

Acid Reflux Disease

By: Maryann Webber Housecalls Nurse Practitioner

Reflux is as normal process that occurs in healthy infants, children and adults. However, it becomes a disease when it causes heartburn, vomiting and/or pain with swallowing. This can damage your esophagus if symptoms persist, causing erosion of the esophagus. It is estimated that approximately 10 million people in the United States are affected on a daily basis. Some common symptoms include:

- Stomach pain
- Chest pain
- Difficulty swallowing and/or painful swallowing
- Persistent sore throat
- Chronic cough
- Regurgitation of foods/fluids

Acid reflux is usually diagnosed based upon symptoms and response to treatment. If symptoms are not life threatening and the diagnosis of reflux disease is not clear one or more of the following tests may be recommended:

- Endoscopy - evaluates the esophagus
- 24 hour pH study – measures the frequency of acid reflux
- Esophageal manometer – measures muscle contractions of the esophagus to determine if the lower esophageal sphincter is functioning properly.

Complications can arise when reflux disease is not adequately treated such as ulcers, strictures, lung and throat problems, Barrett's Esophagus or esophageal cancer. Reflux treatment is dependent upon severity of the disease. The range of treatment can be from short term relief of acid reflux with antacids to lifestyle changes and medication management to surgical intervention. When should you seek help? If you experience unexplained weight loss, chest pain, difficulty or pain with swallowing, choking or bleeding, speak to your health care provider before self treatment to get the help you need in a timely manner.

REMEMBER - When in doubt check it out!

Good Health to You All,
Maryann



Looking forward

to a great new year with you!

THE LESTER SENIOR HOUSING COMMUNITY
 903 - 905 ROUTE 10 EAST
 WHIPPANY NJ 07981
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The Lester Chronicle

December 2011

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 We're on the Web
 Www.jhccorp.org

Veterans Day 2011 at Lester



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Because of You

By Courtney Tanabe

Because of you, I am here
 Because of you, I am able to live freely
 Yet I do not know you
 And I have not done anything for you
 But there you stand, ready to fight
 And there you are prepared to die
 For me
 You've fought before
 And you'll fight again
 For someone you don't know
 So thank you Unknown Soldier
 Fighting for me
 I'm here because of you
 And I owe my future to you





Administrator's Corner

December 2011

Thanksgiving has come and gone, Chanukah is quickly approaching, and before we know it, we'll be welcoming 2012. Time sure does fly around here! Winter is quickly approaching and it's time to unpack your winter gear and make the necessary snow-removal arrangements with Joan in the Administration office.

This month has a number of programs scheduled that I'd like to highlight. Back by popular demand, Rabbi Shalom Hammer from Israel will return on Friday 12/2 and will talk about 'Judaism and the challenges of the internet generation'. On the 15th of the month, we will host a SANJ (Society on Aging of New Jersey) Health Fair which will feature a number of speakers and experts on aging and will showcase products and services designed and suitable for seniors. I highly encourage you to RSVP and attend this event - light refreshments will be served. We will also be providing transportation to our residents to a number of JCHC University classes taking place this month in some of the other JCHC buildings. Please be sure to

sign up for these classes in advance and reserve your space today. Many more exciting events are planned for December in celebration of Chanukah as well as early January for the New Year - be sure to review the enclosed Activity Calendar and plan ahead.

As we approach winter, I remind you to follow basic infection-control practices and refrain from leaving your apartment if you're feeling under the weather or have a bad cold. Also, I encourage you to use the hand sanitizers that are mounted near each of the elevators; use them frequently so as to minimize the spread of infection.

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

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



New Resident Welcomes

- Edith Schultz Apt. 513
- Selma Fishman Apt. 108
- Natalie Schonfeld Apt. 401
- Shirley Notkin Apt. 6-C

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

BIRTHDAYS

- Mordecai Epstein
- Florence Lamb
- Elsa Kaplan
- Elana Schipper
- Leah Miller
- Edythe Granick
- William Hebel
- Milton Peskin
- Miriam Hoffman
- Helen Weinberger
- Dorothy Rosen
- Sidney Zane
- Bella Glat
- Lee Wolpert
- Margarete Meyer
- Pearl Blumberg
- Marty Rabinowitz
- Lynn Ribakove
- Janet Appel
- Mollie Rosenberg
- Celia Tambor

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:

- Kosher Chinese by Michael Levy &
- The Lost Wife by Alyson Richman

Thursday, December 22nd at 3 P.M. in the Heller Multi-Purpose Room

For more information contact
Shirley Saland
Heller Apt. 506



Autumn

The autumn is to me all the colored leaves falling down, and the moon and the stars with its gaze on the ground

The autumn is to me a new beginning, yet we look forward to the change and wait for it to arrive

A beautiful painting of color, freshness and sound
Autumn is to me a change in all I see. It goes from growing to retreating all in harmony.

Created by the seniors of Lester Housing in the *Talking Poetry* Class, November 2011

Thoughts on Chanukah

By Jessica Kolton

It is "that" time of the year again, Chanukah. Chanukah, in American society, is a big deal, however the reality of Chanukah is that the Festival of Lights is a small blip on the Jewish Calendar. It is merely the focus on consumerism and the pressure to compete with Christmas that causes us to turn Chanukah into a "big deal". Let's look at the meaning of *Chanukah*, literally.

The word, *Chanukah* has several different, yet related sources. It comes from *Kah*, the Hebrew equivalent of 25 and *Chanu*, meaning rest. The word *Chanukah* is also connected with the words dedication, *chanukat*, and education, *chinuch*. On the twenty-fifth day of the Hebrew month of Kislev, the Maccabees rested from their battle. They marched victoriously into the Holy Temple in Jerusalem, ready to rededicate the holy service. They would forever serve as role models -- educators -- to future generations.

And that is the lesson we should glean for Chanukah 5772.



President Summit held November 3, 2011

The Presidents and VP's of the Tenant Associations attended a dinner and meeting on November 3, 2011. Hostess Sandye Garrison, President of Plaza, welcomed everyone, including Lester's Tenants Association President, Mildred Feldstein. This is the second time the presidents have met. Each attendee shared ideas about their community's programs and parties; how each respective tenant association handles its by-laws; and different ideas for resident program fundraising.

Special attendees were Harold Colton-Max, CEO and Jay Murnick, President of the Board of Trustee. Jay provided an overview of the Board of Trustees, including the different committees that goal is to enhance the lives of the residents. Jay stated that the board and staff want our apartment buildings to be communities that are 'home'.

The next meeting will be in the Spring at Lester.

