



Park Plaza Post

January 2020: Volume 12 Issue 1

Shabbat Lighting Times:

- 3..... 4:11 – 4:31
- 10..... 4:18 – 4:38
- 17..... 4:26 – 4:46
- 24..... 4:34 – 4:54
- 31..... 4:43 – 5:03

WELCOME
TO PARK PLAZA
Milton Pollack
Jacob Shub



What People are saying....

It is so wonderful having so many activities throughout the day. I come down in the morning and I don't go back into my apartment until after the evening program. I love living at Park Plaza!
Park Plaza Resident

The Birthday Parties each month are terrific. Lindsey's voice is outstanding! Carrie's words and thoughts about the residents are genuine, funny and kind. It is so nice to see Elly, Adina, Rabbi and Leda at the parties too. The staff at Park Plaza are very involved with all of us. We appreciate that!

Park Plaza Residents

Elly Bauman, Executive Director

As a young child, I can remember thinking how far away the year 2020 sounded – like something from a science fiction movie! Yet, here we are beginning a new decade! As we end 2019 and begin 2020, I want to focus on how good life is at Park Plaza – the pipe replacement project has come to an end and everyone is back in their own home, we have a full staff of dedicated and committed people who put you, the residents, first and we have a calendar full of programs and outings for everyone's interests.

The staff had a lovely holiday party in December and everyone was extremely touched by the warm wishes from all of you and thankful for the gift they received.

The staff would like to thank everyone who donated to the Employee Appreciation Fund:

Abrams, Abrams, Begun, Berger, Bergman, Bergovoy, Bernstein, Block, Braun, Chen, Cohen, Danziger, Dicker, Eng, Engberg, Finkel, Fore, Frank, Friedman, Galster, Gershovitz, Goldsmith, Goldstein, Grogan, Harris, Heiferman, Hoffen, Holtzblatt, Kahler, Kaiser, Kapulski, Karabush, Karp, Katz, Kelmer, Kulwin, Lavenda, Lebovits, Lerner, Levy, Linker, Lipson, Lob, Loterstein, Meyers, Nadoff, Nathan, Newman, Ostfield, Pergricht, Perlmutter, Polonsky, Pressner, Reiss, Rosen, Rosenberg, Rosman, Schatz, Seigel, Sevelow, Shabat, Shayman, Simon, Simon, Silverstein, Singer, Slavick, Smith, Stein, Stern, Voiron, Wahl, Yavner, Zern, Zimmerman, Zuckerman and Zylberman.

Happy 2020!!



Someone you should know: Gloriann Levy



Gloriann moved into Park Plaza 6 months ago. The building she was living in was sold and she needed to move quickly. Gloriann opened her mail one day and saw a coupon for Park Plaza. Gloriann came to visit and knew right away this would be the place for her. Apartment living was getting harder and she now loves that everything at Park Plaza, from the laundry room to the ease of the van service, is so accessible. The food is also a bonus. She thinks everything served is tasty and the kosher aspect is important to her as well.

Born in Brooklyn, Gloriann is third generation American. She lived in Boro Park and then moved to Flatbush. She became involved in the Zionist youth group, Young Judea. Gloriann's many years of activity allowed her to be able to go

on a yearlong trip to Israel in 1961. "There was no airline travel at that time so we had to take a boat. Not a ship, but a boat. I never went on a cruise until about two years ago because of the memory of the seasickness. Can you imagine being on a boat in the middle of the ocean during October? It was not pretty!" In 1963, Gloriann went back to Israel and spent almost a decade there. She graduated from Hebrew University in 1970 with two degrees, one in History and the other in English Literature. Gloriann was planning on coming back to the States after graduation. She met her husband, Mark Levy, right before she came back. He was on vacation in Israel and they were set up by friends. They came back to NY and were married three years later. They have two sons who live locally, Johnathan and Daniel. Both Gloriann and Mark had a long career as Jewish educators and moved around a lot. Always having lived in the hustle and bustle

of NY, In 1978, Gloriann got her driver's license. They were living in suburbia, so she needed to learn how to drive. Mark sadly passed away in 2005. Gloriann continued to work running a Hebrew school in Albany, NY and as an adult educator until 2015 when she retired. Gloriann is still very active in Hadassa and her synagogue, Ezra Habonim where she volunteers once a week. When Gloriann isn't out volunteering you can find her playing Rumi-Q. She also enjoys all the opera outings. "I haven't been to the opera in many years. The ease of going with Park Plaza outings has opened a whole world to me that was lost for a long time." In closing Gloriann has lived by the Jewish code of ethics to not Judge anyone and to always look at people favorable. Make sure to say hi to Gloriann, she has a very warm demeanor and is a great friend to all.



Heart failure

About congestive heart failure

Congestive heart failure (CHF) occurs when heart valves become weakened, causing the heart to pump less efficiently. Blood can back up in the heart, lungs, organs and extremities. With appropriate care and self management techniques, seniors can remain active, independent and continue living at home or in their community.

CHF is the most common diagnosis in patients age 65 and older.

Proper management of CHF symptoms can result in

- Minimizing symptoms by following a heart-healthy diet
- Better fluid management by monitoring warning signs, e.g. weight tracking to determine if fluid is building up
- Higher energy levels and increased desire to participate in activities
- Fewer hospitalizations due to CHF
- Increased strength and endurance
- Better knowledge of the use of medications to control symptoms
- Increased sense of well-being and socialization

CHF is a chronic health condition with a wide range of symptoms that affects over five million Americans.

Community living stats



5 million Americans have CHF



500,000 cases are diagnosed each year



Over 400K U.S. seniors 65+ have CHF



Medicare spends \$39+ billion annually on CHF treatment

January Birthdays

| | |
|----------------------|----|
| Milton Pollack..... | 1 |
| Sam Yavner..... | 5 |
| Harold Kaufman | 5 |
| Sorel Simon | 7 |
| Gladys Wahl..... | 15 |
| Sylvia Shabat | 15 |
| Esther Karp | 18 |
| Sharon Voiron..... | 23 |
| Hilda Braun | 25 |
| Nettie Myers..... | 28 |

MAZEL TOV

- Mazel Tov to Mrs. Oster on the birth of a great granddaughter.
- Mazel Tov to Mr. and Mrs. Leichtman on the birth of a great grandson.
- Mazel Tov to Mrs. Shirley Linker on the engagement of her granddaughter.
- Mazel Tov to Rabbi and Mrs. Allen on the bat mitzvah of their daughter, Tehila.

New Year, New Challenge Adina Semel

Living the dream. What does that mean, to live the dream? Does it mean to fulfill our potential? Does it mean to be successful monetarily? For Dennis Klein it was to learn how to play the violin.



When Dennis was 4 years old he heard a neighbor playing the violin and asked his mother if he could have lessons. Times were tough, the war had just ended and there wasn't any extra money for violin lessons. Dennis forgot about this dream until Daniela Bisenius, a renowned violinist, came to Park Plaza. As he sat listening to her play his dream came back to him. Dennis made a decision. He was going to learn to play the violin.

Dennis approached Daniela and she started giving him lessons. His dream was coming true. You may all think, that's great for Dennis but I can't live out my dream. Why not? There are always excuses on why not to try something new.

I give you a challenge. Go out of your comfort zone. Try something new. It doesn't have to be expensive or adventurous. Maybe there is a dish on the menu that you could try or one of our fantastic outings. Maybe it would be approaching someone who you always wanted to meet and strike up a conversation.

I challenge you! I challenge myself. If I have enough participants I will write an article next month how we challenged ourselves. It can be anonymous or you can put your name on it. Write down your accomplishment and put it in the suggestions box. All you families out there please join in.

I look forward to reading how you all challenged yourselves in the New Year.



www.ehhi.com



In memoriam

Bernie Finkel Zelda Reiter

Thank you to all the Guest Rabbis, Speakers, Volunteers, Teachers and Performers that came to Park Plaza during October: Professor Charlie Abrams, Sid Amdur, Mike Basin, Elyse Bernath, Evelyn Burnstein, Ira Clair, Rabbi Daniel Cohen, Catherine Costello from Bloom N Toss, Steve Darnall, Rabbi Zev Drutman, Antonio Duca, Sidney Friedman, Ruby Harris, Ronna and Allan Kaye, Jack Kramer, Elaine Lazar, Rabbi Shimon Malik, Sam Magdal, Dr. Rivkie Muskat, Amiel Naiman, Rabbi Gerry Rosenberg, Bill Rubin, Rabbi Moshe Soloveitchik, Corrine Strecker, Mihai Vlad, Sidney Weiskirch, Marsha Weitzman, Janis and Jeff Winter, Hannah Wilen and Rabbi Willner.

Thank you also to these Organizations: Bais Yaakov Girl's High School Volunteers, Scouts BSA Troop 62 and Troop 1062, Joan Dach's Bais Yaakov 2nd Grade Girls Class, Encompass Home Health, Chicago Community Kollel, Gentle Homes, Ida Crown Senior Class, KinderGan School students, Lubavitch Girls High School Volunteers, RPI and Tuesdays with Rivkie

Todah Rabah to these Resident Volunteers this month: Bonnie Block, Joe Eng, Mrs. Pearl Elaine Gelerinter, Miriam Goldberger, Denny Klein, Mary Kolodny, Rachel Stern, Gladys Wahl and Marilyn Zuckerman.



Celebrating **25** Years of Service



Best Time to Hire Home Care Services for Your Aging Loved One

Gentle Home Services would like to wish you and your family a healthy and happy 2020!

Are you concerned about your elderly loved one? Maybe you think they are having issues with their memory or they may have taken a fall. If you have concerns about the well-being of your aging loved one, it might be time to do something about it. It might be time to hire a caregiver. If you aren't sure whether it is the right time to hire help to take care of your loved one, hopefully, this guide will help.

Agitation or Wandering

If someone has dementia, it is likely they will be agitated a lot and may even start wandering. This generally happens when someone has sundowning. This is confusion later in the day. It can cause

them to become agitated. Someone should be available to help care for your loved one. They will need someone to manage their symptoms and monitor them on a regular basis.

Transfers and Personal Care Issues

Many elderly people are unable to get up out of bed on their own. They may need help transferring from one place to the next. If you are unavailable to do this for them, you may need to hire a home care services provider to help with these transfers. In addition, there are many elderly people who need help with personal care such as bathing, medications, toileting and dressing. If you want to make sure your loved one stays safe, you will want them to have help with these activities of daily living.

Fall Prevention

It is also important to help prevent falls. When someone ages, their bones often get weaker. They may also experience balance issues. This can greatly increase the risk of falling. You can help to prevent falls by removing or ensuring rugs in the home are secured and encouraging slip-proof

socks or slippers.

Eating

Many elderly people have eating issues. They may need help feeding themselves. If this is the case, a home care provider can assist your loved one in the ways that they need.

Companionship

Your aging loved one may need a companion. If you can't be there enough for your loved one, you can hire a home care provider to be there for them. Having a companion can positively impact your loved one's life in many ways.

These are some of the best reasons to hire home care services for your aging loved one. Gentle Home Services can assist your loved one for as little as 15 minutes a day, or up to 24 hours a day.

If you feel that your loved one would benefit from a helping hand to aid in their independence, please feel free to call us at 773-743-4337 or stop by our office on the first floor.



6840 N. Sacramento Ave, Chicago, IL 60645
Phone: 773-381-3314, Fax: 773-381-3472

GET YOUR ZZZZZS - Importance of Proper Sleep Habits

By Julie N Lennon, P.T.

Research is finding that most adults do not get as much sleep as they need. Sleep is an important component of your general health. Many people find that as they age, sleeping well is a challenge. Doctors recommend getting 7-8 hours of sleep.

On the flip side, there is also a disease called Hypersomnia which is sleeping more than 10 hours a day. This disorder is characterized by extreme sleepiness not relieved by napping and causes anxiety, low energy and memory loss. It can also cause diabetes and heart disease and is usually a sign of depression.

Another sleep disorder that can be of

concern is

obstructive sleep apnea which is poor sleep due to blockage or low oxygen. This needs to be diagnosed by your Doctor and is very treatable.

Doctors who specialize in sleep make some very specific recommendations

- ▶ Go to bed and wake up at the same time every day.
- ▶ Create a relaxing bedtime routine to get your body and mind ready to sleep.
- ▶ Make your bedroom dark, quiet, cool, and comfortable.
- ▶ Skip caffeinated beverages within 6 to 8 hours of bedtime.
- ▶ Avoid eating big meals close to bedtime -- especially spicy foods, which may cause heartburn.
- ▶ Exercise at least 20 minutes each day, but try to do it at least 6 hours before bedtime.

▶ Can't sleep? Read or listen to soft music. Skip the TV, tablet, and smartphone.

▶ Start a sleep diary to track what affects your rest.

▶ Move the computer and TV out of your bedroom so they don't distract you. Don't just swap in your tablet or phone -- their lights and distractions can keep you up late.

▶ Make it a priority to get at least 7 hours of sleep every night.

▶ If you nap, keep it short (20-30 minutes) and not close to bedtime. Late-day naps can lead to sleepless nights

▶ Try to spend time in the sunlight. But avoid bright lights close to bedtime. If you still can't sleep well after doing all of these things, or you are sleeping too much--speak with your doctor

If you would like additional information, please contact the RPI Therapy Department at Park Plaza at 773.381.3314

JANUARY *highlights* 2020

Sunday

Monday

Tuesday

Wednesday

Thursday

2020 New Year's Party: Jan. 5th

- 7:15PM to 8:15PM (Multipurpose Room)
 • Live Music by The Midnight Orchestra.
 • Enjoy Refreshments • Celebrate Together!
 • All Families Invited.

2020

HAPPY NEW YEAR

4 Tevet **1**
New Year's Day Special Arts and Crafts with Carrie . Creating 2020 Calendars – Please bring 12 pictures you like

 New Years Day

5 Tevet **2**
 • Lunch Outing to Main Street Pizza & Scoops Ice Cream Parlor
 • Musical Bingo with Maya Kramer


8 Tevet **5**
 • Guest Speaker, Regina Schlesinger; A Wrap-up of 2019
 • Welcome 2020 New Year's Party 7:15PM to 8:15PM (Multipurpose Room) with Live Music by The Midnight Orchestra. All Families Invited.

9 Tevet **6**
 Yiddish Club with Rabbi Allen


10 Tevet **7**
 • Fast of Tevet 10
 • Rabbi Allen's Interactive Exploration

 Asara B'Tevet

11 Tevet **8**
 Departing at 1:30PM
 Outing for Senior Discount Day at Georgia Nut Factory

 Dollar Tree & Walgreens

12 Tevet **9**
 Musical Program with Pianist, Yan Skladman


15 Tevet **12**
 Musical Program with Vince the Music Man


16 Tevet **13**
 • Park Plaza Town Hall Meeting with Elly Bauman at 1:15PM 2nd Floor Aviary Lounge
 • Afternoon Encompass Home Health Lecture


17 Tevet **14**
 Professor Charlie Abrams – Science and Technology Series
 Topic: How Chemists Make Molecules


18 Tevet **15**

A smile is the prettiest thing you can wear

19 Tevet **16**
 • Depart at 10:30AM Free Outing to The Shed Aquarium
 • Musical Program with a 6 piece ensemble, High Class Jazz


22 Tevet **19**
 • Departing at 1:15pm for the Skokie Live Theater (show starts at 2pm). Sentimental Journey: The Music of Doris Day. Cost \$10
 • Music Performance with Violinist, Daniela Bisenius


23 Tevet **20**
 • Yiddish Club with Rabbi Allen
 • Afternoon Gentle Homes Health Lecture with Susan
 • Akiba Schechter Families join Park Plaza Residents for creating Trail Mix Snacks, Arts & Crafts & Singing Songs – 2nd Floor
 Martin Luther King Jr. Day

24 Tevet **21**
 Rabbi Allen's Interactive Exploration

 Chof Daled Teves

25 Tevet **22**
 "We never really grow up, we only learn how to act in public."
 Dollar Tree & Walgreens

26 Tevet **23**
 Evening Entertainment, The Jill J. Garbo Show


29 Tevet **26**
 Musical Program with Hugo an Elvis Impersonator


1 Shevat **27**
 "A day without laughter is a day wasted."
 Rosh Chodesh Shevat

2 Shevat **28**
 • Outing to Movie (exact time and movie tbd)
 • Professor Charlie Abrams, Topic: The Search For Extraterrestrial Life


3 Shevat **29**
 Park Plaza January Birthday Party with Live Music with Lindsey and Yummy Cake with Carrie


4 Shevat **30**
 • Jewelry Boutique with Jany Returns from 1:00 – 3:30 in the TV Room
 • Musical Program with Violinist, Mihai Vlad


SUNDAYS

MONDAYS

TUESDAYS

WEDNESDAYS

THURSDAYS

- "Mishna in the Morning" with Rabbi Allen
- Brain-Teaser Sheet at Reception Desk
- Chair-Exercise with Evelyn
- Rabbi Shimon Malik (twice a month)
- Arts and Crafts – Creating Memorable Keepsakes
- Afternoon Television Programs in TV Room
- **NEW:** Program Returning with Resident, Labish Bergovoy: Life of a Public Defender. Who is really on trial
- Women's Tehillim Group
- Evening Entertainers

- "Mishna in the Morning" with Rabbi Allen
- Exercise with Corrine
- Get on your Feet with live music with Lindsey and dance moves with Carrie
- **NEW:** Yiddish Club with Rabbi Allen (twice a month)
- **NEW:** Story Sharing Workshop with Nate Smith (twice a month)
- "Weekly Torah Portion" with Rabbi Willner of the Chicago Community Kollel
- Encompass Health Lecture (once a month)
- Gentle Homes Health Lecture (once a month)
- High Stakes BINGO
- Monday Night Movies

- "Mishna in the Morning"
- "Gemara Study" sponsored by Rabbi Dov Schwarcz Senior Kollel
- "Dancing for Your Life". Exercise with Shelley from RPI
- What would you do...philosophical questions on ethics with Adina
- Rousing Music with Lindsey
- "Bible in the 21st Century" with Rabbi Gerry Rosenberg (once a month)
- Tuesdays with Rivkie (three times a month)
- Mahjong
- Sing - Along with Lindsey
- **NEW:** Latch Hook Class with Mrs. Pearl Elaine Gelerinter
- Tai Chi with RPI
- Women's Tehillim Group
- **NEW:** Rabbi Allen's Interactive Exploration (twice a month)

- "Mishna in the Morning" with Rabbi Allen
- Brickyard Banking
- Exercise with Evelyn
- Café Music in the Morning with Lindsey
- "Gemara Study" sponsored by Rabbi Dov Schwarcz Senior Kollel
- Wednesdays with the YU Torah miTzion Kollel
- Sing - Along with Lindsey
- **NEW:** The Knitting Club – please provide your own supplies
- Get On Your Feet with Lindsey and Carrie
- Art at the 'Plaza'. Arts and Crafts Class
- Variety Evening with Sid Amdur
- High Stakes BINGO

- "Mishna in the Morning" with Rabbi Allen
- Exercise with RPI
- "Gemara Study" sponsored by Rabbi Dov Schwarcz Senior Kollel
- Invigorating Piano Music with Lindsey
- Classical Melodies with Lindsey
- Challah Baking
- Talmud Study w/ Rabbi Moshe Soloveitchik
- Sing - Along with Lindsey
- Pondering the Parsha with Rabbi Allen
- Women's Tehillim Group
- Evening Performances



| Friday | Saturday |
|---|---|
| 6 Tevet 3 Candle Lighting: 4:11 – 4:31 | 7 Tevet 4 Parashat Vayigash פרשת ויגש SHABBAT שבת |
| 13 Tevet 10 Candle Lighting: 4:18 – 4:38 | 14 Tevet 11 Parashat Vayechi פרשת ויחי SHABBAT שבת |
| 20 Tevet 17 Candle Lighting: 4:26 – 4:46 | 21 Tevet 18 Parashat Shemot פרשת שמות SHABBAT שבת |
| 27 Tevet 24 Candle Lighting: 4:34 – 4:54 | 28 Tevet 25 Parashat Vaera פרשת וארא SHABBAT שבת |
| 5 Shevat 31 Candle Lighting: 4:43 – 5:03 | |

JANUARY Outings

Thursday, Jan. 2nd
 Departing at 11:30AM
 Lunch Outing to Main Street Pizza & Scoops Ice Cream Parlor

Wednesday, Jan. 8th
 Departing at 1:30PM
 Outing for Senior Discount Day at Georgia Nut Factory

Monday, Jan. 16th
 Departing at 10:30AM
 Free Outing to The Shed Aquarium

Sunday, Jan. 19th
 Departing at 1:15pm
 Skokie Live Theater (show starts at 2pm). Sentimental Journey: The Music of Doris Day. Cost: \$10

Tuesday, January 28th
 Outing to Movie
 (exact time and movie tbd)

Holidays this Month

- January 1st
New Year's Day
- January 20th
Martin Luther King Jr Day



WORDS from the RABBI

Did you ever notice that when we celebrate the Jewish New Year we wish people a Shana Tova, a good year and when we reach the New Year on the English calendar we wish people a happy New Year?

Is there a difference between a Happy New Year and a Good New Year? I once saw a quote that I believe sums up the difference.

“What sets human beings apart from animals is not the pursuit of happiness, which occurs all across the natural world, but the pursuit of meaning, which is unique to humans.”

Of course we all want to be happy, but if we point ourselves to pursuing happiness we ultimately get lost in the never ending cycle of the pursuit of the materialistic aspects of the world.

However, if we set our sights on the pursuit of meaning or goodness, we will find that we run into happiness along the way, as we do more and more for others and we pursue the betterment of ourselves and the world around us. There is so much goodness going on in our community and so many ways to get involved with acts of goodness and kindness.

I feel so blessed to begin my first January here in Park Plaza with all of you. Every day we find ways to make this a great community and a good place. Please accept my warmest wishes for a good 2020 and may we all have a good year and run into lots of happiness along the way!

Rabbi Allen



| FRIDAYS | SATURDAYS | WEEKLY SHOPPING |
|---|--|--|
| <ul style="list-style-type: none"> ▪ "Mishna in the Morning" with Rabbi Allen ▪ Exercise with Evelyn ▪ Stirring Piano Music with Lindsey ▪ Musical Oneg Shabbat ▪ Zemirot (Shabbat Singing) with Ira Clair | <ul style="list-style-type: none"> ▪ Shabbat Services ▪ Shabbos Bingo, with Staff ▪ "Torah Topics" ▪ Havdalah with Amiel Naiman ▪ Saturday Night Television | <ul style="list-style-type: none"> ▪ Jewel/Disco & Target (Mondays & Thursdays) ▪ Dollar Tree & Walgreens (every other Wednesday) ▪ Mariano's & Walmart (Fridays) |

Always
 • Daily Shachrit Service
 • Daily Mincha & Maariv Services









**MEMORIES,
FRIENDSHIPS,
CONNECTIONS**

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