

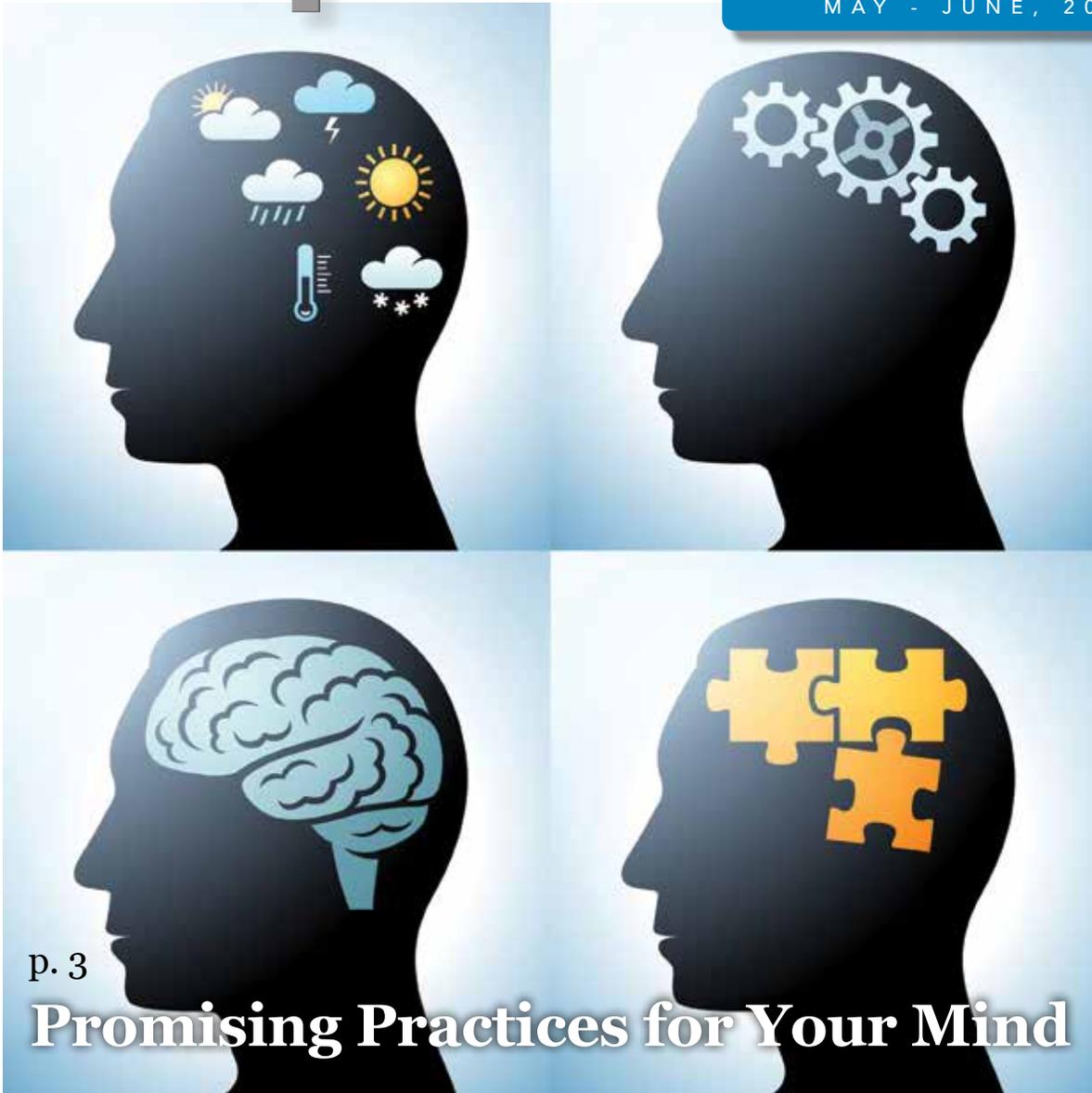


M E N O R A H  
P A R K

EXCELLENCE IN CARING

# campus news

MAY - JUNE, 2017



p. 3

## Promising Practices for Your Mind

# Seeing Beyond the Box: Continued Innovation Ensures Quality Health Care



*Jim Newbrough,  
Menorah Park  
Chief Executive Officer*

Menorah Park embraces the philosophy of innovation, demonstrating a rich history of creative expertise that begins with the passion held by our entire community to continuously evaluate what we do. We find ways to make our practices even better and ever-evolving, fact-based on the changing needs and desires of people as they age. We look at trends; listen to

our community members to learn about challenges that need solutions, and envision our desired future, broadly defining goals through our strategic planning process that ultimately result in ongoing excellence in caring.

During the past several decades, diagnostic and therapeutic options have improved tremendously. Health care innovations that are designed to improve life expectancy and quality of life have increased by

leaps and bounds. Today, health care organizations face unprecedented challenges to improve quality and access, increase efficiency, eliminate waste, and lower costs.

***"The solutions to these current challenges of creating value are rooted in innovation."***

**Jim Newbrough**

We are exploring care model innovations with information technology as a driving force; building on the success of our cardiopulmonary rehabilitation program utilizing telemetry monitoring to watch for any issue with the heart beat during therapy so nurses and therapists can quickly address them. By expanding this type of intelligence analytics, our care team can see changes in conditions and warning signs, such as dramatic changes in blood pressure, to catch issues quickly and reduce the risk of hospitalizations.

To enable us to make quicker and more appropriate decisions regarding necessary care, we are

modernizing and integrating our information systems to provide comprehensive health informatics, linking information technology, communications and health care; improving the quality and safety of clients and residents by increasing coordination of information.

Technology has always played a crucial role in health care innovation, and this will be no different in the future. Advances in digital technologies will also create new possibilities and opportunities. I look forward to sharing our ongoing innovations with you.

[jnewbrough@menorahpark.org](mailto:jnewbrough@menorahpark.org)

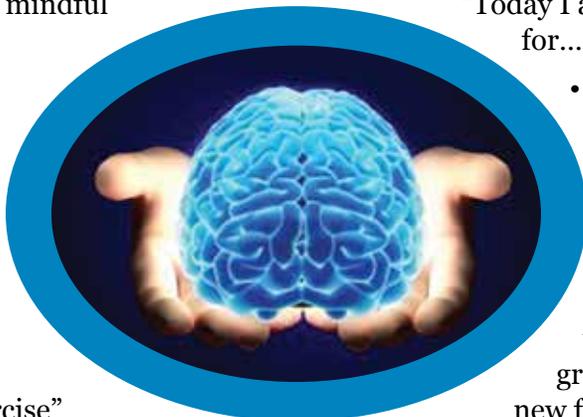
	<b>3</b>	<b>COVER STORY</b> <b>Promising Practices for Your Mind</b>
	<b>5</b>	<b>Compassion, Understanding, Honor Will Live On in Gift</b>
	<b>8</b>	<b>Re-Living His Dream Job Spurs a New Dream</b>
	<b>9</b>	<b>Smiles Made Healthy in Luxury of Newly Remodeled Clinic</b>
	<b>11</b>	<b>Planting for Good Health</b>

There are many ways to take your personal brain health and wellness journey into your own hands. Below are a few suggestions to incorporate a mindful lifestyle.

## FOR THE BRAIN:

How often do you engage in an activity because it is good for your brain? It is a “thought exercise” to make decisions with your brain in mind. Brain health is multifaceted and involves maintaining cognitive, emotional and social health. Can you add any of the following tips to your daily routine?

- **Cognitive Health:** Break up or reorganize your routine. Add variety and try something new.



- **Emotional Health:** Take time to relax. Build small breaks into your day. Meditate or practice gratitude or mindfulness.

“Today I am grateful for...”

- **Social Health:** Get out and about. Connect with others. Engage with a new group. Make a new friend. Keep in mind, “People need people!”

Small changes can have a big impact on your brain health. Take a few deep breaths at your leisure. Take note of what you notice.

## FOOD FOR THOUGHT:

Do you eat with your brain in mind? Commonly, people do not

associate what they consume with their brain performance; however, nutrition is one of the easiest ways to fuel our minds. Our brains need fats to keep us moving—especially healthy fats found in nutrient rich foods such as: avocados, walnuts, salmon and olive oils. Avoid fatty processed food, often high in sodium which draws out water from our brain cells. Our brains are more than 70 percent water and even a decrease in our hydration level by two percent can impact our short-term memory and attention. Hydration is as important to our brain health as blood flow is to our hearts. Over time, small daily changes in our diet can give our brains a big boost.

Interested in learning more? Call our Center 4 Brain Health for information about our cognitive fitness classes, programs and services at (216) 839-6685. Visit us online at [MenorahPark.org](http://MenorahPark.org).

## New Brain Health Institute Created for Residents

We are pleased to announce the expansion of campus-wide brain health programs, developed under the guidance of Krystal Culler. The new Brain Health Institute will feature the same courses and instructors from the community-based Center 4 Brain Health, and will be in addition to daily mind-enhancing programs already on activities schedules. Each month, classes will focus on a different pillar of brain health: cognitive fitness, emotional wellness, social well-being, and personal health. May classes will concentrate on “cognitive fitness.” June courses will highlight “emotional wellness.”

Residents may contact their building activities director for additional information.

**BEST** BROWNSVILLE  
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# Menorah Park's Center 4 Brain Health Receives Great Honors

Menorah Park's Center 4 Brain Health has received three national honors since it launched in November, 2015. It was selected by Mather LifeWays Institute on Aging as a winner of the **Promising Practices Award**, based on the creation of the Center 4 Brain Health, the United States' first non-pharmacological, community-serving brain health center located on a senior living campus.

"The Promising Practices Award honors Menorah Park for their successful outreach efforts in providing brain health resources to the larger community," said Cate O'Brien, Director Mather LifeWays Institute on Aging. "They found a local need for this resource, and have found a way to support clients and families."

The American Society on Aging presented the **MindAlert Award** for serving the general population of adults as they age; for the program's basis in research; its impact on cognitive abilities, and potential for the program to be replicated by other organizations. This accolade is among the most prestigious honors to be received by an organization.

The Center 4 Brain Health will appear in a future issue of the International Council on Active Aging (ICAA) magazine as a result of receiving the **2016 ICAA Innovators Achievement Award** for excellence and creativity in designing programs for older adults.

"The Center 4 Brain Health has been very well received as a wonderful resource for the

community. The screenings and classes we offer are in keeping with research demonstrating that being mindful and proactive in taking care of one's brain health now can have a major impact on our brain health in the future," stated the Center's Director Krystal Culler.

Culler was also recently honored by The Cleveland Professional 20/30 Club, the largest young professional group in Northeast Ohio, with the 2017 Northeast Ohio Top 25 Under 35 Movers & Shakers Award for brain health innovation.

The Center 4 Brain Health has educated more than 2,500 older adults on a variety of brain

health topics, and trained nearly 500 professionals including psychologists, social workers, counselors and nurses. The Center's clients have shared that classes and resources have improved their lives.

"Menorah Park embraces innovation to create new programs and services to meet the needs of our community. Our Center 4 Brain Health is a wonderful example of an innovative, high-quality approach to help those who have brain health concerns. Krystal and her team exemplify 'Excellence in Caring' with this program," stated Menorah Park CEO Jim Newbrough.

## Know Your Brain

The "Know Your Brain" class at Menorah Park's Center 4 Brain Health offers a fun way to learn neuro education basics that allow participants to understand their brains from the inside out. The "handy brain glove" is a tool used to show a three-dimensional view of the brain and help participants explore the anatomy of the mind hands-on. The class examines function such as how we learn and how to better accomplish daily tasks, planning, and organizational skills. Participants gain a fresh perspective after this course, realizing that even though our brains all look very similar, it is how we grow, experience, and build connections that make us each a unique, one-of-a-kind person.



*Left to right: Sue Livingston, actively involved participant at the Center 4 Brain Health, pictured with Krystal Culler, Director of the Center and Jessica Williams, Program Assistant.*

## Compassion, Understanding, Honor Will Live On in Gift



*Joel Fox  
Director of the  
Menorah Park  
Foundation*

Nathan "Nate" Oscar was President of Menorah Park from 1997-99. During and after his tenure, Nate oversaw the second Stone Gardens addition, and was instrumental in launching our post-hospital, subacute rehab program in the nursing home, now regarded as the finest service of its type in our region.

Nate loved down-to-earth, honest and hard-working

people, and he felt that we shouldn't judge people by our first impressions. Nate once recalled, during his Navy service in WWII, his ship's Captain was drunk much of the time. But, when there was threat of danger, he said the Captain would sober up immediately and was the best destroyer Captain in the Navy. He never lost a single crewman. Nate's recollection shows that he was never quick to pre-judge people, and he had immense compassion, especially for our residents struggling with health issues.

Nate died on March 23, 2015 at the age of 91, after coping for a few years with memory issues. When his wife Lenore learned that we had launched a

community-based Center 4 Brain Health, she was so proud and wanted to help make that service available to as many people as possible. Lenore decided to make a significant gift to name the Nathan and Lenore Oscar Family Director of the Center 4 Brain Health. The gift helps assure that the director will always be a top-notch professional like founding-director Krystal Culler.



**You can help us assure excellence across our campus by supporting a program that means something to you or your loved ones. Please contact Joel Fox at [jfox@menorahpark.org](mailto:jfox@menorahpark.org), or (216) 595-7324 to discuss ways you can help our residents and clients.**

### Menorah Park Observances

**May 30: Erev Shavuot**

Holiday Community Oneg  
2:45 p.m. – 3:45 p.m.

**May 31 and June 1: Shavout**

Services 9:00 a.m., Kiddush 11:30 a.m.

Yizkor Memorial Services begin at approximately 10:30 a.m. on June 1st

Programs in the Saltzman Auditorium

Services in the Jennie & Jacob Sapirstein Synagogue

### SAVE THE DATE

MENORAH PARK ANNUAL LEGACY SOCIETY  
GARDEN PARTY



EDITH B. AND ALVIN O. SCHREIBMAN GARDEN

THURSDAY, JULY 20, 2017 AT 5:30 P.M.

The Menorah Park Legacy Society honors our most prominent supporters who have provided a perpetual gift through their estate, a permanent fund or a life income gift.

For more information contact  
Jane Furth 216.839.6688 or [jfurth@MenorahPark.org](mailto:jfurth@MenorahPark.org)  
Illustration created by Anne Berk, a Menorah Park resident



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The Menorah Park  
Aging Resources Center Presents:

## Is Exercise the Newest Medication for Parkinson's Disease?

A Spring Dinner Conversation with Featured Speaker:  
**David Zid**



David Zid is Co-Founder and Director of Movement Disorder Wellness for OhioHealth Delay the Disease™ - an evidenced-based Parkinson's Wellness program.

He has been a featured speaker and educator at symposia and professional education courses, as well as authored and self-published two books and companion DVD's based on his program and the positive effects of exercise on the course of this disease.

- ~ Learn the concept of Neuroplasticity/Neuroprotection and how neurons in the brain can rewire and repair.
- ~ Understand how this process of neuroplasticity is enhanced with exercise
- ~ Give examples of interventions and safe exercise protocols for adults with Parkinson's disease based on their impairments.
- ~ Discuss the importance of motivation, enthusiasm, optimism, and methods of teaching.

Thursday, June 8, 2017

Dinner Hour 5:30 p.m.

Conversation 6:30 p.m.

Menorah Park Saltzman Auditorium

27100 Cedar Road, Beachwood

Program and Dinner are Free of Charge

Seating Limited – Reserve Space Early

RSVP to Beth Silver, 216-839-6678, or [bsilver@menorahpark.org](mailto:bsilver@menorahpark.org)  
no later than Monday May 22, 2017

Aging Resources Dinner Conversations are sponsored by the Earl and Barbara Franklin Fund

Kosher dietary laws observed

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# Re-Living His Dream-Job Spurs a New Dream

In 1949 and just out of high school, young Byron Simon, now affectionately known as Sy, wanted a dream job; to work for the Cleveland Cavaliers. So he applied, and he got the job. And he stayed, and he stayed, and he stayed. He couldn't have known then that he would be with the Cavs until he retired. Now, in 2017, Sy is 80. He looks back on the many years he spent as security guard for the 'tall boys' and he smiles. "Those were the days. Where has time gone?"

For Sy, it still feels like it all happened just yesterday. He talks of throwing basketballs to the players and the great crowds. Recently, Menorah Park held a watch party and replayed the championship game (because we never tire of re-living the great sensation of winning the Championship) and Sy was happy to attend. He even brought his nearly 60 years of memories, documented with pictures, programs, ticket stubs, and more

in his Cavs scrapbook. To his surprise, some of the Cavs Spirit Team who attended the watch party recognized him, and even found their pictures in his scrap book!

They signed their older photos for him and gave him updated ones to add. Sy was in his glory.



*An afternoon of beautiful memories and the attention of the stunning Cavs Spirit Team spur new dream for Byron (Sy) Simon*

Just as Sy lit up like the sun as he shared memories of working for the Cavs, we find so many people with amazing lives and memories

***Sy remembers so much about those days, the greyhound bus rides to the away games; the intensity of the players tumbling to the floor in a scrum for the ball, right at his feet; the great players who came and went, and more recently, the way LeBron James came onto the scene and changed the game forever. "All the players were so nice, and what a jokester LeBron was – and still is," Sy recalls.***

that they share with us.

Sy realizes that those days are

over and time has passed so quickly, but he wants to go back, just one more time. He recently submitted a dream to the D.R.E.A.M.s Team at Menorah Park to attend another Cavs game. And since dreams do come true at Menorah Park, we arranged for Sy and a friend or relative to go to a Championship playoff home game in April, with great seats on the lower platform near the floor – with VIP treatment! He now has a few more Cavs items and pictures to add to his book of memories.

**To donate to the D.R.E.A.M.s program, email [nsutula@menorahpark.org](mailto:nsutula@menorahpark.org)**

# Smiles Made Healthy in Luxury of Newly Remodeled Clinic

Good dental health is crucial for good overall health. Menorah Park offers an on-site dental clinic to insure our long-term care (LTC) residents' teeth are well cared for. According to Maureen Stayanchi, Clinic Coordinator, the clinic opened fifty years ago when Menorah Park moved into its Beachwood location.

When it came time to remodel Menorah Park's dental clinic serving LTC residents, it was something longtime dentist and generous donor Hymie Akst knew he wanted to do.

"I was a dentist my whole career and I have a feel for the importance of dentistry, particularly as people age and eating becomes a primary focus for them. Having good dental health makes it easier for them to eat. Both my parents and (wife) Barbara's father were residents of Menorah Park, so I appreciate what you do and how you help people in their later years. It's in memory of our parents and my son who never had any intimate experience of Menorah Park and



*Dr. Buller, Shirley Gerth, and Dental Assistant Marcia Rubin.*

all you do there; he passed away at 26, so this helps keep his memory alive," Mr. Akst stated.

Stephanie Danzinger was also a generous donor who contributed to the upgrade.

The dental clinic sees 15 to 20 patients each week for cleanings, fillings, crowns, root canals, dentures, and simple extractions. Residents receive care without having to leave campus, and they are treated by trusted and familiar faces, Dr. Evan Buller and his Dental Assistant, Marcia Rubin.

"Dr. Buller is such a nice young man, and nice looking too! He gave me a cleaning like I have never had before. My teeth looked great when I left. He did a great job, and there was no pain, and no bad taste, and no grit. He makes you feel very comfortable," noted Sharon Wasserain, resident at Menorah Park.

## **WHY WE DO IT:**

**The Heart-Brain Connection:** Taking care of one's teeth is as important as taking care of one's heart or brain. A study in the *European Journal of Oral Health* revealed that losing teeth can worsen your memory and cognitive abilities. Bacteria from gingivitis can enter the brain through nerve channels in the head or through the bloodstream and can lead to the development of Alzheimer's. Periodontal disease can lead to hardening of the arteries, increasing risk of heart attack or stroke. Gum disease can cause infections in your lungs, and can also make it harder to control blood sugar, making Diabetes symptoms worse.



*The upgrade included a plush dental chair and dental light, an X-ray machine, a new ceiling, LED lights, a new floor and a fresh coat of paint.*

# Happy Mother's Day and Father's Day

"Often times I will ask my mom how she is doing, she answers, 'I'm doing great - I feel good and I love living here...everyone is so friendly and kind - I feel comfortable and very safe.' I must agree - the caregivers provide wonderful daily care, the nursing staff is diligent in tending to her physical or medical needs and the Activity Director provides terrific and interesting activities to stimulate her mind and increase her socialization. All this care is provided with dignity, grace, kindness and humor; this is of great comfort to me as I live in California. For my mother, Menorah Park was and remains the right place, at the right time for all the right reasons."



Left, Bea Wyse; right, daughter, Melanie Kay. Quote: Melanie Kay



Left to right, Janet Stotter, Marilyn Berman, Susan Stone. Quote: Susan Stone

"Having mom close by means the world to us. Of course, we are so pleased with the good care mom has been getting. But more than that, we are all at home at Menorah: we play mahjong, we enjoy the Piazza, we celebrate Jewish holidays, the grand-kids visit, we bring the dog, we hang out in the living room. It's a new phase of life for us all and it is good."



Left to right, Deeda Shubert, Dale Shubert, Yetta Shubert, Suzy Shubert Stone. Not pictured, son, Michael Shubert and daughter-in-law, Linda Shubert. Quote: Dale Shubert

"Family is the most important thing for our mom Yetta and she appreciates all of the opportunities at Menorah Park that encourage family gatherings. Her favorites are Menorah Cafe and happy-hour visits to the Piazza. She has recently become the great grandmother of two, with a third great grandchild on the way. Having been a professional singer and in the music business all of her adult life, she now enjoys and plans her days around the musical programs offered throughout the week on campus."



Joe Felber and his daughters. Left, Debra Felber Orlansky; right, Suzy Felber Kopit. Quote: Joe Felber

"I chose the right place and enjoy the company of my friends living at Wiggins Place. Wiggins Place is an easy, comfortable place for my family to visit me. Wiggins Place is home."



M E N O R A H  
P A R K

EXCELLENCE IN CARING



## Services

Marcus Post-Hospital Rehabilitation • Home Health Services  
• Outpatient Occupational & Speech Therapies • The Peter B. Lewis Aquatic & Therapy Center • Adaptive Living Shoppe • Non-Emergency Medical Transportation • Adult Day Center  
• Housekeeping Plus • Dialysis • Center 4 Brain Health

## Residential Options

R.H. Myers Apartments • Wiggins Place Assisted Living Residence • Stone Gardens Assisted Living Residence • Helen's Place Memory Care Apartments • Menorah Park Skilled Nursing Home

Call Beth Silver at (216) 839-6678  
27100 Cedar Rd. Beachwood, OH • MenorahPark.org

## Community Invited Cohen Lecture Series

**Tuesday, May 23 at 3:00 p.m.**

Donald Rosenberg, CWRU presents:

### “From Oklahoma! to Hamilton: How American Musicals Reflect America”

- What is the history of musical theater?
- How has the genre become distinctly American and what universal themes are reflected in musicals?

**Tuesday, June 6 at 3:00 p.m.**

Dr. Brian Amkraut, PhD., Executive Director,  
The Laura and Alvin Siegal Lifelong Learning  
Program, Case Western Reserve University

### “50 Years Later: The Complicated Legacy of June 1967”

- Do you remember how you felt in June of 1967?
- What are the contemporary perspectives on the 6-Day War and how did those six days help shape the geopolitics of the Middle East?

Both programs held in Menorah Park's Saltzman Auditorium

**A LITTLE HELP NEVER HURTS:** It's okay to lean on your adaptive devices for help when you want to get active. The Adaptive Living Shoppe at Menorah Park has many items to help you remain active. They sell canes, ice grips for your cane, walkers, rollators, reachers, leg lifters (so you don't bend over and lose balance), gait belts, shower chairs and benches, and hand-held shower sprayers. They also offer an emergency response system to keep you in touch with help at all times.

Call Joy Kaufman,  
Director of the  
Adaptive Living  
Shoppe at (216)  
450-5566, or  
email [JKaufman@menorahpark.org](mailto:JKaufman@menorahpark.org)  
for information.



## Planting for Good Health



*Dr. Knight, campus residents, volunteers and clients from the Mandel Adult Day Center and the Peter B. Lewis Aquatic & Therapy enjoy spending time in the sunshine with nature, while helping to plant seeds that will soon be flowers and vegetables.*

Dr. Michael Knight, Menorah Park's Medical Director, knows there is something very invigorating about playing in the dirt. His mantra: "Gardening is therapeutic. It brings life. The feel of the earth with our hands and the smells of the flowers and vegetables bring back wonderful memories of our youth."

And better yet, research shows that gardening relieves stress and raises self-esteem, lowers stroke risk and improves heart health, improves hand strength and dexterity, can help regulate the immune system, can help people with depression and improve their overall mental health. Researchers found daily gardening helps reduce your risk for memory loss. Looking at nature, being in nature, holding soil, seeds or plants in our hands, that sensory experience stirs regenerative processes deep in our bodies and minds.

You can garden too! Campus garden beds will be cleared in May and all are welcome to help plant veggies so that in the fall we can harvest and enjoy.



M E N O R A H  
P A R K

Menorah Park  
Bet Moshav Zekenim Hadati  
27100 Cedar Road  
Beachwood, Ohio 44122

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## Residential Activity Highlights

### Menorah Park

#### May

2nd 2:45 p.m. Israel Independence Day  
14th 2:45 p.m. Lag Ba'Omer Celebration Band  
24th 2:45 p.m. Music and Dancing with Sam Fosh

#### June

4th 2:45 p.m. Music with Greg Piscura  
21st 2:45 p.m. Menorah Park Prom

### Helen's Place

#### May

14th 2:00 p.m. Mother's Day Tea  
22nd 11:00 a.m. Fieldstone Horse Farm

#### June

6th 11:00 a.m. Lunch Picnic in the Park  
17th 12:00 p.m. Father's Day Cookout

### Stone Gardens

#### May

2nd 2:30 p.m. "Made in Israel Fair"  
25th 7:30 p.m. Senior Prom

#### June

14th 11:00 a.m. "Annual Flag Day Ceremony"  
27th 2:30 p.m. "Memories of the Catskills"

### Wiggins Place

#### May

13th 7:40 p.m. Live Music  
19th 1:00 p.m. Watercolor Painting Class

#### June

8th 2:00 p.m. Speaker Susan Cannavino  
23rd 2:15 p.m. Mindfulness Meditation

### R.H. Myers

#### May

19th 1:00 p.m. Tom Strong: "Improving Memory"  
20th 7:30 p.m. Stepping Out Entertains

#### June

16th 1:00 p.m. Tom Strong: "Your Aging Eyes"  
22nd 7:30 p.m. Just Jazz Entertains

See your activity staff member for the  
weekly Piazza Playbill

If you would prefer to receive  
our newsletter electronically,  
call (216) 839-6687, or email  
sgavanditti@menorahpark.org.

*Please note, activities are subject to change.*

**Join our 3rd Annual "Meet Me at Menorah Park" Walk, June 6  
at Menorah Park. Call (216) 595-7345 for information.**