



Thanksgiving
By Bea Freiheiter

Cock-a-doodle doo the rooster is crying out,
Today is Thanksgiving, get yourself up and about.
Excitement is building all over town,
Even the weather vane is spinning around.
The pies are in the oven; apple, pumpkin and mince,
The potatoes are ready to be scrubbed and rinsed.
The yams are waiting to be baked and candied,
The marshmallow thing that is just dandy.
The vegetables are washed, ready to be steamed,
The fruit salad is luscious with strawberries and cream.
So, what's missing? It's the turkey of course!
The President pardoned it which is our big loss.
Move over and make room for the fish -
Stuff it with spinach and cranberries, it will be simply delicious!
Give thanks for all you have and can do,
Not everyone is as fortunate as you.

Happy



Thanksgiving

THE LESTER SENIOR HOUSING COMMUNITY
903 - 905 ROUTE 10 EAST
WHIPPANY NJ 07981
973-929-2700



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We're on the Web
www.jhc.org

The Lester Chronicle

November 2011

Cold vs. Flu Symptoms

By: Maryann Webber Housecalls Nurse Practitioner

Inside this issue:

COVER STORY

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NOTES &
REMINDERS

ADMINISTRATOR'S
CORNER

NEW RESIDENT
WELCOMES

CREATIVE
WRITING CORNER

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
- Sneezing
- Nasal discharge
- Sore throat
- Cold persists 3-7 days
- Cough

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 104° F or higher
- Muscle ache
- Symptoms last 3-4 days, sore throat and inflammation of the trachea lasts another 3 - 4 days.
- Loss of appetite
- Headache
- Cough
- Chills

Complications:

- Bronchitis
- Pneumonia
- Respiratory failure

Treatment:

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

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 to 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.

Maryann Webber, APN-C
JFS/Overlook Medical Center
Cell #973-294-6560



Administrator's Corner

November 2011

It's already November. The leaves have changed color and are already beginning to fall. If you've ventured outdoors in the past few weeks, you have undoubtedly noticed how cold it's been. As stated in last months newsletter, 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.

If you attended the High Holy Day prayer services this past month I'm sure you noticed the brand new Aron Kodesh (ark) and Shulchan (reading table) that were custom built for our Chapel. The remaining pieces are still being built at this time and should arrive sometime this month. Also, on Shabbat Bereishit, the Lester Congregation offered its first sponsored Kiddush following morning services. The Kiddush was sponsored by a number of residents commemorating a Yartzeit or other anniversary. Those who attended services and later enjoyed the Kiddush had nothing but compliments to share. I thank the many residents who have taken lead roles in making the Yartzeit Booklet and the enhanced Shabbat Kiddush a reality. Enabling residents to honor a loved one's Yartzeit during Shabbat services and in co-sponsoring a Kiddush, is part of what makes Lester a wonderful community.

This month has a number of programs scheduled that I'd like to highlight. Firstly, a number of different trips are set to take place throughout the month. One trip will

be to the Mt. Airy Lodge Casino, another to the National Museum of American Jewish Heritage, both are JCC trips that will run from Whippany. I encourage you to join these trips as well as a number of Lester run trips, especially before the weather outside makes it harder to get out of the building.

On Friday the 11th, we will have our annual Veteran's Day ceremony. On Monday the 7th, Mr. Harold Colton-Max, JCHC CEO, will be returning to meet with Heller residents for his quarterly 'Chat with the CEO'. On the 14th he will do the same with Weston residents. Lastly, if you employ a private aide for assistance in your apartment (or if you're considering hiring one) I highly encourage you (and your family) to attend a special session on the 15th offered by JFS HouseCalls which will review hiring an aide privately versus through an agency. We've offered this program a year or so ago and it's been a very informative and useful session for both residents and families.

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

Charles Skupp Apt. 6-F
Frances Koch Apt. 4-N

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

BIRTHDAYS

- Daniel Koplowitz
- Jack Baumgarten
- Ele Saltz
- Joyce Thorner
- Claire Rose
- Eliot Rosner
- Pearl Mandel
- May Zeldin
- Frances Brown
- Miriam Chernus
- Estelle Berger
- Gertrude Lubin
- Lawrence Goldberg
- Madeline Africk
- Charlotte Epstein
- Loretta Siegel
- Emily Ann Duffy

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.



Good Reads

This month will present:

Guardians of the Gate

By

Vincent Parrillo

Learn about the Early History of Ellis Island and Meet the Author
Tuesday, November 14th at 7:00 P.M.

For more information contact
Shirley Saland



Announcement:

Resident Trip Planning Committee Needed
Interested? Contact AI at the Heller Concierge Desk

A Message From Lester Congregation Committee

By Dolly Moser

We shared a truly inspiring Shabbat morning service and Kiddush on October 22nd. It was a beautiful beginning to this new Lester experience. You, too, can remember your departed loved ones by observing their Yartzeits at the timely appropriate Shabbat morning service (followed by Kiddush) at Lester Congregation. If you have not already filled out a Yartzeit information form, please contact Estelle Berger, Rae Benet, or Dr. Mervin Eisenberg (for Heller residents), or Bea Freiheiter, Teddy Halpern or Helen Heller (for Weston residents). Kiddush sponsorships or co-sponsorships for "In Memory of" or "In Honor of" are available beginning at twenty-five dollars.

Volunteers at the Country Store

- Monday -Teddy Halpern & Helen Heller
- Tuesday- Arline Frankel
- Wednesday- Pearl Barrel
- Thursday – Marci Liebling
- Friday– Irwin Novick
- Substitute – Ruth Gerstenzang
- Kibitzers – Herman Goldman & Reuben Parks

Thank you for your dedication to the Lester community. Your smiles and kind help as volunteers in the Country Store is greatly appreciated.

Congratulations to Bea Freiheiter a 2011 Arts! By The People honoree

Arts! By The People brings a multitude of dynamic and diverse artistic programs, including Creative Writing, Fine Arts, Photography & Hip-Hop. Since Arts! By The People began coming to Lester, Bea has participated in all of these programs; showing just how prolific and inspirational seniors can be!

