

Beachwood Buzz

May 2019

Every Resident. Every Business. Every Month.

MAGAZINE

Beachwood's Drama Queen

Fosters
35 Years
of Happily
Ever Afters



Happily
Every
After

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None of us knows what someone is dealing with, so our default mode should always be kindness. It's important to let those who are struggling know they are not alone.

May is Mental Health Month. When you or someone you love is dealing with a mental health concern, it may be a lot to handle. It's important to remember that mental illnesses are common and often treatable.

A healthy lifestyle may help prevent the onset or worsening of mental health conditions, as well as chronic conditions like heart disease, diabetes, and obesity. It may also help people recover from these conditions. Last year's mental-health theme, #Mind-4Body, is being expanded this year to include the topics of animal companionship, spirituality and religion, humor, work-life balance, and recreation and social connections as ways to boost mental health and general wellness.

Mental illnesses are real and recovery is always the goal. Living a healthy lifestyle may not be easy, but it can be achieved by making small, gradual changes and building on those successes.

According to Mental Health America, one in five adults in the United States lives with a mental health condition, and one in 25 lives with a serious mental illness. They say that treatments are highly effective; between 70 percent and 90 percent of individuals have a significant reduction of symptoms and an improved quality of life when the right treatments and supports are in place. The following information may help you, a friend or loved one:

- Humor, spirituality, recreation, animal companionship, and work-life balance are import-

ant for everyone, but may be of special importance to people who live with chronic health conditions and those who care for them. Take time to nourish your body with what it needs.

- Finding a reason to laugh, going for a walk, meditating, playing with a pet, or working from home once a week can go a long way when we focus on our physical- and mental-health needs.
- The company of animals – whether as pets or service animals – can have a profound impact on a person's quality of life and ability to recover from illnesses. A pet can be a source of comfort and can help us to live mentally healthier lives.
- Sometimes life is far from funny, but when we find humor in a situation, laughter may help lift our moods – and the moods of others – which may help when dealing with a difficult situation.
- Whether you go to a religious institute, meditate daily, go for a walk or simply find time to enjoy a cup of tea each morning when you check in with yourself, it may be important to slow down and connect with your spiritual side to find that mind-body connection.

- Finding balance between work and play, ups and downs, and physical and mental health may help us develop a sense of inner peace and overcome chronic conditions .

People who experience mental health conditions often face rejection, bullying and discrimination, which may make their journey to recovery longer and more difficult. Navigating life with a mental-health condition can be tough; and the isolation, blame, and secrecy that may accompany a chronic condition could makes it more difficult to reach out to obtain needed support.

Although life may be hard at times, patience, understanding and inclusion go a long way. None of us knows what someone is dealing with, so our default mode should always be kindness. It's important to let those who are struggling know they are not alone.

For more information on Mental Health Month, visit MHA's website at www.mentalhealthamerica.net/may.

Back pain may come with age, but it can be treatable.



Crawford Barnett, MD
Cleveland Clinic Euclid,
Hillcrest and South Pointe

specialist at Cleveland Clinic Euclid, Hillcrest and South Pointe hospitals.

To relieve and manage chronic pain, things that anyone can try include:

- Increase your activity level.
- Modify your activities.
- Achieve and maintain a healthy weight with exercise and a balanced diet.

“As we age, the discs in our back slowly dehydrate, causing them to lose height. This can lead to back pain,” says Crawford Barnett, MD, a pain management

- Practice using psychological tools, including relaxation and stress management techniques.
- Use non-narcotic medications.

If pain persists, your physician may prescribe physical therapy. But patients may need more aggressive treatment if pain continues. “A pain management specialist can start with diagnostic injections. These may provide relief on their own or in combination with physical therapy,” says Dr. Barnett.

Radiofrequency ablation (RFA) goes one step further, heating a small nerve with electric current to interrupt pain signal transmissions. After this outpatient procedure, which takes 30 to 45 minutes,

most patients can resume normal activities within 24 hours.

“With chronic lower back pain that won’t go away, RFA often reduces pain between 50 and 100 percent. This can significantly improve quality of life,” says Dr. Barnett.

While the effects are not permanent, RFA often provides up to a year of relief and can be repeated.

Visit ClevelandClinic.org/PainManagement for more information. To make an appointment with a Cleveland Clinic pain management specialist on the East Side, call 216.444.PAIN (7246).

Nurses Make a Difference Every Day

Every year in May, Cleveland Clinic joins in the National Nurses Week celebration to recognize our nurses for the amazing care they provide to patients.

Today and every day, Cleveland Clinic nurses are putting Patients First. For that we want to say two words back – Thank you. Thanks to all of our dedicated nurses who make a difference every day by embracing their calling to provide safe, quality and compassionate care.

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Beachwood Buzz

Every Resident. Every Business. Every Month.

Buzz
MAGAZINE

Beachwood's Drama Queen Fosters 35 Years of Happily Ever Afters



Every production begins with nail-biting auditions. The actors worry about being cast; the director worries about having a pool of talent to fill the roles; the tech team observes from the sidelines, with visions of how the stage will shine once it's hit with spotlights. Then, much like a puzzle, the director determines who will play what role, while the actors anxiously wait for the e-cast list to be posted. Next comes two months of musical rehearsals, choreography, and staging, all that lead to a grueling tech week. There are always challenges – drama within the drama – and then comes Opening Night, when the magic begins!

Full story starts on page 7.

Cover story photos by Scott Morrison, Discovery Photo.



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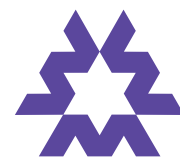
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Beachwood's Drama Queen

Fosters 35 Years of Happily Ever Afters

From left: Long-time actors Alison Harris, Lindsay Silverstein, Paige Schiller and Taryn Weiss gather around Jill Koslen-Freirich, Beachwood Community Theater's 35-year director.

Every production begins with nail-biting auditions. The actors worry about being cast; the director worries about having a pool of talent to fill the roles; the tech team observes from the sidelines, with visions of how the stage will shine once it's hit with spotlights. Then, much like a puzzle, the director determines who will play what role, while the actors anxiously wait for the cast list to be posted. Next comes two months of musical rehearsals, choreography, and staging, all that lead to a grueling tech week. There are always challenges – drama within the drama – and then comes Opening Night, when the magic begins!

At Beachwood Community Theater, under the direction of Jill Koslen-Freirich, magic happens both on stage and behind the scenes, and “happily ever afters” continue long after the performers take their final bows. Bonds are made and friendships built, some that span more than three-decades.

“As Irving Berlin so eloquently stated, ‘there’s no people like show people,’” Jill said.

Jill’s love for her “home away from home” is evident when she spoke in the Beachwood

Middle School auditorium. She established a passion for theater at three years of age when her aunt, Donna Sperber, took her to see her first film, *Mary Poppins*. “I was intrigued by the music, costumes, singing and dancing, and how Dick Van Dyke and Julie Andrews brought the story to life,” she told us, just before singing a quick line *Spoonful of Sugar*. “The movie mesmerized me, and I couldn’t wait to do what I saw them doing on the big screen.”

At age nine, Jill began acting at Heights Youth Theater. The first role she played was Wilma Weasel in *Magnificent Mr. Toad*, and from that time, acting was in her blood. Jill remembers submitting vignettes, about a year later, to HYT director Jerry Leonard, suggesting that he add them to his shows. Although her proactive approach was often denied, she learned a lot from her experiences and knew that one day she wanted to run her own theater.

Jill continued to act through her days at Beachwood High School (Class of ’79) under the direction of Mitchell Fields. When she didn’t receive a lead role, she gladly stepped in as assistant director.

“To be successful in theater, you have to develop a thick skin because there is a lot of rejection,” she stated as she thought about her high-school days. “I learned to take criticism with a grain of salt, and I’ve used past experiences as learning tools to be more delicate when I work with youth, teens and adults.”

Jill learned to overcome obstacles by surrounding herself with role models, including her childhood friends Robin Klein, of blessed memory; Heidi Sicherman, who now goes by Heidi Joyce and used to appear on Broadway; and second cousin Darrel Latter, who was always

“I was literally handed my dream job, and the program was an instant success because so many kids who wanted to perform year-round had participated in summer programs.”

on the stage. "They always supported my efforts, as did my family," Jill said. "Although I was criticized at times, I endured; and although I liked acting, I grew to learn that the creative end of theater was a better fit."

After graduation, Jill attended The Ohio State University, where she majored in education with a minor in theater. "I wanted to be sensible," she said. "I thought, if I majored in theater, what would I do when I graduate, since I knew I probably wouldn't go to New York. I knew that if my major was in English education, I could teach English, speech, theater, and communications."

Jill always saw a silver lining. As a freshman, she was assigned to help actors with costume changes during a production of King Lear, and was assigned to hand-wash the men's costumes after each performance. Although it was a menial task, she would take the clothes down to the Olen-tangy River, hang them out to dry, and enjoy the sunshine.

At age 21, Beth Rosenblum, former city of Beachwood recreation director, presented an opportunity to create and run a year-round drama program. Jill had worked at the city's summer camp since age 14, so Beth gave Jill the ball and asked her to run with it.

"I was literally handed my dream job, and the program was an instant success because so many kids who wanted to perform year-round had participated in summer programs," Jill told us with a smile. "Our first show was Snow White and the Seven Dwarves. We had 60 kids audition, and all were cast, so everyone had their moments to shine."

"So much of my job is to make everyone feel important, and to give everyone the opportunity to shine on stage," Jill added. "Acting enables kids to build confidence and realize their dreams."

In the early days, no matter how many kids auditioned, Jill would always create a part and place for them. Then, in 1988, Beachwood Community Theater became a full-fledged community theater where youth, teens, and adults were cast in its productions. When renting scripts from MTI and Samuel French, one does not have the liberty to create additional roles.

"Many times, there are not as many speaking roles as actors who try out," Jill explained. "However, we still find a place for 90% of those who audition!"

During the summer, Jill continues to write original musicals to accommodate everyone who participates.

"So much of my job is to make everyone feel important, and to give everyone the opportunity to shine on stage," Jill added. "Acting enables kids to build confidence and realize their dreams."

Actors build lifelong relationships and recall lessons learned well into the future, after they take their final bows and the big red curtain closes. Acting provides opportunities to loosen up, get in the mindset of a character, and enter the Land of Make Believe. "That's one aspect of the magic of theater," Jill said. "When you step into the shoes of a character, you create an alternative reality."

Jill paused and reflected. "In 1984, when Beth presented an opportunity to run this theater, my direction was to take the ball and run with it. I have been running ever since and hope to continue doing this for many years to come. I love the creative aspect and the family that has been created by the Beachwood Community Theater actors and production team. Theater people are the kindest, most loving and accepting people."

For much of Jill's career, she has been working with Beachwood Community Services director Karen Carmen, who said, "I am always impressed

when Jill can take students and adults that have little to no experience in theatre – other than a desire to be on stage – and assemble a unified full production where people know their lines, how to follow direction for dramatic effect, and to dance and sing, all in a matter of a few weeks. Jill has a very special gift and I am so glad she shares it with us."

"I'm humbled by the impact that the Beachwood drama program has had on so many kids' lives," Jill added. "It offers actors much more than a role in a play. It empowers them, and they leave with the confidence that they can achieve anything."

In closing, she said, "I love tackling Disney shows because of the messages they emanate: Never give up on your dreams, everyone has the ability to be a hero or heroine, and everyone has the ability to love and be loved."

Beachwood Community Theater opens its doors to people of all ages, races and sexual orientations. For more information, call 216.595.3734.

Little Mermaid to Make a Splash



Loosely based on Hans Christian Andersen's story of a mermaid who falls in love with a human prince, the musical was a huge success on the big screen in 1989. Combining Disney magic and modern musical theater, The Little Mermaid led the way for such subsequent hits as Beauty and the Beast and The Lion King.

As you read this, Jill is multi-tasking back stage to put the final

touches on Little Mermaid, which will make a splash this month in the Beachwood Middle School auditorium. "I love the music, and costumes are always challenging," Jill said. "Costume designer Diane Sofer never ceases to amaze me. I've been working with her for at least 25 years and never know what she will create next."

Jill also gave a shout out to musical director Rory Sanders

and choreographer Julie Schullo, both of whom have been involved for years. "We hope they never leave," Jill said.

The Cast

Taryn Weiss and Olivia Sharp are double cast as Ariel. "These two girls have been giving brilliant performances since they were little, and they get better as time goes on," Jill said.

Lindsey Silverstein plays Ursula, the villain, and shares the stage with two of her children. Paige Schiller is double cast for the role.

Other family affairs include: Allison Harris, dance captain, and her daughter, Sloane, lead dancer; Patrick Azouri, ship's captain and ensemble, and his daughter, Morgan, seahorse; Gary Henry, Max the dog, and his son, David,



Charley Peck and Olivia Sharp are double cast with Tom Kijauskas and Taryn Weiss as Prince Eric and Ariel in *The Little Mermaid*.

sound designer; Melissa Karen, mer-sister, and her son, Evan, Flounder; Raleigh Hayes Orosz, Scuttle, the seagull, her husband, John, adult ensemble, twin daughters, Hannah and Kiera, seagulls and lead dancers, and son, Jason, stage hand.

"I love to see parents and children share the spotlight," Jill said. "Most of the time, this happens when a young actor begs mom or dad to come be in the play. Once they do, they often become hooked."

Many other veteran actors join the cast. Additionally, 30+ young performers who portray schools of fish, and singing and dancing seagulls, complete the illusion of an enchanted world under the sea.

Behind-the-Scene Stars

- Karen Carmen, the most creative person Jill has ever met, visualizes props and makes them come to life
- Shannon Diamond helps carry out Karen's visions
- Colleen Ockenden designs t-shirts, fliers, programs and ads
- Pete Conces helps with casting and sometimes performs himself
- Susan Merdler provides feedback from an actor's parent's viewpoint
- Michelle Miller, types scripts and assists with scheduling
- Jim Friereich, Jill's husband, designs sets and handles behind-the-scene details, which is quite apropos since the couple met at the theater in 1998 when Jim stopped in to provide feedback to a friend. Since then, he has designed and helped build every set.



BEACHWOOD RECREATION COMMUNITY THEATER
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SATURDAY, MAY 4 • 4:00 P.M.
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FRIDAY, MAY 10 • 7:30 P.M.
SATURDAY, MAY 11 • 4:00 P.M.
SUNDAY, MAY 12 • 2:00 P.M.
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Music Adapted and Arranged by David Weinstein • Based on the Hans Christian Andersen Story & Disney Film
Produced by Howard Ashman & John Myster and Written and Directed by John Musker & Ron Clements
Originally Produced by Disney Theatrical Productions
Directed by Jill Koslen-Friereich • Musical Director by Rory Sanders • Choreography by Julie Schullo

Tolerance and Acceptance

At Beachwood Community Theater, participants learn lessons both on and off the stage. "This play shares a message of tolerance and acceptance," Jill told us. "When King Tritan tells his daughter that she is not to associate with humans because they are different, Ariel stresses to her father, and the audience, that we should never be prejudiced; we need to accept each person or sea creature that we encounter with an open mind and open heart."

Giving Back

"We are fortunate to have the City of Beachwood as an umbrella to cover expenses and support our endeavors," Jill said. "Together, we aim to achieve a common goal – to entertain people and make them happy, so they leave with big smiles on their faces. That in itself defines success, but we always take it a step further by giving back to our community."

To spread the love from Little Mermaid, proceeds from candy sales will benefit

Harvest for Hunger; cast members will visit a children's hospital to spread the warmth and magic of *The Little Mermaid* to kids who may not be able to physically attend; and families from The Gathering Place have been invited to attend one special, free performance, on Thursday, May 9, at 7:30 pm, as were senior groups and Jewish Big Brother Big Sister volunteers. If you are part of a group that would like to be invited to attend this show, please call 216.595.3734.

Messages from Long-time Actors

Alison Harris

I absolutely love that my whole family is involved with Beachwood Community Theater. We each have our own talents, and it's fun and rewarding to work together as a family. Sloane and I are on stage, Liza is on the tech crew, and my husband helps with the Box Office. We even got him in costume at the last show. My girls' confidence gets built honing their skills, and it is all because of Jill and BCT.

Paige Schiller

Jill has been a crucial part of my upbringing and has taught me many life lessons in the twenty-one years that I've known and worked with her, both on and off the stage. She taught me to never grow up, to find the good in everyone, and to always be humble and kind. When I was seven years old, my parents registered me for Beachwood's summer Theatre Camp, and I was instantly addicted.

Through BCT, I found a safe space that is warm and inviting. Essentially, I found a home. BCT has and will always be something I hold in my heart. I've learned to love to no end, to allow my creativity to shine through, and to be a friend.

I am grateful for the strong bond between cast members and the production team. We spend countless hours obsessing over the smallest details because we know we can always improve. We are all weird, unique, different, talented, smart, and courageous individuals who will do anything we can to be a part of the show.

In recent years, I have had the unique opportunity to reconnect with old classmates. We are the big kids now, the ones the teens look up to. This is weird for us because they are all taller, and how can we be that old!?

No matter where we go in life, we know we can always come back to the stage and be welcomed into old friends' arms and lives as if no time had passed. We get to share in the magic. I often find myself asking, "What kind of person would I be if I'd never been in a show," and I can't seem to picture it because I am so thankful that I get to do what I love with people I love. I am forever grateful for Jill and for all that she's done for me. She has helped raise me in a magical world that I am so lucky to be a part of.

Lindsay Silverstein

Beachwood Community Theater is my home and family. It's my happy place – my stress reliever. I have created friendships that have lasted over 30 years from BCT, and new relationships that feel like 30 years. We support each other on stage, and off stage; these are the individuals I can count on when something in my life needs extra love, celebration or support. These were the individuals who were a part of my surprise engagement during curtain call in December 2017.

As a child actor, I always looked up to adults in the show. Now it's fun to be the adult who helps guide and mentor children actors. Through theater, I learned skills that support me as a professional business leader in the community. They include confidence to speak and present in front of people, problem solving on the fly, teamwork, and to work alongside individuals of all ages and walks of life.

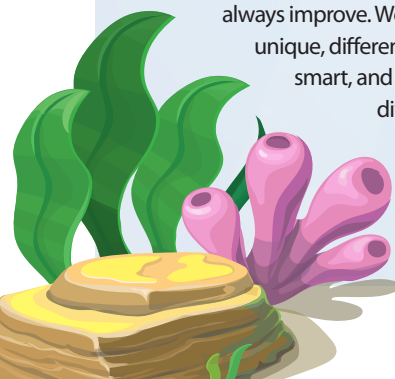
I have the best of both worlds. I'm following

my passion by being on stage – with my children – and thriving in the professional world with skills developed from BCT.

Taryn Weiss

From the moment I first stepped the stage in a Beachwood Community Theater production 20 years ago, I knew that I had found my second home. Over the years I have had the privilege to perform on stage and grow up with many actors. After an eight-year hiatus from performing, I was welcomed back to BCT with open arms. I had the pleasure of being reunited with familiar faces and meeting newcomers, who are now friends. At BCT, it doesn't matter where you're from, how old you are, or what you do for a living. We are all there with a common goal; to put on a great production. Our support team is like no other. The group will pick you up when you're feeling down and celebrate with you when you have a win.

The skills I have learned from Jill over the years are skills that I use everyday in my professional career. As an attorney, I can hear Jill in my ears encouraging me to enunciate and project while I'm presenting at conferences or at hearings. A lot has changed since I first stepped on that stage 20 years ago, but I can confidently say that I am who I am because of the people I met and the skills I learned from Jill and BCT.



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Positive Remembrance

by Jennifer Stern



Last month, a beloved Beachwood High School math teacher, Arthur Gugick, and his companion, Barbara Becker, died in a car accident. They were sudden and unexpected deaths that left many in shock and grief stricken. Sudden loss is difficult to understand, to wrap your mind around. It can be hard to believe and to accept. Here one day and gone the next. We know that death is a part of life, but this does not make grieving any easier. When someone you care about has died, the world stops, turns upside down, and creates a surreal and disorienting new normal.

Everyone had a different relationship with Mr. Gugick. Some had him as a math teacher, others knew him from his travel blog. His LEGO creations were admired far and wide. He had a passion for teaching, travel, and music. He lived his life with intelligence, humor, openness and curiosity.

As with any loss, everyone's relationship is unique, and so too will be their grief. It is important to accept and respect each individual's response, beliefs, and needs without making assumptions, passing judgement

or personalizing. Everyone will have their own grief experience. Their own timeline. Their own pain points. Their own source of strength and comfort. How one grieves is not to be judged, compared, or questioned. Words that comfort one may trigger another.

It is normal to feel sad, exhausted, agitated, angry, anxious, foggy, numb. You have the right to feel your feelings without explanation. The healing work of grief is experiential and changes over time. Remember, what (or who) feels comforting one day may not be

next. There are many layers to loss. Understanding duality is important, it is possible to feel competing emotions at the same time.

Death can be confusing. Intellectually knowing someone has died but questioning on a deeply cellular level how it can possibly be true is a normal aspect of grieving. Students and staff may walk into Mr. Gugick's classroom for months to come expecting to see him sitting at his desk. His family and friends may expect a text or call. Adjusting to loss takes time, patience, and a lot of self-care.

There are many things in life we can not control, but we can control how we approach and actively participate in our own healing and self-care.

- Communicate your needs in a direct, transparent and respectful way. No one can read your mind or anticipate your needs.
- Manage expectations of yourself and others. Assume the best in one another. Remember and accept that everyone has different beliefs, needs and approaches in grief.
- Take each day as it comes, one day at a time.
- Exercise.
- Rest.
- Drink plenty of water.
- Engage in positive distractions, such as journaling, painting, music, meditations, LEGOS, reading, exercise, or movies, as some examples.
- Allow others to support and help you. Ask for what you

need. If you are having a difficult time, speak to friends, family, clergy, your doctor or a therapist. Grief can be lonely, but this does not mean that you are alone. If you are feeling hopeless or are having suicidal thoughts, please call The National Suicide Prevention Lifeline, which is available 24/7, at 1.800.273.8255.

Positive remembrance is an important part of healing through grief. Mr. Gugick's sons, childhood friend, and cousin spoke lovingly, nostalgically, and with admiration, humor, and love for how he lived and encouraged everyone to enjoy life as he did and would want for them to. They encouraged everyone to remember him, speak of him, laugh at memories and share stories of him.

When grieving, positive remembrance is powerful. Loved ones who pass will continue to have meaningful impact on the world through stories shared and values emulated. Their light will continue to shine through those whose lives they've touched.

Transform your sadness into positive remembrance by celebrating the qualities you admired, respected and enjoyed about a loved one. Live with an open mind. Be curious, a student of the world, and treat everyone with respect and kindness.

Jennifer Stern, LISW, is a Loss and Bereavement Specialist at Ellen F. Casper, PH.D and Associates in Beachwood. For more information, call 216.464.4243. Visit her website, www.transformativegrief.com, and sign up for monthly posts.

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Uncovering the Lost Books of the Bible

Monday–Wednesday, June 3–5
10–11:30 a.m. (includes light breakfast)

The Beginnings of Judaism and Christianity: Scholars, Soldiers, and Sectarrians

Tuesday–Thursday, June 4–6
1:30–3:30 p.m.

CLOSING LECTURE

The End of the World as We Know It: Jewish Perspectives

Thursday, June 6
7 p.m. (includes dessert reception)

For pricing and to register visit case.edu/lifelonglearning/jassen

SPACE IS LIMITED.
ADVANCE REGISTRATION IS REQUIRED.

FOOD AND THE JEWISH EXPERIENCE

Two lectures with David Freidenreich, Associate Professor of Jewish Studies, Colby College, Associate Director of the Center for Small Town Jewish Life

FOOD FIGHTS: GASTRONOMICAL EVENTS THAT TRANSFORMED AMERICAN JEWISHNESS

Wednesday, June 26 | 7 p.m.

(NOT) EATING WITH YOUR NEIGHBOR: CHRISTIAN AND ISLAMIC VIEWS ON JEWISH FOOD

Thursday, June 27 | 10 a.m.

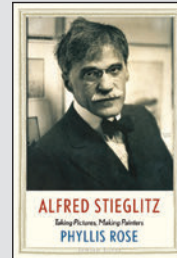
Lifelong Learning Member cost for each lecture: Free

Nonmember cost for each lecture: \$5

REGISTER AT CASE.EDU/LIFELONGLEARNING OR CALL 216.368.2090 OR 216.368.2091

JEWISH LIVES SERIES

Local professors lead discussions on books published by Yale University Press's Jewish Lives Series.



ALFRED STIEGLITZ: TAKING PICTURES, MAKING PAINTERS

Instructor: Michael Weil, Photographer

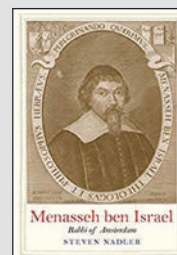
Wednesdays, June 12–26
10–11:30 a.m.



HAYIM NAHMAN BIALIK: POET OF HEBREW

Instructor: Judith Shamir, Instructor of Lifelong Learning, CWRU

Wednesdays, July 10–24
10–11:30 a.m.



MENASSEH BEN ISRAEL: RABBI OF AMSTERDAM

Instructor: Matt Goldish, Samuel M. and Esther Melton Chair of History, The Ohio State University

Wednesdays, July 31–August 14
10–11:30 a.m.

Lifelong Learning Member cost:
\$31/three-week session

Nonmember cost: \$41/three-week session

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Call today to receive your copy of Siegal Lifelong Learning's Summer Catalog.



Art in the Village with Craft Marketplace Returns with World-Class Art

Popular event on June 1 & 2 features more than 100 fine artists and craft artisans

Legacy Village will once again transform its grounds into an art-lover's paradise during the 29th Annual Art in the Village with Craft Marketplace, June 1 & 2, when 100 national and local artists will display their fine works.

This prestigious show will encompass fine jewelry, paintings, sculptures, photography, ceramics, glass, wood, handmade jewelry, collage, mixed media, and hand-crafted apparel and decor.

The festival will also include a full craft market with handmade organic soaps, live plants, tasty edibles, affordable and practical artisan-created works, and more. Art in the Village runs from 10 am to 8 pm on Saturday, June 1; and from 10 am to 6 pm on Sunday, June 2. All artists will be on site throughout the festival.

Residents and visitors alike will find something for everyone during this free, two-day artistic affair. Ample parking is available and pets on leashes are always welcome.

Presented by Howard Alan Events (HAE), the Annual Art in the Village with Craft Marketplace represents original, hand-crafted artwork selected by an independent panel of expert judges. HAE's careful vetting process ensures that there will be a vast array of artistic media in all price ranges.

About Howard Alan Events, Inc.:

Howard Alan Events, a Florida-based company, produces the nation's top juried art and craft shows. Ranked among the Top 100 Art Fairs in the Country by *Sunshine Artist Magazine*, the 30+ years-established company has overseen art festivals in such noted cities as Aspen, CO; Sarasota, FL; Fort Lauderdale, FL and 40 other destination markets in the nation.

For additional information, visit www.artfestival.com or call 561.746.6615.



Clockwise from top: Citrine pendant by Glenda and Eric Lundgren, glass vases by Dustin Wagner, oil and acrylic painting by John Krieger, and handmade soaps by Bonita Molln & Jevne Eilts.

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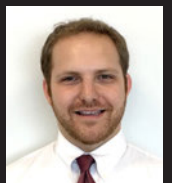
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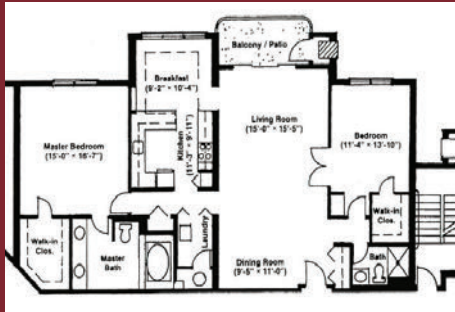
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An owner-managed community

Music Man Play Read

The Beachwood Historical Society, in collaboration with Shaker Heights Indoor Theatre, proudly present Music Man, a play reading that will take place on May 18 at the Beachwood Community Center. The performance starts at 7 pm, and is free and open to the community.

Shaker Heights Indoor Theatre is a play-reading group that has been around for more than 61 years, comprised of members of all ages and professions.

The Beachwood Historical Society will encourage audience participation in this performance. Words will be provided so the audience can sing along with the actors.

Come sing, march along, and learn about the history of Music Man, Meredith Willson, Harold Hill, and the people of Iowa.

To attend, please RSVP by calling 216.591.0229 by May 15.



Beachwood Historical Society Spring and Summer Events

The Beachwood Historical Society, in collaboration with the City of Beachwood, invites you to the following events:

Homes and Garden Tour

Sunday, June 23 • 1-4 pm

View beautiful homes and gardens in our very own community. Cost is \$15 per person. This program is also in collaboration with the Beachwood Arts Council.

Tai Chi and Yoga Classes

Free classes will take place in the Beachwood City Park West Pavilion, rain or shine. Programs are in conjunction with Cuyahoga Arts & Culture.

Yoga • Saturdays, 11 am – noon

July 6, 13, 20, 27

Meditate and try gentle poses with Julie Konrad of Luna Presence Yoga. Bring a chair, mat or towel.

Tai Chi • Sundays, 10 – 11 am

July 7, 14, 21, 28

Relax and breathe with Jennifer Stepien.

Patriotic Concert

Sunday, June 2 • 7 pm

Beachwood Family

Aquatic Center

Pickleball Anyone?

Saturday, July 13

A doubles pickleball tournament is back by popular demand! Singles are welcome and will be paired up with a partner. New and experienced players are welcome.

Mad for Plaid Luncheon

Thursday, July 18 noon

How did Queen Victoria introduce plaid to the people? A curator from the Western Reserve Historical Society will unveil the story and teach us about our very own Cleveland plaid.

For more information about these programs and to register, visit www.beachwoodohio.com.

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Thursday, June 27, 2019

Dinner Hour 5:30 p.m.

Conversation 6:30 p.m.

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27100 Cedar Road, Beachwood

Program and Dinner are Free of Charge

Seating Limited – Reserve Space Early

RSVP to Beth Silver, 216-839-6678 or

bsilver@menorahpark.org

no later than Monday, June 3

Aging Resources Dinner Conversations
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Encouraging the spirit of learning
for adults ages 45 and up.



Loose and Free Patterns, Lines, Shapes and Color

An Art Exhibit at the Beachwood Community Center • May 8-31

Artists' Reception

Sunday, May 19 • 1-2:30 pm

Light refreshments will be served.

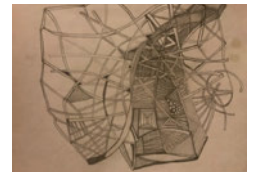
Free and open to the community.



Visit with the artists at the Artists' Reception, or stop by to view this show, which will feature paintings and drawings created by Alan G. Ross, Dawn Gettig and James Freedman.

Alan G. Ross

Alan G. Ross, an attorney who resides in Beachwood, grew up watching his father doodle. He, too, began to doodle. People would often ask him for his finished pieces, which launched his artistic career. Alan creates geometric shapes and connects them with the goal of taking the abstractions that emerge and, through his sense of symmetry, contains those shapes within a structure.



Alan is an avid outdoorsman, and enjoys playing the harmonica and singing in two bands: Afterthought & The Nu Soul Band, and Lady Bluz & Her Cru. He donates proceeds from art sales to the ALS Association.

Dawn Gettig

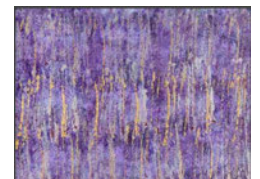
Dawn is an environmentalist, artist and yoga teacher who gets her inspiration for art from nature. She believes that art carries a lively energy that will fill your home with more radiance and life force; and that creativity will feed your soul and bring more purpose to your life. Dawn creates mixed media paintings, tea bag art, flora and fauna art, encaustic art, wall hangings and more.



Dawn exhibits in galleries, does commission work, and teaches art classes. She is also a certified Feng Shui practitioner.

James Freedman

James Freedman originally found his artistic voice in music. He began his legal career in 1983, and for 25 years, painted in his leisure time. In 2008, James switched gears, devoted himself full time to painting, and relocated from New York City to Cleveland.



His work has been described as "abstract expressionist" in nature. James is fascinated by colors, shapes, order and disorder, and how a single work can integrate different elements in one way or another. As soon as a 'style' starts to feel comfortable, he feels compelled to make changes. James relies on painting to express emotion in a non-verbal fashion. His paintings have appeared in galleries, exhibitions and juried art festivals around the country.



Hello Beachwood!

Hello Beachwood! I'm excited to announce that we had one of our best months ever. We have a great sales team that will bend over backwards to get you the best deal. Our service department will wash your car when you bring it in for service, and if you need a loaner car, and you are a Beachwood resident, consider it done. No questions asked. Stop by and say hello!

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2019 Civic LX Sedan



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- Bob Seger • 73
- May 7
- May 9 Billy Joel • 70
- May 12 Steve Winwood • 71
- May 13 Stevie Wonder • 69
- May 18 Tina Fey • 47
- May 19 Mara Friedman • 22
- May 20 Cher • 73



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HEY NEIGHBOR!

by Arlene Fine



Beachwood resident and Shul Boys member, Jerry Cohen.

Shul Boys – Cuba's newest Rough Riders

For some people, a 10-day motorcycle ride over Cuba's rutted back roads and hairpin turns through narrow mountain paths would be a trip from Hell. But to Beachwood Blvd. resident Jerry Cohen, it was a trip of a lifetime.

Jerry and five other members of the Cleveland's Shul Boys, all members of the Jewish Motorcycle Alliance, just returned from an extensive, exhaustive, but exhilarating, two-wheel, 1,600-mile ride through Cuba.

"Before we left Cleveland on March 20, I didn't know what to expect but I knew I was headed for an adventure," says Jerry. "The gorgeous landscapes, the island's rich history, the friendly people and incredible culture remain fresh in my mind and exceeded my wildest expectations."

Riding modern BMW rental bikes and led by their Cuban guide, Luis, the group traveled the island, often staying at *casas particulares*, local guesthouses run by Cubans. "Staying in Cuban homes gave us a chance to interact with our hosts and get an inside glimpse of their lives," says Jerry. "Wherever we went, we received a royal welcome."

Included in the Shul Boy's itinerary were visits to old forts, ancient churches, cemeteries, monuments, colonial cities, tropical beaches, colorful plazas, tobacco and sugar cane fields, Alejandro de Humboldt National Park, museums, and Hemingway's home in Havana.

In Santa Clara they visited the site of the last battle of the Cuban Revolution led by Fidel Castro in late 1958, and they

traveled to Cuba's San Juan Hill where Teddy Roosevelt and the Rough Riders fought for Cuba's independence from Spain. In Trinidad, they gawked at the pastel-colored mansions, churches and cobblestones streets.

Whether they sped through on well-paved national highways or slowed for the more challenging rural, gravel-and-dirt back roads, the Shul Boys made their destination city before nightfall, each evening. Jerry says main roads were well maintained, but some back roads were in poor condition. Often their motorcycle caravan came to a halt or slowed when loaded farmers' carts, old Russian trucks, horses, pigs, mules and feisty bulls crossed their paths. "We even rode on streets made of cobblestones and ancient rocks from ballasts of old ships that had docked in Cuba," says Jerry.

An emotional aspect of the trip was visiting a synagogue and Jewish community center in Havana, where the Shul Boys met members of Cuba's Jewish community. "There hasn't been a permanent resident rabbi in Cuba since 1959, when the bulk of Cuba's Jews left due to Fidel's triumph," says Jerry. "The remaining 1,100 Jews reeducated themselves on how to lead a Jewish life. I gave David, the president of the

congregation, my Shul Boys kippah and promised not to forget him."

As Jerry reflects on his ride, he says, "You can tour Cuba sitting in an air conditioned bus, but to actually ride the roads gives the experience a different dimension. I'm so grateful to have seen Cuba now, before it becomes modernized, and strip centers start to appear. This trip was like going back to the 1950s."

"The gorgeous landscapes, the island's rich history, the friendly people and incredible culture remain fresh in my mind and exceeded my wildest expectations."



Top: The Shul Boys, in front of a bed and breakfast in Havana where they spent their first night.

Bottom, from left: Bonnie Kellogg; Luis, the group's tour guide; Pat Serio; Tim Cannard; Jerry Cohen; Ian Abrams and Bruce Ente.



Mother's Day Gift Ideas

Mother's Day Gifting

Your Mom Deserves the Best. Find the Perfect Gift and so Much More at Beachwood Place and La Place

Mother's Day is Sunday, May 12, and there's plenty of time to create the perfect experience or find the ideal gift. As you know, Mom deserves the best, and Beachwood Place and La Place have everything you need to make this Mother's Day one she'll never forget.

Imagine a day dedicated to pampering her. Start the day at Cedar Creek Grille, where brunch is served until 3PM. Indulge in the classic Eggs Benedict or a yummy Belgian Waffle. Schedule a massage or rejuvenating facial at the Dino Palmieri Salon & Spa and top the night off with dinner and drinks at Bomba Tacos & Rum or Lindey's Lake House. Bomba Tacos & Rum features a friendly selection for the whole family to enjoy including a craft-your-own guacamole option! And at Lindey's Lake House, embrace all of the warm-weather vibes while you enjoy fresh, flavorful favorites in a beautiful environment.

If you're looking for the ultimate gift that will be sure to "wow," a little sparkle from Alex and Ani goes a long way. The keepsake charms will make her day memorable for years to come. Plus, sweet treats in adorable,

pre-selected or individually curated boxes from Lolli & Pops will delight her sweet tooth. Whether mom's favorites are champagne gummi bears or assorted gourmet chocolates, there are goodies for every palate. Create a one-of-a-kind treat basket that will show her just how sweet you think she is.

For active mommas, new gear from Athleta is the way to go. High performance meets high style, even if she's just running to the coffee shop, going to yoga, or heading to a meeting. Hip mommies will love the on-trend clothing options at Evereve, with the best style for summer! With favorite brands such as Free People, Michael Stars, and 7 For All Mankind, you'll be inspired by the selection.

If your mom's a beauty lover, treat her to something new to add to her makeup and skincare routine. Spend some time with a M.A.C artist who

can help create the perfect color palette and teach you a few insider tips. Find some of the best beauty cabinet essentials including fragrance, skincare, makeup, and haircare favorites at Sephora.

Discover pampering favorites at Lush. Each Lush product is handmade, and every season is full of new bath bombs in fun shapes and scents. Choose from beautiful and relaxation-inducing gift sets or put together a customized gift basket with all of mom's preferences.

There's nothing better than being treated to gifts you wouldn't normally buy for yourself. After all Mom has done for you, she certainly deserves a day dedicated to spoiling her. Beachwood Place and La Place make gifting for mom easy and exciting.

For a complete list of retailers, events and sales, visit www.beachwoodplace.com.



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Wood Trader, located at 13429 Cedar Road, just one block west of South Taylor in Cleveland Heights, is the perfect place to go for all your framing needs. From basic framing to gallery-quality treatments to custom fabrication, our portfolio of capabilities has grown over the past 40 years since opening our business. We recognize the individual uniqueness of our clients and focus on details to provide them with custom solutions. Whether you are in need of restoration on a family heirloom, are looking to complete a corporate collection or would like to frame that one special piece, Wood Trader is ready to help.

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Stop in and let Anne, Rita and their staff help you select the perfect gift this Mother's Day. Stop at the Trunk Show on May 17 to see local artist Lindsay Flack's "word designs" – or to choose from jewelry, gifts for the home, personalized gifts and so much more. You will feel confident that you've selected something mom will love. For more information, call 216.831.4444 or visit www.mulhollandsachs.com.

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Eastside Landscaping

Treat your mom to beautiful flowers this year – but not cut flowers that don't last. Have Eastside Landscaping's flower experts plant flowering shrubs and perennials that will bloom year after year, or additional annuals for that constant summer color!

Whether you plan to install a new landscape or renovate your existing one, allow the designers at Eastside Landscaping to discuss all of the details with you. A well thought out plan will transform ideas into a functional and aesthetically pleasing yard. Eastside is a full-service landscaping company that has been providing snowplowing, landscape maintenance, design, patios, walls, fountains, outdoor kitchens and fireplaces to homes on Cleveland's east side for 30 years.

This year, think about how you can transform your mom's yard into her sanctuary. Imagine a walkway and stone patio transforming her yard to the ultimate outdoor living space. Today's patios now include built-in kitchens with gorgeous granite counter tops, grills with side burners and shiny stainless steel built-in appliances.

Why not consider an eating area and an outdoor living room complete with a fire pit, or a customized stone fireplace? Maybe a gazebo, pergola or a screened-in porch to extend your summer season?

When renovating the exterior of your home it requires the same amount of thought and consideration as any

interior renovation. At Eastside Landscaping, all outdoor construction is designed and built "in house." As an integrated design-build team, Eastside professionals collaborate from the creation of the design through every aspect of construction in order to maximize the investment you are making on your home.

This spring, allow us to create a unique outdoor living space. At Eastside Landscaping, "Details Make the Difference."

For more information, call us at 216.381.0070 or visit www.eastside-landscaping.com.



This year, think about how you can transform your mom's yard into her sanctuary.

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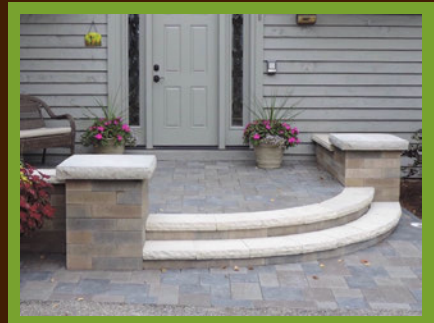
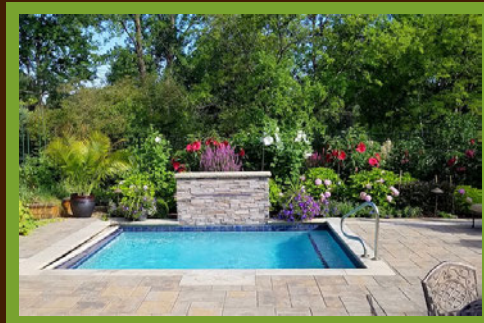
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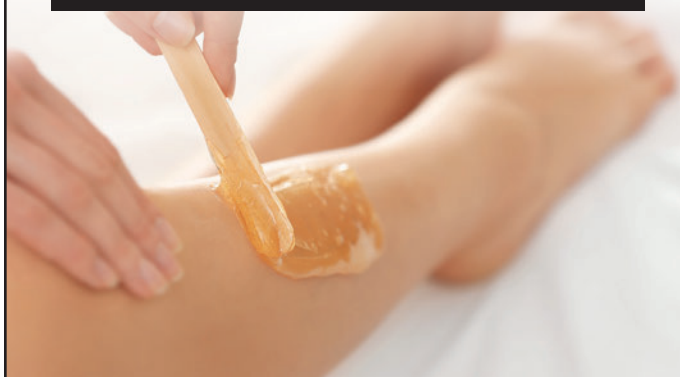
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Bella Salon and Spa

Pamper Mom this Mother's Day

As transformations go, Gabriella Chessman recently turned an outdated, little-known Chagrin Blvd. salon into a hip, trendy full-service beauty salon and spa that caters to everyone who wants to look and feel their best. The former Salon 180 is now Bella Salon and Spa, located at 27900 Chagrin Blvd. in Woodmere. Gabriella held a ribbon-cutting ceremony on April 27 to mark the salon and spa's official opening.

Gabriella, a lifelong marketing executive with some salon experience, has made the leap from the world of consumer products to owning a 3,000-square-foot business with 17 stylist chairs, private pedicure and waxing rooms and manicure stations. She took ownership last month, and held a grand re-opening event on Saturday, April 27, which included food, a raffle, and discounted services.

With Mother's Day just around the corner, Gabriella invites you to buy mom gift certificates to try out her services and treat mom like a queen.

Services include everything hair, gel manicures and pedicures, acrylic nails, nail-dip manicures, waxing and hair removal, makeup, peels, massages, facials, and botox injections. Microblading and makeup eyelashes are coming soon.

Bella Salon and Spa offers Blowout Tuesdays, offering clients a free blowout with any other hair service. It also offers Waxing Wednesdays, where clients receive a free lip or chin wax with the purchase of another wax service. Waxing is offered by Gabby T.

Bella Salon and Spa is a preferred Goldwell salon, and all of our services feature hot towels.



Treat mom or treat yourself. Everyone deserves to be pampered!

"The beauty business has intrigued me since I worked the front desk of a beauty parlor in my native Long Island, New York in college," Gabriella said. "I spent the last year learning the trade by helping to run a nearby salon, and decided it was time to make the leap from employee to business owner."

Treat mom or treat yourself. Everyone deserves to be pampered! Call 216.292.3670 for appointments, or stop in to purchase gift certificates today. For a complete listing of services, visit www.bellasalonandspa.com.

Hours are 9 am to 5 pm on Tuesdays, Wednesdays, Fridays and Saturdays; 9 am to 7 pm on Thursdays, and closed on Sundays and Mondays.

The Race One-Mile Walk/Run & 5K

Making a difference by raising awareness for the early detection of breast cancer

The Race is looking forward to a large crowd at Legacy Village this Mother's Day for its 16th annual one-mile walk/run and 5K run. It's an exciting opportunity to raise awareness about the early detection of breast cancer and help the non-profit reach \$1,500,000 in funds raised to date for breast cancer clinical research.

The Race, a Northeast Ohio-based non-profit founded in 2004 by siblings Josh Berns, 27, and Dani Berns, 25, is unique in that it is organized almost entirely by student volunteers, including younger sister Abby Berns, 16. The Race encourages students and their families to get involved to actively fight to eradicate breast cancer. All proceeds from the event will benefit The Case Comprehensive Cancer Center, which coordinates all clinical cancer research in Northeast Ohio, including Case Western Reserve University, University Hospitals, and the Cleveland Clinic.

For the past six years, The Race has partnered with Effective Leadership Academy (ELA) to find student volunteers to assist in the preparation of the event. High school students from surrounding communities join together

to develop and utilize 21st Century Skills including teamwork, leadership, and project management. They also embrace the importance of philanthropy.

The Race will be held at Legacy Village, 25333 Cedar Rd., Sunday, May 12. Registration for the event begins at 7:30 am. The 5K run will begin at 8:30 am and both the one-mile walk/run will begin at 9:30 am.

Tickets are \$20 per adult and \$15 per child. Each registered participant will receive a t-shirt and can enjoy entertainment, refreshments, prizes and children's activities. Prizes will be given away throughout the morning. To register or learn more about The Race, visit www.DoTheRace.com and follow @DoTheRace on Facebook, Twitter, Instagram and Snapchat.

Join Our Annual Mother's Day Event on May 12, and Walk with Mom!

The Race has been held each Mother's Day for the past sixteen years, attracting thousands of participants to date. Bring your family, and make it a Mother's Day to remember. Race participants will receive t-shirts, and everyone can

enjoy refreshments, bounce houses, laser tag, face painting and more. The individual who raises the most money will win a prize. A prize will also be awarded to the team and the school with the greatest participation.

Cleveland's 16th Annual



kids & their families making a difference
one step at a time

Join Us for a
5-K or 1-Mile Walk/Run!
Mother's Day
Sunday, May 12, 2019

Honorary Chair: Monica Robins
Channel 3 News Senior Health Correspondent/Reporter



Photo courtesy of Clifford Norton Studio

Register at:

DoTheRace.com

Questions:

info@dotherace.com • 866-540-RACE (7223)

Legacy Village, Lyndhurst

7:30 a.m. • Registration

8:30 a.m. • 5-K Start

9:30 a.m. • 1-Mile Walk/Run Start

Supporting Breast Cancer Research at:



CASE
COMPREHENSIVE
CANCER CENTER



Private donors cover our operating costs so 100% of your donation goes towards cancer research pilot funding at the Case Comprehensive Cancer Center (Case CCC).



\$20 Entry Fee Per Adult • \$15 Entry Fee Per Child
Face Painting • Balloon Artists • Bounce House • Kids' Crafts

Proud Sponsors:



Think Beachwood Arts Council This Mother's Day

The best gift for mom this Mother's Day is to spend time with her, so invite mom to join you at this music program or art exhibit at the Beachwood Community Center. Come to the opening reception and meet the artists. Enjoy a day out together, while you support the arts in Beachwood. Plus, these programs are free! For complete information, follow Beachwood Arts Council on Facebook or visit www.beachwoodartscouncil.org.



Inspirations from Vienna Concert

Sunday, May 26
2-3 pm

Pianist Alicja Basinska, violinist Jeanelle Brierley, and French horn player Meghan Guegold will play classical music composed by Brahms, Korngold, and Schubert. This free program is made possible by grants from Cuyahoga Arts & Culture and Ohio Arts Council.

Good Neighbors Art Exhibit

Wednesday, June 5 –
Thursday, June 27
Gallery Hours:
Monday – Friday, 10 am – 4 pm
Saturday, 10 am – 3 pm
Sunday, 10 am – 1 pm

Opening Reception

Saturday, June 8 • 5-7 pm
Beachwood Arts Council and Shaker Arts Council will present "Good Neighbors," a juried art exhibit featuring artwork of four Beachwood and four Shaker Heights artists. Works will include landscapes, abstracts, and portraits created in various media, such as pastels, oils, acrylics, and charcoal. This art exhibit is free and open to the community.

Artists are: Debra Bream, Hazel Brown, John Martin, Susan Cone Porges, Leslye Discont Arian, Karen Mehling-DeMauro, Kathleen McKenna, and Tatiana Tate.



Morning Meditation
by Susan Porges
Pastel painting that will be displayed at the Good Neighbors juried art exhibit.

Beachwood Arts Council Annual Meeting

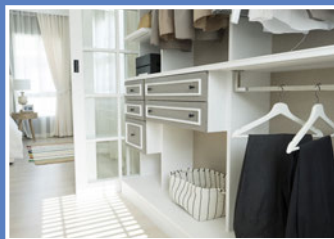
Tuesday, June 11
7-8:30 pm

Upcoming events will be discussed, new officers and board members will be sworn in, the recipient of the Si Wachsberger Art Award will be announced, and entertainment will be provided. This meeting is free and open to the community.

BAC Board Seats Available

Are you an art lover who would like to be considered to serve as a BAC board member? If you are willing to support the organization with ideas, time, and effort, please contact Paula Rollins, BAC president, at phonepr@aol.com.

SPRING WARDROBE NEED A PICK ME UP?



Personal Style Therapy with JILL FRIEDMAN

Stylist • Personal Shopper • Image Consultant

I can find **3 New** outfits from your existing closet! Other services include Wardrobe Development, Image Consulting, Personal Shopping, Workshops

**Complimentary 30 minute consultations
Let's get to know each other!**

Perfect gift for Mother's Day, Graduations, Birthdays

Serving all Cleveland suburbs
216-591-1948

Jill@personalstyletherapy.com • personalstyletherapy.com

Give Mom a Wardrobe Pick Me Up this Spring!

Do you have a closet full of clothes, yet never find anything to wear? Do you like to shop, but don't like making decisions on your own? That's where Jill Friedman, from Personal Style Therapy, comes in.

Jill has a lifetime of experience in retail and fashion, both in New York and Cleveland. Jill has a flare for fashion and putting together outfits. Jill studied image consulting at Fashion Institute of Technology (FIT), worked on 5th Avenue in New York, and her passion for style continues to grow.

Jill will go through your closet, have you try things on, and give you an honest assessment of how they look. Plus, she promises to find three new outfits!

"I'll evaluate balance, proportion, color, fabric, and overall look, and we'll say goodbye to anything worn or from the 20th century,"

she says. "Then, I'll determine new silhouettes and colors that might be outside your typical rotation and create outfits from both new and existing clothing items."

Create a new look this spring. It's a perfect gift for mom – or for yourself.

Other services offered are wardrobe development, image consulting, personal shopping and workshops. Call today for a complimentary 30-minute consultation. Gift certificates are available.

For more information, contact Jill at 216.591.1948 or visit her website at www.personalstyle-therapy.com.



Beachwood's Going To The Dogs

By Arlene Fine

Beachwood residents on two or four feet will have a new gathering spot this summer. Barkwood, the city's fetching new off-leash dog park, is expected to open in early July, thanks to the efforts of Beachwood City Council.

"I view Barkwood as much more than just a dog park," says Beachwood City Council member and dog owner Barbara Bellin Janovitz. "Like our aquatic center, this is another friendly city area where residents from all over Beachwood can meet, socialize and interact. Even if you are not a dog owner, you can stop by the park to enjoy the action and camaraderie."

With an initial budget of \$150,000 Janovitz said the allocated funds, while intended for Barkwood, will assist with other Beachwood Park East amenities down the road. "With a water line in place, we can eventually put in a bathroom on the east side of the park, and the expanded electrical capabilities will allow us to illuminate other portions of the park and beef up our security lighting," she says.

Barkwood users who want more enhancements to the park may be able to make private donations. "Some residents want to donate funds for amenities like a bench with a small plaque with their name on it, or equipment in honor or memory of their dog with their dog's name on it," Janovitz says. "That is something the administration and council have under consideration."

Here are some facts about Barkwood, provided by Karen Carmen, Beachwood community services director.

WHY HAVE A DOG PARK?

- To provide a community gathering spot for Beachwood residents and their pets
- To give dogs a safe place to exercise and roam freely
- To allow dogs to socialize with other dogs
- To allow owners to be physically active with their dogs

BARKWOOD DETAILS

- For Beachwood residents and fur children only, 365 days a year, sunrise to sunset in Beachwood City Park East
- A fenced-in locked facility with synthetic grass specifically designed for dogs (no muddy paws!)
- Benches and water fountain for two and four-legged animals
- Slightly less than an acre
- On-site parking available; Barkwood is accessible from walking trails
- Separate areas for small (<30 pounds) and large dogs
- Dogs must be registered
- To register, call 216.292.1970
- Key fobs will be distributed
- Cost is \$25 per family

Don't let time run out!



Give your children

A GIFT OF ISRAEL

Open an account that offers matching funds to help save for your children's educational trip to Israel.

Annual Enrollment and Deposits Due by June 1, 2019

Contact Maya Holtz Groys
 216.371.0449 | mgroys@jecc.org
 or visit www.jecc.org/israel

A partnership of the Jewish Federation of Cleveland and the Jewish Education Center of Cleveland



2030 South Taylor Road, Cleveland Heights, Ohio 44118
 P: 216.371.0446 | F: 216.371.2523 | W: www.jecc.org

As families gather for the Holidays in the spring, it's a time to reflect on changes that have occurred since they were last together.

So, have you noticed a loved one slowing down, or finding it difficult to handle their activities of daily living?

Does your loved one need extra help with bathing, shopping, medications or meal prep?

Just need a caring person to accompany them to medical appts.?

We do all of this and more!



We're here to help when you cannot.
Rentadaughter.org • 216-633-3604

CITY OF *Beachwood* Insider

MAY
2019

Contact Info

CITY OF BEACHWOOD
25325 Fairmount Blvd.
Beachwood, OH 44122
216.464.1070
www.beachwoodohio.com

TV PROGRAMMING
Spectrum - Ch. 1020
AT&T U-Verse - Ch. 99

EMERGENCY Dial 9-1-1

Departments

CLERK OF COUNCIL
216.595.5493

AUDITOR
216.595.3712

BUILDING DEPARTMENT
216.292.1914

COMMUNITY SERVICES
216.292.1970

ECONOMIC DEVELOPMENT
216.292.1915

FINANCE DEPARTMENT
216.292.1913

FIRE DEPARTMENT
216.292.1965

LAW DEPARTMENT
216.595.5462

MAYOR'S OFFICE
216.292.1901

POLICE DEPARTMENT
216.464.1234

PUBLIC WORKS DEPT.
216.292.1922

#TRASHTAG TRENDS IN CUYAHOGA COUNTY WITH HELP FROM CUYAHOGA RECYCLES AND YOU

Are you part of the #trashtag challenge – the global movement that went viral on social media? People worldwide are participating by cleaning up litter and posting before and after pictures on social media with the hashtag #trashtag.

Cuyahoga Recycles offers supplies and support to organizations and schools that want to assist environmental clean-up efforts. “We have offered the Clean Up Cuyahoga program since 2012 and we’re encouraged that the #trashtag idea has brought litter problems to the forefront,” says Diane Bickett, executive director of the Cuyahoga County Solid Waste District.

Clean Up Cuyahoga kits include recycling bags, garbage bags, cloth gloves, car litter bags, seed packets, educational materials and promotional items. Groups and schools can request kits for up to 30 participants. Any adult representative of a school or youth group may request a kit by completing the online form https://cuyahogarecycles.org/clean_up_cuyahoga

Visit www.CuyahogaRecycles.org or call 216.443.3749 to learn how to recycle in your community.



Cuyahoga County
SOLID WASTE DISTRICT
CuyahogaRecycles.org

BEACHWOOD RESIDENTS: SHRED SUNDAY

Bring personal documents, mail and files to be shredded for FREE! Proof of residency required. Rain or shine. Limit: 12 blue bags or 6 banker boxes.

SUNDAY, MAY 12
9 AM – 12 PM
BEACHWOOD COMMUNITY CENTER PARKING LOT



AMAZING YOU!

In addition to our usual programs, during the month of May, we will be offering a variety of **FREE** programs in conjunction with the Older Americans Month theme:

Connect • Create • Contribute
View the [May Upperclassmen](#) for details on these activities.



LIKE US ON FACEBOOK

[Facebook.com/BeachwoodOH](https://www.facebook.com/BeachwoodOH)
[Facebook.com/BeachwoodPolice](https://www.facebook.com/BeachwoodPolice)



FOLLOW US ON TWITTER

[Twitter.com/BeachwoodOH](https://twitter.com/BeachwoodOH)
[Twitter.com/BeachwoodPolice](https://twitter.com/BeachwoodPolice)

EMAIL YOUR COUNCIL MEMBERS

firstname.lastname@beachwoodohio.com
Ex: barbara.janovitz@beachwoodohio.com

MAYOR

MARTIN S. HORWITZ



216.292.1901

mayor@beachwoodohio.com

COUNCIL PRESIDENT

BRIAN LINICK



216.496.0202

COUNCIL V.P.

JAMES PASCH



216.630.9671

JUSTIN BERNS



216.509.6509

FOLLOW US www.BeachwoodOhio.com serves as the primary source of information for City news. Follow the City on social media! Community events and more may be found at:

- [FACEBOOK.COM/BEACHWOODOH](https://www.facebook.com/BeachwoodOH)
- [TWITTER.COM/BEACHWOODOH](https://twitter.com/BeachwoodOH)
- [WWW.NEXTDOOR.COM](http://www.NextDoor.com) (SEARCH CITY OF BEACHWOOD)
- [LINKEDIN.COM](https://www.linkedin.com/company/BeachwoodOH) (SEARCH CITY OF BEACHWOOD)



TRAFFIC ADVISORY

Resurfacing of Cedar Road (from I-271 to South Green Road) in the cities of Beachwood, Lyndhurst, South Euclid and University Heights is now underway, with an expected completion date of June 2020.

Two-way traffic will be maintained. Please obey posted speed limits in construction zones and on your alternate routes. For construction updates, please visit www.publicworks.cuyahogacounty.us.

FREE MULCH AVAILABLE NOW!

7:30 AM TO 3:30 PM

12 bags of FREE mulch available per Beachwood household. Proof of residency and Driver's License needed. Available at Public Works Shipping and Receiving: 23355 Mercantile Rd. 216.292.1922



MUFFINS WITH THE MAYOR

MAY 8 • 10:00 AM
BEACHWOOD COMMUNITY CENTER

Beachwood Mayor Martin Horwitz invites you to join him while you enjoy a muffin and coffee.

Mingle, munch and meet the Mayor as we celebrate May as "Older Americans Month." FREE, but reservations are necessary! Call 216.595.3733 to RSVP.

Missed a Council Meeting? Listen to audio recordings or view live & archived videos online at www.BeachwoodOhio.com.

ALEC ISAACSON



216.291.2797

BARBARA BELLIN JANOVITZ



216.406.5914

ERIC SYNENBERG



216.401.0074

JUNE TAYLOR



216.533.7640

OF SPECIAL NOTE

THE CITY WILL NOT COLLECT RUBBISH AND RECYCLING ON MONDAY, MAY 27, DUE TO THE MEMORIAL DAY HOLIDAY. THEREFORE, COLLECTIONS FOR ALL RESIDENTS WILL BE DELAYED ONE DAY THIS WEEK. IF YOUR REGULAR COLLECTION IS TUESDAY, YOUR COLLECTION WILL BE DELAYED UNTIL WEDNESDAY THIS WEEK.

PERFECT PLEDGERS

Thank you to Hilltop third graders Ari Schlachter, Josh Korah and Tovah Chanales for leading the Pledge of Allegiance at City Council Meetings in March and April. Pictured Top Right: Josh, Bottom Left: Ari and Bottom Right: Tovah.



UPCOMING MEETINGS

CITY COUNCIL

Mondays, May 6, May 20 and June 3 at 7:00 PM. Questions? Call 216.595.5462.

PLANNING & ZONING COMMISSION

Thursday, May 30 at 7:00 PM. Questions? Call 216.292.1914.

ARCHITECTURAL BOARD OF REVIEW

Mondays, May 6, May 20 and June 3 at 7:00 PM. Questions? Call 216.595.5462.

HYDRANT FLUSHING

The Fire Department will be conducting hydrant flushing from **Saturday, May 4 – 11**. Signs will be posted. Hydrant flushing may occur on your street on any day during that week. Should you encounter discolored water, please run the COLD water at the lowest sink in your home until it runs clear. For more information, call 216.292.1965.



BE A MEMBER NOW!

THE BEACHWOOD FAMILY AQUATIC CENTER OPENS MEMORIAL DAY WEEKEND, MAY 25 – 27



Full season runs daily from June 1 – August 13 and Thursday – Sunday until September 2.

MEMBERSHIP RATES

Children (up to 3 years of age) – No charge
Individual (age 4 – adult) – \$55
Family (family of four) – \$160
Each additional family member (after four) – \$25

SENIOR DISCOUNT RATES – SAVE 50%

Senior Season Membership – \$30.00
Senior Resident Day Pass – \$4.00
Senior Non-Resident Day Pass – \$6.00
(Proof of age along with proof of residency required for purchase - 60 years or older.)

Memberships on sale NOW at City Hall, Community Services Dept.



BEACHWOOD RECREATION COMMUNITY THEATER
SPRING PRODUCTION

THE LITTLE MERMAID

Saturday, May 4: 4:00 PM

Sunday, May 5: 2:00 PM

Friday, May 10: 7:30 PM

Saturday, May 11: 4:00 PM

Sunday, May 12: 2:00 PM

Friday, May 17: 7:30 PM

Saturday, May 18: 4:00 PM

Sunday, May 19: 2:00 PM

Tickets - \$9 Adults
\$8 Students/Seniors

Beachwood Middle School
QUESTIONS? 216.292.1970

SENIOR RUBBISH ASSISTANCE

Are you 80+ years of age or disabled with no one in your single-family home to assist you with your rubbish & recycling bins? In cooperation with volunteers from Village in the Heights, the City of Beachwood can help. Call 216.292.1922 to register.

DON'T FEED THE ANIMALS

Feeding wild animals on your property creates health hazards and jeopardizes the safety of your neighbors and domestic pets.

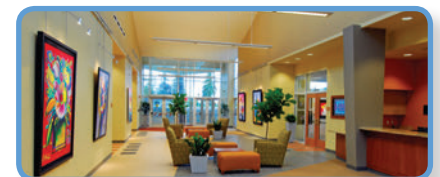
UPCOMING ART EXHIBIT

LOOSE AND FREE

May 8 – 31

Drawing, painting patterns, line, shape and color. Featuring the works of Alan G. Ross, James Freedman and Dawn Gettig.

Opening Reception:
May 19, 1:00 – 2:30 PM



Beachwood Community Center
MON – FRI • 9 AM – 4 PM
SAT • 10 AM – 3 PM, SUN • 10 AM – 1 PM

BE AWARE ON THE ROAD

As the weather warms, motorcycles are out for the first time in months and more pedestrians are out walking.

Drivers: Please be aware of pedestrians, especially in crosswalks, and also be vigilant in watching for bikes and motorcycles, particularly when changing lanes.

Cyclists: Please slow down when passing walkers and runners, especially in Beachwood City Park.



USE CAUTION & BE SEEN

Use caution when walking at dawn, dusk and evening hours. Add reflective items to your clothing.



When and if it is necessary to walk in the street, please walk facing traffic and if in a group, walk single-file.

WELCOMING OUR NEW POLICE OFFICERS



Police Patrol Officers Mark Fetheroff, Daniel O'Malley, Nolan Majewski and Cory Screngi were sworn in at the April 1 City Council meeting. Patrol Officer Mark Fetheroff worked 12 years for the Mentor Police Department, Officer Daniel O'Malley 5 years in Cleveland, Officer Nolan Majewski 7 years in Painesville and Parma Heights, and Officer Cory Screngi 8 years with the Euclid Police Department.

SAFETY TIPS FOR ALL

- Be aware of your surroundings at ALL times
- Lock your vehicles at ALL times
- Secure your home and garage at ALL times and do not leave valuables outside
- Be on the lookout for suspicious persons or activities and report immediately, EVERY time

Criminal or suspicious activity can be reported by dialing 9-1-1 or calling our dispatchers at 216.464.1234.

PUBLIC WORKS DEPARTMENT YEAR-END TOTALS

- Picked Up 3,410 Tons of Rubbish
- Removed 149 Dead Animals
- Repaired 103 Tree Lawns
- Picked Up 51 Appliances
- Caught 18 Skunks
- 2,713 Special Rubbish Pick-Ups
- Completed 4,395 Resident Requests
- Repaired/Replaced 28+ Signs
- Cleaned 94 Catch Basins
- Repaired 37 Catch Basins
- Completed/Responded to 313 Sewer Action Orders
- Used 30 Tons of Cold Patch
- Poured/Finished 821 Tons of Concrete
- Planted 222 Trees
- Pruned 586 Trees
- Televised 199 Sewer Laterals
- 4,980 Tons of Recycling Materials Generated (Includes 1,794 tons of Construction Materials)
- 486 Tons of Leaves
- 1,848 Tons of Brush
- 8.60 Tons of Computers
- 3.5 Tons of Tires
- 2.2 Tons of Household Hazardous Waste

Thank You!



CITY OF
Beachwood



FREE

**OPEN TO
PUBLIC**

SUMMER CONCERT SERIES

OUTSIDE

BEACHWOOD FAMILY AQUATIC CENTER*
TUESDAYS • 6:30 - 8:00 PM

JUNE 11 - Ronnie Fiorentino - Music of The Rat Pack

JUNE 13 - The American Songbook

Marshall Griffith, Piano • Barbara Knight, Vocals • Dean Newton, Bass

JUNE 18 - AfterThought & the NuSoul Band - Broadway Musicals & R&B

JUNE 20 - A Little Song, A Little Opera

Rebecca Freshwater, Soprano • Tatiana Loisha, Piano

JUNE 25 - Hillbilly Idol – Tribute to Grand Ole Opry

JUNE 27 - 2+1=3: An Evening of Solos, Duos & Trios

Mari Sato, Violin • Ida Mercer, Cello • Anne Wilson, Piano

JULY 2 - Red Light Roxy – Music of Ellington, Porter, Berlin

JULY 9 - The Jam Machine - Classic '60s, '70s, '80s Pop – Today's Hits

JULY 11 - The Kalos String Quartet

Kimia Ghaderi & Sarah Page, Violins • Anna Gerber, Viola • Rebecca Shasberger, Cello

JULY 16 - Dan Zola Orchestra - Music of The Big Band Era

JULY 18 - Today's Schubertiade: A Celebration of Song & Dance

David Cook, Clarinet • Crystal Carlson, Soprano • Emily Grabinski, Piano

JULY 23 - 50-Year Resident Salute - Blue Lunch - Blues, Jump & Swing

JULY 25 - CLE Int'l Piano Competition Camp in Concert

Select Young Artists from Around the World with Faculty Musicians

INSIDE

BEACHWOOD COMMUNITY CENTER
THURSDAYS • 6:30 - 8:00 PM

QUESTIONS?

216-292-1970

***Inclement weather
location Beachwood
Community Center,
non-pass holders
not permitted to
use the pool**

Brought to you in cooperation with:

CLEVELAND
INTERNATIONAL
PIANO
COMPETITION



ArtsConnect



A message from
BCC president Donna Cook



Businesses are continually being approached to support and promote other businesses, organizations, events, and activities from community partners. It is an ongoing challenge to align business missions and values with the requests they are being made, and as budgets shrink and demand increases, it is important that business owners and associates feel prepared to make appropriate choices.

We depend on continued support from our partners to achieve our goals and provide the level of programs and services that our members have come to expect.

We are grateful to all of the businesses that support the Chamber through a sponsorship, by attending our events, and

through referrals and word of mouth.

Thank you! Because of your involvement, we can continue to provide quality programs that help businesses grow. Special thanks go to our 2019 partners. We value our relationships and thank you for your continued support.

Upcoming Luncheon:

Wednesday, May 15 • 11:30 am – 1 pm • Doubletree

Speaker: Bruce Hennes, CEO of Hennes Communications

Topic: Crisis Management for CEOs, Executives and their Attorneys



Join us to learn how Bruce provides methods to establish and maintain *control of the message* in today's world of instant communication where controversies are often tried in the Court of Public Opinion more often than in any Court of Law. His firm is one of the few in North America to focus exclusively on crisis management and crisis communication.

Sponsorship Opportunities

Sponsorship opportunities are available for the following events:

- **Golf Outing**
Friday, August 30 • Tanglewood • 8:30 am
This outing has a shotgun start, followed by announcements and awards at 2 pm.
- **Business to Business Expo**
Thursday, October 3 • Beachwood High School • 4 – 7 pm
- **Taste of Beachwood**
Thursday, November 7 • Embassy Suites • 5 – 7:30 pm
- **Luncheon Sponsors** – Call 216.831.0003 for details!

For more details on sponsoring and/or attending chamber events, please visit www.beachwood.org.



2019 PARTNERS

HEALTH PARTNER



GOLD PARTNER



BRONZE PARTNERS



CHAMBER SUPPORTERS



BOARD OF EDUCATION

Dr. Brian Weiss, President, (216) 438-1733, bw@beachwoodschoools.org
 Maria E. Bennett, Vice President, (216) 264-9398, mbennett@beachwoodschoools.org
 Josh Mintz, (216) 245-7831, jmintz@beachwoodschoools.org
 Jamie Elwell, (216) 369-9530, jaelwell@beachwoodschoools.org
 Megan Walsh, (216) 287-4657, mwash@beachwoodschoools.org

Winter Sports Recap

The Bison Indoor Girls Track Team finished as State Runner Up at the Division II/III OATCCC State Championships. **Maddie Alexander** (11th) finished as State Runner Up in the High Jump, and **Ashley Perryman** (11th) was State Runner Up in the Long Jump. Congratulations to Maddie, Ashley, and teammates **Ashaunti Griffin** (12th), **Heidi Maier** (12th), and **Amelie Cotta** (9th), as well as boys' teammates **Tyler Murphy** (12th), **Langston Gaines-Smith** (11th), **Christian Mayfield** (11th), **Jasir Holmes** (10th), **Jack McPhillips** (10th), and **Greg Perryman** (9th) for their strong showings across the state meet.

Congrats to **Eisa Teixeira** (9th), who claimed the OAC Freshman Wrestling State Title at 126 lbs. and to Bison Middle School Wrestlers **Shane Fowler** and **Andrew Steckner** (8th Graders). Fowler won the Chagrin Valley Conference Championship, while Steckner qualified for the OAC State Championships.

State Championships. He is a four-time State place winner in swimming and diving and a two-time District Champion. Diving teammate **Amanda Leizman** (11th) also qualified for the OHSAA State Diving Championships finishing in the top 16. The Bison 200 Freestyle Relay consisting of **Spencer Bystrom**, **Gabe Colmenaires**, **Matt Keyerleber**, and **Grady Bystrom** finished in 7th place at the OHSAA State Championships, while our 200 Medley Relay finished 12th in the State.

Senior Boys Basketball Player **Jayson Woodrich** earned **NE Ohio Division III Player of the Year** and was recently named **1st Team All Ohio**. He ends his high school career with 1,176 points.



Senior **Spencer Bystrom** capped off his amazing diving career with a State Runner Up finish at the OHSAA Diving



Congratulations to **Jing-Jing Shen** (12th), **Lauren Clar** (10th), and 8th graders **Kaajal Krishnan** and **Dhruv Seth!**

Jing-Jing competed at the Northeast Ohio Science and Engineering Fair (NEOSEF), won 1st place in the Chemistry Grades 11/12 category, and took home the Grand Prize

Bison Scientists Take Home Awards

Award. Jing-Jing secured her spot at the Intel International Science & Engineering Fair in May. She was recognized with sponsor awards from ASM International, the American Chemical Society, and Mexichem Specialty Resins.

At the Western Reserve District 5 Science Day at the University of Akron, Jing-Jing won 1st place in the Materials Science category and received the Governor's Thomas Edison Advanced Materials Award and sponsor awards from IEEE and the Office for Naval Research.

Lauren competed at NEOSEF, winning 2nd

place in the Behavioral Science Award Grades 9/10 category, and received a sponsor award from the American Statistical Association and the Cleveland State University Department of Psychology Award for Best Psychology Project Grades 9/10.

Kaajal received 3rd Place in the Behavioral Sciences Grades 7/8 category, and a Broadcom Masters Alum Award at NEOSEF.

Dhruv won NEOSEF's 2nd Place Award for Biology Grades 7/8, and received the Cleveland Clinic: Department of Biomedical Engineering Award for Outstanding Project as well as a Broadcom Masters Award for finishing in the top 10% of the middle school science fair.

ADMINISTRATION

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AP Computer Science Female Diversity Award



Beachwood High School was awarded the AP Computer Science Female Diversity Award!

Schools receiving the award boasted 50% or greater female representation in AP Computer Science courses. Only 490 schools earned the AP Computer Science Female Diversity Award for the

AP Computer Science Principles course taught at Beachwood High School by Craig Alexander.

Providing female students with access to computer science courses contributes to gender parity in this industry, which has high-paying jobs; and drives innovation, creativity, and competition. According to UNESCO's Institute of Statistics data, less than 30% of the world's researchers are women; in North America and Western Europe, it's just 32%. Research shows women are more likely to pursue computer science if they're given the opportunity to explore it in high school.

Kudos to BMS Math Teams



Four BMS math teams competed in the Greater Cleveland Council of Teachers of Mathematics 7th & 8th grade contest hosted at Beachwood Middle School. Congratulations to **Karmanyaah Malhotra, Ben Lawrence, and Kai Zheng** (8th Graders); and **Tolga Cavusoglu, Sara Kumar, and Allen Yu** (7th Graders), who medaled. **Lillian Fu, Rachel Lawton, Cayley Ng** (8th Graders); and **Omar Abdel Azim, Taein Kang, and Max Kuenzler** (7th Graders), won Champion Award blue ribbons.

Teams scoring in the top 20% receive a medal while those scoring in the next 40% earned a Champion Award blue ribbon.

Fiddler Highlights

The Beachwood High School Drama Department's hit production of the beloved classic *Fiddler on the Roof* was another triumph for our students. A weekend of successful shows was well-earned by our outstanding and dedicated cast and crew of over 50. With adjudicators from Playhouse Square's Dazzle Awards in attendance, our hard-working group shined and showed them the talent Beachwood City Schools has to offer! A highlight of the multi-month rehearsal process was when Broadway choreographer Jack Scott, who was in the original Broadway cast of *Newsies*, flew in from New York to work with our actors.



Visit us at www.beachwoodschoools.org



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Junior Volunteers Needed

Attention parents of middle and high school students – Montefiore is the perfect place for child to volunteer!

Does your child enjoy meeting students from all over Northeast Ohio, want to gain practical job experiences, earn community service hours for school, and help plan fun, interactive summer programs for seniors? He or she can achieve all this and more by becoming a junior volunteer at Montefiore or The Weils this summer.

Students throughout the Cleveland area (ages 12-18) assist with resident activities, friendly visiting, program planning, and office work. They will need to call in for a brief interview and go through the application process, which includes providing one reference and completing an orientation and training session. Please contact Diane Weiner, volunteer manager, at 216.910.2741 or dweiner@montefiorecare.org to learn more about volunteering.

“When inclusive education is fully embraced, we abandon the idea that children have to become ‘normal’ in order to contribute to the world. We begin to look beyond typical ways of becoming valued members of the community, and in doing so, begin to realize the achievable goal of providing all children with an authentic sense of belonging.”

~ Norman Kunc, speaker, author, and advocate for disability-related issues.

Reflections from the Cliff - Looking Out, Not Down

by Shari Loveman Goldberg

YIKES! So, here we are. It’s the last of everything at school for Noah, our almost 22-year-old son with special needs, who will graduate later this month from CEVEC, a vocational training consortium of 16 eastside schools, including Beachwood.

It’s the last spring break, the last IEP meeting, the last time the bus will come, the last day of school. As too many families know, based on where they reside, services for children with special needs typically come to an abrupt halt when they reach their early twenties. Parents have a dizzying number of details to address as they figure out the next phase of their young adult’s life. Many have planned for this day; some are just getting started. There isn’t a straight path to navigate because we are in the midst of forging that path.

Although there is more focus now on transitional and adult services for our children, we have far to go. We are standing at the precipice of the cliff, but if we look forward to the horizon rather than down into the valley, the view is vast with infinite possibilities.

Fortunately, the paradigm is slowly shifting. Businesses and corporations are beginning to understand the value of hiring adults on the spectrum based on their skills, strengths and talents. Communities are being developed where our loved ones can live with support and with their peers.

We can help create the world we envision where our loved ones will thrive and lead the fullest lives possible. Although our son will not drive, attend college or marry, there are many other milestones he can achieve, that are meaningful and beautiful in their own way.

As our loved ones age, we age too. Our sons and daughters will possibly outlive us. This good news also presents challenges. There are legal matters, guardianship, Social Security, and a wide variety

of details most of us would rather postpone or ignore. Yet, we must plan and prepare. We need to educate ourselves and seek support to put these crucial details in place so we can have peace of mind.

“Although our son will not drive, attend college or marry, there are many other milestones he can achieve that are meaningful and beautiful in their own way.”

While rewarding and wonderful, parenting and caretaking of children with special needs can be exhausting. There are so many emotions that can consume us and create stress. But if we shift our thinking, we can change our perspective.

Together we are creating a movement. Our focus is to implement a variety of vocational training programs, internships, volunteer experiences, supportive and competitive employment, social and recreational activities, and living arrangements that fit the needs of our adult children.

Let’s stand at the cliff together, as we build a bridge to the other side. Let’s do what we can to create the community our adult loved ones deserve. Let’s come together with organizations like Autism Speaks to develop the programs, communities, and family services needed. Let’s increase awareness, acceptance, and inclusion. Let’s stand at the edge of the cliff together, not alone - looking out, not down, to a fulfilling life for the ones we love.



Noah Goldberg, a weekly volunteer at MedWish, helps count and sort medical donations with his job coach.

How Can I Help?

Shari Loveman Goldberg is the founder and past president of Autism Speaks, Northeast Ohio Chapter. If you are part of a company or organization that wishes to support this movement, or if you have ideas that will help to create the community adults with special needs deserve, please contact Shari at Sharigoldberg22@aol.com; or our local Autism Speaks ART (Autism Response Team) at 1.888.288.4762 or Fatima.allen@autismspeaks.org. Visit www.autismspeaks.org for a free, downloadable Transition Tool Kit.

If you have a story to share that spreads light about inclusivity, please let us know by emailing beachwoodbuzz@gmail.com.



Transform Your Child's Summer!

Did you know that kids can actually **lose math skills while school is out**? Studies have shown that students can regress by up to two and a half months over the summer — a phenomenon known as “the summer slide.” At Mathnasium, we prevent the summer slide, give kids an edge for the next school year, and we make it fun!

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Warming the Babies – Lila’s Labor Of Love

“It’s a labor of love,” Lila Wagenheim whispers in a clear, determined voice. Her smile begins in her eyes when she speaks of knitting warm, soft baby blankets, even though they are for children and families she’ll likely never meet. The blankets are taken to the City Mission by her son-in-law, Steve Marks, and made available there for families in need.

In Lila’s room at Menorah Park, she sits in a leather recliner that is covered in a rainbow of baby blankets that are loosely folded across her lap, chest and arms. Only her long, nimble fingers; her head, and beautiful smile are visible. She exudes compassion and empathy explaining why she puts her love and energy into knitting the blankets. Each takes about three days to complete.

“I do it for the babies,” she says. “I want them to always be warm.”

As word about her knitting gets out, Lila finds bags of yarn left anonymously at her door. “I always get so excited when I open the door and someone has left me yarn,” she says. “I love all the different colors, along with the kindness of strangers.”

Lila has been knitting since she was 15 years old. “I was on an old street car, saw a lady knitting, asked her about it, and she showed me how to knit – with two pencils. She told me, ‘you have to have patience.’”

When knitting, Lila often thinks of her late husband, Alan. She remembers going with him to the Stage Door Cantina at a fairly young age. World War II service men came to Cleveland and found great entertainment and relaxation there. Lila taught them to knit – and to have patience.

“I think it really helped them with their PTSD,” she said. “They didn’t need medicine. Even though they were shaky, the knitting calmed them.”

Lila continued to teach knitting to soldiers after the war ended.

Now, at almost 94 years of age, she admits it’s a whole different

world than the one she grew up in. She stays in the loop, but she refuses to own a computer.

“I don’t like computers. And young kids are missing out on life when they play on their phones all day,” she said. “Open your eyes! Look up from your phone, be a doer, a giver, and learn to live!”

Just after lunch, the half-finished blanket taunts her from the basket near her chair. “I need to get this one finished, I really like the color,” she says.

After all, there will always be babies who may need a soft, warm blanket; one knitted, no doubt, with the purest of patience, and love

When Lila isn’t knitting, she enjoys the little things in life, like spending time in the company of family and friends, and walking.

“I like to keep myself busy and I don’t feel sorry for myself,” she said. “I love Menorah Park. The staff is wonderful, and my kids don’t have to worry. They know I’m in a good place.”

Menorah Park is proud of Lila and the good work that she does. If you or someone you know has extra yarn to donate, please bring it to Menorah Park in a bag marked “Lila’s Labor of Love.” After all, there will always be babies who may need a soft, warm blanket; one knitted, no doubt, with the purest of patience, and love.



Lila Wagenheim covered in a rainbow of hand-knit baby blankets.



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Menorah ParkCOO Receives National Honor

Richard Schwalberg, Menorah Park COO, recently received the National AJAS (Association of Jewish Aging Services) Professional of the Year Award. His work in advocacy through the years earned him a unanimous vote for this prestigious honor by the awards committee, and a standing ovation at the ceremony.

“What was abundantly clear is that you care about people – seniors, families, friends, soldiers, and employees. You represent the REAL health reform story – doing the right thing for the right reasons; a powerful package of who and what it takes to transform human services for the vulnerable,” was echoed by presenters when giving Richard this honor.

Reducing Medicare and Medicaid spending without compromising care has seemed to be an unsurmountable hurdle for our nation. Through Richard’s



Menorah Park CEO James Newbrough and COO Richard Schwalberg, National AJAS Professional of the Year.

leadership, legislators are seeing possibilities of a pilot program deployed by the Menorah Park team. This centralized provider-driven care coordination model has been demonstrating improved care, while reducing costs. The team is working to expand the pilot program based on initial results that demonstrate the potential to save billions of dollars.

Special Sauce for Your Brain!

Menorah Park's Center 4 Brain Health offers these classes and more. For details, call 216.839.6685.

Topics in Cognition and Aging

Fridays, May 3, 10 and 17 • 10-11 am
by: Tracy Markis, PhD

Everything that we think and experience is a form of cognition. From attention and knowledge to creativity and social interaction; cognition is the “special sauce” separating man from machine! Join us as we discuss the basics.

Motivation and Social Partners: Helpful Across the Lifespan

Monday, June 3 • 10-11 am
Learn how goals and motivation increase performance on memory tasks, and how loved ones and social partners can act as motivational influences and additional “storage” for shared history and facts.

Cognitive Shortcuts and Biases: Good and Bad?

Friday, June 7 • 10-11 am

When it comes to cognition, the brain likes efficiency. Join us to learn about the brain’s cognitive shortcuts, when they are helpful, and when they can lead us astray.

Zentangle

Mondays, June 17 and 24 • 10-11 am

Get “zen-spired” in this new experience designed to open your mind and heart to you own limitless creative potential.

Best Medicine

Fridays, June 21 and 28 • 10-11 am

How do humor and laughter effect the brain, psyche, and mental health? How do emotions effect our physical health? Western medicine is coming to grips with how a person feels about their condition is a determining factor in recovery.

Age isn’t chronological. IT’S PERSONAL.



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Tikkun Leil Shavuot 5779
All Night Study and Celebration

Saturday, June 8 • 6 pm through
Sunday, June 9 • 7 am
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Join 400 participants and 38 presenters from across Northeast Ohio to study, pray and rejoice in commemoration of the giving of the Torah. Participate in one session or the entire event.

This program, free and open to the community, is presented by B'nai Jeshurun Congregation and 16 co-sponsors.

The full schedule can be found at www.bnaijeshurun.org/tikkun2019. The event is also listed on Facebook, at www.facebook.com/events/2345794815443776/.

For more information, call 216.831.6555, ext. 131.

BHS Student Council Gives Back to Community

Students in the class of 2019 are making a difference by collecting socks to donate to homeless shelters, and they want our help.

"When we were researching community service projects that make an impact, we found that socks are the most needed, but least donated, clothing item," said BHS senior Maya Neyman. "We reached out to an organization called 'Knock Knock, Give a Sock,' centered in New York City, and they responded with flyers, creative ideas, logos, and words of encouragement."

The senior class was pumped up and created a buzz about its mission by creating the "Sock Hall of Fame," a billboard of Polaroids that highlighted students who donated.

They also created a raffle, saying that the greatest gift

of all is helping someone in need. Everyone who donates is entered into the raffle, so the more socks you donate, the greater your chances to win! The raffle prize is a \$25 gift card to Amazon.

The sock drive is catching on, and now the class of 2019 is reaching out to the community for additional help. "Most people don't know how necessary socks are in homeless shelters," she said. "Our sock drive continues through the end of April and we encourage your participation! Please purchase new socks for adults or children – or gently-used socks for adults – and drop them off at the high school to



Donating socks is a small gesture that has a big impact.

the attention of Mr. Alexander Paulchell. We also encourage you to reach out to neighbors to collect more socks."

Everyone has a story and we don't know the life events existed for those in homeless shelters. Donating socks is a small gesture that has a big impact.

For more information, contact Maya Neyman at mneyman@beachwoodstudents.org, or Mr. Paulchell at apaulchell@beachwoodschoools.org.

Also, if you would like to join the "Sock Hall of Fame," please include a small picture of yourself with your donation. We would love to see your smiling face!



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Beachwood Men's Softball

The last opportunity to try out for the Beachwood Men's Softball League will take place Sunday, May 5, 9:15 am at Fairmount Elementary School. If you want to play this year, don't miss out! For more information, call Larry Adelman at stks1000@yahoo.com, or Jimmy Heller at jbheller117@gmail.com.



Yom Ha'Atzmaut

Thursday, May 9 at Landerhaven

The Jewish Federation of Cleveland, in partnership with more than 50 local Jewish organizations and community businesses, will host Yom Ha'atzmaut, a festival celebrating art, music, and Israel's 71st Independence Day. The annual, family-friendly event takes place on Thursday, May 9 from 5:30 – 9:30 pm at Landerhaven. It is free and open to the community.

Children of all ages can enjoy sand art, puzzles, an inflatable obstacle course, and

more. The whole family can eat delicious kosher foods for sale, ranging from traditional Israeli favorites like falafel, to American food like chicken strips and french fries. Guests can also meet Israel Defense Forces officers visiting from Israel, tour the Israeli marketplace (shuk) where vendors sell items like jewelry and Israeli candy, and sign up for Israeli wine tasting.

For complete information or to register, please visit www.jewishcleveland.org.

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JFSA Cleveland Awarded \$1 Million in Funding for Memory-Loss Programming

Is a loved one suffering from Alzheimer's or another memory-loss disease? If so, have you been frustrated by the system when trying to obtain information and care, both for your loved one and his or her caregiver? Take a deep breath – now there is help.

Just a few years ago, JFSA and the Jewish Federation of Cleveland recognized that many community-based services are available to help families deal with Alzheimer's and related dementia diseases, but most families found it difficult to determine what services best fit their particular situations, and that creating a treatment plan was like navigating through a maze.

To help create a solution, the Federation provided seed money to launch a pilot program that would help caregivers navigate the system.

"We used these funds to hire a geriatrician and patient navigator," said Susan Bichsel, PhD, president

and CEO of JFSA Cleveland.

"Then, we applied for a grant, and received an additional \$1 million in federal funding to address the needs of individuals and families who are dealing with Alzheimer's and other memory-loss diseases."

Funding was made possible from a three-year cooperative grant from the Administration of Community Living (ACL), an operating division of the U.S. Department of Health and Human Services.

Dementia, the loss of cognitive functioning, reasoning and behavioral abilities, to the extent that it interferes with a person's daily life and activities, is the major

cause of impairment among older adults. Impairment, as a result of dementia, ranges in severity from the mildest stage, when it is just beginning to affect a person's functioning, to the most severe stage, when the person must depend completely on others for basic activities of daily living. Families affected by dementia often are not ready to seek assistance until the disease has progressed to a severe state.

"The program we've developed is aimed at bridging this gap, and delivering education and support to caregivers," Susan explained.

Funding opened doors for JFSA to:

- Provide assessment, identification and referral to appropriate community-based services.
- Provide respite services for unpaid caregivers who are registered with the JFSA Alzheimer's Disease & Dementia Caregiver Support Program.
- Train caregivers working with special needs individuals to identify dementia
- Hire patient navigators to work as liaisons and help between families navigate the system.
- Target outreach efforts at older adults who live alone and individuals who live with intellectual and developmental disabilities who are at risk of developing Alzheimer's or dementia.
- Help clients navigate medical care and billing issues.
- Offer the "Savvy Caregiver" program, a six-week program for caregivers that provides information about dementia, helps to reduce stress, and offers effective ways to respond to changes in behavior.
- Hire geriatricians and neuro-



Susan Bichsel, PhD, president and CEO, JFSA Cleveland

psychologists who can meet with family members in their homes or at JFSA to monitor how the disease is progressing, and support family members by suggesting alternate ways to interact with patients.

"There is hope, and this is just the beginning," Susan said. "The number of people being diagnosed is escalating, and although what we're doing now is just the beginning, it's more than we had dreamt of!"

"There are no out-of-pocket costs for our services," Susan said. "People can just call, text or email us when needed for support.

Because much of this program is funded by a federal grant, services are monitored by the U.S. Department of Health and Human Services very closely. Weekly conversations take place with grant advisors, and organizations learn what works and what doesn't from other grant recipients, which helps to create best practices.

"There is hope, and this is just the beginning," Susan said. "The number of people being diagnosed is escalating, and although what we're doing now is just the beginning, it's more than we had dreamt of!"

If a loved-one is showing signs of cognitive difficulties and you suspect the cause may be Alzheimer's or another related disorder, call JFSA. This program can help you find solutions. It is designed to provide support and help you identify services you need.

For more information, call 216.408.2894 or 216.292.2414.

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Health & Wellness Fair

The Weils • Tuesday, May 7 • 12:30 - 3 pm

The Weils, a Montefiore senior living community in Chagrin Falls, will host a Health & Wellness Fair, "Just for the Health of It," on Tuesday, May 7 from 12:30 – 3 pm. This educational and interactive afternoon of health and wellness will feature informational booths, demonstrations, health screenings, raffles, and giveaways. Attendees can discover tips and gather information about their health, wellness and lifestyle from more than 15 vendors.

University Hospitals Geauga Medical Center will be providing health screenings, including cholesterol/glucose, BMI, blood pressure, and stroke/risk assessments. Additionally, their wellness navigator will be doing assessments to identify individuals who meet criteria for other screenings, such as Coronary Calcium Scoring and more.

The Weils head chef, Micah Carter, will present a cooking demo, "Eat Healthy. Be Nutrition Wealthy," at 1:30 pm. He will give healthy cooking techniques and share tips to save time in the kitchen – followed by tasty samples for everyone.

For more information, please contact Susan Lieberman at 216.910.2647 or email slieberman@montefiorecare.org.

Vinney Hospice Achieves Accreditation

Vinney Hospice of Montefiore proudly announces its approval of accreditation status by the Accreditation Commission for Health Care (ACHC) for its community-based hospice services and hospice services on its campuses in Beachwood, including Maltz Hospice House, and The Weils senior living campus in Chagrin Falls.

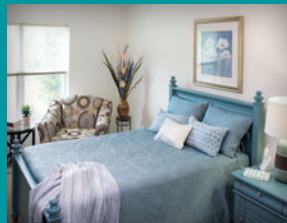
Achieving accreditation is a process where healthcare organizations demonstrate compliance with national standards. Accreditation by ACHC reflects an organization's dedication and commitment to meeting standards that facilitate a higher level of performance and patient care.

Vinney Hospice of Montefiore's team, led by board-certified hospice medical director Dr. Barbara Messinger-Rapport, is dedicated to providing exceptional levels of physical, emotional and spiritual support to families and loved ones facing end-of-life. Additionally, integrative therapies including art, music, massage and Reiki treatments are also available to help patients and families through this journey.

Montefiore's hospice has been providing hospice care to individuals and families in Northeast Ohio since 1992. Its highly-skilled and experienced team is all trained to provide quality end-of-life care that nurtures mind, body and spirit.

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If you love to sing... if you want to showcase your talent... if you can imagine yourself performing on stage under Playhouse Square lights... you'll want to participate in Shining Star CLE 2019. Save the date for Sunday, September 22, 7 pm, for The Finals Performance & Competition!

This unique solo-singing competition gives high school students from Northeast Ohio the chance to compete for college scholarships and perform at the prestigious Ohio Theatre. First place winner will also have the opportunity to perform with The Cleveland Pops Orchestra at Severance Hall.

All participants must have a 2020-2023 high school graduation date. No entry fee. All music genres welcome! It's easy, just record yourself singing your favorite song and upload your video audition (three minutes max) to www.shiningstarcle.org by July 1, 2019. In-person auditions will follow. Piano accompaniment, personal instrument usage or acapella are welcome.

For more information, visit www.shiningstarcle.org or contact Renee Greller in Montefiore's Foundation department at 216.910.2652 or rgreller@montefiorecare.org.

This event is a benefit for memory care programs offered at Montefiore and The Weils, nonprofit organizations and leaders in senior healthcare.



Pictured from left: Honorees Shoshana and Abe Socher, Jill and Brad Helfman, and Penni and Steve Weinberg.

Heart & Soul Honors Friendship Circle Volunteers

Friendship Circle of Cleveland will host its annual awards reception, Heart & Soul, on Wednesday, May 29, at Tri-C East; an event to honor Shoshana and Abe Socher, Jill and Brad Helfman, and Penni and Steve Weinberg for the extraordinary impact they have made on Friendship Circle, the community, and uplifting the lives of others. Nearly 100 teenage volunteers will also be recognized for their outstanding dedication to forming valuable friendships with children with special needs.

The Socher family lives in Beachwood and has been a part of Friendship Circle of Cleveland since its early years. Two of Shoshana and Abe's children, Coby and Dalia, participated in Friends@Home during their high school years. When Bayla was born and subsequently diagnosed with Down syndrome 11 years ago, it was natural for Abe and Shoshana to turn to Friendship Circle for support and an inclusive community.

Bayla, now a fourth grader at Hilltop Elementary School, is a Friendship Circle regular who participates in programs and looks forward to weekly visits with teen-member friends, whom Shoshana and Abe fondly recall as being "exceptionally kind and caring."

Jill Helfman says, "Everyone benefits from the wide range of services and programs Friendship Circle provides for children with special needs. Through our children's volunteer experiences, they've learned the invaluable lessons of compassion, kindness and connection.

"Reflecting on their experiences at the Friendship Circle, Lindsey

and Justin learned that friendships are not always easy to make, but once they are made, the bond is cemented for the long term. Now, when our children meet a disabled person of any age, they are able to see the whole person, not just the disability," Jill added.

The more the Weinbergs learned about the work Friendship Circle was doing for children with disabilities and their families, the more they were convinced this was something they believed in.

Recognizing the key role teenage volunteers – including their own grandchildren – play at Friendship Circle, the Weinbergs established the Steve and Penni Weinberg Teen Volunteer Award, which will be presented to teen volunteers who have learned the precious lessons of compassion, sensitivity and leadership from their Friendship Circle experiences.

Beachwood students to be recognized include: Ilan Amkraut, Alex Bergman, Rena Berkowitz, Yedidya Blau, Noah Ebner, Menachem Edelstein, Adam Fleeter, Noah Fleeter, Yosef Fried, Matthew Friedman, Sarah Friedman, Sam Friedman, David

Gecovich, Yonatan Ginsburg, Tyler Goetz, Tammy Gutman, Jacob Israelstam, Gavriella Jacobs, Bella Katz, Ezra Klineman, Ariel Lawton, Rebecca Lawton, David Lorand, David Marocco, Dahlia Moskowitz, Eliana Moskowitz, Ben Muencz, Jacob Pincus, Rachel Rosenthal, Shira Roth, Tal Rothberg, Eli Rubeck, Rafi Rubeck, Rena Rush, Ariella Schiowitz, Liat Schiowitz, Ari Smith, Elijah Soclof, Jacob Steinberg, Daniel Uria, Liat Weiss, Aidan Wild and Danna Zlatin.

Heart & Soul will be held at Tri-C East, 4250 Richmond Road. Doors will open at 5 pm with a cocktail hour, followed by an awards presentation at 6 pm, and an elaborate buffet dinner reception at 7 pm. Tickets and journal ads may be purchased by calling 216.377.3000, ext. 1009, or visiting www.Friend-Cleveland.com/Reception. The deadline to register is May 22. Everyone is welcome.

The mission of Friendship Circle is to enhance the lives of special children through social and life-skills programs; to provide their families with support, through networking and respite; to enrich the lives of teenagers, through their impacting the life of a child; and to form a more inclusive community through awareness and joined experiences. The mission is rooted in the Jewish ideal of making the world a better place through the practice of Mitzvot, or good deeds.

For more information, please contact Kim Sirkin at Kim@FriendsCleveland.com or 216.377.3000, ext. 1009.

Welcome Heidi Yanok!

Brookfield Properties Welcomes Heidi Yanok as General Manager of Beachwood Place and La Place

Heidi Yanok is no stranger to Cleveland or Beachwood Place. Many of you may see her as a familiar face, since she was previously Senior Marketing Manager at Beachwood Place for 10 years. Four years ago, she accepted the position as Director of Marketing at Flats East Bank, where she developed and executed a comprehensive marketing strategy for a \$750-million waterfront redevelopment.

As much as Heidi loved her position and working to revitalize downtown Cleveland, her true passion is in fashion and retail, so when she was offered the General Manager position at Beachwood Place and La Place, she accepted it.

"I'm thrilled to be back in the industry," Heidi told us. "My dedication and love for Beachwood Place comes from all of the connections I've made in this community. I'm excited to return to Beachwood Place and reconnect with old contacts, while I build relationships with new

people and organizations to create programs and "buzz" at the mall. Coming back to Beachwood Place is like coming home."

Heidi shared that Beachwood Place will soon welcome Dry Goods, Akira, and Nori Japan, and that Vera Bradley and Pandora recently relocated within the property with refreshed stores.

When we asked her about Brookfield Properties' acquisition of La Place, she said, "La Place has been a great addition to Beachwood Place and complements

it in so many ways, including its phenomenal restaurants like Bomba Tacos, Hello Bistro, Cedar Creek Grille, and Lindey's Lake House. Also, it's a convenient location for neighbors to gather at Mitchell's Ice Cream and Nervous Dog Coffee."

Heidi also mentioned how the retail industry is evolving, and although a lot of people enjoy online shopping, many still like to touch and feel products before purchasing them. Those who do shop online often make in-store returns, where they purchase additional

items once on site. In-store pick up is also an expanded market. It allows people to shop online, pick up merchandise in a store, and interact with the merchants as well.

Born and raised in the Cleveland area, Heidi loves shopping and spending time with her husband and three children. She's a natural when it comes to marketing and looks forward to keeping Beachwood Buzz in the loop about programs and happenings at Beachwood Place and La Place.



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\$200 million, Phase 2 development plans announced for UH Ahuja Medical Center

University Hospitals (UH) has announced development plans for its UH Ahuja Medical Center that will respond to needs of the community through the expansion of services. The health system, which provides services to 1.3 million patients each year, plans to break ground on a \$200 million Phase 2 building project in Fall 2019.

UH Ahuja Medical Center was originally envisioned as having a multi-stage evolution in providing services for the community. Phase 1, opened in 2011, produced the current 144-bed hospital, 22-bed emergency department, and 60,000-square-foot outpatient medical building. Phase 2 will add a second, five-floor hospital tower and a two-floor sports medicine complex at 64,000 sq. ft. to the southwest side of the existing buildings.

UH Ahuja Medical Center Phase 2 will feature:

- New labor and delivery and other mother and baby services.
- New neonatal intensive care unit (Level 2), increasing capacity to provide UH Rainbow NICU care and extending services to the east side.
- New, expanded emergency room, growing from 22 beds to 30 beds.
- Women's health and comprehensive breast health center, adding to services currently at the nearby UH Minoff Health Center at Chagrin Highlands.
- Expanded radiology to meet demands of emergency room, Harrington Heart and Vascular Institute, and sports medicine.
- The largest sports medicine complex in Northeast Ohio, with a performance center, outpatient rehabilitation space, 18 exam rooms and two diagnostic radiology units, with convenient access to MRI capabilities and adjacent to operating rooms.
- New ambulatory surgical center with eight new operating rooms and 32 universal pre- and post-op beds.
- Expanded ambulatory services. UH Harrington Heart & Vascular Institute will add 10 new exam rooms.
- Expanded observation unit to serve a growing number of patients who can be treated and released the same day.
- New short stay unit dedicated to patients who need less than 24 hours of care in the ambulatory surgical center.

as evidence that improving access to health care improves outcomes.

Ahuja Phase 2 will be funded through bond financing and the generosity of donors. When complete, approximately 1,000 new jobs will be added at the medical center campus.

Architects will be HKS, Inc., a global, award-winning firm that designed the current buildings on the site. The project will take about three years to complete.

With an environmentally-sustainable design, the medical center will feature eco-friendly materials and processes to minimize energy costs and reduce the impact on the environment. For example, the parking lots surrounding the UH Ahuja Medical Center feature a green technology called bioswales, which are landscape elements designed to collect, filter, and redistribute surface runoff water.

UH Ahuja Medical Center is named in honor of former UH board chair Monte Ahuja, his wife, Usha, and their family, who donated \$30 million to UH in support of the Vision 2010 campaign.

The original construction of UH Ahuja Medical Center, which was a \$244 million project, was a key component of UH's \$1.2 billion Vision 2010 strategic plan that also included UH Seidman Cancer Center, UH Cleveland Medical Center's Center for Emergency Medicine, and a new Neonatal Intensive Care Unit at UH Rainbow Babies & Children's Hospital.

Construction of Ahuja Phase 2 follows the 2018 opening of the UH Rainbow Center for Women & Children. The \$40 million UH Rainbow Center provides a continuum of mother-child care close to home for residents of Cleveland's Midtown community. Dr. Simon points to recent improvements in infant mortality in Cleveland

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UH Ahuja Emergency Department Cares for Kids

Kirk Stiffler, MD, MPH



Summer is coming, time for fun in the sun. If you're a parent or grandparent, that often means taking care of kids with assorted bumps, bruises, cuts and scrapes. But beyond the problems you can fix with a hug, a kiss and a bandage, how do you know when you should take an injured child to the emergency room?

For serious injuries that are life-threatening or have the potential to cause lasting harm, always call 911, Kirk Stiffler, MD, MPH, Chief of Emergency Medicine at University Hospitals Ahuja Medical Center, reminds parents.

"For other types of injuries, we recommend calling your pediatrician for advice first, if possible," he says. "Your doctor, a physician assistant or a nurse can help you decide whether you should take your child to the ED. If they do recommend you go, the pediatrician's office can call the ED to let them know you're on the way."

Specialized Emergency Care for Kids

The Rainbow Pediatric Emergency Department (ED) at UH Ahuja Medical Center is staffed 24/7 by board-certified emergency medicine physicians and nurses with experience and training in pediatric emergency care as well as certified Child Life specialists. They help patients lessen the trauma they may experience from visiting the hospital, empower them, and encourage them to cope in a positive manner.

UH Ahuja also has UH Rainbow pediatricians available on-site 24/7 for consultation in the ED if needed. "The team's specialized expertise in

pediatrics ensures not only that the care we provide is tailored specifically to children, but also that the patient's and family's experience in our pediatric emergency department is child-centered," Dr. Stiffler notes.

The team at UH Ahuja also has immediate access to UH Rainbow pediatric specialists at the UH main campus in the event they need an urgent consult in a specialty such as neurology or infectious disease. UH Rainbow Babies and Children's Hospital is recognized as one of the country's top children's hospitals.

Children who arrive at UH Ahuja with serious injuries from a fall or a car accident, major burns or other trauma, are stabilized in the ED and then transferred directly to the Level I Pediatric Trauma Center at Rainbow. Level I is the highest level of trauma care as certified by the American College of Surgeons. UH Rainbow has been the only certified Level I Pediatric Trauma Center in northern Ohio for more than 20 years.

"Our highly trained and experienced team at UH Ahuja can handle most emergencies we see, but it gives parents peace of mind to know we have access to specialized medical and trauma care if it is ever necessary," Dr. Stiffler says.

Be Prepared

As the school year draws to a close and kids spend more time playing outside, it's inevitable that accidents will happen, and some of them will require a trip to the ED. To help make those first minutes after an accident a little calmer and easier, the team at the UH Ahuja Rainbow Pediatric Emergency Department offers these simple tips:

- Keep your pediatrician's phone number in your phone and post it near your home phone.
- Put together your child's medical history, including medicines, allergies, previous hospitalizations or surgeries, immunizations and significant family medical history. Store it in your phone and also make a printed copy for other caregivers in your home to bring to the ED.
- Post your home address near your house phone so anyone calling 911 can provide it quickly and accurately.
- Pack an emergency bag with a change of clothes for you and your child, toothbrushes, toothpaste and other small personal hygiene items and a favorite soft toy or book.

But beyond the problems you can fix with a hug, a kiss and a bandage, how do you know when you should take an injured child to the emergency room?

UH Ahuja Medical Center and the Rainbow Pediatric Emergency Department are located at 3999 Richmond Rd., Beachwood. The ED's phone number is 216.593.5800.

ORT Ohio's 7th Annual Next Gen Trivia Night Set for May 23

ORT Ohio's 7th Annual Next Gen Trivia Night is set for Thursday, May 23, 7 pm, at the Winking Lizard Tavern Party Center, in Bedford Heights. Next Gen trivia mavens, ages 25-45, will gather for a fun evening of trivia, a buffet dinner, open bar, and the opportunity to bid on silent-auction items to support ORT educational programs around the world.

Ben Golsky and Alex Kadis, are event co-chairs. Marty Shankle is emcee.

ORT Next Gen (ages 25-45) is a national network of Jewish young professionals dedicated to improving communities and making the world a better place through the support of ORT educational initiatives.

Trivia Night tickets may be purchased through www.eventbrite.com by searching for "ORT Ohio 7th Annual Next Gen Trivia Night," or by calling the ORT office at 216.464.3022.

Ticket prices are \$30 (pre-registration, through May 23, at 11:59 pm), or \$40 at the door.

The ticket price includes an open bar and dinner buffet, a one-year subscription to the *Cleveland Jewish News*, the chance to bid on silent auction items, and chances to win gift certificates, gift cards, or other merchandise with your team members. Teams may be formed prior to the event, or the night of.

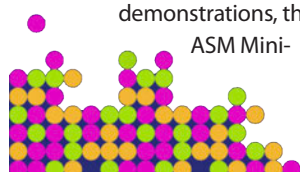
For additional information, to learn about sponsorship opportunities, to donate an item to the silent auction, or to pre-register a team of six for \$150, contacting Yael Amitz-Lev Sperber at 216.464.3022 or ysperber@ortamerica.org by May 13.

NOISE 2019

On Saturday, April 13, Greg Perry's marketing students welcomed thousands of guests of all ages to NOISE 2019 (Northeast Ohio Innovative STEM Expo), a one-day expo that showcased science, technology, engineering and mathematics (STEM) principles.

NOISE was held at Beachwood High School, the weather cooperated, and more than 130 businesses participated.

Thousands of guests enjoyed demonstrations, the ASM Mini-



Materials Camp, food trucks, shopping, The Young Entrepreneur Market, and STEM toy shop. They also had an opportunity to experiment with drunk-driving simulations that were sponsored by the Beachwood Police Department, and to attend shows that featured Nick Uhas, who appeared on America's Got Talent. Nick's high-energy, audience-participation shows were based on scientific concepts and chemical reactions.

NOISE was developed by 39 senior students who participated in the Marketing/Junior Achievement Program at Beachwood High School. The

class is a college-tech prep course through Excel TECC, a consortium of students from ten different schools. Students worked as a company with an organizational structure and management positions.

The program ran in collaboration with City of Beachwood, and community services director Karen Carmen, who is also the Beachwood Junior Achievement advisor.

Thanks go to the event's sponsors, underwriters, exhibitors, and all who attended.



From left: Leena Tsay, Samah Khan and Anah Khan learn about properties of Nitinol wire; Tanishka Singh and Ashvik Singh enjoy hand-on experiments; Rachel Cohen and Vidula Jambunath help visitors make "seed bombs"; and Neel Vasudevan, Manveen Gupta and Vaani Neel enjoy all that is happening around them.



From left: Matthew Leizman and Amanda Leizman man a booth that teaches about nutrition; Coby Saidel experiences virtual reality through a HoloLens by Microsoft headset, while his brother, Avi, and dad, Aaron, observe; Debby Zelman Rapoport participates in an experiment to see how chemicals react; Nick Uhas autographs lab coats after his show.



NOISE 2019 organizers celebrate the show's success as the day progresses.

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Mandel JCC Men's Club

The mission of the Mandel JCC Men's Club is to provide opportunities for men to socialize, meet new friends, and take part in discussion groups. The club meets every Monday from 11 am – 12 noon in the Mandel JCC's Stonehill Auditorium unless otherwise noted.

For more information, contact Bob Young at youngbob12@gmail.com. Guests are welcome!

May 6
Rap Session or speaker to be Announced

May 13
Speaker: John Zitzner, president, Friends of Breakthrough Schools
Topic: "Cleveland Education; Breakthrough Schools"

May 20
Speaker: Danelle Musil, Cuyahoga County Consumer Affairs Department
Topic: "Scam Squad"

June 3
Speaker: Mayor Martin S. Horwitz
Topic: "Beachwood Community Update 2019"

June 10
ANNUAL MEETING
Speaker: Tim Warsinsky, managing editor, The Plain Dealer
Subject: "Changes in Paper Print in Today's Market, and the Changes Being Made by The Plain Dealer to Enhance it"
Location: Beachwood Community Center, 11:30 am

Traditions Shared at Interfaith Seder

For more than 20 years, Anshe Chesed Fairmount Temple in Beachwood has been inviting guests of different faiths from communities near and far to come to the temple and learn a little more about Passover. On April 9, more than 450 guests accepted the invitation and gathered in the Weinberg Social Hall to learn, sing, pray, and taste foods together.

During the Interfaith Seder, led by Rabbis Robert Nosanchuk and Jordana Chernow-Reader, guests of all generations read from the Haggadah (the service book that tells the story of the Israelites' liberation from slavery in Egypt) and learned about the symbolism of the foods on the Seder plates, while tasting different food samples.

Beachwood residents Gayle and Al Hochheiser have been volunteering as Interfaith Seder hosts for most of the event's 20+ years. "It is so great to welcome other community members to our synagogue and share with them the meaning of Passover," said Gayle.

Sonia and Ivan Goldfarb, also of Beachwood, have been hosting for eight years and enjoying every minute of it. "The guests are interested in

learning about Judaism and comparing it to their own religions," said Sonia. "We always learn something, too. Ivan has vision problems and just a few years ago, we learned about a "low-vision sailing club" in Cleveland from one of our church guests."

The Fairmount Temple Interfaith Seder is supported by the Men of Fairmount Temple and the Geri and Lew Bernard Jr. Interfaith Seder Endowment Fund.

Al and Gayle Hochheiser with Stephanie Soltis and Jill Kellogg of First Congregational Church of Claridon, in Huntsburg, Ohio).



Cleveland Pops Youth Orchestra Performs at Montefiore

The Cleveland Pops Youth Orchestra will perform at Montefiore on Monday, May 13 at 7 pm. Middle school and high school students look forward to performing under the direction of Pops Maestro Carl Topilow.

The Cleveland Pops Youth Orchestra was formed in collaboration with the Music School Settlement. They played their first concert this past December. Selections will include music from *Back to the Future*,

Mamma Mia, *Les Miserables*, *LaLa Land*, *Bohemian Rhapsody*, the theme from *ET* and more.

This event is free and open to the community. For more information, contact Susan Lieberman at 216.910.2647.

Chagrin Valley Camera Club

The Chagrin Valley Camera Club usually meets twice a month, from 7-9 pm. Guests are always welcome. For a complete overview of meetings, speakers and events, visit www.chagrin-valleycameraclub.com.

Sunday, May 5 • 2-4 pm
Beachwood Library
May Show Opening Reception

CVCC's signature annual event, The May Show, will be on display in the library's main meeting room during the entire month of May. Stop in and

view this extensive display of outstanding images by local photographers.

Tuesday, May 7 • 7 pm
Beachwood Library

Judging results of the May Show, from a panel of experts, will be presented at the club's regular meeting. Meet local photographers, discuss their work, and exchange ideas on how to keep growing as a photographer – whether as a professional or simply as an enthusiastic hobbyist.

Tuesday, May 21
Site to be Determined
Sunset Shoot

This evening is reserved for the club's annual "Sunset Shoot." The evening begins with an informal dinner and then proceeds to a lakeside spot to capture images of Lake Erie's often spectacular sunsets. Trade tips and learn techniques from outstanding local photographers. Details can be obtained by using the "contact" page on the website, listed above.

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Who's Buzzin' in Beachwood?

by Arlene Fine

Here's the Scoop

In honor of Ben and Jerry's Free Cone Day, over 4,100 scoops of ice cream were served at the chain's Fairmount Circle location, owned by Beachwood residents Pam and Jim Leikin. As customers were getting their licks many made a donation to Autism Speaks. "Free Cone Day allows us to give back to the community," says Pam Leikin. "We are very happy to benefit Autism Speaks this year."



BHS friends Melondy Shen, Madison McShepard, Sydney Leikin, Julia Charnas and Cassidy Crosby volunteered at the Free Cone Day, and helped raise funds for Autism Speaks



BHS senior Matthew Friedman joined the Free Cone Day volunteers



Liz Oberfeld and Pam Leikin are all smiles behind the counter



Autism Speaks supporters Noelle Byrne, Trudy Stearns, Shari Goldberg, founder and past president of Autism Speaks Northeast Ohio chapter, and Bajia Mitchell greeted friends and community members.

BAC Hosts K-12 Art Show and Music Program

Wonderful works of art including collages, drawings, paintings and sculptures, all created by Beachwood students in grades K-12, filled the walls of the Beachwood Community Center, thanks to support from the Beachwood Arts Council. The opening reception featured refreshments and a musical performance by Beachwood students. This annual show provides a great outlet for artists to showcase their talents!



Bryden Elementary School second grader Hugo Tsutsui

Flipping over BHS Pancake Breakfast

Community members enjoyed a pancake breakfast with all the trimmings, prepared by Chef Bruce Sternberg of Around Town Caterers. The event, which also included a movie, raffle and children's games, raised money for the Class of 2019 after-prom event.



Sara and Emma Perez and Steven Vesci



Brady Safenovitz



Around Town caterer Bruce Sternberg and Pancake Breakfast chair Terri Sternberg



Bryden Elementary first grade teacher and BHS mom, Tara Warner



Raquel Smith, Dana Berkley and Dani Smith



Atara, Troy and Li'or Auzenne



Beachwood Schools art teachers Rachel Hartwig, Heather Grano, Chunny Hahn, and Tucker White



Bryden Elementary School first grader Alex Adler

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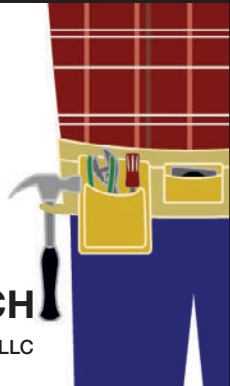
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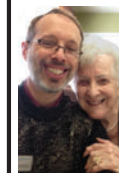


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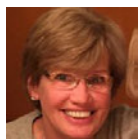
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HOME CARE

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7am-noon Saturday



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BeachwoodTransportation.com

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TIME CHANGE

Thank you Beachwood

Beachwood Buzz is 22 years old,
and there are still a lot of stories to be told.

Have a story idea? Please let us know,

please email it to
beachwoodbuzz@gmail.com.

Those who send in qualified leads will receive a bag of coffee and a *Beachwood Buzz* coffee cup, as a token of our appreciation, because *Beachwood Buzz* creates abuzz that lasts!



Food Truck Mondays at Legacy Village

The popular Food Truck Mondays returns to Legacy Village on Monday, May 20 from 11:30 am to 1:30 pm. In its sixth year, Food Truck Mondays features a diverse lineup of Cleveland's favorite food trucks that satisfy virtually any craving, including many new food trucks to

2019 series. Food trucks will be set up on Main Street throughout the summer series, with a rotating schedule of food trucks returning every other week through August. Local bands will amp up the lunch hour for an atmosphere sure to chase away the Monday blues.

Monday dates are June 3, June 17, July 1, July 15, July 29, August 12 and August 26. The event takes place rain or shine.

For complete information visit the Legacy Village Facebook page or www.Legacy-Village.com.

Legacy Live Returns May 24

Legacy Village hosts 34 concerts during free weekend concert series

Legacy Village's free summer concert series, Legacy Live, returns on Friday, May 24 and continues on Fridays and Saturdays through August 31. Concert-goers will enjoy a mix of their favorite live music, from Pop, Rock and Motown to Blues, Swing and everything in between. A lineup of 34 free concerts is planned throughout the summer, with each concert scheduled from 6:30 to 9:30 pm (unless noted, see full schedule below)

"Legacy Live is one of Northeast Ohio's most popular free concert series and we're proud to be able to expand on this summer tradition," said Legacy Village General Manager Susan Windle. "There's a great sense of community as the Legacy Village Lawn comes alive with

concert-goers who often make dining at one of the center's restaurants part of their Legacy Live experience."

The Legacy Live weekend concert series gets underway on Friday, May 24, at 6:30 pm with Sumrada, a band with an eclectic song list of Dance/70s music through to-

day. All concerts take place at The Lawn, located between California Pizza Kitchen and Bar Louie, and are subject to cancellation in cases of inclement weather.

For more information, call the Legacy Village Management Office at 216.382.3871 or visit www.Legacy-Village.com.

Concerts Through June Include:

Friday, May 24

Sumrada
Dance/70's thru today)

Saturday, May 25

Swamp Boogie Band
Swamp Rock

Friday, May 31

No Name Band
60's & 70's Dance

Saturday, June 1

Saborit • 11 am – 2 pm
Latin Soul
Blue Lunch • 3 - 5 pm
Jazz/Swing/Blues
Sunset Harmony • 6 – 8 pm
50's thru today

Sunday, June 2

Cats on Holiday • 11 am – 2 pm
Cajun Pop
The Cletus Black Revue 2 - 3 pm
Rock/Blues/Jazz

Friday, June 7

Back 9 Par 4
Acoustic Rock

Saturday, June 8

Run Avril Run
Pop/Rock

Friday, June 14

Benjamenz
R&B/ Dance

Saturday, June 15

Revolution Pie
Beatles Tribute

Friday, June 21

Rockport
Roots/Folk/Rock

Saturday, June 22

Wildhorses (Rock/Oldies)

Friday, June 28

NOS Band

Classic Rock

Saturday, June 29

45 RPM
Classic Rock/R&B

Family Health and Safety Days

Join us for family-friendly community events to celebrate wellness with free health screenings, educational activities and demonstrations.

Free Health Screenings:

Walk-up health screenings:

- Balance and grip
- Blood pressure
- Bone density
- Hearing
- Lung function
- Stroke risk
- Blood glucose
- Body mass index
- Cholesterol
- High risk lung cancer
- Nutritional health

Preregistered health screenings:

- Carotid vascular
- Lower extremity vascular
- Prostate
- Hernia
- Memory
- Skin cancer

Screenings offered at each location may vary.

Saturday, June 1 | 9 a.m. – 1 p.m.

UH Conneaut Medical Center
158 West Main Road
Conneaut, Ohio 44030

Saturday, June 8 | 9 a.m. – 1 p.m.

UH Ahuja Medical Center
3999 Richmond Road
Beachwood, Ohio 44122

Saturday, June 22 | 9 a.m. – 1 p.m.

UH Geauga Medical Center
13207 Ravenna Road
Chardon, Ohio 44024

Saturday, July 13 | 9 a.m. – 1 p.m.

UH Ashtabula Health Center
Ashtabula Towne Square
3315 North Ridge Road
Ashtabula, Ohio 44004

Saturday, July 20 | 9 a.m. – 1 p.m.

UH Portage Medical Center
6847 North Chestnut Street
Ravenna, Ohio 44266

Saturday, August 10 | 9 a.m. – 1 p.m.

UH Richmond Medical Center*
27100 Chardon Road
Richmond Heights, Ohio 44143

Saturday, August 17 | 9 a.m. – 1 p.m.

UH Streetsboro Health Center
9318 State Route 14
Streetsboro, Ohio 44241

Saturday, August 24 | 9 a.m. – 1 p.m.

UH Bedford Medical Center*
44 Blaine Avenue
Bedford, Ohio 44146

*Campuses of UH Regional Hospitals



For more information or to preregister for a screening, call **216-245-3841**.