

## **NEWS RELEASE**

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**Lester Senior Housing Community Marks Assisted Living Week  
with Informational Programs, Fun Activities, and Resident Cocktail Reception  
*Senior Living Community in Whippany, Which Offers Residents Assisted Living  
Option, Enjoyed Theme of “Homemade Happiness” with Interactive and Creative  
Workshops, Resident Art Show***

WHIPPANY, N.J., October 10, 2013 – The residents and staff of Lester Senior Housing Community in Whippany, one of the senior living communities owned and managed by the [Jewish Community Housing Corporation of Metropolitan New Jersey](#) (JCHC), marked National Assisted Living Week last month with a series of activities and informational and social programs that were open to the public.

The theme this year was “Homemade Happiness” and residents of both Lester residences, Weston Assisted Living Residence and Heller Independent Living Apartments, participated in creative arts classes and fun hands-on workshops. The special week included a private cocktail reception for residents and their families of both residences within the senior community, with a display of residents’ original handiwork such as needlepoint pieces and paintings.

Programs to mark National Assisted Living Week included:

- “Sweetness for a Sweet New Year,” a presentation about apples, honey, and the Jewish New Year, part of the JCHC’s Creative Living series of workshops for older adults
- A presentation on “Assisted Living and Other Levels of Care” for seniors and their family members
- Homemade Happiness in Art – classes in song writing, creative writing, and poetry
- “Floral & Hardy” flower arranging workshop
- Baking class, ice cream social

The Jewish Community Housing Corporation offers seniors a range of housing options, amenities, and services in four senior living communities in Essex and Morris counties. The Lester Senior Housing Community is located at 903-905 Route 10 East in Whippany on the Aidekman campus of the JCC MetroWest. For more information about its independent living or assisted living options, contact Barbara Knopf, Marketing and Admissions Manager at (973) 929-2525 or visit [www.jchcorp.org](http://www.jchcorp.org).



**PHOTO CAPTION:**

Administrator Alex Gross takes a moment with resident Pearl Blumberg at the cocktail party celebrating National Assisted Living Week at the Lester Senior Housing Community.



**PHOTO CAPTION:**

Residents and guests of the Lester Senior Housing Community enjoyed a week of hands-on and creative workshops such as fresh flower arranging in "Floral & Hardy."



**PHOTO CAPTION:**

JCHC board member Marvin Leiken, whose mother Sylvia lives at Lester Senior Housing Community, serving beverages at the private cocktail party for residents and their families.

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**About the Jewish Community Housing Corporation of Metropolitan New Jersey**

Founded in 1982, the Jewish Community Housing Corporation of Metropolitan New Jersey (JCHC) developed and manages more than 470 apartments in four buildings for older adults in Morris and Essex counties in northern New Jersey. The non-profit organization offers seniors a range of options in terms of services, amenities, location, and cost, all within a traditional Jewish environment. The JCHC provides housing, programs, and services for the independent elderly as well as those who need assisted living. For more information, go to [www.ichcorp.org](http://www.ichcorp.org).