



The World Around

By Bea Freiheiter

Mother Nature, what did we do wrong
 Every day there is another storm.
 Cyclones, hurricanes, tsunamis and such,
 It really is much too much.
 Earthquakes that bury people alive,
 Floods that one can barely survive.
 Oil rigs that tumble causing death and destruction,
 Lava and ash from a volcanic eruption.
 Are you trying to tell us to be nice and kind,
 To take care of the earth and all mankind.
 Is this a sign of things to come?
 That there will be darkness instead of sun.
 Please help us mend our planet,
 And show us the way --
 To be better human beings each and every day.



THE LESTER SENIOR HOUSING COMMUNITY

905 ROUTE 10 EAST

WHIPPANY NJ 07981

973-929-2700

WE'RE ON THE WEB WWW.JCHCORP.ORG

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Pictured, Clockwise from the top left corner: Arline Frankel, Teddy Halpern, Rae Benet, and Mitzi Abrams - Lester's Choral members; Helen Heller (Weston Council President), Mildred Feldstein, Shirley Saland, Pollyann Fluke, Roz Handler, and Dolly Moser of the Heller Tenant's Association Board; Jessica Kolton and Arline Frankel posing for the camera; Carlos Natta, Adel Gad, Joan Wesolowski, and Joseph Dubov being recognized for their years of service; Adel Gad, Mitchell Goldberg, and Carlos Natta enjoying the event.

The Lester Chronicle

JULY 2010

Lester Lights

JCHC Annual Meeting

By E. Anne Lipman

For those who attended this year's JCHC Annual Meeting on June 14, 2010, held at the magnificent turn-of-the-century Crystal Plaza, it proved to be a memorable occasion.

On arrival guests found hors d'oeuvres; falafel, filet, fish and fruits, also an open bar awaiting them, followed by a delicious sit-down dinner, including delectable desserts.

Harold Colton-Max, CEO of JCHC was present for the event, while Alex Gross, Administrator of Lester Senior Housing was well occupied with the camera.

Among the honorees for years of service from Lester Senior Housing were; Adel Gad, Carlos Natta, Joseph Dubov, Joan Wesolowski, Juan Molina, and Marlene

Schwitzer for their 5 years of services. Dolly Moser was also recognized for her continued expertise and zeal in arranging exceptional topics, and to Roz Handler for sharing and discussing her extensive Menorah collection.

Entertainment was provided by the JCHC Choral Group, including our own Mitzi Abrams, Rae Benet, Arline Frankel and Teddy Halpern, who ride the bus each Wednesday to rehearse with all of the choral group members in West Orange at Jewish Federation Plaza.

Each of us is blessed with a unique talent to share, wear or waste. When used to benefit ones' peers, who knows? Once you get involved you could gain a ticket to the next annual meeting.



History of The Crystal Plaza: The Janoff's purchased the mansion in 1965 and renamed it "The Crystal Plaza," because of its beautiful crystal chandeliers and glass work. Hosting one affair at a time amongst enchanting gardens and beneath sparkling chandeliers, it is renowned for its cuisine, European service and ambiance. ** Information on The Crystal Plaza from www.crystalplaza.com



BIRTHDAYS

- Seymour Pine
- Teddy Halpern
- Harriet Kaplan
- Beatrice Kimmelman
- Ruth Gerstenzang
- Lillian Libes
- Celia Hebel
- Lotte Mandel
- Anne Brody
- Dolly Moser
- Pearl Witkin
- Ida Bakalar
- Elaine Goldstein

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

July 2010

It is now officially summer and the temperatures outside are definitely a testament to this. I remind you to drink plenty of fluids and stay safe in the sun. Also, make sure you keep your apartment cool when present and report any air conditioning issues to the Concierge at the Heller front desk promptly.

In June we had the second installment of the JCHC University held at Lester and heard from Professor Todd Collins who discussed 'Four Influential Jazz Musicians' as well as played his guitar. The room was filled with Lester residents as well as some residents from the other JCHC buildings; the program proved to be a big success. Please take a look at the enclosed calendar to see the dates of the next two JCHC University classes and I hope you will be able to join in the learning!

This past month we also had our annual Western Day Bar-B-Q. As in previous years, everyone looked like they were having a grand time and were already anxious for next year's party.

Towards the end of July we will have the pleasure of welcoming Stephanie Rizzo, a nurse with Morristown Memorial Hospital to give a one hour lecture on Becoming Stroke Smart. As a follow up to this session, in August, the Morristown Hospital team will visit Lester and set up a Stroke Screening Program. This event screens members of the public for the risk factors

associated with stroke, and educates them on ways to reduce those risks, and on the signs and symptoms of stroke. Typically there is a charge for these programs; however, we have been able to get both of these programs at no cost to the Lester residents. As these events approach, be sure to look for more information posted on the bulletin boards and I hope you will take full advantage of these programs.

Lastly, in June, the Weston Assisted Living had its Annual Survey which is conducted by the NJ Department of Health and Senior Services. The survey is a thorough inspection of all aspects of the operations of the Assisted Living including medical care, housekeeping services, business practices, environment of care and other areas. The survey lasted for two days and concluded with no deficiencies or citations. The positive survey findings are the result of the hard work and commitment shown by all the employees working at Lester and I thank everyone for always giving 110%.

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

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!

Mark your Calendars & Don't miss the Fun:

- * Thursday, July 1st - Adult Education Series at 1:15 P.M. in the Theater, Part I of the PBS Documentary Benjamin Franklin
- * Sunday, July 4th - Independence Day - 2 P.M. on the Patio join us for a Fourth of July Ice Cream Party
- * Sunday, July 4th - Evening Entertainment at 7 P.M. Dance and Sing with David in the Heller Multi-Purpose Room
- * Monday, July 5th - Ethics Discussion at 1:30 P.M. in the Heller Multi-Purpose Room
- * Monday, July 5th - Bill Levy returns for another installment of Humor to Combat Stress at 7 P.M. in the Theater
- * Wednesday, July 7th - Bill Levy Presents Show Business Musicals Part I at 2:30 P.M. in the Theater
- * Thursday, July 8th - Adult Education Series at 1:15 P.M. in the Theater Part II of the PBS Documentary Benjamin Franklin
- * Thursday, July 8th - JCHC University at Jewish Federation Plaza, Mitchell Goldberg presents part I of Food Safety at 2 P.M.
- * Sunday July 11th - Evening Entertainment at 7 P.M. Music with Val and Ken in the Heller Multi-Purpose Room
- * Monday, July 12th - Sing Along with Stella at 1:15 P.M. in the Heller Multi-Purpose Room
- * Tuesday, July 13th - Jack McCoy's World Update at 7 P.M. in the Heller Multi-Purpose Room
- * Wednesday, July 14th - Travels with Bernie: Egypt at 3:15 P.M. in the Theater
- * Thursday, July 15th - Adult Education Series at 1:15 P.M. Chaim Lauer returns for a "Jewish Surprises" Lecture in the Heller Multi-Purpose Room
- * Thursday, July 15th - JCHC University at Jewish Federation Plaza, Mitchell Goldberg presents part II of Food Safety at 2 P.M.
- * Thursday, June 15th - Volunteer Sherrie Miller will be presenting an introduction to Weaving at 3 P.M. in the Heller Multi-Purpose Room - this introduction will lead to an opportunity to do weaving work on a loom
- * Friday, July 16th - Judy Ebright returns for another Art Lecture at 2:15 P.M. in the Theater
- * Sunday, July 18th - JCHC University at Lester, Robert Nocht, Sr. will be doing a presentation on Abstract Thinking at 2 P.M. in the Heller Multi-Purpose Room
- * Monday, July 19th - Erev Tisha B'Av - The saddest day of the Jewish year. Rabbi Langer will hold a Tisha B'Av program at 7:30 P.M. in the Chapel, followed by Eicha at 8:30.
- * Tuesday, July 20th - Tisha B'Av - At 11 A.M. in the Theater a screening of Tisha B'Av Worldwide Event by Rabbi Frand
- * Tuesday, July 20th - JCHC University at Jewish Federation Towers, Laurie Loughney presents a delectable program about the Art of Chocolate at 2 P.M.
- * Wednesday, July 21st - Bill Levy returns for the second half of his presentation on Show Business Movies at 2:30 P.M. in the Theater
- * Thursday, July 22nd - JCHC University at Jewish Federation Towers, Laurie Loughney presents part II of the Art of Chocolate at 2 P.M.
- * Thursday, July 22nd - Introduction to Hebrew: Reading and Conversation will be at 7 P.M. in the Heller Multi-Purpose Room
- * Sunday, July 25th - Evening Entertainment at 7 P.M. Music with Jim in the Heller Multi-Purpose Room
- * Monday, July 26th - 1:15 P.M. Sing Along with Stella in the Heller Multi-Purpose Room
- * Tuesday, July 27th - Jack McCoy's World Update at 7 P.M. in the Heller Multi-Purpose Room
- * Thursday, July 29th - Stroke Prevention and Awareness program at 2 P.M. in the Heller Multi-Purpose Room
- * Thursday, July 29th - at 3 P.M. and 7 P.M. Movie with a Message in the Theater, The movie will be My Fellow Americans
- * Friday, July 30th - Movie with a Message: Discussion at 3 P.M. in the Heller Multi-Purpose Room