

The Ides of March
By Bea Freiheiter

The ides of March are with us, and you know how that can be
Warm, calm weather one day, the next cold and blustery.

But we know that spring is fast approaching, it's only a matter of time
Patience and fortitude will pay off just fine.

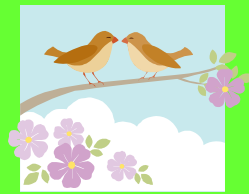
The days are getting longer,
The sun a little stronger.

There is a quicker pace to our gait
Spring is in the air, we find it everywhere, And we can hardly wait.

So close your eyes and picture inlets and streams,
Children laughing as they play on slides and swings.

Lush meadows swaying in the breeze,
Buds suddenly appearing on the trees.
The cool ocean spray tickling your nose,
The hot sand burning your toes.

Now quickly wake up with beautiful thoughts bursting forth,
And just hope we don't have any more snow and icy frost.



Purim Quiz

Purim is the most carnivalesque Jewish holiday. It is a day when norms are subverted and reversed to commemorate the reversal of fortune recorded in the Book of Esther.
How much do you know about Purim?

1. **Written evidence of Purim shpiels (Yiddish for "Purim play") exists in Europe dating back to the**

- 4th century
- 20th century
- 14th century
- 10th century

2. **The Book of Esther is one of how many biblical books that do not refer directly to God?**

- Two
- Three
- Four
- Five

3. **When is seudat Purim eaten?**

- Any time on Purim
- Erev Purim
- Purim during the day
- Purim evening

4. **The Shabbat before Purim is called**

- Shabbat Zakhor
- Shabbat Shekalim
- Shabbat HaGadol
- Saturday

5. **Beans and peas are sometimes eaten on Purim because**

- To balance the calories in hamantaschen
- It is prohibited to eat meat on Purim
- Tradition teaches that Esther was a vegetarian in the king's court
- Persian Jews invented falafel

6. **Haman drew lots to determine the day he would take revenge on the Jews. This day was**

- The 13th of the month of Av
- The 13th of the month of Tamuz
- The 13th of the month of Adar
- The 26th of the month of Adar

7. **The name "Purim" is the plural of the word pur, which means**

- Revenge
- Salvation
- Reading
- Lot
- Kings

Check next month's Chronicle for the answers!



THE LESTER SENIOR HOUSING COMMUNITY

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WHIPPANY NJ 07981

973-929-2700

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CORNER**

The Lester Chronicle

MARCH 2011

Staying Safer in Winter

by Laurie Loughney

If nothing else, the spate of recent snowstorms convinced many seniors and their families that winters in the Northeast can be particularly harsh for older people.

Many, in fact, remain homebound during much of the winter due to an inability to dig themselves out after a snowstorm or to navigate icy sidewalks or snow-filled roadways.

In addition, many worry about the expense and inconvenience of dealing with the additional headaches that come with living alone during the winter: high heating bills, few visitors, potential home repair problems, and cabin fever, among other issues.

In fact, we find that this is a time of year when many seniors and their families begin to think seriously about moving to a retirement community where meals, groceries, access to medical assistance, recreational activities, and — perhaps most of all — companionship are readily available.

Experts offer these winter safety precautions for seniors and their loved ones to consider:

- **Dress warmly.** When going outside, dress warmly in loose fitting clothes, layering whenever possible. Seniors should never venture out without wearing a hat, since as much as 50 percent of one's body heat is lost through the head. Gloves should be worn to prevent frostbite and a scarf or mouth covering used to protect the lungs against cold air.

- **Keep hydrated.** Hydration is not only a concern during the summer. Even in the cold weather, seniors should continue to drink six to eight glasses of water daily.

- **Protect against falls.** This is the biggest concern for seniors, who are prone to falls because of reduced mobility and vision and to the potential for serious injury should they fall because of weakened bones. To protect against slipping outside, make sure shoes have a good rubber tread. If canes or walkers are used, make sure rubber tips are in good condition.

- **Set thermostat inside the home to at least 65 degrees.** Hypothermia is a far greater risk to older people. Plastic sheeting used to cover windows can help insulate the home and prevent against drafts. Make sure any heating problems are fixed expeditiously. Remain alerted to symptoms of hypothermia. Signs include drowsiness, slow or slurred speech, memory loss, disorientation, and a sense of exhaustion. If any of these symptoms become apparent, warm the victim gradually; have them change into warm, dry clothes; cover them with a blanket; and get medical attention promptly.

- **Keep smoke detectors in good working order.** This becomes especially important at a time of year when people are likely to use portable heating devices and fireplaces. Remember to replace batteries on a regular basis. Emergency devices should be readily available at all times.

- **Keep plenty of medicines, medication, and food on hand.** Since it is particularly difficult for seniors living alone to have access to supermarkets, pharmacies, or physicians during the winter, they should be well-stocked at all times with the necessities. Winter is an especially difficult time for many seniors. Following these precautions can make these months safer and more comfortable.





Administrator's Corner

March 2011

Spring is quickly approaching, but based on the recent weather, I'm sure we're all having our doubts. We've had more snow fall so far this year than we have had in previous recent years. Thankfully, living at Lester affords us the luxury of not having a walkway or a driveway to salt and shovel and allows us to complete some basic errands while staying indoors.

This past month we had a number of fun and exciting programs including the Drumming Circle and the Super Bowl Party. This month, the calendar is filled with many great programs and events. Firstly, if you missed the Drumming Circle last month, be sure to catch it on Wednesday 3/9. On Monday the 14th we'll be travelling to Jewish Federation Plaza in West Orange for a Moonlight Duo Chamber Music Concert – be sure to sign up soon, because seats on the bus are sure to fill up fast. In celebration of Purim, bake *Haman-taschen* on Tuesday, March 15th and

come hear our Rabbi read the *megillah* in the Chapel on Sunday the 20th. The following day (3/21), we'll have an early morning trip to see the children of the Hebrew Academy of Randolph perform in their Purim play. On Tuesday (3/22) at 4PM, come to the Heller multipurpose room to enjoy a Purim spiel put on by the children of the Temple Beth Torah Hebrew School. Be sure to review the enclosed calendar for a full listing of all there is to do throughout the month. I hope you'll take advantage of these many program offerings and participate as you see fit.

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



New Resident Welcomes

- Walter Springer Apt. 415
- Isabel Meyer Apt. 117
- Frances Goodman Apt. 5-C
- Bill Greenberg Apt. 6-N
- Marilyn Gordon Apt. 5-M

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

BIRTHDAYS

- Ruth Lebowitz
- Sylvia Siman
- Marilyn Gordon
- Ruth Cohen
- Helen Heller
- Evelyn Leibowitz
- David Stone
- Dorothy Delinko
- Sylvia Seidman
- Harold Siegel
- Milton Strongin
- Fanya Gonski
- Mildred Spiel
- Dorothy Brickel
- Marcella Weinberg
- Nellie Morris
- Pearl Koppelman

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:

“The Guernsey Literary and Potato Peel Society” by Mary Ann Shaffer

“The Innocent Man” by John Grisham

Monday, March 28th at 1:15 P.M.

For more information contact
Shirley Saland



February's
Crossword
Puzzle
Answers:

BI AKK HISTORY MONTH

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

Love as a Rose

Love can be magic
 Love can be as beautiful as each petal of this rose
 Love can be where all your dreams come true
 Love is as fragrant as the scent of this flower
 Love can be everything you ever wished for
 Love is a forever thing
 Love is you and me
 Love can be the best medicine that you can have
 Love is a magic potion that everyone dreams of and desires
 Love can be everything that you always wanted and as lovely as this rose
 Love is as sweet and soft as the petal on this flower

Written by the residents of Lester Senior Housing at the
Fun with Poetry class, 2/4/2011

Like what you just read? Join in the Fun, Friday March 4th at 2:15 P.M. in the Heller Multi-Purpose Room

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