

**FEBRUARY
2018**

B'nai B'rith Banner

Holidays: Chinese New Year, National Freedom Day, Groundhog Day, Valentine's Day, President's Day, Mardi Gras, Ash Wednesday, Black History Month, *American Heart Month*, Chocolate Lover's Month, National Bird Feeding Month, National Dental Month

As you can see, February is a very busy month. On Wednesday, February 14th Saint Barnabas Hospital will be presenting “Innovations in Heart Health” for American Heart Month.

In 2003, the American Heart Association and the National Heart, Lung and Blood Institute took action against a disease that was claiming the lives of nearly 500,000 American women each year – a disease that women weren't paying attention to. A disease they truly believed, and many still believe to this day, affects more men than women.

Stemming from that action, National Wear Red Day was born. It's held on the first Friday in February every year to raise awareness about heart disease being the No. 1 killer of women.

Because Red is such an outstanding color, Red became a symbol in the form of red shirts, red dresses and just about anything you can wear in Red as a reminder that women are dying from heart disease.

Support Go Red For Women by participating in National Wear Red Day® on **Friday, February 2, 2018**

B'nai B'rith Banner



“Happy Birthday”
ROSE ROBINSON
PESSIA KANT
ELAINE BERKOWITZ
DARYL LEVY
MINDY LEVITT
TATYANA POGOZHEVA
PHYLLIS DeVINCENTIS

South Orange B'nai B'rith Federation House

Residents' Association

Please join co-presidents, Lavinia Walker and Rose Robinson in planning for many interesting meetings and celebrations throughout the year. The Residents' Association has meetings the third Tuesday of every month and they celebrate birthdays in each quarter. Carvel ice cream cake and entertainment round out this celebration. So, join today, you're not obligated to go to every meeting, but maybe you will want to! The first quarter birthday's celebration will be in March! See Lavinia Walker or Rose Robinson for any questions you might have.

B'nai B'rith Banner February 2018

One of the best things about February is that it is the shortest month! We may be judging February unfairly because we do not know yet what it holds, but weather-wise it is still winter and we are already looking forward to spring! One day at a time...

Have you given up on your New Year's resolutions yet? One way to avoid the pain of failure in keeping them, is not to make them! It seems almost impossible not to make a few at least, but we can put those things we will try to change in a different category than 'resolutions' which sounds rather legalistic. How about things we will 'hope' to change? Or 'try' to change? It is not a crime to be less than perfect, even though we want a good self-image. Try, among other things, to see yourself and others as works in progress. Then no one has to be perfect, all of us are acceptable as we are and we can relax about what others think of us (it should be non-critical) and cease all gossip and criticism of others. It's a strange thing, but we're all imperfect! I'm O.K.; you're O.K.

We should celebrate Presidents' Day Mon. Feb. 19th and remember 3 great presidents: Ronald Reagan was born Feb. 6th; Abraham Lincoln was born Feb. 12th and our first president George Washington was born on Feb. 22nd. It's too easy to take for granted the sacrifice and dedication of leaders who serve us faithfully with America's best interests at heart. It's to be hoped that Presidents' Day is more than a holiday from work or a sale day, but a day to be thankful for those who led and lead us to realize our destiny where persons are valued and free.

We must remember that February is Black History Month, a time for us to remember and appreciate the courageous Black people who contributed so much to our country and culture. Everyone should know the name of Harriet Tubman, the extraordinary woman who led so many slaves to freedom via the 'underground railroad', which was a series of safe stops going north. And the exhausted Rosa Parks, who inadvertently began a great movement when she refused to move from a front seat in a bus. And Frederick Douglass, the slave who became a lawyer, abolitionist, orator, editor, writer; who spoke eloquently for women's equality, who held government appointments here and abroad and is still highly venerated for his outstanding work. And Dr. Martin Luther King whose clear vision for the Constitutional destiny of our country inspired millions. His work is not over as our nation struggles through its growing years.

Many contributions have been made to this country by people from so many different nations, all of us united in values and goals. 'E pluribus unum'—from many one—has been on many of our coins throughout our history. We here at B'nai B'rith Federation House are a microcosm of our country! We are from many nations here to become one community. We look forward to a good year together. Bryna and Carolyn certainly work hard for us to enjoy many good times of fellowship. It's up to us to come out and enjoy all that life has to offer here!

Lavinia A. Walker, co-president, South Orange B'nai B'rith Federation House Residents' Association

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SEASON IS UPON US AND IT'S BEEN ONE OF THE WORST IN YEARS

Some of the things that you can do to stay healthy:

Doctors say to get the flu shot, even though it may not contain what is needed for all strains of the flu, it can help reduce the effects of the flu symptoms.

Wash your hands and avoid touching your face, if you come in contact with people that appear sick, maybe they're coughing or blowing their noses, assume that they might be getting the flu.

Wash your hands A LOT.

Use alcohol based hand sanitizer if you are not near soap and water.

Keep your surroundings clean especially if you work or live with people that might be getting sick. You can sanitize doorknobs, phones, and any other places that germs land on.

Stay hydrated, get a good nights sleep, and eat well to stay healthy.



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FEBRUARY 2018 HAPPENINGS

- 1st—Wegman's shopping & lunch Exercise Card Games all day Bingo
- 2nd—Rabbi Glicksman "Games & Goodies with Claire"
- 5th—Life Long Learning JCHC U @ Plaza "You Be The Judge" game Bingo
- 6th—ShopRite Card Games Bingo
- 7th—Short Hills/Livingston Malls Puzzle Books all day Movie Night
- 8th—Red Lobster Exercise Rummy Q Bingo
- 9th—Rabbi Glicksman "Games & Goodies with Claire"
- 12th—JCHC U. @ B'nai "Staying Vital & Independent" Bible Club Bingo
- 13th—Stop & Shop Adult Coloring Bingo
- 14th—Rt 10 shopping GO RED "Innovations in Heart Health" Movie Night
- 15th—Essex Green Exercise "You Be The Judge" Bingo
- 16th—Rabbi Glicksman Chinese New Year Luncheon
- 19th—President's Day **OFFICE IS CLOSED**
- 20th—ShopRite Adult Coloring 7:00 Residents' Assoc. Meeting
- 21st—Rt 22 Walmart "You Be The Judge" game Movie Night
- 22nd—Hobby's for lunch Exercise Rummy Q Bingo
- 23rd—Rabbi Glicksman Black History presentation by Lavinia Walker in honor of "Black History Month"
- 26th—Trader Joe's in Florham Park Rummy Q Bingo
- 27th—Stop & Shop "Around the World" diversity program with Claire, Sue Filippova and Jane Jakobson Bingo
- 28th—Watchung Mall on Rt 22 Card games Movie Night

February 14th is "Sweets Day" at B'nai. Come to the 2:00 presentation by Saint Barnabas Hospital and enjoy cupcakes and candy treats!

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Deserts of the World

Find and circle all of the deserts that are hidden in the grid.
The remaining letters spell a secret message.

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

ARABIAN
ARCTIC
ATACAMA
ATLANTIC COASTAL
BAYUDA
BLACK ROCK
BLUE
CHALBI
CHIHUAHUA
COLORADO
DANAKIL
DEATH VALLEY
DJURAB
EMPTY QUARTER
MEDITERANIAN COASTAL

GIBSON
GOBI
GRAND BARA
GREAT BASIN
GREATSANDY
GREAT VICTORIA
GUBAN
INDUS VALLEY
JALAPAO
JUDAEAN
KALAHARI
KARAKUM
KAROO
KHARAN
KYZYLKUM

LAGUAJIRA
LIBYAN
MARANJAB
MOJAVE
MONTE
NAMIB
NEFUD
NEGEV
NORTH AMERICAN
NUBIAN
NYIRI
OGADEN
OLESHKY
ORDOS
PATAGONIAN

RAMLAT
RANGIBO
RUSSIAN
SAHARA
SECHURA
SIMPSON
SINAI
SONORAN
TABERNAS
TAKLAMAKAN
TANAMI
TENERE
THOMPSON PLATEAU
WAHIBA SANDS
WHITE

GREETINGS FROM BRYNA

February is the shortest month of the year but we have a lot of “special” activities planned.

Claire, who is our Social Worker trainee has been wonderful with her many presentations, she has two planned for this month. As in last month, they are called “Games & Goodies with Claire”, we have been getting rave reviews about her. Please come to her presentations, you’re sure to have a great time!

Also on the calendar this month are two JCHC UNIVERSITY presentations, the first at Plaza on the 5th and the 2nd at B’nai on the 12th. Please sign-up soon, these programs through JCHC U. have been well received, in fact some people that signed up for only one, returned to sign-up for the rest of the programs because they thoroughly enjoyed themselves.

On the 14th we will celebrate “Sweets Day” and have a presentation by St. Barnabas for Go Red Month. Don’t forget to wear Red!

Every year we celebrate Chinese New Year with a wonderful luncheon, looking forward to seeing you there on Friday, February 16th.

On Friday, February 23rd Lavinia Walker will do a presentation for Black History Month, she’s a wonderful interesting speaker and has a group of people that are enjoying the presentations.

On Tuesday, February 27th, Claire, Sue Filippova and Jane Jakobson will present “Around the World”. Sue and Jane have collaborated with Claire to show pictures of places that they have traveled to and to talk about the diversity of different countries that they have visited.