

Hope Springs Eternal

Hope Mann was born in Rahway, NJ, and married Hillard Mann, a physician, in 1945. Together, they raised a family of four girls before retiring to Florida.

After Hope's husband and close friends in Florida passed away, she decided to move to Applewood Estates in 2005 at the suggestion of her grandson, Steven Lemberger, DPM, a board-certified podiatric surgeon on staff at CentraState Medical Center.

"As soon as I moved to Applewood Estates, I found the environment to be home-like and the residents and staff to be welcoming," says Hope. "There are so many activities to take part in—I wake up on Monday and next thing I know, it's Friday."

SOCIAL NETWORKING

The residents at Applewood Estates have many ways to stay active and healthy. In addition to fitness facilities and activities that exercise the body and mind, social connections can improve overall health. Examples of social interaction at Applewood Estates include group exercise, weekly card games, chorus, a current-events forum, flower arranging, short-story discussions, a theatrical group, volunteering with numerous organizations and committees, dining with friends, and attending scheduled performances both on and off the premises.

"A medical and social network helps seniors achieve their optimal level of health," says Joshua J. Raymond, MD, MPH, family practice physician, geriatrician, and director, Geriatric Fellowship Program, CentraState Medical Center. "It's natural to feel sad after dramatic life changes and losses of family and friends. I tell patients to interact with people they know they can talk with to help put things in perspective."

"Some seniors don't realize the exceptional life they can enjoy in an active retirement community—social camaraderie, freedom from home maintenance, numerous interest groups and events, a variety of dining venues, convenient services, and resort-like amenities—while still maintaining their independence. Applewood Estates is large enough to find people with common interests but small enough to know everyone by name."

—Sheri Van Orden, director of Sales and Marketing, Applewood Estates



▲ With all the camaraderie and activities, Hope Mann (right) finds that time flies by at Applewood Estates.

STAYING ACTIVE

Hope plays cards, reads, takes a variety of classes, and goes to the theater, concerts, and movies on Sundays. She never fails to join other residents in the dining room each day.

"Personally, I think you make your own happiness," says Hope. "It's all in your attitude. Applewood Estates gives you many opportunities to be friendly and plenty of activities to keep you occupied. I don't know where I would be more content."

For more information about Applewood Estates, CentraState's active continuing care retirement community with the Lifecare option, call (732) 303-7416 or visit www.applewoodestates.com.

For more information about CentraState's assisted-living community Monmouth Crossing, call (732) 303-8600 or visit www.monmouthcrossing.com.

For more information about CentraState's skilled-nursing facility The Manor Health and Rehabilitation Center, call (732) 431-5200 or visit www.themanorhealth-rehab.com. HD

SENIORSFIRST CALENDAR OF EVENTS

SEPTEMBER & OCTOBER 2009

Call (732) 780-3013 for reservations for all programs.

STROKE SUPPORT GROUP

Jackson, NJ

Mondays, September 14 and October 12, 2–4 p.m.

SENIORSFIRST MEMBERSHIP LUNCHEON—“AUTUMN LEAVES”

Applewood Estates Performing Arts Center

Come enjoy a luncheon complete with free raffle prizes and entertainment.

Friday, September 25, 11:30 a.m.–2 p.m., \$9.

PARKINSON SUPPORT GROUP

Manalapan Senior Center

211 Route 522, Manalapan, NJ

Tuesdays, September 15 and October 20, 11:30 a.m.–12:30 p.m.

SENIORSFIRST MEMBERSHIP LUNCHEON—“HARVEST MOON”

Applewood Estates Performing Arts Center

Come enjoy a luncheon complete with free raffle prizes and entertainment.

Friday, October 23, 11:30 a.m.–2 p.m., \$9.

DINING OUT PROGRAM AND SENIOR GAMES

Star and Barry Tobias Ambulatory Campus Conference Center

Join us for good food and fun with other seniors. Breakfast: bagels, danish, hot beverage. Lunch: wraps, sandwiches, pasta, assorted beverages.

Thursday, September 17, 9:30 a.m.–1 p.m., \$7.

SENIORSFIRST/MARLBORO SENIOR CENTER PANEL DISCUSSIONS

Marlboro Senior Center

Panel discussion with representatives from Check-Mate Inc., Interfaith Neighbors, Meals On Wheels, and the Monmouth County Food Bank.

Tuesday, September 22, 1–2:30 p.m.

Marlboro Municipal Building

Representatives from Senior Gold, PAAD, CentraState's Family Medicine Residency Program, and Monmouth County Health Services will discuss senior programs and eligibility criteria.

Tuesday, October 13, 1–2:30 p.m.

Marlboro Senior Center

Representatives from Nova Debt, the Monmouth County Office on Aging, and the Affordable Housing Alliance will provide information and answer questions on senior fraud, affordable housing, and foreclosure options.

Tuesday, October 27, 1–2:30 p.m.