

Bits & Pieces

50 YEARS OF VOLUNTEER SERVICE

Bob Messerschmidt is a familiar sight around our campus, briskly walking and occasionally retrieving unsightly debris, carrying it away in a plastic bag. But did you know he has been hiking the state parks and county trails in NJ, NY, and PA for many years, helping to keep them open, safe and accessible for others to enjoy? He is a quiet man who sees something that needs doing and does it. He sticks to it over the long term.

Fifty years ago, the NY-NJ Trail Conference asked his club, then Somerset County Hikers, to maintain 4 miles of the Posts Brook Trail in Norvin Green State Forest. Bob was one of the club members who took on the job. He continued as the trail maintainer even when the SCH club disbanded in the early 1990s. In 2009, Bob decided it was time to “hang up his loppers,” but that didn’t last long. The co-chair of the Central Jersey Trails Club persuaded him to help another maintainer. Instead of dropping out of sight, Bob joined a friend, helping her with her section of the Wyanokie Crest Trail in Norvin Green State Forest that she had been maintaining for 20 years.



Bob Messerschmidt accepts the Extra Mile Award from Estelle Anderson, Central Jersey Trails Co-Chair

In October, the board of the NY-NJ Trail Conference presented Bob with the Paul Leikin Extra Mile Award, sighting a true gentleman for his steadfastness, responsibility, reliability, and generosity. Bob accepted this award for his 50 years of service, expressing appreciation for all that the Trail Conference, its clubs and individual members, have done to make the trails accessible to all. Bob continues to hike in NJ and in Harriman State Park.

CONGRATULATIONS, Bob!



arbor glen

perfecting the art of living



A Friends Continuing Care Retirement Community
www.arborglen.org

Our Thanks to the Residents and staff who contributed to this edition.

To D. Moore Photography and our resident photographers, we are always grateful for your willing response.

Lachenauer Cont. from pg. 5

After several retirement moves, the Lachenauers moved back to NJ to be nearer their children and grandchildren. After living in Somerset for three years, they decided to look into CCRCs. They looked into a few and settled on Arbor Glen, much to our delight.

We all know how long it takes to hang pictures, shelve books and decide that we brought too much “stuff” with us, which must be recycled somewhere, somehow. (Our Thrift Shop has happily benefited.)

Believe it or not, Pat and Bob, it all works out. We are so glad you are part of our Arbor Glen family and hope, when the boxes are empty, that you will discover some of our activities that might interest you. The list is long and varied.

Virginia Weber

Arbor Glen's sponsor, Friends Retirement Concepts, Inc. is a Quaker directed, non-profit corporation providing quality services to older adults, operating on a non-sectarian basis in the spirit of the Religious Society of Friends (Quakers) for the collective good of our resident members, staff and the wider community.

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Spring 2010 Arbor Glen Community



ArboReal Life

Arbor Glen and the Holly Center

100 Monroe Street • Bridgewater, New Jersey 08807

SPRING

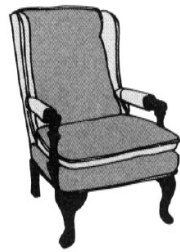
LOVE'S CARESS

BIRTH RENEWING HOPE

NEW LIFE

'LOVE'S GENTLE SPRING DOTH ALWAYS FRESH REMAIN'

James Wells, President and CEO
(with help from William Shakespeare)



Note
from the
Chair

“Say it with Flowers”

Flowers say, “Get Well.” They also say, “We miss you and hope you are feeling better.” Although flowers don’t actually speak, their message is clear that we care about you.

The Flower Committee is a busy group working its magic to spread joy around Arbor Glen. We begin on Thursday afternoon with purchasing the new flowers. Spent flowers and vases are removed and cleaned.

Early Friday morning (8 am) the first group begins making the new arrangements. The next group continues the arranging until 40 plus are ready for delivery.

Two carts are loaded and other volunteers arrive to deliver the fresh arrangements to our residents in the Holly Center. This often requires more than one trip. The recipients in Assisted Living, Skilled and Long Term Care are most appreciative.

One of our members has generously given 2 new carts and extra clippers to make our work easier. Thank you, Eric!

The last group designs specially requested arrangements to brighten the Community Center and gets to stay to clean up, replacing the equipment and accepting the many “Thank Yous” from delighted residents.

Madeline McClure
for the 11 committee members

SOMETHING NEW
UNDER THE SUN

An ancient philosopher-king contemplated the world about him and declared, “There is nothing new under the sun,” and so it seems.

Yet in a tiny shop on the first floor of Arbor Glen is something new, new in age, new in concept.

The **Heirlooms Thrift Shop** at Arbor Glen opened its doors on September 30, 2009.

The inventory consists of many treasured items donated by residents and their families. Items range from knick-knacks to furniture.

Every item has a once-upon-a-time story. Some have been handed down by multiple generations and some have never been taken from the original cartons. The word *thrift*, a part of the shop’s title, seems incongruous, for the ambience of the shop is elegant. It is appropriate because the prices are unbelievably low.

Two volunteers, **Diane Radi**, the shop’s manager, and resident **Edith Brokaw**, have provided artistic talent and hours of hard labor to a place where heirlooms with stories to tell can be purchased on Wednesdays 10 am – 3 pm and Saturdays 10 am – 2 pm.

Wayne McAfee



THE GIFT SHOP
AT ARBOR GLEN

The Gift Shop is the financial mainstay of all residential pro-grams. It opened in 1998 under the leadership of **Barbara Shreve** with expert advice from **Jean** and **K.K. Quan**, and is still a source of great pride for Arbor Glen.

Last year, **Marie Malone** assumed leadership. Her experience in merchandising is apparent by her displays and her choice of new and affordable selections. She is supported by **Eleanor Orlando** who buys groceries, **Edith Brokaw** who selects and stocks all greeting cards and does the banking, and **Bessie Hodes** who does the scheduling of seventeen volunteers.

One of the main attractions of the Gift Shop through the years has been its greeting cards. For many years **Ruth Thatcher** has selected and stocked them. In the near future, Marie and Edith plan a major expansion of the greeting card collection to include more family and special occasion cards.

Celebrate spring by visiting the Gift Shop today. We’re open daily from 12:30 pm until 4:30 pm, Monday through Saturday.

Wayne McAfee



Therapeutic Massage
Enhances our Good Life

When **Ann Donnelly** walks into Arbor Glen each Friday, those who have an appointment know this smiling lady will soon make them Feel Good!

Ann has been bringing the amazing benefits of her gentle massage therapy to Arbor Glen for over 12 years. She is a Certified Massage Therapist, a 1995 graduate of Health Choices-Holistic Massage School, Belle Mead, NJ. Ann served as an assistant instructor for continuing education workshops at her alma mater from 1996-1998. She has been a member of the Associated Bodywork and Massage Professionals Organization since 1996.

Those who have had a chance to take advantage of Ann’s gentle therapy know how wonderful and relaxing it is. She is available by appointment (908-788-0809). She offers 15-minute, half-hour, or hour sessions. Give her a call, you will LOVE it.

Joan Bloomer



Arbor Vitae

By: Tom Shreve

“Spring is in the Air!” Spring in the air yourself, you old...!! No, **NO!!!** This is not the exercise program. That was the last issue, and it was a great success, and still is. One of the most successful programs Arbor Glen has had for residents. The secret? Participation!!

One of the prime missions of an ACTIVE continuing care community is getting residents to participate in activities. At this time of year, one featured activity must be the Enjoyment of Spring.

With all the beauty of the flowers and flowering shrubs and trees that Arbor Glen has in its 20+ acres, much enjoyment is possible as a spectator only. But we should all know by now that the maximum benefits of any activity are derived from Participation. Therefore, this is what we should seek. We all know that ability to participate depends on a lot of capabilities: physical, health, finance...

I have been at Arbor Glen for ten years, enjoying the beauty of its natural attributes, with the advantage of having a gardening wife. Quite a bit of money as well as physical effort have gone into beautifying our surroundings with new plantings. Residents able to do so have contributed much, over these years by their efforts, thereby supplementing the professional landscaping services.

The apartment residents are blessed with a patio or balcony. The ones with gardening interests and talents have taken advantage of this by planting, cultivating and achieving considerable flora cultural wonders, even herbs and veggies. I have pictures to prove it. Look into it; it will brighten your life.

Who's New in Our Community



Pat and Bob Lachenauer were welcomed to Arbor Glen at the end of December. Natives of NJ, Pat was born in Bayonne and Bob in Newark and both grew up in Union. They met while Bob was teaching at Union H.S. before joining the Navy and eventually becoming an Information Education Officer at Little Creek, VA. Pat taught in Little Creek. After Bob was discharged, he taught high school Business Education in Union and New Providence. Pat taught English and Social Studies in elementary and middle school in East Orange, Union and New Providence. She also held classes in ESL. They lived in New Providence for 37 years.

The Lachenauer's family grew to two daughters and a son, and now eight grandchildren. Bob became superintendent of New Providence Schools, the first in that position to have a business as well as an education background. He served as superintendent for sixteen years. He started the Morris-Union Jointure Commission to serve special needs students from several towns. Bob also initiated a music program involving these children along with other students and their bands and choruses to perform at New Providence HS.

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Centenarians *Cont. from pg 2*

Al Polizzi, a devout person, regrets he cannot get to church. Born in Pennsylvania, raised in Italy, he returned to the US to live with an aunt in Newark. Learning the barber trade, he found a job in Westfield. Eventually taking over the business, he married the boss's daughter. After his retirement and the death of his wife, he moved to Arbor Glen in 2002, where he distinguished himself as a bocce player. Al looks forward to spring and playing bocce again at age 100.

Margaret Maurer, an only child, was born in New York City. She graduated from Wellesley College and taught English. She has a quilt on her wall made by her 1930 high school graduating class. It is a cherished possession. Her hobbies included playing the piano and tennis. Widowed twice, and living most of her life in NJ, she sold her home in Somerset in 2002 and moved to Arbor Glen. Being civic minded, Margaret became involved immediately and served on several committees, including the one that ordered the new bus in 2004. She celebrated her hundredth birthday in January.

Beryl Tittle was born in Bronxville, NY. She had a brother and sister, and a pony she loved to ride. The family moved to NJ where Beryl met her husband. They had four children. In 1938, they moved to Westfield where Beryl lived life to the fullest, active in her church, entertaining, cooking and doing needlework. They moved to Arbor Glen in 1999 and celebrated their 77th anniversary before John died. Today, Beryl at 102, still has a smile for everyone she greets, especially her eight grand-children, great- and great-great- grandchildren.

Dorothy McGrath

We Love Our Staff



You have to get up early to see the boyish, smiling face of **Charlie Espinoza**. His day with housekeeping starts at 6:30 am. His first job here in 2007 was taking care of recycling. Now he is Team Leader of the Heavy Duty Crew, responsible for Spring/Fall housekeeping in the independent units as well as daily care of Holly Center and our Community Center. Charlie says he loves working here. He means it!

Born in the Philippines, he came to the US in 2003. His parents were naturalized citizens when Charlie and his 4 brothers, ages 7-17, came. They were granted US citizenship within 2 months, under the immigration laws at that time.

When paperwork in both countries is completed, Charlie will bring his wife, Shalamar, and 3-year-old daughter, Sharles, to the USA. Shalamar plans to complete her nursing studies. She will take the certification exam in the US. Charlie is anxious to have Sharles begin school in Somerville.

This conscientious hard worker holds a second job. He'd like to finish his nursing studies, but his love of cars may take him in another direction. He's happy at Arbor Glen; we are blessed to have him.

Joan Bloomer and LaVerne Miner



SUTI

A lovely all black cat owned by **Adair Konrad** is named Hatshepsut after an Egyptian queen. This cat is about twelve years old, and Adair affectionately calls her Suti. Adair's grandson found Suti when he and Adair lived near each other in Asbury, NJ. Grandson and Suti do not see each other often, but when they do, they are clearly pleased and recognize each other. Adair moved to Arbor Glen in 2008; she, of course brought Suti with her.

Suti was formerly an indoor-outdoor cat, but now is a happy indoor cat. She obviously feels at home in Arbor Glen. At night she likes to sleep on Adair's bed. For her daytime naps she prefers the computer bench, although she also likes to occasionally snuggle down among the pillows on the bed. When the cleaning ladies come, she jumps to the top of the kitchen cabinets to watch them and study what they are doing. She eats well and especially likes cat treats. One of her favorite toys is a catnip-filled snake. Suti enjoys watching people from the apartment window.

Jean Wolf

OUR CENTENARIANS

Among the many distinguished residents at Arbor Glen are 6 centenarians! They include:

Alice Foley came to Arbor Glen in 1998. She grew up on a farm in Hunterdon County, taught third grade in Hillsborough, married and has one daughter, three grandchildren and many great-grandchildren. She has participated in many activities and still attends Resident Association meetings. She attributes her 103 years to good genes.

Frances Donato was born in Westfield and attended school in Westfield. Tennis was one of her many hobbies. In 1937, she married and settled in Scotch Plains, where she lived until moving to Arbor Glen in 2003. She has a daughter and a son. At 100, she has three grandchildren and three great-grandchildren. She attributes her longevity to strong family values and always helping each other. Today, at family get-togethers, everyone enjoys each other's company.

Born in East Prussia, it was not until 1933 that **Elsa Klahr**, with three young daughters, came to America to escape Nazi persecu-



Margaret Maurer, Elsa Klahr, Beryl Tittle, Alice Foley, Al Polizzi, Frances Donato,

tion. Joining her husband, they settled in Newark, Delaware. Music has always been an important part of Elsa's life. Besides playing the piano, she enjoyed swimming and bridge. Widowed and in failing health, Elsa was persuaded by her daughters to move to Arbor Glen in 1997. Here she lived life to the fullest, playing bridge several times a week and attending concerts. She held memberships in concert and

symphony series. Always a fan of classical music, at the age of 102 she discovered Scott Joplin and liked his music, too. At this time she entertained the residents playing piano duets. At 103 Elsa still enjoyed listening to music and visits from her 3 daughters, 10 grandchildren and 19 great-grandchildren. And she attended the New Year's Eve party, December 31, 2009!

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Try Something New . . .

New Beginnings

In his poem, *Ode to the West Wind*, Shelley wrote, "If winter comes, can spring be far behind?"

Spring is here and that means a new beginning. The robins have returned and the plants and bulbs, which had been too stubborn to die, are once again pushing through the ground.

We, at Arbor Glen, feel the urge to get out and about and try something new. Some have felt that urge already and are trying their hands at painting and molding clay.

Many are becoming more involved in the exercise program. We are told we will be getting a putting green, and golf lessons will resume. The bocce balls and horseshoes will come out of the storage bin up by the gazebo.

Gardening is an activity that appeals to many at Arbor Glen — to the enjoyment of all.

Perhaps a new beginning might be playing again some games that you once enjoyed, or maybe just learning a game you never had time for, such as Bridge, Scrabble, Mah Jongg or Pinochle.

Whatever your thoughts and feelings are at this springtime, why not try a new beginning?

Bernice Franchino



Fun to Try

Consistency Counts!

What I love about the Arbor Glen residents is that they don't give up. Many have seen success in as little as two weeks, while others continue to struggle standing from their chairs after ten months of exercise. However, the GOOD news is that every class promises to increase their chances of success. After ten months, one resident finally got up. It was his dedication and consistency that enabled him to succeed. When you think you'll never do it, think again, it will happen! **Keep at it! Consistency is the key.**

What's new and exciting coming up this year? We have taken part in a National Heart Month event in February; in March, swimming at the YMCA started up again. Wii Bowling leagues have begun and we are looking forward to a neighborhood tournament. Now that spring is here, the outdoor activities are on the schedule to promote balance and a healthy attitude. The program is also looking forward to additional early evening and weekend classes.

*Brenda DeNure
Wellness Director*

Note: 79.9% of Arbor Glen residents have taken part in the fitness program and an evaluation on a twelve-week cycle.

. . . Join In The Fun!