

WILF CAMPUS NEWS AND VIEWS

Fall Winter 2010-2011

THE OSCAR AND ELLA WILF
CAMPUS FOR SENIOR LIVING

*Fulfilling
the Promise*

FROM THE DESK
OF THE OSCAR AND ELLA
WILF CAMPUS CEO:

It has been a very busy and exhilarating year since my arrival at the Wilf Campus in January 2010. Our Board of Trustees and executive management staff embarked on a strategic planning process during which we developed a new mission for the campus and created a new direction for additional programs and services. We are working toward many exciting areas that include the expansion of our Martin and Edith Stein Hospice into the Monroe Township area and into Union County. We are developing transport services to assist seniors in our community who are unable to use the public transit systems or can't afford private transportation. We will be expanding our educational offerings to professionals in the field of aging as well as creating a "think tank" of Jewish professionals that serve seniors to explore ways in which we can provide collaborative services for the community's Jewish elderly.

Rabbi Bryan Kinzbrunner has joined our team as the new Wilf Campus Rabbi. He comes to us with a great deal of experience in Jewish Chaplaincy and Hospice care. Rabbi Kinzbrunner is already bringing many fresh and new ideas to all of our Shabbat and holiday services and to Jewish life on the campus overall.

The Foundation at the Wilf Campus is our fund raising arm. It is through the funds raised by the Foundation that allow us to create the many special programs we have on the campus. I hope that you will think of us when you want to make a special gift or commemorate a life cycle event. [See Foundation Article back page.]

I welcome you to join us as we celebrate our renewed vision and continue our journey in caring for the Jewish elderly at our Annual Meeting being held this year on Monday, December 13, 2010. [See Annual Meeting information on next page.]

My office is located on the second floor of the Assisted Living building. I welcome you to call, e-mail or stop by to visit. I would love to meet and talk with you. From our home to yours, Happy Hanukkah and a Happy New Year.

Chag Sameach,
SUSAN HARRIS, CEO

A Match Made In Heaven

In Eastern Europe it was quite common within the Jewish community to have matchmakers, or a "shadchin," who would put two people together for the purpose of marriage. They were usually paired based on family background, levels of observance and other sometimes intangible factors. At Jewish Family Service (JFS) of Somerset, Hunterdon and Warren Counties, we have a unique spin on matchmaking. Five years ago, a Family Mentoring Program was created to match vulnerable families with volunteers whom we trained. These "couples" were matched with attention to the unique challenges of each family and the expertise of each volunteer. In 2008, our Senior Mentoring Program began at JFS with the same matchmaking principles, partnering dedicated volunteers with frail, often isolated senior citizens. The Martin and Edith Stein Assisted Living Residence at The Wilf Campus joined together with JFS and seemed a perfect place to make a match.

David Hornstein describes himself as a "young 86." A Holocaust sur-

vivor, David was born in Hungary and hid from the Nazis from November 1944 to January 1945. He spent time in a forced labor camp in Budapest, and was shot, beaten, and subjected to unimaginable indignities. Many of his family members did not survive.

Despite everything, David was able to come to the United States in August 1949 to begin a new life. He has been married for 55 years and now has three children, nine grandchildren and one great-grandchild. David has many medical challenges. He walks with a walker, had a recent hip replacement, and has had several hospitalizations. Two years ago, David decided to move to The Martin and Edith Stein Residence because he wanted to be part of a warm Jewish community.



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Tolerance, understanding and love equal 63 years of marriage

Abe and Miriam Winograd have been married for 63 years. They were married on August 16, 1947 in Brooklyn, NY. They first met while both worked for the NYC government, and often spoke on the phone. One day, Miriam had tickets for an event at the Waldorf Astoria and invited Abe to attend, and five months later they were married. Ironically, when they first went out, Miriam told her mother that she felt Abe wasn't serious.

When asked the secret to a successful marriage, both listed tolerance, understanding, and the love they have for each other. Abe chuckled and said he also knows that Miriam is the boss.

Miriam and Abe have two children and five grandchildren. Their son, David, lives in Ellenville, NY and works as a musician and talent agent. He has 3 children. Their daughter, Karen, lives in Matawan with her husband and two children. Miriam was also happy to note that Karen is currently the President of her shul. It's clear that Abe and Miriam are very proud of their wonderful family.

When asked what was most surprising about their spouses, Abe said that Miriam was

"beautiful, kind and generous." Miriam called Abe "very smart, bright and intelligent." Their love for each other is doubly impressive given that the two spent many decades working together side by side in a successful family business. Abe and Miriam owned a company called Mechanics located in Perth Amboy and Redbank, NJ, where they sold furniture, bicycles, and toys.

Abe and Miriam lived in Woodbridge, NJ, for 58 years before moving to The Wilf Senior Residence about a year and a half ago. They're very happy in their new home, where they participate in many of the activities yet remain independent. They find the staff very nice and

accommodating and feel that the building is well maintained. They also enjoy our communal dining room, where they eat dinner Monday through Friday.

For more information on The Lena and David T. Wilentz Senior Residence at The Oscar and Ella Wilf Campus for Senior Living, check out our website at www.wilfcampus.org or call us at 732-873-3888.



THE OSCAR AND ELLA WILF CAMPUS FOR SENIOR LIVING
350 DeMott Lane, Somerset, NJ 08873, (732) 568-1155
www.wilfcampus.org



The Rabbi's Vision

As the new Campus chaplain for the Oscar and Ella Wilf Campus for Senior Living, it behooves me to share some of my thinking about spirituality and elder care. Having worked in Hospice care for the past five years, I have come to learn that faith-based organizations and institutions have a unique role to play in elder care. As a Jewish institution, our goal is to meet the residents and patients and their families as individuals, looking at the social, cultural and spiritual needs that might be unique in order to present sensitive care for the aging Jewish population. As an example, let me share a recent story from my work with our hospice, the Martin and Edith Stein Hospice.

We have a Jewish gentleman on our service who claims to be an avowed atheist. His background included years in Jewish day school at a time when it wasn't as common. When he entered high school, he had come to the decision that Judaism wasn't for him. In a twist of fate, his son eventually found his way back to practicing Judaism, which came about through Chabad. During a recent visit, an unexpected visitor arrived. It was our Wilf Campus board member and Chabad Rabbi from Monroe Township, Rabbi Zaklikovsky. Rabbi Z. came to visit this patient after learning that his family had a mutual acquaintance with a colleague of his in northern New Jersey. During their visit, Rabbi Zaklikovsky asked the patient if he has been keeping up with his range of motion exercises.

The patient said: "I have the list of the exercises on the back of my door but I don't usually do them."

Rabbi Zaklikovsky responded, "Would you like to do exercise with me?"

The patient had a puzzled look on his face, and asked, "Exercise?"

Rabbi Zaklikovsky then said, "I have an exercise for you. It is called *Tanzan* (Yiddish for dancing)."

The patient was again taken by surprise, "Tanzan?"

The next thing I know, Rabbi Zaklikovsky, the patient and myself were dancing to the Yiddish song, *Tumbalalica*. The patient called to his wife to come and see what was happening. When she entered the room, she started laughing with glee. Our patient was very happy, grinning from ear to ear.

This is the message of what hospice care, as well as all elder care, can be about. People are facing the most challenging and scary part of life, but that does not mean it has to be sad and depressing. There are times when pure joy can and should be had. For our residents, it is making sure that not only are they entertained, but that they are

provided with religiously and culturally based activities.

My goal for the Wilf Campus is to facilitate and support the continuing growth of a culturally Jewish institution. We currently have a dynamic Shabbat and Yom Tov program at the Martin and Edith Stein Assisted Living Residence. We are also increasing Jewish activities at the Lena and David T.

Wilentz Senior Residence. We will be holding Hanukkah candle lightings in both the assisted living and senior residence buildings, with future events being planned for all the holidays.

I am very pleased to tell you that on November 7th, The Wilf Campus participated in a joint venture with the greater Jewish community as part of the Global Day of Learning. The Global Day of Learning was a day of studying about Judaism in commemoration of completion of Rabbi Adin Steinsaltz's lifelong work of writing a Hebrew translation of the Talmud. It was a very exciting day for everyone. It is my hope that we can join with the greater community to bring even more of these special events to our residents on the campus.

As a part of my bigger vision for the Wilf Campus, I look forward to working with our residents, family members, patients and the Community at large to foster the most inclusive and best possible Jewish Life for our seniors.



Two Loving Sons

Though it seems like only yesterday that Rose Montag moved into The Martin and Edith Stein Assisted Living, she's now been a resident for six years. Her sons, Alan and Stephen Montag, shared a few words about their experience at Stein and why they chose it. Alan, a retired teacher living with his wife in Manalapan, NJ, said they chose Stein originally because it was a modern facility that was also kosher, something important to his mom. "Our requirements included the need for a place where traditions, such as weekly Shabbat services, would be observed," added Stephen, who is in property management and real estate and lives with his wife in Livingston, NJ. "The fact that the facility was beautiful and with uplifting décor was icing on the cake."

Both sons said that they have had a very positive experience with The Stein Residence throughout their mother's six years here. "The nursing, housekeeping and dining room staff have all been wonderful," said Alan. "We couldn't be more pleased."

Stephen agreed. "We could not know [when our mother first arrived] about the most important ingredient the incredible Stein staff. Our mother has received the finest care imaginable. From top to bottom, the Stein personnel are among the most caring professionals one could find."

Alan mentioned the special relationships that his family has developed with specific staff members. He was very impressed, he said, when Head of Housekeeping Sharone Coleman phoned him to personally discuss a concern she had about his mother. Alan also complimented Home Health Aide Evelyn, Director of Nursing Tammy Mannon, RN, LNHA, and Lori, who oversees the dining room.

Said Stephen, "We sleep well at night, knowing our most precious possession—our mother—is in good hands. Thank you all!"

For more information on The Martin and Edith Stein Assisted Living Residence please call 732-568-1155.



Campus Raises Over \$1100 for Alzheimer's Disease

Over forty residents, staff and community members participated in our sixth annual WILF CAMPUS MEMORY WALK. The weather cooperated and we had a beautiful brisk day for the event. There was a wide range of donations and many different opportunities to help. Some

purchased \$1 Forget-Me-Not flowers, while staff participated in our "Casual for a Cause Fridays," allowing them to wear jeans once a week for a \$5 donation. Others donated online or by check. Some people walked, while others donated their time to help a resident, stay behind the scenes to care for those who could not walk, or managed traffic and chairs. Still others donated the apples and water to support the walkers. No matter the activity, everyone's participation was meaningful and worthwhile, and the wonderful positive energy that day was tangible.

The event was a campus collaboration between The Wilentz Residence and Stein Assisted Living Residence. Under Randi Rosen's leadership and encouragement, we raised over \$1,100 and had the privilege of presenting this donation to Kim Goetz from the Alzheimer's Association. Home Instead Senior Care brought their caregivers to assist campus residents in the walk.

Every year, those of us fortunate enough to participate in this event are especially moved by residents who suffer from Alzheimer's walking right alongside us. Almost every one of us has personally known someone afflicted. So when our \$1,100 joins the Alzheimer's Association's targeted final donation of \$850,000, we'll know that we contributed what we could and made a difference.

Thank you to everyone for another great effort. It is important to our residents to continue being contributing members of the greater community, and your efforts have made this happen.



PLEASE JOIN US

The Oscar and Ella Wilf Campus for Senior Living
Annual Meeting and Installation of 2011 Officers and Trustees

MONDAY, DECEMBER 13, 2010
6:30 p.m. Classical Caterers

at Congregation B'nai Tikvah | 1001 Finnegans Lane, North Brunswick, NJ 08902

Dietary Laws Observed

For more information or to attend call Rina Richard at 732-568-1155
or email richard@wilfcampus.org



JOIN US FOR THE FOLLOWING EVENTS

SUNDAY NOVEMBER 21
Chanukah Shopping Boutique 1-3pm

WEDNESDAY NOVEMBER 24
Things we give Thanks for with Rabbi Bryan Kinzbrunner @ 3pm

WEDNESDAY DEC 1
Lunch and Learn-Memory Loss
presented by Barbara De Angelo The Alzheimer Association
12-1pm

SUNDAY DECEMBER 5
Mercer Regional Choir @2pm

EVENTS WILL TAKE PLACE AT
The Martin and Edith Stein Assisted Living Residence
350 DeMott Lane, Somerset, NJ 08876

FOR MORE INFORMATION OR TO ATTEND AN EVENT
CALL 732-568-1155 OR EMAIL INFO@THECAMPUS.ORG



Why A Jewish Hospice?

By Paula S. Krauser, MD, MA

Medical Director of The Martin and Edith Stein Hospice

As modern day Americans, we live in a death-denying culture. Yet, with all that science, technology and medicine can do, none of us can escape the fact that we will all be affected by death in some way and, one day, our own lives will end.

Although this truth will cause some to stop reading and turn the page, those of you who persist may find these words comforting rather than fearful. Judaism has always acknowledged that "there is a time to be born and a time to die." Although we are in control of neither, both can be seen as Divine Mysteries.

Death is so much more than cessation of the pumping heart or the lack of breath entering the lungs. If this were not so, we physicians could banish death through the technology available to us. No, death is the stuff of poets and philosophers because it encompasses the Divine. Some believe that the fact that our life on this earth is finite gives life its meaning. Whatever our purpose, our Rabbis advise us to live our lives in such a way that we will be ready when death comes. This understanding awakens an appreciation of the everyday miracles we might otherwise ignore. Those who are aware of death know how to end quarrels so as not to leave

relationships permanently ruptured. The admonition in Exodus to "choose life" means we must accept death as a part of that life.

Just as birth is a process, so is death. Each individual's dying process is unique and uncharted. There is a surreal feeling when patients or loved ones are engulfed by this process. As the rest of the world bustles around us, we are forced to make difficult decisions, face fears, deal with unpleasant symptoms, and overcome obstacles. A roller coaster of emotions pushes us off balance.

When invited, hospice can offer support and guidance during these turbulent times. The word "hospice" comes from the French root "hospitare," a place that offered aid to pilgrims and travelers during the Middle Ages. However, long before, the Torah commanded us to love the stranger, to tend to the sick and the aged, and to make ourselves into the image of a loving G-d. Abraham, despite his own pain, invited three hot, hungry men into his desert tent. These strangers, it was revealed, were actually angels who rewarded him for his hospitality. This first Patriarch of Judaism serves as the ancient role model for compassion. Our soulful Psalms capture the depth of human emotion and have offered solace from generation to generation. In truth, the concept of hospice has been part of Jewish culture throughout our history.

Just as birth is a process, so is death.

Hospice cannot take away the sadness and sense of loss inherent in every death. Such is the burden of illness, but the people who work in hospice can ease this burden. Through their presence and training, they can treat symptoms, diminish isolation, advise and guide. Their experience makes them reassuring companions who do not turn away from suffering.

When there is no hope for a cure, our Jewish tradition still speaks of the opportunity to heal completely - *Refuah Schleimah*. By protecting the sanctity, dignity, and quality of life, hospice workers become the hands through which the Divine delivers care as we leave the world.

For more information on The Martin and Edith Stein Hospice, Call 732-227-1212. Stein Hospice is a certified Jewish Hospice serving Somerset, Middlesex, Warren, Union and Western Monmouth County.

CALENDAR HIGHLIGHTS

At Stein Assisted Living

- WII BOWLING
- ZUMBA GOLD
- MEDITATION WITH KEN
- RABBI DISCUSSION GROUP
- SPECIAL PRESENTATIONS
- BOOK CLUB
- TRIPS TO LOCAL THEATRES, JCC'S, MUSEUMS, RUTGERS UNIVERSITY, AND MUCH MORE

WHATS DOING AT WILENTZ?

- HADDASAH DISCUSSION GROUP
- GAME NIGHT
- COMPUTER CLASSES
- GENTLE EXERCISE CLASS
- ARM CHAIR EXERCISE
- RABBI DISCUSSION GROUP
- KNITTING CLUB
- WALKING CLUB
- TRIPS TO SHOPPING AND LOCAL EVENTS



WILF CAMPUS NEWS AND VIEWS

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Pictured here is Olga Mierdo, Site Manager and Ann Boris.

THE LENA AND DAVID T. WILENTZ RESIDENCE RECENTLY CELEBRATED ITS 25TH ANNIVERSARY WITH A BEAUTIFUL DINNER EVENT.

Ann Boris was honored for living at the Wilentz Senior Residence since its opening.



The Foundation at the Wilf Campus

Through fund raising efforts and the support of our contributors, our Foundation provides valuable senior living programs and services that benefit the Wilf Campus and seniors throughout central New Jersey. We are dedicated to fulfilling the Wilf Campus promise in our mission, "to be the leader in central New Jersey in providing health, housing and community services primarily to the Jewish elderly in an environment which enhances and respects Jewish values, traditions and lifestyles."

Through our Foundation Office, you can honor a loved one, support a specific cause or program, create a lasting endowment or purchase tribute cards for all types of events in

your lives. Whatever your aspiration for charitable giving, the Foundation at the Wilf Campus can help you achieve it.

Tributes are a wonderful way to honor or remember a loved one, send good wishes, show appreciation to someone or celebrate a family simcha or milestone event. Your contributions help us to continue our promise to care for and support our elders in the Jewish tradition by expanding our current Wilf Campus programs and adding valuable services for our community.

For more information, to discuss a donation or to purchase tribute cards contact Rina Richard at foundation@wilfcampus.org or 732-568-1155.

CONTINUED FROM FRONT

Gerry Isaacson is a retired school principal who currently works as a mentor for new school administrators. Gerry worked as a Peace Corps volunteer in Thailand from 1965 to 1967, giving him a broader perspective and helping to shape him into the person he became. He has four children and four grandchildren. After several years of retirement from full-time work, Gerry wanted to expand his volunteer repertoire and decided to attend a training session at the JFS Family/Senior Mentoring program. During the training, it became evident to the JFS staff that Mr. Isaacson was an extremely compassionate, intelligent and well-adjusted individual—an ideal mentor for David.

A JFS social worker facilitated the "match," and there was an immediate connection between the two men. Both have a wonderful sense of humor, are intelligent and worldly, and have maintained positive attitudes despite the challenges they have faced. They had no trouble finding common ground.

After several meetings, David informed Gerry that his 28-year-old grandson, who lives in Jerusalem, was getting married. He hoped to fly to Israel for this event but it soon became clear that health problems would make the trip impossible. He was crestfallen. When Gerry found out, he immediately suggested that they phone his grandson in Jerusalem and speak with the wed-

ding photographer, who was able to arrange a Skype set-up so that David could watch the entire wedding. "Not only was I able to be part of the wedding, I spent an hour talking with 30 people who lined up to speak with me," said David. "They were relatives and friends whom I haven't seen for 20 to 40 years."

David credits his mentor for making it possible. "I don't know how to thank Gerry for all he did and continues to do for me. I feel he is more than a volunteer, he's like a brother."

The feeling, it seems, is mutual. "I've gotten a lot of good feeling, doing things with and for my senior," Gerry said. "We've become friends, and he's very appreciative. It feels good helping make his life a little brighter."

If you are interested in volunteering, or in making a referral, please contact Jewish Family Service of Somerset, Hunterdon and Warren Counties at (908)-725-7799.

This article was written by Jeanne S. Lankin, LCSW who supervises the Senior Mentoring Program at Jewish Family Service of Somerset, Hunterdon and Warren Counties. Jeanne is also a consulting Social Worker for The Martin and Edith Stein Assisted Living Residence, and is in Private Practice in Highland Park and Monroe Township, NJ.

THE OSCAR AND ELLA WILF CAMPUS FOR SENIOR LIVING

350 DeMott Lane, Somerset, NJ 08873, (732) 568-1155

www.wilfcampus.org

For 35 years, our campus has provided a continuum of senior living, health care and related services while embracing the Jewish values and traditions our residents and community hold dear.

The Lena and David T. Wilentz Senior Residence

— Tenant of this attractive building located in a park-like setting are income restricted seniors who are 65 years of age or older. They enjoy spacious, private apartments with fully equipped kitchens and full baths at affordable monthly rental fees. On-site services include a convenience store, a state-of-the-art computer lab, Glatl kosher evening meals served in our attractive main dining room, and exciting social, recreational and educational activities. All tenants enjoy the safety and security of our new state-of-the-art emergency call system that detects if there is no-movement during specific hours and alerts staff of a possible problem inside individual apartments. A part time social worker is available to assist residents with any personal issues.

For more information or an application, call (732) 873-3888 or email Seniorhousing@wilfcampus.org

The Martin and Edith Stein Assisted Living Residence

— Each resident of this beautiful and well-appointed environment receives the level of personalized support he or she needs and desires. Our upscale menu of services at the Stein Assisted Living include assistance with bathing, dressing and medication management, licensed nurse on premises 24/7, glatt kosher meals, housekeeping and linen service, emergency response systems, recreational, social and cultural activities, religious observances, transportation to medical appointments, on-site physical therapy, library, computer lab and beauty salon. For people with Alzheimer's disease and other forms of memory impairment, our separate Jaffa Gate memory care neighborhood provides specialized, dignified care in a home-like setting.

For more information call (732) 568-1155 or email AssistedLiving@wilfcampus.org

The Martin and Edith Stein Hospice

— As the premiere non-profit Jewish hospice in central New Jersey, our compassionate team of nurses, social worker, Rabbi, home health aides and specially trained volunteers are committed to providing individualized hospice care in the Jewish tradition. We are sensitive to Jewish law (Halacha), customs and traditions in our approach to end-of-life care, as well as the grieving process when a loved one has passed away. Our clinical staff, trained volunteers and Rabbi offer hospice care with an understanding of the significance of Jewish holidays, observances and rituals. Our services are available in private homes, nursing and assisted living facilities, senior apartments and hospital settings.

For more information call (732) 227-1212 or email Hospice@wilfcampus.org

Continuum of Care at the Wilf Campus

We are pleased to share our campus with the Regency Jewish Nursing and Rehabilitation Center as part of our continuum of care. At the Wilf Campus, we are able to provide a spectrum of services for seniors that include independent living, assisted living, memory care, long term care, and hospice support through services for residents in their final days of life. Regency Jewish Nursing and Rehabilitation Center provides a full range of nursing home services just steps away from our other facilities that is inclusive of sub-acute rehabilitation services, glatt kosher meals and Jewish lifestyle activities.