

# MENORAH PARK CAMPUS NEWS

Menorah Park Center for Senior Living Community Newsletter

April 2010

## A New Adaptive Living Shoppe For All

With the help of a \$138,700 grant from the Mt. Sinai Health Care Foundation, the new Adaptive Living Shoppe on the Menorah Park Campus will offer assistive equipment and devices to aid in making aging and rehabilitation a more pleasant, independent experience. Menorah Park is among the first non-profit locations in Ohio to supply a comprehensive array of aging-well products with a rental option for the more costly items. The Shoppe opens this month on the 15th. It will inventory about 60 products designed to help with multiple daily living routines in the home including general health, wellness and safety items. Assistive equipment includes talking watches and alarm clocks, magnifiers, amplifiers, kitchen and dining utensils modified for ease of use, and much more. These solutions for a simpler life will help residents and community members to better adapt to physical and cognitive changes brought on by aging or ailments. Also this month is the ten



year anniversary of the Peter B. Lewis Aquatic & Therapy Center, which will utilize the shoppe for clients. They will work in unison to improve lives with the same vision and mission of wellness and independence through support and necessary tools.

## The Real Story of The Peter B. Lewis Aquatic & Therapy Center

The true measurement of entrepreneurial quality is gauged by the ability to lead, to attract excellent people to one's staff, to think "out of the box" and to have the courage to go forward. Peter B. Lewis exhibits all of the above qualities and an imagination that understands fully the possibilities of the future. When approached about funding Menorah

Park's Peter B. Lewis Aquatic & Therapy Center (LAC) more than a decade ago, he gave generously and opened a world of possibilities to thousands of people in need of quality rehab services. Now, ten years later, we continue our mission of offering extraordinary services to

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**Congratulations to The Peter B. Lewis Aquatic & Therapy Center on Ten Years of Service!**



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This newsletter is printed on recycled paper.

## From The Administrator's Desk

# Smiles and Laughter



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

Losses can seem to define or punctuate life; be it the loss of a spouse, a house, of health, companionship, independence or the loss of memory. Loss can strongly affect one's ability to enjoy life. Medical research indicates, however, that laughter has positive physical and mental health benefits to counter sadness brought on by loss, including lowering one's blood pressure and boosting the immune system. At Stone Gardens, we create good health and meaning for our residents with programs to promote a fun and positive attitude and improve their outlook.

Our residents enjoy each other's company in a **"Happy Hour"** setting with healthy food and drinks during themed parties in our activities room. It's part of enjoying life! To embellish the holiday of Purim, we celebrated Sushi Shushan Purim with homemade sushi, rice, vegetables, and faux (kosher) crab and lox. We got funny comments like "Seaweed? You gave me seaweed? Oi! Give me another drink!" (non-alcoholic, of course) and "This is really good!" "I really like it!" And the unforgettable "This sushi; I think it's good for my tushi!"

There's also **"Happiness Hour."** Guided by the book **"Happy For No Reason"** by Marci Shimoff, residents gather to work on their "happiness deficiencies" by creating happiness from the inside, where it really counts! They incline their minds to joy, focus on gratitude, and work to find their passions, and smiles, because smiles are contagious! People are attracted to

people who smile, which staves off loneliness and encourages participation.

For gut-busting giggles, join Stone Gardens **"Laughter Club."** It's not joke telling, it's an alternative healing and stress reduction technique which consists of uninhibited, mirthful laughter. Residents sit in a circle facing each other and do laughter exercises out loud, combined with a physical action. The leader does an exercise such as the "Lawnmower Laugh" where participants pull an imaginary starter cord on a laugh-powered lawnmower. There's also the "Lion Laugh," the "Roller Coaster Laugh," and the "Ants in the Pants Laugh" which is imitated by the circle. It's fun and it really works! We really do laugh until our bellies hurt, and we do it on purpose and it definitely drives away the blues! Come join us! 'Laugh at nothing,' as one of our residents says, and come away with a good feeling and a happy connection to those around you.

For instance, Stone Gardens Assistant Activities Director Noah Budin doesn't mess around when it comes to cheering up the residents. He was trained by Steve Wilson of The World Laughter Tour, Incorporated, in Columbus, Ohio. He's been part of the laughter club for about four years. According to Noah, Laughter Therapy is part of a bigger life philosophy about positive thinking and attitude.

"When we have a Laughter Club Session at Stone Gardens, exercises are as inclusive as possible," he said. "Residents are encouraged to participate at whatever level they can. All physical exercises and movements are modified to suit the needs of the population." A typical Laughter Club session runs 45 minutes. It includes a welcome, an explanation of the club, easy warm-ups, laughter exercises, and an inspirational quote. Call Stone Gardens activities department for information: 216-831-6500, ext. # 323. Visit Stone Gardens at [www.stonegardens.org](http://www.stonegardens.org) for residence activities calendars.

## Fun at Menorah Park

*Shavy Berkovic, a senior student from Yavne High School, finds joy in helping Menorah Park resident Raisa Shtarkman make her own matzah during an afternoon outing to the Menorah Park Campus. Students helped residents make matzah, and everyone made a new friend!*



# Thank G-d

by Rabbi Ephraim Karp, Director of Spiritual Life



The time after Passover is filled with mixed feelings. Passover occurs in the Jewish month of *Nisan*, when we are prohibited from making Eulogies. Yet the second day of Passover begins the counting of the *Omer*, a time when we mourn the 24,000 students of Rabbi Akiva who died of a plague. The 27th day of *Nisan* marks Holocaust Memorial Day, recalling the tragedies of our people. This day is the day of the Warsaw Ghetto Uprising, celebrating

our resistance.

The next month is *Iyar*. The plague and deaths we mourn during the *Omer* last only 33 days, but we are not sure when those days occurred. Some say they began the second day of Passover and stopped on the 33rd day, known as *Lag B'Omer*. Others say it began on the first day of the month of

*Iyar* and continued afterwards. Everyone acknowledges that the plague ceased on *Lag B'Omer* itself, which also marks the death of Rabbi Shimon Bar Yochai, a sage whose life is celebrated on this day.

Before *Lag B'Omer*, on the 5th day of *Iyar*, when everyone agrees the students of Rabbi Akiva were dying from the plague, many interrupt their mourning to celebrate Israeli Independence Day, which is preceded by a solemn day of observance for the fallen Israeli soldiers known as Memorial Day.

We like to think of celebrations and joys as clear cut, without any challenges. This time after Passover reminds us that life just doesn't come out that way. When our tradition says be happy, life places sadness right in front of us. When we concede our need to mourn, life places celebrations in our lap. In our own personal lives as well, our joys and our sadness may often be overwhelming. Nonetheless, we must acknowledge our tragedies and celebrate our joys whenever they come. When the moment calls us, we must embrace it with the fullness of our being, and use the opportunity to thank G-d for the life we have been given.

## Amazing Eight Amazed Us All

*Community, staff, and family members of the R.H. Myers Bat Mitzvah "Amazing Eight" gathered in March to witness a beautiful ceremonial Bat Mitzvah event that was packed with excitement. Members of the media from the Beachwood Buzz, The Cleveland Jewish News, and Sun Press gave preliminary coverage of the event and News Channel Five stayed for more than an hour during the event, then aired the segment three times in three time slots over the course of two days. The eight women who participated each gave a thought provoking presentation and afterwards, enjoyed a special celebration with their loved ones, music, food, and fun. Mazel Tov to a job well done by Rabbi Howard Kutner and the R.H. Amazing Eight!*



### "Your Life Made Simpler"

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

Opening to the Community  
April 15!

**Adaptive Living**   
Solutions for an easier life  **Shoppe**

Located at Menorah Park, 27100 Cedar Road, Beachwood

#### Equipment for Rental and Sale:

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

**216-450-5566**

[www.AdaptiveLivingShoppe.com](http://www.AdaptiveLivingShoppe.com)

## Remember Carter: A note from Dr. Michael Knight, Medical Director

Thank you to all who gave their emotional and monetary support to members of the Menorah Park family, Carter Nedley and his parents, Lisa and Jason. Carter lost his battle with Leukemia February 5th. In Carter's memory, to acknowledge the heroic fight of Carter and his parents, and due to the amazing outpouring of support and emotion from this great organization and staff, I have started a fund through the Menorah Park Foundation. The "Carter Nedley Memorial Fund" will be established for the FUNDamentals Children's Center Infant Room, where Carter spent much of his first year of life. To become a permanent, on-going fund, it must attain a minimal balance of \$5000.00. Then each year, as long as this balance or more remains, a percentage can be used to help with the needs of the infant room. The fund already has \$1100.00.

Donations to this fund can be made directly through the Menorah Park Foundation. No donation is too small and every cent is much appreciated. For those able to help make this fund grow and be a permanent fixture to Carter's memory, please help. The donations are tax deductible. Please consider making this fund a part of your annual giving to the Foundation. I thank you for your time in reading this, and for your donation.

## Eggcellent It's Spring!

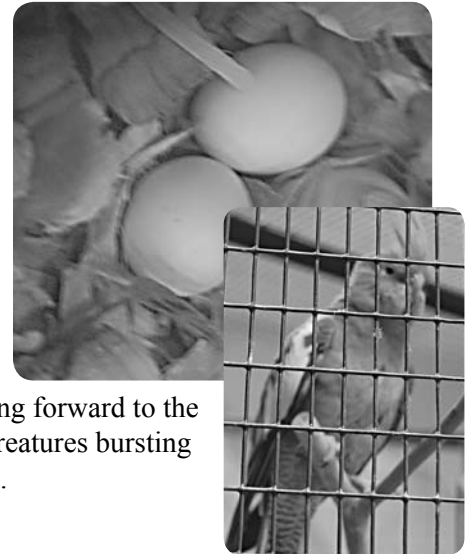
Spring has finally sprung, and the season's new growth brings another creative and fun-filled opportunity for intergenerational connections between Menorah Park's Adult Day Care Center (ADC) and the children from the on-site FUNDamentals Children's Center. Since eggs arouse feelings of wonder and life in cultures all over the world, they've found a wonderful learning opportunity through the fun of an egg hunt. Clients fill the eggs with goodies, hide them and assist the children in the hunt, and tell interesting egg facts.

ADC participants interact with the children at least twice each month and during special events. Both generations benefit; the clients get a sense of accomplishment and feel needed, and the children gain relationships, learn communication skills and feel a sense of connection to the senior population.



## Coming Soon

Life happens at Menorah Park through many wondrous paths. Residents, staff and visitors have been drawn to the Reitman Nature Center to observe tiny life in the form of three cockatiel eggs. These smooth, elliptical shells tucked in the corner of the bird habitat conceal the mystery of new life in formation. All are looking forward to the sight of eggs hatching and young creatures bursting out from apparently lifeless objects.



## Need a Change of Scenery?

"RECYCLED ART IN THE PARK"

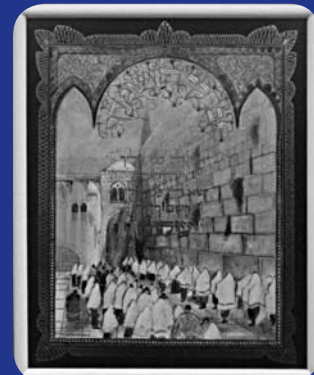
Find a new object of beauty in the Menorah Park auditorium

SUNDAY MAY 2, 2010 11:00AM TO 4:00PM  
MONDAY MAY 3, 2010 10:00AM TO 4:00PM

Many works of art donated by Cleveland's finest families and galleries will be available at considerable

savings. Call (216) 839-6654 for more information.

\*Proceeds go to Menorah Park's Women's & Men's Association supporting the needs of our residents





# Menorah Park Foundation

## 2010 Teen Philanthropy Board

This was the tenth year of the Menorah Park Teen Philanthropy Board. Once again, the board was made up of terrific teens from 9th to 12th grade. Their energy is contagious and I found myself learning as much from them as I hope they learned from me.

Since October 2009, we met about once a month to discuss the history of Menorah Park, basics of philanthropy, fundraising, and decision making. We explored the campus and had a wonderful scavenger hunt in the process. In December, we met at Wiggins Place to see their operations in action.

Every year, the board has been blessed with approximately \$30,000 in charitable funds to allocate to Menorah Park campus programs. Thanks to the Menorah Park Foundation, the Sanford and Anita Simon Foundation, and the Roz and Sam Krasney Teen Philanthropy Fund, this year's class had over \$32,000 to allocate.

On February 21, the board listened to staff from many campus departments present 25 different proposals for funds. They asked for over \$44,000 to make their departmental dreams a reality.

The board then made their allocation decisions. They agreed to fund 17 of the 25 projects, with a total allocation of just over \$23,000. Among the projects funded this year were: dance therapy at the Mandel Adult Day Center, Safety Town for FUNdamentals graduates, Euclid Beach Days (a perennial favorite), a new gas grill for R.H. Myers, and a casino party at Wiggins Place.

Thank you to our donors, the 2010 teen philanthropy board, and the staff whose projects will benefit the residents and clients of Menorah Park Center for Senior Living.



*Thanks to the Sacks Family Activities Fund members of the Adult Day Center had a wonderful trip to the Crawford Auto Museum.*



*Mandel Adult Day Center clients enjoyed a trip to the Botanical Garden thanks to the Sacks Family Activities Fund.*

*Below you will find a significant addition to the Menorah Park Foundation newsletter. We are now publishing a list of gifts received. Of course, we make every effort to ensure that the information is accurate. Please let us know of any mistakes or omissions. Thank you.*

## Generous Gifts From Thoughtful People

Donations to the Menorah Park Foundation benefit the programs of the entire Menorah Park Center for Senior Living campus. The donations listed here were received February 1-28, 2010.

### **Mildred Becker Flower Fund**

*In memory of Mildred & Martin Becker:  
Charlotte Kramer*

### **Esther & Milton Berman Family Nursing Assistants Appreciation Fund**

*In memory of Selma Cousins:  
Esther Berman*

*In memory of Stanley Pines:  
Paul Berman*

### **Marilyn & Jeff Bilsky Baking Fund**

*In honor of the milestone birthdays of  
Steven Bilsky & Judy Franz: Marilyn &  
Jeff Bilsky*

### **Martha & Robert H. Binstock New Year's Eve Party Fund**

*In memory of Dorothy Mirsky: Martha &  
Robert Binstock*

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

*In honor of David Hahn, Allen Carey,  
Joan Levy, Anne Doberstyn, Louise  
Feld, Dorothy Mirsky, Patrick Ruggles,  
Delphine Bucciere: Lynn & Barry  
Chesler*

### **Sally Roth Cohen Spirit Award**

*In memory of Sally Roth Cohen: Donna  
& Ronald Solove*

### **Marcy & Richard M. Cowan Clown Fund**

*In memory of Lillian Goldwasser, Rose  
Katz: Marcy & Richard M. Cowan*

### **Philip L. Danzinger Memorial Medical Fund**

*In memory of Eleanor Grossman & Josef  
Simon: Stephanie & Jeffrey Danzinger*

### **Sharon & Bruce Epstein Wellness Fund**

*In honor of Bruce Epstein's birthday:  
Jackie & Edwin Elsner*

### **Daniel S. Goodman Memorial Fund**

*In memory of Lillian Goldwasser: Susan  
& Jeffrey Weiler*

### **Mollie & Charles Goodman Fund**

*In memory of Marvin Sorin: Donna &  
Allan Fried*

### **Dr. Arnold L. Heller Memorial Fund**

*In memory of Elliott Kaminsky: Florence  
Brofman*

### **Bertha & Abe Kipperman Aquatic Equipment Fund**

*In honor of Phyllis Lorber, Marcia  
Ungar, & Esther Lewis: Sue & Stan  
Marik*

### **Sandra & Bill Lieberman Fund**

*In memory of Max Deutch: Sandy & Bill  
Lieberman*

### **Edna & Nat Marcus**

### **Intergenerational Garden Fund**

*In memory of Dorothy Mirsky & Max  
Deutch: Lois & Marty Marcus*

### **Edith & Joseph Margolis Torah Study Fund**

*In memory of Betty Wolfe: Linda Barnett*

### **Rose Persky Special Needs Fund**

*In memory of Esther Feinberg: Fran  
Feiner, Jackie & Steve*

### **Gertrude & Henry Polster Memorial Fund**

*Judy & Donald Zauderer*

### **Hirsh Rivitz Family Reform & Conservative Services Fund**

*In honor of Larry Wymor: Joan & Rick  
Rivitz*

### **Enid & David Rosenberg Dream Fund**

*In memory of Lillian Goldwasser: Enid  
& David Rosenberg*

### **Leona & Bert Rosenbluth Passover Fund**

*In memory of Max Deutch: Judy &  
David Kaufman*

### **Harriet & Sol Roth Garden Fund**

*In memory of Elliott Kaminsky: Harriet  
Roth*

### **Mildred Saltzman Mother's Day Fund**

*In memory of Evelyn Weiss: Judith &  
Burton Saltzman*

### **Barbara & Richard Schreiber Grandchildren's Arts & Crafts Fund**

*In memory of Suzanne Speiser's father,  
Sharon Rochlin's mother, & Bernard  
Koff's daughter Randi: Barbara &  
Richard Schreiber*

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

*In honor of Herman Schkolnick &  
George Becker: Judy & Marvin Solganik*

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

*In memory of Harriet Schenker & Sarah  
Myers: Barry Henkin*

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

*In honor of Amy Handel: Susan  
Scherner*

### **Program Support**

*For therapeutic drumming: Helen &  
David Nagusky*

*For FUNdamentals:  
Lillian & Louis Feig*

*For Holocaust education:  
Nathan L. & Regina Herman Charitable  
Fund*

*For musical entertainment:*

*In memory of William Hirschman:  
Shelah & Sheldon Landsman  
Judith & Donald Zauderer*

### **Hospice Program**

*In memory of Herbert Speiser: Elaine &  
Joel Axelrod*

*Ruth & Robert Newman*

*In memory of Lillian Goldwasser:  
Ellen & Jeffrey Brooks  
Carolyn & Allan Hartman  
Rhona & Robert Jacobson  
Sue Ellen & Jeffrey Korach  
Esther Lebois*

Sharon & Earl Polish  
Kay & Melvyn Resnick  
Constance Rosenberg  
Judith & Donald Schermer  
Lois Simon & Ron Weinberger  
Donna & Howard Sperber  
Terri & Howard Steindler

*In memory of Phyllis Klein:* Faye Warren

*In memory of Max Deutch:* Gayle & Nathan Schneider

### General Support

*In honor of Jeannie Epstein's birthday & in memory of Ruth Lever:* Howard Epstein & Gregg Levine

*In honor of Sally Good's special birthday, in memory of Jean Fleming Bovington:* Naomi & Edwin Z. Singer.

*In honor of Lil Petler's birthday:* Geraldine Ellman

*In honor of Manny Shafran's birthday:* Ellen & Errol Brick  
Maude & Melvin Shafron

*In honor of Irving Wolf:* Illein Youngman

*In appreciation of Beth Rosenberg's great leadership in the strategic planning process, in memory of Dorothy Mirsky, in honor of Muriel Cohen's Bat Mitzvah:* Nora & Brian Berman

*In memory of Angie Holpuch's father, Ludwig Bergman, in memory of Dorothy Mirsky:* Lori & Steve Raichilson

*In memory of Betty Wolfe:* Gloria & Ian Abrams

Marilyn & Herbert Bell  
Carolyn & Edward Gabelman  
Leonard Lurie

Ruth & Doug Mayers  
Suzy & Henry Mazur  
Linda & Geoffrey Mendelsohn  
Beverly Pollack  
Geoffrey Porter

Anita & Jeffrey Rashbaum  
Marsha & Jim Spitz  
Terry & Stuart Susskind  
Judy & Gene Wolsky

*In memory of David Babin:* Maura & Ernest Liberman

*In memory of Rose Crnjak's sister:* Brenna & Bob Agrast

*In memory of Max Deutch:* Gloria & Ian Abrams

Denise & Richard Arnstine  
Marsha Blond  
Judith & Gerald Chalfin  
Renee & Kerry Chelm  
Lauren & Mark Cohen

Lisa & Scott Davis  
Linda & Brad Demsey  
Linda & Joel Evans  
Judy & Les Fishman  
Helene & Eliot Gelb  
Susan & David Goldstein  
Patrice & Marc Greenbaum  
Barbara & David Hochman  
Suellen & Lawrence Kadis  
Judith & Larry Klein  
Elayne & Ronald Kluchin  
Sharon & Jamie Lebovitz  
Arlene & Ralph Loveman  
Robert Markowitz  
Nancy & Allan Pearl  
Barbara & Michael Peterman  
Nancy & Ron Rafal  
Judith & Arnold Rosenthal  
Susan & Steven Rubin  
Andrea Saltzman  
Bonnie & Steve Spiegle  
Ellen & Jeffrey Weiner  
Linda & Avi Weiner

*In memory of Donald Herman:* Judith Eigenfeld & Richard Maron

*In memory of Rose Katz:* Betty & Martin Koppelman

*In memory of Lilyan Mendelson:* Gladys & Eugene Bennett  
Wendy & Richard Eckstein  
Barbara & Jerome Spevack  
Shirley Weiss

*In memory of Dorothy Mirsky:* Marcy & Brett Shankman  
Carol & Michael Wolf

*In memory of Rozia Rywes:* Susan & David Duitch

*In memory of Harriet Schenker:* Elaine & Joel Axelrod  
Allan Kleinman  
Maureen & Melvin Weisblatt  
Jim & Marcia Yasinow

*In memory of Martin Sedley:* Elvin Shultz

*In memory of Marvin Sorin:* Donna & Allan Fried

*In memory of Ruth Sorkin:* Hermine & David Ostro

*In memory of Herman Tobin:* Deborah Gross

### Support of R. H. Myers Apartments Activities

*In honor of Jeanette Pollack's birthday:* Lois Berman  
Deborah & Alan Malkin  
Nancy & Allan Pearl

*In honor of Pearl Fried's Bat Mitzvah:* Claire & Paul Baer  
Kimberley Krantz  
Audra Terbeek

*In honor of Roz Geller's Bat Mitzvah:* Marjorie Zeaman

### Rabbi's Discretionary Fund

Judith & Daniel Goodman  
Dianne Millstein

*In honor of Rabbi Howard & Nadine Kutners' sons' B'nai Mitzvah:* Faye Diamond  
Audrey Katzman

*In memory of Evelyn Wald & Joshua Myers:* Bonnie & Mike Myers

*In memory of Phyllis Klein:* Judith Rosenthal

*In honor of the Bat Mitzvahs of the "Myers 8":* Lenore & Nate Oscar

### Stone Gardens

*In honor of the Bar Mitzvah of Diane & Ross Wilkoff's son Tzvi:* Terri & Stuart Kline

### Wiggins Place

*In honor of Fritzi Dubin's birthday:* Cindy Ezzo

*In honor of Ann Simon's birthday:* Lenore & Nate Oscar

*In memory of Zelmar Barson:* Rachel & Richard Berkowitz  
Vicki & Nick Comer

*In honor of Beverly Bower's marriage to Don Arnold:* Beatrice Berger  
Mae Berkman

Marion Fein  
Goldie Gulko  
Estine Kadis  
Ida Kaufman  
Raizelle Laskin  
Sarah Lieberman  
Mildred Mandell  
Elayne Marcus

Sue Nisoff  
Grace Ordin  
Eva Rosenberg  
Eva & Benjamin Schwartz  
Elvin Shultz  
Elaine Stein  
Mary Teichman  
Bess Wintner

*In honor of Sam Weingard's birthday:* Michael Weingard

*In memory of Rose Katz:* Eva Rosenberg  
Bess Wintner

*General Support:* Marvin Berman

## On Brett's Mind



The robins are here! Finally, I can see the ground, and signs that Spring will be back are all around. As we know, Spring is a time for renewal.

Here at the Menorah Park Foundation, we are exploring that concept as we review our work on behalf of Menorah Park. For so many years,

we've been successful with capital campaigns, building the endowment through donor funds, and of course, the annual campaign. Many of you have chosen to be generous because of the high quality care that is provided daily at Menorah Park. Thank you.

For over 100 years, we've been providing the care needed, expected, and deserved by our community. It is the responsibility of the Menorah Park Foundation to help ensure that we are still here to provide the same level of care when our children, grandchildren, and great-grandchildren need us.

To that end, in these pages, you will be reading much more about planned giving, wills, estates, bequests, and a wonderful gift vehicle called a charitable gift annuity. To meet our commitment to Menorah Park, we need to secure gifts to our permanent endowment so that years down the road, the Foundation can provide operating support at a much greater level. The total amount is large; we need to increase the Foundation's holdings to over \$80 million from our current \$17.5 million. This will not happen overnight, nor will it happen with a single gift. Every gift will help.

Please consider speaking with a member of the Foundation staff about your charitable giving. There are so many interesting and dynamic ways for you to make a significant impact on the future of Menorah Park. We'd love to share some ideas with you.

At this time of renewal, with Spring just around the corner, please renew your charitable commitment to Menorah Park.

Thanks for being our partner.

**Brett Shankman**  
Executive Director

## CGA – as easy as 123

**Have you just paid your 2009 taxes?  
Are you reviewing your estate plans?**

### Consider a Charitable Gift Annuity

A Charitable Gift Annuity is an ideal way to increase your annual income while making a meaningful gift to Menorah Park.

1. You donate cash or securities to Menorah Park.
2. Foundation staff will draw up a Charitable Gift Annuity contract for you.
3. You will receive guaranteed fixed income for life and a charitable tax deduction this year.

### Check out these additional benefits:

- ✓ You will earn up to 9.5% interest for life based on your age
- ✓ You can receive monthly, quarterly, semi-annual, or annual payments
- ✓ You can defer your payments until you need the income
- ✓ You may save on capital gains taxes if contributions are made with appreciated securities.

Call Brett Shankman at the Menorah Park Foundation (216-595-7324) for more information on charitable gift annuities and start benefitting immediately!



**When the weather broke, residents headed for the Home and Flower Show to experience a bit of early spring, thanks to the David J., I. Ronald and Jan S. Moskowitz Resident Outings Fund.**

*The Menorah Park Foundation, a Supporting Organization of Menorah Park Center for Senior Living*  
Edwin Z. Singer, President • Brett Shankman, Director • Carol Wolf, Assistant Director • 216-595-7324  
[www.menorahparkfoundation.org](http://www.menorahparkfoundation.org) • [bshankman@menorahpark.org](mailto:bshankman@menorahpark.org) • [cwife@menorahpark.org](mailto:cwolf@menorahpark.org)

## Journey to the White House

On Tuesday, February 23rd, 2010, fifteen lay-leaders and executives representing Jewish long-term care facilities across the nation met with White House officials to offer recommendations to improve the well-being of older Americans.

Richard Schwalberg, Administrator of Menorah Park, spearheaded the presentation coordinated through the Association of Jewish Aging Services (AJAS) in an ongoing effort to advocate on behalf of our elderly and to support improvements in access to health care.

“As the population ages, and the older American population



continues to expand, it's essential to keep our elderly at the forefront of health care reform initiatives,” noted Mr. Schwalberg. “We must find innovative ways to ensure the delivery of quality services to our elderly so that they can remain as independent as possible in their own homes for as long as possible.”

Lay leaders and executives from California, Ohio, Florida, Oregon, Oklahoma, Maryland, and New York, along with a representative from the American Association of Homes and Services for the Aging (AAHSA), met with White House Administration officials Tina Tchen, Director, Office of Public Engagement; Ann Widger, Deputy Director, Office of Public Engagement and Danielle Borrin, the White House Office of Public Engagement and Special Assistant from the Office of the Vice President. Each took turns discussing key points that included funding for preventative health and wellness services, and case management, and extending an exception process for Medicare Therapy CAPS to continue necessary physical, occupational and speech therapy for seniors. The White House staff was appreciative of the issues and recommendations presented, noting that the timing of the presentation was outstanding in terms of health Care Reform programs underway this week in Washington.

The administration emphasized the importance of “making sure voices are heard,” according to Ms. Borrin. They explained that the White House Administration finds it critical to provide communication opportunities, and to hear from citizens and experts in their fields.

## April is Go-Green Month!

As you know, the Menorah Park Campus strives to make the world a better place by doing what we can. We have several recycling bins for paper, cans, and other recyclables. We've switched to energy saving light bulbs, window-films, and better heating and cooling units. We placed automatic shutoffs on our light system, use recycled paper to print our newsletters and office materials, and urge everyone to be paperless when possible.

Still, there is much to be done. The monstrosity of the dilemma makes us feel helpless. But in reality, it only takes a few simple changes in everyday life to make the world a better, cleaner, and safer place. Arm yourself with the facts about:

### PLASTIC:

- \* Americans go through 25 billion plastic bottles every year. Re-usable plastic and glass containers can help reduce the number.
- \* 26 recycled bottles equals one polyester suit—no wonder that stuff is so itchy!
- \* If every American household recycled just one out of every ten HDPE bottles they used, we'd keep 200 million pounds of the plastic out of landfills every year.



### STYROFOAM:

- \* Each year American throw away 25,000,000,000 Styrofoam cups, enough every year to circle the earth 436 times. Styrofoam cannot be recycled. Space ships cannot be made from Styrofoam. Use glass-ware and reusable plastic containers when possible.

### JUNKMAIL:

- \* If only 100,000 people stopped their junk mail, we could save up to 150,000 trees annually. If one million people did this, we could save up to one million and a half trees.
- \* The junk mail Americans receive in one day could produce enough energy to heat 250,000 homes.
- \* The average American still spends eight full months of his/her life opening junk mail. And there's seldom a truly great offer in that mail! Call the company and have them take you off their mailing list.

## The Real Story of The Peter B. Lewis Aquatic & Therapy Center *continued from page 1*



**Beachwood City Council member Fred Goodman**

Campus residents and to the community-at-large with programs and specialties that continue to improve and enhance their lives: It has made us who we are. We thank you all for helping us to remain a top-notch aquatic and therapy center.

In honor of the magnificent successes of those who are directly involved with LAC, we are launching a series of articles in the coming monthly issues of this

newsletter. Every story was written by one of Menorah Park's most involved volunteers, Helene Weinberger, who enthusiastically accepted the assignment of interviewing and recording the accounts of those who have been so greatly helped by the center. Thank you, Helene!

**The Story of Ruth:** In 1993 Ruth Plautz, now Menorah Park's Director of Rehabilitation Services, was a physical therapist on the campus. She took her concept of installing a pool on campus to Menorah Park Executive Director, Steven Raichilson. At that time, the idea of "old people swimming" was not widely appreciated. Ruth showed articles pertaining to the wonderful, life-enhancing results achievable through water therapy, and Mr. Raichilson immediately realized the potential and created a study committee to look at other pools in the area and offer feedback on possible locations. Input from staff and therapists was also considered. A rheumatologist named Dr. Abby Abelson presented ideas to Menorah Park's board of trustees, which were embraced with enthusiasm. Members of the study group attended courses on every aspect of the potential pool - from chlorine content to wall coverings. Board members brought pictures and ideas back from individual trips in search of the best pool that was available. In seeking the means to turn the dream into reality, Peter B. Lewis made his significant donation and sparked the Menorah Park board's confidence to raise the remaining necessary funds. The site was chosen, the architect, Michael Silver, came up with the drawings, and the dream took shape! When the LAC first opened, there were only three

staff members - Ruth Plautz, Debbie Glett, and Karen Ott. The original concept was that this facility would primarily serve our "in-house" population, but hundreds of people from everywhere brought their prescriptions and their needs. The growth of the Center amazed everyone and the LAC became a place known for its spirit of warmth and sense of relationship that continues to define the best of the best.

**Recorded History:** The story of the LAC is documented in a 17-volume collection that Ruth Plautz compiled throughout the years; every photo, every study, every presentation that she and Menorah Park Administrator Richard Schwalberg participated in is included.

**Meet Fred Goodman, Beachwood Councilman:** Fred has been served by LAC for more than seven years. With severe arthritis in both knees, his doctor recommended that he strengthen the muscles around his knees through water therapy. After a year, his knees were stronger, but a replacement was still necessary. "Prior to surgery, I worked out in the water for two hours a day, five days a week, for five months which paid me great dividends. After the surgery I was told that my recovery was six to eight weeks shorter than the norm," said Fred. "When I was sent from the hospital to a rehab hospital for a seven to ten day period, they tested me the day I arrived and found that I surpassed every goal and was discharged. Because of the water therapy in advance of my surgery, my flexibility and mobility were strong enough that I did not require staying in the hospital at all, which most double knee replacement patients need," he said. "This was a great plus for me. Another benefit of the water therapy was that I needed a walker for only two weeks, and after that needed no assistance!"

Fred went back into the water within about 30 days, and has been doing so for the last six years. "The water exercise keeps my legs fit and me healthy. The other benefit is the friendships with the other 'early-birders' (A group of LAC clients who meet regularly for volleyball, support, and breakfast!). They are a wonderful group," Fred said.

"When the Beachwood City Council originally voted to approve the Peter Lewis Aquatic Center plan, I voted for it. Little did I know at the time that it would become such a significant part of my life. It is never too late to start water therapy; my story is one of healing and growth!"

**SAVE THE DATE!** On April 7th, the community is invited to celebrate with us by visiting the center for morning volleyball and a noon reception with refreshments and entertainment.

## Market in the Park Gift Shop

Treasure hunting on the Menorah Park Campus is easy. **Stop in and see for yourself!**

Blouses • Robes • Sundries • Cards  
Picture Frames • Chocolates • Art  
Purses • Candle Holders • Scarves  
Note and Greeting Cards • Gloves  
Jewelry • and much more!



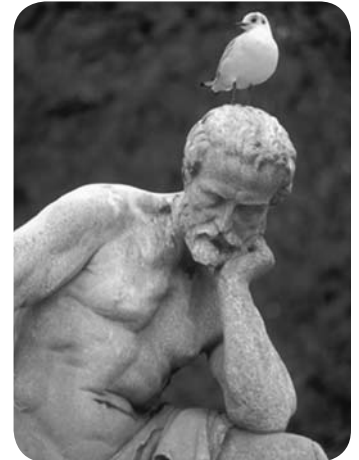
Mon. - Fri. 10 a.m. to 3 p.m.  
Sun. 10 a.m. to 2 p.m.  
(except holidays)



27100 Cedar Road  
Beachwood  
(216) 831-6500

## A Day for Mental Stimulation

On April 29th from 9:00 a.m. to 3:00 p.m. at the Beachwood Community Center at 25325 Fairmount Blvd., the City of Beachwood, Menorah Park and Cuyahoga Community College will host Contemporary Lectures for Adult Senior Scholars (CLASS), a full day educational event featuring some of the area's finest instructors in senior adult education, in a stimulating and engaging atmosphere.



Registration is \$45, and the registration deadline is April 15th. The refund deadline is April 9th.

Lectures include keynote speakers, presenters and topics listed below:

**10:00 – 10:45 a.m. Behind The Scenes and Between the Lines:** Speaking from years of experience in the Cleveland TV and radio markets Ms. Terry Moir enlightens and engages participants with her behind-the-scene tales of some of the area's most beloved personalities and historical moments.

### 11:00 – 11:45 a.m. Education Sessions

CLEVELAND Sites Unseen Presenter: Luanne or Bob Becker: New Genetics and Ethics of Today Presenter: Suzanne Rusnak

Tai Chi for Health Presenter: Susan Cady

**Noon – 1:00 p.m. Lunch and Cuyahoga Community College's Chamber Music Ensemble**  
(Vegetarian selection available)

**1:15 – 2:00 p.m. Education Sessions:** Clint Eastwood - From the Man With No Name to Total Filmmaker presented by Bill Rafalski.

Why Face Book? Presenter: Sondra Davis

### 2:15 – 3:00 p.m. Attitude: It Does Make a Difference!

Is attitude everything? The right attitude can't make you something that you are not, but it can enhance everything that you are! We will look at where your attitude comes from, and what your attitude can and cannot do for you, presented by Cheryl A. Kosek.

For more information, contact LeAnne Stuver at: 216-831-6500, ext. # 244

## Enjoy a Delicious Meal or Snack

Pearl's Place is the beautiful café in the heart of Menorah Park known for its fresh, delicious and affordable menu.

### The Basics:

Cheese Omelet with Toast or Hash Browns .....	\$2.70
Grilled Cheese .....	\$2.50
Soup of the Day* .....	\$1.25
Cheese Pizza .....	\$3.00
Wraps or Sandwiches .....	\$3.75
Add French Fries to any Sandwich .....	\$1.00
Chef Salad .....	\$3.25
Fresh Muffins .....	\$1.30
Coffee - Regular and Flavors (12oz) .....	\$0.80

**\*Call for information about the tasty specials of the day. Catering is also available.**  
216-839-6654

### PEARL'S PLACE HOURS:

**MONDAY - FRIDAY 9:00 a.m. - 3:30 p.m.**  
**SUNDAY 10:00 a.m. - 2:00 p.m.**

**\*\*Pearl's Place provides strictly Kosher dairy and parve dishes under Orthodox Rabbinic supervision**

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



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## April - 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>				<b>1</b> <b>Music with Cantorial Soloist Joanne Couch</b> 2:45 p.m.	<b>2</b> <b>Essence Club</b> RCAC 10:30 a.m. <b>Oneg Shabbat</b> 2:45 p.m.	<b>3</b>
<b>Passover</b>						
<b>4</b> <b>International Music with Ludmila Sorin</b> 2:45 p.m.	<b>5</b> <b>Morning Services</b> 9:00 a.m. <b>Afternoon Services</b> 4:15 p.m.	<b>6</b> <b>Morning Services</b> 9:00 a.m. <b>Afternoon Services</b> 4:15 p.m.	<b>7</b> Cleveland Museum of Art Weinberg & Friedman	<b>8</b> <b>Resident Choir</b> 10:30 a.m. <b>High Tea with Cliff Hablan</b> 3:00 p.m.	<b>9</b> <b>Young People's Club</b> RCAC • 10:30 a.m. <b>Oneg Shabbat</b> 2:45 p.m.	<b>10</b> Ruby Tuesday's Euclid
<b>Passover</b>						
<b>11</b> <b>Pancake Breakfast</b> 10:00 a.m. <b>Yom Hashoah</b> 2:30 p.m.	<b>12</b> <b>Distance Learning</b> MBR 2:30 p.m.	<b>13</b> <b>High Tea with Mary Beth Ions</b> 3:00 p.m. <b>Menorah Café*</b> 5:00 p.m.	<b>14</b> <b>Movie Time</b> 2:00 p.m.	<b>15</b> <b>Residents' Council</b> 2:45 p.m.	<b>16</b> <b>Oneg Shabbat</b> 2:45 p.m.	<b>17</b>
	<b>Quaker Steak &amp; Lube</b> Fairmount 2	<b>T.G.I. Fridays</b> Beachwood & Fairmount 1	<b>Cici's Pizza</b> Friedman	<b>Ho Wah</b> Weinberg 2		
<b>18</b> <b>Music with Val</b> Fairmount 1 2:00 p.m. Weinberg 1 2:45 p.m.	<b>19</b> <b>Yom Ha' Zikaron Memorial</b> 2:30 p.m.	<b>20</b> <b>Drumming</b> Fairmount 10:30 a.m. <b>Yom Ha'Atmaut Celebration</b> 2:30 p.m.	<b>21</b> <b>High Tea with Mike Petrone</b> 3:00 p.m.	<b>22</b> <b>Resident Choir</b> 10:30 a.m. <b>"Panda"-monium</b> 2:45 p.m.	<b>23</b> <b>Oneg Shabbat</b> 2:45 p.m.	<b>24</b> Mary Yoder's Heights
		<b>T.G.I. Friday's</b> Euclid	<b>Claddagh Irish Pub</b> Friedman			
<b>25</b> <b>Bagel Brunch</b> 10:00 a.m. <b>Bingo</b> 2:45 p.m.	<b>26</b> <b>Distance Learning</b> MBR 2:30 p.m.	<b>27</b> <b>Russian Club</b> 10:30 a.m. <b>High Tea with Mike Leamon</b> 3:00 p.m.	<b>28</b> <b>Movie Time</b> 2:00 p.m.	<b>29</b> <b>Spelling Bee</b> 2:45 p.m.	<b>30</b> <b>Story Time with Fundamentals</b> Library 10:30 a.m. <b>Oneg Shabbat</b> 2:45 p.m.	
	<b>Crazy Horse</b> Men's Outing	<b>Temple Emanuel</b> Sisterhood Lunch	<b>Movie &amp; Lunch</b> Friedman	<b>Natural History Museum</b> Weinberg 2		

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