

B'NAI BRITH
Banner
May, 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.



Happy Mothers Day



What is a Mother?

**A mother is someone to shelter and guide us,
To love us, whatever we do,
With a warm understanding and infinite patience,
And wonderful gentleness, too.
How often a mother means swift reassurance
In soothing our small, childish fears,
How tenderly mothers watch over their children
And treasure them all through the years!
The heart of a mother is full of forgiveness
For any mistake, big or small,
And generous always in helping her family
Whose needs she has placed above all.
A mother can utter a word of compassion
And make all our cares fall away,
She can brighten a home with the sound of her laughter
And make life delightful and gay.
A mother possesses incredible wisdom
And wonderful insight and skill -
In each human heart is that one special corner
Which only a mother can fill!**

**By,
Katherine Nelson Davis**



Memorial Day Recognition

Memorial Day is a United States Federal Holiday. This year it will be observed on Monday May 30. Formerly known as Decoration Day, it commemorates U.S. soldiers who died while in the military service. Memorial Day originated to honor Union and Confederate soldiers during the Civil War. Presently the holiday honors all Americans that have died in all of the wars.

Traditionally Memorial Day was a day that family members went to visit the graves of fallen soldiers, however now it kicks off the beginning of summer. Local pools, beaches and amusement parks traditionally open for business during the long weekend. It has also become a long weekend increasingly devoted to shopping, family get-togethers, fireworks, trips to the beach. By Darlene



Recently the Activities Coordinators from Jewish Federation Plaza, Jewish Federation Towers and Lester were recognized for their hard work and efforts for planning activities for the residents. They received kind words, flowers, and a wonderful luncheon from Harold Colton-Max. April, Carolyn, Jessica, and Darlene appreciate the kind gesture and feel quite lucky to work for such a wonderful company.

Thank you



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So Little Time, So Much to Do JVS Offers Programs To JCHC Residents

Keeping your home clean and clutter-free is beneficial to your health. This is especially true when facing the physical challenges often associated with aging, that may increase the risk of falling. But clutter is more than a physical barrier to well-being; it can also be an emotional barrier. Over the years we collect, intentionally and unintentionally, and eventually we may become overwhelmed by our possessions. Our belongings can take over our lives, cluttering our homes and minds.

Too much “stuff” and too much to do can become immobilizing. If you are feeling overwhelmed by your “to do” lists or by projects that you have been postponing, JVS is here to help. JVS *Caregiving Companions* and Home Maintenance Solutions, used individually or together, can supplement JCHC’s wonderful services and provide the assistance you need to remain in the comfort of your own home, independently and safely.

JVS Caregiving Companions provide an extra hand to help you get through the day. In addition to helping with organizing and light housekeeping, *Caregiving Companions* plan and prepare meals, do laundry, assist with shopping and errands, assist with mail and appointment scheduling, and provide companionship. All *Caregiving Companions* participate in training at JVS that includes important information that includes important information on working in Jewish homes, from understanding the Jewish calendar and working in a kosher kitchen to understanding the unique needs of Holocaust survivors. Hiring a *Caregiving Companion* allows you to get things done **your** way, on **your** schedule

Home Maintenance Solutions provides home maintenance and repair services. JCHC residents have hired JVS to help hang pictures and mirrors, assemble furniture and closet systems, and help when moving in or out of an apartment.

JVS staff are supervised, insured, and bonded through the agency. JVS works closely with building staff, family members and other service providers (like JFS and the JCC) to insure that your needs are being met.

For information on services and fees please call Rachel Cohen at 973-674-2415, extension 293 or e-mail rcohen@jvsnj.org.



May Happenings

May is Women’s Health Month and Senior Month

May 2 Concert and Lunch at Temple Sharey Tefilo

May 3 Mothers Day Luncheon in Dining Room

May 12 Trip to Mount Airy Lodge

May 14 Israel Independence Day

May 19 Enjoy the beautiful music provided by Jill Sokol

May 26 Presby Memorial Iris Garden

May 30 Memorial Day Office is Closed



You and your Memory

Mental aging is a normal process which includes slower reflexes and muscle responses as well as slower thought processes which include but not limited to benign forgetfulness, longer to retrieve information and longer to learn new information. It does not include intellectual impairment, depression, confusion, hallucination and/or delusions.

That being said, memory changes associated with aging process are usually mild, fluctuating but not progressive.

So how does one stay healthy mentally and at the same time maintain memory and keep mental skills intact?

Here are some healthy mental tips:

Eat healthy. Eat 6 small meals (lower salt and fat with plenty of fruits, vegetables, and fiber).

Hydration. Drink at least 6 to 8 glasses of water daily unless otherwise restricted by your PCP.

Limit alcohol use to prevent memory loss.

Engage in exercise to 10 to 20 minutes weekly to tolerance.

Socialize. Communicate and maintain relationships

Take a break from your daily routine.

Explore a hobby.

Be sensitive and kind to others.

Accept yourself for who you are. Remember you are unique.

Exercise your mind by exploring new ways to challenge yourself.

Remember to reach out to your Health Care Practitioner if you feel your memory problems are becoming more problematic. You do not have to suffer alone. Help is just a phone call away.

By Mary Ann Weber



Happy Birthday

- Doris Pitts May 2
- Mary Teng May 3
- Rose Pollack May 4
- Faina Nachevnik May 5
- Michael Hamburger May 17
- Nan Samons May 18
- Bassia Zapolsky May 19
- Lorna Shell May 29
- May Williams May 30





Memory Through Movement



The residents enjoyed a visit for an exercise physiologist twice this month. They enjoyed moving to the rhythmic sounds of the piano as well as traditional jazz music. Laurie Ludmer encouraged the residents to push themselves a little past their comfort zone. A good healthy work-out was enjoyed by everyone.



JCHC University

Monday May 2 12:00pm JCHC University - Current Events / Talking Books at Lester

Monday May 16 1:00pm JCHC University - Shakespeare Literature at Plaza

Monday May 23 12:30 pm JCHC University - Simple Healthy Meals at Plaza