



B'NAI BRITH  
Banner  
April, 2011

*Our Mission*

*Our mission is simple Be nice, Be professional, Be attentive, Be creative, Show appreciation and when you have a chance be a Hero.*

**Darlene's Corner**

**Passover**



**It has been an exciting month. I have met a few more residents and I have started running weekly programming in the community room. My hope is that the programs will grow and more residents will attend. I was excited to learn about Purim and I look forward to celebrating my first Passover with all of you.**

**Please know that my door is always open and look forward to any feedback or suggestions you may have about the programming.**

**On a personal note I just finished reading Sarah's Key by Tatiana DeRosnay. Sarah's Key is a Jewish fiction book about the Holocaust. I highly recommend reading this book.**

**I do hope you get to enjoy the warmer April Days.**

**Passover will be observed from Sundown April 18 until April 26.**

Of all the Jewish holidays, Pesach is the one most commonly observed, even by otherwise non-observant Jews.

Pesach begins on the 15th day of the Jewish month of [Nissan](#). It is the first of the three major festivals with both historical and agricultural significance (the other two are [Shavu'ot](#) and [Sukkot](#)). The primary observances of Pesach are related to the Exodus from Egypt after generations of slavery.

The name "Pesach" comes from the Hebrew [root Pei-Samekh-Cheit](#) **פסח**, meaning to pass through, to pass over, to exempt or to spare. It refers to the fact that [G-d](#) "passed over" the houses of the Jews when he was slaying the firstborn of Egypt. In English, the holiday is known as Passover.

Cont. page 5





# B'NAI BRITH Banner April, 2011

## Childhood Memories

By Lavinia Walker and adapted by Darlene Wade

I was recently speaking with Lavinia Walker who was kind enough to share an article she had written about one of the B'nai Brith residents Pessy Kant. I thought Pessy's childhood story was reminiscent of the book I have just finished Sarah's Key. Both children suffered during the Holocaust, they were innocent children who should have been spared the suffering of an unjust war. I hope you enjoy the portion of the article I have inserted for your reading pleasure.

I was born in Latvia, in the town of Liepaya. Latvia is located by the cold salty water of the Baltic Sea. The air has a lot of iodine because of the rich beds of kelp in the ocean waters.

Latvia has been under several occupations— Swedish, German, and the Russian Czar Empire. Now Latvia enjoys independence and autonomy.

When the Soviets occupied Latvia I was twelve years old. Most people were unhappy with that change, but it was a delusion. People were waiting for better times. In 1941 many parents sent their children to summer camp. I was one of the children sent to summer camp, where I made some new friends

I couldn't know then I would never be back in my grandmother's house, and I would never see her again. When the war was finished I learned the truth— I would never see any one of the relatives with whom I was so close. The Nazis had killed them all.

During the wartime, I was evacuated to the Soviet Union close by the Ural Mountains. I lived in a Latvian orphanage. After the war I found my mother and we went back to Latvia. When we arrived in Liepaya, we met only stones and rubble. The energy in the surrounding area was empty and quiet. We never could hear the voices of those we loved and hug them again. We need books like Sarah's Key and people like Pessy so we can remember the mistakes of the past, in order to build a better future.

# April Happenings

-                            
-  **April 4 Trip to Red Lobster**
-  **April 7 Trip to JCC for a program by the Wills.**
-  **April 11 JCC Community Passover Seder**
-  **April 13 Branch Brook Park trip to see Cherry Blossoms**
-  **April 13 Passover Seder with Rabbi Langer**
-  **April 14 Lance Wiseman Concert Pianist in the community room at Jewish Federation  
Towers/Van provided**
-  **April 21 Enjoy shopping at Walmart on Rt. 22**
-  **April 27 Enjoy lunch at Irvings and shopping at the Farmers Market**
-                            



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### In Observance of Passover

The office will close at 1pm on Monday April 18

The office will be closed on April 19-20 and April 25-26.

No programs will be held on these dates.

On April 11 the JCC will host a community Passover Seder

B'nai Brith will hold a mock Seder hosted by Rabbi Langer on April 13

Please check the bulletin board for more information.



### Answers to Woman's History Quiz

1. Amelia Earhart was the aviator who disappeared while trying to attempt flying around the world.
2. Sandra Day O'Connor was the First Woman Associate Justice of the Supreme Court.
3. Harvard was the first college to name a woman president.
4. Sally Ride was the first woman in space.
5. Bessie Smith was known as the Empress of the blues.



## NURSE PRACTITIONER

### WHAT IS A NURSE PRACTITIONER?

Nurse practitioners are registered professional nurses who are prepared through advanced graduate education and clinical training, provide comprehensive health care services to people of all ages.

A nurse practitioner can serve as a patient's primary health care provider and coordinate and manage care in various health care settings.

They practice within the scope of their state's nurse practice act. They provide comprehensive care management by evaluating, diagnosing, managing health problems, promoting health, and collaborating with patients and family members, and other health care providers.

Cont page 6

*Happy Birthday*

*Marlow Jaybron April 6*

*Svetlana Prokh April 8*

*Gertrude Spielberger April 25*





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### Japan Faces Crisis



Japan faces another crisis after the initial hit of the 9.0 earthquake and Tsunami that is believed to have killed more than 10,000 people. Over 140,000 people have had to seal themselves indoors to avoid exposure caused from a radiation leak in a nuclear power plant. People who still have their homes, have been asked to leave and move to a shelter, to avoid becoming ill from radiation exposure. The people of Japan are suffering many are homeless, tired, cold, hungry and scared.

Our heartfelt thoughts are with the people of Japan.

By  
Darlene



# Congratulations

**JCHC recognized its facility maintenance staff on Monday, March 14, 2011 at a luncheon.**

The agenda included discussions on maintenance policies and procedures, as well as addressing skill related matters. During the luncheon, the Regional Facility Director, Terrence Roselle involved his staff in a game of maintenance Jeopardy and Deal or no Deal with a facilities twist. Maintenance superintendent, Eddie Cubero from Federation Towers, Charlie Milani from Federation Plaza and new comer Lincoln Anthony stole the show by providing answers to the game questions. We look forward to next year's event that will be filled with some of the same excitement and opportunities for learning.

### Special Thanks

To Rabbi Langer who held a Purim Service. Also a special thanks to Judith Ebright who visited the residents of B'nai Brith on March 17. The residents enjoyed seeing slides of Late Renoir paintings that were showcased at the Philadelphia Museum. The only thing missing from the presentation was Cissy. Cissy is recovering from Bypass surgery and was unable to attend the presentation. Both the residents and staff wish Cissy a speedy recovery, so she too can enjoy the many exciting programs to come.



## [Pesach Laws and Customs](#)

Probably the most significant observance related to Pesach involves the removal of chametz (leaven) from our homes. This commemorates the fact that the Jews leaving Egypt were in a hurry, and did not have time to let their bread rise. It is also a symbolic way of removing the "puffiness" (arrogance, pride) from our souls.

Chametz includes anything made from the five major grains (wheat, rye, barley, oats and spelt) that has not been completely cooked within 18 minutes after coming into contact with water.

We may not eat chametz during Pesach; we may not even own it or derive benefit from it. We may not even feed it to our pets or cattle.

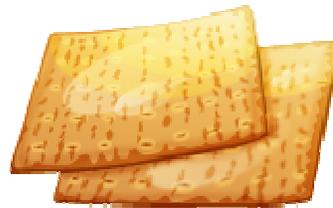
The process of cleaning the home of all chametz in preparation for Pesach is an enormous task. To do it right, you must prepare for several weeks and spend several days scrubbing everything down, going over the edges of your stove and fridge with a toothpick and a Q-Tip, covering all surfaces that come in contact with food with foil or shelf-liner, etc., etc., etc. After the cleaning is completed, the morning before the seder, a formal search of the house for chametz is undertaken, and any remaining chametz is burned.

The grain product we eat during Pesach is called matzah. Matzah is unleavened bread, made simply from flour and water and cooked very quickly. This is the bread that the Jews made for their flight from Egypt. complicating Pesach and taking some of the joy out of this celebration of freedom for no good reason, noting that the premise of this rule contradicts codes of Jewish law that explicitly say it is impossible for matzah to become chametz once it is baked. Nevertheless, this effort to more fully observe G-d's law is worthy of respect, even if you are not inclined to add this restriction to your own Pesach experience.

The day before Pesach is the Fast of the [Firstborn](#), a [minor fast](#) for all firstborn males, commemorating the fact that the firstborn Jewish males in Egypt were not killed during the final plague.

On the first night of Pesach (first [two nights](#) for traditional Jews outside [Israel](#)), we have a special family meal filled with ritual to remind us of the significance of the holiday. This meal is called a seder .

Pesach lasts for seven days (eight days outside of Israel). The first and last days of the holiday (first two and last two outside of Israel) are days on which no [work](#) is permitted.



**Nurse practitioners have been providing care for patients since 1965. They are Licensed as a Registered Nurse, Master or Doctor prepared by the National Board Certified in an area of specialty, such as adult, geriatric, psychiatric, acute care, pediatric, neonatal, women's health, or family.**

**Nurse practitioners provide quality, cost-effective services and individualized care comparable to the health care provided by physicians.**

**Their services are often covered under Medicaid and by many other private insurers. Federal regulations limit a nurse practitioner's ability to order essential care. The Centers for Medicare and Medicaid Services prohibit nurse practitioners from ordering home health care.**

**In conclusion, nurse practitioners are a vital access to high quality health care and maintain close collaborative working relationships with physicians and other health-care providers to augment this care.**

**By Maryann Weber from House Calls Program**