

# Park Plaza Post February 2025



Hillel Lipson  
Executive Director

As we at Park Plaza watch the events unfolding in the State of Israel, we see slight glimmers of hope. There is a fragile cease-fire in place and the slow return of Israeli hostages held in captivity for 15 months.

Is the cease-fire situation perfect; far from it, but if there is a chance to get these people home it needs to be attempted.

The Jewish people have learned throughout history to take each day one at a time and to enjoy our moments when we have them.

Let's enjoy this moment and welcome home thirteen hostages back into the arms of their family.

**Doron Steinbrecher**

**Romi Gonen**

**Emily Damari**

**Liri Albag**

**Karina Arielev**

**Danielle Gilboa**

**Naama Levy**

**Arbel Yehud**

**Agam Berger**

**Keith Siegel**

**Gadi Moshe Moses**

**Ofer Kalderon**

We celebrate the return of these thirteen brave men and women and hope and pray for more...Bring Them All Home!

## Shabbat Times

### February

### Candle Lighting

### Havdalah

1/31 - 2/1

4:44 - 5:04 pm

5:50 pm

2/7 - 2/8

4:53 - 5:13 pm

5:59 pm

2/14 - 2/15

5:02 - 5:22 pm

6:07 pm

2/21 - 2/22

5:11 - 5:31 pm

6:15 pm

2/28 - 3/1

5:20 - 5:40 pm

6:23 pm

# Announcements

## February Birthdays

Jeannine Simon	2/5
Renee Lifsics	2/9
Louis Goldsmith	2/11
Elise Rozenberg	2/22
Phyllis Singer	2/22
Paula Warnick	2/22
Benjamin Gross	2/22
Ira Hantz	2/25
Sue Kahn	2/27



## Welcome to Park Plaza

Shulamis & Benny Weinfeld



Ira Hantz  
Susan Katz



## In Memoriam

R. Yisroel (Izzy)  
Rabinowitz



## Mazel Tov

-  Beverly Feldman on the engagement of her grandson
-  Myrna & Marvin Cohen on the birth of twin grandchildren
-  Carol & Dr. Feivel Rosen on the engagement of their granddaughter
-  Seymour Lepp on the birth of a great-granddaughter, the Bar Mitzvah of his great-grandson, and the marriage of his great-grandson
-  Sara Baver on the birth of a great-grandson, the engagement of her granddaughter, and the Bar Mitzvah of her grandson
-  Sue & Lothar Kahn on the Bat Mitzvah of their great-granddaughter and the birth of a great-grandson
-  Sarah & Avraham Brandes on the engagement of their grandson
-  Elise Rosenberg on the engagement of her great-grandson
-  Donna Atkins on the birth of a great-grandson
-  Rabbi Phillip Rabinowitz on the marriage of his great-grandson
-  Shayna Rabinowitz on the marriage of her nephew
-  Sharon Cohen on the Bar Mitzvah of her great-grandson
-  Sharon Skidelsky on the marriage of her granddaughter
-  R. Lee Glickman on the marriage of her great-granddaughter
-  Rachel Lis on the engagement of her grandson

*Congratulations*

# Crystal Corner with Julie

## Cardiac arrest versus heart attack – know the difference!



Julie Petelle  
Wellness Coordinator

February is Heart Health month so let's talk about the difference between a cardiac arrest and a heart attack. People often use these terms interchangeably, but they are not the same.

Cardiac arrest is an "electrical" problem. The definition of a heart attack is when the heart malfunctions and stops beating unexpectedly. Cardiac arrest is triggered when there's an electrical malfunction in the heart and it starts beating erratically, also known as arrhythmia. When this happens, the heart can't pump enough blood to the brain, lungs, and other organs. It is a leading cause of death among

thousands of people annually, with about 75% of cardiac arrests happening in the home.

When a person has a heart attack, they quickly become unresponsive, usually not breathing or gasping for air. It's critical that CPR be administered quickly to improve their chances of surviving a cardiac arrest. This can double or even triple the chances of recovering from a cardiac arrest.

A heart attack is a "circulation" problem. Heart attacks happen when blood flow from an artery to the heart is blocked. A blocked artery prevents oxygen-enriched blood from reaching a portion of the heart. If the blockage isn't cleared, that part of the heart will start to die.

Symptoms of a heart attack usually include intense discomfort in the chest or upper body, shortness of breath, cold sweats, and/or nausea and possibly vomiting. Symptoms can suddenly occur but usually they start slowly and may persist for hours, days, or weeks before a heart attack occurs. Women may feel symptoms differently – their symptoms are usually shortness of breath, nausea or vomiting, and back or jaw pain.

Unlike a cardiac arrest, the heart usually doesn't stop beating during a heart attack. However, the longer someone goes without treatment for a heart attack, the greater the damage to the heart.

If you suspect a heart attack, call emergency services right away so they can begin treatment when they arrive. Patients with chest pain that arrive by ambulance usually receive treatment faster at the hospital.

There is a link between a heart attack and a cardiac arrest. Most heart attacks do not lead to cardiac arrest. But when cardiac arrest occurs, a heart attack is usually the cause, which is why it's important to seek treatment for a possible heart attack as quickly as possible.

Fast action can save a life. If you suspect that you or someone you know is having a heart attack, call emergency medical services right away. If you know how to perform CPR and the person is unresponsive, begin administering CPR after calling for emergency medical services. For more information, please feel free to see me in the Wellness Center with any additional questions.

# From the Rabbi's Desk



Rabbi Eitan Allen

This calendar month overlaps with the Hebrew month of Shevat. That means that this month on the 13th we will mark and celebrate Tu B'Shevat. Tu B'Shevat commonly referred to as the New Year for the trees and is a unique holiday in the Jewish calendar. Tu B'Shevat is a different holiday as it has no prescribed commandments or changes in the Synagogue. Nevertheless, it is a time to reflect and appreciate nature and connect to the holiness that is latent in the world around us. There is a widespread custom to

eat fruits on Tu B'Shevat. It is ironic here in America because much of the country is still in the grips of winter and no fruits are growing on the trees. Even in Israel the fruit growing has not begun in earnest but the potential for the fruits is there. The Chasidic masters have taught us, that sap is rising in the trees and the process for creating the fruits is well on its way. This is an important lesson as a great part of our accomplishments are rooted in our determination and our will. When we set our mind to something it is mystically similar to the completion of the action. So the next time you pass by a barren tree visualize the beautiful fruit ripening and waiting to be picked.

As we look around nature, we learn more about ourselves and life itself. The great Rabbi Avigdor Miller used to spend much time admiring nature and learning lessons to take back to everyday life. There are so many vast treasures in the world of fruit and it behooves us to take time to appreciate them. We have fruits that are hard on the outside such as nuts and of course fruits that are soft. Some fruits have peels yet other are edible the way they grow. Others have big pits such avocados or peaches and yet some have smaller seeds like apples or pears. Many are very sweet while other are tart. They all contribute to a vast array of wonderful bounty that God has created for us. So it is with people, we come in many shapes and sizes and we all have different "fruit" to share. As we reach this year's Tu B'Shevat may we reflect deeply on the bounty of Hashem's world and the treasures in our vast humanity.

Wishing everyone a Happy Tu B'Shevat and a Happy February.

Rabbi Allen

# Sun Lamps at Park Plaza

Park Plaza is introducing Sun Lamps to help you with the winter blues. These lamps are used for Light Therapy and are located in the long hallway.

## What Does Light Therapy Do?

This involves sitting in front of specialized 10,000 LUX light therapy lamps. These lamps are designed to produce high amounts of light to mimic the sun. Our bodies need sunlight but rarely receive enough of it, especially in the winter, which aids in our body's ability to produce two essential hormones - Melatonin and Serotonin.

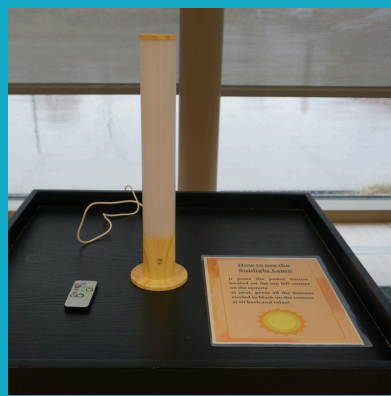
**By sitting in front of a light therapy lamp for 20 - 30 minutes each morning or early afternoon, we replace some of that lost sunlight to trigger the production of those hormones.**

Producing these hormones will help with increased energy, better-regulated sleep, improved mental health and mood, increased productivity and focus, improved memory, and reduced anxiety.

When you use these lamps, an instruction sheet on the tables will walk you through how to use them. The lamp remote will also be on the table with the buttons to use circled. We hope you will use one of the three lamps in the long hallway when you are in need of some sunlight.

### How to use the Sunlight Lamp

- 1) press the power button located on the top left corner on the remote
- 2) next, press all the buttons circled in black on the remote
- 3) sit back and relax!



Lamp instructions which are on all tables











Lamp above is off & lamp below is on

Lamp remote with which buttons to use circled

# January

Sunday	Monday	Tuesday	Wednesday
2 5 Tevet Pianist Katrina Sudman @ 1:45 pm - Multipurpose Room	3 6 Tevet	4 7 Tevet Book Club with Adina @ 2:30 pm - Room Behind the Fish	5 Taboun Grill Bus Depart The Wave Popular Music - Back Dining
9 12 Tevet Kol Zimrah Choir @ 1:45 pm - Multipurpose Room	10 13 Tevet	11 14 Tevet Ronie's Boutique: Mid-winter sale: Everything is \$10 - 11 am - 3 pm - Activity Room 104 Parkinson's Disease Support Group and Exercise with Julie @ 1:30 pm - Room Behind the Fish	12 Oil Lamp Theatre Presents: The comedy of William Shakespeare Abridged - Bus Depart Yan Skladman @ Back Dining
16 19 Tevet Saddle Shoe Sister @ 1:45 pm - Back Dining Room	17 20 Tevet	18 21 Tevet Special Meet & Greet Edible Craft: Ice Cream Sandwiches @ 2:30 pm - Front Dining Room	19 CSO's Comedy Open Rehearsal - 12:30 pm Bus Depart Sign up at Front
23 26 Tevet Violinist Aviva Chertok @ 1:45 pm - Back Dining Room	24 27 Tevet	25 28 Tevet Tango Movement for Parkinson's @ 1:45 pm - Activity Room 104 Professor Charlie Abrams Lecture: Jewish Scientists @ 3:45 pm - Activity Room 104	26 Lincolnshire Presents: Journey to the Tech Dreamworld Departs: 1

# 2025

Wednesday		Thursday		Friday		Saturday	
				 <p>CANDLE LIGHTING 4:44 - 5:04 PM</p>		 <p>1 4 Tevet HAVDALAH 5:50 PM</p>	
<p>8 Tevet Bill in Skokie - Starts: 11 am Live Hunters - Music @ 6:45 pm Dining Room</p>		<p>6 9 Tevet Park Plaza's Variety Show! @ 6:45 pm - Multipurpose Room</p>		<p>7 10 Tevet  <p>CANDLE LIGHTING 4:53 - 5:13 PM</p> </p>		<p>8 11 Tevet  <p>HAVDALAH 5:59 PM</p> </p>	
<p>15 Tevet Water in Glenview Complete works Shakespeare: S Departs: 10 am Man @ 6:45 pm - Dining Room</p>		<p>13 16 Tevet Tu B'Shvat Seder @ 1:45 pm - Back Dining Room</p>		<p>14 17 Tevet  <p>CANDLE LIGHTING 5:02 - 5:22 PM</p> </p>		<p>15 18 Tevet  <p>HAVDALAH 6:07 PM</p> </p>	
<p>22 Tevet Community Rearsal - 10 am n - No Cost - Starts: 8:30 am - Front Desk</p>		<p>20 23 Tevet Caregivers in the Spotlight @ 1:45 pm - Back Dining Room</p>		<p>21 24 Tevet  <p>CANDLE LIGHTING 5:11 - 5:31 PM</p> </p>		<p>22 25 Tevet  <p>HAVDALAH 6:15 PM</p> </p>	
<p>29 Tevet Hire Marriott Joseph and Technicolor Coat - Bus S: 11:15 am</p>		<p>27 1 Shevat</p>		<p>28 2 Shevat  <p>CANDLE LIGHTING 5:20 - 5:40 PM</p> </p>		 <p>HAVDALAH 6:23 PM</p>	

# Happy New Year!



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# Challah Making



# Happy Birthday!



## Birthday Party





**Sunday, February 2nd**

Katrina Sudman Piano Duo @ 1:45 pm - Multipurpose Room



**Tuesday, February 4th**

Book Club @ 2:30 pm - Room Behind the Fish



**Wednesday, February 5th**

Taste of Kosher Chicago - Taboun Grill in Skokie - Bus Departs: 11 am



**Wednesday, February 5th**

The Wave Hunters - Popular Music @ 6:45 pm - Back Dining Room



**Thursday, February 6th**

Variety Show @ 6:45 pm - Multipurpose Room



**Sunday, February 9th**

Kol Zimrah Choir @ 1:45 pm - Multipurpose Room



**Tuesday, February 11th**

Parkinson's Disease Support Group and Exercise with Julie @ 1:30 pm - Room Behind the Fish



**Wednesday, February 12th**

Oil Lamp Theater in Glenview presents: The complete works of William Shakespeare: Abridged - Bus Departs: 10 am - \$32 per person - Sign up at the Front Desk



**Wednesday, February 12th**

Yan Skladman @ 6:45 pm - Back Dining Room



**Thursday, February 13th**

Tu B'Shvat Seder @ 1:45 pm - Back Dining Room



**Sunday, February 16th**

Saddle Shoes Sisters @ 1:45 pm - Back Dining Room



**Tuesday, February 18th**

Special Meet & Greet Edible Craft: Ice Cream Sandwiches @ 2:30 pm - Front Dining Room



**Wednesday, February 19th**

CSO's Community Open Rehearsal - 10 am - 12:30 pm - No Cost - Bus Departs: 8:30 am - Sign up at the Front Desk



**Thursday, February 20th**

Caregivers in the Spotlight @ 1:45 pm - Back Dining Room???



**Sunday, February 23rd**

Violinist Aviva Chertok @ 1:45 pm - Back Dining Room



**Tuesday, February 25th**

Tango Movement for Parkinson's @ 1:45 pm - Activity Room 104



**Tuesday, February 25th**

Lecture with Professor Charlie Abrams: Jewish Scientists @ 3:45 pm - Activity Room 104



**Wednesday, February 26th**

Lincolnshire Marriott Presents: Joseph and The Technicolor Dreamcoat - Bus Departs: 11:15 am - \$25 per person - Sign up at the Front Desk



Winter



**Thursday, February 27th**

**February Birthday Party**

**@ 1:45 pm - Back Dining Room**

**Park Plaza**  
a Jewish Senior Living community

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