



Park Plaza Post

March 2020: Volume 12 Issue 3

Elly Bauman, Executive Director

Chag Purim Sameach!

Please join us for all our Purim celebrations. We begin the festivities on March 8 with our Purim Party. The party will take place from 2:00-4:00pm and feature the Circus Boy, Bobby Hunt. Families are welcome and encouraged to attend. Purim evening, March 9, Megillah reading will take place in the multipurpose room – we also can't wait to see all the wonderful costumes. On Purim day, March 10, there will be morning services with Megillah reading plus a second Megillah reading in the afternoon. The day will be filled with Shalach Manos, hamantaschen and fun!

I can hardly believe that Pesach is right around the corner. Park Plaza has a limited number of apartments available for rent. If you have family who is interested in staying with us, please call Adina as soon as possible. Soon after Pesach, we will once again be embarking on a new project at Park Plaza. Helios Construction will once again be back to oversee the installation of new windows in all the apartments. No one will be asked to relocate and each apartment will take about one to two days to complete. As it gets closer, a schedule will be handed out to each resident.

Rabbi Allen's office space will be moving to a more private location. Please reach out to Rabbi Allen to make an appointment to speak with him.

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

Shabbat Lighting Times:

6	5:27 - 5:47
13	6:35 - 6:55
20	6:43 - 7:03
27	6:51 - 7:11

WELCOME

TO PARK PLAZA

Alan Busch

Morris Goldman

Shirley Zeffren

Someone you should know:

David & Gerry Bernstein



David and Gerry Bernstein moved to Park Plaza in December of 2018 from Tulsa Oklahoma. Gerry was born and bred in Oklahoma, but David was born in New Jersey, just outside Patterson.

When David moved to Tulsa he went directly to the Jewish Federation and asked for a list of youth so he could have a social life. One of the names on the list was Stanley Prussack, Gerry's brother. Stanley invited David over for a meal and the rest was history. Gerry and David married about 6 months later.

David decided to go back to school and get his master's degree in psychology. They already had four kids (Laurie, Pam, Jeff and Beth) but David felt there was a lot of work to be done in the mental health field. After finishing school and working 3 jobs to support his family, David became Director of the Mental Health Association in Tulsa. He created the first 24 hour suicide prevention hotline in the country, a woman's resource center and fundraised for child abuse, immigration and HIAS. In 2004 David was awarded the Oklahoma Human Rights Award due to his work in these areas.

Gerry worked tirelessly beside her husband for human rights. Many nights David would bring home women, children and immigrants with no place to go. Gerry would give these people a safe place with a warm bed and a hot meal. Gerry volunteered as a hostess for a family from Vietnam in their restaurant. They didn't speak English and needed someone to work the front to help customers. Gerry, being the warm and friendly person that she is was perfect for this job. David and Gerry still have warm relationships with the many people they helped over the years.

David and Gerry were instrumental in the opening of the Chabad House in Tulsa. They felt very comfortable with Chabad and always wanted an Orthodox minyan. David read the Haftorah there for over 20 years.

Even though Tulsa had been their home for so many years, David and Gerry wanted to be closer to their children, grandchildren and great-grandchildren. Some of their favorite things about Park Plaza are the communal meals and friends they have made. Gerry and David feel that their tablemates have become like family. David enjoys the minyan and Yom Tovim. They both especially enjoy Rabbi Allen's Yiddish club and the musical programs.

"Be tolerant of others" is what David and Gerry taught their children and they continue to live by that rule every day.





Urinary Health



Urinary tract infections are the second most common infection among hospitalized patients over the age of 65.

What is a urinary tract infection?

A urinary tract infection (UTI) happens when bacteria get into the urinary system and multiply. If a UTI is not treated quickly, the bacteria can travel up to the kidneys and lead to a more serious infection.

Common UTI symptoms

- A constant urge to urinate
- Strong-smelling urine
- Burning/pain during urination
- Abdominal/ lower back pain
- Bright pink, red, or dark colored urine could suggest blood in urine
- Releasing only small amounts of urine at a time

1 in 5 women

Will develop a UTI at some point in their life.

Only 20% of diagnosed UTIs occur in men

Risk increases with age and UTIs are more common in men over the age of 50.

If you are experiencing any of these symptoms, talk to your physician.

Managing a UTI

UTIs are treated with medications called antibiotics that destroy bacteria and stop it from growing.



It's common to take antibiotics for one or two weeks to make sure the infection is cured. It is important to ensure you complete your antibiotic prescription, even if symptoms are no longer present.



It's important to drink plenty of water when taking these medications.

Preventing future infections

- Drink plenty of fluids
- Don't put off going to the bathroom, urinate when you feel the urge
- Women should wipe from front to back to keep bacteria from getting into the urinary tract
- Men should wipe away from the head of the penis when cleaning
- Clean the genital area first when bathing to keep bacteria from other parts of your body away from the area
- Urinate at least once every four hours

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

Encompass Health encompasshealth.com

March Birthdays

Rochelle Frank	3
Leonard Schatz	3
Rosalyn Goldsmith	3
Joe Eng	8
Milton Gershovitz	11
Beverly Rubin	11
Miriam Loterstein	20
Esther Reiss	26
Frieda Zeiff	27
Paul Ostfield	30
Leslie Rubin	31

MAZEL TOV

- Mazel Tov to Labish Bergovoy on the birth of a granddaughter
- Mazel Tov to Esther Reiss on the birth of a great grandson
- Mazel Tov to Ben Lebovits on the birth of a great grandson
- Mazel Tov Rabbi & Mrs. Simon on the engagement of their granddaughter
- Mazel Tov to Marilyn Zuckerman on the birth of a great grandson
- Mazel tov to Mrs. June Alter on the birth of a great grandson

Thank you to all the Guest Rabbis, Speakers, Volunteers, Teachers and Performers that came to Park Plaza during March: Professor Charlie Abrams, Sid Amdur, Mike Basin, Evelyn Burnstein, Ira Clair, Rabbi Daniel Cohen, Catherine Costello from Bloom N Toss, Steve Darnall, Rabbi Zev Drutman, Roman Friedman, Ruby Harris, Elyssa Herzfeld, Sufia Kahn, Elaine Lazar, Sam Magdal, Rabbi Shimon Malik, Shayna the dog and her trainer Judy Meyerhoff-Huggins, Dr. Rivkie Muskat, Amiel Naiman, No Class Trio, Bill Rubin, Yan Skladman, Rabbi Moshe Soloveitchik, Corinne Strecker, The Trombonaires, Mihai Vlad and Rabbi Willner.

Thank you also to these Organizations:

Bais Yaakov Girl's High School Volunteers, Bnos Girls, Encompass Home Health, Chicago Community Kollel, Gentle Homes, 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, Linda Morgan, Rachel Stern, Gladys Wahl and Marilyn Zuckerman.





Park Plaza offers a unique living opportunity for older adults. After retirement, adults may face changing health needs and decreased opportunities for social involvement. Oftentimes as the need for assistance, care, transportation, and accessibility increases, it can be difficult to alter the home environment to meet those needs. Within Park Plaza, Residents have immediate access to services and amenities that go beyond meeting their most basic needs.

#1 Safe, Accessible Living Environment

Remodeling a home with shower railings and wheelchair access can make costs add up quickly. Park Plaza has these, and many more, features built right into the architecture.

#2 Countless Social Activities

Building community through friendships is important at any stage of life, and in senior living communities, it's much easier to access the activities to make this happen. Park Plaza offers a wonderful variety of activities for Residents to take part in.

#3 Tailored Nutrition

Seniors' nutrition can quickly become inadequate if left unsupervised. Oftentimes, cooking for one can appear too burdensome, and seniors need a variety of nutrients and mineral to maintain good health. At Park Plaza, Residents receive a substantial, Kosher, varied meal plan structured around the nutritional needs of older adults.

#4 Accessible Care or Assistance

While receiving care isn't a necessity for all Residents, in the event care is needed, it's always there. Park Plaza is structured to provide whatever senior services Residents may need. Including, having Gentle Home Services on site to provide care on an ala carte, hourly or live-in basis to assist with all of a Resident's activities of daily living Senior Services within Communities

Oftentimes, Residents experience more rewards of independence while living in a senior living community. Because anything that might be needed is already available, there is less stress and anxiety put into planning and ensuring needs are met.

A senior living community is more than a building. It's a sophisticated network of services, amenities, friendships, and caring staff focused on ensuring your needs are met. At Park Plaza, we've created communities and services that enhance your life.



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Healthy tips for Healthy living

By Julie N Lennon, P.T.

Here are a few tips for good health:

Start your morning with hot water and lemon

Drink this before your coffee and breakfast for instant energy and a boost to your metabolism

Drink lots of water

Drinking water has plenty of benefits including increasing your energy, flushing out toxins, and boosting your immunity to keep you well! When the body is dehydrated, it doesn't run efficiently. Remember coffee and soda do not count as hydrating fluids

Be active daily

One of the easiest for your general health things you can do is to add exercise into your daily routine. If it is taking a walk in the hallway or bundling up and going outside- you need to keep moving to maintain your strength and endurance. Another option is to come the RPI/Wellness Center to use the Nu-step machine. Aim for 30 minutes of exercise daily You can break this up throughout the day. Check the schedule for daily classes.



Find quiet time activities

Give yourself a few minutes a day to recharge. Listen to some music. Get out of your apartment and socialize. Create a space in your home where you find calm. Whether you take a few moments to daven, meditate or just sit quietly with a friend. Be kind to yourself!

Create Monthly Goals

Create goals for activity, better eating or even to get out and attend more activities. These are your personal goals that you can measure on a monthly basis.

Feel free to find us in the wellness Center to help you develop a personalized program!

Your RPI Therapy team: Julie P, Julie L, Shelley, Marna, Robin, Miriam, Tzippi, Michelle and Sharo

March highlights 2020

Sunday

5 Adar 1
1:00 PM - 2:15 PM Bhos Girls Volunteers with Surl Games & Crafts
Departing 2:15 PM (3:00 PM - 4:15 PM) Free Skokie Public Library Outing, Young Steinway Concert: Sonya Jones, Violin, and Zheko Nedev, Piano
7:15 PM Musical Program with Singer, Sam Magdal

12 Adar 8
2:00 PM - 4:00 PM Purim Party: Face Painter, Refreshments, & Arts & Crafts
2:20 PM Kazoo Band
2:30 PM - 3:15 PM - Bobby Hunt - The Circus Boy
Daylight Savings Begins

19 Adar 15
Departing 12:30 PM (1:30 PM Show) Free Outing to the Chai Noon The Western Musical Purim Parody
7:15 PM Ruby Harris

26 Adar 22
1:30 PM Steve Darnall-Radio Show
4:00 PM Gentle Homes with Susan
7:15 PM Musical Program with Mihai Vlad

4 Nisan 29
Departing at 1:15 PM Skokie Live Theater Outing: "Cooking with Bubbie"
1:30 PM Rabbi Shimon Malik
7:15 PM Musical Program with Roman Friedman, piano

Monday

6 Adar 2
1:15 PM Yiddish Club with Rabbi Allen

Oiy Vey!

13 Adar 9
1:15 PM Town Hall Meeting with Elly Bauman -2nd Floor Aviary Lounge
Ta'anit Esther -Fast of Esther Erev Purim- Eve of Purim

20 Adar 16
1:15 PM Kitchen Food Focus Group - Front Dining Room

27 Adar 23
1:15 PM Story Sharing and Performing with Nate Smith

5 Nisan 30
1:15 PM Yiddish Club with Rabbi Allen
Mishpocheh or mishpokhe or mishpucha, we are family here!

Tuesday

7 Adar 3
4:00 PM Brain Exercises with Linda
7:15 PM Rabbi Allen's Interactive Exploration Series

14 Adar 10
1:15 PM Bible in the 21st Century with Rabbi Rosenberg
4:00 PM Brain Exercises with Linda
7:15 PM Professor Charile Abrams - Science & Technology
Purim

21 Adar 17
4:00 PM Brain Exercises with Linda
7:15 PM Rabbi Allen's Interactive Exploration Series

28 Adar 24
TBD Movie Outing
4:00 PM Brain Exercises with Linda
7:15 PM Professor Charile Abrams - Science & Technology

6 Nisan 31
4:00 PM Brain Exercises with Linda
7:15 PM Gentle Homes with Susan for Game Night

Wednesday

8 Adar 4
 Early Lunch at 11:30 AM
Departing 12:30 PM Lyric Opera - Madama Butterfly

15 Adar 11
11:30 AM Lunch Outing To Ken's Diner
Dollar Tree & Walgreens

22 Adar 18
March Birthday Party
Live Music with Lindsey + Yummy
Cake with Carrie
Dollar Tree & Walgreens
 Rosh Chodesh Nisan

29 Adar 25
March Birthday Party
Live Music with Lindsey + Yummy
Cake with Carrie
Dollar Tree & Walgreens
 Rosh Chodesh Nisan

Sunday, March 29
Park Plaza Annual
2:00 PM - Bobby Hunt-The Circus Boy

Thursday

9 Adar 5
1:00 PM Dog Therapy with Shayna and Trainer Judy
7:15 PM Musical Program with Pianist, Yan Skladman

16 Adar 12
7:15 PM Musical Program with No Class Trio

23 Adar 19
1:00 PM - 3:00 PM Jewelry Boutique with Elyse. (\$5.00 every item)
7:15 PM Musical Program with Mike Basin

1 Nisan 26
7:15PM Musical Program, The Trombonaires
 Rosh Chodesh Nisan

Sunday

- "Mishna in the Morning" with Rabbi Allen
- Brain-Teaser Sheet at Reception Desk
- NEW:** Shopping at Jewel-Osco and Target at 10:30 AM
- Chair-Exercise with Evelyn
- Rabbi Shimon Malik (twice a month)
- Arts & Crafts with Ahuvah
- Afternoon Television Programs in TV Room
- Resident, Labish Bergovoy: Life of a Public Defender, Who is really on trial
- Women's Tehillim Group
- Evening Entertainers

Monday

- "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
- Arts & Crafts with Ahuvah
- "Weekly Torah Portion" with Rabbi Willner of the Chicago Community Kollel
- NEW TIME:** Gentle Homes Health Lecture (once a month)
- High Stakes BINGO
- Monday Night Movies

Tuesday

- "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
- Mahjong
- Sing - Along with Lindsey
- Latch Hook Class with Mrs. Pearl Elaine Gelerinter
- Tai Chi with RPI
- Women's Tehillim Group
- Rabbi Allen's Interactive Exploration Series
- Professor Charlie Abrams - Science & Technology Series (twice a month)

Wednesday

- "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
- Wednesdays with the YU Torah miTzion Kollel
- Sing - Along with Lindsey
- The Knitting Club - please provide your own supplies
- Get On Your Feet with Lindsey and Carrie
- Variety Evening with Sid Amdur
- High Stakes Bingo

Thursday

- "Mishna in the Morning" with Rabbi Allen
- Exercise with RPI
- "Gemara Study" sponsored by Rabbi Dov Schwarcz Senior Kollel
- Invigorating Piano Music with Lindsey
- NEW:** Dog Therapy - Shayna and her trainer Judy (once a month)
- NEW DAY:** Encompass Health Lecture (once a month)
- 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
- Encompass Health Lecture (once a month)

WORDS FROM THE RABBI



March is here and the joyous festival of Purim is just around the corner. Soon we will be getting our noisemakers ready and our Purim costumes out. Before long we will be baking or eating our favorite Hamantashen. You may ask why we eat these unusual treats on Purim. Some will tell you it is because the wicked Haman wore a three cornered hat, while others will say he had pointy ears (Oznay Haman in Hebrew). However, there is no evidence that Haman had pointy ears or that he wore a triangular hat.

The true reason probably comes from the tradition to eat poppy seeds on Purim which in Yiddish is known as "Mohn". Add to that fact, that a cookie with a filling can be referred to as "Tashen", Yiddish for pockets and you have "Mohn Tahsen". Once you are eating Mohn-Tashen on Purim it is easy to make a play on words and call them Hamantaschen to give them a full Purim moniker and thus recall the wicked Haman.

With this in mind, we can suggest a novel symbolism in the Hamantashen we consume. Haman was very self-impressed, he was wealthy and powerful and yet with everything he had he wanted more. He could not stomach even one Jew, Mordechai, not bowing down to him. He wanted to keep everything he had to himself. He wanted to keep it all in his "pockets".

In opposition, we on Purim try to focus our joy outward. We give gifts to the poor, Matanos Lievyonim, we share with others by giving Shalach Manos. We also invite others to join in our Purim feast. We don't want to keep everything to ourselves, so we consume the ways of Haman and we eat up what is stuck in the pocket. We eat the Haman - Tashen.

This Purim whether you put poppy seeds, prune or any other filling in your Hamantashen enjoy them with a festive and magnanimous spirit. Share your joy with everyone and don't keep it in your Tashen or pockets.

Wishing you a happy March
and a Joyous Purim!

Rabbi Allen

March Outings

Sunday, March 1st

Departing 2:15 PM - (3:00 PM - 4:15 PM) Free Skokie Public Library Outing. Young Steinway Concert: Sonya Jones, Violin, and Zheko Nedev, Piano

Wednesday, March 4th

Departing 12:30 PM - Lyric Opera Madama Butterfly.

Friday, March 6th

Departing 12:30 PM Free Outing Levy Center Memory Cafe in Evanston. Paint & Decorate small flower pots to take home.

Wednesday, March 11th

Departing 11:30 AM Lunch Outing to Ken's Diner

Sunday, March 15th

Departing 12:30 PM (1:30 PM Show) Free Outing to the Chai Noon The Western Musical Purim Parody at Ezra-Habonim, The Niles Township Jewish Congregation.

Tuesday, March 24th

Outing to Movie (Exact time and movie to be determined).

Sunday, March 29th

Departing at 1:15 PM (2:00 PM Show) Skokie Live Theater Outing: "Cooking with Bubbie". Tickets are \$10.00.

Holidays This Month

March 8th Daylight Savings Begins

March 9th Fast of Esther

March 9th Erev Purim

March 10th Purim

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.

Friday	Saturday
10 Adar Departing at 12:30 PM Free Outing Levy Center Memory Cafe Candle Lighting: 5:27 PM-5:47 PM	11 Adar Parashat Tetzaveh פרשת תצוה Shabbat Zachor Shabbat Shalom שבת שלום
17 Adar Candle Lighting: 6:35 PM-6:55 PM	18 Adar Parashat Ki Tisa פרשת כי תשא Shabbat Parah Shabbat Shalom שבת שלום
24 Adar Candle Lighting: 6:43 PM-7:03 PM	25 Adar Parashat Vayakhel-Pekudei פרשת ויקהל-פקודי Shabbat HaChodesh Shabbat Shalom שבת שלום
2 Nisan Candle Lighting: 6:51 PM-7:11 PM	3 Nisan Parashat Vayikra פרשת ויקרא Shabbat Shalom שבת שלום

March 8th

Family Purim Party
4:00 PM

Please Dress In
Your Best Costume!



Friday	Saturday
<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

Always

- Daily Shachrit Service
- Daily Mincha & Maariv Services





**MEMORIES,
FRIENDSHIPS,
CONNECTIONS**

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