

MENORAH PARK CAMPUS NEWS

Menorah Park Center for Senior Living Community Newsletter

January 2010

Hurray for Wisdom in 2010

The new year is here and many of us are still contemplating how to make it fabulous. We'd all like to do more, see more, be more, but how do we resolve to accomplish those things which we are determined to do in 2010? Here are a few tips from wise elders among us:

Make a list of what you want to exhibit, experience, observe, and attain in 2010. Place items in order of importance. Post the first three in a place where you will see them daily to keep them top of mind.

Decide what support system you may need to be successful. Don't assume you are alone, or that you must go it alone. The physical, mental and spiritual price of

loneliness is too steep. Enjoy and learn from those who are like-minded, like-spirited and supportive of your goals.

Together, we can champion positive changes and make 2010 a year of health, happiness, and longevity.



A Bad Stroke on the Canvas of Life Reveals a Portrait of a Strong Woman



It is often said that art imitates life. Timeless portraits of adversity inspire strength, hope, and endurance, fortifying and motivating us to overcome the obstacles that real life throws at us. At 81, Pat Mazoh is such a portrait. Daughter of Joe Bertman, creator of the Bertman Original Ball Park Mustard, Pat spent much of her adult life making quick and sharp business decisions, and helping run a company that is an icon of Cleveland. Now a Menorah Park resident, she knows that to regain the life she desires after her second stroke requires vision, perseverance, and patience. To encourage others to never give up, even when we think our future has already been determined, she tells us we can still change the canvas before us.

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Happy New Year!

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From The Administrator's Desk Chefs of the Rich and Famous Delighting Campus Tastebuds



Richard Schwalberg,
Menorah Park
Administrator

From theme meals to special events, we're constantly cooking up something new on the Menorah Park Campus. This year our chefs, whose gastronomic delights have been appreciated by celebrities from around the globe, will feature some of their favorite dishes at one big event, Menorah Park's Candlelight Dinner.

The Candlelight Dinner has been an annual tradition for Menorah Park residents and families for many years. This fine dining gala continues as the "talk of the town" with guests dressing in their finest, enjoying a festive menu as delicious as that of a five-star restaurant. Our campus chefs (from Menorah Park, Stone Gardens, The R.H. Myers Apartments, Wiggins Place and Pearl's Place) will showcase their outstanding culinary skills. Each one will personally develop menu selections and create intriguing and delicious dishes that rival those seen on the Food Network. A three-piece classical music ensemble called *Two Violins & a Cello* will provide dining entertainment, playing classical favorites and Broadway show tunes.

We are pleased and honored to have such a skilled and creative group of chefs for our campus clients.

Menorah Park Chef Patrick Dunn graduated from the Culinary Institute of America in 1984. He has worked in New York City at the acclaimed Hudson River Club, and in Detroit, where he received awards for Chef and Restaurant of the Year. He has been Executive Chef at Menorah Park for more than four years. As a special note, Chef Patrick has cooked for Presidents Bush Sr. and Reagan, and the famed Frank Sinatra, when each was in the Cleveland area.

Stone Gardens Chef David Walker has worked in the

restaurant business since the age of 15. Before coming to Menorah Park, he worked at The Grand Concourse, a repurposed train station turned restaurant by Chuck Muer, who owned several seafood establishments including Cleveland's Charley's Crab, where David worked as well. He was affectionately called Dave Brunchwalker (after Luke Skywalker) in honor of the brunches he served there every Sunday to more than 1000 guests. He cooked for a staggering list of celebs including Andy Williams, Ray Liotta, Jamie Lee Curtis, Mike Douglas, and Newt Gingrich.

Wiggins Place Chef David Choate has been a chef for the past 14 years. He attended the Pennsylvania Institute



of Culinary Arts. He has cooked for Diana Ross and Julio Eglasias, while working at Caesars in Lake Tahoe, and was the kitchen manager for the Lakewood Microbrewery in Washington State. Dave's favorite dish to prepare is Prime Rib au jus.

Stuart Deutsch, the friendly face behind the counter of **Pearl's Place**

Snack Shop (about whom you read in December's newsletter) is a graduate of Johnson & Wales with a degree in Culinary Arts and has been the Executive Chef for Simply the Best Premier Personal Caterers for the past ten years. What you may not know are some of the famous folks he has served throughout his career. They include Menachem Begin, Ronald Reagan and Paul Anka.

The R.H. Myers Apartments Chef George Mitrol has held the position of Executive Chef at Mayfield Sand Ridge Executive Group, as well as Canterbury Country Clubs. He is our newest arrival and we look forward to showcasing more of his talents and history as we get to know him.

Invitations to the upcoming Candlelight Dinner, scheduled for Sunday, February 21st, 2010 at 5:00 p.m., will be mailed in early January. Kosher dietary laws observed.



Customizing to Taste: Residents asked, and Chef Patrick (as he's affectionately called) said his usual "absolutely, no problem." Chef Patrick takes his "kitchen on the road" to pavilions making personalized omelets for breakfast, and salads for lunch, once each month. "It puts a thrill in your heart and in your mouth after you eat it," said Euclid Pavilion's Dorothy Fain, as she enjoyed her salad. Patrick enjoys providing something fun, fresh and lively for residents of Menorah Park.

Fruitful Thoughts

Rabbi Ephraim Karp

January 30th is Tu B'Shevat, the Jewish New Year for Trees. The Torah teaches us that fruit from the trees grown in the land of Israel may not be eaten for the first three years. During the fourth year, the fruit is considered holy and from the



fifth year on, the fruit may be eaten. Tu B'Shevat is the day in which we consider the tree to have aged another year.

The Torah also teaches us that when we are at war, we are not permitted to destroy fruit-bearing trees for any reason. In the words of the Torah, "Is a tree a person that it should be captured? Do we need to fear a tree that it might harm us?" In fact, the very opposite is true. The Ramban's comparison is that a tree provides nourishment and is a source of life just as the soul of a person provides life. In other words, a fruit tree is like a human being who provides nourishment, but not harm.

The analogy of a tree to a human is taken a step further by many of our Rabbis. The Maharal of Prague suggests that just as trees grow and produce flowers and fruit, we need to be productive in our lives. In fact, the Talmud refers to the results of our actions as fruit, teaching that some actions receive the "fruit" in this world and others receive their "fruit" in the world to come.

In our morning prayers, we read that a person enjoys the "fruit" in both this world and the next. Two of these are honoring our parents, and visiting the sick. As our elders grow, they often become frail and more susceptible to illness. Yet, even in a frail state when life may be more challenging, we still have a need to provide nourishment and show caring. And just as a tree, we still need that nourishment and caring ourselves. We need to produce our own fruit, and benefit from the fruit of others as well. Perhaps we may consider that no tree can really grow on its own. Each tree needs nourishment and caring to be supported, to grow and to be fruitful. This is true whether the tree is five or one hundred years old. Let us continue to care for our elders, so that together we may build a forest. Please join us for a special holiday Oneg Shabbat on Friday, January 29th at 2:45 p.m.

The Delectable Tastes of R.H. Myers

With the many celebrations in January, it's easy to lavish oneself with tasty dishes as special as the "cherry on top." Some very creative minds came up with tasty ways to celebrate a sampling of our all-time favorite palate pleasers.



**Tenants and guests can join in the celebration tasting on the following dates.*

Tuesday, January 5th

Whipped Cream in a Can Day - learn about the creator and how it was invented; followed with hot chocolate and cream. What could be better on a cold winter day?

Wednesday, January 13th

Gourmet Coffee Day- learn about the coffee plantations and the process of making coffee. You can just smell the aroma, can't you?

Monday, January 25th

Marshmallow Monday – it's the history of the mallow and more. I'm thinking s'mores... are you?

Thursday, January 28th

Mystery Tea Thursday- taste test your way through a variety of teas with a prize for the person who guesses the most correctly. How are your tea-tasting skills and can you say that fast three times?



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Portrait of a Strong Woman *continued from page 1*

Pat's Story: I knew immediately that I was having a stroke. I was at home working on the computer when it happened. I called my daughter. My speech was slurred and I had a headache so I knew I was having a stroke and there was nothing I could do about it. My daughter called 911. They immediately checked my vitals then rushed me to the hospital. By the time we arrived at the hospital, I couldn't move my left hand, leg or foot. I was more bewildered than scared. I wasn't doing anything strenuous; one doesn't know from whence it came. A stroke sneaks up on you. I'd had a mild stroke on the right side of my body about ten years before. After my second stroke, the doctor scheduled me for a stomach X Ray and I asked him what for; he said to make sure I wasn't pregnant! Ha! He had a sense of humor!

I wasn't doing well when I first came to Menorah Park. I couldn't move at all after my second stroke. After I was released from the hospital where I spent approximately four and a half months, my daughter told me about Menorah Park. She liked that Menorah Park and the Peter B. Lewis Aquatic & Therapy Center

offered daily physical and speech therapy sessions, which I needed. I couldn't swallow, and I couldn't eat. I really didn't think I would walk or talk, or ever swallow again. Two very good neurologists told me I wouldn't, but they didn't know my blood and guts- I'm very determined. So, I began to work with very good therapists. My stroke was on the right side of my brain and it wiped out the left side of my body. I was left handed and left footed. For me it was actually worse than debilitation. I could no longer write my name, and I still can't with my left hand. I had broken my right arm about a year before my stroke. I wasn't so charming in those few years.

I noticed quite a change in me by my second year at Menorah Park. Now, it's been four years since my stroke, and in April, four years at Menorah Park. At first, I wasn't ready for therapy, physically or psychologically. The possibility of walking has been recent. The physical therapy department was remarkable. When I began working with therapist Eran Shiloh, he suggested water therapy, and told me I would do best if I walked in water to reduce the weight on my legs. In the warm water therapy pool, I walked on the treadmill. Before my water therapy, a Lite Gait was purchased. I was the first person to use it. The first time on it I looked like a hamster on a wheel, but I didn't do very well. The whole concept of the Lite Gait is that you can't tip over. They hold you upright with the harness and you hold on to a bar up

front, so you get the confidence level, but my left leg was still very weak. Getting a power wheel chair has helped me a great deal; it has given me a freedom that I wouldn't have had otherwise, and that is important. I can visit friends, and go from one table to another without an aide. I am now on a stand-up lift, which took a lot of doing. I went from a med-lift, which, the first time I used made me laugh thinking about my husband looking down from heaven and saying "you really got your butt in a sling!" The therapy has helped immensely and I've recommended it to several people. In the last year and a half I've had the most improvement. I'm lucky I maintained my memory, including my memory bank of telephone numbers! Friends like to tease me because I also remember all those crazy old songs and jokes you learn in life.

Support is crucial. I was in a support group, but it didn't last long. It was almost like no one wanted to talk about their strokes or maybe they were confused, or had cognitive problems. Support is as important as patience. Family

support is most important; they have a tendency to think you should get better fast, but they have to be patient too.

Eran said exercise is helpful for my body and my mind. In truth, it makes me more ornery! So listen to your therapists, and do your therapy religiously. Envision yourself getting better and be determined to make it happen! People who have strokes experience a great deal of depression and they give up. They should hang on to their hope. It's the kind of thing where something goes wrong inside, we don't know why they lose hope. Be patient with yourself, and have hope and tell your family to do the same. My goal is to walk again on my

own and I'm going to. I hope to continue my therapy, because I truly know I will get better. If nothing else, at least two days a week I walk more than a half a mile in water with my therapist, and that in itself makes me better.

"Pat's determination was a crucial part of her rehabilitation. Following a stroke, the survivor can be affected in many ways in addition to physical impairment; the stroke survivors' determination and ability to self motivate will dictate the progress and the ability to overcome limitations. Pat is an inspiration in many ways," said Eran.

Editors Note: We thank Pat for sharing her insight into her struggles, sharing the joy of her successes, and spreading her message of the power of determination. Pat remains an active, vibrant member of our Menorah Park family and we are thrilled to know and love her.



Therapist Tammy Michaels continues to work on Pat's strengthening, balance and walking ability with dedicated supervision and assistance.

Portraits of Wellness

For more beautiful portraits, go to
<http://www.menorahpark.org/whychooseus.html>

Menorah Park recently celebrated its annual meeting with the theme, "portraits of wellness." Take a peek at the stories below that exhibit the visionary spirit that drives us to make aging a pleasant, healthier, spiritually enhanced experience. See more about the annual meeting in February.



The World is Wowed...

Ten Women of Wiggins Place, Ages 89-98,
Received International Media Attention
When They Decided to Become a Bat Mitzvah,
Proving That it's Never Too Late to Accomplish a
Dream. They Were Featured in AARP Magazine,
on CBS National News, in The New York Times,
A top Israeli Newspaper, The Plain Dealer, all
over the Internet, and in Many other Media Outlets.
Their Story Compelled Many Generous Donors
to Give on Their Behalf. Thank You!



For Four Years

Callie Jones was without hope,
confined to her wheelchair, feeling defeated.
After two operations that removed most of her leg,
she said she asked the Lord for guidance.
She got a Miracle.
She came to Menorah Park in April. By November,
she was walking and smiling once again.
Thank you to the Clara Poulson Fund for
supporting the purchase of rehabilitation equipment.



After 70 years, Shirley Guralnik experienced
the excitement of riding a motorcycle once again.

She asked for the D.R.E.A.M. at
Stone Gardens and we helped make it happen.
Thanks to the Enid & David Rosenberg Dreams
Fund, and the Hortense Meyer Dreams Fund
for helping residents
Dare to Reach Every Amazing Moment!



The Laughter of a Child
Lifts the Spirit and Mends the Heart...
Thanks to the Quality of Life Committee which
helped bring a musical carousel to Campus,
children know they are cherished.
And for a moment in time, we are all able
to relive memories of our childhood even while
creating new joys with our very special loved ones.
Thank you to the Senkfor Family Intergenerational
Program Fund for providing intergenerational
programming on the Menorah Park campus.

Outstanding Award for Outstanding Caregiver

Congratulations to Stone Gardens' Ms. Leonie Lee, who was named Outstanding Caregiver in Ohio Assisted Living Association's (OALA) Honoring Excellence Awards 2009.

"Lee is simply the best! She has been a mentor to our other caregivers and loved by our residents. We are very fortunate to have her," said Stone Gardens Administrator Ross Wilkoff.

She was honored during the Annual Statewide Conference last month, and will be featured in an OALA newsletter.



Miss Lee with her honors.

July, Now?

Stone Gardens is always finding creative ways to laugh their way through what Clevelanders view as the frigid and dreary days of winter. Outside it's slippery and cold, but it's warm and toasty inside. So just for fun, on Thursday, January 14th, folks will dress in their summer garb. They'll play "Fun in the Sun" games at 2:30 p.m. and join in a Summertime Sing-a-long with Katie Gardner, while enjoying a sweet ice cream treat. The wonderful aromas of barbecue will waft through the corridors once more before the thaw. An evening picnic is on the menu for tenants' dining pleasure. Have no fear, the warmer weather will soon be here!



December Foundation Section Correction

Recipient of the 2009 Gertrude Himmel Adell Volunteer of the Year Award, Saul Bialostosky, was mistakenly listed as Stanley. Our apologies for the error and congratulations again Saul!

Quality of Life Committee Making Quality Improvements on Campus

There's a new club in town, thanks to the Quality of Life Committee's suggestion boxes, and someone who took the time to fill out a suggestion and drop it in. Called The Young Person's Club, it's an under 60's social group that started recently in response to the growing population of "younger" clientele who reside here or utilize campus services. The club meets the needs of residents who fall in the age bracket of 60 and under, providing the opportunity to bond with peers, discuss social issues, revisit pop culture icons, and to just have fun. They engaged in activities and discussions about the Beatles in November. The Young Person's Club will meet once a month, beginning on January 8th at 10:30 a.m. in the Rosenbluth Creative Arts Center.

The committee has brought many positive changes through the suggestion boxes, including a children's carousel by the fish tank.

The committee includes staff, residents, family and board members in its process. Our last collection period produced many wonderful outcomes for the residents of Menorah Park. For example, residents can enjoy movie and popcorn night two to three times a month in the newly renovated Saltzman auditorium, according to Tamara Ellis, MSSA, LSW, Euclid Pavilion Social Worker.

Tamara added that a suggestion was made to have additional hand sanitizer dispensers throughout the building, and we now have hand sanitizers located at Marcus and at the front entrance, and near the Euclid and Friedman pavilions. Thanks to a suggestion submitted in 2008, extra large monthly calendars are displayed on each pavilion. Another idea was to install a park bench near the Weinberg II parking lot. This idea was implemented to provide a place for residents to rest when walking on Menorah Park grounds.

Our spring /summer collection period will begin April 19th, 2010 and end on September 5th, 2010. Please look for the colorful collection boxes on Heights pavilion and tot lot near Friedman and Beachwood pavilions. There will also be a collection box by Pierres Parlor in the Park. We encourage everyone on the Menorah Park campus to think creatively about ways to improve the quality of life of our residents.

We look forward to hearing from you at 216-839-6658.

Market In The Park Gift Shop Offers Surprising Treasures

Don't be surprised if you see a sign on a resident's door that says, "Gone Treasure Hunting." It won't mean they're off with a metal detector or clinging to the sails of a ship in the south pacific! Treasure hunting on the Menorah Park Campus is as easy as walking through Pearl's Place and into the Market in the Park Gift Shop.



Volunteer Madeline Goldstein.

This beautiful and unique gift shop is staffed by volunteers who stock, sell, and assist residents, family members, and community visitors in finding the perfect treasure, whether it's to give as a gift, or as a personal memento of their visit. You can find everything from trendy blouses to beautiful robes, from toothpaste to stockings, sundries, cards, picture frames and gift-packaged chocolates, fashionable purses, note and greeting cards, scarves, gloves, art pieces, and one-of-a-kind jewelry created by Helene Weinberger, also a volunteer at Menorah Park. Everything is available at a very affordable price.

"I volunteer on Tuesdays for about five hours, and I love it," beamed Lee Stotter. "It's a very lovely place. We have families, residents, and people who may have come to campus once and found us, then became repeat customers. We look forward to serving everyone," she said.

Hours are from 10:00 a.m. to 3:00 p.m. Monday through Friday and 10:00 a.m. to 1:00 p.m. on Sunday (except holidays).

Be sure to watch for upcoming news of our March Bat Mitzvah for our R.H. Myers women!

In the meantime, anyone interested in helping to sponsor this amazing ceremony, please contact Carol Wolf at the Menorah Park Foundation at 216-839-6688.

ADC Associate Award

Menorah Park's Mandel Adult Day Care Center (ADC) is pleased to recognize a staff member for his or her commitment to clients, and who exemplifies the following qualities; a positive attitude, creativity, enthusiasm, compassion and respect. Embassy Clubs' own Marina Tutelman undoubtedly fits the profile as this year's honoree.



"Marina consistently keeps the needs of club members top of mind and is an important member of our community," expressed ADC Director Judy Shankman. "She is full of ideas to best serve clients, is very caring, generous and responsive to individual needs."



Marina received a Certificate of Recognition, a Staff Associate of the Year plaque with photo, and a check for \$250.00

Congratulations Marina and thank you for the care you provide!

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
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January - 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 Art Center • MBR = Miller Board Room • All programs in the auditorium unless specified <i>Please note, activities are subject to change</i>					1 Bingo 10:30 a.m. Oneg Shabbat 2:45 p.m.	2
3 Sing Along with Cathy Cooper-Seifert 2:45 p.m.	4 Mezuzah Dedication Celebration 10:30 a.m. Distance Learning (MBR) 2:30 p.m. Olive Garden Fairmount 2	5 Men's Club-RCAC 10:30 a.m. Russian Group Fairmount • 10:30 p.m. High Tea with Mike Leamon • 3:00 p.m. Ho Wah Beachwood & Fairmount 1	6 Entertainmobile 2:45 p.m. Lunch & Movie Weinberg 1 & Friedman	7 Cabaret Lounge with Shane Phillips 2:45 p.m. Bravo Weinberg 2	8 Essence Club-RCAC 10:30 a.m. Inspirational Social RCAC • 2:15 p.m. Oneg Shabbat 2:45 p.m. Ho Wah Heights	9
10 Pancake Breakfast 10:00 a.m. Music with Al Mazur 2:45 p.m.	11 Brain Train 102 RCAC • 10:30 a.m. Distance Learning (MBR) 2:30 p.m.	12 High Tea with Mike Petron 3:00 p.m. Menorah Cafe 5:00 p.m.	13 Rabbi's Spiritual Program-RCAC 10:30 a.m. Movie Time 2:00 p.m. CiCi's Pizza Weinberg 1 & Friedman	14 Resident Choir-RCAC 10:30 a.m. Bob Evan's Euclid	15 Clown Troupe-RCAC 10:30 a.m. Inspirational Social-RCAC • 2:15 p.m. Oneg Shabbat 2:45 p.m.	16
17 Meshuga Notes Music Program 2:45 p.m.	18 Honoring Martin Luther King 10:30 a.m. Music with Bill Newman 2:30 p.m.	19 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. Pizza Hut Beachwood & Fairmount 1	20 Music with Evie Morris 2:45 p.m. Smokey Bones Weinberg 1 & Friedman	21 Residents' Council 2:45 p.m. Scrambler Marie's Weinberg 2	22 Inspirational Social-RCAC • 2:15 p.m. Oneg Shabbat 2:45 p.m.	23
24 Sunday Spectacular Selrec Singers • 2:45 p.m.	25 Brain Train 102 RCAC • 10:30 a.m. Distance Learning (MBR) 2:30 p.m.	26 Russian Club 10:30 a.m. High Tea with Cliff Habian 3:00 p.m. Pizza Hut Euclid	27 High Notes 2:45 p.m. Olive Garden Weinberg 1 & Friedman	28 Birthday Party - Jonny Cool & The Celebrities 2:45 p.m. Bob Evans Heights	29 Story Time Fun Library 10:30 a.m. Inspirational Social-RCAC • 2:15 p.m. Oneg Shabbat 2:45 p.m.	30 Tu'B'Shevat
31 Bagel Brunch • 10:00 a.m. Sing Along with Mike Wojtla 2:45 p.m.						

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