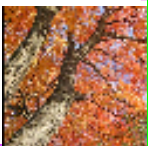




### "All the Seasons"

A group poem by the seniors from the Poetry Project at Lester Senior Housing

Spring is the rebirth of all the flowers into a mixture of all the flowers: roses and lilacs.  
 Lilacs are my favorite. Lilacs smell very sweet, poignant, and refreshing.  
 Spring tastes sweet and sparkling.  
 (Does it taste fattening?)  
 Spring sounds like everything beautiful.  
 Fall feels like leaves traveling down from the trees, flowers turning around.  
 It feels like very, very soft breezes.  
 Spring looks like life renewed.  
 Winter smells like all the other seasons brought together.  
 Winter tastes like a cup of hot soup.  
 Spring smells like revival.  
 Fall sounds crisp.  
 Spring smells like fresh fruit. (I like either green or red apples. Green ones are sharper.)  
 Fall sounds nice and quiet.  
 Summer tastes like hot dogs and baseball.  
 Fall smells like all the things you like.  
 I like all seasons. You get a taste and smell of everything, and you hear everything and see everything:  
 Ice,  
 Logs burning,  
 Leaves crackling and rustling,  
 And absolute quiet on a day like today, when it's humid.  
 You have absolute silence.



### 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



**THE LESTER SENIOR HOUSING COMMUNITY**  
 903 - 905 ROUTE 10 EAST  
 WHIPPANY NJ 07981  
 973-929-2700  
 WE'RE ON THE WEB WWW.JCHCORP.ORG

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# The Lester Chronicle

## AUGUST 2010

### Lester Lights

### 4th Annual Western Day

By E. Anne Lipman

The 4th annual Western Day at Lester Senior Housing was held on June 27, 2010. The day was enjoyed by residents and guests, young and old. This event went without a hitch and was proved to be a huge success.

This popular event was in full swing when JCHC past board presidents, Aaron Frank and Martin Kalishmen stopped by. What they saw was everyone enjoying Country Western music, dance, food and fun.

Awnings, umbrellas and shaded picnic tables provided seating for many people, while others chose to dine and watch from the Heller Dining Room.

Citizens Band Radio parked their "Big Bertha" (van) at the rear of the Patio and piped in a continuous stream of live Country Western music. Donna Marie, our regular dance instructor (in hoedown dress, complete with ten gallon hat) sang and danced to the music. Donna Marie reined in her students, encouraging them to show off their new fancy footwork. Many family mem-

bers and their children joined the line dancing. Mitch Goldberg (Regional Director of Dining Services) toiled over hot coals to barbeque hamburgers and hotdogs, passing plates to the dietary staff (wearing environmentally friendly T-shirts emblazoned with a logo of the date and a bucking bronco). The staff then added baked beans, coleslaw and corn. During a lull, several staff still had the energy to kick up their heels and entertain and dance. Staff members Joan and Joel kept lines and water flowing freely as 260 meals were served.

Adel Gad's (Dining Room Manager) staff also clad in the green wild west T-shirts, kept busy inside, as they set out utensils, liquids and bussed tables.

Alex Gross (Administrator) was the photographer. Face painting and pony rides were enjoyed by young family members.

No wonder the Country Western theme is popular, let's look forward to Lester hoof it up again next year!

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## Administrator's Corner

August 2010

The heat this summer has been relentless, and from the looks of the recent forecast, it doesn't seem to be letting up. Due to the extreme heat, the Lester dining team has provided cold water near the Heller Concierge desk to ensure you maintain proper hydration and keep cool in this weather.

This month we have a number of excellent programs and events scheduled. The following are a few I would like to point out. On Tuesday August 3<sup>rd</sup> we will have a concert led by the 'Shiru Na' group in the Heller Multi-Purpose room. On Fridays we will have Creative Writing classes given by 'Arts! By the People'. On Monday August 16<sup>th</sup> and 30<sup>th</sup>, you can come listen to Jack McCoy's World Update. Also, due to popular demand, you will have the opportunity to hear a number of new talents perform light-hearted evening entertainment throughout the month.

Toward the end of July we had a nurse from Morristown Memorial Hospital give a one hour lecture on 'Becoming Stroke Smart'; this ses-

sion was well attended and residents felt it was an extremely valuable and informative educational program. As a follow up to this session, on August 12<sup>th</sup> from 1PM until 4PM, the Morristown Hospital team will visit Lester and set up a Stroke Screening Program. Lester residents will have the opportunity to be screened for the risk factors associated with stroke, and will be educated 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 these programs at no cost to the Lester residents. Please be sure to take full advantage of these programs and sign up with AI at the Heller Concierge desk – space for this program will be limited.

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

### BIRTHDAYS

**Herman Goldman**  
**Rae Benet**  
**Lillian Hammer**  
**Cecilia Saks**  
**Anne Lipman**  
**Seymour Schuman**  
**Rose Gilbert**  
**Alex Glass**  
**Jeanette Weiss**

*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.*



The country Store is as American as The Stars and Stripes, Fireworks and Fishing, Baseball and Barbeques, the Alamo and Apple pie. A touch of imagination can transform the "Country Store" from an outside picturesque rural setting, amid greenery and sunshine up to the second floor of the Heller building

Actually the Country Store is easier to reach than most stores, what could be more convenient -- when the temperature drops below zero or soars to 99 degrees -- than to pop in on a Monday through Thursday 11:00 A.M. to 3:00 P.M. to purchase a banana, a candy bar, a box of cereal, a quart of milk, half a dozen eggs, a birthday card, a book of stamps.

Furthermore, the Country Store -- historically -- is the perfect place to meet your neighbors, for a few minutes - mid morn-

ing- you can kvell, kvetch, kibitz and brighten your own or someone's day.

The very helpful volunteers: Doris Eisen, Monday: Arline Frankel, Tuesday: Pearl Barell, Wednesday: Marci Liebling, Thursday: Ruth Gersten, Helen Weinberger, backup. Also "assisting in the Country Store" are Rueben Parks and Herman Goldman. Any volunteer will gladly locate items, bag them (they welcome and encourage recycled clean plastic grocery bags) make change and see you on your way.

Anyone out there who feels bored and at a loose end, finds time hangs heavily on your heart and hands, considers the days long and lonely; Stop by the Country Store and join this fantastic crew.

### The Country Store

*By Mildred Feldstein*

## Mark your Calendars & Don't miss the Fun:

- \* Monday, August 2nd - Sing Along with Stella at 1:15 P.M. in the Heller Multi-Purpose Room
- \* Monday, August 2nd - New entertainer Hal Brister will do a music performance at 7 P.M. in the Heller Multi-Purpose Room
- \* Tuesday, August 3rd - Shiru Na concert performance at 1:15 P.M. in the Heller Multi-Purpose Room
- \* Wednesday, August 4th - Travels with Bernie goes to the Canyon Lands at 3:15 P.M. in the Theater
- \* Thursday, August 5th - Adult Education Series screening of part 1 of the Great American Songbook at 1:15 P.M. in the Theater
- \* Friday, August 6th - Arts! By the People Creative Writing class will be at 10:45 A.M. in the Weston Multi-Purpose Room
- \* Sunday, August 8th - New entertainers Joel Zelnik & Francine Evans will perform "The American Composers of Popular Music" at 7 P.M. in the Heller Multi-Purpose Room
- \* Monday, August 9th - Ethics Discussion returns at 1:30 P.M. in the Heller Multi-Purpose Room
- \* Tuesday, August 10th - Trip to Century 21 Department Store in Morristown at 1:15 P.M.
- \* Wednesday, August 11th - Bill Levy presents part one of Hollywood Biographies at 2:30 P.M. in the Theater
- \* Thursday, August 12th - Adult Education Series screening of part 2 of the Great American Songbook at 1:15 P.M. in the Theater
- \* Thursday, August 12th - Stroke Screening in the Heller Multi-Purpose Room from 1 P.M. to 4 P.M. Registration is Required
- \* Friday, August 13th - Arts! By the People Creative Writing class will be at 10:45 A.M. in the Weston Multi-Purpose Room
- \* Monday, August 16th - Jack McCoy returns on a new night with his World Update at 7 P.M. in the Heller Multi-Purpose Room
- \* Thursday, August 19th - Chaim Lauer presents more Jewish Surprises at 1:15 P.M. in the Heller Multi-Purpose Room for Adult Education Series
- \* Friday, August 20th - Judy Ebricht's art Lecture will be on the Art of Glass at 2:15 P.M. in the Theater
- \* Wednesday, August 25th - Bill Levy will present part 2 of Hollywood Biographies at 2:30 P.M. in the Theater
- \* Thursday, August 26th - Adult Education Series screening of part 3 of the Great American Songbook at 1:15 P.M. in the Theater
- \* Thursday, August 26th - Nosh with your Neighbors at 3 P.M. in the Weston Multi-Purpose Room and get to know the Lester Community
- \* Friday, August 27th - Arts! By the People Creative Writing class will be at 10:45 A.M. in the Weston Multi-Purpose Room
- \* Sunday, August 29th - Kenny Cunningham will do a music performance for evening entertainment at 7 P.M. in the Heller Multi-Purpose Room

A Special Thank you to the entire Lester Community from Jessica Kolton in the Activities Department for all of your well wishes and kind thoughts.

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