

The Gardens at Monroe is partnering with Jewish Family Services to provide this publication to participants of our senior nutritional and socialization programs.

The Gardens at Monroe is recognized as a "High Performing" top rated Healthcare and Rehabilitation facility by U.S. News Best Nursing Homes Ratings.

We hope you enjoy the puzzles and interesting information it brings!



Call our admissions team today to schedule a tour!
thegardensatmonroe.com 609.448.7036



- Post-Hospital Nursing and Therapy
- Long-Term Care
- Respite Care

Post-Hospitalization Rehabilitation

- Personalized, Goal-Oriented Treatment
- Physical Therapy • Occupational Therapy
- Speech Therapy • 24-Hour Nursing Staff
- Certified Dietitian • Long-Term Care
- Respite Care • Hospice & Palliative Care

Religious Services • Kosher Kitchen

Medicare, Medicaid and most insurances accepted

THE GARDENS AT MONROE 189 Applegarth Road • Monroe, NJ 08831

Jewish Family Services of Middlesex County
 32 Ford Avenue, Second Floor, Milltown, NJ 08850
 (732) 777-1940
 1600 Perrineville Road, Suite 52, Monroe Twp., NJ 08831
 (609) 395-7979

Kosher Meals on Wheels

The Kosher Konnection

JANUARY 2020

Happy New Year 2020!

Martin Luther King Jr. Day — 1/20/20

Word Power WHICH IS IT?

 *for each pair of words, state whether they are synonyms (S) or antonyms (A)

1. Abundant/Bountiful
2. Exquisite/Hideous
3. Religious/Hedonistic
4. Miserly/Thrifty
5. Sweltering/Freezing
6. Hungry/Famished
7. Loathsome/Offensive
8. Elegant/Refined
9. Useful/Ineffectual
10. Transparent/Obfuscated

Humor from Top-25

Jewish Comedians of All Time

Milton Berle

My wife and I have a perfect agreement. She doesn't try to run my life, and I don't try to run my life either.

New Year's Wisdom...

We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day. — Edith Lovejoy Pierce

How Martin Luther King Jr. Took Inspiration from Gandhi on Nonviolence

excerpted from Biography.com

Mahatma Gandhi inspired people all over the world, including one of the United States' most famous civil rights leaders, Martin Luther King Jr.

Though the two men never got a chance to meet, (King was 19 when Gandhi was assassinated) King learned about Gandhi through his writing and a trip to India in 1959. King drew heavily on the Gandhian principle of nonviolence in his own civil rights activism, writing that "while the Montgomery boycott was going on, India's Gandhi was the guiding light of our technique of nonviolent social change."

"Nonviolence" is more than simply agreeing that you won't physically attack your enemy. Gandhi referred to his form of satyagraha, meaning "truth-force" or "love-force." Practicing satyagraha means a person should seek truth and love while refusing, through nonviolent resistance, to participate in something s/he believes is wrong. This principle guided Gandhi's activism against the British Empire, helping India win independence in 1947.

King first learned of Gandhi's concept of nonviolence as a seminary student. As a Christian, he connected the Hindu thinker's words to the Biblical appeal of Jesus to "love your enemies and pray for those who persecute you."

King was already familiar with peaceful civil disobedience through American writers like Henry David Thoreau, and he liked Gandhi's idea that oppressed people could use truth or love as weapons in their struggle for justice. But he didn't find a practical application for how to put it to use until he became involved in the Montgomery bus boycott of 1955 and 1956.

In his 1958 book *Stride Toward Freedom: The Montgomery Story*, King...affirmed that it is possible to resist evil without resorting to violence and to oppose evil itself without retaliation.

AS A REMINDER, please call in all same-day requests for pick-up by 9 AM at the latest. Also, you must wait until 12 PM or later, after we have finished dispatching the meals, to pick up your order.

This Month's Trivia

NEW YEAR'S EVE FACTS

Pick the right answer.

1. The first ball dropped in which year? **A. 1908** **B. 1925** **C. 1938**
2. On January 1, 1788, what did the Pennsylvania Quakers do?
A. Denounce The Amish **B. Open The Quaker Oats Company**
C. Emancipate Their Slaves
3. The tradition of eating black-eyed peas for the New Year is supposed to:
A. Bring Peace **B. Bring Prosperity** **C. Return Loved Ones**
4. The New Year's song Auld Lang Sang was originally written as a poem by which poet? **A. Robert Burns** **B. Lord Byron** **C. John Keats**

2019 CLIENT SATISFACTION SURVEY RESULTS *Part 2 of 2

Here is Part 2 that lists some stated meal preferences. Thank you to all who responded!

- In response to the question: What is (are) your favorite meal(s) that we serve?—the most popular response was ROAST CHICKEN with 13 votes. The next most popular responses were FLOUNDER with 11 votes, and STUFFED CABBAGE with 10 votes.
- In response to the question: What meal(s) would you like to remove from the menu?—The most popular responses were BEEF STEW with 5 votes, followed by TURKEY FRANKS with 4 votes.
- In response to the question: Are there any specific foods not on the menu that you would like to include? –some popular responses were: KASHA (with 3 votes), and LAMB and SOUPS (each with 2 votes).

LAUGH A LITTLE Know Your Customer

*excerpted from
Jewlariious.com

A disappointed salesman of Coca Cola returned from his assignment in Israel. A friend asked why he wasn't successful with the Israelis.

The salesman explained—"When I was sent to Israel, I was very confident that I would perform well. But, I realized that I didn't speak Hebrew. So I planned to convey the message through three posters."

1st poster—a man lying in the hot desert sun, exhausted and ready to faint 2nd poster—man is drinking Coca Cola
3rd poster—the man is now totally refreshed

"That should have worked," said the friend.

The salesman replied, "except that I didn't realize that Hebrew is read from right to left!"

Answers to Which Is It?: 1. S 2. A 3. A 4. S 5. A 6. S 7. S 8. S 9. A 10. A

Answers to New Year's Trivia Quiz: 1. A 2. C 3. B 4. A

FYI - If you always ask for the same type of menu change, you can request a "Standing Order" instead of calling the office each time. For example, if you don't wish to eat any hot meal of beef, you can request a "Standing Order" to substitute roast chicken any time beef comes up on the menu.

AS A REMINDER, please call in all same-day requests for pick-up by 9 AM at the latest. Also, you must wait until 12 PM or later, after we have finished dispatching the meals, to pick up your order.

10 Tips To A HEALTHY NEW YEAR

January 2020
Linda Mundie
Director of Business Development
The Gardens at Monroe

1. Eat Healthy.

The digestive system slows down with age, so high-fiber fruits, vegetables and whole grains are more important than ever. By the time seniors reach age 70, the number of taste buds can decrease by more than 60 percent, which impacts the ability to detect flavors, and food may start to taste bland or boring. This may lead to craving more sweets or salty junk food. Be aware of this change and try to keep sweet and salty snacks to a minimum.

2. Focus On Prevention.

Preventative care visits, including health screenings for cholesterol levels, colon cancer, heart problems and more, qualify for Medicare coverage. Seniors also need to get vaccinations that can help prevent influenza and pneumonia. An ounce of prevention is worth a pound of cure.

3. Make Medication List and Get the Facts about Your Medications

Write down the name and dosage of each medication you take. Include over-the-counter medications, like pain relievers, dietary supplements, vitamins or herbs. Keep the list with you at all times. Review it with your physician. Ask questions about safely using your medications. Follow these tips to help you make smart choices about medication safety.

4. Get Some Sleep.

Frequent waking and insomnia in the night are common among seniors. Turn the lights down in the evening to spur drowsiness and make sure your bedroom is comfortable, cool and quiet. Make small changes to your nighttime habits to get more sleep. Eliminate caffeine and alcohol before bed and create a dark, quiet environment. Talk to your healthcare provider if you have trouble sleeping almost every night for more than 2 weeks.

5. Optimize Brain Health.

Do crossword puzzles, read and write and try new hobbies to stimulate your mind and engage with the world around you. Activities that engage your brain can ward off depression and slow down cognitive decline.

6. Screen For Vision Changes.

Having your eyes screened for health is very important. Some eye diseases are silent and happen slowly. All seniors should have an annual eye exam. Seniors who wear glasses should have their prescription checked every year. Having the right pair of glasses can reduce a senior's chance of falling.

7. Screen For Hearing Changes.

Age-related hearing loss happens gradually. It is one of the most common conditions affecting older and elderly adults. Hearing loss can make it hard to enjoy talking with family and friends, leading to feelings of isolation.

8. Socialize.

Time spent with family and grandchildren help seniors feel connected, especially if they have mobility issues. Those visits can also make seniors feel more upbeat, which is the best medicine at any age. If your family or friends are not nearby consider joining your local senior center or contact a local volunteer organization near you that may provide companionship.

9. Stay Physically Active.

Exercise not only alleviates depression but improves energy and memory. An exercise program approved by a physician, long walks or short strolls can keep seniors healthier longer. If you are not able to do what you could before, do what you can to keep moving. Walk if you can, do some chair exercises if that is more attainable.

10. Drink More Water

Older adults exhibit decreased thirst sensation that often results in reduced fluid intake. Because seniors are prone to dehydration, you should drink plenty of water to stay energized and sharp. Keep track of your water intake by how much you drink each day, not by how thirsty you may, or may not, feel. Aim for ½ an ounce of water per pound of body weight.