

# Golden Manor

## JEWISH SENIOR SERVICES

Enriching the Lives of Baby Boomers and Beyond

### NOVEMBER 2014 GMJSS NEWS

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

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

#### 2014-2015 Board of Officers

##### PRESIDENT

Shari P. Pulman

##### VICE PRESIDENT

Alice Troy

##### SECRETARY

Suzanne Huber

##### TREASURER

Robi Jahnos

##### EXECUTIVE DIRECTOR

Daniel L. Laser

##### Board of Directors

Harold Berg

Andy Fagen

Howard Feinberg

Nancy Gerson

Greg Gonzalez

Warren Lieberman

Bernard Rabinowitz

Mindy Spigel

##### Past Presidents

Betty Adler

Richard Alterman

Bernard Bloom, M.D.\*

H.W. Brizman\*

Elliott Z. Cohen

Gerald Cohn

Sol Frank\*

Harold Franzel\*

Harry Freeman\*

Jack Gurwitz\*

Harry A. Half\*

Nat Jefferson

Mike Kelne

Kenneth R. Ladensohn\*

Robert Rosow\*

Norman Seeman\*

Bennett Stahl

Jimmy Toubin

Elliot Weser, M.D.

Perry Wulfe

Dick Wurzburg

##### Honorary Life Advisors

Elie Guggenheim

Elmer Jacobs\*

Aaron Mandel\*

Harry Sugerman\*

\*Of Blessed Memory

## GOLDEN CALF GRILLERS: GMJSS' Kosher BBQ team brings home a win



Tim Williamson lights the pit.  
*Photo by Lauren Sandoval*



Rabbi Berlin & Harry Levy  
*Photo by Warren Lieberman*

Tim Williamson,  
Daniel Laser,  
Harry Levy,  
Fred Weiss.

*Photo by  
Lauren Sandoval*



Golden Manor Jewish Senior Services participated in the 2nd annual Kosher BBQ competition held by Agudas Achim on October 26. The team, called the Golden Calf Grillers, composed of Tim Williamson, Lori Williamson, Daniel Laser, Linda Levy, Lauren Sandoval, Harry Levy, Fred Weiss, Shari Pulman, Warren Lieberman, Nicole Porterfield and Milton Porterfield, competed with special recipes of beans, chicken, ribs and brisket. The chicken scored a 2nd place, earning the team a win for the second year in a row.



Fred Weiss,  
Daniel Laser,  
and Lauren Sandoval serve.

*Photo by  
Warren Lieberman*

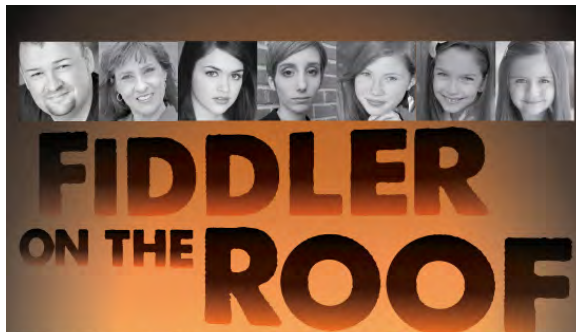
### Seniors in the Jewish community offered discounted tickets to come see *Fiddler on the Roof* at the Playhouse

In partnership with GMJSS, the Playhouse is offering discounted tickets for Jewish Seniors wanting to attend the show.

The whole community is invited to attend. To purchase a discount ticket, call the GMJSS office at (210) 302-6946 to get the discount code that will give \$5 off a ticket for any adult, senior, or military ticket for the showings on:

Sunday, 12/7 at 3 pm, Thursday, 12/11 at 8 pm,  
Sunday, 12/14 3 pm, Thursday, 12/18 8 pm.

*The Fiddler on the Roof* is a story about a Jewish father's struggle to preserve his family's



happiness and his religious traditions as 1905 Tsarist Russia transforms around them.

If any senior needs transportation to get to a showing, please let GMJSS know when you call the GMJSS office for the discount code.

## 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 (210) 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.

*2:30 p.m. on Mondays at the Madison Estates*

## JEWISH LIVING PROGRAM

First and third 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.

*10:30 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, NOVEMBER 6 &  
THURSDAY, NOVEMBER 20 AT 2 P.M.**

*Jewish Bible Study* with Marcia Schwartz and Mazal Moszkowicz

**WEDNESDAY, NOVEMBER 12 &  
NOVEMBER 26 AT NOON**

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

## ADANTE SENIOR LIVING

**THURSDAY, NOVEMBER 6 & THURSDAY, NOVEMBER 20 AT 10:30 A.M.**

*Jewish Living Program* - 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

**WEDNESDAY NOVEMBER 19 AT 11:30 - 1 PM**



*Sunshine Club* - Come Join the Sunshine Club for a Thanksgiving Luncheon! Free of Charge for Seniors. Transportation available upon request. At the Chabad Center for Jewish Life and Learning, 14535 Blanco Rd 78248. For more information email [Rochel@chabadsa.com](mailto:Rochel@chabadsa.com) or call (210) 764 0300.

## LEAH GOOT HADASSAH GROUP

**SUNDAY, NOVEMBER 9 AT 3 P.M.**

The Leah Good Group Of Hadassah invites you to join for "Hidden Treasures in the Library" featuring Lynn Waghalter, Librarian on Sunday, November 9 at 3:00 p.m. in the Beldon Library at the Weinberg Campus of the Jewish Community. Reservations required; please call Marge at (210) 492-5153. Visit us on FaceBook at [www.fb.com/SanAntonioHadassah](http://www.fb.com/SanAntonioHadassah) Don't drive? Call Golden Manor Jewish Senior Services at (210) 302-6946 for transportation.

## JEWISH COMMUNITY CENTER



**THURSDAY, NOVEMBER 6 AND NOVEMBER 20 AT 1 P.M.**

*Silver Cinema Film Screenings* - Attend free movie showings at the JCC the first and third Thursday of each month at 1 p.m. in the Holzman Auditorium. For more information about these free programs or to find out what film is being screened next, contact Maya at (210) 302-6860 or visit [www.jccsanantonio.org](http://www.jccsanantonio.org). No need to RSVP - and there is FREE popcorn!

## SUBMIT TO THE GMJSS NEWSLETTER

GMJSS would be happy to include your upcoming events in our newsletter. Please send event info to Lety P. Vargas at [LetyV@GoldenManor.net](mailto:LetyV@GoldenManor.net) by Nov. 17.

## CONGREGATION AGUDAS ACHIM

**FRIDAY, NOVEMBER 21 AT 9:15 A.M. - 11:30 A.M.**

*Grandparents Shabbat with Yad B'Yad* - The morning will begin with challah baking at 9:15. Everyone will move into the chapel for the weekly children's Shabbat service with Rabbi Jeffrey Abraham, Hazzan Jeremy Lipton, and preschool director Aliza Cantu. Following the service, we will have an oneg Shabbat and lots of hands-on Shabbat activities for everyone to enjoy. Come celebrate this special Shabbat with friends and the children at Heintz Preschool.

## MADISON ESTATES

**MONDAY, NOVEMBER 3, 10, 17, AND 24 AT 2:30 P.M.**

*Jewish Living Program* - 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 GMJSS at (210) 302-6946.

## CONGREGATION RODFEI SHOLOM



**TUESDAY, NOVEMBER 11 AT 11 A.M. TO 1 P.M.**

*L'Chayim Club* - All seniors (and friends ) are invited to attend the L'Chayim Club's monthly event on Tuesday, November 11, from 11 a.m. to 1 p.m. at Rodfei Sholom. There will be a delicious, traditional, home-cooked pre-Thanksgiving luncheon. As a special treat, there will be a Thanksgiving program presented by students of the Torah Academy of San Antonio. There is no charge for seniors, thanks to co-sponsorship of Rodfei Sholom and a generous grant from Golden Manor. Others are welcome and encouraged to attend at \$5 per person. If planning to attend, please RSVP by Tuesday, November 4, to rodfeisa@gmail.com or (210) 493.3557.

## CONGREGATION TEMPLE BETH EL

**SATURDAY, NOVEMBER 1 AT 11:45 A.M. IN THE BLOCK CENTER**

*Shabbat Lunch Havurah* - Join us immediately after Shabbat Morning worship on Saturday, November 1, for a A Jewish Thanksgiving Hands-On Cooking Experience! Temple chefs Brittany Power and Amy Strickland will teach us how to make Thanksgiving Jewish food - AND we will eat it, of course! Free for those 65 and older, \$5 for those under age 65, thanks to a grant from Golden Manor Jewish Senior Services. ALL ARE WELCOME! RSVP to Dollie Closna at 733-9135, ext. 126.



**SATURDAY, NOVEMBER 15 AT NOON**

*GO GRUENE!* - Take a Trip to Gruene, Texas with your Temple friends and family! Bus Leaving from Temple Beth-El at noon (after Shabbat Morning Worship) Returning to Temple Beth-El at 6 p.m. This afternoon trip will include: • Lunch in New Braunfels • Gruene Market Days • Winery • Fun! You won't want to miss this great Shabbat Adventure! All those 55 and over are FREE! Those under 55 pay for the cost of their lunch only. RSVP ONLINE at <http://beth-elsa.org/node/1376> or to the Reservations Hotline at (210) 733-9135, ext. 208 by Monday, November 10.

## WEDGWOOD SENIOR APARTMENTS

**MONDAY, NOVEMBER 10 AT 2 P.M.**

Join us for a Social Gathering with Daniel Laser and friends. For more information call (210) 302-6946.



# GMJSS IN THE COMMUNITY

## SUKKOT LUNCH AND CELEBRATION AT GOLDEN ESTATES



The seniors at Golden Estates enjoyed a Sukkot luncheon and celebration outdoors next to the sukkah. Daniel Laser spoke about the Sukkot holiday, and all enjoyed conversation and the lovely meal and dessert. Seniors were able to shake the lulav and etrog during the celebration.



ABOVE: Arnie Eisenstot shakes the lulav and etrog at the celebration.



AT LEFT: The Golden Estates sukkah.



### Join us for "Walk in the Park"

Join us in November 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 November, weather permitting. Please contact Golden Manor at (210) 302-6946 to sign up and receive updates via email. Registration is not required but is helpful to plan for refreshments and water. Warren Lieberman, GMJSS Board member, will lead the group and will answer any questions about the program. He can be reached by contacting the GMJSS office.

TRANSPORTATION

**NEED A RIDE?**

FOR JEWISH SENIORS

**DON'T EVER MISS OUT ON RELIGIOUS SERVICES JEWISH COMMUNITY EVENTS AND ACTIVITIES CALL US!**

**(210) 302-6946**

### FRED'S CORNER

On Saturday, October 11, Sally and I had the honor and good fortune of being invited to the after service lunch in the Chabad Sukkah. The Sukkah located in the area immediately behind the Chabad Center for Jewish Learning became the largest Sukkah that I have ever seen. There were somewhere between 140 and 150 people in attendance and the Sunshine Club



was present and we were seated with other members at a table reserved for seniors. The blessings were made for the meal and for the Sukkah. The wine and challah were served for the blessings. As usual, Rabbi Chaim

Block led the blessing and recited a tale appropriate for the holiday season.

The young lady that led the cooks dedicated the meal to her late father which was greatly appreciated by all in attendance. The kosher meal consisted of mostly traditional foods that brought back memories of my childhood. There were various salads, chicken nuggets, kugels, cholein, and a delicious chocolate cake for dessert. The children played and ran among us while the adults socialized. This was a true assembly of the generations and a real enjoyment to all.

## The Five Biggest Mistakes Boomers Make When Enrolling in Medicare

Source: National Council on Aging (NCOA)

Finding the right Medicare plan matters. With hundreds of policies to choose from, and so much information to understand, many people guess when choosing a policy and end up paying too much for a plan that doesn't cover what they need.

Here are the five biggest mistakes boomers should watch out for when enrolling in Medicare:

**Mistake 1:** *Signing up too early or too late for Medicare and its parts*

If you are aging into Medicare, your initial enrollment period is based on your 65th birthday. To avoid long-term penalties, make sure you know what you have to choose—and by when. If you or your spouse are still working when you turn 65 and your insurance meets certain requirements, it may make sense for you to delay enrollment in Parts A, B, and D. On MyMedicareMatters.org, you can take a free, confidential Medicare QuickCheck™ and receive a personal report with your initial enrollment period, or special enrollment period if you or your spouse are still working, and recommendations about when you should sign up for which parts of Medicare.

**Mistake 2:** *Not understanding the difference between a Medicare Supplement and a Medicare Advantage policy*

If you are new to Medicare, you have a fundamental choice to make: enroll in original Medicare or opt into a Medicare Advantage plan. It is very important that you understand the pros and cons of both types of coverage.

Original Medicare is a fee-for-service program. Most consumers supplement the government benefit with a private Medicare Supplement (also called Medigap) policy as well as a Part D plan for their prescription drugs. A Medicare Supplement policy may cover some services

**NEED HELP WITH MEDICARE OPEN ENROLLMENT?**  
**See the back page for how you can meet for FREE with certified counselors who can help with your questions and concerns.**

that are not included under the standard Medicare Parts A and B as well as some out-of-pocket costs such as co-insurance costs for care at skilled nursing facilities, the Part A deductible, and foreign travel emergency care. If you choose a Medicare Supplement policy, you will pay an additional monthly premium. You won't need prior authorization to use specialists or to get second opinions.

A Medicare Advantage Plan (Part C), on the other hand, takes the place of original Medicare Parts A and B. These plans work more like group insurance. They are sold through approved, licensed insurance companies and may have an additional monthly premium. Often, Medicare Advantage plans include prescription drug coverage as well as services that original Medicare does not such as health/wellness programs and vision care. However, a Medicare Advantage plan may also limit a person's ability to use doctors and hospitals, and also require prior authorization to use specialty services.

During open enrollment, you have the option of changing from one type of plan to another if your needs have changed.

**Mistake 3:** *Guessing when*

*picking specific plans*

It can be very difficult and time-consuming to compare all of the plans that are available to you. Many people try to do their homework, get frustrated, and then "give up and guess." Choosing a Medicare plan is too important to leave to guesswork. Take the time to review your health insurance needs before your first—and every subsequent—enrollment period. Think about:

Do you have health insurance from another source?

Do you have any chronic conditions?

Which doctors and hospitals do you use?

Which prescriptions do you need and what pharmacies do you get them from?

You don't have to do this on your own. You can get help from a trusted source that can help you think through your options and compare plans. If you're unsure about your choices, start with a Medicare QuickCheck™ to get a personalized report on your options and use that to start a conversation with a licensed benefits advisor.

**Mistake 4:** *Not applying for extra help*

Millions of older adults are eligible for billions of dollars in programs that can help them pay for their prescriptions and

health insurance premiums, deductibles, and coinsurance. If your income in retirement is modest, you should find out if you qualify for assistance. NCOA also offers a free online BenefitsCheckUp® where you can see if you're eligible and apply online for Extra Help or Medicare Savings Programs. Or, contact your State Health Insurance Assistance Program (SHIP) to see what's available to you.

**Mistake 5:** *Not re-evaluating your coverage every year*

Unfortunately, choosing health insurance is no longer a one-time decision for most Medicare beneficiaries. Insurance companies can make changes to policies every year. Just because your doctor and medications are covered this year doesn't automatically mean they will be covered in the coming year. Research studies show that the average consumer could save \$300 or more annually if they review their Part D coverage. Make sure to confirm cost, copays, coinsurance, covered providers, and prescription drugs. Here are a few things to consider:

Has your health changed in the last year?

Is your current plan still meeting all of your health needs?

How much have you paid out-of-pocket in the last year—and for what?

How is your plan changing for the coming year? How will that affect your out-of-pocket costs?

Are there better options available to you now?



# NOW YOU KNOW

**Don't be in the 70%. Learn to create, update or make sure your will is accurate**

Thursday, November 13, 2014  
8:30 - 10:30 a.m.  
San Antonio Area Foundation  
303 Pearl Parkway, Suite 114  
San Antonio, TX 78215  
\$10 - Refreshments included

About 70 percent of Americans do not have a will. Of those that do, about 70 percent have outdated wills. Without a will, the state will "make" one for you. You may not like what it says.

In two hours, Martin I. Roos will cover the basics of Will preparation, estate planning and the importance of planning for the future. You will learn how to create a plan that reflects your goals and dreams.

Presented by: Martin I. Roos, JD, Board Certified, Estate Planning and Probate Law, Texas Board of Legal Specialization

Register online at <http://saafdn.org> or Call (210) 225-2243.



**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)

**GMJSS STAFF:**  
**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

**JOIN OUR MAILING LIST!**  
Want to receive the next GMJSS newsletter via email? Please subscribe by sending your email address to [LetyV@GoldenManor.net](mailto:LetyV@GoldenManor.net) or call Lety with your info at (210) 302-6946.

## GMJSS Looks to 2015 Growth

As 2014 nears its close, Golden Manor Jewish Senior Services (GMJSS) is busy planning for new growth, goals and ideas for the year to come. In 2014, GMJSS served seniors throughout the San Antonio area with transportation, one-on-one connections, agency partnerships, direct programming, kosher meals and much more.

With your support, GMJSS can extend services by reaching more households to keep fighting isolation, continuing to provide more rides to Jewish community events and religious services, and helping to address the needs that seniors today face.

Soon, GMJSS will be sending out its 2015 Membership requests. We ask that you join us in membership - supporting our cause and mission to continue to enrich the lives of our area Jewish seniors.

## Medicare Annual Enrollment: HELP IS AVAILABLE!

YOUR OPTIONS EXPAINED & QUESTIONS ANSWERED

### ARE YOU 65 YEARS OLD OR OLDER?

Free and impartial one-on-one counseling is available by certified benefits counselors from AACOG's Bexar Area Agency on Aging to help you make important Medicare enrollment decisions about prescription drug plans, health plans and supplements.

**CALL THE ALAMO SERVICE CONNECTION AT (210) 477-3275 TO SCHEDULE A FREE ONE-ON-ONE APPOINTMENT.**

### APPOINTMENTS AVAILABLE AS FOLLOWS:

**November 4 and 12** - GMJSS Office  
12500 NW Military Hwy. Suite 260 San Antonio, TX 78231

**November 19** - Temple Beth El  
211 Belknap Place San Antonio, TX 78212

**November 25** - Congregation Agudas Achim  
16550 Huebner Rd, San Antonio, TX 78248

**MEDICARE ENROLLMENT IS OCTOBER 15 - DECEMBER 7, 2014.**  
**FOR MORE INFORMATION ON MEDICARE,**  
**PLEASE VISIT [WWW.MEDICARE.GOV](http://WWW.MEDICARE.GOV)**



## THANK YOU to our October DONORS

Marvin and Emi Jacobs  
Daniel and Linda Laser  
Rosa Lopez  
Warren and Iris Lieberman  
Pulman, Cappuccio, Pullen, Benson & Jones, LLP  
Dr. Anatole and Sherie Trakhtenbroit  
Fred Weiss and Mindi Silver-Weiss  
Dick and Ruthie Wurzburg

To support GMJSS, please call Lety at (210) 302-6946 or use our Paypal donate button on our website at [www.GoldenManor.net](http://www.GoldenManor.net).