

# Western Day 2011



Pictures Courtesy of Cary Africk



**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.jchcorp.org

## The Lester Chronicle

July 2011

### DEHYDRATION

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FYI

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WESTERN DAY  
2011

Water is the most essential component in the human body. More than 70% of out body's weight is due to water. Elderly citizens have 10% less water content which puts them at risk for dehydration.

Dehydration is the major cause of hospitalization in the elderly. Mortality rate from can be as high as 50% if dehydration is not diagnosed early. Signs and symptoms may be vague, deceptive or even absent in older adults. Physiological changes associated with aging such as reduced sense of thirst, loss of appetite are triggers that put seniors at risk.

Every system in the body depends upon water to function properly. Water is essential to carry nutrients to body cells, transport oxygen to the cells, regulate body temperature, prevent constipation, flush out waste products, provide protection for major organs and tissue, lubricate joints. Dehydration occurs when fluid loss exceeds fluid intake. Contributing factors to cause the loss of fluid are as follows:

- \* Exercising with increased sweating
- \* Hot of humid weather
- \* Illnesses
- \* Medications
- \* Diseases

The most common signs of dehydration are atypical symptoms such as confusion, constipation, fever or falls.

Prevention and treatment of dehydration has been demonstrated when older adults know that they should not trust thirst but should drink because it is healthy for them. Water intake should increase above the minimum intake of 1700ml/day unless otherwise advised by their PCP.

Other preventive measure should include:

- \* Having water accessible throughout the day.
- \* Drinking water after self care activities.
- \* Have water with meals.
- \* Take medications with water.
- \* Consume foods high in water content.
- \* Increase fluids with rising temperatures.

In conclusion, prevention is the key, hydration needs to become top priority. This will diminish the risk of dehydration and increase your overall quality of life,

**STAY HEALTHY- STAY HYDRATED**

Maryann Webber APN  
JFS/Overlook Medical Center

Be sure to take advantage of the Hydration Stations located in the Heller Lobby and Weston Refreshment Center.

# Administrator's Corner

July 2011



It is now officially summer and the temperature outside is definitely a testament to this. I remind you to drink plenty of fluids and stay safe in the sun. Also, make sure you keep your apartment cool when present and report any air conditioning issues to the Concierge at the Heller front desk promptly. Also, due to the nicer weather many residents are taking advantage of the Lester outdoor spaces (the benches at the front of the building and the gazebo area in the back). I remind everyone to please be courteous to one another and share the space we have available.

In June we had our annual Western Day Bar-B-Q. As in previous years, everyone looked like they were having a grand time and were already anxious for next year's party. We'll be kicking off the month of July with a 4<sup>th</sup> of July ice cream social. A Housecalls presentation is scheduled for the 7<sup>th</sup> and a JCHC-University class will take place on the 11<sup>th</sup> at the Village Apartments in South Orange. If you haven't already taken advantage of the arts and crafts programs being offered, I highly recommend you join in on the fun on the 15<sup>th</sup> when the group will be focusing on decoupage. On the 18<sup>th</sup> come be a participant (or a spectator) in some karaoke fun. Please review the enclosed calendar for specific

dates and times of lots more exciting programs.

As I noted over the past couple of months, we are in the process of making a number of improvements to our building. The Heller dining room got a brand new carpet, the brick pavers surrounding the building and near the gazebo have been replaced and the beauty salon is undergoing a complete makeover. We also replaced over 500 windows in the building and are thankful to you for your patience and understanding while you were being inconvenienced as this work was being done. A number of projects are still planned over the coming months as we continue to work to keep our building looking fresh and improve our services to you.

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

- Goldie Brick Apt. 312      Bernie & Elsie Zurkoff Apt. 4-K
- Bunny Pasternak Apt. 216      Netka Geldzahler Apt. 5-N
- Bernie Zimmer Apt. 5-M
- Mollie Rosenberg Apt. 4-O

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

## BIRTHDAYS

- Bernie Zimmer
- Teddy Halpern
- Harriet Kaplan
- Bea Kimmelman
- Ruth Gerstenzang
- Judith Weinstein
- Celia Hebel
- Lotte Mandel
- Stuart Tannenbaum
- Anne Brody
- Francoise Meyerkopf
- Dolly Moser
- Pearl Witkin
- Ida Bakalar
- Elaine Goldstein

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 Jump Artist  
By Austin Ratner

&

Hotel on the Corner of Bitter & Sweet  
By Jamie Ford

Monday, July, 25th at 3:00 P.M.

For more information contact  
Shirley Saland



## Announcement:

### Resident Trip Planning Committee Needed

Interested? Contact  
Elsie Shapiro (973) 599-9776

In keeping with the constitution and bylaws of the Lester Senior Housing Tenants Association (Heller building), the following report is submitted by the Nominating Committee, consisting of:

From the Executive Board, appointed by President Mildred Feldstein: Elsie Shapiro and Henry Yam

From the general membership appointed by nominating committee chairperson Dolly Moser: Bertha Fish and Lotte Mandel

The Nominating Committee proposed the following slate for the two year term, beginning on July 1, 2011.

President	Mildred Feldstein	Members of the Executive Board:	
1ST Vice President	Dolly Moser	Dorothy Brickell	Bertha Fish
2ND Vice President	Elsie Shapiro	Arline Frankel	*Roslyn Handler
Financial Secretary, Treasurer	Shirley Saland	*Florence Lamb	Harriet Levy
Recording Secretary	Pollyanne Fluke	Henry Yam	
		Honorary Board Member - Edith Pascal	

Respectfully submitted-Dolly Moser, Chairperson

[Untitled]

Reflections,  
life,  
dreams,

a man for all seasons,  
tightly interconnected random thoughts.

When I look at this painting  
I see above me and below me and side to side slowly  
I see nature and food and plants and good things to smell and eat  
I see a dreamer; I see things he might like to do  
I see life, food, flowers, dreams; what makes the world  
I see balance in one's life  
I see reflections of things past and present



In the Spirit of  
Nature  
by Willie Baez

Created by the seniors at Lester Housing in our Talking Poetry Class, June 03, 2011