



Joan Kiernan showing her book of poetry. / Chelsea Senior Living

[Watch the video](#)

Pandemic Blues No More; Maple Pointe Poet Finds New Inspiration

Joan Kiernan knew she had come to the right place. It wasn't because of the accommodations. It was because of the people. And, specifically, one person who she adores and considers a good friend, which she describes as "almost instantly" to realize such a strong connection.

"When I came here I met

Melissa," Joan said. "We just hit it off. You meet a lot of people, but when you meet someone and you immediately click, that's what happened with Melissa."

Melissa Kupferberg is the Executive Director at Maple Pointe by Chelsea Senior Living, a leader in Assisted Living and Memory Care in Rockville Centre.

Features



Local Owner at Chelsea
page 4



NY Director of Year
page 5

Melissa said she felt the same way about Joan, so much so that she invited Joan to her bridal shower.

Melissa's friendship with Joan was much more than she could have imagined. Joan was battling depression, something she had been dealing with during the pandemic. Joan was lonely and felt uninspired.

Cont. page 3

Construction for Two New Chelsea Communities Underway



A rendering of The Chelsea at Washington Township. / Chelsea Senior Living

There will be two communities making Chelsea Senior Living history by becoming the first two Chelsea locations in Bergen County. Construction started late last year.

The Chelsea at Washington Township will be an Assisted Living and Memory Care community located at 620 Pascack Road. The Chelsea at Fair Lawn will be an Independent Living, Assisted Living, and Memory Care community located at 16-00 River Road. Both are in the center of their town's main thoroughfare, surrounded by

shops, restaurants, and parks.

"This is a major milestone for Chelsea as we are able to expand our housing and care services to seniors in need," said Roger Bernier, President and COO of Chelsea. "We can't wait to see the finished product and welcome seniors to a place they will truly enjoy and call home."

The communities will offer best-in-class amenities similar to that of current Chelsea communities such as 24-hour professional services, three meals per day prepared by a culinary team including an executive

chef, weekly housekeeping, laundry service, daily activities, themed parties, nationally-renowned therapy programs, a full-service beauty salon, concierge services, and much more.

They are both expected to open in 2023.

If you're interested in learning more about the communities or employment opportunities, please call The Chelsea at Washington Township at (201) 263-1955 or The Chelsea at Fair Lawn at (201) 794-4777.

Visit their respective webpages for updates, photos, and video on the Chelsea [website](#).

Poet's New Inspiration During Pandemic

Continues from page 1

But Melissa pushed her to pursue her passions. And it was exactly the kind of encouragement that Joan needed.

A BOOKKEEPER, NOT YET A POET

Born in the Bronx, Joan and her family eventually moved to Westbury. After getting married, she moved around with her husband, living in various places, until ultimately settling back on Long Island.

She was a bookkeeper, primarily at Huntington Public Library. She had always considered writing, but never really thought she had the talent.

When she retired, however, she took her first creative writing workshop at Hofstra University, a workshop she was enamored by so much that she enrolled for four years. At the time she started, she was 70 years old.

The professor who taught that class, Dr. Lenore Sandel, made an impression on Joan, in part because, for the first time, someone truly believed in her writing.

"She built me up because I never really thought I had talent in that way," Joan

said.

The late Dr. Sandel became a mentor and someone who Joan could confide in.

AN AUTHOR

Long before this, Joan thought she'd be writing a memoir, not poetry. But the professor revealed a talent that Joan had that she never knew.

This is among the many reasons why Joan chose to dedicate her published book of poetry to the late Dr. Sandel.



Joan and Melissa at Melissa's bridal shower. / Chelsea Senior Living

The book is a collection of poetic pieces written by Joan from different points in time.

"Poetry you always

write about what you feel and what's going on," Joan said.

Her favorite poem is called "Mirror, Mirror," which describes an elderly lady who realizes the young girl in her remains despite what she sees in the mirror.

Joan has also written many poems not found in her book.

MELISSA AND ME

Joan's new home at Maple Pointe brought out the best in her.

She's met new friends in the community including the staff.

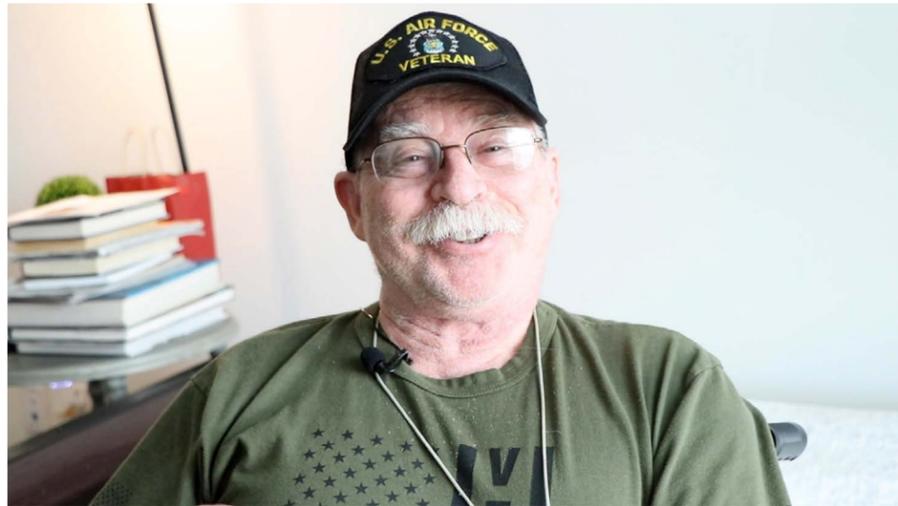
"Whatever you need – the staff is wonderful," she said. As Joan returned to writing, it didn't take long for her to decide what she was going to write about: her bond with Melissa.

"She became the teacher and taught me to follow my star," she writes in one stanza in "Melissa and Me." "I'm glad that I met her, I'll never forget her, and that's the end of this song."

To read more stories like this, please visit:

ChelseaSeniorLiving.com

Former Bookstore Owner and Air Force Vet Continues Story at The Chelsea



[Watch the video](#)

Jack Tripp used to own a bookstore in Newton with his wife. / Chelsea Senior Living

Jack Tripp is entranced by the latest news he's watching on television. The current events overseas between Russia and Ukraine is history albeit unfortunate and tragic. But Tripp is a self-proclaimed historian, and news and stories of all kinds pique his interest.

In his room, he has a stack of books sitting on a small circular table at the foot of his bed. He loves to read and he loves to learn.

That's evident by the framed Bachelor's Degree hanging on the wall that he earned 12 years ago from Fairleigh Dickinson University. It didn't matter what he majored in, he said,

because he really enjoyed the classes and at that point in his life he wasn't concerned about a career.

That degree hangs next to various memories of Tripp's life. He's now making new memories at The Chelsea at Sparta, a leading Assisted Living and Memory Care community.

Tripp is familiar with the area having worked as a United States Postal Service (USPS) clerk, a real estate professional, and a former bookstore owner in Sussex County.

He and his wife raised their two children in the county and loved the small town atmosphere.

FROM NEW YORK TO THE AIR FORCE

Tripp was born and raised in Brooklyn, NY until his parents decided to move to Queens because it was closer to the public school he was attending.

He was working in insurance after high school for a little while until he made the decision to enlist in the military.

There was talk about a draft for the Vietnam War and Tripp had no intention of joining the Army. Instead, he joined the Air Force in 1966.

His grandfather was in the Signal Corps in World War I, his father was in the Army Air Force in World War II and his

Cont. page 6

Somerset Gardens Director Named NYSCAL Administrator of the Year

To read all Chelsea press releases, please click [here](#).

Dani Laino, Executive Director at Somerset Gardens, is the 2022 New York State Center for Assisted Living (NYSCAL) Administrator of the Year.

According to the NYSCAL, the award recognizes an adult care or assisted living administrator who demonstrates outstanding innovation, achievement, and capabilities in their provision of high-quality person-centered care in a service-oriented culture in an adult care or assisted living community.

Laino started working at Chelsea Senior Living in 2015. She started as a Case

Manager at Maple Pointe at Rockville Centre.

Two years later, Laino was promoted to Director of Case Management. As she continued to develop and show leadership qualities, she earned the opportunity to become an Executive Director at Somerset Gardens in 2019.

The past couple of years, though, provided the biggest challenge for her as she navigated the pandemic. But, her can-do attitude helped keep residents safe while providing innovative ways to keep them engaged despite strict infection control measures.

"I am beyond grateful and

shocked to receive such a prestigious honor from the NYSCAL," said Laino, who joined the NYSCAL Board of Directors in 2021 in addition to her duties as Executive Director at Somerset Gardens. "It has been a whirlwind of emotions battling COVID-19, but I'm lucky to have such a phenomenal staff. Constant communication played a major part in protecting our community and making families aware of changes."

Laino will be presented with the award on Wednesday, May 18, 2022 at the Turning Stone Resort & Casino in Verona, NY.

The Importance of Active Living for Seniors

An active lifestyle benefits seniors in a variety of ways. Exercise remains essential to maintaining health as you age, but many older individuals worry that they will hurt themselves when engaging in physical activity. Although it takes longer to heal after an injury as you age, moderate exercise provides numerous benefits that outweigh the risks.

MAINTAINING YOUR HEALTH AND WELL-BEING

Although the body slows as a person gets older, exercising every day improves health. Nevertheless, staying healthy requires you to eat right, as the body needs energy for this physical activity. Individuals residing in an assisted living community find they have the resources needed to eat right and stay

active. Why is this so important?

MAINTAIN A HEALTHY WEIGHT

Women and men need to maintain a healthy weight as they age. Excess weight is hard on the joints, and loss of muscle becomes a concern when a person isn't a healthy weight. This leads to a loss of body strength and the accompanying health risks. Furthermore, a

Cont. page 7

Former Bookstore Owner's Story Continues

Continues from page 4

uncles were in the Air Force during the Korean War.

"I felt that I was in an Air Force family and that's the way I wanted to keep it," Tripp said.

SURPRISE FAMILY DISCOVERY

When Tripp left the Air Force in 1970, he returned to New York and started working at his old job in insurance.

Not long after, he started working for RCA Global Communications. Around the corner from the company was a park that he would always stop at during lunch.

"I would go in there and I would feel like I belonged," he said. "A feeling of déjà vu."

He would later find out from his grandmother that he was a relative of a Welsh seafaring captain who once saved a member from the Royal Family in England.

The Royal Family repaid him by giving him a plot of land in Manhattan, NY.

It just so happened to be in the same park that Tripp frequented, also known as Bowling Green.

"That's why I had this feeling," he said. "And that transcended me in my general attitude of how I treat

people."

THE VACATION HOME TURNED PERMANENT HOME

For years, Tripp and his wife had been living in Manhattan and vacationing in different parts of Sussex County. They would rent a trailer and spend their weekends there.

As time passed, they fell more in love with the county and wanted to raise a family there.

In 1981, they became official residents of Andover.

Tripp has been very active in the area. He's a two-time Commander of the American Legion (Post 86) in Newton and still recites a poem during Newton's Memorial Day celebration every year.

But perhaps he's most known for the bookstore he and his wife owned. They had their eye on it for decades. The first time it was for sale in 1984 they were too late; someone else had bought it. But in 2004 the store was for sale once again. This time they succeeded and finally became owners.

"It was a most enjoyable experience," Tripp said. "I love to read and I became more of a reader as the

owner of a bookstore."

Tripp and his wife owned the store for ten years.

A CHELSEA AMBASSADOR

Within the past couple of years, though, Tripp was having health issues.

His mobility was limited and became wheelchair bound.

That is, until he came to The Chelsea, which was initially for a respite stay.

"The Chelsea and FOX contributed to me going from the chair to the walker," said Tripp, who is also now able to walk on his own without supportive aids. "It was also part determination.

Tripp was named a Chelsea Ambassador because of his positive and friendly demeanor, his ability to interact with residents, and his constant participation with community-related events and activities.

"I'm greeted in a respectful way by people who honestly care about you," he said.

To read more Chelsea Stories, please [click here](#).

The Importance of Active Living for Senior

Continues from page 5

person's metabolism changes as they age, so what worked in the past may no longer be effective.

Individuals need to determine how much activity they need to stay at the appropriate weight. This varies based on many factors, but the goal is to consume fewer calories than you take in on a daily basis. The only exception to this would be those individuals who struggle to gain weight. They need to take in more calories than they expend each day.

Men and women should consider adding strength training and cardio to their regular workouts. Both activities build muscle mass. This muscle mass boosts a person's metabolism while allowing them to burn more calories with less effort. Many assisted living communities offer exercise classes along with nutrition programs for individuals who struggle in this area.

REDUCED RISK OF DISEASE

Two of the leading causes of death today in America are heart disease and stroke. Daily exercise reduces a person's risk of cardiovascular issues, doing

so by improving cholesterol levels and lowering blood pressure. In addition, exercise provides individuals with a boost of energy, and this extra energy benefits the heart. Seniors feel like moving about when they feel energetic, and any movement is good for reducing the risk of chronic illnesses or cardiovascular events.

However, men and women must recognize exercise alone isn't enough to overcome genetic issues and underlying heart conditions. They must continue to see their medical team for help in addressing these issues. Nevertheless, exercise also helps in the functioning of the digestive and immune systems while reducing a person's risk of cancer and Type 2 diabetes.

BONE DENSITY IMPROVES WITH EXERCISE

Individuals, as they age, need to protect their bones, muscles, and joints. Doing so ensures they can move about easily, as these parts bear the responsibility of supporting body weight when a person is active. Aerobic exercise slows the bone density loss that naturally occurs with age.

Bone is living tissue. As a result, the bone adapts when forces are placed on it. It builds more cells and increases in density. This remains of great importance because seniors remain at high risk of hip fractures and other broken bones. Furthermore, remaining active helps individuals suffering from rheumatic conditions, such as arthritis.

BRAIN HEALTH

Men and women might not associate improvement in their brain health with physical activity, but this is a benefit that should not be ignored. Men and women who get regular exercise find their anxiety levels decrease after moderate exercise because these senior wellness activities bring about the release of muscle-generated mood boosters.

Additionally, exercise helps to combat depression while reducing stress. In fact, research shows exercising can slow the progression of certain brain disorders, such as Alzheimer's disease, while sharpening the person's skills, judgment, and learning ability.

To continue reading, please go to [Chelsea's blogs](#),

Winter Recap at The Chelsea



Celebrating St. Patrick's Day at The Chelsea at Warren.



Mardi Gras festivities at The Chelsea at Clifton.



Valentine's Day fun at The Chelsea at Brick.



Ring in the New Year at The Chelsea at Toms River.

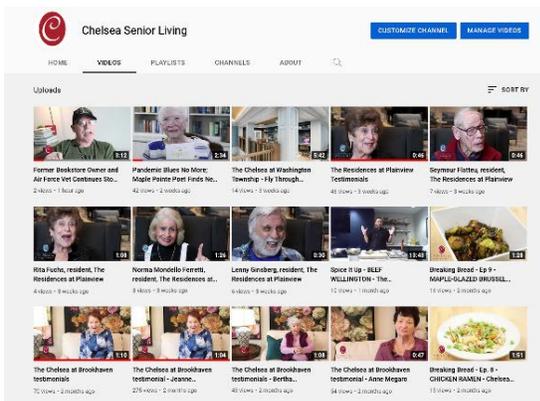


Residents and staff had a great time during Sock Hop Day at The Residences at Plainview.

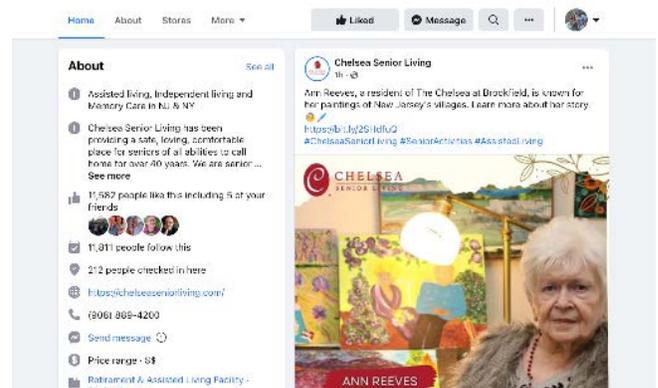


Residents enjoying roulette during a casino event at The Chelsea at Manalapan.

Chelsea on Social Media



Subscribe to our channel on YouTube and watch amazing stories and expert demonstrations.



Follow and Like us on Facebook and receive the latest news about Chelsea and helpful tips for seniors.

Chelsea Times is a publication of the Communications Department of Chelsea Senior Living. Submissions of stories, articles and photos are welcome. Email material to Jason Kahn at jkahn@cslal.com.