



The month of February is a quiet month. This year, in the Jewish calendar, we add the leap month of Adar Aleph and therefore we have no Jewish holidays this month. That does not mean Park Plaza slows down! Our February calendar is packed with outings, lectures, and musical programs. As we enter this slower month, let's take time to enjoy the company of our Park Plaza friends and introduce ourselves to at least one new person.

Remember: the suggestion box at the front desk is always open. Please add your suggestions for programs or questions you may have and if you sign your name we will get back to you with a reply.

Shabbat Times

February

Candle Lighting

Havdalah

2/2-2/3

4:40-5:06 pm

5:52 pm

2/9-2/10

4:50-5:15 pm

6:00 pm

2/16-2/17

5:00-5:24 pm

6:08 pm

2/23-2/24

5:10-5:33 pm

6:17 pm

February Birthdays

Susan Levitin	2/5
Rene Lifsics	2/9
Louis Goldsmith	2/11
Burton Wax	2/19
Jeannine Simon	2/19
Phyllis Singer	2/22
Paula Warnick	2/22
Ben Gross	2/22
Leibish Bergovoy	2/25
Joyce Freed	2/21

Welcome To Park Plaza

Emily Morris
Devora & David Stern
Bonnie & R. Michael Myers
Jacqueline Steingold
Phyllis Reifer

Mazel Tov

- ❄ Harriet and Walter Richtman on the marriage of their granddaughter
- ❄ Lee Glickman on the birth of a great grandson
- ❄ Bitsy Simon on the birth of a great grandson
- ❄ Bette Anderson on the birth of a great-grandson
- ❄ Lee Glickman on the birth of a great-grandson (#3 in 4 weeks!)
- ❄ Simmie Shandalov on the birth of a great-grandson
- ❄ Seymour Lepp on the Bar Mitzvah of his great-grandson
- ❄ Laibish Bergovoy on the birth of a grandson
- ❄ Ann Yavner on the birth of a great-grandson
- ❄ Donna Atkins on the Bar Mitzvah of her grandson

Crystal Home Health with Julie



Hello everyone, I would like to introduce myself to those of you who have not met me yet, and also explain my new role here at Park Plaza to those of you who have known me for the past few years.

My name is Julie Petelle, and I am your Wellness Coordinator through Crystal Home Health at Park Plaza. This is a new role for me and a new benefit for all the

residents. I am excited about this new service and want to take a few paragraphs to explain how Crystal Home Health, and I as your Wellness Coordinator, can be of service to you.

Crystal Home Health is the new preferred provider for home health services for residents of Park Plaza. We can facilitate coordinating care for you for a variety of reasons, including help with medication changes, wound management, recovery after a hospitalization or surgery, pain management, or fall or balance issues to name a few examples. As your Wellness Coordinator, I am your on-site contact person and can assist you with scheduling services for nursing, behavioral health, or psychosocial needs, labs and medical tests requested by your doctor, and physical/occupational / speech therapy. And these services are all covered under your Medicare insurance, so you don't have to worry about costly out-of-pocket expenses. Additionally, our team comes to you so you don't even have to leave the building!

I will continue to teach Tai Chi – Fall Prevention and Balance on Mondays at 10:30. Additionally, you will see occasional flyers at the front desk and in the elevators with helpful or educational information for your health. I will also be hosting health seminars quarterly where you can learn more about various topics including heart health, nutrition, diabetes, and mind/body wellness just to name a few.

I have an office in the Wellness Center, please feel free to stop in with any health questions or concerns you may have. If I'm not in the office, you can always reach me by phone or text at 312-513-4919. If you prefer email, you can reach me at parkplaza@crystalhomehealth.com. I look forward to seeing you and helping you with your healthcare needs.



By Jeannine Simon

**I awoke one morning to hear the news
The world as I knew it had blown a fuse.
The word dystopian, I think would apply
With all that we're going through
I just want to cry**

**The scientists have named it a coronavirus.
Whatever you call it, it definitely is try'n us.
Homo sapiens are social animals, they say
Social distancing is against our DNA.**

**Masks, gloves and six feet apart
These were guidelines right from the start.
Corona, corona you're disturbing our planet.
Is it punishment for taking
Too much for granted?**

**We'll come through stronger still
Having grit and the will.
We need patience and courage,
Determined not to get discouraged.
Winston Churchill once said
"Stay calm and Carry on."
And all of us will see
A brighter new dawn!**

**Because of this virus
We are suffering and grieving
Soon we will be more grateful and believing;
We will be changed for the better,
We will be changed forever.**

From the Rabbi's Desk



Rabbi Eitan Allen

As we settle into February, we start to get used to winter. The cold feels like it is here to stay and spring seems like a distant memory. But spring will yet bloom again and the cold snow and ice will recede. Just about a week ago we celebrated Tu B'Shevat. We had a lovely Tu B'Shevat Seder and celebrated joyously all the bountiful fruits that Hashem has blessed us with. Tu B'Shevat marks the new agricultural year for the trees, it is for them a Rosh Hashana. Although

when we celebrated Tu B'Shevat it was cold and snowy outside we are told that the trees internally are starting to come back to life. It is the time when the dormant and hidden sap is starting to rise and life is starting to erupt anew.

At our Seder we followed the kabalistic tradition of eating fruits in a precise order. We began with a fruit that is hard on the outside and soft on the inside such as Walnut or a Coconut. The edible part corresponds to that which whole and pure while the outer hard shell is deficient and lacking. The next group of fruits are soft and edible with a pit at the center such as a Date or an Olive. The inedible part has now moved from the outside to the inside and is no longer wasted as the inner seed can grow into a new tree. Third comes fruits that are completely edible such as figs or grapes. This symbolizes Hashem's dominion over all facets of creation and his unbreakable connection with the earth and its goodness. Finally, we ate fruit with a tough skin on the outside with sweet fruit on the inside like Mangos, Bananas and Oranges. This symbolizes our search for hidden meaning or sweetness as we uncover the mystical and hidden dimensions of life.

There is so much depth in our rituals and we are blessed to live in a world of bounty and goodness to enjoy. The next time you enjoy a delicious meal, take a moment to savor all the different foods we have been blessed with and where they come from. Take a look outside when you have a free moment and even if it is cold and wintry realize that there is life waiting to blossom before too long.

Have a wonderful month!

Rabbi Allen

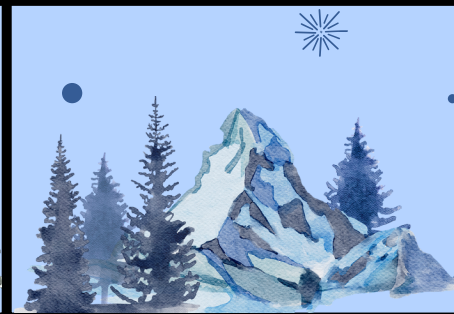
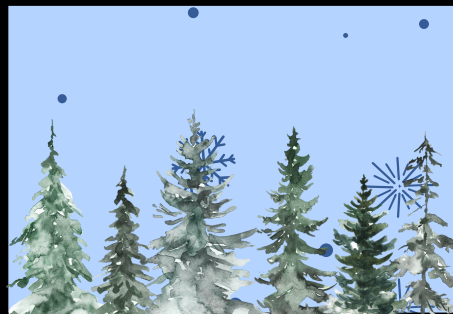
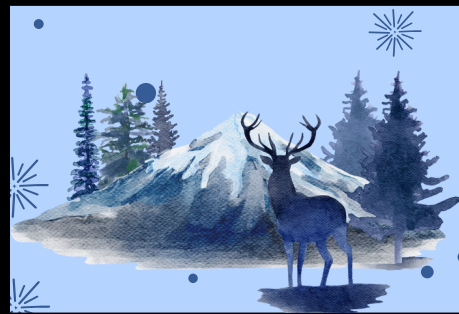
February

Sunday

Monday

Tuesday

Wednesday



4 25 Shevat

Yan Skladman
@ 1:45 pm -
Back Dining
Room

5 26 Shevat

6 27 Shevat

7

Stock up
Dollar
Skokie Bu
@ 1:

11 2 Adar I

Ada String Duo @
1:45 pm - Back
Dining Room

12 3 Adar I

13 4 Adar I

14

Holocaust
Exhibit: I'll
She's

18 9 Adar I

Daniela Bisenius @ 1:45
pm - Back Dining Room
Rosh Chodesh Adar
Rishon Program with
Kreindel Pinkus @ 2:45 pm
- Room 104

19 10 Adar I

20 11 Adar I

21

Theater Pr
On Golde
Dan Merr
Al Tracht
Duo @ 6

25 16 Adar I

Maya Kramer Musical
Bingo @ 1:45 pm - Back
Dining Room
Rummikub Tournament
@ 6:45 pm - 2nd Floor
Aviary Lounge

26 17 Adar I

27 18 Adar I

28

Titanic Im
Exper
Saddle Sho
@ 6:45 p
Dining

2024



Wednesday

Thursday

Friday

Saturday



1 22 Shevat
Thoughts & Prayers for Israel - A Discussion with an IDF Solider visiting Chicago @ 3:30 pm - Room 104

2 23 Shevat
Candle Lighting 4:40-5:06 pm

3 24 Shevat
Havdalah 5:52 pm

28 Shevat
at the Tree in s departs 30 pm

8 29 Shevat

9 30 Shevat
Candle Lighting 4:50-5:15 pm

10 1 Adar I
Havdalah 6:00 pm

5 Adar I
Museum Have What Having

15 6 Adar I

16 7 Adar I
Candle Lighting 5:00-5:24 pm

17 8 Adar I
Havdalah 6:08 pm

12 Adar I
roduction: n Pond igan and enberg :45 pm

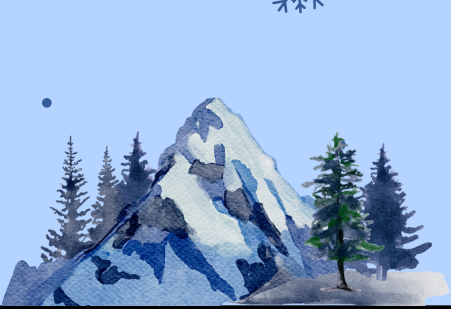
22 13 Adar I
February Birthday Party @ 1:45pm - Back Dining Room

23 14 Adar I
Candle Lighting 5:10-5:33 pm

24 15 Adar I
Havdalah 6:17 pm

19 Adar I
mersive ience es Sisters m - Back Room

29 20 Adar I



Variety Show



Variety Show



Edible Craft



Happy New Year!



Happy Birthday!



Birthday Party



❄️ **Thursday, February 1st**
Thoughts & Prayers for Israel - A Discussion with an IDF Solider @ 3:30 pm - Room 104

❄️ **Sunday, February 4th**
Yan Skladman @ 1:45 pm - Back Dining Room

❄️ **Wednesday, February 7th**
Stock up at the Dollar Tree in Skokie - Bus departs @ 1:30 pm

❄️ **Sunday, February 11th**
Ada String Duo @ 1:45 pm - Back Dining Room

❄️ **Wednesday, February 14th**
Holocaust Museum Exhibit: I'll Have What She's Having & Hologram Show (A Survivor's Story) - Bus Departs @ 1 pm

❄️ **Sunday, February 18th**
Daniela Bisenius @ 1:45 pm - Back Dining Room

❄️ **Sunday, February 18th**
Rosh Chodesh Adar Rishon Program with Kreindel Pinkus @ 2:45 pm - Room 104

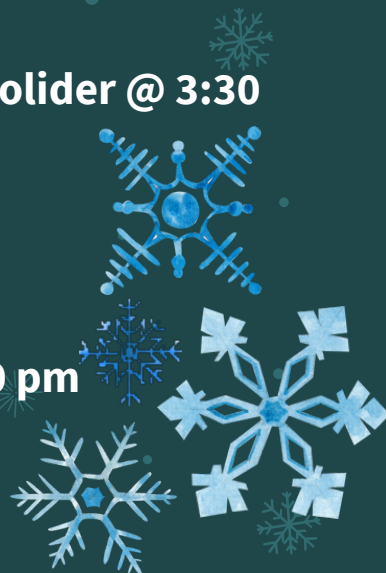
❄️ **Wednesday, February 21st**
Theater Production: On Golden Pond - Skokie Theater - \$15 per person - Bus departs @ 12:30 pm - Early lunch @ 11 am

❄️ **Wednesday, February 21st**
Dan Merrigan on Piano and Vocals, and Al Trachtenberg on Bass @ 6:45 pm - Back Dining Room

❄️ **Sunday, February 25th**
Maya Kramer Musical Bingo @ 1:45 pm - Back Dining Room

❄️ **Wednesday, February 28th**
Titanic Immersive Experience - Bus departs @ 1:30 pm

❄️ **Wednesday, February 28th**
Saddle Shoe Sisters @ 6:45 pm - Back Dining Room



Thursday, February 22nd
February Birthday Party
@ 1:45 PM - Back Dining Room

Park Plaza
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