



This March, we will celebrate the joyous holiday of Purim. We give gifts of money and food, and maybe even dress up as we recount the victory of the Jews over the wicked Haman and his cronies. One of the main highlights of the holiday will be the reading of the Megillah. It is a mitzvah to hear the Megillah read both at night and during the day. Although it is a long Megillah (10 chapters), we must listen intently and try not to miss a word. The Talmud tells us a very unusual detail of Jewish law: if one reads the Megillah backwards, chapter 10, then 9, and so on, all the way to chapter 1, he has not fulfilled his obligation.

(Megillah 2A) This, of course, means that you must read the story the way it was written, as we always do. However, the Baal Shem Tov (1698-1760), the founder of the Chasidic movement, has a novel interpretation of this Halacha. He said, If you read the many characters, the hidden miracles, and the improbable divine intervention of the Purim story as if it were just an amazing story that happened back in the day many years ago, then you have not fulfilled your obligation. If you read the story only looking backwards, you have missed something crucial. Haman was a powerful and evil man, but his machinations and wickedness extend beyond the Purim story. Haman persists to reappear in his many incarnations, as a dictator, as a terrorist, as an ideology, as an advocate of war, as an advocate of peace, or, most pernicious of all, as the cold apathy that chills our own hearts from within. He remains to remind us that as a nation, as well as individuals, we rely every day on G-d's miracles simply to remain the nation we were chosen to be. And when we stand firm and united, we see those miracles. Purim is a time to celebrate the hidden miracles all around and the ongoing miracle of the Jewish people's survival and thriving. As we give money and food to each other, we celebrate and perpetuate a spiritual gift of giving and the joy that stretches back to Persia and the time of Esther. As we again celebrate this holiday, let us remember that our foes are alive and well, and that we see G-d's salvation in our lives on a daily basis. Let us feel that extra happiness and delight in the festivities and miracles around us every day.

Happy Purim
Rabbi Allen

Candle Lighting Times

February	Candle Lighting	Havdalah
3/6 - 3/7	5:27 - 5:47 pm	6:30 pm
3/13 - 3/14	6:35 - 6:55 pm	7:38 pm
3/20 - 3/21	6:43 - 7:03 pm	7:46 pm
3/27 - 3/28	6:51 - 7:11 pm	7:54 pm

Announcements

March Birthdays

Maxima Wax	3/07
Joe Eng	3/08
David Stern	3/10
Phillip Cutler	3/11
Walter Richtman	3/12
Irving Charnowitz	3/17
Etta Katz	3/17
Emily Podgursky	3/18
Nate Rubenstein	3/24
Timna Liberman	3/29

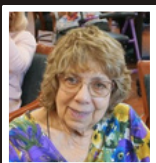
Mazel Tov

- ◆ Esther Lichtshein on the birth of a great-granddaughter.
- ◆ Rabbi and Mrs. Michael Myers on the birth of a great-grandson.
- ◆ Carol and Feivel Rosen on the engagement of their granddaughter.
- ◆ Dr. and Mrs. Brandes on the birth of great grandson.
- ◆ Renne Lifsics on the birth of a great-grandson.
- ◆ Dovid and Devora Stern on the birth of a great-granddaughter.
- ◆ Esther Cardash and Myrna & Marvin Cohen on the engagement of their grandson.
- ◆ Esther Cardash on the birth of a great-grandson.
- ◆ Lionel Dredze and Diane Kagan on the engagement of their son

In Memoriam



Lothar Kahn



Gloriann Levy



Ron Martin



Chag Purim Sameach!

Culinary Life Academy's Japanese Matcha Pancakes

In February, our talented kitchen staff hosted a cooking demonstration featuring a video and a recipe from the Culinary Life Academy. For this event, we explored Japanese cuisine by making Matcha Pancakes. These vibrant green pancakes are a taste of spring, reminding us of the fresh season ahead. If you missed the demonstration or want to try the recipe at home, you'll find the Culinary Life Academy's recipe for Japanese Matcha Pancakes below. Enjoy!

Japanese pancakes reflect the cultural value placed on precision, texture, balance, and visual beauty in Japanese cuisine. Matcha, a finely ground green tea powder, is deeply rooted in Japanese tea ceremony tradition and represents mindfulness, ritual, and respect for process. These light, airy pancakes highlight Japan's culinary philosophy: simplicity elevated through technique, patience, and intentional preparation. The dish connects food to cultural mindfulness, craftsmanship, and sensory awareness.

Matcha Pancakes: SERVES 5-6

Ingredients:

- 4 eggs, separated
- 6 tablespoons granulated sugar, divided
- 2 teaspoons vanilla extract
- 1 teaspoon baking powder
- 2 tablespoons Matcha, sifted
- 6 tablespoons cake flour
- 1/3 cup milk
- 1/2 teaspoon lemon juice
- 1/2 teaspoon salt



Directions:

1. Place egg whites in the bowl of a stand mixer or a medium bowl and set aside. Place egg yolks in a large bowl and add 1 tablespoon of granulated sugar, vanilla, and baking powder, then whisk until combined. Add matcha, flour, and milk; whisk until fully combined.
2. Add lemon juice and salt to egg whites. Using a stand mixer fitted with the whisk attachment or a hand mixer, beat the mixture on medium speed until foamy, about 1 minute. Continue to whip while gradually adding the remaining 5 tablespoons of granulated sugar. Turn the speed to high and whip until glossy, with stiff peaks forming.
3. Using a rubber spatula, gently and gradually fold the egg whites into the egg yolk mixture until no streaks remain.
4. Grease a nonstick skillet and the insides of the pastry rings using butter or nonstick spray. Place the rings in the skillet and ladle about $\frac{1}{2}$ cup of batter into each. Place the lid on the skillet and cook on low heat until bubbles appear on top and begin to rise, about 3-4 minutes. Gently flip the pancakes in their rings by sliding a spatula under and placing another on top, then flip quickly. Transfer the pancakes to a plate and repeat with the remaining batter.
5. Repeat with the rest of the batter, adding more oil or butter as needed. You might have to carefully wipe your pan clean with a paper towel a couple of times to remove burnt butter.
6. Serve the pancakes with fresh berries, maple syrup, Greek yogurt, or any other toppings of your choice. Enjoy



Cooking Demonstration - Japanese Matcha Pancakes



Fine Art Club



Sunday

Monday

Tuesday

Wednesday

1 Family Purim Party: Featuring Mr. Firu's Magic Show @ 2 pm - Multipurpose Room	2	3	4 Shopping Trader Evanston Carlbach 6:45 pm - B Ro
8 OUTING: Ezra Habonim Niles Township's Annual Purim Shpiel @ 12:30 pm LeAnne - Solo Harpist @ 1:45 pm - Back Dining Room	9 OUTING: Hannah sacks Erev Shirah @ 5:30 pm	10 PESACH Town Hall @ 1:45 pm - 2 nd Floor Aviary Lounge	11 OUTING Theatre Present @ 1 Guitarist Shapiro @ Back Din
15 Judaica Boutique @ 11 am - Front Lobby Post Purim Shpiel - The Wizard of Oy @ 3:30 pm - Multipurpose Room	16 Blood Pressure Clinic with FOX @ 11 am - Front Lobby	17 Midwest Refuah HC - Create Your Own Story Telling @ 3:30 pm - Activity Room 104	18 OUTING Show a Garden Lecture v Matanky @ Activity R Singer Jenn 6:45 pm - E Ro
22 Venti Wind Quintet @ 1:45 pm - Back Dining Room Improv Workshop with Nicole Lucas @ 3 pm - TV Room	23	24	25 Lyric Ope Madama @ 2 Pianist Yar @ 6:45 p Dining
29 Lakeside Flutes @ 1:45 pm - Multipurpose Room	30 Outing: Lunch at Eve's Garden and Pesach Shopping at Sarah's Tent @ 11 am Karaoke with AL from Angel Home Health Care @ 6:45 pm - Activity Room 104	31	Ch

Wednesday

Thursday

Friday

Saturday

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Joe's in
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Combo @
Back Dining
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5

6 CANDLE LIGHTING
5:27-5:47 PM



7

HAVDALAH
6:30 PM



G: Music
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pm

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12

13 Fine Art Club with
Danielle @ 1:30 pm -
Activity Room 104

Professor Charlie Abrams -
Update on Nuclear Fusion
Energy Research @ 2:30 pm -
Activity Room 104



CANDLE LIGHTING
6:35-6:55 PM

14

HAVDALAH
7:38 PM



G: Orchid
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with Rabbi
@ 1:45 pm -
Room 104

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Back Dining
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19

Documentary and
Discussion: Alive
Inside Documentary -
Music and Memory @
3:30 pm - Activity
Room 104

20

CANDLE LIGHTING
6:43-7:03 PM



21

HAVDALAH
7:46 PM



ra Outing
Butterfly
pm

a Skladman
m - Back
Room

26

Pianist Yan Skladman
@ 6:45 pm - Back
Dining Room

March Birthday
Sioree @ 1:45 pm -
Front Dining Room

27

CANDLE LIGHTING
6:51-7:11 PM



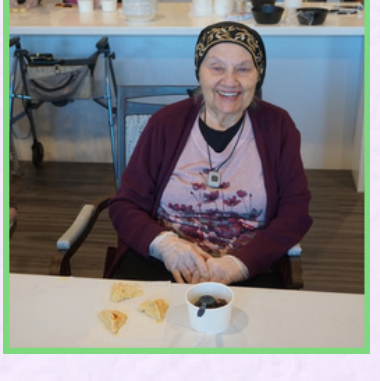
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HAVDALAH
7:54 PM

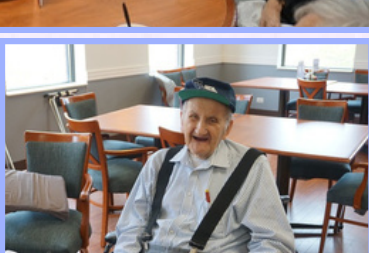
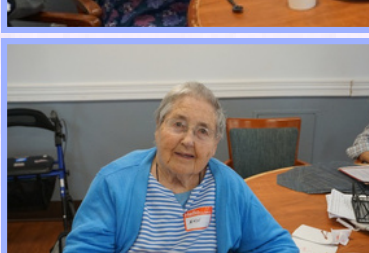
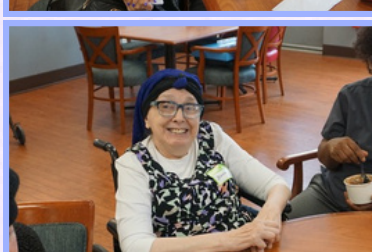
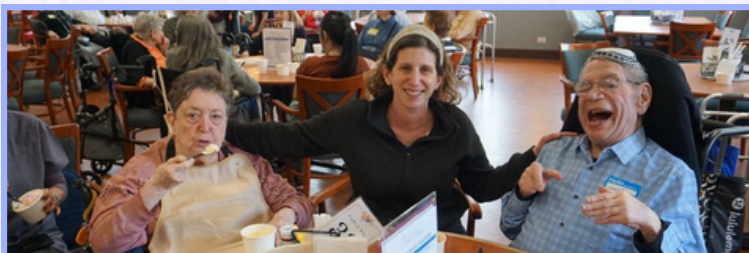


g Purim Sameach!

Hamantaschen Making



Resident Meet & Greet



Caregiver & Volunteer Appreciation Party



Super Bowl LX



Beth Emet Hebrew School Purim Visit

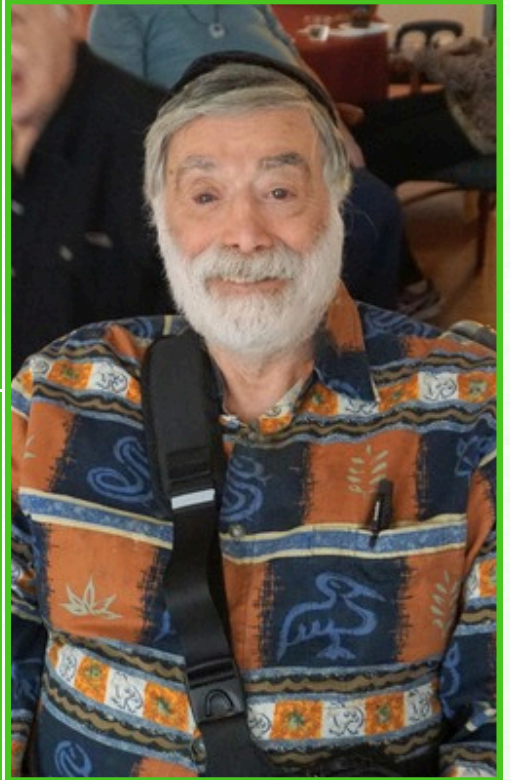


Congratulations

To Pat Buck on winning the Entera raffle and the winners of our Winter Blues raffle, Carol Mirell, Bella Kleinman, and Mort Zelman!



Happy Birthday!!



Birthday Party!

