

Elly Bauman, Executive Director

In their book, *The Power of Moments*, Chip and Dean Heath walk people step by step through a process of making our most memorable positive moments matter. In the chapter entitled, "Deepen Ties", the authors speak about asking the question 'What matters to you?' instead of 'What's the matter' - specifically in the realm of patient-centered care. However, we can use this question to enhance our everyday positive moments. When we are confronted with making memorable moments for ourselves and those around us, let's ask the question "What matters to you". Taking the time to ask this question, forces us to think about the things that really matter to us. As we begin the new year of 5782, let's commit ourselves to making all our moments positive ones.

Shabbat Lighting Times:

1..... 6:10 - 6:30
8..... 6:00 - 6:20
15..... *5:00 - 5:20
22..... *4:55 - 5:15
29..... *4:45 - 5:05

Havdalah Times:

2.....7:15
9.....7:00
16.....6:50
23..... 6:40
30..... 6:30

(* - Dinner Starts at 5:30pm)

WELCOME TO PARK PLAZA

Bruce Golovan

**Sam & Marcia
Myers**

October Birthdays

Ellyn Polonsky.....10/1

Gloriann Levy.....10/20

Mort Harris.....10/23

Mary Kolodny.....10/24

Robert Reznitsky....10/28

MAZEL TOV

- **MAZEL TOV TO ROCHELLE FRANK ON THE BIRTH OF HER GREAT-GRANDDAUGHTER**
- **MAZEL TOV TO HARRIET LAVENDA ON THE BIRTH OF HER GREAT-GRANDDAUGHTER**
- **MAZEL TOV TO SHIRLEY LINKER ON THE BIRTH OF HER GREAT-GRANDSON**
- **MAZEL TOV TO RENE AND RABBI MEL LIFSICS ON THEIR TWO FAMILY WEDDINGS THIS MONTH**
- **MAZEL TOV TO MARILYN ZUCKERMAN ON THE BAR MITZVAH OF HER GREAT-GRANDSON**
- **MAZEL TOV TO PHYLLIS SINGER ON HER FAMILY WEDDING THIS MONTH**

In Memoriam

**Ziggy Pergricht
Walter Kaiser
Ben Lebovits**



THEATRE & STORYTELLING

A weekly class with
Still Point Theatre Collective
taught by Lindsay Porter

Lindsay Porter has been acting, directing, teaching
and writing plays in Chicago for over 20 years.

MONDAY, OCTOBER 4TH
1:15- 2:00 PM
2ND FLOOR AVIARY LOUNGE

TOBI'S TIDBITS: The Opposite of Toxic Positivity

"Tragic optimism" is the search for meaning during the inevitable tragedies of human existence, and is better for us than avoiding darkness and trying to "stay positive."

Countless books have been written on the "power of gratitude" and the importance of counting your blessings, but that sentiment may feel like cold comfort during the coronavirus pandemic, when blessings have often seemed scant. Refusing to look at life's darkness and avoiding uncomfortable experiences can be detrimental to mental health. This "toxic positivity" is ultimately a denial of reality. Telling someone to "stay positive" in the middle of a global crisis is missing out on an opportunity for growth, not to mention likely to backfire and only make them feel worse. As the gratitude researcher Robert Emmons of UC Davis writes, "To deny that life has its share of disappointments, frustrations, losses, hurts, setbacks, and sadness would be unrealistic and untenable. Life is suffering. No amount of positive thinking exercises will change this truth."

The antidote to toxic positivity is "tragic optimism," a phrase coined by the existential-humanistic psychologist and Holocaust survivor Viktor Frankl. Tragic optimism involves the search for meaning amid the inevitable tragedies of human existence, something far more practical and realistic during these trying times. Researchers who study "post-traumatic growth" have found that people can grow in many ways from difficult times—including having a greater appreciation of one's life and relationships, as well as increased compassion, altruism, purpose, utilization of personal strengths, spiritual development, and creativity. Importantly, it's not the traumatic event itself that leads to growth (no one is thankful for COVID-19), but rather how the event is processed, the changes in worldview that result from the event.

Excerpt from an article by Scott Barry Kaufman, cognitive scientist and psychologist.



Enjoying our Concert Series with Fantastic Musicians & Warm Weather





TASHLICH



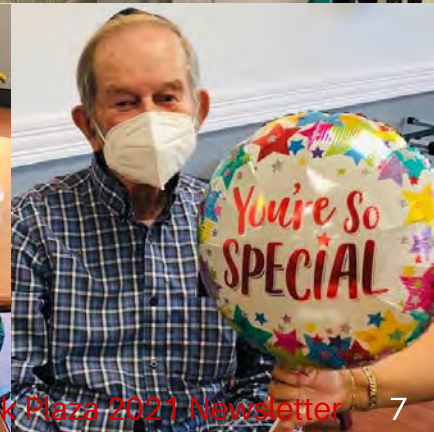
CAREGIVER APPRECIATION







Gary, Our Executive Chef, creates Unique Beverages





Creating necklaces and bracelets add to our wardrobe!
Such fun to share our creations with friends.



Bonnie Block is a talented teacher!
Thank you Park Plaza for the supplies.



Happy Sukkot



The food, care and service has all been fabulous. Thank you for everything.
Levinson and Falik families

Sunday, Oct. 3rd - Mihai Vlad (Violinist) (1:30pm)

Monday, Oct. 5th - Radio Show Performer, Steve (1:30pm)

Wednesday, Oct. 6th - Mike Basin (Pianist) (6:30pm)

Wednesday, Oct. 6th - Lyric Opera Outing "Macbeth"

Sunday, Oct. 10th - Maya Kramer (Musical Bingo) (1:30pm)

Monday, Oct. 11th - Art Lecture, William Conway (2:45pm)

Wednesday, Oct. 13th - Jennifer Hall (Vocalist) (6:30pm)

Sunday, Oct.17th - String Duo Paul Hauer & Addison Teng (1:30)

Sunday, Oct. 24th - Vocalist, Sam Magdal (1:30pm)

Sunday, Oct. 31st - Folk Trio (1:30pm)

Wednesday, Oct. 27th - Yan Skladman (6:30pm)

**BEGINNING ART CLASSES WITH BONNIE BLOCK
LOOK FOR SIGN-UP SHEET AT FRONT DESK**

**THURSDAY
OCTOBER 28TH
PARK PLAZA
BIRTHDAY PARTY**



**MEMORIES,
FRIENDSHIPS,
CONNECTIONS**

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