

Beachwood Buzz

January 2020

Every Resident. Every Business. Every Month.

MAGAZINE



Cleveland Orchestra Members

Who Call Beachwood "Home"



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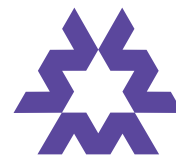
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Happy New Year!

At the start of each year many of us have fresh ideas and set new goals. I'm starting this year with a goal of prioritizing additional time for creativity. I recently watched a TED Talk created by Sir Ken Robinson in 2006, titled *Do Schools Kill Creativity?* This talk has been viewed more than 63 million times.

"To live a creative life,
we must lose our fear of
being wrong."
– Joseph Chilton Pearce

"Build something.
Share something. Craft
something. Make more
art. Your health and
happiness will improve
and we'll all be better off
for it."
– James Clear

"Every child is an artist.
The problem is how to
remain an artist once he
grows up."
– Pablo Picasso

"You can't use up
creativity. The more you
use the more you have."
– Maya Angelou

Ken talked about how our education system is designed to take students into a future that we can't even grasp. Children who entered kindergarten this year will graduate in 2032, a time so far into the future that we cannot predict what the world will be like when they graduate.

Ken says, "Creativity is as important as literacy and we should treat it with the same status."

He explains how children will often take chances because they are not frightened of being wrong.

He continues, "If you're not prepared to be wrong, you'll never come up with anything original."

By the time children become adults, many are afraid of being wrong, so they may not pursue their talents or develop their creative capacities.

"We don't grow into creativity, we get educated out of it," Ken explains. "All children are born artists."

Our education system – and those around the world – focus on a hierarchy of subjects: math, language, humanities, then arts.

Ken asks, "Why not teach arts the same way we teach math?"

The education system is set up to teach academics that will set students up for success in the future. That being said, parents may discourage their children from following passions to pursue careers in the arts. In doing so, a lot of talent is squandered.

"We don't grow into
creativity, we get
educated out of it," Ken
explained. "All children
are born artists."

This wasn't the case with Gillian Lynne. Ken shares her story:

When Gillian was just 13 years old, she was underperforming at school, and her mother took her to the doctor and explained about her fidgeting and lack of focus. After hearing everything, the doctor told Gillian that he needed to talk to her mother privately for a moment. He turned on the radio and walked out of the room. He then encouraged her mother to look at Gillian, who was dancing to the radio. The doctor noted that she was a dancer, and

encouraged Gillian's mother to take her to dance school; it was good advice. Fast forward: Gillian followed her passion, danced, became a choreographer and director, met Andrew Lloyd Weber, and choreographed *CATS*, *The Phantom of the Opera*, *Cabaret*, and many more films and stage performances.

Gillian's career blossomed because her talents were nourished.

Imagine how much talent exists out there – in both students and adults – that isn't nourished because someone is discouraged or afraid of being wrong?

Creativity provides hope for the future. At the start of this new year, join me in dedicating more time to nourishing your talents, as well as those of your children or grandchildren. The world will be richer from results of your efforts and abilities.

I wish you and your family a happy, healthy 2020.



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Cleveland Orchestra Members Who Call Beachwood Home



Every year, Carnegie Hall in New York celebrates the launch of its new season with a spectacular black-tie gala featuring electrifying performances by some of the greatest musicians in the world. In October, the venerated venue shined its spotlights on Music Director Franz Welser-Möst and The Cleveland Orchestra. This was the third time The Cleveland Orchestra launched Carnegie Hall's season, and the 226th time that musicians performed on this famous stage in the orchestra's 101-year history. Discerning audience members responded to the splendor and perfection of the concert with thundering applause and standing ovations.

Photos by Roger Mastroianni, courtesy of The Cleveland Orchestra.

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Cleveland Orchestra Members **Who Call Beachwood “Home”**

By June Scharf

Every year, Carnegie Hall in New York celebrates the launch of its new season with a spectacular black-tie gala featuring electrifying performances by some of the greatest musicians in the world. In October, the venerated venue shined its spotlights on Music Director Franz Welser-Möst and The Cleveland Orchestra. This was the third time The Cleveland Orchestra launched Carnegie Hall’s season, and the 226th time that musicians performed on this famous stage in the orchestra’s 101-year history. Discerning audience members responded to the splendor and perfection of the concert with thundering applause and standing ovations.

The New York Times has called The Cleveland Orchestra “America’s most brilliant orchestra,” “virtually flawless,” and “one of the finest ensembles in the country (if not the world)”; and *The Wall Street Journal* has referred to the Orchestra as “magnificent.”

Contributing to the orchestra’s collective sensation are a handful of Beachwood residents. They dwell here for many reasons, including its proximity to Severance Hall, but also for its superior city services and other exceptional qualities.

To learn more about each member who resides here, the following captures some inside takes on their passion for their instruments, and what life is like traveling the world to play beautiful music.

MARK ATHERTON | Bass

Why the bass?

I always loved the sound of bass instruments. I started playing string bass in 4th grade, but didn't expect to pursue it professionally. I wasn't sure what I wanted to do, but after my first year of college, I realized music was "calling" me.

Thoughts about frequent travel?

Our tours build camaraderie within the orchestra because they provide opportunities for us to spend time together on the road compared to when we are at home. We might go hiking on a free day, for example, or enjoy a post-concert dinner with members of our section.

Stand-out performance from recent memory?

Some of the most meaningful performances have been when the orchestra string section plays a string quartet transcription (which adds the bass) such as Beethoven's "Grosse Fuge" and Schubert's "Death and the Maiden." They are very inspiring and challenging at the same time.

Unexpected fact about you?

I'm a big sports fan. American football has always been one of my favorites to watch, as I played football in high school. In recent years, though, I've enjoyed watching soccer on TV (especially my favorite team, Liverpool), and have been able to attend some games in Europe when the orchestra is on tour.



LISA BOYKO | Viola

Why the viola?

I started the viola in middle school, after playing the piano for several years. An early experience in an all-city orchestra sparked a love of orchestral music, which fueled my dreams and hard work through conservatory and beyond. I have always liked the viola because of its mellow sound and supportive role in the orchestra. The viola part in an orchestral score usually supplies harmony and rhythm, although we certainly enjoy playing the melody now and then!

Stand-out memories of recent performances?

Opening the Carnegie Hall season this past October with iconic soloists Anne-

Sophie Mutter, Lynn Harrell, and Yefim Bronfman. Also, a Severance Hall performance of Beethoven's 7th Symphony with a young, new-on-the-scene conductor from Finland, Klaus Makela. Audience members confirmed what we all felt – this was one of the best concerts we'd ever experienced.

Secret to success?

Do everything you can to develop your abilities early on. It's very important to have a good teacher who will insist on a high standard of playing and show you how to play the instrument well. This is something you must be able to maintain on your own as you compete for opportunities at both

the conservatory and professional levels. Also, seek out as many experiences of playing and learning great music as you can: participate in your school orchestra, local youth orchestra, or chamber music program; or attend a summer music festival.

Why live in Beachwood?

My husband and I love our modern home and spacious yard in Beachwood. We have quick access to the freeway, but the commute to Severance Hall is still only 20-25 minutes. We appreciate the excellent services Beachwood provides, as well as our proximity to the Shaker Blvd. median parks and bike paths. We also like being close to the JCC.

LYNNE RAMSEY | Principal Viola, First Assistant



Why the viola and why the Cleveland Orchestra?

I started playing violin in Hong Kong when I was eight. We moved back to California when I was 11, and I played in the school orchestra. I got tired of playing the same

tune all the time and asked the conductor for other options. He suggested viola because there weren't any at the time. It was just a bit bigger, was lower in pitch, and had a different clef to read.

I was hooked. I really enjoy being an inner voice where I can support the upper and lower voices.

The Cleveland Orchestra is like no other orchestra. All members are incredible musicians in their own right, plus they all have amazing work ethics so the starting point for rehearsals is just a matter of interpretation.

Unexpected fact about you?

I own a horse. When the orchestra goes on tour, I find places to ride and meet other horsey people from other countries. Sometimes I am accompanied by some of my horsey colleagues.

Advice for a budding violist?

Practice! Practice! Practice! Practice makes permanent but perfect practice makes perfect.

This is not a career for the faint of heart. It requires a lot of dedication, persistence, and slow practice. Something I always told myself when I was on the audition circuit was, "If I don't feel like practicing one day, someone else will push through and will take the job from me."

Initially, I didn't have the confidence to believe I could make it in an orchestra. In 1969, there were very few women in orchestras. Thankfully that has changed. My mom found a teacher, Ramon Scavelli, who influenced and supported me so profoundly. Up to that point, I enjoyed playing, but knowing that Ramon believed in me made all the difference.

Why live in Beachwood?

It's close to everything. The Beachwood parks are conveniently located, and my neighbors are awesome. My children loved the pool when they were growing up, too.

Performances • Severance Hall • Winter Season

Bronfman Plays Mozart

• Thursday, January 9 • 7:30 pm

Franz Welser-Most, conductor
Yefim Bronfman, piano
Dvorak – Symphony No. 4
Mozart – Piano Concerto No. 24
Janacek – Sinfonietta

• Friday, January 10 • 11 am

Same program as January 9, minus
Dvorak/Symphony No. 4

• Friday, January 10 • 8 pm

Same program as January 9

• Saturday, January 11 • 8 pm

Same program as January 9

Shadows, Seas and Sorcerers

• Thursday, January 30 • 7:30 pm

Franz Welser-Most, conductor
Program: Prokofiev - Symphony No. 6
Bridge – The Sea
Dukas – The Sorcerer's Apprentice

• Saturday, February 1, 8 PM

Same as January 30

The Bernstein Beat

• Sunday, February 2, 2 PM

Vinay Parameswaran, conductor

Sibelius First Symphony

• Thursday, February 6, 7:30 PM

Susanna Malkki, conductor
Leila Josefowicz, violin
Sibelius – En Saga
Knussen – Violin Concerto
Sibelius – Symphony No. 1

It's a lot of hard work, but if you really enjoy doing something and have the motivation, perseverance, determination, and focus, you can accomplish a lot!"

– Michael Sachs
Principal Trumpet

The Orchestra is also scheduled to perform Amadeus Live, Beethoven and Mozart, Symphonie Fantastique, Bruckner, Mendelssohn's Second Symphony, and Schubert's Great Symphony.

For complete information,
visit www.clevelandorchestra.com.

MICHAEL SACHS | Principal Trumpet

Why the trumpet?

I've always loved that the trumpet can really express the spectrum of emotions, from the very powerful and heroic to the very lyrical and intimate. I also always liked that the trumpet is vastly versatile and can be in just about any musical setting: from classical, to jazz, rock, and everything in between.

Advice to others who fantasize about playing the trumpet professionally?

Have fun! I got into this because I just loved to play the trumpet. My parents weren't musicians but, thanks to my mom, there was a lot of music playing in our house when I was growing up. I didn't intend to pursue this as a career choice, it just kind of happened. It's a lot of hard work, but if you really enjoy doing something and have the motivation, perseverance, determination, and focus, you can accomplish a lot!

Professional journey leading to the Cleveland Orchestra?

In Santa Monica, California, where I grew up, music programs in the schools were very strong, starting in elementary school. By the time I got to high school, I was part of an 80-piece orchestra performing large standard repertoire. I also played in the marching band,

wind ensemble, jazz band, and a rock band. When it came time to decide on college, my parents really wanted me to get a broad education and steered me more toward a non-music degree. With that, I ended up going to UCLA and getting a B.A. in history. I think my father, who ran an advertising agency, had the idea that I'd eventually take over his business.

During this time, I was taking lessons and playing in a couple of high-level orchestras in Los Angeles, basically playing more than any music major without the academics. I also performed in two summer festivals – at Tanglewood in western Massachusetts, and at the Aspen Music Festival.

Since I was always playing trumpet, studying, and performing, I felt that if I didn't pursue a career in music, I would always regret it. Luckily, after graduating UCLA, I was accepted to study at the Julliard School of Music in New York where I started over as a freshman. At the start of my third year in New York, I won a position with the Houston Symphony, where I stayed for two seasons before getting my position with the Cleveland Orchestra.

Stand-out performance in recent memory?

The October performance when we played Mahler's Fifth Symphony at Carnegie Hall. Carnegie is my Super Bowl and World Series all



wrapped into one. My parents and entire family are originally from New York, and we have many friends and colleagues there. Plus, the history of that space, with all of the great artists who have performed there over the past 125 years, is palpable from the moment you walk on stage.

Carnegie Hall is a very special place and I'm lucky to have had many opportunities to perform there, dating back to when I was a student. This particular Mahler symphony has a huge trumpet part, one that I started by myself in an extended passage. I've performed most of the Mahler symphonies at Carnegie Hall, but this was my first time with No. 5. It's a piece I've always wanted to play there, and finally getting that chance meant to world to me.



SAE SHIRAGAMI | Violin

What are some of the challenges associated with playing in an orchestra?

As members, we don't have choices in musical pieces, conductors, or concert schedules. We must try to do our best under all circumstances, which can sometimes be frustrating.

Any hobbies?

Cooking and baking. I enjoy seeing the results. There is no end to practicing music; it can always get better or be different. I suppose that goes for everything else as well, so I must just enjoy eating good foods immediately.

Why live in Beachwood?

Mitchell's Ice Cream and well-maintained roads! Friendly and caring policemen and firemen. Great dogs (and owners) and, of course, Barkwood, although I don't have my own dog now.

Stand-out recent performance memory?

Beethoven 7th with Klaus Makela. The young conductor stepped in at the last minute for that concert and did a beautiful job. So many audience members came up to me and said how excited they were to hear it. Also, an older colleague who must have played the piece hundreds of times said that was the best Beethoven 7th she's played in her career, which meant a lot.

MARTIN FLOWERMAN | Bass | Retired in 2011

Life after the orchestra?

I miss making great music and being onstage with the orchestra, but life is less hectic now, so I feel some relief. The orchestra is near and dear to my heart, and I miss the camaraderie.



Why the bass?

I had a love for the bass shortly after I was born because my father was a professional bassist. He was the principal bass for the New York City Ballet's orchestra. As a tiny tot, I heard him practicing all of the time and I loved the sound of it. The role of the bass is to support other instruments. I always found playing lower notes to be very satisfying. The bass also had lots of solos and I enjoyed that.

Any wild, unexpected experiences?

On a couple of occasions, we played through wicked weather at Blossom Music Center. As the storms blew in, the lights went out, but the orchestra continued to play in the dark and we finished together without looking at the music. Everyone was so great that all music was well rehearsed and well memorized. We never flinched; we just kept playing.

Our instruments were flown in on a separate plane, and on several occasions, arrived at the performance venue extremely late. During a delay in Tokyo, the audience was being seated while the stagehands were setting up the stage with our instruments. We started 30 minutes late. It was a white-knuckle situation.

Before each tour, we pack up our instruments, drop them off at Severance Hall, and hope everything arrives intact. Most of the time, it does; but sometimes, our instruments sat outside in the freezing cold, and were then brought inside where the air is warm and dry. As a consequence, a crack might be discovered, or the seam of an instrument may open up from the temperature changes.

Stand-out performances?

I'll never forget when conductor Leonard Bernstein came to Cleveland in 1970 to conduct a benefit concert at Blossom. He just couldn't get over the Cleveland Orchestra. We were razor sharp after a long tour. In the middle of a Mahler Symphony rehearsal, he stopped and said, "This orchestra is so great, so (expletive) great!" I was so inspired by him, I wanted to jump out of my chair! He was an absolute genius. I got to speak with him – he was so approachable. He wore his heart on his sleeve all the time.

Are you approachable?

Yes. If someone is truly interested in music and wants to consult with me, I can be reached at mbmurn@roadrunner.com.

Orchestra Members' Tips for Budding Musicians

- Take daily lessons - *Shirgami*
- Give it all to the present moment – *Shirgami*
- Enjoy the music – *Shirgami*
- Do all that you can to develop abilities early in life – *Boyko*
- Engage a good teacher who will insist on high standards of playing – *Boyko*
- Seek out as many experiences as you can for learning and playing great music – *Boyko*
- Participate in your school orchestra, local youth orchestra or chamber music program or attend a summer music festival – *Boyko*
- Practice (a lot). – *Atherton*
- Practice makes permanent and perfect practice makes perfect – *Ramsey*
- Take seriously what your teacher tells you, and gradually learn to teach yourself (that is, enjoy figuring things out and improving in your own practice). – *Atherton*
- While it's great that the family is supportive of their child's music lessons, under no circumstance should they coerce or bribe their child to practice. It should not feel like a chore, but rather come from within. – *Flowerman*
- Most of all, have fun! – *Sachs*



We Invite You to Grow Your Business Network in 2020

It's a new year. Let us help you set new goals.
At the Chamber, we value our members and focus on creating
individualized experiences to meet each member's needs.

Whether you're looking for a stronger business presence, networking opportunities, cost-saving programs, educational sessions or a chance to meet like-minded people, the Beachwood Chamber of Commerce has something to offer you and your employees to enhance your business. The Chamber's rich programming is available to meet your unique needs and includes:

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- Engage with a Professional
- Beachwood Women's Connection
- Golf Outing
- Taste of Beachwood
- Community Event
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Join Us!

We invite you to join us at an upcoming event to grow your business network and work towards your goals in 2020! For a complete schedule of upcoming programs, visit www.beachwood.org. To register for a program or obtain additional information, email membership@beachwood.org or call 216.831.0003.

On behalf of the membership committee, we look forward to meeting you soon!

Donna Cook and Peter Young
Membership Committee Co-chairs

Goren Dillard
Membership Development Manager
membership@beachwood.org



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January Buzz from State Representative Kent Smith

Happy New Year, *Beachwood Buzz* readers. I wish you all a healthy new year. For my first 2020 column, I raise an issue that will likely be a major focus of debate during the final 12 months of the 133rd Ohio General Assembly – Guns.

In the early hours of August 4, 2019, a gunman, using an AR-15 style weapon, opened fire on a Dayton street. Twenty-six people were shot in 32 seconds. Nine of those 26 died that night.

That tragedy again jarred a weary nation and sparked renewed debate about whether firearms should be less regulated or if new gun-safety measures should be enacted. As of mid-December, no fewer than 36 pieces of legislation on gun rights/gun safety have been introduced.

An explanation of all 36 bills would stretch far beyond the

pages in this magazine, so I've focused on what I believe should be the best first step – background checks.

While 90 percent of Americans support background checks for all gun sales, a dangerous loophole in federal law still exempts unlicensed sellers from having to perform a background check before selling a firearm. We should close this loophole in Ohio.

Research suggests that closing the background-check loophole can save lives. The state that best illustrates this fact (tragically) is Missouri. For decades, Missouri

required a background check for every gun sale until the state dismantled this requirement in 2007. What followed was sadly predictable and entirely preventable. Missouri saw a 25% increase in firearm homicides and a 14% increase in murders over the subsequent five years.

That is why I am a co-sponsor of HB 317, which would require background checks for all private sales in Ohio; and of HB 320, which prohibits selling a firearm when a background check is pending, up to 30 days.

Please contact my office at Rep08@OhioHouse.Gov or

614.466.5441 if you would like to follow the progress of any of the 36 gun bills during 2020.

State Representative Kent Smith represents Ohio's 8th House District which includes Beachwood, Euclid, South Euclid, Richmond Heights, East Cleveland, Woodmere Village and a little bit of the City of Cleveland. State Representative Kent Smith represents Ohio's 8th House District which includes Beachwood, Euclid, South Euclid, Richmond Heights, East Cleveland, Woodmere Village and a little bit of the City of Cleveland.

It's a new year with new stories. Please let us feature yours in *Beachwood Buzz*! Email beachwoodbuzz@gmail.com today.

Whatever the Reason, Whatever the Season... Beachwood Can Count On Smylie One!



Steven Smylie

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HEY NEIGHBOR!

by Arlene Fine

Tale of a 6th Grade Hero

Faaisal Alazawi may not wear a cape or leap tall buildings in a single bound, but he is a real hero – and he has a certificate to prove it.

On the afternoon of November 8, 2019, Faisal, 11, a Beachwood Middle School 6th grader, was riding the school bus home when a student on the bus, Hadi Alajmi, suddenly experienced a medical emergency.

Hadi, who did not speak English, and is from Kuwait, had arrived in this country just two months before.

Sensing a crisis in the making, Faisal sprang into action. "I knew Hadi required a translator, and I could do that," said Faisal, whose family is originally from Iraq. "I also knew it would take a long time to get a translator and we could not wait."

After the bus driver called 911 and the ambulance arrived, Faisal stayed with Hadi and provided Arab-to-English translation to the police and fire rescue crew. He relayed Hadi's symptoms to the medical team and provided other pertinent details, including phone numbers of close family members. While the other students on his bus were transferred to an auxiliary bus, Faisal was the point person on the scene.

During this stressful time, Faisal had the presence of mind to call his mother to let her know he would not be home at his regular time due to Hadi's emergency.

Once the ambulance took Hadi to Ahuja Medical Center, Faisal got a ride home in Beachwood Police Sgt. Erin Draves' cruiser.

"It was weird to sit in the front seat of a police car. There

were so many noises coming from the radio, but I liked it," said Faisal.

For his heroic efforts, Faisal was honored and presented a certificate from Mayor Martin Horwitz during a Beachwood City Council meeting on Monday, December 2, 2019.

Police Chief Gary Haba said, "Faisal, your bravery, calmness, helpfulness, and willingness to give without thought of reward were indeed impressive, and certainly made a bad situation much more manageable for all of the adults who were there to help. We always appreciate assistance from civilians in a crisis situation, but I have never received so much praise from police officers and paramedics about help from a citizen. They were extremely impressed by you."

"If you see a situation where you can help, you should come forward. It's important not to panic, especially if someone's life is in danger. If you think clearly, it will be okay."

– Faisal Alazawi

"Unfortunately, many in our society don't like to become involved in the tribulations of others. Some are more apt to produce a cell phone to take video of someone in crisis rather than offer assistance. You could have easily walked to the transfer bus, gone home, and hoped for the best for your classmate. Instead, you took the initiative to help when you saw the need. For that, I am very happy you can be here with us tonight to be commended. You are a remarkable young man and your parents should be very proud of you."

The lesson that Faisal, an honors student and a budding violinist, wants others to know is, "If you see a situation where you can help, you should come forward. It's important not to

panic, especially if someone's life is in danger. If you think clearly, it will be okay."

Faisal is the son of Omar Alazawi, an engineer, and Dr. Zahraa Alghabban, a dentist-in-residency at the Cleveland Dental Institute. The family, including Faisal's younger brother, Badr, moved to Beachwood last June from Houston, where they had lived for eight years.

So far, Faisal likes living in Beachwood, even though he misses his friends back in Texas. The newly minted hero hopes to continue to help others and to be a doctor or dentist one day.

"Faisal is an excellent student," said his parents. "He is a fine young man, and we know he will do great things with his life."



Mayor Martin Horwitz, Police Chief Gary Haba, Faisal Alazawi, Hadi Alajmi, and Fire Chief Steven Holtzman.

Donate Denim *January 13-24, 2020*

When Beachwood High School 12th grader Sophia Muliolis heard about the Paradise, California fires that resulted in her relatives' losing their home, along with the thousands of other individuals who were forced to flee their homes in search of safety, she did some research on the ongoing climate crisis and knew that it was time for somebody to step up and make a difference. She wanted to take action and raise awareness, so she recruited a core group of high school change makers and an administrative advisor to create the Climate Action Team, aka Beachwood's Green Team.

The Climate Action Team consists of Sophia Muliolis (12th grade), Greg Perryman (10th grade), Carrington Peavy (11th grade), Paisley Truitt (12th grade), and Priyanka Shrestha (12th grade). Lori Joyner, secretary to BHS Principal Paul Chase, stepped up to be the group's advisor.

Just a few months ago, the Climate Action Team partnered with Beachwood PTO to plan and execute a Color Run, which attracted nearly 450 participants who care about keeping our world colorful, and raised more than \$13,000 to benefit PTO, the Nature Conservancy, and Cleveland Climate Action Fund. Following the run, participants learned about climate change by visiting vendors who provided information on the topic.

This event started the conversation, which is always the first step to initiating change. We spoke with student volunteers to hear their thoughts, anxieties, and ideas about the climate crisis and here's what they shared:

- Educating others on the science of climate change creates greater empathy for the people and places that it impacts.
- Understanding the science of climate change and what it tells us about current and future suffering and dangers is the responsibility of each of us.
- Taking action is essential.

- Participating in solution-based activities is the best remedy toward resolving anxiety about climate change and creating greater progress toward resolution.
- A community built on trust, accountability, and respect is crucial to tackling big challenges.
- Organizing people around a common goal can be extremely rewarding and fulfilling.
- Learning to work together toward a common goal taught us a great deal about ourselves, our strengths, and how we need to adapt to function as a team.
- Commitment is part of the process.
- Sometimes you need to have uncomfortable conversations to be part of the solution.
- Situations are changing constantly and one must be able to adapt quickly.

The Climate Action Group now invites residents to donate denim that is made from at least 90% cotton to its Cotton's Blue Jeans Go Green™ initiative. The denim that is collected will be transformed into natural cotton fiber insulation, some of which will be used to build schools, homes, and buildings around the country. By diverting denim away from landfills, where it would otherwise join the millions



From left: Greg Perryman, Priyanka Shrestha, Sophia Muliolis, Carrington Peavy, and Paisley Truitt.

of pounds of textiles discarded every year, Cotton's Blue Jeans Go Green™ program strives to make the world a little greener by eliminating tons of denim in landfills since 1,677 pieces of denim equal 1 ton.

Collection boxes will be located in Beachwood City Hall, Beachwood Community Services Department, Beachwood Board of Education, Beachwood High School, Beachwood Middle School, Hilltop School and Bryden School from January 13 through January 24.

"Because our world leaders are not stipulating what is necessary to combat the climate crisis, I believe it is truly up to our generation to aid in the change, because we are the voice of the future," Sophia said. "We are living on a planet where the saying 'earth is on fire' is transforming into a reality, a planet where by 2050 we could have more plastic in our oceans than fish, and a world where the rapidly changing climate is leaving millions of people to endure its perilous consequences, such as rising sea levels, fires, extreme heat waves, and more extreme weather events, which is truly concerning to our generation and generations to come. That is why we decided to come together as a team and start educating people on the issue."

Each person on the Climate Action Team brings unique talents. Sophia is passionate, and when she believes in something she is a fighter who keeps her eye on achieving the goal. Greg has excellent communication skills, and is organized and persuasive. Paisley is an artist with talents to visually relay the group's messages. Carrington has a gregarious personality, is very approachable, and possesses strengths that pull people in to notice the cause. Priyanka hopes to be the ambassador and relay the group's messages to the public, as she is currently doing through the social media account @beachwoodvsclimatechange.

"This is a worldwide problem that affects, and will continue to affect, everyone," Priyanka said. "We don't have any more time to wait. It doesn't matter whose fault it is or why climate change has gotten to this point, we have to take action now."

The Climate Action Group is also writing letters to the U.S. Congress during climate action week to hopefully convince politicians to legislate solutions that will reduce the impact of the climate crisis and discuss definitive, practical solutions to absorb excess carbon from the atmosphere. Today, the group asks for your denim donations. Watch for more information in future issues of *Beachwood Buzz*.



The Power of Mindfulness

by Jennifer Stern

As I walked into a Beachwood hotel conference room for professional continuing education, I had a feeling this training would be different. David Fiala, MSSA, LISW-S, the presenter, greeted each attendee with eye contact, kindness, and a sincere interest in our comfort. He even brought snacks, tea, and mints! The next six hours – yes, six – were transformative.

David was engaging, knowledgeable, and passionate about his work, and able to teach mindfulness strategies in a way that was accessible, relevant, and meaningful.

Paying attention on purpose is how he describes mindfulness. Paying attention, I learned, is observational. We were taught to observe our thoughts and feelings without getting caught up in them. To create space for breath instead of fixating on the trigger, the problem, our reaction, or the need to solve or fix. The observer, he teaches, is non-judgemental, accepting, and without an agenda or expectation.

The world is intense. Each of us go through life with our own triggers, pain points, worries, and stressors. David encourages us to consider, “What do you do with anxiety, rage, sadness, or fear?”

The answer is to consciously breathe, work through, and release emotional content (fear of pain, loss, embarrassment, being wrong...), and to then reframe and let go.

He described the impact of chronic thinking (ruminating) as exhausting and unproductive. At one point he stated, “It’s not rocket science! How do you feel when your thoughts are positive? How do you feel when your thoughts are negative? Which will you choose?”

The healing powers of removing (or at least tempering) negative thoughts through awareness (mindfulness) are life changing. Negative thoughts are judging, criticizing, lacking gratitude, and awareness. The habitual negative thinker filters only what’s going wrong; what they don’t like, want, or trust.

Consciously reframing to positive awareness, forgiveness, the ability to see what is going well, or the space to identify solutions to create desired change literally changes our overall sense of wellness.

Each of us has the power of choice. At any moment we can choose to stop, breathe, and take a break from responsibility, intense emotions, or the impulsive need to react, fix, or solve. Taking this moment to consciously breathe can quite literally be a game changer. Conscious breathing is beneficial to your mind, body, and decision making. Breath gives your mind a time out, a reset, and an opportunity to mindfully and intentionally choose instead of react.

The practice of mindfulness is learning to discipline your mind to let go of trying to “figure it all out,” to choose breath over reactivity or getting lost in pressured, negative thoughts; and to instead practice conscious breathing and positive reframe. Mindfulness teaches us **to be in the present moment** (*In this moment...I will not recycle old problems or narratives*), **to focus on the present moment of contentment** (*In this moment I will focus on facts not feelings... I am safe, not actively engaged in conflict, I do not have to think about what I have to do next, I am not the frustration or pain of my past and I am not the “what if” catastrophic worries of the future*), and **to be an observer** (*non-judging, without commentary. Notice your reactions and simply refocus away from the trigger*).

Don’t find a reason to react to your own reaction or to add fuel to the emotional fire. Instead, replace emotional triggers with a positive statement, such as: “I can

do this. It will be okay. I am okay. I have a choice. I will not react. I can breathe instead of ruminate or react. I am in control. Facts over feelings. One moment at a time.”

Each of us has the power of choice. At any moment we can choose to stop, breathe, and take a break from responsibility, intense emotions, or the impulsive need to react, fix, or solve.

You get to be in control of your thoughts, emotions, and body. You choose what to respond to, the positive or negative. In a difficult situation, the positive is your ability to consciously breathe and tend to your emotions in a supportive manner instead of reacting to them. To reframe from overwhelmed to manageable. To consciously focus on what is *now* instead of what came before or what may happen next. No matter how intense the situation, conscious breathing always results in an improved state of being.

The practice of conscious breathing offers the ability to change how you feel in any moment. It is integral to the practice of mindfulness. It calms, and offers control over thoughts, feelings, and reactions to those feelings; and it roots us in the present where breath, not stress, is the focus.

A few of the mindfulness strategies taught by David Fiala include:

Seven Keys to living in the present moment:

1. Feel your breath
2. Let your thoughts pass

3. Observe your thoughts, let go of the habit of trying to “figure it all out”
4. Be kind, compassionate, and forgiving of yourself and others – without exception
5. Under all circumstances, always remember, *it’s okay!*
6. Sit quietly each day to reconnect to present-moment awareness more deeply
7. Remember to consciously stay focused inside present-moment awareness

“O” Breathing:

Breathe in deeply through your nose and exhale slowly and intentionally with your mouth in the shape of an O (as if you are sucking through a small straw).

Repeat.

Nasal breathing:

Breathe in and out slowly through your nose. Feel your breath instead of thinking about your breath. Focus on the feeling of the air slowly coming in and out of your nose. If you find this to be challenging, you can focus by calmly saying in your mind, “I am breathing in, I am breathing out,” in synch with your breathing.

Repeat.

You can learn more about David Fiala and his work, Mindfulness and the Art of Letting Go, at www.mindyourego.com.

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.



BAC Visits The Sculpture Center

Saturday, January 11 • 11 am – 1 pm
1834 E. 123rd Street, Cleveland



Beachwood Arts Council invites the community to attend

an exclusive tour of *Crafting Democracy: Fiber Arts and Activism*, guided by executive director Grace Chin.

This show focuses on the work of regional “craftivists” who use their work as a form of activism. *Crafting Democracy* demonstrates the ways in which craft is employed as a

tool of expression that gives voice to people who seek an active role in democracy.

The Sculpture Center is an arts institution dedicated to the advancement of the careers of emerging sculptors in Ohio and its greater region, and the preservation of Ohio outdoor public sculpture as a means to provide support for artists.

The cost is \$10 for BAC members and \$15 for non-members. To register, please call 216.595.3400.

Beethoven, Bernstein, and More Beautiful Music

Sunday, January 26 • 2-3 pm
Beachwood Community Center

Beachwood Arts Council invites the community to attend this musical show, performed by a talented trio. Pianist Marshall Griffith, flutist Virginia Crabtree, and violinist Kallen Bierly will entertain with a variety

of classical music by famous composers. This concert, free and open to the community, is made possible by grants from Cuyahoga Arts & Culture and Ohio Arts Council. No advance registration necessary.

Ileen Kelner Juried High School Art Show

Sunday, February 9 - Sunday, March 1
Opening Reception: Sunday, February 9 • 2-4:30 pm
Beachwood Community Center

Mark your calendar for the Opening Reception, with an awards ceremony at 3 pm.

This special exhibit will feature inspiring artwork by students

representing 22 regional high schools.

Judges are local artists Augusto Bordelois, George Kozman, and Susan Cone Porges.

BAC presents art exhibitions that are free and open to the public and offers enriching programs, outings, workshops, music performances and volunteer opportunities.

Support the arts in Beachwood and join today!
For details, visit www.beachwoodartscouncil.org.



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The new year brings new opportunities, including health and wellness choices that may enhance your life or that of a loved one.

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Jamie Berns
Owner

Staffing is fast and caregivers are reliable, compassionate, and experienced. Deborah, the daughter of one of our clients, paid us the highest compliment when she said:

"Great service. Living in California and needing help in Cleveland was tough, until I found Senior Solutions. Jamie

and her team are absolutely outstanding on every level!"

When there is a need we strive to fulfill it, so we recently expanded our services to include Housekeeping Solutions for those who just have a need to keep their homes tidy.

Call today to get started!

Kahle Nutrition & Chiropractic Opens in Beachwood

There is a great deal of truth to the popular saying, “You are what you eat,” because commanding control of one’s life via a path that includes sound nutrition as a part of natural health and wellness helps people to feel better.

Kahle Nutrition & Chiropractic believes that a personalized nutrition and chiropractic protocol results in the most optimal patient care, and its owner, Dr. Brittany Kahle, focuses on nutrition as the foundation for reforming and maintaining the optimum health of patients.

Dr. Kahle is a chiropractor who largely focuses on nutrition as the foundation for reforming and maintaining optimum health, regardless of the health issue or current medical diagnosis. She uses Nutrition Response Testing as the major method of analysis and treatment in the nutritional area of wellness. Changing diet over time, getting patients on the correct nutritional supplements for them, and one-on-one guidance are among the several services she offers.

“Nutrition Response Testing is a non-invasive system of analyzing the body in order to determine the underlying causes of ill health,” Dr.

Kahle explained. “Once I determine where there are weaknesses in the body, I prescribe whole-food supplements to address the cause and strengthen the body.”

Dr. Kahle also provides gentle chiropractic care for the whole family, from pregnancy and babies, to adults of all abilities.

Before a treatment, Dr. Kahle will have a conversation with you about your health history and goals. She will then create a detailed treatment plan and communicate treatment options,

so you know what to expect through all stages of your care plan.

In recognition of this new Beachwood business, Mayor Martin Horwitz and City Council proclaimed Thursday, December 5, 2019 as Kahle Nutrition & Chiropractic LLC Day in the City of Beachwood.

Kahle Nutrition and Chiropractic is located at 3619 Park East Drive, Suite 214. For more information, call 216.450.1211 or email contact@docbkahle.com.



Dr. Brittany Kahle (center) and Mayor Martin Horwitz cut the ribbon with Brittany’s family, from left: Dolf Kahle, Eric Kahle, Marilyn Kahle, Berti Elmlinger, and Mark Elmlinger.

Photos by Scott Morrison, Discovery Photo

What’s Your Balance Issue?

Winter has its ups and downs, literally. Walking on snow and ice is dangerous and has taken many people down in accidental falls. But there are many other causes beside slippery sidewalks that can make you feel off-kilter. Certain medications and even an upper respiratory infection can cause you to lose your balance.

We at The Peter B. Lewis Aquatic & Therapy Center suggest you take heed if you have any of the following conditions:

- An inner ear infection
- Meniere’s disease (increased fluid volume and pressure in your ear that can cause dizziness, ringing in your ears and eventually hearing loss)
- Muscle weakness from lack of exercise or other reasons
- Inflammation from the flu, allergies, or sinus infection
- Labyrinthitis (an inner ear disorder affecting your spatial navigation and balance control)
- Failing eyesight
- Neuropathy in your feet and lower legs (weakness, pain or numbness due to pressure or damage to peripheral nerves)
- Arthritis in your hips, knees, or ankles
- Vertigo

If you are experiencing any type of balance issues, consult with a physical therapist today for an individualized fall prevention program. We can see you right here at the Peter B. Lewis Aquatic & Therapy Center of Menorah Park. We also offer free balance screenings to help you evaluate your risk of falling and to discuss options to reduce that risk.

For more information, call 216.595.7345 or visit www.menorahpark.org.

Beachwood Medical Center is located at the corner of Richmond Road and Chagrin Boulevard, making it easily accessible for patients and families. This state-of-the-art, full-service acute care hospital specializes in orthopedics, urology and pain management and **features:**

24 PRIVATE PATIENT ROOMS

OPERATING ROOMS AND PROCEDURE ROOMS

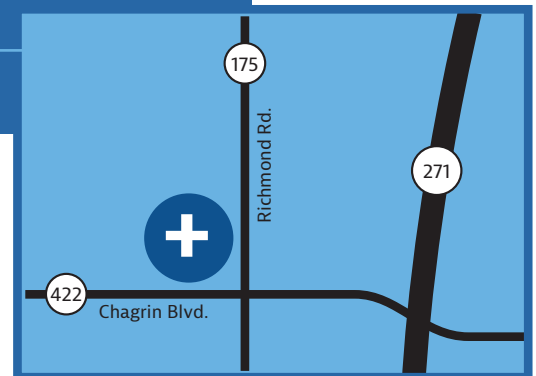
24-HOUR EMERGENCY SERVICES

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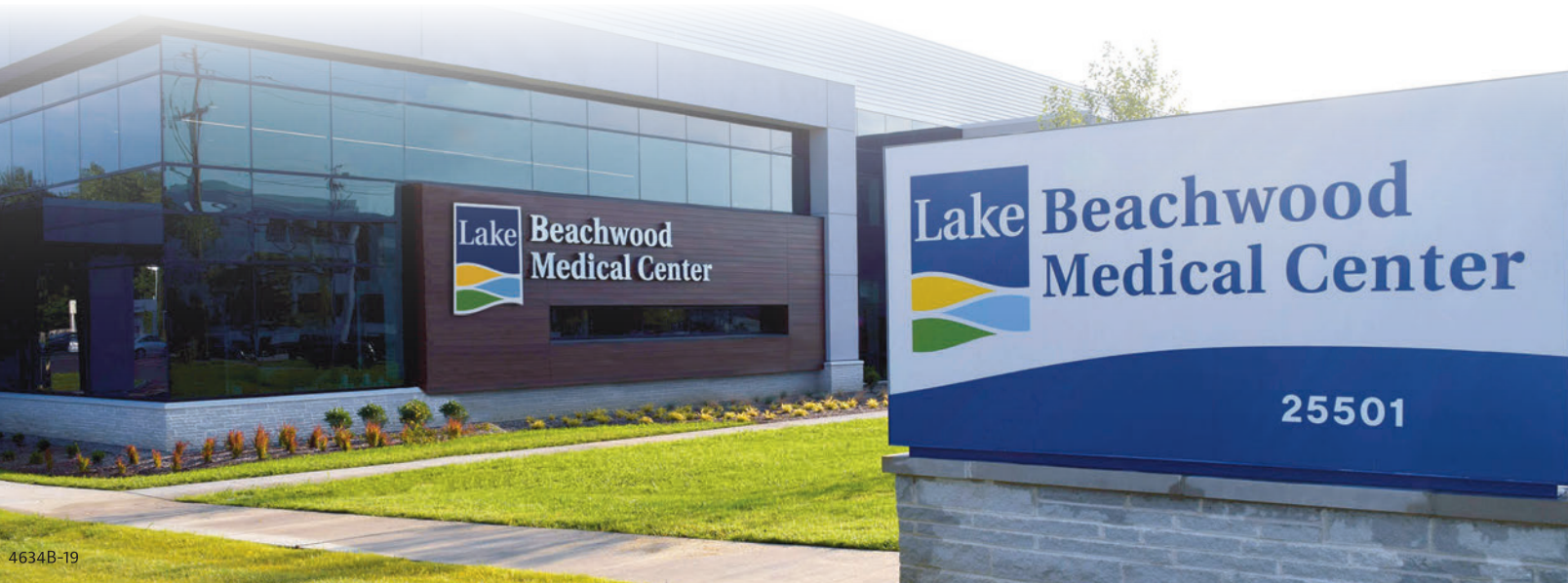
BIKUR CHOLIM HOSPITALITY ROOM

Beachwood Medical Center
25501 Chagrin Boulevard
Beachwood, OH 44122
216-545-4800



For a referral to a physician at Beachwood Medical Center, call the **Best of Health Line** at **800-454-9800**.

beachwoodmedicalcenter.org





Adam Hedaya, MD

For more information or to register, call the Lake Health Best of Health Line at **800-454-9800** or visit lakehealth.org/calendar.

Talk to a Professional

**Tuesday, January 28, 2020
6 – 7 pm**

Lake Health Beachwood Medical Center
25501 Chagrin Boulevard
Beachwood, OH 44122

Exercise-related Injuries: When Your New Year's Resolution Goes Too Far

Your New Year's goal was to get to the gym, but now the intense workouts have left you in pain. From sprains to strains and lower back pain, what is the best way to manage exercise-related injuries? Join Adam Hedaya, MD, as he discusses common sport injuries and the latest pain management techniques for injuries that may result from overuse and working out too hard.

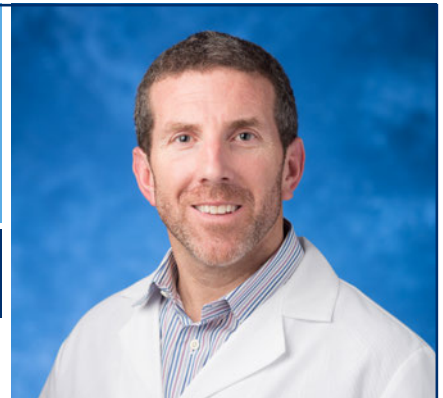
The program is **free**, but registration is recommended.



Good Health Starts with Good Choices.

Scott Zimmer, MD
ACCEPTING NEW PATIENTS IN BEACHWOOD

Board-certified orthopedic surgeon **Scott Zimmer, MD**, director of the Ohio Hand to Shoulder Center, is accepting new patients at Beachwood Medical Center. Dr. Zimmer completed his orthopedic residency at Mount Carmel Health followed by a fellowship in hand, elbow and shoulder surgery at Shands Hospital at the University of Florida. His special medical interests include non-surgical and surgical treatment of complex hand, elbow and shoulder conditions, including carpal tunnel, arthritis, traumatic injuries, trigger finger, tennis and golfer's elbow, arthroscopic rotator cuff repairs and the latest shoulder replacement technologies.



**Beachwood
Medical Center**
25501 Chagrin Blvd.
Beachwood, OH 44122

To schedule an appointment with Dr. Zimmer, call **844-542-6363**.

On-site X-ray and physical/hand therapy.



lakehealth.org

Accent Modification Program Gives Public Speaker New Confidence

Foreign accented speech is a wonderful reflection of an individual's cultural heritage and gives distinction to one's speech. However, an accent can interfere with being clearly understood and can become an obstacle on the job, in social settings, or in communicating effectively and with confidence.

Researcher and scientific director Dr. Kewal Asosingh immigrated to the United States in 2004 from Suriname and speaks Dutch as his native language. A frequent presenter at research conferences, Kewal decided to contact Cleveland Hearing & Speech Center (CHSC) to modify his accent.

"I supervise a team, teach and give talks at national conferences. My goal is to be able to communicate effectively," says Kewal. "Professionally, it was sometimes difficult for others to understand me, particularly over the phone."

Kewal is fluent in four languages, each with its own specific accent. He says, "In English, I had difficulties pronouncing the 'th' sound and produced certain other sounds with a lisp. I also struggled to use American intonation and to employ appropriate pause."

Kewal began working with Dalit Burgess, senior speech pathologist and facilitator of the Accent Modification Program at CHSC. He says, "Dalit was very knowledgeable and patient. She was able to help me eliminate my lisp during the very first session. One-on-one conversations flow

easier now, conference calls don't require prior practice, and I can smoothly use English voice-to-text apps. But for me, the true test was when the kids of American friends could understand me perfectly!"

The CHSC Accent Modification Program has served nearly 40 professionals in the last year and continues to grow – both through CHSC's partnership with Cleveland Clinic and onsite at our offices. Rather than eliminate an accent entirely, the program helps participants shape their accents to sound more like Standard American English.



Dr. Kewal Asosingh

The CHSC Accent Modification Program has served nearly 40 professionals in the last year and continues to grow – both through CHSC's partnership with Cleveland Clinic and onsite at our offices.

For more information about the CHSC Accent Modification Program, contact Dalit Burgess at 216.325.7535 or email dburgess@chsc.org.

We Care for the Whole Family

Comprehensive Hearing & Speech Services for Children & Adults



Hearing Services

- Hearing testing and hearing aids
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- FREE early intervention services for children birth through age 3 with hearing loss.

We accept a variety of insurance plans – including some that cover hearing aids – such as some Medicare Advantage plans!

Speech-Language Services

- Individual and group therapy
- Stroke recovery support group
- Accent Modification program

Specialty Programs include Smart Palate, Opti-Speech, FACetime for teens who stutter, Adult Communication Group



For information or appointment call:

216-382-4520

Locations in **Westlake** • **Broadview Heights** • **University Circle** • **South Euclid – Moving to Lyndhurst Spring 2020**

Can Stem Cells Heal Joint Pain?

Regenerative medicine is breaking new ground every day. Though the practice is still relatively new, in orthopedics, we are now able to use your own adult stem cells to reduce inflammation in the joint and potentially even regenerate lost cartilage. The treatment is non-surgical and requires little downtime.

How does it work?

Unlike cortisone injections, regenerative procedures have the potential to repair the injury, rather than just block the pain temporarily. The injection of your own regenerative cells into the injured joint stimulates a healing response to repair tissue. We all carry stem cells throughout our bodies that act as “repairmen.” Regenerative procedures take healthy cells from an area in your body in which they are more concentrated, and injects them into the injured area of the body.

The treatment is outpatient and takes just a couple hours. Most patients report an improvement in pain and function within a few weeks and continue to improve

for several months as the healing process continues. Ultimately, pain relief can last for several years after the procedure.

Can anyone have this procedure?

Regenerative medicine is an alternative for those who have been recently injured or who have chronic pain. It provides an alternative for those who are looking to avoid surgery, prolong the need for surgery, or who may not be a surgical candidate. Some patients have been able to stop taking pain medicine or avoid a joint replacement.

In most cases, these therapies are helping patients who have failed conventional treatments such as anti-inflammatory medications,

cortisone injections, physical therapy, surgery, and rest. The first step is to find out if you are a candidate through a consultation with an orthopedic doctor who is highly trained in regenerative medicine. Be sure to only work with providers with the highest credentials and experience. Unfortunately, there has been a rise in practitioners offering an injection using “stem cell products” made from amniotic or cord blood sources. Recent studies have shown that these donor stem cell products do not contain live stem cells by the time they are transported and injected into a patient and may also lead to infections.

When you see a highly trained medical doctor who specializes in orthopedics, you can be assured

By Reuben Gobezie, MD

Regenerative medicine is an alternative for those who have been recently injured or who have chronic pain.

that your injury will be properly evaluated and more importantly, you’ll be told if stem cell treatments are a viable option for you. They are not recommended for everyone. Success rates depend on many factors and will be discussed once the doctor has reviewed your individual condition.

Reuben Gobezie, MD, is one of the country’s top orthopedic specialists in both surgical and non-surgical techniques to restore damaged joints, ligaments and bones. He founded Regen Orthopedics in 2014 and has helped hundreds relieve pain and regain function through regenerative medicine.

Visit RegenOrthopedics.com for more information, or set up a consultation at 844.786.2355.

**Pain relief
from a trusted
source.**

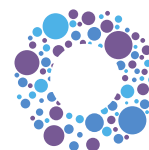
You.

**Activate your own healing process
with advanced stem cell therapy.**

Using the power of your own adult stem cells, Regen Orthopedics advanced treatments can heal injuries naturally and relieve inflammation and arthritis pain. Plus, at Regen Orthopedics, you’ll be cared for by nationally renowned, Harvard-trained Orthopedic Surgeon, Reuben Gobezie, MD, a leader in regenerative medicine.

**Discover long-lasting relief.
Schedule a consultation in our Beachwood office.**

All Regen Orthopedics patients receive an orthopedic evaluation to determine if regenerative medicine treatments are right for them. Individual results may vary.



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The Care You Need When You Need It

Homewatch CareGivers® is a company you can trust to provide your loved one with compassionate and professional senior care services. We have been offering the best care for seniors since 1980, and strive to make sure that you and your loved one are comfortable and happy.

Our Beachwood in-home caregivers will help your loved one, regardless of their age or what they're facing. Homewatch CareGivers provides a variety of services for your loved one's needs, including child care, nursing services, companion care, and more. Our team was founded on the idea that elders in need should receive kind, compassionate, and qualified care tailored to their needs and lifestyle. Our clients enjoy spending time with our team because we develop strong relationships with them, while providing them healthy doses

of independence. Our in-home caregivers are trained, background checked, bonded, and insured.

In addition to providing in-home care services for seniors, we also assist individuals living with intellectual and developmental disabilities. Our caring staff includes bonded and insured direct-support professionals with more than 75 years of combined experience caring for the unique needs of individuals who live with Down Syndrome, cerebral palsy, and other conditions.

Eric Malkin, owner and operator, was inspired to open this office after his aunt was

stricken with Alzheimer's. His hope was to make a difference in people's lives each time someone came to visit, and he's been doing so since 1980.

Eric has an MBA and is a Certified Senior Advisor (CSA), which shows that he is competent and knowledgeable about working with seniors. "I am ultimately responsible for every caregiver that comes into your home and for the care that is delivered to each of our families," he says. "I do my best to personally meet with each of our clients and work with our nurses to understand our clients' needs and



how we can be of help."

With a multitude of home care agencies available, picking the perfect one should be a collaborative process with an expert who understands all aspects of home care. At Homewatch CareGivers of Beachwood, you can rest assured we have your in-home care needs in mind with every one of our consultations.

Contact our trained professionals today to learn more about our services. When you use Homewatch, you gain peace of mind. To learn more, call us today at 216.208.5015.

Homewatch CareGivers® – How It All Started

Driving Ms. Ros

I was inspired to open a home care company in 2006 after my Aunt Josephine was stricken with Alzheimer's. Shortly after opening the Homewatch office, the phone rang. The caller ID said *Cleveland Clinic*. I thought to myself, *I got this*. I took a deep breath, and professionally said hello.

The social worker from the Clinic asked if we could give one of his patients a ride home. When you're a start-up home care company and the Cleveland Clinic asks if you can do something, the answer is yes.

After I hung up, I headed to the main campus, where I first met Ros, an 89-year-old woman who was sharp as a tack, a bit frail, bent over, and used a walker. I helped her get into my car, drove her back to RH Myers, and learned a lot about her during that drive. One thing I learned was that she needed to go to the grocery store, so we did. After the side trip to Heinen's, we arrived

at her apartment. As I put away her groceries, I noticed a baby grand Steinway piano. I told her my favorite piece was Beethoven's Moonlight Sonata, which she proceeded to play like I had never heard it played before. Ros taught at the Music School Settlement for many years and once performed at the White House.

She asked if I would be her personal driver. I said I would, but only if she would teach me and my sister piano lessons – the art of the deal!

Every Sunday morning for more than a year, we took our lessons and wanted nothing more than to please Ms. Ros.

My sister, always the thoughtful one, brought her something every week – *The New York Times*, her favorite hard candy, or something else special – and every Sunday morning I thought to myself, next week I'll remember to bring something. I never did.

One morning, Ros didn't answer the door so we thought the worst. We learned that Ros had a fall. Her daughter told us she wasn't doing well and it wouldn't be good to visit for a while.

Ros's new home became Menorah Park, and after she had settled in for about six

months, I visited. As I entered through the sliding doors, there were several people milling about the lobby. An activity had just ended.

Ros was in her wheelchair next to an upright piano and her back was towards me. I started a conversation and she had no idea who I was. After a few minutes of small talk she suddenly said, "You remind me of someone I used to teach. He would come to my house with his sister, and she was just the loveliest person!"

She went on for what seemed like a half an hour telling me how great my sister was.

As I was about to leave, I asked Ros if she still knew how to play. Without saying a word, she moved her wheelchair a few feet, lifted the piano key lid on the upright piano, and played... Moonlight Sonata.

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Eric A. Malkin,
President & Owner



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At Menorah Park, we think that the age on your driver's license is only a small part of who you are. It doesn't tell the whole story. We believe you're never too old to be young. That's why we're here: to help keep you dreaming, learning, living. To help you keep being you.

Menorah Park is dedicated to offering a wide variety of programs and support to meet each individual's needs . . . from therapy to brain health, to residential care and more.



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216-831-6500

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Brain Health Tips from Dr. Shelton

For most of us, being "healthy" means diet and exercise, a good night's sleep, and managing our personal stress and social life. If we're ticking all of these boxes, it stands to reason that we will be looking and feeling much better about ourselves. But, while many people understand quite clearly how healthy lifestyle choices lead to a healthy body, many fail to realize the important impact that these decisions make on our brain health.

In order to maintain your brain health, you may have heard that you should be playing daily crossword puzzles or eating Omega-3 fatty acids. But what is it about these efforts that are so beneficial to the brain? In this segment, I go a bit more in-depth about three important areas of brain health:

• Diet

Our brains, like our bodies, operate more effectively and flexibly when we eat a balanced diet. To understand why diet matters for the brain, let's look to the cardiovascular system because brain health is intrinsically linked to heart health. The cardiovascular system delivers the nutrients that the brain needs through the blood. Glucose (sugar) and oxygen are the essential ingredients that neurons in the brain need to function. With a poor diet, our cardiovascular system suffers. In turn, brain health suffers. Neurons can become damaged through abnormal glucose levels over time. Lack of vitamins, antioxidants, and healthy fats that we obtain from our diets can be taxing on the brain. What is good for your heart is good for your brain.

• Sleep

Allow your brain to rest and recover while you sleep. Most of us know to strive for eight hours of sleep per night, but there are other important considerations to make the most of your Z's. First, try not to eat for 12 hours during the night. So, if your last meal is at 7pm, don't eat again

until 7am. This gives the brain an opportunity to clear out dead cells, harmful proteins, and dysfunctional organelles. If you have sleep apnea, focus on how you can improve your condition to improve your brain health since this condition limits the delivery of oxygen to the brain that it needs for maintenance functions while you sleep.

• Get Thinking

When it comes to challenging yourself cognitively, it can be easy to fall into a "path of least resistance." However, staying cognitively engaged and challenging one's self is an incredibly important aspect of brain health. When we learn new information or practice different challenging tasks, our brains are creating and strengthening neural pathways. By engaging our minds and challenging ourselves throughout life, we build "cognitive reserve," much like a savings account for cognition. As we get older, we can fall back on our cognitive reserve to maintain functioning later into life. Individuals who disengage from cognitively challenging activities tend to decline much more quickly in the later years of life.

These are just three of many things that you can do to improve your brain health. Other important areas include exercise, stress management, and maintaining a positive emotional and social life. Since we are all different in our biology, psychology, and life experiences, the area that you may benefit from most could be different than that of your peers. The first step toward improving your brain health is taking an honest look at how you are doing in these many areas and determining which area(s) deserve the most focus.

To learn more about brain health and to get involved in our many brain health initiatives, visit www.menorahpark.org/services/center-4-brain-health.

Menorah Park Center 4 Brain Health™ Memory Programs

The Menorah Park Center 4 Brain Health offers the following programs to strengthen your memory. For more information or to register, call 216.839.6626 or visit www.menorahpark.org/services/center-4-brain-health.

January 6 • 10-11 am

Humor as a Life Plan

Instructor: Judith Eugene

Smiling and laughing have scientifically proven health benefits, including reducing stress and improving stress-related illness. Learn the many ways that you can bring more humor into your life. You'll also get to try some fun games and groan through a few corny jokes.

January 10 • 10-11 am

Understanding and Improving Executive Functioning Skills

Instructor: Meghan Malone, CCC-SLP

This presentation will focus on describing executive functioning skills, including planning and organizing, time management, and regulation of behavior and emotion. Specific strategies to manage or improve these areas will be discussed.

January 13 • 10-11 am

Can Exercise Jog Your Memory?

Instructor: Shannon Steele, DPT

Learn how exercise can lead to a better brain. Learn what current literature says about the effects of exercise on improving your memory and preventing decline in cognition.

January 17 • 10-11 am

Care Planning for the Future: The Importance of Discussing Values and Preferences

Instructor: Silvia Orsulic-Jeras, M.A.

Make decisions about your health and care before a crisis

occurs. Making decisions during a crisis can often lead to poorer quality of care received, and can result in us making quick decisions about a loved one's care without knowing what he or she would have wanted. Learn about different types of care plans, how to have healthcare related discussions with family and friends, and how to create a future plan of care for yourself or your family.

January 24 • 10-11 am

Motivation and Social Partners

Instructor: Jennifer Turner, M.A., PhD(c)

Have you ever wondered why trivia night or other friendly competition brings out some of the best cognitive performance, or why reminiscing with your family and friends aids in recalling sharper details? 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.

January 27 • 10-11 am

Zentangle®

Instructor: Lisa Ruschman

Get "zen-inspired" in this new art-based experience designed to open your mind and heart to your own limitless creative potential.

January 31 • 10-11 am

Laughter, Humor, and Humor Styles

Instructor: Jennifer Turner, M.A., PhD(c)

People say that laughter is the best medicine. Learn about different styles of humor and preference, observe humor style differences in movies and TV shows, and discuss the importance of keeping a sense of humor throughout life.

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Dr. Amstadt is frequently

recognized for her dedication to exceptional, personal care, has been the recipient of *Northern Ohio Live's* "Cleveland's Top Dentists" award and Angie's List Super Service award on numerous occasions, and is well known throughout the area for the quality of care she provides.

We value your time, focus on a high-quality patient experience, and are dedicated to providing you the best dental service possible.

It's a new year, and time to look great and feel confident. Call 216.595.1420 to schedule your appointment today!

Karate – A Martial Art that Empowers

Karate is a martial art developed in what is now Okinawa, Japan. Because of its many benefits, Sensei Raphael Lancry teaches this art form to students ages four and up at the Beachwood Community Center, Mondays and Thursdays, 5:45-6:45 pm. The first session runs from January 9-February 10, with no class on January 20; and the second session runs from February 20-March 19.

Sensei Lancry began studying Martial Arts since age 8 and has been teaching for more than 25 years. His curriculum includes basic, intermediate, and advanced levels in the arts of Okinawan Karate. In a phone interview, he shared the benefits of learning the art form.

“Karate is an unselfish art that teaches discipline and values, and builds self-esteem,” he explained. “Everyone’s practice is his or her own within the martial arts arena. Although everyone learns the same material, everyone’s skill set is developed individually.”

Students learn at their own pace and are promoted when they earn it. “In some programs,

students move up from one level to another much faster than they do here. I’m old school. I believe that they should be taught to teach, because that’s how they learn,” said Sensei Lancry.

As a result, it may take longer to move from one level to another, but students feel a true sense of pride when they do advance because they are proficient with skills they’ve learned.

Contrary to popular belief, Karate is not a violent activity. It was designed and developed for self-defense and to enhance each individual’s essence.

“Karate enhances your self-awareness and confidence, so

it lessens the chances of being victimized,” Sensei Lancry said. “Plus, once trained, students are generally more aware and physically fit, which may also lessen their odds of becoming a victim.”

Sensei Lancry believes that the younger you begin, the greater the advantage. However, he has witnessed benefits for all ages, including:

- Karate helps expand your mind
- It helps people learn more about themselves
- It focuses on individual growth, not team competition
- It teaches memorization
- It emphasizes concentration
- It teaches a value system, discipline, and focus
- It teaches self-awareness and self-respect
- It increases confidence and self-esteem
- It teaches order
- It provides structure
- It places you in an accepting environment
- It teaches respect for one’s self, others, and situations
- It enhances your level of gratitude

Those who take Karate classes at the Beachwood Community Center enjoy the camaraderie of learning with students of all ages because children and adults learn together. Although they are split into groups, they learn from watching each other’s techniques and form, and as people become more experienced, their skills evolve. Overall, Karate is an art of self-care.

Sensei Lancry served in the military both the United States and Israeli. He was then contracted as a bodyguard,



Sensei Raphael Lancry

working for dignitaries, high-profile individuals, and private families. From his experience, he shares the following – whether or not one is trained in Karate:

- Be aware of choke points, which consist of elevators, doorways, stair wells, and any area that has only one exit.
- When going to your vehicle, always be aware of your surroundings to see if your vehicle has been tampered.
- When exiting a building, be aware of your surroundings.
- When speaking to strangers, make sure to keep a safe distance and be conscious of whether you feel the person is a threat or kind-hearted.

“You’re never too old to learn Karate. It’s a lifelong skill that provides an opportunity for multigenerational learning,” Sensei Lancry said. “Some of the greatest masters, elders in Japan, continue to do Karate.”

Whether you or your child wishes to become more self-aware, physically fit, disciplined, confident, or able to protect yourself, Karate provides benefits that help you be the best version of yourself.

Karate classes cost \$63/Beachwood resident and \$68/non-resident, per session. To register, call Beachwood Community Services at 216.292.1970 or refer to your Winter Recreation Guide.

Sensei Raphael Lancry, a hair designer since 2009, owns Hair Design by Raphael, located at Landerwood Plaza. His mission is to provide the ultimate styling experience, applying precision techniques and personal service to create hair design based on each client’s individual style.

Suffer From Headaches?

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Headaches are often caused by dysfunction of the **TMJ** or **dental bite** and affects over **35% of adults**.

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Get to Know Your University Hospitals Ahuja Medical Center President



Alan Papa, FACHE

Q & A with Alan Papa

Alan Papa, FACHE, recently joined University Hospitals Ahuja Medical Center and is looking forward to serving the community as hospital president. We sat down with him to learn about what he hopes to accomplish in 2020, and how he plans to lead the expansion of healthcare services throughout Beachwood and surrounding communities.

Q: How did you get your start in healthcare?

A: I'm an Ohio native and grew up in Youngstown. I went to Youngstown State University, and after I graduated, I was looking for a position in which I could work closely with people and manage a team. I went to Mt. Sinai as Director of Transport Services and ran the transportation department. It was a great experience because I was able to learn a complex organization from the inside and get to know how hospitals and the healthcare industry work. I've been in the healthcare business now for more than 30 years and have worked within hospitals in and outside the Cleveland area, most recently in Akron.

Q: What drew you to University Hospitals?

A: I've admired University Hospitals for a long time. It's really a dynamic, progressive

healthcare system with a wonderful reputation. UH has also done an excellent job integrating other healthcare organizations into its mission. One of the main things that attracted me to UH was Ahuja Medical Center. I watched as it was being built over the years and once I got to know more about it, I was amazed at the patient acuity, and the hospital's physicians and clinicians. It's really an amazing place for its size, and it's going to expand even more. UH Ahuja has really been able to add to the University Hospitals Health System as a whole and help it grow.

Q: During your time at UH Ahuja thus far, what have you enjoyed most about your experience?

A: I've mostly enjoyed the people. I've been incredibly impressed with the staff here. In healthcare systems we all do similar work, but HOW you do that work is what's most important. Many hospitals compete with the same metrics – we're all looking to make care better and have patients leave with a better quality of life. It's clear that the patient experience is what sets us apart from other healthcare systems, and our caregivers provide compassionate care.

Q: What are you looking forward to you in your new role?

A: I'm most looking forward to continuing to develop the quality of the services we provide and improving our patient experience. Patients are top priority here. We want them to feel safe and receive high-quality care. Our patient experience is already at a very high level, but we want to make sure we're always performing at our best. I'm also looking forward to adding and growing our service lines with

Ahuja Phase II, which is going to be an amazing expansion project for the medical center. It will bring new and expanded service lines to campus this year, including: the largest sports medicine complex in Northeast Ohio, a mother and baby unit, women's health and men's health services, expanded heart and vascular services, and much more. UH Ahuja is becoming a true healthcare hub for the community, and I'm excited to be a part of it.

Kick off the New Year in a healthy way by attending upcoming University Hospitals Ahuja Medical Center community health and wellness events:

January 7, 2020

**Wellness Health Talk
6 – 7:30 pm**

Windy Cole, DPM, will discuss podiatry topics, including foot and vascular surgery

February 4, 2020

**Wellness Health Talk
6 – 7:30 pm**

Irina Jaeger, MD will discuss urology topics including prostate cancer and kidney stones

March 3, 2020

**Wellness Health Talk
6 – 7:30 pm**

Linda Coulter, BSN, RN will discuss gastroenterology topics including ostomy awareness

March 5, 2020

**Colorectal Awareness Month
Talk 11 am – 2 pm**

Linda Coulter, BSN, RN will discuss gastroenterology topics

March 7, 2020

**Healthy Living Expo
9 am – 1 pm**

Orthopedics health talks and events will take place at Hilton Gardens Akron/Fairlawn

To learn more about health and wellness events in your community visit UHhospitals.org. You don't have to travel far from home to receive excellent care. To schedule an appointment with a provider at UH Ahuja Medical Center please call 216.545.7098.

CITY OF *Beachwood* Insider

January 2020

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

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216.595.5493

AUDITOR
216.595.3712

BUILDING
216.292.1914

COMMUNITY SERVICES
216.292.1970

ECONOMIC DEVELOPMENT
216.292.1915

FINANCE
216.292.1913

FIRE & RESCUE
216.292.1965

LAW
216.595.5462

MAYOR'S OFFICE
216.292.1901

POLICE
216.464.1234

PUBLIC WORKS
216.292.1922

THANK YOU, FAISAL

Mayor Martin Horwitz, Police Chief Gary Haba and Fire Chief Steven Holtzman recognized and honored Beachwood Middle School student Faisal Alazawi, 11, for his calm, brave heroism as a translator when his friend, Hadi Alajmi, was overcome by a medical emergency. Additional information is on page 12.



MAYOR RICHARD BAIN COMMENDS BEACHWOOD ADMINISTRATORS, SAFETY FORCES



Pepper Pike Mayor Richard Bain attended the November 18 City Council meeting to extend heartfelt appreciation to Mayor Horwitz, City Council, the Beachwood Dispatch Center and Beachwood staff for springing into action to help after a gas-line explosion caused a large fire on Brainard Road. The explosion took place on November 15 at 1:00 AM, displacing several residents after they lost power. Members of Beachwood's Police, Fire & Rescue, and Community Services Departments helped residents who were displaced.

COPS VS. FIREFIGHTERS CHARITY TURKEY BOWL

The Beachwood Police and Fire & Rescue Departments squared off in the first annual Cops vs. Firefighters Charity Turkey Bowl: a friendly competition of touch football. Together, the Fraternal Order of Police and Association of Beachwood Professional Firefighters Local 2388 raised \$500 to benefit The Gathering Place. The firefighters took the inaugural trophy and bragging rights with a big win.



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

MAYOR

MARTIN S. HORWITZ



216.292.1901

mayor@beachwoodohio.com

JUSTIN BERNIS



216.509.6509

MIKE BURKONS



216.832.6771

ALEC ISAACSON



216.291.2797

HOLIDAY HOURS AND RUBBISH PICK-UP

Rubbish and recycling will not be collected by the City on New Year's Day (Wed., Jan. 1) and Martin Luther King, Jr. Day (Mon., Jan. 20). After each holiday, collections will be delayed one day, so if your regular collection day is Monday, your collection day will be Tuesday and Wednesday's collection will be on Thursday.

SLEDDING HILL

The Beachwood City Park West Sledding Hill is located on the south end of the park. Bring your friends and family for a great winter activity.



SENIOR TRASH ASSISTANCE

Are you 80+ years or disabled with no one in your single-family home to assist you with your rubbish and recycling cans? The City of Beachwood can help. For details, call 216-292-1922

RECYCLE BROKEN HOLIDAY LIGHTS AND POWER CORDS



The Public Works Department will accept broken holiday lights and power cords for recycling in January between the hours of 7:30 AM – 3:30 PM

Missed a Council Meeting?

Listen to audio recordings or view live & archived videos by visiting www.BeachwoodOhio.com.

BEACHWOOD RECREATION COMMUNITY THEATER ANNOUNCES AUDITIONS

SHREK THE MUSICAL

All auditions are by appointment **ONLY**.
To schedule an appointment, email
Jill.Koslen-Freireich@BeachwoodOhio.com

- Sunday, January 12: Students Grades 3 - 6
Beachwood Community Center
- Monday, January 13: Students Grades 6 -12
Beachwood Middle School
- Tuesday, January 14: Adults
Beachwood Middle School
- Wednesday, January 15: Call Backs
Beachwood Middle School

MONOLOGUES

Available at www.BeachwoodOhio.com
(Listed under Community Theater)

QUESTIONS? 216.292.1970



to all our residents and
businesses for a great
2020 from the
City of Beachwood

UPCOMING MEETINGS

CITY COUNCIL

Monday, January 6 at 7:00 PM
Tuesday, January 21 at 7:00 PM
Questions? Call 216.595.5462

PLANNING & ZONING COMMISSION

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

ARCHITECTURAL BOARD OF REVIEW

Monday, January 6 at 5:30 PM
Tuesday, January 21 at 5:30 PM
Questions? Call 216.292.1914

BARBARA
BELLIN JANOVITZ



216.406.5914

JAMES PASCH



216.630.9671

ERIC SYNENBERG



216.401.0074

JUNE TAYLOR



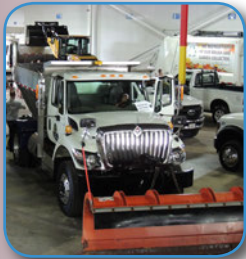
216.533.7640

SEVERE WEATHER?

When Beachwood City Schools are closed due to severe weather, all Beachwood Recreation and Upperclassmen programs will be cancelled.



DON'T CROWD THE PLOW



Give snow plow operators space to work. A fully loaded snow plow vehicle can weigh between 20–40 tons and cannot easily stop. In a contest between a snow plow and other vehicle, the snow plow will be the clear winner. Stay at least 100 ft. behind the plow when driving.

SNOW ORDINANCE

Beachwood Ordinances states when snow falls over a 24-hour period to a depth of 2" or more, an emergency is declared and parking may be prohibited on all City streets. We will make a reasonable attempt to notify the public by tweeting and using local press. Vehicle owners are responsible to comply with the emergency parking regulations.



WE CAN'T HELP YOU IF WE CAN'T FIND YOU!

When we are responding to an emergency, we rely on your address sign! Address signs that are obstructed by overgrown foliage or other objects can reduce our response time, and every second counts. Please make sure that your address numbers are clearly visible: the bigger the numbers the better. Help us help you!



City Insider

2020 SUMMER CAMP REGISTRATION OPEN!

BEACHWOOD DAY CAMP REGISTRATION FOR RESIDENTS NOW OPEN!

Register for Kidz, Bison, Sports, Teen Travel and Theater Camp between 8:00 AM and 4:00 PM, Monday through Friday, at the Beachwood Community Services Office. Proof of residency is required. An early-bird fee will be offered to residents who register before March 6, 2020.



NON-RESIDENT REGISTRATION PROCESS:

You must register at www.beachwood.com to receive a wait-list number. This is your place in line for signing up Sunday, March 8 at 10:00 AM at the Beachwood Community Center. Numbers will be called in order. Failure to be present when your number is called will forfeit your place in line. Having a wait-list number will not guarantee your place in line.

For more information, visit www.beachwoodohio.com and click on the Recreation Guide, or call 216.292.1970.

OF SPECIAL NOTE

Never leave your car running when you are not in it and always lock your car when you leave it: even while in your driveway.

BARKWOOD OPEN YEAR-ROUND!



Join over 270 Barkwood members and their canines by registering. The park is open from dawn to dusk every day and separate areas are available for small and large dogs. Barkwood is open to Beachwood residents with mandatory registration (\$25 fee). You must have proof of residency (a current utility bill and driver's license) and

verification of vaccinations from the veterinarian. Forms and additional information are available online at www.beachwoodohio.com. Questions? Call 216.292.1970.

RESIDENTIAL EXTERIOR MAINTENANCE PROGRAM



The Residential Exterior Maintenance Program helps to protect the property value for your home, your neighborhood and the entire community. Inspections are based on a 4-year rotation schedule. Point of Sale Inspections are not performed by the City of

Beachwood, so this program helps residents recognize the repairs necessary for keeping their property in top condition. 2020 inspections will take place at:

- Allen Blvd.
- Biscayne Blvd
- Brian Drive
- Bridgeton Drive
- Cardington Drive
- Deborah Drive
- Deptford Drive
- Fairmount Blvd. (24235-26796)
- Greenwich Lane
- Hilltop Drive
- Maidstone Lane
- Margot Court
- Meadoway Drive
- North Woodland Road
- Orchard Way
- Peshurst Drive
- Ramsay Road
- Richmond Road (2116-2613)
- Sittingbourne Lane
- Tunbridge Lane
- Twickenham Drive

RX DRUG DROP BOX

A prescription drug drop-off box is located in the Police Department lobby. Residents can deposit unused, unwanted or expired prescription pills at the Drug Drop Box at the Police Department, Monday - Friday between 8:00 AM and 4:30 PM. No liquids or needles are allowed.



COATS FOR KIDS

Middlefield Bank (25201 Chagrin Blvd., Ste. 120) is sponsoring a Coats for Kids coat drive through January 10. Please examine your closets, donate, and help the less fortunate.



DON'T FALL VICTIM TO SCAMS!

Too often, older Ohioans fall prey to con artists and scammers whose intent is to take advantage of them. For more information or to report a scam, call the Beachwood Police Department at 216.464.1234.

Fake Check Scams • Someone sends you a check and asks you to deposit it and return some of the money via wire transfer

Grandparent Scams • Watch for con artists posing as grandchildren

Identity Theft • This occurs when someone fraudulently uses your personal information

Investment Fraud • A scammer might offer you a "risk-free" investment only to steal your money

Living Trust Scams • Beware of people who make exaggerated claims about probate costs

Phishing • Scammers pretend to represent your bank or a government agency and request your personal information

Phony Charities • You may receive letters or calls from someone who is only pretending to represent a charity

Prizes/Sweepstakes Scams • Someone claims that you have won a lottery or other prize, but you're asked to pay a fee.

SIGNS OF A SCAM:

- You're asked to send money via wire transfer
- You win a contest you never entered
- You're pressured to "act now!"
- You must pay a fee to receive a prize
- Your personal information is requested
- A large down payment is requested
- A company refuses to give written information

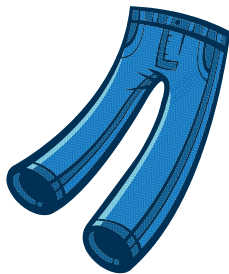
Happy
New Year

City Hall will be closed on Wednesday, January 1 in observance of New Year's Day and Monday, January 20 in observance of Martin Luther King Jr. Day.

BLUE JEANS RECYCLING PROGRAM

The Climate Action Team at Beachwood High School is helping the environment by running a blue jeans recycling program.

Cotton's Blue Jeans Go Green™ recycles blue jeans into various products, including building insulation which is often used for community-oriented projects like libraries, hospitals and schools. By diverting denim from landfills, Cotton's Blue Jeans Go Green™ program strives to make the world a little greener. Collection boxes will be located in Beachwood City Hall, Beachwood Community Center, Beachwood Board of Education and all Beachwood Schools from January 13 through January 24. For more information, please see page 13.



PERFECT PLEDGERS

Beachwood students are invited to lead the Pledge of Allegiance at every City Council meeting.

On November 18, Kellen Finley and Henry Ascherman had this honor. Kellen's favorite class at Hilltop is math, and he likes football and basketball. Henry's favorite classes are science and social studies.

Kennedy Allamby led the Pledge on December 2. Kennedy's favorite subjects are science and math; she enjoys skiing, ice skating, gymnastics, swimming, and playing the piano.



Kellen Finley & Henry Ascherman



Kennedy Allamby

CUYAHOGA COUNTY'S BAG BAN



Plastic bags harm our health and quality of life. The ban is being put into effect to protect Lake Erie, rivers, parks, and natural resources. Each year, more than 300 million bags are discarded in Cuyahoga County alone, and drinking water treatment plants cannot filter them out of the system. Also, water and sewer systems run more smoothly without plastic bags clogging storm drains and discharging into our lakes, streams and creeks.

Bag bans work. They have been in effect in China for more than a decade, and Ireland for 17 years. In Chicago, bag usage dropped by more than 50 percent in the first month of its program. Currently, 127 countries and 349 jurisdictions have regulations on plastic bags.

Please do your part to help our environment by using reusable bags.



According to the EPA, 102 billion plastic bags are used and discarded in the U.S. every year. We can help reduce this tremendous pollution waste.



ACTIVE-SHOOTER TRAINING

The Beachwood Police Department offers active-shooter training for Beachwood-based businesses based on the ALICE model. ALICE (**A**lert, **L**ockdown, **I**nform, **C**ounter, **E**vacuate) is a proactive options-based program for responding to a violent critical incident. To schedule a free training session or for more information, contact: Officer Jamey Appell at 216.595.3749.



PARENT COACHES NEEDED

Beachwood Recreation programs cannot be offered without parental involvement. Interested in coaching? Contact Frank Vicchiarelli at 216.292.1970. The City requires Youth Sport Volunteer Adult Coaches to submit to a background check.



KARATE TRAINING

Would you or your child like more discipline, honor and fitness, all while learning how to defend yourself? Our Beachwood Recreation Karate class is a perfect fit: a great family activity for ages 4 through adult.

The instructor, Sensei Raphael Lancry, has trained in a variety of martial art disciplines specializing in Karate spanning over a 30-year period. Sensei Lancry's curriculum will include basic, intermediate, and advanced levels of training in the Okinawan Shorin-ryu Karatedo system and self-defense. Training includes Kata (forms), self-defense techniques, striking, blocking, and falling applications.

The class takes place at the Beachwood Community Center on Mondays and Thursdays from 5:45 – 6:45 PM. Two 9-class sessions are available beginning January 9 with the cost of \$63 per Resident (\$68 Non-Resident) per session.

For more information, see page 26. To register or learn more, please call 216.292.1970.

ART EXHIBITS

**BEACHWOOD
COMMUNITY CENTER**



FROM CONCEPT TO MATERIAL:

RECENT WORK BY JESSICA PINSKY, REBECCA CROSS AND ANNA ROUTSON

Now – January 11

INTEGRITY SHARED:

ARTWORK BY ALAN MINTZ AND DENNIS LONG

January 15 – February 2

Artists' Reception: Sunday, January 26, 1:00 – 2:30 PM

LOCKBOX PROGRAM

In an emergency, every second counts! The Beachwood Department of Fire & Rescue (BDFR) offers a lockbox program to expedite access into homes during emergencies. Pay a one-time \$30 fee for a metal box with a spare key inside. It is accessible exclusively by the BDFR in the event of an emergency. Residents interested in purchasing a lockbox should call 216.292.1965.



NO-SHAVE NOVEMBER

During No-Shave November, the Beachwood Police Department, with support of the Fire & Rescue Department, Mayor Martin Horwitz, City Council members and other city employees, raised \$2,547 to benefit The Gathering Place. Many thanks to all who participated and/or donated to help those who have been impacted by cancer.



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, mw Walsh@beachwoodschoools.org

BEACHWOOD CITY SCHOOLS

BMS Student Receives Heroism Award

Faisal Alazawi, Grade 6, was honored for his heroism by **Mayor Martin Horwitz**, **Fire Chief Holtzman**, and **Police Chief Haba** after he helped a classmate who had a medical emergency on the school bus in November.

Aaa Bond Rating Reconfirmed

Beachwood City Schools' Aaa credit rating was reconfirmed by Moody's in December. The exceedingly rare rating for an Ohio public school can be attributed to our citizens' support for the schools' November 2018 operating levy, the district's history of prudent fiscal stewardship of public tax dollars, and our community's healthy economic outlook.

Beachwood Thanks Jamie Elwell!



Many thanks to **Jamie Elwell** as she completed her term on the Board of Education on December 31, 2019. Ms. Elwell stepped in to serve our community, filling an unexpected, midterm board opening. Ms. Elwell brought clarity of thought and purposeful insight to the board's leadership of our schools.

Thespians Solve "The Hound of the Baskervilles"



Beachwood student actors staged Arthur Conan Doyle's "The Hound of the Baskervilles" under new **Drama Director Marc Chalice**. The dark mystery spooked audience members during its recent three-performance run.

Orchestra Performs with CWRU at The Maltz Performing Arts Center

The BHS Orchestra, under **Director Lisa Goldman**, recently collaborated with CWRU's Symphony Orchestra, performing for the public at the beautiful Milton and Tamar Maltz Performing Arts Center, formerly "Silver's Temple."



District Provides Bison ACT Roadmap

Beachwood City Schools is committed to helping our students perform at their best on the ACT, opening up opportunities at selective colleges, for merit-based, scholarships and, in some cases, for NCAA eligibility. The **Bison ACT Roadmap** is a new initiative to expand access to high quality, affordable ACT preparation for all Beachwood High School students. The program offers effective strategies and techniques to help improve test scores. Learn more at www.beachwoodschoools.org/ACTRoadmap.aspx.

ADMINISTRATION

Dr. Robert P. Hardis, Superintendent, (216) 464-2600 ext. 299 • rph@beachwoodschoools.org
Michele E. Mills, Director of Finance/Treasurer, (216) 464-2600 ext. 239 • mm@beachwoodschoools.org
Dr. Ken Veon, Assistant Superintendent, (216) 464-2600 ext. 230 • kev@beachwoodschoools.org
Lauren J. Broderick, Director of Pupil Services, (216) 464-2600 ext. 234 • ljb@beachwoodschoools.org
Kevin Houchins, Director of Equity & Community Engagement, (216) 464-2600 x237 • kth@beachwoodschoools.org
Linda LoGalbo, Director of Curriculum & Instruction, (216) 464-2600 ext. 289 • lhl@beachwoodschoools.org
Valerie Parker, Pupil Services Coordinator, (216) 464-2600 x264 • vparker@beachwoodschoools.org
Kathleen Stroski, Assistant Treasurer, (216) 464-2600 ext. 240 • ks@beachwoodschoools.org



BMS Robotics Team

The BMS robotics team, TechNoLogic, won the Champion's Award (overall best award) and Robot Performance Award at the Aurora Regional Qualifying Tournament.



Coach Cenk Cavusoglu, Tolga Cavusoglu, Jonathan Mo, Strahinja Dimitrijevic, Sara Kumar, David You, Nishan Shrestha, and Coach Xiaojuan Li.

Blue Ribbon Awarded to BMS in Washington, DC

School staff received Beachwood Middle School's 2019 National Blue Ribbon Award at a recent conference in Washington, DC.



Pictured above: Kate Vitek, Dr. Robert Hardis, Paul Chase, Rob Ristau, Michelle Karim, and Garth Holman.

Board of Education NEWS

Recent Resolutions:

- Approved common resolution with Grand Valley Local Schools re: value of diversity, CVC collaboration
- Revised board policy so Marching Band/Drill Team participation qualifies for PE Waiver
- Approved volunteer chaperone for new BHS Ski Club
- Hired Karen Leeds as Director of Fairmount Preschool Summer Camp, and approved 2020 summer camp fees
- Approved Varsity Baseball trip to Columbus for preseason training

Future Resolutions:

- Administer Oath of Office to new member Jillian DeLong
- Board votes for President and Vice President
- Establish days/times of meetings for calendar year 2020, board member compensation, representative to Audit Committee
- Appoint legal counsel, property economists, investment and employee benefits consultants
- Provide free game admission to members of the Beachwood Athletic Boosters

Board Meeting Calendar:

- January 13, 2020
(Organizational Meeting)
@ 7:30 pm
- January 27, 2020
@ 7:30 pm



Visit us at www.beachwoodschoools.org
www.facebook.com/BeachwoodBison



[@beachwoodbison](https://twitter.com/beachwoodbison)

maltz museum of jewish heritage

STOP



THE HATE

SCHOLARSHIP CONTEST

LAST CHANCE TO ENTER

Essays Submission Deadlines

Grades 6–10: Jan. 8
Grades 11–12: Jan. 20

Stand up. Speak out. Be the change.

Each year students and schools are awarded \$100,000 in scholarships and anti-bias education grants. Will you or your school be the next winner?

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WWW.MALTZMUSEUM.ORG/STH

Celebrate Dr. Martin Luther King, Jr. at The Maltz

The Maltz Museum of Jewish Heritage announces a special opportunity for the community to come together on Martin Luther King, Jr. Day, on Monday, January 20, to celebrate the life and legacy of the iconic civil rights activist. The all-day event is free and open to the public and features three special programs, including a sermon by Cleveland's own Rev. Dr. Otis Moss Jr. at 10:30 am, a performance by the Evelyn Wright Quartet at 1 pm, and a documentary film screening of *Soundtrack for a Revolution: Freedom Songs from the Civil Rights Era*, with a talk-back by Kyle Kidd, at 3 pm.

10:30 am at
Sermon by the Reverend
Dr. Otis Moss, Jr., with
Interview by Dr. Sharon
Mulligan (to be held at The
Temple-Tifereth Israel)



The Maltz Museum, in partnership with The Temple-Tifereth Israel, invites the public to experience a sermon from Dr. King's friend and fellow civil rights activist, Reverend Dr. Otis Moss, Jr., who will deliver a message of hope, perseverance, and resilience as he recalls the days of walking alongside Dr. King and discusses how he is still walking with the community in the fight for civil rights today.

Welcoming remarks will be delivered by Rabbi Jonathan Cohen, and following the sermon, Dr. Sharon Mulligan, associate dean for Academic Affairs and chair of the Master of Science in Social Administration (MSSA) at Case Western Reserve University, will interview Dr. Moss. An audience Q&A will follow.

Registrations are encouraged to guarantee seating. To register, visit www.maltzmuseum.org/MLK or call 216.593.0575.

1 pm
Musical Performance by
The Evelyn Wright Quartet

The Evelyn Wright Quartet will perform a varied concert of blues, jazz, gospel, and songs from the Great American Songbook in a free one-hour concert. Joe Hunter (piano), Daris Adkens (guitar), George Lee (bass), and special guest Kevin Richards (guitar) will perform with Evelyn in the Maltz Museum's intimate 70-seat theater. This annual performance fills up fast and seats are on a first-come basis, so please arrive early to guarantee a spot.

3 pm
Documentary Film Screening
of *Soundtrack for a Revolution: Freedom Songs from the Civil Rights Era* plus a Talkback with Kyle Kidd

On picket lines, in organizational meetings, even in police wagons and jail cells, songs of protest and inspiration helped drive the civil rights movement. Showcasing many of those songs, this stirring documentary explores the history of the era through archival footage, interviews with key civil rights activists, and performances by contemporary artists

assembled specifically for the film. Congressman John Lewis (D-GA), former Atlanta mayor Andrew Young, former NAACP chairman Julian Bond, freedom rider Hank Thomas, civil rights organizer Jim Lawson, former King aide Dorothy Cotton, and music legend Harry Belafonte are among those interviewed. On-camera performers include John Legend, Joss Stone, Wyclef Jean, and The Roots. Running time is 82 minutes and guests are invited to participate in a talk-back with musician and award-winning Stop the Hate educator, Kyle Kidd. Film screenings often fill up fast and seats are on a first-come basis so please arrive early to guarantee a spot.

11 am - 5 pm
Tour Museum Galleries and Participate in Hands-On Crafts and Activities

Enjoy family-friendly, hands-on fun. Stop by a variety of interactive tables to design your

own protest signs; make peace, love, and macaroni necklaces; go on scavenger hunts, and more. Plus, explore the core galleries and the Maltz's special exhibition, *Leonard Bernstein: The Power of Music*. This is the first large-scale museum exhibition to illustrate the famed conductor and composer's life, Jewish identity, and social activism. Created by the National Museum of American Jewish History (NMAJH) in Philadelphia to coincide with the maestro's 100th birthday, the exhibition features approximately 100 historic artifacts and photographs – from Bernstein's piano and conducting suit to family heirlooms – along with original films and immersive sound installations.

The Maltz Museum is located at 2929 Richmond Rd in Beachwood. For more information, please visit www.maltzmuseum.org/MLK or call 216.593.0575.



New to Beachwood Schools?

You are invited to:
New Family High School Open House
January 14, 2020 • 7 pm

Welcome to Beachwood! Please join us for an Open House Tour. You will also:

- Receive information on Curriculum, Activities, and Athletics

- Meet key staff – teachers, counselors, and administrators
- Schedule your student's "Shadow Day"

Save the Date

Sunday, March 15, 2020 • 2 - 5 pm
Beachwood Middle School Gym

The Bison Feast + Fest is a district wide, community building event for Beachwood students, staff, teachers and families. The mission of this school festival is to come

together in friendship to celebrate our unique and culturally diverse school community.

To be an event sponsor, visit beachwoodschoools.org/BFF.aspx.



JEWISH NATIONAL FUND INVITES YOU TO THE
TU BISHVAT COMMUNITY CELEBRATION

Sunday, February 16, 2020
 2:00 - 4:00 pm

Mandel JCC Stonehill Auditorium
 26001 South Woodland Road, Beachwood, OH
**Please enter through the Stonehill doors*

RSVP by February 12 at jnf.org/nohtubishvat

Bring the whole family to celebrate the New Year of Trees. Enjoy children's entertainment, plant a tree, and create fun arts and crafts.

Don't forget to bring your filled JNF Blue Boxes!



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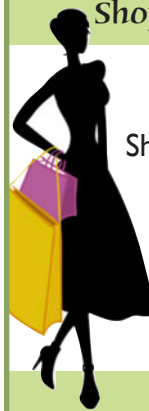
MULHOLLAND & SACHS

at ETON ~ Chagrin Blvd.

SIDEWALK SALE

Thursday, January 9 - Sunday, January 12

Shop Your Neighborhood Gift Store



The holidays are over... it's time to treat yourself!

Shop our semi-annual seasonal and everyday giftware and jewelry clearance sale.

40% to 70% off

Stay warm and have fun!

Free weekend underground parking available.

Gifts for All Occasions

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www.mulhollandsachs.com

Mon - Saturday 10 to 6:30 • Sun noon to 4



Fairmount Early Childhood Center Preschool and Camp Registration

The Fairmount Early Childhood Center is a private, district-sponsored learning center, offering a full school-year calendar as well as a summer preschool camp.

Preschool/Camp Parent Information Night
Thursday, January 9, 2020 • 7 p.m.

The Fairmount Early Childhood Center Non-Categorical (Special Education) Preschool is seeking typical peers (role models) for the 2020-2021 school year. This program offers four mornings or afternoons per week.

Preschool and Camp Registration Residents

Wednesday, January 15, 2020 • 3:30 p.m.

Open Enrollment

Wednesday, January 29, 2020 • 3:30 p.m.

Popular Young 5's Class

5 days per week • 9 am - 3 pm

Must be 5 years old by Dec. 31, 2020



**Call Karen Leeds today
for more information,
216-464-2600**

Learn how Fairmount Preschool
will prepare your child for Kindergarten and
Ohio's 3rd Grade Reading Guarantee.



Fairmount Early Childhood Center • 24601 Fairmount Blvd.
www.beachwoodschoools.org/fairmount.aspx

Women of Fairmount Temple

The Women of Fairmount Temple invite you to participate in the following programs:

Tuesday, January 7 11 am

This year's Torah study class, taught by educator Diane Lavin, focuses on Family Relationships in Genesis.

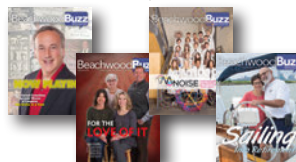
12:15 pm

Lunch is \$10 for WFT members and \$14 for guests. If you'd like to purchase a lunch, you must RSVP by the Friday before by calling Phyllis at 440.461.7921 (leave a message). If you prefer, you can brown-bag it.

1 pm

Guest speaker Debby Zelman Rapoport, editor/publisher of *Beachwood Buzz*, will share her story about how *Beachwood Buzz* was started, what inspires her, and how the magazine continues to evolve.

She says, "In a world full of controversy and negativity, I feel refreshed to publish and distribute this feel-good magazine every month."



Mitzvah Projects

Every Tuesday 9:30-11:30 am

Support Project Act and help make dolls for homeless children. Project Act is administered by the Cleveland Public School System. For more information, call Nancy Klein at 216.752.4123.

Wednesday, January 15 9:30-11:30 am

Help make Touch 'n Tell Alphabet Books for children at the Cleveland Sight Center. This program runs in conjunction with the women from Fairmount Presbyterian Church. For more information, call Phyllis Berlas at 216.381.8738.

Sunday, January 26 9:30-11:30 am

Help make blankets, number books, and EEG vests used for children being diagnosed in the epilepsy unit of University Hospitals Rainbow Babies and Children's Hospital.

NEW! Fern Braverman offers a beginning knitting class. Supplies are included. For more information, call Phyllis Berlas at 216.381.8738.

PJ Library Safari Party

January 12 • 9:45 – 11 am

Jewish Federation of Cleveland's Jack, Joseph and Morton Mandel Building (25701 Science Park Drive in Beachwood)
Cost: \$10/Family

Grandparents and their grandchildren are invited to a fun-filled morning with PJ Library. Enjoy a delicious breakfast buffet, a thrilling live animal show with Jungle Terry, and a PJ Library story time. Join us and take a walk on the "wild" side!

Register today at
www.jewishcleveland.org.



The Gathering Place Warehouse Sale

Friday, January 10 • 4 - 7 pm

Saturday, January 11 • 9 am - 1 pm

Sunday, January 12 • 9 am - 1 pm

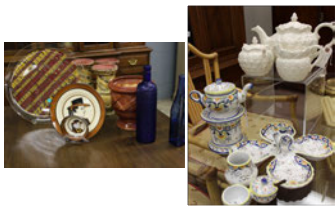
4911 Commerce Parkway, Warrensville Heights



When you shop the Warehouse Sale, you will find beautiful, gently used furniture, china, crystal, art, and other home accessories that were donated by individuals and families who live in our community. All proceeds generated from sales help support the free programs and services provided to individuals and families touched by cancer.

Donations

The Gathering Place accepts gently used furniture and home accessories for sale at its home furnishings warehouse. Volunteers who staff the warehouse preview all items before they are accepted for donation. To make arrangements to have items previewed, or to be added to the mailing list to receive notice of future warehouse sales, please contact Cheryl Apisdorf at 216.455.1501. Please note that donations cannot be dropped off at The Gathering Place or at the warehouse.



Beachwood Buzz wishes you a happy, healthy 2020!

FEBRUARY 23, 2020

BUILDING OUR FOUNDATION

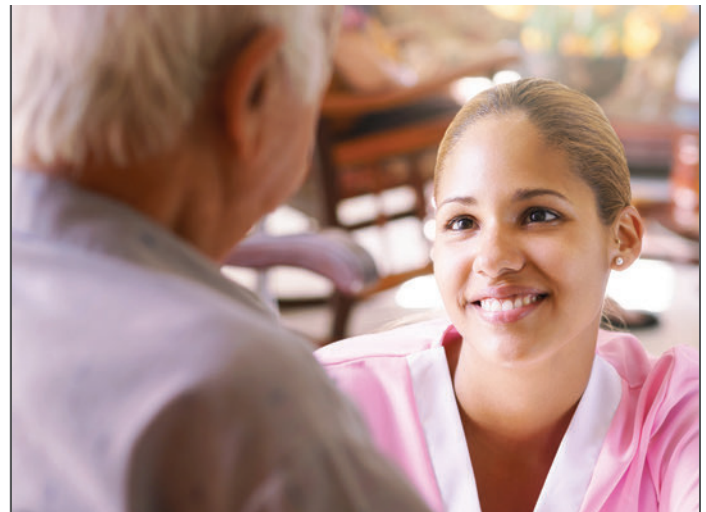
A Beachwood Schools Foundation Fundraiser and celebration of the Arthur S. Gugick Memorial Scholarship

Save the date, Sunday, February 23, 2020, for "Building Our Foundation: a Beachwood Schools Foundation fundraiser and celebration of the Arthur S. Gugick Memorial Scholarship." This family-friendly event will be held at Beachwood High School from 1 - 4 pm. The event will include food, music, and lots of Lego-based activities, including free- and challenge-builds, a community art project, Lego robotic

demonstrations, and the showing of the Lego movies! Arthur Gugick's Lego creations will also be on display.

Ticket and sponsorship information coming soon to <https://www.beachwoodschoools.org/Foundation.aspx>.

In the meantime, if you have old Legos or Lego tables in your basement that you would like to rehome, please reach out to Shana Wallenstein at 216.403.9222 or shanarene@gmail.com.



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“The Martin Luther King, Jr. Celebration Concert with The Cleveland Orchestra” to Air Nationally on Public Television

American Public Television (APT), a leading syndicator of top-rated programming to the country’s public television stations, selected ideastream’s production, “The Martin Luther King, Jr. Celebration Concert with The Cleveland Orchestra,” for national distribution. Stations across the United States have an opportunity to select the program for broadcast beginning in January 2020. In celebration of Martin Luther King, Jr. Day, Northeast Ohio audiences can watch the local broadcast of the program Sunday, January 19, 6 pm, and Monday, January 20, 10 pm, on WVIZ/PBS ideastream.

“The Martin Luther King, Jr. Celebration Concert with The Cleveland Orchestra” includes music from the classical repertoire along with hymns, spirituals, and anthems from the civil rights era. Two arrangements commissioned especially for the concert are featured: “Down by the Riverside” and “Precious Lord, Take My Hand.” The rousing conclusion of the concert features The Cleveland Orchestra along with the Martin Luther King Celebration Chorus and the entire audience joining together for one of the most cherished songs of the civil rights movement, “Lift Every Voice and Sing.”

Recorded in 2018, this program is a production of WVIZ/PBS ideastream in partnership with The Cleveland Orchestra. Funding is provided by KeyBank.

Lifelong Dream of Staff Member Comes True Thanks to Menorah Park Community

On November 18, Menorah Park communications director Sherry Gavanditti was greeted by Menorah Park transporter Barry Henkin – not with his usual cheery “hello,” but with an excited “Reba McEntire is coming to Ohio!”

“Since I have known Barry, he has shared the desire to meet his idol, Reba McEntire. He placed her picture in his staff locker and looks at it each time he begins his work day,” said Sherry. “With this news, we both had renewed hope that we could make this wish come true.”

Barry’s dream and opportunity were communicated immediately to Menorah Park CEO Jim Newbrough, who without hesitation said, “Let’s do it.”

“Barry is the heart of Menorah Park,” Newbrough said. “He’s so important to so many people. He makes a point to know everybody who comes through our Menorah Park doors, and they remember him because of his sincere interest. He genuinely cares about each person he meets, and he is part of our Menorah Park family. This is something Barry has wanted to do for such a long time and he’s put a smile on so many people’s faces here, so we wanted to put a smile on his face.”

Knowing he will have been

with Menorah Park for 40 years in early January of 2021, it seemed fitting to start the celebration a little early and make this happen. Menorah Park staff learned of a meet-and-greet opportunity for Reba’s concert in Toledo in March. They immediately put the wheels in motion and community members Peter Meisel and Terri Kline donated the required \$1,000 funds to purchase the VIP ticket. However, after many hours of trying to access TicketMaster, no VIP tickets remained. After a moment of panic and disappointment that led to a telephone call to the Belkin family, Menorah Park had scored two VIP meet-and-greet tickets so Sherry could take him to the concert.

The staff wanted it to be a wonderful surprise, so they arranged for Barry to come to the conference room thinking he was only going to videotape a birthday greeting for Reba, whose birthday is the night of the concert. Staff gathered, saying they were there to show

support for Barry. After he recorded his birthday greeting, he turned around to find Menorah Park staff, board, and community members holding up signs of Reba’s face after Jim told him that he’d actually be going to her concert.

Barry was at first speechless and then delivered a heartfelt message to all who gathered.

“Most of my family is no longer here, and I am so happy that I have two other families – a community family and a Menorah Park family. I am so lucky. You are all so important to me,” he said.

Next with his ever-present smile, he shared his plans for the outfit he was going to wear with the shock of the news lingering, still not quite believing that this time, it was really going to happen.

Barry had successfully been surprised, and his Menorah Park family is looking forward to hearing all about his experience when he finally meets his idol.



Barry Henkin, center, is surprised when Menorah Park Staff (Sherry Gavanditti behind him and CEO Jim Newbrough, far right), surprise him with tickets to meet Reba McEntire.

The Gathering Place Names Michele Seyranian as CEO

The Gathering Place is pleased to announce Michele Seyranian as its new CEO. Michele has strong leadership skills and a long-standing connection to The Gathering Place, making her the ideal candidate to continue the mission of providing support services free of charge to those in Northeast Ohio who have been touched by cancer.

“Michele is a proven and dynamic leader whose skills and personal appreciation for the mission of The Gathering Place make her uniquely qualified to be our successor CEO,” said David Ostro, board chair of The Gathering Place. “I have every confidence that her impressive professional background and long-standing connection will allow our organization to flourish, grow, and remain fiscally sound in the years ahead.”

Most recently, Michele had worked with Hospice of the Western Reserve as its

chief marketing and business development officer. Prior to that position, she worked for 16 years at Key Corp (Key Bank), holding several executive positions, including executive vice president for Strategic Planning.

She was first introduced to The Gathering Place in 2000, the year the organization opened to the community. Michele reached out for information and support after her then 4-year-old daughter’s cancer diagnosis. Her connection to the organization continued through the years, helping to develop a support group for parents

of children with cancer. She also served two terms on the Board of Directors, and volunteered her strategic planning expertise to facilitate the most current strategic plan developed in 2018.

“I am thrilled to be offered the incredible opportunity to be the next leader of The Gathering Place,” said Michele. “Anyone who has walked through its doors understands the critical role it plays in supporting people on their cancer journey, just as it did for my family 19 years ago. Thank you to Eileen Saffran for her vision and leadership. I have



big shoes to fill, and am fortunate to have our compassionate and experienced staff behind me.”

The community is invited to stop by The Gathering Place’s Beachwood location to meet Michele and learn more about the services offered.

The Gathering Place East is located at 23300 Commerce Park in Beachwood. The Gathering Place West is located at 25425 Center Ridge Road in Westlake. To learn more, contact the organization at 216.595.9546 or www.touchedbycancer.org.

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info@rosesenioreliving.com | beachwood.rosesenioreliving.com



Hebrew Storytime

סיפורים ושרים בעברית לילדים



Led by Zehava Galun,
Early Childhood Educator and Hebrew Specialist

When:
Wednesday, January 22nd, 4:00 pm

Where:
Cuyahoga County Public Library,
Beachwood Branch
25501 Shaker Boulevard

 Jewish Education Center of Cleveland
Powered by the Jewish Education Center of Cleveland

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Jewish Federation of Cleveland Raises \$33,102,355 in Annual Fundraising Campaign

The Jewish Federation of Cleveland announced that \$33,102,355 has been raised by more than 13,000 donors representing 9,869 gifts in the 2020 Campaign for Jewish Needs, the annual fundraising campaign that serves Jewish Cleveland and the global community. The grand total was revealed at the Campaign Closing Celebration on December 11 at Beachwood's Fuchs Mizrahi School, one of the 15 local beneficiary agencies that receives funding from the Campaign.



2021/2022 Campaign Chair
Bradley Sherman

In addition to celebrating the community's accomplishments, the event also announced that Bradley Sherman will serve as chair for the 2021 and 2022 Campaign for Jewish Needs. In this volunteer role, he will be responsible for providing leadership, vision, and strategy for the Federation's annual fundraising effort. Bradley, 51, is a principal and co-founder of Sherman Boseman Legal Group, where he focuses his practice on litigation and complex negotiations in a wide variety

of labor, employment, and commercial areas. "What our community has accomplished in the 2020 Campaign is an accomplishment that Jewish Cleveland can be proud of," said J. David Heller, Federation board chair. "On behalf of our board of trustees and our community, I sincerely thank outgoing campaign chair Jeff Wild for the impact he's made over the past two years. Jeff's leadership is impressive, and I look forward to working with him in the future. We look

forward to building upon Jeff's tremendous success under Bradley's leadership."

Bradley has been actively involved in Cleveland's Jewish community for several years, and he currently serves as the Strategic Planning Committee chair for the Federation. Beyond the Federation, he is also a past president of the Cleveland Hillel Foundation, and has participated in prestigious leadership opportunities such as Cleveland Bridge Builders and Leadership Cleveland.

"Bradley is uniquely qualified for this position because of his vision, enthusiasm, and steadfast commitment to the Federation, as well as the leadership he brings to all of the activities in which he is involved," Heller said.

"I am honored to serve our community in this capacity for the next two years," Bradley said. "I have been personally impacted by the work of the Federation and have experienced first-hand the tremendous work the Federation and our beneficiary agencies do daily to help Jews in Cleveland and around the world. By working alongside Federation's leadership team and a dedicated network of volunteers, I'm confident we will continue to make life in Jewish Cleveland better today and even stronger in the future!"

For more information about the Jewish Federation of Cleveland and the Campaign for Jewish Needs, visit www.jewishcleveland.org.



From left: Beachwood resident Adam R. Jacobs receives the 2019 Amb. Milton A. and Roslyn Z. Wolf Young Campaigner of the Year Award. Beachwood resident and outgoing Campaign Chair Jeff Wild announces the grand total at the Campaign Closing Celebration.

Judaism's Gifts to the World

Social responsibility, the sanctity of life, and equality are gifts that stem from Jewish values. Join the Rohr Learning Institute to trace the history of Jewish influence in the world and to discover the gifts we still have to give.

Judaism's Gifts to the World is a new six-session course that will be held on Wednesdays, January 29 through March 4. Participants can choose to attend morning sessions from 10 - 11:30 am, or evening sessions from 7 - 8:30 pm. Join the free opening day event on Wednesday, January 29, 10 - 11:30 am or 7 - 8:30 pm, at 25400 Fairmount Blvd, Beachwood. Local discussions will be led by Rabbi Shmuli Friedman.

RSVP is requested. For more information, call 216.282.0112 or email info@EnrichingJudaism.com. To register for the full course, visit www.MyJLI.com.

Starting Next Month!

Neighborhood Snapshots

See information on page 53.

Yarn Over Beachwood

Yarn Over Beachwood – the new name for *Women 4 Peace* knitting and crocheting group, has been meeting at the Beachwood Library for 13 years on the first Friday of each month, from 10-11:30 am.

We'd like your yarn!

If you're cleaning out your attic, moving, or just reducing your collection of yarn, we would appreciate donations to be used on projects we create for adults and children in need.

Please label and drop off your yarn donations at the Beachwood Library. Label should read, "Iris November, Knitting Group."

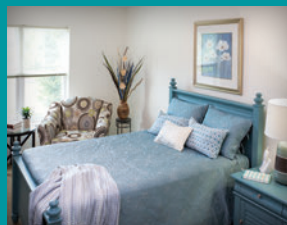
Better yet – bring yarn with you when you join us to knit, crochet, or loom! New participants are always welcome – we teach!

For more information, contact Iris November at 216.831.2646 or lbrtyclub@gmail.com.



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Deb Filler's Triumphant Return to Cleveland

I Did It My Way in Yiddish (in English)

An Award-winning, One-woman Show – One Night Only on January 15

Interplay Jewish Theatre and The Maltz Museum of Jewish Heritage proudly present singer/storyteller and New Zealand's only Jewish comic, Deb Filler, in her internationally acclaimed solo show, *I Did it My Way In Yiddish* (in English), on Wednesday, January 15, at 7 pm, hosted by the Mandel Jewish Community Center.

In this one-woman show spectacular, Deb transforms into a series of characters who share memories that have influenced her life, such as in 1947 when the young maestro Leonard Bernstein appeared with an orchestra of Holocaust survivors in the German DP camps of Landsberg and Feldafing. He famously conducted George Gershwin's *Rhapsody in Blue* for the survivors interned there. In one of those audiences was Deb's father, who would recall that experience as the moment he came back to life. Recapturing that magic in the award-winning documentary *Mr. Bernstein*, Deb shares the short film as part of this program.

Cleveland audiences may remember Deb from her 1996 Halle Theatre performance of *Punch Me in the Stomach*, where she introduced 36 colorful characters with her brand of joy and pathos. In

Debuting in Cleveland for one night only as part of a program season connected to the Maltz Museum's current special exhibition *Leonard Bernstein: The Power of Music*, this is a not-to-be-missed performance.

countless other performances worldwide, she has created 27 characters and baked a challah onstage in *Filler Up!* Her film credits include *The Handmaid's Tale* and the feature documentary *The Last Laugh*, among others.

I Did it My Way has been seen by audiences in Washington, London, Sydney, New York, L.A., Jerusalem, and Toronto. *The*

London Independent called Deb "a one-woman tour de force."

Debuting in Cleveland for one night only as part of a program season connected to the Maltz Museum's current special exhibition *Leonard Bernstein: The Power of Music*, this is a not-to-be-missed performance.

Tickets are \$25 for general admission; \$20 for members



of the Maltz Museum or the Mandel JCC. To reserve seats, visit www.maltzmuseum.org or call 216.593.0575.

To learn more about Deb Filler, visit www.youtube.com/watch?v=hUQR3T0A0Wg.

To learn more about the Maltz Museum's special exhibition, visit www.maltzmuseum.org/exhibitions/current-exhibitions/.

A Note from Fay Sholitan

Founding Artistic Director of Interplay Jewish Theatre



Flash forward 23 years. The Maltz Museum asked me to find a theatrical production that embraces the power of music, the life of Leonard Bernstein, and the Holocaust. My research led me back to Deb. Her current project combined all three elements and shared the most compelling stories about the music that influences her life.

One story involved her father (an Auschwitz survivor) whose wounds were still raw during his internment in a postwar German DP camp. One night, a youthful Leonard Bernstein came there

Deb Filler has international credits and amazing stories to share. I first met her in 1996, when she performed *Punch Me in the Stomach*, a solo show, at the JCC Halle Theatre. Who knew it could be even darkly funny living in a family of Holocaust survivors? I still remember that performance and how Deb infused humor into the grim reality of human suffering.

to perform Gershwin's *Rhapsody in Blue*, as both soloist and conductor. Deb's father declared that night the moment his life began again. Other survivors gave similar, videotaped testimony in the Maltz Museum's current exhibition, *Leonard Bernstein: The Power of Music*.

Deb had resolved to track down Leonard Bernstein to thank him for saving her father's life. That story was the subject of *Mr. Bernstein*, a 15-minute documentary on the Jewish Film Festival circuit, that became part of this solo show that tours the world.

We invited Deb to come to Cleveland with her power-of-music stories, and she said yes.

This project means a great deal to me on a personal level. My goal in founding Interplay (2011) was to revive Jewish theatre in Cleveland. We had a beloved, century-old cultural tradition that had been, for many people, an important portal to their Jewish identity. With this collaboration on January 15, we are combining the resources of the Maltz Museum, Interplay, and our host, the Mandel JCC, to celebrate an important Jewish-themed theatrical event together.



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Open House: Saturday, January 25;
10-11:30 a.m.



County Warns Dog Owners to Avoid Online License Scams

The Cuyahoga County Department of Consumer Affairs is warning residents to avoid online scams when ordering dog licenses online.

Scammers working from outside the U.S. have created a bogus "Ohio" dog licensing site that appears to be an attempt to collect fraudulent fees, credit card numbers and demographic information.

In Ohio, dog licenses are sold only through counties, not through the state.

The bogus site lures would-be victims with promises of deep discounts that don't exist. The fraudulent site also wildly exaggerates late penalties, saying they can be up to \$300. The actual late fee in Cuyahoga County is \$20.

Under no circumstance does applying for or renewing a dog license in Cuyahoga County require residents to share their own date of birth or their pet's health records.

Cuyahoga County dog owners can purchase or renew dog licenses by:

- Returning, with payment, the license renewal forms mailed to them by the county.
- Paying online through the County's Dog License site at fiscalofficer.cuyahogacounty.us/en-US/Dog-License.aspx.
- Purchasing 2020 dog licenses at convenient neighborhood locations across the county. (A list is available at the county website above.)

The deadline for purchasing 2020 dog licenses, which cost \$20 for a one-year license, is January 31, 2020. For more information, visit fiscalofficer.cuyahogacounty.us/en-US/Dog-License.aspx or call 216.525.PUPS (7877). To report a scam call the Cuyahoga County Scam Squad line at 216.443.SCAM (7226).

Civista Bank Opens in Beachwood

On Monday, December 9, Civista Bank held its grand opening celebration and ribbon cutting ceremony at its newest branch, located at 3723 Park East Drive. This branch offers a wide range of services to both business and personal customers in the Greater Cleveland area. In addition to personal banking accounts and services, Civista offers business banking, commercial and residential lending, wealth management, and private banking.

Bob Katitus, senior vice president and regional market executive, made opening comments to guests who gathered in the bank's front offices. He introduced administrators, thanked those who helped construct the building and organize the grand opening celebration, and thanked the City of Beachwood for its support, saying, "It's been a labor of love to put this together and you were a big part of helping us make it happen."

He added, "We didn't want this to feel like a bank branch. We wanted it to feel like something special, and I think we accomplished that. But, without Jonathan (Berns) specifically, his thoughts and his vision of what one can build, we wouldn't have achieved what we have here today. We're incredibly appreciative and thankful

for your support and more important, your friendship."

Bob then introduced CEO Dennis G. Shaffer, who reiterated the bank's three founding values: relationships, loyalty, and community, saying they live them every day.

"We are excited to grow our presence in Northeast Ohio and the Greater Cleveland area," Dennis said. "At Civista, we understand the importance of having strong communities and we look forward to investing, serving, and becoming a part of the Beachwood community."

This year marks Civista's 135th anniversary, and the Beachwood branch is its 38th location to provide trusted solutions to generations of families, businesses, and individuals in Ohio, southeast Indiana, and northern Kentucky.

"We didn't want this to feel like a bank branch. We wanted it to feel like something special, and I think we accomplished that. . ."
– Bob Katitus

Goren Dillard, Beachwood Chamber of Commerce membership development manager, then welcomed Civista Bank to Beachwood on behalf of the Chamber; and City Council person James Pasch, presented a proclamation from Mayor Martin Horwitz and City Council, naming Monday, December 9, 2019 as Civista Bank Day in the City of Beachwood.

For more information, visit www.civista.bank.



Civista Bank CEO Dennis D. Schafer, with City Council person James Pasch, Civista employees, and the construction team, cuts the ribbon to officially mark the opening of the bank's Beachwood branch.

Photo by Scott Morrison, Discovery Photo

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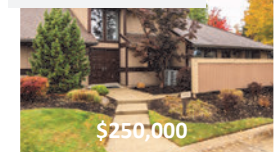
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- PENDING: 25415 Letchworth Rd, list price \$474,900
- SOLD: 2417 Brian Drive, list price \$734,900
- SOLD: 25003 Duffield Road, list price \$499,000
- SOLD: 19 Hyde Park, The Village, list price \$449,000
- SOLD: 1 Longmeadow Ln, The Village, list price \$399,900
- SOLD: 25370 Cardington Drive, list price \$399,500
- SOLD: 24712 Wimbledon Road, list price \$399,000
- SOLD: 23105 Fairmount Blvd, list price \$372,000
- SOLD: 2648 Deborah Drive, list price \$319,900
- SOLD: 3268 Richmond, Baywood, list price \$309,900
- SOLD: 23304 Cedar Road, list price \$149,900



Members of the Bryden Elementary Choir performed Thankful, by Peggy Gretsch and Have a Happy, Happy Holiday, by Teresa Jennings

On Thursday, December 5, more than 150 choir members from Bryden Elementary School, Beachwood Middle School, and Beachwood High School had an opportunity to showcase their talents in a one-night only Cabaret Night. The musical event took place in the Beachwood High School auditorium, and was enjoyed by all who attended.



Queen Tribute

Back row: Madison Rosenblitt and Alana Goldschmidt
Front row: Brooklyn Bennett and Sepanta Entezari



When I Was Your Man by Bruno Mars

Trenton Thornton, Gili Avitan, Nate Lurie, Lucas Bennett, Jace Stimpert, Braylen Eaton and Alex Droe



Classic by MKTO

Samira Shabazz, Dalilah Harrison and Savanna Shields



Don't Give Up On Me by Andy Grammer

Ela Sasmaz, Sawyer Borland and Sami Stimpert



Old Town Road by Billy Ray Cyrus

Damarion Betts and Zach Nolden

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Programs at the Beachwood Library

For a complete program listing, for more information, or to register, contact the library at 216.831.6868 or visit www.cuyahogalibrary.org.

Warmth by Flavor Spice Series Part 2

French Quatre Epices

Monday, January 13 • 6:30 - 8 pm

Join us for a lesson in spice blending. Learn the ingredients to make your own Quatre Epices blend and add spice to a basic carrot side. Warm your body this winter with the flavors of Morocco, France, and India. Discover new flavors and broaden your palate this season. All levels of home chefs welcome. Registration is required.

Book Chat

Tuesday, January 14
7 - 8 pm

Join us for a Tuesday evening book discussion of *Saints for All Occasions*, by J. Courtney Sullivan.

Third Wednesday Book Discussion/Third Thursday Book Discussion

Wednesday, January 15 • 1 - 2 pm
Thursday, January 16 • 2 - 3 pm

Join this monthly book discussion led by library staff. No registration is required. All are welcome. January: *Where the Crawdads Sing*, by Delia Owens
February: *Circe*, by Madeline Miller
March: *The Testaments*, by Margaret Atwood

Books will be available at circulation desk one month prior to program date. Refreshments will be provided by Friends of the Beachwood Library.

Tote Bag Design

Wednesday, January 15
2:15 - 3:45 pm

Design an image using a Cricut die cut machine and apply it to a canvas tote bag. Pick out some free ARC (advanced readers copy) paperbacks to fill your new bag once it is completed. Registration is required. Materials are provided by Friends of the Beachwood Library.

Drop in and Download

Saturday, January 18 • 10 am - 1 pm
Monday, January 20 • 2 - 5 pm

Learn how to borrow free eBooks, eAudiobooks, eMagazines, movies, and music from the library's Digital Collection. Bring your device and passwords to the library and the staff will get you started. The library's Digital Collection is available 24/7, 365 days a year, and there are never any late fees. Registration is not needed.

Intention and the Brain with Dawn

Maze-Molina, M.Ed. LPC
Monday, January 20 • 2 - 3 pm

Learn how setting intention at the start of the day changes brain activity and creates the day that you want. The body likes what it is familiar. The more you learn to create your day, the better you feel and the better your body feels.

Comfort Soups

Tuesday, January 21 • 7 - 8 pm

Warm away the winter blues in this cooking program where you will learn, step-by-step, how to make comforting soups to keep you warm all winter long.

The Great American Songbook with Debbie Darling

Friday, January 24 • 1 - 2 pm

Debbie Darling will present a musical talk on the Great American Songbook. This program will discuss the Songbook and four of its most prolific writers in depth: Cole Porter, George Gershwin, Hoagy Carmichael, and Harold Arlen. Debbie will talk about each composer and then sing some of their most famous songs. Registration is required. Sponsored by Friends of the Beachwood Library.

A Schubert Primer

Wednesday, January 29 • 7 - 8:30 pm

The Cleveland Opera Theater will present German art songs at their finest. We'll examine some masterpieces of Lieder and go back to the roots of German songs during the Middle Ages.

China: Art and Technology

Wednesday, February 5 • 7 - 8 pm

Join the Cleveland Museum of Art and learn about the Chinese-manufactured bronze, silk, and ceramics; the function of the artifacts; the Chinese society and culture; and China's vast history.

Your Brain on Love with Evan Shelton, PhD

Monday, February 10 • 2 - 3 pm

Learn about love on the brain and the predictors of attraction and liking. Dr. Evan Shelton is the director of the Center 4 Brain Health at Menorah Park. He is a doctor of philosophy in Adult Development and Aging with a primary focus of study in non-pharmacological approaches to improving quality of life for persons with dementia and their caregivers.

Warmth by Flavor Spice Series Part 3

Indian Garam Masala

Monday, February 10 • 6:30 - 8 pm

Learn about spice blending, the ingredients to make your own Garam Masala, and how to spice up a basic homemade hummus recipe. Warm your body this winter with the flavors of Morocco, France and India. Discover new flavors and broaden your palate. All levels of home chefs welcome. Registration is Required.

Children's Programming

Toddler Storytime

Ages 19 - 35 months

Mondays, January 6, 13, 20, 27
and February 3, 10, 17 and 24
4 - 4:30 pm

Join us for rhymes, songs, fingerplays and stories.

Baby & Me Storytime

Birth - 18 months

Tuesdays, January 7, 14, 21, 28
and February 4, 11, 18, 25
4 - 4:30 pm

Join us for rhymes, songs, fingerplays and books.

Toddler Storytime

Ages 19 - 35 months

Wednesdays, January 8, 15, 22, 29
and February 5, 12, 19 and 26
10 - 10:30 am

Join us for rhymes, songs, fingerplays and stories.

Preschool Storytime

Ages 3 - 5

(but not yet in kindergarten)

Wednesdays, January 8, 15, 22, 29
and February 5, 12, 19, 26
1:30 - 2 pm

Join us for rhymes, songs, fingerplays and stories.

Pajama Storytime

Ages 18 months to 5

with a caregiver

Wednesdays, January 8, 15, 22, 29
and February 5, 12, 19, 26
6:45 - 7:15 pm

Wear your pj's and join us for fun stories, songs and fingerplays.

Baby & Me Storytime

Birth - 18 months

Thursdays, January 9, 16, 23, 30
and February 6, 13, 20, 27
10 - 10:30 am

Join us for rhymes, songs, fingerplays and books.

Programs at The Gathering Place

The Gathering Place is a cancer support center providing free programs and services to support individuals and families coping with the impact of a cancer diagnosis in their lives. To learn more about the support groups, exercise and nutrition programs, children and teen support programs, the lectures, workshops and the lending libraries visit www.touchedbycancer.org. Below is a listing of upcoming programs at the Beachwood location – 23300 Commerce Park. All programs require advance registration unless otherwise noted. Please call 216.595.9546 to register and for more information.

Bridges Grief Group for Families

Mondays, January 6 and 20
6:30 - 7:30 pm

For parents, children and teens when there has been a death of an adult loved one from cancer.

Cancer Fighting Kitchen from Author Rebecca Katz

Wednesday, January 8
6 - 8 pm

Learn the latest information on the food and cancer connection while preparing nourishing recipes for yourself or a loved one. Access to Rebecca Katz's online, self-paced course will be available through September 1, 2020, after completion of this class.

Support for a Child or Teen with Cancer: Including Siblings and Parents

Saturday, January 11
10 - 11:30 am
LEGO® Mania – Contact Casey Durkin at 216.455.1523 or durkin@touchedbycancer.org.

Whole Food 30-Day Challenge

Mondays, January 13, 20, 27 and February 10
6:30-7:30pm

Ditch the diet and leap into a lifestyle that is good for you and your family. This four-week program will use the iTHRIVE Healthy Lifestyle Survivorship Care Plan from the American Institute for Cancer Research. Participants are encouraged but not required to sign up for the year-long program.

KidShop/TeenShop

Mondays, January 13 and 27
6:30 - 7:30 pm

Nourish and Flourish; Building Brain Strength through Food is a workshop for children and teens who have an adult family member with cancer.

Managing Fear

Wednesday, January 29
6:30 - 8 pm

Learn ways to cope with the fear that is often a part of a cancer diagnosis. This program is for the person diagnosed and family members.

Tween Homeschool Book Club

Grades 4 - 7

Thursday, January 9
11 am - 12 pm

Gather with other homeschoolers for a book discussion, snacks and an activity. We'll be discussing *Roller Girl*, by Victoria Jamieson. Registration is required.

STEAM Tuesday:

Egg Drop Contest

Grades 2 to 5

Tuesday, January 14
4 - 5 pm

Test your engineering skills with our Egg Drop competition. Attempt to protect your egg from the forces of gravity with your own design using household materials. Registration is required.

Homeschool Art Explorers

Grades 1 and up

Thursday, January 16
10:30 am - 12 pm

Get a little messy while learning something new. Registration is required.

Magic Tree House Club

Grades 1 - 4

Thursday, January 16
4 - 4:45 pm

Travel with Jack and Annie on magical adventures! This month we'll discuss *Twister* on Tuesday and enjoy games, crafts, and activities.

Friday Family Fun: Snowy Day

Ages 2 to 6 with a Caregiver

Friday, January 17
10:30 - 11:30 am

Join us for snow themed stories, crafts and activities.

Hebrew Storytime

Wednesday, January 22
4 - 4:30 pm

Hear stories and songs in Hebrew and English. Presented in collaboration with the Jewish Education Center of Cleveland.

Feed Me a Story: Stone Soup

Ages 4 - 7 with caregiver
Thursday, January 23
11 am - 12 pm

Join us for a reading of *Stone Soup*, and a tasty reenactment where we will make our own version of Stone Soup.

Tween Homeschool Book Club

Grades 4-7

Thursday, February 6
11 am - 12 pm

Gather with other homeschoolers for a book discussion, snacks, and an activity. We'll be discussing *Coraline*, by Neil Gaiman.

Movie Matinee: Coraline

Thursday, February 6
1 - 3 pm

Join us to watch *Coraline* and enjoy some light refreshments.

Chinese Storytime

Saturday, February 8 and 22
10:30 - 11:30 am

Join us for stories, songs, and rhymes in Mandarin Chinese and stay for a craft and playtime. Presented in cooperation with the Chinese Language and Culture Center.



Who's Buzzin' in Beachwood?

Write-On

An impressive line-up of Jewish authors shared their literary work and insights with audiences attending the Mandel JCC's Cleveland Jewish Book Festival. The festival included discussions relating to Jewish life, Zionism, history, food, business, religion, and more. Author visits were accompanied by lectures, Q&A sessions, and book signings. A special Kids Day and Local Author Day were also part of the programming. The Cleveland Jewish Book Festival was presented with the generous support of the Henry & Eugenia Green Family Foundation and co-chaired by Laura Simon, Shelly Lewis, and Beth Rosenthal.



Renowned cartoonist Bob Mankoff chats with Noreen Koppleman-Goldstein.



Noam Polster and son, Gavi, have fun at Kids Day with Cookie Mouse.



Faye Bass with Alana Newhouse author of *The 100 Most Jewish Foods*, and editor in chief of *Tablet*, a daily online magazine.



Author Judith Viorst and Marc Freimuth are not having a *terrible, horrible, no good, very bad day*, at The J's Cleveland Jewish Book Festival.



Festival co-chair Laura Simon with author Sasha Sagan.



William Barnett, Hayes Mihalek and Nancy Barnett enjoy arts and crafts at Kids Day.



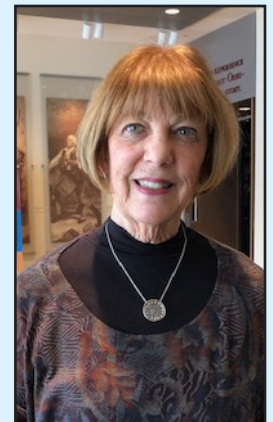
All That Glitters

Israeli jewelry artist Rachel Eshkol came to Beachwood for a three-day trunk show of her jewelry, which was displayed at the Maltz Museum of Jewish Heritage.



Israeli jewelry designer Rachel Eshkol

Susan Valins models a necklace from the Maltz Museum jewelry show.



by Arlene Fine

New Addition is a Plus

More than 200 people attended the dedication of Joseph and Florence Mandel Jewish Day School, held on November 24th. The recent renovation included a new entrance, parent lounge, offices, library, media commons and computer lab. A new gym and middle school wing were completed the prior year. A new fourth and fifth grade wing including classrooms and offices will be completed and ready to greet students on January 6th. Funds for these renovations came from generous donors and the Joseph and Florence Mandel Family Foundation.



Hallie, Abigail and David Levin tour the building.



Arveh Fieldman enjoys the renovation dedication ceremony.



Head of School Jerry Isaak-Shapiro; Eliana LeVine, board of directors president; Erika Rudin-Luria, Jewish Community Federation president; and Penni and Steve Weinberg.

New in February

Neighborhood Snapshots

Email family pics (*with captions*) to beachwoodbuzz@gmail.com.

Share images that reflect peace, love and happiness!

Send us your pics!

February • Holiday and New Year's Pics (Deadline is January 10)

March • Winter and Valentine's Day Pics (Deadline is February 10)

April • Hobby and Activity Pics (Deadline is March 10)

May • Vacation Pics (Deadline is April 10)

June • Watch for more details in next month's *Beachwood Buzz!*



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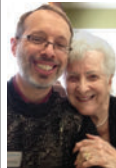
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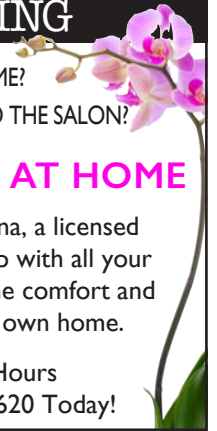


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