

New Makeover

By Bea Freiheiter

I walked into the beauty parlor, "Lo and Behold"
In with the new out with the old.
Everything is bright with a glimmer,
Even the hairdos have a shimmer.
The place is lovely, it has new décor,
It's been redone from ceiling to floor.
Shampoos, nail polish, cosmetics and such,
Put on some mascara, add a little blush.
Look in the mirror, take a glance,
Is that you? Or a new person by chance.
Good luck, be happy, enjoy your new salon,
Created especially to reflect warmth and charm.

Stage One

Hair Salon

open Wednesday through Friday

9 a.m. to 5 p.m.

Call and make your appointment today!

(973) 929-2732



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.jhccorp.org

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The Lester Chronicle

August 2011

WHAT IS A NURSE PRACTITIONER?

By Maryanne Webber

Nurse practitioners are registered professional nurses who are prepared through advanced graduate education and clinical training, provide comprehensive health care services to people of all ages.

A nurse practitioner can serve as a patient's primary health care provider and coordinate and manage care in various health care settings.

They practice within the scope of their state's nurse practice act. They provide comprehensive care management by evaluating, diagnosing, managing health problems, promoting health, and collaborating with patients and family members, and other health care providers.

Nurse practitioners have been providing care for patients since 1965. They are licensed as a Registered Nurse, Master or Doctoral prepared and National Board Certified in an area of specialty, such as adult, geriatric, psychiatric, acute care, pediatric, neonatal, women's health, or family.

Nurse practitioners provide quality, cost-effective services and individualized care comparable to the health care provided by physicians. Their services are often cov-

ered under Medicare, Medicaid and by many private insurers. Federal regulations limit a nurse practitioner's ability to order essential care. The Centers for Medicare and Medicaid Services prohibit nurse practitioners from ordering home health care.

In conclusion, nurse practitioners are a vital access to high quality health care and maintain close collaborative working relationships with physicians and other health care providers to augment this care.

Want to learn more about MaryAnn Webber, Nurse Practitioner?

Maryann will be providing an educational series at Lester, starting this month, and will continue to present at Lester on the last Monday of the month at 11:00 A.M. Refer to your monthly calendar for specific scheduling.

Administrator's Corner

August 2011



The heat so far this summer has been relentless, and from the looks of the recent forecast, it doesn't seem to be letting up. Due to the extreme heat, the Lester dining team has provided cold water near the Heller Concierge desk to ensure you maintain proper hydration and keep cool in this weather.

Morris County Connection. Lastly, if you've been missing out on all the fun we've been having with the Wii (newly installed in the theater) now is your chance to learn how to use it and be a participant. The Wii-users are currently perfecting their bowling skills and are having a blast doing so. Please review the calendar for times and dates of all of these and other activities.

This month we have a number of excellent programs and events scheduled. The following are a few I would like to point out. On Friday August 5th, Rabbi Shalom Hammer will be returning to offer another one of his lectures. His previous lectures were very well attended, so I suggest you come early to secure a front-row seat. Rabbi Polansky will lead services on Tisha B'Av (8/8 and 8/9). On Wednesday 8/10 and 8/24 we will have a special trip – please review the bulletin board for more details. Residents are encouraged to sign up in advance due to limited space. On Monday the 29th Maryann Webber, a Licensed Nurse Practitioner working with the JFS House Calls program, will be offering the first of a series of monthly health lectures. On Tuesday the 30th, we will have an intergenerational story time with the

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

- | | |
|---------------------------|---------------------------|
| Ruth Rosen Apt. 113 | Sol Koslow Apt. 6-B |
| Ray Shapiro Apt. 5-A | Lillian Robinson Apt. 5-I |
| Daniel Koplowitz Apt. 3-B | |

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

BIRTHDAYS

- Evelyn Gold
- Walter Springer
- Herman Goldman
- Rachel Benet
- Lillian Hammer
- Judith Levitt
- Cecilia Saks
- Mervin Eisenberg
- Anne Lipman
- Seymour Schuman
- Stanley Engel
- Randy Grossberg
- Jeanette Weiss

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 Fruit of Her Hands: The Story of Shira of Ashkenaz
 By
 Michelle Cameron
 Monday, August 29th at 7:00 P.M.
 A special Author presentation

For more information contact
 Shirley Saland



Announcement:

Resident Trip Planning Committee Needed
Interested? Contact
Elsie Shapiro (973) 599-9776

Lester Congregation Effort

Allow us to enhance the experience of remembering your loved ones. Fill out and return the blue Lester Congregation *Yahrzeit* Information Form so that *yahrzeits* will be acknowledged at the appropriate Shabbat Morning services.

If you choose to list names in our *Yizkor* booklet, please fill out and return the grey information form for Lester Congregation First Annual *Yizkor* Memorial Booklet together with your check.

Be part of these Lester Congregation opportunities to enrich our Shabbat morning services and to honor the memories of those who have come before us.

Return forms (and checks) to the person whose name appears at the bottom of the forms you received or to Estelle Berger (Apt. 119) or Rae Benet (Apt. 314).

Please respond to the Lester Congregation forms by August 15th

What the hell are we going to do now with the path we have chosen?

- If I could choose my path, I don't think I'd do anything different than what I have done.
- If I could choose my path, I would have more compassion, and had more depth with people.
- If I could choose my path, it would encompass all the areas of gray, black, white and in-between.
- If I could choose my path, I would have appreciated the moment
- If I could choose my path, I would put a lot more thought into the initial choice, because after choosing you make room for correction and the choice would be wiser.
- If I could choose my path, I'd linger longer and listen to the sages.
- If I could choose my path, I think I wouldn't have jumped to things; I would have given it more thought.

Created by the participants of the Lester Senior Housing, Talking Poetry class, July 01, 2011.