

Village Press

The Newsletter for Village Apartments



Celebrating February

Black History Month

**International Expect Success
Month**

Bird Feeding Month

**International Snow Sculpting
Week**

February 1-5

Tu B'Shvat

February 8

Paul Bunyan Day

February 12

Westminster Dog Show

February 13-14

Sweet Heart's Day

February 14

**International Sword
Swallower's Day**

February 25

Leap Year Day

February 29

Calendar Confusion

Ever feel the need to make up for lost time? You're not alone. In fact, the entire world will be making up for lost time on February 29, the Leap Day for 2012's Leap Year.

Ancient cultures kept calendars like we do today, but these were based on lunar cycles that followed the phases of the moon, making each month only 29.5 days long. One year would last only 354 days, not nearly enough days for an actual year, which lasts 365.242 days, the amount of time it takes the Earth to orbit the sun.

These 354-day calendars wreaked havoc when it came to celebrating annual holidays. As the years passed, autumn harvest festivals were celebrated during the spring planting season! The Egyptians were the first culture to correct the amount of days, and they even added an extra day, a Leap Day, to the calendar every fourth year to prevent these problems.

Cleopatra shared this system with her boyfriend Julius Caesar, and Caesar decided to fix the Roman calendar. In the year 46 B.C., Caesar instituted a year that lasted 445 days – later called the Year of Confusion – to reset the entire calendar. Then he started a new 12-month-long year of 365 days, with an extra Leap Day added every fourth year to make up for the lost time. But this still was not perfect.

This extra day was still 11 minutes too long, which meant that an entire extra day would be added to the calendar every 128 years. That may seem small, but 1,000 years later, this created major problems. Now it was Pope Gregory XIII's turn to fix the calendar. He decided to keep the Leap Day, but only one out of every four "century years" would observe a Leap Year. The years 2000 and 2400 are Leap Years, but 2100, 2200, and 2300 are not. We still use this Gregorian Calendar today. As for people born on February 29, known as Leaplings, no official ruling has yet been made on how to count their age.

Tu B'Shevat



Tu B'Shevat, the 15th day of the Jewish month of Shevat is a holiday also known as the New Year for Trees. Tu B'Shevat is the new year for the purpose of calculating the age of trees for tithing.

There are few customs or observances related to this holiday. One custom is to eat a new fruit on this day, or to eat from the Seven Species (shivat haminim) described in the Bible as being abundant in the land of Israel. The Shivat Haminim are: wheat, barley, grapes (vines), figs, pomegranates, olives and dates (honey) (Deut. 8:8).

You can make a nice vegetarian pilaf from the shivat haminim: a bed of cooked bulgar wheat or wheat berries and barley, topped with figs, dates, raisins (grapes), and pomegranate seeds, served with a dressing of olive oil, balsamic vinegar (grapes) and pomegranate juice.

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 Wednesdays.

Appointments are suggested. Families are welcome to call.

The NJAA Charitable Fund, Inc. is pleased to announce that it is awarding up to four (4) scholarships valued at \$1,500 each to employees of NJAA member companies and their immediate families and residents of NJAA member properties and their immediate families. Two scholarships will be awarded to applicants from member companies and two will be awarded to residents of NJAA member properties. Applications must be received by February 20, 2012 and will be awarded for the 2012-2013 academic year. For more information please refer to the bulletin board outside of the office.

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, if there is no response,
- Dial 911
- Superintendent can be reached at 973-789-1952 during evening and overnight hours.



By: Maryann Webber
Housecalls Nurse Practitioner

Hypothermia

Hypothermia is a condition whereby you have an abnormally low internal body temperature (below 95 degrees F). It can be called a silent killer because many elderly are not aware of the inherent threat of becoming cold as readily as their younger counterparts. Their bodies may not adjust to changes in temperature. It develops when body heat lost to a cool or cold environment is faster than it can be replaced. Temperatures do not have to necessarily be below freezing for hypothermia to occur.

Many older adults can develop a decrease in body temperature after conditions of mild cold which produces only mild discomfort in younger people. Among older adults, those most likely to succumb to hypothermia are the sick, the frail, the very old, the poor who cannot afford enough heat, and those medically vulnerable individuals who do not know how to keep warm when exposed to the cold.

Others susceptible to the cold are those individuals who are malnourished, have a history of falls, gait disturbances, dementia, depression, alcohol abuse, or those with chronic conditions such as stroke, diabetes, hypothyroidism, ischemic heart disease to name a few.

One thing is clear, temperature regulating mechanisms decline with age. Therefore, there is a decreased perception of temperature changes and older individual adjusts to these changes less efficiently. Aging is also associated with decreased resting peripheral blood flow, shivering, muscle mass, fat stores, and metabolic rate which contributes to the decline in temperature regulating mechanisms.

In addition to the decline in physiological changes with advancing age, there are social factors such as poor housing and alcohol abuse which predisposes the older adult to hypothermia.

The symptoms of hypothermia are nonspecific, insidious and are likely to be confused with other conditions or go unnoticed. **REMEMBER:** Older adults do not shiver or react to cold, and certain medications may prevent their body from regulating temperatures normally, such as anti-depressants, sedatives, tranquilizers, and cardiovascular drugs. Older adults consume 25% of the nation's drugs. Always check with your health care provider and/or pharmacist about your drug inventory that may increase your susceptibility to hypothermia.

Hypothermia can cause not only illness but death. The National Institute on Aging estimates that more than 2.5 million older Americans are especially vulnerable to hypothermia and approximately 25 thousand may die each year in the United States.

WHAT YOU CAN DO?

- Keep your head and face covered when going out in the cold
- Eat nutritiously
- Exercise moderately
- Protect your body from the wind
- Wear warm heavily insulated clothing and cover your mouth and nose with a scarf
- Avoid outdoors during extreme cold if possible
- Remember to have a buddy system for a daily check-in call
- Maintain your home environmental temperature at 62.6 degrees F

Prevention of heat loss is the best approach to hypothermia. As we age, the risk for hypothermia increases exponentially. And even at ambient temperatures it may present subtly. Prompt recognition and early intervention are imperative. Even with expedient care and appropriate resuscitative measures the mortality rate can be as high as 80%. So that being said: **STAY WARM, STAY SAFE, STAY ALIVE.**

HAPPY FEBRUARY BIRTHDAY

Gertrude Gunther Feb 02
Leona Schutz Feb 03
Reginald Baldini Feb 08
Robert Gurwitz Feb 20
Ethel Rosenfeld Feb 20
Sam Schein Feb 26

Oops! January Omission:
Martin Telanoff Jan 30

Village Residents enjoy participating in Current Events discussions.



Village Apartment Staff Appreciation Luncheon



Cheryl expressed heartfelt appreciation for the hard work of all staff members.



Exercise Instructor Coming to Village Apartments:

Residents are invited to join us on Mondays at 1:30 in the dining room for a brand new exercise class conducted by Tami Regar. Don't forget to loose, comfortable clothing and comfortable shoes.



February Programs & Events

Be sure to check your calendar for dates and times for the following

- Black History Month Trivia
- Crossword Fun
- Exercise with Tami
- Music Appreciation with Sandy
- Rabbi Langer Study Group
- Newark Museum Trip
- Nostalgia Alley with Michael Sobel
- Live music provided by George Tuzzio
- Money Mangement with Omari Frazier
- Accordion Music with Eric
- Chat with Mary Ann
- From the Heart with Sylvia Kramer
- National Parks DVD

Grocery Shopping Services

**Along with JCHC providing weekly shopping trips, let your fingers do the driving!
Below is a list of local options for home delivery of groceries that can be ordered online!**

Shoprite.com

Delivers to Whippany and West Orange only from the Parsippany

No group rates

Delivery fee: \$6.95

Shopping fee: \$10



Peapod.com

Shopping fee: under \$100 is \$9.95

Minimum order: \$60

Eden Gourmet-South Orange 973-762-5200

Shopping fee: minimum order is \$25

Delivery fee: \$6

Covers all buildings but Towers

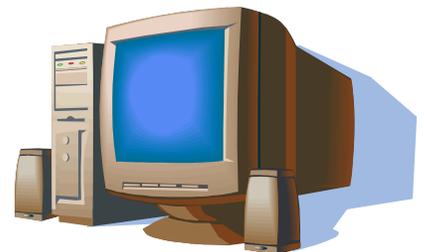
Freshdirect.com 212-796-8002

Has a Kosher food selection

Delivers to all buildings

\$30 minimum order

\$6.79 for delivery



February 2012 VILLAGE Calendar is subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:15 Kohls Rt 22 1:00 Crossword Fun with April 2:00 CURRENT EVENTS 4:00 Linus Knitting 4:30-6:00 DINNER	2 9:15 EXERCISE 10:15 Burlington Coat Factory, Lunch IHOP 12:00 Congregate Lunch 7:00 BINGO	3 10:30 Music Appreciation with Sandy, 2nd Floor 1:00 RELIGIOUS SERVICE 4:30-6:00 DINNER	4
5 10:30 Bingo 2 nd Fl 1:30 MOVIE 7:00 MOVIE	6 1:30 Exercise with Tami Dining Room 4:30-6:00 DINNER	7 9:15 Exercise 10:30 ExtraOrdinary Tales 10:45 Shopping 12:00 Congregate Lunch 1:00 Bridge 2:30 Art with Flo 7:00 Movie	8 10:30 Rockaway Mall 11:00 Rabbi Langer Study Group 1:00 George Tuzzio Music Program 2:00 CURRENT EVENTS 4:00 Linus Knitting 4:30-6:00 DINNER	9 9:15 EXERCISE 12:00 Congregate Lunch 7:00 BINGO	10 10:15 Newark Museum 10:30 Nostalgia Alley with Michael Sobel, 2 nd Floor 1:00 RELIGIOUS SERVICE 4:30-6:00 DINNER	11
12 Lincoln's Birthday 11:00 Kid's Cookies n' Concerts-S. Mountain Elementary 1:30 MOVIE 7:00 MOVIE	13 10:30 Trader Joe's Millburn 11:00 Black History Month Trivia with April 1:30 Exercise with Tami Dining Room 4:30-6:00 DINNER	14 Sweetheart's Day 9:15 Exercise 10:30 ExtraOrdinary Tales 10:45 Shopping 12:00 Congregate Lunch 1:00 Bridge 2:30 Art with Flo 7:00 Movie	15 10:30 Livingston Mall 1:00 Money Management with Omari Frazier-Investors Savings 2:00 CURRENT EVENTS 4:00 Linus Knitting 4:30-6:00 DINNER	16 9:15 EXERCISE 10:30 Eppes Essen 12:00 Congregate Lunch 7:00 BINGO	17 10:30 Accordion Music with Eric, 2nd Floor 1:00 RELIGIOUS SERVICE 4:30-6:00 DINNER	18
19 10:30 Bingo 2 nd Fl 1:30 MOVIE 7:00 MOVIE	20 President's Day Office Closed	21 9:15 Exercise 10:30 ExtraOrdinary Tales 10:45 Shopping 12:00 Congregate Lunch 1:00 Bridge 2:30 Art with Flo 7:00 Movie 4:30-6:00 DINNER	22 Washington's Birthday 10:30 Essex Green 1:00 Chat with Maryann 2:00 CURRENT EVENTS 4:00 Linus Knitting 4:30-6:00 DINNER	23 9:15 EXERCISE 12:00 Congregate Lunch 7:00 BINGO	24 10:30 From The Heart with Sylvia Kramer, 2nd Floor 1:00 RELIGIOUS SERVICE 4:30-6:00 DINNER	25
26 10:30 Bingo 2 nd Fl 1:30 MOVIE 7:00 MOVIE	27 10:30 Willowbrook Mall & JC Penny 1:30 Exercise with Tami Dining Room 4:30-6:00 DINNER	28 9:15 Exercise 10:30 ExtraOrdinary Tales 10:45 Shopping 12:00 Congregate Lunch 1:00 Bridge 2:30 Art with Flo 7:00 Movie	29 10:15 Walmart & Rt 22 1:00 National Parks DVD 2:00 CURRENT EVENTS 4:00 Linus Knitting 4:30-6:00 DINNER			