

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

Inside this issue:

COVER STORY

BIRTHDAYS

NOTES &
REMINDERS

ADMINISTRATOR'S
CORNER

NEW RESIDENT
WELCOMES

CREATIVE
WRITING CORNER

Jewish Reflections on Thanksgiving

By Jessica Kolton

November 22, 2012 will be Thanksgiving this year. After Passover and Chanukah, Thanksgiving is perhaps the most observed holiday by American Jews. Why is this the case? Perhaps it is because Judaism may be the start of the concept. As we all know, in early autumn we celebrated *Sukkot*. We usually only think of spending time in the *Sukkah* and shaking the *Lulav* & *Etrog* as the mainstays of the holiday. Yet, during the time of the *Beit Mikdash*, the Temple, *Sukkot* was also a celebration of the fall harvest. Jews would travel to Jerusalem to sacrifice a portion of their harvest as a gift of thanks to God.

Today, we have replaced the rituals in the *Beit Mikdash* with *T'filot*,

prayers. If we recite *Shachareet*, *Mincha*, and *Ma'ariv* every day as well as prayers prior to meals & after meals, we would be thanking God 100 times in a single day. Many Scholars believe it is no coincidence that *Sukkot* and Thanksgiving occur in the same season... In fact, they believe that our American forefathers created Thanksgiving from the concept of *Sukkot*.

So, this Thanksgiving lets consider these tidbits when we sit down to enjoy our turkey, stuffing, cranberry sauce, and pumpkin pie with our families and friends. We sure do have a lot to be thankful for!

Throughout the month of November, Lester will be collecting canned goods & other non-perishable items for the needy. Look for the collection box in the Heller Lounge on the first floor to make a

donation. If you wish to make a monetary donation, please contact the Activities department.

Your contributions are greatly appreciated!

Election

By Bea Freiheiter

The election will soon be over, we can all take a much needed rest.

Hope that the best man won, and is able to meet the test.

Get this country back on its feet,

Throw partisanship out on the street.

Start worrying about those in need,

Stop-Look-Listen- please take heed.

Do the right thing, put country and citizens first,

Help is needed badly - for that we all thirst.

Good luck to the winner, best wishes for a smooth term,

Please be a "mensch" - profit from lessons learned.

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





BIRTHDAYS

Miriam Chernus
Estelle Berger
Lawrence Goldberg
Madeline Africk
Charlotte Epstein
Loretta Siegel
Daniel Koplowitz
Henry Frankel
Jack Baumgarten
Ele Saltz
Joyce Thorner
Claire Rose
Eliot Rosner
Pearl Mandel
May 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

November 2012

Fall is in full swing and the temperatures are steadily dropping. With winter only a number of weeks away, it's important to remember to test the heat in your apartment, to dress warmly and to be sure you're properly set up for digging your car out of the snow. If you have any issues or questions with regard to the heat setting in your apartment, please contact the Concierge who will notify Maintenance. With regard to snow removal, please be sure to contact Joan Wesolowski in Administration to make the necessary arrangements.

In November, we have a schedule packed with many exciting activities to choose from. In fact, I have to apologize to you in advance in case you are at odds over attending one program over another. A few programs I would like to highlight are: on Sunday the 4th, the Creative Maturity Expo will be held at the Jewish Federation building next door. Lester will have a display table set up, so please feel free to stop by and say "hello". On Monday the 5th, join Harold Colton Max for the Weston Assisted Living 'Chat with CEO' session. Heller Independent Living residents will have an opportunity to meet with Harold on Tuesday the 13th.

We have made arrangements for continuous transportation to and from the Hanover Township Building on Election Day (Tuesday 11/6) so that you can get out and vote. Also, we plan to have a very special Veterans Day program on Sunday the 11th and hope you will join in celebrating and honoring the men and women who served

our Country. Lastly, on Monday the 19th, Mary Ann Webber will discuss sexuality.

Over the past two months, we've been working on refurbishing the exterior façade of the building – a project that is due to end sometime in November. At the completion of this project, the contractor will be washing everyone's windows so that the dirt caused by this project will be removed. Notices informing you of this planned window washing will be hung up in advance. Also, beginning this month will be the installation of the long-awaited SeniorTV program. I expect to have more information on this program (i.e. - pricing, channel line up, etc...) mid-month and will be sure to share it with you as soon as possible. Lastly, as we've done the past number of years, we will have a food drive to benefit the local food pantry in celebration of Thanksgiving. Donations of non-perishable and sealed food items can be left in the donation box in the Heller Independent Living living room. I thank you in advance for your participation and generosity.

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

Miriam Kellner Apt. 3-L
Arleen Soll Apt. 6-A

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

**Lester Congregation
Corner**

Life Cycle Kiddush

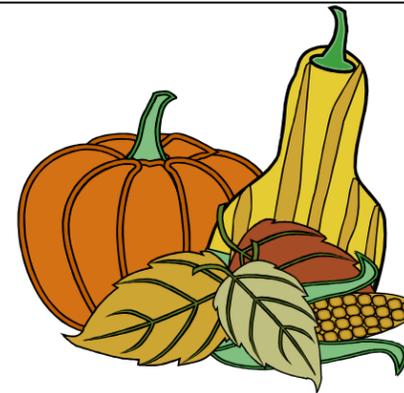
will be on Saturday, November 10th

&

Saturday, November 24th

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



**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



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



Let's Eat

On my dinner table I have a lot of vegetables and fruit because they taste good
On my dinner table I have a vase of flowers
On my dinner table I have a lot of fish and chips
On my dinner table I see matzah ball soup, chicken and challah
On my dinner table I see the incredible straight eight cucumber that I grew in my backyard
On my dinner table I see my freshly ironed damask table cloth and serviettes
On my dinner table I have meatballs and spaghetti
On my dinner table I like a good turkey
On my dinner table I would like to have the food reminiscent of what my mother had on
On my dinner table I would like wine because it makes me feel so fine
On my dinner table is a recollection of autumn; the foods, the smells, the sites and the sounds

Created by the participants in *Talkin' Poetry with Paul*, October 2012

DID YOU KNOW?

Sarah Josepha Hale, an American magazine editor, persuaded Abraham Lincoln to declare Thanksgiving a national holiday. She is also the author of the popular nursery rhyme "Mary Had a Little Lamb"

Talent in Lester Community Makes News

Recently, in the New York Times newspaper Travel section, readers were asked to submit photos of beloved souvenirs with the story that goes with the tchotchke. Residents of Lester senior housing surely have their share of knick knacks from around the globe. Our Creative Writing class has on exhibit in the Weston Living Room the photos and companion book of the stories attached to the items.

Anne Lipman, Heller resident, shared her creative writing work with the New York Times and was published in the Times' special section.

A Matryoshka Doll From Warsaw



This handcrafted Matryoshka doll evokes memories of my 1993 visit to Krakow, Prague and Warsaw. I chose her from many displayed on the stall in Warsaw's restored Old Town, and it produced a warm glow on the seller's weathered face. Now, the doll gives pleasure to my grandchildren: Discovering replicas inside and fitting them back in place keeps tiny hands busy.

Submitted by E. Anne Lipman

Your SHIP Has Come In!

By Heather Roman, LSW

Annual open enrollment for **Medicare Part D** enrollees is upon us. The annual open enrollment period is from October 15th-December 7th. All seniors enrolled in a prescription drug plan are urged to speak with their pharmacists and doctors prior to the end of the open enrollment period to review your coverage and make sure you have chosen the plan that best fits your needs.

The New Jersey State Health Insurance Assistance Program (SHIP) is a state program that provides FREE help to New Jersey Medicare beneficiaries who need assistance with their health insurance. Lester Senior Housing will have a SHIP counselor visiting our community to hold a presentation, assist residents with the review process, and provide information and assistance for you to make your own decisions. General information regarding Med-

icare will be provided as well. Lester Senior Housing will announce the date of this presentation when it is scheduled to occur.

The Parsippany Troy Hills Public Library is holding an event on November 29th from 10am-3pm. Appointments can be arranged by calling 973-784-4900 x3501. If you have additional questions about Medicare Part D open enrollment and choosing a plan, you can contact the SHIP Counselors directly at 1-800-792-8820 or you can call 1-800-Medicare. The SHIP counselors are also able to assist with Medicare, Medicare Advantage Plans, Medigap, and Long-Term Care insurance.

If you have any questions regarding this event, or any other questions, concerns, or comments, please feel free to reach out to me at 973-929-2723. As always, all are welcome to stop by my office on the second floor, located across from the administrative offices.

"Just before the death of flowers, And before they are buried in snow, There comes a festival season When nature is all aglow."
~ Author Unknown

Veterans Day's Story

Article found on: <http://www.brownielocks.com/veteransday.html>
A resource for holidays and celebrations for every day of the year

On November 11, 1918, in a railroad car (owned by Mr. Marshal Ferdinand Foch) somewhere in the Forest of Compiègne, France the armistice to end World War I was signed. Once the news got out, celebrations began in Paris, London and New York City, where more than a million Americans jammed Broadway and danced in the street, and hurled ticker tape out windows.

This armistice became an annual observance on both sides of the Atlantic during the 1920's. Only then, they called it "Remembrance Day" in England and Canada, but the United States called it Armistice Day or Victory Day. This is where the term "V Day" comes from, this also developed to the hand gesture of a V that became an icon of peace in the 1960's.

In 1921, the United States began honoring it's fatalities of war. However, November 11th did not become a legal holiday until 17 years later in 1938.

Back in the earlier part of the twentieth century, it was felt that death and destruction of the First World War would never be repeated. Unfortunately, World War II changed this belief swiftly. So, for many years the celebrations of the armistice on November 11, 1918 received little attention or acknowledgement.

A shoe cobbler in Emporia, Kansas names Alvin J. King and Kansas Congressman Ed Rees introduced a bill to Congress to change the name of this observance from Armistice Day to Veteran's Day. Mr. King never served in the military because he was too young to serve during WWI. (Rumor has it that he did try to join the Navy at the age of 15.) During WWII, he was active in a group called American War Dads, having great respect for all military personnel. Both Mr. King and Mr. Rees' efforts were rewarded. President Dwight Eisenhower, on October 8, 1954 signed a bill declaring that Armistice Day would thereafter be commemorated as Veterans Day. Because of these two

men, Emporia, Kansas is considered the founding city of Veterans Day, and honors it's veterans every year. On April 4, 2003 the Kansas legislature bestowed the honor and officially named Emporia as the birthplace of Veterans Day.

Veterans Day celebrations and observances take place all over the United States, but in many different ways. Many visit the Viet Nam Memorial, others visit the Tomb of the Unknown Soldier; thousands of small towns across the country, individuals put flowers on the graves of lost loved ones, and many towns hold military balls, parades and religious services in honor of veterans. In Wilmington, NC the USS North Carolina Battleship Memorial (a restored WWII ship docked there) observes Veterans Day. In some locations the 11th day of the eleventh month is often celebrated with a moment of silence at 11:00 A.M. in the morning, the hour at which the hostilities ended and the armistice was signed. During this 2 minute moment of silence, "Taps" is usually played.

Veterans Day was temporarily moved to the 4th Monday in the month of October when a 1968 legislation was passed, however many did not like that because that wasn't the date the armistice was actually signed. It was Veteran groups that urged November 11th to be set aside as a tribute to all who served in the armed forces. This included everyone who served in WWI, WWII and the Korean War. In 1971, President Nixon signed a bill making Veterans Day a federal holiday on the second Monday in November. But it was finally in 1978 that Congress undid what was done ten years earlier and declared that Veterans Day will always be on November 11th, regardless of the day of the week it falls on.



Thanksgiving

Crossword Puzzle

1	2	3	4	5	6	7	8	9	10	11	12	13	
14					15				16				
17					18				19				
		20		21		22							
23	24	25			26		27			28	29	30	
31				32			33			34			
35			36		37		38			39			
		40		41		42			43				
44	45				46			47		48		49	50
51				52			53		54		55		
56			57				58			59			
			60			61	62		63				
64	65	66					67		69		69	70	71
72					73				74				
75					76				77				

- ACROSS**
- Big meal, like the first Thanksgiving dinner
 - Person who frosts a cake
 - stick a fork into
 - New _____ (capital of India)
 - Treat for the dog
 - Pepsi or Coke
 - 34-Across's middle name
 - With 32-Across, the pilgrims' agreement to establish a government
 - Low-_____ (indistinct, like computer graphics)
 - _____ cards (fortunetelling tool)
 - See 18-Across
 - Thanksgiving's season
 - "Not a Pretty Girl" singer DiFranco
 - Cheerleader shout
 - _____ Tin Tin (dog in 1950's TV series)
 - "The Raven" poet
 - Olympic figure skater Lipinski
 - Area of the United States in which the Pilgrims settled: 2 wds.
 - Pacino and Gore
 - Squeak-stopping stuff
 - Have some 44-Across, for example
 - Thanksgiving dessert: 2 wds.
 - Overflow point of a cup
 - Santa _____, California
 - Suffix with serpent, hero or opal
 - _____ Lanka (country in the Indian Ocean)
 - Garden of Eden resident
 - Confused states: Hyph.
 - The Pilgrims were giving thanks for this at the first Thanksgiving
 - Aware of, in slang: 2 wds.
 - Slide down a slope
 - What students and employees enjoy during Thanksgiving
 - Sci-fi novelist Asimov
 - Jacob's twin in the Bible
 - "_____ worry!" ("Never fear"): 2 wds.

- Like Shaquille O'Neal
- Baseball Hall-of-Famer slaughter
- It's poured on the Thanksgiving turkey
- Govt. agency concerned with the safety of consumed items
- "Electric" fish
- "Can't we _____ just get along?"
- Like a good knife
- What a tone-deaf person has: 2 wds.
- _____ -compatible computer
- Winter outerwear
- New Age music superstar
- Song chorus
- "Party of Five" actor Wolf
- Stranded motorist's need
- Ginger _____
- Soap unit
- Pass time lazily
- Read over quickly
- Garfield is one
- _____ scale of 1 to 10: 2 wds.
- Film studio of "Pulp Fiction" and "Trainspotting"
- Shania Twain's "You're Still _____": 2 wds.
- In an embarrassing situation: 3 words
- It's between Sun. and Tue.
- "_____ & Stacey" (short-lived sitcom)
- Hot dog topping
- Swiss mountain
- Reddi-_____ (brand of dessert topping)
- Mad scientist's workshop
- "Never mind": 2 wds.
- "Mork and Mindy" co-star Dawber
- Prefix meaning "one"
- Give an emotional lift to
- Significant stretches of time
- Hookups in the E.R.
- Encountered
- Ticking off
- Moving-van rental company: Hyph.
- Glare blocker attached to a cap
- "Tiny _____ Adventures" (animated series)
- "I think you're _____ something!"
- Doc for 23-Down
- Gentle _____ lamb: 2 wds.
- Ripkin of baseball
- Urgent call for help
- "One Day _____ Time": 2 wds.
- Truck designed for on-and-off-road: Abbr.
- Shy

Aging and the Heart

By MaryAnn Webber, HouseCalls Nurse Practitioner

Did you know that despite the progress made in treating and preventing heart disease there is more cardiovascular disease occurring in the United States than ever before? One of the problems is unhealthy lifestyle habits. Americans are eating more foods that are not healthy choices, gaining weight, and becoming more sedentary than in the past.

More than one in every four deaths in the U.S. is attributed to heart disease. Women account for half of these deaths. There is an enormous financial toll on the U.S. economy costing the U.S. an estimated \$305 billion dollars which includes the cost of health care, medications and lost productivity. Research also supports the fact the four out of five people who die of coronary heart disease (CAD) are 65 years of age or older.

In the absence of heart disease your heart size either remains stable or enlarges with age. Heart cells keep decreasing and fat is also deposited into the heart muscles which then become stiffer. Heart walls also thicken which decreases the amount of blood your heart chambers can hold, thereby decreasing the amount of oxygen that can reach the heart muscle. Arteries become less elastic and stiffer making one more prone to an increase in blood pressure.

Baroreceptors, responsible for the regulation of blood pressure also decrease. As one ages these cells become less responsive and place you at risk for a condition known as orthostatic hypotension

(OH). This is a decrease in blood pressure &/or decrease in the amount of blood supplying vital organs; especially the brain and heart. Some of these symptoms although not limited to include dizziness, unsteadiness, and fainting.

Strokes (CVA) and myocardial infarctions (MI), are common causes of illness and death. However, again research demonstrates that regular exercise can do one of two things; either delay or reverse many changes that occur with advancing age.

WHAT YOU CAN DO:

- Follow a healthy meal plan
- Exercise
- Maintain a reasonable weight
- Stop smoking
- Immoderate use of alcohol
- Meditate at least 20 to 30 minutes daily
- Participate in social events
- Deep breathing exercises
- Practice yoga, tai chi, qi gong
- Use progressive muscle relaxation to reduce muscle tension

REMEMBER:

The KEY to maintaining a healthy heart is lifestyle changes that will ultimately reduce mortality and increase your quality of life.

