

Talk Of The Town

The Monthly Activities Newsletter of the Fay J. Lindner Residences

March 2020

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Administrator

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Director of Clinical
Services/Assistant
Administrator

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LPN Director of
Resident Services

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Director of
Resident Relations

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Pathways

**Staci Rosenberg-
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Director of Community
Relations

Debra Foster
Director of Dining Services

Marissa Billings
Director of Recreation

Jason Gusmerotti
Director of Housekeeping

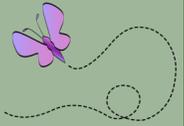
Edward Lucas
Director of Engineering

Donna Nazzaro
Business Affairs Manager,
Notary Public

Grace Benson
Office Coordinator

SPRING INTO ACTION: GET OUT THE VOTE

Bagel breakfast
Thursday, March 19th
on the first day of spring
9:30am-12:30pm in the Synagogue



A local Jewish Outreach Committee will be coming to Gurwin to promote political action. Come hear about the important issues revolving around this year's campaign. Register to vote and fill out your absentee ballot registration at the same time. If you have already done so, you can still come for bagels and coffee.

If you are unsure if you are already registered for an absentee ballot to be sent to Gurwin, please see Recreation.

Dates to keep in mind:

- The Primaries in April
- The New York State Legislature & US Congress in June
- The General Presidential Election in November



IRISH PARADE

Starting in the Front Lobby on
Wednesday, March 18th at 3:15pm



Wear a green shirt, outfit, scarf, hat, or anything green you have and come to Gurwin's first indoor Irish Parade. There will be bagpipers and an Irish Drummer. Refreshments will be infused with Good Luck! We are asking for anyone interested in walking the parade to come to Recreation to have your assistive device undergo an extreme green makeover! All are welcome!



Happy March Birthdays!



- 3/1: Sylvia Z.
- 3/2: Audrey S.
- 3/2: Estelle L.
- 3/4: Sonia T.
- 3/4: Fay C.
- 3/5: Annette K.
- 3/8: Esther K.
- 3/9: Geraldine W.
- 3/13: Gerald Y.
- 3/14: Nora G.
- 3/14: Maria R.
- 3/16: Harriet F.
- 3/20: Ruth D.
- 3/20: Barbara R.
- 3/22: Sidney D.
- 3/22: Eugene R.
- 3/23: Lester P.
- 3/23: Dolores S.
- 3/27: Ursula "Sue" H.
- 3/30: Marion F.
- 3/31: Lillian F.



LOCAL TRIP SCHEDULE

MONDAYS

CVS and Banks

TUESDAYS

Post Office, Hair and Nail Salons

THURSDAYS

Dollar Store, Card Store and Jewelry Exchange

FRIDAYS

CVS, Hair and Banks

FRIDAY AFTERNOONS

Mayfair Shopping Center

Suffolk Y-JCC & the Commack Public

Library available Monday - Friday.

Do You need help with your cell phone or Internet?
Come and meet with Donna on Thursdays between 2p and 3pm by appointment.



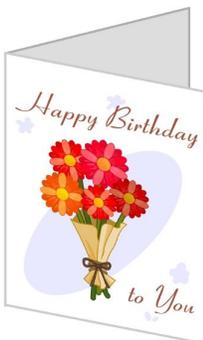
**PLEASE BE IN THE LOBBY
15 MINUTES BEFORE ALL
SCHEDULED BUS TRIPS.**

We ask you to please use lightweight aluminum walkers with no baskets on **ALL BUS TRIPS!**



Need Cards?

Barbara R. will be selling greeting cards to raise money for Smithtown Hadassah. Get well, Happy Birthday, Thinking of You and many more will be for sale in the front lobby on Wednesday, March 4th at 10am. Cards are \$3.00 a piece. If you cannot come that day, please reach out to Barbara R. at ext. 8202 to



The Beauty Salon is now open **Wednesdays & Thursdays** 9a-3p. Appointments available. Call ext. 8575



Turn to "Channel 8" on your TV to see the daily Activities Calendar with any updates for activities and transportation!



The Pool Table has a new location!
C Wing 1st floor lounge

Handicapped Parking Tags are available for your use at the Reception Desk!

Celebrate Purim!



Join us to welcome the members of the Commack Hills Hadassah for a Purim Party Spiel with Commack Hadassah, Thursday, March 5th at 3pm in the Synagogue. * We need a few talented actors/actresses to portray the characters in the play!*

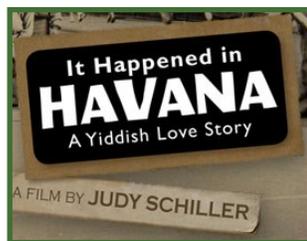
Purim Fun Visit with the children of Woodbury Jewish Center Hebrew School ages Kindergarten through 2nd grade. They will come in costume and sing songs. There will be a Hebrew Talk to follow. **Sunday, March 8th at 10am.**

Purim Party with Ari Leshans
2:30pm on Tuesday, March 10th in the Synagogue. Sweet Hamantashan will be served.



The Megillah comes to Life! With Entertainer Hagit Avnon. Come for an afternoon of songs and costume changes with accompaniment on violin. **Sunday, March 15th at 2:30pm in the Synagogue.**

FILM DISCUSSION SUNDAY, MARCH 1ST AT 2:30PM, SYN. Watch the documentary film, "It Happened In Havana: A Yiddish Love Story". After the film, there will be a discussion with the filmmaker, Judy Schiller.



Candle Lighting takes place in the Synagogue on Friday afternoons. Memorial Mourning Lights are available to light during Shabbat and are available to borrow, contact Recreation.



Daylight Savings Time Begins on Sunday, March 8th!!!



Don't forget to set your **CLOCKS** ahead one Hour!

MARCH IS NATIONAL WOMEN'S MONTH!

On Thursday, March 12th, we will have a lecture with James Coll on "Madame Justice: The Women of the US



Supreme Court". In this lecture, we will discuss the lives of the Madam Justices and their impact on our understanding of the Constitution, the law and our nation.



The Book Club will meet **Tuesday, March 31st at 10:30am in the Library.**

The book we have chosen to read is "The Nightingale" by Kristin Hannah. Order your copy from the Commack Library over the phone and it will get delivered to the front desk.

LECTURE ON THE IRISH POTATO FAMINE WITH TOM O'REILLY, SUNDAY, MARCH 29TH AT 2:30PM, SYN.

Irish historian Tom O'Reilly will present this lecture on the potato blight of 1845 which caused more than a million Irish people to die of starvation or related illnesses and a million more to emigrate. He will also talk about the hardships and prejudice facing the Irish when they emigrated to the United States and their efforts to overcome these challenges.

GIVING BACK

This March we will be supporting our peers who are recovering at Gurwin Rehab by making them "Helping Hearts". Come work with Monica on Fridays at 3:30pm in the Library to do your part.



WE ARE FEELING THE LOVE AT GURWIN

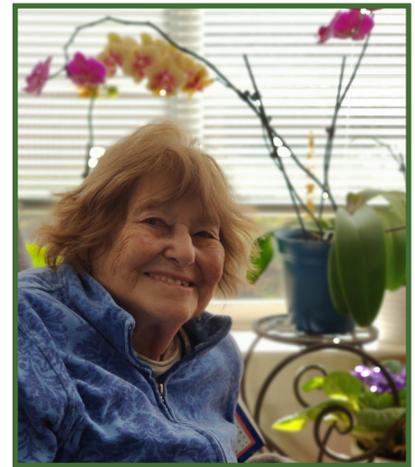


Pictured below: our Love themed Paint and Sip, Go Red for Women's Heart Health Day, the Tu B'Shevat Seder and the Sweethearts Dance.



RESIDENT OF THE MONTH FOR MARCH: GERALDINE

Geraldine, “Geri” celebrates her birthday this month. She was born and raised in Brooklyn, New York. She and her late husband Irwin were introduced to one another when they were both in their 20’s. They hit it off and dated for a year before getting married. Once married they moved to Rockaway, right across the street from the beach. They raised three beautiful children together; two boys and a girl. After the children were all grown up, Geri went to college and studied to become a Special Education Teacher. She worked for PS 396 for about 9 years. She loved her work and greatly enjoyed helping the children.



Geraldine, pictured above with her orchids

Geraldine has many hobbies. She enjoys knitting in her spare time. Another pastime of hers is listening to music, especially classical music. She is very fond of the musician Harry James. But she is not only a fan, Geri is also very musically inclined herself. She used to play the piano. When watching any piano entertainer here at Fay J., she can be seen tapping her fingers on her lap to the music notes. Something that she found very enjoyable was attending music concerts. Once she even went to a Grateful Dead Concert with her son! Geraldine is also an avid reader. She reads to fill the time and reads before bed. Geri says, “reading is very important, both fiction and non-fiction”. Currently she is engaged in a book by Secretary Hilary Clinton. And in between it all, she is an avid gardener of house plants. Four large orchid plants in full bloom stand in her sunny windowsill. If you missed the Orchid Show at the Botanical Gardens, don’t fret, just come by the E wing and visit Geri in her room. She promises no admission fee! In her words, “As you can see, I like plants. To me they are life.” Geri- you breath life into Gurwin like you do your flowers. Thank you for being such an inspiration!

FITNESS FUN! MARCH MADNESS!



Join us for a fun spin on fitness! Elycia is orchestrating a March Madness Seated Basketball Exercise program. The tip off is on Thursday, March 5th, the date when we will conduct team selection. Come to practices on Thursdays to be a part of it.



The games culminate on Thursday, March 26th. Come that day to play or to watch in a court side seat. But it does not stop there! On Tuesdays there will be Balance and Strength classes. And on Wednesdays, Bean Bag Boot Camp. To kick it all off, a Jack LaLanne inspired “Glamour Stretches” group using exercise bands on Wednesday, March 4th. Let’s march into March with an open mind & healthy heart!



GYM HOURS BY APPOINTMENT

Mondays through Fridays
11am-12:30pm

Tuesdays
2pm-4pm

Thursdays
2pm-2:30pm

Please call Recreation to schedule a session or make your appointments with Elycia.

RESIDENT'S COLUMN BY YVONNE: "THE BENEFITS OF HAVING A PET"

It's long been known that having pets in our lives greatly improves our physical health and mental well-being. Whether it's a dog or a cat, a bird, fish -- you name it -- a pet can help lower our blood pressure, lower our cholesterol, improve our immunity, and decrease our risk of a heart attack or stroke.

Pets also help us cope with depression, anxiety and stress. The pleasure derived from caring for a pet can boost our morale, optimism and self-worth. Pets bring joy and laughter into our lives. They also provide valuable companionship for older adults, help ease loneliness and encourage exercise and playfulness. Best of all, our pets give us unconditional love!

I've had pets all my life. In November 2017 I adopted an 8-year-old rescue cat. I was elated to learn, before I moved here last June, that the Gurwin-Lindner Residence had a pet policy -- and so, I'd be able to keep the newest member of my family with me.

In addition to myself, there are a few other residents at Gurwin who share their home with a four-legged companion. Lorraine has a 10-year-old tabby cat named Gabby. Gabby loves to perch on top of her chair and sleep in her bed. Beth has a Pekapoo dog named Missy, who's 14 years old. We've all see her adorable pooch being walked through the building. And Barbara, until a few months ago, had two 14-year-old cats. Sophie and Chessie were sisters -- each named after an aunt. Chessie passed away and Sophie now lives with her son; she misses them dearly.

For residents who don't own a pet, Gurwin now has a visiting therapy dog, named Jackie -- thanks to our Recreation Director, Marissa Billings. Jackie and his handler, Joanne, were here on February 13th and 20th, and he was a delight to all who got to meet him! Jackie will continue visiting us a few times each month. Bow WOW!!!



Lorraine with her tabby cat, Gabby



Beth with her Pekapoo, Missy



Barbara with photos of Sophie and Chessie



Gabby in bed



Yvonne's cat Moekie ("Mookie")

SUE'S POETRY COLUMN:

"MARCH, MARCH, MARCH INTO MARCH"

March is a lucky month for many people,
Little nature miracles poke up from below to reach the steeple,
And flaunt their colors with gloss & glow,
Wave their pretty leaves to say good-bye to the last fall of snow,
Smiles appear on ever so many faces,
And we think of super vacation places,
Gone are the chores of shoveling snow & sliding on ice,
We walk in safety & that feels so nice,
Our lives feel ever so joyful again,
And we feel like newborns from way back "when",
Let's enjoy our lives & complement each other,
Be absolutely super as a Father & Mother,
If you travel anywhere in our land,
Be sure to step carefully up mountains & beach sands,
All the happy times are right in front of us,
So be careful of speeding cars & the passing of a bus,
Now we know what to do with the coming of March & Spring,
So let's dance, hike, climb mountains & SING!

Meet the writer Sue, pictured right

