

FAIRVIEW NEWS



Center For Medicare and Medicaid Services
5 Star Facility Rating

DECEMBER, 2017

The Latest Fairview News,
Announcements, Special
Event Dates & much more.

Happy Holidays







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Table of Contents

A Note from the Editor.....	1
A Message from the Administrator	2
Director of Nursing	3
Social Work News.....	4
Psychotherapy & Communications.....	5,6
Kitchen News	7
Holiday Recipes	8,9,10
Recreation Therapy.....	11,12,13,14
Halloween Photos.....	16,17,18,19,20,21,22
Veterans Day Celebration.....	23
Congratulations.....	24
Fun Facts.....	25, 26
Hanukkah Story.....	27,28,29,30
Dreidel Game	31
Hanukkah Word Search.....	32
The Story of Christmas	33,34
Santas Crossword.....	35
Cristmas Wordsearch.....	36
Birthday Wishes.....	37
Adult Coloring Page.....	38
Fairview Activities Calendar.....	39



WE'RE ON THE WEB
WWW.fairviewrehab.com

WE EDIT FROM EDITOR

Dear readers, welcome to the month of DECEMBER!

In this issue, you will find many interesting articles and information regarding our incredible program. Fairview Nursing Care Center is a 24-hour rehabilitation and nursing care facility located in the heart of Forest Hills, New York. Our dedicated team provides skilled nursing and outpatient rehab care to adults and seniors in the region. We focus our services on restoring individual independence in our residents, using specifically tailored plans to help them develop skills essential for complete rehabilitation.

With our top quality clinical services, exceptional rehabilitation activities and award-winning recreation therapy program – we aim to restore physical independence to our Nursing Home residents one patient at a time. We provide a warm atmosphere for health, wellness and superior care.

Avi Pleshtiyev

Fairview Rehabilitation & Nursing Care Center offers excellent services to individuals coming from an acute-care setting. We also put a special emphasis on reducing the number of hospital re-admits through our unique Re-Hospitalization Prevention Program.

Our Forest Hills based rehabilitation center is equipped with the latest technology that is used by our physical therapists, occupational therapists and speech therapists to restore patients' basic motor skills and the ability to perform daily activities.

We are very passionate about providing the best care achievable for our patients. Their high-quality care and comfort is our main priority. Contact us or visit our facility to become part of the Fairview Family.



Contact Our Admissions Office Today!
718-263-4600 Extension: 218

A Note from The Desk of the Administrator - Ms. Bein

2



The Glass of Milk that Saved a Life

One day, a poor boy who was selling goods from door to door to pay his way through school, found he had only one thin dime left, and he was hungry. He decided he would ask for a meal at the next house. However, he lost his nerve when a lovely young woman opened the door. Instead of a meal he asked for a drink of water. She thought he looked hungry so brought him a large glass of milk. He drank it so slowly, and then asked, "How much do I owe you?" "You don't owe me anything," she replied. "Mother has taught us never to accept pay for a kindness." He said ... "Then I thank you from my heart." As Howard Kelly left that house, he not only felt stronger physically, but his faith in God and man was strong also. He had been ready to give up and quit. Many years later that same young woman became critically ill. The local doctors were baffled. They finally sent her to the big city, where they called in specialists to study her rare disease. Dr. Howard Kelly was called in for the consultation. When he heard the name of the town she came from, a strange light filled his eyes. Immediately he rose and went down the hall of the hospital to her room. Dressed in his doctor's gown he went in to see her. He recognized her at once. He went back to the consultation room determined to do his best to save her life. From that day he gave special attention to her case. After a long struggle, the battle was won. Dr. Kelly requested the business office to pass the final bill to him for approval. He looked at it, then wrote something on the edge and the bill was sent to her room. She feared to open it, for she was sure it would take the rest of her life to pay for it all. Finally she looked, and something caught her attention on the side of the bill. She read these words ...

"Paid in full with one glass of milk"

(Signed) Dr. Howard Kelly.

Tears of joy flooded her eyes as her happy heart prayed: "Thank You, God, that Your love has spread broad through human hearts and hands."





Director of Nursing
Nadene Lewis-McCook, RN, MSN.

Dear Team,

The doors of 2017 will close in a few weeks as most ‘Americans’ celebrate the gift of Christ. Merry Christmas and a Prosperous 2018 to all of you. To those who do not celebrate Christmas; Happy Holidays, Happy Hanukah and Happy Kwanza to you.

As the curtains of 2018 open to welcome us, we will begin preparation for our Department of Health Survey/Inspection. The hard work continues, and you will see the changes in our Accident Incident Reporting, Care Plan documentation, more education sessions and competences as we improve our delivery of care services. We look forward to interacting with you in these sessions, and creating a phenomenal learning environment here at Fairview.

The recent regulatory changes at the Centers for Medicare and Medicaid will dictate the modifications in our deliver of care systems. We are in the business of caring and providing excellent patient/customer services. We are part of a very competitive health care marketplace and we must develop an edge over our competition. Being excellent at what we do (caring, service) in only the beginning. Let’s do this!

NURSING DEPARTMENT HIGHLIGHTS

Congratulations to our “Frontline Employees” for the month of December:

- Thomas Enolia, CNA who was reported by a patient to be very compassionate during care. Keep up the good work. We celebrate you!
 - Atanley, Johnalyn, CNA who was complimented by a family member and described as “courteous and respectful”. We celebrate you!
 - Manohar, Radika, CNA, who was complimented by a family member and described as “courteous and respectful”. We celebrate you!
 - London, Gloria, CNA who was an honorable mention in a thank you card from to the facility from a family member. Keep up the good work. We celebrate you!
- We welcome back our co-workers who were our sick and send “Get Well Soon” wishes to those who are out on FMLA/MLOA. We wish you a speedy recovery back to good health.
 - We welcome all new employees to our Fairview Team, and wish you a long professional journey with us.

See you in the classroom.

Warm Regards,

Nadene Lewis-McCook, RN, MSN.
Your #1 Fan



Social Work

4



Mindy Negron
Social Worker

Hello Fairview,

My name is Mindy Negron I am one of the new social workers here at Fairview Nursing Care Center. I graduated with my Masters at Adelphi University in Social Work and majored in Selected Issues in Social Work Practice with Older Adults. Prior to coming into the field of social work, I served in the U.S Army for five years as a Military Police Officer. I have two years of experience in the geriatric population and have had the honor of working with some of the most amazing people. I look forward to serving you here at Fairview and assisting you with your care.

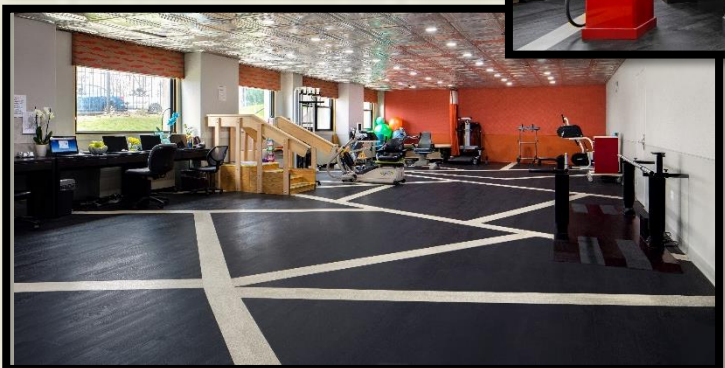


Scott Stiefel
Social Work Intern

Hello Fairview! My name is Scott and I'm happy to be joining the Fairview team as a social work intern. I'm currently pursuing my MSW at Hunter College's Silberman School of Social Work. I'm very excited to be working here and interacting with residents from all walks of life.

I want to become a social worker not only because I value empathy, but because I value the importance of advocacy. Most people need social work in some form or another, and my goal is to help people feel secure in difficult times. I enjoy working with the geriatric population because they can share their life experiences, which to me, is invaluable. I'm excited to be begin my journey at Fairview and look forward to meeting you!

Visit Our Rehab Gym



Learn How To **CALM DOWN**

Utilizing 5 Simple Hacks



Avi Pleshtiyev, LMSW
Director of Psychotherapy & Communications

There are 286 new emails in the inbox, those new pants are covered in scalding coffee, and the next conference call starts in exactly five minutes. In other words, it's the perfect time to relax. When we're feeling frazzled, a weekend at a beach resort might be just the thing to calm our nerves. But there isn't always time for tanning, let alone sleeping, eating, or going to the bathroom. So, what do we do when faced with a stressful situation? No matter how much we love our job, or how productive we believe we are under stress, there comes a moment when the pressure rises above boiling point. Anger, stress, and anxiety are enough to get anyone worked up. While it might seem impossible to control your emotions, we can teach ourselves to calm down. This valuable skill can help us cope with unexpected situations and emotions.

1. Take deep breaths to calm down

This advice sounds so simple it's often overlooked. But it works better (and faster) than any other relaxation technique out there. There is a direct connection between our emotional state and breathing. An anxious, frustrated or overwhelmed person breathes as if they have just finished running a marathon. A calm person breathes differently. Their breathing is deep, slow and steady. So the best way to bring your heart rate down and to regain your cool is to change your breathing.

Try this now: take a slow, deep breath in, filling your lungs with air and expanding your diaphragm. Hold your breath for four counts and then slowly release the air through your mouth. Repeat four times and notice frustration and the feeling of being overwhelmed dissolve with each long exhale.

2. Reduce the multi-tasking and multi-thinking

It's been proven that multi-tasking is very inefficient. The same is true for multi-thinking, when your mind frantically jumps from one thought to another, trying to focus on and analyze several things all at once. Fortunately, there is help. A few minutes of meditation or brainwave music is all it takes to start feeling more relaxed, more creative and less overwhelmed.

3. Get moving

Any exercise you engage in – be it walking or dancing to your favorite beat – helps to pump some 'feel-good' hormones, called endorphins, through your body and to clear your mind. Staying active also increases your productivity, enhances your ability to cope with stress and helps you to vent nervous tension, boosting your mood and changing the thoughts that induce the sense of being overwhelmed.

The best part is you don't have to spend hours in the gym to get the mind-soothing benefits of exercise. Even as little as 15 minutes of dancing or jogging can go a long way towards making you feel better and staying calmer.

4. Change your surroundings

We all need and deserve to take vacations from work woes and family responsibilities. Unfortunately, spending two weeks lazing on a beach, toes in the sand and a Mojito in hand, is not always an option. However, this doesn't mean that we can't take short 'vacations' from work stress and the technology buzz.

Go outside for a few minutes and enjoy the sunshine. Stop at a park instead of driving straight home from work. Sometimes changing your surroundings and 'spicing up your routine' is all it takes to change your perspective on things and find creative solutions to seemingly complex and overwhelming problems.

5. Get some pet therapy

My personal favorite is using pet therapy to calm down.

Studies have shown what most of us already guessed – our pets can be a great help during stressful moments. Simple actions such as petting or playing with your dog or cat can lower high blood pressure, improve your immune system and boost your mood. Besides, pets can make the best conversation partners to share your frustrations with. They listen, they love you unconditionally and they never talk back or say, "I told you so."

Extra tip: Don't wait for stress to hit you to start practicing these quick ways to calm down when you are overwhelmed. The best way to enjoy a worry-free life is not to push yourself to the limit of being overwhelmed and frustrated.



20 Ways To Calm Down

MOVEMENT

1. Jumping Jacks
2. Run in Place
3. Jump Rope
4. Punch a Pillow
5. Beat on Your Chest Like a Gorilla
6. Crab Walk

RELAX

7. Take Deep Breaths
8. Hold a Stuffed Animal
9. Go to a Different Room & Read

BE SILLY

10. Stick Your Tongue Out & Keep Talking!
11. Staring Contest
12. Yell at Peas in the Freezer
13. Sing What You're Angry About
14. Force a Laugh
15. Splash Cold Water On Your Face
16. Bark Like a Dog!

PLAY

17. Play with Blocks
18. Make Silly Faces In a Mirror
19. Freeze and Don't Move for 1 Minute
20. Start a Dance Party

A Scrumptious Treat For The Family To Enjoy!

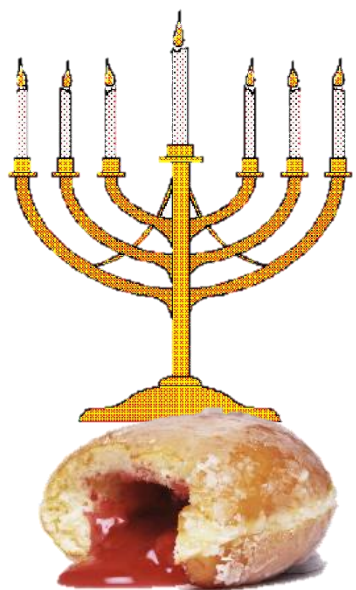


When Is Chanukah?

Chanukah begins Tuesday, December 12 and ends Wednesday, December 20 at nightfall. Chanukah is the Jewish eight-day, wintertime “festival of lights,” celebrated with a nightly menorah lighting, special prayers and fried foods. The Hebrew word Chanukah means “dedication.” It celebrates the rededication of the Holy Temple. At the heart of the festival is the nightly menorah lighting. The menorah holds nine flames, one of which is the *shamash* (“attendant”), which is used to light the other eight lights. On the first night, we light just one flame. On the second night, an additional flame is lit. By the eighth night of Chanukah, all eight lights are kindled. Since it is traditional to eat fried foods sufganiot are very popular.



Nella Shaulov, RD
Chief Clinical Registered Dietitian



What are Sufganiot?

Sufganiot are deep-fried jelly doughnuts that are traditionally eaten during the Jewish festival of Hanukkah. The oil used to fry the doughnuts are reminiscent of the oil that miraculously burned, according to the Hanukkah story, in the ancient Temple in Jerusalem.

How to make Jelly Doughnuts (Sufganiot)

What You'll Need

- 1 packet (2 1/4 teaspoons)
- 3 cups, all-purpose flour + 1 tablespoon of flour
- 1/4 cup sugar, divided
- 1 1/4 cups water
- 1/4 cup margarine
- Dash of salt
- 2 large egg yolks
- Jelly or jam (strawberry is recommended)
- Oil for frying (canola is recommended)
- powdered sugar to garnish



1. **To make the dough:** In a small bowl, combine the yeast, 1 tablespoon of flour, 1 tablespoon of sugar, and 1 tablespoon of water. Mix well, cover, and allow to rest until the mixture becomes foamy.

In another large bowl mix the 3 cups of flour with the melted margarine, salt, remaining sugar, and the egg yolks. Add the yeast mixture to the flour mixture. Slowly add water while stirring. When the batter is smooth, cover the bowl with a clean tea towel, and set aside in a warm spot to rise until doubled in bulk, about 1 1/2 to 2 hours.

2. **To make the doughnuts:** After the batter has risen, punch it down and transfer it to a lightly floured surface. Roll out the dough to a 3/4-inch thickness. Use a round cookie cutter or a glass with a 2-1/2 to 3-inch opening to cut circles out of the dough. Place a drop of jelly in the middle of each circle, and then cover with another circle of dough. Make sure that 2 circles attach well to form a closed ball with jelly in the middle. Cover the doughnuts with a clean, slightly damp tea towel and allow to rise until puffed up, about 45 minutes to 1 hour.

3. **To fry the doughnuts:** Line a large plate or platter with several layers of paper towels and set aside. Pour 2 inches of oil into a deep, heavy bottomed pot. Heat over medium heat 350° F (180° C). Carefully slip the doughnuts into the oil. Fry the doughnuts on both sides until puffed and golden brown, about 2 to 3 minutes per side. Carefully remove the doughnuts and transfer to the towel-lined plates to drain. Cool slightly, sprinkle with powdered sugar, serve and enjoy.



Special Chanukah Latkes



Sonya Shamalov
Dietitian Assistant

Happy Holidays to all our Fairview residents! Chanukah is a very festive holiday for the Jewish people; filled with lots of light and lots of oil! Many Jewish people have the custom of making doughnuts and oily latkes, or potato pancakes, to celebrate the miracle of Chanukah. These oily treats are delicious, but can be very unhealthy from all the oil. The following recipe for latkes is fairly simple to make and only 50 calories per serving!

Ingredients:

- 2 tablespoons canola oil
- 2 pounds (5 medium) peeled medium-starch potatoes, such as Yukon gold
- 1 medium red onion, finely chopped (3/4 cup)
- 1/4 cup all-purpose flour
- 1 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 2 eggs, lightly beaten
- applesauce and sour cream, for serving

How To Make:

Step 1: Heat oven to 450° F. Brush 2 baking sheets with 1 tablespoon of the oil and set aside.

Step 2: Using a box grater or a food processor fitted with a shredding blade, coarsely grate the potatoes. Place the grated potatoes in a large bowl with the onion, flour, salt, pepper, eggs, and the remaining tablespoon of oil. Toss to mix well.

Step 3: Drop by rounded table-spoonfuls onto baking sheets and press lightly to make patties. Bake 10 minutes or until golden brown on the bottom. Turn the latkes with a metal spatula and rotate the baking sheets. Bake another 5 minutes or until golden.

Step 4: Transfer to a platter and serve with the applesauce and sour cream.

This recipe makes 2 dozen latkes.



Christina Chan
Dietetic Intern Student

Holiday Bread Stuffing



Happy Holidays, Fairview Family and Friends! As 2017 is coming to its end it's important to remember what you are appreciative for from this year. I would like to thank everybody I was lucky to work with here at Fairview Nursing and Rehab Center. I had an amazing experience here for my Dietetic Internship and I learned so much from the staff members as well as the residents. I will leave you all with a nice and easy bread stuffing recipe and I hope that everyone has a great holiday season!

Ingredients:

- 1 (1 lb) loaf white bread
- 1 small onion, chopped
- 1 teaspoon poultry seasoning
- 1 pinch salt
- 1 pinch ground black pepper
- ¼ cup water (OR chicken broth)

Directions:

1. Moisten all the bread with as much water (or chicken broth) as is needed to make moist. Add the onion, seasoning, and salt and pepper. Mix with hands.
2. Place in turkey or in foil and wrap up. Cook for at least 1 hour, longer if you are cooking it in the turkey. May open the foil for last 15 minutes to make top crusty.

"The children were so wonderful and respectful. We would love to have them back for another visit."

-Fairview Resident

"I had such an awesome time speaking with the residents and learning about their incredible life story."

- Student

"Engaging with the students reminded me of the precious times I played with my children when they were young. Oh, how I miss those times."

-Fairview Resident

"I had fun playing connect four with the residents and hearing about their experience living in a nursing home."

- Student

"It was definitely a refreshing visit. The children were all so energetic and full of life. I had a great time."

-Fairview Resident


I would love to work in a place like this once I graduate.

- Student

A VISIT FROM Hunter College High School Students





EDUCATION
is the most 
POWERFUL WEAPON
which you can use to
CHANGE THE WORLD







THE Fairview Halloween Costume Contest





Boof
HISSES
and Halloween
KISSES



certificate
Awarded to
MR. FRANCISCO
for Winning the Halloween
Costume Contest
Awarded By
Fairview Residents
Date
10-31-19





When witches go riding,
and black cats are seen,
the moon laughs and whispers,
'tis near Halloween.
~ Author Unknown





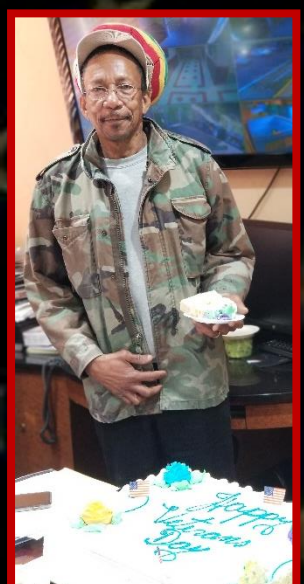








**Celebrating Veterans
Day with a Delicious
Breakfast
And honoring our
Fairview staff who
served their country**





Congratulations

**FAIRVIEW NURSING CARE CENTER
WOULD LIKE TO WISH**

EVA WARSAWSKY

**A BIG CONGRATULATION ON THE
BIRTH OF HER**

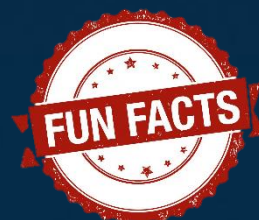
**15TH GREAT GRANDCHILD
MAY THIS BUNDLE OF JOY ALWAYS
MAKE YOU PROUD!**



77 FUN FACTS

1. Only one person in two billion will live to be 116 or older.
2. A person can live without food for about a month, but only about a week without water.
3. If the amount of water in your body is reduced by just 1%, you'll feel thirsty. If it's reduced by 10%, you'll die.
4. On average, 12 newborns will be given to the wrong parents daily.
5. You can't kill yourself by holding your breath.
6. Human birth control pills work on gorillas.
7. There are no clocks in Las Vegas gambling casinos.
8. Beetles taste like apples, wasps like pine nuts, and worms like fried bacon.
9. Months that begin on a Sunday will always have a "Friday the 13th."
10. The placement of a donkey's eyes in its' heads enables it to see all four feet at all times!
11. Some worms will eat themselves if they can't find any food!
12. Dolphins sleep with one eye open!
13. It is impossible to sneeze with your eyes open.
14. In France, it is legal to marry a dead person.
15. Russia has a larger surface area than Pluto.
16. There's an opera house on the U.S.–Canada border where the stage is in one country and half the audience is in another.
17. The harder you concentrate on falling asleep, the less likely to fall asleep.
18. You can't hum while holding your nose closed.
19. Women have twice as many pain receptors on their body than men. But a much higher pain tolerance.
20. There are more stars in space than there are grains of sand on every beach in the world.
21. For every human on Earth there are 1.6 million ants.
22. The total weight of all those ants, however, is about the same as all the humans.
23. Sea otters hold hands when they sleep so that they do not drift apart.
24. The Golden Poison Dart Frog's skin has enough toxins to kill 100 people.
25. The male ostrich can roar just like a lion.
26. Mountain lions can whistle.
27. The giraffe's tongue is so long that they can lick the inside of their own ear.
28. Cows kill more people than sharks do.
29. Cats have 32 muscles in each of their ears.
30. Butterflies taste their food with their feet.
31. A tarantula can live without food for more than two years.
32. The tongue of a blue whale weighs more than most elephants!
33. Ever wonder where the phrase "It's raining cats and dogs" comes from? In the 17th century many homeless cats and dogs would drown and float down the streets of England, making it look like it literally rained cats and dogs.
34. It takes about 3,000 cows to supply enough leather for the NFL for only one year.

35. Male dogs lift their legs when they are urinating for a reason. They are trying to leave their mark higher so that it gives off the message that they are tall and intimidating.
36. A hummingbird weighs less than a penny.
37. An ostrich's eye is bigger than its brain
38. Dogs are capable of understanding up to 250 words and gestures and have demonstrated the ability to do simple mathematical calculations.
39. A sheep, a duck and a rooster were the first passengers in a hot air balloon.
40. Birds don't urinate.
41. A flea can jump up to 200 times its own height. That is the equivalent of a human jumping the Empire State Building.
42. There is a snake, called the boomslang, whose venom causes you to bleed out from every orifice on your body. You may even turn blue from internal bleeding, and it can take up to 5 days to die from the bleeding.
43. A ball of glass will bounce higher than a ball of rubber.
44. Saturn's density is low enough that the planet would float in water.
45. 68% of the universe is dark energy, and 27% is dark matter; both are invisible, even with our powerful telescopes. This means we have only seen 5% of the universe from earth.
46. The founders of Google were willing to sell Google for \$1 million to Excite in 1999, but Excite turned them down. Google is now worth \$527 Billion.
47. In the past 20 years, scientists have found over 1,000 planets outside of our solar system.
48. There are 60,000 miles of blood vessels in the human body
49. If a pregnant woman has organ damage, the baby in her womb sends stem cells to help repair the organ.
50. If you started with \$0.01 and doubled your money every day, it would take 27 days to become a millionaire.
51. To produce a single pound of honey, a single bee would have to visit 2 million flowers.
52. The population is expected to rise to 10.8 billion by the year 2080.
53. You breathe on average about 8,409,600 times a year
54. More than 60,000 people are flying over the United States in an airplane right now.
55. Hamsters run up to 8 miles at night on a wheel.
56. Under the Code of Hammurabi, bartenders who watered down beer were punished by execution.
57. Our eyes are always the same size from birth, but our nose and ears never stop growing.
58. During your lifetime, you will produce enough saliva to fill two swimming pools.
59. You are 1% shorter in the evening than in the morning
60. The elephant is the only mammal that can't jump!
61. Most dust particles in your house are made from dead skin!
62. If 33 million people held hands, they could make it all the way around the equator.
63. Earth is the only planet that is not named after a god.
64. The bloodhound is the only animal whose evidence is admissible in court.
65. You are born with 300 bones, but by the time you are an adult you only have 206.
66. A ten-gallon hat will only hold $\frac{3}{4}$ of a gallon.
67. Just like fingerprints, everyone has different tongue prints.
68. ATM's were originally thought to be failures, because the only users were prostitutes and gamblers who didn't want to deal with tellers face to face.
69. Of all the words in the English language, the word "set" has the most definitions. The word "run" comes in close second.
70. A "jiffy" is the scientific name for 1/100th of a second.
71. One fourth of the bones in your body are located in your feet
72. Blue-eyed people tend to have the highest tolerance of alcohol.
73. A traffic jam lasted for more than 10 days, with cars only moving 0.6 miles a day.
74. The tongue is the strongest muscle in the body.
75. Every year more than 2500 left-handed people are killed from using right-handed products.
76. More than 50% of the people in the world have never made or received a telephone call.
77. The cigarette lighter was invented before the match.





The Hanukkah STORY

More than 2000 years ago there was a time when the land of Israel was part of the Syrian-Greek Empire, dominated by Syrian rulers of the dynasty of the Seleucids. In order to relate the story that led up to Chanukah, we shall start with Antiochus III, the King of Syria, who reigned from 358 to 338 (223-186 B.C.E.). He had waged war with King Ptolemy of Egypt over the possession of the Land of Israel. Antiochus III was victorious and the Land of Israel was annexed to his empire. At the beginning of his reign he was favorably disposed toward the Jews and accorded them some privileges. Later on, however, when he was beaten by the Romans and compelled to pay heavy taxes, the burden fell upon the various peoples of his empire who were forced to furnish the heavy gold that was required of him by the Romans. When Antiochus died, his son Seleucus IV took over, and further oppressed the Jews. Added to the troubles from the outside were the grave perils that threatened Judaism from within. The influence of the Hellenists (people who accepted idol-worship and the Syrian way of life) was increasing. Yochanan, the High Priest, foresaw the danger to Judaism from the penetration of Syrian-Greek influence into the Holy Land. For, in contrast to the ideal of outward beauty held by the Greeks and Syrians, Judaism emphasizes truth and moral purity, as commanded by G-d in the holy Torah. The Jewish people could never give up their faith in G-d and accept the idol-worship of the Syrians. Yochanan was therefore opposed to any attempt on the part of the Jewish Hellenists to introduce Greek and Syrian customs into the land. The Hellenists hated him. One of them told the King's commissioner that in the treasury of the Temple there was a great deal of wealth.

The wealth in the treasury consisted of the contributions of "half a shekel" made by all adult Jews annually. That was given for the purpose of the sacrifices on the altar, as well as for fixing and improving the Temple building. Another part of the treasury consisted of orphans' funds which were deposited for them until they became of age. Seleucus needed money in order to pay the Romans. He sent his minister Helyodros to take the money from the treasury of the Temple. In vain did Yochanan, the High Priest, beg him not to do it. Helyodros did not listen and entered the gate of the Temple. But suddenly, he became pale with fright. The next moment he fainted and fell to the ground. After Helyodros came to, he did not dare enter again. A short time later, Seleucus was killed and his brother Antiochus IV began to reign over Syria (in 175 - 164 B.C.E.). He was a tyrant of a rash and impetuous nature, contemptuous of religion and of the feelings of others. He was called "Epiphanes," meaning "the gods' beloved." Several of the Syrian rulers received similar titles. But a historian of his time, Polebius, gave him the epithet Epimanes ("madman"), a title more suitable to the character of this harsh and cruel king.

Desiring to unify his kingdom through the medium of a common religion and culture, Antiochus tried to root out the individualism of the Jews by suppressing all the Jewish Laws. He removed the righteous High Priest, Yochanan, from the Temple in Jerusalem, and in his place installed Yochanan's brother Joshua, who loved to call himself by the Greek name of Jason. For he was a member of the Hellenist party, and he used his high office to spread more and more of the Greek customs among the priesthood. Joshua or Jason was later replaced by another man, Menelaus, who had promised the king that he would bring in more money than Jason did.

When Yochanan, the former High Priest, protested against the spread of the Hellenists' influence in the Holy Temple, the ruling High Priest hired murderers to assassinate him. Antiochus was at that time engaged in a successful war against Egypt. But messengers from Rome arrived and commanded him to stop the war, and he had to yield. Meanwhile, in Jerusalem, a rumor spread that a serious accident had befallen Antiochus. Thinking that he was dead, the people rebelled against Menelaus. The treacherous High Priest fled together with his friends.

Antiochus returned from Egypt enraged by Roman interference with his ambitions. When he heard what had taken place in Jerusalem, he ordered his army to fall upon the Jews. Thousands of Jews were killed. Antiochus then enacted a series of harsh decrees against the Jews. Jewish worship was forbidden; the scrolls of the Law were confiscated and burned. Sabbath rest, circumcision and the dietary laws were prohibited under penalty of death. Even one of the respected elders of that generation, Rabbi Eliezer, a man of 90, was ordered by the servants of Antiochus to eat pork so that others would do the same. When he refused they suggested to him that he pick up the meat to his lips to appear to be eating. But Rabbi Eliezer refused to do even that and was put to death. There were thousands of others who likewise sacrificed their lives. The famous story of Hannah and her seven children happened at that time. Antiochus's men went from town to town and from village to village to force the inhabitants to worship pagan gods. Only one refuge area remained and that was the hills of Judea with their caves. But even there did the Syrians pursue the faithful Jews, and many a Jew died a martyr's death.

One day the henchmen of Antiochus arrived in the village of Modiin where Mattityahu, the old priest, lived. The Syrian officer built an altar in the marketplace of the village and demanded that Mattityahu offer sacrifices to the Greek gods. Mattityahu replied, "I, my sons and my brothers are determined to remain loyal to the covenant which our G-d made with our ancestors!"

Thereupon, a Hellenistic Jew approached the altar to offer a sacrifice. Mattityahu grabbed his sword and killed him, and his sons and friends fell upon the Syrian officers and men. They killed many of them and chased the rest away. They then destroyed the altar. Mattityahu knew that Antiochus would be enraged when he heard what had happened. He would certainly send an expedition to punish him and his followers. Mattityahu, therefore, left the village of Modiin and fled together with his sons and friends to the hills of Judea.

All loyal and courageous Jews joined them. They formed legions and from time to time they left their hiding places to fall upon enemy detachments and outposts, and to destroy the pagan altars that were built by order of Antiochus.

Before his death, Mattityahu called his sons together and urged them to continue to fight in defense of G-d's Torah. He asked them to follow the counsel of their brother Shimon the Wise. In waging warfare, he said, their leader should be Judah the Strong. Judah was called "Maccabee," a word composed of the initial letters of the four Hebrew words Mi Kamocha Ba'eilim Hashem, "Who is like You, O G-d."

Antiochus sent his General Apolonius to wipe out Judah and his followers, the Maccabees. Though greater in number and equipment than their adversaries, the Syrians were defeated by the Maccabees. Antiochus sent out another expedition which also was defeated. He realized that only by sending a powerful army could he hope to defeat Judah and his brave fighting men.

An army consisting of more than 40,000 men swept the land under the leadership of two commanders, Nicanor and Gorgiash. When Judah and his brothers heard of that, they exclaimed: "Let us fight unto death in defense of our souls and our Temple!" The people assembled in Mitzpah, where Samuel, the prophet of old, had offered prayers to G-d. After a series of battles the war was won.

Now the Maccabees returned to Jerusalem to liberate it. They entered the Temple and cleared it of the idols placed there by the Syrian vandals. Judah and his followers built a new altar, which he dedicated on the twenty-fifth of the month of Kislev, in the year 3622 (139 B.C.E.). Since the golden Menorah had been stolen by the Syrians, the Maccabees now made one of cheaper metal. When they wanted to light it, they found only a small cruse of pure olive oil bearing the seal of the High Priest Yochanan. It was sufficient to light only for one day. By a miracle of G-d, it continued to burn for eight days, till new oil was made available. That miracle proved that G-d had again taken His people under His protection. In memory of this, our sages appointed these eight days for annual thanksgiving and for lighting candles.

The brightness of the first Chanukah light had dwindled down. But the holy fires on the altar burnt again in the Beit Hamikdash, from morning to morning, as prescribed by the Law. The priests were again busily officiating in the old customary ways, and day in, day out they prepared the offerings. Order and peace seemed established.

The Jewish farmer longed to return to his land after two years of hardship, privation and danger in the victorious Jewish army. It was high time to break the ground and to till the soil, if the barley was to grow and ripen in time for "Omer-offering" on Passover. The Jewish farmers had left their ploughs to rally about the heroic Chashmonaim. The first victories had drawn even the hesitant into the ranks of the enthusiastic Jewish rebels, led by the sons of Mattityahu. Farmers had forsaken their land, merchants and tradesmen their stores and shops. Even Torah students had emerged from the four walls of the Bet Hamidrash to join the fight against the oppressors.

But the songs of victory, which had filled the reclaimed Holy Temple with praise and gratitude for the merciful G-d, had ceased. The goal of the battle seemed reached, and Torah again was supreme law in Israel.

One man, though, realized that the time for a return to normal living had not yet come. Israel could not yet afford to relax; it would have to stand ready and prepare to carry on the fight against the overwhelming odds of the enemy. This man was Judah Maccabi. His name was upon everyone's lips and in every Jewish heart. He was admired as a hero, as a man with the heart of a lion and the simple piety of a child; as the one whose mighty armies fought and conquered, yet who never failed to pray to G-d, the Master of all battles, before he entered the fray.

It was not the spirited warrior's joy that made Judah Maccabi stay in camp. His heart, too, longed to return to his former peaceful life, to Modiin, the quiet town of priests, which held the grave of his adored father. Bloodshed and battle meant a hard and unwanted profession for the men of Judea, who preferred peace to strife. Yet this was no time for relenting. Not only had he to stay, but with all the persuasion of his magnetic personality he had to hold back his comrades-at-arms. His own reasoning and his two wise brothers, Shimon and Yonatan, told him that only the first phase of this war of liberation had passed. Hard and desperate times were yet to come. Clever enemies merely needed an extended lull to prepare new assaults with more troops and better equipment. And there were enemies all about Judea, besides the defeated Syrians. The neighboring countries begrudged the dazzling victories of the small Jewish armies. They would much rather have seen the people of Judea oppressed and humiliated, than armed and spirited, a threat to their own lands. Whence had come the sudden source of strength, courage and fortitude? What was there in this nation that made history in proud seclusion and isolation from other nations? Old hatred was revived. The descendants of Edom (the Idumeans), the Ammonites, the Philistines and Phoenicians, they all revived their ancient jealousies. Messengers arrived from Gilead. The pagan people joined forces to destroy Judea. From Galilee came the bad news of similar evil intentions and active preparations in Ptolemais, Tyre and Zidon. The messengers found Judah Maccabi already at work. Fortifications had to be thrown up around Zion. Towers, walls, battlements and moat had to be constructed opposite the fort still held by their worst enemies, the Hellenistic Jews, under the leadership of the false priest Menelaus. These hated everything Jewish, and lived in the hope of the return of the Syrian masters. Judah Maccabi prepared Jerusalem against them and against imminent assault by the troops of Antiochus. Under his supervision the Jewish people worked feverishly to refill their arsenals and turn the whole country into a stronghold.

Once this most important task was accomplished, Judah Maccabi led his freshly trained troops to the aid of the regions and villages harassed by the spiteful neighbors of Judea. He drove the Idumeans from Hebron, which they had annexed, and he punished the people who had acted with hostility towards the Jewish settlers. Then he led his army across the Jordan River against the Ammonites. Their capital fell before the furious onslaught of the Jewish troops, and so did their fortress, Yaeser. Judah's brother Shimon led an army north to aid the plagued Jews of Galilee. He defeated the enemy and cleared the Jewish land. At his urging, a great many of the Jewish settlers who had fled to Jerusalem, returned to rebuild in safety what had been destroyed during the years of weakness. Judah Maccabi and Yonatan joined forces and marched against Gilead, where they were met with the toughest resistance. By Shavuot, this campaign was successfully concluded.

Judea was again free, and all parts captured by the neighboring nation had been recovered. Celebrations and festivity transformed Jerusalem and the Holy Temple, hardly half a year after the victories over the Syrian armies. The Jewish people expressed their joy and gratitude to G-d in the form of psalms and offerings. For He had restored glory and liberty to the Jewish land.

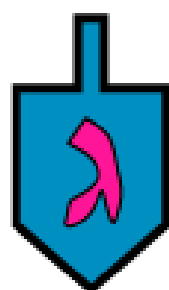
How to Play the Dreidel Game:

You will need a dreidel, some gelt (chocolate coins, nuts, m&M's or gold-wrapped chocolate candy—remember these will be handled before eaten) and a large enough flat surface to spin a dreidel unimpeded.

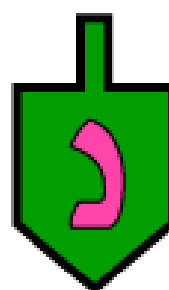
On the sides of a dreidel used outside of Israel, you will find the Hebrew letters: נ Nun, ג Gimel, ה Hey, and ש Shin. They stand for *Nes Gadol Hayah Sham*, which means: “A Great Miracle Happened There!” In the land of Israel, a פ Pey will replace the ש Shin and will remind us that “A Great Miracle Happened Here!”

Each player gets an equal amount of gelt to start. Begin by each player putting one piece of gelt in the central collection.

Each turn the player spins the dreidel and puts gelt in or takes them out of central collections as follows:



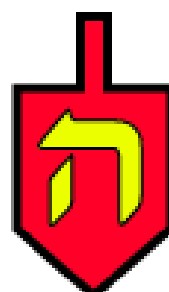
- Gimel - get all that is in the middle (“get”)



- Nun - does nothing (“none”)



- Shin - put one in the middle (“share”)



- Hey - get half of the amount in the middle (“half”)

If the central collection becomes empty, each player puts in one gelt and the game continues.

The game ends when one player has won all the gelt (that has not already been eaten). And as this is only a game, that player may choose to share this gelt with all the other players so the game can begin again or noone goes home empty-handed.



Hanukkah Word Search



32

r	e	d	e	d	i	c	a	t	i	o	n
h	a	r	c	a	n	d	l	e	s	b	w
a	c	e	d	e	a	f	a	g	h	c	o
n	m	i	l	i	r	k	t	j	i	h	d
u	n	d	o	p	o	q	k	l	r	a	n
k	s	e	i	g	h	t	e	e	n	l	u
k	t	l	u	e	i	z	s	m	u	l	s
a	v	w	x	l	a	f	b	i	n	a	a
h	a	y	y	t	b	x	t	g	f	h	n
z	f	a	m	i	l	y	p	s	h	z	b
a	b	c	d	l	a	v	i	t	s	e	f
n	i	h	s	s	h	a	m	a	s	h	x
m	e	n	o	r	a	h	o	z	c	v	z

hanukkah

gelt

festival

rededication



dreidel

candles

eight

latkes

challah

family

hora

sundown

menorah

oil

gifts

shamash

gimel

hay

shin

nun



THE STORY OF *Christmas*

Christmas is an annual festival commemorating the birth of Jesus Christ, observed most commonly on December 25 as a religious and cultural celebration. Christmas Day is a public holiday. It is celebrated religiously by Christians, as well as culturally by many non-Christians. Christmas forms an integral part of the holiday season. In several countries, celebrating Christmas Eve has been the main focus rather than Christmas Day. Although the month and date of Jesus' birth are unknown, by the early-to-mid fourth century the Western Christian Church had placed Christmas on December 25, a date that was later adopted in the East.

Today, most Christians celebrate on December 25 in the Gregorian calendar, which has been adopted almost universally in the civil calendars used in countries throughout the world. However, some Eastern Christian Churches celebrate Christmas on December 25 of the older Julian calendar, which currently corresponds to January 7 in the Gregorian calendar, the day after the Western Christian Church celebrates the Epiphany. This is not a disagreement over the date of Christmas as such, but rather a preference of which calendar should be used to determine the day that is December 25.



Although it is not known why December 25 became a date of celebration, there are several factors that may have influenced the choice. December 25 was the date the Romans marked as the winter solstice, the shortest and darkest day of the year, and the first day in which the days would begin to elongate and the Sun would have a longer presence in the sky. Jesus was identified with the Sun based on an Old Testament verse, and the date is exactly nine months following Annunciation, when the conception of Jesus is celebrated, which is one theory on what may have influenced the timing of the Christmas holiday. Also, Ancient Romans had a series of pagan festivals near the end of the year, and Christmas may have been scheduled at this time to appropriate, or compete with, one or more of these festivals.

Some scholars disagree with this latter interpretation and state that the Roman Emperor Aurelian placed a pagan celebration on December 25 in order to compete with the growing rate of the Christian Church, which had already been celebrating Christmas on that date.

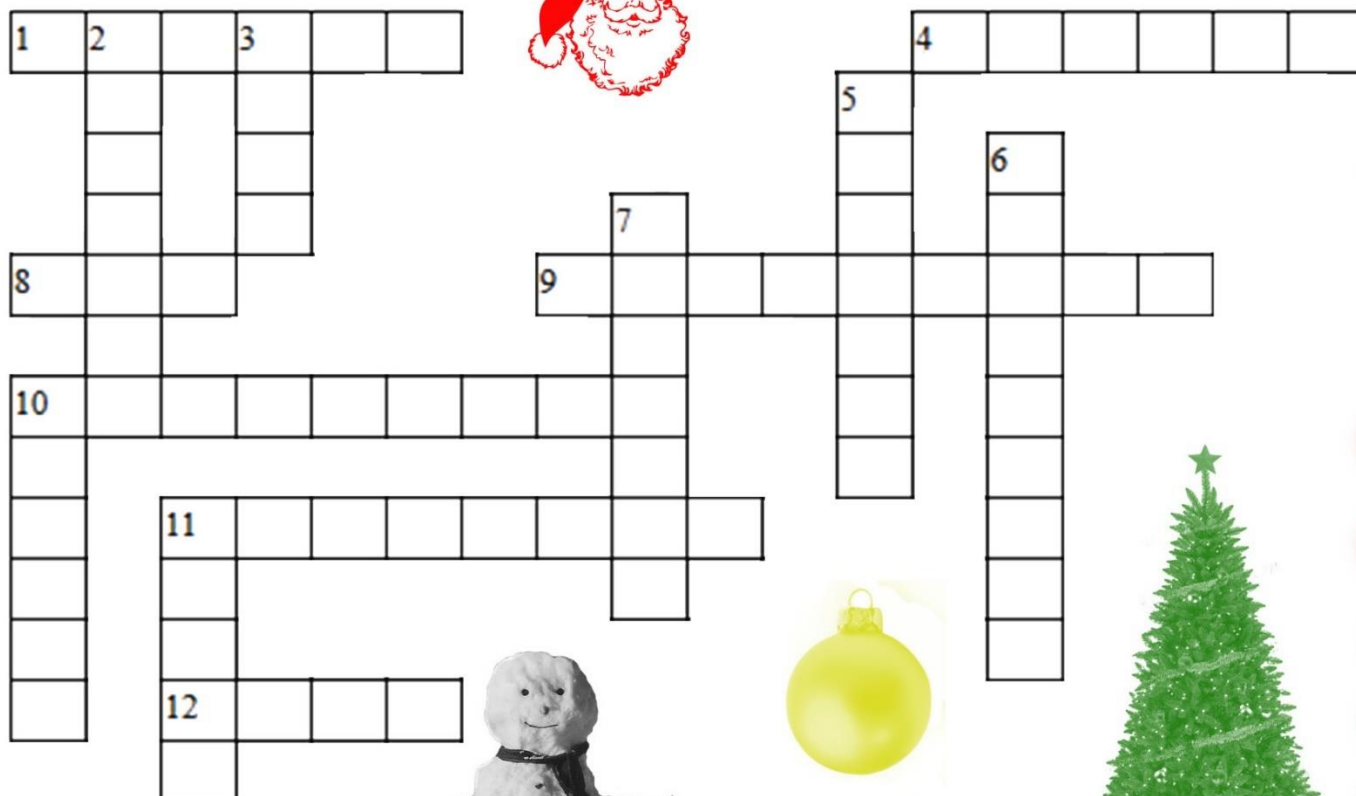
The celebratory customs associated in various countries with Christmas have a mix of pre-Christian, Christian, and secular themes and origins. Popular modern customs of the holiday include gift giving, completing an Advent calendar or Advent wreath, Christmas music and caroling, lighting a Christingle, viewing a Nativity play, an exchange of Christmas cards, church services, a special meal, and the display of various Christmas decorations, including Christmas trees, Christmas lights, nativity scenes, garlands, wreaths, mistletoe, and holly. In addition, several closely related and often interchangeable figures, known as Santa Claus, Father Christmas, Saint Nicholas, and Christkind, are associated with bringing gifts to children during the Christmas season and have their own body of traditions and lore. Because gift-giving and many other aspects of the Christmas festival involve heightened economic activity, the holiday has become a significant event and a key sales period for retailers and businesses. The economic impact of Christmas has grown steadily over the past few centuries in many regions of the world.



**A VERY MERRY
CHRISTMAS
and Happy New Year!**

MERRY CHRISTMAS

Santa's Crossword



ACROSS

1. Famous snowman
4. What Santa travels in
8. Makes toys for Santa
9. Used to decorate a Christmas tree
10. December 25
11. Hung by the chimney with care
12. What presents are left under

DOWN

2. Reindeer with a shiny red nose
3. Covers the ground on a white Christmas
5. Santa comes down this
6. Red and White hooked shaped candy
7. Left under the tree Christmas morning
10. Left out for Santa
11. Jolly toy maker



MERRY CHRISTMAS

Wordsearch



36

Search for the words going up, down, left and right.



T	U	K	E	B	S	N	Y	Y	V	G	I	I	O	X
L	D	P	Y	O	O	V	F	Q	S	N	O	G	N	U
U	S	G	N	I	T	E	E	R	G	I	W	Q	Z	B
J	D	X	D	E	J	O	W	E	I	L	L	T	K	R
J	J	O	B	E	K	T	O	D	N	O	W	N	E	Q
Q	U	S	R	R	N	E	B	D	G	R	R	E	C	K
Q	S	A	N	T	A	L	R	M	E	A	E	M	X	V
P	R	E	S	E	N	T	S	X	R	C	A	A	I	Y
I	Z	M	J	X	F	S	F	U	B	M	T	N	Y	U
J	E	D	Q	T	E	I	Z	B	R	C	H	R	M	L
X	B	D	N	R	L	M	M	C	E	K	V	O	K	E
M	L	M	X	S	T	R	M	F	A	X	N	I	Q	T
M	S	Z	Z	E	Q	S	W	U	D	N	D	L	Q	I
H	I	H	A	N	U	T	C	R	A	C	K	E	R	D
V	R	F	A	B	K	W	T	S	E	V	L	E	N	E

YULETIDE
GREETINGS
CAROLING
PRESENTS

WREATH
NUTCRACKER
TREE
MISTLETOE

SANTA
GINGERBREAD
ORNAMENT
ELVES





Bogachek, Khava

Lavidas, Maria

Herbstman, Jeanette

Wilson, John

Ullah, Zohara

Premkumar, Chakravart

Rose, Paul

Martone, Paula

Crowley, Kevin



SAGITTARIUS

Born **November 22 - December 21**

Sagittarius is known to be independent, bold & truthful. Some Sagittarius traits are intelligence, courage, generosity & optimism. They are typically determined to live life to the fullest, amongst other things often making them physical and athletic.

Sagittarius is a fire sign.



CAPRICORN

Born **December 22 - January 19**

Capricorn, the tenth sign of the zodiac, is all about hard work. Those born under this sign are more than happy to put in a full day at the office, realizing that it will likely take a lot of those days to get to the top.

That's no problem, since Capricorns are both ambitious and determined: they will get there.



TODAY IS
GOING TO BE
AWESOME

December 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 NEW YEARS EVE EUCHARISTIC VISITS 10am- New Year's Resolution Circle RR 2pm-Wii Bowling RR 5pm- EXTRA SPECIAL NEW YEARS EVE DINNER RR with an extraordinary musical performance by Bella			PATIO OPENED DAILY 9:00am-8:00pm <u>Patio Daily Smoking Hours</u> Morning Hrs. 9am -9:30am Afternoon Hrs. 1pm1:30pm Evening Hrs. 7pm - 7:30pm In case of inclement weather, the patio hours are subject to change.	WORD KEY RR=RECREATION ROOM FLS= ALL FLOORS ML= MAIN LOBBY 9:30AM-DAILY ROOM VISITS, NEWSPAPER, MAIL & PACKAGE DELIVERY	1 Red Apple Day 10am-Arts & Crafts FLS Strolling Music with Jean FLS 2pm-JEWISH SERVICE RR MOVIE CH. 37 FLS 6pm- Table Games RR	2 Stress Free Day 10am- Current Events & Trivia RR 2pm- JEWISH SERVICE RR MOVIE CH. 37 FLS 6pm-Table Games RR
3 Music Day EUCHARISTIC VISITS 10am-Arts & Crafts 1FL & 2FL Strolling Minstrel Bob Corey FLS 2pm-Wii Bowling RR MOVIE CH. 37 FLS 6pm-Bella on the Piano RR	4 Exercise Day 10am-Book Club RR Bible Class 4FL 2pm- Aerobics Class With Tommy 1FL & 4FL 3pm- Decorating Christmas Tree RR MOVIE CH. 37 FLS 6pm- BINGO - RR	5 Coffee Day 10am-Coffee Clotch RR Arts & Crafts FLS 2pm- Beauty & Makeup By ELANA RR MOVIE CH. 37 FLS 6pm- Sax w/ Alex RR	6 St. Nicholas Day 10am- Table Games FLS MASS RR 2pm- Drumming Circle With Jodi RR MOVIE CH. 37 FLS 6pm-Dominos Game RR	7 Pearl Harbor Day 10am- BAKING CLUB RR (Ginger Bread House) Victor on the Violin 5FL 2pm-Law & Order Acting Your Chance to Be a Star RR MOVIE CH. 37 FLS 6pm- POKENO RR	8 National Brownie Day 10am-Arts & Crafts FLS Clothing Sale With Shanna ML 2pm- JEWISH SERVICE RR MOVIE CH. 37 FLS 6pm- Table Games RR	9 Christmas Card Day 10am-Christmas Carols FLS Current Events & Trivia RR 2pm- JEWISH SERVICE RR 2:30- Triniteia Bijoux RR MOVIE CH. 37 FLS 6pm- Table Games RR
10 Human Rights Day EUCHARISTIC VISITS 10am-Arts & Crafts 3FL & 4FL 2pm-Wii Bowling RR MOVIE CH. 37 FLS 6pm-Bella on the Piano RR	11 National Noodle Day 10am-Table Games FLS Bible Class 4FL 2pm- The Fairview Movie Theater RR A Movie theater experience with delicious refreshments 6pm- BINGO - RR	12 CHANUKAH BEGINS  10am-Coffee Clotch RR Beauty Culture FLS 2pm- MAKE U DANCE DJ and Movements RR MOVIE CH. 37 FLS 6:15pm-Chanukah Event with Isaak RR	13 Special Concert Day  10am- Table Games FLS MASS RR 11am-Chanukah Event with Yeshiva Students RR 2pm-Jewish Services RR Learn All About Chanukah MOVIE CH. 37 FLS 6pm- Dreidel Games RR	14 Monkey Day  10am-BAKING CLUB RR (Chanukah Cookies) 2pm- Trumpet Show with Gary Grey RR MOVIE CH. 37 FLS 6pm- POKENO RR	15 Bill of Rights Day  10am-Arts & Crafts FLS Accessories Sale With Valerie ML 2pm-JEWISH SERVICE RR MOVIE CH. 37 FLS 6pm- Table Games RR	16 National Chocolate Day  10am- Current Events & Trivia RR 2pm- JEWISH SERVICE RR MOVIE CH. 37 FLS 6pm- Table Games RR
17 Maple Syrup Day  EUCHARISTIC VISITS 10am- Strolling Minstrel Bob Corey FLS Protestant Service RR 2pm-Wii Bowling RR MOVIE CH. 37 FLS 6pm-Bella on the Piano RR	18 Chanukah Luncheon  10am-Table Games FLS Bible Class 4FL 12pm-Chanukah Luncheon Music w/ Lana RR 2pm- Drum Circle With Robert RR MOVIE CH. 37 FLS 6pm- BINGO - RR	19 Oatmeal Muffin Day  10am-Coffee Clotch RR Beauty Culture FLS 2pm- Yoga Class 2FL & 3FL  MOVIE CH. 37 FLS 6pm- Bunco RR	20 CHANUKAH ENDS  10am- Clothing Sale With Randy ML MASS RR 2pm- Law & Order Acting Your Chance to Be a Star RR MOVIE CH. 37 FLS 6pm-Dominos Game RR	21 Winter Solstice 10am-BAKING CLUB RR (Holiday Tree Cookies) Christmas Carols Performance by PS26 Students RR 2pm- Violin w/ Victor RR MOVIE CH. 37 FLS 6pm- POKENO RR	22 National Nut Bread Day 10am-Arts & Crafts FLS  2pm-JEWISH SERVICE RR MOVIE CH. 37 FLS 6pm- Table Games RR	23 Festivus 10am- Current Events & Trivia RR 2pm- JEWISH SERVICE RR MOVIE CH. 37 FLS 6pm- Table Games RR
24 National Egg-Nog Day EUCHARISTIC VISITS 10am- Arts & Crafts 1FL & 5FL 2pm-Wii Bowling RR MOVIE CH. 37 FLS 6pm-Bella on the Piano RR	25 Christmas Day 10am-Bible Class 4FL Creating Christmas Cards FLS 12pm- Family Lunch Karaoke Event With Russel RR MOVIE CH. 37 FLS 6pm- BINGO - RR	26 Boxing Day 10am-Coffee Clotch RR Beauty Culture FLS 2pm- David Wynne Musical Performance RR MOVIE CH. 37 FLS 6pm- Bunco RR	27 National Fruitcake Day 10am- Arts & Crafts FLS MASS RR 2pm- Resident Council RR  MOVIE CH. 37 FLS 6:15pm- Music w/ Isaak RR	28 Card Playing Day 10am-BAKING CLUB RR (Holiday Cake) 2pm- Birthday Event International Music Show w/ Lana RR MOVIE CH. 37 FLS 6pm- POKENO RR	29 Pepper Pot Day 10am-Arts & Crafts FLS Strolling Music w/ Jean FLS 2pm- JEWISH SERVICE RR  MOVIE CH. 37 FLS 6pm- Table Games RR	30 National Soda Day 10am- Current Events & Trivia RR 2pm- JEWISH SERVICE RR 2:30- Triniteia Bijoux RR MOVIE CH. 37 FLS 6pm- Table Games RR