

NEWS RELEASE

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Sept. 11: Lester Senior Housing Community Will Host Free Lecture on “Assisted Living and Other Levels of Care” that Highlights Key Factors to Look For When Selecting a Senior Residence

Managers of JCHC Senior Residence in Whippany, Which Offers Both Independent and Assisted Living Options, Will Share Insights as Part of National Assisted Living Week’s “Homemade Happiness” Theme

WHIPPANY, N.J., August 22, 2013 – The Lester Senior Housing Community will host a free presentation for the public on “Assisted Living and Other Levels of Care” on Wednesday, September 11, 2013 at 1:30 p.m. during National Assisted Living Week. The talk will be held in the Multi- Purpose Room of the upscale senior living community, which is one of four senior residences in Morris and Essex counties that are owned and managed by the [Jewish Community Housing Corporation of Metropolitan New Jersey](#) (JCHC).

Presenting the lecture will be Administrator Alex Gross and Marketing Manager Barbara Knopf.

“Assisted Living and Other Levels of Care” is part of a week-long observance at Lester and its sister communities of National Assisted Living Week, from September 8-13; the theme this year is Homemade Happiness. Gross and Knopf will discuss:

- The differences between independent living, assisted living, and nursing care
- Making the move from one level of care to another – for example, moving into an independent living community with services or going from assisted living to a nursing home
- Ways that staff and families can help seniors transition to a new home in an assisted living community
- Factors to look for when selecting a quality assisted living or other long-term care community.

The program is free and open to the public; however seating is limited and advance reservations are requested. To reserve a seat, contact Barbara Knopf at (973) 929-2725.

Throughout the week, residents will enjoy a range of cultural, social, and enrichment activities that tie in with 2013 National Assisted Living Week and the Homemade Happiness theme, which celebrates the connection between residents, family, and staff that results in a warm and embracing community. Celebrations will include Homemade Happiness in Art, a three-part series of projects that cover fine art, poetry, and creative writing. There will also be musical entertainment, a horticulture demonstration, a presentation on the history of apples and honey as symbols of the Jewish New Year, delicious homemade treats, and a cocktail reception for residents and their families.

The Lester Senior Housing Community is located at 903-905 Route 10 East on the Aidekman Jewish Federation campus in Whippany. It offers independent and assisted living options, kosher dining, a wide range of enrichment programs, and hotel-style amenities in comfortable rental apartments. For more information, go to www.jchcorp.org or call (973) 929-2725.

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About the Jewish Community Housing Corporation of Metropolitan New Jersey

Founded in 1982, the Jewish Community Housing Corporation of Metropolitan New Jersey (JCHC) developed and manages more than 475 apartments in four buildings for older adults in Morris and Essex counties in northern New Jersey. The non-profit organization offers seniors a range of options in terms of services, amenities, location, and cost, all within a traditional Jewish environment. The JCHC provides housing, programs, and services for the independent elderly as well as those who need assisted living. For more information, go to www.jchcorp.org.