

Park Plaza Post November 2024



As we close the door on the 5785/2024 high holiday season, I think we can all agree that this was one of the best in recent history at Park Plaza. The feeling in the building for the month of October was a different level of special.

It takes a lot of work, both visible and behind the scenes, to make the holidays as special as they were.

As we enter November and the season of "thanks", I'd like to say THANK YOU to the entire staff at Park Plaza for their hard work, not just during the holiday season but all year long. Please join me in thanking these incredible people for all they do to make Park Plaza a special place to live and work.

- Hillel

Front Office - Adina, Sara, Lindsey, Rich, Robin, Morghan, Nora

Spiritual Leadership - Rabbi Eitan Allen

Torah Reading - Rabbi Daniel Cohen

Maintenance - Safet, Eyre, Melvin, Ruben

Front Desk - Yolanda, Chester, Rene, Kudi, Dalal, Atoor, Michael

Transportation - Al

Security - Emmanuel, Chris

Housekeeping - Letitia, Rosa, Wisal, Nada, Samea

Kitchen Staff - Roberto, Angie, Jojo, Hector, Xavier, Juan, Jen, Joallianna,

Lili, Manuel, Deen, Yusmely, Yosselyn, Felix, Arton, Denardo, Andrea,

Mario, Marlene, Nathan, Enrique, Reta, Taneisha, Rabbi Jay Seigel, Rabbi

Ruben Silverstein, Neil Harris

Shabbat Times

November

Candle Lighting

Havdalah

11/1 - 11/2

5:24 - 5:44 pm

6:26 pm

11/8 - 11/9

4:15 - 4:35 pm

5:19 pm

11/15 - 11/16

4:09 - 4:29 pm

5:13 pm

11/22 - 11/23

4:04 - 4:24 pm

5:09 pm

11/29 - 11/30

4:00 - 4:20 pm

5:07 pm

Announcements

November Birthdays

| | |
|-------------------|-------|
| Michael Pearl | 11/3 |
| Henely Friedman | 11/6 |
| Ann Kulwin | 11/7 |
| Earl Newman | 11/8 |
| Sussy Weiss | 11/9 |
| Ethel Silverstein | 11/15 |
| Gidon Lavi | 11/18 |
| Lee Glickman | 11/18 |
| Miriam Harris | 11/18 |
| Bette Anderson | 11/25 |
| Shimon Sosnow | 11/26 |
| Eveyln Yellin | 11/28 |
| Seymour Lepp | 11/29 |
| Leah Rosman | 11/29 |

**Welcome to
Park Plaza**
Sigmund Chavis

Mazel Tov

-  Susan & Lothar Kahn on the birth of a great-great-grandson & great granddaughter
-  Nate Rubenstein on the birth of a great-grandson
-  Director of Finance Rich Magid on the birth of a grandson
-  R. Shmuel Adler on the birth of a great-granddaughter
-  Phyllis Reifer on the birth of a great-grandson
-  Leona Molotsky on the engagement of her granddaughter
-  Esther Lichtshein on the birth of a great-grandson
-  Shabbos Zemirot singer Mr Ira Clair on the birth of a grandson
-  Carol and Dr. Feivel Rosen on the birth of a granddaughter

Congratulations!

HAPPY
Thanks Giving

Crystal Home Health

How Physical Therapy Helps Seniors



Julie Petelle
Wellness Coordinator

Many seniors think they only need physical therapy after a fall, injury, or serious illness that weakened them. But they don't realize that physical therapy can help prevent those injuries from happening in the first place! Most insurance companies cover physical therapy, so there would be minimal or no out-of-pocket costs for most individuals.

Physical therapy not only helps individuals recover from an injury or accident, but it can also help control pain associated with many age-related problems. Physical therapy is particularly important for adults ages 65 and older as muscles and joints tend to lose strength and stability over time. This change can negatively impact older adults' independence in performing daily tasks and movements, like changing positions, standing, walking, and going up and down stairs.

Maintaining our desired activity level becomes much more difficult as we age because it is part of the natural aging process. We experience less flexibility, strength, and balance. Staying active and exercising is key to aging healthily, preventing deconditioning, and managing chronic conditions that worsen with inactivity.

The possibility of losing independence, feeling pain in performing everyday tasks, and losing function of limbs and muscles are all motivators for consulting a physical therapist. Physical therapists know how the body works and how to get it moving again. Doing physical therapy will focus on 4 key areas: stretches, endurance, strengthening, and balance. If equipment is used, usually only light weights or bands are needed to supply increased resistance without overloading joints.

What are you waiting for? Stop by the Wellness Center and see Julie Petelle, Wellness Coordinator, to learn more and next steps. Office hours are Monday–Thursday from 9:00 a.m. to 4:00 p.m. and Friday from 9:00 to noon. You can also call Julie at 312-513-4919.

From the Rabbi's Desk



Rabbi Eitan Allen

This year the month of November coincides with the Jewish month of Cheshvan. Cheshvan is the month after all the holidays and much excitement and joy have passed and we return to "regular" life. Cheshvan can be thought of as a month of stillness and quiet as there are no big event or holidays. I came across this short poem, entitled "Shabbat in Cheshvan"

When the candles die
Shabbat starts -
The quiet Shabbat
The noiseless Shabbat
The Shabbat of pillows and sheets and comforters
The Shabbat of darkness
And secrets
And stars
And of falling leaves,
And crickets
And bedroom windows still open.

When the candles die
And the dishes are washed
And the wine is gone
And it's time to sleep
Shabbat begins.

Lewis John Eron

While we enjoy the regular rhythm of this month, let us take a moment in the stillness to count our blessings. So often we are looking for the next big event that we fail to appreciate the beauty in the everyday regular routine. As the days get colder, let's keep community close and not forget how much we have to be grateful for.

Wishing everyone a wonderful month,

Rabbi Allen

Park Plaza and the Simchat Torah Project



Rabbi Allen and Park Plaza's new Torah Cover

October 7th, 2023, was Simchat Torah in Israel. Over 1200 people were murdered, and hundreds more were taken hostage. The Jewish people suffered our most horrific day since the Holocaust.

October 2024 marked the first Simchat Torah since the horrific events of October 7th.

Simchat Torah is usually a day of joy and celebration, in which we dance – but Simchat Torah 5785/2024 marked the first yahrzeit of the

1200 victims of October 7th. How do we commemorate this poignant and difficult anniversary?

Synagogues around the world opened their Aron HaKodesh(Ark) on Simchat Torah night and took out several Torah scrolls. One or more were adorned with a new Torah cover to mark the first yahrzeit of October 7th. This beautifully designed Torah cover proclaimed that this Torah is dedicated in memory of the 1200 souls and the many soldiers and hostages who have since died. Each Torah cover features the name of one of the holy souls embroidered onto it.

The Jewish world is unified, knowing that across the globe, Jews danced with Torah scrolls that collectively link us all with the events of October 7th and inspire us to realize that "Am Yisrael Chai."

Synagogues encouraged their members to come and dance with the newly robed scroll, to remember the fallen, by holding their Torah high, so that they can say: "We will not forget what happened on Simchat Torah last year, but we are determined to dispel the darkness with light."

Park Plaza is proud to be one of the many communities across the globe that participated in this project and united with Israel and the Jewish people.

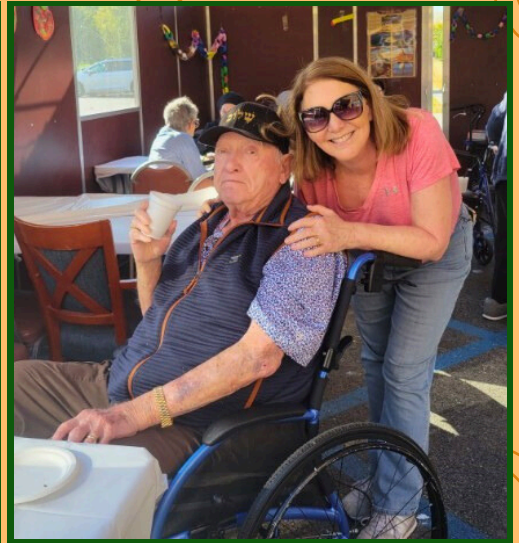
November

| Sunday | Monday | Tuesday | Wedn |
|---|---|--|--|
|  |  |  |  |
| <p>3 2 Cheshvan</p> <p>Leanne Bennion Student Recital @ 3:30 pm - Multipurpose Room</p> <p>GLO Opera Victor Herbert Hits @ 7:30 pm - Multipurpose Room</p> <p>Daylight Saving Time Ends</p> | <p>4 3 Cheshvan</p> | <p>5 4 Cheshvan</p> <p>Voting 1:30 - 2:30 pm - Sign up at the Front Desk</p> <p>Election Day</p> | <p>6</p> <p>Holocaust Kindertransports & Holograms</p> <p>Jeff and Janice @ 6:45 pm - Room 104</p> |
| <p>10 9 Cheshvan</p> | <p>11 10 Cheshvan</p> <p>Honoring our Veterans @ 3:00 pm</p> <p>Ada Trio @ 1:45 pm - Back Dining Room</p> <p>Veterans Day</p> | <p>12 11 Cheshvan</p> | <p>13</p> <p>Boy Gets Girl - Skokie Theatre up at the Front Desk</p> <p>Daniela Bischoff @ 6:45 pm - Room 104</p> |
| <p>17 16 Cheshvan</p> <p>Jazz Quartet @ 1:45 pm - Back Dining Room</p> | <p>18 17 Cheshvan</p> | <p>19 18 Cheshvan</p> | <p>20</p> <p>River's Crossing - Buena Vista @ 7 pm - Sign up at the Front Desk</p> <p>Gus Friedlander @ 8 pm - Back Dining Room</p> |
| <p>24 23 Cheshvan</p> <p>Maya Kramer Musical Bingo @ 1:45 pm - Back Dining Room</p> | <p>25 24 Cheshvan</p> <p>Saving the Earth with Science - Charlie Abrams Lecture @ 3 pm - TV Room</p> <p>Karaoke Night with Angel Care Heath Services @ 6:45 pm - Room 104</p> | <p>26 25 Cheshvan</p> | <p>27</p> <p>Marriage of Figli - Sign up at the Front Desk</p> <p>Stu Frank @ 8 pm - Back Dining Room</p> |

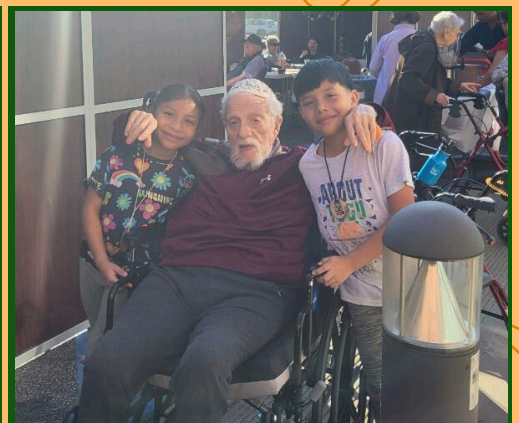
2024

| Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|
|  |  | 1 30 Tishrei CANDLE LIGHTING 5:24 - 5:44 PM  | 2 1 Cheshvan HAVDALAH 6:26 PM  |
| 5 Cheshvan at Museum: Sport Exhibit am @ 1 pm anis Duo @ Back Dining oom | 7 6 Cheshvan Diabetes Awareness Lecture with Right at Home Health Services @ 3 pm - Activity Room 104 | 8 7 Cheshvan CANDLE LIGHTING 4:15 - 4:35 PM  | 9 8 Cheshvan HAVDALAH 5:19 PM  |
| 2 Cheshvan irl @ 1:30 pm heater - Sign Front Desk enius Duo @ Back Dining oom | 14 13 Cheshvan Barb's Boutique 12-4 pm - Room 504 | 15 14 Cheshvan CANDLE LIGHTING 4:09 - 4:29 PM  | 16 15 Cheshvan HAVDALAH 5:13 PM  |
| 9 Cheshvan sino in Des s Departs: 1 up at Front esk nder @ 6:45 Dining Room | 21 20 Cheshvan November Birthday Party @ 1:45 pm - Back Dining Room | 22 21 Cheshvan CANDLE LIGHTING 4:04 - 4:24 PM  | 23 22 Cheshvan HAVDALAH 5:09 PM  |
| 6 Cheshvan of Figaro @ n up at the Desk @ 6:45 pm - ing Room | 28 27 Cheshvan  | 29 28 Cheshvan CANDLE LIGHTING 4:00 - 4:20 PM  | 30 29 Cheshvan HAVDALAH 5:07 PM  |

Pizza in the Hut



Pizza in the Hut



Pizza in the Hut



Choir Concert



Happy Birthday!!




Birthday Party!




 Sunday, November 3rd
Leanne Bennion Student Recital @ 3:30 pm - Multipurpose Room


 Sunday, November 3rd
GLO Opera Victor Herbert Hits @ 7:30 pm - Multipurpose Room

 Tuesday, November 5th
Election Day Voting - 1:30 - 2:30 pm - Sign up at the Front Desk

 Wednesday, November 6th
Holocaust Museum: Kindertransport Exhibit & Hologram @ 1 pm


 Wednesday, November 6th
Jeff and Janis Duo @ 6:45 pm - Back Dining Room

 Thursday, November 7th
Diabetes Awareness Lecture with Right at Home Health Services @ 3 pm - Activity Room 104


 Monday, November 11th
Ada Trio @ 1:45 pm - Back Dining Room

 Monday, November 11th
Veteran's Day Ceremony: Honoring our Veterans @ 3 pm


 Wednesday, November 13th
Skokie Theater Presents: Boy Gets Girl @ 1:30 pm - Bus Departs: 12:30 pm

 Wednesday, November 13th
Daniela Bisenius Duo @ 6:45 pm - Back Dining Room

 Thursday, November 14th
Barb's Boutique 12-4 pm - Room 504

 Sunday, November 17th
Jazz Quartet @ 1:45 pm - Back Dining Room

 Wednesday, November 20th
Rivers Casino in Des Plaines - Bus Departs @ 1 pm

 Wednesday, November 20th
Gus Friedlander @ 6:45 pm - Back Dining Room

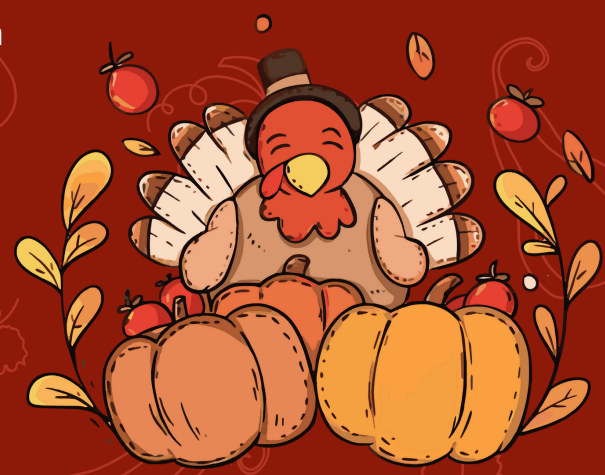
 Sunday, November 24th
Maya Kramer Musical Bingo @ 1:45 pm - Back Dining Room

 Monday, November 25th
Saving the Earth with Science - Charlie Abrams Lecture @ 3 pm - TV Room

 Monday, November 25th
Karaoke Night with Angel Care Health Services @ 6:45 pm - Activity Room 104

 Wednesday, November 27th
Marriage of Figaro @ 2 pm - Bus Departs @ 12:15 pm - Sign up & pay at Front Desk

 Wednesday, November 27th
Stu Frank @ 6:45 pm - Back Dining Room



Thursday, November 21st
November Birthday Party
@ 1:45 pm Back Dining Room

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