The Holidays
The holidays are almost over, quite a haul;
From Rosh Hashana greetings to fasting and praying for forgiveness all
We ask for good health, peace and happiness this year and and
an abundance of good cheer.
Sukkot is delicious, we eat under the stars at night, with food
to what our appetite.
Shemini Atzeret and Simchat Torah follows close by;
We dance with the Torah, celebrate our heritage and do our best
to comply.
A wonderful end to the holidays.
Be kind, thankful, charitable each and every day.

Now, let's change gears!
The squirrel was running up and down the tree
It kept on scurrying, maybe it didn't see me
It picked up something from the ground
And headed up with the bounty it found
It was getting ready for colder weather
When there would be less food
More months to feed, the bigger the brood.
Nuts and grass, tiny pecks to eat
Would be helpful and a treat.
The squirrel turned and looked at me...
I have to be prepared for any kind of emergency!
Sometimes the weather can be brutal, looking for more
food is really futile
It waved at me, see you in the spring!
When it is warm,
And everyone looks happy, not forlorn.
Happy Fall!

If you would like any information about Lester Senior Housing, please call
David Rozen
at 973-929-2725

Thank you to all the residents who have contributed to this month’s edition of the Lester Chronicle.
If you have an article, work of art, expressive writing etc. that you would like to share with your fellow residents and see in the newsletter, please contact Cheryl at 973-929-2731

Enjoying the cocktail party, which was part of National Assisted Living Week’s celebrations, are from left: Arlene Levenson, Shirley Wolf and at right, Ruth Muraskin

Anne Lipman’s memoirs were recited at Arts Day! by Megan Rabinowitz
Students from the Gottesman RTW Academy entertain residents with their Apple & Honey program before Rosh Hashana

Birthday celebrants, Pearl Barell (L) & Ray Shapiro (R) enjoying the entertainment at the September Birthday Bash

By: Bea Freihitter, Weston Resident
Announcing!
Super Tuesdays at Our Country Store
10% off All Purchases
Over Five Dollars
Come Visit Us and Save Money
Open 11 am to 1 pm

On a Personal Note:
Thank you for your wishes of sympathy during the recent loss of my father. I am deeply touched by all your words of condolence.
With warm regards,
Cheryl

Fall Facts & Trivia

Birds

The distance some birds travel every year when they migrate is really unbelievable. The Arctic Tern journeys about 11,000 miles each way for its annual migration; that’s like going all the way across the United States about three and a half times!

In order to know which way to go when they fly south, birds use a variety of techniques such as the position of the sun or the stars, and big landmarks like lakes, rivers, or mountains!

When flying south for winter, the Bar-Headed Goose flies as high as 28,000 feet to go over the Himalayas, which is the height of almost 80 American football fields stacked up along their tallest length!

Weather

The autumnal equinox is the first day of fall! It’s also one of the two days of year when the north and south halves of the world face the Sun in equal amounts!

During fall, the days start to get shorter. It’s all also one of the two days of year when the sun is rising at an equal time as the sun sets. That’s because our planet is actually tilted in space! When it’s fall where you live, that means you point more away from the sun, causing longer nights and shorter days.

Welcome to Lester

To all of Lester’s new residents, we would like to wish you a warm welcome and Bruchim Haba’im
Sheila Feuchtwang
Myra Rauhbach
Al Maduri
Richard Schwartz
Audrey Fischman

On a Personal Note:

Dear Lester Community,

As we approach the annual autumnal equinox, also known as the autumnal equinox, you may be wondering about the changes that occur during fall. Let’s explore some fascinating fall facts and trivia!

Birds and Migration:

Birds are extraordinary flyers, capable of traveling incredible distances during their annual migrations. The Arctic Tern’s journey is particularly impressive, as it flies across the United States about three and a half times. These birds use various techniques to navigate, such as the position of the sun, stars, and prominent landmarks.

Bar-Headed Geese: A remarkable feat of avian endurance is the Bar-Headed Goose. These birds can fly over the Himalayas, which is equivalent to stacking 80 American football fields along their longest length.

Weather:

The Autumnal Equinox marks the first day of fall, a cosmic event where the Sun shines equally on both hemispheres. During fall, the days become progressively shorter, with nights growing longer.

In order to adapt to these changing conditions, birds use various techniques, including utilizing the position of the sun, stars, and large landmarks.

Let’s embrace the season with gratitude and appreciation for the beauty and wisdom of nature. Happy Fall!

Cheryl Fisch, Community Life Coordinator
October 7th – Neil Dankman
October 11th – Gerrard & Diane Barros
October 18th – Tom Saad and the Horizon Music Volunteers
October 21st – Van Martin at the October Birthday Bash
October 25th – Dave Deluca

Entertainment:

October Trips & Entertainment

Naomi’s Rhyme Time

Summertime 2015

Summertime, Twenty-Fifteen,
One of the best we’ve ever seen!

“Summertime, and the livin’ was easy”
Skies were bright and the soft wind, breezy.

Each day we woke to a bright sunny sky,
Day after day, “so beautiful” we’d sigh.

As days passed on it was hard to believe,
Little rain, little heat, weather hard to conceive.

It lingered on into September,
A summer we know we’ll always remember.

Will it ever be freezing, with strong winds that bluster?
Will not being cold take all the strength we can muster?

Will we really need gloves and scarves to keep warm?
Will we have to deal with steep snow from a storm?

We know that the weather is hard to predict,
But, Summer 2015 was weather that clicked.

We’ll see what the winter will now have in store,
And when Summer comes, say “2015, encore, encore”!

Naomi Zaslow is a resident in the Weston Assisted Living Apartments. She lives there with her husband, Harry.

Lester Legacies by: Naomi Zaslow

Wise, witty, warm and wonderful are adjectives used to describe Ruth Bromberg of Lester Assisted Living. She was born in Passaic, NJ in 1916 by a midwife, at the back of the store where her father was a plumber and fixed and sold bicycles and the family lived in a kitchen and bedroom.

Her mother was born in Odessa, Russia and came to the US in 1912 at the age of fifteen and immediately enrolled in night school and got a job making mesh bags. Her father came from Lithuania at age seven. Ruth’s parents were married after they met at a “Lansman’s” dance and Ruth, her two brothers and a sister were born.

“My mother was a wonderful homemaker”, Ruth says “and my father was very kind and generous.” She remembers fondly their attention when she had Scarlet fever and diphtheria, the telltale sign on the door, and the doctor’s visits every day. Her mother then worked with her on spelling, reading and math to get her up to grade level. She was active in school in grades 7 & 8 in student government, and after a strong speech, was voted Treasurer. Her high school years were filled with gym, music, algebra, French, English and some Spanish. She is very grateful to the dedicated teachers who encouraged her to go to college. But going to college would have been a financial burden, so Ruth enrolled in PACE Institute and got a job in a law office, then in a plumbing supply house, where she worked the telephone switchboard and enjoyed being together with nice young women.

Ruth met her future husband, Oscar, who was working as a weaver and attending PACE in the evening. His inviting her to a dance began a romance that enriched their lives forever. They were married 3 years later and Oscar was working in his father’s fabric silk business and Ruth worked in their office in NYC.

“Oscar was so supportive of whatever I wanted to do. We never argued, just talked things over and if we couldn’t agree, we let time take care of it”, Ruth says. She also glows with the memory of the good times, theater, dancing, concerts, trips, swimming and love that prevailed during 74 years of marriage. To add to their lives, the birth of 3 sons and 2 daughters.

Always interested in photography, Ruth also enjoyed knitting crocheting and needlepoint as hobbies. There are no hidden games with her, she says and she is honest and values integrity. Ruth and Oscar stayed at their home in Florida when his health and heart condition became severe. Four years ago her children arranged for the “nicest” place for them, Lester, when Oscar passed away. Her sister, Eleanor Baker, now lives in Lester, Independent Living.

“Oscar was so supportive of whatever I wanted to do. We never argued, just talked things over and if we couldn’t agree, we let time take care of it”, Ruth says. She also glows with the memory of the good times, theater, dancing, concerts, trips, swimming and love that prevailed during 74 years of marriage. To add to their lives, the birth of 3 sons and 2 daughters.

At this time of life, Ruth says, “Lester is the very best place to be. We can choose from many learning and uplifting experiences, writing and floral arts, in Arts by the People, we have an Outstanding dining room staff, Cheryl is a treasure along with Dyanne and Barbara, all witty, smart and helpful”.

At this time of life, Ruth says, we have to laugh and find joy where we can. When it is sometimes difficult, she says we can remember all we live, loved and enjoyed. “My mantra has always been, here’s to your good health and much joy.”

Al Lester, we are grateful for all the joy we receive from Ruth Bromberg.
I hope that the Fall holiday season has been enjoyable for you so far. But, before we embark on our full celebration of the last of the fall holidays, Sukkot, there is still one more special day, though largely ignored, that deserves explaining because of its great significance to us as Jews. That day is known as TSOM GEDALYA. Tsom means fast; Gedalya was the man’s name.

Nebuchadnezzar of Babylonia conquered Jerusalem in 586 BCE, burned the beautiful First Temple that King Solomon had built and killed or carried away into slavery most of the inhabitants. Many of the Jews fled to the neighboring lands of Moab, Ammon and Edom because they feared the new king.

Then Nebuchadnezzar the II of Babylonia appointed Gedalya, governor of the province of Yehud, a province of Judea. He was supported by a Chaldean at Mitzpa. Gedalya was the son of Achikam who had saved the life of the great prophet Jeremiah. Gedalya was known as a great and pious man. When the Jews heard that Gedalya was at Mitzpa, they began to return to Yehud. They started to build their homes and till their fields. They were eager to live in peace after many years of suffering.

But Baalis, King of Ammon, was hostile and envious of the Judean remnant, and he sent Yishmael ben Netanya in 582 BCE, some 4 years after the destruction of the First Temple to kill Gedalya.

The people warned Gedalya of Ishmael's evil intentions. But Gedalya was very trusting and would not pay attention to the warnings.

On Rosh HaShana Ishmael and ten men came to Yehud. Gedalya invited them to the feast held in honor of the holiday of Rosh HaShana. They were sitting and celebrating together. Ishmael suddenly got up and he and his ten men murdered Gedalya and all the other Jews and all the Chaldeans who were there. Additional bloodshed followed, and the Jews fled to Egypt fearing the wrath of Nebuchadnezzar for one Jew had been murdered by another.

The murder ended Jewish autonomy following the destruction of the First Temple effectively ending the prospect of Jewish settlement in the Holy Land until the return of the exiles from the Diaspora in 371 BCE.

Moreover, the murder of one Jew by another is likened to the murder of Gedalya. The Rabbis said that the murder of the righteous is likened to the murder of Gedalya.

The next Hearing Screening is scheduled for October 23rd, 12:30-4:30 in the 2nd Floor Heller Card Room.