



It has been an honor and a privilege to work at Park Plaza over the past six years. As I move on to my next adventure, I want to thank you all for enriching my life in ways I did not expect would happen when I accepted this position in June 2018. Thank

you for sharing your personal stories, celebrating your smachot, and working through your sorrows with me. I am thrilled to stay involved with Park Plaza, albeit in a different capacity, and feel proud to pass the day-to-day operations to Hillel Lipson, Adina Semel and the entire admin staff.

Wishing you all good health, much happiness, and plenty of laughter.

Shabbat Times

September

9/6 - 9/7

9/13 - 9/14

9/20 - 9/21

9/27 - 9/28

Candle Lighting

6:00 - 6:20 pm

6:42 - 7:02 pm

6:30 - 6:50 pm

6:18 - 6:38 pm

Havdalah

7:56 pm

7:43 pm

7:31 pm

7:18 pm

Announcements

August Birthdays

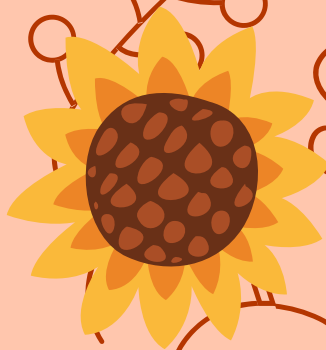
Sherwin Pogrund	9/4
Morton Goldstein	9/5
Isac Kapulski	9/10
Sandra Liebling	9/11
Rachel Lis	9/15
Jacqueline	9/23
Steingold	
Robert Adams	9/25

Welcome to Park Plaza

Stuart Zelden
Joe Goldstein
Fela Groner

Mazel Tov

- 🍁 Miriam Harris on the birth of a great grandchild
- 🍁 Sara Bayer on the birth of a great-granddaughter
- 🍁 Board member Sandy Boker on the marriage of his grandson
- 🍁 Esther Cardash and Myrna & Marvin Cohen on the marriage of their grandson
- 🍁 R. Phillip Rabinowitz on the birth of a great-grandson
- 🍁 Barbara Bergman on the birth of a great-granddaughter
- 🍁 Mrs. Bitsy Simon on the marriage of her granddaughter
- 🍁 Board member Steve Landes on the engagement of his grandson



Crystal Home Health with Julie



Julie Petelle
Wellness Coordinator

When was the last time you thought about the power of community? Despite society's emphasis on individualism, the concept of community continues to be a powerful force for personal and collective well-being. Adults who are more socially connected are healthier and live longer. In fact, there have been numerous studies that show that the quality and quantity of social relationships and being part of a community affect mental, physical, and behavioral health.

Loneliness can be detrimental to both mental and physical health and is comparable to smoking or obesity in terms of risk factors. In older adults, isolation is associated with an increased probability of dementia. That's why more and more health professionals are making loneliness screening a routine part of health care and prescribing social activities such as museum visits, classes, and group outings to counter the effects of loneliness and isolation.

Involvement in social relationships benefits all aspects of health for both women and men. Social ties reduce mortality risk among adults with medical conditions, including coronary artery disease, impaired immune function, high blood pressure, delayed cancer recovery, slower wound healing, inflammatory and mobility issues, and anxiety, stress, and depressive symptoms.

There are so many ways to connect and tap into the power of community. Family is frequently touted as a person's first community, spanning generations and keeping people connected. Coming together around shared beliefs or devotional practices is another way to tap into the power of community. Doing volunteer work and mingling with others that share similar beliefs with you is yet another great example. Going to group activities or exercise classes connects you with others and releases happy hormones that will stay with you long after the activity is over. All of these are examples of tapping into community and reaping the benefits to counter loneliness and depression.

If you're feeling lonely or isolated and are concerned about your physical and mental health, contacting your doctor for a quick depression screening can be the first step to addressing your concerns. Talking to a skilled professional such as a behavioral health nurse will help you to develop strategies to counter your loneliness and tap into the power of community. A home health nurse trained to help people experiencing depression or loneliness can come to your home and give you the tools you need to reconnect with your community. And it will be covered by your Medicare insurance, providing peace of mind without a large out of pocket cost.

If you would like more information about countering loneliness and depression and re-engaging with your community, please feel free to stop by 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. I am also available every Wednesday from 1:00-2:00 for blood pressure/vitals.

From the Rabbi's Desk



Rabbi Eitan Allen

As we reach September, we also reach the Hebrew month of Elul. Elul is a time of pause and contemplation as well as a time of great spiritual potential. It is the last of the Hebrew months of the year as we prepare for another Rosh Hashana and the new year of 5785. Elul corresponds to the Zodiac of Virgo or Besulah in Hebrew, it is characterized by renewal and a return to our fresh new state where we are able to meet G-d with a fresh face and clean slate ready to connect with the high holidays of the coming month. It is a month where we reflect on the year. How has it been? What were the triumphs and accomplishments, where were the highs and lows? It is this reflection that will help us prepare for a new year.

Chasidic thought teaches that Hashem is particularly close to us this time of year. The rabbis said that the Hebrew letters for Elul are an acronym for the words, I am to my beloved and my beloved is to me. This is to say we are to G-d and G-d is to us. Chasidic thought takes it further to say not only are we to G-d but the King himself is in the field. If we go out of our homes to meet the King he is waiting for us with a smiling face.

If we take all these ideas to heart we will realize that the Hebrew month of Elul is truly an auspicious month filled with great potential for spiritual elevation and connection. I always find it fitting that this usually coincides with the time of going back to school. For the children and maybe for the parents this is also a time of great potential and elevation as a new year of learning is on the horizon.

May we all end the summer on a high note, and may we take the potential of this coming Elul which coincides with September to bring ourselves back to our center and start off the year in a truly special fashion.

Wishing everyone a wonderful month,

Rabbi Allen

Ice Cream Sundae Bar



September

Sunday	Monday	Tuesday	Wednesday
1 28 Av Ice Cream Social 2-4 pm - Outside	2 29 Av Labor Day	3 30 Av Parkinson's Disease Support Group @ 1:30 pm - Conference Room Behind the Fish	4 Piano Perform Jim Kendros at Library @ 12 Jeff and Jan 6:45 pm - Ba Room
8 5 Elul	9 6 Elul Outing: Dairy Star @ 2 pm	10 7 Elul	11 Botanic G Tram To 12:45
15 12 Elul Rachel Rosenberg @ 1:45 pm - Back Dining Room	16 13 Elul Medicare and Medicare Advantage Plan Educational Lecture @ 7 pm	17 14 Elul	18 Opera: Rigo 12:15 p Stu Frank @ - Back Dinin
22 19 Elul Mark Hoffman @ 1:45 pm - Back Dining Room	23 20 Elul Residential Council Meeting @ 4:00 pm	24 21 Elul	25 Musical: Sout Skokie Theater Piano Perform Jacob Adams - Multi-Purpo
29 26 Elul Allan Kaye Duo @ 1:45 pm - Back Dining Room	30 27 Elul Graeter's Ice Cream - Northbrook @ 1:30 pm		

2024

Wednesday	Thursday	Friday	Saturday
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1 Elul
Performance with
at the Skokie
@ 12:20 pm
Janis Duo @
- Back Dining
Room

5
2 Elul

6
3 Elul
CANDLE LIGHTING
6:00 - 6:20 PM


7
4 Elul
HAVDALAH
7:56 PM


8 Elul
Gardens
Tour @
45 pm

12
9 Elul
Rosh Chodesh
Program @ 3:30
pm

13
10 Elul
CANDLE LIGHTING
6:42 - 7:02 PM


14
11 Elul
HAVDALAH
7:43 PM


15 Elul
Rigoletto @
5 pm
@ 6:45 pm
Dining Room

19
16 Elul

20
17 Elul
CANDLE LIGHTING
6:30 - 6:50 PM


21
18 Elul
HAVDALAH
7:31 PM


22 Elul
South Pacific -
ter @ 12:30 pm
Performance by
ms @ 6:45 pm
urpose Room

26
23 Elul
Birthday Party @
1:45 pm - Back
Dining Room

27
24 Elul
CANDLE LIGHTING
6:18 - 6:38 PM


28
25 Elul
HAVDALAH
7:18 PM




Park Plaza Olympics



Park Plaza Olympics



A Visit from Coco



Arts & Crafts



Outing to Emily Oaks



Happy Birthday!!



Birthday Party!



- **Sunday, September 1st**
Ice Cream Social @ 2-4 pm - performance by Dialed Action BMX Bikers - Outside
- **Tuesday, September 3rd**
Parkinsons Disease Support Group @ 1:30 pm - Conference Room Behind the Fish
- **Wednesday, September 4th**
Outing: Piano Performance with Jim Kendros at the Skokie Library - Bus Departs: 12:20 pm - Early Lunch: 11:30 am - Sign up at Front Desk
- **Wednesday, September 4th**
Jeff and Janis Duo @ 6:45 pm - Back Dining Room
- **Sunday, September 8th**
RetroActive Band @ 1:45 pm - Outside
- **Monday, September 9th**
Outing: Dairy Star Ice Cream - Bus Departs: 2 pm - Sign up at the Front Desk
- **Wednesday, September 11th**
Outing: Botanic Gardens Tram Tour @ 12:45 pm - Sign up at the Front Desk
- **Thursday, September 12th**
Rosh Chodesh Elul Program with Kreindel Pinkus @ 3:30 pm - Room 104
- **Sunday, September 15th**
Rachel Rosenberg @ 1:45 pm - Back Dining Room
- **Monday, September 16th**
Medicare and Medicare Advantage Plan Educational Lecture @ 7 pm
- **Wednesday, September 18th**
Opera: Rigoletto - Early Lunch @ 11:30 am - Bus Departs @ 12:15 pm
- **Wednesday, September 18th**
Stu Frank @ 6:45 pm - Back Dining Room
- **Sunday, September 22nd**
Mark Hoffman @ 1:45 pm - Back Dining Room
- **Monday, September 23rd**
Residential Council Meeting @ 4 pm - Conference Room Behind the Fish
- **Wednesday, September 25th**
Musical: South Pacific - Skokie Theater - Bus Departs: 12:30 pm - Sign up at the Front Desk
- **Wednesday, September 25th**
Jacob Adams Piano Performance @ 6:45 pm - Multi-Purpose Room
- **Sunday, September 29th**
Allan Kaye Duo @ 1:45 pm - Back Dining Room
- **Monday, September 30th**
Graeter's Ice Cream - Northbrook - Bus Departs: 1:30 pm - Sign up at the Front Desk



Thursday, September 26th
August Birthday Party
@ 1:45 pm Back Dining Room

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