

STEIN SENIOR INSIGHTS

THE OSCAR AND ELLA WILF
CAMPUS FOR SENIOR LIVING 

350 DeMott Lane, Somerset, NJ • 1 (888) 331-5231 • www.steinresidence.org/js

The Newsletter of The Martin and Edith Stein Assisted Living Residence

NOVEMBER 2009 • CHESHVAN - KISLEV 5770

Wilf Campus walk fights Alzheimer's Disease

On a crisp fall morning in October, Memory Walk 2009 took place on the Wilf Campus for Senior Living in Somerset.

Walks like this one are a key fundraising tool of the Alzheimer's Association - which combats this memory-stealing disease with research and education.

Residents from the Lena and David T. Wilentz Senior Residence and the Martin and Edith Stein Assisted Living Residence didn't let the cool weather deter them. They gathered at the entrance to the Stein Residence to walk the beautiful campus grounds with help from staff members. There was great enthusiasm from everyone involved in this wonderful effort which has become a Wilf Campus tradition.

Lillian Epstein proudly presented a check from the Stein Residence participants. With more than 60 participants in all, the Wilf Campus



Ruth Grossman, Faye Bradus and Frances Block participate in Memory Walk 2009 to raise money to fight Alzheimer's disease.

raised over \$800 to contribute to the Alzheimer's Association.

Alzheimer's disease is a progressive brain disorder that gradually impairs a person's memory as well as the ability to learn, to make reasonable judgments, and carry

out activities of daily living. There is no known cause or cure, and it is the sixth leading cause of death in the United States. Currently, there are more than 5 million Americans living with Alzheimer's.

The Alzheimer's Association

estimates that the current costs of caring for those affected by the disease amount to more than \$148 billion annually. As the baby boom generation ages, the number of Americans with Alzheimer's will soar to levels that will make it difficult to absorb the added cost.

There is hope for the future as scientists have learned a great deal about contributing factors such as age, family history, and genes. There is other evidence suggesting that general healthy aging such as controlling blood pressure, weight and cholesterol levels, exercising body and mind and staying socially active might also reduce the risk of Alzheimer's.

Stein Assisted Living offers our Jaffa Gate Memory Care Neighborhood.
For more information, contact us at 1 (888) 331-5231

All about our kosher kitchen



Brian Dorick

Brian Dorick is director of food service for The Wilf Campus. Brian is a graduate of the Culinary Institute of America in Hyde Park, N.Y., and began his career as a private chef for the actress Mary Tyler Moore. Prior to joining The Wilf Campus staff, he held positions as food service director at a variety of locations including a New York City law firm and kosher assisted living residences in Clifton, N.J., and other communities in the New Jersey area. He has also worked as a chef at restaurants at the Jersey Shore. He is the owner and operator of Epic Events, a New Jersey-based caterer.

Recently Brian talked about the size of the operation and some favorites of the residents.

What is the most unusual aspect of a kosher kitchen?

"The importance of segregation between meat and dairy."

What foods are the most popular with our residents?

"Salmon and broccoli kugel."

What is the residents' favorite food for dinner?

"Sweet and sour brisket"

How many pounds of herring, lox and gefilte fish do you serve per week?

"Three to four pounds of herring, 12 pounds of lox, and 20 pounds of Gefilte fish."

How many eggs do you go through in a week?

"About 30-35 dozen."

What special equipment do you have? How many ovens? And how many dishwashers?

"Six ovens, two steamers, two Swiss braisers, two dishwashers, two deep fryers, one grill, and 12 stone burners."

Brian often meets with residents and asks for their feedback on recipes. He has also prepared some of the residents' own recipes. Not only do the residents enjoy beautiful holiday meals, but they also enjoy themed dinners and barbecues.

Never too late for a bat mitzvah

Mazel Tov to Faye Bradus, Ruth Ogens and Lillian Epstein

They all became b'not mitzvahs on Sept. 13, 2009. The three ladies grew up during a time when women were not often given a Jewish education, let alone allowed them to become a bat mitzvah. At that time, Jewish education was something only for men.

Ruth, now 85, and Faye and Lillian, both 92, say it is never too late to learn.

Jackie Kott, director of recreation, got the idea to start the first bat mitzvah class at The Stein Residence. She coordinated the entire program from finding interested students, and getting our busy Rabbi David Glicksman to schedule the time each week needed to prepare for and teach the class.

Rabbi Glicksman and his students met each Tuesday for six months starting last March. The students learned about Judaism, read Hebrew and learned many prayers. The students were extremely engaged and were working very hard. The last few weeks before the actual ceremony, Kott ran around at Stein preparing as if the bat mitzvah was for her own mother, seeing to all the details such as invitations, seating and refreshments. She also made sure that the students were well prepared, scheduling time with the rabbi for extra lessons.

When it came down to the last week before the bat mitzvah, all three ladies had the usual butterflies, but the Stein staff reassured them that they would be great. On the day of the bat mitzvah, more than 100 people came to be a part of this milestone. The ladies did a phenomenal job.

The staff and residents of the Stein Residence offer our three special ladies: "Yasher Koach."



Recreation Director Jackie Kott, Ruth Ogens, Faye Bradus, Lillian Epstein and Rabbi David Glicksman celebrate the triple bat mitzvah at the Martin and Edith Stein Assisted Living in Somerset.

Victory Garden produces food for our table



Ruth Sobel plants vegetables in the Victory Garden at the Martin and Edith Stein Assisted Living Residence in Somerset.



Barney Cohn and Lois Laning pick vegetables from the Victory Garden.



Ruth Ogens enjoys her salad with greens grown nearby in the Victory Garden.

This spring, residents at The Martin and Edith Stein Assisted Living in Somerset collaborated on a very special project. Residents planned an old fashioned Victory Garden.

Executive Director Anna Simmons conceived the idea and our food service company, Nutrition Management, joined in to support the cost of the garden. Reminiscent of the World War II

Victory Gardens, ours grew herbs and vegetables that were used in preparing residents' meals.

During World War I and World War II, the United States government asked its citizens to plant gardens to support the war effort. Millions of people planted gardens.

In 1943, Americans planted more than 20 million Victory Gardens, and the harvest

accounted for nearly a third of all the vegetables consumed in the country that year. Emphasis was placed on making gardening a family or community effort -- not a drudgery, but a pastime, and a national duty. (This information was taken from the website Revive the Victory Garden revivevictorygarden.org.)

Dr. Hal Beder, a master gardener in training, served as a con-

sultant to the project. He also educated our residents on various aspects of making our garden as productive as possible. Residents have had the opportunity to not only work on the garden, but to eat the fruits of their labor.

For more information about The Martin and Edith Stein Assisted Living Residence and our Victory Garden, call 1 (888) 331-5231.

Your favorite kosher recipe could bring cash!

Susie Fishbein, renowned kosher cookbook author, will visit our community in April 2010. As part of the kick-off to her talk, we are asking the community to submit their favorite kosher recipes. Brian, along with a resident committee, will review all recipes submitted. Brian will cook the top two favorites. The prizes are: \$100 gift card for first place and a \$50 gift card for second place. All participants will also receive access to all recipes online. All recipes should be submitted to info@steinresidence.org by April 5, 2009.

Try out assisted living during a respite stay

Did you know that you can stay at The Martin and Edith Stein Assisted Living Residence for a few weeks without making a commitment? This is called a respite stay.

Respite stays can also be a first step when considering the assisted living option, providing an opportunity to experience the assisted living. Often, seniors hesitate to become an assisted living resident, for fear of the unknown.

This fear can be alleviated when they come for a respite stay, which usually spans two weeks to a month. They get to know the other residents and staff, while getting the “feel” for the place, including the food and day to day life. Knowing that there is not a long term

commitment, the senior is more likely to give it a try. It's a wonderful opportunity to see if assisted living is a good fit, and the respite stay often becomes a long term solution, benefiting the senior, as well as the caregiver.

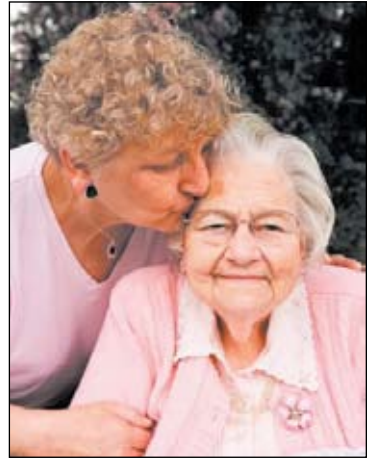
Care giving for an elderly or disabled family member is often a 24-hour, seven day a week job, with little opportunity for the caregiver to take some much-needed time off. It can be exhausting and overwhelming, and can take a physical, psychological and financial toll on the caregiver. There may be little chance to go anywhere, take a vacation, or simply take a “break” from care giving.

Respite care, a short term or temporary stay in an assisted living residence, can help to alle-

viate some of the stress associated with providing care to a loved one. The caregiver can take time off, with the knowledge that the family member will be safe and secure. In addition, respite can be a temporary way to rejuvenate following a hospital admission, when an older adult is not quite ready to return home alone.

Assisted living respite care provides meals, housekeeping, nursing care and therapy if needed, as well as recreational and spiritual care.

For more information on respite stays, contact us at 1 (888) 311-5231 or info@steinresidence.org.



A respite stay – from two weeks to a month – is a way to try out the Stein Residence.

Coping when your parent can no longer live alone

It is a fact of life that a day may come when your parent can no longer live alone. It is a time of transition for both you and your parent.

The parent who taught self-sufficiency with great patience and wisdom is now fighting to keep their own. As their adult child, what can you do to find the delicate balance between independence and safety? How can you facilitate the most beneficial solution without taking over your parent's right to manage their own healthcare and living arrangements? The process begins and ends with communication, with a few practical considerations along the way.

Here are some tools for this challenge:

1. Patience. Take it slowly.
2. Take the time to sit down and talk with your parent and don't think this will be resolved in a moment. Give your parent time to digest the information. Expect them to be angry, they are feeling many losses.

3. Approach the topic with respect, knowledge and solid information.

It is difficult -- at times, even uncomfortable -- to broach safety and health concerns with an aging parent. It is not uncommon for them to react defensively. If you can prepare for that reaction you will more easily establish a calm and reasonable discussion on the

issue. Give them some time and opportunity to absorb your concerns. This is one of life's most difficult turning points and it is not easy for the elderly nor will it be easy for you as you grow closer to being in their shoes. Try to empathize without patronizing. It's threading a needle emotionally, but with a selfless priority you can navigate the inevitable.

Don't be tempted to bring up at once all the highly personal areas that need to be arranged. For example, if you talk to your parent about why living alone has become a serious health and safety risk, do not throw in the need to take over their bank account, examine their will, or other long term and very private matters. Relinquishing one's independence is far easier to internalize and accept if it can come gradually rather than like a speeding train.

In considering whether your aging parent should be living alone, you will need to make a list of all the issues that cause you genuine daily concern. If there are serious health issues, point out clearly to your parent why this is so problematic in your opinion. As a way of allowing a third and objective voice to weigh in, make time to go with your parent to their next physician's appointment. Both of you can voice your opinions and

concerns. If you don't find their physician helpful, try a care manager, social worker, or older family member that they respect. This open communication is essential. Therefore, be careful not to let them feel they're simply being outnumbered. This would get about the same response as if you had spoken with their doctor behind their back. This decision affects your parent; they have every right to speak on their own behalf.

If your parent has exhibited signs of dementia, Alzheimer's disease, or other uncharacteristic behavior that could be potentially dangerous, you have no choice but to find the way to have meaningful dialog with them about your concerns. Again, expect denial, resentment, or even anger, but do not let the issue go ignored. The elderly often feel embarrassed by this problem and almost certainly will be frightened by it. Keep their physician informed of any increases in symptoms, but be sure your parent knows you plan to have that discussion and why. Encourage them to give their input to the discussion so the doctor can give them the most complete care possible.

Be mindful of patterns of change. Notice when they are having more problem days because of health issues. Notice when and if they become more forgetful of common

things or begin to place items in strange places; for example, car keys in the refrigerator. Take time to really look at your aging parent regularly. Take note of any weight loss or gain, any signs of depression, any marked fatigue or acute changes in appetite and sleep patterns. These are important warnings that signal your parent's need for a strong advocate.

No matter how old we become or how our health and mind may falter, none of us wants our individuality taken from us. We have lived a lifetime to earn the right to our privacy and our opinions. When the time comes that we can no longer remain independent, we will go more gracefully to the next phase of our journey if we have a loving advocate on our side, and if we are allowed to retain our views and our dignity. Whenever possible, allow your parent to be involved in the decision. But when safety is an issue, the child must take a stronger stand.

Join our monthly caregiver support group for support and assistance. We meet on the third Tuesday of the month. For more information about the group, call us at 1 (888) 331-5231.

What's doing?



Barney Cohn, Sitta Dessau, Ruth Ogens and Louis Lampert are learning to play bowling with the Wii game console at the Martin & Edith Stein Assisted Living Residence in Somerset. They are competing in a national league against other assisted livings.

There's always something going on at the Martin & Edith Stein Assisted Living Residence. Here are some of the programs and activities that take place on a regular basis:

- Daily exercise
- Weekly Tai Chi
- Wii bowling
- Senior Olympics
- Discussion groups on hot topics
- Haddasah with Marlene Herman
- Trivia
- Word games
- Book club
- Café Europa for Holocaust survivors
- Jewish War Veterans meetings
- Fred's News - A current events discussion
- Manicures
- Special lectures- Jewish Culture, All About Niagara Falls, Bird Watching, and more
- Trips to local theaters
- Antique Road Show
- Performances by local choirs, singers, and musicians.
- Beauty Parlor
- Card Games and more

Special Activities for November – January

Tuesday, November 24 – 2:00 p.m.

Workshop in Nutrition Part I: “Macronutrients & Micronutrients” presented by second year medical student Ryan Hogan

Wednesday, December 2 – 10:45 a.m.

Cedar Hill Prep 1st grade visits

Sunday December 6

Hanukkah Celebration. Hanukkah Boutique 1:00 - 3:00 p.m.
Mercaz Choir 3:00 p.m. Refreshments served.

Sunday, December 13 – 1:30 - 3:30 p.m.

Students from the IL Peretz Jewish School will sing Hanukkah songs and play dreidel games with residents

Tuesday, December 15 – 7:00 p.m.

Caregivers' Support Group. Speaker, Somerset County Office on Aging

Tuesday, December 22 – 10:30 a.m.

Café Europa (social program for Holocaust survivors)

Tuesday, December 29

New Year's Celebration

Thursday, January 21 – 12:00 noon to 1:00 p.m.

Join us for Lunch & Learn Fall Prevention Program at the Stein Residence

To attend any program, RSVP 1 (888) 311-5231.

Two reach 102 at The Stein Residence

A liberated 'Woman of Valor'



Telly Goldstein sits between her son, Lenny, and daughter-in-law, Rita, at the Martin & Edith Stein Assisted Living Residence in Somerset.

Telly Goldstein was born in Boedigheim, Germany, in 1907, more than a century ago. She was the only child of Julchen and Leo Meyer. When Telly was 14, she used to go to farmers and buy cattle for her father's slaughterhouse. When the farmers saw her coming on her bike they used to say: "Here comes Leo's son." Nobody knew that would set the stage for her life. While living in Germany, Telly attended the prestigious Gymnasium School, and became proficient in several languages. At the age of 16, she went to Bad Hamburg, where she took cooking and baking courses at the Braunschweig Hotel. She also wrote her own cookbook.

At 17, Telly came to the United States to live with her great-aunt in Brooklyn. She worked in a factory sewing dresses. Telly met and married Herman, who worked as a linotype operator. Together, they enjoyed a 50-year marriage. They had one child, a son named Lenny.

In 1938, they moved into their own house in the Flatbush

section of Brooklyn. Telly brought her parents over from Germany and they moved in with her family. Telly became a dress designer, and also oversaw some of the outside companies in the garment business. It became clear that Telly was a whiz at numbers and business, and those she worked with identified her talent and put it to work. She helped people do their taxes and was even approached about becoming a stockbroker.

After her parents came from Germany, they urged Telly to help others escape to the United States. Telly began to make contacts to arrange this. She spoke to the owner of her factory, and worked out a financial agreement so she could borrow the necessary money to bring refugees to the United States. Each person required between \$1,000 and \$2,500 to come here. Telly also had to show that a family would provide a place for them to live, that they would have a job, and that they would not be a drain on the government. Telly even went to Washington to discuss these special arrangements.

As the refugees began arriving, Lenny shared his bedroom with these strangers and has many fond memories of them. By talking with them he was able to become fluent in German. Telly's mom, Julchen, cooked and did wash for these boarders, many of whom were distant cousins. Telly also played match-maker, and told them they had one year to find a job and make it on their own. As her son Lenny said, Telly was kind but also businesslike. Overall, she managed to get eight adults and two children out of Germany, where they would have faced certain death at the hands of the Nazis.

Telly enjoyed the stock market, and often spent eight to 10 hours a day watching it. She did so well that family and friends often considered her their personal stockbroker. Telly's parents moved into a nursing home as they aged, and Lenny said that, true to form, Telly often "adopted" other people in the nursing home, washing their clothes and helping them if they had no family.

Now a grandmother and great-grandmother, Telly resides at The Martin and Edith Stein Assisted Living Residence in Somerset where this year she celebrated her 102nd birthday. She is truly a woman of valor.

A lawyer who paints



Herbert Rand and his wife, Pearl.

Herbert Rand celebrated his 102nd birthday on Oct 14, 2009 at The Martin and Edith Stein Assisted Living Residence in Somerset, where he and his wife Pearl have resided for the past four and one half years. They recently celebrated their 72nd wedding anniversary.

Herbert Rand was born in Manhattan, and later worked at a New York law firm as a maritime attorney. He has published several books relating to the Bible. In addition, he enjoys painting and has several framed oils throughout his apartment at the Stein Residence. He has had his work on display at the Stein Residence as part of the Stein Residence Art Show.

In the past, Herbert's passion was travelling to museums all over the world, as well as living in Israel for several months at a time to learn conversational Hebrew. He has two children, four grandchildren and three great grandchildren, all of whom he speaks about with great pride. He states that he owes his longevity to his wife and extended family.

When asked if he had some words of wisdom for younger generations he said, "Family encompasses many different things. It is your greatest form of strength."

We welcome new residents to The Stein Residence family

Milton Brown



Milton Brown

Where were you born? "New York City."

Where did you live most of their life? "Long Island, N.Y."

What is your occupation and education? "I received a bachelor's degree at New York University and a master's degree at City College. I am a retired teacher and travel consultant."

What is your best memory? "When I first became a father."

How many years are you married? "It will be 55 years this December 2009."

How many children and grandchildren do you have? "Two children and six grandchildren."

What do you enjoy most about living at the Stein Residence? "It makes my life easier."

Rhoda Brown



Rhoda Brown

Where were you born? "The Bronx, N.Y."

Where did you live most of their life? "Long Island, N.Y."

What is your occupation and education? "I received a bachelor's degree and a master's degree at City College. I am a retired teacher and travel consultant."

What is your best memory? "When I first became a mother."

How many years are you married? "It will be 55 years this December 2009."

How many children and grandchildren do you have? "Two children and six grandchildren."

What do you enjoy most about living at the Stein Residence? "I enjoy the sing along programs."

David Hornstein



David Hornstein

Where were you born? "Hungary."

Where did you live most of your life? "Hungary until the age of 20, then came the Holocaust."

What is your occupation and education? "I designed Coach Bags."

What is your age? "85."

What is your best memory? "Enjoying my children and my wife."

How many years are you married? "62."

How many children and grandchildren do you have? "Three children and nine grandchildren."

What do you enjoy most about living at the Stein Residence? "Everything. It is the nicest place."

Ruth Ogens



Ruth Ogens

Where were you born? "Brooklyn."

Where did you live most of your life? "The Bronx.. But when I got married I moved to Plainfield."

What is your occupation and education? "I went to business school, worked in New York and then helped my husband who was a lawyer"

What is your age? "85."

What is your best memory? "When my family was young and having a child."

How many years were you married? "Almost 25 years, but my husband died before my anniversary."

How many children, grandchildren and great-grandchildren do you have? "I have one daughter, two grandsons. One of my grandsons is married."

What do you enjoy most about living at the Stein Residence? "Trips and being kept busy."

Mildred Robinson



Mildred Robinson

Where were you born? "New York City."

Where did you live most of their life? "Toms River."

What is your occupation and education? "I graduated from Douglass College in 1968 and worked as a speech therapist for Brick Township Board of Education until I retired. When I retired, I grew grapes with my husband, and sold them to wineries. I also grew vegetables which we sold as well."

What is your best memory? "Spending time with my family, working with my speech therapy students, and farming with my husband."

How many years were you married? "67 years."

How many children and grandchildren do you have? "Three children, two granddaughters, and one great-grandson."

What do you enjoy most about living at the Stein Residence? "Although I have not been here long, I am very happy that a place like The Stein Residence exists. I am glad that there are people here to provide help when I need it. I feel that the building is clean and well maintained and everyone so far has been very helpful."

Mazel Tov to...

Shirley Bernstein, on the birth of her great-granddaughter, Gabriella.

Etta Hofflich, on the marriage of her granddaughter, Stacy Hofflich, in California.

Bernice Hecht, on the birth of her great-grandson, Benjamin.

Frances Block, on three family weddings: Her grandson, Robert; her niece's daughter, Sarah; and her nephew's daughter, Heidi.

Helen Mondrow, on the wedding of her grandchild, Shoshana, and on the birth of a child to both grandson Eli and granddaughter Braucha.

Violet Rosen, on the birth of her great-granddaughter, Eden Ruth.

Susan Mann is proud her granddaughter, Ariela, returned safely from studying at a yeshiva in Israel.

Phyllis Frankel, on the wedding of her granddaughter, Cori.

Sitta Dessau, on the birth of her great-grandniece in Israel.

Herbert and Pearl Rand, on their granddaughter Aliza receiving an academic scholarship.

Simi Miller, on the marriage of her daughter, Diane,

Allan Grayzell, on his daughter competing in a marathon in Australia and winning a bronze medal.

Simon Atterman, on his son Ken's marriage.

Send Us Your Favorite Kosher Recipe

See Page 1b

For more information, call 1 (888) 331-5231.

The Martin and Edith Stein Assisted Living Residence

350 DeMott Lane, Somerset, NJ 08873

THE GALLERY



First year medical students from UMDNJ-RWJMS (the University of Medicine and Dentistry of New Jersey – Robert Wood Johnson Medical School) visited residents and asked them about life in assisted living, and about their health concerns. With resident David Hornstein are (l-r) Andrew Chiomeris and Kate Van Orden.



Antiques assessor Tom Petrino makes a presentation at the Stein Assisted Living Residence.



Meet The Martin and Edith Stein Assisted Living Residence Board (left to right). Front Row: President David Wormser of East Brunswick; Bill Davidson of Watchung, president of the Wilf Campus board, Steve Kaminsky of South Brunswick and Gerry Staffin of Watchung. Back row: Susan Greenstein of East Brunswick, and Bert Wolf of Bridgewater.



Jewish War Veterans meet at The Stein Residence once a month.



Stein residents participate in the Matter of Balance Program at the Wilentz Residence.



Rabbi David Glicksman blows a shofar during a special class on Rosh Hashana.



Harry Eisenberg lights a menorah at Café Europa - a social club for Holocaust survivors, run by Jewish Family Service of Somerset, Hunderdon & Warren Counties.



Residents of the Stein Residence and community members enjoy a meal in our sukkah.



Residents go to Colonial Park for Tashlich. Pictured are (left to right) Faye Bradus, Sitta Dessau, Harry Eisenberg and Irving Hoppenwasser. Behind them is staff member Lois Landing.

Staff members are special at The Stein Residence

"My family is so happy to have found the Stein Residence. My mom has been there for over a year, we are there very regularly, and, I don't know how to say this without being cliché, but we continue to be amazed by the caring, thoughtful, professional staff. The staff - nursing, housekeeping, dining room, etc. - is attentive, patient, kind, attuned, and caring. There's very little employee turnover so my mom knows the staff and enjoys being there. We're glad that she's well-cared for and the staff does a great job in reaching out to us when they observe anything they think we should know about. We could not be happier."

---Steve Talmud of East Brunswick

These are some of the staff members at The Martin and Edith Stein Assisted Living Residence in Somerset.



Anna Simmons

Anna Simmons, RN, CIC, CALA
Executive Director

Anna has enjoyed working on The Wilf Campus for more than 20 years. She began her career at Wilf in the nursing home, working as a nurse in infection control and staff development. Her background in nursing and her love of quality assurance made her a natural fit as executive director of The Stein Assisted Living Residence. In this role, she oversees the daily operation of the 87-bed assisted living residence. Anna's personal mission is to make every day as good as it can be for every resident she serves. She is most proud of the care given by the talented team of dedicated professionals at The Stein Residence. Anna has three children. She loves Long Beach Island and kayaking as well as painting, drawing and reading.

Dr. Richard Corson, MD
Medical Director

Dr. Richard Corson graduated from the University of Medicine and Dentistry of New Jersey Robert Wood Johnson Medical School, New Brunswick. He is affiliated



Richard Corson

with Somerset Medical Center. He was selected among the prestigious list of New York Magazine's "Best Doctors in the New York Metropolitan area in 2007. He enjoys spending time treating the elderly. He has a busy private practice in addition to serving as medical director of The Martin and Edith Stein Assisted Living Residence.

Tammy Mannon, RN, BSN, LNHA
Director of Nursing

Tammy joined The Stein Residence in 2004 as director of nursing, bringing with her 15 years of nursing experience working in hospitals, nursing homes and assisted living residences. She graduated with honors from Seton Hall University and holds a nursing home administrator license.

"Although my days are quite busy here, I love my job," Tammy said. "Each day that I leave to go home, I know I have made a difference in some of the residents' lives, and that's what nursing is all about. I can't think of anything I'd rather be doing."

Tammy is married with two children. Tammy's hobby is her animals. She has five dogs, three cats, a fish, and a chinchilla.



Tammy Mannon



Phyllis Carter

Phyllis Carter, LPN
Coordinator of Jaffa Gate Memory Care Neighborhood

After working for AT&T for 24 years, Phyllis made a career move to nursing in 1995 and earned licensure as a LPN. She said it was one of the best decisions she has ever made.

Her nursing career began at Overlook Hospital, in oncology. She also worked in various doctors' offices, rehabilitation and long term care. She spent two years working for the

Commission with children with Autism, physical and mental delays, and behaviors.

"Working at the Stein Assisted Living for the past five years is really like caring for a family member," she said. "I developed many close relationships, not only with the residents, but with their families as well, while embracing the culture here."

Phyllis has one daughter, two cats and a dog." She loves to cook, sing, and travel.

Donna Hummer, RN
Assistant Director of Nursing

Donna joined our management team in 2008 as assistant director of nursing. She has been a registered nurse for 30 years, with significant experience, including a certification in geriatric care. Donna earned her RN degree at Raritan Valley Community College. Her experience includes hospital, hospice, home care, physician's offices, occupational health, and long term care. Donna has three grown married children and six grandchildren. Her hobbies include reading, walking, bike riding, taking classes, and arts and crafts. Donna loves all the residents at Stein Assisted Living.



Donna Hummer

Did you know that our nurses give each resident a monthly wellness check in addition to checking blood pressures, administering medications, giving respiratory treatments, and caring for wounds as well as coordinating medical information with physicians and families? Nurses Aides assist residents with dressing, bathing, exercising and so much more. Did you know that we have physicians who visit residents right in our building? We have geriatric internists, podiatrists and a psychiatrist who visit our residents. Residents can have blood work and x-rays done right here at Stein. In addition, we offer physical therapy, occupational therapy, speech therapy and counseling right at the Stein Residence. We also provide transportation to area physicians for scheduled appointments with specialists.

For more information, call 1 (888) 331-5231.

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