

VILLAGE PRESS

The Newsletter for Village Apartments



Celebrating February

Black History Month

American Heart Month

Bubble Gum Day

February 1

Groundhog Day

February 2

Celebration of Love Week

February 10–16

Sweet Heart's Day

February 14

President's Day

February 18

Tooth Fairy Day

February 28

American Heart Association



Go Red for Women

Heart disease has been called the Silent Killer because it often has no noticeable symptoms. It's more deadly than all forms of cancer combined. And it's not just "an old man's disease."

In 2003, research revealed that heart disease was by far the No. 1 killer of women, and actually killed more women than men. To save lives and raise awareness of this serious issue, the American Heart Association launched Go Red for Women. And the red dress has become the iconic symbol of our battle against heart disease in women.

On the first Friday of every February, which is designated as American Heart Month, the nation comes together, igniting a wave of red from coast to coast. From landmarks to news anchors and neighborhoods to online communities; this annual groundswell unites millions of people for a common goal: the eradication of heart disease and stroke.

Know the Signs and Symptoms of Heart Attack

If you have any of these signs, call 9-1-1 and get to a hospital right away.

1. Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes or goes away and comes back.
2. Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
3. Shortness of breath with or without chest discomfort.
4. Other signs such as breaking out in a cold sweat, nausea or lightheadedness.
5. As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

Signs and Symptoms of Stroke

If you have any of these signs, call 9-1-1 and get to a hospital right away.

1. Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
2. Sudden confusion, trouble speaking or understanding
3. Sudden trouble seeing or blurred vision in one or both eyes
4. Sudden trouble walking, dizziness, loss of balance or coordination
5. Sudden severe headache with no known cause

National Wear Red Day®



On Friday, February 1st, wear red to raise awareness about cardiovascular disease and save lives. Because when we come together, there's nothing we can't do.

- **Wear Red and Give**
- **Be relentless in support of women's health.**
- **WEAR RED for awareness.**
- **GIVE for the mothers, sisters and friends that you can't bear to live without.**
- **SHARE #WearRedAndGiveon social media.**

Inventing the Future

What would we do without the innovative imaginations of the inventors of the world? We can honor inventors and their great achievements on February 11, Inventors Day. When we think of inventors, sometimes the first who come to mind are people like Thomas Edison, who invented the lightbulb, or Leonardo da Vinci, who conceived of marvelous devices like airplanes and parachutes. But inventors are not only people of the past. Truly, it seems as if new inventions are flooding the market every day, thanks to strides in technology and computing.

Robots and artificial intelligence are all the rage in today's tech sector. Personal robots, such as Amazon's Alexa and Google's Home, are like personal assistants, helping us make calls, maintain schedules, and purchase items. A new home robot named Jibo is attempting to make the home assistant more personal and lifelike. Jibo looks like a little cartoon, with a squat white body and a glowing "head" with eyes and a mouth. The body swivels and turns to face you as it speaks, making it seem all the more human.

Robots are not just boxes on our tabletops; they are being integrated into cars and appliances. The Tesla company may have invented the most futuristic cars yet. They are fully electric and boast self-driving features. Refrigerators are even getting into the robot game: not only do some fridges boast interactive screens that give you updates on the fridge's contents, but Panasonic has just designed a voice-controlled mini-fridge on wheels that will come to you when its called. You no longer have to get up from the couch to get a cold drink—your fridge will bring it to you!

Inventors are not just focused on robotics. Some are also focused on improving ice cream. That's right, the Halo Top company has invented a flavorful, low-sugar ice cream that is only 360 calories per pint. Their motto is "Go ahead, eat the whole pint." It's good to know that inventors have their priorities straight.



Manager's Corner



We hope all of our residents are enjoying the New Exercise Room.

Village Fitness is open from 8:30 am – 9:30 pm.

Please limit your time on the machines to 30 minutes to allow other resident to use.

Please use the sanitizer wipes to wipe down the machines when done.



Tips for Winter:

When outdoors, remember to dress warmly.

- Wear loose fitting, layered, lightweight clothing. Mittens are warmer than gloves because fingers generate warmth when they touch each other. Think about getting your thermals!
- Always wear a hat to protect against heat loss since about 30% of body heat loss is through the head. To avoid slips and falls, wear boots that are non-skid.
- If you use a cane, replace the rubber tip before it is worn out or it will become slippery especially when it gets wet.
- Keep your thermostat set to at least 65 degrees to prevent hypothermia.
- Leave your HVAC unit temperature set to 65, even if you are not at home, you can help to prevent freezing pipes by maintaining a high enough temperature within your walls.

It is always best to remain indoors during any bad winter weather. Remember, when there is snow/ice on the ground, please wait until all sidewalks and walkways have been cleared of snow/ice and salting is has been completed before going outdoors.

Have a safe and warm Winter season!

UPCOMING EVENTS:



- National Go Red Day
- Life Long Learning at Lester
- Floral Design Workshop
- Hirschhorn: Life Isn't Fair—the Story of Job
- Game Night
- Poetry Workshop
- Walmart, Kearney
- Knitting Club
- Lunch Club
- Rt 10 & Farmer's Market
- BINGO
- JCHC University @ Plaza
"Chagallin Paris-The Making of Jewish Art"
- Congregate Lunch
- JCHC University @ Lester
Yiddish Theatre in America
- Aviation Hall of Fame Museum,
Teterboro, NJ
- Trader Joes, Florham Park
- Exercise with Susan
- Arts Unbound
- Aldis, Livingston

Please check your calendar for dates and times of all events.

HAPPY FEBRUARY BIRTHDAY

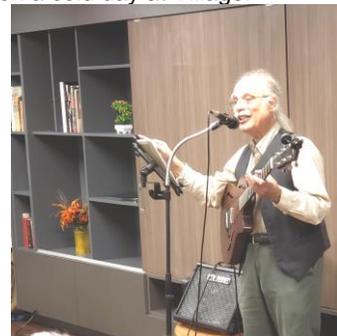


Gertrude Gunther – Feb. 2
Romualk Bulas – Feb. 2
Leona Schutz – Feb. 3
Allan Strauss – Feb. 4
Doris Feierman – Feb. 11
Reynolds Holmes – Feb. 11
Myron Sachs – Feb. 16
Sam Schein – Feb. 26
Patricia Sterling - Feb. 29

Joel & Francine provided a delightful entertainment program for Village residents.



The talented Flip Peters provided music, fun and warmth on a cold day at Village.



Drawing the Short Straw



February 22 is Skip the Straw Day. Banning straws has certainly been a hot topic. More and more companies and communities are outright banning these seemingly harmless modern conveniences. This is because Americans, on average, use one million plastic straws each day, and many of those plastic bits are ending up in landfills and our oceans. For those who still want straws or need them for medical reasons, some companies now provide customers with biodegradable or compostable straws, including paper straws. People used to sip drinks through long hollow reeds of ryegrass. That all changed in 1888 when inventor Marvin Stone patented a spiral winding process for paper and created the first paper straw. His straws were far superior to ryegrass straws, for they did not impart a grassy taste to the beverage. So it seems that we have come full circle, back to Stone's original invention. But will banning plastic straws actually save the environment? Not entirely. Plastic straws are just a tiny percentage of plastic pollution. But the anti-straw movement might raise awareness about the harms of plastic to our planet.

Transportation Update

Effective immediately, transportation to all JCHC University courses and to the JCC for programs will require the JCHC transportation card. The card can be purchased from the office.

Many Happy Returns

February is Return Shopping Carts to the Supermarket Month. Shopping carts are abandoned in the strangest of places: alongside roads, in ditches, under bridges. Today is the day to put those shopping carts back where they belong. It is estimated that two million shopping carts are taken from supermarkets each year, and with one shopping cart valued at \$100, that's \$200 million rolling away. If pushing a shopping cart back to a supermarket all the way from a highway is too much to ask, you can start by returning shopping carts from the parking lot. Unattended carts can do a lot of damage to cars. Furthermore, studies show that abandoned shopping carts lead to people throwing other trash into parking lots. Returning carts fosters good citizenship!

February Floral Design Class at Village

The February Floral Design class will feature a "Houseplant Clinic. If you would like to show off a well maintained specimen or if you are concerned about one of your older plants; if you have a question about the ID or size of the pot of your plant, this class is for you! This special class will present an ideal time for any resident to bring your plant from home.

We will clean up, repot, prune, divide and fertilize whatever we can. We will also review basic Houseplant needs.

Everyone is welcome even if you do not have a plant that you wish to bring!

FEBRUARY 2019 VILLAGE

Calendar is subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 National Go Red for Heart Health Day 12:00 LUNCH CLUB 1:30 RELIGIOUS SERVICE	2 7:00 GAME NIGHT
3 1:30 MOVIE 7:00 MOVIE	4 12:00 LUNCH CLUB 1:15 LIFE LONG LEARNING AT LESTER 2:00 Exercise with Susan 7:00 Tenant Association Meeting	5 9:30 Exercise 10:00 Shoprite 12:00 Congregate Lunch 2:30 Floral Design Workshop 4:00 Hirschhorn "Life Isn't Fair—the story of Job" 7:00 Movie	6 10:30 Essex Green & Kmart 12:00 LUNCH CLUB 2:00 CURRENT EVENTS 4:00 KNITTING CLUB	7 9:30 Exercise 10:30 Walmart, Kearney 12:00 Congregate Lunch 2:30 Barnabas Health "Take Health to Heart" 7:00 BINGO	8 12:00 LUNCH CLUB 1:30 RELIGIOUS SERVICE	9 7:00 GAME NIGHT
10 1:30 MOVIE 7:00 MOVIE	11 10:30 Rt 22 & Christmas Tree Shops 12:00 LUNCH CLUB 2:00 Exercise with Susan	12 9:30 Exercise 10:00 Stop & Shop 12:00 Congregate Lunch 5:30 Poetry Workshop 7:00 Movie	13 10:30 Target & Whole Foods Union 12:00 LUNCH CLUB 2:00 CURRENT EVENTS 4:00 KNITTING CLUB	14 9:30 Exercise 12:00 Congregate Lunch 2:00 JCHC University: @ Plaza "Chagall in Paris-The Making of Jewish Art" 7:00 BINGO	15 12:00 LUNCH CLUB 1:30 RELIGIOUS SERVICE 3:00 Meet the new COO-Stacey	16 7:00 GAME NIGHT
17 1:30 MOVIE 7:00 MOVIE	18 President's Day Office & Dining Room Closed All programs cancelled 6:00 Movie	19 9:30 Exercise 10:00 Shoprite 12:00 Congregate Lunch 4:00 Randy Calistri-Yeh Black History Cello Program 7:00 Movie	20 10:30 Rt 10 & Farmer's Market 12:00 LUNCH CLUB 2:00 CURRENT EVENTS 4:00 KNITTING CLUB	21 9:30 Exercise 10:30 Aviation Hall of Fame Museum, Teterboro, NJ 12:00 Congregate Lunch 7:00 BINGO	22 12:00 LUNCH CLUB 1:30 RELIGIOUS SERVICE	23 7:00 GAME NIGHT
24 1:30 MOVIE 7:00 MOVIE	25 10:30 Trader Joes Florham Park 12:00 LUNCH CLUB 2:00 Exercise with Susan	26 9:30 Exercise 10:00 Stop & Shop 12:00 Congregate Lunch 4:00 "New Schedule" Arts Unbound 7:00 Movie	27 10:30 Livingston & Shorthills Mall 12:00 LUNCH CLUB 2:00 CURRENT EVENTS 4:00 KNITTING CLUB	28 9:30 Exercise 10:30 Aldis, Livingston 12:00 Congregate Lunch 7:00 BINGO		