

MENORAH PARK CAMPUS NEWS

Menorah Park Center for Senior Living Community Newsletter

March 2011

Scholnick Family Enrichment Center Takes Shape



Inside the FUNdamentals play room, children wait patiently for construction on the other side of the window to be complete so they can fully enjoy the expanded facility.

Only a few short months ago, the dream to expand FUNdamentals Children’s Center became a reality when ground was broken on the \$500,000 addition. Despite a harsh winter, the project is right on schedule!

Thanks to great architectural plans from Hershman Architects and our ever-vigilant general contractors from Jordon Construction, led by project coordinator David Winston, everyone has done a great job moving the project along.

The exterior brickwork and roof are completed, the interior beams are in place so the rooms have definition, the

plumbers and electricians are busily working, doors and windows are installed and a group of happy children are witnessing, first hand, the process of building!



Diane and Harvey Scholnick

Thanks to a generous lead gift from Diane and Harvey Scholnick, the new Scholnick Family Enrichment Center should be completed by mid-May!

Additional donors to the expansion project include Adele and Philip Neshkin, Betty Rosskamm, the David and Inez Myers Foundation, Phyllis Marcus, The Menorah Park Women’s & Men’s Association, the O’Neill Brothers Foundation, Vivian and Joseph Koppelman, Elayne and Bob Kwait, the

Miller Family Foundation (Sydell Miller, Stacie Halpern & Lauren Spilman), Lois Pearson Roberts, the Ryan Family Charitable Foundation (Cathy & Thomas Ryan), Susan Schermer, Patti and Jonathan Berns, Marvin Friedman, friends of Rabbi David Hachen, Pearl Hachen, Brenda and Robert Weltman, Melody and Harvey Alstodt, Gerald and Sharon Heller Family and Bob and Bobbi Pincus.

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This newsletter is printed on recycled paper.

From The Administrator's Desk

Growing, Growing, Grown! New Larger Apartments at R.H. Myers



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

The long awaited end to the construction at The R. H. Myers Apartments has come to a successful conclusion. I am delighted to report the completion of two major renovation projects. Beginning in February 2007 with a \$1.3 million refinancing, the wheels were set in motion to update apartments built in 1979.

An investigation of the waitlist in 2007 produced the conclusion that the demand for larger two-bedroom apartments outweighed the need for one-bedroom units. A market study determined the need to increase the availability of two bedroom options, and add something that R. H. Myers had not seen before...a second full bathroom.

In order to make room for these two-bedroom, two-bath apartments, the tenants living in the current smaller one-

bedroom residences had to move. Please allow me this opportunity to thank those tenants for their cooperation in permitting this project to move along smoothly.

The construction of the last of the two-bedroom, two-bath apartments was completed. The apartments are now occupied. All are pleased with their beautifully-appointed surroundings. With a walk-in closet, ceramic tile flooring, plush carpeting, a dishwasher and upgraded counter tops, they have found a niche for many of the tenants moving in to The R.H. Myers Apartments today.

We also completed improvements to the remaining 177 apartments. All new bathroom fixtures, similar to those used in the 16 new two bedroom suites, were added to increase their appeal. We updated all of the interior doors and doorframes with light six-panel doors, with coordinating frames and new hardware.

If you have not had the opportunity to view our new apartments, please don't hesitate to stop by. We are proud to show you what The R. H. Myers Apartments has accomplished in recent years. Call Joanne at (216) 896-7428.

Scholnick Family Enrichment Center

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The expansion includes two infant rooms, a multi-purpose room, two playgrounds and a passageway between the new and existing buildings. But the best part of the expansion is that our population will grow from 42 infants, toddlers and pre-school children to up to 73, increasing intergenerational fun for the entire campus.

The original FUNdamentals building was completed in 1993 through the generosity of Dr. Marvin and Susan Schermer.

A host of additional donors including Mildred and Martin Becker (z"l), Pearl and Michael Summerfield (z"l), the Menorah Park Women's & Men's Association, Howard, Armin and Charlotte Guggenheim, Anne & Alex Miller Family Foundation, the Shedroff & Gottlieb families, the John T. Murphy Foundation, Lena & Jules Flock (z"l), the Simon Family Foundation, Marjorie (z"l) and Robert Stein, Len and Cele Polster, Lawrence C., Bradley and Rachel Sherman, Evie and Gordon Safran, Lola and Oliver Altman (z"l), Shirley and Mayor Harvey (z"l) Friedman, Shirley and Howard



Children gaze out in astonishment at the progress of their new FUNdamentals building addition, as two construction workers, Zach Taylor and Chris Wurgler smile and wave back.

(z"l) Metzenbaum also helped make the building possible.

It would be interesting to track how many of our FUNdamentals kids will have future careers in the architecture or building trades. Based on their interest in this project, we predict, there will be more than one!

Finding A Place in our Hearts For Grief



Rabbi Ephraim Karp,
Director of Spiritual
Living

The first funeral mentioned in the Torah is that of Our Mother Sarah. Before Abraham even engages in the actual burial, the Torah tells us that “Abraham came to say a eulogy for Sarah and to cry for her”. Later on, when Aaron’s sons Nadav and Abihu die unexpectedly and Moses offers comfort, Aaron just remains silent. Like our ancestors, we each have our own ways of reacting to grief and loss, and like our ancestors, each of

our reactions is sacred as well.

The poet Thomas Lynch describes grief as a sign of our humanity. As human beings, we have a range of responses that are really normal reactions to very abnormal situations. We may feel physical pain such as headaches, body aches, fatigue or sleep and appetite changes. Emotionally, we may have strong mood changes or feelings of restlessness, loneliness, depression, anger and guilt. And spiritually, we may feel disconnected from G-d or our community; we may be angry at G-d or question our beliefs. Often times we can find ourselves preoccupied with our loved ones, experiencing their presence in our dreams, or we may be forgetful and neglect some of our own self-care. All of these are normal reactions to loss. They are all part of normal grieving.

Jewish tradition defines mourners as the parents, children, siblings or spouse of the deceased. In reality, we may find ourselves grieving for grandparents or grandchildren, for partners or friends, even for our pets. If we can feel love, we can feel loss, and if we can feel loss then we need to grieve. According to Elizabeth Kubler-Ross, grief includes stages of denial, anger, bargaining, depression and acceptance. We may experience these stages at different times, repeatedly, and often we experience more than one stage at a time. The process each one of us goes through is unique to who we are, and no two of us deal with our loss in the same way.

How do we deal with our loss, and grieve?

According to David Crenshaw, PhD, there are seven tasks of grief.

We begin by acknowledging the reality of our loss.

We need to understand that our denial may in fact be our way of coping with our overwhelming emotions.

We need to identify and express our feelings in words, which not only express our emotions, but helps us to trust and counter our isolation.

We need to commemorate our loss, perhaps through various rituals or memorials.

We also need to acknowledge the ambivalence and mixture of our feelings.

We balance our ambivalence by asking ourselves questions about what we miss and what we don’t miss.

Finally, we need to be able to say our emotional ‘good-bye’, and begin to adopt future hopes, dreams and plans.

Even as our tradition identifies seven days, thirty days and one year as stages in the mourning process, it also acknowledges that grieving doesn’t always follow the rules. If we find that our grieving is more overwhelming than we feel comfortable with, it might be appropriate to seek professional help. Learning to live with a hole in our heart is not a task we need to do alone.

Dance & Rejoice, It’s Purim

Our Campus is filled with observances and celebrations from the traditional Megillah readings to the kick-up-your-heels fun of an intergenerational Purim carnival. We invite you to join in the Purim Sameach (joy) through opportunities listed below!

At Menorah Park

Sat.	March 19th	4:15 p.m.	Afternoon Prayers <i>(Saturday evening reading held at Stone Gardens)</i>
Sun.	March 20th	9:00 a.m.	Morning Prayer Service in Synagogue
		10:30 a.m.	Megillah Reading and Special Treats
		2:30 p.m.	Purim Celebration
Mon.	March 21st	10:30 a.m.	Intergenerational Purim Carnival

At The R.H. Myers Apartments

Sun.	March 13th	10:00 a.m.	Cooking Purim Style
Tues.	March 15th	2:00 p.m.	Purim Social Hour
Wed.	March 16th	3:00 p.m.	Purim Trivia
Thurs.	March 17th	1:30 p.m.	Delectable Hamentashen Baking
Fri.	March 18th	2:00 p.m.	The Purim Story
Sun.	March 20th	2:00 p.m.	Purim Party

At Stone Gardens

Sat.	March 19th	8:30 p.m.	Megillah Reading (an evening reading for all to attend)
Sun.	March 20th	2:30 -	Purim Party with Asher Barkin

At Wiggins Place

Mon.	March 14th	10:00 a.m.	Intergenerational Purim Mask Making
Wed.	March 16th	10:00 a.m.	Hamantashen Baking Class
Sun.	March 20th	3:00 p.m.	Intergenerational Costume Party

Quality of Life

By Volunteer Helene Weinberger

Everyone is aware that a good quality of life is vitally important for every human being. At Menorah Park, in an effort to improve our residents' lives we created the Quality of Life Committee, comprised of residents, family members, staff, and volunteers to examine suggestions that would enhance services and programs, and ensure a homelike environment. The committee goes through every idea put into the suggestion box, consulting the head of every department involved, and ascertaining which thoughts and submissions can be implemented and which ones cannot, along with the rationale for our actions.



Valentina Robbins teaches residents Margaret Dunmire (left) and Lucille Schwart new hand exercises for a better quality of life.

For example, during a recent Quality of Life committee meeting, we reviewed a suggestion that our residents might benefit from additional hand exercises to help with dexterity. Tamera Ellis, the social worker who heads the committee led the discussion. Soon after, Kathy Ondak, Certified Hand Therapist, conducted an in-service training session for the activities staff members, teaching them how to incorporate therapeutic hand exercises and movements into their traditional resident exercise programs.

We have acted on valuable suggestions many times in the past and continue the process to support optimal quality of life for our residents.



The Gam Yachad Skyping sessions are a big hit. Pictured here, residents talk to Nicholas Trokiner from Paris. The sessions with other nations include South Africa, Australia and more in the coming months.

Here's to Life! Tai Chi

By Volunteer Helene Weinberger

Do foreign names that you don't know how to pronounce confuse you? Well, Tai Chi shouldn't. Pronounced TIE CHEE, the practice is a method of keeping LIFE in balance. This is not some kind of esoteric exercise that only the young or very healthy people practice.



"Tai Chi" is Chinese. Its purpose is to promote health and balance – body, mind, and spirit. Bill Amato, Tai Chi instructor at Stone Gardens and Wiggins Place, works with his classes on exercises for relaxation and meditation. Emphasizing posture, breathing, and focus, these objectives are achieved – or simply improved – to help one's life come into better balance. Physically speaking, practicing Tai Chi can help one to avoid falls, have fun, feel energized, and simply enjoy life!

He cares deeply about people's respect for each other and finishes each class saying, "It is an honor and a privilege to instruct your class today." The art of courtesy and appreciation of each other is an integral part of his teaching, which includes work with a bereavement group in his church. Our society is becoming increasingly aware that good health is more than the avoidance of physical illness – it is enhancement of life! Try Tai Chi! Contact your activities coordinator for class times and dates.

What could you do in 18 minutes?

TAKE PART IN THE 2011 GREATER CLEVELAND JEWISH POPULATION STUDY

www.jewishcleveland.org/18minutes

The Jewish Federation of Cleveland is undertaking a thorough study of Jewish Cleveland to assess community needs.

We're counting on your participation – please take the time to complete the survey if you are called.

Sweet Thoughts & Support

We all lead busy lives, and yet groups of people still happily find the time to give back. The Community Outreach Group is one example. This resident-driven program helps make a difference in people's lives by saying "thank you" to those who are making a real contribution to our society.



COMMUNITY OUTREACH GROUP members focus on their acts of kindness.

With the help of Activity Coordinator, Kristin Ellis, and Social Worker, Amy Filzer, residents and post-hospital rehab clients work together on Menorah Park's Heights Pavilion to show how much they appreciate others' efforts to aid them and society. With open hearts and smiles on their faces, this group works together to share life experiences and skills, as the members give their time for the benefit of others.

This program took off in November of 2010, when the group gathered in support of Jewish soldiers stationed in Afghanistan. Holiday cards were signed with love and warm wishes for Chanukah. In December, the residents and clients wanted to show appreciation to the staff on the pavilion. They voted to give "caregiver survival kits" stuffed with goodies to show their gratitude for the compassion and empathy that helps them to thrive and blossom. Tears and affection were displayed in the eyes of both residents and staff; truly a Kodak moment to warm the coldest of winter nights.

Recently, the group sent "sweet notes" to the troops. The participants signed "thinking of you" and general "be well" cards to lift the spirits and faith of those fighting to keep us safe.

Inspiring is the kindness and teamwork; making Community Outreach Social successful. Hats off to the Heights Pavilion community, and thank you for your caring touch!

We invite you to join us for any of our dozens of daily programs on each pavilion. Please contact Amy Vedova-Phillips to learn more or for schedules, at (216) 831-5452, ext. #277.

Illuminate Your Life

Adaptive Living 
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Q: *What are ways to prevent falls in my home?*

A: Make sure areas are well-lit so you can see where you are going and can steer clear of hazards.

Also, avoid over-reaching for things as this can cause you to become off balance. There are low-cost solutions for both issues at the Adaptive Living Shoppe. Motion activated lighting, hand-held reachers, long-handled shoe horns, and other tools can make daily activities safer and reduce your risk of falling and becoming injured. Contact the Shoppe at (216) 450-5566 or go to www.adaptivelivingshoppe.com.



Cleveland Browns Linebacker Jason Trusnik visited Menorah Park recently. He accepted questions from the audience, signed autographs, and shared his thoughts on being a football player. He was made an honorary Menorah Park Activities member and given his very own shirt.

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We Are Dream-Weavers

The Talmud says, "a dream not listened to is like a letter that is never read. The power of imagination is a power of the soul and one that draws us forward. Were it not for dreams we would still be earthbound and living in caves."

Some people search all their lives for that which brings happiness, that which helps express the true soul; inwardly nurturing a hidden passion that yearns to be expressed. As older adults approach the last years of their lives, they assess their time on earth, their accomplishments, and the dreams and desires that remain on their personal "bucket lists." Research demonstrates fulfilled dreams result in deep personal satisfaction, comfort, and peace.



This group of Dreamers and staff went to Israel as part of the Dream Program.

Thousands of dreams have come true at Menorah Park, R.H. Myers, Stone Gardens and Wiggins Place with generous support from the Enid & David Rosenberg Dream Fund, the Hortense Mayer Family Dreams Fund, and a grant from the Menorah Park Foundation. Whether it's taking a trip to Israel or a thrilling ride on a motorcycle with the Mayor of the city; meeting a rock star, having one's art displayed in a gallery for the first time, renewing wedding vows, or even becoming a Bat Mitzvah late in life. Menorah Park's Dream Team, comprised of volunteers and staff has the sole mission of helping dreams come true, and in the past six years, more than 500 dreams have made their way to the special team's agenda. During monthly meetings, the dreams are read and discussed, then delegated to team-members who have ideas, connections and the resources to bring them to fruition.

The Menorah Park Campus is dedicated to ensuring our residents' happiness and helping them know how much they are loved and appreciated. Residents' dreams matter to us, and they are urged to make their dreams known to their activities coordinators so they can be presented at the next Dream Team meeting. Awaiting dreams are:

- another group trip to Israel
- a helicopter ride
- to meet actor Kevin Costner

If you can help fulfill a dream or to donate, call (216) 839-6687.

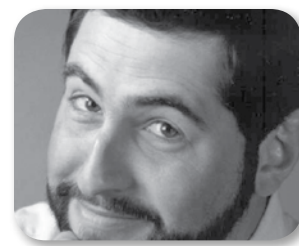
Scholar on Campus Presents: It's Spring – Let's Laugh



Let's have a Spring Fling as we welcome Lenny Dave, co-author of "Let Your Leadership Speak: How to Lead and Be Heard". He will be our Scholar on Campus March 27th, 28th and 29th. We all have read how helpful laughter is in the healing process, and now he will give us the details at the community program, and for his appearance at

each residence, he will take us down Memory Lane, as he talks about the favorite laugh-makers of the century - from vaudeville to Broadway, from night clubs to movie theaters.

Lenny is also the immediate past-president of the International Association for Applied and Therapeutic Humor. Please join us as we laugh and forget winter's dreary, dark days and welcome the blossoms of spring.



Community Program at Menorah Park

Sunday, March 27th 2:00 p.m. – 3:00 p.m.

Menorah Park

Tuesday, March 29th 10:30 a.m. - 11:30 a.m.

The R.H. Myers Apartments

Tuesday, March 29th 2:00 p.m. - 3:00 p.m.

Stone Gardens

Monday, March 28th 2:30 p.m. - 3:30 p.m.

Wiggins Place

Monday, March 28th 10:00 a.m. - 11:00 a.m.

Program for Beginners

Jewish Genealogy Research

You're Invited!

Monday, March 28, 2011

7:15 p.m. - 9:00 p.m.

Miller Board Room, Menorah Park

Your instructors:

Ken Bravo, President Jewish Genealogy Society
&

Cynthia Spikell, Editor of the Kol

Free to paid up JGSC members and \$15 for non-members. Non-members can have their fee applied to membership but no later than the conclusion of the program. Sign up on the Jewish Genealogy Society website which is <http://clevelandjgs.org/>.

93 is Wonderful!

Birthdays are celebrated creatively at Menorah Park's Mandel Adult Day Center. Just ask Bill Vacariello, who just celebrated his 93rd year! Rufus Dudley, his best friend and caregiver of 50 years, wanted to celebrate in a very special way. Rufus told staff that Bill appreciates being regarded as "grandpap" and to show his appreciation, he provided a donation to have a party in Bill's honor.



Pictured here is Bill Vacariello, Alberta Harris, Rufus Dudley, and Frank Vacariello.

The suggestion was a big hit with everyone. Bill's relatives attended and cake was served, and everyone had a great time listening to singer-guitarist John Thayer. One of the Center's favorite pets, Millie the beagle, even "sang" along; quite the entertaining birthday afternoon at the Adult Day Center!



Stone Gardens residents were treated to a visit by Pierre's Ice Cream representatives who reminisced with residents through shared history of this home town favorite and provided a thrilling surprise; a taste test of two new flavors, Ray's Rootbeer Float and Banana Cream Pie. Ice cream lovers that they are, they are looking forward to the yummy new treats in stores and for another taste test planned for this summer.

Wine Tasting

Beginning in March, the new date for the wine tasting event will be changed to the 3rd Tuesday each month at 2:45 p.m. in Pearl's Place.



"Menorah Park's Got Talent" kids from the FUNDamentals Children's Center sing during a Campus-wide talent show. The judges were radio personality Jim Chenot, Beachwood Mayor Merle Gorden & dance and theater guru Murray Katz.

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One Campus, Many Solutions, One Person at a Time

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Menorah Park Campus News

March - 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 Russian Group Fairmount • 10:30 a.m. Mac-N-Cheese Throwdown (Spin on a Foody Favorite) 2:30 p.m. Auto Show Men's Club	2 Visit Roaring 20's Live with music by Holly Prather • 2:45 p.m. Two-Day Purim Masquerade Marathon 10:30 a.m. - 3:00 p.m. each day Ho Wah Weinberg 1 & Fairmount	3 High Tea with Mike Leamon 2:45 p.m. Outing Weinberg 2	4 Morning Movie 10:00 a.m. Oneg Shabbat 2:45 p.m.	5 Morning Services 9:00 a.m. Kiddish 11:30 a.m. Afternoon Services 4:15 p.m.
6 Kaleidoscope Music 2:45 p.m.	7 Distance Learning (DL) Early 20th Century Art MBR • 2:30 p.m. Cleveland Women's Orchestra 7:30 p.m. Denny's Fairmount 2	8 Russian Club 10:30 a.m. Menorah Café* 5:00 p.m. Outing Beachwood	9 Cabaret Lounge Moving & Groovin' with Mike Petrone 1:30 p.m. Movie & Lunch Weinberg 1 & Fairmount	10 Resident Choir RCAC • 10:30 a.m. Agnon Children's Choir & Family History 10:45 a.m. High Tea with Cliff Habian • 3:00 p.m.	11 Clown Troupe 10:30 a.m. Oneg Shabbat 2:45 p.m. Claddagh Irish Pub Heights	12 Morning Services 9:00 a.m. Kiddish 11:30 a.m. Afternoon Services 4:15 p.m.
13 Pancake Breakfast 10:00 a.m. Music Time with Tom 2:45 p.m.	14 Gross Schechter Judaic Program 10:00 a.m. DL - Manatees MBR • 2:30 p.m.	15 Russian Group Fairmount 1 • 10:30 a.m. Drumming Fairmount 2 • 10:30 a.m. Wine Tasting in Pearl's 2:45 p.m. Texas Road House Beachwood	16 Afternoon Movie 2:00 p.m. Park Synagogue Volunteer Choir 7:00 p.m. Texas Road House Weinberg 1 & Fairmount	17 "It's Not Easy Being Green" Joy in Its Many Shades RCAC • 10:30 a.m. Residents' Council 2:45 p.m. Outing Weinberg 2	18 Men's Club RCAC • 10:30 a.m. Oneg Shabbat 2:45 p.m. Great Lakes Science Center Fairmount 1	19 Morning Services 9:00 a.m. Kiddish 11:30 a.m. Afternoon Services 4:15 p.m.
20 Morning Prayers 9:00 a.m. Megillah Reading 10:00 a.m. Purim Celebration 2:30 p.m.	21 Gross Schechter Program • 10:00 a.m. Shushan Purim Carnival 10:30 a.m. DL - Music in Movies MBR • 2:30 p.m. Bravo Fairmount	22 Russian Club 10:30 a.m. High Notes 2:45 p.m. Corky & Lenny's Beachwood	23 Art Show with Hattie Larlham 10:00 a.m. An Evening Luau "Dances from Hawaii" 7:00 p.m. Great Lakes Science Center Weinberg 1 & Fairmount	24 Resident Choir 10:30 a.m. High Tea with Mary Beth Ions 3:00 p.m.	25 Story Time with FUNDamentals Library • 10:30 a.m. Oneg Shabbat 2:45 p.m. Yours Truly Heights	26 Morning Services 9:00 a.m. Kiddish 11:30 a.m. Afternoon Services 4:15 p.m.
Purim	Shushan Purim					
27 Bagel Brunch 10:00 a.m. Scholar on Campus presents Humorist Lenny Dave 2:00 p.m.	28 Gross Schechter Judaic Program • 10:00 a.m. DL - Kennedy Assassination MBR • 2:30 p.m. Ho Wah Fairmount 1	29 Scholar on Campus presents Humorist Lenny Dave 10:30 a.m. Ho Wah Beachwood	30 Music Time with Andrea & Rob 2:45 p.m.	31 High Tea 3:00 p.m. Ho Wah Euclid	Residents enjoy the opportunity to participate in more than 5000 planned activities and outings annually. This calendar highlights a small sampling of what we offer this month.	

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