

# DECEMBER 2011

JEWISH COMMUNITY HOUSING CORPORATION

## B'NAI B'RITH BANNER



Hanukkah is to celebrate the miracle of the oil, when 1 day's worth of oil miraculously lasted for 8 days, allowing the eternal flame in Jerusalem's Holy Temple to remain lit. The traditional foods consumed during the Hanukkah holiday are symbolic of the events being celebrated. Most are fried in oil, symbolic of the oil that lasted eight days. Others contain cheese to celebrate Judith's victory.



# JEWISH COMMUNITY HOUSING CORPORATION B'NAI B'RITH BANNER

## Community Life schedule

### Monday Mornings

Maryanne Webber, Nurse Practitioner

### Tuesdays from 9:00-2:00

Ann Marie Bass, Activities Coordinator

### Wednesdays @ 1:00 pm

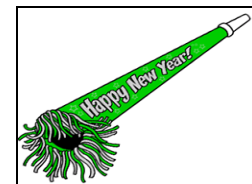
Rabbi Langer

Marnie Kean, Social Worker

### Sunday, 11am

Congregate Brunch

Office Hours: Mon.-Thur. 9-4 Friday 9-4



## Tenant Association President's Meeting

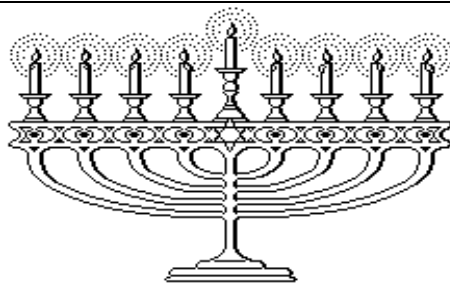
Thursday, November 3, the JCHC Tenants Association Presidents Dinner and Meeting was held at Jewish Federation Plaza. Each attendee shared ideas about their community's programs and parties. Laviana Walker, B'nai B'rith President shared her summer experience at the B'nai B'rith resident leadership conference

*On Wednesday  
December 21, 2011 at  
1:00 pm come join  
Rabbi Langer for a  
Hanukkah Party. It  
will be a great treat  
for all!!!*



# JEWISH COMMUNITY HOUSING CORPORATION B'NAI B'RITH BANNER

Happy



Hanukkah

B F B I L A T K E  
 Z E C N U N O I L  
 S H A L L E L X M  
 H A B X U V W G C  
 I P H O H A Y E A  
 N B E I G H T L N  
 K I S L E V B T D  
 T E M P L E X W L  
 D E G I M E L G E

CANDLE  
 EIGHT  
 GELT  
 GIMEL  
 HALLEL  
 HAY  
 KISLEV  
 LATKE  
 NUN  
 OIL  
 SHIN  
 TEMPLE

Tenants enjoyed

**WORD SEARCH FUN**

with Ann Marie & lots of  
 Good food, Great prizes &  
 Fun!!!



**LEAH CROLL 12/3**

**FRANCES MEYERS 12/7**

**ANN KROP 12/11**

**VICTORIA BIELKO 12/16**

**ELSA SALETKO 12/25**

**BARBARA RICHARDS 12/27**

**SARAH WEISS 12/29**



**NOVEMBER BIRTHDAYS**

# JEWISH COMMUNITY HOUSING CORPORATION B'NAI B'RITH BANNER

Need a Friendly Smile and a Listening Ear?

Call an ACAP Volunteer

973-629-1001

People often feel better when they have someone who visits with them on a regular basis,  
who is curious about their lives and want to listen.

Provided by ACAP- The Academy of Clinical and Applied Psychoanalysis



**5 2:00 JCHC University Hypnosis for Health And Wellness @ Towers**

**6 10:00 - 12:30 Take Control of your Health  
7:30 Sal Torino Entertainment**

**7 1:00 @ Village : Ellis Island & People Who Worked There**

**8 10:15 Trader Joe's Millburn**

**12 2:00 JCHC University Aromatherapy for Pain Management @ B'nai B'rith  
2:30 pm Bible Club**

**13 10:00 - 12:30 Take Control of your Health  
2:00 Knitting Club**

**14 10:15 Essex Green**

**15 10:45 Walmart on Rt.22**

**19 10:30 Whole Foods and Target in Union**

**20 Hanukkah starts at sundown**

**10:00 - 12:30 Take Control of your Health**

**21 10:15 Livingston /Short Hills Malls**

**1:00 Maryann Webber Thyroid Disease**

**1:00 Hanukkah Party with Rabbi Langer**

**22 10:15 Harmon Cove Outlets**

**26 OFFICE CLOSED**

**27 10:00 - 12:30 Take Control of your Health**

**28 Hanukkah ends**

**10:15 Rt.10 & Lunch @ Irving's**

**29 10:15 Essex Green**

**Coming Mon. 1/2/12 Residents Association**

**Annual New Years Celebration**

# December Happenings



# JEWISH COMMUNITY HOUSING CORPORATION B'NAI B'RITH BANNER

**SIX WORKSHOPS TO CHANGE YOUR LIFE!**



**Take Control of Your Health**  
*An Action Plan for Enhancing Wellness*



Adults of all ages who are living with long term health conditions, as well as caregivers, are encouraged to take part in this FREE workshop series that will help you to:

- 🌀 Manage symptoms
- 🌀 Develop healthy eating & exercise habits
- 🌀 Communicate effectively with your doctor and health care team
- 🌀 Manage fear, anger, and frustration
- 🌀 Make daily tasks easier
- 🌀 Feel better and enjoy life to the fullest!

Includes a FREE book: "Living a Healthy Life with Chronic Conditions"

**B'NAI  B'RITH**

Jewish Community Housing Corporation

**B'nai B'rith will be hosting Take Control of Your Health every Tuesday beginning November 15 & ending December 20, 2011 from 10:00 AM to 12:30 PM at**

**South Orange B'nai B'rith Housing, 219 South Orange Avenue  
This workshop is open to B'nai B'rith, Village, & Towers Residents  
For more information, or to register, please call (973) 761-4602.  
Space is limited, registration is required.**

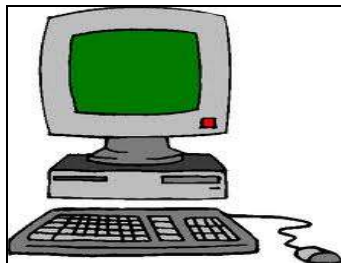
# JEWISH COMMUNITY HOUSING CORPORATION

## B'NAI B'RITH BANNER

- |   |                                     |
|---|-------------------------------------|
| 1 <u>Eat a Red Apple Day</u>              | 12 <u>Poinsettia Day</u>            |
| 1 <u>World Aids Awareness Day</u>         | 15 <u>Bill of Rights Day</u>        |
| 7 <u>International Civil Aviation Day</u> | 20 <u>Hanukkah Begins @ Sundown</u> |
| 7 <u>Letter Writing Day</u>               | 25 <u>Christmas Day</u>             |
| 7 <u>Pearl Harbor Day</u>                 | 28 <u>Hanukkah ends</u>             |
| 10 <u>Human Rights Day</u>                | 28 <u>Card Playing Day</u>          |
| 11 <u>International Children's Day</u>    | 31 <u>New Year's Eve</u>            |

# *CELEBRATING DECEMBER*

*Coming soon in January  
Residents will be enjoying FREE  
Computer Classes and Current Events!*



# JEWISH COMMUNITY HOUSING CORPORATION

## B'NAI B'RITH BANNER

### THYROID DISEASE

The Thyroid is a gland located in the middle of the neck which produces two hormones which regulates your body's metabolism.

Thyroid function is controlled by a gland in the brain which produces the release of Thyroid Stimulating Hormone (TSH). When it circulates in your bloodstream it tells the Thyroid to make Thyroid Hormones.

What causes Thyroid Problems?

Exposure to radiation and/or radiation treatment

Drugs – such as lithium, heart medication

Decrease of dietary iodine

Increase in consumption of uncooked Brussels sprouts, broccoli, turnips, radishes, cauliflower.

Surgical removal of the Thyroid and/or part of the Thyroid for cancer, goiter or nodules.

Radioactive iodine treatment for Graves' disease

Who is at risk?

Females

Family members with thyroid problems

Family members with an autoimmune disease

Over 60 years of age

Smoker

Exposed to radiation

Treated with Lithium

Menopausal

Diagnosed with Fibromyalgia

Diagnosed with Chronic Fatigue Syndrome



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

What conditions affect the Thyroid?

Hypothyroidism

Hyperthyroidism

Autoimmune Thyroid Disease

Goiter

Thyroid Cancer

Thyroiditis

It is estimated that approximately 59 million Americans have a thyroid problem and a majority of these people remain undiagnosed. Undiagnosed Thyroid problems can increase your risk of heart disease, obesity, depression and a host of other health issues.

Some of the classic signs and symptoms of Hypothyroidism are as follows:

Fatigue, Weakness, Dry skin, Cold intolerance, Depression, Hoarseness, Anemia, Slow heart rate, Swelling

Remember, as older adults you will not present the same as when you are younger, therefore you may very well present with vague symptoms such as confusion, memory impairment, behavioral changes, to name a few.

To conclude remember **WHEN IN DOUBT CHECK IT OUT.**

Make an appointment with your Health Care Provider. If you are having a problem with your Thyroid discuss whether or not to be seen by a reputable Endocrinologist.

**GOOD HEALTH TO YOU AS ALWAYS**



# B'NAI B'RITH DECEMBER 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 4 11:00am Branch  Naama SHORT HILLS	 5 2:00 JCHC University Hypnosis for Health And Wellness @ Towers 6:30pm Bingo	 6 10:30 Pathmark 10:00 - 12:30 Take Control of your Health 7:30 Sal Torino Entertainment	 7 1:00 @ Village - Ellis Island & People Who Worked There 1:00 Rabbi Langer 12:45 Choral Group 7:00 Movies	8 9:30 Exercise 6:30pm Bingo 	 2 Candle Lighting 4:12	3 7:00 Movies
11 11:00am Branch  Bible Study	12 2:00 JCHC University Aromatherapy for Pain Management @ B'nai B'rith 2:30 pm Bible Club 6:30pm Bingo	13 10:30 Shop Rite 10:00 - 12:30 Take Control of your Health 2:00 Knitting Club	14 10:15 Essex Green 1:00 Rabbi Langer 12:45 Choral Group 7:00 Movies	15 9:30 Exercise 10:45 wal-mart 22 6:30pm Bingo 	 16 Candle Lighting 4:13	17 7:00 Movies
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25 HAPPY HOLIDAYS	26 <b>OFFICE CLOSED</b> 6:30pm Bingo	27 10:30 Shop Rite 10:00 - 12:30 Take Control of your Health 	28 Hanukkah ends 10:15 Ra. 10 & Lunch @ Irving's 1:00 Rabbi Langer 12:45 Choral Group 7:00 Movies	29 9:30 Exercise 10:15 Essex Green 6:30pm Bingo	 30 Candle Lighting 4:20	31 7:00 Movies Coming Mon. 1/2/12 Res. Assoc. - Annual New Years Celebration