



M E N O R A H
P A R K

EXCELLENCE IN CARING™

campus news

July - August 2018

Stress Less

Story on Page 3

Stick It to Pain

Story on Page 9

DE-STRESS

All Because of You



Jim Newbrough,
Menorah Park
Chief Executive Officer

I came across an article debating the origin of a phrase that read, “If you want to go fast, go alone. If you want to go far, go together.” These simple yet meaningful words prompted thought about the incredible Menorah Park community and all of the relationships that make us special. The phrase also reflects the fact that when you give to Menorah Park at any level, you become our partners in finding solutions to concerns and unmet needs. So many of you have and continue to be

part of our journey, equally determined to make a positive difference in people’s lives.

When any of us visit and meet with clients and residents and hear their stories of success and see their lifted spirits, it drives us to make sure this important work continues. From the simple touches to the monumental projects, each supportive effort has an impact.

Here’s one example of what might be considered a simple change that is making a big difference. Many of us have experienced emotions wrapped in concern for a loved one who is recovering from an illness and is sent from a



Lois and Marty Marcus with son Greg Marcus

hospital to a post-hospital setting. Support and kindness make a big difference. Thanks to Leonard Senkfor and his family, we have a visitor’s desk and a newly renovated lobby. Volunteer greeters warmly welcome visitors on weekdays and help them find their way to their loved ones, who in many cases have just arrived from the hospital.

To encourage the best recovery after a hospital stay, it is also important to update and innovate for the benefit of post-hospital clients. We are fortunate to have a lead gift from the Marcus family to do just that.

“We know Menorah Park’s clients receive excellent therapy and care. We also know that periodic updates of client rooms and public areas are important so Menorah Park remains the best choice for rehab in our community,” explained Marty Marcus.

“The Marcus family is proud to be associated with the Menorah Park post-hospital rehab services. The plan for the renovations is practical and beautiful, and we look forward to seeing the results. We hope our gift will encourage many others to follow us, so Menorah Park can serve clients and their families in the same excellent way they experience today well into the future,” he concluded.

There is no organization or community more dedicated, and we hope you will join the Marcus family in support of this current project. We also invite you to discuss any project that you believe will support our excellence in caring with our Foundation Team. There is a lot of good work going on. You could not invest in a better group with a more effective healthcare mission.

Jim Newbrough

	3	COVER STORY Live Better With a Little Help
	5	The Hip Side of Hanging Out at an Adult Day Center
	7	The ‘Action’ Generation
	8	A Tradition of Giving Lives On - Marilyn Bilsky
	9	Stick It to the Pain with Dry Needling

Stress Less



Find time to relax, meditate, and take care of yourself

Live Better With a Little Help

Can we talk about the “S” word without stressing you out? It’s one of the most common ailments among humans and animals on earth. Research suggests that up to 30 percent of our health issues may be initiated by symptoms of stress. We all experience it. Bills, illness, a fall, caring for a loved one, loss of relationships, and even watching the news stresses us. It’s easy to say stress is just a part of life, but what if it’s shortening your life?

“Stress definitely affects our health and well-being. If unchecked, it can contribute to many health problems, such as high blood pressure, heart disease, memory issues, obesity, and diabetes,” according to Menorah Park Medical Director Dr. Michael Knight.

Stress causes the release of too much adrenaline, a hormone that increases your heart rate, and raises blood pressure and glucose levels in your blood. It increases cortisol release and affects your immune system, digestive and reproductive system and growth processes, according to a Mayo Clinic report.

The National Institute of Mental Health suggests you need to understand your stress, in order to manage it – and your response to it. Difficulty sleeping, moodiness, depression, headaches, anxiety, lack of motivation and

excessive alcohol or drug use can all be brought on by stress.

What stresses you out? We care for those we love, but it’s harder to care for ourselves under stress. Day to day life stress is the hardest to notice because it’s more constant; the body is confused as to when to return to normal functioning. Women experience more physical signs of stress than men, but stress can cause chronic health issues for both, wreaking havoc on our emotional, physical and mental health.

(See Stress Less on page 4)

Age isn't chronological. *IT'S PERSONAL.*





Just as there were a thousand ways to be 25, there are a thousand ways to be **68, 88 or 98**. No matter where you are in your journey, we can help – from therapy and brain health education to home health, residential care, and more.

Find out more at MenorahPark.org



Menorah Park • 27100 Cedar Rd., Beachwood, Ohio 44122
216-831-6500

**MENORAH
PARK**
EXCELLENCE IN CARING™

An individually designed Health Maintenance program at the **Peter B. Lewis Aquatic & Therapy Center** is an ideal way to begin to manage stress. For help around the house, Menorah Park's **Housekeeping Plus** can ease some of the stress and free up time for caregivers and their loved ones. A few afternoons a week at the **Mandel Adult Day Center** is a wonderful reprieve for caregivers and for their loved ones who may be isolated at home. It changes the relationship dynamics of aging parent and adult child in a positive way. Menorah Park offers these programs to the general community.

Lisa Cohen Kiraly, Director of Social Work at Menorah Park, agrees that caring for a sick, disabled or dying loved one may cause immense stress and anxiety. She suggests finding helpful resources. "In addition to skilled nursing care, Menorah Park has other programs and services as well. **Home Health Care** for the day to day care of an ailing loved one, gives opportunity for respite and needed support.

"**Menorah Park's in-house Hospice** department provides bereavement support for 13 months to help loved ones better cope with the reality of their loss and grief. The goal is to relieve stress and improve quality of life," according to Teresa Sanker, RN, Hospice Director at Menorah Park.

The Menorah Park hospice support team consists of a nurse, social worker, nursing assistant, spiritual support, and ancillary therapies such as massage, music, art, and Reiki. These services can be tailored

to the resident and their family's needs. Hospice helps control symptoms that occur with the declining health of an individual. We educate, understand and support the family during the difficult transition." Menorah Park's **Center 4 Brain Health** offers a variety of cognitive fitness classes and brain health topics including stress and meditation. The Mind Spa class covers topics such as Meditation Practices to Improve Focus & Concentration, and Meditation 101. For a more hands-on approach, enroll in Zentangle (meditative art) or a drumming class, or join us for a sound bath to experience Tibetan and crystal singing bowls to help foster relaxation to combat stress," suggests Dr. Krystal Culler, Director at the Center.

Any degree of stress can be managed. Specialized health and community services, diet, exercise, relaxation techniques, medications, and therapies have all been shown to help. Talk to your doctor, set reasonable goals, and stay connected to friends and family.

People who manage stress tend to live longer and healthier lives. A former Menorah Park resident named Sara, of blessed memory, who lived to be 104 years old, was quite healthy; her response when asked her secret to longevity and good health was, "Don't stress over anything you have no control over, worry can't fix anything." Sara's words still ring true, a healthy perspective when dealing with stress.

For more information, call 216-839-6678 or visit MenorahPark.org

Experience and Wisdom Shared

Sharing life lessons learned, residents at The R.H. Myers Apartments of Menorah Park have thousands of years on earth collectively! Here's what they shared:

Find your passion • **Always keep learning** • Count your blessings • Be kind to yourself & others • Find a good friend, even one younger • **Make time for what matters** • Stop caring what others think • Concentrate on your self- esteem • Pray throughout the day and before you go to sleep • Be thankful • Take care of yourself • Enjoy life no matter what age you are • Always do something you love • **Have a sense of humor** • Accept your limitations and emphasize your abilities • Don't be afraid to take risks, without risk there is no growth • **Learn to tolerate and understand others** • Communicate! • Accept what you cannot change and change what you can • Use the good china • **Enjoy the dessert!**

The Hip Side of Hanging Out at an Adult Day Center

Grandma may be having more fun than you think. She gets picked up at her doorstep in the morning and taken to a warm, welcoming place where she gets up to boogie at an energized costume party dance with a DJ spinning disco or classic rock; she hangs out with her friends to drink wine and paint; takes a ride to a Lake Erie beach or spends the day at a farm; helps raise donations for a good cause, has a shower; has her meds on time – and in the right dose – gets her blood pressure checked; takes an exercise class; eats breakfast, lunch, and even dinner with her peers and relaxes to live entertainment in an Italian Piazza. Then, when the day is over, she is gently returned back home. That is, if she is a client of the **Mandel Adult Day Center at Menorah Park**.

“Adult day centers aren’t what they used to be,” says Tina Witt, ADC, CDP, director at the Center. Tina has worked in the industry for more than 20 years and has seen many innovations in that time. As the Center’s 50th anniversary nears, Tina explains that it is truly one of the nation’s oldest adult day centers still operating, but it’s not archaic in its ways; it’s a very engaging and fun place to be. According to NADSA, the National Adult Day Services Association, adult day care services began in this country in the 1960’s in many venues, such as basements of churches. Studies showed that people living in isolation were susceptible to many more health issues, and that in the context of long-term health care, adult day care made sense. They were right.

Menorah Park’s Mandel Adult Day Center is cutting edge, in that attendees get all the services they need by day, have access to a full-time registered nurse, their special diets prepared deliciously, and they actually enjoy their days filled with attention from a loving, caring staff presenting a plethora of fun and creative activities to make their experience complete. The Center offers various levels of medical care for clients who may need it, and helps many older adults remain in their homes much longer.

“We’ve always focused on the realms of wellness,” says Tina. “What has changed over the past few decades is the type of activities; folks aren’t just sitting around listening to Mitch Miller and batting a balloon around here. They get special attention from real people who care about them like family



*Vivian Nickens (L) and Elva Miles (R) enjoy the energy of the dance as onlookers cheer them on. The party was sponsored by **The Wilkoff Family Fund** in memory of Jean and William J. Wilkoff. The fund pays for two parties per year.*

members. They get a full day of dancing, dining, exercising, mental stimulation, socializing, gardening, baking, entertainment, and medical attention if needed. They can get their flu shots here, or a balance check, a brain health screening, blood pressure check, and much more,” according to Tina. “The Center helps people live better, more empowered, and there are fewer hospitalizations, less isolation, and clients and family caregivers feel relief and respite.”

So when you ask grandma what she did today, be prepared to spend some time listening. She wasn’t home, bored, alone, watching TV. She didn’t have to drive. She didn’t have to cook, and she may have danced like no one was watching, singing along to a funky song you may not have heard yet. That’s what’s going on at the **Mandel Adult Day Center at Menorah Park**. Come for a visit! **Call 216-839-6673 or email tmwitt@menorahpark.org** to get your loved ones started on a more exciting life today.

Concerned About Income for Life?



Joel Fox
Chief Development
Officer

Jane and Jordan Lefko recently invested in a Charitable Gift Annuity (CGA) at Menorah Park.

Jordan says, "I am a second generation Life Trustee. I have continued my father's involvement with Menorah Park to perpetuate the Torah values the Home represents: Shabbat, kashrut, and respect for the dignity of each resident and family. As a financial advisor, I consider

an annuity a good way to help during my lifetime to fund continued programming, while receiving a return on my investment through the dividend income we receive annually."

To create a CGA, you give Menorah Park a lump sum and get a fixed monthly or quarterly payment for life. Because a portion of the payment made back to you is return of your principal, the rates are higher than many other investment accounts. After payments have been made for the lives of the annuitants, Menorah Park will receive the remaining principal.

Consider yourself a prime candidate for investing with us through a CGA if you might have made a gift or bequest to Menorah Park anyway, and if you have appreciated assets in a taxable account that you'd like to remove from your personal holdings or from which you want to maximize income for life.

You can fund a CGA with appreciated securities and postpone capital gains taxes. And you may get an immediate tax deduction for the charitable element of your contract.

The effective payout rates as of July 1, 2018 are 5.6% at age 70, ranging to 9.5% at 90. Call for details including an illustration of your potential tax savings.

Menorah Park does not give financial advice. Please check with your personal advisors to make the best decisions in your own circumstances.

Rose Institute for Life Long Learning News

2018 Rose Award: Norma Kamen



This year's coveted Rose Award recognizes outstanding dedication to the Rose Institute. Norma Kamen has attended Rose Institute classes for six years, registering for 190 courses, accumulating 326 credit hours. She

was recognized for reaching our Scholar award level this year. **Please congratulate Wiggins Place resident, Norma!**

2018 Valedictorian Award: Harriet Morse



The Rose Institute names a Valedictorian who has attended the most classes, accumulated the most credit hours over the last 12 months, and has attended classes for five years, accumulating 270 credit hours. She has earned 80 credit

hours over the last 12 months - the most of all students in the program this past year. **Please congratulate Stone Gardens resident Harriet!**

Rose Institute sponsored by the Eda and Louis Rosenkowitz Fund of the Menorah Park Foundation



Facebook is a perfect way to see what goes on at Menorah Park. We post frequently and love to engage with our friends and followers. If you haven't checked it out lately, do so soon! Please go to www.facebook.com/MenorahPark and be sure to let us know your thoughts!

The 'Action' Generation

The Menorah Park Teen Philanthropy Board (TPB) just completed another successful year of educating local teens about the vital role of philanthropy on the Menorah Park Campus. For 18 years area high school teens have participated in a grant-making process, allocating thousands of dollars each year to needed programs on our campus, while learning valuable leadership and decision making skills.

Children and grandchildren, referred by Board Members, engage in an independent fundraising project and volunteer on campus, teaching the next generation the importance of giving.

“While I must admit football and fishing were selfishly the first things on my mind at that time in my life, the Teen Philanthropy Board taught me the valuable lesson of engaging in my community and giving back. Being empowered at such a young age and being able to allocate funds for such noble causes was genuinely rewarding and exciting,” according to Reid Singer, past TPB participant.

Parents and grandparents of TPB members are happy with their participation.

“My late husband Richard and I have been very proud and are so very grateful for the work that Menorah Park does... providing the highest level of care for seniors, and helping high schoolers understand the importance and direct effect of philanthropy...”, says Barbara Schreiberman.

Since 2000, the Board has reviewed more than 400 grants representing close to \$900,000 in needs, funding \$355,144 to 236 programs or services. This



2018 Teen Philanthropy Board

*Back Row: Hannah Braun, Eli Ehrbar, Mason Goldberg, Zachary Wild; Middle Row: Jamie Insul, Morgan Krantz, Lindsay Schneider, Laurel Danzinger; Front Row: Zoe Winger, Eliana Good, Dylan Goldberg
Not Pictured: Natalie Cohen*

includes everything from Tai Chi and Drumming classes in Menorah Park’s Mandel Adult Day Center to music therapy on the dementia skilled nursing pavilions, and providing new equipment for physical therapy and new blood pressure cuffs. Another significant program that has been consistently funded provides Russian newspapers, magazines and entertainment for our growing Russian speaking population. They have also funded arts and crafts supplies, materials for jewelry, ceramics and general art therapy classes throughout campus.

Every year the participants go through the allocation process, cognizant of being able to enhance programs all over the campus, helping people of all abilities stay active, engaged and stimulated.

Additionally, the group participates in independent fundraising projects and has raised approximately \$4,000 each of the last two years.

Says David Nagusky, Menorah Park Board Member, “I have two proud takeaways from my granddaughter’s involvement. She succeeded in convincing Mayfield High School students to raise \$1,100 for Menorah Park programs directed by the Teen Board. Also, her decision to major in Public Health in college was clearly influenced by her experience on the Teen Philanthropy Board.”



2018 Teen Philanthropy Board Seniors

*Back Row: Mason Goldberg, Zoe Winger, Eli Ehrbar
Front Row: Lindsay Schneider, Morgan Krantz*

A Tradition of Giving Lives On - Marilyn Bilsky



Resident Betty Nesbit with Marilyn Bilsky

Menorah Park Volunteer, Women's & Men's Association member, and Life Trustee Marilyn Bilsky is known by many of us as a storyteller; sharing details about the rich lives of each resident she gets to know. Marilyn echoes our belief that everyone has a story, and adds to the community's understanding of the life and legacy of each person under our care.

In celebration of her 35 years at Menorah Park, we thought it was time to turn the tables and share her meaningful Menorah Park story.

It was a warm August day when Marilyn arrived at the Menorah Park Saltzman Auditorium to support a blood drive. Little did she know then that when she was giving the gift of life through her donation, she would grow to consider Menorah Park to be her "life's blood."

"I can think back to the influence of my Grandma Rosenberg who taught me the value of human lives. I have a memory of watching her write checks – \$1 here, \$1 there for charity. When people asked her, 'how do you know they are being honest and really need it?' she would respond, 'you never know, what if being so doubtful causes me to miss the person who truly is in need?' She cared about people and had the mindset that you give no matter what," expressed Marilyn.

She further explained that each life in need should be helped in whatever way we can – that's humanity. "So, when I write a check I feel her hand on mine - like I am standing on the shoulders of time. And when I am helping others, I'm living the life she couldn't," she said.

This drive prompted her efforts to create posters with biographical sketches of residents, create personalized cards for special occasions, and to serve on the Quality of Life Committee that was tasked to encourage, study and implement suggestions that would have a positive impact on people's lives at Menorah Park. Her dedication to these projects along with other volunteer work in the community, led to well-deserved honors that included Menorah Park's very first Irving I. Stone Leadership Award, followed by the Jewish Federation of Cleveland's Irene Zehman Volunteer Award.

"I don't ever want to be in a position where I ignore people because they have physical or cognitive challenges. Everyone is human, and everyone needs love and kindness," she said and then paused briefly glancing down at her watch for a moment with a pensive look. "We value time, and there's an important reason for that. Life is too short and precious to not do things respectful of time. Everything has a purpose. Each life has meaning."

With each moment at Menorah Park she has and continues to enjoy herself and feels the satisfaction of knowing her time has been well spent. Recalling more of the early years, she thought about the occasions when she brought her children, who were seven and nine at the time. "The residents were so delighted to see them. That's when Menorah Park started patio lunches, and they were great fun with the children helping out too."

As she continued to recognize different opportunities to bring joy to the residents, her thoughts were drawn to music. As luck would have it, a mother who frequently visited her daughter at Menorah Park came up with the idea to develop a singing group, and Marilyn joined the volunteer group called "The Menorah Park Singers." "Music speaks louder than words, and touches hearts in so many ways. People are still present even if they have lost some of their abilities. We see the magic when we sing. People's eyes widen, smiles appear, they tap their feet, and mouth the words of familiar songs," observed Marilyn.

To this day, when Marilyn walks by some of the rooms on pavilions, she remembers residents who have lived there before. But it's not with sadness.

(See A Tradition on page 9)

A Tradition *(continued from page 8)*

“The memories flood my mind. I keep thinking about how much richer my life is because I knew them. Tillie, with a silk flower always adorning her shiny silver hair, sat in the art studio creating calendars with yarn that she gave to residents and many of us as gifts. Dorothy, who I met when she was about 100, sat with me while kneading and braiding dough for challah. I can still remember her lovely voice as she described her adventures across continents, and told stories of her family. This is why we have our fund called the **Marilyn and Jeffrey Bilsky Baking Fund**. There is something about involving food. People take the opportunity to reminisce,” she said.

Dorothy also taught her that you cannot dwell on the losses in your life, or what you don’t have. The key is to be happy with what you do have and the people who are in your life now. “Her attitude was so special, and I’m convinced that kept her going. After all, she lived until she was 105,” she expressed.

“I see such beauty with how residents help each other, and show care and concern for one another. Everyone needs to interact and socialize. The best thing going here is that you are not alone,” she said.

She gains personal satisfaction knowing someone will be there “for us,” as she continues to find ways to join Menorah Park in making lives better. One more example is the Bilsky’s **It Can Be Done Fund** that supports the doers’ desires at Wiggins Place; supporting the knitting club that her mother of blessed memory chaired among other projects. It also honors the memories of both of her parents and supports the lessons of giving and caring from generation to generation.

Stick It to the Pain with Dry Needling

You wouldn’t know it by her spry demeanor, positive attitude or composure, but at 82, the petite Judi Blank has seen her share of pain-filled days. Those days are over now.

Judi’s Story: “A few years ago I had two knee replacements, each knee at the same time. I would have had to have it done



Judi Blank and Steve Saneda

sooner if I hadn’t been getting therapy at the Peter B. Lewis Aquatic & Therapy Center at Menorah Park. I love the place. With the therapy for my knee replacements, I began healing, but was still experiencing pain. To make things worse, I had a bad fall and smashed my femur. They had

to cut out one of the knee replacements to insert a rod, then, they had to replace the replacement. Three knee surgeries on top of a rod,” she said. “That’s a lot for anyone to go through—especially in such a short period of time. I’m almost bionic.”

After her surgeries and while healing, she wanted to be independent. “I never want to be a burden on my family,” Judi explains. “I want to be there for them.” And she has been. Even through her worst pain, she vowed to get better with a very important goal in mind.

“I was in a wheelchair when my grandson graduated from high school. It was my goal to make it to his college graduation and not be in a wheelchair!”

Sticking it to the Pain: “Not long ago I started having very bad pain in my back. Cortisone shots didn’t help. The knee and thigh pain was bearable but the back pain was debilitating,” says Judi. “One of my therapists at the Peter B. Lewis Aquatic & Therapy Center, Steve Saneda, (PT, IDN Certified), explained to me that the pain in my back was being caused by the way I walked, shifting my weight to compensate due to the knee and thigh surgeries. Steve knows me and knows my body. He and Colleen Gast (PTA) my other therapist are both fabulous. He thought dry needling would help. I asked my doctor about it and he said ‘it can’t harm you’, so I tried it. It was a miracle, I am dead serious! So I’ve been getting dry needling in my back and in my thigh. The dry needling has definitely made things better (you do not feel that needle go in. I promise you). There is no pain.”

(See Dry Needling on page 10)

Dry Needling

(continued from page 9)

What is Dry Needling: It's different from acupuncture. The needles are extremely non-invasive and small in diameter. Dry needling is based on neuroanatomy and scientific knowledge of the musculoskeletal and neuromuscular systems. Using a very fine filament needle, they penetrate deeper tissues, considered trigger points. The needles can range in size from one to four inches to compensate for body mass and different locations that require the procedure.

Where's My Pain? "After the first few sessions, I felt better. First I had two pain free days. I thought that was a positive sign, then I had ten pain free days! I made it to my grandson's college graduation, and it was an absolute miracle! I sat there for six hours saying, 'G-d bless Steve! G-d bless Steve! I didn't experience one minute of pain, and I haven't had pain in my knees, thigh or back since!'"



The Integrative Dry Needling treatment requires specific certification. Not all professionals are trained to perform this procedure. Check for proper credentials before consenting to treatment. The Peter B. Lewis Aquatic & Therapy Center has therapist who are certified to professionally administer dry needling.

faithfully. My balance is not great anymore so they started me standing on one leg in the pool. I kept doing it. One day I realized I had been standing on one leg for a long time! You have to put the effort in yourself; no one can do it for you."

What Have You Got to Lose? "I wish people would give dry needling a try. I'm sharing my story to help others. It's worth trying. I was so thrilled to

"I learned that when your pain is controlled, you feel younger and have more energy. I believe that whatever time you have left, you want to live it well. Every generation deserves their own life." - Judi Blank

"I appreciate being pain-free so much. Dry needling and therapy changed my life. I wouldn't be walking without it. I feel so much better. On top of the dry needling, I get new exercises from my therapists and do them

do several sessions, and I'm still doing great! I have more scheduled."

"I tell a lot of people about it. My neighbor hurt her back. I told her to go to the Center, and now, she thanks me profoundly," Judi stated.

"I go to the Center five days a week. You have to keep working on getting better. I am a big proponent of the Center. They help you understand what you need to do to get better. It's very important."

"I worked hard. I was so desperate to make it to my grandson's graduation; it kept me going. I plan on making it to my granddaughter's graduation in three years."

To make an appointment, call the Peter B. Lewis Aquatic & Therapy Center today at 216-595-7345.



M E N O R A H
P A R K

EXCELLENCE IN CARING™



Services

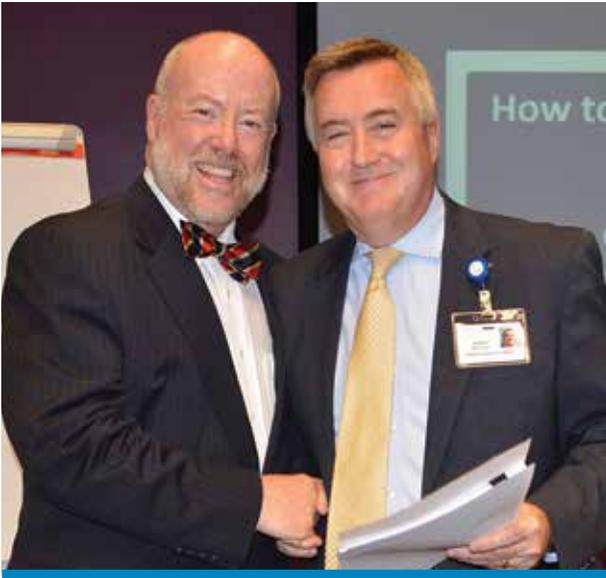
Marcus Post-Hospital Rehabilitation · Home Health Services · Outpatient Occupational & Speech Therapies · The Peter B. Lewis Aquatic & Therapy Center · Non-Emergency Medical Transportation · Adult Day Center · Housekeeping Plus · Dialysis · Center 4 Brain Health

Residential Options

R.H. Myers Apartments · Wiggins Place Assisted Living Residence · Stone Gardens Assisted Living Residence · Helen's Place Memory Care Apartments · Menorah Park Skilled Nursing Home

Call Beth Silver at (216) 839-6678
27100 Cedar Rd. Beachwood, OH • MenorahPark.org

World Leader Engages at Menorah Park



Dr. Charles F. von Gunten, MD, PhD, welcomed to Menorah Park by CEO Jim Newbrough

“Just as medications can be the best way to cure an illness, Hospice is proven to be the best way to care for someone in the last six months of life,” according to Dr. Charles F. von Gunten, Vice President of Medical Affairs for Hospice and Palliative Medicine at OhioHealth in Columbus, Ohio. Dr. von Gunten is known as one of the founding fathers and visionary leaders of Hospice and Palliative Medicine in our

nation and throughout the world, and has earned countless awards for his work. He led several educational sessions for Menorah Park’s Hospice and Palliative Care team recently.

Staff apply his vast expertise and shared perspectives to insure our Hospice program remains the caring, continuing support program it is, based on our Jewish values and compassion, always implementing on-going education and training to offer our residents and their families the very best care at all phases of life.

Four Levels of Hospice Care

- Routine Home Care
- General Inpatient Care
- Continuous Care
- Respite Care

For more information, email tsanker@menorahpark.org, call 216-213-2662

There are many misconceptions about hospice that may deter those needing it to not utilize it for loved ones. We are here to help support better understanding. Menorah Park CEO Jim Newbrough brought Dr. von Gunten to Menorah Park as part of his continuing goal for Menorah Park to remain at the forefront of all aspects of excellent training and education for staff, resulting in the best of care and understanding for our residents and families.

Finish Line Crossed



For the 4th year in a row, the Peter B. Lewis Aquatic & Therapy Center held its “Meet Me At Menorah” Walk. Pictured left to right, Menorah Park COO Richard Schwalberg, CEO Jim Newbrough, Menorah Park resident and Veteran Andrea Kool-Tucker and Marla Pease, OTR/L, CSRS, Assistant Director of Rehabilitation, cross the finish line with cheers of happiness and support. The Center’s walking club meets every Friday at 10:30 a.m. at Cleveland Metroparks Acacia Reservation (weather dependent). All participate at their own pace, and all are welcome.



M E N O R A H
P A R K

Menorah Park
Bet Moshav Zekenim Hadati
27100 Cedar Road
Beachwood, Ohio 44122

Non-profit Organization
U.S. Postage
PAID
Permit No. 2206
Cleveland, Ohio

Residential Activity Highlights

Happy July 4th!

Menorah Park

July
4th 2:30 p.m. Music with Bill Newman
18th 2:45 p.m. Music with Carmelina & Ilya

August
21st 2:30 p.m. Distance Learning Program
22nd 2:30 p.m. Throw-Down Cooking Competition

R.H. Myers Apartments

July
19th 11:00 a.m. Preschooler and Tenants "Disney Garden Party"
25th 7:30 p.m. Entertainment by Steppin' Out

August
14th 7:30 p.m. Entertainment by Steve Greenman
25th 7:30 p.m. Entertainment by Steppin' Out

Wiggins Place

July
3rd 1:00 p.m. Opera Appreciation Class
24th 1:00 p.m. "The Gettysburg Address"

August
2nd 2:00 p.m. Speaker Susan Cannavino
26th 11:00 a.m. Music Appreciation Class

Stone Gardens

July
8th 2:30 p.m. Family Fun Day -Rocket Car, Live Music, Ice Cream
19th 7:30 p.m. Campfire and Sing-A-long in the Rose Garden

August
16th 11:00 a.m. & 2:30 p.m. Summer Camp Day at Stone Gardens!
16th 7:30 p.m. Campfire and Sing-A-long in the Rose Garden

Helen's Place

July
12th 2:00 p.m. Ice Cream Social
23rd 11:00 a.m. Making Throw Pillows

August
9th 11:00 a.m. Baking and Decorating Cupcakes
28th 10:30 a.m. Menorah Park Singers

The Kenneth and Deborah Cohen Lecture Series

Weds., July 11 at 2:30 p.m.

The Future of Medicare
Joseph White, Ph.D, CWRU

See your activities staff for the weekly
Piazza Playbill
or find it at facebook.com/MenorahPark

If you would prefer to view our newsletter electronically, go to MenorahPark.org.

Please note, activities are subject to change.

Menorah Park complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Contact person is Richard Schwalberg, COO phone 216-831-6500.