

May is proclaimed Older Americans Month throughout the nation. The Administration on Aging develops a theme for Older Americans Month and disseminates the theme to the entire aging network. Each year the President signs a proclamation regarding Older Americans Month in celebration of the achievements and contributions of the nation's older persons.



This year's Older Americans Month theme - *Age Strong! Live Long!* - recognizes the diversity and vitality of today's older Americans who span three generations. They have lived through wars and hard times, as well as periods of unprecedented prosperity. They pioneered new technologies in medicine, communications, and industry while spearheading a cultural revolution that won equal rights for minorities, women, and disabled Americans.

These remarkable achievements demonstrate the strength and character of older Americans, and underscore the debt of gratitude we owe to the generations that have given our society so much. But the contributions of older Americans are not only in the past.

Older Americans are living longer and are more active than ever before. And with the aging of the baby boomer generation - the largest in our nation's history - America's senior population is expected to number 71.5 million by 2030.

Help Lester celebrate Older Americans Month by being involved in the many programs scheduled



THE LESTER SENIOR HOUSING
COMMUNITY

905 ROUTE 10 EAST
WHIPPANY NJ 07981
973-929-2700

WE'RE ON THE WEB
WWW.JCHCORP.ORG

"VISIT OUR VIRTUAL TOUR"

THE LESTER SENIOR
HOUSING COMMUNITY
905 ROUTE 10 EAST
WHIPPANY NJ 07981
973-929-2700
WE'RE ON THE WEB
WWW.JCHCORP.ORG
"VISIT OUR VIRTUAL
TOUR"

inside this issue:

birthdays

notes

reminders

upcoming events

administrator's corner

pictures

The Lester Chronicle

MAY 2010



Shavuot

שבועות



This year the holiday *Shavuot*, in the Hebrew month of *Sivan*, falls in May. While *Shavuot* is a major holiday, it is often overlooked.

You shall count for yourselves -- from the day after the Shabbat, from the day when you bring the Omer of the waving -- seven Shabbats, they shall be complete. Until the day after the seventh Sabbath you shall count, fifty days... You shall convoke on this very day -- there shall be a holy convocation for yourselves -- you shall do no laborious work; it is an eternal decree in your dwelling places for your generations. -Leviticus 21:15-16, 21

Shavuot, the Festival of Weeks, is the second of the three major pilgrimage festivals with both historical and agricultural significance (the other two are Passover and *Sukkot*). Agriculturally, it commemorates the time when the first fruits were harvested and brought to the Temple, and is known as *Chag ha-Bikkurim* (the Festival of the First Fruits). Historically, it celebrates the giving of the Torah at Mount Sinai, and is also known as *Chag Matan Torateinu* (the Festival of the Giving of Our Torah).



שבועות





BIRTHDAYS

Lou Bronfman
Josef Bryn
Faye Eisenstein
Jeanne Schwarz
Clara Efros
Edna Glass
Rhea Schoenfeld
Rita Gogel
Ulka Sommer
Shirley Wein
Mitzi Abrams
Pollyann Fluke
Etta Speier
Sarah Flehinger
Muriel Rubin
Edith Weinberg
Mildred Feldstein
Mildred Goodman
Martin Sherman
Bernice Dunn
Julius Sommer
Lydia Brill
Hannah Parks
Evelyn Leynor

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

May 2010

It is hard to believe that it is already May and spring is in full swing. The flowers are blooming and the grass is green once again. On a personal level, I'm happy not to have to think about cleaning for Passover for another year. The Lester Passover cleaning went very well and there were even a few newspaper articles published with regard to our thorough cleaning process.

Toward the end of May we will be celebrating the holiday of Shavuot on which we celebrate the acceptance of the Ten Commandments on Mt. Sinai. As we've done for previous holidays, a schedule of services is enclosed with this newsletter detailing important times for the Holiday.

A number of fun and exciting programs and events took place this past month. The Klezmer concert was a huge hit and Stella Deutsch's 100th birthday party was well attended as well. In May there are a number of great programs scheduled and I encourage you to attend. Some in particular that I feel would be appropriate to point out are as follows. On Tuesday May 4th, we will be offering transportation to the Paper Mill Playhouse to see Christine Ebersole and James Naughton. Lester residents receive free admission to this show. Mother's Day will be on Sunday May 9th and the entertainers in the evening are sure to please all of the Lester mothers. On Yom Yerushalayim, Tuesday May 12th, we will

have transportation available to those interested in attending the UJC Benefit Concert at the NJPAC. On Sunday the 16th of May, we will have an entertainer performing a concert in the Heller lobby. On Friday May 21st, a group of children will join Lester residents and will host a Tot Shabbat. Lastly, I am please to announce that the first of the JCHC University classes will take place on Tuesday May 25th. Professor Allan Saltzman will speak about 'Technology - Practical Information and What it Means to Me.' I again encourage everyone to attend all of these wonderful programs.

This past month a resident approached me and asked about the possibility of recycling the plastic bags used to deliver and hang the monthly newsletter and calendar on resident apartment doors. I felt this was a great idea and encourage everyone to contribute to this effort. A box to collect the used newsletter bags will be placed in the mail room and all residents wishing to recycle the newsletter/calendar bags are welcome to put their bags in the box so that we can reuse them.

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

Announcement:

Lester Senior Housing's Hebrew Curriculum is in its development stage. A meeting to decide its focus and goals took place on Thursday, April 22nd. A Committee has been established. The following people are members of this committee: Arline Frankel, Bertha Fish, Bella Glatt, Elana Schipper, Julius Sommer, Ulka Sommer, and Pearl Witkin.

Thank you to those on the Committee for spearheading the effort to enhance Jewish life in Lester.

Keep your eyes peeled for more information on Lester's Hebrew Curriculum in the coming weeks!

Mark your Calendars & Don't miss the Fun: May is Older Americans Month

- * Sunday, May 2nd - Lag BaOmer
- * Monday, May 3rd - Housecalls presentation on the changes to Medicare at 10:30 A.M. in the Heller Multi-Purpose Room
- * Tuesday, May 4th - Trip to the Paper Mill Playhouse to see Christine Ebersole & James Naughton perform
- * Thursday, May 6th - Chaim Lauer returns for another installment in the Adult Education Series at 1:15 P.M. in the Heller Multi-Purpose Room
- * Sunday, May 9th - Mothers' Day - Evening entertainment is a special Mothers' Day Cabaret performance by Roe & Steve. Happy Mothers' Day!
- * Monday, May 10th - Sing Along with Stella at 1:15 P.M. in the Heller Multi-Purpose Room
- * Tuesday, May 11th - Jack McCoy returns for his World Update at 7 P.M. in the Heller Multi-Purpose Room
- * Wednesday, May 12th - Bernie Halperin returns for a new season of Travels with Bernie at 3:15 P.M. in the Theater
- * Wednesday, May 12th - UJC will be having its annual concert at NJPAC - Sign up with the Activities Office, Further details on transportation to follow
- * Thursday, May 13th - Physical Therapy will be doing a presentation to introduce the Fitness Room at 10:30 in the Fitness Room
- * Thursday, May 13th - Pearl Witkin Presents: G-d's Greatest Gift to Mankind - a lecture on the upcoming holiday of Shavuot, at 7 P.M. in the Heller Multi-Purpose Room
- * Sunday, May 16th - In celebration of Older Americans Month, the Moonlight Duo will be performing in the Heller Lobby at 7 P.M. in the Heller Lobby
- * Tuesday, May 18th - Erev Shavuot - Shavuot Services will begin at 7:15 P.M. - Please see the one page schedule included in your monthly handouts for programming on Shavuot
- * Friday, May 21st - Lester Senior Housing will be hosting the JCC's Early Childhood Education's Tot-Shabbat. Join the Shabbat celebration at 3:30 P.M. in the Heller Multi-Purpose Room, guaranteed to be a fun time!
- * Monday, May 24th - Rebecca Levine returns for another session of Brush Up Your Yiddish at 1:15 P.M. in the Heller Multi-Purpose Room
- * Tuesday, May 25th - JCHC University kicks off with Professor Alan Saltzman presenting Technology: Practical Information at Lester Senior Housing at 2 P.M. in the Heller Multi-Purpose Room
- * Thursday, May 27th - Movie with a Message will be showing at 3 P.M. and 7 P.M. in the Theater
- * Friday, May 28th - Movie with a Message: Discussion will be at 3:30 in the Heller Multi-Purpose Room
- * Monday, May 31st - Memorial Day - Lester will be having a Memorial Day Barbeque on the Patio starting at 4 P.M. for Weston Residents, and at 4:30 P.M. for Heller Residents