

Salute to Our Presidents

By Bea Freitheiter

George Washington is the father of our country and never told a lie,
When asked if he cut down the cherry tree he said Of Course, it was I.

Abraham Lincoln was here to save the nation,

He gave us the Emancipation Proclamation.

These two leaders who put our country first,

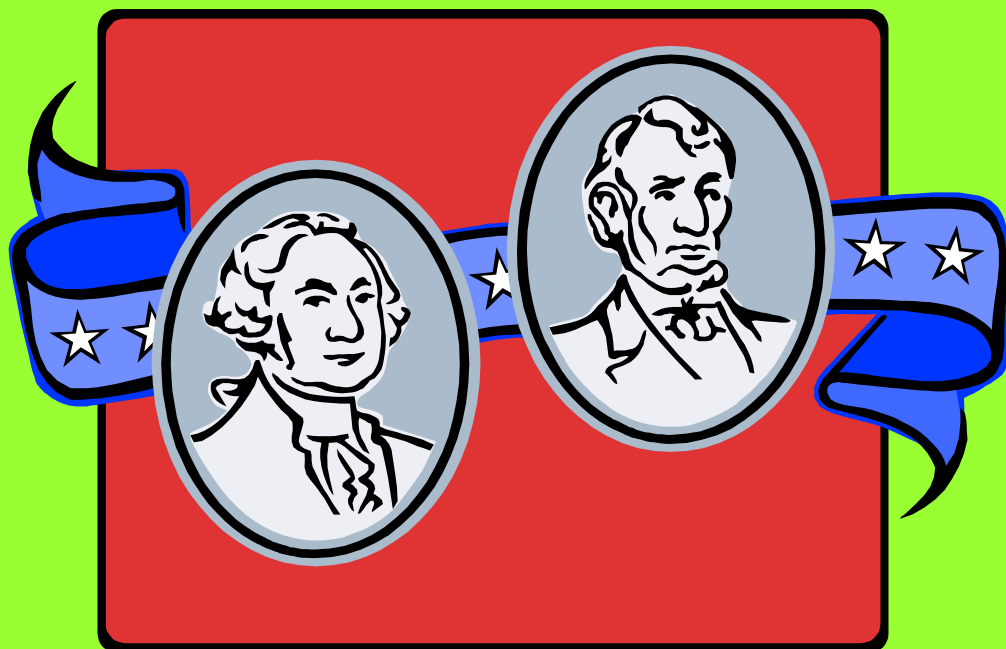
Craved freedom to quench our thirst.

We need good leaders to show us the way,

To get out of the bog that has been created every day.

So, preserve our freedoms, pay homage to George and Abe

Many have given their lives so these freedoms could be saved.



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

THE LESTER SENIOR HOUSING COMMUNITY

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We're on the Web
www.jhcorp.org

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Did You Know?

German tradition holds that if the sun comes out on Candlemas, the precursor to Groundhog Day, the hedgehog (or badger) will see its shadow and six more weeks of winter will follow. When German settlers came to Pennsylvania they continued this tradition, using groundhogs instead of hedgehogs to predict the weather.



The Lester Chronicle

February 2012

Super Bowl Sunday Spectacular

By Jessica Kolton

On February 5th, 2012 Super Bowl XLVI (that's Super Bowl 46) will be featuring the New England Patriots playing against the New York Giants in Indianapolis, IN.

But you don't have to love football to get in the spirit of Super Bowl Sunday. In fact you don't have to know a thing about the "Big Game", the teams, or the sport to participate in the jam packed day of activities, contests, and celebration.

Make sure when you get dressed in the morning, to wear red, white, and/or blue. Why go for the patriotic look? Both the Giants and the Patriots team colors take after Old Glory, the U.S. flag! Have a football jersey for either team or maybe a more preferred team? That will work too, just show off your spirit.

Every athlete needs a good warm up, so join activities at 9:30 in the Heller Multi-Purpose room for some Sunday morning exercise; you might even pick up a few moves to use for our end-zone dance off. At 10 A.M. You can learn about the National Football League and challenge your mind with some sweat-free football related games. Follow that up with an NFL documentary on the sport at 11 A.M. in the Theater, and show off what you just learned.

Still not convinced that Super Bowl Sunday is your type of festivity? How about a

1:30 P.M. game of football themed Bingo? That's sure to hit the spot!

By the time Bingo is over, you will be getting into the spirit; which is just what you will need for the two contests that will be happening at 3 P.M. in the Heller Lobby. We will have a team spirit contest and an end-zone dance contest.

Need a breather from the excitement or maybe just a sit-down before the premiere event? A game-day craft project at 4:15 in the Weston Multi-Purpose room will offer just that.

And finally, the main event, starting at 6 P.M. in the Theater the big game will be playing. And what's better than the Super Bowl on a big screen? Beer and Super Bowl snacks to accompany it all, of course!

So now you have the scoop. It's not just about the football, it is also the community spirit. Lester throws a great party, and Super Bowl Sunday will be no exception; We've got spirit, how 'bout you?





BIRTHDAYS

- Helen Shoenfeld
- Regina Bloch
- Henry Yam
- Ruth Corn
- Sylvia Cherna
- Martin Levitt
- Arleen Soll
- Ruth Rosen
- Frances Goroll

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.



Did You Know?

Punxsutawney Phil's full name is actually "Punxsutawney Phil, Seer of Seers, Sage of Sages, Prognosticator of Prognosticators and Weather Prophet Extraordinary." It was so proclaimed by the "Punxsutawney Groundhog Club" in 1887, the same year they declared Punxsutawney to be the weather capital of the world.



Administrator's Corner

February 2012

We're a full month into the new year and it feels like the Lester New Year's Eve party was just yesterday! I received much positive feedback from residents who enjoyed the festivities and hope you'll join us for some of the exciting events we have planned for this month.

In February, there are a number of programs scheduled that I feel would be appropriate to point out. Firstly, on Friday February 3rd a group of Israeli College students will visit Lester in the afternoon. Also, on Sunday February 5th we will have a Super Bowl party in the Lester Theater. This year, the party will be catered by Smokey Joe's Restaurant (from Teaneck, NJ) - BBQ Chicken Wings, snacks and beer will be provided and all residents and families are invited and encouraged to attend. Additionally, join us for our Tu B'Shevat Seder on the 8th and for a repeat performance of Broadway Show Tunes on Sunday the 12th. Two popular programs will be returning this month - The Arts! by the People Photography class and the Hip Hop Healing session. If you haven't given these last two programs a try the last time around, I highly recommend you do so this time.

If you recall, last month I mentioned that

On January 12th, Lester held it's first Wine and Cheese event. The debut was a great success with a full room of residents and staff. Mitchell Goldberg, Regional Director of Dining Services, gave a tasting presentation on how to pair different wines with the "right" cheese. Included on the menu were fine red and white wines from Israel and an assortment of cheeses, including a Gouda, Cheddar, and Swiss.

Lester will be holding another wine and cheese event on February 9th; until then, L'Chaim!

we were in the process of planning for the replacement of our hot water supply system. This planning is still underway and we hope to have the new boiler system delivered to Lester and installed at some point this month or next. Once I am provided with specific dates for this project, I will be sure to notify residents by placing a notice on the bulletin boards. I anticipate minimal hot water interruptions while this work is being completed, and again, will do my best to alert you of these planned outages in advance so that you can plan accordingly. I am hopeful that this new and upgraded boiler system will give us many years of trouble-free hot water supply. Thank you again for your patience and understanding as we await the installation of the new system.

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



Lester Congregation

Life Cycle Kiddush

will be on Saturday, February 11th
&
Saturday, February 25th

Kiddushim will be immediately following Shabbat morning services

If you have not already filled out a Yartzeit information form, please contact Estelle Berger, Rae Benet, or Dr. Mervin Eisenberg (for Heller residents), or Bea Freiteiter, Teddy Halpern or Helen Heller (for Weston residents).

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



January's Supporters:
Lotte Mandel

Grocery Shopping Services

Along with JCHC providing weekly shopping trips, let your fingers do the shopping!

Below is a list of local options for home delivery of groceries.

Shoprite.com

Delivers to Whippany from the Parsippany Store

No group rates
Delivery fee: \$6.95
Shopping fee: \$10

Peapod.com

Shopping fee: under \$100 is \$9.95
Minimum order: \$60



New Resident Welcomes

- Joseph Naples Apt. 403
- Shirley Lipson Apt. 302
- Albert Rayner Apt. 317

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

Coming Attractions

A New L&M Production

Featuring Hat History and Millinery Fashions Through the Ages

Start checking your family's attics and your storage boxes, looking through your long ago pictures for "Hatted People". Collect these items and keep posted for details about this upcoming community celebration!

How I overcome and face my struggles

I face my struggles and don't allow myself to become too aggressive

I face my struggles head on, but when I turn away from my troubles, I turn away 180 degrees

I face my struggles, but I enjoy living everyday because of all the things I've accomplished and all the people I love

I think that you have to have love in order to get through your struggles, someone has to show you the way

As you go through life, you try to overcome your struggles, it's not easy but at least you try and have satisfaction that you do

I face my struggles, but its not that I had to win, I had no choice

I face my struggles and then wonder how I had the strength to achieve what I did

I face my struggles not by choice, with love, fortitude, and courage

I face my struggles and I do it my own way, the right way, and do whatever is in my power to achieve my goals.

Created by the participants of Talkin' Poetry with Paul on