

B'nai B'rith Banner

August 2016

SOCIAL WORK

Social workers:

- Act as advocates for their clients
- Educate clients and teach them new skills
- Link clients to essential resources within the community
- Protect vulnerable clients and ensure that their best interests are observed
- Counsel clients who need support and assistance
- Research social problems to look for remedies

Our Social Worker, Kathleen Silver comes to our building two days a week, Tuesday, and Friday. Not only does she directly work with the residents, she also has a different program every month, which has been a great success.

In July Kathleen had a *Life History Workshop* where the residents were asked to answer some questions about their childhood. The people that participate in these workshops are always happy and have asked for more.

If you haven't participated in a workshop yet, try to come to the next one, it may be the beginning of a fun and rewarding experience.

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AUGUST HAPPENINGS

- 2 - 9:45 ShopRite
- 2 - 1:00 Arts & Crafts
- 8 - 10:15 Livingston/Short Hills Malls
- 9 - 9:45 Stop and Shop
- 9 - 1:00 Arts & Crafts
- 10 - 10:15 Exercise
- 10 - 10:45 Rt. 22 shopping
- 12 - Jazz in the Garden at Newark Museum
- 15 - 10:15 Long Branch
- 16 - 9:45 ShopRite
- 16 - 1:00 Arts & Crafts
- 17 - 10:15 Lake Hopatcong, sit by the water for lunch
- 18 - 8:15 Sands Casino
- 22 - 10:15 Livingston/Short Hills Malls
- 23 - 9:45 Stop and Shop
- 23 - 1:00 Arts & Crafts
- 24 - 10:45 Tinton Falls shopping
- 25 - 11:00 Montclair Art Museum
- 29 - 10:45 Whole Foods & Target
- 30 - 9:45 ShopRite
- 30 - 1:00 Arts & Crafts
- 31 - 10:15 Essex Green
- 31 - 10:15 Exercise

**ALL TRIPS INCLUDE LUNCH OUT AT YOUR
EXPENSE**

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Greetings from Bryna

Happy August.

July was one of the hottest months on record. August may turn out to be as hot as July. Please stay hydrated and use your air conditioners.

Air conditioning is essential during a heat wave, especially when there is high humidity. If running your air conditioner makes you too cold, put it on a higher temperature and run it periodically during the day.

You should eat lightly and drink plenty of fluids. Avoid alcohol and drinks with caffeine.

Rub wet washcloths over your wrist, face and back of neck. You can also use ice cubes in a washcloth or use packs of frozen vegetables.

Please check the calendar for some fun trips this month. There is a trip to Long Branch on Monday, August 15. On Wednesday, August 17 there is a trip for lunch at Lake Hopatcong and on Thursday, August 25 there is a trip to the Montclair Art Museum, one of the interesting exhibits is "Undaunted Spirit, Native American Art."

Also, due to "popular request", Carolyn added another shore trip on August 29 to Asbury Park.

Remember try and stay cool and drink plenty of liquids.

Bryna

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INTERESTING TRIVIA FACTS

Iceland has no railway system or army!

A hard working adult sweats up to 4 gallons per day.

Lima beans contain cyanide!

Women end up digesting most of the lipstick they apply.

During world War Two, Oscars were made of wood because metal was scarce.

Before going into space astronauts are not permitted to eat beans.

To keep food from freezing Eskimos use refrigerators.

In the 1830's ketchup was sold as medicine.

If you refrigerate rubber bands they will last longer.

When leaving a cave bats always turn left.

Scissors were invented by Leonardo da Vinci.

In one year Mexico City sinks about an inch.

The blood of a lobster is blue.

Happy Birthday

Anthony Freda 08/07

Jane Olinger 08/07

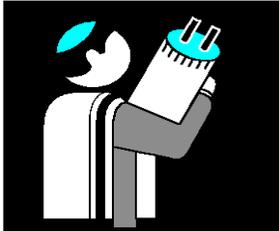
Elena Baez-Sanchez 08/20

Yevheniya Melnychuk 08/24



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Resident Service Schedule @ B'nai B'rith



Kathleen Silver, Social Worker
Tuesday 9:00—4:00 and Friday hours vary
Call Kathleen for an appointment
11:30 Rabbi— every Friday for Shabbat service

Office Hours: Mon.-Thur. 9-5 Fri. 9-4



Midsummer's Eve



Where are you going, summer breeze?
Off beyond the fields and trees.

What do you see when you blow that way?
Children jumping from bales of hay.

What do you hear as you travel the land?
People dancing to an outdoor band.

What do you smell as you rush about?
The perfume of blossoms bursting out.

What do you taste as you soar up high?
Fresh corn on the cob and apple pie.

What do you feel as you climb to great heights?
The heat of the day and the warmth of the nights.

What do you wish for as you leave?
Let all folks enjoy this midsummer's eve



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A few favorite lines have come to mind: "Grow old along with me! The best is yet to be, the last of life, for which the first was made" from *Rabbi Ben Ezra* written by Robert Browning. Do you remember these famous lines of wisdom? Poetic lines have a rhythm all their own and may have wisdom too, but in their words describing beauty in the natural world or commenting on the many aspects of life, there is a special comfort, a soothing balm to the soul. I highly recommend it for the long quiet evenings as we prepare for sleep.

The month of August is usually hot and humid and though we may not find it comfortable, it is a month of preparation for harvest. Crops of all kinds—fruits and vegetables, yield to the strength of the sun and grow into maturity, that is, ripen. Many summer flowers open most fully to the long days of warmth and sunlight for a glorious blaze of color.

But we are not crops or flowers! The hot, humid days may be a bit difficult for us. We can go outside most comfortably in the morning before the sun reaches its full relentless strength, or in the evening when a cool breeze may offer relief.

We are blessed to be living here where our site manager Bryna and our activities coordinator Carolyn spend their days making sure our lives are filled with many things to keep us safe, busy and happy. Hot, humid days are perfect for arts and crafts or jigsaw puzzles in the comfort of air-conditioning. Management pays for and Carolyn plans two DVDs every week for us. We can request our favorite films too—those classics that we may have missed or want to see again, and more recent films. And Carolyn is famous for giving us ice-cream socials in the hot weather. Keep looking at the bulletin board and keep handy the calendar that Carolyn makes up for us each month. Enjoy the programs offered to us and some activities in the Community Room, mingle with friends and make new ones!

There will be no meetings of the Residents' Association during July and August. We look forward to meeting again in Sept. Stay cool and enjoy the summer!

-Lavinia Walker, Co-president, South Orange B'nai B'rith Federation House Residents' Association

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Summer Search

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

August

beach

bikini

boat

camping

fan

fishing



hat

hot

ice cream

July

June

lotion

mosquito

shorts

sunburn

sunglasses

suntan

swimming

tent

vacation



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Memory Care is Coming to Lester Senior Housing Community

In response to the evolving needs of our seniors, the Lester Senior Housing Community has started the conversion of the third floor of the Weston Assisted Living Residence to a memory care setting. This residence will provide high-quality, personalized care to adults ages 62 and up with memory care needs. We will welcome residents based on a needs assessment and qualification for the level of care required for those with a dementia-related diagnosis. Our target date to open is December 2016.

The new memory care residence will have 12 apartments (11 studios, 1 one-bedroom).

There will be a bright, airy activity room where residents will be encouraged to enjoy music, crafts, games and other engaging activities; plus a quiet room, lounges, dining room with country kitchen, and a roof garden.

We are working closely with the architecture firm DiGroup, which has a vast experience in senior community design. DiGroup is incorporating many important environmental supports to enhance residents' lives and provide a high-quality, resident-focused setting. As safety and security are of paramount importance for all our residents, the memory care residence will have a care manager station and limited, secured access with alarms to assure a safe living environment.

We aren't just building a new residence—we'll also be building a well-trained team in Alzheimer's/dementia care to ensure that our memory care residents always receive the level and kind of attention they need. Our team and all activities will center on the individual's needs and comfort at all times, so that the JCHC's "community of caring" philosophy is always fulfilled.

Regards,

Laurie

Laurie Loughney
Chief Operating Officer