



Shana Tova

from the staff and residents of the Oscar & Ella Wilf Campus for Senior Living Residents of Stein Assisted Living give back through Philanthropy Club

In December of 2009, the residents at the Martin and Edith Stein Assisted Living Residence formed The Philanthropy Club. This group meets monthly and has a shared commitment for Tzedakah. Anna Simmons, the Executive Director at Stein Residence, said the residents were very enthusiastic about starting the club, since many have a shared philosophy that it is important to "give back" to the community. Ms. Simmons believes that no matter what age we are, we need to find meaning in our own lives and continue to feel useful. This is one way to fulfill that need. "I cannot stress enough the importance of feeling we can still make a difference, no matter how young or old we are or how busy we have become in our everyday life", states Ms. Simmons. "Many of our residents come to us with this strong commitment to volunteerism and giving and the Philanthropy Club is just a natural outgrowth. Research has shown that volunteerism and 'giving' can help the 'giver' as much as the recipient. I can't believe the good works that have been accomplished in a short year and a half."

Some of the good works accomplished by the Philanthropy Club include raising over \$300 for the Haitian Relief Fund. The Philanthropy Club also collected clothing for "Hire Attire Boutique", a New Brunswick group. "Hire for Attire" realized a need for suitable clothing for people searching for jobs. Ongoing has been the periodic collection of summer clothing for staff that sends goods to Africa through their church groups. Other meaningful projects have been filling backpacks with comfort items and necessary toiletries for children that are removed from unsafe homes. The residents presented 25 backpacks to the Foster & Family Adoptive Services.

Homelessbus.org has also benefited. The residents put together bags of requested items for Veterans living on the streets of New York City. Another favorite project involving our troops included filling boxes of suggested items to be sent overseas to our soldiers stationed in Iraq and Afghanistan.

The next recipient will be The Alzheimer's Association. Staff have been participating in \$5.00 Fridays and donate \$5.00 if they wear jeans to work. The money will be donated during the Stein Assisted Living Memory Walk on October 5th.

Louis Lampert, a former member of The Philanthropy Club, has a long history in his life of volunteerism. Mr. Lampert states that he felt compelled to continue this practice as a resident at Stein. Mr. Lampert stated, "to volunteer our service, to donate hours in providing support to the needy, by relating to people, reaching out with understanding, listening, compassion and being sensitive to others is a human quality that gives one great satisfaction. Helping others, even as we have our own limitations, is our way of achieving our own personal goals of happiness and contentment in this life. In order to have some spiritual gratification, you must supply a certain generosity and kindness to others." For more information on how to become a resident of The Martin and Edith Stein Assisted Living Residence, contact us at 888-311-5231 or AssistedLiving@wilfcampus.org.

Wilentz Senior Residence Offers Many Special Touches

At The Lena and David T. Wilentz Senior Residence, independent seniors enjoy a variety of amenities and activities. A special feature, which comes at no cost to the resident, is the activation of a motion sensor between the hours of 5:30 and 10am. This sensor would set off an alarm if no motion was detected during that time, which provides added safety for the resident. There is also a Building Manager, Social Worker and certified nursing assistant on-site as well as building administrative staff.

There are several groups and clubs available for the residents to participate in at Wilentz. Currently there is a knitting club, book club, walking club, discussion group, exercise groups, board and card games and movie nights. The building also has a game room, complete with Nintendo Wii game console, pool table, and television, a computer lab with computer classes, a beauty salon and barber, and a laundry room. Weekly trips are also organized to local shopping centers and cultural destinations.

Residents also have access to a dining room, where kosher meals are offered, as well as a weekend brunch, parties and celebrations. There's even an on-site convenience store that is fully stocked with basic grocery items and household supplies. A meeting room is also provided for religious services, movie nights, and other events for the residents.

These are just a few of the special touches that set The Lena and David T. Wilentz Senior Residence apart from other independent living options in the Somerset County area. For more information about our building or how to become a resident, please contact us by phone at 866-797-2562 or by email at seniorhousing@wilfcampus.org

- Please Join Us:**
- Fight Alzheimer's Disease-Campus Alzheimer Walk- Wednesday October 5th, 2011 @10:30 Meet at The Stein Assisted Living Residence 350 DeMott Lane, Somerset, NJ.**
 - Lunch in the Sukkot Tuesday October 18, 2011 from 12-1:30 RSVP is required we have limited space**
 - Memory Loss, Dementia, Alzheimer's Disease: The Basics** Presentation by the Alzheimer's Association. Dinner will be provided-Wednesday October 26, 2011 6-7:30. Please RSVP

THE OSCAR AND ELLA WILF CAMPUS FOR SENIOR LIVING



DeMott Lane, Somerset, NJ | www.wilfcampus.org

888-311-5231





Alternative Therapy is now offered to Stein Hospice Patients

The Foundation of the Oscar and Ella Wilf Campus for Senior Living has announced that The Jacob and Hilda Blaustein Foundation, Inc. of Baltimore, Maryland generously funded an unrestricted endowment grant to support the operations of The Martin and Edith Stein Hospice of the Wilf Campus. The Blaustein Foundation typically funds organizations that support their five program areas: Jewish life, strengthening Israeli democracy, health and mental health, educational opportunity, and human rights.

With the endowment, The Stein Hospice has decided to provide both harp and massage therapies at their patients' bedside to help reduce anxiety and introduce a more peaceful and calming environment. In an article published last May on the Internal Medicine News Digital Database, a series of studies showed that music therapy can help relieve agitation and depression. This study indicates that this kind of relief helps the hospice team fulfill their promise to promote the best quality of life with compassionate end-of-life care.

An article published in *Massage & Bodywork* magazine, Dietrich W. Miesler, MA, CMT, wrote, "The reason why touch is so powerful is based on the recognition that tactile experiences are the first sensations which greet us at birth. They are also the last perceptions to leave us when we die. Patients sometimes reduce their demand for drugs when massage is an integral part of the treatment protocol."

Dr. Arthur and Betty Roswell, board members of The Jacob and Hilda Blaustein Foundation, were instrumental in helping the Foundation acquire this endowment for the Stein Hospice. Dr. Roswell is also a member of the Stein Hospice board. "We are pleased to be a part of this wonderful ground breaking feature of The Martin and Edith Stein Hospice," the couple said.

"We are extremely excited to offer harp and massage therapy to our patients and believe this to be a great addition to our services," Bruce Birnberg, LCSW, Executive Director of Stein Hospice said. He also went on to say that the harp and massage therapists providing the service are residents of the communities served by Stein Hospice.

Susan Harris, CEO of The Oscar and Ella Wilf Campus for Senior Living said, "Hospices typically don't cover the cost of specialty programs such as harp therapy or massage therapy. Many hospices find other sources of funding in order to provide these programs to patients." Harris added, "The funding from the Blaustein Foundation gives us the ability to go above and beyond basic care and services and offer something unique."

One of the distinctive elements of the Stein Hospice's program is the ability to have a harpist play for the patient in person. In a news segment done by KMBC of Kansas City, Missouri, a cancer patient at Providence Medical Center in Kansas City said, "Anybody can put on a CD and get a little relief, but to have somebody that cares enough that they're willing to come in and share with you, that's special and it makes you feel special."

This exciting program began in July, and will be offered to all of the Stein Hospice patients. For more information on The Martin and Edith Stein Hospice contact us at 888-313-0369 or Hospice@wilfcampus.org.

Wilf Campus Foundation Initiates New Plans

The Foundation at The Oscar and Ella Wilf Campus for Senior Living is truly living up to the mission statement created by a subcommittee and approved by the Foundation Board; to raise, manage, and disperse funds for the activities and sustainability of the Wilf Campus agencies, and to promote the quality of life for the Jewish elderly in Central New Jersey through direct programs and collaborative efforts. The Mission Statement Sub-Committee consisted of Monte Block, Elaine Rand Fromkin, Joan Litt and Ivan Greenstein from East Brunswick, William Davidson and Gerald Staffin from Watchung, Gail Shapiro-Scott from Kendall Park, Edward Guttenplan from Highland Park, and Steven Fuerst from Bedminster. Over the past year, the Foundation has embarked on many exciting programs that embody this mission.

Paula Masciulli, from Monroe Township, Foundation President stated, "I am thrilled to be a part of supporting projects and programs for seniors within our communities and our collaborations with other agencies to provide essential needs for our seniors. Looking toward our future, The Foundation has many exciting programs and events that are in the beginning stages of development that will help to ensure our newly developed mission is fulfilled. We look forward to celebrating our 36th "Double Chai" Annual Meeting with our community on December 14, 2011."

The annual meeting is a big event for the campus, and for the first time the Foundation is responsible for planning and executing the celebration. Event Chair for the annual meeting, Elaine Rand Fromkin, noted that, "she is very excited to be a part of this event and hopes that many community members will turn out to help us celebrate our Double Chai Anniversary."

As part of the annual meeting, the Foundation is putting together an ad journal to welcome Monté Block as the new President of The Wilf Campus Board of Trustees. This ad journal is available to the public and further information can be provided by Rina Richard, the Fund Raising Administrator for The Wilf Campus. She can be reached by phone at 732-568-1155 or by email at richard@wilfcampus.org.

As the fundraising arm of Wilf Campus, the Foundation is responsible for obtaining grants for the different entities. So far this year, their grant awards include a wheelchair accessible vehicle that was awarded through the Federal Transportation Administration's Section 5310 Grant Program, administered by NJ Transit, an endowment from The Jacob and Hilda Blaustein Foundation and a number of bequests. The Foundation supports all of the campus activities, which includes The Martin and Edith Stein Assisted Living Residence, The Martin and Edith Stein Hospice, The Lena and David T. Wilentz Senior Residence, and the newly formed Wilf Transport.

Tribute cards are another aspect of the Foundation, which provide a wonderful way to honor the memory of a loved one or commemorate a special occasion such as a birthday, wedding or anniversary. The purchase of a tribute card, which comes in five different monetary increments, contributes to the expansion of programs provided by The Wilf Campus to the community throughout central New Jersey. To make this process as easy as possible, the Foundation is working to make purchases available online, in the meantime, credit cards can be taken over the phone and an order form can be found on the website to mail in with a check. The Foundation just recently introduced its newest tribute card in the form of a "Platinum" level that is also now available for purchase. Tribute cards can also be ordered by contacting Rina Richard at the Campus. For more information on The Oscar and Ella Wilf Campus for Senior Living and The Foundation contact us at foundation@wilfcampus.org or 732-568-1155.