

Memory Care Available at Lester Senior Housing Community in Whippany

The Lester Senior Housing Community in Whippany is welcoming residents to its new Memory Care Suite, which offers compassionate, person-centered care for adults ages 62 and older with Alzheimer's and other dementia-related diagnoses.

Everything about the carefully designed floor is meant to provide for residents' comfort in an intimate, supportive environment that includes:

- A community room for crafts and games, music programs and other therapeutic activities;
- Comfortable lounges for socializing;
- A quiet room for relaxation;
- Dining room where residents can eat at their leisure; and,
- Outdoor roof deck with a garden, pergola and seating.

"We are very proud of this new service that provides for the changing needs of our seniors and their families," said Harold Colton-Max, CEO of the Jewish Community Housing Corporation of Metropolitan New Jersey (JCHC), which owns and manages the distinctive residence.

JCHC's caregivers have been specially trained in Alzheimer's and dementia care through Comfort Matters®, a nationally recognized best practices accreditation process. The approach emphasizes individualized care plans that focus on each person's wellness of mind, body and soul. It also provides opportunities for family and social connections that enhance residents' overall health and well-being so that the JCHC's "community of caring" philosophy is always fulfilled. As safety and security are of paramount importance, there is a centrally located care manager station and an elopement prevention monitoring system.

The Lester Senior Housing Community is located at 903-905 Route 10 East on the Alex Aidekman Family Jewish Community Campus. Applications are being accepted for those who require the level of attention and support available in the Memory Care Suite.

For more information or to arrange a tour, contact David Rozen at (973) 929-2725 or davidr@jchcorp.org. For information about all four of the JCHC's senior communities in Essex and Morris counties, visit www.jchcorp.org.

Lakeland bus trips ... (cont. from page 2)

Macy's Thanksgiving Day Parade Thursday, November 23. Join us for this Thanksgiving tradition!

"A Playhouse Christmas 2017" at Hunterdon Hills Playhouse, Saturday, Nov. 25. A delicious luncheon included.

Longwood Gardens, Saturday, November 25. A half-million twinkling lights, thousands of poinsettias and magnificently decorated trees Longwood Gardens celebrates the season with a holiday spectacle. Fountain shows with beautiful music and evening light displays add

to the holiday magic. A "Dining Dollars" gift card is included at The Cafe.'

Cirque Dreams Holidayze at Sands Bethlehem, Tuesday, November 28.

Cirque Dreams lights up the 2017 holiday season with its critically acclaimed stage extravaganza... Cirque Dreams Holidayze. Many of these acts have been featured on *America's Got Talent*. You will also receive a casino bonus of \$20.

For reservations and/or information regarding Lakeland's November tours, please call our reservationist at (973) 366-0600 x 602.



The Healthy Geezer® ... Fainting

By Fred Cicetti (All Rights Reserved © 2016 by Fred Cicetti)

Q. Do older people faint more than younger people?

A. Yes. When you pass 70 years, you double the chances of fainting. And the odds

triple after 80. Fainting is common. About one in three people faint at least once in a lifetime.

Syncope (SINK-o-pea) is the medical word for fainting or a temporary—a few seconds—loss of consciousness. Fainting happens when your brain isn't getting enough oxygen from your blood supply.

Syncope is often foreshadowed by "pre-monitory symptoms" that include nausea, feeling lightheaded and irregular heartbeats.

[Personal note: I have what doctors call "presyncope." My knees buckle and I get very close to passing out but never quite make it. This happens only when I see my own blood in clear bag or syringe. I've been kicked out of blood banks.]

Syncope is a symptom, not a medical condition. Syncope can be an indicator of a serious problem, so it should not be taken lightly. If you have a fainting spell, get checked out by a doctor. It's sometimes difficult to diagnose syncope in seniors because there can be multiple causes.

Here's a typical fainting scenario: You stand up. There's blood in the legs that has to be redistributed so there's enough going to your brain. Your nervous system starts sending rapid signals to the heart and blood vessels to correct the imbalance. Older people's bodies simply don't respond as well as they used to; they tend to faint more often because of their reduced capacity.

In another common syncope scenario, you feel faint after a meal because blood has poured into your digestive system.

There are many causes for fainting. Some are benign; some aren't. The causes include abnormalities of the blood, brain, arteries and veins, heart, medications and low blood pressure. Passing out can be the only symptom of heart attack in older people.

Low blood pressure is commonly caused by drugs for high blood pressure, surgical medications, anti-anxiety agents, diuretics, heart medicines, antidepressants, narcotic painkillers and alcohol. Other causes of low blood pressure include dehydration, heart failure, heart arrhythmias, shock from infection, stroke, severe allergic reaction, major trauma, heart attack and advanced diabetes.

Even after extensive testing, the cause of syncope is not found in almost half of the cases.

There are names for categories of syncope. These include:

Vasovagal, the common variety, which happens when blood pressure drops suddenly;

Situational, a form of vasovagal syncope that is triggered by events such as anxiety, hunger, pain, coughing, wearing a tight collar or urinating;

Postural, which occurs when the blood pressure drops suddenly because you got up too fast;

Cardiac, which strikes when heart or blood-vessel problems interfere with blood flow;

Neurologic, which is caused by seizure or stroke.

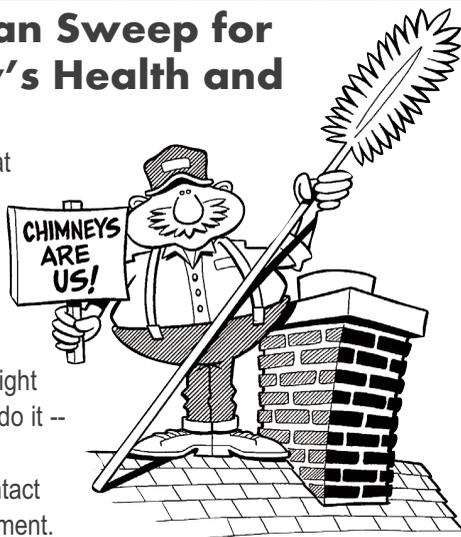
Treatment for syncope depends upon the cause. Treatment may include: diet changes, support garments to improve circulation, changing medications, avoiding situations that cause syncope, rising slowly from a sitting or lying position, and installing devices to control your heart rate.

If you would like to ask a question, write to fred@healthygeezers.com.

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Come Visit Us At The Whippany Railway Museum

Celebrate the Fall Harvest and the Season of the Witch!

Pumpkin Festival 2017

Sunday, October 1
12:00 Noon - 5:30 PM

Trains operate rain or shine

Fares	
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Phone: (973) 887-8177

Whippany Railway Museum
P.O. Box 16
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Internet: <http://www.WhippanyRailwayMuseum.net>