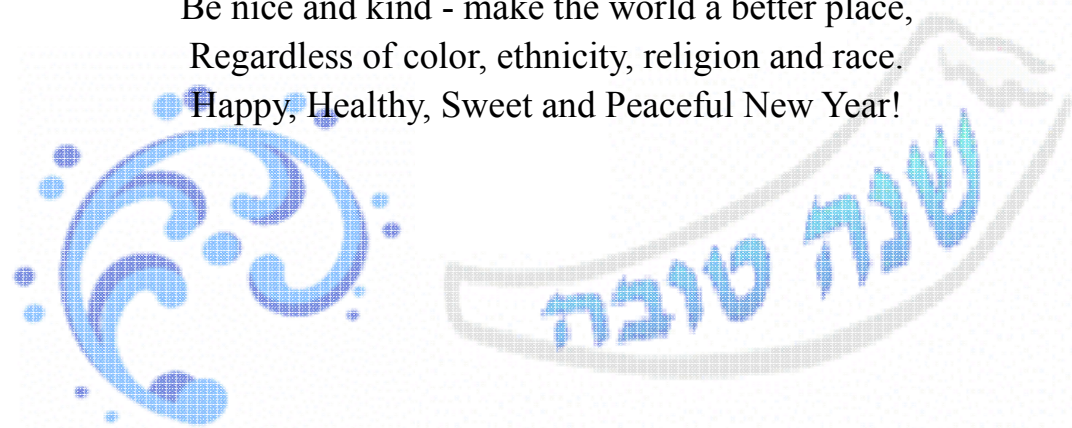


## High Holy Days

By Bea Freiheiter

The holidays are fast approaching, they will soon be here.  
Time to extend New Year's greetings, for a happy and healthy New Year!  
Feast on brisket, turkey and noodle pudding,  
Tzimis, bobka and soup that is cooking.  
Pray for a New Year that is hopeful, helpful and peaceful  
And environmentally safe for all people.  
Then comes the ten days of awe followed by Yom Kippur  
We fast, ask forgiveness for those we offended and pray to sin no more.  
Be nice and kind - make the world a better place,  
Regardless of color, ethnicity, religion and race.  
Happy, Healthy, Sweet and Peaceful New Year!



**THE LESTER SENIOR HOUSING  
COMMUNITY**  
903 - 905 ROUTE 10 EAST  
WHIPPANY NJ 07981  
973-929-2700  
www.jhcorp.org



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CORNER

NEW RESIDENT  
WELCOMES

CREATIVE  
WRITING CORNER

# The Lester Chronicle

August 2012

## Shiru Na Brings Ruach to Lester

By Rae Benet & Teddy Halpern

On August 14th Lester Senior Housing was entertained by the singing group Shiru Na, led by Ronnie Weinstein, director.

They are a group of 20 to 25 ladies that sing Jewish "Soul" music. We all had a great time listening and clapping with the tunes. Some of us also joined in to sing with the group. They sang Hebrew and Yiddish songs as well as American music written by Jewish composers such as Gershwin, Bernstein and Hammerstein.

Shiru Na is roughly translated to "Please let us sing" has been performing since 1971, and is comprised of volunteers. Any money they earn for their performances is entirely donated to humanitarian/social service causes in the Jewish community locally, in Israel and around the world.

It was a wonderful morning that filled Lester with Yiddishkeit, and the smiles it left

followed us the rest of the day.

We are fortunate enough that some of us here at Lester are able to participate in a choral group under Ronnie every Wednesday afternoon at 1 P.M. at Federation Plaza in West Orange.

With the same energy and dedication Ronnie puts into Shiru Na, she guides our voices through the year in preparation for the JCHC's annual board dinner held at the Crystal Plaza.

Among us in the JCHC choral group is a variety of singing experience; some who have sung in groups before for leisure or as a profession, others who want to share their strong voice, those seeking the communal experience as well as those who just love music and singing. Our choral group is all inclusive.

Interested in joining the JCHC Choral Group? Contact Jessica for details.



Above: Shiru Na performing at Lester.

Additional pictures from the concert on page 3



**BIRTHDAYS**

Ruth Winikoff  
Selma Fishman  
Goldie Brick  
Ruth Gerber  
Pearl Barell  
Edy Wasserman  
Dolly Botnick  
Ray Shapiro  
Erwin Prifer  
Iona Scott  
Leo Rabinowitz  
Audrey Cohen  
Edda Kaufman  
Claire Ehrenkranz  
Mendy Blumberg  
Lorraine Rabinowitz  
Judy Albert  
Bea Freiheiter  
Howard Zeldin

*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.*



**Administrator's Corner**

**September 2012**

September is generally a busy month since it frequently coincides with the months of Elul and Tishrei on the Jewish calendar. Elul and Tishrei bring with them the start of the Jewish High Holiday season, and at Lester we will be offering a full range of services and activities for each of the upcoming holidays. Attached to the newsletter is a High Holiday Schedule intended to assist you in your holiday planning. In September we also celebrate National Assisted Living Week. Please take a look at the attached and posted calendar that makes reference to many special activities taking place in celebration of Assisted Living Week.

The Activities Department invested much effort into making this month one to remember and one in which you will be kept very busy! The following are a few highlights I'd like to point out. On the 4<sup>th</sup>, visit Rabbi Rosenblum's Shofar Factory where you can watch him make a *shofar* from a ram's horn! Do you love bowling but dread trying to lift that heavy ball? Join us on Thursday the 6<sup>th</sup> and the 27<sup>th</sup> for a one-of-a-kind game of bowling which won't hurt your back. In preparation for the High Holidays, on Tue. the 11<sup>th</sup> Rabbi Polansky will offer the second of his two-part series reviewing the High Holidays. On Wed. the 12<sup>th</sup>, join us in the Heller Lobby for a concert by David Aaron & Friends and then stop in the

Heller Multi-Purpose Room for the premiere screening of The Art of Life at Lester Documentary Short. Lastly, on the 24<sup>th</sup>, feel free to join Mary Ann Webber for a presentation discussing diabetes. As always, please review the enclosed calendar for a full listing of all there is to do and I hope you will take advantage of these many great offerings.

I'm also pleased to announce that this month we will resume the Life-Long Learning Program classes that will be headed up by the Joint Chaplaincy Committee and Rabbi Chaim Lauer. On the enclosed Life Long Learning schedule you will find the details for the specific topics covered this mini-mester including the dates and times of the classes. I truly hope you will attend these classes and find them to be relevant, useful and worthwhile. We will continue to seek your feedback for future Life-Long Learning topics.

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

**ברוכים הבאים**

**New Resident Welcomes**

Ruth Soperstein           Apt. 421  
Hyman Rubenstein       Apt. 214  
June Axt                   Apt. 317  
Murray & Harriet Sussman   Apt. 504

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

**Shana Tova**

As you receive this edition of the Lester Chronicle, the Shana Tova project and the 2nd Annual Yizkor Memorial Booklet are being finalized for publication.

Every Lester resident will be receiving a copy of the lovely New Year's Greeting Listing immediately before Rosh Hashanah and the new Memorial Booklet will be used for the first time at Yizkor Services on Yom Kippur.

Todah Rabah! Thank you to the many Lester residents who supported each of these endeavors so enthusiastically - and deepest gratitude to the amazing volunteers of the Lester Congregation, as well as to our most cooperative staff members who are making it all happen!

Shana Tova!

Dolly Moser, Coordinator  
Lester Congregation  
Life Cycle Committee



**שנה טובה ומתוקה**

**Happy & Sweet New Year**

**Are You Registered to Vote in Morris County?**

If you are new to Lester, you may need to register. If you cannot get to the voting booths on election day you will need to complete an absentee registration.

Come to the activities office to get this paperwork. We will be happy to assist you. It is your duty as an American to vote!

**Lester Congregation**

**Life Cycle Kiddush**

will be on Saturday, September 8th  
&  
Saturday, September 22nd

*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 Freiheiter, Teddy Halpern or Helen Heller (for Weston residents).



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

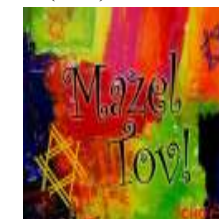


**JCHC Tribute Cards are now available!**

Send cards to family and friends and support the 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



# Looking forward to...

## Did You Know?

### LABOR DAY

In 1882, Matthew Maguire, a machinist, first proposed the holiday while serving as secretary of the Central Labor Union of New York. Others argue that it was first proposed by Peter J. McGuire of the American Federation of Labor in May 1882, after witnessing the annual labor festival held in Toronto, Canada.

However, Oregon was the first state to make it a holiday in 1887. By the time it became a federal holiday in 1894, thirty states were already officially celebrating Labor Day

Happy September! The days seem to fly by, and with a new Jewish year beginning this month, the Calendar is filled with great programs!

September is studded with holidays and celebrations. Labor Day will get the month going, a federal holiday. We unify and honor the workers of our country.

The following week begins National Assisted Living Week (NALW). The second Sunday of September is National Grandparents Day and is fittingly the first day of NALW.

The National Council for Assisted Living releases a theme every year for NALW, for 2012 we will be focusing on "Art for the Ages". Our celebration will be featuring a variety of aspects of art in our lives. The main event will be taking place on Wednesday, September 12th, with a concert by David Aaron and friends in the afternoon, and for the evening we will be having the premiere of Arts! By the People's documentary on creative life at Lester.

With just a few seconds to catch our breath, Rosh Hashanah will begin the evening of Sunday, September 16th. We are welcoming in the year 5773.

With a new Jewish Year we will have a new semester of Lester Life Long Learning. Our evening session focuses

on "Pivotal Moments in Jewish History", having more than five thousand years to look at, I am sure we will be kept busy in class. Of course we will also continue our Monday afternoon session on the Jewish calendar, life cycle and the customs we follow for both, as well as our Thursday afternoon sessions on Pirkei Avot, with guest leaders.

As promised with Metro Transport providing our transportation needs, we have a bunch of exciting trips planned for this month, in addition to all of our regular schedule! Along with the other JCHC buildings, we will have a trip to the Mount Airy casino on Thursday, September 6th (you can also go outlet shopping on this outing). On Monday, September 10th we will have our first trip to NYC to go to the Museum of Modern Art. Goodies and knowledge to gain at a Wellness Fair on Wednesday, September 19th from 10 a.m. to 2 p.m. The following day, September 20th we will have a restaurant trip. And on Thursday, September 27th we will have an early fall foliage trip to the Woodbury Outlet Mall. All of these trips will be posted with details and times (if not already indicated), they are sure to be fun with your Lester neighbors, and JCHC friends.



### Lester has a new Nursing Secretary

#### Meet Brittany

Brittany Groves comes from Plainfield, NJ. She enjoys reading, working and helping others. Brittany is excited to be here at Lester. She sits at the wellness office window, where you are sure to be greeted with a friendly smile. Brittany's extension is 2719, and is in the office

Monday through Friday from 8 A.M. to 4:30 P.M.

Welcome to the Lester Family!

# Lester Olympics a Big Success

By Ashlee Traynor

The Summer Olympics happened in August, the 2012 games in London brought a bit of patriotic spirit globally. Whether you realize it or not ...**everyone** has got some competitive edge in them. I am convinced watching men and women athletes excel can bring a dormant and sometimes neglected need boiling to the surface of our souls. No matter what our station in life, athlete or homemaker, young or old, we long to be at the top of our game, working to be all we

can...and we can be all we want to be!

The past month was our first annual Lester Senior Olympics. The events included a riveting ring toss, a vigorous volleyball match, and a remarkable relay race. These events illustrated the magnificent athleticism of all our residents. I was thoroughly impressed and inspired.

We kicked off our Olympic games with a ring  
Story Continued on page 4

## Shiru Na Brings Ruach to Lester

Pictures Continued





Even Rabbi Langer couldn't resist the challenge of the games!



Photos from all of the Olympic events



### Lester Olympics continued

toss in which all participants could gain a maximum of 150 points each round. It was an individual event, putting hand/eye coordination to the test. The object of this game? Stay focused!

Our next event was a volleyball match, that was so exciting you couldn't stay in your seat. With music blaring, it was hard not to get into the groove. Team A battled Team B for a chance at the gold. It was a match ESPN shouldn't have missed!

Our last event was a race, individual and group heats. We set up a challenging obstacle course through which competitors had to strategically maneuver through while being timed. Yes, it was a timed race - get a move on! Residents with the fastest times won.

We concluded our Olympics with a traditional medal ceremony. Our gold medal winner for the ring toss event was Jack Baumgarten, who consistently scored 150 points all five rounds! The silver went to Celia Tambor, scoring 100 points each round. For the bronze Muriel Gelbert and

Harold Siegel tied, each having scored 60 to 100 points in each ring toss round. The volleyball match was won by Team B. The gold went to Ele Saltz, Sylvia Leiken, Randy Grossberg, Jack Baumgarten and Sylvia Zyto. Team B triumphed through an all-out brawl that lasted 7 rounds! In the individual races, Sylvia Zyto won the gold with a time of 28 seconds. Sylvia Leiken took silver for the race completing the course in 35 seconds. Crossing the finish in 38 seconds, Muriel Gelbert received bronze. It was a close race! In the relay race of the course, "Team Lightning" got the gold thanks to members Sylvia Leiken, Sylvia Zyto and Lou Bronfman. Here today and gone in a flash! Congratulations to all of our medalists - Lester is proud!

Overall, the Lester Senior Olympics were not to be missed! Join us next year as we add more events and more fun. Who knows? Maybe the world will see us in Rio De Janerio at the 2016 Summer Olympics!

## Summer Mitzvah Mania

### Thanks from the Partnership for Jewish Learning and Life

By Jessica Kolton

On Monday, August 6th Lester was visited by teen volunteers participating in the Partnership's annual Mitzvah Mania. The Partnership for Jewish Learning and Life works out of the JCC next door to Lester, and often has teens and tweens requesting to spend time at Lester Senior Housing.

During the summer months, kids are going to camp, working and participating in extracurricular activities. The partnership holds Mitzvah Mania for approximately two weeks toward the end of the season to give teens a more flexible opportunity to volunteer in the community. Teens today seek chances like this to enhance their experiences leading to college. Many high schools require volunteering/community service in their curriculums. Colleges and universities desire applicants who demonstrate initiative in their communities and diverse experiences as part of their "resume". The partnership gives Jewish teens the opportunities to do so.

Dara Tsuprun, Assistant Coordinator of Jewish Service Learning at the Partnership wrote after the teens visited:

"Thank you for partnering with us and hosting a volunteer session for Mitzvah Mania 2012. The teens had an incredible time volunteering and they learned a great deal about Lester Senior Housing. It was wonderful to see how the teens interacted with Lester residents. It was clear that the exchanges they had helped make their experience very meaningful.

We hope to work together with you again in the near future."

The energy we have here at Lester combined with Jewish youth helping with and participating in our programs inevitably creates big smiles and new friendships. The Jewish future is looking very bright

To the right and below left: August 6th's Word Games led by Mitzvvh Mania participants, Ilana Rosenstrauch of Livingston & Tyler Smith of West Orange

Below right: Sol Koslow takes a break from Karaoke to pose for the camera with Tyler.

