



Golden Manor

JEWISH SENIOR SERVICES

Enriching the Lives of Baby Boomers and Beyond

MARCH 2014 GMJSS NEWS

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HAPPY PURIM!

Begins at sunset on *Saturday, March 15*

Ends at nightfall of *Sunday, March 16*

Look inside for a special Purim insert!

Introducing our all NEW Website!!

Along with our new logo and branding launch in January 2014, we are excited to welcome everyone to our new website - all new with more information and resources. Check it out today at www.GoldenManor.net and let us know what you think!



Join us for a "Walk in the Park"

Join us in March for Golden Manor Jewish Senior Services Walk in the Park Program. Join fellow walkers, friends and families for a casual activity. The walk will cover approximately .7 miles at a leisurely pace. The program will be at Hardberger Park (Blanco Rd. entrance) each Sunday in March at 9 a.m., weather permitting.

Please contact Golden Manor at 210-302-6946 to sign up. Registration is not required but is helpful to plan for refreshments and water. Warren Lieberman, GMJSS Board member, will lead the group. He can be reached by contacting the GMJSS office.

TRANSPORTATION AVAILABLE!

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.

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 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, MARCH 6 & THURSDAY, MARCH 20 AT 2 P.M.
Jewish Bible Study with Bobbie Ghitis, Mazal Moskowitz and Marcia Schwartz

SATURDAY, MARCH 1 & SATURDAY, MARCH 29 AT 4:30 P.M.
Special *religious services* and social with Roman Vasquez

WEDNESDAY, MARCH 12 & MARCH 26 AT 12 P.M.
Respite Program-Join us for Lunch and a Movie with residents and guests. RSVP to Lety at 210-302-6946.

ADANTE SENIOR LIVING

SUNDAY, MARCH 2 AT 1:30 P.M.
Join us for *Pre-Purim fun* at Adante. *Chabad's Youth Zone* will be bringing Purim spirit and having some fun with the residents of Adante. The children are excited to perform their talents for the seniors and will enjoy creating a hands on Purim craft with each other. Join the fun on Sunday, March 2 at 1:30pm. For more information please call 210-764-0300 or email Rochel@chabadsa.com .

THURSDAY, MARCH 13 AND TUESDAY, MARCH 25 AT 11 A.M.
Jewish Living Program Join us for a Film and Conversation with Mindi Silver-Weiss on the 2nd Floor Activity Room. For more information please call 210-493-0101.

CHABAD LUBAVITCH OF SAN ANTONIO

SUNDAY, MARCH 2 AT 1:30 P.M.
Join us for *Pre-Purim fun* at Adante and Madison Estates. *Chabad's Youth Zone* will be bringing Purim spirit and having some fun with the residents of Adante and Madison Estates. The children are excited to perform their talents for the seniors and will enjoy creating a hands on Purim craft with each other. Join the fun on Sunday, March 2 at 1:30pm. For more information please call 210-764-0300 or email Rochel@chabadsa.com .

WEDNESDAY, MARCH 26 AT 11:30 A.M.-1 P.M.
The Sunshine Club Make your own Matzah! On March 26th, the Sunshine Club will get together for our monthly luncheon with a Passover twist. Join us as we learn the mystical reasons for matzah and try your hand at making them. To RSVP and for more information please call 210-764-0300 or email Rochel@chabadsa.com.



CONGREGATION AGUDAS ACHIM

SATURDAY, MARCH 15 AT APPROX. 12:30 P.M.
Kiddush Klatch will be held in the Vexler Chapel after the Kiddush Lunch. The program will be "A Step in the Right Direction," about fall prevention and safety in the home, presented by MedTeam, Inc. A light dessert will be served. Please RSVP to Mindi Stern at 479-0307.



CONGREGATION RODFEI SHOLOM

SUNDAY, MARCH 2 AT 10 A.M. - 12 P.M.
Intergenerational celebration of Rosh Chodesh Adar The 14th day of Adar or Adar Sheni marks the festive holiday of Purim. During Purim, we celebrate G-d's deliverance of the Jews, and therefore, Adar is considered one of the happiest months of the year. As it is written in the Talmud, "When Adar comes, joy is increased." Rodfei Sholom's L'Chayim Club for community seniors and NCSY youth group are getting together on Sunday, March 2, to celebrate Rosh Chodesh Adar. The group will meet at The Painted Plate (11703 Huebner Road #201) from 10:00

TUESDAY, MARCH 18 AT 10:15 A.M. - 12 P.M.
Yad B'Yad program will celebrate Purim on Tuesday, March 18 with a morning of creating costumes, eating holiday snacks, and singing with Ms. Mindy. We will have our "Royal Fashion Runway" for everyone to show off their royal creations at the end of the event. Heintz Preschool-16550 Huebner Rd (preschool entrance.) RSVP by Monday, March 17. All seniors are invited. Bring friends to enjoy the merriment. Additional information: contact Heintz Preschool 479-0429 or email yadbyad.heintz@gmail.com.

CONGREGATION TEMPLE BETH EL

SATURDAY, MARCH 1 (AT ABOUT 11:45 A.M.)
Shabbat Seniors' Havurah in the Barshop Auditorium for those 65 years young and older! This month, an early Peek at a Purim! Enjoy a delicious lunch, followed by a Purim Celebration. There is a nominal charge of \$5 per person, subsidized by a grant from Golden Manor Jewish

a.m. to 12:00 noon to enjoy a continental breakfast and to work on a project in anticipation of Purim. Each person will create their own unique Purim plate that can be used for mishloach manot, at a Purim Seudah, or simply to enjoy as an original work of art. There is no charge for seniors, thanks to a generous grant from Golden Manor Jewish Senior Services and co-sponsored by Rodfei Sholom. Cost for everyone else is \$7 per person. If planning to attend, please RSVP to the synagogue office at rodfeisa@gmail.com or 210.493.3557. Everyone is invited to come welcome the joyous month of Adar!

Senior Services, and RSVPs are a MUST to Jen Lowenstein at 733-9135, ext. 100, or jen@beth-elsa.org. If you need transportation to the service and lunch, please let Jen know when you RSVP. PLEASE NOTE: Our Shabbat Seniors' Havurah takes place on the first Saturday of each month, so mark your calendars in advance!

MADISON ESTATES

SUNDAY, MARCH 2 AT 1:30 P.M.
Join us for *Pre-Purim fun* at Madison Estates. *Chabad's Youth Zone* will be bringing Purim spirit and having some fun with the residents of Madison Estates. The children are excited to perform their talents for the seniors and will enjoy creating a hands on Purim craft with each other. Join the fun on Sunday, March 2 at 1:30pm. For more information please call 210-764-0300 or email Rochel@chabadsa.com .

MONDAY, MARCH 3, 10, 17, 24 & 31 AT 3 P.M.
Join Golden Manor Jewish Senior Services for a social gathering at Madison Estates. Enjoy a movie and conversation with Mindi Silver Weiss. Join us in the TV Room on the 3rd Floor. For more information call Golden Manor Jewish Senior Services 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 by March 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 7th

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

The celebration
begins at 6:30pm

Performance
starts at 8:30pm

UPDATE FROM THE COMMITTEE:

Sponsorship requests are currently being sent out within the community. If you are interested in being a sponsor for our Night of Celebration event, please call the GMJSS office at 302-6946 by March 17.

Tickets will be available for purchase beginning in April. Seats are limited so mark your calendars now and reserve your tickets early!

THANK YOU to our February DONORS

Glenda Alter

In Memory of Leanore and Mike Kavy
and In Honor of Idelle Abramson
on her birthday

Mark and Susan Goldhaber

In Memory of Cathie Guggenheim

Fred Kanter

In Memory of Anne Kanter

Ruthie and Dick Wurzburg

In Memory of Cathie Guggenheim

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

Health and Wellness: What is Osteoarthritis?

Osteoarthritis is the most common form of arthritis among older people. It affects hands, low back, neck, and weight-bearing joints such as knees, hips, and feet.

Osteoarthritis occurs when cartilage, the tissue that cushions the ends of the bones within the joints, breaks down and wears away. This causes bones to rub together, causing pain, swelling, and loss of motion of the joint.

SYMPTOMS AND DIAGNOSIS

Pain and Stiffness in Joints

Different types of arthritis have different symptoms. In general, people with most forms of arthritis have pain and stiffness in their joints. Osteoarthritis usually develops slowly and can occur in any joint, but often occurs in weight-bearing joints. Early in the disease, joints may ache after physical work or exercise. Most often, osteoarthritis occurs in the hands, hips, knees, neck, or low back.

COMMON SIGNS

Common signs of osteoarthritis include

- joint pain, swelling, and tenderness
- a crunching feeling or sound of bone rubbing on bone.
- stiffness after getting out of bed

Not everyone with osteoarthritis feels pain, however. In fact, only a third of people with x-ray evidence of osteoarthritis report pain or other symptoms.

DIAGNOSIS

To make a diagnosis of osteoarthritis, most doctors use a combination of methods and tests including a medical history, a physical examination, x-rays, and laboratory tests.

WHO CAN PROVIDE CARE

Treating arthritis often requires a multidisciplinary or team approach. Many types of health professionals care for people with arthritis. You may choose a few or more of the following professionals to be part of your health care team.

- Primary care physicians
- Rheumatologists
- Orthopaedists

For more information visit 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 or call Lety with your information at (210) 302-6946.



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