



November is the month that Americans celebrate the holiday of Thanksgiving. Thanksgiving has a connection to Judaism through the emphasis on gratitude and hospitality, core Jewish values known as Hakarat Hatov (recognizing the good) and Hakhnasat Orchim (welcoming guests). The holiday shares similarities with the Jewish harvest festival Sukkot and has become a popular secular holiday to the American Jewish Community.

- **Gratitude:** Thanksgiving aligns with the Jewish value of Hakarat Hatov, which means "recognizing the good". This concept encourages appreciation for life's blessings, a principle deeply embedded in Jewish tradition through daily prayers and blessings.
- **Hospitality:** The holiday connects with the Jewish principle of Hakhnasat Orchim, or welcoming guests. This involves opening your home and table to those who might otherwise be alone, which can be particularly meaningful for those who lack family or a place to go.
- **Generosity and justice:** The holiday's focus on "giving thanks" is also linked to the Jewish idea of generosity and justice, which go hand-in-hand. For some, this means not only being grateful for what one has but also committing to actions that address injustice and support those in need.

This year, the worldwide Jewish community is giving thanks as our people who were held in Gaza for two years have finally come home.

From everyone at Park Plaza, we wish you a very Happy Thanksgiving!  
Hillel

## Candle Lighting Times









November	Candle Lighting	Havdalah
10/31 - 11/1	5:25-5:45 pm	6:28 pm
11/7 - 11/8	4:17- 4:37 pm	5:20 pm
11/14 - 11/15	4:10-4:30 pm	5:14 pm
11/21 - 11/22	4:04-4:24 pm	5:10 pm
11/28 - 11/29	4:01-4:21 pm	5:07 pm

# Announcements

## November Birthdays

Michael Pearl	11/03
Ann Kulwin	11/07
Earl Newman	11/08
Susy Weiss	11/09
Lee Glickman	11/18
Miriam Harris	11/18
Gidon Lavi	11/18
Bette Anderson	11/25
Shimon Sosnow	11/26
Evelyn Yellin	11/28
Seymour Lepp	11/29
Leah Rosman	11/29

## Mazel Tov

-  Debbie Kay on the birth of a great nephew.
-  Chester Coker on his 24<sup>th</sup> Work-aversary at Park Plaza! Thank you Chester for all you have done, are doing, and will do in the future.
-  Simmie Shandolov on the birth of a great grandson.
-  Sue and Lothar Kahn on their 73<sup>rd</sup> wedding anniversary.
-  Nancy Lamm on the engagement of her grandson.
-  Mrs. Bitsy Simon on the birth of a great grandson.
-  Fran Fogel on the engagement of a granddaughter.
-  Seymour Lepp on the marriage of his great grandchild.

## In Memoriam



Ruth Shayman



Elaine Stein

## Welcome to Park Plaza



Patricia Buck

## Condolences

To Phyllis Brody on the passing of her husband, Steven Brody.

# The Transformative Power of Music in Independent Living



Lindsey Baer  
Music Director

When you walk into a room where music is being made, something magical happens. Shoulders relax. Faces light up. Conversations spark. In an instant, a space becomes warmer, more welcoming — more alive.

That magic is why music isn't just "something nice to have" in Independent Living communities. It's essential.

I have the privilege of leading sing-along classes, playing piano, directing musicals, choir and variety shows for our residents. Every day, I see firsthand how music creates connection — not just between notes and lyrics, but between people. Residents who may have never spoken to one another find themselves harmonizing side by side. A familiar tune from decades past can bring a smile, a laugh, or even a tear of shared memory.

One resident recently told me, "I didn't know anyone here when I moved in. But after one sing-along, I suddenly had friends."

## **Music Builds Community**

In Independent Living, building and maintaining social bonds is vital. Music is one of the most powerful tools for doing just that. Whether we're singing together in a class, rehearsing for a show, or enjoying a performance, music breaks down barriers. It invites participation from everyone — singers, toe-tappers, and quiet listeners alike.

## **What Happens in the Brain When We Sing Together**

Science tells us that when we sing — especially in a group — something remarkable happens in the brain. Singing stimulates the release of "feel-good" chemicals like endorphins and dopamine, which boost mood and reduce stress. Even more fascinating, group singing triggers the release of oxytocin, often called the "bonding hormone," which fosters trust and social connection.

Our breathing patterns also synchronize when we sing together, gently slowing the heart rate and promoting a sense of calm. On top of that, the rhythmic patterns in music activate multiple areas of the brain at once — memory, emotion, coordination — making it a kind of "full-brain workout." For older adults, this mental engagement can help keep neural pathways strong and support cognitive health.

## **Music Nurtures Mental and Emotional Well-Being**

Beyond the science, the effects are easy to see. Singing familiar songs can awaken long-stored memories, creating moments of joy and recognition. Residents light up when a favorite tune comes on — shoulders straighten, voices grow stronger, and eyes meet in shared understanding. Preparing for a show or sharing a performance fosters a sense of purpose, accomplishment, and pride.

One of our most dedicated participants told me, “I haven’t sung in 40 years, but now I look forward to it every week. It’s the happiest hour of my day.”

## **Music Connects Us to Ourselves**

Music reaches places that words alone can’t touch. For some, it’s a reminder of youthful days and loved ones. For others, it’s an opportunity to try something new — to take a solo, learn a harmony, or step onto a stage for the first time.

In our community, music is more than entertainment. It is connection, therapy, history, and joy all wrapped in melody. Whether we are raising our voices together or sharing the quiet beauty of a piano interlude, music reminds us that we are part of something bigger.

When the last note fades, what lingers is the bond we’ve created — and the knowledge that in Independent Living, music is not just an activity. It’s the heartbeat of community life.

## **A Note From Elly Bauman**



Elly Bauman

Shalom Park Plaza Family,

Some of you may remember me as the former Executive Director, and others I’ve had the pleasure of meeting more recently during our September focus groups. I’m now serving as the Director of Institutional Advancement, working closely with our dedicated staff and board of directors to shape a strategic plan for the future of Park Plaza.

To those who participated in the focus groups—thank you! Your insights and feedback were invaluable. In the coming weeks and months, I’ll be reaching out again to ask for your input through a brief survey. Your continued engagement is essential as we move forward together.

If you ever have comments, questions, or ideas, I invite you to reach out to me by email at [elly@park-plaza.org](mailto:elly@park-plaza.org) or by phone at 773-856-3437.

I look forward to reconnecting with many of you soon—I’ll be back at Park Plaza the week of November 16.

Warm regards,

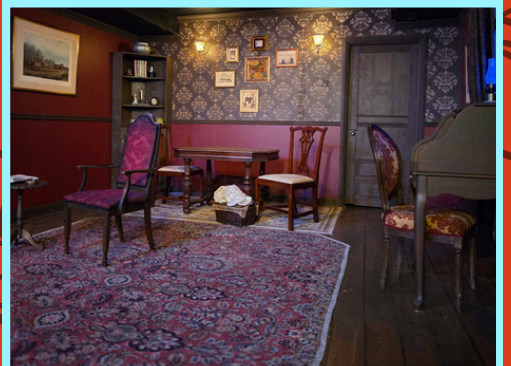
Elly Bauman

Director of Institutional Advancement

# Tashlich at Indian Boundary



# Oil Lamp Theater Presents: *Gaslight*

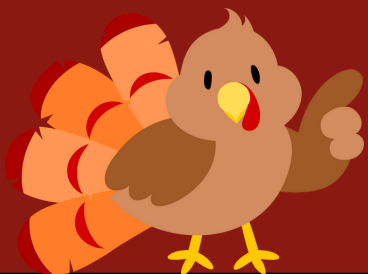


# Sunday

# Monday

# Tuesday

# Wednesday



**2**  
Rogers Park  
Trombone Trio @  
1:45 pm - Back  
Dining Room

**3**

**4**

**5**  
Kosher T  
Chicago: BS  
Bar @ 12  
Pianist Mark  
6:45 pm - Ba  
Room

**9**  
Gus Friedlander Trio  
@ 1:45 pm - Back  
Dining Room  
LeAnne Bennion Harp  
Recital @ 6 pm - Multi-  
purpose Room

**10**

**11**  
Honoring Our Veteran's:  
Featured Speaker: Major  
Jeffrey A. Sacks - Retired:  
Past National Commander  
of the Jewish War Veterans  
@ 3:30 pm - 2<sup>nd</sup> Floor  
Aviary Lounge

**12**  
Kristallnacht  
Program @  
Back Dinin  
Carlo Basile  
guitar and f  
dancer Leticia  
- Back Dini

**16**  
Joe Eng Student  
Recital @ 3 pm -  
Multi-purpose Room

**17**

**18**  
Ice Cream Meet &  
Greet with Fellow  
Residents @ 2:30 pm  
- Front Dining Room

**19**  
Lecture wi  
Matanky @  
Activity Ro  
Alan Kaye and  
@ 6:45 pm - B  
Room

**23**  
Jennifer Hall singer  
and entertainer @  
1:45 pm - Back  
Dining Room

**24**

**25**

**26**  
Jeff and Ja  
6:45 pm  
Dining

**30**  
Saddle Shoe Sister  
Duo @ 1:45 pm -  
Back Dining Room



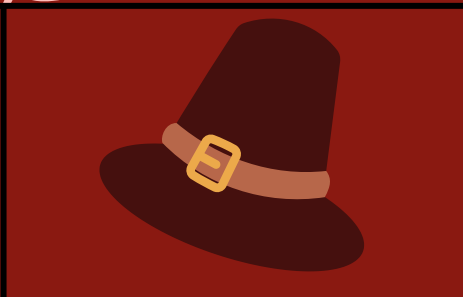
Wednesday

Thursday

Friday

Saturday

VE  
NK S



• BE THANKFUL •  
BE  
*Grateful*  
• BE BLESSED •

1



HAVDALAH  
6:28 PM

Taste of  
Sari Burger  
12 pm -  
k Hoffman @  
Back Dining  
Room

6

7

CANDLE LIGHTING  
4:17 - 4:37 PM



8



HAVDALAH  
5:20 PM

ght Memorial  
@ 1:45 pm -  
ing Room  
ile spanish  
d Flemenco  
cia @ 6:45 pm  
ning Room

13

November Birthday  
Party @ 1:45 pm - Front  
Dining Room

Qigong with Regina  
Wolgel @ 3:45 pm - 2<sup>nd</sup>  
Floor Aviary Lounge

14

CANDLE LIGHTING  
4:10 - 4:04 PM



15



HAVDALAH  
5:14 PM

with Rabbi  
@ 1:45 pm -  
Room 104  
d John Escola  
Back Diniing  
Room

20

Outing Lyric Opera  
Cavalleria Rusticana  
and Pagliacci @ 2 pm  
- Sign up at the Front  
Desk

21

CANDLE LIGHTING  
4:04 - 4:24 PM



22



HAVDALAH  
5:10 PM

anis Duo @  
m - Back  
g Room

27

*Happy  
Thanksgiving*



28

CANDLE LIGHTING  
4:01 - 4:21 PM



29



HAVDALAH  
5:07 PM



Gobble  
TIL YOU  
Wobble



*THANKFUL  
FOR YOU*



# Pizza in the Hut



# Pizza in the Hut



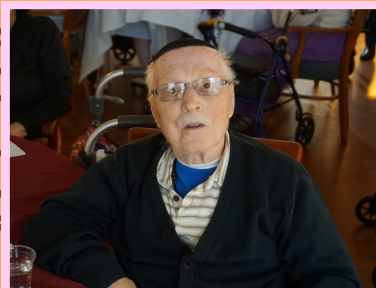
# Tap Dance Class with Lindsey & Julie



# Happy Birthday!!



# Birthday Party!



# Announcements

## Upcoming Park Plaza Art Show

Art Show / Display: Calling all Artists - let us know if you would like to display any of your art work in an upcoming Art Show in the halls of Park Plaza. If you would like to participate - please be in touch with Sara Kleinman Blau, Activities Coordinator: 773-856-3457 and [activities@park-plaza.org](mailto:activities@park-plaza.org)

## Dining Room Seating

The results of the poll are in and the majority of the building would like to go back to assigned seating. We will be picking a date to make the change in the next month but we ask that you fill out the form provided at the front desk to let us know if you would like front or back dining room, 2/3 friend choices and table number. Of course, we can't accommodate every request by every person but we will do our very best to keep it to your preferences.

