

# engage!

United Methodist Homes



**Theme: Charting our Future**

**Celebrating the Power of  
Community**

**Growing Spiritually**

**Opening Doors to Seniors**

# engage!

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**Cover Photo:** Four delighted Francis Asbury Manor associates arrive at Celebrating the Power of Community: Joanne Johnson, housekeeping aide; Andrew Thompson, porter; Christina Wright, housekeeping aide; and Renee Dorsey, driver.

## A LETTER FROM THE EDITOR

Charting our Future, United Methodist Homes, Strategic Plan 2013-2017, adopted by the board of directors early this year, forms the theme for this first issue of 2014. During the spring of 2012, nine learning laboratories drawing diverse attendees among associates, board members, volunteers and friends, laid the foundation for the process.

Given the knowledge gained, the following areas emerged: Expansion of Home and Community Based Services, Service Expansion and Enrichment, Stewardship of the Ministry, Strengthening the Financial Position of the Ministry, Utilizing Technology, Strengthening the Organizational Human Capital, and Integrating Our Mission and Outreach into the Fabric of the Ministry. Within each, the plan elucidates our current status, portrays where we wish to be in 2017, spells out the risks and rewards both organizationally and financially, and prioritizes key initiatives and action steps.

With a technology theme, the fall 2013 *engage!* addressed Utilizing Technology. Likewise, the spring issue focusing on person centered living connects to Service Expansion and Enrichment. The organization-wide four-step journey toward creating environments where residents can live fulfilling, satisfying, meaningful and self-directed lives continues to blossom. A Master Plan is being developed and will be implemented over a decade, beginning with The Shores' Healthcare Residence.

Articles in this issue target the remaining areas of key strategic direction. Planning is indispensable to the health of nonprofit organizations and the Homes devoted much energy to this vibrant guiding document. A Bible verse from Proverbs reminds us, "Where there is no vision, the people perish." With that perspective, we offer you dynamic examples of how we are achieving our vision.



## AGING BY THE NUMBERS

Since January 1, 2011, and each and every day for the next 20 years, roughly 10,000 Americans will celebrate their 65th birthdays. In 2030, when the last baby boomer turns 65, the demographic landscape of our nation will have changed significantly. One of every five Americans — about 72 million people — will be an older adult.

**53,364:** The number of people 100 years old and older counted by the 2010 Census.

**2056:** The year in which, for the first time, the population 65 and older would outnumber people younger than 18 in the U.S.

**44.3%:** Among those 65 and older who worked in 2011, the percentage who worked full-time, year-round.

The Jersey Shore Public Relations and Advertising Association recognized the Homes at their 39th annual JASPER Awards Ceremony in November. The Superstorm Sandy Crisis Communication won a Silver JASPER and *engage!* received Gold. Congratulations to the associates, including the *engage!* managing board members, who made these accolades possible.

United Methodist Homes also garnered two awards in the 22nd annual National Mature Media Awards, which honors the best marketing, communication and educational materials for older adults: a Bronze Award for the premiere issue of *engage!* and a Merit Award for the 2012 annual report, *Built to Last*.

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# CELEBRATING THE POWER OF COMMUNITY

By Janet M. Carrato

Months in the planning, large motor coaches arrived with one purpose in mind: Celebrating the Power of Community. More than 300 associates from every UMH community, guest speakers, board members and others wearing identical colorful t-shirts and carrying drawstring goody bags poured into the auditorium. Long anticipated by associates, their jubilant mood resembled an animated pep rally. Greeters standing at the door welcomed everyone. Amid colorful banners, Kool and the Gang's song, Celebration, blared out and participants spontaneously broke into dance.

Among several approaches, this unprecedented event occurred as part of the United Methodist Homes' strategic goal to strengthen the organizational human capital. Guest speakers gave greetings and encouragement. President and CEO Larry Carlson summarized the recently unrolled Strategic Plan 2013-2017, sharing a common vision and resident centered living. The keynote speaker, humorist, musician, songwriter and educator, Jana Stanfield combined laughter, wisdom and song into an interactive experience that generated fun and large doses of inspiration.

The agenda included awarding performance and excellence, an intentional action for associates to feel encouraged, embrace change and keep the Homes competitive and vibrant. Realizing that recognition increases associate morale and overall job performance, exponentially benefitting residents and other stakeholders, an interdisciplinary Awards Committee was formed. They formulated criteria, solicited nominations, sorted through submissions, discussed, and

finally chose the winners. All associates were able to submit one choice for each award. Four associate and two community awards under the broad heading, United Methodist Homes Stars were chosen.



*Palpable laughter, song and inspiration dominated the day.*

The United Methodist Homes *Hospitality Award* was given to Sherri Pizzi, marketing director at Bristol Glen, for demonstrating the spirit of unconditional love, diligently following up, enacting solutions and exceeding expectations to welcome everyone.

After learning that a 93-year-old veteran and Francis Asbury resident yearned to display his military service medals, among them a Purple Heart, Maintenance Technician, Arthur Benjamin made a beautiful wood and glass case at home in secret. Receiving the *Star Award*, attests to his humility, skill, outstanding service, and effort beyond the prescribed job description. The gesture deeply touched and surprised Neil Kohlman, a World War II bombardier.



*Associates flood the stage to sing with Jana Stanfield.*

Patti Davidson, executive secretary at Pitman Manor (now retired) was chosen for the *Emerging Leadership Award*, for setting a high standard of integrity, leading by example, nurturing an environment where ideas can thrive, exhibiting a service spirit, and motivating others.

In response to his ongoing commitment to leadership excellence and development within Wesleyan Arms and the senior services sector, James McGuinness, superintendent at Wesleyan Arms, received the *John Wesley Ministry Award*. For over 15 years, he has given furniture, food, transportation and emotional support to residents without taking credit. McGuinness embodies John Wesley's tenet of doing all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can.

The first community award, *Celebrating the Power of Community*, went to Francis Asbury Manor for demonstrating the greatest skill in empowering teamwork and problem solving. Despite many proposed and implemented changes over the years, they have maintained census, stable performance, good resident care and resilience.

The second community award recognized Pitman Manor's best overall safety record, leadership, innovation, positive outcomes and engagement — they were honored with the *Community Safety Award*.

*Janet M. Carrato is Director of Communications and Public Relations*

**Older adults need 2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity (i.e., brisk walking) every week and muscle-strengthening activities on two or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).**



# GROWING SPIRITUALLY

By Rev. Virginia Stein Hubbard

**“Spiritual health is as important as physical health, because it influences all the other components of our lives.”**

Acknowledging that spiritual life and spiritual health are integral to human wholeness is one of the valued and intentionally fostered truths at United Methodist Homes. This year each of our communities will be staffed by a full-time director of mission and pastoral care and/or in combination with a chaplain. Our Strategic Plan highlights our “identity as a Wesleyan Christian ministry that upholds the dignity and sacred worth of all persons by compassionate acts of healing, hospitality and social justice.”

Mission teams and Ethics committees are planned to collaborate with our Spiritual Care Team of ministers, clinical pastoral education students, seminary interns and local clergy and lay volunteers to provide clinical, cultural, educational and interfaith pastoral care. To that end a wide range of programs, activities, services and personal attention are available in each of our communities. While they differ from community to community depending on individual needs, the mission is the same.

Unique to our settings and in addition to personal counseling with residents, their families and associates, are opportunities for worship and spiritual growth. Francis Asbury Manor has a Spiritual Life Committee made up of residents who share responsibility for programming, which includes full worship services every Sunday, transportation to local Protestant and Roman Catholic churches, worship services live-streamed to residents’ rooms for those unable to travel, mid-week ecumenical prayer and



*In a gesture of unity, Worldwide Communion Sunday occurs annually in the Francis Asbury Manor Chapel. Carol Wilson and Alice Ennis serve breads representing traditions from around the world.*

song services, weekly celebrations of the Roman Catholic Eucharist and Rosary, and special celebrations of holy days in Advent and Lent, World Communion, All Saints, Thanksgiving, and Christmas. Emphasis on creative worship involving the arts along with active participation of the congregation is sought since music and the other arts often touch us in ways words cannot.

A pilot program at Collingswood Manor, No One Dies Alone (NODA), provides a reassuring presence to those who might otherwise be alone. The goal of this national volunteer-centered program is to provide companionship and support for dying individuals and their families so that no resident dies alone, unless they prefer privacy.

Diversity is extremely important to us; therefore, residents of all faiths, ethnicities and cultures are spiritually nurtured. Interactive Bible studies, book discussions, and reflections on current events and politics, encourage intellectual stimulation. A Lenten discipline at Francis Asbury Manor combined a measured walk through the building (as recommended



*Francis Asbury Manor's Spiritual Life Committee consists of residents: Margaret Barton, Richard Harper, Trudy Griffith and Cathy Dougherty (first, second, third and sixth from left); and Rev. Jinny Hubbard, director of mission & pastoral care, and Meg Cox Gerth, volunteer services coordinator (fourth and fifth from left).*

by our physical therapist) with stopping at prayer stations (each designed by a resident) on every floor. A few residents found this especially meaningful during the middle of the night when they couldn't sleep.

On this sacred pilgrimage we call life we are constantly mindful that mature years have a purpose and a calling. For those blessed with this time, it presents an opportunity to draw closer to God, resolve important issues, celebrate precious relationships, and spend more time in prayer and meditation in the belief that therein is enormous power for good in this

broken world. Perhaps we can say, as was said to Esther (Esther 4:14), “Who knows? Perhaps you have come ... for just such a time as this.” In God's time no moment is wasted. The present is as precious as the past and colors what will become a person's legacy. Senior years are the culmination of the abundant life, which Jesus spoke about in John 10:10. We are grateful to be a part of it.

*Rev. Virginia Stein Hubbard is the Director of Mission & Pastoral Care at Francis Asbury Manor*



## POST-HOLIDAY TO DO?

*Perhaps you noticed a change in your loved one over a holiday dinner? Considering a senior community to help with the tasks of daily living? We're here for you. Come to an Open House or a Lunch and Learn. Get a firsthand look at Bristol Glen, Collingswood Manor, Francis Asbury Manor, Pitman Manor, or The Shores at Wesley Manor, gather information, and meet the people who make it a great place to live and work. Visit [www.umb-nj.org/openhouse](http://www.umb-nj.org/openhouse) for the winter schedule.*

## GET ENGAGE! DIGITALLY!

*Signing up for engage! online conserves mailing, printing, environmental resources like trees and water, and reduces waste. Simply visit <http://www.umb-nj.org/engage-magazine>. Fill out the form, click submit and you are done! Your information will remain confidential.*

The United Methodist Homes' blog features senior issues and trends, consumer and health advice and resident, associate and volunteer stories. Visit <http://blog.umb-nj.org/> or access it through the QR code.





# OPENING DOORS TO SENIORS

By Deede Bolger

One major initiative of the United Methodist Homes' Strategic Plan 2013-17 is the development of Home and Community Based Services (HCBS). Its implementation will vary at each of the five Senior Housing communities. In an effort to increase services "beyond our walls," each community has endeavored to match their resources with the needs of their greater community.

Wesley by the Bay staff observed that many residents relinquished activities they formerly enjoyed. Recognizing lack of social interaction among seniors in greater Ocean City, several residents formed a volunteer group to make friendly telephone contact. Collaboration with CONTACT Cape-Atlantic, an organization already conducting telephone reassurance, lends an added bonus. Their experienced personnel will give training on what to say, how to handle certain situations and when to report concerns. For increased flexibility, volunteers may make calls from a variety of locations. This endeavor is seen as mutually benefiting the caller and the recipient.

Covenant Manor has intentionally reached out to the community. A local charter school will send students for inter-generational activities. They are forging a partnership with the senior center for health awareness programs. Union County master gardeners started horticultural therapy last fall. Giving back also helps residents stay connected. Residents have collected and donated diapers, baby wipes, baby food, laundry detergent, bottles, and other items for young mothers connected to Home First Family Services. The organization operates housing, homeless prevention and family strengthening programs. This



*Wesleyan Arms' health fair brings local resources to residents as well as the greater Red Bank senior community.*

collaboration exemplifies the steps Covenant Manor took to discover community needs and set goals for their HCBS initiatives.

With a focus on wellness, PineRidge of Montclair offers weekly fair weather walking, computer classes and Bible study. Once a month, Seton Hall nursing students perform mini health assessments at PineRidge. Looking to expand HCBS, PineRidge will target local seniors who may lack access to these offerings and invite them to participate. Members of the staff proposed and have begun exploring a senior resource center with another community partner, the Montclair Public Library. It would establish a vital senior hub for meeting, learning and gaining new experiences.

Wesleyan Arms has opened its doors to the Red Bank senior community by hosting a monthly Senior Resource Fair. Since its inception in March 2013, residents and local seniors have benefitted from access to service providers. These include the Monmouth County Office on Aging as well as a variety of local vendors and resources. The fairs combine an eclectic mixture of fun and information.

Additionally, Wesleyan Arms has developed a relationship with JBJ Soul Kitchen, a local, non-profit restaurant with a unique format — it bestows restaurant style dining in exchange for volunteer work. Wesleyan Arms, well entrenched in their community, has several possible avenues for their HCBS initiatives.

Wellness has long been important to Bishop Taylor Manor, which hopes to establish an active senior center through multiple partnerships. They are collaborating on a broad wellness initiative with a local pharmacy, which has expanded services beyond its walls to residents and seniors in the greater East Orange area. These community based

services will include podiatric care, general practitioners, preventive care, medication education, health screenings, pain management, and fall prevention.

Scattered around the state and with diverse populations, a cookie-cutter approach to HCBS will not work for our Senior Housing communities. And what a good thing — no two persons and no two areas are best served in the same manner. Each community will be able to plan programs based on their various capabilities and resources to meet local interest and need.

*Deede Bolger is Housing Administrator at Wesley by the Bay*

## THE NEW SENIORS WANT VALUE, CHOICES, AND A CHANCE TO LEARN!

By Patricia Darcey

Activity directors take note ... put away that Bingo cage, a new kind of senior is emerging! According to the US Census Bureau, "seniors 65 and older make up 13 percent of the population — 41.4 million. That number will soar to 63 million by 2025." Their statistics further show the coming senior will be "healthier and more affluent than any elderly generation before them."

Mather LifeWays Institute on Aging recently conducted a survey of some 600 senior living organizations representing more than 1,000 communities in 15 states. Their results show that "older adult living communities and care providers must anticipate and cater to the personal needs and interests of residents by offering options beyond the basics. The

ultimate goal is to create environments and lifestyles where people want to live, not where they *need* to live."

When it comes to "options beyond the basics," United Methodist Homes of New Jersey is definitely ahead of the curve. Many seniors residing in our communities are already actively engaged in computer technology, fitness programs, field trips, craft endeavors, neighborhood events, and social and/or intellectual pursuits. They're inquisitive. They're adventurous. They volunteer. They want choices. They're in good health. And they're ready and willing to learn new things. True, seniors in our communities are growing old gracefully — but make no mistake — the emphasis is on "growing."

*Patricia Darcey is Director of Marketing at Francis Asbury Manor*

An article by Anthony Cirillo published on About.com and entitled *Aging Trends Point to Business Opportunities* states, "There are more people aged 65 and older than the entire populations of Russia, Japan, France, Germany and Australia - combined. By 2040, the global population is projected to number 1.3 billion older people, 14 percent of the total."



*Emma Andrade joyfully makes a fall-themed centerpiece during horticultural therapy at Covenant Manor, which encourages creativity, supports dexterity and fosters camaraderie among residents.*

### MISSION STATEMENT:

**To provide quality and caring services to senior men and women in a Christian community.**



## CHEF'S CHOICE: THE SHORES AT WESLEY MANOR EXECUTIVE CHEF ROBERT LABOY

With a passion for the culinary arts, Executive Chef Robert LaBoy, began his career at age 16 at several restaurants in South Jersey. Through these experiences, conducting research and studying at Atlantic Community College, by age 19 he became kitchen manager of a local restaurant, where he excelled for seven years.

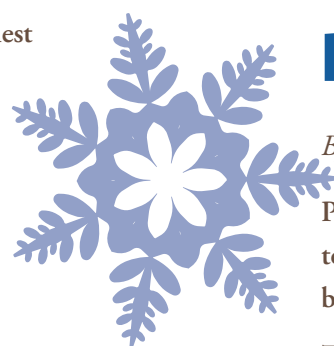
Next, he took a position in Atlantic City under the expert tutelage of an executive chef. Over the next 18 years, he honed his skill in many cuisines, becoming a sous chef, then chef in various restaurants which garnered the highest Zagat and other ratings.

Iron Chef America Jose Garces selected Robert to open his signature Philadelphia restaurant, Village Whiskey. Robert, a member of the American Culinary Federation and the World Association of Chefs Societies, has been featured in many local and regional publications over his lengthy career, including *Saveur*, *What's On Atlantic City*, *Press of Atlantic City*, *Philadelphia Magazine*, and many more.

Chef Robert lives in Galloway with his wife and has two adult daughters, Gabrielle and Natasha. Besides following culinary trends, he enjoys reading, politics, documentaries, football, and spending time with his family.



*Clinton "Randy" Bailey, cook, and Chef LaBoy set up an appealing buffet at The Shores' Apple Fest.*



### Rosemary Rubbed Beef Tenderloin with Pan Jus

#### Ingredients:

One, 2 pound beef tenderloin, trimmed of sinew and excess fat, and tied with kitchen twine  
 ¼ cup canola oil  
 3 tablespoons finely chopped rosemary  
 3 large cloves garlic, peeled and finely chopped  
 Kosher salt and freshly ground black pepper, to taste  
 2 tablespoons unsalted butter

#### Procedure:

Place beef tenderloin on a sheet of aluminum foil and rub all over with 2 tablespoons oil, the rosemary, and the garlic. Season the tenderloin generously with salt and pepper and then let the beef sit at room temperature for 1 hour to allow the seasonings to penetrate the meat and form a flavorful crust on the exterior of the roast. (This resting period also takes the chill off the meat, which allows it to cook more evenly in the oven.)

Heat oven to 425 degrees. Heat the remaining oil and the butter in a 12" skillet over medium-high heat. Carefully add the tenderloin to the skillet and cook,

turning as needed until the beef is browned on all sides, about 7 minutes.

Transfer the skillet to the oven, and cook the tenderloin until an instant-read thermometer inserted into the thickest part of the beef reads 125 degrees for medium-rare.

Remove the tenderloin from the oven and let it rest for 20 minutes. (During this resting period, the tenderloin will continue to rise in temperature to produce a perfect medium-rare interior. The tenderloin's juices will have enough time to distribute evenly throughout the meat.)

When ready to serve, remove the twine, and use a long slicing knife to cut the beef into ½"-thick slices. Transfer slices to a large serving platter, and pour any accumulated juices from the cutting board over the meat to moisten it. To accompany this beef tenderloin, Chef LaBoy suggests a side dish of truffled potato croquettes. The recipe as well as a more extensive bio can be found on the Homes' blog. [www.blog.umh-nj.org](http://www.blog.umh-nj.org).

Serves 4.

*Enjoy!*

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 Cynthia Jacques, *Vice President Housing & Community Initiatives*  
 Patti Koepflinger, *Executive Assistant*  
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## PROFILES IN PHILANTHROPY

*By Chuck Murray*

**Philanthropy:** A desire to help (humankind) by gifts to charitable or humanitarian institutions; benevolence. (Webster's New World Dictionary)

This is the first in a series of stories about interesting and admirable friends of the Homes who have made faithful and generous gifts to the Fellowship Fund.

Joan Kirby Maguet (pronounced Ma-gay'), a resident of Pitman Manor since 2006, previously lived in Bridgeton and Clayton. Following graduation from Bridgeton High School, she earned a bachelor's degree in Physical Education from Ursinus College in Collegeville, Pennsylvania.

Among many accomplishments after returning to Bridgeton as a Physical Education teacher, she re-invigorated a lackluster field hockey team, and within three years led it to the conference championship in a triple tie for first place. She married John Maguet, an early retiree and together, they started a field hockey equipment business.

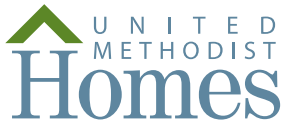
The two were married for 26 years when John passed away — Joan sold the business and began to volunteer. Since becoming a Pitman Manor resident, she has continued volunteering.

"I'm very satisfied with Pitman Manor," she declares. "They do things for me here that I could not do for myself."

Through her will, Joan has divided her estate between Ursinus College and the United Methodist Homes of New Jersey. In so doing she has joined the distinguished Wesleyan Society, for which she has been recognized with a framed certificate of appreciation. We commend Joan for her testamentary generosity and trust that her fine example will inspire others to follow.

*Chuck Murray is Planned Giving Specialist for the United Methodist Homes Foundation*

**Homes is where the heart is -  
please remember the Homes in your will.**



3311 State Route 33  
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### Full Service Communities

At the heart of United Methodist Homes' resident-driven services and amenities is a team of highly-qualified professionals delivering a continuum of care to adults 65 years and over:

<b>Bristol Glen</b> 200 Bristol Glen Drive Newton, NJ 07860 973-300-5788	<b>Collingswood Manor</b> 460 Haddon Avenue Collingswood, NJ 08108 856-854-4331	<b>Francis Asbury Manor</b> 70 Stockton Avenue Ocean Grove, NJ 07756 732-774-1316	<b>Pitman Manor</b> 535 North Oak Avenue Pitman, NJ 08071 856-589-7800	<b>The Shores at Wesley Manor</b> 2201 Bay Avenue Ocean City, NJ 08226 609-399-8505
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**Independent Living • Residential Living • Assisted Living • Skilled Nursing  
Memory Support • Short-Term Rehab • Respite • Hospice**

### Affordable Housing Communities

Senior Housing communities designed for residential living for adults 62 years and over:

<b>Bishop Taylor Manor</b> 33 North Walnut Street East Orange, NJ 07017 973-676-9057	<b>Covenant Manor</b> 623 East Front Street Plainfield, NJ 07060 908-791-9430	<b>PineRidge of Montclair</b> 60 Glenridge Avenue Montclair, NJ 07042 973-746-0003	<b>Wesley by the Bay</b> 2401 Bay Avenue, Suite 2 Ocean City, NJ 08226 609-399-6701	<b>Wesleyan Arms</b> 9 Wall Street Red Bank, NJ 07701 732-936-0760
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