

# Beachwood Buzz

April 2021

Every Resident. Every Business. Every Month.

MAGAZINE



## EMBRACING CAN-DO ATTITUDES

One Day at a Time





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[ 9 out of 10 inpatients in 2020 gave us the **highest rating possible** for overall care. ]  
PRESS GANEY

For a list of physicians who practice at Beachwood Medical Center, visit [beachwoodmedicalcenter.org](https://beachwoodmedicalcenter.org).



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## Letter from THE EDITOR

By Debby Zelman Rapoport

There are many ways to spruce up your home.

# SPRING SPRUCE UP

Starts on page 42!



It's been more than a year since the start of the COVID-19 pandemic, which has been challenging for all of us in one way or another. When I think about Spring and being vaccinated, I feel refreshed. I feel like throwing my arms in the air, smiling, and letting out a big AHHH! I also welcome hugging back into my life!

At the start of the pandemic, I was glued to news sources until I began to focus on the law of attraction, which is the ability to attract into our lives whatever we are focusing on. Since positive and negative thoughts bring positive and negative results, I redirected my energy.

One new activity was listening to podcasts. There are many inspirational people who share strong messages to which I can relate, and I'm much more at peace with myself when these messages multiply in my life versus those that concerned the pandemic.

Last month, my friend Jody Miller told me about Primal Potential, a podcast and program created by Elizabeth Benton. Her messages resonate with me, so I then listened to her book, *Chasing Cupcakes*, in which she compiled messages that are spread out through various podcast episodes.

Elizabeth says, "Do not let your fire go out, spark by irreplaceable spark, in the hopeless swamps of the not-quite, the not-yet, and the not-at-all. Do not let the hero in your soul perish in lonely frustration for the life you deserved and have never been

able to reach. The world you desire can be won. It exists... it is real... it is possible. It's yours."

She introduces strategies that we may add to our emotional toolboxes to help us change our way of thinking, take steps to improve health and happiness, and set goals that will help us exceed our expectations.

Because short-term strategies deliver short-term results, Elizabeth provides content that helps individuals break the cycle to create long-term successes.

She stresses the importance of asking ourselves meaningful questions that help us determine our "why" when setting a goal. Meaningful questions unlock value because they help us create a clear picture based on circumstances, which are facts when we don't tie them with emotions.

I use dieting and dessert as an example. When I ask myself, "Do I want this cake?" I may respond by saying, "Yes, I exercised today so it's ok," or "Yes, I'll make sure I stick to my food plan tomorrow."

Elizabeth helps clients break this type of thinking because the above responses are rationalizations – one based on the past

and the other on the future. She encourages clients to look only at the present. When looking at the *now*, what's an honest answer to the question, "Will eating this cake make me closer to my goal as it pertains to diet?"

Elizabeth encourages us to look past immediate gratification, which often detracts us from our ultimate goal. She also asks, "How would you answer the question 24 hours from now?"

Dieting and cake is a simple example, but it exemplifies Elizabeth's lessons: Small wins add up to big successes, and we don't *wish* for success, we *work* for it.

Louise Hay was a motivational author and the founder of Hay House. In one of her books, *You Can Heal Your Life*, she said, "What we think about ourselves becomes the truth for us. I believe that everyone, myself included, is responsible for everything in our lives, the best and the worst. Every thought we think is creating our future. Each one of us creates our experiences by our thoughts and our feelings. The thoughts we think and the words we speak create our experiences."

She also said, "I do not fix my problems. I fix my thinking. Then the problems fix themselves."

We fix our thinking by asking ourselves more questions, answering them honestly, and working toward our goals.

For some, it's been hard to think past the pandemic. For others, pandemic circumstances have created opportunities. This month's cover story recognizes five impressive Beachwood women who made up their minds to live their best life through the pandemic. The feature starts on page 8.

I love hearing these stories! If you wish to share yours, please contact me at [beachwoodbuzz@gmail.com](mailto:beachwoodbuzz@gmail.com).

I wish you a happy, safe spring and encourage you to read the inspiring stories in this issue and to patronize our advertisers. Please be sure to see our Spring Spruce Up section that starts on page 42.

Breathe deeply, smile, and have a safe month!

# Shaky hands? Don't jump to conclusions.



**Xin Xin Yu, MD**  
Cleveland Clinic  
Hillcrest Hospital

Shaking and tremor in older adults often brings thoughts of Parkinson's disease, a chronic movement disorder that can lead to other problems. If you or a loved one experiences shaking, don't jump to conclusions.

Neurologist Xin Xin Yu, MD, who practices at Cleveland Clinic Hillcrest Hospital, shares five things to keep in mind about tremors:

## When the tremor occurs is important.

Action tremors – that occur during an action like reaching for something or writing – do not usually indicate a serious or life-threatening neurological disorder but nonetheless can be troublesome to your daily activities. Your doctor can look for underlying causes. Once the cause of an action tremor is identified, doctors can treat it.

Resting tremors – that occur when hands are at rest – may be a sign of Parkinson's disease or other neurological conditions. If a resting tremor develops suddenly or worsens over time, see a doctor right away.

## Pediatric cardiologist joins Cleveland Clinic Hillcrest.



**Christina Martin Fink, MD**  
Cleveland Clinic  
Hillcrest Hospital

Christina Martin Fink, MD, a pediatric cardiologist, is now seeing patients at Cleveland Clinic Hillcrest Hospital. She sees children and adolescents for general cardiology visits and lipid clinic referrals. She also performs consults on patients in the newborn nursery and the neonatal intensive care unit.

Dr. Fink completed her medical education at The Ohio State University College of Medicine; a medical residency in internal medicine and pediatrics at Beaumont Health System in Royal Oak, Michigan, where she served as chief resident; and a fellowship in pediatric cardiology at Nationwide Children's Hospital in Columbus, Ohio.

For more information, visit [ClevelandClinicChildrens.org/Cardiology](https://ClevelandClinicChildrens.org/Cardiology). For an appointment with Dr. Fink or another pediatric cardiologist, call 216.444.5437.



**Our goal remains the same – we care for everyone. And safety is our top priority.**

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100  
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Cleveland Clinic

## Welcome Daniel Silbiger, DO Regional Oncology, Cleveland Clinic Cancer Center



**Daniel Silbiger, DO**  
Cleveland Clinic  
Hillcrest Hospital and  
Twinsburg Family Health  
and Surgery Center

Oncologist Daniel Silbiger, DO, has joined Cleveland Clinic Cancer Center. Dr. Silbiger specializes in breast cancer and lung cancer management. He is seeing patients at Cleveland Clinic Cancer Center at Hillcrest Hospital and at Twinsburg Family Health and Surgery Center.

To schedule an in-person or virtual appointment with Dr. Silbiger or another Cleveland Clinic oncologist at Cleveland Clinic Cancer Center at Hillcrest Hospital, call 440.312.4569; at Twinsburg Family Health and Surgery Center, call 330.888.4000.

## New headache specialists on the East Side.

Cleveland Clinic Neurological Institute is pleased to announce the addition of new headache specialists on the East Side.

### Beachwood Family Health and Surgery Center



**Payal Soni, MD**



**Heather Froimson, CNP**

### Twinsburg Family Health and Surgery Center



**Michelle Lee, MD**



**Betty Stiffler, CNP**

To schedule an appointment with a Cleveland Clinic headache specialist, visit [ClevelandClinic.org/Headache](https://ClevelandClinic.org/Headache) or call 216.636.5860.



# Beachwood Buzz

Every Resident. Every Business. Every Month.

**Buzz**  
MAGAZINE

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Please send information about clubs, organizations, events and meetings to beachwoodbuzz@gmail.com. The deadline is the 10th of each month.

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P.O. Box 22194  
Beachwood, Ohio 44122

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## EMBRACING CAN-DO ATTITUDES One Day at a Time

by Debby Zelman Rapoport



It's been more than a year since the World Health Organization declared COVID-19 to be a pandemic. We have all been living and breathing this pandemic's reality and adapting our lives to what works best for us, so it's no wonder that personal situations may have held us back from living our best, most authentic lives in the past year. Meet Jillian DeLong, Orli Perez, Ariella Shvartz, Lynn B. Johnson and Cheryl Ross, all Beachwood residents who, in spite of the pandemic, turned adversity into something positive. All five of these determined women chose to focus on what they CAN control on a day-to-day basis and now look back at their former selves with pride about where they are today.

Story starts on page 8.

Photos by Scott Morrison, Discovery Photo.

BUY A SQUARE AND WIN CASH!



**BISON  
GOAT  
BINGO**

AFTER PROM FUNDRAISER

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SUPPORT BEACHWOOD AFTER PROM  
A PTO FUNDRAISER

For a \$25 donation, purchase a square. Real goats will roam an enclosed area and if the goat "drops" on your square - you win \$500!

**MAY 2**  
**10:00 AM - 12:00 PM**

Numbers will be assigned in a random drawing. Winner will be notified by phone. No need to be present. Virtual viewing will be available.

To purchase a square visit:  
[beachwoodschoools.membershiptoolkit.com/form/m/137611](https://beachwoodschoools.membershiptoolkit.com/form/m/137611)  
**WITH GENEROUS SUPPORT FROM BEACHWOOD BUZZ**



# Letter to the Community

I was born with cancer and spent a lot of time in the hospital as a baby. My mom says thank G-d, that I don't remember anything. I do know that it's not fun to be in the hospital. Hospital pajamas are uncomfortable, and everyone should be comfortable, even when they are not at home. When my mom would see me in hospital PJs, she thought it would be so much nicer if patients could spend their days in new, cozy, comfortable pajamas, and Sweet Dreams for Kids was born.

At Sweet Dreams for Kids, we donate new PJs to kids in the hospital because we understand how difficult it is to be hospitalized and going through a tough medical situation. When

we distribute new PJs, I know it puts smiles on kids' faces, which make me happy too.

Even when we're out of town, we find hospitals that will accept donations, which is

my favorite part of every trip. I know what it's like to be in the hospital and am so happy when I make kids smile.

---

I will celebrate my 16th birthday on May 18. For my sweet 16 party, I want to raise money and collect new PJs to help kids in the hospital, and I ask for your support.

---

During COVID-19, distribution has been challenging, but we continue to do our best to support kids with new PJs because we want them to know that someone is thinking of them when they can't be at home, having fun. My mom calls

me her walking miracle and always says I am the president of Sweet Dreams for Kids. I always say, "Be happy, be you, be brave," and you can still do that, even if you are in the hospital.

I will celebrate my 16th birthday on May 18. For my sweet 16 party, I want to raise money and collect new PJs to help kids in the hospital, and I ask for your support. Please visit [www.sweetdreamsforkids.org](http://www.sweetdreamsforkids.org) or visit our Sweet Dreams for Kids Facebook page for details. **We are grateful for all donations! Every dollar makes a difference.** To date, we have donated more than 20,000 pairs of new PJs all over the world.

Thank you,  
Chaya Dalya Berezovsky



Chaya Dalya delivering PJs to children at Akron Children's Hospital.

## Call for Artists!

**Back by Popular Demand – Another Virtual Exhibit/Sale!**

Beachwood Arts Council presents:  
**SMALL WONDERS**

Featuring Artwork in All Media 12" x 12" or Less

Are you a Northeast Ohio artist, 18+ years old, who would like to exhibit/sell your artwork? Here is an opportunity!

### APPLY TODAY!

Show Dates: June 1 – 30, 2021

Application Deadline: Monday, May 24, 2021

No judging, no BAC commissions

For details and an application form, visit  
[www.beachwoodartscouncil.org](http://www.beachwoodartscouncil.org).

**Good Art Comes in Small Packages!**

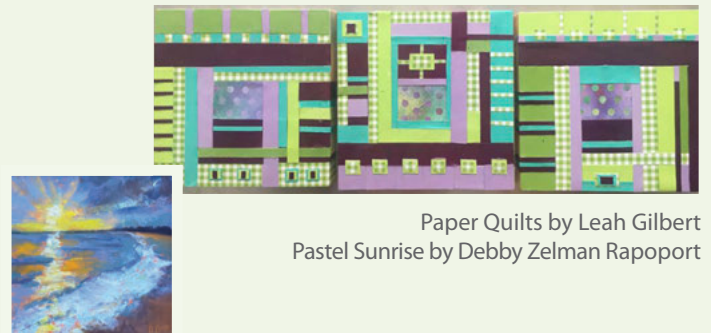


### Become a BAC Member

Help fund the arts in Northeast Ohio by supporting BAC with your tax-deductible membership or gift. You can either donate online, at [beachwoodartscouncil.org](http://beachwoodartscouncil.org), or send a check, payable to Beachwood Arts Council, to: Beachwood Arts Council, 25225 Fairmount Blvd., Beachwood, OH 44122. Membership levels are listed on the website.

### Become a BAC Trustee

For a position on BAC's Board of Trustees,, please contact Paula Rollins, BAC president, at 216.789.3995 or [phonepr@aol.com](mailto:phonepr@aol.com).



Paper Quilts by Leah Gilbert  
Pastel Sunrise by Debby Zelman Rapoport



# HOPE | OHIO BLOOMS | OHIO

One Seed, One Hope, a Global Garden

Hope Blooms Ohio is in full bloom! Although this pop-art inflatable garden is no longer in Beachwood, Greg Perry's marketing class invites you to experience its beauty in Chagrin Falls, Cuyahoga Falls, Lakewood and Cleveland. Beachwood High School Marketing/Junior Achievement students created Hope Blooms Ohio to inspire hope, raise funds and awareness of food insecurity, and uplift our local and global communities.

Each year, Greg Perry, Beachwood High School's marketing teacher, and Karen Carmen, Junior Achievement advisor, work with Excel TECC students from 10 schools to create a Junior Achievement program that inspires and prepares young people to succeed in a global economy, and the group consistently creates out-of-the-box, nationally recognized programs that draw in the community and provide students with real-world marketing experiences.

This year's project was challenging because of the pandemic, yet Greg worked his magic to create a framework on which to build. He obtained five 20- to 30-foot inflatable flowers, from PLAYLAB, that were previously exhibited in a public art installation that was sponsored

by the Avenue of the Americas Association in New York City, and the class brainstormed ideas to create a platform that would blossom, and Hope Blooms Ohio was born.

"With one seed, or one idea, we have the ability and willpower to enact change," said Elana Rubanenko, one of four program CEOs. "This project's initial seed was to work toward ending food insecurity in Northeast Ohio."

Students set a goal of raising \$40,000 for the Cleveland Food Bank, enough to provide 160,000 meals. To date, they have exceeded the halfway point, and ask for community support! Additional program objectives are to sprout new beginnings, brighten everyone's day, raise awareness of food insecurity, and build a sense of unity in a time of prolonged division and hardship.

Each flower has a name and represents something from the program's mission: Sunny is named for Health, Harmony for Unity, Blossom for Growth, Sky for Love, and Serenity for Inspiration.

In New York, the flowers were spread through a several-block area. Here, all flowers take root and bloom together in a travelling exhibit that started in Beachwood and will end at the Cleveland Public Library. With traveling installations, students are confident that their guerrilla marketing efforts will pay off and their messages will touch more lives.

In addition to flowers, a colorful backdrop, 10 feet high and 15 feet wide, provides a space for people to take photographs to share on social media. Visitors are encouraged to visit the gardens, take yard signs home, and plant them in their front yards to further spread the Hope Blooms Ohio messages.

These flowers, inflated and lit from within, first appeared in Beachwood on March 18, where they remained for seven days. The final installation will be disassembled on April 29.

To learn more, get directions to installations, purchase Hope Blooms Ohio attire, or make a donation to the Cleveland Food Bank, visit [www.hopebloomsOhio.com](http://www.hopebloomsOhio.com). To support fundraising efforts, you may also mail a check, made out to Junior Achievement, to Beachwood High School, 25100 Fairmount Blvd., Beachwood, Ohio 44122, Attention: Greg Perry.

For more information, contact Greg Perry at [gwp@beachwoodschoools.org](mailto:gwp@beachwoodschoools.org).



Hope Blooms Ohio • Beachwood

## The Hope Blooms Ohio display is installed and moved on Thursdays as follows:

**Chagrin Falls • April 1-8**  
Downtown Chagrin Falls  
Riverside and Triangle Parks

**Lakewood • April 15-22**  
Madison Park  
13201 Madison Ave., Lakewood

**Cuyahoga Falls • April 8-15**  
High Bridge Glens Park  
1817 Front St., Cuyahoga Falls

**Cleveland • April 22-29**  
Cleveland Public Library  
325 Superior Ave., Cleveland



# EMBRACING CAN-DO ATTITUDES

## One Day at a Time

It's been more than a year since the World Health Organization declared COVID-19 to be a pandemic. Since that time, more than 29 million cases have been reported in the U.S., and more than 529,000 people have died. Around the world, approximately 118 million people have been infected and 2.6 million have died.\* We have all been living and breathing this pandemic's reality and adapting our lives to what works best for us, so it's no wonder that personal situations may have held us back from living our best, most authentic lives in the past year. Meet Jillian DeLong, Orli Perez, Ariella Shvartz, Lynn B. Johnson and Cheryl Ross, all Beachwood

residents who, in spite of the pandemic, turned adversity into something positive. Jillian, Orli and Ariella jointly lost more than 150 pounds and continue to support each other's efforts, Lynn chose to build resilience and became an avid runner, and Cheryl, when laid off from her job, embraced her new reality by focusing her energy on creative endeavors.

All five of these determined women chose to focus on what they CAN control on a day-to-day basis and now look back at their former selves with pride about where they are today.

*\*CNN, March 11, 2021*



## Jillian DeLong

Eight months ago, Jillian started a journey that would change her life forever. When the pandemic hit, emotions were on overdrive and fear of the unknown added stress to her everyday life. She knew she needed to make a change, but could never have imagined where the journey would take her.

Following her friend and colleague Orli Perez on Facebook, she noticed that Orli's success on her weight loss journey seemed effortless and began to ask questions. "I had been on many weight-loss programs in the past and am not quick to jump in on something," Jillian said.

At a time when the world seemed so out of control, Jillian took control of her health. "The bottom line is that I have learned how to fuel my body properly and developed healthy new habits," she said. "It's no secret and there are no magic pills."

At first, Jillian's initial goal of losing 50 pounds seemed daunting but, with the support of her coach, she learned how to listen to her body and provide it proper nutrition. Plus, she now walks about 10,000 steps per day.

"This journey has taught me so much about myself," she said. "It all started with small steps and attainable goals, and even the smallest goals were celebrated."

Since July, Jillian has been losing two-to-three pounds per week, for a total of 65+ pounds when this magazine went to print. As the weight melted off, so did the emotional baggage that she had carried for so long.

"Losing 65 pounds has been one of the most transformational journeys I've ever been on," Jillian shared. "It takes time to create new habits because



to do so, we need to change the way our brain thinks about what we're doing. After months of retraining, I finally realize that I only want to put food in my mouth that will fuel my body."

In hindsight, Jillian realizes that the pandemic helped her change her mindset.

With the shut-down of restaurants and limited social gatherings, she was able to focus on changing her habits. She sees this lifestyle change as a day-to-day learning process. "I'm generally a glass-half-empty person, and the doom-and-gloom of politics and the global pandemic were unnerving. This program and the discipline to stick with it gave me the ability to witness small successes that I had power to control."

Jillian's story isn't about a specific weight-loss program. It's about making up your mind to do something and following through. "I share my journey because if I can lose 60+ pounds during a pandemic, with added stresses from work and family, I believe that

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**"Now, I look in the mirror and like what I see. It's empowering! When we can compliment ourselves, it's worth so much more."**

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– Jillian DeLong



anyone can set and accomplish goals that are important to them," Jillian said.

Today, Jillian feels healthier, and has more energy and fewer aches and pains. "Now, I look in the mirror and like what I see," she said.

"It's empowering! When we can compliment ourselves, it's worth so much more."

Jillian and her husband, Daniel Small, have two children, Oliver and Ellie. Jillian works at Cuyahoga Community College as

manager of College Assets & Mail Operations. She also serves on the Beachwood Board of Education, is a member of the Citizen Finance Advisory Committee, and volunteers for the PTO and Beachwood Girl Scout Daisy Troop.

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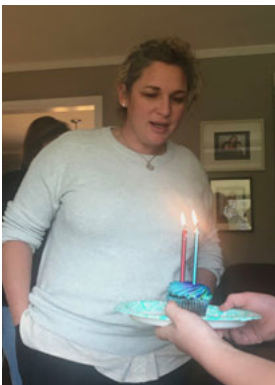
## Orli Perez

As a global pandemic transformed the unthinkable into our new reality, Orli recognized that the added stress had left her feeling lethargic and uncomfortable in her body. She had begun working from home, while her two boys, Liav (11) and Niv (9), navigated virtual learning. Over her adult life, Orli had tried weight loss programs that relied on willpower and deprivation. At the onset of stay-at-home orders, she knew that she needed to take control of her eating habits and find solutions that were realistic.

Orli was determined to find something that would empower her to gain control over her relationship with food. After watching fellow Beachwood alum, friend and coach Ester Ades's success on her weight loss/lifestyle program, Orli said "yes" to a journey that has transformed her life.

She started her journey on May 4, 2020, and with support from her coach, she quickly saw results. "Within the first week, I was down more than seven pounds, feeling better and less bloated," she told us. "My energy was exponentially better, and continued successes were my biggest motivators."

After eight weeks and down 26 pounds, Orli decided to pay it forward by becoming a coach herself. "I was inspired to guide and support friends and clients through their journeys to optimal health and wellbeing," she said. "Achieving lifelong transformation comes down to good habits, mindset, consistency, and a



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**"It's not about being perfect, it's about effort. When you apply effort every single day, change occurs and transformation happens."**

– Orli Perez

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supportive community of which I want to be a part."

As a senior project manager for NV5, an engineering consulting firm in Solon, Orli never thought she had the bandwidth for becoming a coach. "I stepped outside my comfort zone and coaching is now a passion," she shared. "Coaching has proven to be a great opportunity. It now affects every aspect of my life because it comes from a genuine place."

The path that led Orli to where she is today is personal, and she is grateful for continued opportunities to help other people obtain the same level of happiness that she found within herself. "I share my story to inspire others who are overwhelmingly busy with work and life to give themselves permission to take care of themselves," she said. "Everyone was – and for the most part still is – at home anyhow, so why not slow down, take a deep breath, and do something to come out of this pandemic stronger and healthier?"

Orli has every reason to be proud of what she's accomplished. She properly fuels her body, has lost 60 pounds, and looks and feels great. "It's not about being perfect, it's about effort," she says. "When you apply effort every single day, change occurs and transformation happens. I am grateful to be a part of my clients' journeys. They're life changing!"

Orli views the pandemic as a pivotal moment in her life. "It would have been easy to wallow in my sorrows and pity myself. Instead, the pandemic ignited a flame and my continued efforts keep it burning," she said. "I get emotional when I think about the past year as a whole. It's been an awesome journey and connecting with like-minded people has been my greatest gift."



# Ariella Shvartz



Just before the start of the pandemic, Ariella was living and working in New York City and was ready for a fresh start. She moved back to Beachwood with visions of how 2020 might play out, then BOOM! All that she had imagined slowly fizzled away.

"When everything went on lockdown, my habits and weight suffered the most," Ariella told us. "I was home – in a new environment, around family and food – and my routine was completely different."

When summer rolled around, Ariella was unhappy with how she felt. She had been watching her sister's weight-loss journey and decided that it was time to turn things around.

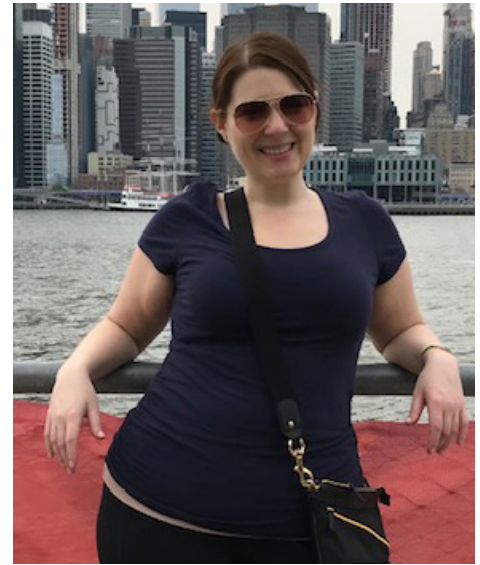
"I witnessed Orli's successes and knew I could succeed too," she told us. "I took a leap of faith, changed the way I ate, and increased my activity."

Soon thereafter, Ariella started to see the progress she sought to achieve. She became more in-tune with how her body felt as she ate, and realized that food does not need to be an *event*. She also started to incorporate exercise and began to participate in a Barre fitness program and other at-home workouts.

"I'm really proud of myself for taking these steps. Change is difficult and when I started on this journey, it was hard," Ariella said. "It would have been really easy to draw into myself and hide away, and I'm grateful to have done the work that brought me to where I am today."

"I wanted to feel good," she continued. "I didn't want to feel achy and run down all the time. I just turned 40 and I want my body to feel like I'm 20!"

To date, Ariella has lost more than 30 pounds and told us that this shift has been easy so far because she hasn't been dining out or going to social gatherings. During the pandemic,



**"It would have been really easy to draw into myself and hide away, and I'm grateful to have done that work that brought me to where I am today."**

**– Ariella Shvartz**

she's learned healthy habits that she feels confident in applying when she begins socializing in person again.

"COVID was extremely challenging in a lot of ways, but it gave me an opportunity to get myself healthy, which feels amazing," she said. "I'm so lucky that Orli was such an inspiration. I did this on my own, but she led the way."

"For me, this year has been all about adapting to change and embracing new opportunities. We all missed out on a lot and my continued choice is to focus on what's positive," she added.

After being away for almost 13 years, Ariella now sees a deeper value in being around family. She plans to stay and become more established in our community.



# Lynn B. Johnson

Lynn, communications coordinator for the City of Beachwood, has been working from City Hall since Spring 2020 and struggled with uncertainty about the pandemic since its start. Would she get COVID? Did she already have it and not know? Would she spread it to her family? It was difficult for Lynn to wrap her head around this illness, so she took steps to learn about what it would take to build resilience.

"I'm typically resilient and I saw my resilience slipping – physically and mentally – so I researched the topic," Lynn told us.

Along the way, she stumbled across information about Dr. Michael Maddaus, who developed the idea of the Resilience Bank Account™ (RBA), which provides critical habits that lead to optimal physical, mental and emotional performance. The idea of investing in a resilience bank account is suggested as a metaphor for the reserve building and cumulative positive impact of habits over time.

"We're not built to handle long-term uncertainty and it was doing a number on me. I learned that with the RBA our personal commitment to develop and consistently

maintain daily habits becomes the equivalent to making regular small deposits to a bank account, which add up to strengthen the account as a whole," Lynn said. "It made sense that daily deposits would improve health and emotional flexibility, and also strengthen internal relationships to oneself and the outside world."

Lynn felt like she needed to make a change, anyway. "I had gained weight from COVID stress, wasn't sleeping well, and decided to embrace the RBA tenets as a way to feel better," she said.

Lynn dove in with solid goals. She bought a Fitbit to track steps, sleep and exercise, and committed to walking for 30 minutes at least 6 days a week, and to track a minimum of 10,000 steps per day. She then realized that she needed to exercise first thing in the morning or she might not get to it. "I set an early alarm for daily walks, which turned into jog/walks, and I now run between 2-4 miles every day," she said.

While exercising, Lynn also listened to audio coaching on the WW app, which motivated her to start tracking food. "I began this regimen for heart health to make me healthier and stronger in the long run," she said. "I didn't set this up with weight-loss goals, but am proud to have lost the 15 pounds I gained during COVID, plus more."

Today, Lynn feels healthier and more resilient. "It's been interesting to see the puzzle pieces come together. I wake up at 6:20 am, so it's easier to turn off Netflix, stop Facebooking, and to go to bed earlier, which cuts down on nighttime food and alcohol," she said. "Plus, sleep tracking shows that I sleep better with these newly found habits."

She paused, then said, "I'm more compassionate toward myself and it all started by Googling resilience."

Lynn, a former runner, says it's good to be back and to remember how it feels when everything's clicking and she's doing it right. She now runs six to seven days a week and when the weather is too awful, she marches in place, or just layers up and heads out the door. "It's like eating breakfast. I have to exercise."

Lynn ran more than 40 miles in February in real-feel temperatures as low as 9 degrees.



**"I'm more compassionate toward myself and it all started by Googling resilience."**

**– Lynn Johnson**



Lynn's daily running posts on Facebook inspired her neighbors to leave this surprise gift on her porch.

"I promised a friend from Public Works that I wouldn't run in the streets while it's snowing, so I've gotten very familiar with a couple of Beachwood parking lots!"

Lynn also created a support team by reconnecting with a couple of high school friends with similar exercise goals. "We keep each other honest and laughing," she said. "It's fun to rebuild those friendships."

# Cheryl Ross

At the start of the pandemic, Cheryl was laid off from her job as an administrative assistant at the Alzheimer's Association. An optimist at heart, she chose to embrace her newly found free time by pouring positive energy into new and existing activities.

"It was very strange at first since I had been working full time, nonstop, since I was 18 years old," Cheryl said. "I quickly realized the need to find activities that would keep me busy and fulfilled.

"Ken (her husband) and I always enjoy cooking together, so we explored new recipes and expanded our skills," she said. "Then, I started to do diamond art projects, which my sister introduced to me. They're really simple, like color-by-numbers, but with gems. They take my mind off of being so secluded and it's gratifying to see the results."

Cheryl also started birding. "I researched how to identify birds and learned their habits, songs and what they like to eat," she shared. "Then I bought a bunch of bird feeders and began photographing them.

**"Birding is a lot of fun," she continued. "The birds are like Jewish children who come to me to be fed!"**

– Cheryl Ross

Diamond art project



Mourning doves

"Birding is a lot of fun," she continued. "The birds are like Jewish children who come to me to be fed!"

Common breeds in Beachwood are red-bellied woodpeckers, dark-eyed juncos, mourning doves, cardinals, blue jays, chickadees, tufted titmice and finches. "It's fun to hear them sing their songs and to learn the differences between males and females."

Cheryl also dug into old family photos – dividing, organizing and scanning them – to create photo books. "It's a very time-consuming project that I enjoy working on," she said. "I never had the time before and it feels great to be getting organized. Plus, it brings me a lot of joy to reminisce by looking at photos that I haven't seen in a while."

The lower level and dining room table at Cheryl's home have always been spotless, and are now filled with projects. Cheryl focuses on opportunities instead of obstacles, and emits positive energy in all she does. When her son and daughter-in-law, Ben and Alli, got her and Ken an AeroGarden, they began growing herbs. "I've always enjoyed gardening and expanded what I had been growing to include peppers, basil, parsley and chives. We also removed a tree and created a succulent garden, which I hope comes back this year."

Cheryl also enjoys reading. She used to enjoy heavy books and now selects lighter fiction titles. She even bought a baby pool last summer in which she would cool off, read and relax. Recent standout titles include: *Water for Elephants* by Sara Gruen, *Atlantis Stone* by Nick Hawkes, and *Born a Crime* by Trevor Noah.

"When I do something repetitively I get bored, so I like to switch things up," Cheryl shared. "I'm social, so I also look for ways to be with people. We've had garage parties, outside gatherings, and a lot of FaceTiming and Zooming with family and friends.

"As people continue to get vaccinated, I look forward to creating another new normal by physically being with family and friends," she added. "But until then, we're happy with where we are day by day."



Cheryl and Ken have two children, Ben (Alli) and Jessica (fiancé Patrick), whose rescheduled wedding is on July 31, 2021. Once it's safe, Cheryl looks forward to becoming a volunteer. "I've always been in the non-profit world and I look forward to giving back."



# RBG Grabs Attention of Northeast Ohio

The Maltz Museum of Jewish Heritage kicked off a new season of all-virtual public programs with its first-ever virtual launch event for Notorious RBG: The Life and Times of Ruth Bader Ginsburg, presented locally by PNC Bank.

On the evening of the exhibition's public opening, *Notorious RBG* authors Irin Carmon and Shana Knizhnik took the virtual stage via Zoom to share insights about their book and the transformative figure who inspired it all. The event gathered 700+ registrations from Northeast Ohio and beyond – more than doubling attendance records for a launch event in the museum's fifteen-year history. The success was followed by admission tickets selling out in the first week.

"We've been overwhelmed by the outpouring of positive feedback from guests who attended the virtual launch event and also from those who have explored the exhibition, in person and online," said David Schafer, managing director of the Maltz Museum. "The success of the virtual launch event is a direct result of trying something new. We were able to offer significantly more virtual seats than would have been possible in person. And, for anyone considering a trip to the museum, please know that you must buy a timed ticket in advance, wear a face mask, and practice social distancing."

The exhibition is based on *The New York Times* bestselling book of the same name and created in partnership with its authors. It uses archival photographs and documents, historical artifacts, contemporary art, media stations and gallery interactives to explore the American legal system and civil rights movements through the lens of RBG's personal experiences and public service. Like the book, it also examines her varied roles as a student, life partner, mother, change-making lawyer, judge, women's rights pioneer and pop culture icon.

More exhibition-related programs inspired by the life and legacy of RBG aren't drawing virtual crowds quite as large as the launch event; but, so far, the verdict from attendees is that the intimate programs are equally compelling. Select programs are listed in the ad on this page, with brief descriptions below:

**Wednesday, April 7** • Erica Gold and Helen Marks created their own paths, simultaneously paving the way for others. In honor of Yom Hashoah, Holocaust Remembrance Day, join Sarah Weiss, CEO of Holocaust and Humanity Center in Cincinnati, as she interviews these two fascinating and fearless women.

**Tuesday, April 13** • Join attorney Karen Giffen as she leads a book discussion on *Notorious RBG*.

**Wednesday, April 14** • Music has been one of the most powerful ways women have raised their voices throughout history. Learn about them, and how they shaped the music we listen to today.

**Sunday, April 18** • This event will celebrate RBG's love of music and family values. Enjoy a pre-recorded video created by her son, Jim Ginsburg, a Grammy award-winning classical music producer; and sing and create your own music.

**Wednesday, April 21** • 4 pm • Tune in for a discussion on election and employment practices and the case of Ledbetter & Walmart.

**All public programs are virtual and require advance registration for participation.** The Notorious RBG exhibit will be on view through August 29, 2021, offering in-person visits and online virtual tours. For complete information, please contact [tours@mmjh.org](mailto:tours@mmjh.org), call 216.593.0575, or visit [www.maltzmuseum.org](http://www.maltzmuseum.org).

NOW ON VIEW AT THE MALTZ MUSEUM



## NOTORIOUS RBG

THE LIFE AND TIMES OF  
RUTH BADER GINSBURG

presented locally by PNC BANK

### THIS MONTH'S FEATURED RBG INSPIRED PROGRAMS

**TUESDAY, APRIL 6 AT 12PM**

Gallery Talk: Justices Scalia and Ginsburg,  
an Unlikely Friendship

**WEDNESDAY, APRIL 7 AT 4PM**

My Story: Erica Gold and Helen Marks  
with Sarah Weiss

**TUESDAY, APRIL 13 AT 12PM**

Book Discussion: Notorious RBG

**WEDNESDAY, APRIL 14 AT 4PM**

Women Who Roar: Mandy Smith on  
Roaring Women Musicians

**SUNDAY, APRIL 18 AT 1:30PM**

Family Fun: Let's Make Music!

**WEDNESDAY, APRIL 21 AT 4PM**

I Dissent: Discussion on Election & Voting Rights



216.593.0575 | [WWW.MALTZMUSEUM.ORG](http://WWW.MALTZMUSEUM.ORG)

# Health and Wellness in Beachwood Schools

**B**eachwood Schools recognizes the importance that each staff member and student care for themselves and others, especially during the pandemic when we may experience additional stress. To address this topic, the district dedicated March as Health and Wellness Month and executed programs that addressed mental health and wellness with all stakeholders across the district. Its purpose was to teach the importance of caring for yourself and others, since it is a high district priority to ensure that the mental health and wellness needs of all students are met.

Programs included a Mental Health Night, a Mental Health Challenge, staff training programs, and assorted opportunities for students to focus on mental-health issues.

## Mental Health Night

This special program provided an opportunity for elementary school parents to learn about the schools' common language about mental health, and how staff effectiveness depends upon its ability to work in partnership with parents and guardians.

The program, moderated by Ali Ciccone, elementary assistant principal, included presenters Alison Chaney, psychology intern; Katy Crismon, Bryden/Beachwood Middle School counselor; Topher Starzyk, Bryden School counselor; Tiffany Vawters, Hilltop School counselor; and Christin Weyn, Fairmount, Bryden and Hilltop Schools psychologist.

All presenters addressed mindfulness, focus, coping skills and resilience, common themes that are magnified because of the pandemic.

Christin spoke about sustained attention, a fundamental skill of executive functioning that is linked to school success. As early as Pre-K, students are provided with tools to use for sticking with something even if they are bored, tired or distracted. She also mentioned how the preschool staff teaches students the importance of learning to obtain a feeling of inner calm, and how predictability is critical.

"Things are uncertain," she said. "We teach that it's okay to be in a space that is different today than it was yesterday or

will be tomorrow, skills that help manage conflict, which help students complete school work and live with uncertainty."

Topher provided visual examples of how they teach mindfulness, reinforcing that from a young age kids can be mindful of how their body feels, and what they see, hear, and think. He also talked about "bubble breaths," or deep-breathing techniques, that kids may use when they are anxious or worried; and response inhibition, embedding that no problem is too big or small to come to staff.

"Teaching kids to be mindful of thoughts is complicated," Topher said. "They have a lot of thoughts and feelings, and they don't have to be completely vulnerable to all of them. We help them build a toolbox, which includes mindfulness of breath as an important seed to plant early on.

"We provide students with opportunities to use skills in controlled settings in order to deal with irritations," he added. "Life's difficulties may be challenging, and it's important to experience, encounter and address them with optimism and creativity rather than dread. We expect this will be a gift they can carry throughout life."

Katy then talked about "Zones of Regulation" and how there are different states of body-mind alertness for different situations. Zones are broken down by color, each having its own characteristics and emotions, so students learn what is expected depending on where they are or what they're doing. For instance, behaviors on the playground are different than those in a library.

She also talked about the importance of teaching students to identify how they're feeling. "When students can identify feelings, we can choose appropriate strategies to help them," she said. "When they don't know how they're feeling, they feel stuck and don't know what to do."

Tiffany talked about resilience, the importance of making strong choices, having a positive attitude, and the difference between a fixed and growth mindset. She then shared that she asks students to recognize one area in which they would like to be resilient, and introduces tools that may encourage them to succeed. She also shared real-world stories of people whose resilience led to success after failures.

"A positive mindset helps you get things done, even when you don't want to," she said. "What you say in your mind is important."

Alison provided a list of parent resources that includes games, worksheets, activities, books, videos, articles and tips. For more information or to obtain details about these resources, contact Lauren Broderick, director of Pupil Services, at [ljb@beachwoodschoools.org](mailto:ljb@beachwoodschoools.org) or 216.464.2600.

## Mental Health Challenge

The Beachwood High School Mental Health and Wellness Committee is headed by Amanda Bendis, a senior. It is now 10 members strong, with juniors Greg Perryman, Vidula Jambunath and Lea Sokol taking lead roles as well.

"Mental health is part of overall health," Amanda said. "I've

struggled with mental health issues, have witnessed how kindness and caring help, and wanted to create a foundation to help other people. I don't want people to suffer or feel alone, and it is hard to reach out when you don't know where to turn."

The committee is not faculty driven. Because of its premise of bringing helpfulness and kindness to the schools, it continues to grow organically.

Last semester, the committee organized an initiative at the high school that provided insight, experience, and motivation to create a Mental Health Challenge for the district. It provided opportunities for committee members to interact with teachers, counselors and administrators – with a challenge to take on a leading role in this campaign.

Throughout the month, students, staff and families were invited to participate in daily challenges that focused on promoting positive social, emotional and physical health habits. The challenges were especially worthwhile during this time of social distancing. Every morning, participants received information that explained the significance of the daily challenge, each falling into a group, interactive or personal category. A submitted response was required for each challenge to be credited for completion. Then, at the end of the month, there were tiered drawings based on how many challenges were completed, with prizes ranging from gift cards to an iPad. Challenge examples included:





BHS Mental Health and Wellness Committee members Lea Sokol, Amanda Bendis, Vidula Jambunath and Greg Perryman.

**Say something positive about yourself in the mirror (personal challenge):**

- Often, we say negative things to ourselves without even realizing it. Whether it's about appearance, intelligence or social skills, being hard on ourselves can take a toll on our mental health. Try being more mindful by recognizing when you're thinking something negative, to instead say something positive. Look in the mirror and give yourself some positive self-affirmation, you deserve it! Please write one positive thing about yourself.

**Call a grandparent or relative (interactive challenge):**

- Sometimes it's hard to remember to stay in touch with all members of your family, but try to choose someone you want to talk to today. If you have a burning question you want them to answer or maybe want their advice on something, today is the perfect time to reach out. This is a great opportunity to reconnect with someone you have been missing. Write down who you chose to call.

**Learn to cook something new with your family (group challenge):**

- Every family has its own favorite meals, but after years of making

them, it's time to try something new. Cooking together can be both fun and educational. You can split up tasks by having one person chop and another person stir, or one person could cook while others read them the recipe. Either way, work together and learn to cook a new and exciting dish. (A recipe for Vegan Mac and Cheese was included, but participants were told to feel free to cook whatever they'd like.) What did you learn to cook?

Students created the whole campaign, including calendar and poster graphics. An optional journal was also introduced to students in grades 3-12 as a way to reflect more deeply on the challenges, and all information about challenges was documented in a logbook.

In the fall, committee members plan to create a student advisory program for incoming freshmen to model behaviors that will further expand the group's mission and teach them how to be mentally healthy in high school. They also plan to continue raising awareness about mental health issues to let classmates know they're never alone, and will continue working with Officer CJ Piro, who reinforces positive behaviors in presentations.

"Our district views wellness in all forms, as well as academic excellence, as priorities," Greg said.

"It's a priority that drives me every day. I want people to know that there's always someone out there."

"Our unified message is that nobody is alone," Vidula added. "When you take time to address mental health, you can make it through difficult times."

"Everyone in this club is very inspiring," Lea said. "These are the most caring people I know, and when we surround ourselves with like-minded people, we improve ourselves."

Although the Mental Health Challenge concluded at the end of March, the committee invites you create your own set of rules at home. To obtain information from the program, email [healthandwellness@beachwoodschoools.org](mailto:healthandwellness@beachwoodschoools.org). There are a lot of great challenges on the list.

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*"The focus on mental health has allowed us to pause and spend time exploring how we can integrate students' feelings into the school day, grow resilience and coping strategies, and teach/acknowledge that it is okay to have many feelings," Lauren added. "The teaching aspect is so important as we work with students to help them learn about and express their emotions and address them in healthy ways."*

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**Staff Training**

Color of Trauma, presented by Charde Hollins, LISW, provided opportunities for staff to understand trauma in a broad and inclusive way, to learn effective strategies that support youth exposed to trauma, and to define and discuss "Historical Trauma" and its implications on persons of color.

"One of my takeaways from this training was to identify a self-

care plan," said Lauren Broderick, director of Pupil Services.

"Whether you are 5 or 105, a self-care plan is integral to our mental health, just like healthy living is important for our physical health."

Charde also spoke with students the following week.

The Beachwood School District Crisis Team, which consists of administrators, counselors and school psychologists, also participated in a training program that focuses on suicide prevention, trauma informed care and crisis response.

"The focus on mental health has allowed us to pause and spend time exploring how we can integrate students' feelings into the school day, grow resilience and coping strategies, and teach/acknowledge that it is okay to have many feelings," Lauren added. "The teaching aspect is so important as we work with students to help them learn about and express their emotions and address them in healthy ways."

**Plus...**

Laura Rice, a Hilltop 4th-grade teacher and Student Council leader, worked with Student Council members to create a "sharing-and-caring" bulletin board that provided space for students to exhibit posters that illustrated how they care for themselves and others.

Every day at 1:05 pm, a "Drop Everything and Breathe" announcement was made, and everyone in all buildings did just that for a full minute. On Fridays, this drill had a twist: "Drop Everything and Dance" provided an opportunity for everyone to release energy and promote positive self-images.

Students had opportunities to work independently and in group settings to talk about health and wellness issues. Topics addressed throughout the month are carried throughout the year.

For more information, contact Lauren Broderick, director of Pupil Services, at 216.464.2600.

# Marc Frisch Pays it Forward by Spreading Hope, Healing and Poetry

Last spring, Marc Frisch awoke to colorful sun-lit hummingbird clings on his window, near his bed at Menorah Park. The hummingbirds were like little tiny warriors of hope and beauty, made larger than life by his loving, caring son Hank, and Hank's significant other, Marci Minorini, who placed each one in its precise location.

This beautiful surprise inspired Marc, who then contacted his daughter, Shelly Small, to help him pay it forward by placing hummingbird clings on other residents' windows. With the hummingbirds, Marc included a poem to express their

flying upward and inward for protection, and their presence represents inspiration for hope, healing and poetry," Marc explained. "You never want to move things outward and away, just inward."

Hummingbirds were placed on all 34 windows of Marc's pavilion, along with copies of his poem.

"I call it 'all in the family,'" he said with a warm smile. "It took me about a half hour to bring the poem to life, and it is my wish to bring comfort to those in pain, and hope to all."

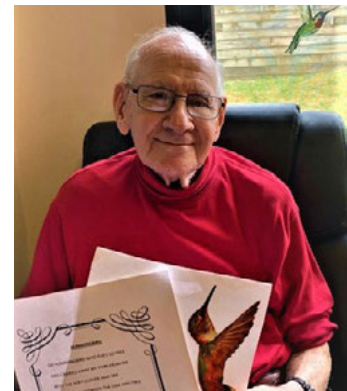
At 97, Marc is a retired serviceman, world traveler, a non-fiction author and poet, Feng Shui practitioner, and was even named Menorah Park Prom King in 2020. He served our country as an army staff sergeant in field artillery, and is a current member of Residents' Council at Menorah Park. A few years ago, Marc was taken on an Honor Flight to D.C. to the Veteran's Wall and War Memorial.

"I held the flag in front of the Ohio Pillar," he said.

*It empowers Marc to stay in touch with loved ones and the world, which helps him enjoy his own sweet nectar of life, like a hummingbird.*

Marc volunteered at the Gathering Place, and at The Temple-Tifereth Israel, where he was an usher. He also ran golf outings for The Temple and SCORE. Racheal Connolly, Shaker Pavilion Life Enrichment coordinator at Menorah Park, is currently working with Marc on an updated memoir.

Years ago, Marc contributed to "Stitch in Time," a history of the apparel industry in Cleveland. "I did a lot of research, wrote the forward, and contributed in other ways," he recalls. It was a subject close to his heart. Frisch Knitting Mills was his father's company, founded in 1929. Marc and his late brother, Jerry, took over the company when his father



retired in 1954. His father passed away in 1956. In 1970, Marc joined Bobbie Brooks, and was made manager of the sweater division. Four years later, he transferred to set up an office in Taiwan, and he moved back to the U.S. in 1991.

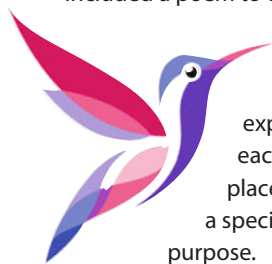
Marc has a keep-moving-forward philosophy, as signaled by the hummingbird.

"Do something! Regardless of your age, stay active in even the smallest ways. Raise your arms, move, exercise! You have to do something to bring yourself some satisfaction," he said. "Think back to what you once loved. I used to love marbles. Do what you can. Read! I love to read."

Marc also loves to take photos with his Olympus digital camera and has award-winning photos under his belt. He uses the computer, smart phone, email, and Zoom for communication and current events. It empowers Marc to stay in touch with loved ones and the world, which helps him enjoy his own sweet nectar of life, like a hummingbird.

### Did you know?

The Aztecs wore a hummingbird talisman for enhanced vigor, energy, and skill. They believed that fallen warriors would return to the earth as hummingbirds and butterflies.



healing powers and explain how each cling's placement had a specific purpose.

"The clings were placed

## HUMMINGBIRD

Oh hummingbird who flies so free  
and carries away my pain from me  
Into the soft clouds and sky  
and floats between the leaf and tree

Please visit here most every day  
to give me cheer and lasting hope  
And perhaps you might like to stay  
to watch over and help me cope

by Marc Frisch





# Rabbi Akiva Feinstein Named Menorah Park Director of Spiritual Living

**R**abbi Akiva Feinstein, director of Spiritual Care and Hospice Chaplain at Montefiore, has been named Menorah Park director of Spiritual Living. In his new role as senior rabbi, he intends to walk in the footsteps of the late Rabbi Howard Kutner, honoring his memory and rich legacy by bringing leadership to all areas of spiritual life across the campus and to the greater Jewish community, including religious programming, life enrichment and kosher supervision.

“Despite challenges from the pandemic, I am confident that we will continue to serve the physical, emotional and spiritual needs of our residents, thanks to the help of a great team, a strong spirit, and a lot of hard work. I am blessed with excellent partners from an outstanding rabbinic staff, including Rabbi Joseph Kirsch, kashrut supervision via Rabbi Fishbane, and a close relationship with many departments, including Life Enrichment and Social Work,” said Rabbi Feinstein.

“Our firm commitment to Jewish life will not change. This campus is a place for the Jewish community as a whole to gather, pray, and learn together. Our focus is to make everyone feel welcome and to be a center of Jewish life for our residents and community. We take the needs of our non-Jewish residents very seriously, too, and we offer them more options for deeper connected spiritual lives.

“During the pandemic, we are sensitive about the isolation of residents, and ask, ‘how are we helping?’ It’s tricky to plan for our post-COVID future while still in the pandemic, which requires a very special planning approach. We’ve retooled our group activities and put most of our focus on individuals, their feelings, how they are coping, and how to continually



maintain strong connections. We’re doing more one-on-one visits to strengthen connections so residents are at peace and are comforted by knowing that we care deeply and are there for them.”

**Rabbi Feinstein stresses that kindness, caring and connection always come first. Most importantly, he wants people to know they are not alone.**

Rabbi Feinstein stresses that kindness, caring and connection always come first. Most importantly, he wants people to know they are not alone.

“We are one campus and one community with one big heart, and it is our goal to make every moment of every day memorable,” he said. “As the director of Spiritual Living, I look forward to continuing our mission to do just that.”

## *Age isn't chronological. IT'S PERSONAL.*



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

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

*Join our community today. Explore our many residential options for a place that's perfectly you!*



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**MenorahPark.org**  
**216-831-6500**

**Locations in Beachwood and Chagrin Falls**

# BHS Grad Scores Spot on Winning Basketball Squad

By June Scharf

**B**en Sternberg, BHS Class of 2018, grew up with an obsession for basketball jerseys and the game itself. His dream of one day seeing his own name on a basketball jersey recently came true. He prevailed by combining persistence, patience, and plenty of hard work. Now he wears a Cleveland State University Vikings jersey bearing his name when he fills the role of a bench captain for the Division 1 squad, ranked #1 in the 12-member Horizon League.

CSU was the school on which Ben had his heart set after spending many years driving past the Wolstein Center, where Vikings teams compete, on his way to where his dad works at a downtown catering business.

"I would always say that I would play there one day. It was always a dream of mine," said Ben.

He played guard for the Bison basketball team on the varsity squad for three years, followed by two years at Lakeland Community College. In 2019, during his sophomore year, he started going to open gym sessions at CSU. Not long after that, Coach Dennis Gates was hired to head the CSU basketball team, arriving from Florida State University with a team of only three players, since most had graduated or transferred after the loss of Dennis Felton, former head coach. It was rebuilding time and Ben saw a potential opportunity.

"I received email after email after email from Ben who was trying to set up a meeting," reported Coach Gates. "I felt that something was triggering this kid and was impressed with his interest in CSU. I set up a meeting with him and his parents (Theresa and Bruce Sternberg)."

Ben says he was very nervous before the meeting and appeared at the interview wearing clothes conforming to basketball culture, including a jersey and stud earrings. He soon realized that a suit would have been more appropriate. He regretted the choice and believed he'd made a lousy impression.

"I was trying to be someone I wasn't," he noted.



Nonetheless, a couple of days later, the coach called and set up another meeting with Ben alone. This time, he wore a suit and things went well.

Coach Gates believes that Ben has an important role to play in young men's lives.

"My job is to hold up a mirror so young people can see the best version of themselves," he said. "I want to give them the confidence that they can tackle the world. I felt like a mirror had not been held up to Ben when he said he was acting like someone he wasn't."

What the coach soon learned was that it was important to Ben to wear a jersey that had his own name on it.

"What's symbolic in these kids' lives is the same things they enjoy, things that can help them get close to dreams and aspirations," he added.

He then offered Ben a spot as a team manager to link his passion for the university to his ability to serve others and understand himself at the core. This job required him to distribute water, sweep floors, pass out basketballs, keep the clock, and wash uniforms. Soon, there was an additional stipulation.

"I put up an automatic GPA requirement of a 3.0 so that he could get a jersey and possibly play in the game. I had never seen him play basketball when I offered him this opportunity, but I was watching how seriously he took his responsibilities as a manager."

Ben exceeded the GPA requirement with a 3.86. This academic year, he has continued to earn all As and qualified for the school's President's List. Coach Gates takes a measure of pride in this outcome, believing that Ben could see the best version of himself in both academic and work situations.

"I saw him excel in the classroom just because he wanted a jersey with his name on it."

The junior's commitment to the team remains high with his responsibilities amounting to nearly a part-time job with 20-30 hours delivered per week. ("Those are hours that make you earn your stripes, especially with no guaranteed game-day reward," says Coach Gates.) Ben appears before morning practices, attends classes, returns for more team practices, and assists with anything else that helps the coaches and players.

"Part of my role is to energize the bench and to cheer for my teammates. I take pride in getting everyone on the team involved and happy," Ben said.

"The work required a meeting between Ben and his dreams," Coach Gates said. "The conversation he had to have with himself was how badly he wanted to be a Division 1 player. It takes humility to serve athletes in the capacity as he does."

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"Ben has set a standard for what walk-ons at CSU look like, what they should and should not do mentally, physically and emotionally, and the day-to-day impact they can have."

– Head Coach Dennis Gates, Cleveland State University Vikings Basketball

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After getting up early and staying late to practice his own game skills, Ben knew he would do anything to play on the team. That day arrived in December. He swooshed a three pointer in a game against Youngstown State University, in a match that ended in a victory.

"It was surreal, it was like, wow, I'm really here," Ben shared. "It was the biggest shot of my life and one of the best days, too. I ran onto the court as fast as I could. I wanted to take full advantage of it."

*Continued on next page.*





# Fighting to End School Takeovers

by State Representative Kent Smith

**E**very two years, the Ohio General Assembly adds a number. We are currently in the 134th General Assembly. In the 131st GA, House Bill 70 was passed and signed into law by then Governor Kasich. It set into motion a policy of the state takeover of “failing” school districts based on the state report card.

The first school district to be taken over was Youngstown, then Lorain and, early in the 2018-2019 school year, East Cleveland was taken over. As of Fall 2018, ten districts were on the verge of being taken over including three of the largest: Columbus, Dayton and Toledo.

However, an analysis of the state report card indicated it was not really a measure of student achievement growth, but rather an indication of community wealth. The pre-pandemic Ohio Median Household income was \$69,632. The median household income of the three

districts that have been taken over was less than half the Ohio average. East Cleveland is \$19,952, Youngstown is \$24,448 and Lorain is \$35,753. The ten districts that were potentially going to be taken over were also all below the Ohio average.

House Bill 70 was originally proposed to remove substandard governance and failing academic leadership but, if that was truly the case, then district wealth would not be a factor (or predictor) of which districts would be facing state takeover. This was among the reasons that a one-year hold was

placed on state takeovers in the last budget bill.

So, while there is evidence that state takeovers were not deserved and have led to more problems than solutions, perhaps the worst outcome is that it silences the voice of the people by removing local governance. HB 70 is not just about three school districts, it's also about democracy and the grand American experiment.

In America, the right to vote is a fundamental freedom. We are the leading democracy in the world and our election system ought to be free, fair and

accessible. There should be no barriers that prevent eligible citizens from having their voices heard. We should be protecting democracy not preventing it.

To that end, I have introduced House Bill 100 to end state takeovers and restore local control.

*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.*

*Continued from last page.*

Looking toward the future, Ben hopes to use his degree in sports management to stick with the game. “I get anxious when I think about it, but I definitely want to be involved with basketball.”

He gets a strong endorsement from his coach. “Ben has set a standard for what walk-ons at CSU look like, what they should and should not do mentally, physically and emotionally, and the day-to-day impact they can have.”

Ben continues to work hard to maintain his involvement with the team, and he believes he has learned a great deal along the way.

“If you're passionate about something, you need to go and get it, no matter what,” Ben states. “I had to take a step away from being on the actual team to become a manager, and I am working hard to accomplish my goal. You shouldn't let anything stop you.”

## Permeable Pavers Are Great Alternatives to Concrete

**C**heryl and Alec Isaacson share a double driveway with their neighbors and when their daughter began driving, they wanted to create an extra parking spot. Alec, a Beachwood City Council member, was well aware of stormwater issues in the city and didn't want to construct anything that might add to the problem. He researched options and went with permeable pavers, which allow water to seep into the ground beneath, rather than run off into the storm sewers.

“Residential flooding has become an important issue in my role as a council member,” Alec said. “I knew we were going to add a parking space and I wanted to see for myself how well these pavers would work and their cost.”

Permeable pavers cost about 40% more than traditional poured concrete because of the installation process, but they offer greater value and

durability. The high-density concrete pavers, which are installed over a gravel bed, are expected to last forever when installed correctly. Plus, warranties cover the product and workmanship.

“I share information about this product because it's environmentally friendly and I don't think it's widely known,” Alec said. “I ask that you consider green building

materials if you're planning to add on or replace driveways or patios. They look great and benefit our community.”





# There Is No Perfect

by Jennifer Stern

Self-defeating beliefs are rooted in the notion of perfectionism and often manifest as feelings of disappointment, frustration, anxiety, fear or worthlessness. Since there is no perfect, we may often feel like we're falling short of who we think we are supposed to be or what our lives, careers, bodies or homes are supposed to look like. Self-judgment grows in power through negative self-talk and cognitive distortions.



Comparison is one of the biggest challenges to overcome. When looking at others it is important to recognize that to be human is to be flawed. To be human is to have strengths and weaknesses. To be human is to be vulnerable. When we accept this as true we create space to breathe. To be. To look at ourselves and others through a lens of compassion, not judgement.

Ruminating on perceived weaknesses, flaws, incompetencies or failures sabotages growth. Negative thoughts give strength and power to feelings of sadness, anxiety, guilt, inferiority, loneliness, embarrassment, hopelessness, frustration and resentment. When you become aware of the negative soundtrack of criticism, of cognitive distortions, you can begin the intentional practice of replacing distortions with more productive thoughts (facts not fears, wisemind not emotional mind) and build a healthier life perspective.

**Listed are cognitive distortions, as explained by Dr. David D. Burns, MD:**

- **All or nothing thinking:** viewing things in absolutes
- **Overgeneralizing:** viewing a negative event as a pattern of defeat
- **Mental filter:** dwelling on negatives and ignore the positives

- **Discounting the positive:** insisting that your positive qualities don't count.
- **Jumping to conclusions:** coming to conclusions that aren't warranted by the facts.
- **Mind reading:** assuming that people are reacting to you negatively.
- **Fortune telling:** predicting that things will turn out badly.
- **Magnification or minimizing:** blowing things out of proportion or shrinking them.
- **Emotional reasoning:** reasoning from your feelings, not facts. I feel like a failure so I must be a failure.
- **Should statements:** using should, shouldn't, must, ought, and have to rather than I choose, I want, I will.
- **Labeling:** Instead of saying, "I made a mistake," you say, "I am a loser."
- **Blame:** finding fault instead of solutions.
- **Self blame:** blaming yourself for something you weren't entirely responsible for.
- **Other blame:** blaming others and overlooking ways you contributed to the problem.

**When triggered by cognitive distortions:**

- Stop: interrupt the intrusive thought.
- Detach from false narratives about your self-worth.
- Breathe in calm and recognize that you are here in this moment, not a past or future

moment. In this moment I can breathe. I can reset.

- Focus on facts not fears. No one is perfect. No one gets As on every test. No one makes every shot. No one wins every case, closes every deal, gets every job. No one is happy all of the time. There is no perfect person, job or relationship.
- Reset with awareness and connection to your humanity. I can and I will move through the discomfort of my thoughts and feelings to a place of knowing that I am resilient and I can begin again.

Be mindful of rigid thinking or living in absolutes. All or nothing thinking triggers anxiety and pressures us to live life in the space of success/failure rather than experiential/fluid/always changing. Life happens in the gray, full of teachable moments and opportunities to begin again.

Be sure to practice a fair mental filter. Do not dwell on the negatives while ignoring the positives. Try attaching two positives to every one negative belief. Then follow with productive behavior:

- I hate my job!
  1. I have a consistent paycheck
  2. I have health insurance
- I will begin networking. I will schedule a meeting with my boss to see what possibilities there are for growth within the company. I will apply for other jobs.

Be mindful of rigid thinking or living in absolutes. All or nothing thinking triggers anxiety and pressures us to live life in the space of success/failure rather than experiential/fluid/always changing. Life happens in the gray, full of teachable moments and opportunities to begin again.

Overcoming self-judgment is hard work, and it's not something we do overnight. There is no timeline or finish line for this work. It is a practice of self-awareness, self-compassion, patience, flexibility and action.

If you would like to learn more about overcoming self-defeating beliefs, read Dr. David D. Burns book, *Feeling Great: the Revolutionary New Treatment for Depression and Anxiety*.

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

Spruce up your home this spring ~ Spring Spruce Up begins on page 42!



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#virtualhomerun2021

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The Menorah Park Foundation will hold its Virtual Run/Walk on Sunday, May 2, presented by Strassman Insurance Services and Steel Valley Portable X-Ray Service.

Sponsorships are available for this baseball-themed event at grand slam (\$5,000), home run (\$2,500), triple (\$1,250), double (\$750), and single (\$500) levels. Walk, run or stroll around your neighborhood, on your treadmill, or anywhere else you'd like! The entry fee is \$25 per person, children 12 and under are free.

Whether you register to participate, donate or sponsor this event, 100% of the proceeds will benefit Menorah Park.

Whether you register to participate, donate or sponsor this event, 100% of the proceeds will benefit Menorah Park.

For more information, visit [www.MenorahPark.org/homerun](http://www.MenorahPark.org/homerun), or contact Jane Furth, director, Annual Campaign and Outreach, Menorah Park Foundation, at [jfurth@menorahpark.org](mailto:jfurth@menorahpark.org) or 216.839.6688. Please take photos and share on Facebook at #virtualhomerun2021!



**BEACHWOOD  
DEMOCRATS**

Beachwood Democrats invite you to join them the second Wednesday of each month at 7 pm to learn

more about Democratic candidates who will be on our ballot. There is no fee to attend. To vote at meetings, you must be a member. Membership is \$20 per year. For more information, email [beachwooddemocrat@gmail.com](mailto:beachwooddemocrat@gmail.com) or follow the group on Facebook at BeachwoodDems.

Join the Jewish Federation of Cleveland to celebrate this global day of good deeds! Families and individuals of all ages are invited to volunteer and take action as we address hunger relief in our local community.

### Three ways to get involved:

- ☒ **MAKE** a casserole for at-risk families
- ☒ **DONATE** food items to Harvest for Hunger
- ☒ **ADVOCATE** for policies to end hunger

To choose your volunteer opportunity and register, visit [jewishcleveland.org](http://jewishcleveland.org).

Questions? Contact Susan Hyman at 216-593-2887

## BAKED by Abbie A New Heirloom

Over the past few months, I have been sorting through family photos and documents from a relative who passed away last summer from natural causes. While sorting stuff into “save” and “toss” piles, I uncovered a very yellowed and frayed newspaper page, from *The New York Times*, with a picture of and recipe for a mouthwatering chocolate cake – and not just any cake, but a flourless chocolate mousse cake by master chefs



Craig Claiborne and Pierre Franey. The timing could not be more perfect. With the spring holidays of Passover and Easter approaching, many cooks begin thinking about “new” desserts. There’s very a good chance I will serve this elegant and sublime confection with fresh berries for my family.



**Gateau de Mousse au Chocolate • A French Chocolate Mousse Cake**  
Adapted from recipes in the *The New York Times*, March 23, 1980, and at [virtuallyhomemade.com](http://virtuallyhomemade.com).

### Ingredients

- ½ pound (8 one-ounce squares) unsweetened chocolate
- ½ pound (2 sticks) butter, cut into cubes, plus more to grease pan
- 8 egg yolks
- 5 egg whites
- 1 ¼ cups sugar
- 1 teaspoon confectioners’ sugar
- Pour batter into pan. Bake for 65-75 minutes. Test for “doneness” with toothpick.
- When the cake is done, transfer to a rack. Let it stand at least 10 minutes before removing rim. Let cake thoroughly cool.
- Sprinkle confectioners’ sugar on top.

### Note

To make the cake kosher and non-dairy for Passover, substitute margarine for the butter and do not dust the cake with powdered sugar (unless you buy Kosher for Passover confectioners’ sugar without cornstarch).

### Directions

- Preheat oven to 350F. Butter the bottom and sides of an 8” springform pan.
- Put chocolate and butter in double boiler. Simmer and stir until melted.
- With an electric mixer, beat egg whites until stiff.
- In a separate bowl, with mixer, beat egg yolks and sugar until light and lemon-colored.
- Add chocolate sauce to the egg mixture, stir to blend thoroughly.
- Add half of the egg whites to the chocolate mixture and beat. Fold in the remaining whites.

*Abbie Nagler Sender is the owner of BAKED by abbie, a licensed, Beachwood-based, home-bakery offering customized baked goods with a Jewish twist. For more information, visit Abbie’s website [www.BAKEDbyabbie.com](http://www.BAKEDbyabbie.com) and like her Facebook business page, BAKEDbyabbieCLE.*

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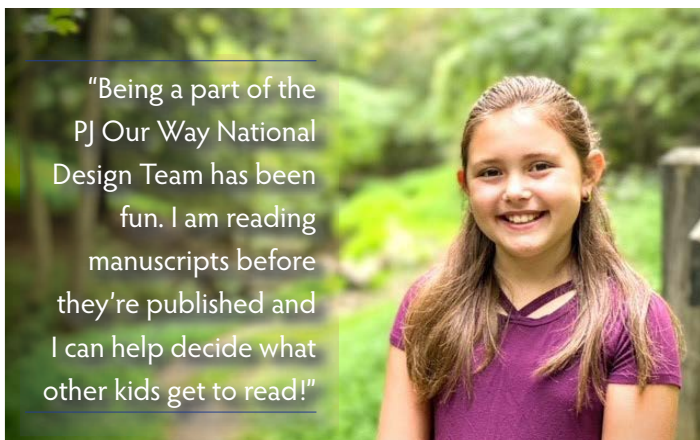
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# PJ Our Way® Welcomes a New National Design Team Member from Beachwood

**L**iora Fieldman, 10, of Beachwood was selected by the Harold Grinspoon Foundation (HGF) in partnership with the Jewish Federation of Cleveland to join the PJ® Our Way National Design Team.



“Being a part of the PJ Our Way National Design Team has been fun. I am reading manuscripts before they’re published and I can help decide what other kids get to read!”

PJ Our Way is the PJ Library® program that gives 9-to-12-year-old readers (known as “Tween Members”) the chance to choose their own age-appropriate book or graphic novel with Jewish characters and storylines each month. Tween members log in to a child-safe website to select their books, leave reviews, watch videos, read blog posts, and connect with each other.

Liora, a 4th grader at Joseph and Florence Mandel Jewish Day School, is the daughter of Alyson and Matt Fieldman. She is a member of Congregation Shaarey Tikvah. As a team member, Liora has early access to monthly selections to interview authors, create web content about the books, participate in workshops, and lead conversations among their peers.

“We are thrilled to have Liora on our team,” said Rachel M. Goodman, who directs

the National Design Team. “Team members are great role models for tweens who want to connect to Judaism in fun and engaging ways.”

“I love to read all different kinds of books,” Liora said. “Being a part of the PJ Our Way National Design Team has been fun. I am reading manuscripts before they’re published and I can help decide what other kids get to read!”

About 150 kids applied to be a part of the PJ Our Way National Design Team this year, and 14 outstanding kids from across the U.S. and Canada were selected to create video trailers, polls, reviews, and blog posts for books on the PJ Our Way website.

The PJ Our Way program is supported by the Harold Grinspoon Foundation based in Agawam, MA. To learn more, please visit [www.pjourway.org](http://www.pjourway.org) or contact Leah Taylor at [ltaylor@jfcleveland.org](mailto:ltaylor@jfcleveland.org).



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# Cleveland Chesed Center

by Arlene Fine

## A Lifeline for Some Beachwood Residents

The impact of the pandemic and its economic fallout have been devastating for many Cleveland families. Fortunately, the Cleveland Chesed Center has stepped up to the plate to provide a safety net to people whose needs have never been greater.

"There are families from all walks of life that are experiencing unemployment, extensive medical bills and the ancillary effects of the virus," said Rabbi Avrohom Adler, the Center's executive director. "We understand our friends and neighbors are struggling right now and we are here to offer assistance and support. Although we cater to members of the Jewish community, we never turn anyone away who comes to us for assistance."

The Center, located at 1898 S. Taylor Road in Cleveland Heights, was founded in 2016 as a joint project of the Jewish Federation of Cleveland and a private philanthropist, in partnership with the Greater Cleveland Food Bank. Its mission is to distribute kosher food to all people who meet established income eligibility guidelines.

"It's often difficult for families who are used to being financially stable to come to us and ask for help," said Ruth Jacob, the Center's office manager. "We respond to them in a way that upholds their dignity and pride. We are here to help people who have fallen on hard times so they can focus on getting a new job or getting healthy without the additional worries about putting food on their table."

Along with nutritious kosher food, the Center provides gently used clothing, essential household cleaning supplies and personal hygiene products. A large Passover distribution in March provided food and supplies to 550 families. During the past year, the Center served 800-1,000 unique individuals monthly with a total of 17,000

people receiving assistance across all service events.

In compliance with CDC guidelines, the Center's clients make contact-free visits once a month to receive refrigerated and frozen food along with cleaning, hygiene, paper and food products. Clients may also make contact-free visits to the Center on Tuesdays, between 2-3 pm, for fresh produce and other Greater Cleveland Food Bank products. Four times a year, the Center distributes new children's clothing and school supplies to anyone in the general community who meets eligibility guidelines.

With a staff of eight part-time employees, the Center relies heavily on volunteers to deliver their services to 47 different zip codes, with Beachwood's being the fourth largest service area. Volunteers sort clothing donations, assist with drive-through distributions, make phone calls, deliver food bags, and help with the Center's fundraising efforts.

Beachwood resident Anna Fredman has spent the past year making contact-free food deliveries as a Center volunteer. "It's gratifying to use my free time to deliver food to people who need it," she said. With her two-year-old daughter safely tucked into her car seat, Anna picks up her clearly marked food packages to deliver to clients' doorsteps on her monthly route. "The Chesed Center is well organized and makes the delivery process easy and efficient. I feel fortunate to be part of this exceptional organization."

There is a constant need for donations and funding partnerships to keep the Center afloat. The non-profit relies heavily on the generosity of community members and support from the Jewish Federation of Cleveland. This year, the Center received two grants from the Cleveland Foundation and two installments of support from the Cuyahoga County Emergency Food and Shelter Program.

"We're concerned that emergency funding programs such as these will run out before our newly in-need clients' lives recover economically, and before we regain resources and momentum to return to our pre-pandemic reality," said Meira Friedman, Chesed Center manager. "That's why community donations are crucial in the upcoming months."

"We are here to help people who have fallen on hard times so they can focus on getting a new job or getting healthy without the additional worries about putting food on their table."

— Ruth Jacob,  
Chesed Center Office Manager

Yet, nothing will stop the Center from meeting its clients' needs. As one client recently remarked, "This takes one worry off my list. I am no longer afraid of where my next meal is coming from. I'm grateful to have this amazing place and the people who run it in my life. I've learned there is no shame in asking for help. I feel whole again."



Fuchs Mizrahi student helps prepare food bags for distribution. Volunteer Lee Warshawsky takes out bags for deliveries.

### Cleveland Chesed Center

1898 S. Taylor Road, Cleveland Heights, OH 44118

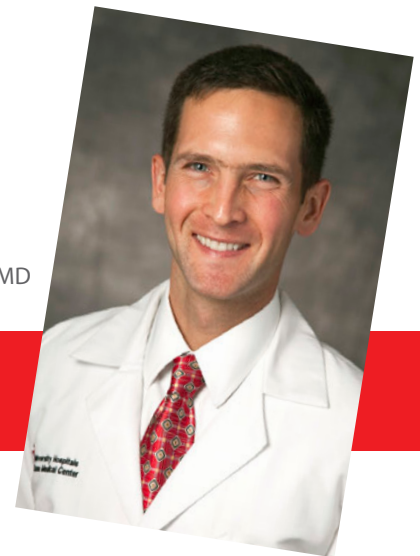
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For volunteer opportunities or to donate online, visit  
www.clevelandchesedcenter.org.



Jason Eubanks, MD



## Signs You Need a Spine Specialist

*Back pain is often temporary, but when should you call your doctor?*

**M**any people have experienced back pain to some degree in their lifetime. In fact, it's one of the top reasons for hospitalization, and the second leading cause of missed work.

### Back pain can be caused by many things, including:

- Structural abnormalities such as disc degeneration or spinal stenosis
- Muscle or ligament strain after lifting or moving something heavy
- Simple wear and tear after a lifetime of bending, twisting and lifting
- In rare cases, tumors, infection, autoimmune disease or fractures

The good news is that most back pain is temporary and improves with rest, over-the-counter pain medications and gentle stretches. However, there are certain instances when it's important to seek out medical treatment.

### Call your physician to make an appointment if:

- Your pain is so severe you can't perform simple tasks
- Your pain doesn't improve after four weeks
- You suffered a recent fall or injury to your back
- You are experiencing unexplained weight loss or fever, or you have history of cancer or osteoporosis

### Call 9-1-1 or visit the nearest emergency room if:

- You experience sudden numbness or weakness in your legs
- You begin having problems with bowel or bladder control
- You have pain radiating down your legs that prevents you from walking

Physicians usually start treatment for an achy back with pain medications and physical therapy, which may include strengthening exercises, heat or ice, and massage. Steroid shots may also be recommended to calm inflamed nerves and worn joints. Imaging studies such as X-rays, a CT scan, or an MRI are often ordered to guide further treatment options.

"Many of the patients I see do not require surgery and respond well to more conservative treatments," says Jason Eubanks, MD, Orthopedic Spine Surgeon at University Hospitals Ahuja Medical Center. "Surgery may be necessary in certain cases to relieve pressure on nerves or fuse spinal segments to stabilize the back; however, every patient

and every back is different," Dr. Eubanks emphasizes. "The key way to find the cause of your pain and what the best course of treatment will be is to make an appointment with a spine specialist."

Regardless of the type of back pain you are living with, it is important to see an expert spine doctor or specialist for back pain for an accurate diagnosis and to help determine an individualized back pain treatment plan.

The good news is that most back pain is temporary and improves with rest, over-the-counter pain medications and gentle stretches. However, there are certain instances when it's important to seek out medical treatment.



You don't have to travel far from home to receive excellent care. To schedule an appointment with a spine specialist at UH Ahuja Medical Center, please call 216.468.5149. You can also learn more about treatment for back pain at University Hospitals by visiting, [www.uhhospitals.org/services/spine-services](http://www.uhhospitals.org/services/spine-services).

### Ahuja Phase 2

Construction is now underway for UH Ahuja Phase 2, which will officially open in 2023. A groundbreaking ceremony will be announced later this year for this \$236 million expansion project that is expected to bring 1,000 new jobs to the community. A 216,000 sq. ft. hospital tower addition and 78,000 sq. ft. sports medicine complex will expand the medical center by more than 68 percent. For more information and to see a virtual tour of the project, please visit [www.tinyurl.com/AhujaPhase2](http://www.tinyurl.com/AhujaPhase2).

# Seth's Soccer Camp

Soccer is ingrained in Seth Rosky's DNA. A Beachwood High School graduate, class of 2020, and college freshman who is majoring in finance, Seth began playing soccer at age 10, when his family moved to Israel.

"Moving there was a hard transition. I didn't know the language, and soccer gave me an outlet to socialize and meet friends," Seth said. "Everyone plays soccer there."

He quickly learned that the game was more than just about participating. "It was about helping each other because everyone wants you to be successful," he said. "All my friends were welcoming. They gave me a chance at real friendship. There were challenges, but the pros of living in Israel far outweighed the cons during the three years that we lived there."

When the Rosky family moved back to the States and settled in Beachwood, Seth continued on his soccer journey by playing at Beachwood High School and

Cleveland Soccer Association (CSA) Impact United, which is now Cleveland Force Soccer.

Last year, one of Seth's mother's friends asked him if he could train her son to help him become more invested in the game. Seth did. Then, another student saw them training and asked if he could also train. Through creative recruiting, word spread, and Seth's Soccer Camp was born. Last summer, Seth trained more than 30 kids.

"I train four to six kids at a time," Seth said. "There is no summer commitment. The program is scheduled each week and once I know who's playing, I divide them by age and skill into groups. We play for an hour during each training session at the Wimbledon Road./Crofton Road Oval."

protocols on safe distancing. Plus, players receive prizes each week.


Seth is also an Eagle Scout, which is the highest achievement or rank attainable in the Boy Scouts of America program. "I first became a scout in sixth grade, when we moved back to Beachwood," he said. "The program taught me discipline and brotherhood, and it helped me to build leadership skills. As an Eagle Scout, I learned the importance of paying it forward. I love teaching, sharing what I've learned, and encouraging others to believe in themselves and achieve their goals."

Seth charges \$15 per hour, per participant. Programs start in April. For more information, contact Seth at 440.429.2023 or sethrosky@gmail.com.

The co-ed program provides opportunities for students in grades 1-5 to learn soccer skills, discipline and teamwork. It also provides opportunities to socialize safely, while adhering to COVID protocols on safe distancing. Plus, players receive prizes each week.

The co-ed program provides opportunities for students in grades 1-5 to learn soccer skills, discipline and teamwork. It also provides opportunities to socialize safely, while adhering to COVID

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**Contact info:**  
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We are launching YP programming this spring.  
Let us know if you would like to be involved by  
emailing [chamber@beachwood.org](mailto:chamber@beachwood.org)!

## Upcoming Online Events

Join us and boost your 2021 business network!

Wednesday, April 14 • 11:45 a.m. • Virtual Luncheon\*  
Marilee MacAskill • Building Connections – The Dale Carnegie Way

April 21 • 8-9 a.m. • Virtual Orientation  
Beachwood Chamber Member Benefits Orientation • Free Event

April 22 • 8:30-9:30 a.m. • Pop-Up Toast and Talk\*  
Dave Yost, Ohio Attorney General

April 22 • 11:45 a.m. - 1 p.m. • Women's Connection • Free Event  
Susan Borison • Your Teen Magazine  
How to Use Blogs and Video to Reach Your Target Audience

April 29 – May 2 • Scavenger Hunt  
Get your team (up to 4 people) together and prepare to complete missions to claim  
the top prize! Visit [www.beachwood.org](http://www.beachwood.org) for details.

\* Free for members. \$5 for non-members.

We are adding additional events for the whole community, so please check our online calendar  
or sign up for our eblast to be the first to know what's happening!



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# CITY OF *Beachwood* Insider

April 2021

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## A MESSAGE FROM MAYOR HORWITZ:



# Spring is here!



Welcome to April! Spring is here and bringing hope and anticipation everywhere we look, from the buds on spring flowers to the plans we start making for summer fun with our families. For more than a year, we've sheltered in place, conducted work and school online, and learned to make mask wearing and increased hand washing a part of our daily lives. But now, with the acceleration of vaccinations across the country, we can see a time when we will turn the corner and return to a life of normalcy.

Thanks to all of you who have worked so hard to keep our community healthy. Beachwood was one of the only cities to have an early mass mask distribution. We were one of the first cities in Ohio to make mask wearing mandatory. Early on, our Community Services Department developed programs for our seniors and homebound residents, including regular wellness phone calls. We developed the nationally recognized BEACHWOOD DELIVERS program to assist our local restaurants and residents by saving them tens of thousands of dollars in delivery charges and other fees. We've provided COVID Care Packages to families with financial difficulties. In the spirit of helping our neighbors, we hosted County Board of Health vaccination clinics at Fire Station #2, where our Fire and Rescue Department helped administer more than 5,000 vaccinations.

All of that hard work has allowed us to look forward to spring and summer. We are making plans to open the Beachwood Family Aquatic Center, with details to be announced later this month. Camps will be open with limited capacity. We've added 50 percent more plots at the Community Garden. Our first Shred Day will be May 16, with two more to follow. We are planning new features for our Beachwood City Parks. And of course, Barkwood memberships continue to grow. We're planning movie nights for the summer and community-wide events this fall.

As Mayor, my goal is to prepare our city for a safe and fun summer. We all want to be with our families and neighbors at the pool, a backyard BBQ or a block party, but to reach that point, we must continue to work together until it is safe to reduce restrictions. As I write this, across the country some states are lifting mask restrictions. That, coupled with increased vaccination numbers, leads people to the false belief that the pandemic is over. In Beachwood, we believe in science. Please continue to wear your masks, wash your hands and practice social distancing. Together, we will all return to a summer of fun and a fall full of festivals.



**LIKE US ON FACEBOOK**  
Facebook.com/BeachwoodOH  
Facebook.com/BeachwoodPolice



**FOLLOW US ON TWITTER**  
Twitter.com/BeachwoodOH  
Twitter.com/BeachwoodPolice

**REGISTER FOR BEACHWOOD eLIST**  
elist@beachwoodohio.com

**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**



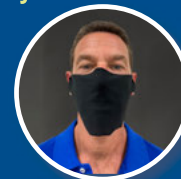
**COUNCIL PRESIDENT**  
216.630.9671

**BARBARA  
BELLIN JANOVITZ**



**COUNCIL V.P.**  
216.406.5914

**JUSTIN BERNIS**



216.509.6509



## 2021 BFAC OPENING!

### THE BEACHWOOD FAMILY AQUATIC CENTER

will open on May 29, 2021! Membership information will be available later this month via social media and [www.BeachwoodOhio.com](http://www.BeachwoodOhio.com). Some COVID restrictions may apply. Questions? Call 216.292.1970.



## RED CROSS BLOOD DRIVE

Blood donations are **by appointment only**. Please call the Red Cross at (800) 733.2767 or visit [www.redcrossblood.org](http://www.redcrossblood.org) to schedule your appointment.

### BEACHWOOD COMMUNITY CENTER

Friday, April 16  
1:00 — 7:00 PM

**SAVE A LIFE. GIVE BLOOD.**

## MASK REMINDER

Our City Playground and Barkwood are considered outdoor gathering areas. Face coverings are required for all people visiting over the age of five.

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](mailto:whitney.crook@beachwoodohio.com). For information about Planning & Zoning and the Architectural Board of Review, please email [veronica.muth@beachwoodohio.com](mailto:veronica.muth@beachwoodohio.com).

## 2020 PUBLIC WORKS DEPARTMENT TOTALS

- Tons of rubbish picked up: **3,878.71 TONS**
- Total tons of recycling materials generated (includes construction material): **3,302.26 TONS**
- Tons of leaves collected for recycling: **941.63 TONS**
- Tons of brush collected for recycling: **781 TONS**
- Tons of computers collected for recycling: **9.87 TONS**
- Tons of tires collected for recycling: **4.07 TONS**
- Tons of household hazardous waste recycled: **1.28 TONS**
- Tons of cold patch used: **9.65 TONS**
- Tons of asphalt used: **178.14 TONS**
- Tons of concrete poured and finished: **248 TONS**
- Dead animals picked up: **128**
- Tree lawns repaired: **81**
- Appliances picked up: **71**
- Skunks caught: **17**
- Special rubbish and recycling pickups: **3,332**
- Resident requests completed: **7,558**
- Number of signs repaired or replaced: **31+**
- Catch basins cleaned: **13**
- Catch basins repaired: **20**
- Sewer action orders responded to and completed: **8,811**
- Sewer laterals televised: **343**
- Trees planted: **219**
- Tree work completed: **1,006**

## Summer activities!

Does your child need something to do this summer? Visit our Virtual Rec Guide Quick Links at [www.BeachwoodOhio.com](http://www.BeachwoodOhio.com), featuring specialty camps, tennis, baseball, soccer, chess and much more!

## UPCOMING MEETINGS

### CITY COUNCIL

Monday, April 5 at 7:00 PM  
Monday, April 19 at 7:00 PM  
Monday, May 3 at 7:00 PM  
Questions? Call 216.595.5462

### PLANNING & ZONING COMMISSION

Thursday, April 29 at 6:30 PM  
Questions? Call 216.292.1914

### ARCHITECTURAL BOARD OF REVIEW

Monday, April 5 at 4:00 PM  
Monday, April 19 at 4:00 PM  
Monday, May 3 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

# BARKWOOD MEMBERSHIPS FOR BEACHWOOD RESIDENTS



Barkwood membership applications are available online at our homepage Quick Link for Barkwood Dog Park. Beachwood residents may complete and email the application along with payment information, **proof of residency**, and vaccination records to [Recreation@BeachwoodOhio.com](mailto:Recreation@BeachwoodOhio.com). Vaccination records may be faxed directly from your veterinarian's office to the Community Services Department at 216.292.1976. Annual membership registration requires a \$25 fee for key fob access. Barkwood is considered an outdoor gathering area; face coverings are

required for all people over age five. Questions? Call 216.292.1970.

## Thank you

A hearty thank you to everyone who supported our Beachwood restaurant community via BEACHWOOD DELIVERS. At the time of this writing, we have delivered more than \$65,000 worth of local restaurant meals free to Beachwood addresses. This has saved our participating restaurants nearly \$20,000 in fees. **You're the best!**

**Beachwood DELIVERS**

## THE SCOOP ON DOG POOP



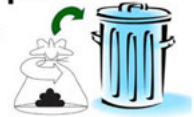
Please scan the QR Code to view a 30-second animated short about dog poop and waterways.

The video was created by the Northeast Ohio Regional Sewer District.

### POOP POLLUTES!



Please carry a bag and pick up after your pets.



## HYDRANT FLUSHING



The Fire Department will be conducting hydrant flushing from **Saturday, May 22** to **Saturday, May 29**. Signs will be posted. Hydrant flushing may occur on your street on any day during that week. Should you encounter discolored water, please run the COLD water until it runs clear. For more information, call 216.292.1965.

## NEW ART EXHIBIT

BEACHWOOD COMMUNITY CENTER

*VISIONS IN COLOR*

April 5 to May 24

BY APPOINTMENT

Featuring work by:  
Michael Winston  
Howard Hitchcock

Visit the exhibit online or call 216.595.3733 to schedule an in-person appointment.  
Monday to Friday, 9:00 AM to 3:00 PM



# City Insider



# FIRE DEPARTMENT STATS FEBRUARY 2021

EMS Runs:	254
MVA:	5
Fire:	82
Monthly Total:	341

Members of the Beachwood Fire Department come to work every day ready to make sure that Beachwood residents and businesses are protected. With a collective effort of all City Departments, we continue to provide the highest level of emergency services while continuing to take the necessary steps to combat COVID-19.

We thank you for your support, invite you to follow us on our Beachwood Fire Department Facebook page, and remind you that we can't help you if we can't find you!

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

## FREE MULCH!

- STARTING APRIL 19
- 7:30 AM TO 3:30 PM

12 bags of FREE mulch available per resident household.  
Proof of residency and Driver's License required.

Available at Public Works Shipping and Receiving:  
23355 Mercantile Rd.  
216.292.1922



## BARKWOOD SPECIAL REVENUE FUND

The Barkwood Special Revenue Fund was created to enhance Barkwood Dog Park. If you wish to donate, please write your check to City of Beachwood, note the fund on the memo line, and drop it off at City Hall or mail it to: Beachwood City Hall, 25325 Fairmount Blvd., Beachwood, Ohio 44122. If you have an idea about how you would like the funds applied, please note your suggestion. Funding ideas to date include: benches, shade, maintenance, agility equipment, and a water bottle dispenser. Suggestions are welcome!

## ONLINE SEWER TOWN HALL

Learn more about present and future sewer projects within Beachwood!

**WEDNESDAY, APRIL 28 07:00 PM**

Register at [Sewer Town Hall](#) Quick Link at [www.BeachwoodOhio.com](http://www.BeachwoodOhio.com)

## KNOW THE RULES

### RECYCLE RIGHT

DO NOT RECYCLE any of these items in your curbside bin:

- ❑ Plastic bags, wraps and netted produce bags. Bags wrap around the gears, wheels, and machinery at the recycling plant which clogs up the separation process and eventually shuts down the plant
- ❑ Plastic coffee pods, single-use cups, plates or utensils
- ❑ Yogurt cups & tubs or berry and produce containers
- ❑ Flower pots. Empty plastic flower pots, packs and flats should be reused or placed in the trash
- ❑ Plastic blister packaging
- ❑ Plastic takeout containers, Styrofoam packaging, Styrofoam cups and Styrofoam food containers
- ❑ Hangers, durable plastic or toys
- ❑ Cat litter containers and 5-gallon buckets
- ❑ Empty motor oil and antifreeze jugs. These containers may have residue of the hazardous materials



*Jump hurdles, a generous donation by Rick Fishman and his dog Crispy*

## THE GATHERING PLACE

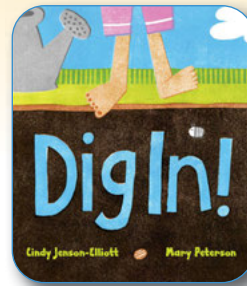
Last month, the Beachwood Fire Department raised money to benefit The Gathering Place, a Beachwood organization that offers **free** programs and services to individuals and families who have been touched by cancer.



To make the donation more special, BFD staff arrived in a fire truck and ambulance to deliver the check.

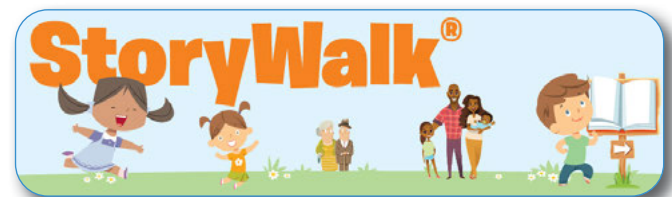
To learn more about The Gathering Place, please visit [www.touchedbycancer.org](http://www.touchedbycancer.org).

## STORYWALK IN THE PARK



The April book featured on the StoryWalk® in Beachwood City Park East is *Dig In!*, written by Cindy Jenson-Elliott and illustrated by Mary Peterson. It is about a little boy who digs, plays, and explores in his garden.

The StoryWalk® Project was originally created by Anne Ferguson of Montpelier, VT, and developed in collaboration with the Kellogg-Hubbard Library to help build children's interest in reading, while encouraging healthy activity for children and adults. StoryWalk® is a registered service mark owned by Ms. Ferguson.



### PICK UP AFTER YOUR DOG

It's the law! (Beachwood City Ordinance 618.12)

## EMERGENCY MESSAGES

In order to receive emergency messages from Beachwood, please create a CodeRED account by clicking on the red circle icon on the left hand side of our home page at [www.BeachwoodOhio.com](http://www.BeachwoodOhio.com).

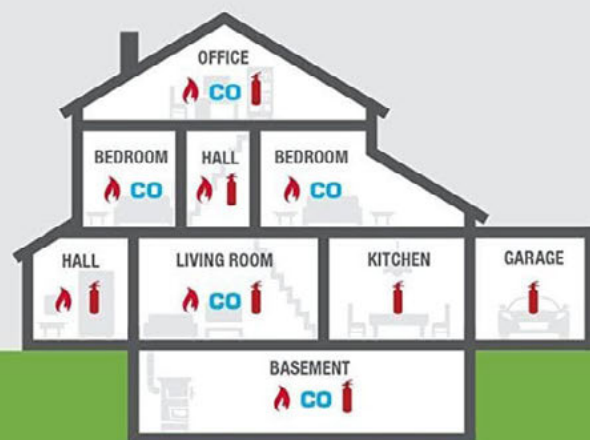


## CHECK YOUR DETECTORS

Last month, you changed your clocks. Did you change your smoke detector batteries and test your detectors? WORKING smoke detectors save lives! Consider installing detectors with 10-year batteries and consider placing CO alarms and fire extinguishers throughout your home/business. The picture below is a recommendation for detector locations in your home. You should be able to find these items at your local home improvement or big box stores.

### Are You Protected?

-  **Smoke & Fire Alarm**  
One on every level and in every bedroom
-  **Carbon Monoxide Alarm**  
One on every level and in every bedroom
-  **Fire Extinguisher**  
One on every level, plus kitchen and garage





**FREE**

## PERSONAL SHREDDING SERVICE

Bring all your personal documents, mail, files and have them shredded on-site for FREE!

Service is available to all Beachwood Residents (Proof of residency required)

Shred up to 6 bankers boxes OR 12 blue grocery bags at no charge.

Staples, paper clips, metal or plastic binders accepted.

**DUE TO COVID REGULATIONS: ALL ITEMS MUST BE PLACED IN TRUNK NOT BACK SEATS BOXES WILL NOT BE RETURNED WHAT WE TAKE OUT GETS SHREDDED EVERYONE MUST STAY IN THEIR CARS**

**RAIN OR SHINE!**

**SUNDAY, MAY 16**

**9:00 AM – 12 Noon**

**COMMUNITY CENTER PARKING LOT**



## SOFTBALL & BASEBALL REGISTRATION NOW AVAILABLE

### SOFTBALL

- \*Rookie Girls 07 to 8 yrs.
- \*Minor Girls 09 to 12 yrs.

### BASEBALL

- Novice Coed TBall 05 to 6 yrs.
  - \*Rookie Boys Coach Pitch 07 to 8 yrs.
  - \*Minor Boys Player Pitch 09 to 10 yrs.
  - \*Major Boys 11 to 12 yrs.
  - \*Pony Boys 13 to 14 yrs.
- Age as of August 31, 2021
- \*May play in other communities.



Resident: \$75  
NonResident: \$95

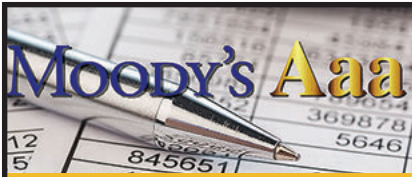
Registration began March 1. Register online at: [www.beachwoodohio.com/registration](http://www.beachwoodohio.com/registration)  
No phone registrations accepted.

Questions? Call Community Services at 216.292.1970 or email [frank.vicchiarelli@beachwoodohio.com](mailto:frank.vicchiarelli@beachwoodohio.com)

Practice starts the week of May 3  
Registration will continue until leagues are full

## PARENT COACHES NEEDED

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



## Beachwood earns Aaa Bond Rating

Beachwood Schools had its **Aaa bond rating** reconfirmed in early March. Earning the highest rating possible was welcome news as the financial standards to do so continue to be raised. The Aaa rating garners the district lower interest rates on borrowing, which saves taxpayers millions of dollars in interest costs on its debt service. This rigorous rating process entailed producing an official statement (similar to a prospectus) and holding a rating conference with Moody's, the credit rating service.

Moody's analysis of the district was exceptionally positive and is a credit to the prudent fiscal stewardship demonstrated by **Treasurer Michele Mills** and the **Beachwood Board of Education**. The credit rating analysts pointed to Beachwood Schools' *strong fund balances, low levels of debt, steadfast community support, and growing enrollment* (we are among a very small number of districts in the Midwest that are growing) as reasons for our top rating.

The rating analysis was completed in preparation for refinancing debt associated with our high school renovation project from 2010. Treasurer Mills has consistently refinanced debt when lower rates become attractive. Refinancing and paying down debt has proven to be a successful strategy to maintain our district's excellent financial position.

# Winter Sports Review

Our winter sports athletes and their coaches made it through a season with many restrictions and challenges due to COVID-19. We congratulate them on their many accomplishments; some highlights are listed below:

**Elizabeth Metz** capped off her indoor track high school career with a state championship in weighted throw and set two school records this year in shotput and weighted throw. The boys 4x800 relay team, composed of **Caleb Berns, Jack McPhillips, Greg Perryman** and **David Steckner**, won a state championship and set a school record for this event. Overall, the boys indoor track team finished as the state runner-up. Indoor track coach, **Willie Smith**, was named NFHS Coach of the Year, a well-deserved national honor.

**Seth Warner** completed his high school diving career by earning his spot on the medal stand with a 4th place finish in the state diving competition. His swim team peers ended the season in impressive fashions as well, with **Emily Fan** and the boys relay team of **Grady Bystrom, Viet Nguyen, Sam Ornstein** and **Lucas Yang** qualifying for the state meet. Emily also broke a school record in the 100 meter breaststroke this season. Congratulations to **Coach Brad Burget** on leading his team to these achievements despite the pandemic.

Bison wrestlers **Joshua Greenwood, Uzonna Nzekwe** and **Eric Steckner** qualified for Districts in the state tournament. Enduring seasons interrupted by quarantines, girls and boys basketball team members **Madison Prince, Daryl Houston, Nathan Lurie** and **Jalen Minter** still earned All-District honors. Daryl was also celebrated for scoring his 1,000th point as a Bison.



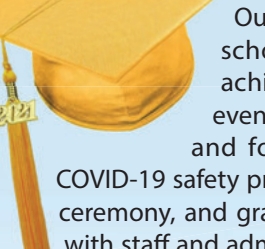


#### ADMINISTRATION

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



## Celebrating the Class of 2021



Our Senior class has endured a final year and a half of high school unlike any other. We know this resilient and high-achieving group deserves all the memories that milestone events at the end of high school provide to them individually and for their family and friends. Working creatively within COVID-19 safety protocols, we are planning the Class of 2021's prom, awards ceremony, and graduation. The seniors' prom committee has been working with staff and administrators to plan a fantastic event that will take place on May 15th in and outside of the high school gymnasium, followed by the traditional after-prom organized by parent volunteers. ***In partnership with the City of Beachwood, we will roll out a Senior Car Parade through Beachwood on Friday evening, May 21st. Please mark the date on your calendar to come out to the parade route and cheer on our seniors and their families.*** On May 25th, we will honor our seniors with a virtual awards ceremony where dozens of generous donors will present their scholarships and awards. The public can watch this streamed event live on the district's YouTube channel. To cap it all off, our seniors will receive their diplomas in person, with their families cheering them on, safely spaced outdoors at the high school main stadium on June 1st.



## Board of Education NEWS

### Recent Resolutions:

- Guaranteed Maximum Price for facility projects
- Organizational Chart reflecting changes for operational efficiency
- Public hearing on 2022-2023 school calendar

### Future Resolutions:

- Adjustments to staffing based on 2021-2022 school schedule
- Continuing contract (tenure) status approved for five Beachwood teachers
- Teacher summer curriculum writing hours
- Landscaping/mowing contract

### Board Meeting Calendar:

- Monday, April 12, 2021 @ 7 pm
- Monday, April 26, 2021 @ 7 pm



Congratulations to the many Beachwood DI teams that performed exceptionally well at the recent virtual regional tournament and to our advisors **Shelly Lewis** and **Tara Warner**.

- Both Beachwood High School teams came in first place!  
***Ooga Booga*** and ***The Happy Group: Unsolved***
- Three Middle School teams qualified for the state competition!  
***Dramatic Detectives***, ***The Fearsome Five***, and ***The Crewmates***
- Three Hilltop teams qualified for the state competition!  
***The Gaming Five***, ***The Undefeatables***, and ***Flock on the Block***
- Two Rising Stars teams from Bryden also competed  
***Go Critters*** and ***Awesome Amazing Hilarious Kings***

## Construction Update

Exciting upgrades to our facilities across the high school campus will take place this summer. Our architects and engineers are finalizing construction documents and the work is being bid out to contractors for the following projects that will serve our students and community:

- Softball stadium
- Natatorium renovation
- High school parking lot renovation

In addition, the district's maintenance building at the corner of the main stadium and a significant retaining wall between the high school and middle school are being replaced.



Visit us at [www.beachwoodschoools.org](http://www.beachwoodschoools.org)



[www.facebook.com/BeachwoodBison](https://www.facebook.com/BeachwoodBison)



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

# Social Emotional Learning through Music

**A**dina Bloom, a BHS graduate, vocal coach and prevention specialist, has been working with Darlene Haight and Beachwood Middle School and High School choir students to integrate social emotional learning units into the music curriculum. Darlene is the schools' choir director.

Adina and Darlene know the importance of social and emotional skills and awareness, whether in or out of the spotlight. They created this program to help students connect musically, while working on becoming their best selves.

"These units have been very impactful," Darlene said. "Each one starts with a monologue, an open-ended question for discussion, and songs that emphasize the objective. We talk about assumptions and how they lead to our thoughts and actions."

For example, one unit dealt with anger. Adina further explained: "Someone may assume that every little thing that doesn't go our way is reason to become angry. Through dialogue, we help students edit assumptions so they make more sense. They

may talk something through, use breathing techniques, ask questions, or reframe circumstances based on new information. Regarding anger, students learned that there are some things that may not be important enough to get angry about, and we can let go of them."

*Students learned to pay attention to their choices, recognize that choices don't just happen, and realize the power they each have within to guide his or her own life.*

Then, each emotion correlates to at least one song. For anger, it was "Let It Go."

Journaling, art, songwriting, and STEM are integrated into the lessons as well. Conversations included the point at which water boils, which was correlated with what it means when someone is at their boiling point.

"Throughout the program, students developed greater abilities to recognize and manage emotions, build self-acceptance and self-confidence, develop empathy for others, and build healthy relationships," Darlene added. "They also learned how to be aware of and edit assumptions on which their choices are based."

Students learned to pay attention to their choices, recognize that choices don't just happen, and realize the power they each have within to guide his or her own life.

## Student Rap Songs, Created from Journal Entries

### So Many Choices by Miriam Aschkenasy



So many choices what to pick  
It's giving me a headache and making  
me sick  
So many thoughts it's making me confused  
So many words my brain is bruised

People make thousands of choices  
every day  
What to eat, what to do, what to say  
Go on an adventure to the mall  
Picking out pumpkins in the fall

Before you make a choice pause and think  
Sometimes you should rethink  
Everyone can make even a small  
change in the world  
So we will be living in our dream world

Some choices lead to success  
While other lead to stress  
My life could have been a mess  
But my choices will lead to success

### Overthinking by Randall Brown



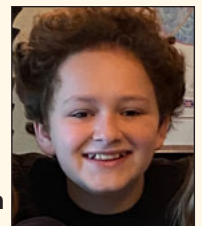
I'm always worried if things don't go as planned  
I always think about what's going to go bad,  
beforehand  
When I'm taking a test I always think I'm gonna fail  
I never feel like I'm ever going on the right trail

People always tell me to stop overthinking  
They say to stop worrying it just the beginning  
They don't get that it's not the easy  
They think it will go away just so briefly

But I need to remember not everything's  
going to go wrong  
It turns out I was just overthinking all along  
Something bad might happen but something  
good can happen too  
So I won't let the assumptions make me  
feel blue

Not being stressed makes me feel good  
I realized I just misunderstood  
If I take a deep breath I'll feel refreshed  
I got to make sure I'm at my best

### Turning Back by Cameron Feuerman



I said something bad  
I feel so sad  
I should've thought before I spoke  
But now I feel so broke

I made people sad yeah, it's true  
You don't know what to do  
When everyone is mad at you  
I feel so blue

I try to apologize but I can't  
I try to crush these problems like an ant  
I try to explain myself  
I let the problem sit like an elf on the shelf

I plead my case  
And now I feel back in place  
I feel better because they accepted  
Something that was not expected



# Beachwood High School Creates Knitting Club

The Beachwood High School Knitting Club was created last year by Emily Fan, Vidula Jambunath and Maya Velazquez. When Emily brought a knitting project to work on during down time at a student council retreat, students created buzz around knitting and the club was born.

"While we were talking about creating items to donate, one idea led to another, and Katie Cicero-Sega, a school counselor and Student Council advisor, asked if we would be interested in starting a club," Emily explained.

Now in its second year, the club has eight members, and its founders reached out to the Rape Crisis Center at Shaker Square to see if they might help victims of sexual abuse. The idea was embraced, and students began knitting 20-inch strips to be joined together to create blankets.

"We chose the center because we wanted to do something to comfort victims of sexual abuse," Vidula said.

"We recently dropped off two blankets, which were then given to victims of human trafficking.

"Knitting is a nice hobby that allows me to settle down and be productive," she added. "Plus, it provides opportunities to build skills and help others."

In addition to knitting blankets, club members wanted to raise awareness of this Shaker Square resource. "Human trafficking is far too common, and it's important to show these victims that they are not alone, they will make it through extremely difficult times, and there are resources out there that help," Vidula said. "Students and adults in our community may not be aware that this center is in the vicinity, with

volunteer opportunities to help the center work toward its mission."

Emily, Vidula and Maya wish to build the club's membership so the club is still relevant after they graduate. Emily is a senior, and Vidula and Maya are both juniors.

"Everyone is capable of making a contribution, so we hope to inspire more people to donate their time through tasks as simple and enjoyable as knitting," Maya said. "This COVID-friendly project created an opportunity for us to give back to the community and comfort victims."

To make a larger impact through donations, the Beachwood High School Knitting Club is opening its

doors to the community. They meet virtually on Wednesdays, and participants knit whatever they'd like.

*"Everyone is capable of making a contribution, so we hope to inspire more people to donate their time through tasks as simple and enjoyable as knitting," Maya said.*

To learn more, email [beachwoodknitting@gmail.com](mailto:beachwoodknitting@gmail.com).

To learn more about the Rape Crisis Center, call 216.619.6194 or visit [www.tinyurl.com/CRCCShakerSquare](http://www.tinyurl.com/CRCCShakerSquare).



Emily, Vidula and Maya drop off donations at the Cleveland Rape Crisis Center.



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# Sophie Last Seen, a USA Today Best-Seller

When Marlene Adelstein ventured from her Beachwood home to attend NYU film school and build a career as a film development executive for top Hollywood producers, she didn't know that her path would lead to the Hudson Valley, a peaceful haven for artists and writers, to earn her living as a freelance editor of novels and memoirs. This location also provided inspiration for her to write her debut novel, *Sophie Last Seen*, a USA Today best-seller.



The story is about Jesse, whose 10-year-old daughter, Sophie, had disappeared from a shopping mall six years earlier, never to be found. Jesse works at a bookstore and lives in a state of self-destructive limbo as she navigates through life. When Star, Sophie's best friend, begins working there (it's her dad's store), an uncomfortable alliance begins. Star carries her own secrets about the day, tension builds, and these two wounded souls come together to discover the truth.

Marlene chose this topic because she was inspired by the real-life case of Etan Patz, a young boy from Soho who disappeared in 1979 and was never found. Marlene had seen flyers posted of this little boy and often thought about how his poor mother could move forward. A vivid dream also led Marlene down the path of this storyline, one that included her own missing child (fictitious), her inner child, and the news story about Etan.

"This is an inspiring tale of one woman's journey in search of the truth about her missing daughter," Marlene said. "It weaves together themes of forgiveness, romance, and acceptance."

Marlene explained that Jesse, a lapsed artist who is now divorced from Sophie's dad, lives a fairly secluded life and is stuck, grasping for clues to her daughter's whereabouts. Sophie is a very special child: bright, creative and moody, who

often had tantrums when things weren't just so. She also had an obsession with birds. When Jesse and Star reunite, they decipher a message from Sophie's birding journal that points to an entirely new explanation for her disappearance, and they set off together on a road trip in hopes of discovering some kind of resolution.

"Sophie's character was developed as a spirited child because photos of missing children are often portrayed with smiles, as though they're the happiest kids on the block," Marlene said. "I wondered, what if this child wasn't so perfect? What if she wasn't at all like her smiling photo? I created her character to include special gifts and to further layer the story."

Marlene created a bird theme because when she was on the Vineyard at her family cottage, she repeatedly saw a homeless man who was sleeping on the beach. As she watched him every morning, she became obsessed. "He had an elaborate routine and it occurred to me that I was watching him as though he were a bird, and I transferred my actions to Sophie's character, developing birds as her passion."

The story reveals how Jesse learns to deal with grief, move on with her life, and accept her daughter for who she was. It unfolds like a movie, scene by scene, thanks to Marlene's professional background.

"Parenting, divorce, spirited children, hoarding, and social acceptance are other themes that run through the story," Marlene said. "I want readers to understand that there is no time limit on grief, neither is there a right or wrong way to grieve. I also want them to know that art can be therapeutic and healing. In the end, I hope *Sophie Last Seen* is uplifting and inspiring. It is both a tale of heartbreak and eternal hope."

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Next up for Marlene is a comic novel about a struggling novelist who, after a recent breakup, takes in an elderly tenant, an overlooked painter with secrets, and how these women help each other overcome their personal obstacles. She's also working on a memoir in essays that deals with a time in her life when everything was falling apart – converging in a crazy vortex of loss and grief – and how sometimes you just have to learn to let go of all you can't control.

Marlene truly follows her passion. "I've been writing quietly for many years. Part of me wishes I had started earlier. I'm a slow writer, but that's okay, I get the job done."

Her advice to wannabe authors? "Write, stick with it, and don't be afraid. Editing makes your story come alive and persistence is key."

When Marlene is not reading other people's manuscripts or writing her own, she may be found walking in nature, and listening to the songs of the birds.

*Sophie Last Seen* may be purchased on Amazon. For more information, visit [www.marleneadelstein.com](http://www.marleneadelstein.com).

Marlene's advice to wannabe authors?

"Write, stick with it, and don't be afraid. Editing makes your story come alive and persistence is key."



# Beachwood Historical Society Contest

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 promotes 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:

Who painted this utopian version of Beachwood, Ohio? Where is this painting located?

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

All correct answers received by April 15 will be entered in a raffle for a \$50 gift card.

### Last month's challenge:

List at least three uses of this building throughout history. Where was it located?

### Answers:

Beachwood Fire Department, Beachwood Arts Council City Hall/Village City Hall Mayor's Office and/or Beachwood Police Department  
Congratulations to Ellen Hacker, last month's winner!

## History of The Village Hall of Beachwood

On May 14, 1929, the Village of Beachwood purchased the temporary wooden building from the Beachwood Board of Education for \$3,887.19. That same year, the red brick schoolhouse was demolished and the wooden building was moved to the exact location of where the red brick schoolhouse stood, at the corner of Fairmount

Blvd. and Richmond Rd. A basement was dug and a lower garage was added. This building then became the first permanent Village Hall of Beachwood. The rear portion of the building, which formerly housed the fire department, was added in 1961. The front of this building became The Beachwood Center for the Arts.



The building was demolished in 2003 to make way for con-

struction and renovation of the Beachwood Municipal Center.

## Cantor Vladimir Lapin to be Installed as Cantor of Fairmount Temple, April 9-10

Anshe Chesed Fairmount Temple in Beachwood will celebrate, virtually, the installation of Cantor Vladimir Lapin, April 9 – 10. Cantor Lapin, who previous served as cantor at Temple Beth-El in Great Neck, NY, received his cantorial ordination from Hebrew Union College-Jewish Institute of Religion's Debbie Friedman School of Sacred Music, from which he also holds a master's degree in Sacred Music. Cantor Lapin becomes the second ordained Cantor to serve in Fairmount Temple's history. He follows Sarah Sager, who became the temple's Cantor Laureate in July, following her 40 years of serving as Cantor.



These virtual opportunities, open to all, are an avenue to welcome Cantor Vladimir Lapin and his family to the community. The services and concert will be streamed live at [www.fairmounttemple.org](http://www.fairmounttemple.org), click on live-stream.

### Friday, April 9 • 6:15 pm

Shabbat Service Celebrating the Installation of Cantor Lapin

During this service, the Fairmount Temple clergy will be joined by special guests, Rabbi Rachel Steiner, Senior Rabbi of Barnert Temple in Franklin Lakes (NJ), and Cantor Claire Franco, Community Synagogue, Port Washington (NY).

### Saturday, April 10 • 9:15 am

Torah Study with Rabbi Elle Muhlbaum, member of the senior leadership team. This study is available via Zoom only – RSVP to [jmarmaros@fairmounttemple.org](mailto:jmarmaros@fairmounttemple.org).

### Saturday, April 10 • 11 am

Join the Fairmount Temple clergy for a beautiful Shabbat morning service.

### Saturday, April 10 • 8 pm

Enjoy a Havdalah Concert with Pizmon, a co-ed Jewish a cappella group that offers Jewish music as a source of inspiration.

For complete details, visit [www.fairmounttemple.org](http://www.fairmounttemple.org) or the temple's Facebook page. Questions? Call 216.464.1330.

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## PTSD In Holocaust Families To Be Explored by Expert Psychologist

Two-Part Series Will Continue with Talk on Sibling Relationships

**D**r. Irit Felsen, Israeli daughter of Holocaust Survivors, clinical psychologist and researcher, will discuss anxiety, other post traumatic reactions, and sibling relationships within Holocaust Survivor families in a two-part webinar that will take place on Thursday, April 15, and Thursday, April 29.



During the April 15 session, Dr. Felsen will explore research on how children and grandchildren of Survivors cope with life's difficult transitions and crises, plus offer techniques that have enabled successful handling of such events.

The discussion will continue on April 29, when Dr. Felsen shares rare research examining sibling relationships and how family trauma impacts their interactions. Dr. Felsen will include methods that have been successful for enhancing healthy change.

Based in the United States for the past 21 years, Irit Felsen, Ph.D., retains deep ties to her native Israel. She earned a bachelor's degree in psychology from the University of Haifa and a master's

degree in Clinical Psychology from the Hebrew University of Jerusalem before traveling to Germany and the United States to complete postgraduate and postdoctoral training.

These webinars are presented by Kol Israel Foundation, with support from B'nai Jeshurun Congregation in conjunction with the Sam and Ida Zelwin Family Fund. To register, visit [kifcle.org/felsen](http://kifcle.org/felsen).

Kol Israel Foundation is a 61-year-old nonprofit organization founded by Holocaust Survivors who settled in Cleveland after liberation. Today, Kol Israel is managed by descendants of Holocaust Survivors and is dedicated to resilience, remembrance, and Holocaust education.



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# The Story Behind StoryWalk®

StoryWalk® is an innovative and delightful way for children and adults to enjoy reading and the outdoors at the same time. Laminated pages from a children's book are attached to wooden stakes that are installed along an outdoor path. As you stroll down a StoryWalk® trail, you're directed to the next page in the story.

Last year, the Beachwood Library, in conjunction with the City of Beachwood, installed a StoryWalk® at Beachwood City Park East, and the story changes every month.

StoryWalk® was created 15 years ago by Anne Ferguson in Montpelier, Vermont, with help from Rachel Senechal, former development programmer of Kellogg-Hubbard Library. Anne was a healthcare professional who wanted to create something that would get adults moving. Her dad was a librarian, so the idea of literacy was always in the forefront.

"I was a chronic disease prevention specialist with a focus on adults," Anne told us. "Children were active while parents stood around chatting, and I wanted to encourage parents to be as active as their children were. Active parents have active children, and physical activity is a key component to chronic disease prevention."

Once Anne came up with the concept, she worked out details with an attorney, copyrighted the name and idea, and ran it past co-workers at the health department to get their reaction.

"They didn't have funding, but said they would try it for a month," Anne said. "Although the first installation was well received and got great feedback, I wasn't

allowed to do this as part of my job, so I did it on my own."

Anne created StoryWalk® with three goals in mind: physical activity for everyone, promotion of early literacy, and to get families together outside in nature. She wanted to use existing books and learned that a book may be legally used, without permission, if the page is authentic and the text and size remain unaltered.

*"It's a labor of love," Anne said. "I used to track where each StoryWalk® was popping up, and I stopped when it hit all 50 states and 12 foreign countries."*

StoryWalk® was never designed to be a money-making project and is now supported solely by donations from the public. The program's success is due to partners who understand how this idea brings an educational, fun activity to their community. There is no cost to install a StoryWalk®. Anne just asks to be credited for each installation and when programs are publicized.

"It's a labor of love," Anne said. "I used to track where each StoryWalk® was popping up, and I stopped when it hit all 50

states and 12 foreign countries. It's been amazing. I've received emails with great feedback from India, Estonia, Spain, Austria and New Zealand.

"I'm thrilled with how many people are using it," she added. "During the pandemic, communities have been looking for ways to do creative community outreach, so there's been a StoryWalk® explosion. More than 800 libraries joined on in the past year."

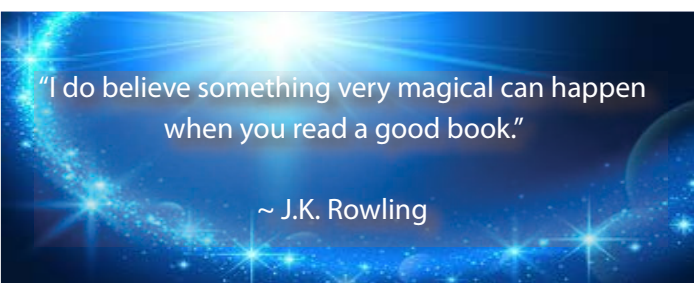
Take a stroll through Beachwood City Park East and see firsthand how this program benefits our community. The April story is *Dig In!*

To learn more, contact the Beachwood Library at



Anne Ferguson, StoryWalk® founder.

216.831.6868 or Anne at [storywalkvt@yahoo.com](mailto:storywalkvt@yahoo.com).





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Furniture makes the bones of every room. We have all kinds of seating, tables, servers, chests, cabinets, armoires, desks and more for your living, dining, sleeping and work spaces.

French sculpture from the 19th and 20th centuries is one of our speciality areas, although we carry other European and American works from the 18th century to today.

Humans have used boxes for millenia, and they are still a very unique way to add style to your home. We carry many different types of boxes, from Doré, enameled, crystal, wood, inlaid and porcelain, and we have a box to fill your needs.

Wall art can define a space. We specialize in fine American

and European oil paintings and watercolors from the 17th, 18th, 19th and 20th centuries. Whether you appreciate styles such as Old Master, Impressionist or Modern, or you look for subjects such as landscape, portrait, still life, or abstract, we have it.

We have many beautiful glass art pieces that would also add vibrance to your home, from Gallé, Tiffany, Steuben, Daum, and LaLique. There is something for everyone.

We offer decorative and fine arts that are both beautiful and useful to fill out fill any space. You can add whimsy to your home with Victorian Fantasy objects or understated elegance with a Tiffany vase.

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a range of estate, vintage and antique jewels for women and men, whether you are looking for rings, earrings, bracelets, necklaces, timepieces or cufflinks.

We also specialize in handbags, scarves and fashion items, and if you don't see something specific on the website, please ask!

Greenwald Antiques, founded by June and Larry Greenwald in 1959, was born out of their love of art, collecting, and history. That love and enthusiasm was passed down to their son Ron, who currently owns and operates the company.

"We are buying every single day," Ron said. "Please check out our website at [www.greenwaldantiques.com](http://www.greenwaldantiques.com) to view our latest acquisitions. If you love

it, come and buy it today because, as June always used to say, 'the last thing in is the first thing out!'"

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*"Please check out our website at [www.greenwaldantiques.com](http://www.greenwaldantiques.com) to view our latest acquisitions. If you love it, come and buy it today because, as June always used to say, 'the last thing in is the first thing out!'"*

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Greenwald Antiques also provides professional estate sales services for select fine homes with notable collections. Please call 216.839.6100 if you are considering a partial or total liquidation of an estate.

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2021 Benjamin Moore Color Trends



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**M**any people know Dunn Hardware as the leading supplier of Benjamin Moore Premium Paints in Northeast Ohio. But did you know that Dunn has an entire Design Center, too? Our friendly staff is ready to help you kick start your design projects.

Painting is a quick, easy way to update the look of any room, and can be an obvious place to start. Dunn can provide any number of paint product options to suit your needs, with low odor and zero VOCs like Benjamin Moore's top of the line Aura, a rich paint that provides a beautiful and exceptionally color-fast finish.

There is also Benjamin Moore's SCUFF-X, an exciting new product that actually resists scuffing. It's perfect for many applications, both in commercial settings and in the home. SCUFF-X has gained fans nationally, and in the local area, too. The Maltz Museum of Jewish Heritage just used it to paint many of the walls for their current blockbuster exhibit, *Notorious RBG: The Life and Times of Ruth Bader Ginsburg*. If it can take that much traffic, imagine what it can do for your mudroom, stairways and halls!

Dunn's seasoned paint professionals can help you select the best product for any application, and their color

consultant, Karen Scully, is on hand to help with color selection, too. Karen (BFA, Columbus College of Art and Design) has been working with color since 1985. She helps in the store at the color chip displays, but where she really shines is during in-home color consultations. She sees the architecture and the style of furnishings in a client's home, and makes recommendations that help to bring a design scheme together. Karen also advises on wallpaper and fabric selections from Dunn Hardware's Design Center. Dunn carries elegant designs from Thibaut, Philip Jeffries, Schumacher, York and more.

In addition to a fresh coat of paint, adding new wallpaper, fabrics, window treatments, or cabinet hardware can also be a great way to update a space, and that is where Dunn's Design Center comes in. They have the largest selection of sample books and displays in the area, and are always expanding their offering. Friendly staff members

are on hand to help with selections, too.

Educating customers about what they are buying is important at Dunn, and their team of professionals is eager to demystify the process, especially when it comes to blinds and shades. Tiffany Massing (MFA Slade School of Art, London) manages the Design Center. She and team member Judy Longstreth have years of experience selling window treatments between them, and are happy to work with you in the store or at your home to find the best and most beautiful solution to your window covering needs. Best sellers include products from Hunter Douglas and Graber, but Dunn has access to many other lines depending on a project's requirements.

Dunn works with both retail customers and professionals in the business, including contractors and designers. Store owners Abby and Jamie Stadlin (Beachwood High School class of '92) are determined to

offer the very best service and competitive prices.

"We won't be undersold," Abby says. "And getting your job done right is our top priority."

Dunn Hardware is open seven days a week to serve you, at 5144 Wilson Mills Road, across from Richmond Mall. Call the Design Center at 440.720.0411, ext. 3, with any questions or to schedule an appointment. In-home color consultations are \$120 for two hours, and entitle the customer to two-for-one color samples and a savings of \$10/gallon on any premium product from Benjamin Moore.



Color Consultant Karen Scully



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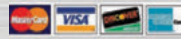
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# At Eastside Landscaping, "Details Make the Difference"

Spring is here and it is time to start thinking about the outside of your home. When Eastside Landscaping sends a crew to your yard, they remove leaves and debris from the lawn and beds, trim groundcover, cut down remaining grasses and perennials, and establish bed edges.



Installing mulch in garden beds, seeding bare areas of the lawn, or replacing unhealthy or dead plants will add instant curb appeal. An addition of perennials will provide color and texture that will return year after year, while a planting of annual flowers will give you the opportunity to install a fun, splashy color theme that you can change according to next year's whim.

handcrafted fence or pergola, a custom outdoor fireplace or firepit, a water feature, or a state-of-the-art outdoor kitchen will enliven your yard and provide you with an entertainment space to enjoy with family and friends.

Whether you plan to install a new landscape or renovate your existing one, a well-thought-out plan will transform ideas into a functional and aesthetically pleasing yard.

your existing one, a well-thought-out plan will transform ideas into a functional and aesthetically pleasing yard. Allow the designers at Eastside Landscaping to discuss all of the details with you. Eastside is a full-service landscaping company that has been providing snowplowing, landscape maintenance, and design/build construction services for homeowners on Cleveland's east side for more than 35 years.

This spring, allow us to spruce up your property. At Eastside Landscaping, "Details Make the Difference."



If you're seeking a new look for your outdoor living space, you might want to consider replacing a walk or patio, making drainage improvements, or installing landscape lighting. The addition of a custom screened porch, a

Whether you plan to install a new landscape or renovate

For more information, call us at 216.381.0070 or visit [www.eastside-landscaping.com](http://www.eastside-landscaping.com).

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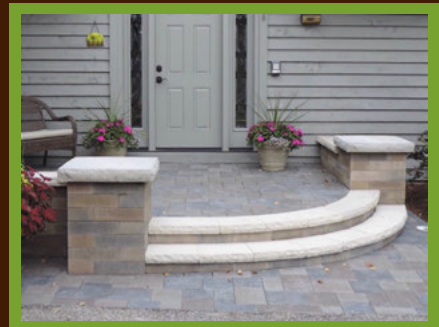
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# Marshall Carpet One & Rug Gallery

A great way to spruce up your home this spring is to update flooring or add area rugs. Currently, the hard-surface market is being dominated by the LVT segment (luxury vinyl). It is a floating floor that looks exactly like wood or tile. It is scratch proof and waterproof, and available at very affordable pricing.

The area-rug trend has shifted to contemporary – beautiful rugs at all price points with random color patterns throughout the entire rug that are colorful and textured.

Area rugs are a wonderful addition to a room for a number of reasons. They are often used in tandem with hard surface flooring such as hardwood, tile, laminate, or vinyl because they add a level of protection over your flooring. They also protect against heavy impacts from things such as furniture or foot traffic.

Area rugs can add warmth and a soft surface underfoot, they can break up a room into different sections, they can add a pop of color or style, or they can add a

combination of all three! Before buying an area rug, it is important to consider what the rug will be used for. This consideration will determine the sizing and placement you will choose.

Our sales team here at Marshall Carpet One has over 155 years of combined flooring knowledge and expertise. This promises a smooth and trouble-free shopping experience at our beautiful flooring showroom. We take pride in our work and we expect the same from our installers. Our customer service is second to none, and the professionalism of our installers is top notch. Our confidence and knowledge makes Marshall Carpet One your one-stop-shop for your entire floor covering needs.



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Marshall Carpet One is the premier Northeast Ohio floor-covering destination. Stop in and let us help you select the perfect flooring option to spruce

up your home this spring! Visit us at Eastgate Shopping Center, 1451 SOM Center Road, Mayfield Heights, or online at [www.marshallcarpet1.com](http://www.marshallcarpet1.com).

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# Welcome to Eitman Handyman Services LLC

Scott Eitman launched Eitman Handyman Services, LLC, and is thrilled with support from our community and the feedback he regularly receives. Through the pandemic, he remains busy – wearing a mask every day – as clients work to keep their homes in tip-top condition.



Scott, a computer science specialist, worked as a manager in the printing industry for 23 years and brings his well-sought-after professionalism to each job. He enjoys completing tasks on simple “honey-do” lists, which sprucing up your home this spring include replacing storm windows with screens, replacing worn out screens and storm doors, and cleaning gutters.

In addition to completing “honey-do” tasks, Scott takes on

multi-day projects to prepare homes for sale.

No job too small. Scott is happy to look at anything you need done, and he offers 24-hour emergency service.

Scott is president of Cleveland’s local Mended Hearts chapter, a heart patient support group, and is a set builder for Beachwood Community Theater. He lives in Beachwood with his daughters, Blaise, Tanner, Saige and Jolie.

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# Buying or Selling This Spring?

Spring is the season of renewal, and many of us do “spring cleaning” to prepare for the Passover or Easter holiday.

When thinking of sprucing up your home, some of you may be looking to start fresh by selling your home. If so, it’s time to take spring cleaning to a whole new level!

Many experts on HGTV, or home stagers, recommend you start by de-cluttering. Get a few bins from a dollar store and organize your belongings in three categories: purge, save or donate. This can be done with clothing, tools and all items throughout your home.

Clothing is usually the first to go. If you have not worn it in a year or two, let it go. There are many organizations in need of gently-worn clothing, and there

are resale and consignment stores as an alternative when getting rid of things.

If you’re getting rid of books, local libraries are a great resource for disposal. They regularly have book sales and would love to include them in their inventory.

Next – dishes, bric a brac and collectibles. Many young people today, regrettably, do not want grandma’s dishes. As with clothing, there are organizations that will pick up donations, and consignment shops are always an option. The same goes for furniture, and the tax deduction/benefit you will receive is often greater than what a used



25150 Cardington Drive in Beachwood

sofa will sell for on the open market. If you find there is still clutter in your home after sorting through your items, it may be wise to rent a short-term storage unit until your home is sold; and, if you have difficulties sorting through items, you may want to hire a professional organizer to help you.

When putting your home on the market, in addition to cleaning, remember – less is more. Clean the garage. Counters should be free of ancillary items. If you have a lot of personalized

items, put them away. Stage your home so perspective buyers can see themselves living there. And, if repairs are needed, make them.

As an experienced realtor, I can assist with many of these recommendations and can provide referrals to help get your home in tip-top condition. The cool trend you may be looking for this spring is a new home – and I can help you with that, too!

~ Sharon Friedman

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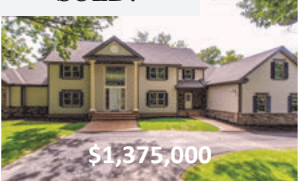
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#### Sharon's Beachwood Sales 2020/21

- SOLD: 23315 Ranch Road listed at \$675,000
- SOLD: 2500 Buckhurst Drive listed at \$789,900
- SOLD: 25415 Letchworth Road listed at \$474,900
- SOLD: 25339 Cardington Drive listed at \$459,900
- SOLD: 3 Hampshire Ct, The Village listed at \$449,000
- SOLD: 26185 Hurlingham Road listed at \$449,000
- SOLD: 11 Waterford Ln, The Village listed at \$425,000
- SOLD: 25150 Cardington Drive listed at \$379,900
- SOLD: 24706 Meldon Drive listed at \$379,000
- SOLD: 25010 Hazelmere Road listed at \$345,000
- SOLD: 24 Deerfield Ln, The Village listed at \$345,000
- SOLD: 24129 Greenlawn Avenue listed at \$339,000
- SOLD: 25415 S Woodland Road listed at \$324,900
- SOLD: 25836 Fairmount, Fairmount Ct. listed at \$259,900
- SOLD: 3224 Richmond Rd, Baywood listed at \$250,000
- SOLD: 16 Windrush Ln, The Village listed at \$244,900

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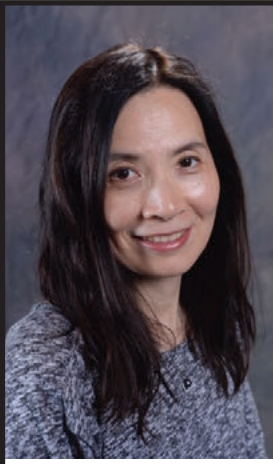


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## Grace Lifang Lin Offers Tips for Home Buyers

- 🏠 Provide information about your income, debt/expenses, and cash to three lenders to be pre-approved, so you know what your maximum borrowing amount and monthly payments may be.
- 🏠 Request lenders to provide a good faith estimate for you to compare mortgage rate and itemized closing fees.
- 🏠 Do NOT give your social security number until you decide which lender you will use. Multiple credit pulls may lower your credit score.
- 🏠 Don't go crazy to compete with multiple offers by raising a purchase price way too high because the house may not be appraised for what you offer. If that happens, you will need to find a way to close the gap or will be denied financing.



I am a professional real estate agent with an accounting background in our neighborhood, and I am dedicated to helping you buy and sell properties. I am always here to answer questions, and I look forward to meeting you!

Happy Spring!

~ Grace Lifang Lin

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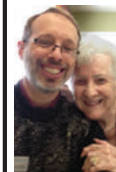
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# Registration Open for 2021 Master Rain Gardener Courses

Cuyahoga Soil & Water Conservation District, Chagrin River Watershed Partners, and Lake County Soil & Water Conservation District are offering three 5-class Master Rain Gardener courses in 2021. Online courses are \$50, the In-Person course is \$75, and the Professional Track is \$100 (Fall In-Person Course only). Scholarships are available. These programs are open to all residents in Northeast Ohio.

The five classes, taken over the course of a five-week period, teach participants how to design, install, and maintain residential rain gardens. Rain gardens are bowl shaped gardens filled with plants that like it a little wet. They are designed to collect, filter, and soak up stormwater runoff from roofs, driveways, and lawns.

- Spring Online Course: Recorded online content beginning April 26, with five live Zoom check-ins, each Friday at noon. [www.cuyahogawcd.org](http://www.cuyahogawcd.org)  
Click on Events – April 26
- Fall In-Person Course: Wednesdays from 10 am - 2 pm, beginning July 21, at the Holden Arboretum. Professional track offered. [www.crwpp.org](http://www.crwpp.org)  
Click on Events – July 21
- Fall Online Course: Recorded online content beginning August 23, with five live zoom check-ins, each Friday at noon. [www.cuyahogawcd.org](http://www.cuyahogawcd.org)  
Click on Events – August 23

- Self-Paced: For those who need flexibility, a recorded self-paced option is available with feedback provided. [www.cuyahogawcd.org](http://www.cuyahogawcd.org)  
Click on Events – December 29 (webinars available all year)

Both the in-person courses and online courses will include optional field trips to residential rain gardens, public rain gardens, and native plant nurseries.

Coordination and delivery of the Master Rain Gardener Program in 2021 is funded by Northeast Ohio Regional Sewer District, Lake Stormwater Management Department, Ohio EPA Section 319 Program, Western Reserve Land Conservancy Dominion Watershed Mini-Grant Program, William Bingham Foundation, and George Gund Foundation.

\* The Master Rain Gardener program will continue to monitor the on-going COVID-19 situation and will follow recommendations provided by the Center for Disease Control and the State of Ohio. Therefore, in-person courses may be offered online to ensure the safety of its participants.

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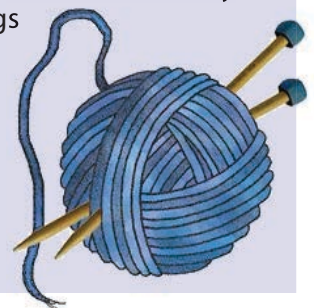
## WANTED:

Knitters, Crocheters and Loomers

Yarn Over Beachwood continues to meet on Zoom the first Friday of each month at 10 am. Upcoming meetings are scheduled on May 7 and June 4.

**Help is needed** because requests keep coming in for Veteran lapghans, other lapghans, stuffed toys, mittens, scarves and more!

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