
Village Press

July 2011



The Newsletter for Village Apartments

Celebrating July

Grilling Month

Blueberry Month

Hot Dog Month

Women's Motorcycle Month

Canada Day

July 1

Tour de France Begins

July 2

Halfway Day

(We're halfway through 2011.)

July 2

U. S.: Independence Day

July 4

Tell the Truth Day

July 7

France: Bastille Day

July 14

Cousins Day

July 24

Dehydration



By: Maryann Webber
Housecalls Nurse Practitioner

Water is the most essential component in the human body. More than 70% of our 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:

1. Exercising with increased sweating
2. Hot or humid weather
3. Illnesses
4. Medications
5. Diseases

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

Dehydration (Continued from Page 1)

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:

1. Having water accessible throughout the day.
2. Drinking water after self care activities.
3. Have water with meals.
4. Take medications with water.
5. Consume foods high in water content.
6. 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
973-294-6560



JCHC Trip Reminder



This reminder applies to everyone who signs up for trips. In the event that you have signed up for a trip and you find that you are unable to go, please do not forget to cross your name off of the sign-up sheet.

Additionally, if your name is on the waiting list, you should be dressed and ready to go in the event a seat opens up on the bus. Your cooperation in this regard will help to ensure that trips run smoothly.

Metrowest House Calls/Jewish Family Services - Social Work Services

**Feeling down and/or needing help?
Needing resources? Need to talk?**

Call Social Worker, **Marnie Kean**, LCSW at 973-765-9050 x1713 to set up an appointment. Marnie works at Village Apartments on Wednesday's. Appointments are suggested. Families are welcome to call.

**Need help with applications?
Entitlements? Paperwork?**

Call Case manager/Social worker, **Debbie Lesser** at 973-765-9050 x1716 to set up an appointment. Appointments are suggested.

GET IN THE KNOW
on Services for Seniors in MetroWest

Go to www.ujcnj.org/eldercare
and download your copy of the
MetroWest CARES Brochure



Call (973) 929-3193
to have a copy sent
to your home.



Hot Weather Preparedness

By: Commission on the Aging



Seniors are more prone to heat-related problems than younger people. Here are some general guidelines to provide basic information about maintaining well being when the weather is hot.

1. Drink Plenty of Water.
2. Avoid Alcohol and Caffeine: They cause your body to lose more water.
3. Stay in a Well-Ventilated Area: Circulation of air helps you to keep cool. Open a window or turn on a fan or air conditioner.
4. Dress "Cool": Wear loose-fitting, light-colored clothing, sunscreen, and a broad-brimmed hat.
5. Avoid Unnecessary Activity: Especially in a hot environment.
6. Know your Medication: The heat may affect your reaction to certain medications.
7. Have a Friend Check Up On You: Plan to have a friend check on you at different times of the day when the temperature is extremely high.
8. Plan Ahead: Try to plan your outside activities during the day, early in the morning or later in the evening.
9. Take Your Time: Leave Plenty of extra time so you don't have to run around in a hurry.
10. Eat Light Meals.



Village Apartments Memorial Day Celebration

In honor of Memorial Day, performer Larry Cutrone entertained residents with beautiful heart-stirring melodies.

Larry Cutrone has been awarded as being one of the greatest Italian-American entertainers in America as well as one of New Jersey's finest entertainers.

Bingo with a New Twist



Residents enjoyed playing Name That Tune Bingo last month. The game allowed contestants to enjoy a stroll down memory lane as they listened to popular tunes of yesterday, while at the same time competing to be the 1st to shout out that exciting word BINGO.

Everyone proved to be a winner, since all participants enjoyed this exciting new activity.

King Leo

By: Joseph Posner

Leo was a man for all reasons. Like the lion, Leo Wortman was a King. He was a good and benevolent friend; always thinking of the good he can do. His favorite was to feed the birds. It was his first thought at dinner. Save the bread for the feeding of the birds; then the homeless. Save the possible edibles for the people on the street. Always directing his thoughts to helping others; he even directed the table at which we ate dinner. Leo checked to see that all our menu's orders were correct at our table; the water and the coffee and tea were all right at our table.

Leo was a religious man. He prayer over the "Challah" on Friday's dinner meal. Saturday's he was sure to get to the "Shul"; and religious holidays. Leo was positive to observe them. Yet he followed his musical and show business heart. He sang in the chorus and acted in shows. Then there was Saturday nights at the poker table.

Leo was once President of the Tenants Association at 110 Vose. Yes, Leo Wortman was a true friend, a good man, and a "man for all reasons."

(Dedicated to Leo Wortman) 1912 - 2011

HAPPY JULY BIRTHDAY



Sylvia Horowitz – July 25

Goodbye



Unfortunately, we must say goodbye to some of our most beloved Village Apartment residents. They were our friends and they will be missed.

Rose Bodzin
Hilda Lipkin
Leo Wortman

Upcoming July Trips:

Be sure to check you July calendar for the exact times for these trips. All are invited to attend. You may sign up for participation at the bulletin board across from the office. All trips are on a 1st come, 1st served basis. Additionally, lunch will be at your own expense.

- July 6th:** Rt 22: Kohl's, Marshalls, Dollar Store, etc.
- July 7th:** Outback Steak House, Edgewater, NJ
- July 11th:** Rt 10: Lunch at Irving's & Farmer's Market
- July 13th:** Mt. Airy Casino & Lodge & Premier Crossings Mall
- July 14th:** Newark Museum
- July 15th:** Cottage Inn & Boardwalk
- *July 21st:** Mt. Airy Casino & Lodge and Premier Crossings Mall
- July 25th:** Essex Green & Kmart
- July 27th:** Trader Joe's, Millburn
- July 28th:** Walmart & Rt. 22 Shopping

*This trip will be opened 1st to those who are unable to attend on July 13th. For those who wish to go the 2nd time, your name must go on the waiting list. In the event the bus is not filled you may be able to have a seat on the bus.

Riddle me this? What am I?

Do You Know What I Am? Here Are Some Clues:

1. I was patented in 1868.
2. You can often either roll me or fold me.
3. I am only useful if you read me, although I rarely have words or letters.
4. Lately, I have been upgraded with the use of lasers and ultrasonic technology.
5. I can be big and small, short or tall, and sometimes you can't see me at all.
6. Sometimes people find it more convenient for me to be fat than thin.
7. Some types of me are over 300 feet long.
8. I am marked from head to toe in dashes and diamonds.
9. People have followed my *rules* ever since I was invented.
10. Sometimes my name is Stanley, other times it is Lufkin, Baumgartens, Keson, or Kreg.
11. You may find me at the store next to a scratch awl, a mortise gauge, a marking gauge, and a chalk line.
12. I can be imperial or metric.
13. You will find my ribbon made of cloth, plastic, fiberglass, or even metal.
14. Use me correctly and you will be able to complete your work in a *fraction* of the time it used to take you.
15. Just because I have a "dead foot" doesn't mean I should be measured for a peg leg.
16. You often find me in a pocket or on a belt.
17. Remember, always use me twice and cut once.
18. I may be yellow, but I'm not scared of any job you ask me to do.
19. I'll give you an inch; just don't take a mile.
20. By any measure, I am the most important tool in the toolbox.

The answer to this puzzle can be found on the bulletin board outside of the office. You may also sign up for trips at this convenient location.

July 2011 Village Calendar is subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cheryl on Vacation July 1-9					1 1:30 RELIGIOUS SERVICE 4:30-6:00 DINNER	2
3 1:30 MOVIE 7:00 MOVIE	4 INDEPENDENCE DAY OFFICE CLOSED	5 9:15 Exercise 10:45 Shopping 12:00 Congregate Lunch 1:00 Bridge 4:30-6:00 DINNER 7:00 Movie	6 10:15 Kohls, Rt 22 1:00 Word Games 2:00 CURRENT EVENTS 4:00 Linus Knitting Project 4:30-6:00 DINNER	7 9:15 EXERCISE 10:15 Outback Steakhouse in Edgewater, NJ 12:00 Congregate Lunch 7:00 BINGO	8 1:30 RELIGIOUS SERVICE 4:30-6:00 DINNER	9
10 12:00 Tenant Association 4th of July BBQ 7:00 MOVIE	11 10:30 Irvings & Farmers Market 1:30 BINGO 4:30-6:00 DINNER	12 9:15 Exercise 10:45 Shopping 12:00 Congregate Lunch 1:00 Bridge 7:00 Movie	13 8:45 Mt. Airy Casino 10:30 Bernie & Sheila Travel Slides 2:00 CURRENT EVENTS 4:00 Linus Knitting 4:30-6:00 DINNER	14 9:15 EXERCISE 10:30 Newark Museum 12:00 Congregate Lunch 7:00 BINGO	15 1:30 RELIGIOUS SERVICE 4:30-6:00 DINNER	16
17 1:30 MOVIE 7:00 MOVIE	18 1:30 BINGO 4:30-6:00 DINNER	19 9:15 Exercise 10:45 Shopping 12:00 Congregate Lunch 1:00 Bridge 7:00 Movie	20 10:15 Cottage Inn & Boardwalk 1:00 Crossword Fun 2:00 CURRENT EVENTS 4:00 Linus Knitting 4:30-6:00 DINNER	21 8:45 Mt. Airy Casino & Lodge 9:15 EXERCISE 12:00 Congregate Lunch 7:00 BINGO	22 1:30 RELIGIOUS SERVICE 4:30-6:00 DINNER	23
24 1:30 MOVIE 7:00 MOVIE	25 10:30 Essex Green & Kmart 1:30 BINGO 4:30-6:00 DINNER	26 9:15 Exercise 10:45 Shopping 12:00 Congregate Lunch 1:00 Bridge 7:00 Movie	27 10:30 Trader Joe's 1:00 Housecalls Program with Marnie & Maryann 2:00 CURRENT EVENTS 4:00 Linus Knitting 4:30-6:00 DINNER	28 9:15 EXERCISE 10:00 Walmart, Rt 22 12:00 Congregate Lunch 7:00 Tenant Association Meeting	29 1:30 RELIGIOUS SERVICE 4:30-6:00 DINNER	30
31 12:00 Open House 7:00 MOVIE						