

**A Poem about the Eagle and Flying**  
*Seniors from the Poetry Group at Lester Senior Housing*  
 September 3, 2010

The eagle is as majestic as harmony.  
 I was at the top of a mountain. I'm a world traveler. It was in Scandinavia. I had to look up, and there it was, unbelievably beautiful. So different in size than anything else we can ever see, looking up at the sky at the top of the mountain and seeing that magnificent bird.

If I was an eagle, I would fly very high, and I would see a celebration with red, green, orange, and white fireworks. A display of fireworks.

If I was an eagle, I would fly high above the universe, so I could observe the people—the world above, the world beyond—so I could take in the majesty of it all.

If I was an eagle, I'd fly to the top of the mountain. I'd see the universe: *Here I am, Universe! Bring back my sweetheart to me!*

If I was an eagle—at my stage of the game, it's a little late—I would like to fly to the heavens, so I can see the true beauty of our world.

If I were an eagle, I'd fly up to the highest mountain that I can see, so that I'd look down and see that there are really two worlds: one down there and one up here.

I'm not a poet. I just do practical things. I don't know many eagles. I take care of my practical things—living, eating, sleeping, dreaming, clothing.

If I was an eagle, I'd fly to the highest mountain, look down to pick out the good and the bad.

When I was in Seattle, I used to see eagles in the tall pine trees. They have their little baby birds. They fly back with the food for the baby eagles, and they put it in the nest.

If I was an eagle, I'd fly above the clouds and find all my friends.

If I was an eagle, I would look for another eagle that I could befriend, and together we could fly and then defend.

I would fly to different parts of the world and see how people live and help them to be happy. When they see me with my large wings, they would feel beautiful.  
 And that's why we're all eagle scouts!

**University Without Walls  
 To Your Health Series**

Brings learning, laughter, friendship and support for seniors in their own home using the telephone.

Check out the website at [www.dorotusa.org](http://www.dorotusa.org)

Or call Fran Rod, M.A. at 973-763-1511  
 Coordinator, Caregivers' Connections/To Your Health Outreach Coordinator, University Without Walls/To Your Health DOROT, Inc.

**HOLD THE DATE  
 JVS Creative Maturity  
 Expo**

Sunday November 21  
 Aidekman Family Campus  
 Whippany, NJ

Invite your family members to attend this event!  
 More Information will come at a later date.



**THE LESTER SENIOR HOUSING COMMUNITY**

903 - 905 ROUTE 10 EAST

WHIPPANY NJ 07981

973-929-2700

WE'RE ON THE WEB [WWW.JCHCORP.ORG](http://WWW.JCHCORP.ORG)

**THE LESTER SENIOR  
 HOUSING COMMUNITY**  
 905 ROUTE 10 EAST  
 WHIPPANY NJ 07981  
 973-929-2700  
 WE'RE ON THE WEB  
[WWW.JCHCORP.ORG](http://WWW.JCHCORP.ORG)

**INSIDE THIS  
 ISSUE:**

**BIRTHDAYS**

**NOTES &  
 REMINDERS**

**FOR YOUR  
 INFORMATION**

**ADMINISTRATOR'S  
 CORNER**

**LESTER LIGHTS**

**FYI**

**CREATIVE WRITING  
 CORNER**

**GREETINGS FROM  
 DINING SERVICES**

**PICTURES**

# The Lester Chronicle

October 2010

## National Assisted Living Week Celebration at Lester Senior Housing

National Assisted Living Week happens every year starting on the Sunday of Grandparents Day. This year Grandparents day was on September 12th, and the celebration of Assisted Living week ran through September 18th. Here, at Lester Senior Housing, Weston Assisted Living had a week full of festivities.

David Aaron Trio performed for all of Lester on Sunday as the kickoff for this exciting week. The Trio played many musical classics and standards, as well as Jewish favorites. On Monday evening, staff and Weston residents got dressed to the nines for a cocktail hour in the Weston Lobby. The hour included music, champagne, hors d'oeuvres, and schmoozing. After the cocktail

hour, an elegant dinner was served in the dining room. The atmosphere was enhanced with candle light and a harpist. On Tuesday a beautiful display of Weston resident art work was on exhibit in the Private Dining Room. On Wednesday, Mitchell Goldberg, Regional Director of Dining Services, dressed in his chef's best had a cooking demonstration with delicious results. Mitchell made a savory vegetable stir-fry with lo mein noodles. Thursday was also very delectable, with a charming ice cream social.

The week went by in a flash, but the memories will last. Compliments for the wonderful salute to Weston Assisted Living were abundant. Everyone is looking forward to next year's celebration.





**BIRTHDAYS**

- Terry Boxer
- Shirley Rogut
- Harriet Levy
- Gloria Sherman
- Jeanette Kleinberg
- Evelyn Marpet

To all of our residents who are celebrating their birthdays this month we would like to wish you peace and blessings, this year and always from the staff at Lester.



**Administrator's Corner**

October 2010

With the High Holy Days and summer behind us, October ushers in cooler weather and the Fall season. If you haven't done so already, I would advise that you test your heating unit in your apartment and ensure it is functioning as it should. If you experience any issues, please contact the Heller Concierge.

This past month I presented two new JCHC protocols, "Bed Bugs – House Rules" and "JCHC Smoking Policy" to many of the Lester residents who were in attendance at one of the two meetings I conducted. Any resident who has not yet reviewed and signed these two new protocols must do so this month. Please stop by the Administration office and speak with Joan for more information. In September we also had a wonderful celebration of National Assisted Living week. We held many Assisted-Living-specific programs which the residents immensely enjoyed and still can't stop talking about!

In October, there are a number of exciting programs planned. On Sunday the 3<sup>rd</sup>, we

will continue with Abba Eban's Heritage Series. There are also a couple of trips planned to the Jersey Shore and to Mount Airy casino in Pennsylvania. Lastly, beginning this month are the Fall sessions of the JCHC University. Please be sure to review the enclosed syllabus for any courses that are of interest to you.

In the September newsletter I shared some good news with regard to two new Activity Assistants hired to work at Lester. Since that time, there has been a slight change – the full time Activity Assistant is Suzy and not Darlene. Suzy has already started working and you should feel free to stop by the Weston Multi-Purpose room to introduce yourself and make her feel welcome.

As always, please feel free to reach out to me with any questions, comments, compliments and/or concerns. I can be reached at 973-929-2747. You should also feel free to stop by the Administration offices if you would like to meet with me.

See you around the halls,  
Alex Gross  
Administrator



**New Resident Welcomes**

- |  |                                 |
|--|---------------------------------|
| <b>Ida Eisenstadt Apt. 5-N</b>               | <b>Harriet Novak Apt. 102</b>   |
| <b>Shirley Wein Apt. 6-H</b>                 | <b>Mendel Blumberg Apt. 516</b> |
| <b>Sanford &amp; Muriel Gelbert Apt. 5-D</b> | <b>Leo Rabinowitz Apt. 505</b>  |
| <b>Harry Domb Apt. 4-B</b>                   | <b>Mary Rinsky Apt. 602</b>     |
| <b>Jeanne Hess Apt. 5-C</b>                  | <b>Edda Kaufman Apt. 109</b>    |
| <b>Randy Grossberg Apt. 5-H</b>              |                                 |
| <b>Shirley Deutsch Apt. 3-D</b>              |                                 |
| <b>Eliot Rosner Apt. 4-I</b>                 |                                 |

To all of Lester's new residents we would like to wish you a warm welcome, and *Bruchim Ha Ba'im*

**Save the Date**

**A Celebration of Aging**

Happening at Lester on Thursday,  
November 18, 2010

An event to show pride in our years of living, learning, and laughing.

This celebration is an opportunity for everyone to participate.

Keep watching for more details!



**Good Reads**

A new program designed to suggest and encourage reading. This month will present:

- "Sarah's Key" by Tatiana De Rosnay
- "The Women" by T.C. Boyle



Monday, October 25th at 3 P.M.  
For more information contact Shirley Saland

**Greetings from Dining Services**

By Mitchell Goldberg

Hello Residents!

The Hebrew year 5771 is upon us and the Dining Services Staff and I wish everyone a sweet and joyous New Year. During this time we joined our community in the Sukkah and synagogue and rejoiced that another wonderful year has passed at Lester Senior Housing.

The month starts out with Simchat Torah on October 1<sup>st</sup>. The main celebration of Simchat Torah takes place in the synagogue during evening and morning services. In many Orthodox and Conservative congregations, this is the only time of year on which the Torah scrolls are taken out of the ark and read at night. On each occasion, when the ark is opened, all the worshippers leave their seats to dance and sing with all the Torah

scrolls in a joyous celebration that often lasts for several hours and more.

In the coming Jewish New Year, we should all strive to be a little more tolerant of our neighbors and friends. My staff and I will try to make this holiday experience the most pleasurable and enjoyable for all the years to come. Hag Sameach and Good Yom Tov! If you have any questions or concerns about Dining Services please call me at (973) 929-2737.

Mitchell Goldberg  
Regional Director of Dining Services  
Jewish Community Housing Corporation of Metrowest

**Announcement:**

Do you have something you want to share with all of Lester Senior Housing? A poem, an editorial, a joke, a quote? All of this and any other thoughts that you want all of Lester to know about can quickly and easily be shared in the Lester Chronicle. Submit your work by the 20th of the month and it may be published!

Questions? Call Jessica - (973) 929-2731  
We look forward to hearing from You!

**Announcement:**

Are you a leader? Do you like to spend time with friends and neighbors? If you have time on your hands, and looking for something to do, why not be a Lester Volunteer? Help lead programs like crossword puzzles, card games, Bingo, and more! Have an idea for a new program? Become a Lester Volunteer and you can learn how to make that idea happen.

Call Jessica to learn more! (973) 929-2731