

Apples Blossom

By Bea Freiheiter

Red Delicious, yellow or green, those from New York State.
No matter what kind or where they come from, Apples are great.

Bobbing for them just for fun,
Those on a stick, jelly, caramel, are yum.

Cooling on a window sill, I cannot wait to try,
A slice of luscious apple pie.

Apple blossoms are as pretty as can be,
Whether singing about them or hanging from a tree.

There's an old adage - an apple a day keeps the doctor away;
But if he is one of your family, please welcome him or her, and let them stay.

THE LESTER SENIOR HOUSING
COMMUNITY
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The Lester Chronicle

October 2012

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Arts! By the People at Lester

By Mildred Feldstein

What a delight! *Arts! By the People* programming was a focus of the Lester celebration of Assisted Living week. It proved to be a joyful opportunity for all of us, in a unique way, to view and listen to the many aspects and the variety of participants involved in these sessions.

In the qualitative film "Art as an Outlet", Judy Albert, Beatrice Freiheiter, Frances Goroll, Harriet Hacker, Sol Koslow, Pearl Mandel and Lorraine Rabinowitz were interviewed by Dana DeBarros, the very talented film maker and one of the *Arts! By the People* instructors who asked questions which were related to their participation in fine arts and creative writing classes. It was exciting and meaningful to hear each of the personal and detailed responses to their positive experiences which were elicited by the deeply probing questions. Each one of those interviewed described the creativity they did not necessarily realize they possessed and which they beautifully expressed.

Anne Lipman and Nellie Morris presented

wonderful excerpts from the *Creative Writing* accomplishments, based on a group of favorite personal objects. We then viewed a delightful screen presentation of those objects. These objects, intended as a backdrop, again demonstrated that whether you are already aware or are discovering your passion for *Creativity*, the *Arts! By the People* activities present incredible opportunity for expression.

The celebration program was a fine example of how Lester programming structure reaches out to the individual resident... Whether it is *Fine Arts* or *Creative Writing*, or *Dance* or *Poetry* or *Hip-Hop*, it could be something that triggers your creative self.

Be a part of *Arts! By the People*, join one of the classes!!

Mildred Feldstein

President, Heller Building Tenants Association





BIRTHDAYS

Sol Koslow
Sylvia Leiken
Fran Goodman
Evelyn Marpet
Edith Schultz
Terry Boxer
Shirley Rogut
Marilyn Strauss
Geraldine Sivak
Harriet Levy
Bernice Bornstein

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

October 2012

With the High Holy Days and summer behind us, October ushers in cooler weather, fall foliage and the last of the Three Pilgrimage Festivals - Sukkot. Preparations for the latter are underway as I write this article. The sukka has been erected, the schach placed on top and the decorations, designed and created by the Lester residents, are presently being hung. A lulav and etrog will be kept in the Chapel beginning Monday October 1st and will be available for use by any resident who wishes to perform the mitzvah of blessing and shaking the lulav. The sukka will be open for all residents to use throughout Sukkot.

During the first week of October, the Weston Nursing Office has made arrangements for Maxim Healthcare to return to Lester to offer the annual Flu and Pneumonia vaccines. Assuming your insurance covers the cost, there will be no charge to you (chances are that your insurance does cover this) – you will need to present your insurance card/s at the time of service. Maxim Healthcare will be in the Heller Multi-Purpose Room on Tue. 10/3 from 10AM until 6PM. An appointment is not needed.

Over the past couple of months, Jessica and her peers at the other JCHC buildings have made a special effort to plan and offer trips to different local and not-so-local destinations that would be of interest to you. Please take a look at

the calendar and at the flyers posted which outline these planned outings and be sure to sign up quickly before all the seats on the bus are reserved!

As I'm sure you've noticed, we're in the midst of a large-scale project of cleaning and sealing the brick façade of our building. This project should be completed by the end of October. Toward the end of each business day the contractor performing this work informs my office of their planned work for the following day and which apartments will be affected. We've been calling each resident who will be impacted instructing them to close their windows so that no damage is incurred. If after receiving this phone call you require assistance with closing your windows, please contact the Heller Concierge.

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.

Have a Shana Tova – a Happy and Health New Year,

Alex Gross

Administrator

ברוכים הבאים

New Resident Welcomes

Harriet Perr Apt. 313
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*.

Lester Congregation Corner

The Shana Tova High Holiday greetings were delivered to every resident and displayed throughout the holidays on our digital bulletin boards and enjoyed by all. Thank you to the 122 residents who participated in this new and delightful project and to the many volunteers who made it happen. We look forward to the Hanukkah party celebration which will result from the proceeds.

The second edition of our Yizkor Memorial Booklet was used at our Yom Kippur services in a most meaningful way, and will be used throughout the year for memorial services. Gratitude to the more than seventy residents who supported this qualitative endeavor and to the amazing efforts of the volunteers who worked so diligently.

This month the sponsored Kiddushim following Saturday morning services are scheduled for October 13th and October 27th.

On October 13th, which is Shabbat Bereshit, we will be starting the second year of this Lester Congregation Life Cycle project, which includes both the observance of Yahrzeits and acknowledgement of Simchas. Attendance at our Saturday morning services continue to grow. We have actually doubled ongoing participation in this past year. Again, the wonderful efforts of many volunteers continue to be essential.

In all of these efforts, deep appreciation must be expressed to our Lester Management team. Their understanding of and dedication to the goals of Lester Congregation are truly remarkable.

Dolly Moser, Coordinator
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!

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



Looking forward to...

By Jessica Kolton

Aside from the sweaters, jackets, hats and scarves to be excited about this month, the October calendar has an amazing variety of activities going on. Sukkot will start the month, appreciating the beautiful change of seasons and fall harvest is sure to put all in the spirit. While enjoying the outdoors, you can join the JCHC trip to Great Falls in Paterson for a scenic drive and visit to a museum on Thursday, October 4th. Simchat Torah quickly follows the next week with plenty of celebration as we finish and begin the Torah in eternal tradition. On Thursday, October 11th Lester will have a bus trip to join the JCC At Leisure groups for lunch and then to see *You're Gonna Love Tomorrow* at the Bickford Theater; I love Sondheim's plays!

Lester will also have a trip to the Geraldine R. Dodge Poetry Festival led by Ellen Pappazian of Arts! By the People in Newark on October 14th for a special Sunday trip. The next day is the JCC's annual Molly Burack lecture in West Orange a bus will leave Lester for the JCC at 11:45 A.M.

On Thursday, October 18th JCHC will head into NYC to the American Museum of Natural History. The museum has a planetarium and IMAX theater, and will have a special exhibit - The Butterfly Conservatory, filled with winged creatures to watch. It may seem tropical in that conservatory but winter will be here before you know it. Get on the JCHC bus trip to Burlington Coat Factory on October 22nd to prepare for the really cold days ahead.

Right here in the Building we will have the Memorial Society of Central NJ speak about planning for the future on Wednesday the 24th in the Heller Multi-Purpose Room. The next day, October 25th, our evening program will be a film and presentation from the National Council of Jewish Women.

Of course, we will see the full curriculum of Lester Life Long Learning in session on Monday afternoons and evenings as well as Thursday afternoons. Brush Up Your Yiddish is back from vacation, with a session meeting at 10:30 A.M. on the 22nd. And to make sure you make the most of it all, go to our HouseCalls presentation on the 29th. MaryAnn will be sharing 18 Secrets to a Longer Life. I can hardly wait!

THE OLDER I GET...

By Holly V. Monroe

The more I notice outrageous beauty
Of stars and moons against the sky...
The less panicky I am during sleepless nights...
The less easy answers I have...
The hungrier I am for connectedness...
The less I know, the more I wonder...
The longer I linger in snowfalls...
The more honest I am with myself...
The more I understand children's logic.
The less rigid I am...
The mightier the ocean seems each time I visit...
The less I wonder how old I'll be someday...
The more hugs I give...
The gentler I am with myself...
The less I think of what I think...
The faster I clean my house...
The wiser I long to be...
The more I realize how impatient I've always been with life...

The more I think about the miraculous gift
Beethoven gave to the world...
The more I pray...
The less I think of what others think...
The closer I feel to old, old friends...
The more natural prayer seems...
The more I enjoy a simple cup of tea...
The hotter I draw my bath water and the longer I lie in it...
The longer I listen...
The wider berth I give to sorrow in the grand scheme of things...
The younger in spirit I feel...
The quieter my inner self becomes...
The great appreciation of harmony...
The more time I spend looking at stained glass windows...
The more comfortable I am with solitude...
The more I see good coming out of difficulties...
The more grateful I am to be alive...

...THE MORE BEAUTIFUL I AM BECOMING

DID YOU KNOW?

Apples are a fall favorite, but there are many other local crops that peak in the fall. According to the state Department of Agriculture, New Jersey is the third largest producer of spinach, fourth largest producer of bell peppers and ninth largest producer of squash in the country.



DID YOU KNOW?

According to the *Farmer's Almanac*, one sign that a harsh, cold winter is coming is a large amount of acorns on the ground in the fall.



The True Ruach of Lester

By Jessica Kolton

Every year Weston celebrates National Assisted Living Week along with assisted living communities across the country. It is a wonderful chance to show the greater community the wonderful things that assisted living life has to offer.

Here, at Lester Senior Housing, we took the opportunity to adapt the 2012 theme, Art for the Ages, to not

only highlight Weston, but to showcase the entire Community.

The experiences that occur on a daily basis truly show the art of senior living. The excitement, pride, intellect and verve contained within this building leave an indelible impression on all who encounter it.



Fall is Here!

An Autumn Word Find

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

DID YOU KNOW?

Glucose trapped in the leaves on trees makes them turn red. Brown comes from the waste trapped there.

Both red and purple color come from anthocyanin pigments formed in the dying leaves. It's the same pigment which is common in purple grapes, red apples and violets



- | | | | | | |
|----------------|-----------------------|----------|------------|---------------|-----------|
| Acorn | Corduroy | Foliage | Hats | Mulled Cider | Scarves |
| Apples | Corn | Football | Hayride | November | September |
| Autumn | Cornucopia | Frost | Haystack | October | Soccer |
| Back to School | Daylight Savings Time | Gloves | Hot Cocoa | Pumpkin Patch | Stars |
| Blustery | Fall Equinox | Gold | Leaf Piles | Rain | Sweaters |
| Brown | Fireplace | Gourds | Leaves | Red Orange | Tweed |
| Chilly | | Harvest | Migrate | | Wind |

Influenza and the Flu Vaccine

By MaryAnn Webber, HouseCalls Nurse Practitioner

It's that time of the year again to protect yourself against the flu and its complications. The flu is contagious and can cause symptoms ranging from mild to severe illness and at times can cause death. The single best way to prevent seasonal flu is to get vaccinated unless otherwise advised by your primary care practitioner.

Some of the signs and symptoms of the flu include fever at times, cough, sore throat, muscle aches, headache, fatigue and runny nose. The flu is spread by droplets made when people with the flu fail to cover their mouth when coughing, sneezing, or talking. The flu can also be spread by touching a surface or object that has flu virus on. You then contaminate yourself by touching your own mouth, eyes, or nose. The period of contagiousness for the flu is generally one day before symptoms develop, and up to 5-7 days after becoming sick.

Flu complications are pneumonia, bronchitis and sinus and ear infections. People at the highest risk for contracting the flu are those over 65 years of age, individuals with chronic medical conditions, pregnant women and young children.

What you can do to practice good health habits:

1. Avoid close contact with people who are sick
2. Stay at home when you are sick (order your meal to go)
3. Cover your mouth and nose when coughing and/or sneezing.
4. Clean and sanitize your hands often when in contact with people or environment
5. Avoid touching your eyes, nose, or mouth when in contact with something that is contaminated with germs.

Practice good health habits by:

- Sleep – at least 6-8 hours of restful sleep
- Activity – stay active and manage your stress
- Fluids -- drink at least 1500 ml (50 oz.) of fluids daily unless otherwise advised
- Eat nutritiously

Take away points:

1. Influenza is a serious respiratory illness that can cause complications and even death
2. Get vaccinated unless otherwise advised by your PCP
3. Stop the spread of germs:
 - Cover mouth and nose with a tissue when you cough or sneeze
 - Place used tissues in the waste basket
 - Wash your hands often with soap and water for at least 15 seconds
 - If soap is unavailable, use alcohol-based hand rub

