

DECEMBER
2017

B'nai B'rith Banner

HOLIDAY GREETING

It's that time of the year again, HAPPY HOLIDAYS!

Bryna, Carolyn, Chris, Tyrone, Dolcie, Marilyn, Kazar, Kevin, Kathleen, & Claire

Pearl Harbor Remembrance Day on Thursday, December 7th is observed annually on December 7th to remember and honor the 2,403 citizens of the United States who were killed in the Japanese surprise attack on Pearl Harbor in Hawaii on December 7th 1941.

Hanukkah begins at sundown on Tuesday, December 12th. The history of Hannukah predates Christmas. Antiochus, the Greek king of Syria, outlawed Jewish rituals and ordered the Jews to worship Greek gods. Most Jews were angry and decided to fight back. In 165 B.C.E, the Jewish Maccabees managed to drive the Syrian army out of Jerusalem and reclaim their temple. Hanukkah is the celebration of this victory. In history, Hanukkah has been a minor holiday, only gaining in popularity since the late 1800s. In Hebrew, the word "Hanukkah" means "dedication." The Maccabees wanted to rededicate their temple by lighting the "eternal flame," but they only had enough consecrated oil to burn for one day. Miraculously, that little bit of oil lasted for eight days until more purified oil could be found. Today, Jewish families light candles or burn oil in a candelabra called a menorah for the eight days of Hanukkah, adding one candle each day .

Winter begins on Thursday December 21st. The seasons are caused by the tilt of the Earth's rotational axis away or toward the sun as it travels through its year-long path around the sun. *Winter* is caused by the axis of the Earth in that hemisphere being oriented away from the Sun.

Christmas begins on Monday, December 25th. Christmas is an annual festival commemorating the birth of Jesus Christ, observed most commonly on December 25 as a religious and cultural celebration among billions of people around the world. Germany is credited with starting the **Christmas tree** tradition as we now know it in the 16th century when devout Christians brought decorated **trees** into their homes. Some built **Christmas** pyramids of wood and decorated them with evergreens and candles if wood was scarce.

Kwanzaa begins on Tuesday, December 26th. Kwanzaa (*[/'kwɑ:n.zə/](#)*) is a week-long celebration held in the United States and in other nations of the West African diaspora in the Americas. The celebration honors African heritage in African-American culture, and is observed from December 26 to January 1, culminating in a feast and gift-giving. Kwanzaa has seven core principles (*Nguzo Saba*). It was created by Maulana Karenga and was first celebrated in 1966-67.

Happy Hanukkah



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Frances Meyers	12/07
Ann Krop	12/11
Eugene Berezovsky	12/15
Victoria Bielko	12/16
Carl Chapman	12/16
Barbara Richards	12/27

DID YOU KNOW?

THE RESIDENTS' ASSOCIATION CELEBRATES ALL OF OUR RESIDENTS' BIRTHDAYS AT THEIR QUARTELY MEETINGS!!

SO, PLEASE COME TO THE MEETINGS, AT THE END OF EVERY THIRD MONTH THERE IS ICE CREAM CAKE AND COFFEE FOR PEOPLE BORN WITHIN THE THREE MONTHS.

Of course there are meetings every month, where you can participate by giving suggestions on what you would like to do as a Residents' Association, such as special parties, dinners etc. Do you have ideas? Come to the meetings every third Tuesday of the month at 7:00 p.m.

Winter Eye Problems

During the winter months, the weather and environment can really affect your eyes, and this can often be forgotten about. Here are some common eye problems people can suffer with during winter and tips on how to combat them.

Dry Eyes

During winter, the weather is colder and windier and this can really dry the eyes, but also when you try to warm up by using heat, such as a blower heater or central heating, this can also dry out the eyes. Some easy tips to help combat this problem is to use artificial tear drops to keep your eyes hydrated throughout the day, drinking plenty of water, and even warm soup, will keep your body and eyes hydrated. Also try to avoid direct heat, especially heat that is blowing directly in your face, like car heaters for example, try to direct the airflow away from your face. If it is a windy day you can use glasses or goggles to help protect your eyes from the wind directly drying out your eyes. If you already suffer from dry eyes it is always a good idea to speak to your ophthalmologist if you are struggling in the winter months, as they will advise what else you can do to keep on top of your dry eyes during winter.

Tearing Eyes

Apart from winter weather drying out your eyes, the cold weather can also make your eyes over produce tears which can be very annoying and can make vision blurry. The best thing to help with this is to wear glasses, goggles, or sunglasses when outside to avoid the wind causing watery eyes. Also, if you are wiping your eyes to get rid of the tears make sure you use clean tissues or cloths to avoid infection. Excessive tearing eyes can also be caused by other factors such as infection, blocked tear duct, or surprisingly dry eyes, so if you are concerned make an appointment with your eye clinic or opticians so they can check it out.

Tired Eyes

The winter months are darker and natural light is less which can make certain tasks more difficult, reading and writing for example. Straining your eyes to see in lower light can cause eyestrain making your eyes feel tired quicker than usual. To help avoid this try having a lamp on when carrying out close work and if you require glasses to see well, make sure you wear them to avoid overstraining your eyes.

Light Sensitive Eyes

The sun tends to be lower in the sky during winter and this can cause difficulty seeing, especially when driving, light sensitivity, and damage caused by UV rays. Try to make a habit of not only wearing sunglasses in the summer, but also the winter. If you drive, keep a spare pair of sunglasses in your car so you are always prepared for the low, bright sun. Sunglasses also protect your eyes from the sun's harmful UV rays which can contribute to many eye issues, such as cataracts. Make sure your sunglasses are 100% UVA and UVB protected.

Red Eyes

Red eyes can be a sign of many things, such as tiredness, dryness, blurry vision, over tearing, infection, and inflammation. Winter weather can cause eye redness due to many of these factors but also it can be caused from the sunlight either directly or from being reflected on snow for example. This can lead to inflammation of the cornea causing the red eyes, therefore this is another reason why wearing sunglasses or snow goggles is so important in winter.



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Greetings from Bryna

December 2017

I hope everyone enjoyed their Thanksgiving. The holidays are a great time to reflect on the year and to be grateful for the good things that we have in our lives.

The Residents' Association is having their annual holiday party in the Community Room on December 19 at 7pm. Sal Torino is performing.

The JCC is having their Hanukkah party on Thursday, December 22nd. Klezmerfest is performing. "Klezmer fest celebrates the great tradition of Yiddish instrumental music—from the shtetls of the old country to the contemporary sounds of today's Lower East Side revival."

For those of you that celebrate Hanukkah, Christmas and Kwanzaa I wish you and your loved ones a very Happy and Joyous Holiday.

Our door is always open or you can call me at 973-530-3950.

Bryna Stone
Site Manager

Winter Animals

Winter is cold

There is snow in the sky 

 The squirrel gathers nuts

And the wild geese fly 

The fluffy red fox

 Has his fur to keep warm

The bear's in her cave 

Sleeping all through the storm

- unknown

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DECEMBER HAPPENINGS

1st—Rabbi Glicksman Girl Scouts

4th—Essex Green shopping Life Long Learning Bingo

5th—Stop & Shop Card Games Bingo

6th—Rte. 10 & Farmers RummyQ Movie

7th—Bergen Town Mall Adult Coloring Exercise Bingo

8th—Rabbi Glicksman 1:30 Games and Goodies with Claire

11th—Trader Joe's Bible Club You be the Judge game BB ANIVERSARY DINNER AT SOPAC (South Orange Performing Arts Center)

12th—ShopRite Adult Coloring Bingo

13th—Livingston/Short Hills Malls Card Games Movie

14th—Newark Museum Exercise Show & Tell Bingo

15th—Rabbi Glicksman 1:30 Games and Goodies with Claire

18th—Hanukkah Concert @ JCC Current Events Bingo

19th—Stop & Shop Card Games 7:00 Residents' Assoc. Birthdays celebrated with entertainment by Sal Torino

20th—Essex Green Show & Tell Movie

21st—Walmart Exercise Adult Coloring Bingo

22nd—Rabbi Glicksman Current Events

25th—Merry Christmas OFFICE IS CLOSED

26th—ShopRite Adult Coloring

27th—Whole Foods/Target Card Games Movie

28th—Cracker Barrel Restaurant Show & Tell Exercise Bingo

29th—Rabbi Glicksman 1:00 This Month in History

ALL TRIPS HAVE SIGN-UP SHEETS ON THE BULLETIN BOARD. ALL EVENTS ARE POSTED ON THE BULLETIN BOARD. PLEASE WATCH FOR CUT-OFF DATES. Thanks, Carolyn

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Specials in December

Friday, December 1

2:00

Girl Scouts are coming to spend quality time with us. They like to talk and listen and they have a fun project to do with us. Refreshments will be served. Please join them in the Community Room!!

Residents' Association

4th Quarter Birthday Celebrations on Dec. 19th



With entertainment by Sal Torino

The first Monday of every month is
Life Long Learning.

Come to the Community Room on Monday,
December 4th
at 11:30.

Bergen Town Mall—Lots of stores! Thursday, December 7 pick-up
at 10:15

Newark Museum on Thursday, December 14th pick-up at 10:45.
The museum is decorated for the season and is very festive.

Hanukkah Concert at the JCC on Monday, December 18th pick-
up at 11:00. Enjoy their fabulous lunch for only \$3.00.

A MESSAGE FROM THE CO-PRESIDENT OF THE RESIDENTS' ASSOCIATION

LAVINIA WALKER

The beautiful season of lights and music and joy is here!

With lots of good things to eat!

Happy Hanukkah! Merry Christmas!

The Residents' Association invites all residents to enjoy a Holiday Celebration singing along with our long-time favorite entertainer Sal Torino who plays his accordion and sings songs in English, Russian and several other languages!

TUESDAY, DECEMBER 19TH AT 7:00 P.M.

We will especially remember those of us celebrating birthdays in

October, November and December!

Refreshments will be served!

Don't miss this event!
