

Park Plaza Post

Elly Bauman, Executive Director

Happy May! What a trying few months we have had. I want to commend everyone for your patience through this difficult time. I hope you are all finding things to do – whether it is reading, watching a good movie, talking with family, or taking on a new hobby – I do hope you are keeping busy.

I am so happy that we are able to begin, slowly, offering some programs. Please continue to take advantage of our phone call classes! If you need help please call the front desk and we will help you. All you need to do is call the phone number listed on the activity schedule at the time of the program.

Please remember to wear your mask when walking around Park Plaza and when attending programs.

We are happy to be working with the kitchen staff to offer a Park Plaza Grocery Delivery Service. Please pick up a form at the front desk. We have made available, for purchase, staples that you may want to have on hand in your apartment.

I understand this is not the ideal way our community is used to living but please know that because of the protocols we have definitely “flattened the curve” and kept the virus out of Park Plaza. We hope and pray everyone’s family is healthy and that this too shall pass quickly.

As always, please call or email me with any questions or concerns and I will do my best to help.



Shabbat Lighting Times:

1	7:00 - 7:20
8	7:00 - 7:20
15	7:00 - 7:20
22	7:00 - 7:20

Park Plaza Community Staying Safe & Healthy.



MAY BIRTHDAYS

Claire Hyman	4
David Bernstein	6
Dennis Klein	7
Miriam Goldberger	9
Bonnie Block	12
Alexander Leichtman	12
Muriel Finkel	12
Harold Katz	15
Theodore Charak	15
Rivka Oster	20
June Alter	22
Alice Chernoff	26
Shirley Linker	26
Eva Lob	26
Salomon Amar	28
Sora Block	30
Mayer Smith	31

Holidays This Month

May 10th

Mother's Day

May 12th

Lag B'Omer

May 22nd

Yom Yerushalayim

May 25th

Memorial Day

May 28th

Erev Shavuot

May 29th-30th

Shavuot

MAZEL TOV

- Mazel Tov to Pearl Elaine Gelerinter on the engagement of her granddaughter in Israel
- Mazel Tov to Harold Katz on the birth of a great- grandson in Jerusalem
- Mazel to Lawrence Perlmutter on the Bris of his great-grandson in Minnesota
- Mazel Tov to Rabbi and Sorel Simon on the birth of a great grandson in Lakewood, NJ & the marriage of their granddaughter
- Mazel Tov to Debbie Zern on the engagement of her granddaughter

Thank you to Hatzalah for supplying our staff with masks and assisting in anyway they can.

They are true heroes of our community who work tirelessly to keep us all safe.

&

Thank you to Gentle Home Services, Encompass Home Health and RPI for continuing to keep everyone healthy.



Hilbert Heiferman

Roz Pressner

Rose Salkin

*May their
memories be
a blessing*



Someone you should know: Bonnie Block

Bonnie has been a part of the Park Plaza Community for two and a half years. She enjoys being around others and is very social. Bonnie loves playing Mah Jong because she likes the feel of the tiles and working off a card. She enjoys listening to a variety of music and has a lovely singing voice. Bonnie happily performed at our last variety show. During the last few weeks, she has kept herself busy reading books, painting with acrylics, doing word searches and walking.

Bonnie's mother, Arline, was born on the west side of Chicago (Austin) and her father, Sam, was from Lithuania and moved to South Shore when he was nine years old. After they got married, they lived in South Shore. They decided to start a family by having a beautiful baby girl, Bonnie, followed by her younger brother, Richard.

Bonnie went to college in Downtown Chicago. She studied interior design and retail merchandise. After South Shore, Bonnie moved north to the Oakdale and Diversey neighborhood and then eventually to Skokie. Bonnie worked for Lane Bryant (Women's clothing) and Carson Pierre Scott as a department manager. She also worked at Wieboldt's as a children's clothing buyer and lingerie buyer. Bonnie continued to work as a lingerie buyer for Crawford Department Stores for over 20 years. Bonnie became a contract buyer for the city and the county. She retired at 62 and continued buying miniature dollhouse furniture and selling items on ebay from her house. Bonnie had several cats throughout her life. Her last cat, Mandy, was a tuxedo cat that lived to be seventeen years old.

Bonnie's passions are to cook and travel. She has explored Europe, Canada and the United States. Her favorite destinations were Vancouver and Venice. She would love to travel more, but she feels that it is too exhausting, flying and touring. But she loves talking about her travels and would be interested in talking with other residents about their own travels and adventures.

Bonnie is all about her family! Her brother, Richard, and sister in law, Penny, live in Morton Grove and she has two nephews and one niece. Jess and Bonnie live in Deerfield. Cory and Dayle live in Niles. Jamie and Robb live in Buffalo Grove. She has seven great nieces and nephews that come and visit often.

Bonnie shared her favorite quote, "I Wake up every morning and I'm thankful I'm Alive"!





HOME SAFETY IS KEY IN PREVENTING FALLS AND INJURIES SO THAT YOU CAN REMAIN INDEPENDENT AND LIVE LIFE TO ITS FULLEST.

Since home accidents are a major source of injury to those over the age of 65, it is important to keep your environment safe. Home accidents may include broken bones, burns, falls, bruising and medication overdoses.

Home modifications can help

Simple and inexpensive modifications can be made to decrease risk of injury and increase independence. Below are some simple room-by-room problems with easy solutions.

Bathroom

Problem	Solution
Lighting	Use night light, glowing light switch plate
Slippery Shower	Rubber mat/appliques, grab bars, shower chair, hand-held shower
Slippery floor	Non-skid mat, grab bars, dry off BEFORE exiting shower
Commode too low	Elevated commode seat, grab bars, one-handed paper charger
Tight space	Remove all clutter, grab bars, move wheels to inside of walker

Kitchen

Problem	Solution
Floor Surfaces	Remove throw rugs, add non-skid mat in front of sink
Items easy to reach	Move all frequently used items to eye level, non slip shelf liner
Medications	Away from heat source, not expired, well marked, easy to reach, near good lighting

Bedroom

Problem	Solution
Bed height	Remove box spring, add risers if too low, make sure bedding doesn't bunch up on the floor, add bed cane/rail
Clutter	Remove throw rugs and excess furniture, widen walkways
General safety	Phone next to bed, emergency line, sturdy chair with arm rest for dressing, long handled shoe horn, reacher

Living Room

Problem	Solution
Electrical cords	Keep close to wall, tape cords if necessary, don't overload outlets
Lower seating	Select appropriate height chairs with no wheels
Inaccessible phone	Emergency response necklace, keep portable phone nearby
Narrow paths	Remove sharp edged furniture, adjust walker wheels, rearrange furniture for wider walk spaces

Why Home Safety?

Our Fall Prevention Program Addresses home safety to help eliminate environmental hazards in an effort to reduce half of the falls that occur in the home. It is well documented that all of the following are part of an effective fall prevention program: home safety assessment, exercise, education, medication review and vision assessment.



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How to Combat Stress in these Challenging Times

**By RPI Manager,
Julie N Lennon, P.T.**



Every day we are bombarded by news that raises our stress levels. Sometimes the answer is to “check out” a little bit and turn off the TV or radio. We are fortunate to have Shabbat as the ultimate day for rest and reflection. We take a day to reconnect with ourselves and friends and family. In these days of social distancing it gets a bit more complicated.

Here are a few tips:

- Firstly breathe. Take some time out of your day to just sit and take deep breaths. Try to breathe in through your nose raising your belly and exhale slowly tightening your belly to release air and tension.
- Try and eat well and drink plenty of water
- Release some endorphins (hormones that make you feel good) by exercising
- Try some guided imagery. Close your eyes and imagine yourself doing something relaxing or any image which you find peaceful
- Do not stress the small stuff!!

Take care and be well!!

**Your RPI team: Julie L, Julie P, Marna, Michelle,
Miriam, Robin, Shelley, Sharon, and Tzippy.**

May highlights 2020

Sunday

Monday

Tuesday

Wednesday

Thursday

Happy Shavuot חג שבועות שמח

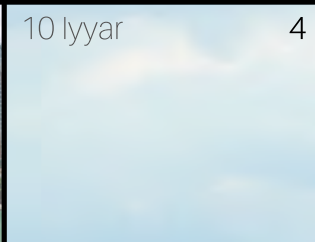
9 Iyyar

3



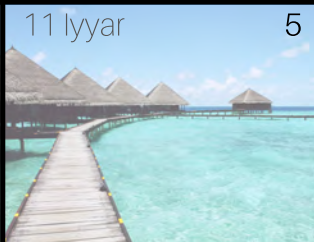
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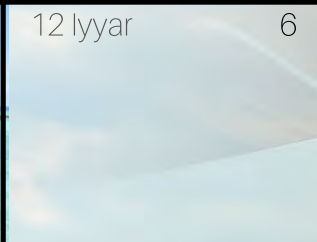
11 Iyyar

5



12 Iyyar

6



13 Iyyar

7



16 Iyyar

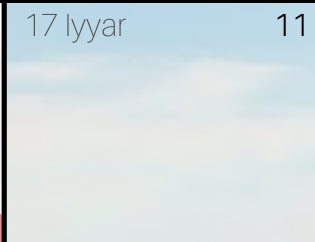
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Mother's Day

17 Iyyar

11



18 Iyyar

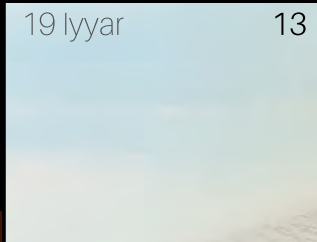
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Lag B'Omer

19 Iyyar

13



20 Iyyar

14



23 Iyyar

17



24 Iyyar

18



25 Nisan

19



26 Iyyar

20



27 Nisan

21



1 Sivan

24



Rosh Chodesh Sivan

2 Sivan

25



Memorial Day

3 Sivan

26



4 Sivan

27



5 Sivan

28



Candle Lighting:
7:30 PM - 7:50 PM
שבועות
Erev Shavuot

8 Sivan

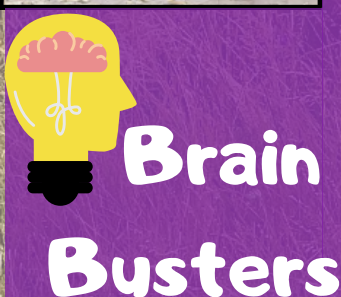
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Riddle

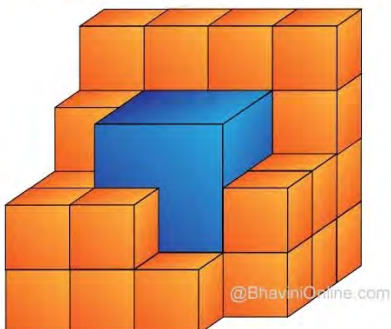
There was a green house. Inside the green house there was a white house. Inside the white house there was a red house. Inside the red house there were lots of babies. What is it?

Answer: Watermelon



Friday	Saturday
7 Iyyar 1 Candle Lighting: 7:00 PM-7:20 PM Havdalah: 8:40 PM 	8 Iyyar 2 Parashat Achrei Mot-Kedoshim פרשת אחרי מות קדשים Shabbat Shalom שבת שלום
14 Iyyar 8 Candle Lighting: 7:00 PM-7:20 PM 	15 Iyyar 9 Parashat Emor פרשת אמור Shabbat Shalom שבת שלום
21 Iyyar 15 Candle Lighting: 7:00 PM-7:20 PM 	22 Iyyar 16 Parashat Behar -Bechukotai פרשת בהר-בחוקתי Shabbat Shalom שבת שלום
28 Iyyar 22 Candle Lighting: 7:00 PM-7:20 PM 	29 Iyyar 23 Parashat Bamidbar פרשת במדבר Shabbat Shalom שבת שלום
Yom Yerushalayim 6 Sivan 29 Candle Lighting: 7:00 PM-7:20 PM 	7 Sivan 30  שבועות First Day of Shavuot
	שבועות Second Day of Shavuot

How many extra orange cubes are required to enclose the blue cube completely?



Answer: Twenty-two



WORDS FROM THE RABBI

Today is day 5, tomorrow will be day 6, then 7 and then day 8. No I am not counting the days we have been in isolation during the pandemic. I am rather thinking about the counting of the Omer which began on the second night of Passover and which we continue for 49 days until the holiday of Shavous. Marking our days and the way time passes is always a distinctive part of life. Are we looking forward to a birthday, dreading a procedure, anticipating a birth of or simply keeping track of how many more days we have to take that extra pill.

As we engage in the yearly counting from Pesach to Shavous, we may be more aware of the counting of days as we are in such a unique and trying period. It is interesting to note that when we count the Omer, we don't count days left until the holiday but rather we count days past. In other words, we don't count 49. 48. 47 rather we count 1, 2, 3. One explanation given is that we are not simply passing the days until Shavous, rather we are trying to grow each day so we are indeed ready for the Yom Tov which celebrates the receiving of the Torah.

I think in our current situation a similar outlook may be helpful. We should not just be looking towards the day that these restrictions will be lifted and life will go back to "normal". We should be finding ways to embrace these days. There may be books we have always wanted to read, memoirs or stories we have always wanted to write. Have you ever wanted to learn how to sew or paint or go through old photos you may not have organized. Have you always wanted to read through the Torah or the siddur and the list goes on and on.

If we try to embrace each day then we will emerge not only safe and healthy but richer people for having lived through these days.

**Blessings for health and safety to all,
Rabbi Allen**

Words to Children and Grandchildren Also: Words To Live By By Mayer Smith

1. Be open with your loved ones. Understand, comfort, console, support and encourage them.
2. Be honest in all your dealings with others. But, above all, be honest with yourself. Don't deceive yourself with rose-colored glasses when entering into ventures. Many real opportunities will present themselves in your lifetime.
3. Be not too serious about life. Enjoy it and make the most of what it brings. It is not necessary to spend a lot of money to enjoy life but don't be stingy either. Sometimes a wise expenditure can bring great satisfaction. ***Nothing is worth the price of Worry.*** It doesn't help and it saps your energy.
4. Look about you and appreciate the daily wonders of nature in all sorts of weather. A good pair of binoculars often brings great enjoyment from watching birds and small animals.
5. Prepare yourselves soundly with the basics. A good command of English and math provides you with the bases upon which you can build in any direction. The arts provide different kinds of basics that help you to enjoy life more fully ... but be sure to get the English & Math down solid ***first***. If these give you trouble, there are many audio-visuals available that will help simplify them for you. Also, there will be good people willing to help you. ***Ask.***
6. ***To have friends, you must be a friend.*** But, choose your friends carefully. Be not impressed with what positions they have held or now hold. Rather, consider what they have done and, more importantly, what they are doing NOW for the good of others as well as themselves ... ***successfully***. The exception is when life has treated another in a way as to prevent "success". Then, you must truly be the friend.
7. ***Always*** tell the truth unless volunteering the truth without being asked will needlessly hurt someone. If an asker is just being nosy about another party, just say you don't know all the facts about the situation. This will almost always be the truth. If the nosy one continues to ask, simply say you do not wish to continue that discussion. If the nosy one still continues, you will know this is a person you do not want as a friend and walk away.
8. Accept challenges in life. ***Do the things that others say cannot be done.*** As the old cliché goes "The difficult we do immediately; the impossible takes a little longer." If something difficult is worth doing and needs to be done, ***do it.***

I successfully set up via the Northern Virginia Life Underwriters Association a blood bank by getting one fourth of the association members to contribute blood when 3 other attempts had failed. I spent hours upon hours on the phone convincing association members to give blood so their families would be protected. As a result every member's family became qualified for free blood from the Red Cross. Within just a few weeks after the bank was set up, a child of one of the members received several pints of blood FREE!. The father of the child called me almost in tears thanking me for setting up the program.

When the 6 day war in Israel started in 1967, I was Northern Virginia Chairman for both Israel Bonds and United Jewish Appeal. That was Sunday. On Monday, I called my bank to see if they would lend me \$4,000 with a \$5,000 Israel Bond as collateral. Answer without hesitation ...YES!

I went to the Bond Office and told them that I wanted the bond pledged as collateral to the bank so I could buy a \$5,000 bond with \$1,000 cash and \$4,000 from the bank. They had to call New York to find out how to arrange it. NO ONE HAD DONE IT BEFORE!! When I was trying to explain to the Israel Bond representative what I wanted to do, a table of members of another shul in nearby Maryland started raising their heads and one of them said to me "Can you type that up for us?" How many more Bonds do you think were sold as a result of my creating that program?!

A few years ago, when we were living in Marietta, GA., the Chabad shul I belonged to had only **2 Torahs**. I had just had a good year financially so I volunteered to pay for a new Torah to be written at a cost of \$36,000 so that the shul would meet the 3 Torah minimum requirement for a shul. The savvy Chabad Rabbi parlayed that into another \$100,000 by "selling" words, lines, paragraphs and sedras etc. . I received the honor of resting my hand on the Scribe's hand as he wrote the first letter in the Torah. NOW. RE-READ #8.









**MEMORIES,
FRIENDSHIPS,
CONNECTIONS**

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