



Park Plaza Post

March 2017: Volume 9 Issue 3

SEYMOUR ABRAMS
Chairman



SMILE: A smile costs nothing but gives much. It enriches those who receive without making poorer those who give. It takes but a moment, but the memory of it sometimes lasts forever. None is so rich or mighty that he cannot get along without it. None is so poor that he cannot be made rich by it. Yet, a smile cannot be bought, begged, borrowed, or stolen, for it is something that is of no value to anyone until it is given away. Give them one of yours today.

Shabbat	3rd	4:30-4:50	24th	6:20-6:40
Lighting Times:	10th	4:30-4:50	31st	6:20-6:40
	17th	6:20-6:40		

Yehuda Lebovits
Executive Director



Park Plaza welcomes Zelda's Kosher Gourmet, Chicago's premier Kosher Caterer. We brought in Zelda's to enhance the dining experience for our residents. Please join us in welcoming Zelda's to Park Plaza.

Our annual family Purim Party was amazing in large part because of our wonderful residents, families, Zelda's amazing dessert buffet, our engaging magician, and the hard work of all of our dedicated staff. This year we had another record setting standing room only crowd and everyone enjoyed themselves. We strive to make Park Plaza a warm and fun place for multi generational families and cannot wait until our next family party.

Park Plaza staff is in full swing finalizing this year's Passover program. Adina is now accepting reservations for families of our residents. There are a limited number of apartments available for Passover so please make your reservations as early as possible.

WELCOME! New Residents:

Rabbi Harold & Esther Karp

Dr. David & Rita Mostofsky

Hymen Wolinetz

Rhoda Fefferman

Estelle Karabush

Harold Katz

Majer Galster

Ralph Toporoff



What People are Saying About Park Plaza

I wanted to take this opportunity to thank you and the Park Plaza staff for extending such a warm welcome to my mother, Estelle Karabush this past month. Her transition to Park Plaza went flawlessly, thanks to you and the rest of the Park Plaza organization. I wanted to specifically

mention our families appreciation for the excellent system and swift actions that Park Plaza personnel exhibited in reaction to our mothers recent illness. Your system worked just as advertised and all Park Plaza personnel involved acted appropriately. So far, I must say that

you have exceeded our expectations! Please thank everyone involved on my behalf.

*Sincerely,
Reid Karabush*

INSPIRATION & INSIGHT from The RABBI

Rabbi Mordechai Cohen

"Mishanichnas Adar Marbim B' Simcha... When we welcome Adar we increase our JOY"

What amazing words we can live by! The Jewish programming at Park Plaza is on the run. New classes, strong Minyanim and daily visits is increasing the joy of our Residents. Shabbat attendance is holding around fifty souls, let's increase that JOY and make it sixty. Making Shabbat services more meaningful and into a smooth sailing ship is adding JOY to our Shabbat. Twenty-five people attending the weekly Shabbat Class; is JOYFUL for all participants. Shabbat singing (Zemirot) led by Ira Clair Friday night and Shabbat Morning by yours truly is bringing JOY to the Shabbat meals. Our new "Daily Halakha on the Go," "Mishna in the Morning", "Pearls of Prayer", and Jewish History series is, well you get it; JOYFUL.

We have a lot planned for Purim. our annual Family Purim Party, Megillah reading, programs, classes and a PERSIAN THEMED PURIM SEUDA are some of items we have planned for your ENJOYMENT. It's going to be JOYUS for all.

However, what brings me JOY, is the openness, welcoming and warmth of all the residents I have met; and I've met most of you over the last six weeks. I'm JOYFUL to serve our Park Plaza family humbly and with love; thank you so much for the opportunity to share in your lives.

On behalf of my wife Yocheved, our Children and Grandchildren, I wish you a Chag Purim Sameach- A happy, JOYFUL and healthy Purim.

Mazel Tov! March Birthdays

- Barbara Barasch3/3
- Rochelle Frank3/3
- Rose Goldsmith3/3
- Leonard Schatz.....3/3
- Ita Kaufman.....3/4
- Milton Gershovitz3/11
- Beverly Rubin3/11
- Harold Edelman.....3/17
- Miriam Loterstein3/20
- Esther Reiss3/26
- Leslie Rubin.....3/31

MAZEL TOV

Mazel Tov- Rabbi and Mrs. Joseph Lichtshein on the birth of a great-grandson.

If you would like to have a Simacha announced in our newsletter, please forward it to: Adina@park-plaza.org.

THANK YOU

Thank you to Mr. Lester and Ethel Sutker for underwriting our new Synagogue Bima.

There are numerous underwriting and sponsoring opportunities at Park Plaza. If you would like to discuss a donation, please contact. Yehuda



IN MEMORIAM*

- Dorothy Grange
- Dorothy Isaacson
- Rebecca Esformes
- Marilyn Eisenberg
- Mrs. Edith Schreiber
- Mrs. Elka (Elsie) Dudovitz



TODAH RABBAH תודה רבה THANK YOU

Thank you to all the Guest Rabbis, Speakers, Volunteers, Teachers and Performers that came to Park Plaza during February:

Roxanne Abrams, Amadeo Duo, John Avila, Lindsey Baer, Daniela Bisenius, Evelyn Burnstein, Ira Clair, Rabbi Zev Drutman, Leah Edelman, Annette Frankenthal, Lucy Glassman, Devorah Haggar, Rubin Harris, Elaine Lazar, Hyma Levin, Rabbi Yehoshua Liss, Amiel Naiman, Bobbie Nusbaum, Scott Reichard, Rabbi Dovi Reiss, RPI, Reena Sakols, Bobby Schiff, Rabbi Elie Schwartz, Mayer Sherman, Yan Skladman, Corrine Stecker, Cathy Stein with 'Danny Boy', Rabbi Mayer Simcha Stromer, Kirstin Synnestvedt, Hannah Watson, Yaffa Weinschneider and Greg Whalen.

Thank you also to these Organizations: Bais Yaakov High School, Chicago Community Kollel, Hillel Torah North Suburban Day School, Lubovitch Girls HS Students, Rabbi Dov Schwarcz Senior Kollel, Skokie C-Teens, Torah miTzion Kollel, Tuesdays with Rivkie, and Northwestern University's ShireINU a Cappella.

Todah Rabah to these Resident Volunteers this month: Pearl Elaine Gelerinter, Dennis Klein, Mary Kolodny, and Meyer Widrevitz.

Looking Back

During February we were entertained by a variety of artists, including:

Amadeo Duo, John Avila, Daniela Bisenius, Devorah Haggar, Rubin Harris, Scott Reichard, Bobby Schiff, Yan Skladman, Hannah Watson and Greg Whalen.

We celebrated Tu B'Shevat with a wonderful, musical Seder led by our new Rabbi, Mordechai Cohen.

Love Week was also great fun with music, food, crafts and films on Love themes.

Throughout the month residents enjoyed a variety of outings: • *Taboun Grill* • *Citadel Theatre for "elemeno pea"* • *Orchid Show at Chicago Botanic Garden* • *Dress Barn & Famous Footwear* • *AMC Northbrook Cinema*

Snowflake Fantasy by Bernie Finkel

It's cold outside, the sun is hiding,
The sky is overcast,
But to Old Man Winter this doesn't matter,
His icy breath knows no repast.

The temperature drops, the mercury hits zero,
The air is nippingly cold,
The Father in Heaven is taking over,
His Old Man Winter is not so old.

Furry, white objects earthward tossed
At first like pellets of rice,
From the heavens by G-d's Jack Frost,
On my face they feel so nice.

Now pure, white snowflakes slowly quiver
On their dreary, downward flight,
Water crystals drop, and shiver,
Bob and weave in predestined plight.

Fall through the heavens from clouds of white hue
With frigid, clinging grasp,
On rooftops, trees, and frozen waters too,
Not even we can elude their clasp.

On padded feet they swathe Mother Earth
Like a white blanket on objects they hover,
Geometric creations designed before birth,
Streets and cars they cover.

Nothing stands undaunted in the path of the wind
As each white flake it unfurls,
En masse it whirls them each in a place
To rest their weary paws,
Stacking them high, in smooth, bright drifts,
To us humans, unknown the cause.

SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS
<ul style="list-style-type: none"> ▪ Daily Shachrit Service ▪ "Mishna in the Morning" with Rabbi Cohen ▪ "Jewish History" with Rabbi Cohen ▪ Brain-Teasers ▪ Exercise with Evelyn ▪ Exercise to Lively Music, with Leah ▪ Current Events Events with Guest Speakers ▪ Women's Tehillim Group ▪ Evening Entertainers ▪ Daily Mincha & Maariv Services 	<ul style="list-style-type: none"> ▪ Daily Shachrit Service ▪ "Men's Gemara Study" sponsored by Rabbi Dov Schwarcz Senior Kollel ▪ Exercise with Corrine ▪ "Talks & Tales" with Adina ▪ Baking Class ▪ "Weekly Torah Portion" w/ Rabbi Davi Reiss ▪ Sing-Along with Rubin Harris ▪ "Fun with Yiddish" with Elaine ▪ High Stakes BINGO ▪ Daily Mincha & Maariv Services 	<ul style="list-style-type: none"> ▪ Daily Shachrit Service ▪ "Men's Gemara Study" sponsored by Rabbi Dov Schwarcz Senior Kollel ▪ "Dancing for Your Life", Exercise with RPI ▪ "Bintel Briefs" with Roxanne Abrams ▪ "Bible in the 21st Century" with Rabbi Gerry Rosenberg ▪ Latch Hooking with Pearl Elaine Gelerinter ▪ Mahjong ▪ Tai Chi with RPI ▪ Women's Tehillim Group ▪ Daily Mincha & Maariv Services 	<ul style="list-style-type: none"> ▪ Daily Shachrit Service ▪ "Men's Gemara Study" sponsored by Rabbi Dov Schwarcz Senior Kollel ▪ Brickyard Banking ▪ Exercise with Evelyn ▪ Rabbis from YU Torah miTzion Kollel ▪ Yaffa Yoga ▪ Art at the 'Plaza', with Reena Sakols ▪ High Stakes BINGO ▪ Daily Mincha & Maariv Services 	<ul style="list-style-type: none"> ▪ Daily Shachrit Service ▪ "Mishna in the Morning" with Rabbi Cohen ▪ Exercise with RPI ▪ Challah Braiding ▪ "Personalities of the Bible" with Annette Frankenthal ▪ Evening Entertainers ▪ Daily Mincha & Maariv Services

MARCH 2017 Highlights

1st

- Charles Troy presents: "Rodgers & Hart in Hollywood" at Skokie Theatre



2nd

- Mediterranean Dancing with Lucy Glassman
- Jake Hawrylak in Concert

5th

- Park Plaza's Annual Family Purim Party!
- Pianist Boise Bernard Queen



6th

- Lunch Outing: Great Chicago Food & Beverage

7th

- Park Plaza's United Zionist Organization & Religious Zionists present: Rabbi Dr. Zev Eleff, Touro College/HTC

9th

- Cathy Stein with 'Danny Boy' Therapy Dog



10th

- Violinist Mihai Vlad
- Pre-Purim Musical Program



11th

- Megillah Reading, in the Evening



12th

- Megillah Reading, Morning & Afternoon
- "Lively Topics of Jewish Interest" with Hyma Levin
- Persian-Themed, Purim Seudah (Feast)
- A Trio from Maxwell Street Klezmer Band

14th

- Health Lecture: "Honor Flight: One Last Mission" with Linda Rockwell

16th

- Piano Recital of Marilyn Zuckerman
- Flautist Carol Jarzyna with pianist Simmon Yoon



19th

- Current Events w
- Violinists Tamara Glassburg & James Sanders

20th

- Outing: Grand Victoria Casino

21st

- World Poetry Day

23rd

- Devorah Haggard Musical Favorites"
- Pianist Elaine Jones

26th

- Current Events with Mayer Sherr
- Jazz Musician Ma

28th

- "Tuesdays with R
- Outing: AMC Nortl

FRIDAYS

- Daily Shachrit Service
- "Musical Classics & Coffee" with Pianist Allie
- "Mishna in the Morning" with Rabbi Cohen
- Exercise with Evelyn
- Yaffa Yoga
- Musical Dneg Shabbat
- Wheel of Fortune
- Candle Lighting (Friday & Yom Tov evenings) ▪ Group Kiddush (evening)
- Zemirah (Shabbos Singing)

SATURDAYS

- Shabbat Services
- Shabbos Bingo, with staff
- Zemirah (Shabbos Singing)
- Discussion of International News with Meyer Widrevitz
- Half-Hour Stroll with Staff
- "Torah Topics" with Rabbi Mordechai Cohen
- Havdallah

WEEKLY SHOPPING

- Jewel/Osco & Target (Mondays & Thursdays)
- Mariano's & Walmart (Fridays)



March Holidays:

- 9th ▪ Ta'anit Esther
- 12th ▪ Purim
- 20th ▪ Spring Equinox
- 28th ▪ Rosh Chodesh Nisan



LOOKING FORWARD

During March, we encourage friends and family to join us for these special events:

• 2-4 pm, March 5th
Park Plaza's Annual Family PURIM Party!



• 7 pm, March 7th
Park Plaza's United Zionist Organization and Religious Zionists present: Rabbi Dr. Zev Eleff, Touro College/ETC

• 7 pm, March 14th
Park Plaza's Health Lecture Series: "Honor Flight: One Last Mission" with Linda Rockwell

• 7 pm, March 21st
World Poetry Day Open-Mike: Poetry Readings by Residents & Family Members

• 2:30 pm, March 29th
Celebration of All March Birthdays

ts with Mayer Sherman



- Book Review with Elise Ginsparg

29th ▪ Party Celebrating March Birthdays



rs

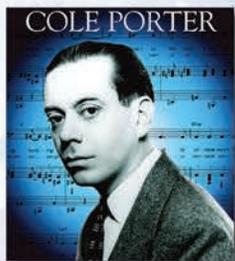


30th ▪ Yiddish Sing-a-Long with Rubin Harris
▪ Violinist Hannah Watson

Day Poetry Readings



jar presents: "Cole Porter



ts
herman
i Marshall Robbins

March Outing Schedule:

- 1st ▪ Skokie Theatre
- 6th ▪ Great Chicago Food & Beverage
- 13th ▪ Jewish Film Festival: "To Life"
- 14th ▪ Jewish Film Festival: "Jerry Lewis"
- 20th ▪ Grand Victoria Casino
- 28th ▪ AMC Northbrook Cinema

th Rivkie"
lorthbrook Cinema



Someone you should know...

Harold and Doris Kaufman

Doris was born in Champagne Illinois and at 20 years old she decided that she wanted to see the world.

First she moved to the east coast to get a taste of city life in New York. While living there she worked as a recreational director for children. It was a great job that came with room and board but New York was not the place for her. She enjoyed working with children very much and was able to save enough money to tour Europe. After touring Doris came back to Chicago and worked at Marshall Fields in the men's department. She sold men's hosiery.

Harold was born in Garfield Park Hospital and lived on the West side near Hamlin and Washington Blvd. He went to Tilton elementary school and then Deleno where he played Clarinet in the marching band. Harold wanted to be the next Benny Goodman but decided that accounting was more lucrative. Harold went to Roosevelt University and majored in accounting. While in college he was an usher at the famed Paradise Theater.

Harold and Doris were set up almost 50 years ago by a mutual friend who was dating Doris's sister. It was the middle of winter when they got married, and very cold. Harold's Oldsmobile didn't have a working heater but Doris remembers not caring very much. "Our love kept us warm" she said with a laugh.

After they were married they lived on Marine Drive, just one block from Lincoln Park. "We loved living there" but wanted a bigger place so they finally decided on a cute little home in Skokie where they lived for 44 years before moving to Park Plaza, where they have been living for about a year.

They love the warm and cheerful atmosphere of Park Plaza where it is always clean and the staff do everything they can to make living here comfortable. Meals are always enjoyable. Both Doris and

Harold like that there is always something on the menu they can enjoy.

A final thought the couple wanted to share is that one should always be optimistic and look on the bright side.

WORLD POETRY DAY

World Poetry Day is a day to recognize the unique ability of poetry to capture the creative spirit of the human mind. This year, we will observe the occasion at Park Plaza with an evening of Poetry Reading.

We invite all residents, and their families, to sign-up to read their original work.

Poems may have been written at any time in your life, and in any poetic style – haiku through ballad!

Sign-Up now at our reception desk – 'readers' will also be available for anyone that wishes to submit their poem for someone else to read aloud.

The Wellness Center Corner Annette Fontanez BSN, RN

Flu and Stomach Flu season has arrived and we all need to be aware on how to take care of ourselves. I have a few interesting tips to help prevent the spread of cold and flu, since you are routinely around others:

1. Wash your hands, Wash your hands, Wash your hands- Most illnesses are caused by germs, bacteria and viruses and will try and find a way into your body through physical contact. Most of the contact we have with others is through our hands, washing them can prevent the spread of germs.

2. Don't touch your face- The easiest place to transmit illness is through your mucous membranes such as eyes, mouth and nose.

3. My personal favorite is avoid sick people- germs are everywhere and when you are sick and exposed to others that are not they will most likely get sick also. Stay in your apartment during time of illness until no longer at risk of getting others sick.

4. Get enough sleep- rest will help rejuvenate you and get you through a difficult illness, so get enough sleep it will help.

5. Hydrate- When you're fighting an illness your immune system is working on overtime, so replenish it

with fluids.

6. Eat well and take your vitamins- this can allow you to maintain adequate nutritional intake to keep you healthy.

7. Last but not least- contact your physician. I cannot stress informing your doctor enough, they may be able to evaluate if you should continue certain medications during a time of illness, or start you on medicine for what you are feeling. Let them know your symptoms, they may be able to initiate treatment if needed before it turns into something worse. Doctors also have the ability to check if you have the Flu by doing a test in their office, but they need to know as soon as symptoms begin. Once the flu is confirmed antiviral medication can be initiated. So do not wait, call your doctor.

8. Order Room Service- when you are ill your body needs rest, fluids and more rest. Ordering room service allows you to stay in your apartment, and reduces the risk of getting others sick. Call the front desk if you need to order room service and inform them you are not feeling well.



The Best Reasons to Exercise

Shelley, Michelle, Julie and Robin

Safety in the Home

Falls are the number one cause of injury among people over the age of 65. This is a serious issue, as falls can result in fractures, head injuries, hospital visits and even death.

To reduce the risk of falls in the home, follow these simple tips:

Bathroom:

- ✓ Grab bars to enter and exit the shower
- ✓ Use a nonskid bath mat
- ✓ Remove throw rugs
- ✓ Install nightlight

Kitchen:

- ✓ Avoid using step stools to reach items
- ✓ Place frequently used items on counter or lower cabinets
- ✓ Clean up spills right away
- ✓ Remove throw rugs
- ✓ Decrease clutter

Bedroom:

- ✓ Move electrical cords away from walking paths
- ✓ Have a bedside lamp for adequate lighting
- ✓ Keep a phone near bed in case of emergencies

Living Room:

- ✓ Make sure there is adequate space for walkway
- ✓ Raise height of sofas and chairs with cushions
- ✓ Sit in chairs with armrests to assist with standing up
- ✓ Repair furniture that isn't sturdy

Stairs:

- ✓ Ensure adequate lighting in stairway
- ✓ Install railings on both sides of stairs
- ✓ Remove clutter from steps

For more information on home modification resources, visit www.homemods.org or contact one of the RPI therapists

GAMES

Each puzzle consists of a 9x9 grid containing given clues in various places. The object is to fill all empty squares so that the numbers 1 to 9 appear exactly once in each row, column and 3x3 box.

3	4		8	2	6		7	1
		8				9		
7	6			9			4	3
	8		1		2		3	
	3						9	
	7		9		4		1	
8	2			4			5	9
		7				3		
4	1		3	8	9		6	2

INSTRUCTIONS: Find as many words as you can by linking letters up, down, side-to-side and diagonally, writing words on a blank sheet of paper. You may only use each letter box once within a single word. Play with a friend and compare word finds, crossing out common words.



POINT SCALE

- 3 letters = 1 point
- 4 letters = 2 points
- 5 letters = 3 points
- 6 letters = 4 points
- 7 letters = 6 points
- 8 letters = 10 points
- 9+ letters = 15 points

RATING

- 151+ = Champ
- 101-150 = Expert
- 61-100 = Pro
- 31- 60 = Gamer
- 21- 30 = Rookie
- 11- 20 = Amateur
- 0 - 10 = Try again

Find SEVEN EUROPEAN CAPITALS in the grid of letters. Write your answers below.



**MEMORIES,
FRIENDSHIPS,
CONNECTIONS**

Park Plaza Retirement Center
6840 North Sacramento Ave. Chicago, IL 60645
Phone: (773) 465-6700 Fax:(773) 465-2490
www.Park-Plaza.org
email: Yehuda@Park-Plaza.org