

## AN ODE TO GRANDPARENTS

*This year, in the United States, National Grandparents Day will be celebrated on September 13<sup>th</sup>. Grandparents Day has been observed since 1978 and is officially recognized in a number of countries on various days of the year, either as one holiday or sometimes as a separate Grandmothers' Day and Grandfathers' Day. One celebrates both paternal and maternal grandparents.*

Grandparents are to be thanked for changing a child's fear of old age into a thing of strange beauty. It happens when a grandparent gives a child tasty things to eat, shows the child old and worn treasures or who knows how to touch a child as she awakens.

Grandparents are to be thanked for showing a child - at the beginning of life - the gentleness of the end of life.

A parent gives a child the stuff of reality but a grandparent can clothe reality with feelings which make it palatable. A grandparent's special vision may not be to see a new world but he or she knows the old world was good. That is a vision worth sharing.

Grandparents will be thanked for what they have spoken and what they have kept to themselves; discoveries about which they have kept silent, leaving the child to find their own. The dreams, mistakes, doubts, worries and fears of old age, they share only carefully with the young.

Yet, without these burdens shared, no one has the chance to grow old with grace. Grandparents are to be thanked for trying anything new, for the courage to retire, and begin again.

*Charles and Ann Morse*

*From the Grandmother's Notebook*

## SAMUEL TABAS HOUSE REDEDICATED



Among those in attendance at the ribbon-cutting ceremony for the newly renovated Samuel Tabas House: (from left) Major Tepper; Susan Tabas Tepper; Tabas House resident, Lillian Convery; Federation Housing, Inc. executive vice president, Eric D. Naftulin; FHI president, Brett Altman; Lee Tabas; FHI past president, Robert R. Tabas; FHI past president Franklin Haaz; Pennsylvania Housing Finance Agency public affairs officer, Barbara Stephens.

The Samuel Tabas Apartments, Federation Housing, Inc.'s flagship site which first opened in 1974, celebrated the culmination of a \$13 million renovation project with a ribbon-cutting ceremony in June.

All the apartments in Tabas House were treated to a new kitchen and bath as well as safety features such as smoke alarms and sprinklers.

Lillian Convery, president of the Tabas House residents association, said, "the building needed the upgrades, it was clean, but old". She loves living at Tabas House. The residents are her family, she laughed, "even though I have my own family".



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The building also boasts a new chapel and community room.

“It took about three or four days to complete each apartment and despite the inconvenience of packing up all their belongings, the residents were ecstatic with the results”, said Eric Naftulin. “They were patient because they realized this was the preservation of their home,” and added, “the long-term benefits are worth it. The residents certainly understand, especially given that the building is one that many line up to live in, given its prominence in the area. We expect to be here for a very long time. We are an anchor in this community.”



From left: Major Tepper, Brett Altman, Robert R. Tabas, Ivan Chukhrayev, Lee Tabas and Susan Tabas Tepper. Samuel Tabas House resident, Ivan Chukhrayev painted a portrait of Samuel Tabas, which was revealed at the building re-dedication ceremony.



White Pines staff member, Jerry Perna, teaches a class at Sidewater House as part of their Senior Living Initiative.

## WINTER SAFETY CHECKLIST



For those of us who are unable to troubleshoot our own car when an engine failure occurs, especially in frigid temperatures, it is good to plan ahead:

### **KEEP THESE EMERGENCY ITEMS IN YOUR TRUNK!**

Snow scraper/brush

Collapsible shovel

Windshield washer fluid

De-icing sand, salt or cat litter for traction

Jumper cables

Tow rope

Flares

Large flashlight with extra fresh batteries

Candles and matches in a waterproof bag

First aid kit

Warm Insulating Blanket

Bottled water and snacks

**ACCIDENTS HAPPEN!** A crash or breakdown is a stressful experience. Know how to handle the unexpected and try to remain safe and warm while you are waiting for help to arrive.



## SIGNIFICANT DATES IN AUGUST, SEPTEMBER & OCTOBER

| DAY       | DATE         | EVENT                                | ACTION                  |
|-----------|--------------|--------------------------------------|-------------------------|
| Monday    | September 7  | Labor Day                            | FHI Offices Closed      |
| Sunday    | September 13 | Nat'l Grandparent's Day              |                         |
| Sunday    | September 13 | Erev Rosh HaShanah                   | Light Candles @ 6:55 pm |
| Monday    | September 14 | 1 <sup>st</sup> Day of Rosh HaShanah | Light Candles @ 7:56 pm |
| Tuesday   | September 15 | 2 <sup>nd</sup> Day of Rosh HaShanah |                         |
| Tuesday   | September 22 | Erev Yom Kippur - Kol Nidre          | Light Candles @ 6:40 pm |
| Wednesday | September 23 | Yom Kippur                           | Yizkor Memorial Service |
| Sunday    | September 27 | Erev Sukkot                          | Light Candles @ 6:32 pm |
| Monday    | September 28 | 1 <sup>st</sup> Day of Sukkot        | Light Candles @ 7:33 pm |
| Tuesday   | September 29 | 2 <sup>nd</sup> Day of Sukkot        |                         |
| Sunday    | October 4    | Simchat Torah                        |                         |
| Monday    | October 5    | Simchat Torah                        |                         |
| Tuesday   | October 6    | Sh'mini Atzeret                      | Yizkor Memorial Service |
| Monday    | October 12   | Columbus Day                         |                         |
| Saturday  | October 31   | Halloween                            |                         |

### LABOR DAY



National Grandparents' Day



Christopher Columbus



Jewish Federation of Greater Philadelphia donors visited Rieder/Tabas/ Center Park III to learn about the Senior Congregate Meal Program which receives funding from Federation.



(Above and below) Celebrating Mother's Day at Sidewater House



Flo's House residents enjoying a Mother's Day treat



Mother's Day luncheon at Flo's House

## MAGIC COOKIE BARS

Serve these bars warm with vanilla ice cream and topped with chocolate sauce and, magically, it becomes a fancy restaurant dessert



½ - Cup margarine or butter

1½ - Cups graham cracker crumbs

1 - 14oz. Can sweetened condensed milk (**not evaporated**)

1 - 6oz. Package semi-sweet chocolate morsels

1 - 3 ½ oz. Can flaked coconut (1 ⅓ Cups) (optional)

1 - Cup chopped walnut or pecans



1. Preheat oven to 350° F. (325° for glass dish)
2. In 13 x 9 inch baking pan, melt the butter in oven
3. Sprinkle graham cracker crumbs over the butter
4. Pour condensed milk evenly over crumbs
5. Top evenly with remaining ingredients, press down firmly
6. Bake 25 to 30 minutes or until lightly browned
7. Cool thoroughly before cutting
8. Store loosely covered at room temperature

Yield: 24 Bars

## “SENIOR BULLYING”

A visit by Geoffrey Birlinger, Director of Community Services for the PA Human Relations Commission prompted a re-print of this column which previously appeared in the Newsletter of the Samuel A. Green House in June of 2013.

### **Bullying is:**

An attempt to turn public spaces into private domains

Formation of cliques or exclusion of specific individuals from social events

Harassment, meanness, insulting individuals, gossiping or racial and ethnic slurs

Physical intimidation or abuse

What to do when Seniors “Bully”

### **Remember:**

A resident may be irritable due to pain, lack of sleep or grief, etc.

Being cranky is not being a bully

Attempt to ensure the bully doesn't derive power from these interactions

Ignoring this person may be helpful

People who feel powerless or have no friends often bully

### **How to Approach a Bully:**

Speak up calmly and with authority

Address the person by name

Make your opinion clear, without any aggressive motions or innuendo

Never interrupt or provoke!

Listen attentively and express respect for their opinion

Maintain eye contact!

Seek a true understanding of the person's insecurities

These guidelines may be difficult to execute, especially if you are the target of Bullying, however, showing a person you care about them may actually lead to a solution.



## ACCOUNTABILITY

This is a short story about four people whose names were Everyone, Someone, Anyone and No One. There was an important job to be done, and Everyone was sure Someone would do it. Anyone could have done it, but No One did. Someone became angry because it was Everyone’s job. Everyone thought Anyone could do it, but realized No One would. It ended that Everyone blamed Someone, when No One did what Anyone could have done.

*Contributed by Delores Pryor  
Samuel A. Green House*



**Jerry Perna, of White Pines Productions in Elkins Park, teaches a class at Sidewater House as part of Bright Invention’s Senior Living Initiative**

## HOW SENIORS CAN CREATE A HEALTHIER CLIMATE

### Senior Health & Climate Change

In Pennsylvania, there are the most older adults second only to Florida and seniors are more affected by weather related illnesses:

- ◇ Air pollution from climate change and ground ozone can stress the heart and make breathing difficult.
- ◇ Extreme heat and colder temperatures increase the risk of heart attack.
- ◇ Being indoors for long periods of time increase feelings of loneliness and isolation and may also cause depression.
- ◇ Farming suffers from drought and flooding which raises the cost of our food and, in turn, harms our health.

### Things WE can do to Reduce Greenhouse Gases:

- ◆ Conserve energy usage in our apartments.
- ◆ Take a bus or van instead of driving our cars.
- ◆ When buying appliances, look for the blue Energy Star symbol on the front of the product (uses less energy).
- ◆ Eat more plant-based foods such as vegetables, seeds, fruit, beans, legumes, and nuts. Factory raised meat and poultry contributes greatly to greenhouse gases.
- ◆ Conserve our water. We do not pay for our water living in FHI. We can make a huge difference by being aware of how we use our water or allow it to run.
- ◆ Reduce waste by choosing and buying wisely.
- ◆ Buy products using reduced packaging (less trash).
- ◆ Donate items you no longer want or need.
- ◆ Recycle plastics, glass, clean cardboard, newspaper, catalogs and magazines and office paper.



*A Project of Physicians for Social Responsibility, Philadelphia, with funding from the Climate and Urban Systems Partnership*