

Park Plaza Post

Chag Urim Sameach



Shabbat Lighting Times:

4.....	3:55 -4:15
11.....	3:55 -4:15
18.....	4:00 -4:20
25.....	4:00 -4:20

Someone you should know

PHYLLIS SINGER



Elly Bauman, Executive Director

Every year my sentiment is the same; I cannot believe it is already December. With all the sickness and sadness now associated with 2020, many people cannot wait for this year to be over. While it might be easy to agree, I also want to remind everyone to focus on the positive things that have happened in our lives. I had a son graduate high school and take a gap year to study in Israel. My older son finished the army, moved into his own apartment and got his first fulltime job. My husband got a new job doing something he loves. My family visited more regularly on Zoom instead of waiting for the twice a year in person visits. My neighbors hosted outdoor potluck dinners that brought us all closer together. And most of all, I come to work every day and interact with the residents and families while leading an amazing team of committed employees. Even with all the sadness, sickness and interruptions to our normal routines, what positive things will you remember most? Did a family member graduate, get married, have a baby, or become a Bar/Bat Mitzvah? Did a Park Plaza friend reach out to you when you were down? Did a staff person help you when you needed something? Keep all those positive thoughts in your mind as we conclude 2020 and move into 2021.

**Wishing you and your families a
Happy Chanukah and Happy 2021.**

Phyllis was born and raised in Cincinnati Ohio. She went to the University of Cincinnati and majored in English and Journalism. During college, Phyllis met her husband, Allen, at a Hillel event. Allen was a few years older than Phyllis and wanted to get married soon after they met. Phyllis wanted to wait until she finished University and get her degree. Allen was in the Air Force and stationed at Patterson Air Force, near Cincinnati. They weren't too far from each other while Phyllis was in school. They got married right after her graduation in 1959. They were married for 53 wonderful years. Allen passed away in 2012 and is buried in Jerusalem, close to where they were living.

Phyllis was the editor of the oldest Jewish newspaper in America for 15 years until her retirement. She started out at the entry position but quickly made her way up to editor. Aside from working a full time job, Phyllis was very active in her community. She was a member of Hadassa, AZUF and Bnei Akiva. She was the PTA President of her children's school and President of the sisterhood of her shul. "If you have an opportunity to make an impact then you should grab it" says Phyllis. We can see from her career as well as the many community organizations she was involved in, Phyllis always took the opportunity to make an impact.

Phyllis moved into Park Plaza over a year ago from Israel where she had lived for twenty years. It was a dream of a lifetime to make Aliya and she was able to make that dream a reality. Phyllis moved back to the states to live closer to four of her children and her eight grandchildren. Family is what matters most to Phyllis. She still has one son that lives in Israel.

Phyllis enjoys being active. She is outside walking regularly. Phyllis also is a regular attendee for brain games, lectures and music concerts. Phyllis likes to be social and enjoys the conversations she has with her table mates and the many other friends she has made. Please say hello to Phyllis and if you are stuck on a word puzzle, she is most happy to give you a helpful hint.

Welcome To Park Plaza

Rabbi Mel & Renee Lifsys

December Birthdays



Ruth Shayman	8
Bea Wyetzner	9
David Nathan	9
Esther Brand	18
Sarah Danziger	19
Marilyn Zuckerman	23
Diane Begun	28
Hersholt Rosman	28
Ziggy Pergricht	30



Holidays This Month

December 11th-18th

Chanukah

December 25th

Fast of Tevet 10

December 31st

New Years Eve



Pearl Elaine Gelerinter

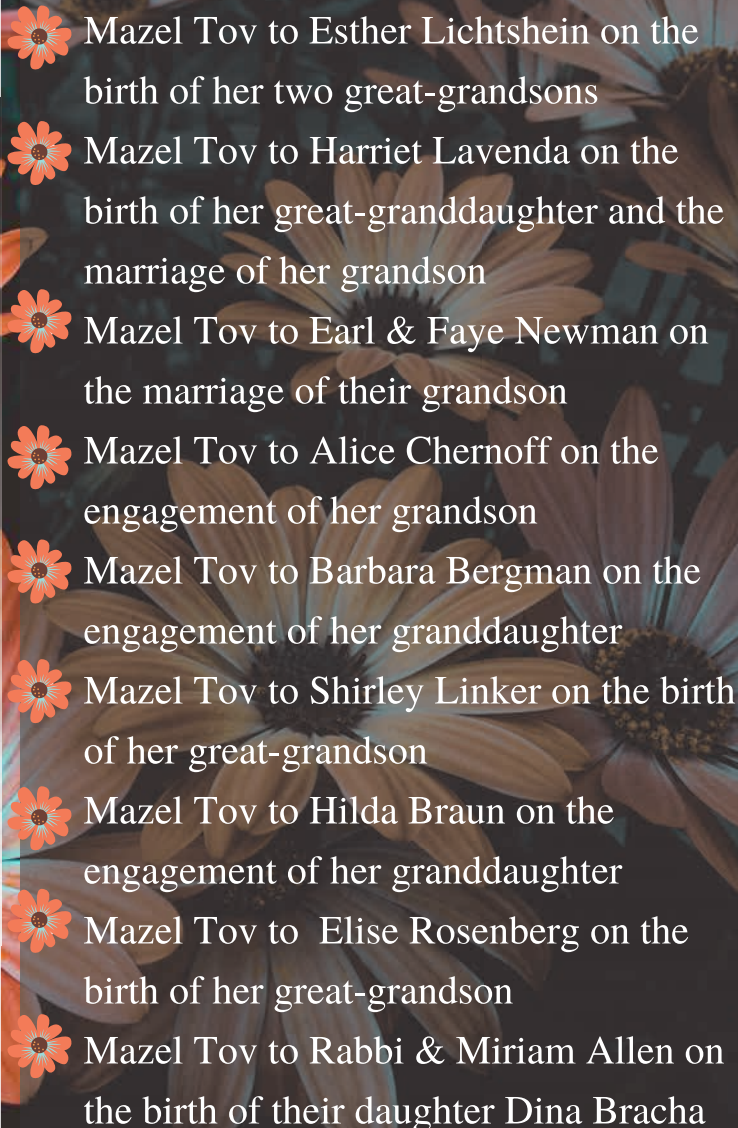
Rosanne Kane

David Mostofsky

In Memoriam



MAZEL TOV

- 
- Mazel Tov to Esther Lichtshein on the birth of her two great-grandsons
 - Mazel Tov to Harriet Lavenda on the birth of her great-granddaughter and the marriage of her grandson
 - Mazel Tov to Earl & Faye Newman on the marriage of their grandson
 - Mazel Tov to Alice Chernoff on the engagement of her grandson
 - Mazel Tov to Barbara Bergman on the engagement of her granddaughter
 - Mazel Tov to Shirley Linker on the birth of her great-grandson
 - Mazel Tov to Hilda Braun on the engagement of her granddaughter
 - Mazel Tov to Elise Rosenberg on the birth of her great-grandson
 - Mazel Tov to Rabbi & Miriam Allen on the birth of their daughter Dina Bracha

*Wishing You A Safe
Happy & Healthy
2021*



Combat Winter Blues! Grab the Sun where you can!

By Julie Lennon, RPI Therapy



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Phone: 773-381-3314, Fax: 773-381-3472

In December, the sun sets earlier and it is a challenge to get a little direct sunlight. If you dress properly when the sun is out, you should be able to get some outside fresh air on the patio for 10-15 minutes. Try to get as much sunlight as you can, even if it means sitting by the windows and catching some daylight there. As the day grows shorter, you should try and safely socialize in the evening so you don't go to bed too early.



The UV waves in sunlight helps to release a hormone in your brain called Melatonin which helps to regulate your sleep cycle. That is why you want to try and get up earlier and go to bed a little later to get maximum daylight.

Sun light has the following benefits:

- Increase in Vitamin D
- Help to maintain strong bones
- Increase your immune system
- Decrease stress
- Decrease depression/elevate mood
- Regulate sleep cycle
- Decrease over eating



Our glass hall is an excellent place to grab some sunlight and exercise.

As always, we encourage you to stay active!
Come see us for a personalized exercise program.

Stay Healthy!

Your Friends at RPI

Julie L, Julie P, Shelley, Robin, Marna and Sharon
RPI Therapy Department call 773-381-3314.

Thank you to Hatzalah!

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.

Thank you for the generous donations of flowers from Bloom N Toss.
Fresh flowers bring extra smiles and warmth within our community.



GENTLE HOME
SERVICES

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



7 Tips for Saving Your Sanity During Quarantine

Life is starting to look a little more recognizable, and that's something to celebrate. But don't expect your fears and concerns to melt away quickly. Finding healthy ways to cope is as important as ever.

Be Grateful

Be very grateful for what you have. It helps keep everything in perspective. Be grateful for your family, your health and the health of your loved ones. Be grateful for the little moments you have at home with your family. Be aware of the moment and what is around you. At the same time, be mindful of those who have suffered loss. Keep them in your thoughts. Reach out to people who have lost loved ones, and do what you can to help in the community.

Connect With Others

This is a once-in-a-lifetime opportunity to connect with friends and loved ones on a regular basis. As such, I prefer to use the term physical distancing instead of social distancing. The reason? More than ever, we need to stay social, even if it's all virtual. Set aside time every day to talk with friends and family.

Get Organized

Now is a good time to get things organized at home. Get rid of any clutter. If something doesn't serve any purpose or bring you any joy, it's time to get rid of it. Getting organized can give you a better sense of who you are and where you're going.

Get Regular Exercise

Exercise is important. We always say, "I don't have time to exercise." You only need 15-20 minutes three days a week. You can exercise at home with YouTube videos. If you can exercise outside, that's even better. Fresh air, sunlight and going for walks can really help you mentally.

Get Regular Sleep

Getting good sleep is important. Regulate your biological clock by getting up at the same time every morning and going to bed at the same time every night. Make sure you get enough daylight, even if that means sitting in front of a window for a couple of hours. If you can go outside and get some sunlight for 30-60 minutes every day, that's even better.

Limit Your Media Exposure

If you sit and watch catastrophic news for hours, or scroll through social media sites filled with negativity, it can create a post-traumatic stress type of situation. Watch a few minutes every day to stay informed, and then move on.

Self-Reflect and Reset

Your Priorities Now may be a good time to make a new priority list, which will likely be shorter than before the pandemic. The things you thought were important may not be so important now. It's one way to simplify your life. One of the best ways to engage in self-reflection is through journaling. It doesn't have to be anything organized, and it doesn't have to be page after page. Just write what comes to your mind. Write freely about what you're thinking. If you spend a few minutes every day jotting down your thoughts, you'll see improvement in your mood.

Always remember, we are all learning to cope with this chaos, and we will get through this.

Contact Gentle Home Services at (773) 743-4337

What people are saying ...

- Elly and team thank you for everything you do.
- Thanx for all you do. Stay healthy!! ❤️
- Thank you so much Elly, Adina, and the entire staff at Park Plaza, you are amazing and I'm so thankful that my father is at a safe and caring home!
- Thank you to everyone at Park Plaza. You are doing such an excellent job. I can sleep at night, knowing my mom is being taken great care of.
- Thank you feels like an understatement for all you do.
- Thank you dear Carrie, you are truly bringing light, joy and love into the world with your work.

Comments from Family Members of Residents



**HELPING YOU STAY
HEALTHIER, HAPPIER,
AND IN YOUR
COMMUNITY LONGER**

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 man, 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 and testosterone causes a loss of bone



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

Osteoporosis prevention

- Incorporate vitamins and 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 salt water fish, or 10-20 minutes of sunlight per day
- Partake in weight bearing exercises that stimulate bone growth such as walking weight lifting and star climbing

Diagnostic Tests

Bone Mineral Density (BMD)

BMD measures density of minerals (calcium) in bones using CT scan

Dual Energy X-Ray Absorptiometry (DEXA)

DEXA is the most accurate way to measure BMD (estimates bone density in the spine and hip); uses very low doses of radiation

Home Health can help

- Prevent falls
- Improve strength and balances
- Avoid unnecessary hospitalizations
- Review use of multiple medications and side effects
- Manage pain / Improve muscle strength
- Maintain highest levels of independence

www.encompasshealth.com | Des Plaines 847-803-0774

December *highlights* 2020

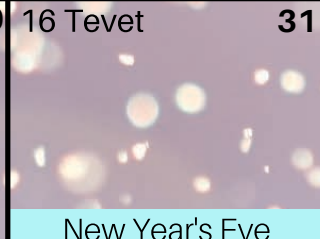
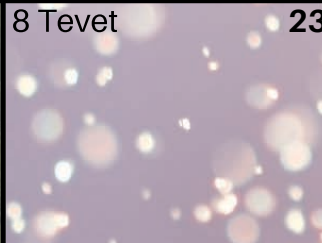
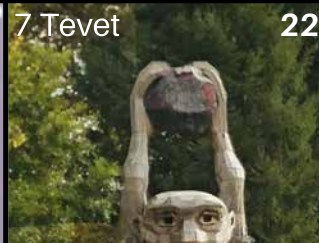
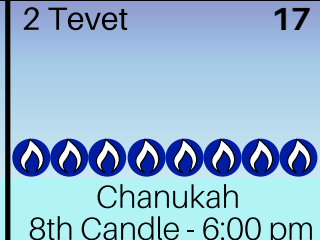
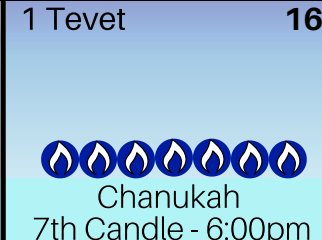
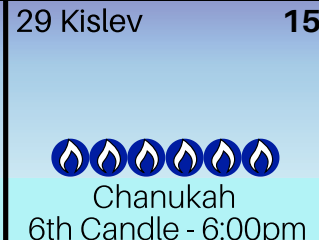
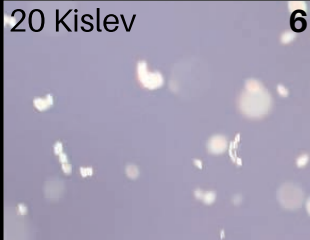
Sunday

Monday

Tuesday

Wednesday

Thursday



Friday	Saturday
18 Kislev 4 Candle Lighting: 3:55 PM-4:15 PM 	19 Kislev 5 Parashat Vayishlach פרשת וישלח Havdalah: 5:25 PM Shabbat Shalom שבת שלום
25 Kislev 11 Candle Lighting: 3:55 PM-4:15 PM 	26 Kislev 12 Parashat Vayeshev פרשת וישב Havdalah: 5:20 PM Chanukah 3rd Candle - 6:00 pm
3 Tevet 18 Candle Lighting: 4:00 PM-4:20 PM 	4 Tevet 19 Parashat Miketz פרשת מקץ Havdalah: 5:15 PM Shabbat Shalom שבת שלום
10 Tevet 25 Candle Lighting: 4:00 PM-4:20 PM 	11 Tevet 26 Parashat Vayigash פרשת ויגש Havdalah: 5:10 PM Shabbat Shalom שבת שלום
Fast of 10 Tevet	



WORDS FROM THE RABBI

It is hard to believe that in just a few days Chanukah will be back again. We will be frying up latkes and enjoying the festivities as we preform the nightly mitzvah of kindling the Chanukah Menorah. One of the most iconic Chanukah activities is playing with the dreidel. This four sided Jewish toy adds a special sense of excitement to Chanukah festivities.

Many of us know that this game started out as an elaborate ruse to fool our Greek oppressors. When they would pass by the caves where the Jews were hiding and learning Torah the Jews would take out their dreidels and begin to play. The Greeks would say "those Jews are not engaged in religious study rather they are playing a game of chance." Even today when we spin the dreidel we tend to think it is simply a game of chance as we wait to see which letter the dreidel will fall on.

In our present climate we may at times feel like those Jews of the first Chanukah. We may feel quarantined in our "caves" and waiting to see where the winds of life will make our own "dreidels" land. However, Chassidic thought teaches us that the dreidel has a hidden message of faith. Even if life sometimes appears to be one chance occurrence after the next, the reality is that Hashem is guiding every action. Even the letter the dreidel lands on is not a matter of chance but rather Hashem is directing its outcome. The dreidel is a reminder of a deep faith that even when life seems to "drei" us around, God is watching over us and directing every turn.

In these days of Chanukah miracles, may Hashem watch over us. Just as the letters of the dreidel stand for "A Great Miracle Happened There" may we see great miracles in our times as well.

Wishing everyone a very joyous and bright Chanukah, filled with light for you and your families.
Rabbi Allen













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