



THE MILLSTREAM

MAY 2009

Vol. XI, Issue V

CRANE'S MILL

459 Passaic Avenue, West Caldwell, New Jersey 07006

973-276-6700

From the Chaplain



A HEALING SERVICE

A healing service was a regular tradition at Church of the Servant, where I was a pastor before moving to New Jersey. However, being new to the congregation, the only healing services I had ever experienced were Benny Hinn's "Miracle Crusades" faith healing programs on television, and that didn't seem to fit the intellectual and conservative culture at Church of the Servant. As I set out to lead the service, I had no idea what to expect.



It was a wonderful experience. The mood was meditative and prayerful. It was not just those with obvious illnesses who came forward to receive anointing. In fact, *everyone* came forward. One by one, they quietly kneeled so that I could make the sign of the cross on their heads with anointing oil. My parishioners knew that everyone needs God's healing in one way or another.

After the anointing, we said prayers together for those suffering with illness in their bodies, with mental illnesses, those who are grieving recent or long-past losses, and those suffering from unknown pain and silent turmoil. It was I who wore the clerical robe and did the anointing, but it was they who taught me lessons about brokenness, healing, and forgiveness that day.



We have the privilege of celebrating healing services here at Crane's Mill this month. I will host an interfaith healing service in the Assisted Living Dining Room on Tuesday, May 12 at 2:30 p.m. Father Anthony Randazzo from Notre Dame Roman

Catholic Church will host the Roman Catholic Sacrament of the Anointing of the Sick with the Mass on Thursday, May 14, at 3:30 p.m. in Hinman Hall.



Please join us!

Chaplain Mara Joy Norden



CRAIG'S CORNER

EMPLOYEE SERVICE AWARD LUNCHEON—16 CRANE'S MILL EMPLOYEES RECOGNIZED

Each year, Lutheran Social Ministries of New Jersey (LSMNJ) recognizes employees for their long term dedication to the Agency: staff that support the mission of LSMNJ by showing a commitment to serving those who hurt, are in need, or that have limited choices.

In 2008, 58 employees were recognized from across the Agency—employees who have served people through a highly diversified social ministry program for 5 to over 30 years! Of the 58 staff that were recognized, 16 are staff members of Crane's Mill (CM). As many of you are aware, CM celebrated its 10 year anniversary at the end of 2008 and 11 of the 16 recognized had 10+ years of service to the residents of CM, the rest had over 5 years of service! This is a wonderful accomplishment for all.



Here are the names of those CM employees who were recognized:

FIVE YEARS

- Irene Kriegsman
- Rosalia Sun
- Maria Perlita Cruz
- Jeanette Juliano
- Iris Perez

(Continued on the next page)



Mother's Day



MILLSTREAM STAFF

Founding Editor 1999 - Alex Maclean
Editor - Anne Kreuder
Board Liaison – Anita Goodwyn
Calendar & Events - Meredith Freeman
Computer and Production Staff:
Johanna Britsman Gladys Eickmeyer
Mabel Keating Art Knutsen
Janet Knutsen Lee Krayser
Anne Kreuder Janice Miller
Wendy Willgoos



SUNDAY SERVICES GREETERS AND GUEST MINISTERS HINMAN HALL 4 p.m.

- May 3 Johanna Britsman
Rev. Gregg Ramirez
Calvary Lutheran Church
Verona, NJ
- May 10 Jim Neighbours
Rev. Eric Ziegler
St. John's Lutheran Church
Clifton, NJ
- May 17 Edith Jipp
Rev. Stephanie Weiner
Union Congregational Church
Upper Montclair, NJ
- May 24 Ted Nelson
Rev. Robert Mountenay
St. Timothy Lutheran Church
Wayne, NJ
- May 31 Resi & Heinz Winters
Rev. Dr. Richard Sommers
First Presbyterian Church at Caldwell
Caldwell, NJ

CATHOLIC MASS THURSDAYS 3:30 p.m.

- May 14 in Hinman Hall
Father Anthony Randazzo
Notre Dame
North Caldwell, NJ
- May 28 in the Assisted Living Dining Room
Father Ed Ciuba
Notre Dame
North Caldwell, NJ



CRAIG'S CORNER (Continued) TEN OR MORE YEARS

Beth Mancuso
Larry Serenas
Hilde Lombardo
Nemse Paguntalan
Peggy Lee Nunn
Lula Clark
Dorothy Clarke
Lisa Patel
Francisco Reyes
Mourice Craig
Diane Baumart

A luncheon was held at the Trenton Country Club and the entire program was designed around a baseball theme. There were tee ball contests, baseball stadium music, concession stands, baseball caps (LSMNJ of course!), photos, cash awards and so much more! Most importantly, it was a time for all to hear how much they are appreciated for the excellent work they do everyday and for their commitment to serving!



As a side note, please also know that the dining room and kitchen staff are recognized by our contract service provider—Morrison Senior Dining. All of us - residents and staff - greatly appreciate the excellent service we receive on a daily basis. We are truly blessed to have such a great team!

Our fantastic staff is a huge reason why Crane's Mill has such a warm and inviting feeling. Thank you so much for all you do.

Sincerely,

Craig Karczmer, Executive Director



WELCOME COMMITTEE MIXER

On April 21, the Welcome Committee held a mixer for the new residents who had moved in since the last mixer on November 27. There are only several residents since that date and none since January. Over these past months the new residents have become an active part of our community, and they deserved a formal welcome. As always, it was interesting for all of us to share our experiences.

Lest we become lax in our manners, we must remember that we should be welcoming to new friends when the new buildings are being occupied.

WELCOME

Annella Arnold

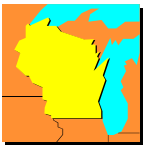
LOW VISION SUPPORT GROUP

Please join us Tuesday, May 5 in the Pub at 10:30 a.m. Joe Ruffalo, Director of the Occupational Center of New Jersey, will attend our meeting to explain the services they provide. A trained member can visit your apartment to demonstrate alternate ways of solving vision loss problems in everyday living, if desired. This service is free.



June 5 Conference in Clark—Group members have received all the information from the Commission for the Blind on this very worthwhile meeting. Any questions or any other low-vision residents interested, please contact us.

Marvin Meyer and Bernie Farley, Co-Chairs



WAY TO GO, WISCONSIN!

Fortunately, a respectable turn-out of residents was on hand to welcome thirty-three delightful high school choir members from Lomira, Wisconsin, on April 7th. On their way to the United Nations in New York City, they made a side trip to Crane's Mill mid-morning. The young women were in soft long black gowns; the young men in black suits, white shirts and black bow ties. Teen exuberance was controlled but evident.

Full attention was given to director Jennifer Bautz. Cleverly, the choir had its recorded accompaniment with it. Singing without music sheets or other papers, they opened with a solemn "Exsultate Deo", and seven selections later concluded with the Irish blessing "May the Road Rise to Meet You". Sandwiched between were a Jamaican folk song, a lengthy "Wicked Medley", a bit of Gershwin and the theme from "New York, New York". The music was enhanced by appropriate arm and body movements; coffee cups for "Java Jive"; red and white gloves in another selection. Each piece was met with enthusiastic applause, leading their director to remark on their appreciation.



Because of the choir's tight schedule, their gift of music allowed the members only a quick taste of punch and cookies. After many handshakes and embraces from our residents, choir and chaperones hurried to board their bus for New York. We hoped their road would rise to meet them on the remainder of the journey to their homes.



Wendy Willgoos

CASS GILBERT RETURNS

Cass Gilbert, pianist, looks like the majority of the men at Crane's Mill and he knows our music. He plays it sweetly accompanied by Paul Grabow on the saxophone and other wind instruments.



Do you remember: "When You're Smiling", "Easter Parade", "Ain't She Sweet?", "Hard Hearted Hannah", "Kansas City, Here I Come", "Hey, Hey Good Lookin'", "What Cha Got Cooking", "Good Morning Viet Nam", "I Say to Myself—What a Wonderful World", "In Indiana" and "Chicago".

We know these songs so well, just saying the words makes us sing.

Helen Kelly



YUM—JAM!

The word is spreading, too! Hinman Hall was pleasantly occupied, on April 6, for the most recent performance provided by our Jam makers: pianists Weezie Davis and Tony Scelba; saxophonist Marty Pedersen; tenor Jon Montan. It was another toe-tapping program provided by residents for residents. That puts them in a special class by themselves: **delightful!**



Though Jon uses a card to be sure the words are exact, his fellow musicians are so well acquainted with their instruments they play along without music sheets! Regular practice sessions assure the pleasure of the Jam sessions when selections are made and decisions taken as to who will dominate in each. (They are flexible enough that a "star" role can happen on the spot.)



Appropriate to the month and season, two songs were "April Showers" and "Easter Parade". Residents were encouraged to sing and/or hum along, and we did. Nostalgia came as various of the twenty-two songs acquired a remembered setting.



"Smile" was dedicated to Charlie Farinella, for whom it is a favorite melody. The music was composed by Charlie Chaplin, that multi-gifted artist of yesteryear.

Usually JAM is served the third Monday of the month. Watch The Millstream for the next scheduled dollop of musical dessert.

Wendy Willgoos

WELLNESS FOR YOU OSTEOPOROSIS

Osteoporosis is a disease that gradually thins the bones, (sponge-like in appearance) causing them to break or fracture easily. It affects about 25 million Americans annually, most of them women, less frequently it occurs in men. Every year, osteoporosis causes 1.5 million fractures of the hip, spine, wrist, and other bones. The elderly are most commonly affected; however, it can begin in early adulthood.



Usually the first knowledge of osteoporosis is a fracture. Unfortunately, a person may not even know they may be developing osteoporosis. After age 35, bone tissue is lost faster than it is replaced. Estrogen, a female hormone that helps keep the

bones strong, decreases after menopause which contributes to bone loss.

Certain risk factors make it more likely that you will develop osteoporosis.

- Age—the older you are, the less dense your bones are and the more easily they can fracture.
- Gender—women are 5 times more likely to develop osteoporosis.
- Thin, small framed people are at greater risk for osteoporosis.
- Race—Caucasian and Asian women are at greater risk.
- Early menopause—women experiencing menopause before age 45 are at greater risk.
- Menopause—1/3 to 1/2 of women develop osteoporosis after menopause.
- Low-calcium diet—the body will take calcium from bone tissue when we don't consume enough calcium.
- Cigarettes, alcohol, and caffeine—all are toxic to bone tissue and increase bone loss.
- Medications—such as cortisone-like drugs, excessive thyroid hormone for long periods of use.

PREVENTION OF OSTEOPOROSIS

Eat calcium-rich foods—1,000 to 1,300 mg of calcium per day. Include low-fat milk products, low-fat cheese, yogurt, canned salmon, oysters, sardines, leafy greens such as kale or collard greens, calcium-enriched foods—breads, orange juice, cereals, broccoli, corn bread, almonds, tofu, winter squash, cooked rhubarb.



Choose a weight-bearing exercise you enjoy such as walking, dancing, and weight lifting. Don't smoke, limit alcohol and caffeine, don't get too thin. There are medications to treat osteoporosis. Consult your physician and also ask about a bone density test.

Let's all go for a nice brisk walk. See you on the trail!

Regards,

Lisa Patel, R.N./Wellness Director

FUTURE PROGRAMS

- June: Guest lecturer on Depression
- July: Heart Healthy
- August: Diverticulitis





FROM THE CHORUS

The Chorus members have been working faithfully and are looking forward to presenting the Spring Program on Monday, May 18 at 7:30 p.m. in Hinman Hall.

Basia has planned a program of both familiar and unfamiliar music which we have enjoyed rehearsing. A Sing-Along? Of course, everyone enjoys this.

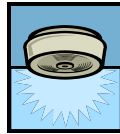
Looking forward to greeting you.

The Chorus

SMOKE AND FIRE DETECTION

All building sections, including apartments, passages and cottages are equipped with smoke and fire detectors (sprinklers).

Smoke detectors have a permanent green light and a flashing red light which indicates that the standby battery is functioning properly in case of electrical failure. If the battery is running low the detector will produce a short beeping sound and you will need to request a replacement.



Initially the smoke alarm only sounds in your apartment and it will only send a local apartment alarm which is not treated as a general fire alarm. If you open your front door and the smoke triggers a sensor in the passage that will trigger a general alarm.

A general alarm is when the blinking lights and loud sound are triggered throughout your building. Smoke can be generated by events other than fire, like burned toast or overheated food which you might control within your apartment. If you can ventilate the smoke safely by opening your patio door and windows and turning on the microwave exhaust before triggering a general alarm you will save the community a lot of trouble.



Sprinkler heads have a heat sensitive section which will melt and then a stream of water is directed towards the fire source. If a sprinkler head sprays anywhere this is treated as a general alarm.

The fire department and Crane's Mill staff will respond to a general alarm. If it is a false alarm, Crane's Mill has to pay a township fine.



The Building Committee

WYETH COLLECTION

"Spellbinding" would be the most accurate word I could use to describe the docent-led tour given to twelve of our residents last week at the Montclair Art Museum. We attended the exhibit entitled *Three Generations of Wyeths*. Our docent explained N. C. Wyeth's early family connections in the Chadds Ford area of Pennsylvania, where he loved drawing as a child and eventually became a popular illustrator for such magazines as *The Saturday Evening Post*, *Harpers*, *Scribners*, etc.

Traveling out West to soak up ambiance in 1904-06, he became a Western Adventure illustrator of classics such as *Arizona Nights*, *Hopalong Cassidy*, *Treasure Island*, *Kidnapped*, and *The Last of the Mohicans*. Colored plates of some original editions of these books are on exhibit as well as a number of N. C.'s landscapes, still lifes, and one mural, all in rich, decorative color. He painted in oil and egg tempera and encouraged an interest in the arts in his children.



N. C.'s son Andrew, who died at 91 last year, became a famous and talented American artist, taught by his father. He debuted with his first show in New York City; it was a sell-out. At the age of 20, Andrew Wyeth became an art world celebrity. We stood in awe absorbing examples of his "poetic masterpieces" throughout the galleries.



Before leaving, we were shown an excellent video of Andrew's son, James. This third-generation Wyeth is also a famous American painter, still living, who had gathered a group of young art students at his farm in Maine and spoke to them of his oil painting techniques, showing experimental and unique pictures of the animals he loves. A fat, almost life-size, pink pig was my favorite! I recommend that you see this fascinating exhibit at the Montclair Art Museum, which continues until July.



Connie Young

Please note: The deadline for the June Millstream is May 17. Articles received after that date will be included only if time and space permit. Thanks, Anne

MAY CHARITABLE GIFTS GO TO GOOD SAMARITAN FUND

All funds donated to the Pastoral Care Fund for the month of May will be given to The Good Samaritan Fund at Crane's Mill.

This is in conjunction with the Brick Dedication, which also supports the Good Samaritan Fund.



Your generous support enables the Good Samaritan Fund to provide residents who can no longer pay for the full cost of Crane's Mill housing and care the peace of mind that they will be able to remain at Crane's Mill.

Financial donations may be given in the collection at the Sunday service, or given



independently (by cash or check made out to the Crane's Mill Residents' Association, with Pastoral Care Fund written on the memo line) to Treasurer

Hilda Lichtenstein. Independent donations should be placed in an envelope with your name, Hilda's name, and the amount of the donation (if given in cash) and left at the Front Desk in the lock box. Thank you for joining together to support others in this time of economic hardship.

Thanks!

Rev. Mara Joy Norden, Chaplain

FIFTEENTH ANNUAL PHOTOGRAPHY COMPETITION



The New Jersey Chapter of the American Society of Media Photography held its Annual Juried Fine Art Photography Show at our Towne Square Gallery from April 1 to 30. Juror Walter Chandoha certainly chose a variety of subject matter. His choice elicited comment from Crane's Mill viewers that ran the gamut of emotions from "Oh, that's wonderful" sizing up "Blowing in the Wind" to "Why did they put that in the show?"

I was particularly fond of "Shoot the Freak" because it really depicts the frustration of violence



combating violence in our society. The pedantic idea that peace won't work has taken a back seat and people are labeled ridiculous and naive. "Blessed

are the peacemakers" has taken a bumpy road. Another opinion "An eye for an eye" leaves all of us behind. Love is better than any of the different solutions proposed in our world.

Eva Bouzard Hui

LIVINGSTON ARTS ASSOCIATION SHOW FOR MAY



Again, this year, the Livingston Arts Association has its Annual Spring Members' Show in our Towne Square Gallery. Last year, many of you commented that you enjoyed the exhibit. I think you will be pleased with this new show because members of the Association are noted for the professional quality of their work.



The Livingston Arts Association was started under the aegis of the Department of Recreation and Parks in 1959. The Association holds two major Annual Members' Shows, one in the fall and one in the spring. In addition to participating in other exhibitions, the Association also sponsors classes.

Classes cover instruction in oils, watercolors, pastels, drawing and acrylics. They are held at the Senior/Community Center on Hillside Avenue in Livingston. If you are interested in the classes, you will find information about them at the show.

The Association welcomes new members and invites anyone interested in the arts to join. Meetings are held on designated Sunday afternoons. Programs usually feature professional artists who demonstrate their techniques. Workshops also are sponsored.

Mary Koether, Gallery Coordinator

SAFETY AT HOME

There is one easy thing we can do to make us safer in our apartments and cottages. Where do many falls occur?



Answer—in the shower or bathtub. One thing that will really help prevent you from falling is a metal handle fastened to the wall next to the tub or shower. The Maintenance Staff will install one for you. Just make out a work order at the reception desk

Helen Kelly

Those on the Crane's Mill Waiting List are welcome to attend scheduled Hinman Hall events. If you attend, please stop at the reception desk and get a nametag. Residents would like to know that you are visiting so that we can welcome you.

THE GIFT BOX

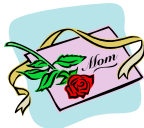


Thanks to Larry Tomassi, new doors have been hung forming the entrance to The Gift Box. They are more sturdy and secure than their predecessors and are a joy for the shop to lock and unlock. The timing of the installation was auspicious, enabling us to usher in spring with enthusiasm and zest.



For Easter, we had bunnies of all descriptions to say nothing of eggs and candy. We also had some nice china and silver and, as always, very nice jewelry.

Following Easter is Mother's Day—a day which touches every life in one way or the other. Further into the month of May there will be graduations, some confirmations and some communions. For these events, we have a selection of appropriate gifts and cards as well as seasonal bookmarks to embellish them.



We look forward to helping you through this busy time.

Kathy Brown



To Your Health News from the Healthcare Committee

The purpose of the Residents' Association Healthcare Committee is to maintain an awareness of health care at Crane's Mill, to have an on-going liaison with management staff toward that goal and to take an active part in helping residents of Crane's Mill.

At the April 1 meeting of The Healthcare Committee, discussion was held on how to recruit new members. You, the reader, are most cordially invited to visit the next meeting on May 6 at 2 p.m. in the Activity Room to see what it is all about. One of our main responsibilities is volunteerism to the residents in the Health Center. Four times each year, we also make and distribute seasonal decorations and greetings to the Health Center residents, a distinct joy for the committee members.

If you are interested in volunteering or if there are any questions about the Healthcare Committee, please speak to Anita Goodwyn at ext. 6787.

Anita Goodwyn



BETWEEN THE BOOKENDS



Santa Claus has come early to our Large Print readers. As many of you know, I have worked in the Verona Public Library for many years. So, when discarded or duplicates become available, I'm the first in line. When those books are in large print, it is truly icing on the cake. LPs are expensive to buy.

Over the next months, we will be receiving these gems from the Essex County Large Print (ECLP) Library System run by no other than the



Director of the Verona Public Library, James Thomas. What a friend he has been to The Crane's Mill Library since 1999!

Now to whet your appetite, here are a few titles you may want to look for. Mystery: "Fast Forward" by Judy Mercer; Western: "Streets of Laredo" by Larry McMurtry and "Sequel to the Secret Garden" by Susan Moody (doesn't that sound delightful?).



We were also fortunate to receive a large batch of Harlequin books. This series of short romances makes for easy reading. You can't miss them on the shelf with their bright pink covers. Enjoy.

To check whether a book is new to our library, read the date inside of the front cover. Anything marked 5-09 is new.

Once more Charlie Wood of the Crane's Mill Woodworkers has come to the aid of The Library. Since you would never know or spot his latest feat, we will explain. When the painted wall behind the large hall shelf was papered, we lost our ability to use tape on our displays such as holiday and/or special events. Charlie Wood created three removable, invisible backdrops immune to tape. Charlie is a clever man!

Sally Foster



GREENHOUSE REMINDER

Soon you will be able to put your plants out on your deck or balcony. Please wait until May 15 when all chance of frost is over.

I hope everyone enjoyed visiting the Greenhouse during the winter season. There were so many beautiful plants filling the room and I know visitors and residents alike stopped in to enjoy them.

Mary Vreeland

HUP - TWO - THREE - FOUR

As we usher in the merry, merry month of May, keep in mind the red, white and blue closing of the month on Monday, May 25. The annual West Essex Memorial Day Parade steps off at 9:30 a.m. and, as always, Crane's Mill will be represented by a marching contingent and a decorated bus full of riders.

To get you in the mood, around the middle of May, there will be a photo display on the hall library shelf of former parades. (We've been marching since 1997, even before we moved in!).



Our group, waving flags, will be decked out in patriotic colors or military dress, an Eisenhower jacket (unbuttoned!), Navy blues or a Coast Guard hat. Even the Crane's Mill bus sports balloons and flags.

For newcomers debating a march down Bloomfield Avenue, the route is just over one mile on flat or downhill pavement. The pace is slow because everyone seems to want to greet Charlie! We have our own marching music via a portable boom box, which pleases the spectators and keeps us, sort of, in step. The parade ends at the Gazebo and marchers will be bused back in plenty of time for the annual Crane's Mill barbeque.

On the morning of Monday, May 25, you will be picked up at Towne Square at 8:30 a.m. and bused to our starting point. Fortunately, this location is directly opposite Dunkin' Donuts so coffee, donuts and a rest room are nearby!

Sign up is required. Space is limited on the bus. No limits on walkers. How long since you marched in a parade? Come on, be a show-off and astonish your grandkids.

Sally Foster

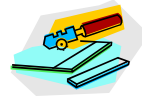


A TOUCH OF GLASS

On April 23, our full bus brought us to Randolph, NJ to tour the Peggy Karr Glass Factory. Founded in 1987, Peggy Karr's decorative glass creations include plates, platters, bowls, trays, clocks and ornaments. Each item has a colorful picture embedded in the glass.



Our tour guide led us through the factory stopping each time at a different station. The first stop was cutting the large glass panes into the correct shape—oval, rectangle, circle, etc. The shapes are either hand-cut or done with a machine. It was noted that the special, very clear glass sheets were shipped in from upstate New York.



At the next stops, the leftover glass is ground to the consistency of flour and powdered colors are added. Using the various colored powders, the designs are transferred to a glass sheet using stencils. One stencil is needed for each color, so this must be done very carefully.

Next, a second, clear layer of glass is placed over the design. The "sandwich" is set on a mold that will determine the shape of the finished product. The glass is fired in a kiln to about 1600°F until the glass has fused, usually overnight.

When cooled, the items are inspected and accepted, rated as seconds or rejected and discarded. The accepted plates are engraved with "PGK" and the year they were made and are ready for shipment. Seconds, usually due to bubbles in the glass, are so labeled and sold in the outlet store.



Following the tour, two gift certificates for the store were raffled off and one was won by Nils Ecklund. He purchased a plate called "Hydrangea" which was beautiful.



Hydrangea

There is no way to describe the many designs in beautiful colors that we saw in the outlet store. Meredith is planning to schedule another trip so that you may take the tour and view the many selections available in the outlet store. This would be a great time to purchase gifts. If you would like to see Peggy Karr's catalog, both Meredith and I should have copies you may peruse.

Anne Kreuder

May

SPECIAL TRIPS PLEASE SIGN UP

Shakespeare Theatre of NJ

Saturday, May 9th

This trip is for Shakespeare Theatre Subscribers only. Please do not sign-up unless you already have a ticket for this performance.

Sign up is required.

Departs: 12:45 PM

The Splendors of Newark

Friday, May 8th & 15th

Liz Del Tufo, a lifelong resident of Newark and owner of "Newark Tours" will take you on a tour that will show you all the Newark has to offer. The tour will begin with a narrated bus tour of downtown Newark. The tour will be held on our very own Crane's Mill bus. After the tour of downtown, the bus will make a stop at the Newark Boys' Chorus School for a concert from the students. After the concert, you will head over to the Newark Club for a

delectable lunch. The lunch will start with an appetizer of an organic green salad, fresh tomato and mozzarella platter, and luncheon rolls. That will be followed by a plate of sun dried tomato ravioli in a pesto cream sauce. The main course will be a breast of chicken Marsala and baked pine nut crusted salmon with lemon butter sauce (served with roasted new potatoes and a medley of steamed vegetables). For dessert, you can choose from an assortment of pastries. Beverages include soft drinks, coffee, tea, and red or white wine. The Newark Club, one of Newark's premier restaurants, is located on the 22nd floor of One Newark Plaza across from NJPAC. It offers a panoramic view of the New York Skyline. By law, a tour guide must have a seat on a vehicle; because of this, only 13 residents per trip can attend. In anticipation that this may be a popular trip, reservations were made on both Friday, May 8th

and Friday, May 15th. The cost of \$43.50 covers the entire trip. Please make checks payable to Crane's Mill Retirement Community.

Sign up is required. Each trip has its own sign up sheet.

Cost: \$43.50

Departs: 9:45 AM (2)

The NASDAQ and the Federal Reserve Bank

Monday, May 11th

This trip will be back at Crane's Mill in time for the Residents' Association Meeting at 1:30 PM. This trip starts early in the morning because Crane's Mill has an appointment with the NASDAQ stock market! You will have the opportunity to view the Opening Bell Ceremony from inside the NASDAQ studio as well as view live reports from domestic and international business networks. After the NASDAQ, you will head down to the financial district for a visit at the Federal Reserve Bank. At

May

the bank, you will take a docent led tour of the gold vault and a few exhibits that are designed to teach you about the federal banking system. Resting 50 feet below sea level, on the solid bedrock of Manhattan Island, the Fed's gold vault contains billions of dollars worth of gold. Learn about the history of gold and find out about the unique role of the New York Fed in storing and safeguarding the precious metal. Also, through the interactive, multimedia exhibit called FedWorks, you can learn about the central banking functions of the Federal Reserve System. Designed as an educational tool, FedWorks allows visitors to participate in monetary policy simulations and to learn about the Fed's role in the economy. The Bank also has a special exhibit entitled, "Drachmas, Doubloons, and Dollars: The History of Money". This exhibit, co-sponsored by the American Numismatic Society,

marks the first time that the Society's most valuable coins and medals have been brought together for the public to view. On display at the Fed are more than 800 examples from the Society's noted collection of one million forms of currency used worldwide and spanning three millennia of history. **It is imperative that you bring a government issued photo ID with you such as a driver's license or a passport.** You will need it to gain access to both the NASDAQ and the Federal Reserve Bank.
Sign up is required.
Cost: \$0.00
Departs: 7:30 AM (4)

Paper Mill Playhouse

Saturday, May 16th
This trip is for Paper Mill Playhouse Subscribers only. **Please do not sign-up unless you already have a ticket for this performance.**

Sign up is required.
Departs: 1:00 PM

Presby Iris Garden & Applegate Farms

Monday, May 18th

Enjoy a stroll through the beautiful iris beds at the Presby Gardens followed by a stop for delectable ice cream at the famous Applegate Farms in Montclair. The Presby Memorial Iris Gardens is a living museum dedicated to cultivating and displaying a rich variety of irises, recording the history of the genus, providing horticultural expertise and activities for the public, and, in partnership with the County of Essex, maintaining the gardens.
Sign up is required.
Cost: none
Departs: 12:30 PM (3)

Peggy Karr Glass Factory Tour

Thursday, May 21st

Because this trip was such a success in April, we are running it again in May. Enjoy a guided tour of the Peggy Karr Glass Factory, located in Randolph, as well as a stop at the factory's outlet store. The Peggy Karr Glass Company has grown from a one-woman studio to the

May

largest enameled fused glass company in the world. Brightly decorated serving pieces, display pieces, ornaments and small occasional tables are the mainstays of the business. Whether it's a design rich with the beauty of nature or one filled with the whimsy of a holiday season, the use of pattern and color in this unique medium is without compare. During the tour, you will be shown the process that is used to create the glass pieces as well as learn about the history of the company.

Sign up is required.
Departs: 12:45 PM (3)
Cost: FREE

Picnic in Branch Brook Park

Friday, May 22nd

Though the cherry blossomed will have already bloomed, Branch Brook Park is still a splendid location for a May picnic. With picnic tables, bathroom facilities, a bocce ball court, and plenty of shade, you are sure to enjoy a lovely

lunch on a spring afternoon. On the sign-up sheet, please indicate whether or not you would like Dining Services to prepare you a boxed lunch. It will be charged to your account.

Sign-up required.
Cost: \$0.00 if you bring your own lunch, \$4.50 for a boxed lunch
Departs: 11:30 AM (2)

West Essex Memorial Day Parade

Monday, May 25th

Every year, Crane's Mill proudly marches down Bloomfield Avenue in the Memorial Day Parade. If you do not wish to march, you can ride on the Crane's Mill bus, which will be decked out in patriotic decorations. Please keep in mind that space on the bus is limited to 14 people.

Sign-up is required.
Departs: 8:30 AM

Minado Japanese Buffet Restaurant

Friday, May 29th

Though Minado is touted as "the ultimate sushi

buffet" because it serves over 30 varieties of freshly prepared sushi, its buffet fare offers a whole lot more. You will find traditional and contemporary Japanese hot food dishes such as yakisoba, beef & chicken teriyaki, tempura, gyoza dumplings and udon noodles. There is also a healthy mix of all time seafood favorites including Alaskan snow crab legs, Jumbo shrimp, oysters, cocktail shrimp and a variety of baked fish. In addition, you will find a wide selection of gourmet salads and desserts to complete your meal.

Sign-up is required.
Cost: \$19.95
Departs: 11:45 AM (1)



SPECIAL ERRANDS

TUESDAY AT 1:30 PM

Clifton Riverfront Plaza

May

Tuesday, April 7th
(stores include Bed, Bath & Beyond and Michael's)

Union Hill Plaza
(including Talbots, Pier 1, Chicos, Panera, Aerosoles, Bensi)
Tuesday, May 12th

West Orange Plaza
(stores include Whole Foods, Super Kmart, Staples, and a Dollar Store)
Tuesday, May 19th

Willowbrook Mall
Tuesday, May 26th

REGULAR ERRANDS

Doctors' Appointments
Mondays, Tuesdays, and Thursdays
9:30 AM – 4 PM

Shop Rite
Wednesdays
Departs at 10:30 AM (2)
Banks
Wednesdays
Departs at 1:15 PM (2)

General Errands
Tuesday at 10:30 AM

&
Wednesday at 2:30 PM

EVENTS

Trail Walking with Mike Mazur
Every Friday
Every Friday morning, Mike Mazur, a committed volunteer at Crane's Mill, leads residents on trail walks through the Hatfield Swamp (CM's backyard). Since Mike is considered Crane's Mill's unofficial naturalist, all residents who attend these walks will learn about the flora and fauna that they encounter along the way.
10:00 AM (TS)

Yoga Class
Every Friday
Instructor Meera Gall is a teacher of Hatha Yoga, a discipline of yoga that focuses on the breath during various stretches and positions. Almost all of the yoga positions will be done in a chair; none will require you to lie on the floor. **Please note that Yoga class will be held**

at 9:30 AM on Friday the 29th to accommodate the Fireside Chat.
10:00 AM (H)

Basics of Economics
Friday, May 1st & May 8th
Join resident Tom Mullane for the last two lessons on economic fundamentals. All are welcome to attend.
2:00 PM (A)

Tai Chi Class
Every Saturday
Join Instructor Earl Baxter for an invigorating Tai Chi class. Tai Chi is a soft style martial art form that is characterized by a routine of slow motions. It has been linked to the relief of arthritis, stress, and other ailments. **Please note there is no Tai Chi class on Saturday, May 30th.**

10:30 AM (H)
Orientation with Nintendo "Wii"
Monday, May 4th and 18th
Tuesday, May 19th & 26th
To help residents get acquainted with the Nintendo Wii, the video

May

game console that allows people to play virtual bowling, tennis, golf, and boxing, Meredith will be holding “orientation sessions” with groups of 3-4 people at a time to show them how to properly use it. Because some people have already learned how to use the Wii, the Tuesday sessions will be for people who have already taken the first Wii class. Monday Wii classes will be for beginners.

Sign up is required.

Mondays: 2:30 PM (H)

Tuesdays: 2:30 PM (H)

Pianist

Frederick Moyer

Monday, May 4th

After an amazing performance last May, many residents have been anxiously awaiting Mr. Moyer's return. With over 20 years experience as a full time concert pianist, Mr. Moyer has performed in forty-one countries and played with world renowned orchestras. If you have not seen Mr. Moyer in concert before, anyone who saw him the

first time will tell you that this is a performance that you do not want to miss!

7:30 PM (H)

Lecture Series with

Professor Lieber

Tuesday, May 5th & 12th

The first two lectures from Professor Lieber in April were a success; the last two lectures will cover the cultural development of Sub-Sahara Africa. He will discuss ancient and medieval Africa including the origination of humans and the establishment of tribes; the destabilization of Africa due to contact with Europe and the slave trade; the gaining of independence including the weakening of colonial power, the Zulu Wars, and Nelson Mandela; and the future prospects of Africa in the face of poverty, corruption, and foreign control. If you would like to attend these last two lectures and have not already paid, please bring \$10 (check payable to Crane's Mill) to Meredith in the Activities Office. There is a cost associated with

the lecture series because it has been planned in addition to the other programs, not in lieu of the other programs.

7:30 PM (H)

Brick Dedication

Wednesday, May 6th

All are welcome to attend the fourth Crane's Mill brick dedication ceremony. This event will spotlight the bricks that have been recently added to the walkway that leads into Towne Square. Each brick has been bought and engraved in honor of a loved one, on behalf of a committee or organization, or as a contribution from various individuals.

2:00 PM (TS)

Afternoon Dancing

Thursday, May 7th & 28th

You do not need a partner or any prior dance experience to partake in the fun of afternoon dancing!

1:30 PM (H)

The Good Time

Players

Thursday, May 7th

This trio's performance turned into a sing-a-long

May

when they came to Crane's Mill in June! Considering how much fun everyone had the last time the Good Time Players were here, this is a concert that you do not want to miss!

7:30 PM (H)

Residents' Association Meeting

Monday, May 11th

Join the Residents' Association's Board of Directors for a discussion on community affairs.

1:30 PM (H)

Nishuane Grade School Chorus

Wednesday, May 13th

About 40 children, ages 7 and 8, from the Nishuane Elementary School in Montclair will provide us with a wonder morning concert. The children have chosen to sing music from the movies, musical theater and operetta as well as some classical and pop rock songs.

Considering that the children have been practicing for this particular concert, it would be

wonderful if they had a large audience for whom to perform.

10:30 AM (H)

Mystery Dinner

Wednesday, May 13th

Meet someone new or get to know someone better!

Sign up is required.

5:30 PM (CDR)

Book Club

Thursday, May 14th

This month's featured book is **The Worst Hard Time** by Timothy Egan.

10:30 AM (L)

"Syncopated Seniors" Tap Dancing Group

Thursday, May 14th

The trek over to Assisted Living will definitely be worth the effort!

Syncopated Seniors, a senior citizen tap dance group from Northwest Bergen County will be putting on an afternoon performance for the residents in the health center. Independent residents are welcome to attend.

2:00 PM (AL dining room)

City Winds Trio

Thursday, May 14th

The City Winds Trio is a distinguished classical music trio that performs concerts throughout the East Coast. Due to the unusual combination of a flute, oboe, and bassoon, the trio's music has a unique and interesting sound. At this concert, you can enjoy a music performance of all of the favorite classical songs you remember such as: Mozart's Rondo alla Turca, Hungarian Dance and Danube Waves. Also included in the concert are several well known Waltzes and Opera tunes.

7:30 PM (H)

Resident Resources

Friday, May 15th

Join one of your fellow residents for an interesting course on a subject close to the speaker's heart. Though it has not yet been determined which resident will kick off this lecture

May

series, notification will be sent out to the community when the speaker is confirmed.

1:30 PM (A)

Crane's Mill Chorus Concert

Monday, May 18th

The Crane's Mill Chorus members, who have been rehearsing since February, will share the fruits of their labor by providing us with a special evening of musical entertainment.

7:30 PM (H)

Tour of Crane's Mill Kitchen

Wednesday, May 20th

Go behind the scenes on this tour of the Crane's Mill kitchen. Due to space limitations, this tour is limited to 8 people. If there are many more than 8 who would like to see the kitchen, the tour will be repeated in the near future.

2:00 PM (CDR)

The Legendary Bob Hope

Thursday, May 21st

Join Bill Levy for a cinematic exploration of the great Bob Hope. Using clips from some of Bob Hope's greatest films, Mr. Levy will discuss Hope's professional and personal achievements. Bill Levy is a retired special education teacher, (Hopatcong Borough Schools, New York City Schools), who has a successful second career freelance writing and lecturing. He is the author of a widely praised book on America's greatest film director, John Ford, and also writes his "Forgotten Gems" column on films of the 1930s, 1940s, and 1950s for the national periodical "Movie Collector's World" and northern New Jersey's monthly senior publication, "Fifty Plus." For the past two years, Bill has been sharing his passion for classic films by offering over thirty different programs on the films and stars of Hollywood's Golden Era.

7:30 PM (H)

Recent Discoveries in Paleontology

Friday, May 22nd

Arlene Castleman, a paleontologist and member on the board of Trustees for the NJ Paleontological Society, will discuss the most recent and interesting paleontological discoveries that have been made in the United States. Any lover of fossils or earth science will find this interesting.

7:30 PM (H)

Jam Session

Monday, May 25th

Join Tony, Weezie, Marty, and Jon for a special Memorial Day jam session that will get your toes tapping!

3:00 PM (H)

AARP Driver Safety Program

Tuesday, May 26th & Wednesday, My 27th

There are still about 10 spots available for the AARP safety driving program. This 8-hour course (broken up into 2

May

four-hour sessions) is a refresher course especially designed for drivers age 50 and over. By taking this course, you may be eligible for an auto insurance discount (consult your insurance agent). In this course, you will learn defensive driving techniques, new traffic laws, how to deal with aggressive drivers, how to handle problem situations such as left turns, right-of-ways, trucks and blind spots, and how to safely use anti-lock brakes, air bags, and safety belts. There will be a couple of short breaks but not one big break for lunch. If you cannot wait until 1:00 PM for lunch, you are welcome to bring something to snack on during the class. This course costs \$12.00 for AARP members and \$14.00 for nonmembers. Payments should be made by check and made payable to "AARP Driver Safety". If you are a member, please write your member ID number on the check.

9AM – 1PM (H)

Fireside Chat

Friday, May 29th

Join Executive Director Craig Karczmer for a Crane's Mill update and Q & A session.

10:30 AM (LR)

WEEKLY/MONTHLY ACTIVITIES

AFTERNOON MUSIC

Saturday at 4:00 PM (H)

BINGO

Wednesdays

7:30 PM (LR)

BOOK CLUB

Thursday, May 14th

10:30 AM (L)

BRIDGE

Mondays at 7:00 PM

(P, LR)

CANASTA

Monday: 10 AM & 2 PM

Tuesday-Friday: 7:00 PM

CHORUS

Monday, May 4, 11, 18

10:15 AM (H)

CURRENT EVENTS

Monday, May 18th

1:00 PM (A)

DUPLICATE BRIDGE

Saturday, May 9th & 16th

1:00 PM (P)

GAME NIGHT

Tuesdays at 7:00 PM (P)

HAPPY HOUR

Thursday at 4:30 PM (LR)

JAM SESSION

Last Monday of month

Monday, May 25th

LOW VISION

Tuesday

May 5th

10:30 AM (P)

MAH JONG

Wednesday at 1:00p (P)

MEN'S BREAKFAST

Wednesday, May 13th

8:30 AM (P)

MOVIE NIGHT

Every Saturday

7:30 PM (H)

MYSTERY BRIDGE

Every Tuesday

1:00 PM (P, LR)

NEEDLEWORKS

Thursdays at 10:00 AM

Syc. 2 (Robin Lounge)

May

FOR FITNESS

STRETCH

Tuesdays & Thursdays
9:15 AM (H)

Please note that Stretch class on Tuesday, May 26th will be held in the Candleberry Dining Room to accommodate the AARP Driving course.

WATER AEROBICS

Monday & Wednesday
9:15 AM

WATER WALKING

Friday at 9:00 AM
Saturday at 10:00 AM

LAP SWIM

Monday – Friday: 10 AM
Saturday: 11:00 AM

TAI CHI

Saturday at 10:30 AM (H)

YOGA

Friday at 10:00 AM (H)

FOR THE SPIRIT

BIBLE AND YOU

Every Thursday
2:30 PM (TSC)

CATHOLIC MASS

Thursday, May 14th & 28th

14th- 3:30 PM (H)
28th-3:30 PM (AL)

CHURCH SERVICE

Every Sunday
4:00 PM (H)

COMMUNION

Tuesday, May 12th
2:30 PM (AL)

ROSARY

Every Friday
3:00 PM (AL)

KEEPING UP WITH CRANE'S MILL

Healthcare Committee

Wednesday, May 6th
2:00 PM (A)

Grounds Committee

Tuesday, May 19th
10:30 AM (P)

Activities Committee

Wednesday, May 20th
3:00 PM (A)

Fireside Chats

Friday, May 29th
10:30 AM (LR)

FOOD FESTIVITIES

MOTHER'S DAY BRUNCH

Sunday, May 10th
12:00 PM – 2:00 PM
Reservations Required

MYSTERY DINNER

Wednesday, May 13th
5:30 PM (CDR)

MEMORIAL DAY PICNIC

Monday, May 25th
12:00 PM – 2:00 PM

NOTE:

In preparation for all the people who will be attending this month's brunch, we kindly request that you return all dishware and trays you have brought back to your apartments to Dining Services. Thank you for your cooperation in this matter.

BIRTHDAYS

01-Eleanor Lehman
02-Carol Damis
05-Louis Mahler
07-Paul Johnson
09-Berkley Leeds
09-Jim Neighbours
10-Jim Terhune

May

15-Sophie Klimczak
16- Dorothy James
16-Kay Matthews
17-Molly McDermott
18-Frank Watson
19-Katherine Brown
20-Art Siebelist
20-Maria Wannamacher
21-Anne Filardo
22-Carol Speiser
24-Mona Mender
25-John Reese
30-Charlie Wood

BIRTHDAY NIGHT

Tuesday, May 19th

ANNIVERSARIES

08- Becky & Jon
Montan

12- Ann & Joe
Chieppa

20- Eleanor & Fred
Lehman

22-Sophie & Stanley
Klimczak

25- Betty & Dick
Shaw

LEGEND

AL– Assisted Living
CDR- Candleberry
Dining Room
ER-Exercise Room
FC- Fitness Center
GG – Garden Grille
H – Hinman Hall
L – Library
LR – Living Room
M – Meditation Room
P – Pub Room
PDR- Private Dining Room
S – Skilled Nursing
T– Towne Square
TSC-Towne Square
Conference Room

(1) Minimal walking and few stairs. Must be able to get on and off the bus.

(ex. Restaurant trip)

(2) Moderate walking with few steps. Must be able to get on and off the bus and handle stairs.

(Ex. Shopping mall trip)

(3) Moderate walking with possible steps. Must be able to get on and off bus. Must be able

to stay standing for a moderate amount of time if necessary.

(ex. art museum tour or NJPAC)

(4) Significant walking with possible steps and/or various terrains. Must be able to get on and off bus. Must be able to walk independent of assistive aids.

(ex. Walking tour in outside environment)

In Loving Memory

Gunter Kuhnis

May

|

|