \$30 a month with no heat and no running water,” Gluck says. She started working in a factory in Newark, but saw a better life for herself by enrolling in cosmetology school.

“I loved my job and I loved my customers,” Gluck says. “I love to make people beautiful and I love helping people.”

Gluck has a new love in her life – her grandson Morgan and his wife gave birth to their first child Adeline in December. “Family,” Gluck says of her daughter, grandson, grand-daughter-in-law and great-grand-daughter. “That’s what I live for.”



Lester Senior Housing residents celebrated Veterans Day. Shown (left to right) are Harold Siegel, Bill Hebbel and Alex Glass. Siegel was a cryptographic technician with the Air Force in the Communications Division, stationed in Germany for most of his service. Hebbel was with the Air Corp. from 1942 - 45 and in a Chemical Warfare division. Glass served in the Army from 1942 - 46 beginning in the Aberdeen Proving Grounds in Maryland and later going to New Guinea and the Philippines.

Facts About JCHC

The Jewish Community Housing Corporation of Metropolitan New Jersey owns and manages 600+ apartments providing independent and assisted living for seniors who want to be surrounded by the many services, conveniences and individuals that add dignity and self-respect in a comfortable, traditional environment.

This includes senior housing at:

- Jewish Federation Plaza, West Orange
- B'nai Brith Federation House, South Orange
- Village Apartments of the Jewish Federation, South Orange
- Jewish Federation Towers, Irvington
- Heller Independent Living Apartments and Weston Assisted Living Residence at the Lester Senior Housing Community in Whippany

“Friends of JCHC” Tributes | mazel tov, get well & in memoriam

To become a friend or to purchase a tribute, please read the next page or contact haroldc@jchcorp.org.

To:	On the Occasion of:	From:
Hannah Parks	In memory of Ethel Feuerwerker	Andrew & Sharon Chavkin
Jonathan Gross and Family	In memory of Aunt Jean	Andrew & Sharon Chavkin
Bruce and Barbara Hausman	In honor of your new granddaughter	Andrew & Sharon Chavkin
Janice Schofel	Special birthday	Elaine Halper
Janice Schofel	In honor of “big” birthday	Benjamin Perlmutter
Janice Schofel	Special birthday	Bernard D. Rabbino
Janice Schofel	Special birthday	Cookie Schneiderman
Janice Schofel	Special birthday	Gloria and Allan Silverman
Janice Schofel	Special birthday	Sobel & Co/Alan Sobel
Joan Kramer and the Kramer Family	Passing of brother Peter	Roberta & Walter Zweifler
James Gurland and the Gurland Family	Passing of brother David	Roberta & Walter Zweifler
Gladstone Family	In memory of Mary	Elihu and Marilyn Katzman

JCHC Places Emphasis on Staff Training and Development

In the past year, more than 95 staff members at the five Jewish Community Housing Corporation of Metropolitan New Jersey (JCHC) communities were provided with over 100 hours of training as part of grants received from the New Jersey Department of Labor and the Healthcare Foundation.

“A fancy lobby creates the wow factor, but the bottom line is that it’s got to be about the care,” says Laurie Loughney, JCHC’s Chief Operating Officer. “This is why staff development and training is so important to our mission.”

“I approached Laurie in early 2010 and asked her what type of training and how many employees would attend and then went to work on putting together a grant application to submit to the state,” says Hanna Praport, Director of Business Development at Jewish Vocational Services (JVS) Corporate Training.

All staffers, from the management to the frontline professionals, have received training in a joint effort from JVS and ACAP (Academy of Clinical and Psychoanalysis). Training included communication skills, computer skills, effective leadership, business and email writing, occupational safety, food safety/preparation, problem solving and team building.

For example, Annette Vaccaro, LCSW and ACAP training coordinator, focused on two techniques in her training with JCHC workers: *joining* – where staff members put themselves in the residents shoes and try to understand where they are coming from, get the resident’s opinion rather than tell the resident how something should be done; and *object-oriented questions* – a communication intervention designed to establish contact and create a safe, neutral space for talking.

JCHC staff feels the training has been well worth it. Lincoln Anthony, Assistant Super at The South Orange B’nai Brith Federation House and The Village Apartments of the Jewish Federation found a class dealing with sensitivity to be particularly helpful. “They reminded us that residents have their good days and bad days and not to take what they say personally,” he says. “Some of them don’t have family who stop by to visit, so we are the only people they see.”

Mitchell Goldberg, Regional Director of Dining Services, saw special value in the business writing courses. “The course, for example, did a very good job explaining the correct words to use when waiting an email,” he says.

The communication skills training gave Cheryl Kayse, Manager of The Village Apartments of the Jewish Federation, a better understanding of how the other managers communicate with their residents. “We are all dealing with the same issues, but we may deal with them differently. You learn to understand what the residents are going through and how they are coping.”

Adds Jessica Kolton, Activities Coordinator at The Lester Senior Housing Community, “We learned how to work better with different personalities as part of a team. We also learned how to communicate better with the residents and overcome the difficulties in understanding their viewpoints and respecting their individuality.”

Overlook and JCHC Join Forces

Continued from Page 1

including, but not limited to, dementia, diabetes and cancer. Also, when necessary, she recommends them for home care, palliative care and hospice.

“My goal is to maintain their current residence and decrease hospitalization,” says Webber.

According to Jewish Family Services Director Reuben Rotman, his organization provides mental health counseling for the transition process of moving from home to independent living and independent living to higher levels of care, getting aides, identifying state and federal entitlements, and handling conflict resolution.

“We may be referred to counsel a resident if the resident is constantly losing his or her balance and falling down, missing meals or seen crying in public,” says Rotman.

Working closely with JCHC administrators and staff, the mission of his organization and the medical team from Overlook Hospital is to intervene at the first sign of a problem.



March 10, Lester Senior Housing Community provided a professional seminar on ethics and best practices in services for seniors in the community setting. Panelists Ann Ward, RN, Karen Alexander, Director Elder Services, UJC, Laurie Loughney, COO, Dr. Josh Schor, Medical Director, Daughters of Israel. Not pictured: Rabbi Shira Stern, UJC of MetroWest’s Joint Chaplaincy Committee, Greg Papazian, PACE Director.

Want to get in the know on services for seniors in MetroWest? To download a copy of the MetroWest CARES brochure visit www.ujcnj.org/eldercare or call (973) 929-3193 to have a copy sent to your home.

Law Can Benefit You and JCHC

Could both you and JCHC benefit from the Tax Relief Act of 2010? The recently enacted legislation allows individuals, age 70 1/2 or older, to distribute up to \$100,000 per spouse directly to charitable organizations, without incurring federal income tax on the gifted funds. Taking advantage of this time-limited opportunity may enable you to support JCHC, while satisfying your mandatory IRA Required Minimum Distribution (RMD) in 2011.

How to make your gift

- Check with your tax advisor as to whether the IRA charitable rollover is suitable for your particular situation.
- You may partially or wholly satisfy your 2011 IRA Required Minimum Distribution (RMD) through an IRA charitable rollover gift made by December 31, 2011.
- The rollover is capped at \$100,000 per spouse annually (\$200,000 per couple).
- The rollover applies to outright charitable gifts only.
- There are generally no Federal income tax consequences.
- State income tax may apply, depending on your state of residence.
- Please contact your own IRA plan manager (currently, there is no standard form for this

rollover), trustee or administrator directly and instruct them to forward the check to:

Friends of JCHC
750 Northfield Avenue
West Orange, NJ 07052
Attention: Harold Colton-Max, CEO

Charitable contributions from foundations and individuals like yourselves, of course, remain very important for the continued growth of the JCHC. You have helped improve the quality of life of our residents in many ways and we are hoping that we can count on your support this fiscal year.

To learn more about being a part of the Friends of JCHC or to enhance your giving through employer matches, please contact Harold Colton-Max, at 973-530-3961 or haroldc@jchcorp.org. Thank you.

Name _____
Address _____
City _____ ST ____ Zip Code _____

I would like to give a gift of \$ _____ to the Friends of JCHC to support the JCHC’s work

Payment Options:

- Check made out to “Friends of JCHC” enclosed
 Charge my credit card
 Visa Mastercard Discover

Card # _____ Exp.Date _____

Card holder’s name _____

Signature _____

Gifts to Friends of JCHC are fully tax deductible.

Mail to: Jewish Community Housing Corp of Metropolitan NJ | 750 Northfield Avenue | West Orange | NJ | 07052

JCHC Community Shorts

Bubbe's Bazaar

The Tenants Association at Jewish Federation Plaza will hold Bubbe's Bazaar on Sunday, April 10 from 11 am - 2 pm. Tenant Association President Sandye Garrison says she hopes to raise funds for future entertainment and a trip to New York City. Residents' original artwork, old jewelry, old handbags and a Trader Joe's gift basket will be auctioned.

"It's like digging into grandma's attic, finding old pins, necklaces, bracelets, frames, clocks, tea pots or toys," says Garrison. "You can buy raffles to win fine seed pearl jewelry, antique pins, hand-made Afghans, and gold & silver items. In the café, you can sit and have a cup of coffee and piece of cake or cookies, and buy a whole cake, cookie tray or pie to take home."

Residents and JCC members are welcome.

Towers to Undergo Renovations

Renovations will begin this month at Jewish Federation Towers. The boiler system and hot water heater will be replaced at the Irvington facility and the two elevators will be modernized with mechanical improvements and new interior finishes. The lobby, vestibule, community room and library will also be renovated with new flooring, finishes and furniture. The renovation is expected to last about 90 days.

Law Class Presented at Village

Order in the court!

Rubin M. Sinins, a criminal trial lawyer with Javerbaum Wurgaft Hicks Kahn Wikstrom and Sinins, and a board member of the Jewish Community Housing Corporation of Metropolitan New Jersey, recently held a law class at Village Apartments, as part of JCHC University. About 25 residents

attended. Discussed were the criminal court, individual rights and current criminal cases being covered by the media.

JCHC University is part of an ongoing program, with high level classes offered to residents at all JCHC communities on topics that range from oral history, to information technology, to chocolate making.

Knitting for a Cause

Sandy Lublin moved into Village Apartments a year ago after retiring from Visiting Nurse Services. Upon moving in, she set about fulfilling two ambitions: making friends and getting back to an old hobby of more than 40 years – knitting. She has since accomplished both.

"I get together with some of the other residents one night each week for an hour to socialize and knit for a good cause," she says. "It makes you feel very good."

The Village chapter of "Volunteer Blanketeers" was formed about two years ago by Mollie Weill, with their blankets going to Project Linus, a national organization that donates hand-made blankets and afghans to seriously ill or traumatized children, who are in need of comfort and a sense of security.

"It's a wonderful group," says Weill, who has been a Village resident for four years. "We do some interesting projects and it is very gratifying to help children. It's also nice to sit with the other ladies and socialize and not think about what ails you."

Weill, Lublin and their fellow-knitters sew 12 x 12 patterned squares of their choice, which in turn are hand-sewn into full 24 x 36 or 36 x 48 blankets or afghans. The yarn is donated and a local volunteer collects the blankets for delivery to the charity's regional office, which distributes them to children

throughout the country.

"We all enjoy seeing our patches come together to form the blanket," says Lublin. "We know it's going to comfort children and that is very satisfying."

Residents Name Their Favorite Movies

Here is a look at some of the all-time favorite movies selected by the residents of the Lester Senior Housing Community:

Annie Hall
Bonnie & Clyde
Breakfast at Tiffany's
Casablanca
Citizen Kane
E.T.
For Whom the Bell Tolls
From Here to Eternity
Gone with the Wind
It's a Wonderful Life
Mr. Smith Goes to Washington
On the Waterfront
One Flew Over the Cuckoo's Nest
Schindler's List
Singin' in the Rain
Some Like It Hot
The African Queen
The Godfather
The Graduate
The Grapes of Wrath
The Manchurian Candidate
The Music Man
The Sound of Music
The Wizard of Oz
To Kill a Mockingbird

Lester Residents Host 'In Celebration of Aging' Ensemble

Pianist Stella Deutsch, 100, and vocalist Al Bornstein, 102, were among the performers in this year's "In Celebration of Aging" at the Lester Senior Housing Community. The centogenarians sang "I'll See You in My Dreams," as a duet, as part of a cabaret-style event that included a smorgasbord of songs and skits about the benefits and trials of growing old.

Produced and directed by residents of the community, the event was warmly received by the residents, their families and even the media. Lists of the residents favorite movies, Broadway plays and books of all time were displayed, and all residents over the age of 95 were recognized.

Bringing the house down was a parody of "The Sound of Music," sung by residents performing as The Maalox Group. According to the lyrics, "When the pipes leak/when the bones creak/ when the knees go bad/ I simply remember my favorite things, and then it don't seem so bad."



Residents at Lester perform at "In Celebration of Aging" event.

JCHC
Jewish Community
Housing Corporation
of Metropolitan New Jersey
750 Northfield Avenue
West Orange, NJ 07052

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