



Park Plaza Post

February 2020: Volume 12 Issue 2

Shabbat Lighting Times:

7.....	4:52 - 5:12
14.....	5:01 - 5:21
21.....	5:10 - 5:30
28.....	5:19 - 5:39

Elly Bauman, Executive Director

It was nice seeing everyone at the Town Hall Meeting on January 13th. Here is a synopsis of what we spoke about:

As a reminder the Van/Bus Service operates Monday-Thursday 8am-4pm with the last pick up at 3:30pm, Friday 8am-3pm, with the last pick up 2:30pm, and Sunday 10am-2pm, with the last pick at 1:30pm. Please make your appointments accordingly.

Park Plaza goes to Jewel on Monday and Thursday mornings – please work your shopping around those times. If people are interested in a Sunday Jewel run, please let Carrie know and we can work this into the schedule.

We will be hiring people to work in the reception area as Concierges. It will be there responsibility to welcome visitors and have them sign in and out when visiting people at Park Plaza. There will be a Concierge on duty every day from 8am-8pm. In the coming weeks, we will also be locking the outside door and will be providing all residents with a key Fob which will unlock the door.

If you have household items that need a new home, please leave a note in the suggestion box. We will begin a new column in the monthly newsletter listing these items along with the owner's name. Hopefully our gently used items can find new homes!

As always, the staff is here to listen your questions and concerns. We can only address issues if know about them – please talk to us anytime!



WELCOME
TO PARK PLAZA
Linda Morgan
Robert Reznitsky
Rabbi Stopler & Mrs.
Stopler

What People are saying....

Thank you so much for renting apartment 505B to our grandson's family. Their close proximity to our apartment seemed to stretch the quality time we shared in their 26 hour visit with us. They enjoyed their accommodations, their meals, and the many amenities at Park Plaza and we hope that they will visit us again soon. Thank you again.

Sam & Anne Yavner

This Tuesday night I attended Talent Night at Park Plaza. The incredible performances blew me away. Music From kazoo to classical, in Yiddish and 'Yinglish', stories from the heart and side splitting humor. Solos and duos, macarena moves and moving show tunes.

And of course to welcome the standing room only crowd was a 'natural. Even if you didn't understand German you felt you got to know everyone. I was privileged to get a seat at a ringside table because I am proud to say I am the sister of Mr Caberet- DENNY Klein. Because of all the rave reviews I heard there will be a demand for two performances next time - More participants, more attendees. And don't even think you'll be paying the same price for admittance! Thanks to Carrie, Lindsey and Leda and all of you at Park Plaza for a most enjoyable evening.

Judy Rajchenbach

Someone you should know: Walter Kaiser



Walter moved to Park Plaza a little over a year ago. He was ready to make the move to community living to meet his needs through his retirement years. He knew that living at Park Plaza would give him many happy years in a close knit and social environment.

He loves his apartment. The sunlight and view really make it feel warm and cozy for him. It really fits all of his needs. Walter has also met many people that he wouldn't have met if he hadn't lived here.

Walter grew up in Albany Park but lived downtown most of his adult life. He had 2 brothers, who have passed away. His father, Harry, was in the air conditioning business and invented the first window air conditioner as well as the filters for such units.

In the early 20's Harry sold the patent to the Pullman Company. That sale saved the Kaiser family from starvation during the Great Depression. They were able to live off of the royalties from that sale.

Walter has a degree in Mechanical Engineering from Northwestern University and took over his father business with his brother Jordan after their father passed away. They expanded the business into general contracting of commercial buildings that became very successful.

In 1972 Walter became involved in the national sports scene. Hockey and tennis were his passion and he also played a lot of golf. He and his brother also opened the Lakeshore Athletic club in Lincoln Park. He was involved in business and sports but Walter has a long history of philanthropy as well. He served on the board of Mount Sinai Hospital, the International Film Festival and was a member of the Standard Club.

Walter loved to travel and visited many beautiful and exotic places. Walter always lived an ethical life and tried to envelop that in every aspect of his life.



Bone density and osteoporosis



Osteoporosis causes bones to become so weak and brittle that a fall or even a mild stress, such as bending over or coughing, can cause a fracture.

Broken bones are most likely to occur in the hip, spine or wrist. In many cases, bones weaken when there are low levels of calcium and other minerals in the bones.

Causes of osteoporosis

- Bone remodeling process is disrupted
- Bone mass peaks around age 30
- Poor bone mass was attained in 20s and 30s
- Hormonal levels decrease

Risk factors

- Low body weight
- Parental history of osteoporosis
- Use of medications containing steroids
- Personal history of fractures after age 40
- Women are at greater risk than men, especially after menopause
- Women of Caucasian and southeast Asian descent are at greatest risk

IN WOMEN

Estrogen levels decrease at menopause, dramatically increasing bone loss

IN MEN

Low levels of estrogen & testosterone cause bone loss

According to the CDC, osteoporosis affects approximately 25% of women 5% of men 65 years & older

Osteoporosis prevention

- Incorporate vitamins & supplements
- Take medications prescribed by a physician
- Consume foods high in calcium such as dairy products and dark, leafy greens
- Increase vitamin D with foods like egg yolks and saltwater fish, or 10-20 minutes of sunlight per day
- Partake in weight bearing exercises that stimulate bone growth such as walking, weight lifting and stair climbing

Home health can help

- Prevents falls
- Improve strength & balance
- Avoid unnecessary hospitalization
- Re-view use of multiple medications & side effects
- Manage pain
- Improve muscle strength
- Maintain highest levels of independence
- Teach good posture techniques

The Encompass Health care team, which may include nurses, therapists, medical social workers, and home health aides, works with the patient, family, physician, and facility to complete an in-depth evaluation and then develop a care plan for the management of osteoporosis.

Helping you stay healthier, happier, and in your community longer

Encompass Health encompasshealth.com

February Birthdays

Shaney Goldstein	10
Louis Goldsmith	11
Shirley Rosenberg	20
Elise Rosenberg	22
Phyllis Singer	22
Paula Warnick	22
Labish Bergovoy	25

MAZEL TOV

- Mazel tov to Mrs. Sylvia Shabbat on the marriage of her granddaughter
- Mazel tov to Dr. Lawrence Perlmutter on the birth of a great granddaughter and the marriage of a grandson
- Mazel tov to David & Gerry Bernstein on their 40th great-grandchild

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

Professor Charlie Abrams, Akiba Schechter Families, Sid Amdur, Daniela Bisenius, Evelyn Burnstein, Ira Clair, Rabbi Daniel Cohen, Catherine Costello from Bloom N Toss, Rabbi Zev Drutman, Jill J. Garbo, High Class Jazz, Hugo an Elvis Impersonator, Maya Kramer, Elaine Lazar, Rabbi Shimon Malik, Midnight Star Orchestra, Dr. Rivkie Muskat, Amiel Naiman, Jany Raskina Jewelry Boutique, Rabbi Gerry Rosenberg, Bill Rubin, Regina Schlesinger, Yan Skladman, Rabbi Moshe Soloveitchik, Corinne Strecker, Mihai Vlad, Vince the Music Man and Rabbi Willner.

Thank you also to these Organizations:

Bais Yaakov Girl's High School Volunteers, Encompass Home Health, Chicago Community Kollel, Gentle Homes, Ida Crown Jewish Academy Volunteers, 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, Denny Klein, Mary Kolodny, Rachel Stern, Gladys Wahl, Paula Warnick and Marilyn Zuckerman.





Celebrating **29** *Years*
Over *of Service*

Safety Tips For Your Senior This Season

It is important for many seniors to remain in their houses for as long as possible, which is why many choose to receive elderly care while they age in place in the comfort of their own home. The winter season brings unique **safety concerns** for family members of seniors home alone, but there are ways that you can be proactive about their health and safety this season to keep them warm, safe, and happy there.

Here are a couple of tips for keeping your senior parent or loved one safe at home this season:

BE PREPARED FOR ICE AND SNOW

Have a plan in place for days when ice and snow are an issue for your loved one getting elderly care at home. Make sure that your senior knows when conditions are such that they need to stay indoors and not attempt to go outside to where they could slip on ice or snow and get injured.

WATCH FOR SCAMS

It may be the season of giving, but be sure that your senior doesn't get scammed in the process. There are many ways that people can give to those less fortunate this time of the year, but scammers are out there waiting to prey on people, especially the elderly, and take advantage of their good-natured and very generous dispositions. Talk to your senior about scams and make sure that if they give any sort of monetary donations that they check with you or their caregivers first. There are ways to check the legitimacy of charity organizations, and your senior should never be pressured to make a decision immediately on the phone or in person if someone comes to their door.

**If you or an aging loved one are considering assistance in their home,
contact the caring staff at Gentle Home Services. Call today (773) 743-4337.**



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



What is Wellness?

By Julie N Lennon, P.T.

Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life. Wellness is not just the absence of illness. The components of wellness are not just physical, they are emotional, social, environmental, spiritual and intellectual. Most For example: if you apartment is cluttered and your environment causes you stress that impacts your feeling of wellness. Asking for help or resolving those types of personal issues can decrease stress and elevate your feelings of wellness.



Following these wellness tips will help you live a healthier life:

- ✿ **Eat Well**
- ✿ **Get Enough Sleep**
- ✿ **Keep yourself hydrated.**
- ✿ **Set aside some personal time for yourself**
- ✿ **Turn off your phone and nurture your friendships and socialize with others**
- ✿ **Make plans so you have something to look forward to**
- ✿ **Take time for spiritual growth**
- ✿ **Set aside time for exercise to keep yourself strong**
- ✿ **Stay away from stress, drama and negativity**

At every stage of your life you can make positive changes towards your dynamic and evolving sense of wellness. Stop by RPI Therapy in the Wellness center and schedule an appointment so we can help you achieve maximal wellness .

February *highlights* 2020

Sunday

Monday

Tuesday

Wednesday

Thursday

Tu BiShvat

The New Year for Trees

February 10th

Thursday, February 20th
Free Outing
Chicago Symphony Orchestra
Departing at 9:00 AM - Rehearsal
10:00AM - 12:30PM



<p>7 Shevat 2</p> <p>Departing 1:45 PM (3:00 PM - 4:15 PM) Free Skokie Public Library Outing. Young Steinway Concert: Alex Boe, Piano & Anika Veda, Flue</p> <p>7:15 PM Chicago Trombone Jazz Band</p>	<p>8 Shevat 3</p> <p>Yiddish Club with Rabbi Allen</p> <p><i>seize the day</i></p>	<p>9 Shevat 4</p> <p>Departing 11:30 AM</p> <p>JCC - Wall Art that WOWS</p> <p>7:15 PM Rabbi Allen's Interactive Exploration</p>	<p>10 Shevat 5</p> <p>11:30 AM Lunch</p> <p>Outing To EJ's Pizzeria</p> <p>2:00 PM Caregiver Appreciation Talent Show</p> <p><i>Yud Shevat</i></p>	<p>11 Shevat 6</p> <p>7:15 PM Musical Program with Pianist, Nico</p>
<p>14 Shevat 9</p> <p>Departing 1:45 PM (3:00 PM - 4:15 PM) Free Skokie Public Library Outing. Guitarist Andreas Kapsalis</p> <p>1:45 PM Yaffa Eijas Student Piano Recital</p> <p>7:15 PM Chicago Trombone Jazz Band</p>	<p>15 Shevat 10</p> <p>Tu BiShvat</p> <p>New Year for Trees</p> <p>1:15 PM - Tu BiShvat Seder Back Dining Room</p>	<p>16 Shevat 11</p> <p>TBD Outing to Movie (exact Time and movie TBD)</p> <p>7:15 PM Professor Charlie Abrams - How chemists make new molecules</p>	<p>17 Shevat 12</p> <p><i>Lincoln's Birthday</i></p>	<p>18 Shevat 13</p> <p>1:00PM - 3:00 PM Return Boutique with Elyse \$5.00 Each Item</p> <p>7:15 PM Musical Program with Roberta Miles</p>
<p>21 Shevat 16</p> <p>7:15 PM Lakeshore Orchestra</p>	<p>22 Shevat 17</p> <p>Yiddish Club with Rabbi Allen</p> <p><i>Presidents Day</i></p>	<p>23 Shevat 18</p> <p>7:15 PM Rabbi Allen's Interactive Exploration</p>	<p>24 Shevat 19</p> <p>1:00PM Magician, Greg Whalen</p>	<p>25 Shevat 20</p> <p>Departing 9:00 AM</p> <p>10:00 AM CSO Open Rehearsal 10:00 AM - 12:30 PM</p> <p>7:15 PM Musical Program with Guitarist/Vocalist, Stu Frank</p>
<p>28 Shevat 23</p> <p>1:30 PM Dance concert with Pam Fox</p> <p>7:15 PM Musical Program with Jeff & Janis</p>	<p>29 Shevat 24</p> <p><i>inspire</i></p>	<p>30 Shevat 25</p> <p>11:15 AM Departing for North Shore Center to see the New Golden Dragon Acrobats</p> <p>7:15 PM Professor Charlie Abrams - Chaim Weitzman, Biochemist</p> <p>Rosh Chodesh Adar</p>	<p>1 Adar 27</p> <p>2:00 PM Park Plaza February Birthday with Live Music from Lindsay and Yummy Cake with Carrie</p> <p>Rosh Chodesh Adar</p>	<p>2 Adar 27</p> <p>7:15 PM Musical Program with Chi Chi Gomez</p>

Sunday

Monday

Tuesday

Wednesday

Thursday

<ul style="list-style-type: none"> "Mishna in the Morning" with Rabbi Allen Brain-Teaser Sheet at Reception Desk Chair-Exercise with Evelyn Rabbi Shimon Malik (twice a month) Arts & 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 	<ul style="list-style-type: none"> "Mishna in the Morning" with Rabbi Allen Exercise with Corrine Get on your Feet with live music with Lindsey and dance moves with Carrie Yiddish Club with Rabbi Allen (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 	<ul style="list-style-type: none"> "Mishna in the Morning" with Rabbi Allen "Gemara Study" sponsored by Rabbi Dov Schwarcz Senior Kollel Exercise with Shelley from RPI What would you do... philosophical questions on ethics with Adina Rousing Music with Lindsey 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 Rabbi Allen Interactive Exploration (twice a month) Professor Charlie Abrams - Science & Technology Series (twice a month) 	<ul style="list-style-type: none"> "Mishna in the Morning" with Rabbi Allen Brickyard Banking Exercise with Evelyn Cafe Music in the Morning with Lindsey "Gemara Study" sponsored by Rabbi Dov Schwarcz Senior Kollel Wednesday 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 Variety Evening with Sid Amdur High Stakes Bingo 	<ul style="list-style-type: none"> "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 with Rabbi Moshe Soloveitchick Sing - Along with Lindsey Pondering the Parsha with Rabbi Allen Women's Tehillim Group Evening Performances
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Friday



Saturday

 6 Shevat 1
 Parashat Bo
 פרשת בא

 Shabbat Shalom
 שבת שלום

 12 Shevat 7
 Candle Lighting:
 4:52 PM-5:12 PM

 19 Shevat 14
 Candle Lighting:
 5:01 PM-5:21 PM

 21 Shevat 26
 Candle Lighting:
 5:10 PM-5:30 PM

 28 Shevat 28
 Candle Lighting:
 5:19 PM-5:39 PM


Friday

- "Mishna in the Morning" with Rabbi Allen
- Exercise with Evelyn
- Stirring Piano Music with Lindsey
- Musical Oneg Shabbat Zemirot (Shabbat Singing) with Ira Clair

Saturday

- Shabbat Services
- Shabbos Bingo, with Staff
- "Torah Topics"
- Havdalah with Amiel Naiman
- Saturday Night Television

February Outings

Wednesday, February 2nd

Departing 1:45 PM (3:00 - 4:15)
 Free Skokie Public Library Outing.
 Young Steinway Concert: Alexis Boe, Piano, & Anika Veda, Flute

Tuesday, February 4th

Departing 11:30 AM JCC - Wall Art

Wednesday, February 5th

Lunch Outing to EJ's Pizzeria

Sunday, February 9th

Departing 1:45 PM (3:00 - 4:15)
 Free Skokie Public Library Outing.
 Guitarist Andreas Kapsalis

Tuesday, February 11th

Outing to Movie (Exact time and movie tbd)

Sunday, February 16th

3:00 PM Skokie Library Eric Hochberg Quartet: DCB Jazz-Jammin' in the Stacks

Thursday, February 20th

Free Outing Chicago Symphony Orchestra Departing at 9:00 AM
 Rehearsal 10:00-12:30 PM

Sunday, February 23rd

2:00 PM - 3:30 PM (Holocaust Museum) Free Coming Together in Skokie: "When We Arrived": Our Diverse Population in Niles Township. A presentation by local historian Richard J. Witry.

Tuesday, February 25th

Depart at 11:00 AM for the North Shore Center to see The New Golden Dragon Acrobats \$10.00

Holidays This Month

February 10th Tu B'Shvat

February 12th Lincoln's Birthday

February 17th Presidents Day

Weekly Shopping

- Jewel-Osco & Target (Monday, Thursday, & Sunday)
- Dollar Tree & Walgreens (every other Wednesday)
- Mariano's & Walmart (Friday)

Please Sign-Up In Van
 Service Book At Front
 Desk.



WORDS FROM THE RABBI

As I write this, there is snow outside and the grass is covered in white. When one looks at the snow, it can look like a blanket of white. It appears as one white mass neatly layered together with one particle undifferentiated from the next.

However, if one were to look at a single flake of snow they would see a unique crystalline structure more beautiful than they could imagine from the nondescript clump of cold white mush.

The saying goes that no two snowflakes are alike. While scientist categorize six basic types of snowflakes, indeed no two shapes are precisely alike. Every snowflake is shaped by the unique temperature and conditions of its creation, changed by the winds and conditions of when and where it falls and lands.

So it is with us. We are different and unique, shaped by our life experiences and the people we meet and the experiences we have lived and journeyed. If on the surface we appear the same as another, just as the snowflake we need to be more closely examined to see the beautiful and unique differences we possess.

The great Maharal of Prague said that snow represents hidden spiritual potential. Once again we are like the snow. We all have stores of untapped potential and hidden greatness.

As we journey together through this winter, may we all appreciate the beauty and uniqueness of every individual and may we be warmed with the knowledge that we all have much to share and grow hiding just under that fresh layer of beautiful snow. Warm wishes,

Rabbi Allen

*Our Critically Acclaimed
Park Plaza Little Night Music & Variety Show*







**MEMORIES,
FRIENDSHIPS,
CONNECTIONS**

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