

Thyroid Disease

By: Maryann Webber Housecalls Nurse Practitioner

The thyroid is a gland located in the middle of the neck which produces two hormones which regulates your body's metabolism. Thyroid function is controlled by a gland in the brain which produces the release of Thyroid Stimulating Hormone (TSH). When it circulates in your bloodstream it tells the thyroid to make thyroid hormones. What causes thyroid problems? Some causes are: exposure to radiation and/or radiation treatment, drugs – such as lithium, heart medication; decrease of dietary iodine; increase in consumption of uncooked brussels sprouts, broccoli, turnips, radishes or cauliflower; surgical removal of the thyroid and/or part of the thyroid for cancer, goiter or nodules, and radioactive iodine treatment for Graves' disease.

Who is at risk?

Females; family members with thyroid problems; family members with an autoimmune disease over 60 years of age; smokers; individuals exposed to radiation; individuals treated with Lithium; menopausal women; people diagnosed with fibromyalgia as well as individuals diagnosed with Chronic Fatigue Syndrome.

What conditions affect the thyroid?

Hypothyroidism; Hyperthyroidism; Auto-immune Thyroid Disease; Goiters; Thyroid Cancer and Thyroiditis. It is estimated that approximately 59 million Americans have a thyroid problem and a majority of these people remain undiagnosed. Undiagnosed Thyroid problems can increase your risk of heart disease, obesity, depression and a host of other health issues. Some of the classic signs and symptoms of Hypothyroidism are: Fatigue, weakness, dry skin, cold intolerance, depression, hoarseness, anemia, slow heart rate and swelling. It is important to keep in mind, as older adults you will not present the same as when you are younger. Therefore, you may very well present with vague symptoms such as confusion, memory impairment, or behavioral changes, to name a few.

Remember: WHEN IN DOUBT CHECK IT OUT!

Make an appointment with your health care provider. If you are having a problem with your thyroid, discuss whether or not to be seen by a reputable Endocrinologist.

Good Health to You All,

Maryann

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January 2012

Take Control of Your Health: Chronic Disease Self Management

Take Control of Your Health are peer-led programs that give people with chronic conditions and/or their caregivers the knowledge, skills and confidence to take a more active role in their health care.

Take Control of Your Health workshops are held for 2½ hours once a week for six weeks. Workshops are provided at no cost. Workshops are offered periodically in all 21 New Jersey counties and some workshops are conducted in other languages. Starting January 2012 the workshops will be held at Lester Senior Housing.

Take Control of Your Health participants learn strategies for managing symptoms, working with health care professionals, setting weekly goals, problem-solving, relaxing, handling difficult emotions, eating well, and exercising safely and easily.

Take Control of Your Health is evidence-based, meaning it has produced positive results for people who complete the program. Participants report the following benefits:

- Improvements in physical activity

- stamina and pain control
- Better communication with their health care providers
- Reduced doctor and hospital visits

The Chronic Disease Self-Management Program (CDSMP) was developed by Stanford University's Patient Education Resource Center and has been successfully implemented throughout the United States and around the world.

The program is a fun and practical course that helps people with chronic conditions and/or their caregivers overcome daily challenges and maintain an active and fulfilling life.

Want to learn more about Take Control of Your Health, and the Chronic Disease Self Management Program? Join Jessica in the Card Room at 11 A.M. on January 3rd for an introduction to this workshop. You will have a chance to try some of the exercises learned in the program, and sign up to be a part of the first Take Control workshop at Lester.

SIX WORKSHOPS TO CHANGE YOUR LIFE!



Free at Lester Senior Housing
Take Control of Your Health
An Action Plan for Enhancing Wellness



Administrator's Corner

January 2012

It's a new year! This past month sure was a busy one, let alone the past year! In December we enjoyed the many Chanukah parties that took place almost daily during the recent holiday. This month, the calendar is filled with many great programs and events. Firstly, as we all know, laughter is the best medicine – therefore, this month we're going to trial a weekly 'Comedy Night'. The first such evening will be on January the 4th at 7PM. This month we will also kick off the 'Take Control of Your Health' initiative. This will be a weekly program that will run for six weeks and will offer different ideas and methods for self management of chronic diseases. On Monday the 16th the NJ Hearing Center will offer an informative talk about the link between dementia and untreated hearing loss. Please review the enclosed calendar for a full list of all the programs scheduled this month.

Over the past few weeks a number of residents requested that we offer some new items for sale in the Country Store. We now offer light bulbs and electric yahrtzeit candles/Memorial Lights for sale in the store. We hope that these additions will offer further convenience to your living at Lester. As in previous years, JCHC is once again offering tribute cards for purchase. The cards can be purchased in honor of a special occasion or as a thank you to a special person and can be purchased from Joan in the Administration office. Flyers with full details on the Tribute Cards are posted on bulletin boards throughout the building.

As you've surely noticed, we've experienced a number of recent issues with the hot water system for the Heller Independent Living apartments which resulted in a

few sporadic days with limited or no hot water. Firstly, I apologize for any inconvenience these interruptions have caused. Secondly, I'd like to assure you that we are working diligently to replace the hot water systems altogether in the first quarter of this year and are working with plumbers who are available to immediately tackle any breakdowns we may experience in the meantime. As you can imagine, the hot water system is a large one and is comprised of many components that operate non-stop. Each of the recent breakdowns we've experience over the past couple of months involved a different component that required repair or replacement. I truly hope that we will not experience any further interruptions to our hot water supply and thank you for your patience and understanding as we await the installation of the new system.

This month I am also pleased to announce a number of new additions to our Lester team. Firstly, we have hired two new Activity Assistants. Ashlee Traynor will be the full time assistant and Erin Ackerman will be here part time. Both Ashlee and Erin have already started working and you should feel free to stop by the Weston Multi-Purpose Room to introduce yourself and make them feel welcome. Lastly, Stacey Tallaksen (nee French), who was assisting in Activities has transitioned to the Nursing Office and is now the Nursing Secretary.

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

BIRTHDAYS

- Harry Domb
- Natalie Schonfeld
- Hannah Tenenbaum
- Doris Eisen
- Rae Berger
- Beatrice Sterinbach
- Lillian Kessler
- Helen Stone
- Roz Handler

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.



Need a Friendly Smile and a Listening Ear? Call an ACAP Volunteer 973-629-1001

People often feel better when they have someone who visits with them on a regular basis, who is curious about their lives and wants to listen.

Provided by ACAP- The Academy of Clinical and Applied Psychoanalysis

Good Reads

This month will present:

- A Trumpet in the Wadi by Sami Michael
- &
- The Imperfectionists by Tom Rachman

Thursday, January 19th at 3 P.M. in the Heller Multi-Purpose Room

For more information contact
Shirley Saland
Heller Apt. 506



New Resident Welcomes

- Annette Weinstein Apt. 308
- Sylvia Zyto Apt. 616
- Judy Albert Apt. 4-L/M
- Abe Rogovin Apt. 4-K

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

Lester Congregation

Life Cycle Kiddush

will be on Saturday, January 14th
&
Saturday, January 28th

*Kiddushim will be immediately following
Shabbat morning services*

JCHC Tribute Cards are now available!

Send cards to family and friends and support JCHC

- Get Well cards
- Mazel Tov cards
- In Memoriam cards
- Blank cards

Cards can be purchased at the Business office or call Marcia at (973) 530-3966

TRADITION

In my photograph I loved Shabbat dinner when all my family got together and had chicken soup and matzah balls.

In my photograph my granddaughter's favorite thing would be Friday night dinner together and we would stay all day and night.

In my photograph I see Teviah
In my photograph the tables are showing off the joy of the occasion and sharing it with the audience

In my photograph I recall my adult Bat Mitzvah at age 70 that everyone enjoyed with me.

In my photograph I get together with my memories which included every joyful occasion and tradition of Judaism as a whole which was delightful in most parts

In my photograph is a traditional Jewish wedding ceremony that I had with my husband that was loving and beautiful.

In my photograph we had a beautiful backyard and we had all our parties back there. We had my twin's Bar Mitzvot there, we didn't have a lot of money but we fixed it up for a joyous celebration!

Created by the participants of Talkin' Poetry with Paul on December 2, 2011

