

Park Plaza Post

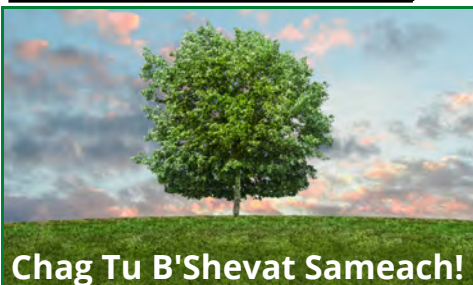
Elly Bauman, Executive Director

Park Plaza ended 2020 with so many fun programs: Chanukah candle lighting, Zoom sing-a-long, craft projects and gifts, Marilyn Zuckerman's piano concert, New Year's Eve Noon toast, Thursday night Opera series, plus our weekly musical performers and classes. The staff is working hard to bring new programs, performers and events in 2021. As always, we welcome your suggestions and ideas for new programs and classes. Please leave a message in the suggestion box.

In the next few weeks, the window project will be complete and everyone will have brand new windows. We know, at times, it was not easy and being inconvenienced is difficult, but we thank you for your patience.

**Please join us Sunday, January 3rd for our
 "Welcome to 2021" party.**

Let's celebrate all of us being healthy and together!



Chag Tu B'Shevat Sameach!

Shabbat Lighting Times:

1.....	4:10 -4:30
8.....	4:15 -4:35
15.....	4:20 -4:40
22.....	4:25 -4:45
29.....	4:30 -4:50

Someone you should know

TOBI KELMER



Tobi was born in a refugee camp in Rome, Italy after WWII. Her parents spent the war as partisans in the forests near Vilna. After liberation, they worked their way west to Italy and awaited affidavits and visas to enter the United States. The Jewish owner of a mattress factory in Peoria, IL offered her father a job and that is where she grew up. The family moved to Chicago's South Shore when she finished grammar school. She attended South Shore high school followed by the University of Illinois at

Champagne/Urbana where she majored in English Literature with a minor in French.

She traveled to Israel for her junior year abroad at the Hebrew University of Jerusalem. The Six-Day War broke out that June and the only people on campus were foreign students. They would sit on the lawn watching Israeli and Jordanian fighter planes shooting at each other and sometimes soldiers shooting at them! Nights were spent in the dormitory bomb shelters listening to the radio. A most memorable year, especially going down to the city and following the bulldozers opening up the Old City and the Western Wall.

After graduation Tobi lived in Tel Aviv and taught English. She met her husband Aaron at a party and they were married three months later. Their son Michael was born there. They came to Chicago in the 1970's and Tobi worked as an Editor for a publishing house then at the Jewish United Fund as head of their Speakers Bureau and Missions. During those exciting years she met heads of state, entertainers, authors and other celebrities as well as taking some very well-guided trips to Israel.

Her husband passed away after 36 years of marriage. Tired of shopping and cooking for one and having to drive to classes and programs, Tobi researched all the retirement facilities on the North Shore. After countless free lunches Tobi visited Park Plaza and immediately felt it was a fit. The Jewish atmosphere, services on site, classes, programs and lectures made her feel at home immediately. The outings were a bonus.

Tobi has lived here for a little over a year and looks forward to the book club meetings, musical programs and lectures. Make sure to say hi to Tobi and ask her what book she's reading. You won't be disappointed by her recommendation.

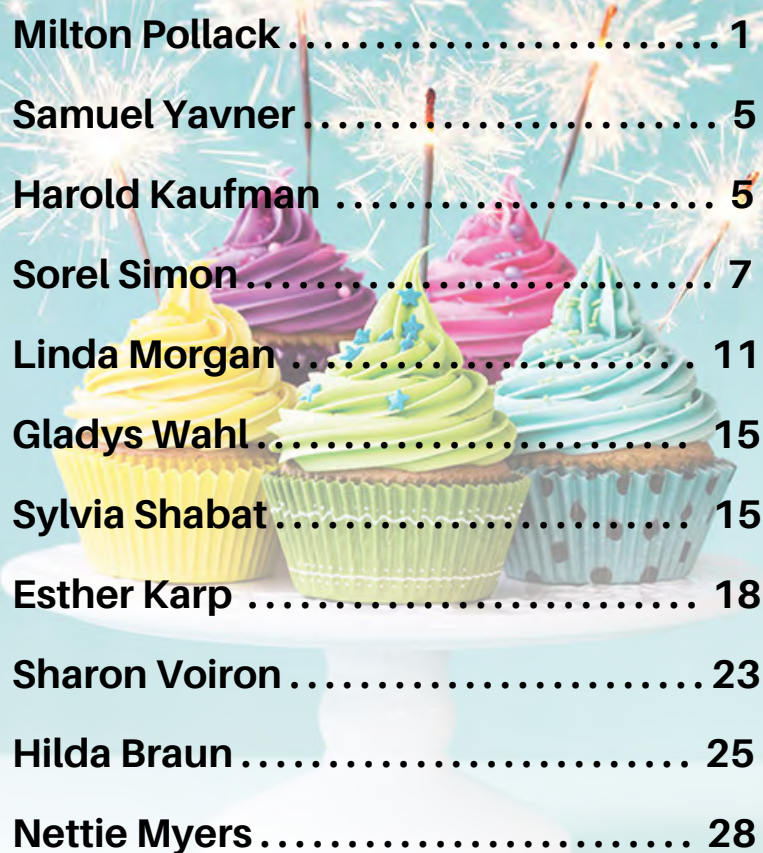
Welcome Back To Park Plaza Shirley Rosenberg



MAZEL TOV

- Mazel Tov to Miriam Goldberger on her grandson's bar mitzvah
- Mazel Tov to Harold Katz on the marriage of his granddaughter
- Mazel Tov to Shirley Linker on the marriage of her granddaughter
- Mazel Tov to Sylvia Shabbat on the birth of her great-great-granddaughter
- Mazel Tov to Ethel Silverstein on the engagement of her granddaughter

January Birthdays



Milton Pollack	1
Samuel Yavner	5
Harold Kaufman	5
Sorel Simon	7
Linda Morgan	11
Gladys Wahl	15
Sylvia Shabat	15
Esther Karp	18
Sharon Voiron	23
Hilda Braun	25
Nettie Myers	28

Holidays This Month

January 1st

New Year's Day

January 18th

Dr. Martin Luther King
Jr. Day

January 28th

Tu B'Shevat

Phyllis Dicker
Sarah Lipson

In Memoriam

*May their families know
of no further sorrow*

On behalf of the entire staff at Park Plaza, we thank the residents and their families who contributed to the Employee Appreciation Fund. We apologize, in advance, for any unintentional mistakes that may have occurred while typing this list.

Bob Abrams, June Alter, Helen Berger, Barbara Bergman, Labish Bergovoy, Gerry and David Bernstein, Sophie Block, Hilda Braun, Alan Busch, Alice Chernoff, Sharon Cohen, Bella Danziger, Estelle Engberg, Helen and Joe Eng, Muriel Finkel, Rochelle Frank, Lee Friedman, Natalie Phyllis Fore, Milton Gershovitz, Shayle Gerstein, Miriam Goldberger, Rose and Lou Goldsmith, Shaney Goldstein, Bessie and Mort Harris, Barbara Kahler, Walter Kaiser, Isac Kapulski, Estelle Karabush, Harold Katz, Esther Karp, Toby Kelmer, Mary Kolodney, Ann Kulwin, Harriet Lavenda, Ben Lebovits, Gloriann Levy, Esther Lichtshein, Rabbi Mel and Renee Lifscics, Shirley Linker, The Lipson Family, Eva Lob, Nancy Marcus, Linda Morgan, Netti Myers, Jeanette Nadoff, David Nathan, Faye and Earl Newman, Larry Perlmutter, Ellyn Polonsky, Ziggy Pergricht, Esther Reiss, Robert Reznitsky, Shirley Rosenberg, Leah and Hersh Rosman, Leslie Rubin, Merle Schwartz, Gussie Sevelow, Sylvia Shabat, Ruth Shayman, Ethel Silverstein, Bitsy and Rabbi Milton Simon, Sara Simon, Phyllis Singer, Mayer Smith, Elaine Stein, Rachel Stern, Elaine and Rabbi Pinchas Stolper, Sharon Voiron, Gladys Wahl, Anne and Sam Yavner, Shirley Zeffren, Sorel Zimmerman, Marilyn Zuckerman, Tova Zylberman

What people are saying ...

- Chanukah Zoom Sing A Long:
 - That was lovely! Especially saying hi to everyone at the end!
 - That was beautiful!
 - Thank you so much! Happy Chanukah!
- Due to Covid regulations, I can't give you the humongous 'hug' you deserve BA"H. And due to those same regulations, we can't even hold a 'Dinner of Recognition' for you. 😞 But I am giving you a Standing Ovation right now. Can you see me?
- Please express my special gratitude to the Rabbi & everyone who works in any Park Plaza position (especially you, Elly) who makes Park Plaza tick like a well-oiled clock. You all are truly the HEROES!

Compliments from Family Members of Residents

Thank you to the wonderful Hatzalah volunteers!
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.

Feeling Cooped up? Take a walk!

By Julie Lennon, RPI Therapy



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



Grab a friend and take a “socially distanced” walk!

Several times a day take a walk down the hallway and back just to stretch your legs and to keep moving. Even a few short walks are helpful to your general well-being. Try and pick up the pace and swing your arms and get some easy exercise and get your circulation flowing. Take a walk down the long hall by the windows and get some sunshine!!

Benefits of Walking Daily:

- Clears your mind
- Helps digest your meals
- Improves your circulation
- Helps your breathing
- Strengthens your bones
- Keeps your joints moving
- Helps with weight loss
- Helps you sleep better
- Improves your endurance

Did you know that
walking down our
glass hallway six
times will equal
one mile?

As always, we encourage you to stay active!

Come Visit at RPI Therapy Team on the
1st floor for a personalized exercise program.

Your Friends at RPI

Julie L, Julie P, Shelley, Marna, Robin, and Sharon

RPI Therapy Department call 773-381-3314.



Celebrating
Over **29**
Years of
Service

Best Time to Hire Home Care Services



Gentle Home Services would like to wish you and your family a healthy and happy 2021!

Are you having issues with your memory or have you taken a fall. If you have concerns about your well-being, 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, 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 unable to perform these tasks, 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 need assistance with these activities of daily living, it may be time to hire a caregiver.

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 you in the ways that you need.

Companionship

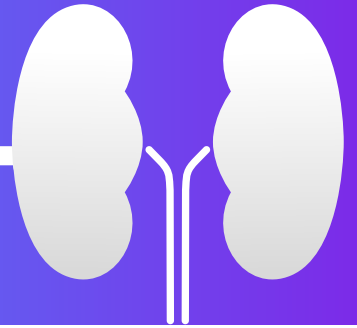
You may need a companion. If you find yourself feeling isolated or alone, it may be time to hire a companion for conversation or simply to see another face. Having a companion can positively impact your life in many ways.

These are some of the best reasons to hire home care services. Gentle Home Services can assist you for as little as 15 minutes a day, or up to 24 hours a day. If you feel that you would benefit from a helping hand to aid in your independence, please feel free to call us or stop by our office on the first floor.

Contact Gentle Home Services at (773) 743-4337



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 or pain during urination
- Abdominal or 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 of water 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

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

We are looking for your menu suggestions.
Please give us a family recipe or name of a favorite dish and leave it in the suggestion box at the front desk.
We are always looking for your valued input.



Submitted by
Faye & Earl
Newman

Triva Time

- | | | |
|---|---|---|
| 1. What is the national language of Canada? | 2. A la Crecy is a French dish made of what? | 3. How many colors in the Rainbow? |
| A) English | A) Apples | A) One |
| B) Dutch | B) Carrots | B) Five |
| C) French | C) Potatoes | C) Seven |
| 4. What is a helpful remedy for stomach ache? | 5. What pulls the sea water with its gravitational force? | 6. What is the term 'Lexicon' used for? |
| A) Mint leaves | A) Moon | A) Dictionary |
| B) Green chili | B) Sun | B) Calculator |
| C) Hazelnuts | | |

Answers: 1. B, 2. B, 3. C, 4. A, 5. A

The family of Mrs. Pearl Elaine Gelerinter a'h is looking to sell latch hook kits. There are many patterns and different sizes, ranging in price from \$10-30, but price is negotiable.

There is also a lot of extra yarn and other craft supplies like knitting needles, a cart to hold things etc.

Please call Becky/Chaya Rivka at 312-375-3835 with questions or if you would like to get anything.

January Highlights 2021

Sunday

Monday

Tuesday

Wednesday

Thursday

*"Advice from a tree: Stand tall and proud, Go out on a limb, Remember your roots,
Drink plenty of water, Be content with your natural beauty, Enjoy the view"*

— Ilan Shamir —

19 Tevet

3

**Welcome
2021 Party
6:30 pm**

20 Tevet

4

21 Tevet

5

22 Tevet

6

**Music
Performance
Yan Skladman
Piano**

23 Tevet

7

26 Tevet

10

**Music
Performance
Basile & Leticia
European / Spanish
Music
Flamenco Dancer**

27 Tevet

11

**Encompass
Health
Lecture
w/ Alex**

28 Tevet

12

29 Tevet

13

**Music
Performance
Mihai Vlad
Violin**

2 Tevet

17

4 Shevat

17

5 Shevat

18

6 Shevat

19

7 Shevat

20

8 Shevat

21

Dr. Martin Luther King Day

11 Shevat

24

12 Shevat

25

13 Shevat

26

14 Shevat

27

**Park Plaza
Birthday
Party**

15 Shevat

28

Tu B'Shevat

18 Shevat

31

**Music
Performance
Daniela
Bisenius
Violin Trio**

Wishing you a Safe, Healthy,
& Happy 2021

Friday	Saturday
17 Tevet 1 Candle Lighting: 4:10 pm – 4:30 pm  New Year's Day	18 Tevet 2 Parashat Vayechi פרשת וַיַּעֲכִי Havdalah: 5:20pm Shabbat Shalom שבת שלום
24 Tevet 8 Candle Lighting: 4:15 pm – 4:35 pm 	25 Tevet 9 Parashat Shemot פרשת שְׁמוֹת Havdalah: 5:25pm Shabbat Shalom שבת שלום
2 Shevat 15 Candle Lighting: 4:20 pm – 4:40 pm 	3 Shevat 16 Parashat Vaera פרשת וַאֲרָא Havdalah: 5:30pm Shabbat Shalom שבת שלום
9 Shevat 22 Candle Lighting: 4:25 pm – 4:45 pm 	10 Shevat 23 Parashat Bo פרשת בֹּא Havdalah: 6:20pm Shabbat Shalom שבת שלום
16 Shevat 29 Candle Lighting: 4:30 pm – 4:50 pm 	17 Shevat 30 Parashat Beshalach פרשת בְּשַׁלַּח Havdalah: 6:20pm Shabbat Shalom שבת שלום



WORDS FROM THE RABBI

As winter fully settles in, we prepare for cold days and snow on the ground. Many do not look forward to cold wintery days, and hope the spring sun comes sooner than expected. Some even hop on a plane for warmer shores. But if we stop and appreciate those cold snowy days we will see immense beauty. Scientists tell us that every snow flake is different. If you look at its crystalline structure under a microscope, no two flakes are the same. The great Maharal of Prague writes that snow is a spiritual blanket covering the world. Hashem's hand is intimately involved in all aspects of the world, similarly snow covers everything as it falls. We all who share this world are part of this vast spiritual blanket.

These last many months we have all been challenged by isolation. The pandemic makes us feel at times that we are all perpetually "snowed in". Nevertheless, there are times to stop and reflect on the beauty around us. Just as every snowflake is unique, we are blessed to live in a community full of unique and wonderful people. While we are spending these cold winter days inside, we can get to know a new person we may have not known before. While of course we must wear our masks and maintain social distance, there are so many people here to get to know better. If every week of these cold months we focus on just getting to know one person, we will emerge from this winter richer and more blessed than we began it. Let us hope the winter comes with its beauty and when it leaves, it ushers in a new season of goodness and health together in our wonderful community.

With warm wishes, Rabbi Allen















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