



Whispering Knoll

*62 James Street
Edison, NJ 08820
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Assisted Living Newsletter May 2009

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RESIDENT CORNER - Carol Trapp

WHISPERING KNOLL DIARY -By Sally Beckwith

RECREATION CALENDAR– Find out what's happening and what programs and trips you would like to sign up for.

EMPLOYEE OF THE MONTH - Getting to know the current employee of the month-Carl Nicola

Special Events...

5/6 Edgar Childcare Visits

5/7 Delores Jewelry

5//7 Crafts with Valerie

5/11 Country, Community,& Culture,
Exploring Identity through Hats

5/12 Art of the Masters

5/14 May BBQ

5/20 Memory Enhancement w/Sandra Frank

5/26 Foot and Leg Massages

5/28 Knitting with Micki

Administrative Staff

*Rosie Chavez
Executive Director*

*Hanh Truong RN
Director of Wellness*

*Bernice Ambroise-Hollins
Director of Community
Relations*

*Bill Gregan
Director of Building Services*

*Wilkinson Agenor
Director of Dining Services*

*Carissa Keil-Sweeney
Director of Recreation*

*Michele Chihadeh
Program Director of Special Care*

*Christina DePack
Administrative Assistant*

Resident of the Month

CAROL TRAPP

"I was diagnosed with Diabetes when I turned sweet sixteen. Suddenly, I was insatiably thirsty and had dizzy and trembling spells. My mother was a nurse and took me immediately to a doctor." Carol smiles, almost apologetically.

"Since then my life had been a long series of needles and doctors."

There was no family history of Diabetes. Carol was born in the Greenpoint section of Brooklyn. When she was 8 years old, her family...mother and father and brother George moved to Clifton, NJ. Her mother worked as a nurse and her father was a corrections officer in Passaic County. The family moved to Wayne, NJ when Carol was a junior in high school. "It was very traumatic for me. I had to move away from my best friends and Wayne High Schools curriculum only offered subjects that I had already taken in Clifton High. I sometimes think that it was the emotional stress for me that triggered my diabetes." Even so, she was a basketball and softball star on the high school teams. Carol went on to Fairleigh Dickinson University in Rutherford. She played on the volleyball team and graduated with a Bachelor of Arts degree in English. She went on to Kean University twenty years later and received a Master of Arts degree in reading and language arts. She taught at junior high level in the Ringwood and New Brunswick School systems. She served as a literacy volunteer and taught remedial reading at Middlesex County College. "I loved teaching young adults. Some of them still remember me.

Carol and husband George Trapp married in 1971 have two daughters, Alison 26 years old who lives in California and Kaitlyn, 20 years old, who is living on her own in Edison. The family made their home in Metuchen where both George and Carol were very active in education field. George served on the Board of Education as a member of the Board and as a president. Carol, taking a hiatus from teaching, worked for Metuchen education foundation, a non-profit agency that raised money to enrich the Metuchen school system with materials, teaching aids and equipment that the Board of Ed. Could not afford to purchase. Carol had also taken time off for double bypass heart surgery. She decided to take a break from teaching.

"I wanted to do something else I didn't want to be one of those teachers counting off the years until they can retire." So Carol got her real estate license, home-tutored, and became the only female member of the Middlesex County Department of Weights and Measures. "that was interesting. We worked undercover and checked scales in supermarkets and small delis for true readings, scanned market shelves for expiration dates, and inspected gas stations pumps. Always check the pump reading when you stop the gas. Make sure it reads "0". She and her mother had a small crafts business. They made cloth and canvas stuffed dinosaurs and sold them at craft fairs. Our logo was "Buy me before I'm extinct."

Carol laughs at the patched work quilt of her career paths, occupations and vocations. Five years ago, her life took another turn. She needed a kidney transplant. Her brother volunteered his kidney but he was not a match. Carol was an active member of the Oak Tree Presbyterian Church. Her pastor, Reverend Rick Oppelt said to her, "I am your same blood type. I want to give you my kidney." Carol answered, "Don't you think you should check with your wife first?" Two days later, Joann Oppelt enthusiastically told Carol, "The kids and I are so excited that you will have Rick's kidney." Pastor Oppelt and family have moved on to larger church but he and Carol do touch base once a while.

Carol muses, "I miss my teaching and want to get back to it." That will be in the future. Carol is here in Whispering Knoll so her brittle diabetes can be monitored and managed. Carol checks her own sugar levels, before and after meals and snacks. She requires 6-7 insulin injections a day. "As you get older, diabetics don't notice their symptoms of low sugar levels, particularly during the night, so it becomes dangerous." Carol has a full-time aide, Cindy, to help her. This means almost constant 24 hour observation. At this point in the interview, Cindy interrupted, 'It's time to check your blood sugar.'

by Sally Beckwith

Foot and Leg Massages with
Cheryl Krueger CMT, LMT May 26th
See Recreation with any questions.

New for the Spring and Summer

A rainy day schedule will be posted by the
elevators

Things will be added to the calendar when the
weather is bad such as movies, trivia, and games.

See recreation with any questions

Protestant Services will be held on Saturday,

May 16, 2009

at 10:00 am in the 1st Floor

Social Lounge.

Please Join Us!

5/28/09

Join us for a Lovely Day

*A Trip to the Van Soot Rose Garden & Picnic
Lunch*

Lunch will be picnic style in the park following
the viewing of the gardens.

Please sign up with the concierge if you are
interested in joining us.




Whispering Knoll Assisted

Sunday	Monday	Tuesday	Wedn
<p>3 Happy B-day Louise Stasik 10:15 Game Day w/Randi 1:45 Matinee 3:00 Bingo-AC 3:00 Bistro Social</p>	<p>4 9:45 Chair Dancing-S1 <u>10:30 Out to Walmart</u> 2:00 Walking Club-L 3:00 Wii Games-S1</p>	<p>5 Happy B-day Helen Thompson & Vera Kovar 9:15 Walking Club-L 9:45 Exercise Doctor-ER 2:30 Black Jack-GR 6:30 Bingo-AC</p>	<p>6 9:45 Exercis 10:30 Edgar 2:00 City Win 3:00 Bingo-A</p>
<p>10 9:15 Walking Club-L 1:45 Matinee 3:00 Bingo-AC 3:00 Bistro Social</p>	<p>11 Happy B-day Sallie Herley 9:45 Exercise-ER <u>10:30 Out to Tano Mall</u> 10:30 Catholic Mass-S1 2:00 Exploring Identity through Hats-L</p>	<p>12 Happy B-Day Jeanette Glazer 9:15 Walking Club-L 9:45 Exercise Doctor-ER 2:00 Art of the Masters 2:30 Black Jack-GR 6:30 Bingo-AC</p>	<p>13 9:45 Exercis 10:30 Coffee <u>11:30 Lunch @</u> 3:00 Bingo-A 6:30 Saxopho</p>
<p>17 9:15 Walking Club-L 1:45 Matinee 3:00 Bingo-AC 3:00 Bistro Social</p>	<p>18 9:45 Chair Dancing-S1 <u>10:30 Out to Rite Aid</u> 1:00 St. Stephens Bible Study 2:00 Arts and Crafts-AC</p>	<p>19 9:15 Walking Club-L 9:45 Exercise Doctor-ER 2:30 Black Jack-GR 6:30 Bingo-AC</p>	<p>20 Happy B-Day 9:45 Exercis 10:30 Pokeno 1:45 Memory w/Sandra Fr 3:00 Bingo-A</p>
<p>24/31 10:15 Game Day w/Randi 1:45 Matinee 3:00 Bingo-AC 3:00 Bistro Social</p>	<p>25 Happy Memorial Day!</p>	<p>26 9:15 Walking Club-L 9:45 Exercise Doctor-ER 10-12 Foot & Leg Massages 2:30 Black Jack-GR 6:30 Bingo-AC</p>	<p>27 Happy B-Day & Anne Kenny 9:45 Exercis <u>10:30 Trip to</u> <u>and Picnic Lu</u> 3:00 Bingo-A</p>

Living Calendar May 2009

Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p>9:45 Exercise-ER</p> <p>10:30 Catholic Communion</p> <p>2:00 Lester Smith Entertains</p> <p>3:30 Walking Club-L</p>	<p>2</p> <p>9:45 Exercise-ER</p> <p>10:30 Trivia-B</p> <p>2:00 Rosary-S1</p> <p>3:00 Bingo-AC</p>
<p>e-ER</p> <p>Childcare-AC</p> <p>nds Entertains</p> <p>C</p>	<p>7</p> <p>9:45 Chair Dancing-S1</p> <p>10:30 Coffee Clutch-S1</p> <p>10:30 Delores' Jewelry-L</p> <p>2:00 Crafts w/Valerie</p> <p>2:30 Black Jack-GR</p>	<p>8</p> <p>9:45 Exercise-ER</p> <p>10:30 Catholic Communion</p> <p>2:00 Lorraine Rath Entertains</p>	<p>9</p> <p>9:45 Exercise-ER</p> <p>10:30 Pokeno-B</p> <p>2:00 Rosary-S1</p> <p>3:00 Bingo-AC</p>
<p>e-ER</p> <p>e Clutch-S1</p> <p><u>Charlie Brown's</u></p> <p>C</p> <p>one w/Tom Gay</p>	<p>14</p> <p>9:45 Chair Dancing-S1</p> <p>11:30-2:00 BBQ</p> <p>2:30 Matinee-C</p> <p>6:30 Wayne Glenwood Entertains-L</p>	<p>15</p> <p>9:45 Exercise-ER</p> <p>10:30 Catholic Communion</p> <p>2:00 Algia Entertains</p> <p>3:00 Jewish Services</p>	<p>16</p> <p>9:45 Exercise-ER</p> <p>10:00 Protestant Services</p> <p>2:00 Rosary-S1</p> <p>3:00 Bingo-AC</p>
<p>y Nick Barbieri</p> <p>e-ER</p> <p>-B</p> <p>Enhancement</p> <p>rank-S1</p> <p>C</p>	<p>21</p> <p>9:45 Chair Dancing-S1</p> <p>10:30 Coffee Clutch-S1</p> <p>2:00 Garden Club-AC</p> <p>2:30 Black Jack-GR</p>	<p>22 Happy B-Day Isabelle Kurland</p> <p>9:45 Exercise-ER</p> <p>10:30 Catholic Communion</p> <p>2:00 Kenny Cunningham Entertains</p>	<p>23</p> <p>9:45 Exercise-ER</p> <p>10:30 Word Games-B</p> <p>2:00 Rosary-S1</p> <p>3:00 Bingo-AC</p>
<p>y Elizabeth Burke</p> <p>e-ER</p> <p><u>Rose Garden</u></p> <p>nch</p> <p>C</p>	<p>28</p> <p>9:45 Chair Dancing-S1</p> <p>10:30 Coffee Clutch-S1</p> <p>2:30 Knitting w/Micki-S1</p> <p>2:30 Black Jack-GR</p>	<p>29</p> <p>9:45 Exercise-ER</p> <p>10:30 Catholic Communion</p> <p>2:00 Birthday Party w/Joe Paris</p> <p>3:30 Walking Club-L</p>	<p>30</p> <p>9:45 Exercise-ER</p> <p>10:30 Crossword Puzzle-B</p> <p>2:00 Rosary-S1</p> <p>3:00 Bingo-AC</p>



Happy May Birthdays

Louise Stasik 5/3

Helen Thompson 5/5

Vera Kovar 5/5

Sallie Herley 5/11

Jeanette Glazer 5/12

Nicholas Barbieri 5/20

Isabelle Kurland 5/22

Elizabeth Burke 5/27

Anne Kenny 5/27

Whispering Knoll Diary by Sally Beckwith

Overheard in the lobby:

Angela, the concierge, on the telephone: “Helen, we found your hearing aid. It’s here at the front desk.” A pause while Angela listens, receiver held to her ear. Then louder. “HELEN, I HAVE YOUR HEARING AID at the FRONT DESK.” Another pause. Louder still. “YOUR HEARING AID.” Another pause. Angela bellowed at the top of her voice into the phone. “HELEN. CHANGE THE PHONE TO YOUR OTHER EAR.”

Some Whispering Knoll residents’ responses to: “How are you today?”

“Fine.”

“Don’t ask”

“Peachy cream”

“No sense complaining”

“I’ve been better.”

“OK last time I checked.”

“Smile and the world smiles with you. Cry and you cry alone.”

“What’s to know?”

“Good. Considering the alternative.”

“I have a pulse.”

“Sensational!”

May Employee of the Month Carl Nicola

Carl is very large young man, 24 years old, with the face of a cherub that every mother can love. He moves slowly and deliberately, his demeanor calm and unfailingly polite to Whispering Knoll residents. He saves his impish grin and laughing eyes for his dining room co-workers and the to and fro of light, slightly raucous banter in the kitchen. “We like to joke and tear each other. It’s all in good fun.”

Carl, Wilke’s favorite nephew, has been at Whispering Knoll for 4 years as a Dietary Aide. “You have to work hard, but I like it here. The residents are great. Best part?...the free food!”

Carl lives in Hillside with his mom and step-dad and sister, Yretia. “My step-dad, Joseph, is a nice guy. He’s a cook Beth Israel Hospital in Newark. My mom, Yreta, works as a biotechnician for Wyeth Laboratories in New York City.”

Carl attends night classes at DeVry University in New Brunswick. He will graduate in 2-3 years as an ECT...an electronics and technology technician. I want to stay in the Solaris System and work at JFK Hospital.”

Between his jobs and classroom studies, Carl enjoys playing video games and watching DVD movies. Carl is a relaxed guy and maintains his own comfortable pace.

“I’m not in a hurry.” Carl grins, slyly joking with himself

by Sally Beckwith

Fire Drill Procedure Reminder

Please Read

*** In an Event of a Fire Alarm or Fire Drill:**

***PLEASE DO NOT PANIC**

***Stay where you are. If you are in your apartment
DO NOT leave.**

***NEVER use an Elevator**

***DO NOT use a stairwell unless directed & with help
as needed**

***The staff or fire department will direct you if an
evacuation is needed.**

***The alarm system goes directly to the fire
department & they will respond quickly.**

***The staff will notify you when all is clear.**

***Fire drills will take place every month.**





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