

February 2015

PLAZA PRESS

The Newsletter for Jewish Federation Plaza



Celebrating February

**African American
History Month**

**Go Red for Heart Disease
Month**

**Low Vision Awareness
Month**

Time Management Month

Groundhog Day
February 2

Tu B'Shvat
February 4

Valentine's Day
February 14

Pancake Week
February 15–22

Mardi Gras
February 17

Chinese New Year
February 19

Single-Tasking Day
February 24

Heart Disease Guidelines

by Go Red For Women

The American Heart Association and the American College of Cardiology released four cardiovascular prevention guidelines providing evidence-based guidance to help healthcare providers provide the best care to their patients in the areas of cholesterol, obesity, lifestyle and risk-assessment.

Over the coming months heart.org and Go Red For Women will offer new resources to better understand how to incorporate these recommendations to help prevent heart disease, stroke and other cardiovascular issues.

There are two things you should do: First, talk to your doctor. Second, assess what kind of lifestyle changes you should try to adopt. Essentially, we continue to urge people to keep following what we call "Life's Simple 7," which are factors and behaviors that can lower your risk of heart disease: Don't smoke, get plenty of exercise, eat a healthy diet, maintain a healthy body weight, and control your blood pressure, cholesterol and blood sugar. The American Heart Association's My Life Check tool can help.

In the meantime, there are no major changes to the advice the American Heart Association has always given. You should keep shooting for the same eating patterns we've always recommended, one that includes plenty of fruits, vegetables, whole grains, fish and other lean protein, but not a lot of excess sodium, fats or added sugar. The American Heart Association's Nutrition Center offers more guidance.

You need sodium in your body and in your diet, but the average American takes in more than 3,400 milligrams each day – an amount that is far too high and can increase your risk of high blood pressure, stroke and other major problems. Unless your doctor tells you that you need more salt, the guidelines continue to urge you to reduce how much you consume. The new guidelines still advise 1,500 milligrams a day as the level with the greatest effect on blood pressure.

Greetings from Ann Marie...



February Is American Heart Month! Everyone can control a number of risk factors for cardiovascular disease including, Diet, Physical activity, Tobacco use, Obesity, High blood pressure, High blood cholesterol, and Diabetes. We all can begin a journey to better heart health that can last a lifetime!

Friendly reminders;

- Please be considerate of visitors and other residents when using the handicapped parking spaces near the entrance to building one.
- Smoking outside is permitted at least 20 feet away from the building.

If you need help with transportation, shopping, referrals to homecare or doctors, please stop by on the promenade and talk to Laura Berkin, Resident Services Coordinator. She's available to answer your questions.



Upcoming Events at Plaza

- Brunch: Ellis Gordon Violin Recital
- Art Class
- JVS Blood Pressure Screening
- Floral Design Workshop
- Paint in the Recreation Room
- Zimmerli Art Museum at Rutgers
- Book Club
- Friday Evening Religious Service
- Social Worker-Getting Along in a Community Setting
- Senior TV Movies
- Inspiration with Rose Mitchell
- Congregate JFS Program
- Meditation & Relaxation
- Poetry Workshop
- Gamefest
- Rabbi Polansky Study Group (Purim)
- Plaza Go Red Event with refreshments and entertainment
- JCC WOHS Step Team & Jubilee Choir

Check your calendar for dates and times of all events.

HAPPY FEBRUARY BIRTHDAY

Feb 6 **Thelma Samuels**
Feb 7 **Rosemarie Mitchell**
Feb 18 **Gloria Weiss**
Feb 18 **Martin Livenstein**
Feb 21 **Candiano Luzzi**



Tu B'Shevat



Tu B'Shevat, the 15th day of the Jewish month of Shevat is a holiday also known as the New Year for Trees. Tu B'Shevat is the new year for the purpose of calculating the age of trees for tithing.

There are few customs or observances related to this holiday. One custom is to eat a new fruit on this day, or to eat from the Seven Species (shivat haminin) described in the Bible as being abundant in the land of Israel. The Shivat Haminin are: wheat, barley, grapes (vines), figs, pomegranates, olives and dates (honey) (Deut. 8:8).

You can make a nice vegetarian pilaf from the shivat haminin: a bed of cooked bulgar wheat or wheat berries and barley, topped with figs, dates, raisins (grapes), and pomegranate seeds, served with a dressing of olive oil, balsamic vinegar (grapes) and pomegranate juice.

A Letter from Judy Solomon



Hi

Looking back we can remember the beautiful New Year's Eve party. We thank Sandye, Gert and all the dedicated volunteers who helped put this together.

January will be remembered for the extreme cold weather and the days without heat. Fortunately, the staff at the Plaza was there to help us through.

Until now, we have been lucky with little precipitation...But the past few days did a lot to make up for this. Sometimes it's good to see the weather people not too accurate.

Looking forward to an interesting and not too snowy February.

Bye for now!

Judy

Photo: Plaza resident Pearl Berkowitz reads to young children that participate in the JCC preschool program.



Photo: Presenter Robert Gold entertained residents with a program entitled Jazz meets Tin Pan Alley.



Transportation Information You May Need:

ACCESS LINK
973-491-7000

METRO TRANSPORT
973-325-1359

WEST ORANGE TRANSPORTATION
973-325-4134

ESSEX COUNTY TRANSPORTATION
973-266-8448

LIVINGSTON TAXI
973-740-1999

Important Reminder

For the safety of yourself
and the other residents,
it's important
not to store anything
in your oven for any reason.

Thank you for your
cooperation!

Helpful Winter Safety Tips for Senior's

The winter season can present serious challenges to older adults in many parts of the country, whether they live in a private home, apartment, or in a retirement community. The Jewish Community Housing Corporation of Metropolitan New Jersey (JCHC), which owns and manages four senior living communities in northern New Jersey, advises seniors to take additional steps to stay safe during the colder months.

“We take extra precautions during the winter months to ensure our senior residents remain safe, warm and secure,” said Terrence Roselle, the JCHC’s Regional Facilities Director. “Measures in all four of our communities are executed to meet the demands of rough winter weather, when we must contend with near-freezing or below-freezing cold temperatures, ice and snow, and when our seniors must often spend extended periods of time indoors.”

The JCHC offers these helpful tips for seniors, their families, and caregivers to keep elderly or frail individuals safe and healthy during the winter, and to prevent common hazards of the season.

- Prevent unnecessary slips and falls. Older adults are particularly vulnerable to broken wrists, ankles or hips, and could suffer severe lacerations to their head or face in the events of a slip and fall.
 - o Keep walkways clear of ice and snow. Have a reliable snow shoveling service lined up in advance of bad weather and adequate ice melt product on hand for steps and sidewalks.
 - o Maintain good traction. Wear shoes with non-skid soles and replace worn cane tips. Remove shoes indoors to avoid tracking in melting snow and ice that can lead to dangerously slippery floors.
- Avoid frostbite or hypothermia.
 - o Dress warmly in layers. According to the National Institutes of Health, hypothermia can develop in older adults after relatively short exposure to cold weather; therefore, dress warmly when going outdoors, keep extremities warm, and add hat, scarf, and gloves.
 - o Keep indoor temperature warm enough. Don’t set the thermostat too low and keep extra blankets on hand for chilly nights in order to maintain proper body temperature.
- Prepare the car—and driver—for winter driving. Cold weather is no time for roadside breakdowns or stalled vehicles. Have the car serviced before deep winter hits and have all systems checked to stay safe on the road. Sign up for a roadside assistance program and keep a cell phone charged and on hand for emergencies. Avoid driving in hazardous conditions.
- Eat well and take Vitamin D. A varied, nutritional diet is always important at any age. However, less time spent outdoors in direct sunlight means less Vitamin D which is essential for healthy bones and teeth. Add supplementation to the diet and/or include grains, tuna and salmon, fortified milk to avoid Vitamin D deficiency.
- Install a carbon dioxide monitor. Using a fireplace, gas heater or lanterns can lead to carbon dioxide poisoning if rooms are not properly ventilated. A carbon dioxide detector is an easy way to avoid this dangerous situation.
- Have an emergency kit. Be prepared for an extended power outage with a flashlight (and fresh batteries), warm blankets, non-perishable foods, a cell phone and charger, and a battery-powered radio. Have a family communication plan in place to check on each other.
- Stay in touch with loved ones. The winter can be tough on some people because they are indoors so much and they might be more isolated than usual. It’s a good idea for families to check in on their loved ones more frequently, not only to make sure they are doing well physically and emotionally.

HAPPY BIRTHDAY



To:
Dolores Lederman

From:
Thelma Gottlieb

To:
Miriam Lateiner

From:
Sophie Lubka

To:
Joan Bender

From:
Dorothy Kleinert

To:
Linda Israel

From:
Dorothy Kleinert

To:
Bea Murray

From:
Dorothy Kleinert

GET WELL WISHES



To:
Dolores Lederman

From:
Thelma Gottlieb

To:
Shirley Magnus

From:
Florence Widelitz

To:
Mrs. Doris Hillson

From:
Marlene Mankoff

MAZEL TOV



To:
Sharon & Cory Ledner
Congratulations on your
wedding.

From:
Linda Israel

Condolence



To:
Mrs. Ruth Goldiner
on the loss of her husband

From:
Gert Freeman

To:
Bea Greenberg's Family
on the loss of their
beloved mother, Bea.

From:
Evelyne Lerner
Rhoda Morris
Doris Markowitz

To:
Grivelba Johnson
on the loss of her
beloved mother

From:
Clara Beckerman and Aggie

Library Donations

Alyce Atkins
George Aptecker
Helen Boll
Shirley Linker
Sarah Moskowitz
Norma Tooter
Florence Widelitz

FEBRUARY 2015 PLAZA Calendar is subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 11:00 BRUNCH FEATURING ELLIS GORDON VIOLIN RECITAL 2:00 MOVIE	2 10:15 TOWN BUS 10:15 Walmart, Rt 22 11:30 TAI CHI 7:00 Life-Long Learning 7:15 BINGO	3 11:00 EXERCISE 2:00 CURRENT EVENTS 6:00 LIBRARY 6:45 Meditation & Relaxation	4 Tu B'Shevat 9:00 Art Class 10:45 Livingston Mall 11:00 Move Today & Walking Club 12:15 Life-Long Learning 1:00 JVS Blood Pressure 1:30 CHORAL GROUP 3:00 Floral Design Workshop 7:15 BINGO	5 9:30 Zimmerli Art Museum Rutgers New Brunswick 11:00 Exercise 2:00 Paint in the Recreation Room 7:00 Book Club	6 American Heart Association Go Red Day 9:00 SHOPRITE 10:00 SHOPRITE 1:00 ONEG SHABBAT 7:00 Religious Service	7 9:00 SHABBAT SERVICE 11:00 KIDDUSH 7:00 MOVIE
8 11:00 BRUNCH 2:00 MOVIE	9 10:45 Irvings & Farmers Market 10:15 TOWN BUS 11:30 TAI CHI 1:00 Social Worker Program-Getting Along in a Community Setting 7:15 BINGO	10 11:00 EXERCISE 2:00 CURRENT EVENTS 6:00 LIBRARY 8:00 Senior TV Movie	11 10:45 Essex Green 11:00 Move Today & Walking Club 12:15 Life-Long Learning 1:30 CHORAL GROUP 7:15 BINGO	12 10:45 Trader Joe's Florham Park 11:00 Exercise 2:00 Inspiration with Rose Mitchell	13 9:00 SHOPRITE 10:00 SHOPRITE 1:00 ONEG SHABBAT	14 Sweet Heart's Day 9:00 SHABBAT SERVICE 11:00 KIDDUSH 7:00 MOVIE
15 11:00 BRUNCH 2:00 MOVIE	16 President's Day Office & Dining Room Closed	17 11:00 EXERCISE 1:00 Congregate JFS Program 2:00 CURRENT EVENTS 6:00 LIBRARY 6:45 Meditation & Relaxation	18 9:00 Art Class 10:45 Livingston Mall 11:00 Move Today & Walking Club 12:15 Life-Long Learning 1:30 CHORAL GROUP 7:15 BINGO	19 10:45 Burlington Coat Factory & Pancake House 11:00 Exercise 2:00 Poetry Workshop	20 9:00 SHOPRITE 10:00 SHOPRITE 1:00 ONEG SHABBAT	21 9:00 SHABBAT SERVICE 11:00 KIDDUSH 7:00 MOVIE
22 11:00 BRUNCH 2:00 MOVIE Gamefest after Movie	23 10:15 TOWN BUS 10:15 Whole Foods & Target in Union 11:30 TAI CHI 1:00 Go Red with Barnabas Healthcare 2:00 Go Red Entertainment & Refreshments 7:00 Life-Long Learning 7:15 BINGO	24 11:00 EXERCISE 1:15 Rabbi Study Group-Purim 2:00 CURRENT EVENTS 6:00 LIBRARY 8:00 Senior TV Movie	25 10:15 Woodbridge Mall & Wegman's 11:00 Move Today & Walking Club 12:15 Life-Long Learning 1:30 CHORAL GROUP 7:15 BINGO	26 12:15 JCC Black History Program 11:00 Exercise 12:15 JCC Jubilee Choir & Boys Step Team	27 9:00 SHOPRITE 10:00 SHOPRITE 1:00 ONEG SHABBAT	28 9:00 SHABBAT SERVICE 11:00 KIDDUSH 7:00 MOVIE