

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

**INSIDE THIS
ISSUE:**

BIRTHDAYS

NOTES &
REMINDERS

FOR YOUR
INFORMATION

ADMINISTRATOR'S
CORNER

LESTER LIGHTS

FYI

GREETINGS FROM
DINING SERVICES



The Lester Chronicle

SEPTEMBER 2010

Lester Lights

Beware of Con Jobs!

By E. Anne Lipman

Con artists, dupers, frauds, liars, opportunists, scammers, sharks, sociopaths, swindlers, tricksters, no matter their moniker no matter their method, they have some distinct character traits, they lack consciences, hearts, feelings and scruples.

These 'goniffs' are ruthless, truth-less, smooth operators and share a common goal; to clean us out financially, psychologically and ultimately to destroy our faith in our fellow men/women.

Their M.O. is to act friendly, gain our confidence, learn names of family members, spin yarns -- a most recent scam starts with a grandson, they will know his name -- calling from a distant city in need of funds to fix a broken down car. They promise prize money, try to sell trips, home repairs and or products we don't need nor want. First they gain our trust, next they wheedle social security numbers, names of bank and savings accounts, and finally and with out qualms they will proceed to help themselves to the contents of our checking account, piggy bank, life's savings and stocking stuffed under the mattress.

These are not isolated cases, any one of us is vulnerable, banking online is also a risk. Con men/women are constantly on the prowl to find softies, simpletons and suckers. "There's a sucker born every minute" is often credited to P.T. Barnum, he should know. Though not limited to the eld-

erly, lonely or isolated, the operators find this group easy prey.

AARP, the NJ Star Ledger, and most media sources constantly issue warnings and tips to make us more aware and to help us protect ourselves from this modern day plague.

A few tips to keep in mind and help keep you safe:

1. Be alert to phone callers asking for personal information
2. Do not give your Social Security number to a caller on the phone
3. Never give out your bank or savings account number
4. Hang up promptly on callers asking for credit card information
5. Beware of a phone caller asking you to wire money to a stranded grandchild - even though they give the grandchild's name
6. If you bank online - keep an eye on your bank balance
7. Don't let offers of cruises and prizes carry you away
8. Stay alert to people knocking on your door selling special deals for home repairs
9. For additional protection, shred all documents containing confidential information
10. Stick to the tried and tested, old adage: if it sounds too good to be true, it probably is

Rosh Hashana - 5771

There are many explanations for why the first of *Tishrei* is considered to be the start of the New Year. The Torah sets this day apart as "a memorial proclaimed with the blast of the Shofar". According to tradition, it is the anniversary of the creation of Adam, the birthday of the human race. At first, Jews used the exodus from Egypt as a starting point for numbering years. Later, the destruction of the Temple was considered the focal point. Finally, however, the sages went back over the biblical record in terms of personal life spans, equating the years mentioned in Genesis as equivalent to our own and the seven days of Creation as days like our own. This is how they arrived at the number we now use, 5770: Five thou-

sand seven hundred and seventy years since the Creation of the World. The Torah refers to the month of Nisan (when Passover occurs) as the first month of the year in the Jewish calendar. It is the *Mishnah* which first refers to *Tishrei* (the 7th month, according to the Bible) as the beginning of the year. Actually, there are four New Years in the Jewish calendar. The first of *Nisan* is the New Year for Kings, the date by which the Kings of Israel calculated their reign. The first of *Ehul* is the New Year for animals. The first of *Tishrei* (***Rosh Hashana***) is the New Year for Years, by which years were counted. And the 15th of *Shevat* (*Tu B'Shevat*) is the New Year for trees.



Administrator's Corner

September 2010

Because the past couple of months have been so warm, I have been opening this column with a reminder to Lester residents to keep hydrated and take necessary precautions when planning to be outdoors in the sun. Being that this hotter than normal weather just doesn't seem to be letting up, this month will be no different. The Lester dining team is continuing to provide cold water near the Heller Concierge desk to ensure you maintain proper hydration and keep cool in this weather.

September is generally a busy month since it frequently coincides with the months of Elul and Tishrei on the Jewish calendar. Elul and Tishrei bring with them the Jewish High Holidays, and at Lester we will be offering a full range of services and activities for each of the upcoming holidays. Attached to the newsletter is a High Holiday Schedule intended to assist you in your holiday planning. In September we also celebrate National Assisted Living Week. Please take a look at the attached and posted calendar that makes reference to many special activities taking place in celebration of Assisted Living week.

As many of you may have noticed, a hot topic on the news over the past few weeks has been the recent increase in bed-bug infestations throughout NY and NJ. In order to be proactive with regard to bed bug prevention, on Wednesday September 1st, I will be conducting a special meeting for all Lester residents at 10:30AM in the Heller Multi-purpose room to review the new JCHC Protocol 'JCHC House Rules - Bed Bugs'. For those who cannot attend on Wed., I will be conducting another session the following day on Thu. Sept. 2nd at 2:00PM in the Heller Multi-purpose room. I highly encourage all residents to attend either one of these important meetings. In addition to this review, I will also spend some time reviewing the all new 'JCHC Smoking Policy'.

This month I also have the pleasure to provide you with a number of exciting announcements.

Firstly, after what felt like a long wait, a brand new bus was delivered to Lester at the end of August. This bus is slightly larger than our current bus and will allow for more residents to attend trips and other events. Also, this past month we have hired a new staff member to work in the Activity department as Activity Assistant. We will now have 2-day a week coverage for activities and programs taking place in the Weston-building. I encourage you to extend a warm welcome to Bibi who will be starting by the first week of September. We hope to fill the remaining position in the very near future.

Due to the large success of the first semester of JCHC University, classes will resume in the fall beginning in October. As classes are scheduled and confirmed, a schedule and syllabus will be provided to each of you. I hope you are able to participate and join us in these classes and I look forward to seeing you there.

Lastly, on behalf of myself and the residents living at Lester, I would like to take this opportunity to thank the Morristown Memorial Hospital's Community Health Department for coordinating and facilitating two very well-attended programs in our building over the last two months. Both the Stroke Prevention seminar and the Stroke Screening clinic that were offered were huge successes and those who attended and took advantage of these programs were very happy that they did. We plan to work closely with the Community Health Department and offer some more educational programs and clinics in the near future. If you have a health related topic that you are particularly interested in learning more about, please feel free to let me know.

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

- Mollie Disler
- Bea Freiheiter
- Howard Zeldin
- Jeanne Hess
- Ruth Winikoff
- Ruth Gerber
- Lorraine Rabinowitz
- Mildred Levine
- Pearl Barell
- Dorothy Botnick
- Iona Scott
- Richard Lande
- Leo Rabinowitz
- Audrey Cohen
- Edda Kaufman
- Ruth Israelow
- Claire Ehrenkranz
- Mendel Blumberg
- Matilda Braun

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.



For Your Information

Two Morris County DMV Offices Are Closing



Since most of us need to pay a visit to the local DMV - to renew driver's licenses, obtain N.J. identification, and complete car inspections, it's important to note that the State Motor Vehicle Commission plans to close two of its offices in Morris County.

The DMV at 1572 Sussex Turnpike in Randolph and 186 Speedwell Ave. in Morristown closed on Thursday, August 12, 2010.

The two sites are merging into one new loca-

tion, located at 160 Canfield Ave. in Randolph. This site - according to the announcement in an article from the Star Ledger on August 8, 2010 - "will provide one-stop smoother service." Motorists will be able to obtain inspections, car licenses, registrations, vehicle titles, and other documentation in one location. The office is adjacent to an inspection station and driver's test site.

Save the Date

Good Reads

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

"A Reliable Wife"
by Robert Goolrick

"Pearl Buck in China"
by Hilary Spurling

"Not Me"
by Michael Lavigne

Monday, September 27th at 3 P.M.

For more information contact Shirley Saland



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 contribute.

More details are soon to follow!



Greetings from Dining Services

By Mitchell Goldberg

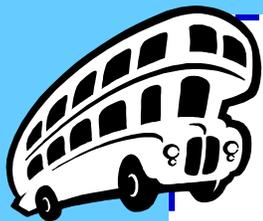
Hello Residents!

The summer is closing fast and the beautiful, brisk fall season is soon upon us. As we all know when autumn approaches, so does the holiest time period in Judaism, Rosh Hashanah and Yom Kippur. During this time we join our community in the synagogue and reflect on the past year and ask forgiveness. (some more than others!!)

The Dining Services Department will provide our community with traditional holiday fare and festivities that invoke past memories and pleasures from years gone by. In the

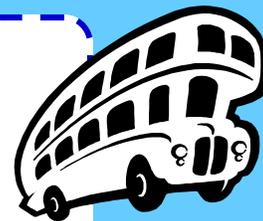
coming Jewish New Year, we should all strive to be a little more tolerant of our neighbors and friends. My staff and I will try to make this holiday experience the most pleasurable and enjoyable for all the years to come. Hag Sameach and Good Yom Tov! If you have any questions or concerns about Dining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

Mitchell Goldberg
Regional Director of Dining Services
Lester Senior Housing

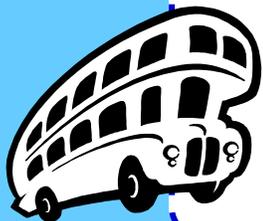


Our New Bus

By Bea Freiheiter



Listen up to what I heard,
This is the absolute word.
JCHC has a jazzy new bus,
To take us where ever it must.
Cool, clean, and comfortable - also sleek,
Come for a ride, take a peek.
Stop at the bank, food market, and store,
And there is a whole lot more.
Make new friends, take a ride on the bus,
Relax and enjoy, simply no fuss.
Franco our driver, will take you where you want
He's reliable, funny, and has a big heart.
So... Three Cheers to our new bus, and a long life,
Hopefully, no more breakdowns, repairs, and strife



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

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.

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