

MENORAH PARK CAMPUS NEWS

Menorah Park Center for Senior Living Community Newsletter

March 2010

A Vision to Behold: Sight Impaired Artist's Work is Masterful

"Art washes away from the soul the dust of everyday life." Pablo Picasso

Cleveland Jewish News Reporter Arlene Fine called him an overnight sensation, and Plain Dealer Reporter Michael Heaton's article acknowledges his delight at recent acclaim, but for Stone Gardens resident Hy Snell, the 91 year old multi-talented artist, it's truly to his surprise that he's gotten so much publicity recently on something he's been doing all his life.

Mr. Snell is no ordinary artist and sculptor. He is also nearly blind. "I can't see really well, but I remember colors and how they look," said Mr. Snell.

He was primarily a metal sculptor for most of his art career, but focused more on painting several years ago when his sight became impaired. Metal sculpting can be very dangerous even with 20/20 vision.

Mr. Snell's exhibit is on display at the Waterloo 7 Gallery, located at 16006 Waterloo Road in Cleveland in the Collinwood neighborhood. The exhibit

will run for several months. His sculptures are described as "masterful" by gallery owner and metal sculptor Jerry Schmidt. Some of Mr. Snell's sculptures are more than 60 years old. Mr. Snell admitted he is self-taught, and that he's always held a day job.

He said it was a natural progression from painting that led him to sculpting. For material, he would often visit junk yards to find scrap metals including copper and



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Happy Pesach

Residents, family and friends may enjoy the rich traditions of Passover across the campus.

Menorah Park Skilled Nursing Home

Seders begin at 5:00 p.m. for both the first Seder on Monday, March 29th and the second Seder on Tuesday, March 30th in the auditorium.

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Passover Closings

Since no chometz may remain during the Holiday, Pearl's Place will be closed beginning Friday, March 26th through Tuesday, April 6th.

Pierre's Ice Cream Parlor will also be closed on these dates.



Turning Ten!

Mazel Tov to Peter B. Lewis Aquatic & Therapy Center celebrating its 10th year in operation in April. For info on the community celebration visit www.menorahpark.org!



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This newsletter is printed on recycled paper.

From The Administrator's Desk Excitement is Ageless: Mazel Tov to Amazing Eight



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

If you're 93 or 13, the excitement of your Bat Mitzvah remains the same. It was not so long ago that my own daughter was busy studying for her Bat Mitzvah, but the fond memories remain. I am thrilled to be able to relive that time through eight energetic and enthusiastic tenants who live at the R. H. Myers Apartments. They would have each had

a Bat Mitzvah ceremony at the age of twelve, had the opportunity been available to them in "the day." The Amazing Eight women, all in their 80's and 90's, are busy studying their Hebrew, learning their parts, meeting with Rabbi Howard Kutner, planning, inviting, shopping, and all the other "readying" that needs to be done to prepare for this March 7th event. I would like to congratulate these noble and heroic women, who have taken this challenge on with zest and excitement, and who are looking forward to their Big Day. My heart is warmed by the fervor with which they have taken on this task. Mazel Tov to:

Leona Berkowitz	Marge Goldfarb
Muriel Cohen	Ida Gordon
Pearl Fried	Evelyn Kaye
Roz Geller	Goldie Wiederhorn

Thank you for allowing me to be a small part of your important day. You all have the heart of a thirteen year old!



R.H. Myers held a gathering of their Roses on National Rose day. Pictured here, from left to right are: Rose Sachse, Rose Rosen, Rose Geller, Rose Lomaz and Rose Novick

WOW Meets Amazing Eight During Lunch with Mayor

The Ten WOW women who had their Bat Mitzvah celebrations last year in March, met the R.H. Myers Apartments Amazing Eight women who will have their Bat Mitzvah ceremonies this month on the 7th at the Jennie & Jacob Sapirstein Synagogue at Menorah Park. The group had a relaxing meet and greet lunch with Beachwood Mayor Merle Gorden, who told the group of women that he was proud of them and that their accomplishments have brought much attention to the City of Beachwood. The women were able to share stories with each other during the luncheon, then, after a group photo and interviews with the Sun Press, the Amazing Eight practiced their Hebrew and read their Torah Parshas for Rabbi Howard Kutner and WOW members, whose Bat Mitzvah undertakings received international media attention.



Moving? Housekeeping Plus Can Help!

We know that moving can be overwhelming, especially if you're moving into a smaller home or apartment from the home you have lived in for years.

Where do you start?

Start by calling Housekeeping Plus.

We will do the chores that you dread.

We will:

- Pack up your home
- Take care of your change of address
- Coordinate donations
- Unpack at your new home
- Set up the kitchen and bathrooms
- Remove all boxes and packing supplies

Plus, because you were smart to call Housekeeping Plus, you won't have to worry about cleaning your old or new home. We can do that, too. And we do it all at affordable rates.

Contact Kris Christian at 216-839-6634 for more information.



Dr. Knight Named Medical Director at Stone Gardens

The well-respected and much loved Dr. Michael Knight became the medical director of Menorah Park Center for Senior Living in October 2001. As an experienced and board-certified family practitioner catering to an older adult population, Dr. Knight offers a supportive and sensitive style of medical care and leadership to campus residents. In addition to his current role, he has been named Medical Director at Stone Gardens Assisted Living on the Menorah Park Campus.

His experience as an Associate Professor of Medicine at Northwestern Ohio University has enabled him to be a strong contributor in shaping Menorah Park's medical and nursing education programs. One of his main objectives has been to increase educational efforts throughout the facility as well as in the community to provide the best care for those served by Menorah Park. He has welcomed interns and students from multiple colleges and hospitals, and is a preceptor for Tri-C's Physician Assistant program, adding that staff position to Menorah Park's medical team.



His compassion and innovation have truly benefited the geriatric population throughout the community. Menorah Park's post-hospital rehab program has flourished under his leadership. Each year, 800 people come for inpatient rehabilitation and return home to an independent lifestyle due to his leadership. Prior to joining Menorah Park, Dr. Knight was Medical Director of the Goodyear Family Medical Center and managed a family practice for Akron General Medical Center.

"I will assist the nurses and staff of Stone Gardens in any way I can be of service," explained Dr. Knight. "I will serve as a medical consultant for difficult cases, and as medical backup if the primary doctor is not readily available, and review procedures that may need updating. It is important to note that I will not be providing direct medical care or taking the place of residents' outside attending physicians."

Dr. Knight stated, "I have seen things that we do in the nursing home, such as pharmacy services, that can work at Stone Gardens and may help streamline the residents' care. I mainly want to do what I can to help Stone Gardens residents stay out of the hospital and live as long, well and comfortably as possible."

Meet a New Face at Wiggins Place

We welcome Nancy Sutula as the new Administrator for Wiggins Place. Nancy brings experience as an activities director, an adult day center manager and most recently, Housing Administrator at Breckenridge Village. Nancy said, "It is truly my privilege to have the opportunity to work for such a stellar organization as Menorah Park. One of my main goals is to maintain the outstanding reputation that Wiggins Place has by focusing on tenant, family and staff satisfaction."



Nancy is a resident of Willowick, Ohio. She enjoys snowmobiling, spending time with her son, and reading to broaden her horizon; especially biographies and non-fiction topics.

"I believe you'll find her depth of understanding and dedication to the needs of older adults will be an asset to our community," said Director of Assisted Living Services and Stone Gardens Administrator Ross Wilkoff.

Nancy has a B.S. in Gerontology and an M.B.A. in Healthcare Administration, a Certified Aging Services Professional, and Ohio Licensed Nursing Home Administrator. Wiggins Place Apartments offers daily activities and programs, full-course kosher dining, housekeeping, free transportation, onsite 24-hour emergency response, on-site art studio, library, beauty and barber shops, exercise and media rooms, and access to an indoor heated pool and other coordinated services throughout the Menorah Park Campus.

For more information, go to www.wigginsplace.org, or call 216-831-2881.

The Peter B. Lewis Aquatic & Therapy Center

Celebrating 10 years of providing quality services to our community!

We Thank You!

- One-to-One Therapy Treatment with Licensed Physical Therapists
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You Shall Surely Heal *By Rabbi Ephraim Karp*

Judaism teaches that everything that takes place in this world is orchestrated, and carried out by G-d. "Everything is in the hands of heaven except for one's awe of heaven," states the Talmud, carving out the limits of our free will. Given such a parameter, one might easily conclude that becoming ill is G-d's doing and therefore we shouldn't interfere in what G-d wants. In the Torah reading of Mishpatim, we find a verse that tells us about a wounded individual. The Torah tells us, "And you will surely heal him." Our sages understand this to mean that we are to do whatever we can to heal this person. This is the authority that doctors have to heal patients. This is the responsibility we all share in trying to seek medical care for those we love.

Sometimes we may lose sight of this task. Those of us in the healing professions may think we have to use every effort at our disposal to intervene even if the intervention is not really healing, or we may think that an individual is beyond hope and medical intervention is futile. Somewhere in between, we all struggle. It is interesting to note that the medical profession recognizes our limits when it discusses a "DNR", or a "Do Not Resuscitate" order. The American Medical Association actually refers to this as a "DNAR", or "Do Not Attempt Resuscitation". The decision to give or take life lies not in the hands of the doctor, but only in the hands of G-d. It is the physician's job to heal.

In trying to be realistic, it is important to realize the spiritual role of hope. The Talmud tells us that even when the blade of the knife is at our throat, we should not give

up hope. In caring for our residents, we must also realize the role of hope. That hope may be for healing, to complete some unfinished business, or it may even be for a peaceful passing.

Just as hope may take different forms, so too, may healing. There is the healing of the body, and there is also the healing of the spirit. In the traditional "Mi SheBeirakh," the prayer for healing, we conclude with a wish for the healing of the soul and the body. What is spiritual healing? It is that which touches our inner core, our very being, which enables us to know our life has purpose and meaning. It is that dimension of our existence that lets us know that we are here for a reason.

This is what our tradition is telling us when we are told, "And you will surely heal." We are to use every effort at our disposal to help heal our loved ones. To offer them both physical healing and spiritual healing. To guide them along the journey and to assure them that there is always hope.



Happy Pesach *continued from page 1*

Family members should have received a letter with more details about these celebrations as well as other Passover information. Additional letters are available through the operator at the reception desk. Due to limited space, reservations are required, and are taken on a first come, first served basis. Please refer to the Special Events Calendar for a complete listing of Holiday services and events.

To enable frail resident to participate in the holiday traditions, Rabbi Karp will lead mini-Seders on the pavilions at lunch time. These shorter Seders are scheduled on Monday, March 29th.

- 11:00 a.m. Fairmount 1
- 11:20 a.m. Fairmount 2
- 11:45 a.m. Weinberg 1
- 12:10 p.m. Weinberg 2
- 12:35 p.m. Beachwood
- 1:00 p.m. Friedman

Satisfy a Passover Sweet Tooth

Want to give someone a special treat for Passover? Order your Passover candy through Menorah Park's Volunteer Office by calling 216-839-6654.

A special thank you goes to the **Kraus-Grossman Family Passover Fund** for subsidizing the Passover Seders. The beautiful floral arrangements are provided by the **Florence and Edward Weinberger Enrichment Fund** and the **Leona and Bert Rosenbluth Passover Fund**.

Times of Seders around campus on Monday, March 29th and Tuesday, March 30th are as follows:

- Stone Gardens 5:00 p.m.
- Wiggins Place 5:15 p.m.
- The R.H. Myers Apartments 6:15 p.m.

One Day at a Time: It's Not Your Age, It's Your Perception

A centenarian is a person who has attained the age of 100 years or more. The average life expectancy around the world is much lower. Much rarer, a super-centenarian is a person who has lived to the age of 110 or more. We have a Menorah Park Campus resident who just turned 108 years old! We have several residents who are at least 100 and a few who are turning 101 or 102! At The R.H. Myers Apartments, Gertrude Brown still enjoys playing billiards, and Sara Pollak still heads a book club. At Menorah Park Sarah Shapiro danced with glee and posed with her favorite staff members on her 100th birthday. On Campus, we have about a dozen centenarians!

The United States currently has the greatest number of centenarians in the world, numbering more than 55,000 just five years ago. The U.S. number is partly due to America's large population in 1890-1905, and an increased emphasis on Long-term Care facilities supporting longevity.

Among Hindus, people who touch the feet of elders are often blessed with "May you live a hundred years." In Sweden, the traditional birthday song states, "may he live to his hundredth year." In Iran, the term "may you live to be 120 years old" is used for blessing someone. In Poland, "Sto lat," a wish to live a hundred years, is a traditional form of praise and good wishes; the Jewish tradition, however, is more ambitious: "May you live as long as Moses," or 120 years. Chinese emperors were hailed to live ten thousand years. In Italy, "A hundred of these days!"



Menorah Park resident Molly Bell celebrated her 108th birthday among friends, family and staff. She was serenaded with a "Happy Birthday" song, enjoyed cake and flowers, and was fascinated by the poster on the wall proclaiming that 108 is great!

To many more happy years!

For more information about honoring a loved one at Menorah Park, please contact your pavilion activities coordinator.



Vince Orlandi plays birthday celebration songs for 100 year old Sarah Shapiro during her birthday party. Sarah danced her way to her seat and enjoyed the reading of a poem written especially for her by Activities staff member Kristin Ellis. Sarah received flowers and shared cake with her adoring fans.

(cento di questi giorni) is an augury for birthdays, to live to celebrate 100 more birthdays.

The U.S. Census Bureau forecast that by 2050 the number of US centenarians is expected to reach 834,000 and maybe even 1 million.

Presently, the number of worldwide Centenarians is around 450,000. In the last four decades the number of people reaching 100 has increased almost tenfold; now one in fifty women and one in two hundred men reach that age.

The majority (80% or so) of those who reach the age of 100 have survived age-related conditions. Genetic and other factors are important: Brothers of centenarians are 17 times more likely, and sisters eight times more likely, to live to at least 100 than the general population."



Pictured here blowing candles out is Gertrude Brown, who recently turned 102. Her birthday party was sponsored by her caregiver, Esperanza Moreno



Scholar on Campus Presents

**Internationally Known
Wellness Expert and Author
Kay Van Norman, MS**



- Founder and president of Brilliant Aging - senior wellness expertise
- Author of Exercise and Wellness Programs for Older Adults
- Best Practices Award from the National Council on Aging.
- Former director of the international Keiser Institute on Aging

Evening Program

Creating a Purpose-Driven Life

Dwelling in possibilities – regardless of challenges
The Wellness Wheel – are you missing a spoke?
Igniting purpose – fanning the embers

Daytime Program

The Resiliency Factor - Living Well, Regardless

Revealing and overcoming personal barriers to resiliency
Your wellness tool-kit – Vitality Portfolio, Wellness Wheel

Monday, March 22nd

7:30 – 8:30 p.m. Community Presentation at Menorah Park

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

For more information, contact Lifelong Learning Director LeAnne Stuver at 216-831-5452, ext. 244.

A Vision to Behold *continued from page 1*



brass. More recently, many of his paintings are abstract and much different from his earlier work, which had recurring themes of horses and mermaids.

Mr. Snell said that, although he can't see what he's painting, he has an idea in his head of what

he's doing. The public obviously agrees. He has sold more than a thousand pieces of art. He said he has even sold thousand-dollar sculptures by setting up on a street corner for passers by.

He's becoming a celebrity on Campus as well. A few of his art pieces were shown at Stone Gardens by activity staff as one of their "Conversation Pieces" recently. "We showed some of his creations, and he spoke beautifully about his passion for art. He loved being in the limelight," beamed Sarah Taub, Activities Director at Stone Gardens.

Artist Paul Cezanne once said, "There is a logic of colors, and it is with this alone, and not with the logic of the brain, that the painter should conform." Mr. Snell has mastered what every painter strives for; an intimate knowledge of color that requires only his patience, a fresh brush, and a masterful imagination.



Picasso Won't Mind...

And Monet won't mind either, if you donate your gently used artwork to Menorah Park's Volunteer office for resale at our Art Fair, to be held in the Menorah Park Auditorium on May 2nd and 3rd.

If you've been to one too many art shows, changed your décor, or have art work sitting unappreciated and unviewed in



your attic, give it a great home while helping a greater cause....donate it to the Women's & Men's Association for their "Recycled Art in the Park" art fair. Call the Volunteer office at 216-839-6654 for more information. All donations are tax deductible.

The money raised will help the Association continue the mission of providing support to the home and its residents. Art work includes: paintings, sculptures, ceramics, jewelry, and anything that is considered decorative, according to Vicki Snyder, Director of Volunteer Services. All donations are greatly appreciated!

ADC Rocks

You've heard of a rain dance to bring droplets from above.

Menorah Park's Mandel Adult Day Center participants will do their own "twist" to the accompanying musical beat of favorites played by Rock the House.

They'll "Dance into Spring" on Tuesday, March 9th at 2:00 p.m. and we're confident they'll bring about the "great thaw" with their energy and smiles alone. Come join the fun; thanks to this celebration in honor of Julia Raichilson of blessed memory.



ADC participant Roderic Yarbrough and Tara Pierce, Rehabilitation Supervisor, CCBDD- Contract Agencies/Senior Services, dance to the ADC beat.

Charitable Gift Annuities

Would you be interested in earning 7, 8, or even 9.5%* for life while helping Menorah Park? A Charitable Gift Annuity is a simple vehicle for reaching both goals. Please contact the Foundation at 216-595-7324 for more details.

**Rate is dependent on age*

Body Talk: Bet You Didn't Know...



The human body still baffles doctors and researchers on a regular basis despite thousands of years of medical knowledge. These are little know facts about the brain and hair.

Did you know: The brain operates on the same amount of power as 10-watt light bulb. The human brain cell can

hold five times as much information as the Encyclopedia Britannica. Your brain uses 20% of the oxygen that enters your bloodstream, and is much more active at night than during the day. Scientists say the higher your I.Q. the more you dream. Did you know that 80% of the brain is water.

Now Hair This! One human hair can support 3.5 ounces, and blondes have more hair than brunettes and red heads. The lifespan of a human hair is three to seven years on average.

Computer Question?

In addition to regular classes at Menorah Park's David P. Miller Computer & Technology Center, Computer Instructor Sylvia Hauser is expanding her teaching territory to include other buildings on campus each Monday, excluding holidays.

Her scheduled times on-site are:

Wiggins Place 12:30 – 1:15 p.m.

The R.H. Myers Apartments 1:30 – 2:15 p.m.

Stone Gardens Assisted Living 2:30 – 3:15 p.m.

She will answer basic computer questions at each building's lobby computer during these times, and there are no sign-ups required for this informal opportunity. Contact Sylvia for more information: 216-831-5452, ext. # 209.

Save the Date: April 29th, 2010.

The City of Beachwood, Menorah Park Center for Senior Living and Cuyahoga Community College's Center for Aging Initiatives Senior Adult Education program will co-sponsor a one-day senior adult education program. The full day event will take place at the Beachwood Community Center. The day also includes a continental breakfast and lunch. Featured speakers will address the following interest areas: the arts, political science, travel, health, fitness, and moral and self-awareness topics.



Thank you to the Glazer-Eisenberg family

Each year, on the occasion of Rose Glazer's birthday, family members include staff in the celebration by also honoring them for their caring.

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



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March - Menorah Park Skilled Nursing Home Activities/Outings

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Purim Carnival 10:30 a.m. Distance Learning MBR 2:30 p.m.	2 Men's Club RCAC • 10:30 a.m. Russian Club Fairmount • 10:30 a.m. High Tea with Mike Leamon • 3:00 p.m.	3 Cabaret Lounge 2:45 p.m.	4 Sing Along with Tom Todd 2:45 p.m.	5 Essence Club RCAC 10:30 a.m. Oneg Shabbat 2:45 p.m.	6
		Auto Show Whole House	Museum of Natural History Weinberg 1 & Friedman	Longhorn Steakhouse Weinberg 2		
7 Music with Val Marcus Pavilion 2:00 p.m. Heights Pavilion 2:45 p.m.	8 Brain Train 102 RCAC • 10:30 a.m. Distance Learning MBR 2:30 p.m.	9 Russian Club 10:30 a.m. High Tea with Mary Beth Ions • 3:00 p.m. Menorah Cafe* 5:00 p.m.	10 Rabbi's Psalms for the Spirit Program RCAC • 10:30 a.m. Music Time with Barbara and Mario 2:45 p.m.	11 Resident Choir 10:30 a.m. High Tea with Cliff Hablan 3:00 p.m.	12 Movie Time 10:30 a.m. Young Persons Club RCAC • 10:30 a.m. Oneg Shabbat 2:45 p.m.	13
	Ho Wah Fairmount 2	Olive Garden Heights	The B Spot Weinberg 1 & Friedman		Scrambler Marie's Euclid	
14 Pancake Breakfast 10:00 a.m. Dance Recital 2:30 p.m.	15 Magical Fun with Rick Smith 10:30 a.m. Distance Learning MBR 2:30 p.m.	16 Russian Club 10:30 a.m. Drumming Fairmount 2 • 10:30 a.m. Wine Tasting 2:45 p.m.	17 Birthday Party with Len Russo Band 2:45 p.m.	18 Residents' Council 2:45 p.m.	19 Oneg Shabbat 2:45 p.m.	20
			Cleveland Metroparks RainForest Weinberg 1 & Friedman	PF Chang's Weinberg 2	Red Robin Beachwood & Fairmount 1	
21 Bagel Brunch 10:00 a.m. Sing Along with Mike Wojtala 2:45 p.m.	22 Brain Train 102 RCAC • 10:30 a.m. Distance Learning MBR • 2:30 p.m. Scholar on Campus 7:30 p.m.	23 Mercer Elementary School 10:30 a.m.	24 Scholar on Campus 10:30 a.m. Movie Time 2:00 p.m.	25 Resident Choir 10:30 a.m.	26 Oneg Shabbat 2:45 p.m.	27
	Olive Garden Fairmount 2	Smokey Bones Euclid	Lunch & A Movie Weinberg 1 & Friedman		Scrambler Marie's Heights	
28 Classical Music 2:45 p.m.	29 Mini Seders beginning at 11:00 a.m. Evening Services 4:00 p.m. 1st Seder* 5:00 p.m.	30 Morning Services 9:00 a.m. Evening Services 4:00 p.m. 2nd Seder* 5:00 p.m.	31 Morning Services 9:00 a.m. Evening Services 4:15 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>		
	Erev Passover	Passover	Passover			

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