

HEATH VILLAGE VOICE

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Inside

- 2 Uncle, Mother, Sister & Me!
- 3 Octavia Brown Honored as EQUUS Foundation Humanitarian Award Recipient
- 4 Staff Spotlight, Valentine's Day Luncheon
- 5 Getting to Know Our Artists
- 6 Fun with Fitness, Newcomers
- 7 Leprechauns on the Loose, The Luck of the Irish!, In Memoriam

Uncle, Mother, Sister & Me!

The "All in the Family" series continues...

In 1968 I moved to Long Valley, NJ. A few years later, my uncle John Bellingham needed a place to retire. I suggested we look at Heath Village. Following our tour, my uncle John decided right away that Heath was the place for him. He moved from NYC in 1972 and found that he loved the rural setting and country life that Heath Village and the area offered. At Heath, he joined the men's group, chorus and attended many trips. My Uncle John just simply enjoyed living here. After 16 very happy years at Heath, he passed away in 1988.

In April 2003, my mother Alice Cuddeback, was looking for a senior community and since her brother John was so happy here, she decided she would also like to become a resident. My mom made lots of friends here and enjoyed countless fun and delicious meals with her fellow residents. Mom also loved the Martha Friendship Circle which met the 1st Monday of each month (it still does!). In fact, she always told her family they could visit her every day except the 1st Monday of every month! My mom lived at Heath Village for four years and passed away at the age of 101 in July of 2007.

My sister Dorothy Heric became an empty nester in 2004 and knowing how happy my uncle and mother had been here, decided to check out Heath Village for herself. Dorothy knew with her growing family of 11 grandchildren she could make good use of the Heath Village Farmhouse, which after becoming a resident she frequently did. My sister lived here for 15 happy years and passed away in 2019 after a long battle with cancer.

Joe Sabatini came into my life in 2007. He spent many days visiting my family here where he saw how wonderful and friendly the staff and employees are firsthand. Joe was so impressed by the number of activities offered, the assistance available, and the great food in the dining venues that he thought, this is the place for me. So much so, that in April 2021, after one year into the pandemic, alone in our home in Long Valley, we decided to sell our house and move to Heath Village. Now both Joe and I are extremely happy residents! We are enjoying meeting our neighbors and we are both getting involved in programs. Just like my family members before me, we are looking forward to many happy years here at Heath Village.

Story by Eleanor Brown

Photos provided by Eleanor Brown & Alice Fuscaldo (Dorothy Heric's daughter)



Alice Cuddeback (right) with her daughter Dorothy Heric (left)



Alice Cuddeback & her brother John Bellingham



Heath Village Family Day

Heath Village Voice
Heath Village
Hackettstown, NJ
908-852-4801

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Melissa Nichols
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Octavia Brown Honored as EQUUS Foundation Humanitarian Award Recipient

Did you know we have a Humanitarian Award Recipient in our midst? Well, we do. Your fellow resident Octavia Brown, Ed.M., D.H.L. Emeritus Professor of Equine Studies, Centenary University. "Tavia" received the EQUUS Foundation Humanitarian Award in January of this year. The EQUUS Foundation and the United States Equestrian Federation established the Humanitarian Award in 2009 to honor a member of the equestrian world who has devoted considerable personal time to making the quality of life of our equine partners a priority to being supportive and more enriched.

For more than 50 years, Tavia has spearheaded the movement in developing the growth of therapeutic riding in the United States, as well as internationally. She has dedicated her life to ensuring accessibility to horses for the disabled. A founding board member of the North American Riding for the Handicapped Association, now known as PATH (Professional Association of Therapeutic Horsemanship International), she also served as president of the Federation of Riding for the Disabled International and Horses in Education and Therapy International.

Octavia is retired from her role at Centenary University as Professor of Equine Studies, but she continues to remain an Emeritus Professor. During her 23 years at Centenary, Brown was honored with numerous accolades including the New Jersey Horse Council Person of the Year in 1981, the PATH President's Award in 1989, PATH James Brady Professional Achievement Award in 1998, and most recently the Centenary University Gold Dome Award. Prior to her time at Centenary, Tavia ran the Somerset Hills Handicapped Riding Center for 25 years at her farm in Bedminster, now Mane Stream in Oldwick. Mane Stream celebrated its 50th anniversary this year!

Upon accepting her award, Tavia had this to say, "Being a pioneer in the field of equine assisted services means that I have seen the profession grow from a grass roots group of well-meaning people to a worldwide profession serving thousands of people with disabilities and challenges of all sorts. My greatest joy is watching people whose careers I have influenced carry the work to new levels of excellence - as well as to think of the many people I have known who have benefitted from that amazing partnership offered by our horses and ponies."

On behalf of everyone at Heath Village, we congratulate Tavia not only for this prestigious award but for her many contributions to the equestrian industry. It is an inspiration to see how she has devoted her life to equine assisted services, which helps so many.

Article by: Housing & Marketing



Octavia Brown, 2021 EQUUS Foundation Humanitarian Award Recipient with Tom O'Mara, President, US Equestrian Federation | Photo Adam Brennan | Picturesbyab | @picturesbyab

Staff Spotlight



We are excited to announce that Mary Ellen Bove in her new capacity as Chief Executive Officer of Heath Alliance for care, Heath Village's parent company, as well as Executive Director of Heath Village, has officially moved into her new office in Heath House. Prior to Mr. Brady's retirement, Mary Ellen served as Chief Operating Officer and Administrator. She joined Heath Village in 2009. She brings with her more than 35 years working in the senior living industry. Mary Ellen encourages residents to stop by and say hello!



Taking Mary Ellen's place as Administrator is Vivian Blandura. Vivian was our Director of Nursing for more than 12 years. In her new position, Vivian will oversee Heath Village's licensed areas – The Meadows and Mayflower House. "Vivian has a wealth of administrative as well as clinical experience and I have every confidence that she will transition to this new role seamlessly. We are very fortunate to have her, and we look forward to her leadership in our licensed areas of the campus as well as the clinical programs campus wide," said Mary Ellen Bove.



Replacing Vivian in the role of Director of Nursing is Pamela Alvarez. Pamela brings with her extensive clinical experience. She has worked as Director of Nursing for more than 20 years in sub-acute nursing and rehabilitation facilities. Pamela is very excited to join the Heath Village team and is "grateful that she has been given this opportunity to serve our residents." Please join us welcoming Pamela to our community.

Article by: Housing & Marketing Department

Photos by: Housing & Marketing Department

"A Rose by Any Other Name..."



Friendship, Love & Laughter were in the air at our Valentine's Day Luncheon. Our residents enjoyed beautiful live harp music, a delicious meal with an out of this world delectable dessert! The sounds of laughter that occurs when you're in good company, filled the room with joy.

Article by: Housing & Marketing Department

Photos by: Housing & Marketing Department



Getting to Know Our Artists

The Activities Department features a new artist in our community each month which provides a great opportunity to discuss the inspiration behind their work and why they use this specific medium to express themselves. Residents love asking questions and learning about their neighbor's artistic journey. Afterward, all are invited to visit the Activities Department to view the new monthly art exhibit.

John Madden



"I have been drawing and painting for most of my life. I find painting therapeutic, relaxing & fun. I enjoy creating something between abstract and realistic with tons of detail. It's an exploration and I have found that even 'mistakes' become an opportunity to make something look different. I like the idea of creating something that people have never seen before."

Susan Sumner



"Painting helped me through the height of COVID and I found it very healing. I painted almost every day for a couple of months and chose to focus on areas of Heath Village's campus."

Carmel Bourneuf



"My love of Ireland inspired me for my most recent collection of paintings. I was excited to share that visually with residents who have never been able to travel there. I also find the beauty of the Heath Village campus a strong influence on my art"

Article by: Housing & Marketing Department

Photos by: Housing & Marketing Department

Life Goes On...A Springtime Poem

There are many different types of art forms. As a community we are very fortunate to have extremely talented residents who share their creativity with us. Below is a very apropos springtime poem written by one of our residents Mary Kashmanian.

Life Goes On....

They stand along the path like three debutants waiting to be escorted to a fancy ball. They are beautifully clothed...one in a Scarlett gown, one in gold and one in amber and crimson.

As they sway to unheard music, pieces of their gowns float to the ground to form a reflective puddle...and the dance goes on.

Slowly they lose their beautiful clothes, and their exquisite limbs are left silhouetted against the sky waiting for a fluffy coat of winter white and then new dresses of spring green...And the dance will go on...

Written by resident Mary Kashmanian

Fun with Fitness

Use It or Lose It! And our residents are the best example of “using it” to help maintain a healthy mind body balance. Our Monday-Friday fitness sessions are extremely popular. Residents can participate in a variety of classes including yoga, Healthy Motion Fitness, Fitness A-Z, Tai Chi & Balance and Fitness Over Fifty. Our dedicated fitness enthusiasts reap the benefits of regular exercise. They find an improved immune function, lower blood pressure, improved balance & flexibility, better sleep, and find it enhances their mood and enriches their life.

“The instructors are well prepared and creative. Class is always productive and challenging. We focus on balance, strength, stretch and heart health fitness. These classes are one of the nicest things Heath Village does for us. Even through COVID, Heath provided exercise classes for us while adjusting the format to keep us safe and healthy,” said Evelyn Lesch who enjoys Yoga, Healthy Motion Fitness & Fitness Over Fifty.

Desi Samaras participates in the Tai Chi & Balance and the Fitness Over Fifty classes, “I truly enjoy the classes focused on balance and some cardio to get our heart rate up, in a good way! The instructors are great. They always encourage us along with challenging us in some way every class. They demonstrate modifications to keep us safe and ensure we exercise carefully.”

Newcomers are always welcome, and no prior experience is necessary. Come have some fun with fitness! Look for the schedule in the Friday Flyer and call Activities with any questions.

*Article by: Tracy Dolan, Director of Activities
Photos by: Housing & Marketing Department*



Newcomers



Louise Flynn,
from Hackettstown, NJ
to Apt. AC-2



Glenn Mahler,
from Newton, NJ
to Apt. 263



Eileen Mahler,
from Newton, NJ
to Apt. 263



Lola Carr,
from Bloomfield, NJ
to Apt. 80



Miriam Laster,
from South Portland, ME
to Apt. 106

Leprechauns on the Loose

In March we had leprechauns on the loose in our Village! They were up to no good and creating non-stop shenanigans. Thankfully, our residents saved the day by hunting them down and putting them in their place! Those lucky enough to find them all were rewarded with a bit of the leprechauns' gold. Many of our residents were quick enough to catch the whole lot of them but the quickest of the crew are featured below.

Article by: Housing & Marketing Department

Photos by: Housing & Marketing Department



Marion Wooding
& Bill Reidenbach



Louise Flynn



Edgar Pittenger

The Luck of the Irish!

Here at Heath Village, everyone has a little bit of Irish in them on St. Patrick's Day! Residents and their family & friends who attended our festive St. Patrick's Day luncheon enjoyed a lively Irish band and a good o' hearty traditional Irish meal. The room was lit up with all the Irish eyes that were smiling! Slainte!

Article by: Housing & Marketing Department

Photos by: Housing & Marketing Department



In Memoriam

Marguerite Gadel
Joseph Zinkann
Harry Gorman

2/3/2022
3/2/2022
3/10/2022

Heath Village
430 Schooley's Mountain Road
Hackettstown, NJ 07840

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Join us for our Spring Open House
Saturday, May 21st. Tour 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 7/1/2020

| Age** | Rate |
|-------|-------|
| 75 | 5.4 % |
| 76 | 5.6 % |
| 77 | 5.8 % |
| 78 | 6.0 % |
| 79 | 6.2 % |
| 80 | 6.5 % |
| 81 | 6.7 % |
| 82 | 7.0 % |
| 83 | 7.2 % |
| 84 | 7.4 % |
| 85 | 7.6 % |
| 86 | 7.8 % |
| 87 | 8.0 % |
| 88 | 8.2 % |
| 89 | 8.4 % |
| 90+ | 8.6 % |

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.*