



# Golden Manor

JEWISH SENIOR SERVICES

Enriching the Lives of Baby Boomers and Beyond

## APRIL 2014 GMJSS NEWS

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12500 NW Military Hwy, Suite 260 San Antonio, TX 78231

▲ Main: (210) 302-6946 ▲ Fax: (210) 408-2332 www.GoldenManor.net



## A Night of Celebration

SATURDAY, JUNE 7TH - The Playhouse San Antonio

### Tickets on sale this month!

FOR HOW TO PURCHASE TICKETS AND ADS VISIT  
[WWW.GOLDENMANOR.NET](http://WWW.GOLDENMANOR.NET) OR CALL LETY AT (210) 302-6946

Celebration begins at 6 pm; Funny Girl performance starts at 8 pm



### HAPPY PASSOVER!

Begins at sunset  
on *Monday,*  
*April 14* and  
concludes  
nightfall on  
*Monday, April 21*

See inside for  
a special  
Passover insert!



GMJSS wants to ensure that transportation is available for all Jewish Seniors wishing to attend religious services or other community activities.

If you or someone you know needs transportation services, Please contact Lety at (210) 302-6946.

You're Invited To Join Us For

# PASSOVER SEDER

At Golden Estates Rehabilitation Center - 130 Spencer Lane

Wednesday, April 16 at 11:30 a.m.

The Seder will be led by Cantor Julie Berlin

Cost per guest \$16.00 / Children under 8 years old \$8.00

(No charge for Golden Estates residents)

Reservations must be made by April 7.

Call Lety at GMJSS to RSVP: 210-302-6946



FOR MORE INFORMATION ABOUT  
THIS EVENT, PLEASE VISIT  
[WWW.HEALTHEXPOSA.COM](http://WWW.HEALTHEXPOSA.COM)

### FREE HEALTH & WELLNESS EXPO

on Saturday, May 24, 2014 from 11 a.m. - 5 p.m. at the Henry B. Gonzalez Convention Center with special guest Dr. OZ. Transportation to this event will be provided by GMJSS for any senior wanting to attend. Call Lety at GMJSS at (210) 302-6946 to schedule your ride!

## JOIN GMJSS: SENIOR LUNCH & ACTIVITIES

Join with us and some of our Jewish Elders from Golden Estates for lunch, games, discussions, and dessert.  
*12 p.m. Second and Fourth Wednesdays at Golden Estates*  
*(Please call GMJSS at 302-6946 to RSVP)*

## A JEWISH AFTERNOON

A weekly social gathering with the residents of Madison Estates for a short movie, guest speaker or discussion of current events.  
*3 p.m. on Mondays at the Madison Estates*

## JEWISH LIVING PROGRAM

Second and Fourth Thursday of the month, a social gathering with the residents of Adante Senior Living for a short movie, guest speaker or discussion of current events.  
*11 a.m. Second and Fourth Thursdays at Adante Senior Living*

## GOLDEN ESTATES

### SHABBAT SERVICES

Friday  
Evening  
Service  
4:30 p.m.

Saturday  
Morning  
Service  
10:30 a.m.

**THURSDAY, APRIL 3 AND  
THURSDAY, APRIL 17 AT 2 P.M.**

*Jewish Bible Study* with Bobbie Ghitis, Mazal Moszkowicz and Marcia Schwartz

**SATURDAY, APRIL 5 AND  
SATURDAY, APRIL 26 AT 4:30 P.M.**

*Religious services and social* with Roman Vasquez

**WEDNESDAY, APRIL 9 AND APRIL 23 AT 12 P.M.**

*Respite Program* -Join us for Lunch and a Movie with residents and guests. RSVP to Lety at 210-302-6946.

**WEDNESDAY, APRIL 16 AT 11:30 A.M.**

*Passover Seder* - Join Cantor Julie Berlin, GMJSS, friends and families for a Passover Seder at Golden Estates at 11:30 a.m. in the arts and crafts room. The Seder will be led by Cantor Julie Berlin. For more information or to make a reservation please call Lety at GMJSS at 210-302-6946.

## ADANTE SENIOR LIVING

**THURSDAY, APRIL 10 AND THURSDAY, APRIL 24 AT 11 A.M.**

*Jewish Living Program* - Film and Conversation with Mindi Silver-Weiss in the 2nd Floor Activity Room. For more information please call 210-493-0101.

## CHABAD LUBAVITCH OF SAN ANTONIO

**WEDNESDAY, APRIL 30 AT 11:30 A.M. TO 1 P.M.**



Rabbi Levi Teldon speaks on the rituals involved in the making of matzah at the Sunshine Club gathering in March.

PHOTO BY: FRED KANTER



*Sunshine Club - Celebrating Mother's Day*  
An afternoon of food and friends, celebrating our Yiddishe Mamas. Join us at our monthly luncheon as we share our special memories and moments of our mothers, and are serenaded with Yiddish songs from the good ol' days by Rabbi Yossi Marrus. If you would like to receive the special Yiddishe Mama momento, please email, drop off or bring with you, a picture of your mother to 14535 Blanco Rd. Please ask for Nancy, Rabbi Teldon or Rochel or email Rochel@chabadsa.com. For more information, questions or comments please call 210-764 0300. Any seniors looking to attend a Seder, need matzah, or have any other Passover needs please feel free to email, or call and we will gladly assist you in any way possible!!!

## CONGREGATION AGUDAS ACHIM

**TUESDAY, APRIL 8  
AT 10:15 A.M. - 12 P.M.**

*Yad B'Yad Program* will celebrate Passover on Tuesday, April 8. Join us at Heintz Preschool - 16550 Huebner Rd. All seniors are invited. Bring friends to enjoy the merriment. For additional information: contact Heintz Preschool 479-0429 or email [yadbyad.heintz@gmail.com](mailto:yadbyad.heintz@gmail.com)

**MONDAY, APRIL 28 - 8:15 A.M. 9 P.M.**

*Tom Hashoah Museum Trip* - Enjoy a private tour of the Houston Holocaust Museum with the Kiddush Klatch Senior Program & GMJSS. The charter bus will leave Agudas Achim at 8:30 a.m. sharp and stop for a catered lunch on the way to Houston. A box dinner will be served on the way back to San Antonio. It is free to attend, but you must reserve your place with Mindi by calling 479-0307 or emailing [m.stern@agudasachim.org](mailto:m.stern@agudasachim.org).



## CONGREGATION RODFEI SHOLOM

**WEDNESDAY, APRIL 2 AT 11:30 A.M. TO 1 P.M.**

*Rodfei's L'Chayim Club* for community seniors will meet on Rosh Chodesh Nisan, Wednesday, April 2, from 11:30 a.m. to 1 p.m. at the synagogue. We will welcome the month of Nisan with a delicious lunch with friends and a program where several people will share different Passover traditions from around the world. There is no cost for seniors thanks to co-sponsorship by a generous grant from Golden Manor Jewish Senior Services. For transportation arrangements, contact the synagogue office. Cost for non-seniors is \$8 per person. All are welcome to attend! For more information or to RSVP, contact the synagogue at [rodfeisa@gmail.com](mailto:rodfeisa@gmail.com) or 210.493.3557.

## CONGREGATION TEMPLE BETH EL

**SATURDAY, APRIL 5 IMMEDIATELY AFTER SHABBAT MORNING SERVICES (APPROX 11:45 A.M.)**

*Shabbat Seniors' Havurah* in the Barshop Auditorium - every first Saturday of each month. For those 65 years young and older. This month, A FIESTA CELEBRATION! Enjoy a delicious lunch, followed by a Fiesta Celebration with dancers from Ballet Folklorico. There is a nominal charge of \$5 per person, subsidized by a grant from Golden Manor Jewish Senior Services, and RSVPs are a MUST to Jen Lowenstein at 733-9135, ext. 100, or [jen@beth-elsa.org](mailto:jen@beth-elsa.org). If you need transportation to the service and lunch, please let Jen know when you RSVP.

## MADISON ESTATES

**MONDAY, APRIL 7 AT 3:00 P.M.**

Join Cantor Julie Berlin and Golden Manor Jewish Senior Services for a delightful afternoon of Jewish music. Join us in the TV Room on the 3rd Floor. For more information call Lety at GMJSS 210-302-6946.

**MONDAY, APRIL 14, 21 AND 28 AT 3 P.M.**

*Jewish Living Program* - Enjoy a movie and conversation with Mindi Silver-Weiss. Join us in the TV Room on the 3rd Floor. For more information call Lety at GMJSS at 210-302-6946.

## SUBMIT TO THE GMJSS NEWSLETTER -

GMJSS would be happy to include your upcoming events for San Antonio Jewish Seniors — Baby Boomers and Beyond. Please send event information to Lety P. Vargas at [LetyV@GoldenManor.net](mailto:LetyV@GoldenManor.net) by April 17.

Want to showcase your recent event in our newsletter?

Submit any photos from events - captions/information about the event must be included to be candidates.

# NOW YOU KNOW

## A Night of Celebration



SATURDAY,  
JUNE 7<sup>th</sup>

The Playhouse  
San Antonio  
800 W. ASHBY PLACE  
SA, TX 78212

The celebration  
begins at 6 pm

Performance  
starts at 8 pm

### UPDATE FROM THE EVENT COMMITTEE:

Tickets will be available for sale starting in mid April.

If you are interested in purchasing tickets or supporting the event by advertising in the program for our Night of Celebration, please call Lety at 302-6946 or visit [www.GoldenManor.net](http://www.GoldenManor.net) for more information.

Seating levels are not guaranteed for tickets purchased after May 20, as seating is limited. Please purchase tickets early!

TRANSPORTATION WILL BE AVAILABLE FOR SENIORS WISHING TO ATTEND!!

## THANK YOU to our March DONORS

Freda M. Britton  
Rosa A. Lopez

To support GMJSS, please call Lety at 302-6946 or use our Paypal donate button on our (NEW!) website at [www.GoldenManor.net](http://www.GoldenManor.net).

### Health and Wellness: Eating Well As You Get Older

#### BENEFITS OF EATING WELL

Eating well is vital for everyone at all ages. Whatever your age, your daily food choices can make an important difference in your health and in how you look and feel.

#### EATING WELL PROMOTES HEALTH

Eating a balanced mix of foods every day has many health benefits. Eating well may reduce the risk of heart disease, stroke, type 2 diabetes, bone loss, some kinds of cancer, and anemia. If you already have one or more of these chronic diseases, eating well and being physically active may help you better manage them. Healthy eating may also help you reduce high blood pressure, lower high cholesterol, and manage diabetes.

#### EATING WELL PROMOTES ENERGY

Eating well helps keep up your energy level, too. By consuming enough calories, you give your body the fuel it needs throughout the day.

#### FOOD CHOICES CAN AFFECT WEIGHT

Consuming the right number of calories for your level of physical activity helps you control your weight. Extra weight is a concern for older adults because it can increase the risk for diseases such as type 2 diabetes and heart disease and can increase joint problems. Eating more calories than your body needs for your activity level will lead to extra pounds.

If you become less physically active as you age, you will probably need fewer calories to stay at the same weight. Choosing mostly foods that have a lot of nutrients but relatively few calories can give you the nutrients you need while keeping down calorie intake.

Your food choices also affect your digestion - not getting enough fiber or fluids may cause constipation. Eating more whole-grain foods with fiber, fruits and vegetables or drinking more water may help.

#### Make One Change at a Time

To eat healthier, you can begin by taking small steps, making one change at a time.

#### Checking With Your Doctor

If you have a specific medical condition, be sure to check with your doctor or registered dietitian about foods you should include or avoid.

For more information visit [www.niaseniorhealth.gov](http://www.niaseniorhealth.gov).

### JOIN OUR MAILING LIST!

Would you like to receive the next GMJSS newsletter directly in your email box? Please subscribe by sending your email address to [LetyV@GoldenManor.net](mailto:LetyV@GoldenManor.net) or call Lety with your information at (210) 302-6946.



**Golden Manor**  
JEWISH SENIOR SERVICES

12500 N.W. Military Hwy.,  
Suite 260  
San Antonio, TX 78231

#### PHONE:

(210) 302-6946

#### FAX:

(210) 408-2332

#### E-MAIL:

[info@GoldenManor.net](mailto:info@GoldenManor.net)

#### SHARI P. PULMAN

GMJSS Board President  
[SPulman@PulmanLaw.com](mailto:SPulman@PulmanLaw.com)  
(210) 789-5690

#### DANIEL L. LASER

GMJSS Executive Director  
(210) 302-6943  
[DLLaser@GoldenManor.net](mailto:DLLaser@GoldenManor.net)

#### LETY P. VARGAS

Executive Assistant /  
Program Coordinator  
(210) 302-6946  
[LetyV@GoldenManor.net](mailto:LetyV@GoldenManor.net)

#### LAUREN SANDOVAL

GMJSS Marketing &  
Communications Manager  
(210) 723-9973  
[LaurenS@GoldenManor.net](mailto:LaurenS@GoldenManor.net)

#### MINDI SILVER-WEISS, LCSW

[MSilver-Weiss@goldenmanor.net](mailto:MSilver-Weiss@goldenmanor.net)  
(210) 302-6954

#### SHERIE TRAKHTENBROIT, LCSW

[STrakhten@gmail.com](mailto:STrakhten@gmail.com)  
(210) 302-6954