

March
2012

Village Press

The Newsletter for Village Apartments



Celebrating March

**Irish-American Heritage
Month**

Peanut Month

Iditarod Race Begins
March 3

Peach Blossom Day
March 3

Purim
March 8

Daylight Savings Time Begins
March 11

Girl Scout Week
March 11-17

St. Patrick's Day
March 17

First Day of Spring
March 20

Chip and Dip Day
March 23

National Cleaning Week
March 26-31

Purim

The story of Purim is told in the Bible book of Esther. The heroes of the story are Esther, a beautiful young Jewish woman living in Persia, and her cousin Mordecai, who raised her as if she were his daughter. Esther was taken to the house of Ahasuerus, King of Persia, to become part of his harem. King Ahasuerus loved Esther more than his other women and made Esther queen, but the king did not know that Esther was a Jew, because Mordecai told her not to reveal her identity.

The villain of the story is Haman, an arrogant, egotistical advisor to the king. Haman hated Mordecai because Mordecai refused to bow down to Haman, so Haman plotted to destroy the Jewish people. In a speech that is all too familiar to Jews, Haman told the king, "There is a certain people scattered abroad and dispersed among the peoples in all the provinces of your realm. Their laws are different from those of every other people's, and they do not observe the king's laws; therefore it is not befitting the king to tolerate them." Esther 3:8. The king gave the fate of the Jewish people to Haman, to do as he pleased to them. Haman planned to exterminate all of the Jews.

Mordecai persuaded Esther to speak to the king on behalf of the Jewish people. This was a dangerous thing for Esther to do, because anyone who came into the king's presence without being summoned could be put to death, and she had not been summoned. Esther fasted for three days to prepare herself, then went into the king. He welcomed her. Later, she told him of Haman's plot against her people. The Jewish people were saved, and Haman and his ten sons were hanged on the gallows that had been prepared for Mordecai.

The book of Esther is unusual in that it is the only book of the Bible that does not contain the name of G-d. In fact, it

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includes virtually no reference to G-d. Mordecai makes a vague reference to the fact that the Jews will be saved by someone else, if not by Esther, but that is the closest the book comes to mentioning G-d. Thus, one important message that can be gained from the story is that G-d often works in ways that are not apparent, in ways that appear to be chance, coincidence or ordinary good luck.

The word "Purim" means "lots" and refers to the lottery that Haman used to choose the date for the massacre. The Purim holiday is preceded by a minor fast, the Fast of Esther, which commemorates Esther's three days of fasting in preparation for her meeting with the king. The primary commandment related to Purim is to hear the reading of the book of Esther. The book of Esther is commonly known as the Megillah, which means scroll. This is the one people usually mean when they speak of The Megillah. It is customary to boo, hiss, stamp feet and rattle gragers (noisemakers; see illustration) whenever the name of Haman is mentioned in the service. The purpose of this custom is to "blot out the name of Haman." We are also commanded to eat, drink and be merry. In addition, we are commanded to send out gifts of food or drink, and to make gifts to charity. The sending of gifts of food and drink is referred to as shalach manos (lit. sending out portions). Among Ashkenazic Jews, a common treat at this time of year is hamentaschen (lit. Haman's pockets). These triangular fruit-filled cookies are supposed to represent Haman's three-cornered hat.



Happy March Birthdays



Sari Becker	March 5
Norman Dultz	March 9
Barbara Doucette	March 12
Robert Rothschild	March 13
Sara Miller	March 14

Whoooo's There?



Who? Owls of course! During March 2-4, Houston, Minnesota, celebrates the only festival of its kind in the world: the International Festival of Owls.

Cultures all around the world have long been fascinated by owls, thanks to their grace, power, and mystery. Houston takes it up a notch by nominating owls to their World Owl Hall of Fame. Awards are given to both owls and humans who have made the world a better place for owls.

What kinds of owls are enshrined in the Owl Hall of Fame? A Spotted Owl named Fat Broad was rescued from an Oregon forest and taught researchers much about that rare and endangered species. Mozart the Eurasian Eagle Owl was raised by humans and, amazingly, was gentle enough to allow blind people to pet and handle him. Georgie the Barn Owl even got a starring role in the Harry Potter movie franchise. While many researchers and activists have won the award, none of them have been offered a movie deal.



By: Maryann Webber
Housecalls Nurse Practitioner

High Blood Pressure and Stroke Prevention

When blood pressure is too high it can damage arteries by either thickening the walls which causes the loss of its ability to stretch as well as reducing blood flow. Over time with continued high blood pressure the arterial walls become damaged by a collection of fat and cholesterol (plaque) forming a mass called a clot. When this occurs the clot can become stuck blocking blood flow in the artery. Sometimes vessels break because of weakened arterial walls. When this happens, the blood leaks into tissues and kills cells, because blood cannot reach them.

High blood pressure is called hypertension. The top number of your blood pressure is the force of the blood in your vessels when your heart pumps. The bottom number is the force of the blood in your vessels when your heart is between beats. You should know your treatment goal for high blood pressure. For many people the goal is to have a blood pressure reading less than 120/80. Your health care provider can inform you what goal numbers are best for you.

Each day your blood pressure is too high you increase your chances of having a stroke. A stroke can harm the brain the same way heart attacks harm the heart. During a stroke blood is not able to get to part of the brain and if part of the brain goes without blood for too long it dies. There are 2 main types of stroke: those caused by a blockage and those caused by a bleed.

In the US, approximately 700,000 strokes happen each year, most of which are caused by a blockage. They can cause long lasting disabilities or even death. Early treatment and preventive measures can reduce brain damage. The damage from a stroke may be temporary or permanent. The good news is that you can prevent some strokes by controlling risk factors. Risk factors are things that make you more likely to have a health problem.

- If you have diabetes you need to keep it controlled
- Elevated cholesterol levels can cause plaque buildup and affect arteries.
- Heart problems may also cause blood clots to form and result in a stroke.

By managing these diseases you can lower your risk of a stroke and prevent one. The following are some healthy ideas to prevent a stroke:

- Keep a healthy weight
- Eat healthy foods and make good food choices.
- Eat fresh fruits and vegetables
- Use canola, safflower, and olive oils
- Eat more chicken, turkey, lean red meats
- Bake, broil, boil instead of frying
- Get regular exercise
- Stop smoking
- Limit alcohol intake
- Manage your medications
- Keep a list of all your medications and take it with you with each doctor visit
- Know when and how to take your medications and side effects.

Know the symptoms of a stroke:

- F ace is uneven
- A rm is weak
- S peech is slurred
- T ime to call 911

HYPERTENSION can be a very serious condition, with the help of your Primary Care Practitioner you can keep it from causing other health related issues and continue to live the quality of life YOU deserve to live.

If you see something, say something was a safety program presented by JCHC's Terrence Roselle.



Village Apartment residents enjoyed a wonderful performance by musician George Tuzzio.



Exercise classes conducted by Tami Reger helps participants keep body and mind physically fit.



We learned a few new facts about notable, historical figures in the Black History Trivia Quiz.



The February Kid's Cookies n' Concerts series featured children from South Mountain Elementary School. They played games with residents.



A "Money Management" seminar was presented by Omar Frazier of Investors Savings Bank.



NEWLY ADDED JCHC UNIVERSITY COURSE

A new JCHC University Course has been added to the schedule. The course will feature Mr. Luis Schuchinski. This widely renowned speaker will present a very compelling and inspiring story about the struggles of members of his family. This is an unbelievable, true life story. The program will take place at Jewish Federation Plaza on Monday, March 12th. Pick up time from Village Apartments will be at 1:30 p.m.

Please be sure to sign up for free transportation for this not to be missed presentation.

UPCOMING EVENTS

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

- Kids Cookies n' Concerts-Oheb Shalom Purim Program
- Rabbi Langer Purim Program
- Exercise with Tami
- Music with Sal Torino
- Film Making in NY @ Plaza
- JCHC University: My Family Story
- Art with Flo
- National Parks DVD
- Chat with Maryann
- Montclair Art Museum
- Bingo
- Blood Pressure Screening, 2nd Fl
- Rt 22 Shopping
- Lunch at the Olive Garden
- Paramus Mall
- Rockaway Mall
- Trader Joes

VILLAGE APARTMENTS MEDICAL SUITE FEATURING MARYANN WEBBER

Did you know that Village Apartments offers in-house Doctor Services onsite? Why go out in the cold for your primary physician care?

Overlook Hospital provides comprehensive health care, right in your own apartment; or in the wellness center, located in the office Wednesdays, from 9:30 a.m. to 12:30 p.m.

Metrowest House Calls/Overlook Hospital- Nurse Practitioner Services

Call Maryann Webber, Nurse Practitioner to assist you with the following problems and/or concerns:

- Option of being your Primary Care Provider if you are finding it difficult to get to your scheduled office visits because of advanced health issues.
- Follow-up home visits after being discharged from the hospital to review discharge instructions, medications, and follow-up appointments with your Primary Care Provider.
- If you are temporarily homebound to assess and evaluate and make recommendations to your Primary care Practitioner
- Consult with your PCP if there is a concern with regard to whether a trip to the ED is necessary.
- Discuss advance care planning, set goals and create advance directives.
- Discuss the need for Hospice.
- Address the issues of Palliative Care.
- Continue to deliver quality of care to you by apprising your health care provider with any changes in your health.

Maryann Webber, Nurse Practitioner can be reached at (973) 294-6560

MARCH 2012 VILLAGE

CALENDAR IS SUBJECT TO CHANGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:30 Paramus Mall 9:15 EXERCISE 12:00 Congregate Lunch 7:00 BINGO	2 10:30 Essex County Elections Rep, 2 nd Fl 1:00 RELIGIOUS SERVICE 1:45 Montclair Art Museum 4:30-6:00 DINNER	3
4 11:00 Kid, Cookies n' Concerts – Oheb Shalom Purim Program 1:30 MOVIE 7:00 MOVIE	5 10:45 Lunch Olive Garden 1:30 Exercise with Tami Dining Room 4:30-6:00 DINNER	6 9:15 Exercise 10:45 Shopping 12:00 Congregate Lunch 1:00 Bridge 2:00 Art with Flo 7:00 Movie	7 10:30 Essex Green 1:00 Music with Sal Torino 2:00 CURRENT EVENTS 4:30-6:00 DINNER	8 PURIM 9:15 EXERCISE 1:30 Film Making in NY with Sandye Garrison @ Plaza 12:00 Congregate Lunch 7:00 BINGO	9 1:00 RELIGIOUS SERVICE 4:30-6:00 DINNER	10
11 Daylight Saving Time Begins 10:30 Bingo 2 nd Fl 1:30 MOVIE 7:00 MOVIE	12 1:30 JCHC University: My Family Story- Luis Schuchinski 1:30 Exercise with Tami Dining Room 4:30-6:00 DINNER	13 9:15 Exercise 10:45 Shopping 12:00 Congregate Lunch 1:00 Bridge 1:30 News 2 nd Fl 2:00 Art with Flo 7:00 Movie	14 10:30 Rt 10 Irving's 11:00 Rabbi Langer Study Group Purim Program 1:00 National Parks DVD 2:00 CURRENT EVENTS 4:30-6:00 DINNER	15 10:30 Walmart, Cedar Knolls 9:15 EXERCISE 12:00 Congregate Lunch 7:00 BINGO	16 10:30 Schmoozing with Susan 2nd Fl 1:00 RELIGIOUS SERVICE 4:30-6:00 DINNER	17
18 10:30 Bingo 2 nd Fl 1:30 MOVIE 7:00 MOVIE	19 1:30 Exercise with Tami Dining Room 4:30-6:00 DINNER	20 Spring Begins 9:15 Exercise 10:45 Shopping 12:00 Congregate Lunch 1:00 Bridge 2:00 Art with Flo 7:00 Movie	21 10:30 Livingston Mall 1:00 Chat with Maryann 2:00 CURRENT EVENTS 4:30-6:00 DINNER	22 10:30 Essex Green 9:15 EXERCISE 12:00 Congregate Lunch 7:00 BINGO	23 10:30 Sylvia Kramer: Finding Joy in Small Places 2nd Fl 1:00 RELIGIOUS SERVICE 4:30-6:00 DINNER	24
25 10:30 Bingo 2 nd Fl 1:30 MOVIE 7:00 MOVIE	26 10:30 Trader Joes Millburn 1:00 Blood Pressure & Screening, 2nd Fl 1:30 Exercise with Tami Dining Room 4:30-6:00 DINNER	27 9:15 Exercise 10:45 Shopping 12:00 Congregate Lunch 1:00 Bridge 1:30 News 2 nd Fl 2:00 Art with Flo 7:00 Movie	28 10:15 Rt 22 Christmas Tree Store, 5 Below & Panera Bread 1:00 Karen Frank discussion 2:00 CURRENT EVENTS 4:30-6:00 DINNER	29 10:45 Rockaway Mall 9:15 EXERCISE 12:00 Congregate Lunch 7:00 BINGO	30 10:30 Diabetes Awareness & Prevention 2nd Fl 1:00 RELIGIOUS SERVICE 4:30-6:00 DINNER	31