

February 2015

# VILLAGE PRESS

The Newsletter for Village Apartments



## 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.



## Manager's Corner



Friday, February 6, 2015 is **National Wear Red Day!** On this day, men and women are encouraged to wear red as a symbol of their support of women's heart health. We encourage everyone to know their cardiovascular risk and take action to live longer, healthier lives.

Programs to attend in support of GO RED!

Wednesday, February 4 at 1:00 pm: Laughter Yoga

Wednesday, February 18 at 12:00: Musical Program – All residents encouraged to wear red

Wednesday, February 18 at 1:00: Speaker from St. Barnabas – Heart Health

### ***Reminder:***

***Highline of New York***

***Speaker: JCHC, Regional Facilities Director, Terrence Roselle***

***Friday, February 27 at 11:30 am***

***Main Dining Room***



**Bundle Up! It's cold outside.**

## Upcoming Events at Village

- Go Red Laughter Yoga
- Scrabble with Fran Rod
- Kid's Cookies n' Concerts Featuring Jarod Friedman
- Zimmerli Art Museum at Rutgers
- ADAPT Medication Brown Bag
- Poetry Workshop
- Kid's Cookies n' Concerts Featuring Ellis Gordon
- Senior TV Movie
- Village Apartments Go Red Event featuring Barnabas Healthcare and entertainment by Stephen Fuller
- Food Meeting with Mitchell
- Be Inspired by Rose Mitchell
- Highline of NY with Terrence Roselle
- JCC WOHS Step Team & Jubilee Choir

Be sure to check your calendar for dates and times of all events.

## Happy February Birthday



Feb. 2: Gertrude Gunther  
Feb. 3: Leona Schutz  
Feb. 8: Reginald Baldini  
Feb. 25: Shirley Guyton  
Feb. 26: Sam Schein  
Feb. 27: Zelda Pleat  
Feb. 29: Patricia Sterling

Residents Eleanor Kostant, Reggie Baldini and Simon Gang participated in resident card nite.



The Village Activity Coordinator presented a program on the "Life and Times of Martin Luther King."



Estelle Franzonia  
Art of Floral  
Design Project



Jennie Ginsberg Art of  
Floral Design Project



Residents are invited to join Scrabble with Fran Rod of the 1<sup>st</sup> Tuesday of each month at 5:15 p.m.



## 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.

### **IMPORTANT NOTICE FOR ALL VILLAGE RESIDENTS:**

For all non emergency calls or questions after business hours, please call the following number:

**Mon 5:00 pm – 11:00 pm**

**Tue 5:30 pm – 11:30 pm**

**Wed 5:00 pm – 10:00 pm**

**Thu 5:30 pm – 10:30 pm**

**Fri 5:00 pm – 11:00 pm**

973-763-0999 (A Security Guard will assist you)

**Saturdays: 10:00 am – 10:00 pm**

973-789-1952 (The Superintendent will assist you)

**Sundays: 10:00 am – 10:00 pm**

973-763-0999 – (A Security Guard will assist you)

### **For All Emergency Calls:**

- Push Your Pendant for medical emergencies only
- Dial 911
- 973-789-1952 Superintendent's Emergency Cell Phone

## Helpful Winter Safety Tips for Seniors

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.

# FEBRUARY 2015 VILLAGE Calendar is subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b> 10:30 Walmart, Rt 22 4:30-6:00 SUPPER CLUB	<b>3</b> 9:15 Exercise 10:45 Shopping 12:00 Congregate Lunch 1:00 Bridge 5:15 Scrabble with Fran Rod 7:00 Movie	<b>4 Tu B'Shevat</b> 10:30 Livingston Mall 11:00 Exercise with Tami 1:00 Go Red Laughter Yoga 2:00 CURRENT EVENTS 4:00 KNITTING CLUB 4:30-6:00 SUPPER CLUB	<b>5</b> 9:15 EXERCISE 9:45 Zimmerli Art Museum Rutgers New Brunswick 12:00 Congregate Lunch 7:00 BINGO	<b>6 American Heart Association Go Red Day</b> 1:30 RELIGIOUS SERVICE 4:30-6:00 SUPPER CLUB	<b>7</b>
<b>8</b> 11:00 KID'S COOKIES N' CONCERTS FEATURING ELLIS GORDON	<b>9</b> 10:30 Irvings & Farmers Market 11:00 -3:00 ADAPT Medication Brown Bag Event 4:30-6:00 SUPPER CLUB 7:00 1 <sup>st</sup> floor lounge closed for private meeting	<b>10</b> 9:15 Exercise 10:45 Shopping 12:00 Congregate Lunch 1:00 Bridge 5:30 Poetry Workshop 7:00 Movie	<b>11</b> 10:30 Essex Green 11:00 Exercise with Tami 2:00 CURRENT EVENTS 4:00 KNITTING CLUB 4:30-6:00 SUPPER CLUB	<b>12</b> 9:15 EXERCISE 10:30 Trader Joe's Florham Park 12:00 Congregate Lunch 4:30 Kid's Cookies n" Concerts: Music by Jarod Friedman 7:00 BINGO	<b>13</b> 1:30 RELIGIOUS SERVICE 4:30-6:00 SUPPER CLUB	<b>14 Sweet Heart's Day</b>  <b>8:00 Senior TV Movie</b>
<b>15</b> <b>8:00 Senior TV Movie</b>	<b>16 President's Day Office &amp; Dining Room Closed</b>  <b>7:00 Movie</b>	<b>17</b> 9:15 Exercise 10:45 Shopping 12:00 Congregate Lunch 1:00 Bridge 4:30-6:00 SUPPER CLUB	<b>18</b> 10:30 Livingston Mall 11:00 Exercise with Tami 12:00 Village Apartments Go Red with Refreshments & Entertainment Stephen Fuller 1:00 Go Red with Barnabas Healthcare 2:00 CURRENT EVENTS 4:00 KNITTING CLUB 4:30-6:00 SUPPER CLUB	<b>19</b> 9:15 EXERCISE 10:30 Burlington Coat Factory & Pancake House 12:00 Congregate Lunch 7:00 BINGO	<b>20</b> 1:30 RELIGIOUS SERVICE 4:30-6:00 SUPPER CLUB	<b>21</b>
<b>22</b>	<b>23</b> 10:30 Whole Foods & Target in Union 12:00 Food Meeting with Mitchell 4:30-6:00 SUPPER CLUB	<b>24</b> 9:15 Exercise 10:45 Shopping 12:00 Congregate Lunch 1:00 Bridge 5:30 Inspiration with Rose Mitchell 7:00 Movie	<b>25</b> 10:30 Woodbridge Mall & Wegman's 11:00 Exercise with Tami 2:00 CURRENT EVENTS 4:00 KNITTING CLUB 4:30-6:00 SUPPER CLUB	<b>26</b> 9:15 EXERCISE 11:45 JCC Black History Program 12:00 Congregate Lunch 7:00 TENANT MEETING	<b>27</b> 11:30 Highline of NY with Terrence Roselle 1:30 RELIGIOUS SERVICE 4:30-6:00 SUPPER CLUB	<b>28</b>