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 Keisha at 973-929-2731.

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

In the course of compiling information for the calendar and newsletter, mistakes can sometimes occur. We apologize if this happens. It is our intention to make these publications as accurate as possible.

I’m looking forward to Summer. It has not been much of a Spring. Nice warm weather please, So on a Summer eve we can shoot the breeze.

Amidst laughter and humor from the whispering trees.

The comrade that means so much
Smiles in our faces as hands touch

By: Bea Freihiefer, Weston Resident

Cover Story
Birthdays
Administrator’s Corner
Notes & Reminders
New Resident Welcomes
Creative Writing Corner

Lester Highlights

Join us for Sunday Brunch in Café Ruth

June 11 & June 18
11:00 a.m. – 1:30 p.m.

By resident request, we are opening Café Ruth, our casual bistro, for brunch on two Sundays this month. Drop in for our delicious salad, soup and sandwiches, our popular homemade soups, made-to-order souvlaki and other light fare.

Stop in for a Special Sunday Nosh!

Café Ruth at The Lester Senior Housing Community
903-905 Route 10 East, Whippany, NJ

Seymour Koniak soaking up the sun while touring our new Memory Care Suite.

On May 21st Bert Shapiro’s painting, “Yellow Sky” was featured in the highly selective and prestigious exhibit, The Gaelen Juried Art Show held at the Jewish Federation of Greater Metrowest NJ in Whippany.

Lucille Antell on a beautiful day enjoying the sun, the breeze and a good book!
**Administrator's Corner**

Dear Friends,

Memorial Day is around the corner, hopefully the sun will continue to shine once again because it is always a pleasure to see so many of the residents in the community walking the grounds, sitting outdoors and enjoying the pleasant weather.

The holiday of Shavuos is coming up next week. It will be celebrated on the eve of Tuesday May 30 – Thursday June 1, 2017. The 6th and 7th day of the Hebrew month of Sivan. It coincides with the date that G-d gave the Torah to the Jewish people at Mount Sinai more than 3,300 years ago. It comes after 49 days of eager counting of the Omer from the second night of Passover, as we prepared ourselves for this special day.

It is celebrated by lighting candles, staying up all night to learn Torah, hearing the reading of the Ten Commandments in synagogue, feasting on dairy foods and much more.

The giving of the Torah was a far-reaching spiritual event—one that touched the essence of the Jewish soul for all times. Our sages have compared it to a wedding between G-d and the Jewish people. Shavuos also means “oaths,” for on this day G-d swore eternal devotion to us, and we in turn pledged everlasting loyalty to Him. Enjoy the Holiday.

Please see your calendar for all upcoming June 2017 special events scheduled.

There will be a few special celebrations this month: Hachnasos Sefer Torah - the welcoming of our new Torah at Lester Senior Living Community and the graduation of the Lifelong Learning Program participants.. As of this writing those dates and times have not been determined so please watch your daily calendar or inquire with Keisha McDonald.

Our yearly BBQ, which will be held on Sunday June 25, 2017, will have a “Carnival” theme with great entertainment and activities planned. Last year’s event was a great success and so much fun.

We are requesting that reservations for yourselves and family members be made by June 16th 2017. Reservations can be made by contacting the Concierge McKenzie Walsh at 862 377-8226 or Joan Wesolowski at 973 929-2727. Please see posted fliers for more information.

We appreciate your participation in activities and volunteering to lead activities. Each of you has much to offer. As I have mentioned before - we are always making choices about our lifestyle, health care, personal pursuits and our plans. Pursuing interests with passion, particularly social activities, helps us maintain intellectual stimulation - which can often lead to a positive attitude that can overcome any obstacle while looking forward to the future.

Two notices have been put into your monthly packets or included in the newsletter. One is from the Aculab Laboratories regarding the proper way to submit bloodwork requests and the other is about the Housekeeping service CBMC and permission to enter your apartments when you are out for any length of time. Please contact the relevant individuals noted if the messages pertain to you.

As always, I welcome the opportunity to meet with residents, families or staff members to discuss any concerns or issues you may have.

Chag Sameach. Happy Holiday.

Marlene

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**Welcome New Residents**

To all of Lester’s new residents, we would like to wish you a warm welcome

Rosemarie Uffner

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**Activities Keep Me Going**

Ruth Maruskin and Randy Grossberg enjoying an afternoon on the “It’s Never2 Late” computer system. With hundreds of applications you can enjoy cognitive, physical, spiritual and social activities at the tip of your fingers. Stop by The Weston Multipurpose room and join the fun today!

On May 23rd residents enjoyed a lovely luncheon with Kushner Academy. They enjoyed a delicious spread from Jerusalem Pizza and sang and danced to the sounds of Tuvia Zimber.

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**VOTE!**

Transportation will be available for anyone interested in voting in the Primary Elections on Tuesday June 6th.

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**ATTENTION: Weston Residents**

The deadline to submit nominations for Weston Resident Council President is Monday June 5th. Submitted your nominations by stopping the Activities Office or call Keisha at 973-929-2700

Sarah Freedman and Doris Goodman with our furry friend, Anyka, during Pet Therapy visits.
February Trips & Entertainment

**Entertainment:**
- Thursday, June 8th: Piano Playing with Enid
- Sunday, June 11th: Music with Mario Dacuna
- Wednesday, June 14th: Violinist Tom Aalfs
- Thursday, June 15th: Piano Playing with Enid
- Sunday, June 18th: Young People Piano Recital
- Tuesday, June 27th: Birthday Bash with Russ Martone

**Trips**
- Tuesday, June 6th: Primary Elections, Hanover Park, Morristown
- Sunday June 11th: Movie and Dinner Trip
- Friday, June 16th: Livingston Library Concert, Livingston
- Sunday, June 18th: Movie and Dinner Trip
- Thursday, June 22nd: The Israeli Scouts Friendship Caravan, JCC Wo
- Tuesday, June 27th: Summer Concerts in The Park, Morristown
- Wednesday, June 28th: NJ Symphony Concert, Whippany NJ

Tickets can be purchased from McKenzie Walsh, Concierge or Joan Wesolowski in the business office for daily shopping trips.

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**Naomi’s Rhyme Time**

**THE PARKING LOT**

To evaluate our economy, the Lester parking lots the place to be.

No need to review financial pages, Just watch the parking lot in all its stages.

From early morning till late in the dark, People do much more than park.

They bring supplies to family and Friends, And all they think of never ends.

Bringing packages in cars and vans, In car trunks and in their hands.

Bags of yellow white or beige, Bringing supplies is all the rage.

Kleenex, paper towels, toilet tissue, Medicine, make-up, food and water, Bags filled by friend, by son or daughter.

They are joyously greeted by Lester folk, All they consume could seem a joke.

But with wheel chair, walker or a cane, Getting supplies can be a strain So hats off to those who care, Who bring supplies and are always there.

Our economy benefits and so do we, From the kind concern we’re so lucky to see.

Naomi Zaslow

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**LESTER LEGACIES**

by: Naomi Zaslow

Moving with swift speed and determination, with a voice that resonates loudly, you will find Stanley Goldman at Lester Senior Housing. Stanley was born in Camden, NJ, where he and his family lived until he graduated from high school. His grandparents were from Lithuania and Russia, and his mother came to Philadelphia and his father to Baltimore.

He had one brother who was a pilot who served in WW11. Their father had a small grocery store in Camden, but went "broke" in the Depression in 1935. He then sold life insurance to sustain the family.

At Rutgers University in New Brunswick, Stanley took 3 years of Engineering, then switched to Rutgers in Newkark and earned a Bachelor of Science degree in Business in 1949. The subjects he most enjoyed were History and Algebra.

At the house of a friend he met Rita, followed her home, and dated her once or twice before they decided to get married. She was a graduate of the University of PA and supported him in his many endeavors. He worked with the owner of a candy business part-time, he then became very successful on his own and started a candy company he called “Dandy Candy”, which featured gum drops, licorice, chocolate covered peanuts and bridge mix. With a shortage of cars, he hired salesmen who drove the candy to stores all over the area. The business was a success and he sold it at a great profit.

In school or in business Stanley was busy and seeking new ground. He took the LSAT law school admissions test, did well and enrolled at Seton Hall in Newark. He took law courses 5 nights a week for 4 years. In 1969 he passed the Bar Exam and became a full time attorney. He used his business connections at Dun and Bradstreet to specialize as a business attorney and collection agent to avoid law suits. He did very well as a collections attorney with his associate David Warshaw.

In 1972 the speedy, determined and successful Stanley decided to retire and sell the law practice at above a million dollars. The ever energetic Stanley and Rita went to live in Bright Water, Florida. But in 1976 Stanley returned to NJ and became a Mediator and Arbitrator in the court system at an hourly rate. He and Rita traveled to Europe, Italy and Hawaii. On their 50th Anniversary they took the entire family on a Caribbean Cruise. They have a son, 2 daughters, 4 grandchildren and 4 great grandchildren who live in West Orange and NYC.

They sold their Florida home and moved to Essex County when her brother became ill, and then to Lester when Rita developed a cancerous condition in her mouth, to be near the family. After many operations Rita passed away in 2016.

Stanley misses her and appreciates the ways Lester helps dealing with depression. He enjoys Paul’s lectures, Men’s Club, Chaim Lauer, and entertainers and birthday bashes. “I’m a stubborn man”, he says, “I appreciate my children and grandchildren and am glad to be able to do things”. He will now begin a book, requested by his family, on his 26 months in the US Navy.

We admire what he has done and wish him the good health that has him running fast and being strong-voiced and passionate about life and Lester.
Exceeding Expectations: Resident Association Leadership Conference
May 3, 2017, we held our second annual Tenant Association Officers Conference to share and learn about “Resident Association Leadership: Exceeding Expectations” at the Jewish Community Center in West Orange. Thirty-six residents from the JCHC communities and several from the JCC Senior Enrichment Program attended; they are the officers and residents who play a key role in their respective association committees.

The conference focused on ways to highlight and enhance leadership strategies in the Tenant Association as well as among JCHC management and Board of Trustees, with the goal of enhancing and enriching the experiences for everyone at the JCHC. In the workshops, attendees learned strategies for providing excellent tenant association leadership and creating more engaged and active boards in their buildings, how to enhance and engage residents in community programs, cultural diversity issues, and communicating effectively with management.

Alba Abbate, the president of the Village Apartments Resident Council, addressed the group; she talked about ways to exceed expectations by bringing new leadership and energy into the Board and Tenant Associations. In addition to her extremely helpful and practical advice, Alba complimented the JCHC for addressing residents’ concerns and for allowing our residents to be fully engaged in the planning and implementation of new endeavors.

Everyone walked away with new insights and enthusiasm for exceeding expectations in their communities!

We celebrated our second class of LITE (Leadership in Training Experience) graduates on May 18 with a Japanese buffet luncheon to go with this year’s theme: “Eye of the Tiger.” Seven JCHC employees completed the six-month program, a series of educational seminars in areas of self-discovery, ethical frameworks to do our jobs well, learning about the elderly and how to provide superior service. Their hands-on assignments were to take the educational concepts and apply them in practical ways in their departments.

Chef Jeffrey Vasquez (Lester Senior Housing Community) was selected as the valedictorian of the course. He gave a moving speech about how the LITE program has helped him become a better employee, and that he learned about himself and how to be a better communicator.

Our 2017 LITE grads seated in the front row are: Barbara Shaver, congregational aide; Liliana Orithuwa, CMA, Weston Assisted Living Residence, Knox Johnson, porter, Jewish Federation Plaza. Standing are: Jay Greenberg, regional facilities manager, Tryonne Williams, accountant and Chef Jeffrey Vasquez, Lester Senior Housing Community.

*Announcement*

Legacy Heritage Tzedakah Fund

We at the Jewish Community Housing Corporation of Metropolitan New Jersey are fortunate to have received a grant to establish the Legacy Heritage Tzedakah Fund for our residents who reside at one of the JCHC communities. The Fund was established to help residents lead their lives in health and with dignity.

The Fund will solely be used for residents who either have no family and/or whose family is unable to assist them and are in need of financial assistance for items not available through Medicaid. Funds up to $500.00 will be awarded to eligible residents depending upon demonstrated need.

If you are interested in learning more about these funds and the application process, please contact Heather Roman, LCSW at 973–929-2723 or email heatherr@jchcorp.org

JCHC Tribute Cards

Send cards to family and friends and support the JCHC.

Get Well cards/Mazel Tov cards

In Memoriam cards/Blank cards

Cards can be purchased at the Business office or call Marcia at (973) 530-3966

Kirby Chu

Physical Therapist

Monday to Friday

To schedule an appointment please call 973-590-8468

“Life is like riding a bicycle. To keep your balance, you must keep moving.”

~ Albert Einstein

Lester Senior Housing Dental Suite

The Dentist is at Lester every other Wednesday

Hours: 1:30—5:30 PM To schedule an appointment please call Dr. Bikofsky’s office at 973-732-3208

*Have Your Groceries Delivered to your Door with PEA POD*

McKenzie Walsh, 862 377-8226, can help you set up your Pea Pod account and help place your order.

JCHC/PayPal

Pay your dues and more with PayPal

www.jchcorp.org

Please note that delivery or removal of furniture must be coordinated with David Rozen at 973-929-2725

Do You Need Help With Your Groceries?

Stop ‘n Shop has made it easy for you to shop from home.

Send cards to family and friends and support the JCHC.

Dear Residents

If you do not have a Pea Pod account and would like to set one up, please contact Helen Heller (for Heller residents) or McKenzie Walsh, 862 377-8226, to get started.

Dear Residents

If you have not already filled out a Yahrzeit information form, please contact Dolly Moser (for Heller residents) or McKenzie Walsh, 862 377-8226, to get started.

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Dear Residents

If you would like to join the Legacy Heritage Tzedakah Fund, please contact the Office of Development at 973-929-2723 or email legacy@jchcorp.org.

Lester Congregation Corner

Life Cycle Kiddush

3rd and 17th

Celebrate a Simcha, Observe a Yahrzeit;

For those attending Shabbat morning services, Kiddushim will be immediately following.

To schedule an appointment please call Dr. Bikofsky’s office at 973-732-3208

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