

Park Plaza Post



Elly Bauman, Executive Director

A year ago, as we got ready to celebrate Purim no one could have imagined how the world would change. And here we are, with Purim 5781 falling out on February 25-26. Over the last year, we have tried to keep Park Plaza running as close to it was before Covid. I cannot say it enough – I am impressed every day by the strength and commitment of our residents and staff to keep Covid out of Park Plaza. We have all done our part to ensure the health and safety of everyone who lives and works here and for that I am eternally grateful. I am hoping we are rounding the corner. As more vaccines become available, I am strongly encouraging everyone who lives and works at Park Plaza to get vaccinated. This vaccine will save your life and the lives of those around you. This vaccine will allow us to open our doors to family and friends, albeit on some restrictions! If you have any questions regarding the vaccine, please speak with your doctor or feel free to ask me and I will research the answer. Wishing us all continued good health!

Shabbat Lighting Times:

6	4:35 -4:55
13	4:35 -4:55
20	4:35 -4:55
27	4:35 -4:55

Someone you should know RUTH SHAYMAN



Ruth decided to sell her home in Skokie and move to Park Plaza almost four years ago. Ruth loves all the friends she has made here. She believes that by living in our Park Plaza Community it has opened up her social circle.

Ruth enjoys going to all of the musical performances. All the performers are wonderful and she enjoys attending all of them. But she clearly commented that her favorite performer is pianist, Allan Kaye.

Ruth grew up in Hyde Park. Even though she was an only child she was never lonely. Ruth had many friends throughout her childhood. She is still in touch with a few of them to this day. Her best friend is a woman she met when she was 5 years old!

Ruth worked throughout her life as a secretary in many different office settings. She enjoyed working, but her greatest joy in life came from raising her family. They have given her the greatest pleasure and nachas. This past year, her twin granddaughters had their b'not mitzvah.

Ruth has lived her life by the rule of "Better to be a has been than a never was". There couldn't be a truer statement.

February Birthdays



Rene Lifsics	9
Shaney Goldstein	10
Louis Goldsmith	11
Shirley Rosenberg	20
Phyllis Singer	22
Paula Warnick	22
Leibish Bergovoy	25

Holidays This Month

February 15th

Presidents' Day

February 25th

Erev Purim

Ta'anit Esther

February 25th

Purim

MAZEL TOV

- Mazel Tov to Helen Berger on the birth of her great-grand twins
- Mazel Tov to Rochelle Frank on the engagement of her grandson
- Mazel Tov to Rabbi Mel & Mrs. Rene Lifsics on the marriage of their grandson
- Mazel Tov to Gussie Sevelow on the engagement of her grandson
- Mazel Tov to Gerry and David Bernstein on the engagement of their grandson
- Mazel Tov to Allie Weeks-Noss on her marriage to Nesanel Noss
- Mazel Tov to Barbra Bergman on the marriage of her granddaughter
- Mazel Tov to Rabbi Milton & Mrs. Sorel Simon on the engagement of their grandson

Please return books you have borrowed from Park Plaza to the library in the TV Room.

NEW HAPPENINGS FROM THE KITCHEN

New Alternative Options: feta cheese, sautéed spinach, peppers, mushrooms, caramelized onions and bagel with cream cheese.

Reinstating Boxed Meals

Box Lunch options: cheese, tuna, egg salad, & peanut butter & jelly.

All box lunches must be called in by 9:00am.

Box Dinner options: tuna, egg salad, & deli meat: turkey, salami, & bologna.

All box dinners must be called in by 3:00pm.

All room service orders will be charged a \$3 delivery fee.

If you have an appointment that will cause you to miss a meal, please be sure to order a box lunch to avoid the room service charge.

Ten Early Signs & Symptoms of Dementia.

What is Normal and What is Not!

By Julie Lennon P.T., RPI Therapy



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Dementia is a brain disease that causes a decline in memory, reasoning and ability to problem solve. There is a normal amount of forgetfulness that typically occurs with aging which is not considered dementia or Alzheimer's disease. Here are a list of 10 symptoms of Dementia as well as normal aspects of age related change.

If you see yourself or someone you love in these symptoms please speak with your Doctor.

- **Difficulty with Planning or Problem Solving:** This includes new issues with math and working with numbers, reading a clock, issues with concentration and difficulty with a familiar recipe.
 - **THIS IS NOT:** Forgetting one ingredient in a recipe or the occasional error in household bills. This also does not include calculations taking longer than they used to.
- **Memory Loss that is Uncomfortable:** This is mostly in the area of new learning or short term memory deficits. This is forgetting important dates, confusion on appointments and the need for family members to assist with handling and scheduling appointments.
 - **THIS IS NOT:** Forgetting an appointment and then remembering later.
- **Not Oriented to Time or Place:** Being confused as to exactly where you are or what month, year or season it is. Or confusion about the passage of time EG: thinking that your grandchildren are your children or vice versa.
 - **THIS IS NOT:** Momentary confusion about what day of the week it is but figuring it out later.
- **Difficulty Completing Familiar Tasks:** This is figuring out how to do daily tasks: dressing, brushing teeth, meal preparation, organizing a list, driving to a store, playing a familiar game.
 - **THIS IS NOT:** Your grandchildren needing to help you with your cell phone or with other electronics.
- **Issues with Judging Distance/New Visual Difficulties:** Falling, new balance issues, inability to drive safely, misjudging space, walking into things.
 - **THIS IS NOT:** Visual changes with aging, or other issues such as cataracts.
- **Severe Issues with Speaking or Writing:** Having a hard time writing, signing one's name or following a conversation. Having a hard time naming a familiar object or calling it the wrong name EG: calling a tooth brush a "teeth thing".
 - **THIS IS NOT:** Forgetting names of people you just met- we all do that!
- **Misplacing Things:** Putting things in places they don't belong. EG: finding your hair brush in the refrigerator.
 - **THIS IS NOT:** Misplacing your phone or looking for your wallet.
- **Poor Judgement/ Poor Decisions:** Often this shows up in the area of poor financial decisions; poor decisions about relationships.
 - **THIS IS NOT:** An occasional poor decision.
- **Social Withdrawal:** This may be accompanied by less attention to grooming and hygiene. Difficulty keeping up with conversation with social activities causes withdrawal.
 - **THIS IS NOT:** A normal mild disinterest in social obligations.
- **Changes in Personality:** With any loss in function comes a change in personality. Usually this presents as confusion, anxiety, paranoia, fearful, anger. Sometimes these symptoms become worse in the evening and night.
 - **THIS IS NOT:** A normal desire to stick to long standing routine and being angry when this routine is disrupted.

If you see these symptoms in yourself or someone you love, please speak with your Physician.

A checklist is never a good substitute for a medical check up.

Come Visit Your Friends at RPI on the 1st floor, Julie L, Julie P, Shelley, Marna, Robin, and Sharon

RPI Therapy Department call 773-381-3314



Celebrating
Over **29**
Years of
Service



Meditation to Calm the Mind

If stress and anxiety are affecting your happiness and health, then you may have considered trying mindfulness meditation, which has been scientifically proven to reduce stress and anxiety and increase well-being in your daily life. But how much do you need to meditate in order for meditation to work? As little as a 5-10 minutes a day can have a big benefit on your mental health and well-being. It's not the amount of meditation that matters, as much as the frequency of meditation. So, it's far better to meditate for ten minutes every day than to meditate for an hour once a week.

The benefits of meditating have been described from science has shown how meditation helps specific mental health conditions:

- Meditation improves our physical health
- Meditation increases our happiness
- Meditation increases our self-control
- Meditation improves our productivity
- Meditation increases our social connection to others
- Meditation reduces stress and anxiety

When to Meditate

You can meditate at all times of the day, but in general the best time of day to meditate is right when you wake up, creating a daily routine of morning meditation.

You might feel more relaxed in the evening, but the problem with consistently meditating later in the day is that other activities come up, you're too tired, or you simply forget.

Most of us spend a little bit of time in the morning surfing the web, watching the news, or checking email. In general, we can delay away some of these activities to make the first thing we do in our daily routine a brief morning meditation practice to help us be our best self for the rest of the day.

With practice, morning meditation becomes a habit you don't even think about skipping, like brushing your teeth or your first cup of coffee.

If you need help with meditation or any of your activities of daily living, please call Gentle Home Services.

Contact Gentle Home Services at (773) 743-4337



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

Pain Management



Pain is considered the fifth vital sign and medical assistance is needed to manage discomfort.

At Encompass Health, we understand that any type of pain can significantly impact a patient's quality of life. Through the Pain Management Program, our team of skilled clinicians work together to incorporate techniques, tailored to each patient's level of pain, into their plan of care.

Encompass Health will:

- Perform a general pain assessment at every visit
- Assess the patient's response to medications and recommend possible modifications
- Provide techniques to manage pain
- Offer interventions based on the level of pain

Levels of Pain

1-3 Chronic Pain: tolerable, requiring no interventions

4-6 Acute Pain (clinical intervention): e.g., assess medication effectiveness, teach deep breathing exercises, guided visual imagery

7-9 Acute Pain (medical intervention): clinician will notify the physician for consideration of appropriate changes to plan of care

10 Acute Pain (emergency intervention): clinician will notify physician for consideration of possible referral for emergent care

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

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.

February Highlights 2021

Sunday	Monday	Tuesday	Wednesday	Thursday
 25 Shevat 7 Le Ann Bennion Harpist	19 Shevat 1  26 Shevat 8 6:15 pm Professor Charlie Abrams Science & Technology	20 Shevat 2 1:30 pm Edible Art w/ Adina Rice Cake Owls Front Dining Rm	21 Shevat 3 Gypsy Violin & Spanish Guitar w/ Steve & Carlo	22 Shevat 4 Don Giovanni Opera Televised
 2 Adar 14 Yan Skladman Pianist	 3 Adar 15 HAPPY PRESIDENTS' DAY Presidents' Day	 4 Adar 16	 5 Adar 17 Gus Friedlander Trio	 6 Adar 18 The Magic Flute Mozart Opera Televised
 9 Adar 21 Daniela Bisenius Trio	 10 Adar 22 6:15 pm Professor Charlie Abrams Science & Technology	 11 Adar 23	 12 Adar 24 Park Plaza February Birthday Party	 13 Adar 25 2:00pm Purim Concert w/ Klezmer Duo Ta'anit Esther Erev Purim

What people are saying . . .

- I want to give you a giant thank you for all that you did for me and my grandmother! Every SINGLE person on your staff showed me love, compassion and empathy! You made it possible for me to be able to complete a very difficult task. I can't thank you enough from the bottom of my heart. My grandmother loved her home at Park Plaza and always told me wonderful stories about her time with you. Our family was very blessed to have the privilege of knowing you and working with all of your staff.

Thank you again for all you did. You will be missed.

Love, Lori (Sara Lipson's Granddaughter)
- Michael and Reta, from our Zelda Kitchen Staff, are always accommodating and treat everyone with dignity and kindness. They are true gems. Residents at Park Plaza

LIVE
LAUGH
LOVE

Friday

Saturday

23 Shevat Candle Lighting: 4:35 pm - 4:55 pm	5 24 Shevat Parashat Yitro פרשת יתרו Havdalah: 6:20pm Shabbat Shalom שבת שלום
30 Shevat Candle Lighting: 4:35 pm - 4:55 pm	12 1 Adar Parashat Mishpatim פרשת משפטים Havdalah: 6:20pm Shabbat Shalom שבת שלום
7 Adar Candle Lighting: 4:35 pm - 4:55 pm	19 8 Adar Parashat Terumah פרשת תרומה Havdalah: 6:20pm Shabbat Shalom שבת שלום
14 Adar Candle Lighting: 4:35 pm - 4:55 pm Purim	26 15 Adar Parashat Tetzaveh פרשת תצוה Havdalah: 6:20pm Shabbat Shalom שבת שלום



WORDS FROM THE RABBI

Happy February to all! At the end of the month we will happily be ready to celebrate Purim. Hopefully by then the worst of the winter will have passed and we will be starting to venture outdoors and search for signs of spring. Purim always brings with it much celebration and there is always a sense of joy and light hearted humor. There is a tradition of enjoying Purim Shpiel plays where we put a Jewish comedic spin on life. In the Megillah, we read how the whole Salvation of Purim was an upside down turnabout from the impending devastation at the hands of the wicked Haman to the Jews' salvation through Esther and Mordechai.

Amongst the most famous festive practices is the wearing of masks and costumes to increase merry making and laughter. This year we have become all too familiar with wearing masks. Rather than putting them on to dress up, we have been wearing them to keep ourselves and others safe. We will still be wearing masks this Purim but now they will have a double meaning. They will not just be an instrument of protection they can now turn to a source of joy. The masks can remind us that while God's hand can often be "masked" or hidden in our world, he is always guiding it. Just like in the story of Purim, Esther and Mordechai were the vehicle for a sudden divine salvation. Similarly, Hashem's plan can be "unmasked" in the blink of an eye. Let us enjoy the month of February and celebrate Purim heartily. Before we know it, the day will come when we too will remove our masks and celebrate a genuine smile with one another!

Warm wishes, Rabbi Allen











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**MEMORIES,
FRIENDSHIPS,
CONNECTIONS**

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