

MENORAH PARK CAMPUS NEWS

Menorah Park Center for Senior Living Community Newsletter

November 2009

Winterize Your Driving Skills



It is imperative to test your driving strengths and abilities, before they are challenged in harsh weather. Vision, reaction time, and physical abilities are affected as we age, but this doesn't have to mean losing one's independence, according to Menorah Park's Rehabilitation Team. DriveWise, a program that helps identify driver's strengths and weaknesses, is the ideal way to identify skills and needs.

The AGS Foundation for Health and Aging reports that adults 65 and older are involved in more car accidents per mile driven than those in nearly all other age groups. To avoid being part of the statistic, they recommend that you:

- Winterize your car before the bad weather hits (have the antifreeze, tires and windshield wipers checked and changed if necessary)
- Check weather reports and check for winter weather advisories before beginning long car trips
- Avoid driving on icy roads, overpasses or bridges if possible; look for another route
- Slow down when roads are covered with snow or ice

The program enables the growing senior population and their families to feel more confident and secure with driving decisions. Sophisticated testing equipment in the clinic evaluates and pinpoints areas of concern. On-the-road driving with an occupational therapist, who is also a certified driving instructor, enables seniors to review and practice safety techniques like checking mirrors, determining distance, turning, backing and parking. DriveWise also helps identify alternative driving arrangements or limits, if it becomes clear that driving habits should be altered.

For your key to driver safety and confidence, contact DriveWise at 216-360-8221.



Veterans Day • see page 7

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This newsletter is printed on recycled paper.

From The Administrator's Desk Donor Gift Enhances Sadie Fisher Park



Ross Wilkoff, Stone Gardens Administrator

The mission of Stone Gardens is to treat every resident with dignity, respect and compassionate care. To reflect those beliefs in our physical environment, we are always working toward providing the best surroundings to enhance the atmosphere for our residents. The philanthropy of donors has made many of these special touches possible.

We are very excited to announce that we will shortly begin the construction of a beautiful new koi (goldfish) pond and waterfall in the **The Sadie Fisher Park**. The park was donated several years ago by **Barry Feldman** in memory of his beloved "bubbe" who lived at Stone Gardens. Over the years, Barry has supported the park and helped keep it beautiful.

The Sadie Fisher Park is already a destination for residents to soak in the warm summer air, sit and chat with friends or just enjoy some quiet space. Starting the work now will allow the area disturbed by the work to be established by the spring time.

The addition of a waterfall and koi pond will enhance the area in many ways. The pond, which will be about six by eight feet will host fish large enough to see easily and add a new wildlife dimension to the park. We also hope to see other fun "critters," such

as frogs, make their home here over time. The waterfall will feed the pond, creating a peaceful trickling water sound to the area. Always mindful of recycling, we will be able to transplant many of the flowers and shrubs in the area to other parts of the park. At night, lighting will enhance the beauty of the area.

A natural, peaceful place to relax and enjoy is only a few steps away! Come visit!



Current beauty in Sadie Fisher Park

Thank You All Around

Every year in November, **Stone Gardens** adds a program into its schedule called "Thank You Circle," to foster an attitude of gratitude, and spread good will throughout the building. The group sits in a circle and says "Thank You." That's it! It is a very powerful and moving experience for those who participate. People sit in a circle facing each other, promoting a sense of community. No one is forced to speak, but encouraged to say "Thank You" to someone in the room, or even to someone who isn't, for a specific action, attribute or deed. They can give as many thanks as they want. Everything is valid and everyone is valued. No one is censored or edited. They often begin and end the session with the song "All My Life's a Circle" by Harry Chapin, and read a poem in unison. We hope you are thinking of someone to whom you are thankful, as you read this poem.

Thank You, By Misty Mischelle Snyder

To...

A heart filled with love,
a head filled with wisdom,
a hand filled with the hand of someone in need.

I extend:

A heart filled with thankfulness,
a head filled with memories
a hand that has known love,
not by word but by deed.

Thank you.

**Menorah Park's
Marcus Rehabilitation Center.
We'll get you back to your game.**

Inpatient
Post-hospital Care
➔ Home
Health
➔ Outpatient
Rehabilitation
➔ Wellness

We're focused on more than just getting you back home after an illness or surgery - we want to get you back to golf, tennis or whatever you love to do. That's the goal of our compassionate care specialists who use the latest techniques and a team approach, which even includes a seamless transition to home health services and outpatient therapy.

The Center Offers:

- A personalized plan of care
- Two full-time in-house physicians
- Aquatic, physical, occupational and speech therapies
- A transitional living suite where you can practice skills safely in a home setting
- Reservations accepted for post-op stays after hip, knee, back or other surgeries

Call Lisa Cohen Kiraly at 216.839.6633

Conveniently located between I-271 and Beachwood Place

More Good Deeds Across Campus

Menorah Park's Mandel Adult Day Care Center (ADC) and FUNDamentals Child Care Center will host their annual food drive with proceeds designated to help the City Mission in Cleveland. This is the third year that the two centers have joined forces. The ADC has collected donations for the past six years and FUNDamentals for ten years. Clients feel very good when they are able to give back to others as viable members of the community. FUNDamentals children learn about caring for others. So many families are struggling through these difficult times in this year and they find it especially important. The food drive takes place from November 1st through November 20th. All nonperishable food is welcome and needed. However, specific requests from the City Mission are for tuna, oatmeal, grits, green beans, baked beans, chicken noodle soup, peanut butter, jelly, macaroni and cheese, instant potatoes, stuffing, pasta, and powdered drink mix.

Items can be dropped off at the childcare center from 6:30 a.m. to 5:30 p.m., Monday through Friday. The children will travel throughout the building to campus community members who have requested food pickups on Thursday, November 19th.

Please contact Child Care Director Melissa Altman at 216-839-6679, or ADC Activities Director Amy Vedova-Phillips at 216-896-1107 for more information.

The Peter B. Lewis Aquatic Center - A Giving Spirit Combined with Good Clean Fun

It's the Buckeyes vs. the Wolverines at the Peter B. Lewis Aquatic & Therapy Center (LAC). They have a new twist for this longstanding football rivalry: filling the bins of their favorite schools.



Food items go to the Cleveland Food Bank which distributes surplus food and other items to more than 450 hunger centers throughout Northeast Ohio.

Saluting the Red Hatters

The Red Hat Society is known for greeting aging with a big grin, and at The R.H. Myers Apartments they do that and then some. The Red Hatters continue to help the greater community. Spearheading food drives for the New Birth Complex and collecting hats and gloves for kids are among their projects.



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; a favorite among staff and residents who share a visit with friends and family while enjoying a little nosh.

Menu Sample:

Cheese Omelet with Toast or Hash Browns.....	\$2.70
Grilled Cheese.....	\$2.50
Soup of the Day*	\$1.25
Cheese Pizza	\$3.00
Tuna Salad Wrap or Sandwich.....	\$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; call 216-839-6654 for information

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 Rabbinic Supervision*



Stay Healthier and Happier With Family, Friends, and Busy Campus Life

When the clouds of winter seem to hide the sun, and gray days invite the blues, our instincts may tell us to hibernate until the snow melts, but in reality, it's healthier to stay active, both socially, and physically.

What makes us blue? Uncertainty. What can chase away uncertainty? Adventure! Life's major pathways sometimes have twists and turns that we don't anticipate. Retiring, downsizing, moving to a new place at first may be overwhelming, but in reality, it's

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Beat the Flu with Education, Precaution, & Consideration

Did the government say Pandemic? That's a pretty scary word. So instead, we choose words to educate residents, family and staff. With flu season upon us, many have questions as to the severity of the Swine flu (H1N1) and the difference between the H1N1 and traditional influenza vaccines. Dr. Michael Knight, Menorah Park Campus Medical Director, would like residents, family and staff to know that the easiest ways to avoid any flu is through proper hand washing, avoiding exposure to those who are sick or at risk, and good nutrition. An added note to good nutrition: foods with vitamins D and C and supplements aid in strengthening the immune system.

In addition to these suggested ways to prevent the flu, campus staff and residents received flu vaccines at the end of October as added protection. The medical team also urges that if you have contracted the illness, please refrain from visiting your loved one until you feel better. In this way, you help to reduce the risk of the flu.

The Menorah Park Campus had the recent honor of a visit by White House Director of Public Engagement, Tina Tchen. During a lively Oneg Shabbat, Ms. Tchen spoke and answered questions, giving residents and guests time to learn more about her and her role at the White House.

Ms. Tchen graciously circled tables and briefly toured our campus to learn more about us. Her last stop was at the Centers for Dialysis Care's 17th center, CDC-Beachwood



soon to open on our campus next to Menorah Park's Marcus Rehabilitation Center. She was pleased with this new collaboration that will conveniently serve people in need of dialysis both on campus and in the surrounding communities.

Stay Healthier and Happier With Family, Friends, and Busy Campus Life

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a beginning to a whole new life promoting health, welfare, education, socialization, and fun. It's meeting new friends, visiting new places, buying new things, and letting go of painful memories, says 85 year old Goldie Wiederhorn, a tenant at the R.H. Myers Apartments. Goldie said it is possible to beat the blues; by not allowing oneself to get depressed.

The first secret is to stay busy.

Goldie volunteers for at least 30 hours a month at her synagogue, at schools, and on Campus. She is on a committee of residents whose purpose is to do great things for others. She loves to cook, read, go on outings, attend programs on campus, travel, and is heavily involved with her friends and family. "The holidays give me extra strength," says Goldie. Because of her love of cooking- the holidays are busy. "Last year I made 100 matzah balls," she said, pointing to a photo that once appeared on the cover of a local magazine featuring herself, her sister, and her nephew, busy doing what they love: cooking.

It's important to keep a positive outlook even during the most traumatic part of growing old. She said her advice to anyone who may feel depressed or lonely, or sad about having to move out of his or her home and away from family should consider her words: "Pick yourself up. It's a good day, and there's lots to do and see," she said. When having to prepare for a move, just keep in mind that you are only getting rid of things, the memories are still yours. Keep very important momentos, but donate what you can to a charity to be put to good use. "It's just as much fun to buy new things as it is to keep your old things," she said. Look at your move as a way to do a good deed, clear the clutter, and become more organized.

She advises seniors to continue learning every day! Go to an educational or musical program, listen to a CD, watch a classic movie with a friend, join a club, play cards or games with a group, learn a new language, and get other people involved. "My cup is always full," says Goldie. And so is her calendar!



Wii Fit at Wiggins Place

The craze over Wii Fit has made its way over to Wiggins Place. After researching its many features, it was evident that it could be a perfect “fit” with tenants.

The Wii Fit is extremely beneficial, especially for correcting or working on posture and balance. In all of its aerobics, strength training, yoga and balance games, it measures your center of balance and your body mass index (BMI).

These games have such positive impact because they are fine-tuned to each person who steps onto the platform. After giving you a percentage of how much weight is put on the right and left foot, it “tests” movements based on specifics like walking in place, standing on one leg or standing still. It works with you, measuring your progress as well as setting goals.

“We now have ten tenants involved with Wii Fit, all of whom have told me that they feel good working with the Wii because it’s fun and it also teaches the rules to abide by to remain physically fit,” said Jenna Gerling, Assistant Director of Life Enrichment. “Over time our lifestyles

have changed. Our posture has become off-center from sitting more, weight gain and weakened muscles—even crossing one’s legs while sitting will throw you off-balance.”

Wiggins Place tenant, Leah Brenner, has voiced her approval as she has seen improvements since she began. At first, she put 61 percent of her weight on her left foot and 39 percent of her weight on her right foot. Today, she has only 52 percent on her left and 48 percent on her right.

We are pleased that Wii Fit has brought another opportunity for staff to support and enhance tenants’ wellness.



Employee Gift Fund

Throughout the year, many of you have expressed the desire to show your appreciation to our staff. Menorah Park’s policy does not allow our employees to accept gifts or gratuities directly from residents or families. The Employee Gift Fund was created to allow you to express your thanks with a monetary gift to our employees.

If you wish to contribute to the Employee Gift Fund, you may write a check payable to EGF, Menorah Park Center for Senior Living; have funds transferred directly from your family members resident account; or for donations of \$25 or more, you may charge the amount to your Visa or Master Card. Please mail in the form by December 7th, 2009.

Name (if credit card as it appears) _____

Enclosed is my check in the amount of \$ _____

Please transfer \$ _____ from the account of: _____

Please charge \$ _____ to Master Card Visa

Card Number _____

Security Code _____ Exp. Date _____

I would like this gift to be shared with employees at:

- Menorah Park Wiggins Place Stone Gardens
 Mandel Adult Day Care Center
 The R.H. Myers Apartments

Send your donation to: EGF, Menorah Park Center for Senior Living, 27100 Cedar Road, Beachwood, OH 44122

Working Together

Students from Gross Schechter Day School (GSDS) have been spending some of their school days with campus residents to share experiences and to participate in chesed (acts of kindness). In November, they’ll join Menorah Park residents to learn about the special needs of Jewish men and women serving in our armed-forces. This is in preparation for a special joint-program of the GSDS 8th grade and the Menorah Park Residents’ Social Action Committee. The students, residents, and their families will seek contributions of items to help make the time spent overseas in service to our country by these brave men and women, a little easier and more like home. Jewish



Avi Yulish and Jack Mandel

members of the armed-forces, in particular, have unique needs including kosher food, Jewish related reading materials, and religious items. The collection will take place over the ensuing weeks with the goal of sending care packages to the troops in time for them to celebrate Chanukah. A separate collection will also be made at the same time for items needed by members of the Israeli Defense Forces.

Capturing the Family Caregiver Experience

What do Baby Boomers talk about the most? Their parents, according to Harriet Tramer, teacher, author, and daughter of 96 year old Frances Tramer, a client at the Peter B. Lewis Aquatic & Therapy Center and Menorah Park's Mandel Adult Day Care Center (ADC).

Harriet literally wrote the book on the caregiver experience after realizing the miraculous change she saw in her mother soon after Frances began attending the ADC about three and a half years ago.

She said Frances had broken her leg and was getting therapy at the Peter B. Lewis Aquatic & Therapy Center around the same time. Her injury left her feeling a bit out of sorts. Even in her '90's, Frances is an independent woman and has a great need to be helpful to others, according to Harriet. "The problem is, when you are 95, you can no longer teach swimming lessons or be a Girl Scout leader; you can't do the same things you did before, so you have a tendency to become depressed or withdrawn," she said. "As mom aged, she withdrew a bit. When she started attending the



Frances and Harriet chat at the LAC after therapy.

Mandel Club (in ADC), it changed everything; it gave her a chance to use her mind, to feel useful. It allows me to keep her at home, which would not be easy without adult day care," she said.

A visit from Harriet to the Peter B. Lewis Aquatic & Therapy Center while Frances was performing her stretching exercises brought a smile to her face. "You came to see me," she said, as Harriet came in and sat beside her. Frances looked at Harriet's book and rubbed her hand across the cover. "You painted that," Harriet said softly. "I painted that," Frances repeated. "And you wrote this," she added, looking into her daughter's eyes.

Earlier, Harriet admitted she wrote the book because she saw that a loved one can be kept at home and it can work, "but not without adult day care," she reiterated. She said it took a year to write the book, but the change in her mother after beginning therapy and adult day care was immediate.

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Love on Four Legs

As Spanky and his human companion, each dressed in brightly colored slickers, emerged from a torrential down-pour into the warm, inviting front lobby with wags and smiles, the phrase attributed to postal workers instantly leapt to mind: "Neither snow nor rain nor heat nor gloom of night stays these couriers from the swift completion of their appointed rounds."

Bonnie Snyder and Spanky never miss their opportunity to lend a smile and a requested doggie kiss. They began coming in September at the urging of Bonnie's sister-in-law, Director of Volunteer Services Vicki Snyder, who knew this would be the perfect experience for Bonnie, who was looking for fulfilling ways to spend newfound time as she switched to part-time work.

They visit Hospice residents and other members of the campus community at least once per week, knowing that when under the weather, there is nothing better than

receiving unconditional love as a means to provide comfort and a spirit lifting experience.

"I find that giving love, respect and honoring people for who they are is important and truly rewarding," said Bonnie. "Our community has been very good to me, and it's time to give back. I'm so happy I can do it with this little guy. I understand the challenges that many residents are facing and I want to make each visit a special time."



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In the spirit of Thanksgiving

In the spirit of Thanksgiving (which is approaching fast), the Wiggins Place Tenants Association would like to suggest that you stop at Wiggins Place and see one of the many things for which Wiggins tenants are thankful: the support from family in fundraising efforts. On the second and fourth Tuesday of every month at 3:30 p.m. a flurry surrounds the purchase of greeting cards.

The card sale is the brain-child of Dr. Diane Eden, who is the daughter of tenant Rebecca Eden, whom you know a little better by reading last month's newsletter. Dr. Eden takes time from her busy professional schedule to create a variety of card designs perfect for the many occasions in our lives.

In addition to the convenience for tenants and guests, the price is right at 3 for \$2.

All of the proceeds go directly to the Wiggins Place Tenant's Association for its philanthropic endeavors.

The Wiggins Place Tenants Association would like to express its deep appreciation to Dr. Eden for her generosity of time (the Association recently presented her with a plaque as a small token of thanks).

Love on Four Legs *continued from page 6*

She noted that Spanky knows when he is coming for a visit as she only uses his blue vest (harness) for visits to the campus. As he wags his way from pavilion to pavilion, faces light up and Spanky receives hugs and his favorite treat, cheese.

"You've made my day, you've made my week," echo the residents awaiting and appreciating his weekly arrival.

According to researchers, those who received a visit by a dog and volunteer had reduced blood pressure and heart rates. The study also found that pets offer psychosocial benefits by reducing anxiety, creating improvements in social interaction, social support, communication, sensory stimulation, and happiness.

Bonnie has seen these changes first-hand, noticing a new interest in what life has to offer, no matter what the circumstance.

"When I was first coming to see one particular resident, she would always say 'this is the last time I will see you,' or 'I may not be here next week.' Now she says, 'I'll see you next week with a big smile,'" she relayed.

Capturing the Family Caregiver Experience

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"There's a crying need for adult day care in the new health care plan," Harriet said. Her book is comprised of information, interviews, and insight into the caregivers' world. For instance, in the beginning of the book, a personal note from Harriet reads: "... people who attempt making residential care work for their loved one often find themselves mired in more challenges – social, medical, financial—than they had ever anticipated. ... there is little margin for error, any missteps they make could have disastrous consequences for both them and their elder. They must remain constantly on the alert."

Harriet's book offers helpful guidance, resources, and one to one interviews to help guide those who may not know where to begin when it comes to their loved ones total care needs.

Harriet will appear at Joseph-Beth Booksellers at Legacy Village on November 10th, along with other aging specialists. She will speak and sign her newly released book.

Spanky was abused by a previous owner, and now he just wants to kiss and be on everyone's lap when invited. His sweet, gentle demeanor makes him a wonderful visitor. Bonnie appreciates Hospice Social Worker Cheryl Hussin for entrusting her with this important role, and our campus appreciates Bonnie for her dedication and positive energy, and of course for bringing Spanky!

For information about volunteering at Menorah Park, call Volunteer Director Vicki Snyder at (216) 839-6654.

Honoring Our Veterans

Residents throughout the campus will join together on Wednesday, November 11th at 2:45 p.m. in the Menorah Park Maurice & Shirley Saltzman Auditorium to commemorate Veterans' Day. A special multimedia presentation will pay tribute to our campus veterans. Retired military personnel will speak about their experiences in the armed forces. ***Any veterans' family members who may have stories, artifacts, photos or audio-visual histories of the veterans' experiences that would like them included in the presentation should contact Shawn Fink at (216)896-7449 before Friday, November 6th.***

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



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November - Menorah Park Skilled Nursing Home Activities/Outings

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Shir Perfection Band 2:45 p.m.	2 Judaism 102 10:30 a.m. Distance Learning (MBR) 2:30 p.m.	3 Election Day 6:30 a.m. Men's Club-RCAC 10:30 a.m.	4 Cabaret Lounge 2:30 p.m.	5 High Tea with Cliff Habian 3:00 p.m.	6 Essence Club RCAC • 10:30 a.m. Inspirational Social RCAC • 2:15 p.m. Oneg Shabbat 2:45 p.m.	7
	Ho Wah Fairmount	Marie's Bistro Heights	Lunch and a Movie Weinberg 1 & Friedman		Olive Garden Euclid	
8 Pancake Breakfast 10:00 a.m. Music with Chuck Tumblin 2:45 p.m.	9 Judaism 102 10:30 a.m. Distance Learning (MBR) 2:30 p.m.	10 Menorah Café* 5:00 p.m.	11 Rabbi's Psalms-RCAC 10:30 a.m. Veterans' Day Celebration 2:45 p.m.	12 Russian Club with Fira 10:30 a.m. High Tea with Mary Beth Ions 3:00 p.m.	13 Brain Train Club RCAC • 10:30 a.m. Inspirational Social RCAC • 2:15 p.m. Oneg Shabbat 2:45 p.m.	14
	Brio's Fairmount	Claddagh Irish Pub Weinberg 2 & Heights	Ice Cream Euclid		Ho Wah Beachwood	
15 Caring Cubs RCAC • 10:30 a.m. Sing Along with Val 2:00 p.m. • Fairmount 2:45 p.m. • Weinberg 1 3:15 p.m. • Marcus	16 Judaism 102 10:30 a.m. Distance Learning (MBR) 2:30 p.m.	17 Drumming 10:30 a.m. Twice as Nice 2:45 p.m.	18 Residents' Council RCAC 2:45 p.m.	19 High Tea with Mike Petrone 3:00 p.m.	20 Clown Troupe-RCAC 10:30 a.m. Inspirational Social- RCAC • 2:15 p.m. Oneg Shabbat 2:45 p.m.	21
	Benihana Fairmount	IHOP Heights	IHOP Weinberg 1 & Friedman	Cleveland Museum of Art Weinberg 2	Ho Wah Euclid	
22 Violin Recital 2:45 p.m.	23 Judaism 102 10:30 a.m. Distance Learning (MBR) 2:30 p.m.	24 High Tea with Mike Leamon 3:00 p.m.	25	26 Turkey Bingo 10:30 a.m. Thanksgiving Day Music Program with Tom Lanigen 2:30 p.m.	27 Story Time Fun-Library 10:30 a.m. Inspirational Social RCAC 2:15 p.m. Oneg Shabbat 2:45 p.m.	28
	Pizza Hut Subacute	T.G.I. Friday's Beachwood	Ruby Tuesday Weinberg 1 & Friedman			
29 Bagel Brunch 10:00 a.m. Fred Barringer 2:45 p.m.	30 Judaism 102 10:30 a.m. Distance Learning (MBR) 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 Art Center • MBR = Miller Board Room • All programs in the auditorium unless specified <p><i>Please note, activities are subject to change</i></p>				

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