

Dog Days of Summer

By Bea Freiheiter

It's the dog days of Summer. So, where are all the dogs hiding?
Inside of course, maybe even hibernating.
The people are outside, soaking up the sun;
Other folks are going for a run.
Drink plenty of water, don't dehydrate;
For goodness sake don't evaporate.
Fall is around the corner, knocking on the door;
Waiting to frolic with you as the leaves fall more and more.
Enjoy the rest of the Summer, do everything you love;
Swim, picnic, hike, run, sun bathe, all of the above.

THE LESTER SENIOR HOUSING COMMUNITY

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www.jchcorp.org



The Lester Chronicle

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Inside this issue:

COVER STORY

BIRTHDAYS

NOTES &
REMINDERS

ADMINISTRATOR'S
CORNER

NEW RESIDENT
WELCOMES

CREATIVE
WRITING CORNER

Senior Athletics

By Jessica Kolton

Our radar is on world athleticism as the 2012 Summer Olympics are underway in London England. We watch young, well-established and up-and-coming competitors represent their countries, families and themselves on the blocks, mats, courts and fields. It is exciting and exhilarating to see, as well as reminiscent of younger days when we may have been active in sport.

At the 2012 games one of the eldest competitors will be Hiroshi Hoketsu of Japan, in the equestrian dressage competition. Hoketsu is 71 years old. In Japan he is referred to as "The Hope of Old Men". Well into the range of a 'senior citizen', he is not the oldest person to compete in the history of the Olympic venue. Oscar Swahn of Sweden is recorded as the eldest competitor of the modern Olympic games. He competed in shooting in the 1908, 1912, 1920 and 1924 Summer Olympics. In 1912 Oscar became the oldest gold medalist at the age of 64; at the '24 games he was 72 and won a silver medal (a record age as well).

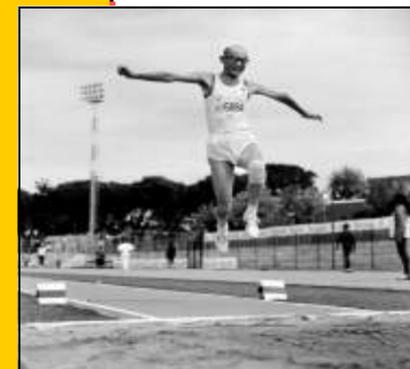
As for female Olympians, British equestrian, Lorna Johnstone, was 70 years old when she competed in the 1972 games, recording her as the eldest female to compete in the Olympics.

You may think that the aforementioned athletes are a rarity, and it does seem that the Olympics is dominated by youthful competitors; with the youngest competitors recorded at 12 years of age (to 14 yrs.) for competing as well as receiving gold medals! But when researching more about senior athletes, there is a lot to find about active participants in sports in the "golden years" ranks.

Currently there is a National Senior Games Association, as well as the World Masters Athletics, an international competitive sport association. Both organizations require a minimum age of 35, and categorize events into age groups, the youngest 35-40 years and the eldest a 95+ group.

Looking at the faces of these athletes chronicled in photo and video is true inspiration. These are individuals so committed to their sport and physical fitness, that they continue to train and compete beyond their so-called 'prime'. They are redefining what an athlete is as well as what it means to be a senior citizen.

To all of you reading this article, remember that you can achieve your goals and aspirations at any age with commitment, dedication and passion.



Long-jumper Michio Kobayashi, Japan, competes in the 80-to-84-year-old division at the 2007 World Masters Athletics Championships



Members of the 85-and-over age group run the 55-meter sprint at the 2008 USA Masters Indoor Track & Field Championships in Boston



Elfriede Fuchs of Austria, competing in the women's shotput for ages 85 to 89 at the 2007 World Masters Athletics Championships



BIRTHDAYS

- Rose Gilbert
- Randy Grossberg
- Jeanette Weiss
- Harriet Hacker
- Evelyn Gold
- Herman Goldman
- Rae Benet
- Lillian Hammer
- Judy Levitt
- Celia Saks
- Merv Eisenberg
- Anne Lipman

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

August 2012

The heat so far this summer has been relentless, and from the looks of the recent forecast, it doesn't seem to be letting up. Due to the extreme heat, the Lester dining team has provided cold water near the Heller Concierge desk to ensure you maintain proper hydration and keep cool in this weather. Please be mindful of the temperatures outside and take the necessary precautions when spending time outdoors.

As I've previously informed you, we have made a change in our transportation services. Instead of handling the transportation duties in-house via Franco, we are now utilizing Metro Transport – a contracted transportation company operated through Daughters of Israel in West Orange. This transition was made in order to offer you a greater level of consistency, flexibility and options as it relates to your transportation needs. I know I speak for everyone when I say that we thank Franco for his years of service to the Lester Senior Housing Community and we wish him all the best in the future.

As a result of feedback received from residents concerning the existing transportation schedule, enclosed is a slightly revised schedule for your use and reference. The most notable change is the morning shopping trip now scheduled for Tuesday mornings

(instead of the afternoon).

Also due to popular demand and feedback received from residents, we will once again offer a weekly yoga class that will take place on Thursday mornings. A great deal of effort goes into offering you programs you enjoy and appreciate. We typically gauge your level of enjoyment by your attendance, participation and feedback and I therefore ask that you please take advantage of the programs offered and share with Jessica any suggestions or recommendations you may have.

I'd like to take this opportunity to thank everyone for their patience and understanding while the building was undergoing a significant number of cosmetic improvements. We have a number of further improvements planned over the coming months; as they are scheduled I'll be sure to let you know.

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



New Resident Welcomes

- | | |
|---------------------|----------|
| Pnina Brecher | Apt. 213 |
| Sylvia Leiken | Apt. 4-F |
| Frances Finkelstein | Apt. 6-J |
| Ann Borsack | Apt. 4-A |

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

Lester Congregation Yizkor Memorial Booklet

Last year our First Annual Yizkor Memorial Booklet was a meaningful success for its use in the four Yizkor Services held during the year as well as an apt memorial acknowledgement of loved ones. We are beginning to work on the Second Annual edition. Designated family listings are available at \$18 (Additional listing are \$5). You will be contacted individually during the month of August to become a subscriber or to renew you participation.

Lester Congregation Life Cycle Committee

A Shana Tova



Roster

What a delightful way to exchange New Year greetings with your Lester friends, neighbors and fellow residents!

Remember that the proceeds (\$3 per listing) will be used for an elaborate Chanukah celebration.

Sign-up will take place this week.

Lester Congregation Life Cycle Committee

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, August 11th
&
Saturday, August 25th

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).

Grocery Shopping Services

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



Lester in July

Along with the Independence Day karaoke party and an indoor bbq, the month of July was an incredible time.

We rolled out our first Cultural Art Series with a screening of the young Opera stars "Il Volo" in our newly updated Heller Multi-Purpose Room to rave reviews.

A special trip to the Newark Museum was a wonderful change of pace for attendees. The concert was a part of the museum's Jazz in the Garden, and while the rain forced the concert indoors, the performance was hip, Daddy-O, and the day was a huge success.



Waving Flags and singing Along at Lester's 4th of July Karaoke Party

Join the Fun for the 1st Lester Olympic Games

Featured events:

- Olympic Ring Toss on August 1st
- Indoor Olympic Volleyball on August 6th
- Indoor Olympic Relay Race on August 8th
- Also a documentary short on senior competition on August 6th
- And a medaling ceremony to conclude the games on August 10th



Lester Senior Housing
2012

In My Music

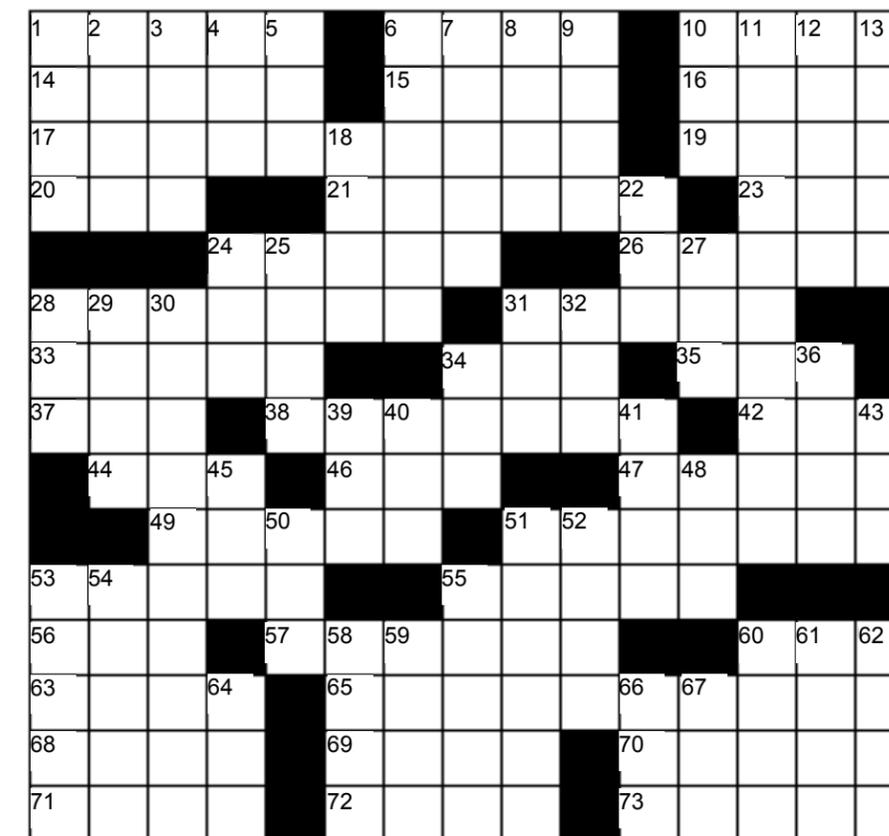
In my music everyone is free
 In my music I am very calm
 In my music I feel very happy and at peace with the world
 In my music there is poetry, soul-searching and magnificence
 In my music God talks to me
 In my music it really make me happy when I am singing
 In my music it evokes a time and a place that's happy and sad
 In my music I like to sing songs that I am familiar with that makes me happy
 In my music there is life, love and laughter
 In my music it stays with me all day even though it may change from time to time

THE OLYMPIC GAMES

Puzzle by Frank A. Longo
 Edited by Will Shortz

ACROSS

1. ___ skating (Winter Olympics event)
6. ___ Major (bear constellation)
10. Logical name for a dalmatian
14. Where an Olympic event may take place
15. Tennant of the Pet Shop Boys
16. "Dawson's Creek" actor ___ Smith
17. Top Olympic honors: 2 wds.
19. Actress Swenson, or Teri Garr's "Young Frankenstein" role
20. Donkey
21. Color of one of the five Olympic rings
23. Tic-___-toe
24. Former U.S. President James ___ Garfield
26. Practical joke
28. Winter Olympics event that takes place on an icy track
31. Confess
33. Japanese port
34. ___ mode (topped with ice cream): 2 wds.
35. Exclamations of surprise
37. Gore and Pacino
38. Exhibition sport at the 1988 and 1992 Summer Olympics
42. One circuit around a racetrack
44. Approves
46. "He Got Game" director Spike
47. "There's ___ in the Bucket" (kids' song): 2 wds.
49. Pianist's practice piece
51. Site of the 1996 Summer Olympics
53. What an embryo develops into
55. Off-center, as the Leaning Tower of Pisa
56. Chemist's workplace
57. Entrant in the Olympics, as France, Germany or Canada



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60. Aladdin's monkey
63. "Right away!"
65. Summer Olympics sport that utilizes a balance beam
68. Disappear like snow
69. Olympic fencing event
70. Puts in the mail
71. Legendary jazz singer Fitzgerald
72. Lays down turf
73. ___ polo (Summer Olympics sport)
11. Summer Olympics contest that includes swimming, shooting and fencing
12. Church instrument
13. ___ and field (Summer Olympics sport)
18. "Jane ___" (Charlotte Brontë novel)
22. Typing class statistic: Abbr.
24. Seek answers
25. Spill the beans
27. ___ de Janeiro
28. ___ constrictor
29. Site of the 1952 Winter Olympics
30. Summer Olympics sport that featured a U.S. "Dream Team" in 1992
31. Muhammad who lit the Olympic torch in 1996
32. Speed skater Jansen who won gold at the 1994 Olympics
34. Ginger ___ (soft drink)
36. ___ Lake City (site of the 2002 Winter Olympics)
39. Ancient
40. Tiny
41. ___ bladder
43. Vegetable in a pod
45. One of the Rug Rats
48. Head covering
50. Sailor's service branch: Abbr.
51. Makes amends (for)
52. Pop singer Turner
53. It burns in the Olympic torch
54. Artist's stand
55. Prepared to shoot, as an Olympic archer
58. Becomes 39-Down
59. Unintentional misspelling, for example
60. "It ___ over till it's over!"
61. Letters before F
62. Country that competed in the Olympics before it dissolved in 1991: Abbr.
64. School org.
66. 180° from NNE
67. Drink containing caffeine