

MENORAH PARK CAMPUS NEWS

Menorah Park Center for Senior Living Community Newsletter

May 2010

Peter B. Lewis Aquatic & Therapy Center Makes a Splash During 10-year Anniversary Bash



Duckies, Duckies, Everywhere!

On most days, you won't find hundreds of ducks sharing the sparkling warm water with clients in the huge pool at the Peter B. Lewis Aquatic & Therapy Center (LAC). However, on April 7th, they were everywhere; some even sticking out of bathing suits! While swimmers were finding the multi-colored ducks that surrounded them fun and entertaining, the ducks also served a very important purpose; one lucky duck bore a prize message on its underbelly. Visitors worked out, splashed around, leisurely floated back and forth (some with ducks on their heads), walked the water ramp and hung out in the deep end cheering each other on during the celebration. It was a great day for a community gathering and the turnout was amazing, according to Ruth Plautz OTR/L, Menorah Park's Director of Rehabilitation Services. As staff passed out celebration cake, Ruth asked attendees, "Has it really been ten years?" A passerby who heard her comment stopped to tell her that she had been coming for nine of those years,

following a hip replacement, and that she loved it so much she just kept on coming to maintain her well-being. The same story resonates throughout the Center. A group of clients who call themselves the Early Birds have been gathering collectively for years. They've developed a bond within their circle and enjoy the camaraderie and support from each other and staff. They can be spotted at the LAC early in the morning during their weekly game of water volleyball, followed by a healthy breakfast at Pearl's Place on the Menorah Park Campus.

Young Sarah Shick calls the LAC pool "The Enchanted Pool." She was in a wheelchair when she first began her aquatic therapy. "I love this place! I've been coming for four years. It's like a family and that's a big part of getting well. It's a healing community; friends all working together to get better," she said. "Pain can make people short tempered, but everyone here is in happy land!"

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One Campus, Many Solutions, One Person at a Time



Happy Mother's Day!

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on recycled paper.

From The Administrator's Desk

Wellness and the Sweet Aromas of Home



**Nancy Sutula,
Administrator,
Wiggins Place**

Wiggins Place offers a variety of outstanding life enrichment programming. I'm excited to tell you about our two new specialty programs that focus on spiritual and emotional wellness.

Susan Ruck, Wiggins Place Wellness Nurse, started her "Chicken Soup" program nearly three years ago as a way to gather our tenants to reminisce. After her first program, Susan decided to serve chicken soup during the gatherings, which has turned into

somewhat of a tradition now. Every Wednesday anyone from Wiggins Place can enjoy a delicious bowl of chicken soup while listening to the heartwarming stories from one of a series of "Chicken Soup for the Soul" books. Everyone enjoys listening to the stories and reminiscing about their own life experiences. According to Susan, "It really opens up a great discussion...about their memories from their

childhood, wedding, and raising children."

If you come to Wiggins Place on Friday afternoons, you are greeted with the sweet aroma of fresh baking challah. Our Life Enrichment department is always looking to add more Jewish culture programming for Wiggins Place. Jenna Gerling, Wiggins Assistant Director of Life Enrichment, was baking challah with the residents at Menorah Park, and thought, "Why can't Wiggins Place tenants bake challah too?" At the beginning of January, we started making challah on Friday mornings. The tenants braid the dough while reminiscing about when they made challah in their own homes. Everyone gets to take their own freshly baked loaf home with them. Of course, two loaves are specially made for Rabbi Kutner's Kabbalat Shabbat service. When the program started, Jenna had about a half dozen attendees; the group has now grown to 18 people. How apropos - chai.

I know tenants will always cherish the wonderful memories and heart-felt warmth of new friendships they experience while participating in these and other programs at Wiggins Place!

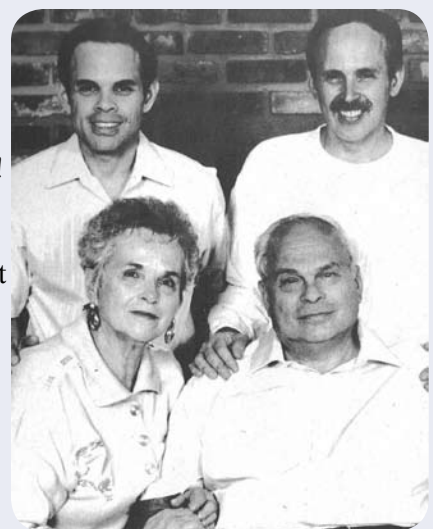
Secret Weapon at 85

Most people look forward to retiring from their hectic work schedules by the time they reach 65. Not Wiggins Place resident Ida Kaufman; for 65 years, she has maintained her presence in the family business, The B & K Bicycle Company, now located on Mayfield Road in South Euclid. Her work has kept her youthful, busy, and full of zest, at 85 years of age! Ida works during the evening on Tuesdays and Thursdays and during the day on Saturdays. Her son Neil, who also works there, calls her his secret weapon.

"He calls me his secret weapon because I entertain customers while everyone is busy, and I am able to sell bikes because I know bikes. I've sold them for 65 years," explains Ida. In their company literature, Neil refers to his mother as a woman of many talents, saying she came from a proud family that worked hard and loyal, side by side, for long hours through many years, and still thrives, even today.

"A month ago a man and his wife came in," recalls Ida. "They were in their 60's, and they had a small child with them. It turns out that the man's dad had bought his first bike from us. He remembered me because I had given him a bell for his bike. He grew up, got married, had kids, and then, he brought all of his kids in for bikes.

That day, he was bringing me his first grandchild for a bike! What's the big deal working in a bike shop? We've brought a lot of happiness to people. They buy good equipment and they keep coming back. I am the secret weapon because people don't expect an 85 year old lady to sell them a bike," Ida said. "Selling them a bike means finding out what kind of riding they do," she said. She points them in the right direction based on their answers.



So, whether it's the first ride with the training wheels, or the whole family on ten speeds traversing through the metro parks, the B & K Bicycle Company keeps riders in motion, with the help of Ida, who says working keeps her in motion. "I feel that being in the store keeps me in touch with the outside world. I enjoy talking to people who come in; those I know and those I don't know. I

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Peter B. Lewis Aquatic & Therapy Center Anniversary Bash *continued from page 1*

It all started with a vision that soon became a reality. Menorah Park's Executive Director, Steven Raichilson reminisces with a smile when explaining how the pool idea came to him, literally! During a recent conversation with therapy client Marcia Ungar, daughter of Mr. Abe Kipperman (of Blessed Memory), Mr. Raichilson said one day more than a decade ago, Mr. Kipperman approached him with a dream of having a pool on campus. A retired lawyer, Mr. Kipperman was an avid swimmer, and a resident of The R.H. Myers Apartments, an independent living residence on Campus. The two men met during a



Abe and Bertha Kipperman loved the Peter B. Lewis Aquatic & Therapy Center so much, they created a fund for the Center.

BBQ party. "Abe asked, 'why don't we build a pool at Menorah Park?' He was very persistent and wouldn't let me forget. Month after month, he'd pop in and ask, 'where's the pool?' It was all because of his persistence, that we got the big rec pool. That made it all possible. He gave me the inspiration to really consider it," said Mr. Raichilson. Mrs. Ungar said her father would have been a very strong advocate to anyone thinking of swimming, and she joked that he nudged Steve because he wanted to use the pool himself so badly. He'd been making a trek to a crowded community pool, and wanted the convenience of having one near his home. "He was articulate, intelligent, kind; yet assertive and tactful," she said. Mrs. Ungar said that her family established the **Bertha & Abe Kipperman Aquatic Equipment Fund** in memory of her parents to provide wellness, therapy or pool equipment for the Center.

Ed Singer, Menorah Park Foundation President, recounted his experience during a conversation with Helene Weinberger, Menorah Park volunteer. He said the Strategic Planning Committee of the Menorah Park



More than 10 years ago, "digging into a dream" that brought us the Center

Board of Trustees identified aquatic therapy as a real need. A special committee came up with a plan. A cost assessment was forecast, and a

site chosen. The committee explored possible sources of revenue and concluded that a single donor was needed, instead of a long-term capital group. Peter B. Lewis had the financial capacity, and understood the immense importance and benefit to be derived from aquatic therapy. Mr. Lewis most certainly knew the value of the water, since he himself swam daily. Mr. Singer sent Mr. Lewis a letter explaining the project. He said within two to three days he was called back with the response, "You've got the money!" Mr. Lewis asked for input on the design of the Center, and a lifetime pass. Mr. Singer still goes to LAC to take the "golf improvement" course, and his wife, Naomi, goes for help with flexibility. This huge gift to this community was made possible financially with the generous help of Peter B. Lewis - but many people had a major hand in the dream coming to fruition; to this day and for decades to come, everyone benefits!



Phil Wasserstrom and Ruth Plautz pause to reflect on how many thousands of people have been helped during the ten glorious years.

The Peter B. Lewis Aquatic & Therapy Center

Celebrating 10 years of providing quality services to our community!

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85 Year Old is Bicycle Company's Secret Weapon *continued from page 2*

feel better and I'm sharper because of it. When you are occupied, and you stay busy, aches and pains go on the back burner," Ida said.

She and her family built the company on basic American family values, according to their literature: on honesty, determination and perseverance. Ida confesses she's been an avid biker all of her life, up until about three years ago. She says bikes have undergone immense changes in weight, material, gears, tires, and purpose, inspired by the new going "green" campaign to save energy. "The bike is a symbol of a greener world. There's a lot more people

riding now," she explains. "Once you buy the bike, it's just the beginning. We train people on care, gear shifting and maintenance, and we do free adjustments for our customers," Ida said.

Did you know: In earlier days, the company didn't have a big marketing budget, but lots of inventiveness. Their earliest promotion was giving a white mouse to everyone who bought a bike. The promotion was short-lived; two armed policemen showed up wanting to see the huge rat holed up in the garage, only to find a small tiny, terrified mouse. The promotion soon ended.

Cleveland Rocks! An Exclusive Event...Just for You!

Come one, come all to the Community Concierge's Cleveland Vendor Fair at Wiggins Place on Wednesday, May 26th from 10:00 a.m.-12:00 p.m. The Cleveland Vendor Fair will feature members from all of our favorite places! If you are new to the area or are interested in some of Cleveland's great venues, then this is something just for you!

In collaboration with Positively Cleveland, invitations have been extended to The Cleveland Playhouse, Playhouse Square, Cleveland Museum of Art, Cleveland Institute of Music, Beck Center for the Arts, Cleveland Botanical

Gardens, SAKS Fifth Avenue, Cleveland Museum of Natural History, Maltz Museum of Jewish Heritage, Severance Hall, and more.

Thanks to a generous donation from the Wolf Family Foundation of the Jewish Community Federation, the Community Concierge Program was born at Wiggins Place to help campus tenants remain connected to what they love in the community. Coordinator Jenna Gerling assists with finding the best seats, purchasing tickets, and coordinating transportation to a variety of venues around town.

Dialysis Treatment Now Available at Menorah Park



The Ribbon is Cut. Life just got easier for

Dialysis Patients

this community service is now open on the

Menorah Park Campus designed to serve residents of nearby suburbs, post-hospital clients, and campus residents

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Doing More With Spiritual Reflections

The holiday of Shavuot celebrates the culmination of our Exodus from Egypt. In Moses' famous statement of "Let my people go", we often leave out the second half of the sentence, "that they may serve [G-d]". The freedom Moses demanded from Pharaoh was not a freedom without direction, but rather a freedom that allowed the people to serve and have a relationship with G-d.



Rabbi Ephraim Karp, Director of Spiritual Living

This relationship was forged on the holiday of Shavuot, when the Jewish people stood at Mount Sinai and experienced G-d's Presence first hand. Our tradition teaches us that the first two of the Ten Commandments were heard by every single Jewish soul. The experience was so overwhelming that the Jewish people asked Moses to go up the mountain and receive the rest of the Commandments for them. Unfortunately, the people's impatience caused them to miscount the days, and feeling that they had been abandoned the people made an idol for themselves; a golden calf. In reality, it was the Egyptians who had left with the people of Israel who instigated this drastic action, and a very small percentage of people followed along.

If the golden calf was the result of mostly Egyptians and a few Jews, together constituting only one percent of the

population, why was it such a big deal? We are only talking about a very small number of people relative to the whole population. Who cares that a few people made such a mistake. It's not as if everyone or even a majority of the people had abandoned G-d!

The truth is that the worship of the calf in and of itself was not the biggest disaster. Yes, it was an idolatrous act that flew in the face of G-d, especially after all of the wonders and miracles that accompanied our Exodus from Egypt. What was worse, however, was the reaction of the rest of the people, who just stood by and did nothing. Not that they watched and shook their heads at how terrible this was. No. That didn't even happen. They just looked away and ignored the problem. This was the downfall of the Jewish people.

Many of us make mistakes. Some of us may even make certain choices that are unhealthy and perhaps even dangerous. We may not be able to change the choices people make, but what we can do, especially when we see something dangerous or unjust happening, is to speak up. Instead of turning away and pretending like it doesn't impact us, we must remember that we are all connected to one another. When another person is in danger or in an unhealthy situation, we share part of that predicament. We may not be able to save that person from themselves, but we are required to say something. In the words of Pirkey Avot, we are not required to complete the task, but we are not free to just stand by and do nothing!

Menorah Park's Department of Spiritual Living Presents Judaic Scholar Dr. Benjamin Corn

Internationally known Physician and Pioneer of the Spiritual Care Movement in Israel

**Refuat HaNefesh, Refuat HaGuf
Healing of the Soul, Healing of the Body
The Two Sides of Total Care**

Wednesday, June 2nd, 2010:

3:00 p.m. The R.H. Myers Apartments

7:00 p.m. Community Address at Menorah Park

Thursday, June 3rd, 2010

10:30 a.m. Presentation to Menorah Park and Stone Gardens Residents, Menorah Park's Saltzman Auditorium

5:30 p.m. Presentation for Physicians (CME Credit)

7:30 p.m. Wiggins Place Address

For more information, contact Spiritual Living Director Rabbi Ephraim Karp at 216-839-6628.



Celebrating Yom Ha-atzma'ut, Israeli Independence Day, at Menorah Park Center for Senior Living.



Yiddishe Cup Klezmer Band entertained as Israeli soldiers visited residents, staff and guests during the program.

This event is made possible by personal involvement and special funding from the Bermans, who maintain the **Nora & Brian Berman Yom Ha-Atzma'ut Fund**.

Adult Day Care Center - May Happenings

Did you Ever Want to be a Cowboy?

Honoring the Young Child Western Style!

In celebration of the “Week of the Young Child” beginning May 10th, the Mandel Adult Day Care Center will host intergenerational activities with clients and kids from the FUNDamentals Childcare Center on Campus. The theme is the “Wild West!” Grab your straw hats, your checkered shirts, and your dancing legs, and get ready for a ho-down!

Celebrating Our Youth!

As we honor “Week of the Young Child,” did you know: The Census Bureau reports that approximately 50% of working families rely on child care providers to help them care for their children while they work; 25% rely on relatives; and nearly 25% arrange work schedules so that no child care is needed. Menorah Park offers on-site daycare, helping employees feel secure in knowing their children are nearby, safe and in a healthy, loving environment!

We’re Getting to Know You!

Each Adult Day Club on the Menorah Park Campus features a client of the month with a “Getting to Know You” tool: a board full of pictures and facts that clients wish to share. Families say they are truly enjoying the boards and commenting on how great it is to see their loved ones honored and made to feel special and appreciated.

GIVE, THEN TAKE.

That pretty much explains the Charitable Gift Annuity from Menorah Park. You make a gift, and you receive a healthy annual return of up to 9.5% for as long as you live.* And a significant portion of your gift is immediately tax-deductible. But just because it makes financial sense doesn't make it any less a mitzvah: your gift will help keep Menorah Park strong for another hundred years.

Call Brett Shankman to find out more @216.595.7324

*Rate of return based on age at the time the gift is made. As of March 23, 2010, the rate at age 80 is 7.1%. At 85, it's 8.1%.



This month we celebrate Older Americans Month 2010, with the theme “Age Strong! Live Long!” Let’s celebrate the contributions seniors make to their communities. Be a volunteer, a helper, a friend, and make a difference in someone’s life!

Memorial Day Reminder: Every year on the last Monday in May, we observe Memorial Day to honor all those who have died in military service to our country. It was originally called Decoration Day commemorating soldiers who died in the Civil War. Union General John A. Logan pointed out the need for a regular nationwide holiday for all American soldiers who died for their country. He was the head of a veterans group called the Grand Army of the Republic, and he used his position to encourage Americans to observe it reverently.

Will Run for a Good Cause!

The Menorah Park Rehab Team is getting organized to participate in the “Race for the Place,” a 5k (3.1 miles) race for both walkers and runners, to be held on Sunday, June 6th. Last year, a team of 12 staff and family members of Menorah Park participated, raising more than \$1,000 to support The Gathering Place, located in Beachwood. The mission of The Gathering Place is to support, educate and empower individuals and families touched by cancer through programs and services provided free of charge.

Please join us on National Cancer Survivors Day, Sunday, June 6th. For more information, call Kelly McNeal, PT, Menorah Park’s Assistant Director of Rehabilitation Services at 216-831-6500, ext. 155, or email: kmcneal@menorahpark.org

Gone to the Dogs!

On May 27th at 2:00 p.m., bring YOUR DOG to the R.H. Myers Apartments first annual dog show. Awards will be given in different categories. Please RSVP to Maria Dussi, at 216-831-6500, ext. 276.



Celebrating May and Moms Across Campus

Menorah Park

Being able to spend time with your mom is a precious blessing! The Menorah Park Mother's Day Pancake Breakfast at 10:00 a.m. is a great way to do that! At 2:30 p.m. on Mother's Day, there will be "A Classical Tribute to Our Mothers" with a string quartet, thanks to the Belle Kaufmann Mother's Day Fund. The group from Arion String Ensembles will play violin, viola and the cello in the Menorah Park Saltzman auditorium. We will serve cupcakes and punch and every mother will receive a carnation and hear a special Mother's Day poem in the middle of the program. This is going to be a special elegant event created specially for our Mothers!

Check out These May Highlights:

Casino Outing Presque Isle on May 13th at 7:00 p.m.

"A Night in Paris" Dance program on May 25th at 7:00 p.m.

An outing to Beartown Lake for a picnic on May 26th.

R.H. Myers Apartments May happenings:

On **May 4th** in honor of International Respect for the Chicken Day, we will host a Red Hat Fried Chicken Picnic at the Metro Parks!

May 6th is national well-dressed salad day – we will host a well-dressed luncheon!

The **Mother's Day** Brunch at R.H. Myers will feature music by Steve Greenman.

May 11th is National Hug Day at R.H. Myers. Everyone hugged will receive a sticker saying, "I've been hugged!"

May 16th: Mother's Day! We'll enjoy entertainment by Twice as Nice. This post-Mother's Day Celebration is sponsored by the Deitz, Goldberg & Aronoff Mother's Day Fund. Don't forget, there will be a lovely buffet of pastries and fresh fruit with punch.

May 19th: Blintze Luncheon in honor of Shavuot

May 26th the Old Bag Luncheon: Bring down an old bag to donate to charity!

Save the Date

Come Celebrate the Scholars Among Us

Annual Rose Institute for Lifelong Learning Achievement Ceremony

Wednesday, June 9th at 2:30 p.m. in Menorah Park's Saltzman Auditorium

Stone Gardens

On **Mother's Day**, each of our ladies will receive a small gift and enjoy the entertainment of Val Robbins and vocalist Joann Couch thanks to the Sheryl & Bart Simon Mother's Day Fund.

Come to our monthly "Guest Cantor" Program. This program is in memory of David Gelb, a Holocaust survivor. His daughter, Terri Kline generously created a fund in his name. One Friday each month, we have a cantor, and sometimes an accompanist to perform a program that includes cantorial, liturgical, Yiddish and popular show-tunes. The upcoming program, **Friday, May 14th** at 2:30 p.m., will feature Cantor Kathy Sebo from The Temple-Tifereth Israel.

Wiggins Place:

On **Mother's Day**, enjoy music and desert at 7:30 p.m. thanks to the Mildred Saltzman Mother's Day Fund.

On **May 16th** at 6:00 p.m. put on your lucky shirt; it's casino night!

Happy Mother's Day!

Honoring the Witty, Wonderful Moms Wisdom With a Smile!

Know your Mom! Sit down and ask her a few questions! You just may learn something new about her! What is your mom's favorite perfume? What is her favorite color? Who is her favorite actor? What does she do in her leisure time? Which is the latest book she has read? Who is her favorite author? What is her favorite flower? What is the first gift that your dad gave her?

We all remember those funny things our moms said to us when she reached her wits end; that's when her humor and her endurance would really kick in!

She's a Referee: "If you're going to kill each other, do it outside. I just finished cleaning."

She has:

Logic: "Because I said so, that's why."

Foresight: "Make sure you wear clean underwear, in case you're in an accident."

Hypocrisy: "If I told you once, I've told you a million times. Don't exaggerate!"

Envy: "There are millions of less fortunate children who don't have wonderful parents like yours."

Medical Science: "If you don't stop crossing your eyes, they are going to freeze that way."

Justice: "One day you'll have kids, and they'll turn out just like you."

Wisdom: "When you get to be my age, you'll understand."

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 Bet Moshav Zekeim Hadati
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May - Menorah Park Skilled Nursing Home Activities/Outings

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Bingo 2:30 p.m.	3 Distance Learning MBR • 2:30 p.m.	4 Voting 6:00 a.m. Russian Group Fairmount Pavilion 10:30 a.m.	5 Cabaret Lounge Auditorium 2:30 p.m.	6 High Tea with Cliff Habian 3:00 p.m.	7 Essence Club 10:30 a.m. Oneg Shabbat 2:45 p.m.	1
	Longhorn Steakhouse Fairmount 2	Outing Beachwood & Fairmount 1	Ruby Tuesday's Weinberg 1 & Friedman	Art Museum Weinberg 2	Ho Wah Euclid	8
9 Pancake Breakfast 10:00 a.m. A Classical Tribute to Mother's Day 2:30 p.m.	10 Prayer Gathering RCAC 10:30 a.m. Distance Learning MBR • 2:30 p.m.	11 High Tea with Mary Beth Ions 3:00 p.m. Resident & Board Annual Picnic 5:00 p.m.	12 Cuyahoga Hts. School 9:15 a.m. Yom Yerushalayim 2:45 p.m.	13 Resident Choir 10:30 a.m. Dance Program 2:45 p.m.	14 Young People's Club RCAC 10:30 a.m. Oneg Shabbat 2:45 p.m.	15
Mother's Day		Russian Club	Movie and Lunch Weinberg 1 & Friedman	Casino Outing Presque Isle	The B Spot Heights	
16 Temple Emanu El 10:30 a.m. Sinatra Songs 2:45 p.m.	17 Clothing Sale 10:00 a.m. Distance Learning MBR • 2:30 p.m.	18 Russian Group Fairmount 1 • 10:30 a.m. Drumming Fairmount 2 • 10:30 a.m. Oneg Yom Tov 2:45 p.m.	19 Morning Service 9:00 a.m.	20 Morning Service 9:00 a.m. Yizkor 10:45 a.m.	21 Movie Time 10:30 a.m. Oneg Shabbat 2:45 p.m.	22
	T.G.I. Friday's Fairmount 2	Outing Beachwood & Fairmount 1	Shavuot			
23 Violin Recital 2:45 p.m.	24 Distance Learning MBR • 2:30 p.m.	25 Russian Club Auditorium • 10:30 a.m. High Tea with Mike Leamon 3:00 p.m. A Night in Paris Dance Program • 7:00 p.m.	26	27 Resident Choir 10:30 a.m. Twice as Nice 2:45 p.m.	28 Story Time with FUNDamentals Library 10:30 a.m. Oneg Shabbat 2:45 p.m.	29
	Dino's Italian Euclid	Outing Beachwood & Fairmount 1	Beartown Lake Picnic Weinberg 1 & Friedman	Outing Heights		
30 Bagel Brunch 10:00 a.m. Music with Chuck 2:45 p.m.	31 Music Program with Tom Lanigan 2:30 p.m.	<p>* Reservations Required</p> <ul style="list-style-type: none"> • 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 <p><i>Please note, activities are subject to change</i></p>				
	Memorial Day					

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