

# Plaza Press

The Newsletter for Jewish Federation Plaza



## Celebrating May

**Clean Car Month**

**Inventors Month**

**Vinegar Month**

**Yom HaAtma'ut**

*May 2*

**Cinco De Mayo**

*May 5*

**Cherish an Antique Day**

*May 9*

**Mother's Day**

*May 14*

**Endangered Species Day**

*May 19*

**Memorial Day (U.S.)**

*May 29*

**Shavuot Day 1**

*May 31*

## Tokyo in Full Bloom

Japan may be famous for its cherry blossoms, but springtime in Tokyo brings an abundance of other flowers and flower festivals. By the end of April, many of Japan's cherry blossoms have already flowered, but Tokyo's city dwellers still have plenty of blooming flowers to look forward to. The Nezu Shrine is a quiet place for 11 months out of the year, but by the first week in May, its 3,000 azalea plants burst into a palette of bright colors. The Bunkyo Azalea Festival, or Tsutsuji Matsuri, attracts thousands of visitors during Golden Week, its busiest viewing week. The 300-year-old azalea garden is home to rare varieties, such as the black karafune flower, and is complete with a Shinto shrine, bridges running over streams, traditional Torii gates, and women dressed in their best kimonos.

Across town is yet another sacred spot draped in wondrous springtime color: the Kameido Tenjin Shrine. This shrine is home to its famous trellises boasting a sea of cascading purple wisteria vines. The wisteria were planted 300 years ago when the original temple was built. Visitors can stroll over the shrine's beautiful red bridge, spying darting koi and lounging turtles in the pond. The wisteria are so alluring that old Japanese shoguns made pilgrimages to visit the garden. Many of Japan's most celebrated artists have captured the garden's scenic serenity in color prints.

Perhaps the most celebrated of all flower festivals is the Kyu Furukawa Garden Rose Festival. The gardens, sprawled at the foot of a western-style mansion, have been designated a national place of scenic beauty. The roses hit their peak in May with a dazzling array of colors and an intoxicating bouquet of aromas. Over 90 rose varieties can be found, including Princess Michiko, a variety named for Japan's Empress, and Royal Princess, a variety offered as a gift from France and named for Princess Aiko, daughter of Japan's Crown Prince and Princess.

## Shavuot, the Festival of Weeks

Shavuot, the Festival of Weeks, is the second of the three major festivals with both historical and agricultural significance. The other two are Passover and Sukkot. Agriculturally, it commemorates the time when the first fruits were harvested and brought to the Temple, and is known as Hag ha-Bikkurim (the Festival of the First Fruits). Historically, it celebrates the giving of the Torah at Mount Sinai, and is also known as Hag Matan Torateinu (the Festival of the Giving of Our Torah).

The period from Passover to Shavuot is a time of great anticipation. We count each of the days from the second day of Passover to the day before Shavuot, 49 days or 7 full weeks, hence the name of the festival. The counting reminds us of the important connection between Passover and Shavuot: Passover freed us physically from bondage, but the giving of the Torah on Shavuot redeemed us spiritually from our bondage to idolatry and immorality. Shavuot is also known as Pentecost, because it falls on the 50th day. However, Shavuot has no particular similarity to the Christian holiday of Pentecost, which occurs 50 days after the Spring holiday.

It is noteworthy that the holiday is called the time of the giving of the Torah, rather than the time of the receiving of the Torah. The sages point out that we are constantly in the process of receiving the Torah, that we receive it every day, but it was first given at this time. Thus it is the giving, not the receiving, that makes this holiday most significant. Shavuot is not tied to a particular calendar date, but to a counting from Passover. Because the length of the months used to be variable, determined by observation. There are two new moons between Passover and Shavuot. Shavuot could occur on the 5th or 6th of Sivan. However, now that we have a mathematically determined calendar, and the months between Passover and Shavuot do not change length, Shavuot is always on the 6th of Sivan (the 6th and 7th outside of Israel).

Work is not permitted during Shavuot. It is customary to stay up the entire first night to study Torah, then pray as early as possible in the morning.

It is also customary to eat a dairy meal at least once during Shavuot. Some say as a reminder of the promise regarding the land of Israel, a land flowing with "milk and honey." Others feel that dairy is eaten as a result of Torah dietary laws.





## Manager's Corner

**I hope that you all of you had a wonderful Passover.**

It is commonly said,  
"April showers bring May flowers."



May is usually the month when we can at last, safely come out of our winter coats to enjoy warm weather. However, that "ah" can quickly become "ah-choo" if you're one of the 36 million Americans with seasonal allergy problems. A runny nose, itchy eyes, and congestion can slow you down and make you miserable. Experts say if you are allergy-prone, you can take a number of steps to minimize the misery. First and foremost see your doctor if you are affected.

### WebMD suggests:

1. Know Your Allergy Triggers, such ragweed other pollens or molds.
2. Learn Do-It-Yourself Measures, such as avoiding allergens, Wear a protective mask when gardening or doing yard work.
3. Modify the indoor environment to keep out allergens for instance, use HEPA filters to better trap pollen spores.
4. Check pollen counts before you travel.
5. Wash your hair at the end of the day to wash out pollens. This will help avoid pollen transfer to the pillowcase.
6. Exercise in the morning or late in the day when pollen counts are typically lower than at other hours.

Hopefully, using these practical suggestions will help minimize allergy miseries.

**Wishing all Plaza residents  
"Happy Memorial Day"  
&  
"Shavuot"**

## UPCOMING EVENTS



**Just a  
reminder...**

- CEO Chat
- Clifton Commons Shopping
- Life Long Learning
- Book Club
- Floral Design Workshop
- Adult Coloring
- Plaza Men's Club
- Trader Joe's
- Our Stories
- Sands Casino
- Makeup & Skin Care Class
- Rt 10 Shopping
- Dessert & Entertainment
- Current Events
- BINGO
- Essex Green & Kmart
- Exercise with Tami
- Livingston Library: Livingston High School Band
- Watercolor Painting
- Bed Bath and Beyond in Springfield
- Walmart & Rt 22 shopping
- Music with Paul
- Food Meeting with Mitchell
- Short Story Group
- Word Search
- Rt 10 Shopping Nordstrom Rack, TJ Maxx
- Leo the Therapy Dog
- Creative Arts with Joan
- Rabbi Study Group
- Meditation & Relaxation

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

## HAPPY MAY BIRTHDAY



Margot Solodar	5/03
Linda Boros	5/03
Kenneth Herskovits	5/05
Sarah Moskowitz	5/13
Marlene Hyatt	5/16
Theodore Greenfield	5/16
Alyce Atkins	5/18
Joan Matos	5/18
Joseph Greenfield	5/24
Roberta Atti	5/24
Helen Mandel	5/28
Arline Rubin	5/31
Rachelle Chriss	5/31

### Floral Arts Design

**Monday, June 19<sup>th</sup>, 10:00 a.m.  
Recreation Room**



Would you like to volunteer to help design floral centerpieces for the 2017 JCHC Annual Dinner?

6 Volunteers are needed. You may sign up at the Concierge Desk. Deadline for course registration is June 1<sup>st</sup>.

## Screened Out



In our modern world, more and more things are being digitized, and more and more people are spending time in front of screens: televisions, cell phones, computers, tablets, even cars and refrigerators are now being made with interactive screens. Some consider these computerized screens to be harmful enough to declare the first week in May Digital Detox Week, a week spent free of the influence of these screens in our lives.

Is “screen time” truly harmful? Some scientists have found screen time to have greater negative influences on kids. One study showed that kids separated from their screens for a week did a better job of reading emotions on other people’s faces than those who spent their days watching TV or playing computer games. This shows that too much screen time perhaps reduces childrens’ abilities to empathize with each other. Kids are not the only ones under the influence of screens. Adults who are on their computers or cell phones before they fall asleep have been shown to suffer through the night. The light from the screen disrupts the brain’s sleep-wake cycle, causing insomnia-like symptoms and sleep deprivation.

We must accept that computers and media such as television and games are a fact of modern living. But how do we strike a healthy balance with these digital devices? One researcher advises that if the sun is shining, then screen time should be limited. There is no digital substitute for a walk outdoors or a visit to the playground. Another suggestion is to strike a balance between the more passive, consumptive nature of sitting in front of screens with active creativity. For every minute spent in front of the TV or a computer game, balance that with cooking, knitting, building a fort, doing a puzzle, or creating an art project. In our digital world, where our every whim seems catered to, it is important to stay engaged and curious with the world beyond our electronic screens.

Greetings from the Tenant's Association

THE TENANTS ASSOCIATION  
PROPOSED SLATE OF OFFICERS

Election at the General Meeting

Thursday, May 25, 6:30 pm

Treasurer – Dolores Lederman

Secretary – Rachelle Chriss

Board Members -

Mae Berenson

Judi Cohen

Marlene Mankoff

Millie Podnos

Mickey Spector

Elaine Botterman

Carole Golden

Rhoda Morris

Wanda Robinson

Past Presidents are on the Board permanently:  
Sandye Garrison, Gert Freeman, Judy Solomon

President – serves for two years – 2016-2018  
Joan Bender

## Plaza Men's Club



**Thursday, May 4<sup>th</sup>  
3:00 p.m.  
Recreation Room**

The Plaza Men's Club is inviting women to join the conversation.

Anyone interested may join us on the 1<sup>st</sup> Thursday of each month at 3:00 p.m.

## Weekend Movie Requests

If you are interested in seeing a special movie title during weekend movies at Plaza, please stop by the Concierge desk and pick up a movie request form. We will do our best to place your movie title in the queue.

Although, we cannot guarantee that your movie will be featured, we will try to add your movie title to the pending list.

Please note, all residents have equal opportunity to request films. Consequently, all films ordered may not be to your liking. If this is the case, you may have to patiently wait until a film title which you like becomes available.

## HALF PRICE DEAL

The Jewish Federation Tenants Association is offering half year/half price memberships to those residents who are new or who didn't sign up last fall.

For \$10, you will be able to attend and enjoy all the fun activities the Tenants Association will be hosting over the next six months.

Don't miss out!

See Dolores Lederman at Table I in the dining room.

The wonderful entertainer Steve Fuller performed for Plaza residents.



Exercise with Tami takes place on Tuesday's and Thursdays at 11:00 a.m.



## HAPPY BIRTHDAY



**To:**  
Lucille Jacobs

**From:**  
Rachelle Chriss  
Marion Brod  
Marlene Hyatt  
Helen Mandel  
Marlene Mankoff  
Elaine Botterman  
Dolores Lederman

**To:**  
Rhoda Morris

**From:**  
Rachelle Chriss  
Dolores Lederman  
Jackie Kaufman  
Gert Freeman  
Esther & Ed Schwartz

**To:**  
Carol Schneider

**From:**  
Irene Goldberg

## GET WELL WISHES



**To:**  
Esther Schwartz

**From:**  
Gert Freeman

**To:**  
Wanda Robinson

**From:**  
Table 2  
Joan Bender  
Carole Goldman  
Rhoda Morris  
Thelma Gottlieb

**To:**  
Hank Rottenberg

**From:**  
Aunt Shirley Magnus  
Elaine Botterman

## THANK YOU



**To:**  
Everyone for making my  
recovery much easier.  
Thanks  
for the cards, calls and  
prayers

**From:**  
Jackie Kaufman

**THANK YOU**  
For your birthday wishes  
to Lucille Jacobs

**From:**  
Marion Brod  
Rachelle Chriss  
Marlene Hyatt  
Dolores Lederman  
Helen Mandel  
Elaine Botterman  
Marlene Mankoff



## CONDOLENCE



**To:**

The Ilyash Ovashova  
& Tolba Families  
on the loss of their  
beloved father  
& grandfather,  
Yuris Zilberglit

**From:**

The Freeman Family

**To:**

Mr. & Mrs.  
Joseph Jacoby  
on the loss of your  
beloved mother  
Phyllis Bauer

**From:**

Rhoda Morris  
Ethel Gilman  
Ethel Kandler

## MAZEL TOV



**To:**

Rhoda Morris  
on the birth of her  
twin great granddaughters  
Anya and Bella

**From:**

Dolores Lederman  
Esther & Ed Schwartz  
Millie Podnos  
Jackie Kaufman

## WELCOME HOME



**To:**

Sandye Garrison

**From:**

Gert Freeman

## Cola Cure-All



People have been drinking Coca-Cola since May 8, 1888, when the soft drink was first served by Dr. John S. Pemberton at Jacob's Pharmacy in Atlanta, Georgia.

Yes, Coca-Cola was first marketed as a medicinal cure-all beverage for ailments such as headaches, nerve disorders, addictions, and indigestion. By 1900, sales of Coca-Cola had reached 100 million annually. Perhaps this surge in popularity had to do with Coca-Cola's brilliant marketing strategy of issuing tickets that could be redeemed at any location for a free glass—these tickets are considered the first coupons ever invented. Today Coca-Cola is as popular as ever. And it is still marketed as a medicinal cure for stomach blockages.

Apparently, Coca-Cola's chemical ingredients can cure a condition called gastric phytobezoar with a 90% success rate.

# MAY 2017 PLAZA Calendar is subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Program Location Code</b></p> <p>1. Recreation Room 2. Promenade 3. Dining Room <i>Note: Location is subject to change</i></p>	<p><b>1</b></p> <p>10:15 TOWN BUS 10:45 Clifton Commons Shopping 11:30 TAI CHI 2 <b>1:00 Adult Coloring</b> 2 6:00 LIBRARY 2 6:45 Life-Long Learning 1 7:00 BINGO 3</p>	<p><b>2 Yom HaAtzma'ut</b></p> <p>10:00 WO Health Dept Blood Pressure Screening 11:00 EXERCISE 2 <b>1:00 Seniors Home Program</b> 2 2:00 CURRENT EVENTS 1 <b>7:00 Music with Paul</b> 1</p>	<p><b>3</b> 11:00 Move Today &amp; Walking Club 2 12:15 Life-Long Learning 3 1:30 CHORAL GROUP 1 <b>3:00 Floral Design Workshop</b> 1 4:00 Breathing &amp; Meditation with Preeti-2 7:00 BINGO 3</p>	<p><b>4</b></p> <p>10:45 Trader Joe's Florham Park 11:00 Exercise 2 <b>3:00 Plaza Men's Club</b> 1</p>	<p><b>5 Cinco De Mayo</b></p> <p>9:00 SHOPRITE 10:00 SHOPRITE 1:00 ONEG SHABBAT 3</p>	<p><b>6</b></p> <p>9:30 SHABBAT SERVICE 1 11:00 KIDDUSH 3 7:00 MOVIE 1</p>
<p><b>7</b></p> <p>11:00 BRUNCH 3 2:00 MOVIE 1</p>	<p><b>8</b></p> <p>10:15 TOWN BUS 10:45 Livingston &amp; Short Hills Malls 11:30 TAI CHI 2 <b>1:00 Word Search</b> 2 6:00 LIBRARY 2 6:45 Life-Long Learning 1 7:00 BINGO 3</p>	<p><b>9</b></p> <p>11:00 EXERCISE 2 2:00 CURRENT EVENTS 1 <b>6:30 Meditation &amp; Relaxation</b> 1</p>	<p><b>10 10:45 Essex Green &amp; Kmart</b> 11:00 Move Today &amp; Walking Club 2 12:15 Life-Long Learning 3 1:30 CHORAL GROUP 1 4:00 Breathing &amp; Meditation with Preeti-2 7:00 BINGO 3</p>	<p><b>11 8:45 Sands Casino</b></p> <p>11:00 Exercise 2 <b>1:00 Dessert &amp; Entertainment by Rosalind Grant</b></p>	<p><b>12</b></p> <p>9:00 SHOPRITE 10:00 SHOPRITE 1:00 ONEG SHABBAT 3</p>	<p><b>13</b></p> <p>9:30 SHABBAT SERVICE 1 11:00 KIDDUSH 3 7:00 MOVIE 1</p>
<p><b>14 Lag B'Omer Mother's Day</b></p> <p>11:00 BRUNCH 3 12:30 Seeing Eye Puppy Visit 2 2:00 MOVIE 1</p>	<p><b>15</b></p> <p>10:15 TOWN BUS 11:30 TAI CHI 2 11:30 JCC Memorial Concert <b>1:00 Makeup &amp; Skin Care by Alisha</b> 2 6:00 LIBRARY 2 6:45 Life-Long Learning 1 7:00 BINGO 3</p>	<p><b>16</b></p> <p>11:00 EXERCISE 2 <b>1:00 Barnabas Health</b> 1 2:00 CURRENT EVENTS 1 <b>7:00 Music with Paul</b> 1</p>	<p><b>17 10:15 Walmart &amp; Rt 22 Shopping, Christmas Tree Shop</b></p> <p>11:00 Move Today &amp; Walking Club 2 12:15 Life-Long Learning 3 1:30 CHORAL GROUP 1 4:00 Breathing &amp; Meditation with Preeti-2 7:00 BINGO 3</p>	<p><b>18</b></p> <p>9:00 SHOPRITE 10:00 SHOPRITE 11:00 Exercise 2 1:00 Leo the Therapy Dog Visit <b>2:00 Our Stories</b> 1 7:00 Book Club 1</p>	<p><b>19</b></p> <p>11:30 Livingston Library "Livingston High School Band" 1:00 ONEG SHABBAT 3</p>	<p><b>20</b></p> <p>9:30 SHABBAT SERVICE 1 11:00 KIDDUSH 3 7:00 MOVIE 1</p>
<p><b>21</b></p> <p>11:00 BRUNCH 3 2:00 MOVIE 1</p>	<p><b>22</b></p> <p>10:15 TOWN BUS 10:15 Whole Foods &amp; Target in Union 11:30 TAI CHI 2 <b>1:00 Watercolor Painting</b> 2 6:00 LIBRARY 2 6:45 Life-Long Learning 1 7:00 BINGO 3</p>	<p><b>23</b></p> <p>11:00 EXERCISE 2 2:00 CURRENT EVENTS 1 <b>6:30 Meditation &amp; Relaxation</b> 1 <b>7:00 CEO CHAT</b> 1</p>	<p><b>24 Yom Yerushalayim</b></p> <p>10:45 Rt 10 Shopping Nordstrom Rack, TJ Maxx 11:00 Move Today &amp; Walking Club 2 12:15 Life-Long Learning 3 1:30 CHORAL GROUP 1 4:00 Breathing &amp; Meditation with Preeti-2 6:45 Creative Arts with Joan 2 7:00 BINGO 3</p>	<p><b>25 10:15 Bed Bath &amp; Beyond, Panera Bread Springfield, NJ</b></p> <p>11:00 Exercise 2 <b>2:00 Short Story Group featuring Pearl Kaufman</b> 1 3:00 FOOD MEETING WITH MITCHELL 3 <b>6:30 Tenants Association Meeting</b></p>	<p><b>26</b></p> <p>9:00 SHOPRITE 10:00 SHOPRITE 1:00 ONEG SHABBAT 3</p>	<p><b>27</b></p> <p>9:30 SHABBAT SERVICE 1 11:00 KIDDUSH 3 7:00 MOVIE 1</p>
<p><b>28</b></p> <p>11:00 BRUNCH 3 2:00 MOVIE 1 Gamefest after Movie 2</p>	<p><b>29 Memorial Day</b></p> <p>Office Closed</p>	<p><b>30</b></p> <p>11:00 EXERCISE 2 2:00 CURRENT EVENTS 1 <b>7:00 Music with Paul</b> 1</p>	<p><b>31 Shavuot Day 1</b></p> <p>Office Closed</p>			