

Positive Thinking And Its Effect On Your Health

by: Greg Riley

The first situation to consider is the relationship between thoughts and conditions like depression and stress. A crucial question is whether the person's thoughts are creating the physical depression or the physical depression is creating the negative thinking. When it comes to how you can use your mind to help, this can be accomplished consciously and subconsciously. When someone has a habit of imagining things turning out very badly, rational thinking can show them that they often exaggerate. However, the unconscious mind is much more powerful in shaping our habitual behavior, oftentimes beyond our conscious control. Visualization and hypnosis can be very effective in modifying beliefs and, if you do this, the long-lasting effects can be more powerful than using logic only.

It is likewise true that positive thinking can have an impact on our physical health, and you may be aware of the placebo effect on people who feel ill. This is when individuals are given a pill which in reality does not have any healing value, and yet they claim to notice an improvement in how they feel. This is evidence of the connection between mind and body, and there are many examples of men and women with a positive outlook being able to recover faster from malady and injury. You can also use the power of your mind to help you in achieving your fitness goals. A historic example of this is when the four minute barrier for running the mile was broken, which had been considered as unachievable up to that point. Once the "barrier" had been broken, other runners also began to break through what had really been a barrier of belief.

The effects of aging are likewise influenced by how we think about the process. As you get older, do you talk to your friends about your "aches and pains" and your weakened capabilities? It seems there's a great deal of truth to the saying, "You're only as old as you think you are," and our thoughts can be used to undo a lot of the so-called effects of aging. Unfortunately, numerous individuals will continue to hold on to old beliefs about the unavoidable "decline" of health in old age, and not pay attention to the benefits of a positive outlook.

Now that you are aware that your attitude can bring you a much better state of health, it's up to you to take advantage of this information and set your intention to think positive thoughts whenever you remember.

STAY POSITIVE!

COMING IN SEPTEMBER 2014

9/1 LABOR DAY

Office is closed

9/13 POSITIVE THINKING DAY

9/24 ROSH HASHANAH begins at sundown—

Office closes at 1:00

9/25 1st day of ROSH HASHANAH

Office is closed

9/26 2nd day of ROSH HASHANAH

Office is closed

Rosh Hashanah (Hebrew: literally "head of the year"), is the Jewish New Year. It is the first of the High Holidays or Yamim Noraim ("Days of Awe"), celebrated ten days before Yom Kippur. Rosh Hashanah is observed on the first two days of Tishrei, the seventh month of the Hebrew calendar. It is described in the Torah as Yom Teru'ah, a day of sounding [the Shofar].

AUGUST BIRTHDAY WISHES

LOUVENIA ADAMS 08/03

DOROTHY CULHANE 08/06

LILLIAN ROSEMAN 08/06

MALVINA LEFKOVITS 08/19

ELENA BAEZ-SANCHEZ 08/20

CELEBRATING
AUGUST
2014

National Immunization Awareness Month

Children's Eye Health & Safety Month

National Eye Exam Month

Aug 26 Women's Equality Day

ARTS & CRAFTS WITH SARA

SARA HAS BEEN COMING TO THE BUILDING ON MONDAYS IN JULY. WE'RE LOOKING FORWARD TO SEEING HER IN AUGUST.

SHE'LL BE HERE AUG. 4 @ 2:00.

CRAFTING IS FUN, RELAXING & AND THE CONVERSATION IS GREAT TOO!

SOS

South Orange Seniors is a new group started by 3 women who believe that if we speak up about the things we would like to see happen in the community Then it will!

We had our first meeting to discuss "What would you like to see happen for seniors in South Orange and in your building?", it was a successful meeting. The residents that attended were more than satisfied, please come to the next meeting on

August 4 @ 1:00.

Resident Service Schedule

Congregate Brunch served on Sundays @ 11:00 am

Rabbi Jay will be here on Wednesdays @ 11:00-1:00 (summer hours)

Marnie Kean, Social Worker will be here Monday 9-12:00 & Friday 9-3

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

August Happenings

AUG.4 10:15 Essex Green

AUG.6 10:45 Red Bank Boardwalk

AUG.7 10:45 Jazz in the Garden at Newark Museum

AUG.8 1:00 ICE CREAM SOCIAL

AUG.11 10:15 Rt. 10 shopping & Irvings for lunch
1:00 Living Wills presented by Stephen Skoller Esq.

AUG.13 8:15 Mt. Airy Lodge & Outlet Shopping

AUG.14 10:15 Livingston/Short Hills Malls
1:00 Medication Safety in the Community Room
4:15 Trip to the JCC for Kosher Cooking for Two

AUG.18 10:45 WalMart & Christmas Tree Shop

AUG.20 1:45 Farmer's Market in South Orange

AUG.21 Luau at the Diamond Spring Resort **Free** for Seniors /TBA/

AUG.25 9:30 NEUE GALERIE IN NYC

AUG.27 Tinton Falls Outlet Shopping

AUG.28 10:15 Essex Green

AUGUST CONGREGATE LUNCH:

TUESDAYS 5TH, 12TH, 19TH, & 26TH

GREETINGS FROM RABBI JAY

Book of Devarim

This week we begin the Book of Devarim (Deuteronomy), the Fifth and last Book of the Torah. Deuteronomy is translated as “Second Telling” and is called this because much of it retells many of the narratives and laws contained in the first Four Books. In a commentary written for the Jewish Theological Seminary, my teacher, Rabbi David Hoffman, had the following to say about this, the last of the Five Books of Moses:

I suggest that the book of Devarim adopts a unique path for the renewal of the Covenant, which after all, is the primary purpose of the book (chapters 5–29). No form of the Hebrew root l-m-d (to learn, study, or teach) appears in any book of the Torah other than Devarim, where it appears seventeen times in thirty-four chapters. The experience of learning and teaching is central to the project of Devarim. This verb is used in connection to God teaching the Israelites, Moses teaching the nation and, perhaps most critically, the Israelites themselves teaching Torah—“Impress My words upon your heart . . . and teach them to your children—reciting them when you stay at home and when you are away, when you lie down and when you get up (Deut. 11:18–19).”

Limud (learning) constitutes the process through which we Jews connect with our history and make these historical stories our personal narratives. Understood in these terms, learning is not simply a means to acquire information. Rather, for the Jew, learning is an active process that is primarily about making meaning. The book of Devarim makes very clear that if we—in our generation—are to develop a personal, rich, and nurturing relationship with God, we must learn and study God's Torah that reveals God's aspirations for the world. Study is the means by which we make meaning in our own lives and it is activity whereby the Jew responds thoughtfully to the challenges of our particular age.

As Jews, many of us feel the need to, the compulsion to, learn. This fierce desire is a part of the DNA that comprises our bodies. It is powerful to know that this learning started in earnest at the very infancy of our national existence, and in such a tangible way. In our Wednesday gatherings we, too, continue this history of learning. And each person who attends brings his or her own uniquely beautiful Torah to what we do. Kol HaKavod to all of us who continue a tradition of teaching and learning that connects each of us to those who came before us, to Moshe Rabbeinu (Moses our Teacher), and to God.

Rabbi Michael S. Jay

AT THE BEACH!

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

WORD LIST

SUN	FELICAN	WAVES
SEASHELL	OCEAN	SAND
CRAB	FISH	TIDE



BRYNA'S CORNER

Happy August! We are sad to see Sister Phyllis leave to move back to her native Canada. She has been an anchor for many of the tenants and such a warm welcoming presence. She will be greatly missed.

Due to the warm weather, we've put cold water in the Community Room in blue bowls. Please feel free to help yourself. It's very important to stay hydrated in this warm, humid weather.

We have some fun trips coming up in August. Jazz in the Garden at the Newark Museum on August 7th for those of you that enjoy jazz. They are also going to lunch at Hobby, a Newark institution.

On August 25 there is a trip to the Neue Galerie in NYC.

The Neue Galerie is housed in a landmark building and displays early twentieth -century German and Austrian Art.

Please remember to stay hydrated during August and have a good month.

Bryna



Concierge/Security

Kazar Carter

As the residents know, Jewish Community Housing Corporation takes security very seriously. Our concierge/security team is in our building every night and every weekend. We are so lucky to have a friendly and competent security team. The concierge team not only monitors who is coming and going in the building, they are there to help the residents, for example, movie night can be a challenge when the DVD player is acting up. Kazar and the other concierge/security guards are more than willing to help figure out what is going on. They also help the Activities Coordinator and the residents with the Community Room set-up for evening activities. You've seen them patrolling the building and the halls to make sure all is well.. We couldn't ask for anything more!

Our other security guard is Kevin Lamar Moses.

Come Celebrate Earth's Bounty *Farm Fresh and Locally Grown*

Tuv Ha'Aretz ("Good of the Land")

Join us for these free presentations, sponsored by the Lester Senior Housing Community and hosted by our friends at the JCC MetroWest in West Orange

Both programs will be presented in the Atrium at the JCC MetroWest
760 Northfield Avenue, West Orange, NJ



Thursday, July 31 (5-5:30 p.m.)
**Summer Flower Arranging
Tips and Demonstration**

Learn about locally grown flowers and see how to create simple summer bouquets with horticultural therapist Megan Fainsinger.



Thursday, August 14 (5-5:30 p.m.)
Summer Kosher Cooking for Two

Mitchell Goldberg, JCHC Regional Dining Director gets Jersey Fresh in a cooking demonstration using fresh vegetables from an area farm.

*Want to learn more about Tuv Ha'Aretz and the
Community Supported Agriculture Program of JCC MetroWest?*
Call Daena A. Silverman at 973-530-3536.



*For more information about senior living at a JCHC community,
call Michele Salt Horn at 973-530-3985 or visit www.jchcorp.org.*



We have a trip scheduled for Thursday, August 14 to go to the JCC for the Summer Kosher Cooking for Two

Please see the sign-up sheet on the bulletin board.