



B'NAI B'RITH BANNER

**CELEBRATING HANUKKAH
DECEMBER 8TH-16TH**

Hanukkah is to celebrate the miracle of the oil,
when 1 day's worth of oil miraculously
lasted for 8 days, allowing the eternal flame in
Jerusalem's Holy Temple to remain lit.



The traditional foods consumed during the
Hanukkah holiday are symbolic of the events
being celebrated. Most are fried in oil, symbolic
of the oil that lasted eight days. Others contain
cheese to celebrate Judith's victory.





B'NAI B'RITH BANNER

Resident Service Schedule @ B'nai B'rith

Congregate Brunch served on Sundays @ 11:00 am

Maryanne Webber, Nurse Practitioner will be here on Monday mornings

Ann Marie Bass, Activities Coordinator hours are Tuesdays from 9:00-2:00

Rabbi will be here on Wednesdays @ 1pm

Marnie Kean, Social Worker will be here Wednesday afternoons

Office Hours: Monday thru Thursday 9-5, Friday 9-4



NOVEMBER BIRTHDAYS

LEAH CROLL 12/3

FRANCES MEYERS 12/7

ANN KROP 12/11

VICTORIA BIELKO 12/16

ELSA SALETKO 12/25

BARBARA RICHARDS 12/27

SARAH WEISS 12/29



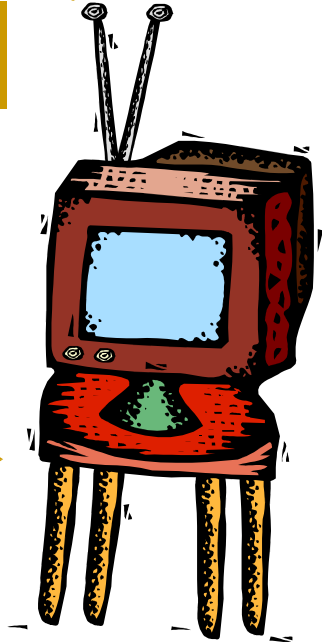


B'NAI B'RITH BANNER

SENIOR TV AT B'NAI B'RITH

SENIOR TV

Take a look at some of the great channels you will receive on our new satellite network.



Channels 2, 4, 5, 7, 9, 11, 13,
Lifetime, USA, TNT, SNY,
Discovery,

History, HBO, HBO Family, HBO Signature,
Encore and many more.

Plus you get your own in-house channel.
This channel allows you to see all the
upcoming activities, trips
announcements and movies.

Low monthly cost of only \$29.99
Sign up today and get the 1st month free!



B'NAI B'RITH BANNER

COMING IN JANUARY

(TBA) NEW YEARS CELEBRATION

1/6 NEWARK MUSEUM

1/22 MARTIN LUTHER KING

DAY CELEBRATION

**B'NAI B'RITH RESIDENTS ENJOY
MATT DANIEL ...**

ON TUESDAY NOVEMBER 13, 2012, MATT DANIEL BROUGHT HIS
MUSICAL TALENTS TO OUR RESIDENTS AT B'NAI B'RITH.

THEY ENJOYED OVER AN HOUR OF SOME OF THE BEST PIANO
PLAYING AROUND!!!





B'NAI B'RITH BANNER

“THE BALANCING ACT”

In 2008, an estimated 14.8% of American adults 65 years of age and older, which is approximately 33.4 million people, reported having either a balance or dizziness problem.

Having good balance means having control with walking, climbing stairs, getting up from a chair or bending over without falling.

Good balance is your independence to carry out activities of daily living with quality of life.

When people have balance issues it leads to falls and fall related injuries. According to the Center for Disease Control and Prevention roughly more than 1/3rd of adults 65 years and older fall each year because of the aforementioned problem which lead to their incapacitating injuries &/or deaths.

There are a myriad of reasons why balance may become a problem. It may be caused by an inner ear problem, medical problems; such as respiratory infection, viral infections, circulatory problems, stroke, low blood pressure, smoking, medications, to name a few.

Finding the correct diagnosis for a balance disorder is essential.

Questions you should ask yourself and then report the same to your Health Care Provider are as follows:

Do you feel unsteady?

Do you feel as if the room is spinning?

Do you feel you are moving when you know you are standing?

Do you feel as if you are falling?

Do you feel disoriented?

Did you remember to take your medications?

You can help your Health Care Professional make a definitive diagnosis by writing down answers to the following questions:

How would you describe your dizziness?

How often does your dizziness happen?

Have you ever fallen? When? Where? How?

Do you drink alcohol?

How much alcohol do you drink?

What health problems do you have?

Are your family members or friends concerned about these problems?

Based upon your answers your Health Care Provider can then make professional recommendations for treatment based upon his/her diagnosis.

Some recommendations might be strategies to help reduce the effects of a balance disorder such as exercise or refer you to a specialist if your problems are related to an inner ear problem, Multiple Sclerosis, Meniere's Disease, or medication problems

Whatever the cause you can protect yourself from getting a balance disorder by doing the following:

Diet and lifestyle changes can manage certain balance related problems such as Meniere's Disease.

Choose a low salt diet

Choose caffeine free beverages

Avoid alcohol which can make symptoms of vertigo less severe

Maintain a healthy weight

Exercise regularly – walking being the best exercise 20min daily increase by 5min weekly to tolerance Always check with your HCP

Fluid intake of water at least 6-7 cups minimum if not fluid restricted

Practice good body posture and movement

Avoid crossing legs when eating and/or sitting

In conclusion:

TAKE CONTROL

AVOID A FALL

PROTECT YOURSELF

APPRISE YOUR PCP

KEEP BALANCED



Maryann Webber, APN-C

JFS Overlook Medical Center

Cell: 973-294-6560





B' NAI B'RITH BANNER

December Happenings

- December 2 Super Sunday
- December 3 Irving's & Farmer's Market Rt.10
- December 4 Holiday Concert @ FDU
- December 5 Christmas Tree Shoppe RT 22
- December 6 Essex Green
- December 8 Hanukkah Begins
- December 10 Hanukkah Concert @ JCC
- December 12 Hanukkah Party
Rockaway Mall
- December 13 RT 10 Shopping & Lunch
- December 16 Hanukkah Ends
- December 17 Trader Joe's Florham Park
Rick Busciglio "Swingin 60's"
- December 18 Brunch w/ Ann Marie
Joel & Francine "Swingin w/ Sinatra"
- December 19 Wal Mart RT 22
- December 20 Livingston & Short Hills Malls
- December 24 Shop Rite
- December 25 Christmas Office Closed
- December 26 Essex Green
- December 27 Morris Museum
- December 31 Pathmark





B'NAI B'RITH BANNER

EXERCISE WITH HEATHER

Every Thursday at 1:30 in the Community Room, the residents at B'nai B'rith enjoy Exercise with Heather.

Residents do many different exercises including sit down, stand up, and yoga. This is a great way to keep the body fit & in shape.



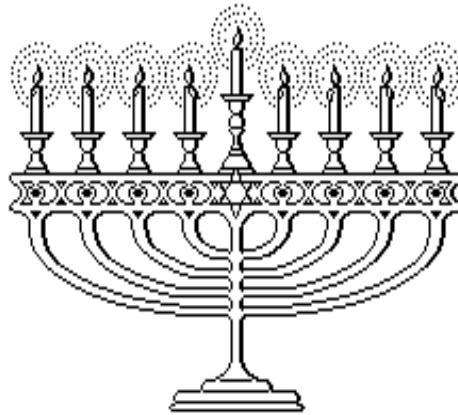
Celebrating November

- 1 [World Aids Awareness Day](#)
- 7 [Pearl Harbor Day](#)
- 8 [Hanukkah Begins @ Sundown](#)
- 16 [Hanukkah ends](#)
- 25 [Christmas Day](#)
- 31 [New Year's Eve](#)





B'NAI B'RITH BANNER



B F B I L A T K E
Z E C N U N O I L
S H A L L E L X M
H A B X U V W G C
I P H O H A Y E A
N B E I G H T L N
K I S L E V B T D
T E M P L E X W L
D E G I M E L G E

CANDLE
EIGHT
GELT
GIMEL
HALLEL
HAY
KISLEV
LATKE
NUN
OIL
SHIN
TEMPLE



Happy Hanukkah