



M E N O R A H
P A R K

EXCELLENCE IN CARING™

campus news

September - October 2018

Find Your Inner Champion!

Story on Page 3



Our Vision: Live Empowered. Live Better. Be Inspired.



Jim Newbrough,
Menorah Park
Chief Executive Officer

With much thought and foresight, our Strategic Planning Committee of board members and staff leadership developed the new Vision statement noted above. Our desire was to develop one that would best reflect Menorah Park's current initiatives and that would help guide choices for our future. The power of a vision statement lies in its ability to keep us focused, provide energy and achieve our goal to deliver excellence

in caring to our community. This is a big goal; one that requires our team to bring the best of themselves each day, and I am so proud of their passion toward what they do, and their compassion for all who come to our community. Our team of more than 1,400 individuals is our backbone. We all must optimize our energies and skills, and even develop new skills to support the needs of all in our community as we age.

How do we continue to support your needs and the needs of the people you love? It begins with some basic understanding. First, let's face it. The aging process is inevitable. The reality is that it begins after we

are born. That birth year starts the statisticians' work to learn and report our associated generation's habits and behaviors. Those statistics, other available data, new technology and new societal capabilities begin to shape our understanding and decision-making about what you may want in programs and services, and how you may want to interact and receive support. This is only the beginning. At Menorah Park, we firmly believe that age is not chronological, it's personal, as I've mentioned in one of my previous articles. That means we seriously consider what you have to say about your needs. You also help determine what we do and how we do it through your input.

As a healthcare and residential organization, we provide people with many tools to help navigate and overcome life's challenges. We are your advocates and encourage you to live empowered by taking advantage of the team's professional advice and expertise. We work with you to determine what choices are most suitable for you in your personal situation.

We know as a society, we are living longer. With that, many of us have a desire to take a proactive approach to our health and well-being. Yet, we may experience a number of hurdles. In all situations, we must deliver on our promise to help each person under our care live better regardless of personal circumstance. We invest in specializations, ongoing learning and skill development,

and cultivate a team that has the passion to deliver care with the highest level of compassion.





We as a community encourage people to take advantage of what our dedicated team has to offer. We hope we inspire you to break down the barriers set forth by age-ism, and live your best life as only you can define it.

Jim Newbrough

CONGRATULATIONS

The Ohio Department of Health announced Wiggins Place received a deficiency-free survey upon completing the annual surprise state inspection. Thank you to the staff team for dedication to excellence in caring.

Jim Newbrough, CEO, has been selected as a member of Leadership Cleveland Class of 2019

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The Age of Empowerment: Find Your Inner Champion!

The gloves are ON...and in the match between you and your years, you can be the champion of healthy, active aging.

Regardless of your age, on any given day in life, a new reality can emerge, one that is dramatically different from where you are. Taking the proverbial punch of age-ism and rolling with what society thinks you should be is no longer acceptable. You're a wise generation that wants to remain active, invigorated, and contenders in your own lives.

A Pep-Talk from your Future Self: Put on your proverbial boxing gloves and punch it up a bit! Changing your fate really does start with your thinking, your will-power, and your daily habits. Take a good look in the mirror, see yourself as you wish to be – this is your Future Self.

Will-power: Researchers have many theories about what becomes of our will to remain active and engaged over the years. They've found that we have more to do with our quality of life than we realize. We must fight the urge to disengage, and go for the gusto of our vitality and spirit of adventure.

Thinking: The Activity Theory of staying active, engaged, and maintaining your social interactions; the **Continuity Theory** of maintaining your same activities, behaviors, personalities, and relationships; or the **Disengagement Theory**, believing that when aging, it is natural to withdraw from society. It's mind over matter in this fight to be your best self.

Why Start Now? For satisfaction. Close your eyes, think of all the wonderful things you've experienced in your life. Now, imagine yourself in 10, 20, and 30 years. How do you see your Future Self? Hopefully you're active, traveling, enjoying family and friends...and life!

Do It Every Day: It's all about daily habits. You hear it every day, because it's true: exercise, a healthy diet, good relationships, exceptional medical care, engagement, and of course, genetics, are key factors in our health as we age. But so too are your ideas, energy, and desires. Develop good daily habits –your Future Self will thank you.



On the Cover:

Helene Weinberger, a resident at Menorah Park's R.H. Myers Apartments, has the spunk of a prize-fighter. She volunteers 20 hours a week, advocates on behalf of aging adults and veterans, and has authored her own book. A beacon of positive thinking, this army veteran has survived cancer, loss, and physical setbacks. She's knocked out the obstacles of society that would keep her from doing what she loves. Helping others keeps her going strong.

Fred Solomon, also a resident at R.H. Myers Apartments, is 91, but he'll tell you he feels 71. This avid reader's army days as a sergeant and teacher made him strong, yet he's passionate and sensitive when helping others. In overcoming obstacles, dealing with losses, aches, pains, and life-changing events he recites this strong piece of advice: "If you sit around, you will get old. Age is just a number – don't worry about it, relax, and have fun!"

Age isn't chronological. *IT'S PERSONAL.*

I bike across America **I CREATE FUNNY SONG LYRICS** **I'm 100 and I can swim 10 laps**

Just as there were a thousand ways to be 25, there are a thousand ways to be **68, 88 or 98**. No matter where you are in your journey, we can help – from therapy and brain health education to home health, residential care, and more.

Find out more at MenorahPark.org

Menorah Park • 27100 Cedar Rd., Beachwood, Ohio 44122
216-831-6500

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So You Had A Bad Fall, or Two, or Three: Now What?



Art volunteers as a cashier at Menorah Park's eatery, Pearl's Place, serving staff (Angela Tinsley pictured), residents and the community

Don't Fall For Anything: We hear a lot about balance and fall prevention, but that doesn't stop accidents from happening, often landing us on the floor, then in the hospital.

Art Hirsh retired at 67 and has been a volunteer at Menorah Park ever since. He's now 90. "I love coming here. I know a lot of nice people, and it keeps me busy," he says. Art knows first-hand what it's like to be stopped in your tracks by a fall. He's had his share of falls, as he'll tell you: he's hit the ground more than once just this year. He's sharing his story and advice.

"I really think that what caused my falls was rushing," he admits. Three falls and a few months of rehab

later, he's thinking—and doing things differently. "I never realized everything that goes on in rehab, until I went there. They do a great job," he noted. Art said he is also being proactive in preventing future falls by utilizing lessons learned from his experiences.

Walk This Way: A few deliberate steps can keep you on your feet, says Art. "Remember, you're not a youngster anymore. We are getting older, but 90 today is not old. Don't be in a hurry, it makes you clumsy," he says. Adding, one should be mindful of every step. "Look where you are going, instead of day-dreaming." For instance, Art suggests, "Take time to check the elevator to make sure it's level with the floor before you step out. Slow down, why are you in a hurry! When you wake up, take a pause, sit up and get your bearings, and keep your walker by your bed. And use your walker! Even your medications can affect your balance. I don't like to be on a walker, but I'm smart enough to know to use one. Don't be ashamed to be on a walker! Menorah Park's Marcus Post-hospital Rehabilitation Center and the Peter B. Lewis Aquatic & Therapy Center helped me with balance, and I still take my walker wherever I go."

(See Fall on page 10)

50 Years and Counting!

Happy Birthday to the Joseph C. and Florence Mandel Adult Day Center at Menorah Park, celebrating 50 years in November. Stay tuned for information on coming celebrations and events!

Since its inception, and as one of the longest operating day centers in the country, the Mandel Adult Day Center has served thousands of clients, offering daytime stimulation for adults experiencing memory loss, physical challenges or social isolation, providing innovative and individualized care, and meeting the unique needs of individuals in a safe, secure, and lively environment. The center is an authorized provider for Veterans Affairs and various Medicaid Waiver Programs such as Passport, Caresource, Buckeye, United Health Care, and the Department of Developmental Disabilities. Transportation provided within our services area.

Each Day Brings Something Exciting



Day Center members formed their own choir and performed for the campus in our beautiful Piazza

Join Us for the Fun

Menorah Park's Mandel Adult Day Center is celebrating Adult Day Services the week of September 17 – 21. And they'd love for you to stop by as they take a virtual journey "**Around the World in 5 Days**" at the Center. Come experience the Center and what it has to offer between the hours of 10:30 a.m. to 2:30 p.m.

For more information, contact Director Tina Witt at 216-839-6673.

Creating Art from the Heart



Be Inspired

Florence Heller and Toby Fishman, seated, with Marie Smith and Sue Goldberg in the Stone Gardens Art Studio

It's the 'happy place' many creative geniuses talk about. Getting into the 'flow' and just letting the paintbrush go wherever it wants, feeling the tug of creativity at your core like a warm hug, it relaxes and exalts one at the same time. That's art. And it's important. And the smiles of accomplishment after creating art are priceless.

"The art program here on the Menorah Park campus is fabulous, if I do say so myself," says Marie Smith, full-time Campus Art Program Coordinator for R.H. Myers, Stone Gardens, and Wiggins Place. She said up to 100 residents participate per week.

Marie's goal is to provide a wide range of art programming geared toward any level of ability or experience, and includes off-campus excursions. "Often, residents will say, 'I don't have any talent at all,' and I am pleased to prove them wrong. One of the most rewarding aspects to my work is witnessing

a resident discover their latent creative abilities, and the joy it brings them to create something beautiful."

Stone Gardens resident Florence Heller loves her art studio time. "It's the best in the world! People here are extremely nice, and I love being here. I could do it every day. It's good for the mind, and keeps you healthy, meeting people, and working with your hands."

According to Marie, "The range of age and abilities of residents varies tremendously. Some residents are as young as 60, some as seasoned as 103. Even if a resident has difficulties seeing, moving their fingers, hands or arms, or sitting for long periods of time, they can still create. My intention is to assist as needed so residents can participate and engage in artmaking, and feel accomplished!"

One favorite art project is creating natural leaf prints on canvas (and paper) with acrylic paints. "It's a fun and novel approach that is part painting and part printmaking, and can be accomplished by persons with any level of ability. Classes are for residents only, but family members are encouraged to join their loved ones if they can – it's a fun and rewarding shared experience," Marie said.

The arts program is supplemented by donations with special thanks to the Teen Philanthropy Board for the grants for the clay program, the visiting artist program and jewelry supplies.



R.H. Myers resident, Rita Herzog learns the art of glass fusing at Hands-On Pottery Studio in Lyndhurst

Stone Gardens resident Sue Goldberg says she's 'having a very good time of it,' when asked about experiences in the studio. "I love it! I'm an artist and I do a lot of work in there. Marie is very talented and I've done things in this class that I've never done before in my life, and I'm 89!"

“When I was young, I used to admire intelligent people; as I grow older, I admire kind people.”

~Abraham Joshua Heschel



Joel Fox
Chief Development Officer

As a professor, the brilliant Rabbi Abraham Joshua Heschel z”l was sometimes criticized for being as interested in spirituality as he was in critical text study. But when he died in 1972, the outpouring of grief and love suggested that the combination of understanding and kindness that Heschel lived and taught is actually ideal.

At Menorah Park, we bring together excellence and compassion, service and integrity as we steward our community resources for the greatest benefit to those we serve.

In Rabbi Heschel’s tradition, we might say that great clinical practice is not enough, but in combination with compassionate care we can truly and fully impact the lives of our residents and clients in positive ways.

As you read this, we are launching our Menorah Park Annual Campaign. We need your help and support because we link excellent service with compassionate care.

We provide the very best healthcare services but we also serve four times as many indigent residents as the typical nursing home. We have perfect Ohio Health Department inspections but we also provide many more activities to make life on our campus fun and meaningful. Our medical care, linked to University Hospitals and Cleveland Clinic, far surpasses the norm but we also accept patients with the greatest needs.

Won’t you help us continue our tradition of Excellence in Caring™? Please respond today, so we can be sure to be here for you or your loved ones tomorrow.

Thank you and Shana Tova – may it be a year of good health and of fun!

Dear Menorah Park: Flourishing Garden Would Make Dad Proud



Jodi Adelman and her mom Barbara Schreibman in the Edith B. and Alvin O. Schreibman Garden

“I just want to let you know how much my husband and I enjoyed last night (at the Legacy Society Garden Party) in the Schreibman Garden. My grandparents’ foresight and generosity is a wonderful and lasting tribute to them, which benefits so many residents and guests to enjoy. It truly is a beautiful and well thought out space with various features and niches as unique as the people who pass through and enjoy it. My father would have been beaming last night to see how beautifully it is taken care of, the attention to detail and knowing how appreciated the garden is. I am so touched, as is the whole family, to see it flourish and given such a high level of tender loving care, as that is how DAD would have wanted it. And, yes, as you mentioned, I can easily picture him there pruning, weeding and tending to any need that caught his eye. For your great care, I and the family, THANK YOU!”

Jodi Adelman



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MENORAH PARK ANNUAL CAMPAIGN

Giving to Menorah Park is like giving to your family, because we touch almost every family in our community.

Please Donate.

***Even a small gift helps keep Elly swimming, Art writing,
and Rena reading.***

For more information contact Jane Furth at **216-839-6688**
or go to **MenorahPark.org**.

Sisters Carry Parents' Legacy into the Future



Nancy Hartman and Rozanne Weissman with their mom Gertrude Weissman of blessed memory

As Legacy Supporters of the Gertrude and Jack Weissman Hospice Reiki program, and Tai Chi at Menorah Park's R.H. Myers Apartments, sisters Nancy Hartman and Rozanne Weissman honor their loving, giving parents of blessed memory. They directed contributions in memory of Gertrude to Menorah Park for the pilot Reiki program back in 2010, and continue to help fund the program. "Our parents were kind and generous with what they had. This program, which helps others on the campus where they lived, honors that spirit of giving back," according to Rozanne.

Reiki (pronounced: Ray key) is a non-invasive treatment that promotes relaxation, balances life energies, and reduces anxiety, stress, and sometimes pain. It supports other traditional and complementary medical treatments.

The sisters gave, with a "gift that keeps on giving." Contributing American Greetings stock, given to them long ago by their parents, one portion of the funds was designated for immediate use, and with a Charitable Gift Annuity created an endowed fund for the Menorah Park campus-wide Hospice Reiki Program, established in their parents' memories.

"My sister Nancy, who lives in Cleveland, was a remarkable caregiver for both of our parents, who first lived at R.H. Myers Apartments and then at

Menorah Park," credited Rozanne, who lives in Washington, D.C.

Nancy notes, "We have been heartened that the program we piloted has grown into an established campus-wide program. It's exactly what we envisioned that would help many people reduce pain, anxiety, etc. I can see our parents smiling that their gift of stock turns out to be the gift that keeps on giving to other hospice patients in the future."

Says Nancy, "Before coming to Menorah Park, mom had Reiki, and we saw with our own eyes how well she benefitted from it. She wasn't feeling well one day, but had Reiki that afternoon with an instructor she really liked, and she came out of her room with color in her face, and her appetite was back. In the healing process, it's very helpful to people."

Diana Parker, Reiki therapist, shares how Reiki helps the residents, and the family members. It helps them relax and be heard. It lets a person express what they need to express. She said they do most everything seated in a chair, and even if they can't move their arms, doing the exercise has calming affects as well. It helps them find a happier place, with dignity, on their terms.

Nancy said her mom took Tai Chi at R.H. Myers as a resident and loved it. "It was interesting because she started doing Tai Chi before me, and she introduced me to it," she mused.

Tai Chi (pronounced Ty Chee) is an internal Chinese meditative martial art that focuses on mental and spiritual aspects integrated into movement. It is known to relieve stress, promote deep breathing, reduce bone loss, help with pain and reduce blood pressure, along with improving balance, stability, and mental capacity.

Nancy and Rozanne are still invested in helping to keep the programs going.

"Anytime I make a donation in memory or in honor of someone, and every year on my mom's birthday and Yahrzeit, I make a donation to the Reiki fund," Nancy noted. "I support Tai Chi at Myers on an annual basis. I'm really pleased with how it has evolved."

The Menorah Park Foundation is grateful to Rozanne Weissman and Nancy Hartman for their generous and loving support, which will benefit so many.

Don't Go it Alone

The Impact of Social Isolation and What We Can Do About It

Social isolation and loneliness has made headlines for being a public health risk later in life. Reports show it's as bad as or worse than obesity, physical inactivity, and smoking. The World Health Organization now recognizes the importance of "social support networks" for our well-being as we age. In fact, as a nation we are beginning to acknowledge social isolation and loneliness as a public health priority during our mature years.

Loneliness and social isolation are harmful to your health and as damaging as smoking 15 cigarettes a day.

(Holt-Lunstad, 2015)

In late July our campus brain health expert, Dr. Krystal L. Culler represented Menorah Park at the Healthy Aging Summit in Washington, D.C., joined by other aging specialists and experts, to discuss and discover proactive ways we can stay healthy as we enter our later years, and throughout our mature years by using prevention strategies. The Summit emphasized the importance of focusing on social isolation and loneliness with the goal to highlight this important health care issue in the United States.

Ongoing loneliness is a larger problem than an individual social experience and can have an impact on our physical and emotional health. There are different types of loneliness that can include emotional loneliness (when we miss a particular person) and social loneliness (when we lack a larger social group). Loneliness may be a feeling that comes and goes, a situational type of feeling that occurs near a holiday or particular day of the week, and chronic loneliness which is an ongoing experience. This is an important health risk for adults.

Dr. Culler presented information on the evidence-based programs and services offered by the Menorah Park Center 4 Brain Health™. Beyond the Center, our residential Brain Health Institute offers weekly

brain health educational classes based on our campus model of that emphasizes: cognitive fitness, emotional wellness, social well-being and personal health.

Putting your social health as a priority like your physical health and exercise may require a bit of a shift in perspective but, many aging specialists discuss simple ways to reduce your brain health risk caused by isolation

Tips

- Get involved or encourage others to get involved. Invite a friend to join you at a social outing such as a community talk or luncheon. (Bring a friend or family member with you to a Brain Health Institute class.)
- Try something new or join a new group. Lifelong learning is beneficial to our brain health and our social wellness. If you are unable to attend a group in person, check out a free class online at Future Learn.
- Aim to make social engagement a priority. It is suggested to aim for 12 interactions a week that is 1-2 times per day. Keep in mind these connections can be brief and include anything ranging from mailing a card to brighten someone's day, to ringing up an old friend to see how they are doing. At the end of the day, people need people.

Honoring Brain Health Champions in Assisted and Independent Living

On Thursday, September 20th, we will dub our first annual Brain Health Champions of our assisted and independent living residences for embracing a brain healthy lifestyle through their participation in the Brain Health Institute.

This event is offered during Active Aging Week with the International Council on Active Aging and residents who have engaged in the program during its first year will be recognized and honored. (Award winners will be announced in our next campus newsletter so stay tuned!)

Fall

(continued from page 4)

After the Fall: You may feel depressed, isolated, immobile. But don't let that take you down the proverbial rabbit hole. Go to your therapy. Listen to your therapists. Volunteer. "I really don't know why more people don't want to volunteer after retirement. I looked for something to do," says Art. Art suggests, invite friends for an afternoon stroll or picnic, even with a walker or in a wheelchair. Sitting around watching the news will only bring worry, and while it's educational, reading isn't helping your body

get stronger. For Art, staying busy is great therapy. "When I am volunteering, I don't feel pain. I stand up during rush hour, and volunteer for four hours in Menorah Park's Pearl's Place." Also, Art has seven grandkids, and one great grand-daughter, and loves spending time with them as well.

Therapists Helped Art: "Art was seen for outpatient physical therapy to improve balance, and occupational therapy to help him with everyday tasks. The therapists that he worked with are Rachel Venezia, Jim Sosic, and Kathy Ondak. Art had physical therapy twice a week for about a month and a half. "He demonstrated improvements with knee flexion, walking speed, and walking distance with and without the walker. We provided him with a home exercise program with these activities," Rachel said.

To support your balance and overall well-being, call the Peter B. Lewis Aquatic & Therapy Center at 216-595-7345.

Kenneth & Deborah Cohen Lecture Series

Daniel Goldmark, Ph.D.

Professor/Head of Popular Music
Director of the Center for Popular Music Studies
Case Western Reserve University

"Hamilton"

- Why is the musical so popular?
- Why did Lin-Manuel Miranda incorporate so many different styles of music into the show?
- How do the political issues addressed in the show relate to the current political and social climate?

Wednesday, September 5 at 2:30 p.m.

Anthony Wexler, Ph.D.

Full-time Lecturer
Case Western Reserve University

Why Phillip Roth Matters

- What is the literary and cultural significance of Roth's long and remarkably productive career?
- How did Roth's relation to Jewishness and the Holocaust evolve with the passage of time?
- How has Roth's work inspired a new generation of Jewish American writers?

Wednesday, October 24 at 2:30 p.m.

Menorah Park's Saltzman Auditorium

Free of charge

For more information on either of these programs, call 216-839-6685



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Services

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Lewis Aquatic & Therapy Center • Non-Emergency Medical
Transportation • Adult Day Center • Housekeeping Plus •
Dialysis • Center 4 Brain Health

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Residence • Stone Gardens Assisted Living Residence •
Helen's Place Memory Care Apartments • Menorah Park
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Holiday Services



Services in the Jennie & Jacob Sapirstein Synagogue

Rosh Hashanah 9/09/18 – 9/11/18

Erev Rosh Hashanah/
Mincha Sunday at 4:15 p.m.

First Day Rosh Hashanah

Morning Service Monday at 8:30 a.m.
Shofar Service 10:45 a.m.
Afternoon Service Monday at 4:15 p.m.
Shofar Service 10:45 a.m.

Second Day Rosh Hashanah

Morning Service Tuesday at 8:30 a.m.
Afternoon Service Tuesday at 4:15 p.m.

Yom Kippur 9/18/17 – 9/19/18

Kol Nidre Tuesday at 7:15 p.m.
Morning Service Wednesday at 8:30 a.m.
Yizkor 11:00 a.m.
Afternoon Mincha/Neilah Wednesday at 5:30 p.m.

Reform Services Led by Cantors Laurel Barr and Deb Rogers at the R.H. Myers Apartments

First Day of
Rosh Hashanah Monday (9/10) at 10:00 a.m.
Yom Kippur Kol Nidre Tuesday (9/18) at 7:30 p.m.
Yom Kippur Wednesday (9/19) at 10:00 a.m.

Services in the Jennie & Jacob Sapirstein Synagogue

Sukkot 9/23/18 – 9/30/18

Evening
Sukkot Services Sunday at 4:15 p.m.
Kiddush/Dinner in Sukkah Sunday at 5:00 p.m.

First Day Sukkot

Morning Services Monday at 9:15 a.m.
Kiddush in Sukkah Monday at Noon
Afternoon Service Monday at 4:15 p.m.

Second Day Sukkot

Morning Services Tuesday at 9:15 a.m.
Kiddush in Sukkah Tuesday at Noon
Afternoon Service Tuesday at 4:15 p.m.

Shemini Atzeret 10/01/18 – 10/02/18

Afternoon Services Sunday at 4:15 p.m.
Morning Services Monday at 9:15 a.m.
Yizkor 11:00 a.m.

Simchat Torah 10/02/18 – 10/03/18

Mincha Monday at 6:30 p.m.
Hakafot Monday at 7:00 p.m.
Morning Services Tuesday at 9:15 a.m.
Afternoon Services Tuesday at 4:15 p.m.

Join Us for The Shabbos Project

Friday, October 26, 2018

Campus-wide Challah Bake 10:30 a.m.
A Taste of Shabbos at 2:45 p.m.
Saltzman Auditorium

Saturday, October 27, 2018

Shabbat Morning Services 9:15 a.m.
Jennie & Jacob Sapirstein Synagogue

Due to limited parking at R.H. Myers during week days, extra parking will be available across the street at The Acacia Metroparks Reservation on Monday 9/10/18 and Wednesday, 9/19/18. A shuttle bus will run between Acacia and R.H. Myers from 9:30 a.m. to 10:00 a.m. and 11:30 a.m. to 1:00 p.m.

No shuttle bus service is available on 9/18/18.



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Bet Moshav Zekenim Hadati
27100 Cedar Road
Beachwood, Ohio 44122

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Residential Activity Highlights

Menorah Park

September

- 3rd 2:30 p.m. Music with Bill Newman
- 5th 2:45 p.m. Music with EntertainMobile

October

- 9th 2:30 p.m. Russian Music with Marina Timakova
- 10th 2:30 p.m. Italian Music with Carmelina and Ilya

R.H. Myers Apartments

September

- 5th 7:30 p.m. Entertainment by Greg Piscura
- 21st 1:00 p.m. Medical Lecture: High Blood Pressure by Tom Strong

October

- 16th 7:30 p.m. Entertainment by Steve Greenman
- 27th 7:30 p.m. Entertainment by Just Jazz

Wiggins Place

September

- 4th 1:00 p.m. Music Appreciation with Larry Josefovitz
- 7th 7:40 p.m. Reform Service with Rabbi Roberts

October

- 4th 2:00 p.m. Speaker Susan Cannavino
- 23rd 1:00 p.m. "Presidents Abraham Lincoln and Jefferson Davis"

Stone Gardens

September

- 4th 10:00 a.m. Sing-Along with Noah and Children from FUNdamentals
- 13th 2:00 p.m. "Books 2 Go" with the Beachwood Public Library

October

- 2nd 11:00 a.m. Chair Yoga with Judith Eugene
- 25th 7:30 p.m. Harvest Moon Ball

Helen's Place

September

- 19th 3:00 p.m. Pinky and Anita Variety Hour
- 29th 10:00 a.m. Brain Health with Dwyer

October

- 17th 10:00 a.m. Fit Is It with Mary
- 26th 3:00 p.m. Shabbos Sing-a-long with Noah

See your activities staff for the weekly
Piazza Playbill
or find it at facebook.com/MenorahPark

If you would prefer to view our newsletter
electronically, go to MenorahPark.org.

Please note, activities are
subject to change.

Menorah Park complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Contact person is Richard Schwalberg, COO phone 216-831-6500.