

MENORAH PARK CAMPUS NEWS

Menorah Park Center for Senior Living Community Newsletter

October 2010

“Golden Opportunity” for New Adaptive Living



The dynamic Menorah Park duo began the show with a discussion on Menorah Park’s Adaptive Living Shoppe, explaining the unique benefits provided here that include onsite assessment of the needs of clients and utilizing expert physical and occupational therapists from the Menorah Park rehab department. Clients work with Gregg and therapists to test products to find the items that help them live easier lives, more safely.

Menorah Park’s Director of Rehabilitation Services, Ruth Plautz, and Director of the Adaptive Living Shoppe, Gregg Gorzelle, were recently guests on the program “Golden Opportunities” on WKYC Channel 3 in Cleveland, hosted that week by Lori Steiner of the firm Budish, Solomon, Steiner and Peck. The talk show is designed to provide workable solutions to the most important concerns facing older Americans and their families.

Check it out at: youtube.com, and put Adaptive Living Shoppe in the search box.

For information on the Shoppe call: 216-450-5566 or visit www.adaptivelivingshoppe.com.

Also check out our new Q&A piece appearing in the Plain Dealer monthly for more benefits of the Shoppe and our therapy programs offering solutions made easy through one campus serving one person at a time. Our Community Liaison, Kathleen Parrino, provides the expert advice to help determine the best mix of services for each individual’s needs. She may be reached at (216) 402-0895.

Let’s Go Bigger!

The R.H. Myers Apartments, an independent living residence located here on the Menorah Park Campus in Beachwood, has completed the remodeling of several newly expanded

two-bedroom, two-bath suites, an answer for many who move from a large house into an apartment. The larger suites offer ample closet and storage space, vaulted ceilings, a large, fully equipped kitchen,

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From The Administrator's Desk Cheers to Dinner Choices



Stew Collins,
Administrator,
The R.H. Myers
Apartments

We have always been a campus of perpetual innovation. Each time I visit one of my peers out in the community to explore new ways of “building a better mouse trap,” I always come back learning what I already knew...we are ahead of the curve in catering to our residents and clients.

The Neighborhood Dining program is no exception. A team led by Ross Wilkoff, administrator at Stone Gardens, that included Nancy Sutula, Wiggins Place administrator, myself, and others, plus major support from Bob Agrast, director of campus nutrition services, worked to expand dinner venues to our tenants. Because folks already travel from one residence to another to be with spouses, siblings, family members or friends on Campus, this program is a natural progression.

The one thing that I continue to be pleased with, and what first struck me when I came to Menorah Park Center for Senior Living was the speed in which an idea can become reality. One idea, one refining session, and we are rounding third and heading for dinner.

Now, every Tuesday and Thursday, residents enjoy “Neighborhood Dining.” Reservations are scheduled by contacting the receptionist at each respective residence. Bus transportation is provided. At the appointed time on Tuesdays and Thursdays our neighborhood buses whisk our tenants to their requested dinner location. Menus are displayed in advance at The R. H. Myers Apartments, Stone Gardens and Wiggins Place, so residents can compare choices and decide to make plans to join friends and family for a new dining adventure. Expanding opportunities to meet others on campus and enjoy the different taste sensations that each venue provides is what it’s all about!

I hope you will take advantage of this new opportunity; I look forward to seeing you at The R. H. Myers Apartments Dining Room. Bon Appétit!

A Service for Your Loved One?

When a crisis occurs, we’re here to help you connect to the right services needed for the best life possible. Call (216) 839-6678 for general information about our various programs. Call Community Liaison Kathleen Parrino, MSSA, LISW at (216) 402-0895 to determine which services work best for you.

Let's Go Bigger

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master bedroom, a cozy guest room that can double as office space, and two bathrooms with more than enough space for two to move around.

According to Joanne Grossberg, Admissions and Marketing Coordinator, tenants are enjoying the larger apartments, and adding special touches that showcase their own individuality and beauty in the spaciousness. “We currently have three apartments left to rent. One is available this month, and the other two by the end of this year. Please call me for a tour and complimentary lunch,” she said.

Resident Sam Silverman says, “The apartments are spacious and airy and the kitchen is immense. All my furniture fits in easily, and the two bathrooms are an important addition.” Sam said he loves living here and added that the food and housekeeping are excellent.

For more information on the larger suites, call (216) 896-7428.



Ample living space, excellent natural sunlight, and added special touches make this large apartment feel like a house.

**Menorah Park's
Marcus Rehabilitation Center.**
We'll get you back to your game.

Inpatient
Post-hospital Care
➔ Home
Health
➔ Outpatient
Rehabilitation
➔ Wellness

We're focused on more than just getting you back home after an illness or surgery - we want to get you back to golf, tennis or whatever you love to do. That's the goal of our compassionate care specialists who use the latest techniques and a team approach, which even includes a seamless transition to home health services and outpatient therapy.

The Center Offers:

- A personalized plan of care
- Two full-time in-house physicians
- Aquatic, physical, occupational and speech therapies
- A transitional living suite where you can practice skills safely in a home setting
- Reservations accepted for post-op stays after hip, knee, back or other surgeries

Call Lisa Cohen Kiraly at 216.839.6633
Conveniently located between I-271 and Beachwood Place

A Sense of Purpose through Spiritual Care



**Rabbi Ephraim Karp,
Director of Spiritual
Living**

October has been designated as Spiritual Care month and is celebrated by many professional chaplains across the country. The question many may have is just what is “spiritual care”? Does this refer to religious observances? How do we even define the word “spiritual”?

According to the Spiritual Care Collaborative, an umbrella organization that includes the major educational and certifying bodies in clinical chaplaincy including the National Association of Jewish Chaplains, spirituality “describes an awareness of relationships with all creation, an appreciation of presence and purpose that includes a sense of meaning.” Today we often make a distinction between spirituality and religion, with religion focusing on defined structures, rituals and doctrines. While religion and medicine were virtually inseparable for thousands of years, the advent of science has created a chasm between the two. The term “spirituality” is a contemporary bridge that renews this relationship. It is a term that includes religion and personal care that connects individuals with a presence larger than themselves, bringing them a sense of purpose and meaning.

In the contemporary sense of health and well being, we often hear the concept “quality of life.” It is often a factor in choosing certain medical interventions or refraining from those choices. The challenge of course is how we define “quality.” I have worked with a resident who cannot move or do anything himself and who cannot communicate verbally but uses a computer that responds to head motions to communicate. That resident once related the story of a Holocaust survivor and commented that the survivor really suffered. The resident, on the other hand, felt that he didn’t even know what suffering really was! Who has the right to define if someone else’s life has quality or not? It seems that we’re the only one who can really decide if our life is worth living; if it is indeed a quality life.

That is usually impacted by our sense of purpose. If I feel my life is worth living, then I am apt to feel my life has quality. Without that sense of purpose, why would I even want to try and go on? At Menorah Park, our Spiritual Living Department is concerned, not just with religious issues and Judaic programming, but also with our residents’ sense of purpose and meaning. We strive to help our residents with whatever it is they need to know, and remember that they are here for a reason, and their lives are cherished by those around them!



**Activities team member
John Davidson and
Rabbi Friedman**

Hear the Sound

On the first day of the Hebrew month Elul, the day Jews across the world begin blowing the shofar, the ram’s horn, Menorah Park residents were treated to the unique experience of making their own shofar. Rabbi Shmuli Friedman of the Cleveland Friendship Circle led the educational session. Rabbi Friedman displayed many different types of animal horns from around the world; some kosher to be used as shofars, and some not. Residents were excited to hold the various types of animal horns and view firsthand the process of shofar-making. Special thanks to Rabbi Shmuli Friedman of Living Legacy for the fantastic program.

This was followed by a wonderful preholiday program on 22 Elul entitled “Music of the High Holidays”. Our residents appreciated the cantorial performance of Cantor Joanne Couch who described the emotions and meanings of each piece performed. The Cantor was accompanied by our very own Val Robbins who played our grand piano. During the session Evan Shaw, a talented Agnon student, demonstrated his shofar blowing abilities as he carried out a wonderful rendition of the holiday shofar recitals as relayed in the Machzor prayerbook for Rosh Hashanah. “That was the longest tekiah gedolah blast I’ve ever heard,” commented Joseph Kirsch, Menorah Park’s Judaic Programming Coordinator. “Evan’s shofar blowing is outstanding and we hope that he keeps it up. Throughout the day residents kept talking about what a good job Evan did.”

We are delighted that so many community people share their knowledge and experiences with our Campus residents. If you have any talent that you’d like to share, please contact Activities Director, Amy Vedova Phillips, at (216) 831-5452, ext. 277.



Joseph Kirsch with Evan Shaw

CWRU and Looking aHead

By Volunteer Helene Weinberger



“Learning how to interact with a really ‘new’ community is what it’s all about!” says Michael Adam, a student at the Case Western Reserve University Medical School, illustrating the purpose for participating in classes facilitated by Menorah Park’s Looking aHead Program, which helps people with chronic brain conditions. Looking aHead was chosen by CWRU as a site for their medical students’ field experiences. Through the program, young people are able to go out into the community and meet individuals who are learning that they can still live a quality, productive life despite their physical and mental challenges.

This is the second year that classes of students will have this experience. Debbie Zukowski, the Director of Looking aHead, describes the Looking aHead members as medically stable, but who have sustained trauma to their brains leaving them with varying levels of physical or cognitive impairment that is chronic. The goal is to enable them to return to work.

Approximately 16 years ago, the Cleveland Foundation gave Menorah Park a one-year grant, and Debbie was hired.

Art in Motion with Scholar on Campus

The Scholar on Campus presents a wonderful opportunity to discover Dancing Wheels: Art in Motion. Founded by the first professional wheelchair dancer in America, Mary Verdi-Fletcher, the dance company unites the talents of dancers both with and without disabilities. It’s a vehicle for full inclusion in the arts for all people!

Thursday, October 21st - 10:30 a.m. to 11:30 a.m.

At Menorah Park, come for the daytime program, DanceAbility, an enhanced program with sign language, pantomime and shadowing.

Thursday, October 21st - 7:30 p.m. to 8:30 p.m.

Return for the evening program, E-Motion...A Celebration of Dance, a Musical Travelogue “Sweet Radio Radicals” choreographed by Dance Legend Dianne McIntyre.

Eight to ten trainees of working age participate. Their injuries result from various causes, from a motorcycle accident to a fall from a ladder. Without this intervention, they probably would not be able to return to work. This “work adjustment” education enables people to adjust to their disabilities, to re-learn previous skills and, in some cases, to develop appropriate work behavior. They do job-trials on campus to help them

prepare for a full work environment, and when they are ready, Menorah collaborates with community job placement agencies to find appropriate work for the trainees. The funding for this very rewarding effort now comes from county and state sources.



Simcha Zevitt, a rabbinical student with the ALEPH Institute of the Jewish Renewal Movement, led a recent Friday Oneg Shabbat Program sponsored in memory of Esther Godes.

Please call LeAnne Stuver at (216) 831-5452, ext. 244 to make reservations for either of these two programs.

In addition, enjoy programs across campus:

Kicking Up Your Heels...with Dancing Wheels

At Wiggins Place

**Monday, October 18th
2:00 - 2:45 p.m.**

At Stone Gardens

**Tuesday, October 19th
2:30 - 3:15 p.m.**

**At The R.H. Myers
Apartments**

**Wednesday, October 20th
2:00 to 2:45 p.m.**



Generous Gifts From Thoughtful People

Donations to the Menorah Park Foundation benefit the residents of Menorah Park skilled nursing home, The R.H. Myers Apartments, Stone Gardens, and Wiggins Place. *The donations listed here were received between August 1-31, 2010.* We make every effort to ensure that the information is accurate. Please let us know of any mistakes or omissions. Thank you.

2010 Annual Fund

Eileen Adler, Charlotte & Harold Agrast, Abbie Akst, Sandra Arndt, Christine & Dennis Aster, Lisa & Arthur Belfer, Marcia & Alec Berezin, Esther Berman, Netta Berman, Rebeca Biales, Shirlee & Erwin Blonder, Deborah & Howard Bobrow, Susan & Dan Borison, Eleanor Breitbart, Gertrude Brenner, Molly Brudnick, Beverly & Harold Bushman, Debby & Kenneth Cohen, Ronni & Leonard Cohen, Melvin Cohn, Bonnie & Michael Cole, Suzanne & Marc Cutler, Judy & Howard Danzinger, Stephanie & Jeffrey Danzinger, Patricia Dery, Diversified Piping & Mechanical, Fran & Mark Doris, Jacqueline Dubin, Howard Epstein & Gregg Levine, Goldie Ermine, James Fein, Cynthia Feuer, Eve Fishman, Mimi & Bud Frankel, Barbara & Lee Friedman, Mildred Fromet, Phyllis & Joel Gecht, Estelle & Gerald Gerson, Lauren & Gary Giller, Aimee & Jeremy Gilman, Judith Giusto, Debra Glett, Nancy Glick & Randy Solomon, Marguerite Goldfarb, Madeline Goldstein, Shirley & Bernard Gordon, Marc Gottlieb, Barbara Gross & Terry Pollack, Esy Gurevich & Solomon Rabinovich, Cathy Sue Hancock, Amy & Lee Handel, Elsie Handler, Donna Head, Becky & David Heller, Mary & Herman Hellerstein, Carolyn & James Herman, Ellen & Robert Herman, Sheila & Gerald Herschman, Beverly & Lee Himelfarb, Jordan Construction, Elaine & Norman Kabert, Barbara & Robert Kaplowitz, Maxine Karns, Judy & David Kaufman, Rosalyn Kaufman, Judith & Larry Klein, Marcia & Ernest Kline, Maxine & Hersch Koblenz, Annette Kolt, Jennifer & Randy Korach, Elaine & David Kornswiet, Rosalind Krasney, Eleanor Krongold, Elayne & Robert Kwait, Elaine & Ira Lapine, Leah Lerer, Denise Leslie, Betty Lewine, Belle Likover, Norma & David Maitin, Shirley & Irwin Mannis, Shelley & Greg Marcus, Lois & Martin Marcus, Margaret & Richard Margolis, Kathi Marks, Hannah & Bernard Martin, William Mattlin, Ruth & Doug Mayers, Hedy & Michael Milgrom, Arnold Miller, Patricia & Donald Mocnik, Stanley Morganstern, Karen & David Morris, Harriet & Mel Morris, Edward Muszynski, David & Inez Myers Foundation, Bonnie & Dieter Myers, Arlene & Robert Myotte, Leonard Nehman, Marjorie & Arthur Newman, Marina & Mark Neyman, Mary Nicholls, Lenore & Nate Oscar, Fannie Ozan, Estelle Payner, Sharon & Joel Peerless, Shirley Platzner, Pro-Tect Maintenance, Lori & Steve Raichilson, Barry Rapoport, Elaine Rembrandt & Rabbi Daniel Roberts, Gertrude Rice, Joan & Rick Rivitz, Amy & Ken Rogat, Maxine & Charles Rosenbaum, Beth & Frank Rosenberg, Deborah Ross, Betty Rosskamm, Shelley Roth & Bruce Schwartz, Marvin Rothenfeld, Evie & Gordon Saffran, Lynn & Gregory Sanders, Barbara Sandman, Sandusco Incorporated, Gail & Elliott Schlang, Elaine & David Schneider, Helen Schwartz, Paula & Walter Schwartz, Secure Care Health Systems, Inc., Leonard Senkfor, Mary & William Shafer, Shaker Auto Lease, Katie & Michael Shames, Edith & Martin Shomstein, Rhoda & Alan Silver, Myrtle & Robert Silverman, Sheryl & Bart Simon, Maxine Slone, Shirley & Harold Smith, Marilyn & Ivan Soclof, Patricia & Steve Sova, Shirley Spitalny, Fran & Mark Steinbock, Shirley & Milton Steinbock, Joyce Steinhoff, Dorothy Stoller, Penny & David Strauss, Cheryl Sundheimer, Hyman Tashman, Mary Teichman, Lois Teitelman, Jennifer & Neil Tramer, Edith & Thomas Valore, Judy & Morry Weiss, Frederic Wieder, Trudy & Steve Wiesenberger, Cheryl Davis & Jonathan Wise, Jane & James B. Wolf

Joanne & Robert Balantzow Cultural Arts Fund

In memory of Paula Jordan, Marcia Halpert, and Edwin Elsner – Joanne & Robert Balantzow

Connie Berland Activities and Entertainment Fund

In honor of Stanley Berland's 89th birthday – Joyce & Eric Wald, Sara, Brad & Noa, Carolyn & David, Abby, and Marc

Esther & Milton Berman Family Nursing Assistants Appreciation Fund

In memory of Elias Friedman – Esther Berman

Martha & Robert H. Binstock New Years Eve Party Fund

In memory of Edwin Elsner and Marvin Cramer – Martha & Robert Binstock

Lynn & Barry Chesler Arts & Crafts Fund for Looking aHead

In memory of Edwin Elsner, Sarah (Sally) Cross, and Clara Allenick Frank – Lynn & Barry Chesler

Philip L. Danzinger Memorial Medical Fund

In memory of Edwin Elsner – Judy & Howard Danzinger

Sally Deitz Nursing Fund

In honor of Jennifer McGhee's 30th birthday – Joie Daniels

Employee Gift Fund

In memory of Deborah Herman – Ricki & Harvey Brown

Carol & Morton Frankel Music Fund

In honor of Edwin Z. Singer's milestone birthday – Carol & Morton Frankel

Gordon Family Fund

In honor of the B'nai Mitzvah of Davyd & Tsofia – Andrew Pessin

Anne S. Greenfield Grandchildren's Fund

In honor of Diane Singer's birthday – Barbara Gross & Terry Pollack

Dr. Arnold L. Heller Memorial Fund

In honor of second Bar Mitzvah of David Bittker – Florence Brofman

In memory of Marvin Cramer – Fran & Mark Doris, Helen & Brian Hall, Diane & Alan Herzog, Lori & Steve Raichilson

Bertha & Abe Kipperman Aquatic Equipment Fund

In honor of Elliot Schultz's 80th birthday and David Matthew's 60th birthday; in memory of Leon Lechner and Leslie Smith's mother – Marcia & Bud Ungar

Bella & Albert Korman Children's Outings Fund

In memory of Bella & Albert Korman – Elaine & Robert Frank

Eleanor & Hal Lewis Beauty Shop Fund

In memory of Eleanor Lewis, Ben Lewis, Ida Lewis, Fannie Bigver, and Sam Bigver – Hal Lewis

Ida Lichtiger Saturday Night Entertainment Fund

In memory of Ida Lichtiger – Adele & Stephen Mendel

Arlene Munitz & Linda and Larry Rich & Family Fund

In memory of Sylvia Weiskind – Linda & Lawrence Rich

Bertha "Birdie" & Jack Polster Entertainment Fund

In memory of Robert Chaplin – Jackie Elsner, Lois Kaye

Gertrude & Henry Polster Memorial Fund

Judy & Donald Zauderer

Larry Reiss Men's Club Fund

In memory of Harvey Reiss – Larry Reiss

Hirsh Rivitz Family Reform-Conservative Services

In memory of Matthew Rivitz & Simon Schultz – Dorothy Rivitz

Enid & David Rosenberg Dream Fund

In memory of Sanford Pevaroff – Enid & David Rosenberg

Harriet & Sol Roth Garden Fund

In memory of Marcia Halpert and Charna Fuerst – Harriet Roth

Margo & Robert Roth Fund

Estate of Shirley Rabinovitz

Enid & Stanley Rothenfeld Memorial Fund

In memory of Irving Shanes, Max Dorsky, Sullivan Vokes – Susan & Robert Zimmer

Mildred Saltzman Mother's Day Fund

In honor of Edwin Z. Singer's 80th birthday – Helene Krasney

In memory of Clara Allenick Frank – Judith & Burton Saltzman

Naomi & Edwin Z. Singer Fund

In honor of Edwin Z. Singer's 80th birthday – Marion & Joseph Ambus, Daniel Berick, Ellen & Michael Feuer, Sally Good, Barbara Gross & Terry Pollack, Nancy & Allan Lerner, Jane & James B. Wolf

Dora & Harry Solganik Fund

In memory of Toby Gotslov – Vivian Solganik

Peggy & Philip Wasserstrom Fund

In honor of Phil Wasserstrom's milestone birthday – Sally Good

Ida & Herman Weinberg Jewish Holiday Fund

In honor of Herman Weinberg's 98th birthday – Karen & Amin Weinberg

Myra & Howard Whitelaw Celebration of Life Fund

In honor of Sharon and Richard Stein's 25th wedding anniversary; in memory of Hyman Eisen and Clara Frank – Barry Henkin

Florence Azoff Wish Professional Service Award

In memory of Florence Wish – Baker & Hostetler LLP, Brian Bash, Rina & Daniel Chessin, Construction Employers' Association, Lisa & Joel Elliot, Roberta & David Feldman, Rina & Samuel Frankel, Saul Genuth, Eileen & Michael Grossman, Amy & Stephen Hoffman, Leslie & Elliot Kaufman, F. Judith Klayman, Maxine & Hersch Koblenz, Stephanie Lemor, Florence Sharp, Emily Singer, Lynn & Dennis Weisman

Carol & Michael Wolf Family Fund

In memory of Edwin Elsner, Al Willinger, and Earl Agin – Carol & Michael Wolf

Alice & Hy Wyner Fund

In honor of Helen Braun's birthday – Carol & Bill Goldman

Illein and Hans Youngman Floral Fund

In memory of Leah Ponsky – Helena & David Ingber, Illein Youngman

In memory of Jeannette Goldstein – Illein Youngman

Rabbi's Discretionary Fund

Estate of Marguerite Group

Yahrzeit of Geraldine Marks – Lynn Harris

For High Holy Days – Dianne Millstein

Yahrzeit of Sanford Soclof – Ahuva Schabes

In memory of Robert Wachsman – Sarah Weintraub

FUNDamentals Expansion

Melody & Harvey Alstodt

Ryan Family Charitable Foundation

The RH Myers Apartments

Employee Gift Fund – Sandra & Joel Lefkowitz

In honor of Lila & Joe Newman – Margaret & Jonathan Chesler

In honor of Dave & Nathalie Rothenberg renewing their marriage vows – Ruth Kimmelman, Connie & Mark Reider

In memory of Ida Lichtiger – Margaret & Jonathan Chesler, Helen Zipper

In memory of Joel Malik – Beverly Bedol

In memory of Gertrude Weissman – Rebecca Etes, Rozanne Weissman

Stone Gardens

Employee Gift Fund – UBS Wealth Management Employee Giving Program

Exercise room furnishings – Myrtle & Robert Silverman

In honor of Mollie Fein's special birthday – Joan Karlin & Paul Resnick

In memory of Anna Chenin – Virginia Amend, American Culinary Federation - Columbus Chapter, Calfee, Halter & Griswold LLP, Mollie Chenchinsky, Elaine & Martin Finegold, Maryanne Travalik & Judith Carver, Larry, Timothy, & Jerome Fistek, Jean & Nicholas Hillman, Ann Varley

Wiggins Place

Employee Gift Fund – Robert Cooper, Cooper Sales

In honor of Esther Kottler's & Irwin Beckerstein's birthdays – Ruth Kimmelman

In memory of Fritzi Dubin – Margaret & Frank Cercelle, Phyllis & Paul Maron, Judith & Gary Tornabene, Beverly Yaffe

In memory of Minna Mager, Donald Bookatz and Lewis Rakusin – Barbara & Robert Leeson

In memory of Belya Singer, Fritzi Dubin, Florence Wish, Eli Friedman, and Bob Zober – Beverly & Donald Arnold

General Support

Margaret & Harry Freer

Estate of Esther Rosenfield

In honor of Susan and David Goldstein's anniversary, in honor of Daniel Goldstein's 25th birthday – Nora & Brian Berman, Liz, Jared, Amanda, and Malley

In honor of Jane & Jordan Lefko's milestone anniversary – Sally Good

In honor of Diane Wasserman's grandson's Bar Mitzvah and in honor of Hazel Gross' birthday – Rosalind Geller

In honor of Robert Kwait's 75th birthday – Judith Rosenthal

In honor of 60th anniversary of Norman & Gerri Landau – Rita & Lou Solko

In honor of Rabbi & Mrs. Allan Lettofsky – Cathleen Carr

In memory of Earl Agin – Susan & David Goldstein

In memory of Molly Bell – Dr. & Mrs. Earl Polish

In memory of Sanford Corwin – Judith Rosenthal

In memory of Harold Edelman – Margaret & Jonathan Chesler

In memory of Hyman Eisen – High Notes, Edna & Paul Stein, Dr. Elliot & Marcia Goren Weser

In memory of Edwin Elsner – Nora & Brian Berman, Allison & Les Levine, Lori & Steve Raichilson

In memory of Clara Frank – Sandra Green, Ellen Kirschenbaum & Susan Holley, Geraldine & Alan Nagel, Joy & Stanley Priesand

In memory of Charna Fuerst – Shelley Roth & Bruce Schwartz

In memory of Elizabeth Green – Janice & John Campana, Olga Greenhut, Gladys & Arnold Kaplan

In memory of Patrick Kehoe – Annette Kolt

In memory of Ruth Kiwi – Dorothy Asherson, Marge, Charles, and Nicole Klass

In memory of Barry Laidman – Shirley Gaye

In memory of Irene Penn – Edna & Paul Stein

In memory of Irene Penn and Sylvia Weiskind – Reva Swartz

In memory of Sanford Pevaroff – Judith & Larry Klein

In memory of Margaret Segel – Sylvia & Martin Wald

In memory of Herbert Silverstein – Elayne & Marc Baskin, Carol & Jack Galvin, Raquel & Michael Haas, Jones Day, Leonard Kichler, Jeanne & Lawrence Vilardo

In memory of Lillian Stamm – Margaret & Jonathan Chesler, Tillie Coppersmith, Rita Gill, Ellen Vollweiler, Linda & Jay Weiss

In memory of Robert Wachsman – A.P.S. Medical Billings, Ira Goffman, Kathleen & Michael Hanley, Binu Mathew, ProMedica Health System, Denys Resnick & Jeffrey Rothman, Theresa Schmakel

In memory of Rae Marie Woytovich – Geraldine Nager

At the Helm of Home Health



With more than ten years experience with Menorah Park Home Health Services, Barbara Marcelletti, RN, BA, MBA, takes the helm as Administrator upon the retirement of Lee Cook. She will oversee the operation of offices in Cuyahoga, Portage, Stark, and Summit Counties. Barbara was previously the Director of Nursing. She received an Associate Degree in

Nursing from Cuyahoga Community College, a Bachelor of Arts in Psychology from Cleveland State University, and a Master of Business Administration from the University of Phoenix.

“I am excited to have the opportunity to be the new Administrator of the Home Health Department and look forward to continued growth of clientele and servicing new territories. It is my goal to insure the continued delivery of top notch home health care. I can truly say it has been a joy to work here, and I welcome this as an incredible opportunity. I look forward to many years of continued service to the community I hold so dear.”

Welcome New Adult Day Activities Pro!



Hello! I am Shawn Biese. I grew up in St. Louis, Mo., and attended MacMurray College in a small midwestern town in Illinois. I am a special education teacher and spent the last 27 years in education; some in the classroom, some as a consultant and some in fundraising and public relations for the local school district.

I enjoyed many volunteering opportunities with the senior members of my churches, neighborhood, school community, and Heartland of Mentor, before pursuing a career change.

I like bringing my varied interests to the Adult Day Center. I look forward to each day and enjoy my co-workers, as we work really hard to make every experience fun for the club members.

Judy Shankman, Director of the Menorah Park Mandel Adult Day Center, said, “Shawn is doing a great job; we have some really exciting activities planned!”

Update on Long-Term Care Insurance

In our ongoing quest to assist aging adults, Kevin Kutz of Creative Insurance Solutions, LLC, gave a presentation on what’s new in Long Term Care (LTC) insurance. He presented LTC insurance education several years ago with us, thanks to a grant from the Mt. Sinai Foundation. According to the state website, ltc4me.ohio.gov, “Ohio long-term care insurance companies can now offer policies that qualify under the state’s Long-term care Partnership Insurance Program. Partnership insurance offers a way for people to buy long-term care insurance, receive policy benefits and protect a matching amount of assets if they need to apply for Medicaid. With any insurance policy, it is important for the consumer to choose the type of coverage that fits his needs. Only you can decide if Long Term Care insurance is right for you. Your decision should depend on personal health and wealth matters.”

When weighing long-term care planning options, do your homework: know what you need and how much you can afford. Make sure you can pay the premiums. Ask a trusted friend or relative to join you when an agent visits your home. Have them review the policy. Shop around. Long-term care policies can have big differences in price and benefits. Many more in-home options are now covered under long-term care insurance than when the policies were initiated, according to Kevin. Check into coverage of home modifications, homemaker services, and adult day care.

Go to ltc4me.ohio.gov or contact Kevin Kutz at 440-248-3080 or kutz.kevin@gmail.com.

The Peter B. Lewis Aquatic & Therapy Center

Celebrating 10 years of providing quality services to our community!

We Thank You!

- One-to-One Therapy Treatment with Licensed Physical Therapists
- The Most Advanced Rehab Facility in Cleveland
- Aquatic and Land-Based Physical Therapy
- Specialized Fall Prevention, Dizziness, and Balance Therapies
- Specialized Back Therapy – McKenzie
- NEW Certified Hand Therapist
- FREE balance, healthy back and movement screenings by appointment

Call 216-595-7345 • Visit www.lewisaquaticcenter.org

PETER B. LEWIS Aquatic & Therapy Center

A division of Menorah Park Center for Senior Living
27100 Cedar Road • Beachwood
One Campus • Many Solutions • One Person At-A-Time

Got the Waking “Achys?”

By Menorah Park Physical Therapy Department

Do you wake up feeling achy and stiff in the mornings? According to the Arthritis Foundation, arthritis and related conditions impact the lives of 46 million people on a daily basis. It is expected to rise by 40% by 2030; that’s approximately 67 million Americans! There are more than 100 different types of arthritis and related conditions. Arthritis dates back to the Ice Age and there is no definitive cause. However, there are contributing factors which include: age, obesity, injuries, over-use syndrome and genetics. There is no cure at this time. Arthritis and related conditions can be a manageable part of life with resources to keep it under control. You have to move, but sometimes it’s not easy, especially when you are achy and sore, and the last thing you want to do is exercise. Here are some suggestions that can get you “moving:”

- *Always remember to consult with your physician before starting an exercise routine.
- *Start slowly and try to make it fun; it will be easier to do.
- *Ask a friend to join you, or join a group exercise program.
- *Try gardening, or working in the yard.
- *Flexibility exercises improve range of motion, decrease joint stiffness and minimize muscle soreness after exercising. Try Tai Chi, offered at Menorah Park. Check with your activities director.
- *Water walking or exercising in the water reduces stress on the joints and makes it easier to move. Join friends at the Peter B. Lewis Aquatic & Therapy Center.
- *Muscular fitness is strength training that makes joints more stable and improves muscle strength, increases bone density. Try using light resistance bands, and tubing, or use light weights. If you do not have weights, use a can of soup or fill a water bottle for light resistance exercises.

*Aerobic fitness increases oxygen in your lungs, improves your heart rate, increases your metabolism, improves your mood and increases your stamina and energy. Try walking, swimming or cycling.

Eve Phinick, from The R.H. Myers Apartments, says, “Walking keeps me moving every day. I walk from Myers to Stone Gardens. Do your thing, and don’t sit around. I stretch and this helps me be able to put on my shoes and tie my shoelaces.”

Lenore Schultz, from Euclid Pavilion, states, “I sit here and wiggle my feet and wear my TED hose to help. I do the exercises that you can sit and do.”

Phyllis Schindler from the Euclid Pavilion says, “I continue going to the Fitness and Wellness program and do what they recommend, because if you don’t use it, you lose it!”

Dee Sorin from the Euclid Pavilion says, “Just move. I walk where I have to go instead of being pushed in the wheelchair.”

So GET MOVING, you’ll feel better and your body will thank you. Remember to check with your physician first, and take it slowly.

For information on physical therapy, call the Peter B. Lewis Aquatic & Therapy Center at (216) 595-7345.

Focus on...PHONES

Do you have trouble hearing your relatives and friends on the phone?

We all know how frustrating it can be to miss an important call, not to understand a conversation with a grandchild, to have to ask someone to repeat himself. The Adaptive Living Shoppe carries several different amplified phones and accessories to make your time on the phone more enjoyable.

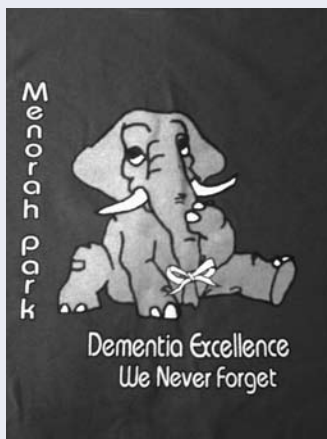
Call or visit us online at www.adaptivelivingshoppe.com to find out how we can help you.

Stop in:

Located just off the main corridor in Menorah Park.

Call: (216) 450-5566 for your solutions for an easier life.

Staff Team Up to Help



In collaboration with Menorah Park’s Dementia Excellence Committee, staff members are lacing up their sneakers for the annual Memory Walk on Sunday, October 3rd at Tower City in support of the Alzheimer’s Association. Together, we commit energy toward finding a cure.

Where is Your ‘Happy Place? Is it in the garden? The art studio? Are you happiest when helping others? Is it with your children? Please share your favorite “Happy Place” with us! Give your input to your activity director and we will print those we can!

Congrats to 2010 Gertrude Himmel Adell Volunteer of the Year Arlyne Rosen

“We are so proud of our 200 exceptional volunteers who dedicate time on our Campus,” said Director of Menorah Park Volunteers, Vicki Snyder, with a smile. “We also appreciate the opportunity afforded by the Himmel-Adell family to honor an epitome of volunteerism, while we thank all of our volunteers for everything they do at an annual Volunteer Dinner.”



Arlyne (fourth from right) shares the celebration with the Himmel-Adell family.

Arlyne Rosen was chosen by a selection committee this year for more than ten years of lending a hand at Stone Gardens Assisted Living. Activities Director Sarah Taub notes Arlyne’s extreme devotion. While her mother was a resident at Stone Gardens, Arlyne began to volunteer in the Art & Crafts program to encourage her mom to participate, while spending enjoyable time with her. “One thing led to another and when we asked her if she would help us on outings, she readily agreed,” exclaimed Sarah. “Even when her mom moved to Menorah Park, she still came to volunteer with us.”

She has become the regular outing volunteer and can be seen almost every Wednesday helping with shopping at Marc’s, escorting residents to other popular spots around town. Residents love her for her compassionate, caring and up-beat attitude. She knows residents very well; what they like to buy and eat, who they prefer to sit next to and what they like to talk about. Every outing is special because all our residents look forward to spending time with her while enjoying the sites. Noah Budin, assistant activities director, joked that she trained him when he first began.

A few years ago, she decided to take on another volunteer role. She assists the art therapist in the art studio on Mondays and Fridays. The residents are amazed at their own creativity which she inspires in them.

“Arlyne Rosen is a beautiful lady with a heart of gold and we are so blessed to have her volunteer at Stone Gardens! I couldn’t agree more, and I am honored to give the Gertrude Himmel Adell Volunteer of the Year Award to Arlyne Rosen!” said Vicki enthusiastically.

From all of us on Campus, Mazel Tov Arlyne! Thank you for all of the wonderful years, and here’s to many more.

Be Active Your Own Way!

Special by Intern Caitlyn Kahan

Don’t hibernate this fall, enjoy some of the fun activities that Menorah Park has to offer and here’s how!

Take a lap around the pool.

Try an indoor workout that allows for some fun as well. Once you hit the warm-water pool and experience all the fun activities that H2O has to offer, you’ll barely notice that it’s not summer anymore.

If you find your time has been consumed by darkness, try getting some sunlight and taking an early walk in the cooler weather. This may boost your motivation to be more active. Layer up and recruit a pal for the warmth of friendship and a nice stroll on a sunny day.

Surf the internet at the David P. Miller Computer & Technology Center, the hands-on learning center where you can discover many uses of a computer and what the digital web can teach you.

These are just a few ways that Menorah Park Campus encourages our residents to stay active but find YOUR OWN WAY during the month of October! Your ideas may be perfect to share with others in our community. We LOVE input and your creativity that brings the best to all!

Take Time to Stay Abreast!

October is National Breast Cancer Awareness Month (NBCAM).

Every October, there is an annual international health campaign organized by major breast cancer charities to increase awareness of the disease and to raise funds for research into its cause, prevention and cure. Take a moment this month to remind the women in your life to have exams and do regular check-ups for early detection!



Menorah Park Center for Senior Living
 Bet Moshav Zekeim Hadati
 27100 Cedar Road
 Beachwood, Ohio 44122

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October- Menorah Park Skilled Nursing Home Activities/Outings

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
* Reservations Required • All Outings at 10:30 a.m. Except When Noted • All Services in Synagogue • All High Teas in Front Lobby • RCAC = Rosenbluth Creative Arts Center • MBR = Miller Board Room • All programs in the auditorium unless specified <i>Please note, activities are subject to change</i>					1 Simchat Torah Services 9:00 a.m.	2
					Simchat Torah	
3 Kaleidoscope 2:45 p.m.	4 Distance Learning MBR • 2:30 p.m.	5 Russian Group Fairmount Pavilion 10:30 a.m.	6 Pasta Making with Bob 2:45 p.m. Scimitars Swing Band 7:00 p.m.	7 High Tea with Cliff Habian 3:00 p.m.	8 Oneg Shabbat 2:45 p.m.	9
		Eat n' Park Euclid	Rock and Roll Hall of Fame Weinberg 1 & Friedman	Patterson Apple Farm Weinberg 2	Ruby Tuesday Heights	
10 Pancake Breakfast 10:00 a.m. Music Time with Alex 2:45 p.m.	11 Distance Learning MBR • 2:30 p.m. Big Bear Lake Fairmount	12 Russian Club 10:30 a.m. Wine Tasting at Pearl's with Stewart • 2:45 p.m. Menorah Café* 5:00 p.m.	13 Cabaret Lounge 2:45 p.m.	14 Resident Choir 10:30 a.m. Music Program with Andrea 2:45 p.m.	15 Oneg Shabbat 2:45 p.m.	16
		Ho Wah Beachwood & Fairmount 1	Movie & Lunch Weinberg 1 & Friedman	Ho Wah Marcus		
17 Celebrity School of Music Recital 2:45 p.m.	18 Movie Time 10:00 a.m. Distance Learning MBR • 2:30 p.m.	19 Russian Group 10:30 a.m. Drumming Fairmount 2 • 10:30 a.m. High Tea with Mike Leamon • 3:00 p.m.	20 Cleveland East Suburbanaires Chorus 2:45 p.m.	21 Scholar on Campus: Dancing Wheels 10:30 a.m. Residents' Council 2:45 p.m. Scholar on Campus: Dancing Wheels 7:30 p.m.	22 Oneg Shabbat 2:45 p.m.	23
		Ho Wah Weinberg 2	Hard Rock Café Weinberg 1 & Friedman			
24 Music with Joanne 2:45 p.m.	25 Distance Learning MBR • 2:30 p.m.	26 Russian Club • 10:30 a.m. Western Reserve Historical Society 2:30 p.m. High Tea with Rich Gallo • 3:00 p.m.	27 Twice as Nice 2:45 p.m.	28 Resident Choir 10:30 a.m. Movie Time 2:00 p.m.	29 Story Time with FUNDamentals 10:30 a.m. Oneg Shabbat 2:45 p.m.	30
31 Bagel Brunch 10:00 a.m. Sing Along with Mario Romano • 2:45 p.m.		Outing Beachwood & Fairmount 1	Cheesecake Factory Weinberg 1 & Friedman	Olive Garden Euclid	Great Lakes Science Center Heights	

To offer your feedback on this newsletter, please e-mail sgavanditti@menorahpark.org or call 216-839-6687.