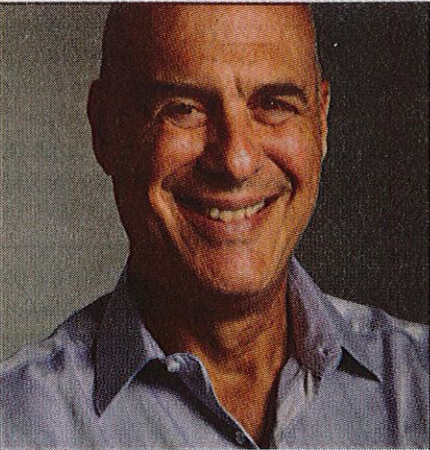


How to Bake Everything
Simple Recipes for the Best Baking
by Mark Bittman



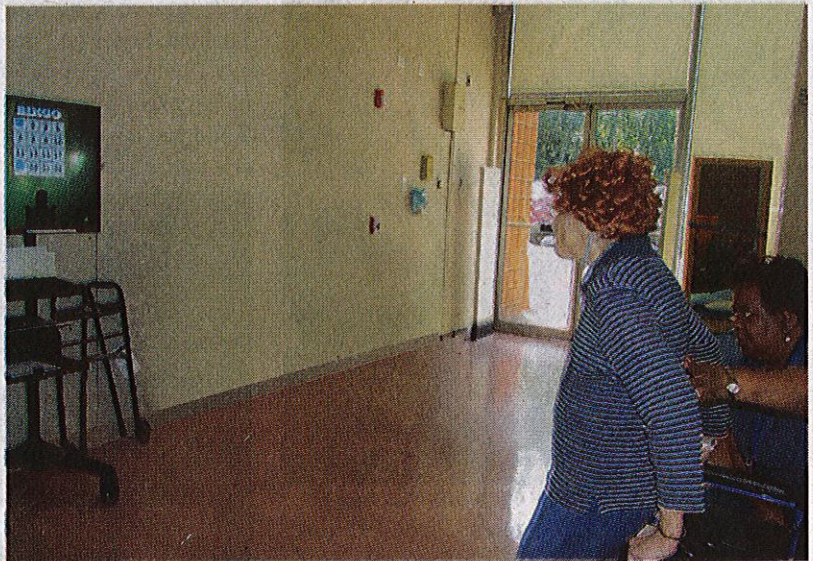
Mark Bittman
Friday, October 6 – 7:30 pm

Joining with acclaimed food writer Mark Bittman for his book *How to Bake Everything*, exploring more than 2,000 recipes and global recipes.

Advance sales of the book (ends 10/5).

[words] BOOKSTORE
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State & Local Greater MW Journal



Daughters of Israel rehab client Thelma Jakel using the OmniVR to play Stand-up Bingo, under the supervision of physical therapist Yvonne Bankole.

High-tech rehab at Daughters

DAUGHTERS OF ISRAEL skilled nursing facility in West Orange has introduced the OmniVR — the first virtual rehabilitation system designed specifically for the needs of medically complex patients, including aging adults — to its rehabilitation center for subacute care.

According to Allison Zweiman, director of rehabilitative services, OmniVR — similar to the Wii or Xbox recreational systems — is specifically geared toward older adults and is designed as a professional rehab tool. “It allows the patients to be engaged in dynamic exercises that are transferable to their real-world environment,” she said. “The wide range of programs offered provides meaningful activities to comprehensively target individualized goals.”

The system’s “functional” objectives aim at improving strength, balance, mobility, gait, endurance, and cognitive skills, said Zweiman. Its specialized camera and software eliminate the need for a hand controller, and the speed and graphics have been designed to meet the needs of aging adults. Its interactive software motivates users by providing positive feedback during the session.

The Omnisound 3000E ultrasound machine, provided by Accelerated Care Plus for the rehab center’s pain management program, was used at the summer Olympics in Brazil by the American basketball, wrestling, and track and field teams. The machine is used at DOI to assist rehab patients in the treatment of, among other conditions, tissue healing, tendonitis, muscle spasms, joint stiffness, and arthritis.

שנה טובה Happy New Year

*the year 5777 be a year of
peace, health and blessings.*

Rabbi Matthew D. Gewirtz
Cantor Howard M. Stahl
Rabbi Karen R. Perolman
Rabbi Joshua M. Z. Stanton
Charles Oransky, President



RACHEL COALITION, a division of Jewish Family Service of MetroWest, will present its second annual Candlelight Vigil — marking October as National Domestic Violence Awareness Month — on Thursday, Oct. 6, 6:30-7:30 p.m. at the Livingston Memorial Oval. Representatives of community partner organizations, po-