

# MENORAH PARK CAMPUS NEWS

Menorah Park Center for Senior Living Community Newsletter

February 2010

## The Spiritual Resolve of The Myers Eight - New Bat Mitzvah Ladies!

Eight women, with a combined 700-plus years of life-experience, will celebrate their spirituality on March 7th at 10:00 a.m. during Bat Mitzvah ceremonies. The R.H. Myers Apartments residents, family, friends, and the community will gather to share in this simcha (joyous occasion) in the Jennie & Jacob Sapirstein Synagogue at Menorah Park Center for Senior Living. The women, all in their mid 80's to high 90's, missed out on having a Bat Mitzvah

at the age of twelve, as girls at that time did not celebrate a Bat Mitzvah as it is celebrated today. The women include: Leona Berkowitz, Muriel Cohen, Pearl Fried, Roz Geller, Marguerite Goldfarb, Ida Gordon, Evelyn Kaye, and Goldie Weiderhorn.

“This is really an amazing group of women! During class, the ladies have

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### Candlelight Dining Excellence

Join Menorah Park residents for the annual Candlelight Dinner on Sunday, February 21st at 5:00 p.m. Reservations are required. Please contact your pavilion activities staff member for more information.

### Understanding Purim with Rabbi Ephraim Karp

This year Purim begins the evening of Saturday, February 27th. The day before Purim begins is traditionally a day of fasting, known as the fast of Esther. Since this year the day before Purim is Shabbat, we cannot fast at the traditional time. For those whose doctors permit them to fast, it is observed on the Thursday before, February 25th.

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This newsletter is printed on recycled paper.

## From The Administrator's Desk Looking to 2010 for More Successes



**Steven Raichilson,**  
**Menorah Park**  
**Executive Director**

We recently enjoyed a wonderful annual meeting featuring one of our own Centenarians, Sara Pollak, who spoke about successful aging. She is a true personification of the meeting's theme "Portraits of Wellness." While we reflected on 2009, we excitedly looked forward to continuing successes in 2010.

As I've shared with readers in the past, economic challenges have impacted Menorah Park during the past year. While this meant cancel some plans, we ultimately have been able to find success in fulfilling some important needs of our community.

In July, we completed construction of a state-of-the-art Dialysis Center for campus clients who must leave the campus for stressful dialysis treatment. Clients are moving to our campus for the convenience of having a treatment center just a corridor away. The new center will also serve members of the general community who wish to use Menorah Park community services. Dialysis clients have many healthcare needs and with the dialysis center on campus, we are able to develop an additional client base within our apartments, post-hospital inpatient rehabilitation, outpatient therapy, and home health care.

Our new hospice program expanded to offer organized hospice services at The R.H. Myers Apartments, Wiggins Place, and

Stone Gardens, in addition to serving clients in our skilled nursing residence.

Ten of our Wiggins Place tenants studied for their Bat Mitzvah early in 2009. They received international media attention, and showed the world what is possible with motivation, positive thinking, and supportive campus services.

We enhanced our therapy department by introducing specialized programs for hand therapy and continence control. Our team of physical, occupational, and speech therapists are known throughout the community for their rehabilitation expertise, greatly enhancing Menorah Park's visibility among the medical community and resulting in hundreds of therapy referrals to our campus.

Success during this difficult year was the product of a seasoned and very talented staff working in partnership with a creative and strategically focused Board of Trustees. Enid Rosenberg, President of our Board of Trustees just completed an extremely productive three-year term of office at the end of 2009. We are very appreciative of her leadership, vision, and advocacy on our behalf, which have greatly aided us in achieving our operational and financial goals in these difficult and stressful times. Enid has contributed countless hours to the welfare of Menorah Park, and her focus on our future will ensure our success in the years ahead.

We are pleased to continue our journey with newly appointed President of our Board of Trustees, William Lieberman.



**Immediate Past**  
**President Enid**  
**Rosenberg and newly**  
**appointed President**  
**of Menorah Park**  
**Board of Trustees**  
**Bill Lieberman.**

## The Myers Eight - New Bat Mitzvah Ladies *continued from page 1*

been brushing up on their Hebrew reading, and they are working very hard preparing "sermonettes" on their Torah portions," said Rabbi Howard Kutner, who oversaw the WOW Bat Mitzvah Ten from Wiggins Place, who garnered massive local and international media attention last year.

The Rabbi holds weekly classes to assist the new group of women in researching and writing their speeches based on each woman's Parsha (Torah portion). He has also been meeting with the women individually as needed. "There is a high level of excitement among the group, and many are having their children and grandchildren fly in from as far away as Boston, Delaware, New York, and all over the U.S.," he said. "It will truly be a milestone marking a great achievement in the lives of The Myers Eight."

Rabbi Kutner pointed out nuances of spiritual significance in the groups' numbers. "Myers has eight women. The number eight has great significance in Jewish tradition: In

Kabalistic thought, seven symbolizes the natural order of the world. There are seven days in a week. The number eight symbolizes that which is above time, and beyond nature. Eight transcends the natural, symbolizing the mystical. "Wiggins had ten women. With the Myers eight, that makes 18. In Judaism, the word for life, CHAI, has the numerical value of 18. This event is a celebration of life," he said.

After the ceremony, all are invited to the Maurice & Shirley Saltzman Auditorium for a reception with food, music, dancing and fun with Rock the House DJs. Everyone is encouraged to come celebrate with us.

Special thanks to Sherry Foxman's Party 411 for generously donating center-pieces, cameras for the Bat Mitzvah women, goodie bags, chocolates, banners and sign-in posters. Anyone interested in helping to sponsor this ceremony, please contact Carol Wolf at 216-839-6688.

# Welcoming Mr. Lipsey

*“Older adults have a lot to teach us; I have reverence for the lives that each one has lived. My perception of aging is that it ought to be fun; there is a degree of freedom and grace that comes with it.” Prentice Lipsey.*

We welcome Prentice Lipsey to Menorah Park Campus as the new Associate Administrator. A graduate of The Ohio State University with a B.S. in the Allied Health Professions and a Masters in Health Services Administration from Xavier University, Mr. Lipsey was most recently Vice President of Operations for St. Joseph of the Pines in Southern Pines, North Carolina. He has been included in publications such as Advance and Aging for implementing best practices within the field of healthcare management. He is also a past presenter for the American Association of Homes and Services for the Aging (AAHSA) and the Association of Ohio Philanthropic Homes for the Aged (AOPHA) Conferences. Mr. Lipsey was employed at Wexner Heritage Village from 2001 until 2007, during which time he became Vice President of Health Services and was responsible for managing the day to day operations of the 200-bed skilled nursing residence, Zusman Jewish Community Hospice, and its two MRDD group homes. He is married with three children.



***Hermine Skully welcomes the new associate administrator during warm conversation in Pearl's Place***

“An opportunity to work for Menorah Park was an opportunity I knew I could not pass up. Being a native of Ohio and knowing the reputation of Menorah Park, I had to apply,” he said. “My vision is for Menorah Park to become an even stronger paradigm in the delivery of long term care and related services. With all the changes in healthcare, the field is in desperate need of organizations and strong leadership to discover new and beneficial strategies for the provision of quality care.”

“I would most like to share with the community that I, like others working in long term care, believe that it is a calling. This is certainly apparent at Menorah Park, recognizing that many of our employees have worked here over the span of two and three decades,” he stated.



## Strike a Pose!

***Children from FUNDamentals Child Care enjoy participating in a winter fashion show with clients from Menorah Park's Mandel Adult Day Care Center.***

## Save the Date for a Purpose-Driven Life Discussion

Our next Scholar on Campus program will be held Monday, March 22nd through Wednesday, March 24th.

Internationally known author Kay Van Norman will be talking with our campus about “Whole Person Wellness.”

### Monday, March 22nd

7:30 – 8:30 p.m. Community Presentation

### Tuesday, March 23rd

10:30 – 11:30 a.m. Wiggins Place

2:00 – 3:00 p.m. The RH Myers Apartments

### Wednesday, March 24th

10:30 – 11:30 a.m. Menorah Park

2:30 – 3:30 p.m. Stone Gardens



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# Follow Your Heart... to the Exercise Room!

## February is American Heart Month

Cardiovascular disease, and its complications including stroke, are our nation's number one killer. To urge Americans to join the battle against this disease, February has been proclaimed as "American Heart Month" since 1963.

The most important factors in avoiding heart disease are related to lifestyle issues. Regular exercise, maintaining a healthy diet, body weight and cholesterol levels make up a big part of that lifestyle.

Research indicates that even a daily walk can have benefits. The key is to elevate the heart rate for about 30 minutes or more, which can also reduce stress levels and improve the quality of sleep each night.

There are countless ways to get exercise indoors on campus, including:

Dancercise, Tai Chi, Woga, Wii games, indoor walking paths, swimming and health maintenance programs at the



**Fred Fleischer and George Adler workout with Exercise Specialist Amy Nieman.**

Peter B. Lewis Aquatic & Therapy Center, and other various exercise programs. Check with your activities director and calendars for more information.

## Swimmingly Good Fun

### Special to Campus News

*By Peter B. Lewis Aquatic & Therapy Center (LAC)  
Early Bird Member Molly Brudnick*

If you haven't flown south for the winter, join the Early Birds. The group grows with any (LAC) Early Bird who wants to join. Members of the group are very supportive of one another. We have become a community where staff and clients share more than a desire to improve our health. We are actually "high" on healthy activity and caring relationships!

We joke, laugh, share stories and, most importantly, do our water therapy with gusto and enjoyment, as well as



**Early Birds meet for breakfast the fourth Wednesday of each month.**

appreciation for the kindness and skill of staff, including Karen, Shirley, Chris, Travis, and of course all of the WONDERFUL physical therapists – Eran, Sharon, Debbie, Steve, Shaun, Susan, Barb, Colleen, Ryan, Jim, Mimi and Mae. But there are sad times too, such as when several of us attended fellow Early Bird member Bill Stipe's funeral. Then we talked of his smile shining on us on those mornings when we saw pink skies come up during our workouts.

About eight of us play water volley ball on Fridays, often assisted by others in the pool when our beach ball goes awry. Last summer Eleanor Higgins, who plays with enthusiasm, had our volley ball teams bring potluck to her home, where we had a lovely picnic.

The Early Birds are very solicitous of each other and tell someone in the group when we will be away, will have surgery, etc. The group sends cards of encouragement and support to those of us who are not able to come to the pool for some time.

More recently, the Early Birds are going to breakfast once a month. The first two times we went to Corky & Lenny's back room and had a blast! This month, Karen, an LAC staff member who also subs as a lifeguard, arranged for us to go to Pearl's Place. We were delighted with the great hospitality and healthy breakfast served cafeteria style and plan to go there again. Pearl's Place is handy for us, since we need a place close to the pool, especially during icy weather.

# Knee Replacement and Rehab

## What You “Kneed” to Know

*The healthy and strong individual is the one who asks for help when he needs it, whether he's got an abscess on his knee or in his soul.* ~ Rona Barrett

A strong and steady gait is a key component to good health. They say when the knees go every other part of the body begins a downward spiral. You use 200 muscles to take one step. Without strong, healthy knees, it's difficult to perform even the simple task of standing or walking, and without using those muscles, they too become weak.



What goes wrong? Chondromalacia patellae is the most common cause of chronic knee pain. The condition is also called the patellofemoral syndrome. Softening of the cartilage beneath the knee cap (the patella) results in small areas of breakdown and pain around the knee. Instead of gliding smoothly over the knee, the knee cap rubs against the thigh bone (the femur) when the knee moves. The changes can range from mild to complete erosion of the cartilage. Chondromalacia commonly occurs in females.

According to Sharon Desatnik, physical therapists at LAC, “The Peter B. Lewis Aquatic & Therapy Center (LAC) offers rehabilitation for knee pain, strengthening, and help with the gait, or walking. We offer land, aquatic, and balance training for both pre-op and post-op situations. For the client with no interest in surgery at all, we assess your walking, strength, motion and balance. We then develop an individualized exercise plan towards functional goals with a licensed physical therapist. Client's participation is quite important in the self management of symptoms and may include “homework” or assigned exercises to do outside of therapy to achieve the full benefit. Clients are urged to participate fully in their “homework” for the best results.”

The warm water exercise that LAC provides encourages knee range of motion with decreased pain levels. Physical therapy water exercise also improves walking by decreasing the load on the knee due to the buoyancy effect.

For information on rehabilitation of the knee before, during or after a knee replacement, call the Peter B. Lewis Aquatic & Therapy Center at 216-595-7345.

## More Knee Facts

The knee is a joint that has three compartments. The thigh bone (femur) meets the large shin bone (tibia) forming the main knee joint. This joint has an inner (medial) and an outer (lateral) compartment. The kneecap (patella) joins the femur to form a third compartment, called the patellofemoral joint.

The knee joint is surrounded by a joint capsule with ligaments that provide stability and strength to the knee joint. The knee joint is surrounded by fluid-filled sacs called bursae, which serve as gliding surfaces that reduce friction of the tendons. Below the kneecap, there is a large tendon (patellar tendon) which attaches to the front of the tibia bone. There are large blood vessels passing through the area behind the knee (referred to as the popliteal space). The large muscles of the thigh move the knee.

## Composing with Passion

Wiggins Place is “home sweet home” for many amazing people. The community is something to sing about according to tenant Jean Hyman, who composed a wonderful song to express her thoughts. Thank you for the beautiful music Jean!

“Wiggins Place,  
we're all so pleased  
to be here  
living in such a fine atmosphere.  
People here are interesting  
and really so nice.  
Anyone who's sent to  
dwell here  
has good advice.  
Here's to a place  
we can call home  
We know...  
from where we don't  
want to roam.  
That's so...  
Come 'round to visit us  
and you'll all agree  
how happy one can be.”



**Jean shares memories of performing for presidents**

## Understanding Purim *continued from page 1*

As with any observance in Jewish life, we are driven to ask, “Why?” Why do we fast? What is this fast called the Fast of Esther?

In the book of Esther, when the wicked Haman comes up with his evil plot to kill all of the Jews, Mordechai summons Queen Esther and asks her to approach the King with this news. Esther is nervous, but Mordechai reminds her that this opportunity to save the Jewish people may be the very reason why G-d chose Esther to be the Queen. In preparation for this meeting, which involved approaching the King uninvited (an act that endangered one’s very life), Esther asked Mordechai to have all the people join her in a three day fast during which they would pray and plead with G-d to save them.

We might think that this is the reason we fast today, especially since it is called the “Fast of Esther.”

However, this is not the cause for our fast. We do not fast because of Esther’s request, and we certainly don’t fast for three days! Instead, our tradition teaches us that this fast is based on the idea that the Jewish people always fasted before fighting a war. Since the King had given the people of his empire permission to kill the Jews, the Jews were preparing to defend themselves and fight back. Part of that preparation, we assume, involved fasting, as was traditional before any battle. Nonetheless, since it was Esther who first introduced the idea of fasting and praying for G-d’s help, we still honor her and call the day “The Fast of Esther.”

May all of our prayers be heard and answered so we may indeed have many opportunities to celebrate! Wherever you are on campus, you’ll find many fun-filled activities in observance of Purim, and we welcome you to come and enjoy.



*Purim fun*

### At Menorah Park

#### Saturday, February 27th

Due to the late hour Purim begins this year, a pre-Purim Megillah reading will be held in the Menorah Park’s Jennie & Jacob Sapirstein Synagogue after Shabbat afternoon services at 4:15 p.m.

For campus residents wishing to attend a Megillah reading at the halachically-correct time, bus transportation will be provided to the Green Road Synagogue. Bus space is limited and reservations are required. Please contact your activities staff member.

#### Sunday, February 28th (Purim Day)

Megillat Esther will be read during Purim morning services in Menorah Park’s Synagogue beginning at 8:00 a.m. The Megillah will be read at approximately 8:45 a.m., followed by the exchanging of Mishloach Manos and a special monthly Bagel Brunch in the auditorium. Families and friends are invited to spend the day by enjoying Purim afternoon musical entertainment of Asher Barken and his band at 2:30 p.m.

#### Monday, March 1st

On Shusan Purim join us for a fun-filled Intergenerational Carnival with FUNdamentals and live clown entertainment at 10:30 a.m. in the auditorium.

### At The R.H. Myers Apartments

*All programs at 2:00 p.m.*

**Thursday, February 25th** – At a Feast of Esther we will begin celebrations with a retelling of Her Story and enjoy some tasty Hamantaschen.

**Friday, February 26th** – Enjoy a retelling of the story of Purim.

**Sunday, February 28th** – “Make some noise” at a lively Purim Social in the Activity Room.

### At Stone Gardens,

**Sunday, February 28th** – From 2:30-4:00 p.m., start counting the dots at the annual Polka Dot Purim Party that will include a Purim Schpiel soap opera featuring our own residents, a Mishloach Manos exchange and much much more!

### Wiggins Place

**Monday, February 22nd** – Have fun with your favorite tots at an Intergenerational Purim Mask Making Party at 10:00 a.m., and help prepare Mishloach Manos for the JFSA group homes.

**Thursday, February 25th** – Test your skills at a Hamantashen Baking Class at 10:00 a.m.

**Sunday, February 28th** – Count the Queen Esthers at the annual Intergenerational Costume Party and sing-a-long with Rabbi Kutner at 3:00 p.m.

*\*Times and programs subject to change, please contact your activities department for more information.*

## Join Us For Breakfast

For everyone’s convenience we have changed the time of weekday morning services from 7:00 a.m. to 8:00 a.m. Immediately following morning minyan, we welcome you to stay for conversation and a delicious breakfast with choices that often include eggs, hash browns, pancakes, and blintzes.

Enjoy, socialize and engage in lively discussions surrounding the day’s Parsha (Torah reading) with our wonderful community.

# A Picture is Worth 1,000 Words: What Can 20,000 Pictures Say?

*“Photography records the gamut of feelings written on the human face, the beauty of the earth and skies that man has inherited, and the wealth and confusion man has created. It is a major force in explaining man to man.”*  
~ Edward Steichen

On the Menorah Park Campus, we record our history with our eyes to the future. We preserve the memories, the moments, the emotions; to hold and share for centuries to come.

Technology affords us the ability to snap thousands upon thousands of digital pictures; a huge collection representing the ins and outs of daily life. In the campus Public Relations Department, we have close to 20,000 such pictures, each taken over the past few years.

Whether it's a dancing child celebrating Purim with residents, or ten women studying Hebrew for their coming Bat Mitzvah, or 90 year old Shirley Guralnik riding on the back of a motorcycle with Beachwood Mayor Merle Gorden, arms in the air and joy on her face, we are behind the scenes, proud to tell the stories through our cameras.



**Award-winning photo taken by  
Scott Shaw / The Plain Dealer**

Photos such as those of Martin Kritzer standing at emotional attention with a flag in hand while Barack Obama is sworn in as President of the United States have touched our hearts and continue to make us smile, knowing that these moments are so immensely moving that even the media is compelled to print and reprint the photos. Mr. Kritzer's photo was chosen by the Plain Dealer as picture of the month and included among the collection of Pictures of the Year 2009! Shirley Guralnik's motorcycle ride was reprinted by the Sun Press as memorable in 2009 as well. Our (WOW) Bat Mitzvah Women of Wiggins pictures are still a buzz on the internet, and our new group of

Bat Mitzvah women, the R.H. Eight, will soon be making headlines as they each embark on a Bat Mitzvah on March 7th. Save the date and join us!

It is our job and our pleasure to continue to document and share the many amazing events and people who touch our lives and the lives of residents, family and staff of Menorah Park. If you know of a special someone or an event on Campus that should be brought to light, please email us at [sgavanditti@menorahpark.org](mailto:sgavanditti@menorahpark.org), or call 216-839-6687.

**REMEMBER:** Watch for the annual display of staff members' own favorite photos to be posted throughout the halls of Menorah Park this month.

# At Home with Connections

The Russian Club has expanded to provide even more programs that include Russian language and culture. The club meets every Tuesday; the first and third on the Fairmount Pavilion, and the second and fourth in the auditorium. These larger gatherings include music and stories about Russia from frequent travelers who bring back information about current happenings in Russia.

The goal of the Club is to provide one-on-one interaction with Russian residents, effectively helping them be more at home in English-speaking surroundings by creating these valuable connections that strengthen interaction, according to Activities Staff Member Val Robbins.

“It is important to provide these opportunities to all residents. Some with cognitive challenges may not seem like they're aware, but they are very much with us,” said Val. After she sang a favorite and familiar melody in Russian to a resident on the Fairmount Pavilion who appeared to be asleep, he quickly perked up the moment Val began. “The comforts come through music and language. Language should never be a barrier to fulfillment,” she said.

## Socks for Soldiers

Menorah Park's Residents' Council has donated funds and is collecting items for the “Socks for Soldiers” program. They will lead a Packing Party on Wednesday, February 17th at 10:30 a.m. so that soldiers overseas get some comforts from home.



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Brain Train 102 RCAC • 10:30 a.m. Distance Learning MBR 2:30 p.m.	<b>2</b> Men's Club RCAC • 10:30 a.m. Russian Club Fairmount • 10:30 a.m. High Tea with Mike Leamon • 3:00 p.m. Claddagh Irish Pub Beachwood & Fairmount 1	<b>3</b> Cabaret Lounge with Mike Petrone 2:45 p.m. Olive Garden Weinberg 1 & Friedman	<b>4</b> Sing Along with Marcia Sindelar 2:45 p.m. Ho Wah Weinberg 2	<b>5</b> Essence Club 10:30 a.m. Oneg Shabbat 2:45 p.m.	<b>6</b>
<b>7</b> Park Synagogue Volunteer Choir 2:45 p.m.	<b>8</b> Brain Train 102 RCAC • 10:30 a.m. Distance Learning MBR 2:30 p.m. Ho Wah Fairmount 2	<b>9</b> Russian Club 10:30 a.m. High Tea with Mary Beth Ions • 3:00 p.m. Menorah Cafe* 5:00 p.m. Ruby Tuesdays Beachwood & Fairmount 1	<b>10</b> Rabbi's Healing Service Synagogue • 10:30 a.m. Music Time with Billy Jackson 2:45 p.m. Movie & Lunch Weinberg 1 & Friedman	<b>11</b> Resident Choir RCAC 10:30 a.m. Movie Time 2:00 p.m. Ho Wah Euclid	<b>12</b> Young Person's Club RCAC 10:30 a.m. Oneg Shabbat 2:45 p.m. Dino's Italian Heights	<b>13</b>
<b>14</b> Pancake Breakfast 10:00 a.m. Temple Tea 2:30 p.m.	<b>15</b> Brain Train 102 RCAC 10:30 a.m.	<b>16</b> Russian Club Fairmount 1 • 10:30 a.m. Drumming Fairmount 2 • 10:30 a.m. High Tea with Cliff Hablan 3:00 p.m. Red Lobster Beachwood & Fairmount 1	<b>17</b> Social Action Committee Packing Party 10:30 a.m. Great Lakes Science Center Weinberg 1 & Friedman	<b>18</b> Residents' Council 2:45 p.m. Olive Garden Weinberg 2	<b>19</b> Clown Troop RCAC 10:30 a.m. Oneg Shabbat 2:45 p.m.	<b>20</b>
<b>21</b> Candlelight Dinner* Classical Trio with Mary Beth Ions 5:00 p.m.	<b>22</b> Brain Train 102 RCAC 10:30 a.m. Distance Learning MBR 2:30 p.m. Claddagh Irish Pub Fairmount 2	<b>23</b> Russian Club 10:30 a.m. Movie Time 2:00 p.m. Olive Garden Euclid	<b>24</b> Entertainmobile 2:45 p.m. Ho Wah Weinberg 1 & Friedman	<b>25</b> Resident Choir RCAC 10:30 a.m. A Walk Down Memory Lane with Curtis Chamberlain 2:45 p.m.	<b>26</b> Story Time Fun Library 10:30 a.m. Oneg Shabbat 2:45 p.m. Smokey Bones Heights	<b>27</b>
<b>28</b> Megillah Reading 8:45 a.m. Mishloach Manos 9:30 a.m. Bagel Brunch 10:00 a.m. Purim Music Program 2:30 p.m.	<p>* Reservations Required</p> <ul style="list-style-type: none"> <li>• All Outings at 10:30 a.m. Except When Noted</li> <li>• All Services in Synagogue</li> <li>• All High Teas in Front Lobby</li> <li>• RCAC = Rosenbluth Creative Arts Center</li> <li>• MBR = Miller Board Room</li> <li>• All programs in the auditorium unless specified</li> </ul> <p>Please note, activities are subject to change</p>					

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