

## ***MINUTES OF THE APRIL 24, 2023 SENIOR ADVISORY BOARD MEETING***

*Chairman Ken Miller called the meeting to order at 10:00 AM at the Cranberry Creek Clubhouse.*

*There was a Flag salute and a moment of silence for our military and world peace.*

*Roll call was taken. Board members in attendance were: Ken Miller, Nancy Cotter, Diane Coyle, Richard Dutton, Donna O'Brien and Lisa Stevens. Dan Maxwell, Liaison to the Little Egg Harbor ("LEH") Township Committee, was also in attendance.*

*The minutes of the last meeting of the Board on March 27, 2023 were then approved by motion duly made, seconded and unanimously carried.*

*The first speakers were Jacqueline Phillips, Director of Community Relations at Seacrest Rehabilitation & Healthcare Center, and Wendy Becker, Director of Community Relations at the related assisted living facility, The Terraces. Ms. Phillips began by reporting that The Promenade at Seacrest, a new subacute rehabilitation unit, opened in January and a further new unit, Promenade West, was expected to open in late May. She then mentioned some of the physicians on staff at Seacrest, including Medical Director Dr. Anupama Rao and cardiologist Dr. James F. Orlando, two names that were familiar to many of those present because they are also the personal physicians of many LEH seniors. Ms. Becker then said that The Terraces provides assisted living in a home-like environment with 74 apartments, of which 26 are in a separate memory care unit and 6 have two bedrooms. Residents bring from home or purchase the furniture for their own apartments to create familiar environments that reflect their own individual tastes. They are provided three home-cooked meals per day, which is often not possible at home because home aides, even if they live in, often do not speak English well or are not able to prepare familiar food. Residents are also provided cleaning services for which they would be responsible if they remained at home, the opportunity to exercise every day, and occasions to socialize in the form of outings, parties and other activities, some of them initiated and planned by the residents themselves. There are no restrictions on visiting hours and one is free to leave the facility to, for example, visit relatives in other states. Residents sometimes make food they like in the kitchen from their own recipes and in some cases the kitchen staff then prepares it for everyone. A resident who runs out of assets can go on Medicaid and remain at the facility, and a resident who reaches the point of needing nursing home care can move on to Seacrest or elsewhere. An upcoming meeting of the Senior Advisory Board will be held at The Terraces and, in the meantime, anyone interested in seeing the facility is invited to visit.*

*The next speaker was Dan Kwasnik, who was trained as a speaker by AARP and is himself a Cranberry Creek resident. He began by reporting that people are living longer now, mostly because of advances in medicine; currently, 56 million out of 336 million Americans are seniors and 89,000 have even reached the age of 100; and "baby boomers" are now at an age when they will be needing care. He accordingly reviewed steps in initiating caring for someone else: (1) Start the conversation (There is often resistance so you have to pick an opening); (2) Form your team (If there is no family member involved, get the person who needs care to sign a written agreement, and include on the team individuals such as a handyman to make repairs and a gardener, ideally people who live nearby); (3) Make a plan (Hold a team meeting at which responsibilities are clarified, at which the intended care recipient is present); (4) Find support; and (5) Care for yourself (so that you can continue to be available). He distributed a reference*

*sheet with a long list of links to resource websites relating to the subject. Two such links are [www.aarp.org/caregiving/](http://www.aarp.org/caregiving/) (The AARP Caregiving Resource Center, which also has a toll-free telephone number, 1-877-333-5885) and [states.aarp.org/new-jersey/caregiver-resources](http://states.aarp.org/new-jersey/caregiver-resources).*

*Board President Ken Miller then noted that the annual Senior Expo would take place on May 4 from 9:00 AM until noon at the LEH Community Center and that there will be a shredding truck on June 17 from 9:00 AM until noon, also at the Community Center.*

*LEH Township Committee Liaison Dan Maxwell then reported that about 100 people had participated in the LEH town-wide cleanup on April 22; a community barbecue will be held on May 27 in connection with the grand opening of the new facilities at the Community Center; the LEH Memorial Day parade will be held on May 29; the replenished Graveling Point Beach is now open; and the similarly redone Parkertown Beach will be opening soon.*

*Ocean County Commissioner and former LEH Township Committee member Bobbi Jo Crea then said that the Ocean County Clerk's Office now has a property alert service which will notify a homeowner in the event of any new (and possibly fraudulent) filing relating to his or her property. One must sign up for it and it is similar to a service which is widely advertised on television, but unlike that service the County's service is free.*

*The next meeting of the Board will be on Monday, May 22, 2023 at 10:00 AM at the Mystic Shores Clubhouse. All seniors are welcome and urged to attend.*

*The meeting was adjourned at approximately 11:15 A.M.*

*Respectfully submitted,  
Richard Dutton, Acting Secretary, LEH Senior Citizens' Advisory Board*