



One of my favorite authors, James Clear, writes on topics like... How to start (and stick to) good habits, How can you make good choices and avoid bad ones, achieve meaningful results without overwhelming yourself, and most of all, put these ideas into practice in daily life?

Mr. Clear, author of Atomic Habits, writes "Three ways to learn something new:

1. Reflect on what you have already tried.
2. Attempt something you have not tried.
3. Read about what someone else has tried."

You can use this month to look at the Park Plaza Activity Calendar with new eyes. What are some activities you have already been to that you enjoyed? What are some new activities you would like to try? Who can you learn from about an activity you would like to try? During these quiet summer months, let's commit ourselves to engaging in activities that improve our relationships and overall health.

## Shabbat Times

### August

### Candle Lighting

### Havdalah

8/2 - 8/3

6:37-6:57 pm

8:54 pm

8/9 - 8/10

6:30-6:50 pm

8:44 pm

8/16 - 8/17

6:22-6:42 pm

8:32 pm

8/23 - 8/24

6:13-6:33 pm

8:21 pm

8/30 - 8/31

6:15-6:35 pm

8:08 pm

# Announcements

## August Birthdays

Bernice Goldstein	8/10
Emily Morris	8/10
Sam Myers	8/12
Marsha Cohen	8/12
Elaine Stein	8/14
Bella Kleinman	8/16
Frank Zimmerman	8/18
Lawrence	8/22
Perlmutter	
Fran Martin	8/25
Anne Yavner	8/28

## Welcome to Park Plaza

Frank Zimmerman  
Sarah & Avraham Brandes  
Leona Molotsky  
Myrna & Marvin Cohen  
Phillip Rabinowitz

## Condolences

Bella Kleinman on the  
loss of her brother

## Mazel Tov

- ✿ Bette Anderson on the marriage of her grandson
- ✿ Lee Glickman on the Bar Mitzvah of her great-grandson and the engagement of her great-granddaughter
- ✿ Mr. and Mrs. Lothar Kahn on the birth of a great-granddaughter
- ✿ Barbara Bergman on the upcoming marriage of her grandson
- ✿ Evelyn Yellen on the upcoming weddings of her two granddaughters
- ✿ Simmie Shandalov on the wedding of her grandson
- ✿ Bitsy Simon on the birth of a great-grandson and great-granddaughter and the engagement of her grandson
- ✿ Sharon Cohen on the birth of a great-grandson
- ✿ Sheila Dallal on the upcoming marriage of her granddaughter
- ✿ Mary Kolodney on the wedding of her great-granddaughter
- ✿ Simmie Shandalov on the bar mitzvah of her great-grandson

*Congratulations!*

# Crystal Home Health with Julie



Julie Petelle  
Wellness Coordinator

We are well into “the dog days of summer” where the sun is bright and the weather is hot and humid. While the heat may mean spending more time outdoors, it also increases the risk of dehydration and related illnesses. Heat illness is a progressive illness that begins with minor symptoms but can progress rapidly to life-threatening heat stroke.

Here’s how to stay safe in the heat and prevention tips to avoid a heat-related illness:

- Stay indoors in air conditioning or shaded areas if you have to be outdoors on hot and humid days
- Drink plenty of water if you have to be outside
- Add sodium to fluids to more quickly rehydrate your body
- Know the signs and symptoms of heat illness

Heat illness results from your body temperature rising to a dangerous level during hot weather. It usually happens if you stay in the heat too long without taking steps to cool down. Humidity can quicken feelings of heat illness. Some warning signs include feeling lightheaded or dizzy, poor coordination, cramping, and excessive tiredness.

Try doing these things to prevent you or someone you know from suffering from heat illness:

- Hydrate before going outdoors

Make sure you’re adequately hydrated before spending extended time outdoors. This may mean drinking plenty of fluids starting the day before being outdoors and continuing to hydrate regularly while outside. If you can’t keep drinking fluids, go inside, cool down, and work on getting rehydrated.

- Listen to your body

Your body will start telling you if you aren’t hydrated. If you feel thirsty, drink fluids. If your body is struggling, get out of the heat and into a cool area and hydrate.

- Pair fluids with sodium

Sodium is especially effective for rehydration. If you’re dehydrated, pair your fluids with a salty snack or a beverage infused with electrolytes.

If you ever think that you’re experiencing any of these conditions, you can always reach me by phone or see me in my office in the Wellness Center Monday-Thursday 9 am-4 pm and Friday 9 am-12 pm, or by phone at 312-513-4919 if you have any questions. I am also available every Wednesday from 1-2 pm for blood pressure/vitals.



# From the Rabbi's Desk



It is hard to believe it is already August. The summer is going fast and the heat is intense. During the month of August, we will mark and observe the day of Tisha B'av. Tisha B'av is the saddest and most somber day in the Jewish calendar. As opposed to Yom Kippur which is a day of forgiveness and cleansing, Tisha B'av is a fast that revolves around loss and tragedy. On a hopeful note, we have a tradition that the Messiah will be born on Tisha B'av yet we are still consumed by reflection and memory

on this day. Although difficult, there is something very sacred about being able to examine our national shortcomings as we as a collective Jewish people mourn the loss of our holy temples in Jerusalem.

This year in particular we have a renewed sense of loss as we reflect on the events of this year's October 7th and the war which has followed in Israel. Although we are many miles away we feel these tragedies acutely. Every Jewish heart has felt the pain of the hostages whom we continue to pray for and the difficulty of the war. We pray that our soldiers are protected by the one above and that the violence and upheaval come to a speedy end. Our sages teach us that even our tragedies and Jewish calamities in the present day have a root in Tisha B'av. When we pray and mourn on this day let us feel that we are part of the continually unfolding Jewish story.

One root of all the suffering on Tisha B'av is the presence of Jewish dissension. When we fight between ourselves, we do not merit the same level of divine protection. It is easy to disagree politically or even religiously but we must do so as a family. If this difficult year has taught us anything, it should be that all Jews are united and we share one fate. As we come together to mourn and reflect on Tisha B'av let us keep the events of this year uppermost in our minds. May we learn to love all of our Jewish brothers and sisters, and may this be the last Tisha B'av that we fast and mourn.

Wishing everyone a wonderful month,

Rabbi Allen



# Obstacle Course with Julie



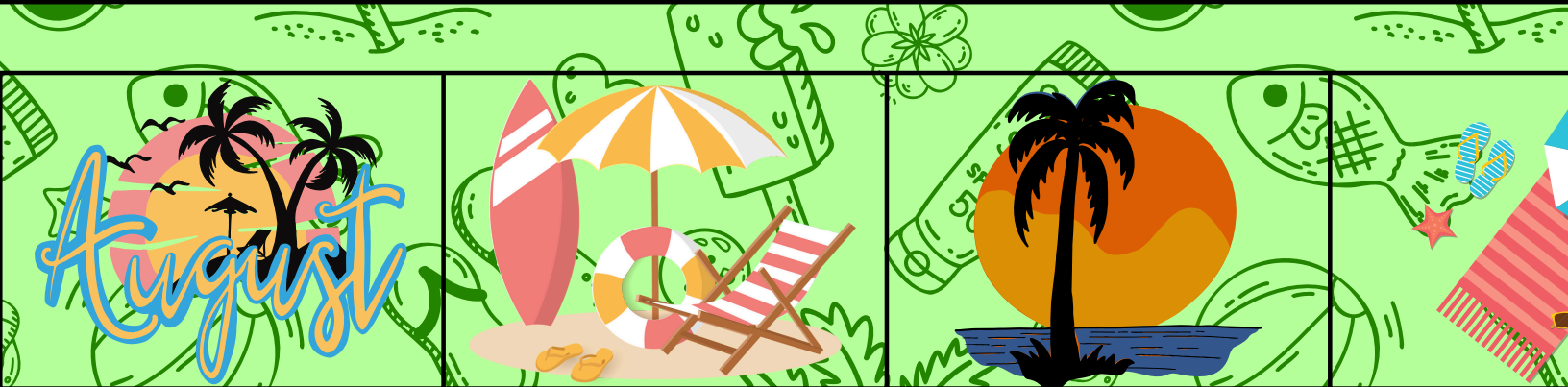
# Graeter's Ice Cream





# August












**Sunday**      **Monday**      **Tuesday**      **Wedn**



<p>4      29 Tammuz</p>	<p>5      1 Av</p> <p>Saving Hersh - Hear from the family of Hersh Goldberg Polin: Leah Polin (Safta) &amp; Abby Polin (Aunt) @ 3:30 pm - Multipurpose Room</p>	<p>6      2 Av</p> <p>Lecture with Rabbi Menachem Levine @ 3:30 pm - Room off the Lobby</p>	<p>7</p> <p>Outing: E Picnic Lun - Sign up a De</p>
<p>11      7 Av</p>	<p>12      8 Av</p>	<p>13      9 Av</p> <p>Tishah B'Av</p>	<p>14</p>
<p>18      14 Av</p> <p>The Norbert Trio @ 1:45 pm - Outside</p>	<p>19      15 Av</p> <p>Karaoke Night with Angel Care Health Services, Inc. @ 6:45 pm - Room 104</p>	<p>20      16 Av</p> <p>Still Point Theater Workshop @ 3:45 pm - Room 104</p>	<p>21</p> <p>Ruby Harri of Beatles 6:45 pm -</p>
<p>25      21 Av</p> <p>Crook County Blues Band @ 1:45 pm - Outside</p>	<p>26      22 Av</p>	<p>27      23 Av</p> <p>Still Point Theater Workshop @ 3:45 pm - Room 104</p>	<p>28</p> <p>New Orleans 6:45 pm - Book Club - L Circle of Wome Conference Ro the F</p>

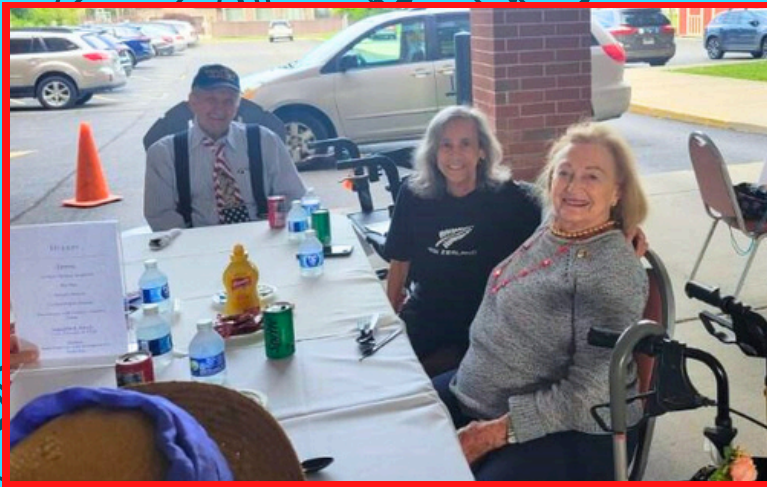
# 2024

Wednesday	Thursday	Friday	Saturday
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 3 Av Family Oaks @ 12pm at the Front desk	1 26 Tammuz	2 27 Tammuz CANDLE LIGHTING 6:37-6:57 PM 	3 28 Tammuz HAVDALAH 8:54 PM 
8 Lecture with Rabbi Menachem Levine @ 3:30 pm - Room off the Lobby Spelling Bee @ 1:45 pm - 2nd Floor Aviary	4 Av	9 5 Av CANDLE LIGHTING 6:30-6:50 PM 	10 6 Av HAVDALAH 8:44 PM 
10 Av Olympic Event with Julie: Opening Ceremonies and Feats of Strength @ 3:30 pm - Hallway by Wellness Center Jim Schranz Civil War Songs and Stories @ 6:45 pm - Back Dining Room	11 Av	16 12 Av CANDLE LIGHTING 6:22-6:42 PM 	17 13 Av HAVDALAH 8:32 PM 
17 Av Is A Night s Music @ - Outside	18 Av	23 19 Av CANDLE LIGHTING 6:13-6:33 PM 	24 20 Av HAVDALAH 8:21 PM 
24 Av ns Gumbo @ - Outside - Lady Tan's men @ 2pm - Room behind e Fish	25 Av	30 26 Av CANDLE LIGHTING 6:15-6:35 PM 	31 27 Av HAVDALAH 8:08 PM 



# Happy 4th of July!





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# A Visit from Camp Kishronos



# Volunteering with Chesed Chicago



# Let's Go See Grease





# Happy Birthday!!

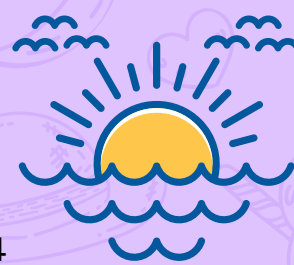


# July Birthday Party





- ★ **Monday, August 5th**  
Saving Hersh - Hear from the family of Hersh Goldberg Polin @ 3:30 pm - Multipurpose Room
- ★ **Tuesday, August 6th**  
3-part lecture with Rabbi Menachem Levine: CEO of Joan Dachs Bais Yaakov Elementary School and Yeshivas Tiferes Tzvi @ 3:30 pm - Room off the lobby (Small Shul)
- ★ **Wednesday, August 7th**  
Outing: Emily Oaks Picnic Lunch @ 12 pm - Sign up at the Front Desk
- ★ **Thursday, August 8th**  
3-part lecture with Rabbi Menachem Levine: CEO of Joan Dachs Bais Yaakov Elementary School and Yeshivas Tiferes Tzvi @ 3:30 pm - Room off the lobby (Small Shul)
- ★ **Thursday, August 8th**  
Spelling Bee - Participate for a chance to win prizes @ 1:45 pm - 2nd Floor Aviary Lounge
- ★ **Thursday, August 15th**  
Olympic Event with Julie: Opening Ceremonies and Feats of Strength @ 3:30 pm - Hallway outside of Wellness Center
- ★ **Thursday, August 15th**  
Jim Schranz Civil War Songs and Stories @ 6:45 pm - Back Dining Room
- ★ **Sunday, August 18th**  
The Norbert Trio @ 1:45 pm - Outside
- ★ **Monday, August 19th**  
Karaoke Night with Angel Care Health Services, Inc. @ 6:45 pm - Room 104
- ★ **Tuesday, August 20th**  
Still Point Theater Workshop @ 3:45 pm - Room 104
- ★ **Wednesday, August 21st**  
Ruby Harris: A Night of Beatles Music @ 6:45 pm - Outside
- ★ **Thursday, August 22nd**  
Olympic Event with Julie & Sara: Power Challenge @ 3:30 pm - Hallway outside of Wellness Center
- ★ **Sunday, August 25th**  
Crook County Blues Band @ 1:45 pm - Outside
- ★ **Tuesday, August 27th**  
Still Point Theater Workshop @ 3:45 pm - Room 104
- ★ **Wednesday, August 28th**  
New Orleans Gumbo @ 6:45 pm - Outside
- ★ **Thursday, August 29th**  
August Birthday Party @ 1:45 pm - Back Dining Room
- ★ **Thursday, August 29th**  
Olympic Event with Julie & Sara: Final Events for Medals & Closing Awards Ceremony @ 3:30 pm - Hallway outside of Wellness Center



**Thursday, August 29th**  
**August Birthday Party**  
**@ 1:45 pm Back Dining Room**

**Park Plaza**  
a jewish senior living community

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