

# MENORAH PARK CAMPUS NEWS

Menorah Park Center for Senior Living Community Newsletter

November 2010

## CareLink® The new Personal Emergency Response System at Menorah Park

In order for today's active seniors to maintain independence and take a proactive approach to health and safety, Menorah Park's Adaptive Living Shoppe is adding another option to further their abilities and peace of mind by collaborating with CareLink® – an improved personal emergency response system. Thirty percent of seniors fall annually, and falls are the #1 reason for both ER visits and nursing home admissions. CareLink® devices are designed to reduce the

*continued on page 9*



**Keep your loved one safe and happy with CareLink®. Wiggins Place tenant Betty Lewine demonstrates.**

## Appreciating a Veteran

By Volunteer Helene Weinberger



**Edith Friedman looks on as Lieutenant Governor Lee Fisher and Martin Kritzer engage in a discussion during a recent visit to the Menorah Park Campus.**

While everyone understands the immediacy of Veterans Day to our current soldiers, it is important to NOT forget those who have served before in our history. The American Civil War casualties amounted to 620,000 deaths of Americans, which is more than in all of the other wars of our nation - from the Revolution through Vietnam. We are keenly aware of the First World War, which led to the short-lived League of Nations. There are many of us still alive who served in World War II, and many more who are veterans of Korea and Viet Nam. Our veterans' hospitals still care for people from those two terrible conflicts.

Martin Kritzer, President of Menorah Park's Residents' Council, was drafted into the U.

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## From The Administrator's Desk Blogosphere Greetings



**Ross Wilkoff,**  
**Administrator, Stone**  
**Gardens**

Welcome to the modern senior community where communications needs to be timely, have pictures, inform and even entertain. Stone Gardens has joined the blogosphere.

We began blogging to increase our presence on the web, and within the internet community. Five years ago we may have received a dozen or so inquires based on the internet. This year about one in five inquires comes from the internet. So, engaging in social

media just makes sense.

There has been a lot of discussion and education of our residents as we continue blogging. We are creating awareness of what a blog is (i.e. an online journal of sorts) where residents are the stars. There is a dawning awareness now among residents about how people are communicating, and a new point of reference when they speak to their families.

Our blogging does a great job of informing others about what is going on in our building and on campus. It is a great place for us to showcase our many outings and interesting activities. We can even post videos to YouTube so the whole world can see what a great place we have with so many amazing people. Staff have fun with it and families all can see what is happening in virtual real-time.

One family commented how much they enjoyed it, stating "it tells all the little stories that are beyond the formal programs." For example, earlier this year we had a bird's nest at the front entrance of the building with tiny little birds chirping and poking their heads out. Not a formal program but from the pictures you could see the fun the residents were having with it.

We love it and hope you will check out our blog and sign-up for regular postings. It is a lot of fun.

<http://stonegardensmenorah.blogspot.com/>

### Save the Date: First Haircut

The Zuckerman Family Upsherin of three year old Gad Meir Zuckerman will be held on November 7th in the Saltzman Auditorium A & B, sponsored by the Spiritual Living Department. The Zuckerman family has visited Menorah Park for nearly 20 years. They are sharing their simcha / happy occasion with us. Join us as we celebrate this moment in a special activity for our residents.

## Employee Gift Fund

Throughout the year, many have expressed the desire to show appreciation to our staff. Menorah Park's policy does not allow our employees to accept gifts or gratuities directly from residents or from their families. The Employee Gift Fund was created to allow you to recognize and express your thanks and appreciation with a cash gift to our employees.

If you wish to contribute to the Employee Gift Fund, please make your check payable to: EDF, Menorah Park Center for Senior Living. Funds can also be transferred directly from your family members resident account; or for donations of \$25 or more, you may charge to the amount to your Visa or Master Card. Please mail in the form by December 7th, 2010.

Name (if credit card as it appears)

\_\_\_\_\_

Enclosed is my check in the amount of \$ \_\_\_\_\_

Please transfer funds in the amount of \$ \_\_\_\_\_

from the account of: \_\_\_\_\_

Please charge \$ \_\_\_\_\_ to \_\_\_ Master Card \_\_\_ Visa

Card Number \_\_\_\_\_

Security Code \_\_\_\_\_ Exp. Date \_\_\_\_\_

I would like this gift to be shared with employees at:

\_\_\_ Menorah Park \_\_\_ Wiggins Place \_\_\_ Stone Gardens

\_\_\_ Adult Day Care \_\_\_ R.H. Myers

Send your donation to:

EGF, Menorah Park Center for Senior Living  
27100 Cedar Road, Beachwood, OH 44122

## The Perfect Meaningful Gift

It's an annual quandary. 'What do I give my grown children for a holiday gift? I'm tired of sending a check and a card – it doesn't seem meaningful.' Scanning through photo albums, smiling at the memories, the ah-ha moment occurs; 'They don't have a recent picture of me, and if I'm enjoying looking at pictures of them through the years, they might like to have one of me.'

So we're turning the tables, those holiday cards, mugs and other chatchkes that spring from school picture days will happen at Stone Gardens. They'll be wearing their favorite colorful outfits on Picture Day, Tuesday, November 23rd to prepare for holiday giving. Family members can select photos from the website: davidjosephphotography.com, or call or email David Joseph at: 917-690-6000, david@davidjosephphotography.com.

# Serendipitous Dream

*“Dream on, dream until your dream comes true...”*

Steve Tyler, Aerosmith



**Rabbi Ephraim Karp and Susan Marshall prepare for her Bat Mitzvah.**

Her blonde hair is pinned loosely in elegant swoops across her high cheekbones, her olive complexion and amber eyes are accentuated by her deep purple running suit and fuchsia French manicured nails that perfectly match

her wheelchair. Were it not for the wheelchair, one would wonder if she was in the nursing home to visit a loved one. She looks too young to be a resident, or a patient. But Menorah Park Campus' Fairmount Pavilion is this native New Yorker's new home.

Susan Marshall is grounded by Lou Gehrig's Disease; her body is a light 72 pounds, but like her shiny black boots that defy the helplessness of a wheelchair, she is bold in her thoughts, and reveals a smile that begins with her lips and continues through her eyes. It's more than attitude that emanates from her. While speech is not possible for her and her thoughts can only escape through the shiny metal dot pasted to her forehead, directing her computer mouse through letter after letter until words are formed, she is patient and steady in revealing her story.

Susan was a model in her younger days. Her daughter Kirby's grandfather was a well-known and very talented pianist and a survivor of the Nazi occupation. She and her family hobnobbed with musical greats like Louie Armstrong, and later, with other well-known stars like Steven Tyler of the infamous rock band Aerosmith, and his parents, Sue and Victor Tollerico, who attended her wedding in New York. It is her dream to have them also attend her Bat Mitzvah. She reminisces the special moments in her life with unspoken words.

As letter by letter sentences on an eight inch computer monitor reveal the life of this woman who has seen her share of hard times, she ends her story by explaining how Kirby's grandfather survived three Nazi camps, and that his chest was ripped apart by meat-hooks; saying she doesn't know suffering in comparison. Although her disease took her mobility and her ability to speak or use her arms and legs, her desire to be closer to G-d, to become a Jewish

American instead of an American Jew, is pecked out and read by Rabbi Ephraim Karp as he sits behind her, peering over her shoulder at her wheelchair-mounted computer screen. She makes long, long sentences and concentrates on what she is typing, not looking away until she is certain that everyone is clear on what she is communicating. She is going to become a Bat Mitzvah soon, and it is a proud moment for her, and she smiles when typing that her daughter Sarah has helped to influence her decision to have this religious experience, and she wants badly to influence her daughters by example. Rabbi Karp is patiently helping her decipher a way to re-work the words typed into her computer to have them sound like the Hebrew she is trying to "recite." A voice that she personally picked to represent her own, whose name she says is Heather, speaks in a sing-song tone.

Susan is not unlike so many other women who missed the opportunity to become a Bat Mitzvah in their teens and decided to go for it later in life. And like other women, she brags about her two daughters Kirby and Sarah and her grandchildren. She tells the story of how Kirby went to seminary in Israel to become fluent in Hebrew then came to Cleveland Heights to become a children's nurse. Tediously, Susan writes about her children's choices, marriages and education. She talks about their musical talent and attributes Sarah's piano playing to her father and grandfather's influence and talent. She reminisces about her own childhood and the decisions she made, one which she calls a grave mistake; to choose fashion school over Hebrew school. Susan's family strongly supports her decision and her determination.

Nearly three decades later, with an unforeseen disease that has hidden away the woman she was, she tells a captive audience her thoughts in a voice that represents her own, who she really is, now, inside and out; a woman who has found the serendipitous dream she always wanted; to eat Kosher, keep the Sabbath day holy, and learn something from every Jewish holiday.

In Susan's own words, she explains a profound experience. "On Yom Kippur, I wasn't able to get to the synagogue and was very upset, until I started repenting and praising Hashem, and realized He was all around me, and inside me. For five hours, that went on and my G-d-self took over. I try to think and do everything Hashem would want me to do, like the fruit that grows in Israel, the etrog, the smell is fragrant just like my thinking. In my deeds are Mitzvot, and the heart shaped etrog influences me to beat on Hashem's clock."

## The Real Friendship Bridge

*Special By Volunteer Helene Weinberger*



Though campus residents Florence Halpert and Bess Wintner originally met at a bridge game before Bess went to live at Wiggins Place, they certainly did not suspect how their friendship would grow. They both thoroughly enjoyed playing the game and still do; Florence at one time was a tournament player. Today, despite her visual impairment, Bess tells me that she is hard to beat!

Each has a real story of her past, but infinitely more important, they both are very active and totally enjoying their individual lives! Bess went to Wiggins Place during its construction and knew immediately that she wanted to make it her home, while Florence moved from The R. H. Myers Apartments into Menorah Park. They both have found that they can have fulfilled lives within their individual capacities.

Bess is the Hospitality Chairman at Wiggins Place and was one of the originators of the award-winning Buddy System, which welcomes new residents to make them feel “at home” quickly. Florence loves listening to music and attending the very special “high tea” performances at Menorah Park.

They both look forward to and appreciate the monthly Menorah Café. The ambiance is lovely and the quality of the service and food is “fine restaurant” dining. Dinner music supplies the finishing touch.

Because of her visual problem, Florence’s daughter takes her to the public library to obtain interesting “talking books,” and she enjoys spending time with her large musical collection. Bess phones her each day to keep her fully up-to-date on campus activities.

As Bess emphatically states, this era is not one of “Grandma sitting in a rocking chair with nothing do.” The question is often one of what to do first – with the purpose of helping others as well as oneself!

## Blessings and Joys All Around Us

There is an interesting dynamic when it comes to viewing the events in the world. The more details we pay attention to, the more the details seem to stand out. That may seem self obvious, but there is a nuance that requires a little more explanation. I am reminded of the summers that I worked for a friend who was a painter. I learned how to scrape, sand, prime and paint. I learned the difference between cutting with a brush along the trim and in the corners, and painting with broad strokes and using a roller. After a while I not only became aware of how to do my job in all its details, but I



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

also began to really notice the paint jobs when I walked into different rooms. I could tell when the job was done very well and I could spot mistakes in an instant. As I trained myself to notice the details, the details became much more apparent to me. The nuance, of course, is which details I decide to pay attention to.

When I look at the world around me, what do I see? Do I notice the flowers and the rainbows, or do I only see the bees and the rain? I recently heard a radio interview with a woman who has noticed more four leaf clovers than anyone else. The problem, she explained, was that most people don’t really bother to look. If they paid attention, they would probably also see the four leaf clovers she noticed all around.

Thanksgiving is a holiday that was established by President Abraham Lincoln to recognize the blessings of peace, produce and freedom. President Lincoln called on us to recognize that these “are the gracious gifts of the Most High G-d [and] they should be solemnly, reverently and gratefully acknowledged as with one heart and one voice by the whole American People.” Our Sages teach that everyday a miracle occurs that spares our lives. We may be walking down the street and a large stone may fall and just miss us and we never even notice. Besides the blessings that we need to pay attention to, there are blessings that we may never even see. These are the things that upon reflection may even be cause for joy and song. As the psalm for thanksgiving declares, “Sing to G-d, everyone on earth! Serve G-d with joy and with joyous song!” Notice the blessings and the reasons for joy, and you will begin to see reasons for joy everywhere!



# Menorah Park Foundation

## Donors Make Special Staff Awards Possible

Thanks to so many generous donors over the years, Menorah Park is able to provide a number of well deserved awards to staff members annually. At this year's Menorah Park Staff Appreciation Luncheon, a number of staff members were surprised and thrilled to win awards and many had the opportunity to meet the families who started the Donor Restricted Funds which provided their awards. A big congratulations to the award winners and a huge thank you to the families who make these awards possible.



***The Blanche Gordon Employee of the Year Award at Stone Gardens was presented to cook Jimmie Norris by David Walker, Dining Room Manager.***



***The Jane Pearson Resident Associate of the Year Award was presented to Sarah James, shown here with Lois Pearson Roberts.***



***The Sally Roth Cohen Spirit of Service Excellence Award was presented to Cornelius Dabney, Dietary Supervisor, by Bob Agrast, Director of Campus Nutrition Services.***



***Cheryl Lukasik, Associate Director of Nursing, presented the Melvin Sacks Award to Lakeshia Ford, STNA, Clinical Tech III.***



***R.H. Myers Apartments Administrative Assistant, Judy Popielarczyk, received the Tillie Gutterman Distinguished Employee of the Year Award from Administrator Stewart Collins.***



***Elliot Azoff presented the Florence Azoff Wish Professional Service Award to Noah Budin, Assistant Director of Activities at Stone Gardens.***

# 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 September 1-30, 2010.* We make every effort to ensure that the information is accurate. Please let us know of any errors or omissions. Thank you.

## 2010 Annual Fund

Roz Abrahams, American Data, Harriett Arsham, Norma & Irving Barron, Beatrice Berger, Janice Bloom, Anne Bloomberg, Helen Bogart, Bonezzi Switzer Murphy Polito & Hupp, Leah Brenner, Florence Brofman, Honnie & Stanley Busch, Dairymens, Marjorie Edguer, Cyrla & Julio Ejszyc, Fedeli Group, Donna & Jerry Fiala, Flavor Fresh Juices, Beatrice Gray, Helen & Sheldon Gross, Bernice & Zev Harel, John Homenko, Minda & Jack Jaffe, Stephanie & Rob Jay, Karen & Lawrence Katz, Judy & David Kaufman, Rosalyn Kaufman, Nancy & Robert I. Kohn, Norma & Harvey Kotler, Barbara Lebit, Jane & Jordan Lefko, Leah Lerer, Hal Lewis, Chaya & Robert Matitia, Lindsey & Yoel Mayerfeld, Lynda & Michael McAndrews, McHenry & Associates, Adele Mendel & Stephen Mendel, Barbara & Larry Mervine, Sparkle Wash, Rita Nagusky, Kathy & Terry Ozan, Regina Papa, Peter Hasek Glass Company, Bradley Pinkerton, Pollak Food Distributors, Lori & Steve Raichilson, Amy & Kenneth Rogat, Jean Rosenbaum, Nancy Udelson & Lester Rosenberg, Shelley Roth & Bruce Schwartz, Larry Rubin, Rowena Rubin, Sandra & Andrew Salamon, Judith & Burton Saltzman, Gail & Elliott Schlang, Judith & Harvey Shankman, Elvin Shultz, Michael & Anita Siegal, Snavelly Construction, Karen & Daniel Steiger, Marilyn & Robert Stein, Leona Stotter, TriMark SS Kemp, Unger's Kosher Bakery, Ruth Viny, Debra & Gary Waldman, Sid Waldman, Joy & Jerry Weinberger, Trudy & Steve Wiesenberger, Estate of David Wiggins, Eileen & James Wilkoff, Donna & Bennett Yanowitz

## Joanne and Robert Balantzow Cultural Arts Fund

*In memory of Ruth Vinney and Lou Silver – Joanne & Robert Balantzow*

## Esther & Milton Berman Family Nursing Assistants Appreciation Fund

*In memory of Ruth Kleinman – Esther Berman*

*In honor of Esther Berman – Eve Fishman*

## Martha & Robert H. Binstock New Years Eve Party Fund

*In memory of David Apple – Martha & Robert Binstock*

## Lynn & Barry Chesler Arts & Crafts Fund for Looking aHead

*In honor of Jonah Silver, in memory of Mintsy Agin – Lynn & Barry Chesler*

## Philip L. Danzinger Memorial Medical Fund

*In honor of the 50th wedding anniversary of Mr. & Mrs. Seymour Ullman and in memory of Marion Levey – Judy & Howard Danzinger*

## Milton I. & Diana R. Davis Orthodox Religious Programming Fund

*In honor of Irving Rabinsky – Diana Davis*

## Employee Gift Fund

*In memory of Garnet Schmitke – Allison & Les Levine*

## Carol & Morton Frankel Music Fund

*In honor of Diane Singer's special birthday – Carol & Mort Frankel*

## FUNDamentals Expansion

Federal Equipment Company

Sharon & Gerald Heller Family Fund

Miller Family Foundation/Sydell Miller, Stacie Halpern, Lauren Spilman

Brenda & Robert Weltman

## Mollie & Charles Goldman Fund

*In memory of Robert Golden – Natalie & Joseph Abadi*

## Gordon Family Fund

*In honor of the B'nai Mitzvah of Davyd & Tsofia – Judith Dragin & Howard Kline, Phylis & Larry Pomerantz, Marilyn & Earl Weiss*

## Anne S. Greenfield Grandchildren's Fund

*In honor of Diane Singer's birthday – Mary & Mike Michael*

## Dr. Arnold L. Heller Memorial Fund

*In memory of Marvin Cramer – Lois Brown, Roberta Halpern, Anne Heller, Dan Tomsky, Andrew & Daria Tomsky, Helen & Mervin Tomsky*

*In memory of Olga Berkovitz – Florence Brofman*

## Hospice Program

*In memory of Sanford Corwin and Ruth Kleinman – Nancy & Sheldon Hartman*

*In memory of Gertrude Weissman – Rozanne Weissman*

*In memory of Fritzi Dubin – Catherine & Kevin Huser, Mary Ann & Harold Mumford*

## Adeline & Alvin Krenzler Family Fund

*In memory of Judge Alvin Krenzler - Gloria & Ian Abrams, Robin & Michael Abrams, Rhoda & Herbert Agin, Jo Ellen Balogh & Elijah Balogh, Carolyne & Paul Bloch, Honnie & Stanley Busch, Camino Construction, Inc., Mimi & Michael Charnas, Renee & Stephen Dunmead, Sandra & Barry Gabel, Susan & Marc Gordon, Sharon Gross, Sharon & William Haas, Sally & Fred Isenstadt, Joan & David Katz, Judith & Larry Klein, Marjorie Krupansky, Tom Lang, Teri & Paul Madow, Robert Malaga, Karen Margolis, Barbara & Dale Markowitz, McCarthy, Lebit, Crystal & Liffman Co. LPA, Dolores & Thomas Merkle, June & Conrad Metz, Marjorie Neuger, Carol & Gary Posner, Enid & David Rosenberg, Sharon & Allen Roth, Paula & Donald Samuels, June & Scott Scharf, Jeanine & Charles Seminatore, Penelope & Michael Shemo, Anita & Michael Siegal, Arlene & Laurence Turbow, Judith Wick, Zenith Systems, LLC*

## Arlene & George Leventhal Card Fund

*In memory of Eugene Meckler – Terri & Ken Kraus*

## Jennie & Milton S. Lipson Memorial Fund

*In memory of Jean Mitchell – Shelley & Ronald Lipson*

## Edna & Nat Marcus Intergenerational Garden Fund

*In memory of Annette Komito – Lois & Marty Marcus*

## Peggy Markey Activities Fund

*In memory of Rhoda (Peggy) Markey – Carol & Seymour Chestler, JM Green CPA Group, LLC, Linda Katz, Harriet Roth, Merrill Stone*

## Stanley A. Meisel Life Enrichment Fund

*In honor of Leah Meisel's Bat Mitzvah – Ellen & James Rosenthal*

## Arlene Munitz & Linda and Larry Rich & Family Fund

*In honor of Douglas Rich's Bar Mitzvah – Harriet & Mel Morris*

*Wishing a happy new year to Linda & Larry Rich – Rachel Morris*

## Nutrition Services Employees' Recognition Fund

*In memory of Ed Elsner, Ruth Kleinman, Elias Friedman, and Bob Zober – Brenna & Bob Agrast*

## Bertha "Birdie" & Jack Polster Entertainment Fund

*In memory of Robert Chaplin – Phyllis & Joel Polster*

## Gertrude & Henry Polster Memorial Fund

Frances & Sheldon Polster, Judy & Donald Zauderer

## Judy & Marvin Ritzenberg Family Holiday Flower Fund

Judy & Marvin Ritzenberg

*In memory of Marion Levey – Selma Grumbach*

## Enid & David Rosenberg Dream Fund

*In honor of Phil Wasserstrom's milestone birthday and in memory of Ralph Davis – Enid & David Rosenberg*

*In honor of David Rosenberg – Nancy & Marvin Whitman*

## Harriet & Sol Roth Garden Fund

*In memory of Dr. Eugene Meckler – Harriet Roth*

## Enid & Stanley Rothenfeld Memorial Fund

*In memory of Bernice Jung – Susan & Robert Zimmer*

## Shirley Rubin Beauty Shop Fund

*In memory of Ethel Linden's sister – Lawrence Rubin*

## Mildred Saltzman Mother's Day Fund

*In memory of Lee Mitman – Judith & Burton Saltzman*

## Edith & Alvin Schreibman Garden Fund

*In memory of Annette Komito – Barbara & Richard Schreibman*

## Lois Sherman Children's Fund

*In memory of Larry Sherman's sister, Linda – Barbara & Richard Schreibman*

### **Naomi & Edwin Z. Singer Fund**

*In honor of Ed Singer's milestone birthday – Mary & Mike Michael, Lori & Steve Raichilson, Lawrence Sherman*

### **Dora & Harry Solganik Fund**

*In honor of Roni Berenson & Scott Klein – Judy & Marvin Solganik*

### **Laya & Leonard Tanenbaum Good Times Fund**

*In memory of Marion Levey – Wendy & Daniel Dobres, Leslie & Michael Podolsky, Ann Kaner-Roth & Marc Roth, Jo-Ann Tanenbaum*

### **Sylvia Wald Volunteer Appreciation Fund**

*Wishing Sylvia & Martin Wald a happy anniversary – Eric & Joyce Wald, Sara, Brad, Noa, Carolyn, David, Abbey, and Marc*

### **Peggy & Philip Wasserstrom Fund**

*In honor of Philip Wasserstrom's milestone birthday – Loretta & William Shames*

### **Faye & Norman Waxman Orthodox Religious Program Fund**

*In memory of Frances Kaplan and Judge Alvin Krenzler – Bunny and Norman Ginis*

### **Ida and Herman Weinberg Jewish Holiday Fund**

*In memory of David Apple – Harriet & Mel Morris*

### **Florence & Edward Weinberger Enrichment Fund**

*In honor of Ilene Herman's birthday – Marcia & Barney Miller*

### **Myra & Howard Whitelaw Celebration of Life Fund**

*In memory of Leon Mull and Garnet Schmittke – Barry Henkin*

### **Jean & William Wilkoff Judaic Art Fund**

*In memory of Elaine Berwitt and Erwin Raffel – Lois & Marty Marcus*

### **Florence Azoff Wish Professional Service Award Fund**

*In memory of Florence Wish – Shirley & Bernard Gordon, Joan & Richard Markus*

### **Illein and Hans Youngman Floral Fund**

*In memory of Leah Ponsky – Susan & Gary Simmons*

### **Alma & Justin Zimmerman Kiddush Fund**

*In honor of Eva Sands' special birthday and in memory of Ruth Kleinman – Joan Wittenberg*

### **General Support**

*In honor of Ed Singer's milestone birthday, wishing a speedy recover to Faye Shorr; in memory of Dr. Eugene Meckler, in memory of Ruth Lieberman's sister, Phyllis – Roz Krasney*

*In honor of Jenna Gerling's marriage – Ruthe Linden, Mary Teichman*

*In honor of marriage of Pegah Ghamary & Philip Button – Beatrice Wahl*

*For large-print prayerbooks – Norman Millstein*

*For Fundamentals – Stanley Sklar*

*In memory of Sarah Barnett – Aurelie Sabol*

*In memory of Fannie Bobrow – Lori & Steve Raichilson*

*In memory of Ralph Davis – Elaine & Joel Axelrod, Gertrude Brenner*

*In memory of Minnie Fox – Loren Shapiro*

*In memory of Clara Frank – Judith & Edwin Dworkin, Cynthia & Ira Goffman, Bonnie & Wayne Hillkirk, Lola & Melvin Kamins, Audrey Lashley, Marilyn & Jerald Schneider, Lois & Gary Swerdlow*

*In memory of Celia Friedman – Marcia & Alan Arons*

*In memory of Rabbi David Hachen – Dr. & Mrs. William Hart*

*In memory of Arlyn Katovsky – Marion Halle, Wendy & Richard Halle*

*In memory of Ruth Kiwi – Lynn & Roy Buchinsky*

*In memory of Ruth Kleinman – Doris & Bernard Boxerbaum, Lottie Cohn, Suzanne & Marc Cutler, Sanford & Terry Juntoff, Merle & Robert Kiwi, Judy Nadeau, Charlene & Richard Ratner, Mindy & Jay Resnick, Miriam & Daniel Rose, Tena Rosner, Barbara & Aaron Saltzman*

*In memory of Ruth Vinney, Peggy Slye, Pearl Pufeles, and Elaine Berwitt – Naomi & Edwin Z. Singer*

*In memory of Ruth Kleinman, Peggy Markey, Alvin Krenzler, and Mintsy Agin – Carol & Michael Wolf*

*In memory of Dorothy Landau – Joel Landau*

*In memory of Jacob Levine, Esther Levine, Jeannette Levine, Albert Levine, and Charles Z. Lawrence – Rita Lawrence*

*In memory of Marion Levey – Rowena Rubin*

*In memory of Eugene Meckler – Shelley Roth & Bruce Schwartz*

*In memory of Jean Mitchell – Judith & Larry Klein*

*In memory of Miriam Molecke – Sandra & Sheldon Davis*

*In memory of Leon Mull – Judy Ford, the Steven Ford family, the Aaron Ford family, Joel Magnus & co-workers of David Mull at L-3 Communications, Selma Meyer, Oda and Company, Elsa Wolen*

*In memory of Irene Penn – Inge Osborne*

*In memory of Pearl Pufeles – Merle & Robert Kiwi*

*In memory of Herbert Silverstein – Nancy & Marc Ratner*

*In memory of Lillian Stamm – Moreen Blum, Shari & Sherman Gamson, Barbara Sattler*

*In memory of Robert Wachsmann – Marcia Loewenstein*

### **Rabbi's Discretionary Fund**

Sylvia & Michael Blain

Faye Diamond

Natalie Handler

Nechama & Rabbi Howard Kutner

*In memory of Melvin Epstein – Sandra Epstein*

*For Yiskor – Susy & Harold Feuer, Evelyn Kaye*

*Yahrzeit for Nettie Greenfest – Harriet & Steven Friedman*

*In memory of Gertrude Weissman – Nancy & Sheldon Hartman*

*In memory of Baruch Zaremsky – Barry Henkin*

*In appreciation of Kevin Kasimov's Bar Mitzvah – Jon Kasimov*

*In memory of David Gelb – Terri & Stuart Kline*

*For the holidays – Audrey Kursman*

*In honor of High Holidays & Aliyahs to the Torah – Ronald Lazarus*

*Yiskor for Rhea & Bill Sherman – Dianne Millstein*

*In memory of Fannie Bobrow – Bonnie & Mike Myers*

*In memory of Celia Friedman and Robert Golden, in appreciation of aliyah – Jeffrey Schultz*

*In memory of Olga Berkovitz – Sarah Weintraub*

### **RH Myers Apartments**

*For holiday flowers – Barbara & Michael Blum*

*In memory of David Apple – Suzanne & Marc Cutler, Lynda & Don Insul, High Notes, Elayne & Ronald Kluchin, Libby Lubinger, Heidi & Dennis Sparacino*

*In memory of Ralph Davis – Carolyn & Allan Hartman, Mildred Task*

*In memory of Beatrice Baker and Geraldine Hartman – Nancy & Sheldon Hartman*

*In honor of Freyda Malik's milestone birthday – Rosalyn & Harold Waxman*

### **Stone Gardens**

*In memory of Anna Chenin – Thomas Jorgensen, Orlando Baking Company*

*For cantorial concerts at Stone Gardens – Terri & Stuart Kline*

*In honor of Molly Fein's milestone birthday – Debra & Robert Jacob, Sharon & Joel Peerless*

*In honor of Albert Bliustein and to support Healthy Happy Hours – Shelli & Tom Weisz*

*In memory of Belle Goodman – Joyce Wiesenthal*

*Stone Gardens Employee Gift Fund – Louis Gray*

### **Wiggins Place**

*In memory of Fritzi Dubin – Gladys & Eugene Bennett, Enid & Neil Gurney, Shellie & Stacey Neshkin*

*Wiggins Place Employee Gift Fund – Cooper Sales, Herman & Maxine Fine*



***Ginny Paley Conrow and Ethel Paley had the chance to meet Judy Welch, Housekeeping Supervisor, when she was presented with the Milton W. Paley Award.***



***Barbara Enoch, STNA, Team Leader, Clinical Tech III, was congratulated by Judy and Iris Fishman for receiving the Dr. Julius Fishman Compassionate Caregiver Award.***



***Denise Trun presented the Spector Garber Award to Shamaine Matthews, STNA, Tech I. (Not pictured - Joan Yanacek, STNA, Clinical Tech II, also received this honor)***

## A Simcha at Menorah Park

Because of close ties with Menorah Park, Andrew Gordon and Renee Krause, along with their son Davyd, decided that Davyd's bar mitzvah should be held at Menorah Park. So, on Friday morning, October 8th, the Gordon-Krause family, their friends and Davyd's schoolmates from Fuchs Mizrahi School gathered in the Sapirstein Chapel at Menorah Park for Davyd's bar mitzvah.



The following day was Andrew and Renee's daughter's Tsofia's bat mitzvah, which was held at home.

In honor of Davyd and Tsofia's special ceremonies and the care Andrew received while at Menorah Park, the family established the Gordon Family Animal Fund. This special fund will help support the care of the animals in Menorah Park's Reitman Nature Center, and allow the residents, children and families who visit Menorah Park to enjoy special animal-centered programs during the year.

Our thanks to the entire family for their support and for establishing this fund. Mazel tov to Davyd and Tsofia for reaching their important milestones!



***Andrew Gordon and his wife Renee Krause celebrated with their daughter Tsofia and son Davyd.***

*The Menorah Park Foundation, a Supporting Organization of Menorah Park Center for Senior Living  
Edwin Z. Singer, President • 216-595-7324  
www.menorahparkfoundation.org*

## THROW DOWN some crackers! (For A Chili Cook-off!)

On November 11th at 2:00 p.m. in Menorah Park's Saltzman Auditorium there will be a delightful scent and much excitement in the air! Just like the pros, we'll host a Chili Throw Down! There won't be any chili bowls flying through the air, but one may find a rampant cracker or two at this exciting, interactive event, similar to the version on television, where residents observe food preparation and taste the resulting creations prepared by our celebrity chefs.

Contestants are: Stuart Deutsch – Pearl's Place, Matthew Bauman – Stone Gardens, and Tom Steinmetz – R. H. Myers. Judges are to be announced! The prize, a place in history with the winner's name engraved on a perpetual travel trophy that will be on display at the winning chef's building until the next competition. The event will be video-taped and cooking techniques projected on a big screen for everyone to observe!

Judging will be based on the judges rating of the chili and the audiences favorites.

## CareLink®

*continued from page 1*

complications associated with falls or other health-related emergencies by ensuring prompt assistance. You can choose a model with helpful automated voice reminders of daily tasks such as taking medications, meal time or exercise schedules.

The Menorah Park Adaptive Living Shoppe's CareLink® offers the latest technology at affordable monthly rates (less than most services). A discrete, waterproof pendant allows you to establish immediate two-way, hands-free communication with an attendant, 24 hours a day, 365 days a year from anywhere inside your residence. A trained, caring attendant answers all calls to determine what assistance is needed and immediately dispatches the appropriate help.

CareLink® also provides security and assistance when you are away from your home with CareLink® MobileHelp. It's a device that you can take with you on walks, shopping or traveling, similar to a GPS system for your car. This service is truly one-of-a-kind technology.

Offering these new CareLink® services is a change for the better! To help celebrate our new program, we extend a unique offer to all Menorah Park Campus News readers who sign up for CareLink® services during the month of November – free installation AND your first full month of CareLink® service is on us-- and at no cost to you. Please stop by the Adaptive Living Shoppe to see and learn more about the system. For more information, contact Gregg Gorzelle at (216) 450-5566.

## Seniors Share the Secret – Get the Inside Scoop



With many successful, happy, lasting marriages of Wiggins Place couples, why not gain some of their wisdom before saying "I do"? That's exactly what occurred during a surprise shower in October for Wiggins Place Assistant Activities Coordinator Jenna Gerling when these trusted members of her extended family delivered some sound advice. They answered

questions like "What kinds of things have you learned about marriage over the years?" "What advice can you give a married couple that could help them make it when all odds are against them?" "Do you see marriage differently now than you did when you first got married?" "Do young people not understand how it should be in reality?"

Bess Wintner's advice was to "laugh a lot, and to disagree in an agreeable manner." Also, "recognize that everyone is entitled to his own opinion."

Ruth Rosenthal suggested that love can never be one-sided if a marriage is to endure in a truly happy way over the long haul.

Eva Schwartz, who was originally married in a labor camp in 1942, said that good health is one key to an abundant life – and also to help people, particularly hungry children.

So Dear Jenna, in a nutshell, marriage is acknowledged as quite an adventure, and growing old with the loves of our lives is truly the goal, and a tremendous gift.

Perseverance is the key. There will be times when your relationship will be strongly tested. When the trials come, work through them and they will strengthen your relationship. May you enjoy a wonderful life together and be as blessed and well-loved as we are!

Sincerely,

*Your Wiggins Place and  
Menorah Park Campus Family*

# Keep Fit and Healthy



The Peter B. Lewis Aquatic & Therapy Center (LAC) offers a wide range of land-based therapies and services designed to keep you healthy, functioning, and enjoying life.

“All of our physical therapists provide specialty care in addition to

regular therapy services,” Ruth Plautz, OTR/L, the center’s director of rehabilitation services explains. “We also offer complimentary screens—with an appointment—that focus on a number of different areas. The idea is to help you better understand what your body is saying and take measures that you can do on your own to decrease your risk for pain and injury.”

Here are the three available screens:

**1 Balance** - The LAC balance screen includes a balance check and suggestions and recommendations for the prevention of falls and improvement of mobility.

“This screen is ideal for anyone suffering from vertigo or dizziness,” Ruth says. “Some people may even have an

inner-ear (vestibular) issue and not realize it. This test can uncover that problem or any others they may be having with balance.”

And, she says, a balance screen is important if you’ve had a major surgery or an accident and may need strengthening exercises to return to normal function.”

**2 Back Pain** - “You can experience pain with the simplest movements,” Ruth explains. “You may even find that it’s nearly impossible to perform basic tasks. Our back pain screen can suggest ways for you to minimize risks by using hands-on knowledge provided directly from one of our therapists.”

If additional help is recommended, the exercises you’ll be shown during therapy— part of the McKenzie Method— allow you to self-manage your condition should your pain return. McKenzie is a comprehensive approach to the spine based on the cause and effect relationship between pain response and repeated movements.

**3 Functional Movement Screen (FMS)** - An FMS measures seven separate movements to examine the mobility, stability, flexibility, and coordination of the ankles, knees, hips, shoulders and spine. There are seven tests administered and movements are graded on a scale of 0-3.

“Research shows that a cumulative score of 14 can increase your susceptibility to injury and should be corrected immediately,” Ruth advises.

All of these screens are available free of charge and you do not need a doctor’s referral to take advantage of them. You do need to schedule an appointment. If after testing the team determines that you are a candidate for physical therapy, one of the LAC therapists can contact your physician to discuss treatment and secure a prescription.

To learn more, call 216-595-7345, or visit [LewisAquaticCenter.org](http://LewisAquaticCenter.org).

Free transportation is available for therapy clients who live in the service area.

## “Your Life Made Simpler”

The Menorah Park Adaptive Living Shoppe offers a variety of assistive devices and solutions to make your life easier

**Do You or a Loved One...**

- Have trouble remembering medications?
- Have trouble hearing the TV?
- Have trouble seeing the newspaper?
- Want to have more independence?

WE CAN HELP!!

Equipment for Rental and Sale

• Kitchen Adaptive Devices	• Bathing and Dressing Devices	• Magnifiers
• Talking Watches and Calculators	• Motion Lighting	• Phone Amplifiers
		• Medicine Dispensers

## Adaptive Living Shoppe

Solutions for an easier life

Located at Menorah Park, 27100 Cedar Road, Beachwood

216-450-5566 [www.AdaptiveLivingShoppe.com](http://www.AdaptiveLivingShoppe.com)

## Quality Care Recognized

Menorah Park Home Health Services and our Canton, Portage and Summit Home Health Services recently received their annual inspections by the PASSPORT program with excellent results –PERFECT! They review all of the details in quality care. Inspectors are known to be extremely proficient at finding issues both large and small so it is rare and quite an accomplishment to receive a perfect inspection. This translates to the quality care clients receive on a daily basis by staff of all four offices. We are proud to maintain these high standards to the benefit of our community.

# Tots Enjoy A Wild Safari Adventure With Miss Gloria

Gloria Levine, who retired from her position as Associate Administrator at Menorah Park more than a year ago, has answered the call of the children at FUNdamentals Day Care. When she arrives as a volunteer reader on Tuesday mornings, they leap to their feet and rush toward her with big, happy grins. In the typical Gloria-style that we've grown to know and love through the years, she does her research and planning to ensure an enriching experience for each child, each time.

"Menorah Park is in my heart. I'm still a member of the family – only my role has changed," noted Miss Gloria, as she's known by the preschoolers. "It's great to see the kids, and fun to experience the full circle that is Menorah Park," she explains in recognition of lives touched from generation to generation here.

At a recent visit, in character and clad in her safari hat, peering through binoculars, she led the children along on their own imaginative journey with Hippo Hop, through the jungles, she reads with colorful detail and a voice that draws them into the story. She is ever mindful of lessons she can teach the children along the way; a new vocabulary, observations of their surroundings, and plenty of careful, thoughtful interaction with the world around them. "Have you ever heard of a monkey driving a limo," she exclaimed to instant giggles and comments by the wide-eyed group. As the story unfolded, and found its happy ending, it was time for Miss Gloria to bid adieu. Until next time Miss Gloria! Thank you for volunteering your time to help our children grow!



## Appreciating a Veteran *continued from page 1*

S. Army during the period between Korea and 'Nam and served 28 months in this country. This was during the Cold War. He reminisces about his time at Ft. Lee, Virginia and Fort Benning, Georgia, where some of the non-commissioned officers were extremely helpful about busing the Jewish soldiers to the synagogue on Friday nights. Even the "big brass" saw to it that the "guys" were able to attend services.

In the aftermath of this period in his life Martin has become increasingly aware of the value of our nation in the world and to its citizens. He doesn't just "wave a flag" but fully appreciates what it stands for.

# Housekeeping a Plus



**Bonnie Myers and Cynthia Winbush review the "to do" list.**

Having housekeeping staff around the house was once a symbol of prestige, now it is a very affordable option with a vast array of companies offering the service. But

not every service is the same. Menorah Park's well-established Housekeeping Plus literally shines. To make the right choice in a house-cleaning service, "trust and reliability is first and foremost," noted client Bonnie Myers. As part of the Menorah Park family of services "I really didn't bother looking elsewhere when Menorah Park began the service," she said. Having had a disappointing experience in the past with a different service, it was easy and convenient to engage Housekeeping Plus, because of the strong relationship and quality experience with all of Menorah Park's services. "Cynthia (Winbush) will do anything I want her to do. She's very accommodating, and it's nice to know that at a certain time, on a certain day, somebody will be here," she said. She and Cynthia exhibit a wonderful rapport with smiles and hugs.

The warm, friendly and committed staff is a big part of the PLUS in Housekeeping Plus. "I treat all residences as I treat my own, and I expect cleanliness," explained Cynthia. Extras provided make life easier and more manageable; from keeping your house in order, to helping you get ready to move to a new one, no matter how big or how small the job, Housekeeping Plus is there to help. Work is backed by Menorah Park, a name you can trust.

For more information, or to reserve our services call Kris Christian at 216-839-6634.

## Press Your Own Olive Oil This Month!

Learn how olive oil was made during the days of the holy temple at The Chanukah Olive Oil Press on Tuesday, November 23rd at 2:45 p.m. in Menorah Park's Saltzman Auditorium. The oil was used for the Menorah to be lit with the purest of purest oils. Menorah Park residents will actually press their own olives to make their own oil.

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

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One Campus, Many Solutions, One Person at a Time

12 Menorah Park Campus News

## November- Menorah Park Skilled Nursing Home Activities/Outings

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Distance Learning MBR • 2:30 p.m.	<b>2</b> Voting • 6:00 a.m. <b>Russian Group</b> Fairmount Pavilion 10:30 a.m. High Tea with Mike Leamon • 3:00 p.m.	<b>3</b> OSU Cabaret Lounge with Rich Gallo 2:45 p.m.	<b>4</b> Western Reserve Historical Presentation 2:30 p.m.	<b>5</b> Oneg Shabbat 2:45 p.m.	<b>6</b>
	McCormick & Schmick's Fairmount	Ho Wah Beachwood	Outing Weinberg 1 & Friedman			
<b>7</b> “Upsherin” First Haircut 10:30 a.m. Klezmer Music 2:15 p.m.	<b>8</b> Distance Learning MBR • 2:30 p.m.	<b>9</b> Russian Club 10:30 a.m. High Tea with Mary Beth • 3:00 p.m. Menorah Café* 5:00 p.m.	<b>10</b> Music and Dance with Cheek to Cheek 2:45 p.m.	<b>11</b> Resident Choir 10:30 a.m.	<b>12</b> Clown Troupe RCAC • 10:30 a.m. Oneg Shabbat 2:45 p.m.	<b>13</b>
	Olive Garden Weinberg 2	Ho Wah Euclid			Outing Marcus	
<b>14</b> Pancake Breakfast 10:00 a.m. Violin Recital 2:45 p.m.	<b>15</b> Movie Time 10:00 a.m. Distance Learning MBR • 2:30 p.m.	<b>16</b> Russian Club Fairmount 1 • 10:30 a.m. Drumming Fairmount 2 • 10:30 a.m. Music Program with Kristi Paddock • 2:45 p.m.	<b>17</b> Rabbi/Residents Lunch 12:00 p.m. High Tea with Cliff Habian 3:00 p.m.	<b>18</b> Residents’ Council 2:45 p.m.	<b>19</b> Oneg Shabbat 2:45 p.m.	<b>20</b>
	Olive Garden Beachwood	Cheesecake Factory Russian Outing	Outing Weinberg 1 & Friedman	Cleveland Museum of Art Weinberg 2		
<b>21</b> Adina Bloom MBR • 2:45 p.m.	<b>22</b> Distance Learning MBR • 2:30 p.m.	<b>23</b> Russian Group 10:30 a.m. Chanukah Olive Oil Press • 2:45 p.m.	<b>24</b> Movie Time 2:00 p.m. High Tea with Mike Petronne 3:00 p.m.	<b>25</b> Music Program with Mike Wojtila 2:30 p.m.	<b>26</b> Story Time with FUNdamentals Heights • 10:30 a.m. Oneg Shabbat 2:45 p.m.	<b>27</b>
	Ruby Tuesday's Beachwood	Ruby Tuesday's Euclid	Outing Weinberg 1 & Friedman			
<b>28</b> Bagel Brunch 10:00 a.m. Music with Bill Newman 2:45 p.m.	<b>29</b> Distance Learning MBR • 2:30 p.m.	<b>30</b> Entertainmobile 2:45 p.m.	* 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>			
	Claddagh Irish Pub Fairmount	Marie's Scrambler Beachwood				

To offer your feedback on this newsletter, please e-mail [sgavanditti@menorahpark.org](mailto:sgavanditti@menorahpark.org) or call 216-839-6687.