
Village Press

October
2011



The Newsletter for Village Apartments

Celebrating October

World Vegetarian Day

October 1

Yom Kippur

October 8

Sukkot

October 13

Shemini Atzeret

October 20

Simchat Torah

October 21

World Rainforest Week

October 10-16

Columbus Day

October 10

Pumpkin Cheesecake Day

October 21

Knock-Knock Day

October 31

A large, detailed image of a pumpkin with its stem and several large green leaves, positioned on the left side of the page, partially overlapping the text boxes.

Yom Kippur

Yom Kippur is probably the most important holiday of the Jewish year. Many Jews who do not observe any other Jewish custom will refrain from work, fast and/or attend synagogue services on this day. Yom Kippur occurs on the 10th day of Tishri.

The name "Yom Kippur" means "Day of Atonement." It is a day set aside to "afflict the soul," to atone for the sins of the past year. This day is a chance to demonstrate repentance and make amends. Yom Kippur atones only for sins between man and G-d, not for sins against another person. To atone for sins against another, you must first seek reconciliation with that person, righting the wrongs you committed against them if possible. That must all be done before Yom Kippur.

Yom Kippur is a complete Sabbath; no work can be performed on that day. Jews are supposed to refrain from eating and drinking (even water) on Yom Kippur. It is a complete, 25-hour fast beginning before sunset on the evening before Yom Kippur and ending after nightfall on the day of Yom Kippur. The Talmud specifies additional restrictions that are less well-known such as washing and bathing, anointing one's body (with cosmetics, deodorants, etc.), wearing leather shoes, etc.

It is important to note that any of the above restrictions can be lifted where a threat to life or health is involved. In fact, children under the age of nine and women in childbirth (from the time labor begins until three days after birth) are not permitted to fast, even if they want to. Older children and women from the third to the seventh day after childbirth are permitted to fast, but are permitted to break the fast if they feel the need to do so. People with other illnesses should consult a physician and a rabbi for advice.

Most of Yom Kippur is spent in the synagogue, in prayer. In Orthodox synagogues, services begin early in the morning (8 or 9 AM) and continue until about 3 PM. People then go home for an afternoon nap and return around 5 or 6 PM for afternoon and evening services, which continue until nightfall. The services end at nightfall, with the blowing of the tekiah gedolah, a long blast on the shofar. It is customary to wear white on this holiday, which symbolizes purity and calls to mind the promise that our sins shall be made as white as snow.

Sukkot



Sukkot, a Hebrew word meaning "booths" or "huts", refers to the Jewish festival of giving thanks for the fall harvest, as well as the commemoration of the forty years of Jewish wandering in the desert after Sinai. Sukkot is celebrated five days after Yom Kippur on the 15th of Tishrei, and is marked by several distinct traditions. One tradition, which takes the commandment to "dwell in booths" literally, is to build a sukkah which means "covering" or "shelter." These huts are constructed as temporary shelters. The roof is covered with foliage, which is spaced to let in the light. Fruits and vegetables, including apples, grapes, corn, and pomegranates, are hung inside the hut. The families eat their meals in the huts under the evening sky. In Israel, where it does not usually rain during this season, families observe Sukkot by eating and sleeping in the sukkah for seven days.

Shemini Atzeret & Simchat Torah

Shemini Atzeret is the final day of festivities at the end of Sukkot. It is followed by Simchat Torah, the holiday that marks the conclusion of the annual reading of the Torah and its beginning again--amid dancing, song, and celebration.



Dorot's & Metrowest

*DOROT's TO YOUR HEALTH/METROWEST
IN PARTNERSHIP WITH OVERLOOK MEDICAL
CENTER, JEWISH FAMILY SERVICE METROWEST,
and JEWISH COMMUNITY HOUSING CORPORATION
PRESENTS*

A FREE CLASS BY TELEPHONE!

**A FRESH LOOK AT SUCCESSFUL AGING
THURSDAY, OCTOBER 27
11:00-11:50 AM**

Presented by

Maryann Webber

Geriatric Nurse Practitioner

**Jewish Community Housing Corp / Jewish Family
Service House Calls Program**

Adlai Stevenson said "It's not the years in your life, but the life in your years that counts!" Aging well is a *choice* that we make! Join Maryann for a discussion that includes ways to maximize your memory, safeguard yourself against stress, and enjoy your life each and every day.

There is no fee for this program, but you must pre-register.

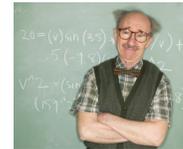
For more information and to register contact Fran Rod at

frod@dorotusa.org or

(973) 763-1511.

Inspiration for Seniors & Aging

Source: Squidoo.com



Aging can be difficult at times, we all go through it. It is important to remember that even though our physical appearance changes, our spirit does not. Some people in their 70s and 80s are much younger than some people in their 20s or 30s. It all comes down to one thing and that is our outlook on life. Everybody is looking for the fountain of youth, but what they often are unaware of is that the fountain of youth can be found by simply looking within oneself.

Always remember, we are never too old to realize a new goal or dream. Also we must realize, just because someone is older, it does not mean that they have nothing left to offer to society and are incapable of accomplishing great things in their remaining years.

Cold VS Flu Symptoms



By: Maryann Webber
Housecalls Nurse Practitioner

The Common Cold

- It is self limiting caused by viruses
- Most frequent acute illness
- Economic burden
- Average episodes : 2-3 times yearly

Transmission:

- Direct contact
- Small and large particle aerosols

Symptoms:

- Varies from person to person
- Nasal stuffiness
- Nasal discharge
- Sneezing
- Sore throat
- Cough
- Cold persists 3-7 days.

Risk Factors:

- Chronic Disease
- Malnutrition
- Immunodeficient

Complications:

- Sinusitis
- Lower and Upper respiratory tract infections

Treatment:

- Rest, Fluids, and Tylenol for pain.

INFLUENZA

Caused by either Type A or Type B viruses, Many new cases of flu each year are linked to the viruses' ability to alter its protein structure. When you have the flu your body produces antibodies to combat that particular virus and prevent you from getting the same flu strain again.

When a different strain enters your body, these antibodies cannot protect you from getting the new flu.

Transmission:

- Inhalation

Symptoms:

- Fatigue
- Joint pain
- Fever 104F or higher
- Muscle ache
- Loss of appetite
- Headache
- Cough
- Chills

Symptoms last 3-4 days, sore throat and inflammation of the trachea lasts another 3-4 days.

Complications:

- Bronchitis
- Pneumonia
- Respiratory failure
- Death

Treatment:

- Annual flu immunization
- Pneumovax
- Bed rest
- Tylenol
- Avoid those with the flu

Important Take-Aways

Be alert to early recognition of signs and symptoms of cold VS flu. During the flu season, try to avoid crowded places. Winter's cold air leaves you susceptible because it dries out the nasal passages which normally trap the virus and other foreign substances.

The annual Flu Vaccine gives you a 70-90% protection rate. Pneumovax is recommended every 7 years but once after the age of 65. Also contact your PCP with any changes in order that diagnosis can be made ASAP with proper treatment.

Marvelous Macaroni

Make sure to wake up with an empty stomach on October 25. It's World Pasta Day! This delicious food has been enjoyed by the world for thousands of years. So why did it take until October 25, 1995, for the World Pasta Congress in Rome to establish a holiday in its honor?

The ancient Chinese ate noodles made of millet or rice in the year 2000 B.C., but this type of noodle is very different from the pasta noodle that has made Italy famous. Pasta is made specifically with a wheat known as "durum wheat semolina." This wheat makes the pasta chewy and easy to form into many different shapes. In fact, there are over 350 different pasta shapes, and each shape catches and holds a sauce differently.

The story of the explorer Marco Polo discovering spaghetti in China and bringing it back to Italy is a legend. It is far more likely that Arabs from Libya brought pasta across the Mediterranean Sea when they conquered the island of Sicily in the ninth century. By the 1300s, pasta was a common food all over Europe, and by the time European explorers discovered North America in 1492, pasta was on board with them. It was not until the year 1839 that the first recipe of pasta with tomatoes was recorded.

The average Italian eats sixty pounds of pasta each year, compared to Americans who eat only twenty pounds. Pasta often comes hard and dried, but fresh, soft pasta is also common and delicious. Perhaps the most important rule for making pasta is to cook it "al dente." This means that the noodles should still be a little firm when you bite them. Boiling pasta even a minute or two too long makes the noodles soft.

Best of all, pasta is a nutritious food, full of iron, B-vitamins, and folic acid. Maybe this is why pasta has been eaten on all five continents for thousands of years.

IMPORTANT NOTICE FOR ALL VILLAGE RESIDENTS:

For all non emergency calls or questions after business hours, please call the following number:

Monday – Friday: 5:00 pm – 11:00 pm
973-763-0999 (A Security Guard will assist you)

Saturdays: 8:30 am – 4:30 pm
973-789-1952 (The Superintendent will assist you)

Sundays: 10:00 am – 10:00 pm
973-763-0999 - A Security Guard will assist you

For All Emergency Calls:

- Push Your Pendant
- Dial 911
- 973-789-1952 Superintendent's Cell Phone

October Village Birthday's



Rose Wierzbicki Oct. 06

Thelma Schlesinger Oct. 31



During the month of September JVS At Home Services representatives spoke to Village Apartments residents about Caregiving Companion Services and Home Maintenance Solutions.



Musician Jason Craig provided an enjoyable music program for residents of Village Apartments.

OCTOBER UPCOMING EVENTS:

Please be sure to look for the following programs/events during the month of October. You may check your calendar for dates and times of upcoming events.

*Irving's & Farmers Market *The Lawrence Welk Show DVD *Bob Gold Music Program
*Trader Joe's in Millburn *Crossword Fun *Essex Green & Kmart *Bernie & Sheila Travel Slides
* Livingston & Short Hills Malls *Housecalls with Marnie & Maryann *Newark Museum
*Lunch at Eppes Essen *Accordion Music with Eric *Linus Knitting Project *Bridge
*Exercise *Yoga

Additionally the following holidays will be observed during the month of October:

Yom Kippur, Succoth, Sh'mini Atzeret, Simchat Torah

October 2011 Village Calendar is subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 1:30 MOVIE 7:00 MOVIE	3 10:30 Irving's & Farmers Market 1:30 BINGO 4:30-6:00 DINNER	4 9:15 Exercise 10:45 Shopping 12:00 Congregate Lunch 1:00 Bridge 7:00 Movie	5 1:15 High Holidays with Rabbi Polansky 2:00 CURRENT EVENTS 4:00 Linus Knitting Project 4:30-6:00 DINNER	6 9:15 EXERCISE 12:00 Congregate Lunch 4:30-6:00 DINNER	7 YOM KIPPUR OFFICE & Dining Room CLOSSES 1:00 10:30 Bob Gold Program	8
9 1:30 MOVIE 7:00 MOVIE	10 COLUMBUS DAY 10:30 Trader Joe's Millburn 1:30 BINGO 4:30-6:00 DINNER	11 9:15 Exercise 10:45 Shopping 12:00 Congregate Lunch 1:00 Bridge 7:00 Movie	12 9:30 Yoga 1:00 The Lawrence Welk Show 2:00 CURRENT EVENTS 4:00 Linus Knitting Project 4:30-6:00 DINNER	13 SUCCOTH-DAY 1 OFFICE CLOSED	14 SUCCOTH-DAY 2 OFFICE CLOSED Dining Room Open	15
16 1:30 MOVIE 7:00 MOVIE	17 1:30 BINGO 1:30 JCHC University: Take Control of your Health :An Introduction @ Plaza 4:30-6:00 DINNER	18 9:15 Exercise 10:45 Shopping 12:00 Congregate Lunch 1:00 Bridge 7:00 Movie	19 10:30 Bernie & Sheila Travel Slides 12:00 CURRENT EVENTS 4:00 Linus Knitting Project 4:30-6:00 DINNER	20 SH'MINI ATZERET OFFICE CLOSED	21 SIMCHAT TORAH OFFICE CLOSED Dining Room Open	22
23 1:30 MOVIE 7:00 MOVIE	24 1:30 BINGO 1:30 JCHC University: Current Events in Israel @ Plaza 4:30-6:00 DINNER	25 9:15 Exercise 10:45 Shopping 12:00 Congregate Lunch 1:00 Bridge 7:00 Movie	26 9:30 Yoga 1:00 Housecalls Program with Marnie & Maryann 2:00 CURRENT EVENTS 4:00 Linus Knitting Project 4:30-6:00 DINNER	27 9:15 EXERCISE 9:45 Burlington Coat Factory, Lunch at IHOP 12:00 Congregate Lunch 7:00 BINGO	28 10:30 Accordion Music with Eric 1:30 RELIGIOUS SERVICE 4:30-6:00 DINNER	29
30 1:30 MOVIE 7:00 MOVIE	31 1:30 BINGO 1:30 JCHC University: Fall Back Into Health @ Plaza 4:30-6:00 DINNER					