

Applewood Times

A Publication of the Applewood Estates Community

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FREE resident health club memberships



“Sorry, no time for a visit now—I’m off to the gym for yoga class and a swim.”

Applewood residents can now receive FREE memberships to the CentraState Fitness and Wellness Center. The new amenity addition was announced in January during a special presentation by Fitness and Wellness Center trainers at Applewood’s Performing Arts Center.

“Our new Applewood health club membership is the only one of this scope for a community of this size in the state,” says Sheri Van Orden,

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The Real story on New Jersey’s housing market

Many in the area have assumed that the real estate stories on the national news from California, Las Vegas and portions of Florida also apply to New Jersey. Not so, says the real estate experts who convened at Applewood on January 21 to talk about the 2009 market in central New Jersey. The news was far from dour and depressing.

“New Jerseyans preparing to sell their homes should focus on the local real estate story, which can be different from the current national outlook,” Susan Brooks, Gloria Nilson GMAC Real Estate, said. “Mercer County has seen strong sales in several segments of the county, particularly Princeton and Lawrenceville.” Brooks said the median home sale price in Mercer County continues to remain stable.

Reporting on sales in Monmouth County, Coldwell Banker broker and sales associate Lucy Cloen says that current mortgage rates may not last and the time to sell is now. “We’re seeing buyers come off the sidelines because low mortgage rates are enabling them to get much more for their dollar.” Cloen said that open house traffic had increased in recent weeks, another positive sign.



Diane Turton

Isabel Jacob from Weichert Realtors said mortgage rates during the Carter administration were close to 18% compared to just 5% now. “Unquestionably, now is the time to buy a home. Rates are historically low and inventory is plentiful, offering buyers a remarkable opportunity.”

“If people are waiting to sell their home at the value it was three or four years ago, they’ll be waiting a very long time,” said Diane Turton, in business under her own name since 1986. “If homes are priced for today’s market, there will be activity.”

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Up Close and Personal

Resident Profile, John Cook

After raising seven children, John Cook and his wife were ready to leave their apartment in Morristown and join a community where they could make new friends and have someone else take care of the yard work, cooking and cleaning. In 1991, the Cooks moved to a comfortable two-bedroom, two-bath home at Applewood Estates.

“The community here takes you right in and it’s easy to meet people and join all the clubs,” says John, president of the Residents Association. “I was a member of the Applewood Singers for more than 10 years, and currently participate in the Players group, a theatrical performance troupe comprised of residents here.” In November of 2008, John was part of a murder mystery performance written by resident playwright, Bryant Gould.

Today, John continues to fill every day with activities. He enjoys weekday lunches in the bistro with friends, Al Weinstein and Wright Poinsett, and relaxing Sunday dinners with Helen Ryback.



A Few Minutes with Jay Solomon, Vice President of Senior Services CentraState Healthcare System

While he may have expected us to ask him a litany of professional queries, we wanted to know more about Jay.

So, what about that Super Bowl?

It was a much more exciting game than I thought it would be. I rooted for the underdogs, the Arizona Cardinals.

Who is your favorite senior?

My late grandfather was the most influential person in my life. He had a tremendous work ethic and a very charismatic personality. Although his formal education ended with high school, he was very well read and could speak with anyone about politics or sports. My grandfather read the newspaper cover-to-cover every single day.

How do you spend your free time?

Any time I have is spent with my wife of 19 years and our 15 ½ year-old son. We’re all enjoying our new Maltese/Beagle puppy. I’m also involved with my synagogue and the governance of my town.

Jazz or rock music?

Both. My favorite jazz musician is Chuck Mangione and I love the ‘The Boss’, Bruce Springsteen. Bruce’s performance during the Super Bowl half-time show was incredible.

Having been involved in Applewood for 7.5 years, what do you think makes this community so unique?

That’s easy—it’s the people. There is a phenomenal relationship between our residents and staff. It is a true family atmosphere demonstrated by genuine caring for each other. If someone needs a helping hand, there is always someone else nearby to offer help or a friendly ear. I see this relationship every day and it is quite extraordinary.



Applewood supports Army transportation company in Iraq

Annually, the Applewood community unites to perform a significant community service project during the holiday season. For 2008, residents donated and packed board games, playing cards, disposable cameras, socks, books, videos, toiletries, phone cards and several pounds of dried fruit, nuts and candy for soldiers in the Army’s 68th Transportation Company who are stationed in Iraq.

“Helping others fosters a strong sense of community and personal self-worth,” says Applewood activities director, Diane Distefano. “Working together as a community, we are able to offer support to our soldiers who are far from home during the holidays.” Distefano’s nephew is currently serving as a lieutenant with the 68th Transportation Company. Applewood residents understand the needs of our troops abroad as many have served in various branches of the military.

Previous community service projects at Applewood included monthly food collections for Freehold’s Open Door food pantry, a teddy bear collection donated to CentraState’s Pediatrics Department, and a local physician working with the immigrant community. This is the first time the community has established a service project for American troops fighting overseas. 🍏



FREE resident health club memberships

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Director of Sales and Marketing. "It is a wonderful addition to all the existing fitness and lifestyle opportunities we presently offer."

CentraState's Fitness and Wellness Center is a 40,000 sq. ft. facility that provides members with more than 185 weekly fitness classes. Senior-targeted offerings include senior cycling, yoga, tai chi, ballroom and country line dancing, aqua tone and aqua cardio, and arthritis exercise classes. Members can also utilize the pool and spa, nutritional services, personal fitness assessments, personal training and state-of-the-art fitness equipment geared to seniors.

"Regardless of your age, exercising gives you significantly more energy, produces positive endorphins for a brighter mental outlook and even improves memory," says Ellen Stein, CentraState Fitness and Wellness Center general manager. "Most of all, exercising in a club environment is a healthy social activity and a fun way to make the most of an afternoon."

Residents can use their membership on weekday afternoons between 1:00 p.m. and 4:00 p.m. and weekends between 10:00 a.m. and 7:00 p.m. Applewood will offer weekday transportation to the fitness center. This offer is available exclusively for Applewood Estates residents. 🍏

The Real story on New Jersey's housing market

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Turton reported that while Ocean County sales have been challenging, pockets of the county are showing strong sales, including Point Pleasant Beach, which saw a 25% increase in home sales in 2008.

SAVE THE DATE! Applewood will host a follow-up real estate panel discussion on Thursday, March 26, at 10:00 a.m. This event is open to the community. Topics for discussion include regional home sale statistics and how to market a home for optimal results in 2009. Reservations are required. For more information and reservations, call (800) 438-0888. 🍏

Welcoming future neighbors - The Orchard Club

Thinking about calling Applewood home? Wonderful! Applewood invites you to become a member of the Orchard Club, our Future Residency program comprised of individuals who want the most up to date information on the community and have priority for future residency. To be a member of the Orchard Club, you make a \$1500 deposit which can be refunded at any time or applied toward a future reservation.

Some of the Exclusive Orchard Club Benefits:

- Monthly notices/invitations to Applewood special events
- Dining card for six guest meals
- Invitations to our Solution Series seminars
- Priority notification of the latest Applewood information and special offers
- Two-hour evaluation with a downsizing expert and one hour of "staging" assistance*

* Members from outside the tri-state region receive \$500 off their first monthly service fee in lieu of local services. 🍏

Intergenerational Programming

Seniors and tots partner for fun and learning

Parlez-vous Francais? Applewood residents and children from CentraState's Early Childhood Center, also located on the Applewood campus, launched an intergenerational program in 2008. Residents volunteer to share their talents, skills and expertise with preschool children who attend the center during the business day. And the children celebrate every Applewood resident's birthday by creating and hand-delivering a birthday card greeting.



Residents have donated instructional skills in French language training, origami, music and sketching as well as reading to the children. Once spring arrives, residents and children will partner together to plant the community's first intergeneration garden on the Applewood campus.

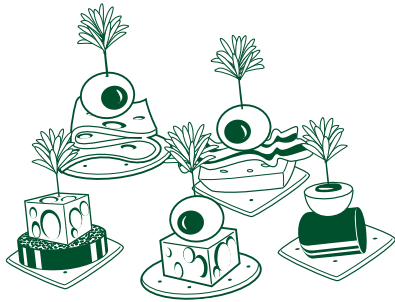
"The children and residents have mutually enjoyed sharing social activities," says Kim Hernandez, director, CentraState Early Childhood Center. "We always get together for every holiday and share some kind of celebration or party." 🍏

Learn How
You Can Save
up to \$40,000!*

Munch and Mingle

Join us! We think one of the best ways to really understand the heart and soul of our wonderful community is to come for a visit and talk with our residents directly! A community is not just the “bricks and mortar” (although it’s spectacular) but the people. Prospective residents and their families are cordially invited to join us for one of our upcoming Munch & Mingle events. Starting at 1:30 p.m., we’ll give you an overview of life at Applewood followed by a tour and then mingle with our residents over ‘mocktails’ and hors d’oeuvres. Have questions about what it’s really like to live at Applewood? Here’s your chance to ask our residents everything you’d like to know about the community.

You never know—you just might bump into an old friend or former colleague!



Munch & Mingle Dates

1:30PM

Tuesday, February 24

Thursday, March 5

Wednesday, March 11

Tuesday March 24



Space is limited and reservations are required. Please RSVP to 800-438-0888.

*(Offer varies by type of residence and applies to fully refundable deposits made by 6/30/09)

A LifeCare community sponsored
by CentraState Health Systems

CentraState
Healthcare System



More than 100 Applewood women residents and staff dressed in red for a luncheon on February 6 to celebrate National Wear Red Day.



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