
Village Press

August 2011



The Newsletter for Village Apartments

Celebrating August

Happiness Happens Month

Cataract Awareness Month

International Clown Week
August 1-7

Respect for Parents Day
August 1

Sisters' Day
August 7

Tisha B'Av
August 9

Tu B'Av
August 15

Elvis Week
August 10-16

Poet's Day
August 21

Be an Angel Day
August 22

Dog Day
August 26

TISHA B'AV

- *Tisha B'Av, the Fast of the Ninth of Av, is a day of mourning to commemorate the many tragedies that have befallen the Jewish people, many of which coincidentally have occurred on the ninth of Av.*
- *Tisha B'Av means "the ninth (day) of Av." It usually occurs during August.*
- *Tisha B'Av primarily commemorates the destruction of the first and second Temples, both of which were destroyed on the ninth of Av (the first by the Babylonians in 586 B.C.E.; the second by the Romans in 70 C.E.)*

Although this holiday is primarily meant to commemorate the destruction of the Temple, it is appropriate to consider on this day the many other tragedies of the Jewish people, many of which occurred on this day, most notably the expulsion of the Jews From Spain in 1492.

Tisha B'Av is the culmination of a three week period of increasing mourning, beginning with the fast of the 17th of Tammuz, which commemorates the first breach in the walls of Jerusalem, before the First Temple was destroyed. During this three week period, weddings and other parties are not permitted, and people refrain From cutting their hair. From the first to the ninth of Av, it is customary to refrain From eating meat or drinking wine (except on the Shabbat) and From wearing new clothing.

The restrictions on Tisha B'Av are similar to those on Yom Kippur: to refrain from eating and drinking (even water); washing, bathing, shaving or wearing cosmetics; wearing leather shoes; engaging in sexual relations; and studying Torah. Work in the ordinary sense of the word [rather than the Shabbat sense] is also restricted. People who are ill need not fast on this day. Many of the traditional mourning practices are observed: people refrain From smiles, laughter and idle conversation, and sit on low stools.

In synagogues, the book of Lamentations is read and mourning prayers are recited. The ark (cabinet where the Torah is kept) is draped in black.

Insomnia



By: Maryann Webber
Housecalls Nurse Practitioner

Insomnia is a disorder that is a reversible behavioral state.

We feel dreadful when we are deprived of sleep which takes a toll on the ability to function during the day.

How much sleep do we really need? It varies from person to person. Most adults need seven to eight hours a night. Many adults can do fairly well with less sleep & there are those that generally need more.

The following are a few tips that will tell if you are getting enough sleep.

- Can you wake up most mornings without an alarm clock?
- Can you get through the day without feeling drowsy?
- Can you read the newspaper or sit through a lecture without dozing off?
- Can you go through the day without being irritable or distracted?

What about the effect of aging on sleep? Older adults need as much sleep as anyone else. However, sleep is more fragmented as we age and sleep deteriorates with advancing age. What are the consequences of sleep deprivation?

Sleep is a critical time, it enables the body to heal, repair, restore and regenerate itself. When sleep is compromised, restorative processes are hampered. We are much more likely to succumb to a virus and make poor decisions and take inappropriate risks, and have greater difficulty coping with stress. What are some of the causes? Stress, anxiety, depression, caffeine, alcohol, medical conditions, poor sleep habits, eating too late and nicotine.

Lifestyle and Healthy Sleep Habits

- Relaxation Techniques – breathing exercises, biofeedback, yoga, meditation or progressive muscle relaxation
- Stick to a sleep schedule
- Avoid trying to sleep

- Limit the use of the bedroom to sleeping and sexual activity
- Exercise in the late afternoon or early evening
- Spend time outdoors late in the afternoon or early in the evening
- Increase exposure to bright light or sunshine as soon as you wake-up
- Avoid the nap trap, do it before 3:00 p.m. and don't nap more than 30 minutes.
- Keep your bedroom cool & feet warm
- Take a warm bath 30 minutes before bedtime
- Go to bed sleepy
- Ease up on evening liquids
- Keep your bedroom dark & quiet
- Invest in quality bedding
- Address emotional & spiritual issues
- Don't put up with pain

In conclusion:

- Have an understanding of what is contributing to your insomnia
- Be consistent with good sleep habits
- There are times when appropriate use of sleep medication is necessary. Correcting sleep deprivation is an important way to prevent more serious medical problems down the road
- Natural remedies may be helpful but caution is warranted since herbal remedies & supplements are not regulated by the FDA

Lastly, listen to your body. Pay attention to how you feel. If you ignore the whispers of fatigue you may be assaulted by the scream of fatigue.

The good news is that sleep has an amazing ability to restore, repair & regenerate our worn frazzled minds & bodies. You must never forget the healing power of sleep.

If you are still having problems with sleep, make an appointment with your primary care physician (PCP).

Here's to your pleasant dreams!

Maryann Webber, APN-C
JFS/Overlook Medical Center
Cell # 973-294-6560

JCHC University at Village

All in attendance enjoyed the presentation regarding the making of a film entitled "The Courage to Speak, a Life of Joachim Prinz" presented by Rachel Fisher & Rachel Pasternak.



Upcoming Events:

Be sure to look for the following upcoming events during the month of August. Check your calendar for specific dates and times.

- Moonligh Serenade Duo (Live classical music)
- Livingston & Shorthills Mall
- Essex Green and Kmart
- Irving's & Farmer's Market, Route 10
- Willowbrook Mall & JC Penny's
- Cottage Inn & Delicious Orchards
- Summer Movie Madness
- Trip to Weehawken, NJ
- Newark Museum
- Fall Prevention Workshop
- Walmart & Rt 22
- Bernie & Sheila Travel Slides
- Trip to Long Branch and Boardwalk
- Lake Hopacong, Boat Ride, Lunch at Jefferson House
- Trader Joe's, Millburn
- Current Events in Israel
- Housecalls with Marnie
- Plaza Family BBQ
- Lunch in Red Bank, NJ

Budge That Grudge

International Forgiveness Day is August 7. This is not only a day to forgive and be forgiven, but to improve both your physical and psychological well-being.

It is almost a universal human experience to be hurt by the actions or words of another person. But did you know that holding a grudge could affect your cardiovascular and nervous systems? Studies show that grudges put your body through the same strains as a major stressful event. Researchers at Harvard's Medical School say that forgiveness relieves stress, improves heart health, reduces pain, and can lead to greater happiness.

To forgive does not always mean to forget. People can often forgive the person without excusing the act. Forgiveness is letting go of resentment or thoughts of revenge. It may truly be the best medicine. Plus it has one more benefit. As the writer Oscar Wilde reminds us, "Always forgive your enemies – nothing annoys them so much."

HOUSECALLS PROGRAM ESTABLISHES PARTNERSHIP WITH OVERLOOK MEDICAL CENTER

Jewish Community Housing Corporation is pleased to announce that its HouseCalls program has been enhanced with a partnership with Overlook Medical Center, an affiliate healthcare provider of the Atlantic Health System. Through this partnership, the HouseCalls program will continue to provide the services of a geriatric nurse practitioner (Maryann Webber, APN).

Together, with social work staff from Jewish Family Service of MetroWest and the Nurse Practitioner services from Overlook Medical Center, the HouseCalls staff team can assist residents and families on site. Some social work counseling services and geriatric nurse practitioner services can be covered by Medicare.

For a comprehensive list of services, please refer to the flyers posted around the building. You may also stop by the office to receive your own personal copy of the flyer.

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.

HAPPY BIRTHDAY



August 5	Sam Hoffman
August 5	Shirley Bader
August 21	Myrial Fields
August 25	Ceil Schnapnik
August 25	Jeanne Ginsberg

JVS Creative Maturity Expo

Sunday November 6
at the West Orange, JCC
9:30 a.m. to 4:00 p.m.

Invite your family members to attend this event!
This is a one day event focusing on issues of health and retirement for baby boomers and mature adults.

IMPORTANT NOTICE **FOR ALL VILLAGE RESIDENTS:**

For all non emergency calls or questions after business hours, please call the following number:

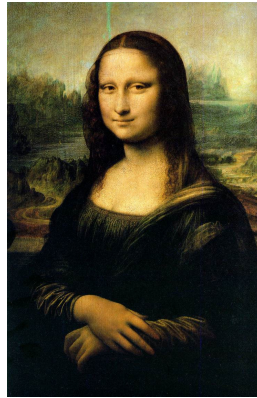
Monday – Friday: 5:00 pm – 11:00 pm
973-763-0999 (A Security Guard will assist you)

Saturdays: 8:30 am – 4:30 pm
973-789-1952 (The Superintendent will assist you)

Sundays: 10:00 am – 10:00 pm
973-763-0999 - A Security Guard will assist you

For All Emergency Calls:

- Push Your Pendant
- Dial 911
- 973-789-1952 Superintendent's Cell Phone



Missing Mona

It has been called the theft of the century. On August 21, 1911, Leonardo da Vinci's *Mona Lisa*, the most famous painting in the world, was stolen out of the Louvre Museum in Paris. The news made headlines around the globe.

Local police had no leads. The only evidence investigators had was the painting's frame, which was found in a staircase. One fingerprint was lifted from the frame, but a fingerprint expert could not match it to a suspect.

As the days wore on, rumors began to circulate. Some French blamed the Germans. Some said a ruthless American collector was at fault. Others hoped that it was a joke and that the painting would soon be anonymously returned. Meanwhile, visitors flocked to the Louvre just to see the empty space on the wall where the *Mona Lisa* had hung. Dismay turned to humor. Someone wrote into a French newspaper asking the thieves to steal the Eiffel Tower next. Postcards showed *Mona Lisa* leaving France with Leonardo da Vinci.

Two years later, on December 10, 1913, a man visited the office of an antiques dealer in Florence, Italy. This man revealed an amazing secret. He had the *Mona Lisa* hidden in his hotel room. He called himself an Italian patriot. He had stolen the masterpiece in order to bring it back to Italy. He asked for half-a-million lire in payment and a promise that the painting would never return to France. The antiques dealer agreed and went to the man's hotel room.

After a heap of ratty clothes and a false bottom were removed from an old trunk, the enigmatic smile of *Mona Lisa* appeared. The painting was intact and safe. Within hours, the man was arrested. How had he done it? A former worker at the Louvre, he had simply walked into the empty museum (it was closed on Mondays for cleaning) and lifted it off the wall. On January 4, 1914, *Mona Lisa* returned to the Louvre, where she is protected day and night.

August 2011 Village Calendar is subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1 10:30 Livingston & Shorthills</p> <p>1:30 BINGO</p> <p>4:30-6:00 DINNER</p>	<p>2</p> <p>9:15 Exercise</p> <p>10:45 Shopping</p> <p>12:00 Congregate Lunch</p> <p>1:00 Bridge</p> <p>7:00 Movie</p>	<p>3 9:30 Yoga</p> <p>1:00 Moonlight Serenade Duo (Live classical music)</p> <p>2:00 CURRENT EVENTS</p> <p>4:00 Linus Knitting</p> <p>4:30-6:00 DINNER</p>	<p>4</p> <p>9:15 EXERCISE</p> <p>10:30 Essex Green</p> <p>12:00 Congregate Lunch</p> <p>7:00 BINGO</p>	<p>5 10:30 Old Wives Tales with Susan Taltz</p> <p>1:30 RELIGIOUS SERVICE</p> <p>4:30-6:00 DINNER</p>	6
<p>7</p> <p>1:30 MOVIE</p> <p>7:00 MOVIE</p>	<p>8 10:30 Irving's & Farmers Market</p> <p>1:30 BINGO</p> <p>4:30-6:00 DINNER</p>	<p>9 TISHA B'AV</p> <p>9:15 Exercise</p> <p>10:45 Shopping</p> <p>12:00 Congregate Lunch</p> <p>1:00 Bridge</p> <p>7:00 Movie</p>	<p>10 10:30 Willowbrook Mall & JC Penny's</p> <p>11:00 Fall Prevention Workshop</p> <p>2:00 CURRENT EVENTS</p> <p>4:00 Linus Knitting</p> <p>4:30-6:00 DINNER</p>	<p>11</p> <p>9:15 EXERCISE</p> <p>10:15 Cottage Inn & Delicious Orchards</p> <p>12:00 Congregate Lunch</p> <p>7:00 BINGO</p>	<p>12 10:30 Glen Miller with Bob Gold</p> <p>1:30 RELIGIOUS SERVICE</p> <p>4:30-6:00 DINNER</p>	13
<p>14</p> <p>1:30 MOVIE</p> <p>7:00 MOVIE</p>	<p>15 TU B'AV</p> <p>1:30 BINGO</p> <p>4:30-6:00 DINNER</p>	<p>16 9:15 Exercise</p> <p>10:45 Shopping</p> <p>12:00 Congregate Lunch</p> <p>1:00 Bridge</p> <p>7:00 Movie</p>	<p>17 9:30 Yoga</p> <p>10:30 Houllihan's in Weehawken & Harbor Walk</p> <p>11:00 Summer Movie</p> <p>2:00 CURRENT EVENTS</p> <p>4:00 Linus Knitting</p> <p>4:30-6:00 DINNER</p>	<p>18</p> <p>9:15 EXERCISE</p> <p>TBA: Newark Museum</p> <p>12:00 Congregate Lunch</p> <p>7:00 BINGO</p>	<p>19 10:30 Accordion Music with Eric</p> <p>1:30 RELIGIOUS SERVICE</p> <p>4:30-6:00 DINNER</p>	20
<p>21</p> <p>1:30 MOVIE</p> <p>7:00 MOVIE</p>	<p>22 10:15 Walmart & Rt 22</p> <p>1:30 BINGO</p> <p>4:30-6:00 DINNER</p>	<p>23 9:15 Exercise</p> <p>10:45 Shopping</p> <p>12:00 Congregate Lunch</p> <p>1:00 Bridge</p> <p>7:00 Movie</p>	<p>24 TBA: Long Branch & Boardwalk</p> <p>10:30 Bernie & Sheila Travel Slides</p> <p>2:00 CURRENT EVENTS</p> <p>4:00 Linus Knitting</p> <p>4:30-6:00 DINNER</p>	<p>25 TBA: Jefferson House & Boat Ride Lake Hopacong</p> <p>9:15 EXERCISE</p> <p>12:00 Congregate Lunch</p> <p>7:00 BINGO</p>	<p>26 10:30 Judy Ebright Ringling Home & Museum</p> <p>1:30 RELIGIOUS SERVICE</p> <p>4:30-6:00 DINNER</p>	27
<p>28</p> <p>1:30 MOVIE</p> <p>7:00 MOVIE</p>	<p>29 TBA: Trader Joe's, Millburn</p> <p>1:30 BINGO</p> <p>4:30-6:00 DINNER</p>	<p>30 9:15 Exercise</p> <p>10:45 Shopping</p> <p>12:00 Congregate Lunch</p> <p>1:00 Bridge</p> <p>7:00 Movie</p>	<p>31 TBA: Lunch in Redbank</p> <p>1:00 Housecalls Program with Marnie</p> <p>2:00 CURRENT EVENTS</p> <p>4:00 Linus Knitting</p> <p>4:30-6:00 DINNER</p>			