

Beachwood Buzz

September 2020

Every Resident. Every Business. Every Month.

MAGAZINE



Lisa Goldman



ENRICHING LIVES THROUGH MUSIC

LAKE HEALTH BEACHWOOD MEDICAL CENTER KIDNEY STONE CENTER

*By Frederic Levine, MD
Department Chair, Urology
Lake Health Beachwood Medical Center*



WHAT IS A KIDNEY STONE?

Kidney stones are hard deposits of minerals that form inside the kidney. Usually this occurs when the concentration of these minerals in the urine becomes too high. The increased concentration can be due to dietary causes, genetic factors, certain diseases or dehydration.

WHAT ARE THE SIGNS AND SYMPTOMS?

Kidney stones typically cause excruciating pain in the back, side, abdomen or groin. This is often described as one of the worst pains one can experience. This pain occurs due to the stone being caught in the ureter, the narrow tube that connects the kidney to the bladder. Additionally, this pain is often accompanied by nausea and vomiting. People with stones may also notice blood in the urine, as well as more frequent urination and an increased sense of urgency to urinate. At times, a stone may not cause pain but is diagnosed when the obstructing stone leads to a severe infection or damage to the kidney.

HOW IS A KIDNEY STONE DIAGNOSED?

Though the signs and symptoms usually indicate when a stone is present, radiologic studies are used to definitively diagnose a stone. A CT scan of the abdomen and pelvis is the diagnostic treatment of choice to diagnose a stone in the urinary tract. Additionally, ultrasound or plain X-rays of the abdomen can be used to determine the presence of a stone.

HOW ARE KIDNEY STONES TREATED?

Initially, it is important to treat the pain associated with passing a stone. This often requires very powerful medications to minimize the pain. Fluids and, on occasion, antibiotics are needed. Some stones can be treated conservatively and will pass on their own, often with the use of medications that can help to facilitate stone passage. Other stones will require intervention to remove them. Such procedures include non-invasive shockwave lithotripsy, where shock waves are aimed at stones to fragment them, or through the use of scopes and lasers placed into the urinary tract to directly break the stones. Rarely, conventional or robotic surgery is needed.

CAN KIDNEY STONES BE PREVENTED?

Yes. Increasing fluids, especially water, is the primary way to decrease stone formation. In addition, dietary modifications and medications can be used to lessen the chance of new stones. Certain blood and urine tests, as well as analyzing prior stone composition, can be used to determine a treatment plan.

At the **Lake Health Beachwood Medical Center Kidney Stone Center** we are uniquely able to expedite the evaluation and treatment of kidney stone patients. Understanding the pain and distress that kidney stones cause, we will fast track the initial physician evaluation and get pain medications and fluids started quickly. X-rays will be performed to confirm the presence of a stone and then a treatment plan will be created. If surgical treatment is needed, this can often be performed the same day and certainly within 24 hours.



25501 Chagrin Boulevard
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beachwoodmedicalcenter.org



As another month passes, my thoughts continue to focus on the power of attraction and framing. Whatever our circumstances, we each have the ability to frame situations and make choices that will serve us well when we look back from the perspective of our future self.

What you think you become. What you feel you attract. What you imagine you create.

– Attributed to Buddha

You create your thoughts, your thoughts create your intentions and your intentions create your reality.

– Wayne Dyer

Framing relates to the law of attraction, or belief that positive or negative thoughts bring positive or negative experiences into a person's life. When you think creatively, more creative thoughts come your way. When you think of safe, social-distancing possibilities, more ideas may come to you. When you think about isolation, more isolated or depressed feelings may appear, or when you think doom-and-gloom, clouds may continue to loom above.

How are you coping during this pandemic? Do you view each day with things you *can* do, or things you *can't*? How are you internalizing today's realities, and what stories are you telling yourself?

It's fair to say that most people are unhappy with what's going on in the world today, but we can still make the best of each day and find something for which to be grateful. We may not be able to control the surrounding circumstances, but we can control our reactions. What actions do you take each day for which your future self will thank you, and how do you define success?

If you like to cook, try a new recipe. Exercise? Add a few minutes to a routine. Working from home? Take a break every hour to move around or stretch. Garden? Pull some weeds or adorn your home with fresh flowers. Lose weight? Limit calories. The list goes on.

When this pandemic started, a meme was circulating on social media that read: Lockdown can go three ways. You either come out as a hunk, chunk, or drunk.

"Wow!" I exclaimed to myself. That really struck a chord! I was already tipping the scale toward "chunk," and I do like my wine! Although "hunk" is never a word I'd use to describe myself, it does rhyme. I made a snap decision and immediately joined Noom, a weight-loss, lifestyle program.

Every day, I log exercise and meals, read articles that are posted on the app, and communicate online with a coach, individually or in a group. I began this program in May and am confident that my future self will thank me.

One of the lessons that stuck with me included a simple illustration that read: trigger, thought, action, consequence.

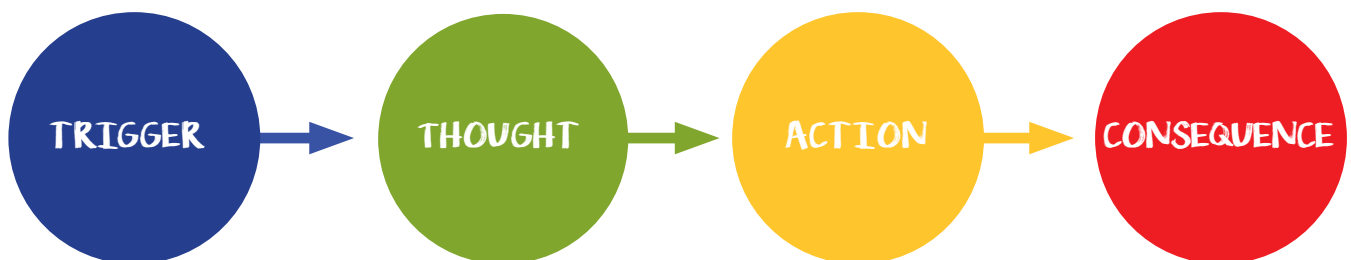
This concept brings to the surface everything we do. Something triggers us, we think about it, act, and receive positive or negative consequences.

If we visualize what a consequence may be before it happens, we may re-evaluate our thought processes and actions so they align with what we want: Positive thoughts create positive actions, which create positive consequences. Repeat.

Social distancing is hard, but it's much easier now than it will be when the temperature drops, so you may want to step outdoors, breathe deep, and enjoy the beauty of nature. My bet is that, if you do, positive benefits will follow.

Adaptation is the key to success. When our triggers lead to positive consequences, the world around us becomes brighter.

Sadly, many people are struggling with issues that make it hard to reframe their circumstances. If you or a loved one need help, I encourage you to reach out. The Center for Disease Control provides resources at tinyurl.com/copingCDC.



Busting 5 myths about concussions, kids and sports.



Richard Figler, MD
Cleveland Clinic
Beachwood and Solon
family health centers

While more student athletes participate in sports than ever before, awareness and understanding of concussions – and the consequences if they go untreated – has advanced.

“It’s important to educate parents, coaches and kids about concussion,” says Richard Figler, MD, a sports medicine specialist at Cleveland Clinic Beachwood and Solon family health centers.

Dr. Figler addresses some common misconceptions about youth sports and concussions.

Myth 1: Concussions are only a football problem.

Football is the most common sport in which

kids experience concussions, but other sports – soccer, gymnastics, hockey, lacrosse, basketball, volleyball and more – can involve concussions.

Myth 2: Headaches are the only symptoms of concussion.

Headaches are common with concussion, but other symptoms include light sensitivity, fatigue, poor school performance, dizziness, sleep disruption and nausea.

Myth 3: You always lose consciousness with a concussion.

Even a mild bump to the head can be serious. If a child gets hit in the head and presents with symptoms, he or she has a concussion.

Myth 4: You must go to the emergency department for a concussion.

In most cases, you can take your child to a primary care doctor — or a concussion specialist if needed. But Dr. Figler cautions to

watch for red flags – complaints of the worst possible headache, vomiting, unequal pupils or other neurological concerns may warrant a trip to the emergency department.

Myth 5: Concussion treatments are all the same.

Concussion requires individualized treatment, Dr. Figler says. Some patients may need physical therapy for neck pain, while others may need speech therapy to deal with cognitive deficits or sleep therapy for problems sleeping. That’s why it’s especially important to see a doctor and craft the right plan for recovery.

To schedule an appointment with Dr. Figler or another Sports Medicine concussion specialist, call 877.440.TEAM (8326). To learn more about concussions, visit ClevelandClinic.org/Concussion.

Welcome Caitlin Lewis, MD

Caitlin Lewis, MD, is a staff physician in the Cleveland Clinic Center for Sports Medicine. She sees patients at Cleveland Clinic Beachwood and Independence family health centers, as well as the Sports Health Center in Garfield Heights. In addition, Dr. Lewis serves as the primary care team physician for Notre Dame College.

To schedule an appointment with Dr. Lewis or another sports medicine specialist, call 877.440.TEAM (8326). To learn more about services offered, visit ClevelandClinic.org/SportsMedicine.

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**Thursday, September 23, 2020
6 to 7:30 p.m.**

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- Effective arthritis treatment strategies
- Diet, exercise and lifestyle choices to support your health

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Sponsored by Cleveland Clinic and the Arthritis Foundation Inc.

For more information, call the Arthritis Foundation at 216.359.7152. For the latest bone and joint health news, visit ClevelandClinic.org/InMotion to sign up for the InMotion e-newsletter.



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Arlene Fine
June Scharf
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Contributing Writers

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Lisa Goldman • ENRICHING LIVES THROUGH MUSIC



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Complete story starts on page 7.

Cover and article photos by Scott Morrison, Discovery Photo.

ב"ה

High Holidays

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LOST Cockateil

Xuhui Duan's bird, a cockatiel named Bolt, flew the coop from his East Silsby home on August 7. He often says "peek-a-boo," and may respond to the phrase. He loves to eat cashew nuts.

Please keep your eyes open when walking in the neighborhood, and spread the word. If you see him, please call or text 216.235.2674.

Thank you.
We miss him very much,
Xuhui



Letter to the Community

Clevelanders, where are you?

Since May, I have spent multiple Sunday mornings feeding my passion for gardening at the Hebrew Cultural Garden, one of the 40 gardens that make up the Cleveland Cultural Gardens.

The Cultural Gardens are a tribute to the vision of Leo Weidenthal, a newspaper editor and founder of the Cleveland Cultural Gardens Federation. Situated between East Boulevard and Martin Luther King Drive, the Hebrew Garden features a fountain, shady areas to sit and meditate, stone staircases, and monuments to the first Zionists, Jewish poets, philosophers, scientists, and artists. A stone path, in the shape of a Star of David, surrounds the fountain and leads to each of the monuments.

While working, I have often engaged in conversation with people walking through and exploring the gardens. What surprises me is that a good majority of these people are not Clevelanders. They are people here for a convention (pre-COVID), or passing through to destinations east or west and have found a recommendation to see the Gardens on TripAdvisor. So where are the Clevelanders? We have this gem in our community and most

Clevelanders have never taken the time to walk through and enjoy it.

So where are the Clevelanders? We have this gem in our community and most Clevelanders have never taken the time to walk through and enjoy it.

Just a few weeks ago, six of us gathered at the Hebrew Garden to continue its ongoing cleanup, a labor of love that never ends. We were greeted by a bench that had been crushed by a very large branch that had fallen from one of the mature trees.

We moved the branch and readjusted the stone bench so that one could sit on it. Under the branch, we found a clip with \$100. Attached was a note that read, "Please could you use this money to help this garden. Someone would appreciate it and I would too."

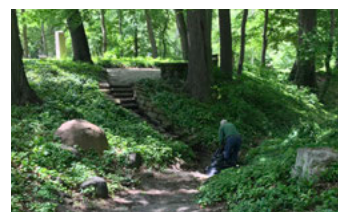
It filled my heart to know that someone was so willing

to make this contribution without any thought of getting something in return – the highest form of charity (tzedakah). This just goes to show what a special place we have in the Garden and how it has touched so many people.

So, I invite you to come take a look. What a great thing to do while still maintaining social distancing. If the spirit moves you and you would like to help maintain the Garden, either financially or with your labor, please give me a call at 216.407.6949.

Both the Hebrew and the Italian Cultural Gardens were designed by Burton Ashburton Tripp, a distinguished Cleveland landscape architect. First dedicated in 1926, the Hebrew Cultural Garden was most recently renovated in 2016 and is the only site in the city of Cleveland where the Israeli flag is flown. The Jewish Federation of Cleveland sponsors the Garden, but all the labor that keeps it looking its best is done by volunteers.

Sincerely,
Sheila Allenick (pictured)



Lisa Goldman



ENRICHING LIVES THROUGH MUSIC



BHS Orchestra Director Lisa Goldman, with her violin, a 'Klotz' circa 1735.

Some of the first tunes that Lisa Goldman remembers hearing as a child were the piccolo parts to Bartok's Concerto for Orchestra and Tchaikovsky's 4th Symphony. Her parents, Ethan and Fredda Stang, both musicians, raised their three children with music as a second language. Dad, a piccolo player, was a member of the Pittsburgh Symphony for 44 years. Previously, he attended Juilliard and played in The United States Navy Band during World War II, when he was not in a submarine in the Pacific theater. Mom, a viola player, was an itinerant instrumental music teacher, covering seven public schools weekly in the Pittsburgh City School district.

A violin was first put in Lisa's hands when she was four. She and her two brothers, both lawyers today, were all required to musically participate in "something" until they graduated high school. She continued with violin, it was mandatory and there was no discussion.

Lisa enjoyed the musical aspects of her upbringing. At times there was some pushback, but overall, it served her well. "When I talk about what I do, with adults, they often say, 'I wish my parents didn't let me quit. I'm so sorry that I did,' or, 'I played an instrument in middle school, I can't believe my parents let me quit before graduating.'

"Playing instruments was what we did. I have a fun photo in my classroom of me playing a violin when I was four years old. I don't tell students who it is unless they ask. Then, when I tell them, they say, 'It's so cool.' They have trouble picturing me that young."

After high school graduation, Lisa attended The University of Cincinnati College-Conservatory of Music, where it was a requirement to study various additional instruments for her degree. She says she would have been a good French horn player because she's physically better suited, but violin remained the major instrument.

"We're here to make wonderful, kind individuals with a guided music experience as our tool. Not everyone will come out as a fantastic player, but all will come out with appreciation, understanding, and a more enriched life to live."

— Lisa Goldman

Lisa graduated in 1982, then earned her master's at the Conservatory in '85 with emphasis on String Pedagogy. She continued graduate studies in Viola and Eurhythmics at Carnegie Mellon University, followed by additional Suzuki training and an apprenticeship at Cleveland Institute of Music.

Lisa's career took her to the Cleveland Institute of Music, coordinating their Suzuki program in the '80s and implementing orchestras through their Preparatory



BHS Orchestra members getting ready to share the stage with The Cleveland Orchestra at the BHS auditorium opening.

Standout Moments

- EVERY FALL staring at a new group of future musicians, age 10, who have never held an instrument before.
- BHS opening auditorium event with The Cleveland Orchestra side-by-side portion.
- Any and all overseas tours. The transformation of the ensemble as both individuals and musicians from beginning preparations to arriving back home are simply incredible to observe.
- 2019 shared concert with CWRU.
- Kids' performances with the Cleveland POPS, too many to list!
- Ohio String Teachers Association, 2017 Teacher of the Year Award.
- When a kid randomly knocks on your door at home and politely asks to have their instrument tuned so they can practice.
- When the kids organize a concert on their own over the summer, "just because" and invite me!
- Musical interactions with colleagues anywhere and everywhere.
- Chamber music in the garden to onstage at Severance Hall.
- Invitation to watch a student perform or receive a special honor (Solo with an orchestra, perform at Carnegie Hall, conduct a piece of music they wrote with a professional ensemble...).

Department. Lisa also taught at Cleveland School of the Arts, and Case Western Reserve University Music Education Department, where she taught strings, string pedagogy, and string methods for music educators. This was followed by starting a program at the Fairmount Fine Arts Center in Bainbridge that quickly expanded to include 200+ families. By then, Lisa and Mort had their own family of five, and she accepted a position as orchestra director for grades 4-12 at Beachwood City Schools.

We asked what motivated her to pursue this position, and she told us, "I was a musician, living here in Beachwood. My kids played string instruments, and there was no orchestra program for my own children."

Her oldest son, Michael, was in 5th grade at the time. Lisa stepped forward with her talents, voiced her concerns, and was hired by then-superintendent Paul Williams to create a Suzuki-based orchestra program from the bottom up. The Suzuki method combines music with a philosophy on learning, communicating, and motivating that embraces the total development of the child. Dr. Shinichi

About Lisa's Family:

Lisa and Mort met in 8th grade orchestra, married in 1982, and still play duets in their beautiful home garden. They have three children: Michael, Molly, and Sam.

Mort

Mort, a senior consultant at Pharmacy Consulting International, plays cello. He enjoys community theater and is part of River Side Valley Players Improv group (RSVP), which performs at Chagrin Valley Little Theater.

Michael (BHS Class of 2006)

Michael played the cello through college and enjoys music on a daily basis. He is currently working on a set of songs that teach science concepts to children. He served in the Peace Corps for 2+ years, stationed in West Africa; earned his master's degree from SUNY Cortland; and worked for the National Audubon Society. He lives in Columbus.

Molly (BHS Class of 2009)

Molly plays violin and viola. She earned her Bachelor of Music in Applied Music and Music Education with certification from the Eastman School of Music, and her Master of Music in performance from the Juilliard School. She obtained her Suzuki Certification at the School for Strings. Molly is a Broadway musician, teaches at Silver Music, and participates in recitals and other musical events throughout the country. She lives in New York City.

Sam (BHS Class of 2012)

Sam played violin through college at Ohio State (Biomedical Engineering) and served as concertmaster for the Buckeye Philharmonic Orchestra. He is currently a Mechanical Engineering PhD candidate at the University of Southern California, majoring in vibrations. Sam has a fiancée who is patiently waiting for him to finish soon! They live in Pasadena, CA.

Suzuki, founder of this method, was a violinist, educator, philosopher, and humanitarian who based his approach to education on the belief that, "Musical ability is not an inborn talent, but an ability that can be developed. Any child who is properly trained can develop musical ability, just as all children develop the ability to speak their mother tongue. The potential of every child is unlimited."

Within this unique approach to music education, children develop confidence, self-esteem, discipline, concentration, and the determination to try difficult things. In addition, children participating in this method develop a lasting enjoyment in all genres of music.

Dr. Suzuki's primary goal was never to just teach young people how to play musical instruments. Instead, he championed the unique contribution music can make to the total learning process, not just for music, but in all areas of learning and education. He believed that with the proper environment, educational process, and through the medium of music, sensitivity and understanding may be nurtured in all children, creating a better world for each child.

When Lisa walked in the door, there was a total of seven kids throughout the district, K-12, playing a string instrument. Two were hers, and three more lived next door (Yutaka, Nizomi and Emi Hitomi). The first year, 1998/1999, that the orchestra program was offered to all 4th-graders, forty signed on. The following year, the program was offered to 4th and 5th-graders. Each year thereafter, another grade was added, until the program spanned from 4th through 12th grades.

"The program is strong today because of continued support since it was started," Lisa recalled gratefully.

We talked with Superintendent Bob Hardis, who is very proud of the district's music program. "Lisa is a treasure for our district," he said. "She inspires our students to be excellent, not only individually, but as a musical team."

Lisa continues to tap into the great resources we have in our community to expand learning experiences. Her dedication plays a large role as to why Beachwood Schools continues to be recognized as one of the Top 100 in Music Education from The NAMM Foundation, and regularly receives awards. Lisa also served as the district's fine arts subjects coordinator for 13 years.



Six-year-old Lisa practicing violin.



“There are so many talented musicians in and around our community who are willing to work with our students, and so many opportunities to hear them play. Suburban Symphony Orchestra, based at Beachwood High School, for example, plays five free concerts every year. I’m so appreciative to everyone who has worked with us.”

Lisa collaborates with CWRU, Baldwin Wallace, The Cleveland Orchestra, Cleveland Pops Orchestra, and a number of individuals to provide learning opportunities for students. “I’m so grateful to all the adults who share their time, expertise, knowledge, and passion to create something substantial with these kids. While it gives the appearance of being fun and easy, truthfully, it’s a lot more than just showing up. For each interaction, we develop an idea, plan, timelines, framework, budget, assessments and resources.”

Last February, Lisa’s daughter, Molly, a Broadway musician who was touring with the Miss Saigon National Tour, came back to BHS when the play performed at Playhouse Square to offer students an opportunity to play alongside her co-working professionals and get insight on a musician’s life.

“Bringing Miss Saigon to BHS was incredibly special to me. Growing up, I saw my mom build the Beachwood Orchestra program from the ground up, and to be able to share my own music as a professional and collaborate with her and her students was a big moment. The experience brought me a lot of pride: pride in BHS, my own work, and of course my mom!”

Students have performed side-by-side events with Cleveland POPS Orchestra, The Cleveland Orchestra, and most recently a collaborative concert with the orchestra at CWRU. They’ve performed at venues that include Severance Hall, the Connor Palace Theater, State Theater, Tower City, Cleveland Metroparks Zoo, Legacy Village, and Fox 8. They’ve also performed at many community and civic events, and many international tours.

Noël DeViney, assistant director, provides tremendous support in planning and implementing opportunities, which include overseas trips. Students have participated in performance tours to London, Paris, Italy, Vienna, Spain, and Budapest, with help from a tour company that helps Lisa nail down the details.

“These are exceptional learning experiences, and it’s really fun to take 60 to 70 teenagers overseas,” Lisa said. “Watching the kids experience a new country as musical ambassadors is truly a fantastic experience. The schools are supportive by allowing our students to have these travel experiences, which provide an education above and beyond what they learn in a classroom. Friends of the Beachwood Orchestras, our booster group, and student fundraising efforts fund these opportunities. We have great parent support, and the performances are truly standout moments.

“Students have performed with other schools’ groups on friendship tours, in hospitals, and grand cathedrals. People show up!

“These opportunities culminate many years of students’ being in this orchestra program,” Lisa said. “Our goals, both in and out of the classroom, are based on much more than what musically comes out of the instrument. Instruments and music, within the Suzuki learning foundation, are tools to teaching students how to focus, learn, and be team players. Our program bridges social behaviors and work ethic, while providing a platform in which to learn about personal feedback and critique. In a string setting, students are placed two to a music stand, based on a combination of age and ability, and they must cooperate. We are constantly

“I love being in the yard. Plants make me feel good, and my garden is a great place to be during this pandemic. There’s always something happening, and always something new. I love the way everything changes throughout the seasons. There’s always something interesting.”

– Lisa Goldman

Advice to Parents:

- Make music or another art form a part of your life.
- Provide kids with small steps they can master.
- Be encouraging!
- Small successes lead to larger ones, larger success leads to long-term satisfaction.
- Stay positive, no matter what you hear come out of an instrument. All learning begins somewhere!
- Don’t be afraid to play classical music, and include a wide variety.
- Take your kids to concerts.
- Make music part of home/life as regular, expected, and unexpected experiences.
- Seek opportunities that are above and beyond.
- Encourage your kids stay the long course and play through high school. You won’t see the best rewards until then.
- Keep it going!

resetting the bar individually and as a group; everyone has a chance to continuously succeed in his or her own cycle. That's where the real growth comes in."

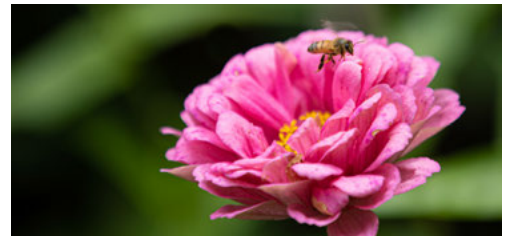
Friends of the Beachwood Orchestra (FOBO) is a cooperative effort between parent volunteers and the Beachwood School District orchestra staff to help support all orchestra members in grades 4-12. It raises funds through annual memberships and fundraisers, which directly help the students. The organization provides music camp scholarships, instruments, funds for competitions, an annual scholarship for a graduating senior, and pretty much anything outside the normal bounds of what is done to support music during the school day.

The senior scholarship is awarded to a student who answers a prompted essay question that pertains to how the music learning process prepared them for future career goals.

"Responses are truly outstanding, and they have nothing to do with how to play an instrument," Lisa said. "The instrument is a tool that provides a guided learning process, and through music, allows students to be better listeners, communicators, and team players. The process provides them with social/emotional connections and bridge gaps of a personal nature."

One of Lisa's greatest joys today is when she runs into former students and parents at concerts. "Starting in ninth grade, I assign each student to select a concert, attend, and write a guided critical review. Since some don't have their driver's licenses, they will often go with parents. When I run into families at concerts whose children have long-ago graduated, they tell me that their enjoyment of attending concerts began with this assignment. It's rewarding to hear how this has impacted families, and how it brings music into their homes. Even if they only go to that one concert, it's one more than they may have attended without the assignment. It's so great to receive feedback of how this assignment opened doors to additional musical experiences – and to see people at concerts enjoying the experiences!

Orchestra members across all grades participate in a number of summer festivals, and members of the Beachwood Orchestra are routinely accepted in top-ranked conservatories throughout the country in the areas of performance, music education, arts advocacy, audio engineering, composition, and more. Students from Beachwood have gone on to attend the Eastman School,



Lisa enjoys using non-traditional containers for planters, including these wooden shoes that Lisa's grandmother brought from Holland while immigrating from Russia.

More About Lisa:

- Lisa is a founding member of Cleveland Pops Orchestra and has been playing with them since 1999.
- 2017 Teacher of the Year, Ohio String Teachers Association.
- Lisa previously published articles related to motivation and learning.
- She enjoys gardening and has a story behind each plant and container.
- She likes to plant flowers in untraditional pots.
- Lisa is a landscape painter. She dabbles in various media, and currently enjoys palette painting in acrylics. She has many floral photos as references to utilize once the weather breaks.
- Most of Lisa's plants were acquired through trades.
- Lisa has blue forget-me-not flowers in her garden that she got from a CIM friend who has since passed away. Unknown to the receiver, when the woman's daughter settles in her home, Lisa will gift her a clump to replant.
- She has served as clinician, speaker (motivational and keynote), adjudicator, and conductor for several local and national organizations, including Suzuki Association of the Americas, OMEA, American String Teachers Association, International Suzuki Festival, and MENC.
- She was an orchestra mentor for Music Educators National Conference.

Juilliard, Curtis, and Berkeley, to name a few.

We asked Lisa what she feels is her greatest achievement. She said: "On a personal level, my family. They are my number one favorite people." She paused, then added, "Professionally, it's the scope of this overall program. It's bandwidth, the experiences we have been able to bring to the community, and how it reaches what I

set out to accomplish. We're here to make wonderful, kind individuals with a guided music experience as our tool. Not everyone will come out as fantastic player, but all will come out with appreciation, understanding, and a more enriched life to live."

She concluded by saying, "I still have a lot of energy to push toward this program and am grateful for continued opportunities."

Beachwood Resident Seeks Kidney Donor

Debbie Rothschild and Kim Farkas share donor experiences

Lee Rosenberg has been struggling with chronic kidney disease for five years. A year ago, her kidneys began to fail, which led to dialysis, three four-hour sessions per week.

Since this is a degenerative disease, Lee needs a kidney transplant. She solicited for a live donor, found one, and was scheduled for surgery three times. Each time, after being admitted and having bloodwork done, surgery was cancelled.

"These incidents were very hard to process," Lee shared, "I'm thankful to have such a wonderful support team of family and friends, because I've been extremely let down each time. I was told the procedures were cancelled, but was never told why."

Lee is now working with a new team of physicians and is once again looking for a live donor, which presents the best-case scenario for positive, long-term results.

She first went to family members, but none were a match, so Lee is now putting the word out there to find a live donor who becomes a match who is willing to donate.

We talked with Debbie Rothschild, vice president, Menorah Park Foundation, who donated a kidney to her friend, Dave Meyerson, six years ago.

"After Dave's family members were disqualified as donors, I said, 'it's my turn,' and had a good feeling about this from the start. Dave's wife, and my childhood friend, Cathy, told me not to set my heart on this, yet I knew it would happen.

"I encourage anyone who is considering donating to take the steps and make it happen. Not only are you caring for someone else in an important way, but you also help yourself. Knowing you can save a life or improve the quality of someone's life who is on dialysis or living with illness is not only a gift to them, but one to yourself.

"Short of birthing my children, this is probably the most gratifying thing I've ever done. The goodness you feel inside is very personal and very strong. It's a wonderful feeling. The truth is, although it is a surgery and a lot to put yourself through, the recovery is pretty quick. It's about a month, and in the big picture, what's that? You may feel lousy for a week or two."

"The gift I've given myself, as well as Dave, is life changing. I'm so grateful to have had this opportunity."

– Debbie Rothschild

Debbie's husband, Barry, was supportive from the start. "He threw out some *what ifs*, and I said, 'I don't live my life for *what ifs*. My *what if* was: *what if* I don't do this and he can't find a kidney?'"

Debbie will never forget the day she got the call saying they could schedule the surgery. She called Cathy and Dave and said, "Let's do this."

"The gift I've given myself, as well as Dave, is life changing. I'm so grateful to have had this opportunity," Debbie said. "When I talked to my twins about this, then nine years old, my son, Bradley, said, 'Mom, if you couldn't do this, I would.' Although he didn't know the scope of what I was actually doing, the lesson that it showed my kids about stepping up to be there for someone was unbelievable.

"I encourage anyone considering this to do it," Debbie added. "You'll never be sorry."

Kim Farkas, a Judaics teacher at Mandel JDS and director of the mini-mussar program with Jewish Family Experience (JFX), was also a donor. When her father, Dr. Lee Weisberg, needed a kidney,

Kim and her brother, Michael Weisberg, went to get tested behind his back, since he said he wouldn't take a kidney from a child. Kim was a match.

Her husband, Bryan, was 100% supportive of Kim's decision to donate a kidney.

"My dad didn't want a kidney from me, and shared his concerns with Rabbi Chaiken. The Rabbi said, 'You gave her life, and it's a gift for her to be able to give life back to you.'" This comment made the switch in my dad's head.

"It's a gift and a blessing to be able to donate a kidney and I'm grateful to have been able to do this," Kim said. "Our three children, Shoshana, Jacob, and Eliana, were in elementary school at the time. The night before I went to the hospital, my middle son, Jacob, 9 years old at the time, asked if I was going to be ok. I responded by saying God gives us two kidneys, one to keep and one to give.

"This is the bravest thing I've ever done," Kim said. "And it made it all worth the while when the doctor walked in after surgery and said, 'I just want you to be the first one to know, you saved your father's life. It took right away.'"

"If someone is able, healthy, and has the mindset, it's a gift."

Lee has an urgent need. If you're thinking about being a donor, please step up. She comes from a family of survivors and knows she will come out of this stronger. Her parents were Holocaust survivors whose strength, resilience, and fortitude have kept her going.

"I've always been an involved member of this community, giving back and helping out in any way that I can," Lee said. She was an event planner for years, working for Party 411 for a decade before going out on her own.



"This is the bravest thing I've ever done, and it made it all worth the while when the doctor walked in after surgery and said, 'I just want you to be the first one to know, you saved your father's life. It took right away.'"

– Kim Farkas

"I have an upbeat, strong, loving, giving family that takes care of each other," she said. "With their support, I know I will bounce back after surgery. I ask everyone who reads this to talk with family, neighbors, friends, and groups to find a donor. At the end of this year, Cleveland Clinic will have performed 300 transplants in 2020. I hope to be included in that number."

Lee's journey has been long, hard, and tiring. "I'm fortunate, though," she said. "I've been suffering with chronic kidney disease for five years and qualify for a transplant. I'm confident that I will find a live donor because I have a lot of life to live! I want to do this now, and will be so grateful to anyone who calls to get more information."

"I'm confident that I will find a live donor because I have a lot of life to live!"

– Lee Rosenberg

If you are interested in learning more, please call the Cleveland Clinic Living Donor office at 216.445.3150 and mention Lee's name. She is currently on their transplant list, a list that may take two-to-six years for her name to get to the top. You may also obtain information about being a donor from the National Kidney Foundation at kidney.org.

Jack, Joseph and Morton Mandel Foundation Creates Special Matching Gift Program for the Federation's 2021 Annual Campaign

Match part of \$5 million donation to Federation's Coronavirus Emergency Relief Fund

The Jewish Federation of Cleveland recently announced that the Jack, Joseph and Morton Mandel Foundation has created a special matching gift program for the 2021 Campaign for Jewish Needs, the Federation's annual fundraising campaign for the Jewish community.

Through this program – known as the “Mandel Match” – for every new or increased gift to the Federation's 2021 Campaign, the Mandel Foundation will make a donation to the Federation's Coronavirus Emergency Relief Fund in the amount of the new gift or the amount last year's gift is increased. This matching gift program is part of the Foundation's \$5 million donation to the relief fund, which will provide the dollars necessary to address the needs

of people who find themselves newly vulnerable – financially, emotionally, or otherwise – because of the pandemic, as well as those who were already vulnerable and now face even greater challenges.

“The needs of our community were great long before it was confronted with the Coronavirus pandemic,” said Stephen H. Hoffman, chairman, the Jack, Joseph and Morton Mandel Foundation. “Through the Federation's annual Campaign, Jewish Clevelanders help to ensure we are all able to live in an open, safe, and vibrant community – one that addresses near-term issues and thoughtfully plans for future needs.”

“By creating this match, we are helping to ensure that the agencies

and institutions that are so critical to meeting the needs of individuals and families throughout Jewish Cleveland are able to serve the community during this time of crisis,” added Dr. Jehuda Reinharz, the Foundation's president and chief executive officer.

“We are incredibly grateful for the ongoing and generous support and leadership the Mandel Foundation has provided to Federation over the years,” said J. David Heller, Federation board chair. “I cannot thank Jehuda, Steve, and the entire Mandel Foundation Board enough for their generosity at this critical time in our community's history.”

“Cleveland is known as one of the most caring Jewish communities in the world and actions like this by the Mandel

Foundation make it easy to see why,” said Bradley A. Sherman, general chair of the Federation's 2021 Campaign. “Through the Mandel Match, we are now in a position to overcome a once-in-a-generation challenge without having to sacrifice the future potential of Jewish Cleveland.”

“Through the Federation's annual Campaign, Jewish Clevelanders help to ensure we are all able to live in an open, safe, and vibrant community . . .”

Stephen H. Hoffman

The 2021 Campaign runs through December 9, 2020. For more information, visit jewishcleveland.org.

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Working together keeps our community safe and healthy. It enables us to be here for each other and the generations to come. It ensures our voices are heard and our world can be repaired.

Support the Jewish Federation of Cleveland's annual Campaign and provide the critical resources needed to do all this and more.

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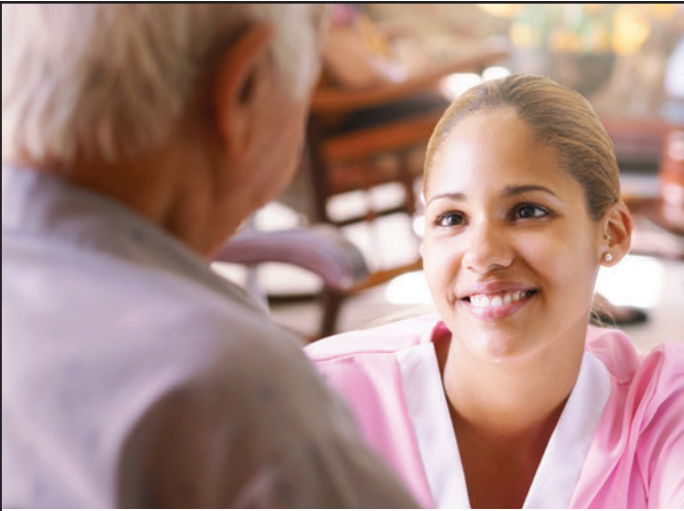


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The Karin Kushnir Memorial Garden

by Shana Wallenstein

Since arriving at Beachwood High School thirteen years ago, marketing teacher Greg Perry watched his colleague, science teacher Joe Burwell, tend the Karin Kushnir Memorial Garden. Karin was a Beachwood High School freshman in 1997 when she was tragically killed while riding her bicycle on Shaker Boulevard, heading to a friend's home. The first iteration of the four-sided glassed garden with a pond emerged a few years later, prior to when Karin would have graduated in 2000.

Joe maintained the garden from the start. He was a BHS Ecology Club advisor and Ben Kushnir's soccer coach (Karin's younger brother). When he and former teacher and Ecology Club co-advisor Kim Hill counted several of Karin's friends in the club, the idea to redesign the atrium blossomed.

"Karin wasn't one of my students, but I remember her from her freshman year," Joe recalled. "It turns out I knew her father, Ori, from our participation in local men's soccer leagues. Then, when Ben got to BHS, I got to know him as a member of the high school's soccer team.

"When we chose to renovate the garden, the Kushnirs provided funds to support Ecology Club purchases of

plants, fish, and pump supplies," Joe added.

In 2006, Joe and his team also received a PTO grant to further spruce up the space. He and Mark Howdieshell (BHS deaf education specialist) put in a lot of sweat equity, and Sheila Heyman (former BHS drama teacher) provided plants and inspiration. This redesign included a newer version of the pond, replacing the shallow, fiberglass pond that would freeze every winter.

"Working in the garden provided quality time with students and an opportunity to strengthen my connection with Ben," Joe said. "As we worked together, it became easier for Ben to open up and talk about Karin."

When Ben graduated in 2007, he continued to return to Beachwood over the summers to help Joe tend the space and get it ready for the opening of another school year.

"So many people lent a hand to the space on behalf of my sister's memory," Ben told us. "It's hard, so many years later, to even talk out loud about the accident, but know that our family is forever grateful to those who cared enough about Karin to help in some way."

When the High School was renovated and reopened in 2013, signage for the garden was rehung, and the atrium became a natural centerpiece of the building. Joe would retire from teaching two years later,

passing the baton for garden maintenance to the Ecology Club and district grounds crew employees. In 2020, marketing teacher Greg Perry and his students saw an opportunity and stepped up.

Greg's classes are based on entrepreneurship, and there is always a Junior Achievement Company component. Each year, students create an exposition based on sustainability and ecology, and raise money by selling goods or services.

When COVID hit the country in January, Greg and his 40 students realized it was unlikely that they were going to have their annual expo or class trip that was planned to follow. They had been successful in promoting

their student company, Northern Comfort, and raising money through sales of blankets, sherpas, and bjas, so they chose to fund an overhaul of the Karin Kushnir Memorial Garden, turning it into a living legacy of a young girl whose life was taken much too soon.

The classroom commissioned Falling Waters Ohio to create what is now a spectacular space. Drs. Ori and Yael Kushnir were invited to view plans of the overhaul and give their blessings, and were then invited back last month for the garden's unveiling.

Sheila, Joe, Greg, and all four CEOs from last year's marketing program: Lucilla Thal, James Flowers, Claudia Casey, and Conor Brosnan, were with the Kushnirs at the unveiling, and each reflected on his or her role and history with the space. All in attendance stood in the high school atrium and looked out at the beautiful garden as the sky opened up with rain pouring down, so much rain that it flooded into the building. As thunder crackled, hopes of seeing a rainbow on this heartfelt day disappeared.

"The new garden is fantastic. I was honored to see the completed project at its unveiling with the Kushnirs," Joe said. "Greg and his students have done something that will have a long-lasting impact on BHS, and the friends and family of Karin."

Greg reflected on this project, saying, "This is a representation of life, beauty, and excitement that students unselfishly gave to the community. When I look at the garden, it will be a daily reminder of how students from the Class of 2020 gave of themselves.

"This is incredibly rewarding," Greg added. "As a young teacher, Joe's maintenance of the garden made a lasting impression on me. I hope to further inspire those who see and maintain this space in the future. Every class coming forward will share the responsibility of maintaining the garden, making it a lasting legacy."

Greg's marketing class is part of Excel TECC, welcoming students from different high schools. When the idea of renovating the garden was presented, Claudia and her fellow non-Beachwood classmates were eagerly onboard. "Covid started, and our expo and trip were cancelled," she said. "We raised a lot of money, and all agreed with the direction we took. The garden needed a revamp, and this was an easy decision to make. It's located in the heart of the school, and truly is the light of the school: It's a bright spot for the community, school, and Kushnir family."

Lucila continued, "Renovating the garden was a great decision because it brings the community together and provides an opportunity for future classes to be involved. For many years, a

handful of teachers and students maintained the garden, but people who saw it didn't really know its back story or why it existed. We've bridged that gap, met her parents, and continue to keep Karin's memory alive."

"Although it's been nearly 25 years since Karin's accident, there isn't a day that goes by that we don't think of her," Rona Salomon, Karin's sister, said during a phone call. "It feels like it's been ten lifetimes since she left us, but the rawness never goes away. Everything that celebrates beauty, life, and joy reminds us of Karin,"

Rona, a pediatric dentist who lives in Brooklyn, New York, with her husband, Andrew, and two daughters, two and four years of age, looks forward to returning to Northeast Ohio to spend time in the high school garden. Ben, also a dentist, lives in the Columbus area. He, too, plans to reconnect soon with the space that bears his oldest sister's name.

"The fact that Beachwood has remained steadfast in keeping Karin's memorial alive makes me proud to be a product of this school system," Ben shared. "It will forever be emotionally challenging to discuss her life but it gives me pride and honor to keep her memory alive."

Once Beachwood High School reopens to the public, community members will be welcome to explore and enjoy the Karin Kushnir Memorial Garden.



What's Inside the Garden?

A horticulturist at heart, Greg was incredibly thoughtful as he selected specimens for placement in the garden.

"I wanted to ensure a selection of evergreens to help maintain a structure all year long, along with early, mid, and late-season bloomers," Greg enthused.

The garden will have three blooming seasons: spring, summer, and early fall. Five waterfalls can run continuously, all year long. The top of the garden is open, so the foliage selected is sturdy enough to hold a snow cap. There are eight spotlights, which are set to light the garden from dusk to dawn.

The following specimens have been planted:

- ✓ Weeping hemlock
- ✓ Japanese maple
- ✓ Crab apple tree
- ✓ Dwarf whip cords
- ✓ Dwarf hydrangeas
- ✓ Three varieties of choral bells
- ✓ Cone flowers
- ✓ Coral drift roses
- ✓ Rhododendrons
- ✓ Taxus
- ✓ Variegated Japanese iris

All of the rocks from the original pond were re-used, boulders were added, and a statue that Karin's brother, Ben, had placed in the original garden was returned to a prominent spot, watching over his sister's memorial.

Project costs, generously provided by the Beachwood Marketing Junior Achievement Class of 2020, exceeded \$15,000.



The Death of an Angel

by Allie Kushnir, Karin's cousin, March 8, 2002

Beautiful and loving, caring and great
Worthy of everything, not knowing her fate

Working and achieving, succeeding at her goal
Making one mistake that in my heart left a hole

Using her mind to decide what is right
Not knowing what would be the outcome,
she entered a tunnel with no light

Peddling and riding with the wind at her back
The bright world lied ahead,
but soon everything turned black

Looking and watching for what was coming her way
Not paying attention, this was her last day

Quickly crossing, her last steps lay ahead
Tonight she would be sleeping in a much different bed

Crashing and screaming, harsh sounds filled the air
Everything that happened just didn't seem fair



Flushing and helping, people gather all around
Nothing can help her as she lies on the ground

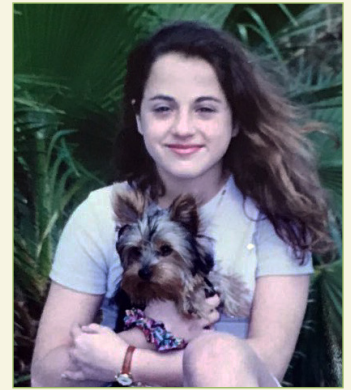
Lying in the hospital, loved ones watching her sleep
Praying she will soon awake,
but her slumber is too deep

Days passing, not knowing what to do
When she didn't wake up, no one believed it was true

Instantly gone forever, in heaven she would be
But I would not accept this,
why would God take her from me?

Years passing, still she's away
I'm always wondering why things ended this way

Once a living angel, but now she's above
I know she'll always watch me, with a heart full of love



Karin Kushnir, 1982-1997

Karin had a sensitive and artistic soul. She expressed herself beautifully through poetry and writing.

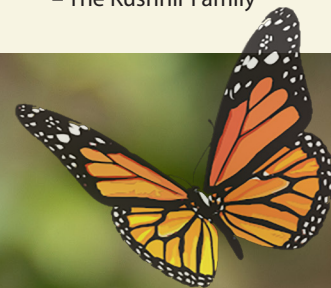
She was kind, generous and down to earth.

She loved nature and animals.

She had a curious and exploratory perspective on life.

We hope that her spirit and energy can inspire future students and that her name lives on in this beautiful atrium for years to come.

– The Kushnir Family



This monarch butterfly, a spiritual symbol for life after death because of its metamorphosis, flew into the garden on the day of its unveiling.

Photos by Scott Morrison,
Discovery Photo



Hope

by Jennifer Stern

We are living in unpredictable, surreal times. Many of us are feeling uncertain, isolated, agitated, and even hopeless at times.

When will we be able to go to work, school, out with friends? When will we be able to hug, grocery shop, or get gas without worry?

Covid is making many feel stuck, isolated, frustrated and angry. Powerless.

It is human nature to want control, or to believe we have control. We are learning with each passing day that the only control we have is how we respond in the face of uncertainty.

This truth can feel overwhelming, and this reality can most certainly be a trigger. When triggered, we have a choice: to react or to respond.

When we react, we do so impulsively, emotionally, and often with little regard for how our reactions might impact others. We react without restraint. Without filter. We become impatient, wanting or needing immediate relief from our burdens, frustrations, and fears.

When we respond, we do so with intention, awareness, accountability, and mindfulness. There is an awareness that words and actions can negatively or positively impact our current situation and others. We rely on facts, not fears, and recognize that our power exists in choice.

Congressman John Lewis died recently. He embodied

responsiveness. He embodied purposeful intention and courage. Whether you agreed or disagreed with his politics, few can deny his courage. His life represented the best in moral courage. He embraced the responsibility of standing up, speaking out, and intelligently and passionately advocating for change. He dedicated his life to protecting human rights. His commitment to leading with high ethical standards and moral principles was recognized, appreciated, and respected by all who worked beside him (Republicans and Democrats alike). He was referred to as the conscience of the U.S. Congress.

This article is not about politics. This article is about moral courage and obligation.

*We have an obligation to leave our world and the people in it better than when we arrived. We cannot achieve this through ambivalence. We have an obligation and a righteous purpose to be the change. **Vote.***

Congressman Lewis was the director of the Voter Education Project, adding nearly four million minorities to the voter rolls. He understood the importance, power, and necessity of voting.

Covid-19 cases continue to rise, therefore we must be proactive and timely in requesting absentee ballots. It is imperative to request your mail in ballot as soon as possible. Absentee ballots must be received (not just postmarked)

by the deadline. Requesting an absentee ballot is straightforward and easy and can be done from your home.

It takes less than two minutes to register to vote. Go to **Vote.org** and register to vote today. To submit your application, you need some personal information, like your:

- Full name
- Date of birth
- Social Security Number (SSN)
- Address

Your completed absentee ballot (in person, online, or by mail) must be received 30 days prior to election day. There is no time to procrastinate. With covid-19, the mail service may be overwhelmed, causing delays.

Deadlines are as follows:

- **Voter Registration**
Monday, October 5, 2020
- **Absentee Ballot Requests**
Must be received by Saturday, October 31, 2020, 12 pm.
- **Absentee Ballot Return**
Postmarked by Monday, November 2, 2020
- **If Delivered In Person**
Tuesday, November 3, 2020, 7:30 pm
- **Ohio General Election**
Tuesday, November 3, 2020

We have an obligation to leave our world and the people in it better than when we arrived. We cannot achieve this through ambivalence. We have an obligation and a righteous purpose to be the change. **Vote.**

If you see something that is not right, not fair, or not just, you have a moral obligation to do something about it.

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, transformativegrief.com, and sign up for monthly posts.

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Virtual Finals Performance & Competition!
Live-Streamed on Sunday, September 13, at 7 pm
Free and open to the community!

You can be part of this extraordinary event! Shining Star CLE, in its fourth year, is a unique high school solo-singing competition where the most talented students in Northeast Ohio put on performances of their lifetimes and compete for college scholarships. This year's event will be live-streamed so everyone can watch in the comfort of their own home!

On Sunday, September 13 at 7 pm, sit back and watch this

high energy, 90-minute show of amazing talent and excitement. The top four finalists will be selected by celebrity judges. All viewers, along with the judges, will then vote to determine the placement of the top four vocalists. For details on how to watch the show, visit shiningstarcle.org. Shining Star CLE is a benefit for memory care programs offered by Menorah Park across the campus and in the community.

Congratulations Menorah Park

Congratulations Menorah Park on being named the 2020 recipient of the Bronze National



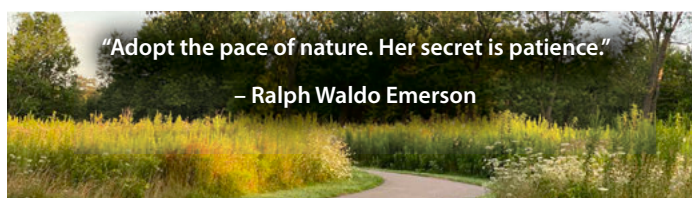
Quality Award from the American Healthcare Association National Center for Assisted Living.

Community Invited to Bring Cheer and Holiday Wishes

The Menorah Park campus is reaching out to our community with a request to create hand-made High Holiday and Sukkot decorations, drawings, and cards to help enhance the spirit of the holidays for residents. All items may be dropped off at the main entrance of Menorah Park or Montefiore, to the

attention of Life Enrichment/Activities.

Thank you in advance for your contributions.



"Adopt the pace of nature. Her secret is patience."

– Ralph Waldo Emerson

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John and Joan Pistone

J. Pistone One World Market Celebrates 20 Years

Joan and John Pistone learned the restaurant business from the ground up by working with their parents, Julie and John, at The Lincoln Inn on Public Square. As young adults, they both ventured off on their own, first landing on Captiva Island in Florida, where they gained additional restaurant experience. In 1985, their parents asked them to come home, buy out their partners, and help run the restaurant – and they did.

In 1998, the elder Pistones were ready to retire, and the siblings were ready for a change. They had been serving lawyers, judges, and other professionals for years in this popular hot spot where many deals went down, and they wanted to bring their talents closer to home to better fit their families' lives. They sold the downtown business and, in 2000, opened J.Pistone Market and Gathering Place, which is now called J. Pistone One World Market to better reflect its offerings.

J. Pistone's is a warm, friendly, neighborhood market that offers chef-prepared foods, a patisserie, take-out items, and catering. The Pistones built their strong reputation by providing quality foods with only the freshest ingredients, along with excellent customer service.

"When we opened, we offered prepared meals-to-go at restaurant-level quality," Joan explained. "Nobody in Cleveland was doing that at the time. We grew up in Beachwood and knew the market. Plus, a lot of our downtown customers lived here. We learned that they wanted fast, fresh food, and we delivered."

As the business grew, so did the market's offerings. "We expanded services to meet our clients' needs," John told us. "We now offer beer, wine, local groceries, baskets, and catering. We've created a destination where people can come in and get what they need, at any time of the day."

"Our well-focused, international wine selection makes it easy to choose a bottle for a picnic, dinner, or dessert," said Mark Shary, J. Pistone's general manager. "Plus, I offer personal attention to my clients with recommendations that will appeal to their palate, which include very interesting wines not usually available in the grocery store. We can order any wines available in the State of Ohio and have them for you in just a couple days."

The Pistones had to alter their business plan to safely serve customers since the start of the pandemic. "We needed to adapt to serve customers within their comfort zones," John told us. "To do so, we've implemented curbside pickup, delivery for our café-menu items, and online ordering, which we believe will be the wave of the future."

All food items are made in house, from scratch, including their baked goods. "We are now in our 20th year and have only had three pastry chefs," she said. "Overall, our turnover is low. We invest in people, which is why they stay. Colleen Taylor has been our chef since Day One, and Mark has been with us for 16 years."

Ari Zion, J. Pistone's most recent hire, is the magic behind the baked goods. His secret sauce is that every ingredient has to be *flavor forward*.

"People trust what we do here. We don't skimp," John said. "They trust quality, and that's what we serve. We're grateful to have hired back our entire staff, people who have been here for years. They're very loyal to us and we reciprocate. We brought them back with reduced hours, but they're hanging in there and we know that business will continue to pick up."

Joan and John are hands-on. John, a chef who attended culinary school, is behind the recipes, quality control, and ordering; and Joan oversees catering and customer service. They collaborate when it comes to staffing. Favorite dishes include Asian noodles with spicy peanut sauce, pesto pasta with artichoke hearts, lobster bisque, fried chicken, soups, marinara sauce, baked pasta, and key lime pie. On the healthier side, the restaurant has been selling salads with quinoa and faro since before they became popular.

"Because of the talent in our kitchen, we often try new recipes," John said. "If they work, great. If not, we laugh it off and move on to the next thing. We're an international kitchen, which is reflected in many of our dishes, including jambalaya and paella. Once we perfect a recipe, we follow it. It's important for customers to receive consistent quality."

"A small business is only as good as its community support and it takes a village to keep it going. Local businesses are community assets, and it's important to realize that if they're not supported, they will go away," John added. "We're all in this together, and we're grateful for continued support."

As an afterthought, Joan said, "We're known for our cookies! They're amazing. And we're doing a big business now with individual boxed meals and appetizer boxes. They're great for carry out, and safe for social distance gatherings."

J. Pistone World One Market is now open seven days a week, and to celebrate 20 years, they offer a 20% discount on Sundays between 2 and 3 pm.

Joan is married to Gene Hauck, and they have two children, Ben (BHS Class of 2005) and Justin (BHS Class of 2008). John is the father of twin boys, Jack and Miles. For more information, visit jpistone.com.

Chef Colleen Taylor and General Manager Mark Shary



Behind the Baked Goods at J. Pistone

Ari Zion was born in Beachwood, moved to Miami when he was just a year old, moved back when he was in middle school, and graduated from BHS in 1994. He then attended Rochester Institute of Technology and majored in psychology.

For the next decade, Ari sustained himself by selling electric guitars through ebay. Once the recession hit and disposable income dried up, he started to consider other career options, during which time he often surfed cooking shows on the Food Network.

"I became fascinated and started cooking on my own," he recalled. "Before that, even the idea of putting together a box of Kraft Mac and Cheese was too daunting, so it was quite the transformation."

When Ari started culinary school at Art Institute of Hollywood in 2013, his ambitions were relatively subdued due to the perception of deaf people in the industry. He often thought he would open a savory-based catering business and go from there. "I did well in culinary school and graduated as valedictorian of my class," he told us.

Ari decided to try fine-dining pastry after an internship in a Santa Monica restaurant. After several frustrating interviews, he was hired at Osteria Mozza in Los Angeles, under Chef Nancy Silverton. In a year and a half, he was able to seize upon an opportunity to become a sous chef.

"That was the proudest moment of my career," he said. "At that point, I had 14 people working under me and I was supervising the pastry department for the three restaurants operating under the same roof. It was a brutal job with 60-hour-week shifts, but I loved that I was surrounded by so much talent and prestige. Despite many challenges, I have no regrets. I learned so much and it really made me feel as though I was a chef – something I thought would never happen."

"There's surprisingly little overlap between restaurant and bakery work other than the love and discipline needed," he said. "With a restaurant dish, you're thinking about how many elements can come together harmoniously. My plated dishes



often had six or more components. With bakery work, you're thinking more about that single-serving treat. There's no place to hide a weak component so everything needs to be flavor forward and delicious."

Admittedly, Ari struggled a bit in the beginning because he wanted to do so much more with everything. Once he adopted a simple and elegant approach, it became much easier. Now, he just tries to do the best versions of classic desserts that everyone knows and loves.

The bulk of Ari's culinary awakening was in Los Angeles, where he started his career. He used to go to the luxurious French bakeries just to sample their macarons. When he became a baker, that was the first thing he really wanted to conquer.

"Macarons have a well-deserved reputation for being a challenge," he said. "That was probably one of my most exciting moments as a fledgling baker. Seeing those macarons come out of the oven with perfectly formed shells, and that elusive chew and crunch, was quite a point of pride for me."

At J. Pistone, there's a wide variety of desserts that change through the seasons. The top sellers can vary, but cookies have always done well. Key lime pie has also been a consistent and strong seller. "It's a personal favorite of mine as I grew up in Miami. It was particularly important to me that our key lime pie be able to stand amongst the best (and it does)."

Ari's biggest challenge has always been related to his deafness. The kitchen can be a loud and chaotic place. "I've actually been able to evolve my career to the point where the challenges are mostly negated," he said. "The trio of restaurants I worked for in Los Angeles often had 75 or more people at one time. It took every ounce of my focus just to function and lead within



Ari Zion

that kitchen, which was exhausting. When I returned to Cleveland, I worked for Trentina in University Circle. It was a very small restaurant, with just a few people in the kitchen, much like J. Pistone."

Key lime pie has also been a consistent and strong seller. "It's a personal favorite of mine as I grew up in Miami. It was particularly important to me that our key lime pie be able to stand amongst the best (and it does)."

When Trentina closed down, Ari started looking for bakery work as he preferred the hours. He was referred to Joan and John by his cousin, and accepted the job during his interview. "I thought they ran the restaurant very well," Ari said. "There have been a few times in the past where I've had to deal with incompetence and unfriendly co-workers. There is none of that at J. Pistone. There hasn't been a single uncomfortable moment for me, and the Pistones treat their employees like family, which I genuinely appreciate."

Since the pandemic started, Ari has faced new challenges. "I cannot understand anything that a person with a face mask is saying," he told us. "Usually basic pantomime is necessary, or moving to a place where social distancing is possible and removing the masks."

Ari's long-term goal is to have his own donut shop. "Since the market is so volatile right now, I haven't been thinking about that as much as before," he said. "I'm essentially waiting to see how the restaurant industry evolves and I'll evolve with it."

Continued on next page.

Anshe Chesed Fairmount Temple is Ready to Welcome You!



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- **SING** with our new Cantor Vladimir Lapin, pictured at left with his wife Rabbi Elle Muhlbau and their son.
- **CELEBRATE** Shabbat, led by Rabbis Caruso and Nosanchuk, on Fridays, 6:15 pm, at www.fairmounttemple.org/worship/live-stream



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23737 Fairmount Blvd,
Beachwood, OH 44122
www.fairmounttemple.org

Continued from last page.

Ari's Advice to Someone Who Wants to be a Chef

Someone would first need to know the distinction between being a chef and a cook: If you want to be a chef, which is a management position, I definitely recommend taking classes on cost management and menu development. The actual cooking can mostly be learned on the job. I acquired 90 percent of my pastry knowledge via work or on my own. However, I am very thankful for the management classes as they allowed me to get promoted quickly.

Passion and a strong work ethic are essential. Hours are long and may sometimes be

thankless. Even so, if a person has the right mentality for kitchen work, there are few things more satisfying and enjoyable.

Passion and a strong work ethic are essential. Hours are long and may sometimes be thankless. Even so, if a person has the right mentality for kitchen work, there are few things more satisfying and enjoyable.

Ari's Coconut Macaroons

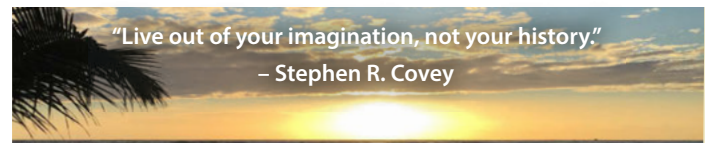
- 4 cups Coconut Flakes
- 1 1/4 cups Condensed Milk
- 1/2 Teaspoon Vanilla Extract
- 1/4 Teaspoon Coconut Extract (optional)
- Pinch Salt
- 2 Egg Whites



1. In a large bowl, fold and combine the first five ingredients by hand or with a spatula.
2. Using a mixer with whisk attachment, whip egg whites to stiff peaks
3. Fold egg whites into coconut mixture just until well combined.
4. Using a cookie scoop, scoop out mounds of coconut macaroons onto a well-greased and lined cookie sheet (a silicone mat is best for this).
5. Bake at 325 degrees for approximately 15 minutes or until the macaroons are GBD (golden brown and delicious).

Note: Due to oven variations and cookie sizes, the timing may vary. Visual inspection is the best way to know that they're finished.

Optional: Dunk the bottom of each macaroon in chocolate. A 60-70 percent cocoa dark chocolate will offset the sweetness wonderfully. Microwave the chocolate in 20-second bursts and stir after each, until chocolate is properly melted. You don't want to let it get too hot.



*"Live out of your imagination, not your history."
- Stephen R. Covey*

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Ohio Must Have A Clean Energy Future

by State Representative Kent Smith

Since our last Statehouse update, we have changed Speakers in the Ohio House because Larry Householder has been accused of engaging in what the US Attorney for the Southern District of Ohio described as, "Likely the largest bribery, money laundering scheme ever" in Ohio history.

At the heart of the \$60 million dollar bribery charges is an apparent dirty deal to bail out unprofitable FirstEnergy nuclear and coal plants through legislation titled House Bill 6.

An extensive overview of HB 6 can be found at tinyurl.com/HouseBill6. Beyond this most recent Statehouse scandal, I argue that a clean energy future is critical to Ohio. The question Ohioans need to ask themselves is, "Do you want clean energy to power our economic future, or do you want to remain in the smog age?"

To illustrate that point, I offer the theory of 'sunrise industry vs. sunset industry'.

The Japanese used this illustration to describe what is a growing economic sector versus a declining economic sector. We all know that economies and markets change, and we want to be where the economy is growing. It is perilous for our region to be dominated by sunset industries.

One of the best examples of the sunrise vs. sunset analogy is Fortune 500 lists. Who is on it now, who was on it 30 years ago, who will be on it 30 years in the future?

The need for electricity will not decrease as Earth's population grows. The economic opportunity of renewable power, a more flexible grid, and clean transportation are limitless. These markets should be pursued not shunned. Ohio currently trails our Midwest neighbors by a factor of 3x or 4x in wind-power wattage. The wind industry believes Ohio has 10 times the capacity than what we are currently producing. That's \$3 billion dollars' worth of paychecks NOT being cashed in Ohio. These expanding sunrise markets would create employment growth. The

Bureau of Labor Statistics says two of the biggest job-growth occupations in the next ten years will be wind turbine tech and solar panel installations. Future Fortune 500 lists will be powered by clean energy, and Ohio companies need to be on that list.

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.



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Minimum balance of \$50 to open the account. You must be a student aged 16 to 24 to qualify for this account. Monthly service fee waived for students aged 16 to 24 with E-Statements. Paper statement fee is \$5 per month. Beginning on the first statement cycle after student's 25th birthday a Monthly Service Fee of \$10.00 will be assessed. Please refer to the current Fee Schedule for a complete list of fees and charges that may be assessed against your account. A parent or legal guardian is required to be a joint owner on accounts for students under 18 years old. Account not eligible for Overdraft Privilege.

CITY OF *Beachwood* Insider

September 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

CLERK OF COUNCIL
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

MASKS REQUIRED INDOORS & OUTDOORS

The Ohio Department of Health and the City of Beachwood both mandate the wearing of facial coverings (masks) in public indoor and outdoor gathering areas.

"This is a public health requirement in the midst of the largest public health crisis of our lifetime," said Council President James Pasch. "Science shows that a simple face mask helps blunt the spread of the virus. If we all wear masks, we will all be safer."

Please be sure to wear your mask at Barkwood Dog Park and the City Playground. This also applies to Beachwood City Park when you are in a group or unable to maintain at least six feet of social distance: for example, while passing others on the path. By wearing a mask, we not only protect ourselves, we protect those around us: family, friends, co-workers, and customers.



WANTED: ORIGINAL RECIPES FROM GARDEN

If you have created an original recipe around one of your Beachwood veggie harvests, send it to the City. We will assemble all the submissions in a booklet to be shared on our website. Please send your recipes to lynn.johnson@beachwoodohio.com.

Deadline: September 15



SPECIAL NOTICE

Due to the Labor Day holiday on Monday, September 7, rubbish pick-ups will be delayed one day throughout the week.



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



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EMAIL YOUR COUNCIL MEMBER
firstname.lastname@beachwoodohio.com
Ex: barbara.janovitz@beachwoodohio.com

MAYOR
MARTIN S. HORWITZ



216.292.1901
mayor@beachwoodohio.com

JAMES PASCH



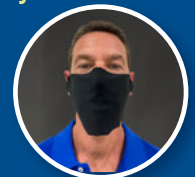
COUNCIL PRESIDENT
216.630.9671

BARBARA BELLIN JANOVITZ



COUNCIL V.P.
216.406.5914

JUSTIN BERNIS



216.509.6509

HOUSEHOLD HAZARDOUS WASTE DISPOSAL PROGRAM

To help residents dispose of oil-based paint, pesticides, automotive fluids and other hazardous products found in the home, the Solid Waste District offers a countywide Household Hazardous Waste Disposal Program. Beachwood residents may deliver their Household Hazardous Waste year-round to:

Public Works Department
23355 Mercantile Road
Monday - Friday, 7:30 AM - 3:30 PM

The City of Beachwood can only accept hazardous materials that originate from a household. Examples of household hazardous waste include oil-based paint, solvents, used motor oil, automotive fluids, aerosols, lawn and garden products, pesticides, pool chemicals and household cleaners. Latex paint is not accepted.

Dried-out paint cans, empty aerosol cans and other empty containers can be placed in the regular trash for disposal. Empty motor oil and antifreeze jugs may have residue of the hazardous materials they held and should be placed in the trash, not recycling, for proper disposal.

Before disposing of products, consider donating usable materials to a friend, neighbor or organization.



FALL LEAF PICK-UP

Loose-leaf pick-up begins this month and (weather permitting) runs through mid-December.

- Leaves need to be raked into piles on the tree-lawn
- Keep piles free from other debris such as grass, trees or branches
- Vehicles parked on the street may impede the City's ability to collect leaves



Public City meetings are now held online and can be viewed on the City website. For information on how to participate or submit a comment, please email whitney.crook@beachwoodohio.com. For information about Planning & Zoning and the Architectural Board of Review, please email veronica.muth@beachwoodohio.com.

50-YEAR RESIDENTS

Have you been a Beachwood resident for 50 years? Let us honor you! We will deliver a special gift to your home.

Please call 216.595.3733



**AMERICAN RED CROSS
BLOOD DRIVE**

FRIDAY, SEPTEMBER 25
1:00 – 7:00 PM

Beachwood Community Center

Call 1.800.RED CROSS for an appointment

UPCOMING MEETINGS

CITY COUNCIL

Tuesday, September 8 at 7:00 PM
Monday, September 21 at 7:00 PM
Questions? Call 216.595.5462

PLANNING & ZONING COMMISSION

Thursday, September 24 at 4:00 PM
Questions? Call 216.292.1914

ARCHITECTURAL BOARD OF REVIEW

Tuesday, September 8 at 4:00 PM
Monday, September 21 at 4:00 PM
Questions? Call 216.292.1914

MIKE BURKONS



216.832.6771

ALEC ISAACSON



216.291.2797

ERIC SYNENBERG



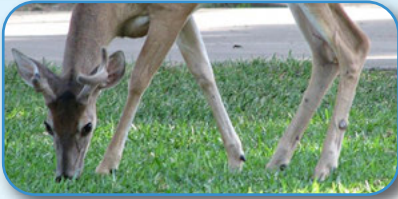
216.401.0074

JUNE TAYLOR



216.533.7640

REDUCE WILDLIFE CONFLICT ON YOUR PROPERTY



Don't feed wildlife; it is the law (BCO 618.12). If you choose to feed the birds, please place the feeder where it is inaccessible to other wildlife species.

- Keep pet food inside
- Store garbage in containers with tight-fitting lids and keep in a garage or shed
- Clean the drip pan of your grill and remove any other attractions from your yard

SENIOR RUBBISH ASSISTANCE

Are you 80+ years of age or disabled with no one in your single-family home to assist you with your rubbish & recycling bins? We can help. Call 216.292.1922 to register.

Celebrate BEACHWOOD CITY PARK

PROGRAM MEETS IN THE PAVILION - PARK WEST*

RICHMOND ROAD & SHAKER BLVD. INTERSECTION

Collaboration between Beachwood Historical Society
& City of Beachwood*

Sundays in September - TAI CHI

10:00 - 11:00 AM
September 6, 13, 20, 27

Relax, breathe
with Jennifer Stepien

Questions? 216-292-1970

Free & Open to the Public - Rain or Shine
Perfect for all ages!

Beachwood Historical
Society

CITY OF
Beachwood

*Physical distancing and face
covering requirements apply



RECYCLE RIGHT

Learn best practices for recycling in Cuyahoga County and how your actions can make a meaningful difference in our community. Get answers to questions about curbside recycling and discuss what, where, how and when to recycle other items you need to part with.

To register, visit:

tinyurl.com/CCSWDweb.

Thursday, September 17

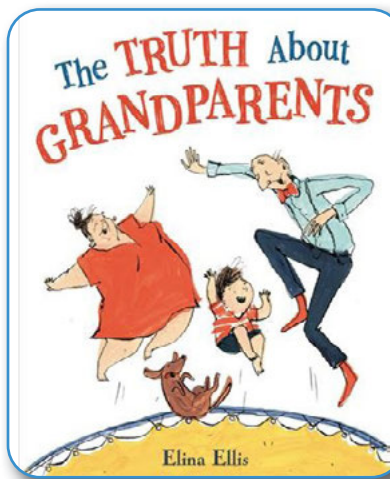
Webinar • 2:00 PM

Thursday, September 24

Webinar • 6:00 PM



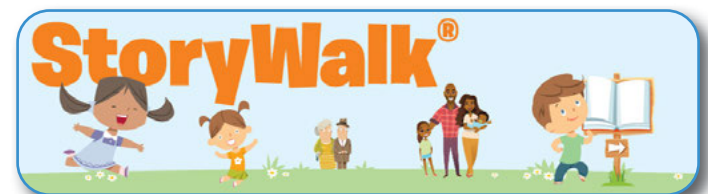
STORYWALK IN THE PARK



StoryWalk in City Park East features a new book for September! The new book is "The Truth About Grandparents," by Elina Ellis.

StoryWalk® was created by the Beachwood Branch of Cuyahoga County Public Library to help build children's interest in reading while also encouraging healthy activity. Follow

the StoryWalk® path and talk about the story as you go.





SUBSCRIBE NOW!

Should urgent City news require your attention, we want to let you know immediately.

In addition, you will be kept up-to-date on City programs and events.

Stay informed and register TODAY.

BEACHWOOD: Help Us Keep You Informed!

There has never been a more important time for you to register for City of Beachwood notifications. If there is a City emergency that requires your attention, we want you to know immediately. As we look to the future, we will let you know as City programs resume and businesses reopen. The City of Beachwood is committed to reaching every resident by email and/or text message.

Register today with your email and mobile number one of three ways:

1. **ONLINE** at www.beachwoodohio.com by clicking Notify Me at the Alert Center and registering for BEACHWOOD eLIST
2. By **VOICEMAIL MESSAGE** at 216-292-1905; or
3. **EMAIL** the information to: elist@beachwoodohio.com

Your information will not be shared.


Martin S. Horwitz, Mayor

CITY OF
Beachwood
WWW.BEACHWOODOHIO.COM

STAY INFORMED!

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 through Friday between 8:00 AM and 4:30 PM. No liquids or needles.



BEACHWOOD VAN SERVICE

The Beachwood Community Services Department continues to provide van service to resident seniors and residents with disabilities to get to medical appointments, or to pick up pre-paid grocery and pharmacy orders. For more information, please call 216.292.1971.



PICK UP AFTER YOUR DOG
It's the law!

(Beachwood City Ordinance 618.12)

NO COOK FOOD TRUCK SUNDAY

Facial covering and social distancing mandatory



Beachwood City Hall Parking Lot
25325 Fairmount Blvd, Beachwood

Sunday September 13, 2020

COCKY'S BAGELS • TASTE OF NAWLNS • FOOD DEPOT
SAUCED PIZZERIA • SIGNATURE SLUSH & CREAM

**Eat onsite or
take to go!**

**11 AM
to
2 PM**

Trucks are on the move!



- ◆ Sunday,
October 18
- ◆ Starts at 1:00 PM
- ◆ Parade Route at:
www.beachwoodohio.com

Free goody bags!

It's a parade of
your favorite
big trucks driving
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WWW.BEACHWOODOHIO.COM
Questions? (216) 292-1970



FREE

BUILD A SCARECROW!

You provide the creativity, clothes, and accessories.
We provide the scarecrow mounting, straw and twine.



Sunday, October 11
NOON - 2:00 PM
Beachwood City Park East
Registration is **FREE** but required by **October 5**



Perfect family and group activity

Register at: www.beachwoodohio.com/registration
Questions? 216.292.1970



Presented by City of Beachwood, Beachwood Historical Society & Beachwood Arts Council

FOLLOW US Details regarding the effects of COVID-19 are changing on a daily basis. Stay informed by following the City of Beachwood online:

- WWW.BEACHWOODOHIO.COM
- FACEBOOK.COM/BEACHWOODOH
- TWITTER.COM/BEACHWOODOH



We continue to encourage residents to claim a free CodeRED emergency communications account.
Click the red circle icon on the left-hand side of www.BeachwoodOhio.com

BOARD OF EDUCATION

Dr. Brian Weiss, President, (216) 464-6678, bw@beachwoodschoools.org
Maria E. Bennett, Vice President, (440) 725-1450, mbennett@beachwoodschoools.org
Jillian DeLong, (216) 509-3514, jdelong@beachwoodschoools.org
Josh Mintz, (650) 464-6788, jmintz@beachwoodschoools.org
Megan Walsh, (216) 287-4657, mwash@beachwoodschoools.org

BEACHWOOD CITY SCHOOLS

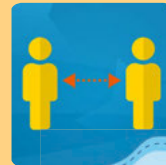
CLASS OF 2020 COMMENCEMENT

The Beachwood High School Class of 2020 graduated in a drive-in ceremony that took place on a blustery Sunday morning, August 2nd. Nothing, however, could dampen the excitement of our Seniors as they crossed this milestone! *For more information, see page 36.*



Summer Projects

Members of our facilities staff, led by **Supervisor of Facilities & Grounds Brian Koss**, have worked their summer magic again, this time making over each of our school buildings to support physical distancing in our classrooms, ubiquitous hand sanitizing, and a host of other precautions we will take once we (finally!) welcome our students back to school in person! **Thank you to all these hard-working staff members!**



NOTICE
Use hand sanitizer.



Capital Improvement Projects Update

Before the 2021-2022 school year begins, a variety of important capital improvement projects will be completed around the high school including a redesign of our high school parking lot to enhance safety and efficiency, a long-overdue renovation to our natatorium, and the building of a softball stadium. Recent developments for these projects include:

- Hired Owner's Representative - CT Consultants
- Hired Design Firm - Strollo Architects
- Construction Manager at Risk Interviews in late-August
- Met with Community Stakeholder Committees
 - Natatorium Renovation
 - Softball Stadium
 - High School Parking Lot Renovation



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



WELCOME NEW FACULTY



Joyce Brouman
 High School
 Transition Coordinator



Nicole Croft
 Hilltop Teacher



Calli Herold
 Speech/Language
 Pathologist



Gabriela House
 Hilltop Teacher



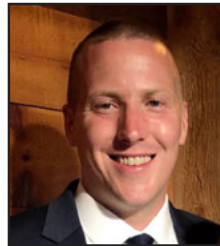
Van Monroe
 Middle School
 Art Teacher



Ande Simpson
 Bryden Teacher



Tiffany Vawters
 Hilltop School
 Counselor



Jordan Wallin
 Hilltop Teacher



Tyler Wright
 Bryden Teacher



Pegah Zardoost
 Hilltop Teacher

Also, many current staff have changed their assignments this year in order to best meet the needs of our students during the pandemic. Thanks to each of these staff members for their flexibility and dedication in making the shifts necessary to help our entire school community get through difficult circumstances.

Welcome Back! Sort of...

Beachwood Schools began the school year the way we left the last school year -- online. No matter the format for learning, our district's undivided attention is on achieving **EDUCATIONAL EQUITY**. We are doing so by making progress in three intersecting areas of focus:

- Student Achievement
- Intercultural Awareness
- Mental Health

Our district is committed to taking major strides forward toward educational equity right now -- not in spite of COVID-19, but because this pandemic exposes and increases inequity more than ever before. We have an opportunity, in this highly unique time, to change what we do, how we do it, and why we do it. Our staff have been encouraged to use the **FREEDOM** afforded by our current challenges to **REINVENT** our district.

Board of Education NEWS

Recent:

- Returned to In-Person Board Meetings
- Face Covering Policy
- Expanded FMLA/EPFLA District Elections
- Parent/Student Handbooks & BHS
- Program of Studies
- Bus Routes for 2020-2021 school year

Upcoming:

- Presentation on "Building Bridges Challenge" Program
- Hire Construction Manager at Risk for capital improvement projects
- Purchase school bus through OSC cooperative (for 2021-22)

Calendar:

- September 14 @ 7:00 pm
- September 21 @ 7:00 pm

2020-2021 Fun Facts

Enrollment: approx. 1480

New Families to Beachwood Schools: 85

Demographics

49%	Caucasian
21%	Asian
20%	African American
6%	Mixed Race
4%	Hispanic
1%	American Indian

23 different languages spoken in Beachwood homes



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Beachwood Chamber Welcomes Kathy Seeley

The Beachwood Chamber of Commerce welcomes Kathy Seeley as its new executive director. We had an opportunity to talk with Kathy about her vision for the Chamber, and how her skillset will benefit members and the organization’s growth.

Kathy entered the financial industry in 2002. She started in mortgage sales, in Wadsworth, Ohio. Her path led her to Geauga County, where she worked as assistant vice president and corporate secretary at Geauga Savings Bank. When the bank opened a Beachwood branch, Kathy relocated.

In 2019, Kathy joined the Chamber’s board of directors and saw growth opportunities within the organization. She then interviewed for the position of executive director, because she felt confident that she could use her sales, project management, and customer service skills to further the organization’s mission.

Kathy’s plans are threefold: To connect and engage with the Beachwood business community, to offer value to members, and to increase participation. She plans to do so through programming, by listening to members’ needs, by utilizing her strong communications skills, and by connecting members with each other, and to resources that will strengthen their businesses.

Her biggest challenge is to keep membership engaged. “Like many other businesses right now, we have had to adapt by making changes, adjust to daily challenges, and get creative to best determine how to carry on with our mission,” Kathy said. “I’m grateful for our member volunteers and the creativity they bring to our committees. As a result, we continue to offer virtual programs with topics that are current and relevant, providing value for all who participate.”

Kathy explained how small and large businesses both benefit from Chamber memberships. “We offer programs and services to reduce operating costs, such as health benefits, technology, office supplies, and energy costs,” she said. “Our benefits are for all of our members, regardless of business size. In addition to cost savings, we invite members to advertise open positions, create networking programs, and introduce sales people and decision makers.”

To maximize business memberships, Kathy’s advice is to become involved, attend events, and join a committee. “People like

to do business with people who they know, like, and trust,” she said.

The Beachwood Chamber welcomes businesses from Beachwood and beyond – anyone who wants to do business in and around Beachwood. All the members Kathy’s met so far have been welcoming and a pleasure to work with.

“I’m working with board members and membership to spread the word about all that the Chamber has to offer, and our efforts are paying off with new people joining us at our virtual events,” Kathy said. “I encourage current and potential members to join us at an online event, which takes up less time, is productive, and delivers strong benefits. Plus, it will provide potential members with an opportunity to see the value of becoming a member. It’s rewarding to have opportunities to make an immediate impact in this challenging environment.”

“It’s rewarding to have opportunities to make an immediate impact in this challenging environment.”

To provide continued value to members, the Chamber offers networking opportunities throughout the month. For complete information, visit beachwood.org, or check their social media platforms on Facebook, Instagram, and LinkedIn.

Kathy and her husband, Victor, have two children, a crazy cat, and big, sweet dog. Her biggest passion is the safety and health of their children, and all the world’s children. She is also passionate about food with clean ingredients. Admittedly, her favorite TV show is the *Real Housewives of Beverly Hills*. One of her favorite places to visit (frequently) is Marblehead, Ohio. Kathy’s aunt has a home there, and they enjoy boating, jet skiing, and playing fetch with Cooper on the beach.

Photo by Scott Morrison, Discovery Photo.

Upcoming Events

Friday, September 4
Annual Golf Outing
Tanglewood Club

Wednesday, September 9
Monthly Luncheon (Virtual)
Panel Discussion: How
Employee Benefits Have Evolved

September 17
Women’s Connection (Virtual)
Returning to Health and Happiness

Thursday, September 24
Toast and Talk (Virtual)
Speaker: Stephanie York
from Hennes Communication

For details, visit beachwood.org





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ENGAGING TOPICS

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Energy Efficiency

State of the City

Columnists

Entrepreneurship

How to Increase Sales

Structured Networking

Cleveland Attractions

Real Estate

Sports

Learn to Network

You can expect to see these topics
and more at our FREE virtual events.

See something missing?

Become involved by
joining a committee to
make your voice heard!



Congratulations BHS Graduates!

On August 2, graduates from the Beachwood High School Class of 2020 received their diplomas at a drive-up graduation ceremony.

At 9 am, seniors were invited to view Senior Superlatives, a video that featured seniors who were voted by their classmates to fit specific descriptions – such as most creative, best eyes, best smile – and a Senior Slideshow. At 10 am, seniors and their families began arriving for the 10:30 am graduation ceremony. All family members remained in their cars, except for when the students walked across the stage to receive their diplomas.

The ceremony began with Eric Golovan's rendition of The Star-Spangled Banner, followed by Principal Paul Chase's welcome comments. Mr. Chase talked about some of this year's "firsts," including the first graduation parade, first graduation sign delivery program, and first drive-up graduation.

He then said, "Kindness has the power to solve almost every problem. Kindness creates opportunities in a person's life. Kindness can heal a person almost instantly. Kindness can pull a person through a pandemic." He continued, "Never underestimate smiling or just saying hello to someone. Never pass up an opportunity to hold a door for someone. Never underestimate the moment you seized to give a complete stranger a compliment. Never pass up on an opportunity to feed the hungry or clothe the homeless. Kindness can change the world."

Mr. Chase then announced Magna Cum Laude graduates, and turned the microphone over to School Board President Brian Weiss, who incorporated in his speech vintage video clips that were used at drive-in theaters back in the '60s. Dr. Weiss also threw in some humor before delivering his message.

"Graduates, each one of you was planted here about 18 years ago. Some of you have been transplanted. Much like a tree that is planted or transplanted, with proper nurturing, it continues to grow and thrive. As it grows, its branches begin to spread out and go in different directions, but the roots remain. We hope that as each of you continues to go in different directions, you will remember and return to your roots, at least to visit, if not to live, raise, and educate your families. Remember, you are always welcome in Beachwood! We wish all of our graduates success, happiness, and a bright future. Congratulations Class of 2020!"

Senior Class presenters included Cassidy Gilliam and Carly Petti. Excerpts from their speeches follow.

It Always Seems Impossible Until It's Done

By Cassidy Gilliam

A great leader by the name of Nelson Mandela said, "It always seems impossible until it's done." We entered high school in 2016, and I think it's safe to say we've become something close to a family. We have experienced many memorable moments and some of the most important times in life.



As we move forward, there will be many bumps in the road, but we have been given the proper tools to know how to fix those bumps and help others along the way. One of my biggest regrets in high school was not cherishing the time I spent with my classmates and some of the best teachers in the world.

Beachwood is one of the best places to be able to call home. To any teacher, administrator, or coach who has taken the chance to listen or support the members of my class and me, thank you for your hard work and dedication. Some of you have brightened up sad days, taught me the importance and strength of using my voice, listened, stayed after school to help me, and served as mentors to guide me through life. To our wonderful parents, thank you. I thank my parents for being my Number One fans no matter the circumstances, for breathing life into my confidence and dreams, and for helping me to realize my place as an African American woman in school and society.

The last words Mr. Gugick told my junior year math class before leaving for spring break in 2019 were, "Learn to treat each other better despite your differences."

There will be tough times, but soon you'll see the rainbow after the storm. My strongest advice is to surround yourself with dreamers, believers and, most importantly, surround yourself with those who see your greatness, even when your vision may not be so clear.

My strongest advice is to surround yourself with dreamers, believers and, most importantly, surround yourself with those who see your greatness, even when your vision may not be so clear.

– Cassidy Gilliam

I thank Beachwood for making me the person I am today, a leader who lives by Malcom X's famous quote, "Stand for something, or you'll fall for anything."

High School has tested me, taught me, and cultivated me, which has allowed me to feel free to learn more about myself and, most importantly, allowed me to realize the importance of using my voice, despite the opinion of others.

Last but not least, for the Class of 2020, I'm upset that our time was cut short, but thank you for the memories that I'll cherish forever. In the words of Dr. Hardis, "Remember to stay Bison strong!"



Our Big Finish

By Carly Petti

After 1,348 three-o'clock bells, 68 pre-soccer-game huddles, 4 rivalry football games and endless memories, the Class of 2020's high school experience is coming to a close. As our year has been unexpectedly cut short, it's clear now how important it is to make each and every day count. There are moments we'll never get to experience as planned, but as artist Morgan Harper Nichols said, "Going through things you never thought you'd go through will only take you to places you never thought you'd get to."

As a member of the 2020 senior class, I've learned to entirely take advantage of each opportunity life throws me and to never take it for granted. I've learned that the scariest moment is always just before you start. High school and life are full of firsts and new experiences. It's not the experience that matters, it's what you choose to gain from the experience. Seize the moment, because you never know when a lifelong memory could be made or an important lesson could be learned.

Although the list of people who have influenced me could go on for miles, the valuable lessons I learned from my soccer coach, Jon Kostoff, have impacted me beyond measure. He pushed us to be the best version of ourselves on and off the field. He exemplified someone with a true team spirit and dedication, and he taught me that with passion and belief in myself, I can do anything that I set my mind to do.

← Cassidy Gilliam

Carly Petti →

Today, I reflect and feel strongly that I've made the most of my time, grown positively as an individual, helped others grow, and pushed my limits for the better. I've found that staying in my comfort zone doesn't create memories, growth, or new experiences; and that stepping out and letting others into your world can be life changing.

Even in the midst of a hard time, never forget that you control your reaction. It will always be your story, feel free to hit everyone with a plot twist at any moment.

— Carly Petti

I've read that with a "Big Finish," things have twice the impact. With ample time to reflect on our class time together at Beachwood, it's clear that each memory we've made thus far and each moment we'll experience in the future will have a much larger impact. As I've learned from Coach Kostoff and countless others in the last four years, it's your mindset that can make a world of difference. Our ending was out of our control, but our reaction and our takeaway is still in our hands. Even in the midst of a hard time, never forget that you control your reaction. It will always be your story, feel free to hit everyone with a plot twist at any moment.



Following Carly's speech, Class President Ziyad Shehadeh presented the class gift, saying, "The Class of 2020 gift will be a plaque that commemorates and honors the custodial and cleaning staff, the unsung heroes who maintain the Beachwood High School facilities. The plaque will be hung in the cafeteria and shall serve as a lasting reminder to thank them for their hard work."

Next, Mr. Chase, Superintendent Dr. Bob Hardis, and School Board Vice President Maria Bennett announced Certification, Presentation, and Acceptance of the Class of 2020, respectively; followed by a congratulatory message that Mrs. Bennett shared via video.

Dr. Brian Weiss, Maria Bennett, Jillian DeLong, Joshua Mintz, and Megan Walsh conferred diplomas.

As the ceremony was winding down, a special video production of the School's Alma Mater, "White and Gold," with original music by Alex Shapiro, was shown on the screen. This musical production was created by Orchestra Director Lisa Goldman and Emily Axel, and performed by teachers, students, musicians, and graduates.

Ziyad Shehadeh then led the turning of the tassel, which was followed by the recessional.

**Congratulations
Class of 2020!**



Pictured from top:

School Board President
Dr. Brian Weiss

Honors Choir Student
Eric Golovan

Student Council President
Ziyad Shehadeh



Art and Nature Help Young Residents Make a Difference

When seven-year-old Laya Viswanath saw the sign that read “8:46” on the cover of the July issue of *Beachwood Buzz*, she asked her mother, Ramya Ramadurai, what it meant. She and her family then discussed COVID-19, the importance of wearing masks, and Black Lives Matter. On that magazine cover, Laya saw people coming together to have their voices heard and wanted to do something to raise awareness about PPE and the Black Lives Matter’s movement.

She chose to set up an art stand and sell paintings, but then decided to call it a gift shop, since she also wanted to sell clippings from house plants and harvested lavender. She and her five-year-old brother, Kedar, set up shop on July 18 and sold out in five hours. They raised \$500, and donated \$250 to GetUsPPÉ.org, an organization that acquires and distributes PPE

to front-line healthcare workers; and \$250 to The American Civil Liberties Union (ACLU), which exists to preserve and protect the liberties and privileges guaranteed to each individual by the Bill of Rights.

“I’m proud of Laya and Kedar for working together to help others,” said Ramya. “Beachwood Schools encourages this type of volunteerism and ability to do



Laya and Kedar Viswanath create a fundraiser to have their voices heard.

good things. When someone reads about what other students are doing, it inspires them to do something to serve our community as well.”

“My friends want to do similar things because of what I did,” Laya added.

We asked Kedar how he helped his sister with her gift shop, and he said, “Hand over the cash!”

On that magazine cover, Laya saw people coming together to have their voices heard and wanted to do something to raise awareness about PPE and the Black Lives Matter’s movement.

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Brian Friedman, President

Beachwood Historical Society Road Rally



On July 26, the Beachwood Historical Society hosted a Road Rally. Participants named their cars and drove around Beachwood and the shores of Lake Erie, while answering trivia questions along the way. Questions and clues were provided and teams were timed. A delicious luncheon was then served on the beautiful outdoor patio of Cavotta Garden Center and Urban Farm, located on

Nottingham Road. Winners were announced, trophies were distributed, social distancing was observed, and fun was had by all! "Educating participants about our city's rich history is one of our missions," said Rosemary Nemeth, Beachwood Historical Society president. "Thanks to all participants and congratulations to all rally winners!"



3rd Place • The Doctors
Dr. Mark Nosin, Dr. Evan Buller, and Wendy Leonard



1st-place • Rapp Mobile
Helen, Janie and Ed Rapp



2nd Place • Three Generations
Lana Zachlin, Molly Zachlin, and Shirley Caserta



Honorable Mention Team Lighthouse
Emma Polly and Nora Joyce

Beachwood History Book Club

The Beachwood History Book Club is thriving despite the pandemic. Meetings continue to be held via Zoom. This Club is free and open to all. New members are always welcome! Please email Margaret Reardon at margaret_reardon@att.net to receive the login information. You can also reach out with questions, and to be put on the Club's mailing list, by emailing or calling 440.292.7739.

Thursday, September 24 • 7 pm
Begin Again: James Baldwin's America and Its Urgent Lessons for Our Own, by Eric S. Glauze Jr.

Thursday, November 5 • 7 pm
Olive the Lionheart: Lost Loves, Imperial Spies and One Woman's Journey into the Heart of Africa, by Brad Ricca

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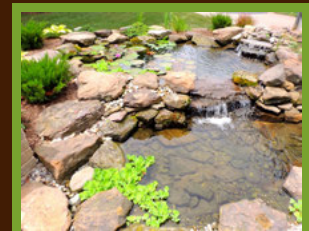
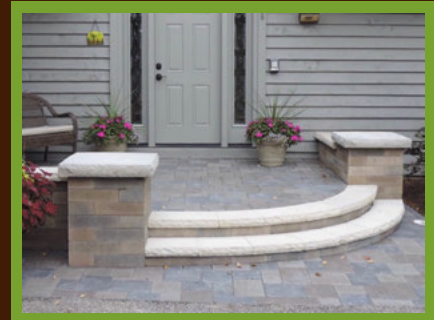
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Childhood Friends Bring Children's Book to Life

Nicki Adler and Renee Heller have been friends since they were three years old. They both grew up in Cleveland Heights, graduated from Cleveland Heights High School in 1972, and completed an adult B'Nai Mitzvah program in 1989.

A few years ago, when Renee was putting her granddaughter to bed, she was too lazy to get up and select a book to read as a bedtime story. Instead, she made one up. Later, she thought, "That was a cute story," so she bounced it around the family and then modified it.

She then asked Nicki, a lifelong artist, if she would be interested in illustrating it.

"Nicki is an unbelievable artist," Renee shared. "When my kids ran for student council, she created their posters, which looked like they had been done at a professional agency."

Nicki read the story and started to visualize the characters that would make it come to life. She had been taking art classes since childhood, attended classes at the Cleveland Museum of Art, and then went to Cooper School of Art. Her mother, also an artist, influenced Nicki's love of different art media.

"The story's characters are mice, so I did some research to get a better understanding of

what they may look like, came up with two characters, and enjoyed replicating them throughout the book," Nicki told us. She used colored pencils as her medium and created 18 drawings.

The book, titled *Hide and Seek*, is about Esther and Elle, who are the best of friends. The characters were named after two of Renee's grandchildren, Esther and Danielle (Elle), who laugh and play together every day.

The duo enjoys drawing pictures and singing songs, but their favorite game is hide and seek. It's Esther's turn to hide and she finds a most unusual spot in the kitchen. Elle searches everywhere. Where can Esther be? This picture book for children shares a whimsical story about friendship, and an interesting game of hide and seek.

Once the story and drawings were completed, Renee chose to self-publish the book through Archway Publishing, a subsidiary of Simon-Schuster. She chose this route so that she and Nicki would have more creative control with illustrations, the title, deadlines, and format, which Nicki also designed.

The project took about two years from start to finish. In the story, Esther says, "Tee, hee, hee, can't find me." If you want to read Renee's creative story, see Nicki's beautiful illustrations that bring the characters to life, and find this magical hiding place. *Hide and Seek* is now available on Amazon, and at Barnes and Noble and Target.



Nicki Adler and Renee Heller

"I'm so proud that we saw this through, and that Nicki and I can now hold *Hide and Seek* and call it our own," said Renee. "Nicki was great to work with and we're still friends!"

Renee and Nicki share this message with the community: If something inspires you, write it down, let it blossom, and follow through! If you have an idea, whatever it may be, go with it. You'll never know where it may take you!

Renee and Nicki share this message with the community: If something inspires you, write it down, let it blossom, and follow through! If you have an idea, whatever it may be, go with it. You'll never know where it may take you!



Renee, a practicing attorney, is married to Brian. They have three children, Michelle (Rothbaum, BHS Class of '97), Scott (BHS Class of '99), and Jeffrey (BHS Class of '01); and seven grandchildren.

Nicki, a Beachwood resident, is married to Gabe. They have two daughters, Jessica (Ganzer, BHS Class of '98) and Abby (Mandel, BHS Class of 2000); and three grandchildren.

For more information, email Renee at rhlegal@aol.com or Nicki at nickinacks@sbcglobal.net.



Civista Bank Supports Customers in Challenging Times

Civista Bank has enjoyed a warm welcome from the Beachwood community since opening a local branch in late October. Now in the midst of a pandemic, Civista has stepped up to help Beachwood businesses and families navigate their financial challenges during a time of unprecedented uncertainty.

In the last few months alone, Civista has helped more than 2,000 community businesses secure over \$260 million in the Small Business Administration's (SBA) Paycheck Protection Program. Those funds have helped support more than 35,000 employees across the Civista footprint.

The Bank's supportive services extend well beyond that much-needed funding. As a full-service commercial bank, Civista offers highly individualized personal, business, mortgage, wealth management, and private banking services. They have been serving communities like Beachwood and building local

relationships since 1884. In fact, relationship banking is at the core of their mission.

Civista employees take that community commitment to heart, supporting local organizations through corporate donations, matching gifts, and volunteering.

Because Civista is a community bank, business and personal loan decisions are made locally by loan specialists who stay with each loan customer from application to final payment. Their business lenders understand the Beachwood market and tailor loans to meet specific local needs. Whether a customer is financing a development

project or business expansion, purchasing new inventory or covering unexpected expenses, Civista's experienced commercial lenders can customize solutions and provide prompt answers.

From mortgages and home equity lines of credit to a variety of checking options, Civista offers individuals and families the financial tools they need to weather these unprecedented times. This includes highly competitive rates and terms to help them realize their dreams, from tuition and home improvements to new vehicles and refinancing. All Civista

checking, savings, and CD accounts are FDIC insured.

Civista also offers online courses to assist individuals and families in how to better understand and manage their finances, as well as special programs for first-time home buyers. The bank is an equal housing lender.

Civista has a number of special offers to welcome new personal and business checking customers. If you would like more information about these Civista offerings, you may schedule an appointment by calling 216.342.7150.

For more information, visit civista.bank/reward.

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From Baby Zoomers to Aging Zoomers – Park Synagogue Sisterhood Adapts to the Times

by Arlene Fine

Even a pandemic could not break the indelible bonds linking members of the Park Synagogue Sisterhood. But those bonds were tested when COVID-19 forced the weekly sisterhood meetings to go virtual. Rising to the challenge, newly elected sisterhood president Linda Wolf was determined not to leave any sisterhood member behind – not on her watch.

Since the 200-member sisterhood leans older demographically, Linda, herself a 30-year sisterhood member, knew the answer was to Zoom their weekly meetings. “But teaching our elderly members how to use the Internet effectively and to understand Zoom instructions was going to take work,” said Linda.

Luckily, Linda had the credentials and technical ability to face the biggest challenge of her fledgling presidency.

As a PhD., RN, CNS, CNE-Ret, the retired Cleveland State University School of Nursing Associate Professor Emerita put her tech, communication, and organizational skills to good use. She devised ways to teach older sisterhood members how to use their iPhones or home computers to attend virtual meetings.

Linda called sisterhood members and personally gave them Zoom tutorials over the phone. She also reached out to their family members, asking them to help in the training process. For members who live in community housing, like R.H. Myers on the Menorah Park campus, on-site staff members helped the women learn how to connect.

All that hard work paid off. Linda now has an involved, eager membership attending the one-hour virtual meetings on Tuesdays. Members include women in their 70s who have transitioned from baby boomers to sisterhood Zoomers, and, miraculously, women in their 90s who can now Zoom with the best of them.

“The need to connect with sisterhood is a very powerful motivator,” said Linda. “In the past, our Tuesday meetings always included education, socialization, a hearty lunch, and entertainment. It would have been unconscionable not to find a way to continue that tradition, especially now, when so many of us are experiencing social isolation and a loss of community.”

The Zoom meetings have been so good, women want more. “After our one-hour meetings many women don’t sign out,” said Linda. “They stay on the screen and kibbitz with each other. Even if they are only seeing their dear friends virtually, it has a powerful impact.”

Beachwood resident and Park Sisterhood treasurer Sandee Baumel is grateful that Linda encouraged “old timers like me to learn to Zoom,” she

said. “After my husband passed away, sisterhood became a lifeline for me. The camaraderie and the mental stimulation have kept me going. Now I can still look forward to sisterhood meetings, even if they’re in a different format.”

Linda feels her presidency is off to a good start. “I feel honored to work with these amazing ladies,” she said. “Our members are so bright. They ask deep and probing questions on every subject, ranging from Judaism to current events. Even though our schedule of events has been scaled back, we still make the most of our time together.”

“It would have been unconscionable not to find a way to continue that tradition, especially now, when so many of us are experiencing social isolation and a loss of community.”

Along with Sisterhood, Linda and her husband, Clifford, are actively involved in the broader community. They are parents of Rachel and Aaron. Aaron and his wife, Anne, have their three children, Devora, Yael, and Shira;



Park Synagogue Sisterhood President Linda Wolf has successfully taught members how to use Zoom to participate in virtual meetings.

and a soon-to-arrive fourth child. The couple made Aliyah last year and live in Tel Mond, Israel.

Because of COVID, Linda, Cliff, and Rachel have had to postpone their trip to Israel three times. But they are able to connect with their Israeli children weekly with – you guessed it – Zoom.

To contact Linda Wolf, you may email her at Linwolf57@gmail.com.

Comments from the Park Synagogue Sisterhood Zoom meeting on Tuesday, August 11

“I drove by the synagogue today, it’s still there waiting for us to return.”

“I don’t know how I got on to this meeting. I just kept pressing buttons.”

“Do you think we will ever play mahj jong again?”

“How do we do that?”

“Just be quiet and let Linda talk.”

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The Beachwood Historical Society is committed to preserving the dynamic history of Beachwood, educating people of all ages, and sharing historic collections. It preserves and promote artifacts, documents and photographs; educates people about the history of Beachwood, from "Beechwood" to Beachwood; sponsors events; and researches and archives information.

This month's challenge:

This building used to be called home by one of our country's largest retailers.

Name that Company.

Please email answers to beachwoodbuzz@gmail.com with the words "Beachwood Historical Society Challenge" on the subject line. All



correct answers received by September 10 will be entered in a raffle for a \$50 gift card.

Last month's question:

Where was this bell originally located?

Answer:

This 400 pound cast bronze bell, made in 1844, was originally located in the Centenary Church, which later housed the Beachwood Fire Department. When the new Beachwood Municipal Complex opened in 2005, the bell was placed in storage. In April 2017, the restored bell was placed on display outside the Beachwood



Community Center, adjacent to Beachwood City Hall.

Congratulations to our winner, Joel Edelstein will receive a \$50 gift card!

In-Home Care During COVID

A Q&A with Nadine Glatley of Rent a Daughter



Nadine Glatley

The decision to use in-home care during COVID-19 is a personal one that is dependent on many factors, including the determination of whether or not visits are beneficial during this pandemic.

Because of the nature of this business and fear around bringing a stranger into the home, we talked with Nadine Glatley, owner of Rent a Daughter, a local home health care company, for insight. She told us that her team is constantly assessing which in-person home visits are essential and which ones aren't.

"We provide a personalized care plan for each person's needs," she told us. "Everyone's health and personal requirements are different, and the decision comes down to the individual or their representative. That's why we bring our care providers into the conversations and treat clients just like we would treat our own family members."

How do you screen your caregivers?

During the pandemic, each caregiver is assigned to only one client. Caregivers are always screened with FBI background checks, plus, they are required to wear masks, take their temperature, and wash hands thoroughly. If they have any symptoms, they are immediately required to get a COVID test.

Are there guidelines for clients to protect caregivers?

Since clients are in their own homes, it's up to them whether or not they wear masks. We follow CDC guidelines.

Is the same caregiver assigned to each client regularly?

We believe in stability because it builds trust, so we send the same caregiver in as often as possible.

Since the pandemic broke out, what new trends do you see?

We see a lot more demand for in-home services.

With more people staying home to socially distance, in-home caregivers need a break. What suggestions do you have for them when older adults refuse outside care?

- Be patient and empathic before forcing care upon a loved one.
- Provide time for your loved one to adjust to someone in the home.
- Start by having someone come in for a few hours to do some tasks and build trust, then add hours as your loved one becomes more comfortable with the person.
- Let your loved one express his or her feelings.
- Frame the situation by telling your loved one that in-home care is to help you, not them. It may help them retain dignity.
- Talk to your loved one's doctor and ask that he or she recommend in-home care. Your loved one may be more likely to listen to a voice of authority.
- If cost is a factor to your loved one and you are paying, pretend the it's free.
- Tell your loved one that this is a temporary arrangement.

What tasks do your caregivers provide?

We offer a complete line of services, including companionship, walks, crafts and other activities, laundry, light housework, meal planning, shopping and food prep, pet and plant care, bathroom

care with dignity, assistance with bathing and grooming, hygiene and incontinence care, Alzheimer's and dementia care, assistance with moving/estate sales, convalescence care, medication reminders, transition from hospital to home care, and transportation to outings and errands.

COVID-19 and its spread are scary. Nonetheless, the reality of someone needing care and not receiving it may provide more risks than the virus itself; and when you receive in-home care from a legitimate, accredited agency, it provides peace of mind.

As a young, single mother, Nadine founded Rent a Daughter to follow her passion of caring for others. Since 2004, Rent a Daughter has been caring for seniors in their homes where memories are made. Her mission is to ensure a better quality of life for seniors and their families by providing dependable, affordable care to help people maintain an independent lifestyle, regardless of age and health issues.

If you have questions, please contact Nadine at nadineglatley@gmail.com or 216.633.3604.

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The Maltz Museum is Now Open

The Maltz Museum of Jewish Heritage, located at 2929 Richmond Road, Beachwood, is now open. Shuttered since March due to COVID-19, the Museum connected with audiences by offering free online programs. Future plans include continuing offerings of free online programs, as well as new digital tours and virtual "Stop the Hate" classroom workshops.

"We are living through a remarkable time in our history," said David Schafer, managing director of the Maltz Museum. "We are proud to open our doors once again and welcome back visitors into our physical space. Our safety protocols are in place and we are confident that visitors will feel comfortable with the limitations we've put on attendance to honor the six feet distancing guidelines. But, if anyone is wary, we've got great things happening online, too. There are choices about how to connect to us with online programs, as well as our launch of new digital tours. We hope Northeast Ohio – and beyond – will take advantage of these options."

The museum is open Sunday, Monday, and Tuesday, by advance-purchase, timed-ticket reservation only. You may also shop at the Museum Store (no reservation required).

The Maltz's first priority is the safety, which is why it has implemented protocols aligned with CDC recommendations.

For more information about these free online resources and updated Museum hours, times, and pricing, please visit maltzmuseum.org or call 216.593.0575.

Alyssa Rothstein Giterman Joins ORT America Family

Alyssa Rothstein Giterman has been named associate director of the Ohio Region of ORT America. Alyssa comes to ORT from the Downtown Cleveland Alliance where she served as development and corporate relations manager, tasked with engaging young professionals, writing grant proposals, and developing corporate relationships.

Previously, she worked at the Kent State Hillel and Montefiore Foundation, both in the development field. Alyssa has a Bachelor's in Psychology from The Ohio State University and a Master's in Public Administration from Cleveland State University.

An Ohio native, Alyssa recently married Alex Giterman and they reside in Ohio City.

"I am excited to join the ORT America family in Cleveland, which has a great base of donors and engaging programming. I am eager to share my experience with the organization to help advance our cause," said Alyssa.

Greg Marcus, president of the Ohio Region, said, "We are fortunate to have a professional like Alyssa join us and we look forward to working with her. We are confident that she can help energize the Ohio Region, solidifying Ohio's role in the ORT community."



Alyssa Rothstein Giterman

Barbara Birch, president and CEO of ORT America, acknowledges the challenge of hiring during a pandemic: "We are delighted to bring Alyssa on board during this time of transition. We feel that she will have a meaningful impact and expand ORT's presence in Ohio."

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South America's Marvelous

Mammals

Monday, September 14
Noon-1:30 pm
Darin Croft, Paleomammalogist and Professor of Anatomy, CWRU
Location: Online

South America boasts more endemic mammal families than any other continent and

was home to an even greater number during the last Ice Age, a mere 12,000 years ago. Further back in time, none of the continent's mammals were found anywhere else. This presentation will review many of the weird and wonderful mammal groups that have called South America home and provide a paleontological perspective on the development of its modern fauna.

The 2020 Vision of Flannery O'Connor

Monday, September 21
Noon-1:30 pm
Monica Miller, Assistant Professor, Department of English, Middle Georgia State University
In the midst of a global pandemic as well as uprisings

protesting race-based violence and police brutality, the fiction of Flannery O'Connor resonates as much now as when it was first written sixty years ago by the Georgia writer, whose life was struck short by lupus at 39. Her life, which she described as a boring one lived "between the house and the chicken yard," informed a body of work which frequently examined the complexities of race, illness, and place. In this lecture, Monica will examine the ways in which stories such as *The Enduring Chill*, *Good Country People*, *A Circle in the Fire*, and others continue to resonate in our unprecedented times.

For more information and additional courses and lectures, visit case.edu/lifelonglearning or call 216.368.2091.

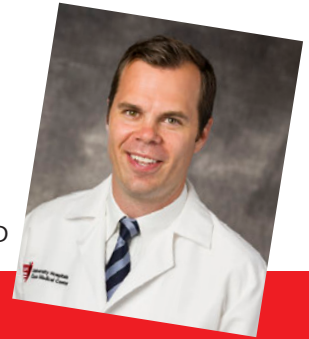
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Get Back to Being Active

University Hospitals Orthopedic and Sports Medicine Specialists Create Personalized Treatment Plans for Patients

As the community continues to enjoy the sunshine, gears up for the fall season, and school begins, injuries may come up while adults, children and athletes are on-the-go and on the field. University Hospitals has a robust team of orthopedic and sports medicine specialists that combine personalized attention with first-rate medical and surgical expertise to create treatment plans for each patient. Individualized care plans may include a variety of treatments such as physical therapy, medications and/or surgery.

“As sports medicine physicians and orthopedic surgeons, our team treats a variety of injuries on a broad scale,” says James Voos, MD, Medical Director and Chairman of the Department of Orthopedic Surgery at UH. “I think an advantage of taking care of professional and high-level athletes is that we see the most severe of injuries under very high pressure. We take care of those routinely, and are involved in research and development of cutting edge technologies. So, when a 16-year-old soccer player who has torn their ACL comes to UH, it makes the opportunity to take care them much easier.”

Orthopedics and sports injuries UH treats for adults and children include:

- ACL tears/knee pain
- Broken bones
- Dislocations
- Joint injuries
- Muscle injuries
- Sports/Overuse Injuries
- Sprains and strains
- Soft tissue injuries
- Tendon and ligament injuries
- Concussions

“Our UH sports medicine team works in a very collaborative nature,” explains Dr. Voos. “While orthopedic sports medicine is at the core, our primary care sports medicine physicians, athletic trainers, physical therapists, nutritional consultants and concussion experts all work together to assure streamlined care of our athletes. Taking care of patients, and particularly athletes, is really a long-term relationship to create a smooth transition from the doctor’s office back onto the field.”

In addition, if you have a broken bone or an injury that needs immediate attention, UH has four walk-in orthopedic injury clinics located in Northeast Ohio that fast-track your care with one hassle-free visit – and without multiple appointments or a pricey trip to the ER.

UH Orthopedic Injury Clinic offers several features and benefits, including:

- Urgent orthopedic care for children and adults
- Walk-in appointments
- Care delivered by trained orthopedic specialists
- Next-day surgery, if necessary
- Significant cost savings when compared to an ER visit

Walk-in clinics are available at UH Ahuja and UH Geauga Medical Centers Monday through Friday from 8:30 am to 4 pm:

UH Ahuja Medical Center
Kathy Risman Pavilion
3999 Richmond Road
2nd Floor, Suite 210
216.877.9710

UH Geauga Medical Center
13207 Ravenna Road
Chardon, OH 44024
440.569.6742

Virtual Health Talks

UH is bringing health experts to the community through a series of virtual health talks. The seminars include presentations by physicians and specialists who are experts in their field, followed by a Q&A session. By tuning in, you can learn more about a variety of services offered at UH, including orthopedics and sports medicine. These events are free but registration is required.

Visit UHhospitals.org/Health-Talks to learn more, register for upcoming events or watch previously recorded sessions. Orthopedic and sports medicine health talk topics available to view include:

- Orthopedic Injury - Where Should I Go For Care?
- Low Back Pain - Cause, Non-surgical and Surgical Treatments
- Hand & Wrist Pain
- Shoulder Pain
- How to Treat Your Knee and Hip Pain and Get Active Again
- Return to Dance Q&A with Cleveland Ballet and UH Sports Medicine
- COVID-19 – Responsible Restart for Athletics

UH is helping patients and the Northeast Ohio community manage their health and well-being throughout the COVID-19 global pandemic. In addition to in-person appointments, telehealth services, featuring online video and phone appointments, are offered as well. UH is also taking various, additional safety precautions, including universal masking, screening and temperature checks, and frequent cleaning of high-touch surfaces.

To schedule an appointment with a UH orthopedic specialist, call 216.342.2385
For more information about UH Orthopedics, visit UHhospitals.org/services/orthopedic-services.

“Taking care of patients, and particularly athletes, is really a long-term relationship to create a smooth transition from the doctor’s office back onto the field.”

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COVID-19 Testing

Drive-thru and walk-up testing available at Tri-C

Cuyahoga Community College (Tri-C®) and Care Alliance Health Center are partnering to bring COVID-19 testing to Tri-C students, faculty, and staff, as well as residents of the surrounding community.

The program offers testing to individuals regardless of their symptom status, insurance status, or ability to pay. Individuals will not be charged for the test.

Drive-thru and walk-up testing dates are being offered at four Tri-C sites on a rotating basis – Eastern Campus in Highland Hills, Metropolitan Campus in Cleveland, Western Campus in Parma and Westshore Campus in Westlake.

Testing hours and dates are posted at tri-c.edu/covidtest. Individuals will be tested on a first-come, first-served basis.

Testing hours and dates are posted at tri-c.edu/covidtest. Individuals will be tested on a first-come, first-served basis.

The program reflects state guidance on testing as classes restart on campuses this fall. "This COVID-19 testing partnership with Care Alliance is the latest step toward ensuring the safety and well-being of the entire College community," Tri-C president Alex Johnson said.

Individuals can also schedule a testing appointment at the Care Alliance Central Clinic, located at 2916 Central Ave. in Cleveland. Call 216.317.1250 to get pre-screened before the visit.

Care Alliance is a nonprofit, federally qualified community health center providing comprehensive primary and preventative medical services to residents regardless of their ability to pay. It serves more than 16,000 Clevelanders each year.

"We are committed to the lasting health of all in our community," said Claude L. Jones, president and CEO of Care Alliance. "With this testing partnership with Tri-C, we hope to better identify, understand and stop the spread of the virus in our neighborhoods."

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