

MENORAH PARK CAMPUS NEWS

Menorah Park Center for Senior Living Community Newsletter

June 2010

Free Wheeling Fundraisers Baffle Tots



"A good laugh is sunshine in the house." **William Makepeace Thackeray**

The tiny tots from Menorah Park's FUNDamentals Childcare Center were dazed and confused, looking on in wonderment; their expressions spoke volumes: "Who are these 'big kids' on our trikes?"

The "dragsters" were Executive Director Steven Raichilson, Administrator Richard Schwalberg, Associate Administrator Prentice Lipsey, Director of Spiritual Living Rabbi Ephraim Karp, Director of

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We're Singin' Rain or Shine

The Menorah Park Choir is gearing up for its first concert in July, rain or shine, with its very own official Troubadour Sam Osachy. Looking to showcase your vocal box? The Choir is looking for a few more talented melody-makers to round out the group. So bring your vocals on the second and fourth Thursday of the month to the Rosenbluth Creative Arts Center and join the amazing group.

Speaking of the Rosenbluth Creative Arts Center, pats on the back for your creativity in using recycled soda cans in making the artistic renditions of the choir really sing!



"Wherever you go, no matter what the weather, always bring your own sunshine."
Anthony J. D'Angelo



**Happy
Father's Day!**

Event schedule on page 3

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From The Administrator's Desk

We Asked, You Answered – Satisfaction is High!



Richard Schwalberg,
Menorah Park
Administrator

Menorah Park Annual Family Satisfaction Survey

Menorah Park conducts an important quality assurance Annual Family Satisfaction Survey for all long-term care clients.

This 20-page survey is sent to each responsible party/family representative late in the fall. Results are compiled and thoroughly analyzed by Menorah Park administrative supervisory staff. All resident care service areas

including medical care, nursing care, social work, activities, food service, housekeeping, laundry, maintenance, religious services, administration and business offices are rated in-depth by families.

Any area which has a rating result of ten percent dissatisfaction or greater is critically evaluated by administration and respective department staff, including the development of a corrective action plan detailing when, how and what will be done to improve the issue.

Families received the survey results and the corrective action plans in March.

The Results: We are pleased to report that our overall survey results were excellent. Overall satisfaction with resident care was high, with a very low dissatisfaction rating of 1.6 percent. The majority of care and service areas had satisfaction ratings above 90 percent. They were: medical, nursing, housekeeping, engineering, social work, general linen, administration and business offices, and religious services.

Areas for improvement were daily activities, food temperature and seasoning, and laundry services. Action plans included a new laundry mesh-bag system on two pavilions to ease washing of clothing and decrease instances of lost clothing, working with the chefs to enhance food seasoning, in-servicing nursing assistants to keep lids on entree trays so as to keep food warmer, and requiring six activity programs on each pavilion during weekdays.

We are very proud of achieving such fine survey results. We will continually strive to enhance our resident care services and level of satisfaction. Quality is always top priority!

Healthcare Heroes Do Make a Difference for Seniors

Congratulations to Menorah Park Administrator Richard Schwalberg for being a finalist in the Healthcare Advocacy category of Crain's Cleveland Business' Healthcare Hero Awards. He was honored at a recent awards banquet and was included in the awards announcement issue of Crain's Cleveland Business Magazine in May. Richard received this honor for his dedication in ensuring that older adults' individual needs are met even when they reach the Medicare therapy cap. Because of an exception process, they will be able to receive physical, occupational and speech therapy, as long as it is justified.

Richard is a leader in advocacy for this and other challenges that affect our aging population. He recently spearheaded an advocacy trip to the White House, and stays in communication with those who can make a difference to the elderly population. Due, in large part, to Richard's dedication, the many issues facing our seniors remain a top priority with legislators and White House officials.

We also applaud Zhanna Khalafyan, Registered Nurse, for her role in Home Health as a Healthcare Hero.

Free Wheeling Fundraisers Baffle Tots

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Social Services Lisa Cohen-Kiraly, and Menorah Park Executive Chef Patrick Dunn. All of them put the pedal to the metal to raise money and awareness for the Jewish Community Federation's Annual Campaign. As each participant zoomed through the very creative obstacle course on their under-sized tricycles, they "hammed" it up to the laughter that engulfed the room, revving the spirit of camaraderie and community, and bringing smiles and heart-felt cheers that lasted way beyond the finish line. Thanks to all you good sports for helping raise money for such a wonderful cause!



Listening for the Joy



Rabbi Ephraim Karp, Director of Spiritual Living

Summer is a time for vacations and celebrations, in addition to the many occasions and holidays already marked on our calendars. For many people, however, a day that demands happiness is a hard one to deal with.

I remember my grandmother's funeral, when my grandfather remarked as he tossed a shovelful of dirt, "On Valentines Day I am burying my wife!" A friend of mine remarked that the very first Mother's Day after her mother's passing she wound up screaming at a store clerk who offered

her a free "Happy Mother's Day" pin. Every year before Passover there is a call for donations to help those who do not have enough money to buy food for the Seders. Still others are without a home or health services, fighting emotional and critical illnesses, or just trying to make it through the nightmare of every day. How do people in these situations even begin to celebrate? How do we function when we find ourselves faced with these or similar conditions?

Some might suggest that we look for the silver lining in each dark cloud. But can anyone really tell us how we should feel? If everyone redirects us to talk only about the "good things," we will either be very quiet or make up a lot of stuff. And yet, many of us can see the blessings in the midst of the horrors. How do we do it? How do we enable others to do the same?

First, we cannot compel anyone to feel or think a certain way. If we have really managed to find moments of joy in our troubles, we know that it didn't come easily. No one placed the ideas or emotions in our hearts; we came to them ourselves, in our own way and time.

The best thing we can do is to listen. Listen to those who are suffering or in pain, without trying to make it better or make the agony go away. If someone who is suffering really feels that we are listening, that person may begin to know that we really do care. When someone feels that his problems are being heard with compassion, that his feelings are legitimate,

Father's Day Fun on Campus:

Menorah Park The Annual Father's Day Breakfast on June 18th from 8:00 to 10:00 a.m. in the Saltzman Auditorium at Menorah Park is provided by **Sherry & Jeffrey Epstein Father's Day Fund**.

All Menorah Park families are invited!

Mandel Adult Day Care Center (ADC) What's the difference between a vice-grip and a pair of pliers? Not every woman knows the answers, but the ladies from the ADC will have a chance to hone their handy-lady skills and learn to fasten nuts and bolts in a fun game of "What tool is this?" in honor of Father's Day in a fun reversal of roles. The Father's Day Program will be on the 18th at 2:00 p.m.

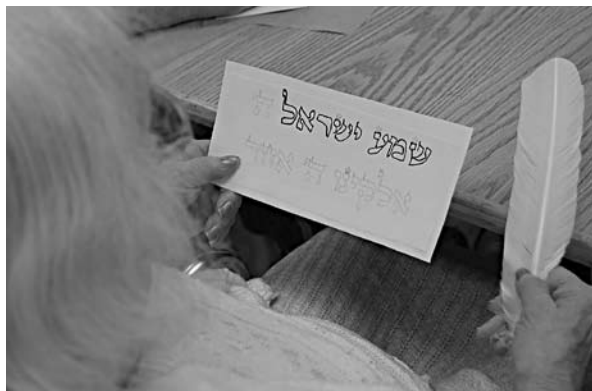
The R.H. Myers Apartments Fathers will get goodie bags and relax to music from the Straight-Six Dixie Band, known for their mix of jazz, traditional and modern blues, stomps, polkas, popular standards and novelty tunes on Father's Day. Thanks to the **Bonnie Harshman Cole and Michael Cole Father's Day Fund** for making this possible.

Stone Gardens Dads will open their gifts and enjoy the Asher Barkin Lyd Ensemble at 2:30 p.m. in the Ivy room on Father's Day thanks to the **Helen & Herb Braun Father's Day Fund**.

Wiggins Place A Men's BBQ is on tap thanks to the **Minda & Jack Jaffe Father's Day Fund**. Enjoy music by Cliff Habian during this fun-filled event on Thursday, June 17th. A Father's Day Ice Cream Social on June 20th will add to the sweetness of the day.

then, for him, a light may begin to shine in the darkness. This may enable him to find his own reasons for celebration – the sunshine, a flower, a baby's hug!

So as I prepare my guest-list for my next party, I will be sure to include a few people I know who only need someone to listen to them and to care about their feelings. Who is on your list?



Rabbi Shmuel Friedman of the Cleveland Friendship Circle joined residents in the Rosenbluth Creative Arts Center to engage in discussions about how torah scrolls are created. They practiced writing Hebrew text with quills as done by scribes.



Experience The World: Distance Learning Up Close and Powerful

In this century, we have moved well beyond the concepts and misconceptions of retirement facilities as “holding places.” Aging adults require active living with focus on their capabilities, not their disabilities. We celebrate lifelong learning on the Menorah Park Campus and honor all who engage in courses at the Rose Institute and our many other programs. We are dedicated to constantly developing creative, innovative programs that generate opportunities for our seniors to socialize with various segments of the community, allowing them to enjoy excitement, fulfillment, and laughter, while broadening their horizons. The technology that we utilize creates a wealth of opportunities for residents to engage in stimulating, interactive classes and other impromptu options.

We would like to update you on one of our newest learning options. We initiated Distance Learning classes using video conferencing systems across the campus. In addition to increased stimulation, the program enables emotional and intellectual independence, strengthens cognitive function and improves overall health. Research shows that educational programs, along with exercise and good nutrition, are health promotion practices.

We developed this program specifically because our senior population may not have opportunities to visit cultural, artistic, educational and nature-based sites across the world, but still want to enjoy the adventures and the learning experiences that each provides. Residents are

actively engaged, not passive viewers. They now have the opportunity to participate in 45 minute to one-hour “field trips” without leaving home. Actual trips to these locations would be risky due to care needs, but technology has connected them to the world and to interesting people. They have virtually experienced dog sledding in Alaska, explored the barrier reef in Australia, visited architectural marvels in Israel, studied and discovered behind-the-scene facts about paintings in Ohio, learned of baseball legends in New York, and much more. Topics are diverse, providing choices to meet the interests of individuals in our person-centered environments. Our large flat screen television sits in front of the classrooms at eye level for easy viewing, creating amazing opportunities for interactive dialogues between the presenters and the audience of residents, families and community members.



Imagine – The Amazon coming to YOUR living room and the dialogue that would occur.

The large screen in our lifelong learning classrooms also enables us to connect to websites to participate in brain fitness programs and games. Residents interested in social action have embarked on advocacy efforts and created a video posted on YouTube entitled “Don’t Cut Me Out” as their message to maintain Medicaid funding. They have used the technology in the classroom to create a song with a Scholar on Campus. The video was also posted on YouTube. In our computer center, several campus participants learned how to create a blog and Facebook pages, where they frequently post photos and comments. We have placed links on our website for easy access.

All of these opportunities provide new learning experiences and connects residents with family members who may live far away. Since our young people tend to be more technically savvy than the older population, these programs have provided a bridge across the generation gap! Our residents learn, and students and grandchildren share in the experience. Because the programs are so stimulating and extraordinary, residents often share information about the weekly Distance Learning topics, feeling proud of their newfound knowledge. As abilities are lost, people may lack a sense of purpose. Distance learning helps restore excitement and renew interests, providing a sense of empowerment that is priceless!



“Your Life Made Simpler”

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Learn and Create: Educational Crafting for the Cognitively Impaired

By Sheena S. Jeffries, TRS

Excerpts from the following article, which ran in FutureAge, a publication of the American Association of Homes and Services for the Aging (AAHSA), help explain our goals for activities at Menorah Park.

Providing fresh, new, quality programming for individuals with cognitive impairments can be difficult due to the many challenges that may accompany a disease or brain trauma. Memory loss, short attention span, and agitation are a few characteristics that an activities professional must be mindful of when creating programs to engage this population. The programs must be fun, interesting and age appropriate, while also accounting for general setbacks that occur during the aging process such as loss of fine motor dexterity, low vision and hearing impairments.

Menorah Park Center for Senior Living's Activities Department is using an innovative approach to accommodate these challenges, offering residents a sense of purpose and dignity through a new technique called educational crafting. The crafting approach provides new learning opportunities in the fine arts and gives residents the chance to create their own masterpieces during every session. It's a multidimensional experience combining teaching, crafting and discussion into one 30 to 45 minute group activity for approximately two to twenty people.

Focusing on the fine arts, instructors pick an art movement, such as Classicism or Cubism, around which to center the activity. The program consists of four parts: (1) memory and concept recall, (2) introduction of art movement and a mini- biography reading of a celebrated artist related to that period, (3) exploring examples of artwork created during the chosen art movement and (4) crafting and creating original works of art.

The internet is a great resource when preparing an educational crafting project, offering art timelines, artists of notable mention, and examples of famous works of art. Fifteen minutes of research will provide an instructor with an ample amount of information for any educational crafting lesson.

Memory and Recall

Start with a memory and recall discussion, which last two to five minutes. Ask open-ended questions that evoke thought and have no wrong answers. Allow residents time to express themselves while leading them into the deeper content. End recall discussions with a pointed question that segues into the art movement chosen for the project.



Introduction to Art Movement

Introduce the chosen art movement with a biography of a notable artist from that period. Use visual aids. The reason behind having a four-step process is to change the way the activity is presented in efforts to decrease boredom and increase active engagement.

Exploration of Art Work

Following the artist's biographical material, offer a five-minute exploration of artwork created during the chosen art movement. Use visual aids such as tangible color printouts. Discuss the way the artwork makes residents feel, the choice of colors and materials, the artwork title and its impact on the period it represents.

Creative Works of Art

The hands-on fun begins when residents create their own masterpieces that reflect what is learned using various mediums. The object is to relate the craft to the art history movement that was highlighted. We rely on tangible expressions to help residents make the crafting process more concrete.

Residents are asked to name their masterpieces, and instructors display them with their name and the title of the artwork.

When planning educational crafting programs, the options are unlimited, and residents benefit from the activity as it provides a new learning experience that creatively stimulates the brain and enhances overall mental health.

After participating in an educational crafting program, residents exhibit an increase in creative and imaginative thinking, enhanced mood, positive self-esteem and increased energy!

VETERANS – Know Your Benefits and How to Get Them

There are two principal places that Veterans should be familiar with. The first place is the County Service Office. For residents of Cuyahoga County, it is the Cuyahoga County Veterans Service Commission, located at 1849 Prospect Avenue East. The number is (216)-698-2600, and the web address is: vsc.cuyahogacounty.us. Its general purpose is to help us on a temporary basis: filling out forms, emergency needs, etc.

The second place is the Department of Veterans Affairs, which runs the federally funded Veterans Administration medical hospitals and clinics. Under the current national administration, the funding has increased, and the benefits broadened – in part due to the wars in Iraq and Afghanistan.

Veterans who would like to use the medical facilities or find out what they may be entitled to - especially with wartime service, must have a Military Service Record Form in order to register. This is DD Form 214, and can be requested by mail. Write to: NATIONAL PERSONNEL RECORDS CENTER, MILITARY PERSONNEL RECORDS, 9700 Page Avenue, St. Louis Mo 63132-5100, or call (314) 801-0800. Have available your social security number, the approximate dates of service and the state in which you enlisted, and (if you are a woman) the name you served under. You can get additional information from the VA at (800) 827-1000.

A new book available through Amazon and Barnes and Noble is called: CHECKS FOR VETS. It is designed to help wartime service veterans receive VA pensions to help pay for long-term care. The cost is approximately \$30.00. Whether or not you obtain the book, you may wish to contact the sources mentioned above. It is not an overwhelming experience, and the various employees try to be very helpful. A little patience is required - but if you remember your time in service, it was frequently a “rush to wait.”



Adult Day Care participants learned some lessons during its annual fire safety event with its special guest.

Specials by Volunteer Helene Weinberger

Back Relief through Friendship

“The Ever-Positive Eva”



Eva Sumlin was a teacher in the Cleveland school system for 36 years before having to retire due to illness. When she learned that she needed hip surgery, she determined to start a prescribed physical therapy regime. She said that the first center she went to was not adequate for her needs, and that’s how she discovered

the Peter B. Lewis Aquatic & Therapy Center. She found the water exercises beneficial, and more importantly she discovered that the LAC was a great community! She found new friends, and re-connected with people from her teaching past. Eva became physically healthy, and continued to expand her horizons through her new contacts. Because of the caring people who came to see her while she was hospitalized, she found that empathy and caring became a huge part of her life. Eva said that when she is away from the center for a long time she feels it in her body and in her spirit. At first, she was a bit afraid of the water but soon lost her fear while gaining better health, new friends, and morning exercise fun with the Early-Birds. Her face and her attitude reveal the glow that comes from within!

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Save the Date Heated Discussions Coming in July with Expert Scholar

**Author, Lecturer, Teacher, Archivist,
and Political Consultant**

John Rothmann, BA, MA, will be on campus to share his expertise on various topics from culture and politics of the Middle East to the Evil Mufti and the rise of radical Islam.



Credentials:

- Expert on culture and politics of the Middle East
- Host of KGO 810 AM Talk Radio in San Francisco, California
- Engaged in political campaigns including Richard Nixon's in 1968
- Published author on American political history, the Middle East, and education

Daytime Program

The Middle East Conflict: Path to Peace or Road to Terror?

Update on current events
Exploring the peace process
Is there hope for a harmonious future?

Evening Program

Icon of Evil: Hitler's Mufti and the Rise of Radical Islam

Learn about Haj Amin al-Husseini – “the fuhrer of the Arab world”
Examine how the fascism of the last century has led to today's terrorism
Discover the influences on current leaders of terrorist organizations

Building Schedules

Menorah Park

Monday, July 12th 10:30 - 11:30 a.m. and
7:30 - 8:30 p.m.
Menorah Park Auditorium

The R.H. Myers Apartments

Sunday, July 11th 7:00 - 8:00 p.m.

Stone Gardens

Sunday, July 11th 2:30 - 3:30 p.m.

Wiggins Place

Monday, July 12th 2:00 - 3:00 p.m.

Wiggins Needs Your Help to Support Local Students

For the past four years, the Wiggins Place Social Action Committee has collected much needed school supplies from tenants and staff and has donated them to local children. The committee has collected enough supplies for approximately 30 students to start their scholastic year! We want to do more but we need your help! We will be collaborating campus-wide in August for the biggest collection of supplies we have had to date. Please watch for upcoming details once we get closer to the next school year. What a meaningful project!



Be sure to congratulate our lifelong learners during the FOURTEENTH ANNUAL ACHIEVEMENT CEREMONY

Wednesday, June 9th, 2010 at 2:30 p.m. in Menorah Park's Saltzman Auditorium. These students of lifelong learning continue to expand their minds by participating in classes that offer information and education from experts and professionals from various spectra of society.

Art, History, Sports and Travel: Rose Institute Covers it All

Monday, June 14th from 2:30 to 3:20 p.m. hear “The Extraordinary History of the Temple Mount in Jerusalem” by Distance Learning Solutions (Jerusalem, Israel).

Monday, June 21st from 2:30 to 3:15 p.m. see the “San Francisco Giants: The Team Behind the Team” by AT&T Park (San Francisco, CA).

Monday, June 28th, from 2:30 to 3:30 p.m., learn the art of “Making Tempera Paint with Mark” by the Cleveland Museum of Art.

Menorah Park Center for Senior Living
 Bet Moshav Zekenim Hadati
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June - Menorah Park Skilled Nursing Home Activities/Outings

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Russian Group Fairmount Pavilion 10:30 a.m. High Tea with Cliff Habian • 3:00 p.m. Singing Angels 7:00 p.m.	2 Cabaret Lounge Auditorium 2:45 p.m. Judaic Scholar 7:00 p.m.	3 Judaic Scholar in Residence • 10:30 a.m. Music Time with Jim & Mario • 2:45 p.m. Family Picnic Friedman • 5:00 p.m.	4 Essence Club RCAC • 10:30 a.m. Oneg Shabbat 2:45 p.m.	5
			Cleveland Botanical Garden Weinberg 1 & Friedman	Cleveland Botanical Garden Weinberg 2	Beartown Lake Heights	
6 Klezmer Band 10:30 a.m. Cleveland Clinic Concert Band 2:45 p.m.	7 Distance Learning <i>Composer Spotlight</i> <i>Giacomo Puccini</i> <i>CIM</i> MBR • 2:30 p.m.	8 Russian Club 10:30 a.m. Menorah Cafe* 5:00 p.m. Wine Tasting Pearl's Place • 2:30 p.m.	9 RILLL Achievement Ceremony • 2:30 p.m. High Tea with Cliff Habian • 3:00 p.m. Family Picnic Weinberg 2 & Heights 4:00 p.m.	10 Resident Choir RCAC • 10:30 a.m. Music Program with Bill Newman 2:45 p.m.	11 Oneg Shabbat 2:45 p.m.	12
	Scrambler Maries Fairmount 2	Mary Yoders Beachwood & Fairmount 1	CiCi's Pizza Weinberg 1 & Friedman		Olive Garden Euclid	
13 Pancake Breakfast 10:00 a.m. Sing with Mike 2:45 p.m.	14 Distance Learning <i>History of the Temple</i> <i>Mount Jerusalem</i> MBR • 2:30 p.m.	15 Russian Group Fairmount 1 • 10:30 a.m. Drumming Fairmount 2 • 10:30 a.m. High Tea with Mary Beth Ions • 3:00 p.m. Family Picnic Weinberg 1 • 5:00 p.m.	16 Belvoir Singers 2:45 p.m.	17 The High Notes 2:45 p.m. Family Picnic Fairmount 1 & 2 5:00 p.m.	18 Father's Day Breakfast Music with Noah Budin 8:00 a.m. Oneg Shabbat 2:45 p.m.	19
	Mary Yoders Fairmount 2	Olive Garden Euclid	Movie and Lunch Weinberg 1 & Friedman	Ho Wah Weinberg 2		
20 Sunday Spectacular with Doug 2:45 p.m.	21 Distance Learning <i>San Francisco Giants</i> MBR • 2:30 p.m.	22 Russian Club 10:30 a.m. High Tea with Mike Leamon 3:00 p.m.	23 Birthday Party with Straight Six Dixie 2:45 p.m.	24 Resident Choir RCAC • 10:30 a.m. Music with The High Notes • 2:45 p.m. Family Picnic Euclid • 5:00 p.m.	25 Residents' Council RCAC • 10:30 a.m. Story Time with FUNDamentals Library • 10:30 a.m. Oneg Shabbat 2:45 p.m.	26
Father's Day	Claddagh Irish Pub Weinberg 2	Ruby Tuesday Beachwood & Fairmount 1	Ho Wah Weinberg 1 & Friedman	Houlihan's Euclid	Outing Heights	
27 Bagel Brunch 10:00 a.m. Csardas Dance Co. 2:45 p.m.	28 Distance Learning <i>Making Tempera Paint</i> <i>- Cleveland Museum of Art</i> MBR • 2:30 p.m.	29 High Tea with Mary Beth Ions 2:30 p.m.	30 Movie Time 2:00 p.m.	* Reservations Required • All Outings at 10:30 a.m. Except When Noted • All Services in Synagogue • All High Teas in Front Lobby • RCAC = Rosenbluth Creative Arts Center • MBR = Miller Board Room • All programs in the auditorium unless specified <i>Please note, activities are subject to change</i>		
	Beartown Lake Weinberg 2	Movie and Lunch Beachwood & Fairmount 1				

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