

HEATH VILLAGE

VOICE

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Who Knew? The Wonders of Biomimicry

Becoming a published author at age 84 is something beyond my wildest dreams. As a student, school was difficult for me because of dyslexia. It wasn't until 1973 that dyslexia was diagnosed as a learning disorder that had no cure. Now, some say it is a gift. According to a recent article I read, dyslectics have "interconnected reasoning, which allows the ability to see connections between objects and concepts and to fit these into a big picture."

I had a lifelong dream of writing a book. What drew me to writing was a desire to create books that combine simple text and beautiful photography in hopes of sparking interest and improving comprehension for struggling readers.

My interest in biomimicry was born after watching a PBS program on the subject. Biomimicry explores the fascinating topic of how scientists and engineers use plant and animal characteristics as the inspiration to solve real-world problems. From butterfly wings inspiring the development of mobile device displays to the shape of a kingfisher's body improving the design of Japan's bullet train, nature has been inspiring humans to build better and smarter for generations. When I started researching the topic further and could only find three books on the subject, this prompted me to write my own. It took some time, but the process was fascinating. The Biomimicry Institute was a fantastic resource for me. Understanding and translating complex scientific concepts into simple, engaging text is challenging yet rewarding, but I stuck with it.

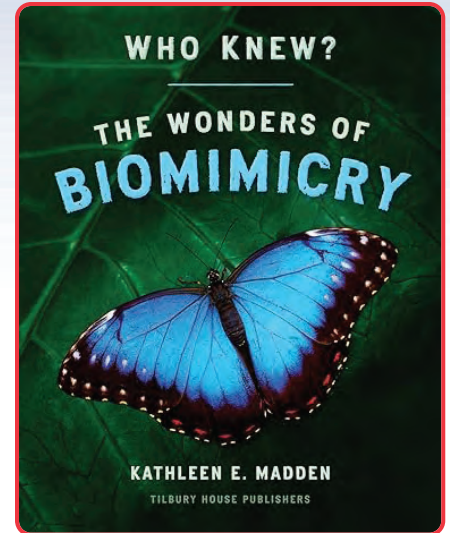
I learned that a carefully designed book helps dyslectics read and understand more easily. Pictures in a book draw the reader in, a minimum of words with a maximum of information keeps one reading, and type design is the final touch. A large, clean typeface with well-spaced lines of type makes it easier to read. A career as a graphic designer prepared me to work on a computer with different typefaces and designs.

The book took two-and-a-half years to research, write, edit, and design. It was accepted by my first chosen publisher in 2020, a month after it was completed. The book was finally published on October 15, 2024. Four-and-a-half years is a long time to wait, but I am pleased with the results. It was an amazing journey and experience to share with my fellow neighbors at the recent book signing and program held at Heath Village.

Since moving to Heath Village in 2020, I spend every spare moment writing, a practice that involves a delicate balance of research, creativity, and perseverance. I plan to continue my life as an author and have already written another book, *World's Oldest Living Tree* and am working on volume two of *Who Knew? The Wonders of Biomimicry*.

Article by: Kathy Madden

Photos by: Housing & Marketing Services



Heath Village Voice
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Inaugural Scarecrow Competition

This year Heath Village sponsored its inaugural Scarecrow Competition. The scarecrow frames were built by residents in our woodshop and residents joined together to design fun and creative scarecrows that our whole community enjoyed.

Our competition was inspired by the town of Branchville's annual scarecrow event. To help our residents understand what the competition entailed, the Women's Association organized a trip to Branchville. The outing was very enjoyable. We were amazed by how many scarecrows were on display. Everywhere we looked there were fabulous creations including Edward Scissor Hands getting ready to cut hair, Pavarotti singing in the Town Gazebo, a fisherman catching a mermaid, Superwoman, Count Dracula, George Washington Crossing the Delaware, and so much more.

When we came back to Heath Village, we were full of ideas for our own scarecrows. Everyone excitedly started planning their design. The Woodshop did an excellent job providing the wooden supports for the scarecrows. In total, Heath Village residents created 10 marvelous scarecrows. It was fun driving or walking around and marveling at the various creations.

The Heath Village Staff and Friendship Center children had a difficult time selecting the winning scarecrows from all the wonderful entries but alas choices were made. First place went to Blue Ribbon Flora's Carrot, second place went to Singing in the Rain and third went to the Headless Horseman but truly all were winners. We are already looking forward to next year's competition.

Article by: Maria Moch

Photos by: Activities Department and Housing & Marketing Services



Heath Village residents enjoying the Branchville Annual Scarecrow Contest



Heath Village scarecrow displays

Happiness is...a Dog Park

When we moved into Heath Village almost three years ago, my wife Pat and I came with a middle-aged sixty-pound rescue dog named Lexor. This move was a big change for Lexor who was used to roaming around freely in the back yard of our two fenced-in properties. Lexor was sad to be leashed or tethered when we first moved to Heath Village, but he thoroughly enjoyed the beautiful grounds on campus here which we fell in love with as well.

Lexor has made many friends in the community like our neighbor, "Auntie Anne" who he enjoys greeting as well as the many employees we see on our walks. Residents can't help falling in love with Lexor, all of whom he can count on for generous treats and cuddles. The residents and village employees make him feel like the "goodwill mayor" of Heath Village.

Life was good at our new home but we knew one thing was missing. Lexor missed running freely so when we heard that the Administration was planning to build a dog park right on campus, we were thrilled! Mary Ellen Bove, Heath Village Executive Director, had been considering adding this amenity to our community for the past couple of years and finally was able to bring it to fruition with the help of Kevin Newport, Director of the Grounds Department.

Since the opening of the dog park, Lexor has rarely missed a day enjoying an untethered romp or playing with the toys found in the new doggie toy box. This area is a perfect place for any sized dog to enjoy. Benches are situated both inside and outside the perimeter of the park, with a canine comfort station complete with bags and bin right at the entrance gate. This is a great way to socialize the dogs in the community and offer great exercise to our fur babies.

New residents who move in with dogs should visit the park as soon as possible so their canine buddy can become as enthusiastic about their new home as they are! As our welcome mat states, "Welcome to Lexor's House" and yes, Carl and Pat live here too!

Article by: Carl Bruger

Photos by: Housing & Marketing Services



Flying High Over Heath Village

I started learning to fly small engine planes in graduate school, at UMass in Amherst. They had a flying club with a real airplane, the same plane I own now, a red Cessna 150 2-seater. It only cost \$11/hr. in the mid-seventies to learn how to fly. While at UMass, during my thesis defense my advisor said, "I think Gabor is prouder of getting his pilot's license than his doctorate" and that was true. My degree was pretty much just a question of time, but a lot of people wash out of flying lessons. When I first began flying independently, it was before GPS and I did get lost in the air once, but fortunately found a river I recognized to follow home.

During graduate school I took six months off to work at a small company in NJ and ended up finishing my training for the license at Somerset airport, KSMQ, the same place I fly from now, 50 years later.

I stopped flying for about 10 years when my kids were very young. I didn't have time to stay current and sharp, and almost had a serious problem over Morristown airport. I misread the altimeter, and ended up in controlled airspace for Newark airport, in the way of commercial traffic. I was lucky and got away with it, but it scared me enough to take a break.

I started up again when my son was about six years old and took him with me. Our deal was, he could take lessons when he could reach the pedals. He ended up taking his first solo at 16, and for a year I had to drive with him to the airport, so he could fly alone. He surpassed me by 18, getting an Instrument Flight Rating (IFR).

One of the things I like to do when I travel is to rent a small plane. I've had the opportunity to fly in Hungary, Romania, South Africa, Doha, Abu Dhabi, and Israel. It was a great thrill to be flying 100 feet above the Dead Sea and see -300 feet on the altimeter. Last summer I was able to fly over Budapest and up the Danube towards Vienna.

Did you know that Hackettstown has a small airport? It is 2.4 miles away from Heath Village, six minutes by car. For some time, I had been flying over Heath Village, admiring the sprawling landscape of the campus and at the time, not knowing this village would eventually be my new home. I'm so happy to officially be part of this community now and continue to enjoy flying high over Heath Village.

Article by: Gabor Kiss

Photos by: Gabor Kiss



Gabor and his plane Cessna N6642F



Gabor and his son flying at 3,000 feet



Heath Village From 1,500 feet

A Shining Star ~ Maryann McFadden's *The Christmas Star*

Our community was abuzz with excitement, anticipating a very special and perfectly timed holiday event, book signing and meet & greet with local author Maryann McFadden, showcasing her latest novel *The Christmas Star*.

Maryann walked in wearing her red beret, red sweater and lovely star earrings that glistened in the light. She looked beautiful and radiated holiday cheer. She began her remarks by sharing the history of the Christmas star atop Buck Hill in our hometown of Hackettstown. The star literally shines over Maryann's home and was the inspiration for the novel which she describes as a moving story of family secrets, second chances, and finding love when you least expect it. It was a joy to listen to Maryann's passion for writing and to learn about the history of the star and what it means to our hometown. We were also able to hear more about Maryann and how she developed into the writer she is today. We were able to chat with her after her presentation as well, which was such a treat.



When I became a resident of this area, the star was not too far from my home at that time. I attempted to find its location, which is not as simple as one would think. I navigated an overgrown narrow path, forging ahead up a steep hill, running into a private property sign. Thus, I did not continue on this path, but I did not give up and opted for driving through various neighborhoods until I could see the star shining bright with the beautiful valley of Hackettstown as the backdrop.

The Christmas Star is an intriguing holiday romance and was the perfect gift for a loved one. I was excited to purchase my own copy and have Maryann sign it.

The holiday season is a bit brighter in Hackettstown thanks to our special Christmas star.

Article by: Mary Jane Purdy

Photos by: Housing & Marketing Services



Newcomers



Celebrating 185 years of living at Heath Village Happy Anniversary!

Happy Heath Village Anniversary to our residents celebrating a *milestone* anniversary of 10 years or longer. At our annual Christmas Tea, Heath Village recognized 14 residents who have lived in the community for 10 or more years. Together, these residents represent an unbelievable 185 years of living at our village. We hope they have enjoyed their many years at Heath half as much as we have loved having them here. Please help us wish them a Happy Anniversary and cheers to many more wonderful years together!

Article by: Housing & Marketing Services

Photos by: Housing & Marketing Services



Winter Wonderland



In Memoriam

Janet Hauschild
Walburga Kreutzer
Helen Hills
Kochu Thanjan
Eris Marie Bunnell
Raymond Nazzaro

October 9, 2024
October 15, 2024
October 15, 2024
October 19, 2024
December 4, 2024
December 6, 2024

Doris Baker
Rev. Ralph Lamar
Joan Walters
Patsy Yawger
Roger Ouellette

December 19, 2024
December 22, 2024
December 24, 2024
January 1, 2025
January 2, 2025

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Celebrate Winter 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	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.*