

Beachwood Buzz

December 2018

Every Resident. Every Business. Every Month.

MAGAZINE

Encouragement Strength
Belief Confidence Equality
Positivity Fearlessness Inspiration
Special *Pride* Determination
EMPOWERMENT
Responsibility Capability *Issue*
Humility Passion Honesty
Love Gratitude *Kindness*

Also inside:

'Tis the Season! Holiday Gift Ideas

City Council Update

Beachwood City Schools

Beachwood Salutes Veterans

75 Ways to Avoid Becoming a Statistic

Library Programs that Empower

Hey Neighbor!

Mindful Art: The Art of Recovery & Hope

... and much more!

Three gummy bears are shown against a dark blue background. The bears are arranged in a row, with the middle one slightly larger than the two on either side. They are all facing forward.

LOLLI & POPS

INDULGE

A bar of soap is shown in a white holder, with a thick layer of white foam on top. The background is a light blue color.

LUSH

PAMPER

A collection of crushed makeup products, including eyeshadow and blush, is shown in a dark blue container. The products are broken into small pieces and are scattered across the surface.

SEPHORA

GLIMMER

Gifting has never been so easy. Find everything on their wish lists (and maybe even a little something for you, too) at Lolli & Pops, Lush, Sephora, and more!

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Letter from THE EDITOR

By Debby Zelman Rapoport



I often listen to meditation tapes before I go to sleep. In a recent one, Deepak Chopra said that when we express ourselves without fear, doubt, or expectations of what others may say to diminish our feelings, we live as our true selves. This, he says, is the most peaceful and fulfilling way to live, because we are then living in the present, which liberates us from the weight of yesterday's pain, and tomorrow's fears and doubts.

We each have innate passions and abilities and the best way to share them is to be ourselves, even if it means we must toughen up and ignore outside influences.

Several years ago, I enrolled in a graphics design/advertising program at Cuyahoga Community College. One of my professors, Ed Johnson, shared that when he was in school, a professor had told him that he would give him a passing grade with the stipulation that he never again step foot in the department because he had no talent.

Wow! What a heart-breaking moment! Ed had to make a choice: he could listen to external static and change his path or ignore the comment, follow his passion and be his true self. He chose the latter, which morphed into a successful advertising career in Manhattan.

Deepak's tape and Ed's story resonated with me. We each have innate passions and abilities and the best way to share them is for us to be ourselves, even if it means we must toughen up and ignore outside influences. And even when we toughen up, the sting from hurtful comments may still linger.

Deepak suggests that we observe young children to see how creative, unique and carefree they are. As we age, we often lose our true selves through social and cultural conditioning and the process of getting along to fit in.

Children are curious and fearless because they have not yet experi-

enced failure. They appreciate little things, get excited easily, view the world with new eyes each time they see something, and they don't hold grudges. They make friends easily, trust, and give and accept love without questioning it.

We all have an inner child within us and the world would be a more loving place if we reconnected with that child. According to an article written by Diana Guta, the following tasks may be used to reconnect to our inner child:

The Apology Letter

If you've neglected your inner child, write an apology letter in which you promise to reconnect and have more fun.

Play Date

Remember your favorite activities? Make a play date with your inner child and reminisce.

Reconnect with a Childhood Activity

Whether it's riding a bike, swimming or drawing, take time to do your favorite activity once a week.

Reconnect with a Long-Lost Dream

What was it? Becoming a musician? A painter? A race-car driver? It's never too late to make your wishes come true.

Make a Special Place

Create a special place where you can sit with your inner child.

Visit a Toy Store

Visit a toy store and buy your inner child a present. Gift yourself with a toy you always wanted and accompany it with your own love.

Start Collecting What Your Inner Child Desires

What do you dream of collecting? Start doing it now.

Create

Make a piece of artwork with your inner child. Let loose and explore.

Plan a Birthday Party

Plan your inner child's dream birthday party. Organize the birthday you always dreamed of. Celebrate yourself!

This holiday season and beyond, let's reconnect with carefree traits that children have and develop all it takes to live our dreams. What better gifts are there?

Happy Holidays!

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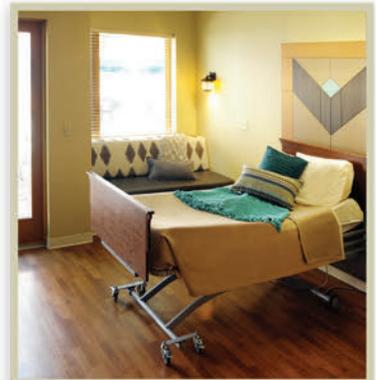
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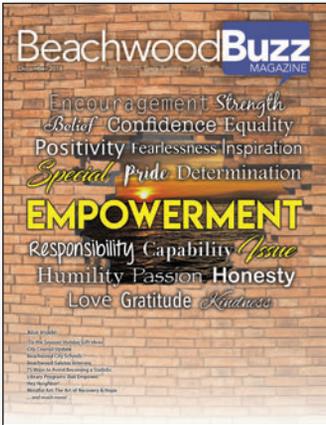
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Beachwood Buzz

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Buzz
MAGAZINE

EMPOWERMENT



With all the craziness and devastation that surrounds us, it's more important than ever to recognize our strengths and use our voices. That's why this month's issue of *Beachwood Buzz* is dedicated to **EMPOWERMENT**.

Beachwood cares. When we reached out to talk about empowerment, our contacts were happy to share information on many topics. If you read something that is meaningful, inquire about it or share it. If you are aware of local resources that we may want to feature in future issues of *Beachwood Buzz*, please pass them along. Thank you, and happy holidays!



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EMPOWERMENT

When we turn on the news or receive alerts on our phones, more often than not, we are notified of something related to political turmoil, violence, racism, anti-Semitism, terrorism, sexism, or another devastating event.

Sadly, these news topics spread faster than anything related to unity, peace and inclusion, so it's more important than ever for each of us to use our voice and speak up for our beliefs, even when we feel that staying silent is a safer choice.

Silence is an active form of communication because, by saying nothing, it may appear that we agree with the speaker or activity. If we are non-controversial by nature, we might choose to remain silent so we don't offend or criticize anyone. Speaking up takes courage. We each have viewpoints, so it is important to have enough confidence to speak our minds.

When we do so, we empower ourselves, and when we share our point of view, we encourage others to speak their minds, too. Empowerment is defined as the process of becoming stronger and more confident, especially in controlling one's life and claiming one's rights.

Although we live and work in the great community of Beachwood, we are not immune to tragic events. Nobody is.

Just last month, a friend shared her brother's Facebook post. A threatening, anti-Semitic comment was scribbled on the bathroom wall in the high school where he works. He hesitated to post the image, fearing that it would cast a negative light on his school. In reality, as he posted, "it's one idiot." He continued by writing that he didn't make this public for anyone's pity or for shock. He did it to show that anti-Semitism exists in America. It exists everywhere. He wrote, "Hate is hate. Let's all stop looking the other way," adding that if he allowed this incident to live in the shadows, then he was contributing to the problem by not calling out its existence. That changes when we have the courage to speak up to those who make hateful comments and tell them it's not acceptable.

Another post, a video by a young man who grew up in Pittsburgh and attended Tree of Life Synagogue, touched my heart. He said that when you're born, you have no control of where you'll grow up or what your upbringing

will be like. Because of his upbringing in Pittsburgh and affiliation with Tree of Life Synagogue, he feels that he hit the jackpot.

The gist of his video was threefold: To share that although they are mourning the loss of 11 beautiful souls because of a horrific attack meant to pull them apart, his community and synagogue family stand stronger by providing comfort, support and love to each other; to be proud and stand up for who we are; and to let our voices be heard.

Whether or not you're Jewish, his message was about repairing the world, personal identity, beliefs, pride, inclusion and standing up for oneself – values that benefit everyone.

Upon reflection, many of us who live or work in Beachwood probably feel that we hit the jackpot, too. We have excellent city services, a great school district, a strong chamber of commerce, beautiful housing, and many businesses and organizations that provide services to empower us.

Empowerment is defined as the process of becoming stronger and more confident, especially in controlling one's life and claiming one's rights.

With all the craziness and devastation that surrounds us, it's more important than ever to recognize our strengths and use our voices. That's why this month's issue of *Beachwood Buzz* is dedicated to **EMPOWERMENT**.

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Empower Yourself with Your Thoughts

At times, our best course of action to feel empowered is to talk with a therapist; someone who will listen without judgment and make us feel validated.

Nicholette Leanza, M.Ed, LPCC-S, a licensed clinical counselor at PsychBC in Beachwood, is also an award-winning university instructor, and a writer with several online and print publications who has made several television appearances on New Day Cleveland, where she conveys her knowledge of psychological health and well-being. She shares the following concepts about empowerment with us.

To empower one's self, Nicholette suggests that we reframe current thoughts, start small to build self-esteem, recite a mantra, soothe ourselves, and recognize and work through whatever holds us back.

Reframe Current Thoughts

Our thoughts create our realities, so try to keep them positive and constructive. Some people catastrophize their worries, which increases anxiety. For example, if you struggle with public speaking and you're thinking, "I have to be perfect or I'm going to look like a fool," you may want to reframe this to, "I'm going to do the best I can and it's okay if I'm not perfect, because nobody's perfect."

Even the worst of scenarios can be reframed. When you lose a loved one or a job, it can leave deep scars that keep us from moving forward. You may ease the pain by reframing the experience to what you've gained and what you may do to add more purpose and meaning to your life – maybe by supporting others who have had a similar loss.

Start Small to Build Self-Esteem

People may feel a lack of power because they think they can't do anything well. Someone may say, "I can never do anything right," which goes hand-in-hand with low self-esteem.

Ask yourself, "What brings you fulfillment or what can you do well?"

If something fulfills you – whether or not you feel proficient – do it. That's the only way you'll get better.

If you enjoy cooking, prepare a recipe. If it's knitting, start (and finish) a project. If it's writing, pick up your pen and journal. When you take action, it's a start. It will be satisfying and will help you increase your self-esteem, and motivate you to continue.

Recite a Mantra

Nicholette shared that many clients suffer from emotional or verbal abuse, and how the poem "Still I Rise," by Maya Angelou (<https://www.poetryfoundation.org/poems/46446/still-i-rise>), became the mantra in a group-therapy session. A mantra is a series of phrases or words that are repeated, and often used during meditation. In this case, the meaning behind the mantra was, "I will rise."

When a mantra is repeated regularly, it embeds itself into your belief system and builds you up. It relieves stress, regulates heart rate and is a free and easy way to manage thoughts. Whether you use a poem, song or one-liner, a mantra is powerful. It can be anything that resonates with you. Examples are: I am kind. I have much to celebrate. I am grateful. I have a lot to offer to those around me.

Sooth Yourself

When people are anxious, they often worry about the past or anticipate reasons to worry in the future. To reduce anxiety, Nicholette recommends that you practice mindfulness and do something to soothe yourself; to bring yourself into the present moment and ground yourself.

Partake in activities that focus on your five senses, such as taking a relaxing bath, listening to music, using aromatherapy, enjoying the taste of a delicious meal or looking at a beautiful nature scene. The important thing is to focus only on what you're doing.

Another option is to imagine taking a one-minute vacation to a place you find relaxing. If the seashore calms you, then create a place in your mind where you envision sitting under a swaying palm tree on a luscious sun-filled beach. Make this place feel real and allow it to become your safe haven from stress.

What's Holding You Back?

If you're feeling disempowered, what's keeping you there?

Nicholette shares how some people hold shame, guilt, or emotional baggage against themselves. If that's the case for you or a loved one, it's important to navigate through it and/or let it go.

Find someone you trust – a friend, family member or therapist – who will listen to you without judgment and make you feel validated. Once you come to peace with yesterday, you clear the path for a brighter tomorrow.

Nicholette then shared that the brain rewires itself every time we learn something new or do something differently. Neurons that are used repeatedly grow stronger and the more they fire, the more they send out new branches that look for fresh and useful connections. Begin by replacing negative attitudes, thoughts and feelings with more positive ones. Notice the good things that happen on a daily basis and linger in the moment of each positive experience. Accept compliments and



Nicholette Leanza

feel good about them. Embrace and internalize positive feelings. All of this sets the foundation for rewiring our brains.

Our brains cannot tell the difference between something real or imagined, so when you mentally rehearse something, you strengthen your ability to create that in your life. That being said, your thoughts and feelings must align with your actions. In other words, it's difficult to rewire your brain if you rehearse your speech but still complain about how much you can't stand public speaking.

Find someone you trust – a friend, family member or therapist – who will listen to you without judgment and make you feel validated. Once you come to peace with yesterday, you clear the path for a brighter tomorrow.

Finally, practice, practice, practice. Consistently repeat your constructive thoughts and visualize your desired outcome. Change requires practice: use it or lose it. As you consciously practice thinking, feeling, visualizing and acting in alignment with your desired intentions, you will stop the unconscious habit of recycling the past and, instead, activate your ability to rewire your brain to the present moment.

For more information, Nicholette may be reached at NLeanza@psychbc.com.

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Empowered with a Pen, Beachwood Resident Spins Letters into Gold

Beachwood resident, Leona Osrin, proves time and again that the power of the pen and letter writing is alive, well and effective. For the past two years, Leona has been writing personalized letters to potential donors for Working Animals Giving Service for Kids (W.A.G.S. 4 Kids), an organization that is dedicated to providing mobility and autism service dogs for children throughout northeast and central Ohio.

On Christmas day, 2016, Leona responded to a story she saw in *The Plain Dealer* about the work W.A.G.S. was doing for local children with disabilities. Her personal donation led to a contact from executive director, Wendy Crann, and Leona's spirit of volunteerism took off from there. Taking the mission of W.A.G.S. 4 Kids to heart, Leona sat down with pen in hand.

She had solicited donations for other organizations by writing letters before and was glad to be at it again. She wrote hundreds of letters, and checks started coming in – both large and small.

"The positive feedback empowers me. It increases my motivation to keep writing," Leona said. "I know what a difference these funds make, since it costs about \$28,000 to train each dog."

"Leona just goes for it!" Wendy told us, "There is nothing that can compete with the power of one. Leona is focused and doesn't quit. She's spinning letters into gold."

When Leona sends a letter and doesn't get a positive response, she sends a second letter and sometimes makes a call (she never sends more than three letters). That's what happened when she solicited Mike Coleman from the Sheet Metal, Air, Rail & Transportation (SMART) Local Union #33. After reading a few letters, he called W.A.G.S. Wendy's first impression was that he was calling to request that Leona stop contacting him. The call was quite the opposite. His interest

was piqued. He wanted to know more about the organization, and chose to support it at the union's largest annual fundraiser.

Leona also wrote a letter to a former player on the Cleveland Indians. He didn't respond, so she wrote another letter to his wife, appealing to her as a mother.

"I explained how these dogs enhance the lives of children with disabilities, and she sent in a generous check," Leona said.

"It takes passion and dedication. When you write letters, you never know who you will reach," she added. "I want to make a difference. I send words from the heart to reach the heart."

Leona told us that it's fulfilling, and to those out there who complain, her feedback is to get off their ass and do something. "You can't be happy if you're only into yourself, she said."

On October 12, Leona was selected as the 2018 honoree of W.A.G.S. 4 Kids Hall of Fame Legacy Award. Recipients of this award are those whose personal commitment impacts W.A.G.S. 4 Kids now and into the future by turning a personal talent or circumstance into a long-term promise of involvement and support.

Because of Leona's successful fundraising efforts and dedication, she has been honored by naming three dogs – Woofie, Miracle, and the newest, Karma, so a child can one day say, "Good Karma."

"Wendy is a magic lady," Leona said. "She changes families' lives."

For more information or to make a donation, visit www.wags4kids.org.

"The positive feedback empowers me. It increases my motivation to keep writing," Leona said. "I know what a difference these funds make, since it costs about \$28,000 to train each dog."

About W.A.G.S. 4 Kids

Wendy Nelson Crann, an animal trainer, and Ed Crann, a former special education teacher, developed the idea of training service animals to specifically meet the special needs of children in 2004, when there were no similar programs.

W.A.G.S. 4 Kids is driven by the belief of early intervention, and is dedicated to working with families and children through age 18. Since 2005, W.A.G.S. has placed more than 90 service dogs. As the only 501(c)(3) organization in Ohio that exclusively provides service dogs for children, it provides an animal that is custom-suited to each child's needs.

W.A.G.S.'s first placement was with Myles, a non-verbal four-year-old boy living with Cerebral Palsy and paralysis of his left side. AJ was partnered with Myles, and shortly thereafter, Myles began to speak. His first word was not "mommy" or "daddy," as parents hope to hear. Rather, Myles' first word was "come," because he wanted to



Leona Osrin

talk to his service dog, AJ.

Since that time, W.A.G.S. uses the phrase, "Let the magic begin," because that's the reality of what happens when these dogs enter the lives of children with disabilities. Each dog enhances the well-being of a child, empowers them, and increases their confidence and independence.

In 2007, W.A.G.S. began its partnership with ODRC in an award-winning accredited apprenticeship Service Dog Training Program. The program is housed in two different facilities – Grafton Correctional Institution in Grafton, Ohio, and Mansfield Correctional Institution in Mansfield, Ohio. With this program, the men who become inmate trainers are guided by the professional training staff of W.A.G.S. 4 Kids, and they work hard to change their own lives, prepare to re-enter society and learn what it means to make the dreams of children possible. Two released inmates continue to see the impact; they were hired by W.A.G.S.

The SMART Local 33 Mac 'N Cheese Throwdown benefitting W.A.G.S. 4 Kids will take place Saturday, February 23, 12-3:30 pm, at Cleveland Public Auditorium, 500 Lakeside Ave E, where 30 top restaurants will compete for the Best Mac title. Complete information may be found at www.maccheesethrowdown.com.



Why Are You Here?

by Jennifer Stern

Consider why you are here today... this was the prompt posed by my yoga instructor on a cold and rainy Saturday morning. As my mind considered everything from I haven't been in months, to the need to stretch, to breathe (and if I am being entirely honest, the reward of the caramelized onion focaccia just around the corner at On the Rise after class), my mind circled with reasons for being there, for being here, some more thoughtful than others, yet all to some degree true.

And then I went deeper. Once my mind and breath began to slow and I was able to tune in and be more present, I more thoughtfully contemplated her initial question, Why am I here? Why am I here! What is my meaning, my purpose, my potential to contribute to the world in meaningful and empowered ways?

Why am I here provides vast opportunity to reconnect to values, to redefine purpose, to reconsider and reshape life vision. What are the lessons I am here to learn?

There is so much happening in our world that confuses, sickens and breaks me. The disregard for others' rights as human beings, the continued need to be right over connected, the entitled perpetuation of polarizing rhetoric, the need to self protect, to shut down, and in... Why am I here?

Perhaps it is to smile at a stranger, to hold the door for others, to connect to curiosity over judgement. Perhaps it is to hold the sorrow and pain of others, to support, comfort and encourage. To create space. It could be to love,

learn and grow with my family, to support and laugh with friends, to honor the beauty and order of nature, to show up, to speak up, to try and try again to be the change I wish to see in the world. Yes, I believe that is why I am here.

Why are you, today?

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

It could be to love, learn and grow with my family, to support and laugh with friends, to honor the beauty and order of nature, to show up, to speak up, to try and try again to be the change I wish to see in the world.



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Empowerment at Beachwood Schools

The Beachwood Board of Education is always looking for ways to empower its students, from elementary school through high school. Superintendent Bob Hardis says, “The goal is to ensure that our students have experiences whereby they build self-confidence, develop empathy, and learn how to be effective advocates for themselves and others. We have rolled out developmentally-appropriate programs at each school toward that end.”

Outward Boundless

Outward Boundless helps to build confidence and teach elementary school students through outdoor play and exploration. This after-school program for elementary-age children at Case Western Reserve University's Squire Valleevue Farm, located off Fairmount Boulevard in Chagrin Falls, physically challenges students and provides risk-taking and problem-solving opportunities in an amazing outdoor setting.

Students may run in an open field, jump into a creek, pick up insects and small creatures, and explore the unknown. The program also offers structured activities and lessons that provide opportunities for students to be involved in conversations about nature and ecosystems, to reflect on their own experiences, and to have their voices heard by peers and a college professor who assists the group at the farm.

The program incorporates exploration and allows students to express themselves and gain hands-on experiences. It also provides opportunities for parents to chaperone, which allows them to observe, participate and watch their children grow.

Leaders say that it's fulfilling to witness the students' increased confidence and creative ways of thinking expand as the year progresses.

Diversity Center of Northeast Ohio

Sponsored by the Beachwood Schools Foundation, The Diversity Center of Northeast Ohio presents a comprehensive

program to middle school students, starting with a powerful video that teaches students to rethink labels. After viewing the video, students consider how labels can both build up and tear down a person, and how they can pull together or divide schools, neighborhoods, and communities. Students examine labels they have encountered in their own lives and reflect on stereotypes in order to become “upstanders” by standing up for what is right and coming to the aid of those who might need support.

The program's goal is to create safe, nonjudgmental and supportive spaces for people of all races, ethnicities, nationalities, genders, sexual orientations, religions, ages, immigration statuses and abilities.

Additional programs include bullying and harassment prevention, and identifying their damaging effects; how to be an “upstander” to prevent and stop bullying; how to promote better peer relations at school by encouraging a friendly and positive social climate; how to create safe, nonjudgmental, and supportive spaces for people of all races, ethnicities, nationalities, genders, sexual orientations, religions, ages, immigration statuses and abilities; how to promote a sense of belonging and acceptance in all students so that they feel connected to their school in a

positive way; how to discover social media as a positive platform; how to engage in social movements; how to identify different types of leadership; and how each student can use his or her strength as a leader in our school and community.

SWAG

Holding open the door. Picking up a candy wrapper. Getting on track with homework. Sitting with a new student at lunch. These are just a few examples of behaviors that may turn into a sweet treat. As part of the Beachwood Middle School positive behavior reward system, teachers hand out SWAG cards and raffle tickets to students for positive behaviors in the areas of Success, Willpower, Attitudes and Goals (SWAG). Students place their raffle tickets in a container, and each week there is a drawing for each grade level. Winners receive a \$5 gift card to Mitchell's Ice Cream, courtesy of Beachwood PTO, and an invitation to attend breakfast with the principal at the end of the quarter.

(The SWAG program) reinforces positive behaviors and gives teachers and administrators opportunities to tell students that they're proud of them. The SWAG program teaches students to go above and beyond and to be persistent.

The SWAG program helps to establish relationships. It reinforces positive behaviors and gives teachers and administrators opportunities to tell students that they're proud of them. The SWAG program teaches students to go above and beyond and to be persistent.

Be Present Campaign

All middle-school students participate in activities that promote the Be Present Campaign. Its objective is for all students to focus on ways they can “be present” for themselves, friends and siblings. Students share with others the ways they deal with and work through stressors in their lives.

Anti-Bullying Lessons

With use of the book *Have You Filled a Bucket?*, by Carol McCloud, groups talk about the impact of simple bucket-filling and bucket-dipping behaviors on self, school and community. They also tie in resiliency and its importance for caring for oneself. With the use of plastic buckets and gems, students get a visual of how we can create a more positive culture by little things we do.

The book tells of the invisible bucket that follows you everywhere. It teaches young readers valuable lessons about giving, sharing and caring. This guide to daily happiness reminds people of all ages the benefits of positive thinking and positive behavior. It shows that kindness and appreciation of others goes a long way to making this world a happier place for everyone, including ourselves.

This guide to daily happiness reminds people of all ages the benefits of positive thinking and positive behavior. It shows that kindness and appreciation of others goes a long way to making this world a happier place for everyone, including ourselves.

With use of a simple metaphor, a bucket and a dipper, author Carol McCloud illustrates that when we choose to be kind, we not only fill the buckets of those around us, but also fill our own bucket. Conversely, when we choose to say or do mean things, we are dipping into everyone's bucket. All day long, we are either filling up or dipping into each other's buckets by what we say and what we do.

Stress Management

A new group for 8th graders focuses on stress management and coping strategies. The group helps students identify stressors, and work on balancing emotions. It also addresses calming and relaxation strategies, and building resiliency.

Promoting Positive Identity (PPI)

PPI, for middle school girls, focuses on building leadership skills, gaining legitimacy, and taking action in a positive way to impact their school and community. Each session focuses on something different. Examples include building confidence, how to be assertive, the power of positive decisions, looking for approval from peers, focusing on positive role models, and becoming aware of positive self-worth and building upon it.

Additional programs are available through guidance on anger control, social skills, conflict management and study skills.

Many Cultures One Bison

Many Cultures One Bison was born last year after a group of high school students convened to discuss how the Beachwood school community could empower itself by standing up to incidents of bias and ignorance, whether in school, in our community or beyond.

As the conversation progressed, two things became clear: students wanted the opportunity for open dialogue in a non-confrontational manner, and they wanted to focus on celebrating the wide range of diversity that is represented within our schools and community in a positive manner.

In Spring 2018, the Many Cultures One Bison summit was born. An entire day was devoted to discussing, learning about, and celebrating diversity, while promoting school unity. Since students recognized that one day alone cannot address the challenges they faced on a daily basis, the event was viewed as a kickoff to what sustained programming may accomplish. The goal of Many Cultures One Bison is to empower each student to celebrate self, others and school.

In Spring 2018, the Many Cultures One Bison summit was born. An entire day was devoted to talking about and celebrating diversity, while promoting school unity.

THE ONE BISON MISSION:

- to provide knowledge of differences and to embrace the opinions and thoughts of others
- to create a lasting impact on the world
- to build awareness of the weight of your actions
- to develop respect for others
- to celebrate what makes us all unique

Fairmount Early Childhood Center Preschool and Camp Registration

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

Preschool/Camp Parent Information Night
Thursday, January 10, 2019 • 7 p.m.

The Fairmount Early Childhood Center Non-Categorical (Special Education) Preschool is seeking typical peers (role models) for the 2019-2020 school year. This program offers four mornings or afternoons per week.

Preschool and Camp Registration Residents

Wednesday, January 16, 2019 • 3:30 p.m.

Open Enrollment

Wednesday, January 30, 2019 • 3:30 p.m.

Popular Young 5's Class

5 days per week • 9 am - 3 pm

Must be 5 years old by Dec. 31, 2019



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Campaign Closing Celebration

December 12 • 7 pm

Beatrice J. Stone Yavne High School (2475 S. Green Road)

The Jewish Federation of Cleveland looks forward to celebrating with our community the impact it is making together at its Campaign Closing Celebration where

they will announce the total raised for 2019. Please join them for music, food, drinks, and more.

Learn more and register, visit www.jewishcleveland.org.

Jewish Volunteer Network

The Jewish Federation of Cleveland's Jewish Volunteer Network (JVN) offers one-time and ongoing opportunities for kids, teens, families, and individuals who want to connect to the Cleveland community in a personal, powerful way. Make a difference in someone's life, beautify the community, and feel great about what you've done with your day. A few of volunteer opportunities include:

Winter Break Lunch Program

- The Federation partners with Greater Cleveland Food Bank to combat hunger. Each year, volunteers serve nearly 700 hot lunches to local school kids who may not have enough to eat when school is closed for the winter holidays at four locations throughout Cleveland from December 26-28. This program is a popular and meaningful family event, providing children ages eight and over. A required volunteer orientation will take place Thursday, December 13, 7 pm, to learn about the program, schedule, and children served. Plus, those who attend will wrap holiday gifts to distribute to the children. Volunteers under 16 years of age are not required to attend. The orientation will take place at Jewish Federation of Cleveland – Jack, Joseph and Morton Mandel Building, 25701 Science Park Drive. To register, visit www.jewishcleveland.org.

before us. Each year, hundreds of volunteers, young and old alike, honor our ancestors by raking, pruning and beautifying cemeteries in Jewish Cleveland.

Public Education Initiative (PEI)

- PEI serves the needs of children in the Cleveland Metropolitan School District (CMSD). Volunteers of all ages, races, and faiths, connect through PEI and make a positive impact on the lives of others. Volunteers are tutors and mentors to students who come from predominantly low-income families and are less-likely to begin their schooling with basic literacy skills. Volunteers commit to one hour per week during the school year, and are usually matched with the same child each week. The relationships that are built are as important as the educational assistance provided.

For more information, visit www.jewishcleveland.org, or contact Susan Hyman at shyman@jcfclve.org or 216.593.2887.

Cemetery Clean-up

- There's no greater mitzvah than caring for those who came

Coaching Circles: Series IV

Community members are invited to join Coaching Circles: Series IV to connect in a meaningful way with women leaders from our community and enhance your own leadership talents.

Coaching Circles offer Jewish Cleveland women an open, motivating and engaging process to connect with others through learning, meaningful conversations, mentoring and peer-based coaching.

An experienced mentor leads each Coaching Circle, which includes up to six other dynamic women. Coaching Circles

meet monthly for six months, beginning in January 2019.

Adult women from across diverse segments of our Jewish community are invited to participate.*

The application deadline is December 14. For more information, please contact Rebecca Sattin at rsattin@jcfclve.org or 216.593.2873.

**The program is able to place up to 36 women who agree to commit a minimum gift of \$365 to the 2020 Campaign for Jewish Needs. Unplaced applicants will be placed on a wait list.*

Empowerment Programs Offered by the City of Beachwood

ALICE Active Shooter Response Classes and Self Defense Classes

The Beachwood Police Department offers ALICE (Alert, Lockdown, Inform, Counter, Evacuate) Active Threat Response Classes and Self Defense Classes to any Beachwood business or organization – free of charge. Through these programs, information is provided that will lessen your chances of becoming a statistic. For more information or to schedule a program, call 216.464.2343.

Security Surveys

The Beachwood Police Department offers free security surveys for residents and businesses. A Trained officer will assess your property for ways to deter the criminal element. Most suggestions are simple and cost effective. To schedule an appointment, call 216.464.2343.

Senior Police Academy

The Senior Police Academy educates and empowers residents who are 50 years and

older. Every summer, participants learn about real-life crime prevention and receive “hands on” experience with the help of knowledgeable instructors. Topics in this eight-week session include self-defense, CPR, personal safety, fraud prevention and more.

RX Drug Drop Box

The City of Beachwood accepts unwanted or unused prescription drugs during regular business hours (Monday through Friday) from 8 am - 4:30 pm through a Drug Drop Box located in the Police Department lobby (2700 Richmond Road).

If you have outdated or unused prescription drugs in your medicine cabinet and aren't sure what to do with them, the Drug Drop Box provides a legal and safe way to dispose of them. For more information, call 216.464.2343.

Additional programs are offered through the Beachwood Recreation Guide and Upperclassmen Brochure. For details, visit www.beachwoodohio.com, and click on publications.

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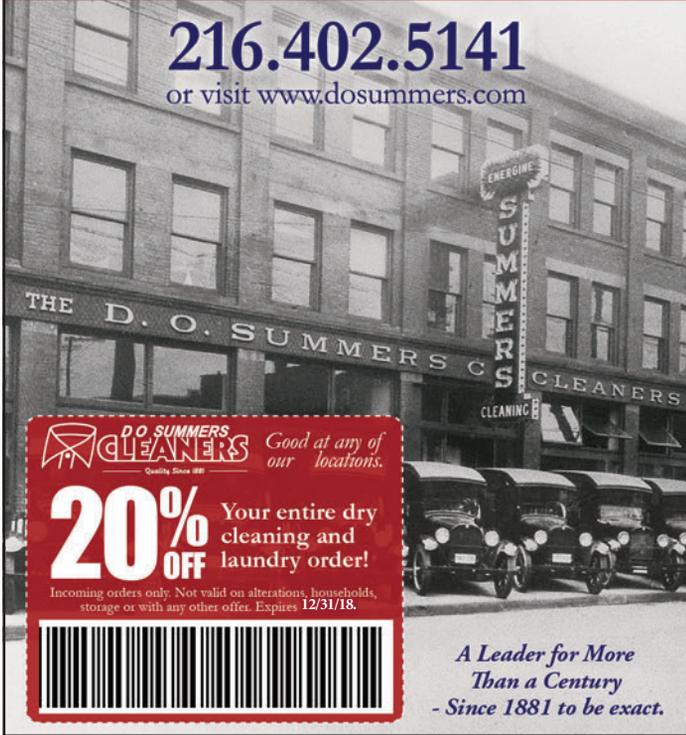
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Upcoming Exhibit at the Beachwood Community Center

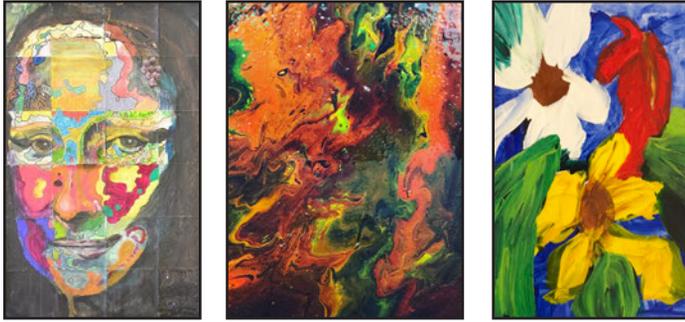
Mindful Art: The Art of Recovery & Hope

December 12 – January 4

Artists' Reception – December 16 • 1 – 2:30 pm

Gallery Hours: Monday - Friday, 9 am – 4 pm;

Saturday, 10 am – 3 pm; Sunday, 10 am – 1 pm



Mindful Art: The Art of Recovery and Hope will feature art by participants and members of the Gathering Hope House, an organization that works with adults with mental-health diagnoses in Lorain County, as well as art by Stephen Dargaj, director of Program Services.

Gathering Hope House started exhibiting artwork at craft fairs because clients had donated several pieces of art to the organization, and proceeds helped to fund programs.

"Art is proven to be a successful form of therapy," Stephen said. "It builds self-esteem and makes people realize that they are much more than their diagnoses.

"The program empowers people," he added. "They see their successes and are encouraged to produce more art. Clients realize that they are a part of something bigger than themselves and that they are contributing to the organization that does so much to help them."

Gathering Hope House's mission is to encourage mental-health consumers to join together as members to inspire and support one another's personal growth and recovery. Together, members will also challenge the community in which they live to develop com-

passion and acceptance of all.

"We support our members as they achieve their goals by adhering to our guiding principles of integrity, personal growth, belonging, competence, helpfulness, fairness and teamwork," said Stephen. "Through art-therapy programs, clients build skills and self-esteem and realize that their work is valued."

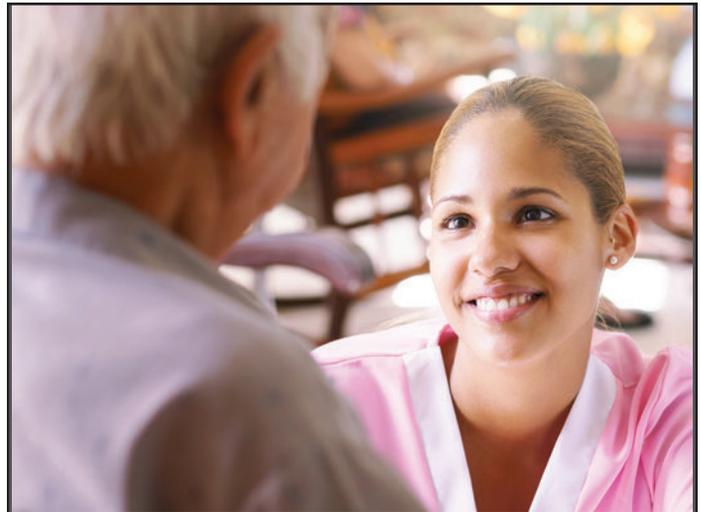
Stephen, originally an art major in college, enjoys the artistic process and sees it as a place where he is free to think, express and act.

"Art is therapeutic," he told us. "It's about the process. Sometimes I like my finished paintings and sometimes I don't, but I always enjoy the process, which bridges the gap from my heart to my mind and connects it all together."

This is the lesson that Stephen successfully teaches his clients. His abstract designs will also be on exhibit during this show.

For more information about Mindful Art: The Art of Recovery and Hope, call 216.292.1970. For more information about Gathering Hope House, visit www.gatheringhopehouse.com.

Pictured: Client art on both ends, with abstract painting by Stephen in the center.



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SSO to Perform Free Concert on December 9

The Suburban Symphony Orchestra, under the baton of conductor Domenico Boyagian, will perform a free concert in the Beachwood High School auditorium on December 9 at 3:30 pm. The show will feature selections by Mascagni, Mozart, Tchaikovsky, and Respighi.

The Suburban Symphony Orchestra (SSO) is a community orchestra that occupies a unique position in the rich cultural life of Northeast Ohio. A number of the orchestra's members are musical professionals working in non-performance areas, such as public schools or private teaching, while others are well-trained musicians with chosen vocations in other fields. SSO has built a solid community following, sharing five concerts a season, free of charge. For more information, visit www.suburbansymphony.org.

Teen Empowerment Opportunity

Friends are not a luxury. They're a necessity. At Friendship Circle, children with special needs are brought together with teen volunteers to forge a bond that can last a lifetime. Friendship Circle helps to instill self-esteem and confidence within teenagers through its volunteer program. Teens will feel good about themselves when they perform good deeds and express kindness and compassion to other children, especially children who may be different from them. Friendship Circle's Mitzvah Volunteer Program for 7th graders focuses on kindness.

For more information, visit www.friendscleveland.com or call 216.377.3000.

Empower Yourself With Wellness

Wellness Evolution, located in Beachwood, registered the tagline "Empower Yourself with Wellness®" because optimal health is the foundation to feel our best, and education is the key. We have to know about our bodies to strengthen them, and we need good health to live our best lives.

We each have a unique bio-chemistry that works from the root. There is no one-size-fits-all solution for creating optimal, not just adequate, health and wellbeing. It's not just about taking supplements, following a healthy diet and exercise regimen. It's about using science-based information to strategize what is right for you with respect to stress management, eating, exercising and other potential therapies.

"You are different than anybody else on the planet," said Gloria Treister, founder of Wellness Evolution and board-certified holistic health practitioner and coach. "Laboratory science has evolved to take us to a place where you can learn your own numbers and be strategic with where we go from there. By identifying your baseline, you can apply grass-roots wellness practices that are designed specifically for you."

Empowerment is important if we want to take charge of our health. "People feel as though they are victims of a healthcare system that doesn't work," Gloria said. "Even those who are motivated to understand the system may just give up due to information overload and contradictions that can make being healthy seem confusing."

But Gloria assures us that wellness can be easy when you learn the basics. She has written a book, "Wellness 101® A Guide to Healthy Living," to help us learn those basics in an easy-to-digest manner, with just enough

information to get us started on a path to a living a healthy life.

It's important to know what's available out there and to ask questions about what you're currently doing to achieve optimal health. Many health issues are treated with pharmaceuticals that address the symptoms – not the cause. Then, there may be side effects from those medications, which can lead to additional medications, and then additional unwanted complications that could create nutrient deficiencies.

Education empowers us. It gives us choices. "Unless you really get to know how your body works, nothing else will be right," Gloria said. "The more we know, the more we can make a difference."

"We are poisoning ourselves," she said. "Learn about these lifestyle hazards and act. We each have the power to vote with our dollars. When we stop buying toxic products, manufacturers will improve or replace them."

Gloria also talks about toxic chemicals in skincare products, like moisturizers, toothpaste, deodorant and shampoo. They also exist in our food, water and air.

"We are poisoning ourselves," she said. "Learn about these lifestyle hazards and act. We each



Gloria Treister

have the power to vote with our dollars. When we stop buying toxic products, manufacturers will improve or replace them."

Learn and teach. Be a role model for your family and help them understand that chronic illness can be prevented. And it's not that tough.

It's like when you are flying on an airplane and the oxygen masks deploy. You are told to put yours on first before putting them on your kids. You must strengthen yourself first and then help others. Being healthy and vibrant is the ultimate empowerment.

In Gloria's Wellness 101® class for companies, groups and organizations, she provides information to encourage more well-informed consumers, some of which she shares here:

1. Consider wellness an investment, rather than a cost.
2. Be proactive. Prevent illness. Promote natural healing.
3. One size fits one. You are biochemically unique, there is no one else like you.
4. Health is cumulative. Every decision you make every single day counts.
5. Get to the root cause, apply the least invasive therapy first.
6. Your numbers help define your story, but your lifestyle matters most.
7. Education is key.
8. Wellness is easy. Make it your top priority in life.

For more information, email gbtwellness@gmail.com or visit www.WellnessEvolution.com.

The Money Game® Financial Literacy for Students

How old were you when you learned to pay bills, create a budget, reconcile a bank account, pay off credit cards, or realize that taxes are deducted from your income?

The Money Game® provides an opportunity for participants to learn how to make, manage and multiply their money wisely, so they can grow up financially free. Started in California, the game is now offered in the Cleveland area to students ages 10 and up.

The Money Game was developed by Elisabeth Donati, who realized that the only reason she didn't understand money until she was in her 30s is because nobody ever taught her!

Kim Franz picked up on the game and is spreading its concepts through Northeast Ohio. Through the program, Kim invites kids to learn about money and wealth, recognize that financial freedom is *their* responsibility and nobody else's, and that their lives are a result of the choices they make.

Through the program, Kim invites kids to learn about money and wealth, recognize that financial freedom is their responsibility and nobody else's, and that their lives are a result of the choices they make.

"The Money Game has participants earning and handling money like they will as an adult," Kim explained. "Kids are the game's pieces, and expense bags are the props that are used for players to pay expenses from their \$1,000 paychecks as they go around the board (aka, life)."

"There are many subtle lessons woven into The Money Game," Kim said. "It's fun to see how students choose to spend earned income, and how their choices compare with those of other students."

Additional game concepts include:

- Pay yourself first.
- It's better to tell your money where to go than ask where it went.
- Assets feed you, liabilities eat you.
- Don't put all your financial eggs into one basket.
- Save early, save often.
- It's not how much money you make, it's how much you keep.
- Money is a tool to reach your dreams.

During this 2-hour program, kids go through 9-12 rounds, each one representing a month.

"It's great to see children realize all it takes to be financially secure and to keep a household afloat," Kim said. "They learn to make a car payment, pay for food, pay utilities and insurance, and learns about taxes. Then, they learn about financial requirements for life events – such as a car accident – all before they have passive dollars to spend or invest."

"Providing a financial education to your children is one of the most rewarding things you can do," she added. "We touch the basics in a fun, interactive way, and hope that conversations continue at home to further educate children and instill smart financial choices from a young age and into the future."

The Money Game will be offered through Beachwood Recreation on Saturday, February 16, 1-3 pm, in the Beachwood Community Center. If a parent wishes to participate or observe, there's an open-door policy.

For more information or to register, visit www.ohiomoneygame.com.



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'Tis the Season!

Beachwood Bistro Holiday Buffet

The Beachwood Bistro, located in Beachwood High School, houses the Culinary Arts program, which offers training in food-related occupations to students who show interest and aptitude for the food service industry. The community is invited to enjoy a holiday buffet at the Beachwood Bistro on Thursday, December 20. Seating times are at 11 am, 11:40 am and 12:10 pm. The cost is \$14 per person and reservations are strongly advised by calling 216.831.2080, ext. 129. Each dish is prepared by first-year chefs under the supervision of experienced instructional staff. This year's menu includes:

- Prime Beef Tips and horseradish
- Eggplant Stacks
- Fire Cracker Shrimp Pasta
- Orange Marmalade Chicken Breast
- Shallot Haricot Verts
- Bistro Pasta Salad
- Four Cheese Macaroni
- Greek Potato Salad
- Sweet Broccoli Salad
- Tuscan Quinoa Salad
- Baby Green Salad
- Assorted Rolls
- Assorted Dressings
- Bistro Assorted Desserts and Pastries

The Beachwood Bistro is also open December 12, 13 and 14; and January 16, 17, 18, 23, 25, 30 and 31, from 11 am to 12:30 pm. The last seating is at 12:15 pm. Carry-out orders available until 12:35 am. Reservations are requested and walk-ins accepted.



Cleveland Pops Orchestra with Carl Topilow presents
Erich Bergen sings the
Hollywood Songbook
"Songs from the Big and Small Screen"



From CBS' **Madame Secretary**

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Tickets: , Call 216.231.1111 or toll free 800.686.1141 or buy online at clevelandpops.com 24/7

216-231-1111

Cleveland Pops Orchestra New Year's Celebration

Enjoy a complete evening of entertainment, dancing, and refreshments brought to you by conductor Carl Topilow and the fabulous Cleveland Pops Orchestra at the Pops' 23rd Annual New Year's Celebration.

Major new concert star Erich Bergen sings his "Hollywood Songbook" revue on the POPS' Severance Hall stage in a sensational show. He sub-titles his show "Songs from the Big and Small Screen." Erich plays the role of Blake Moran in CBS-TV's award-winning series "Madame Secretary." He also starred as Bob Gaudio in the movie "Jersey Boys."

The concert begins at 9 pm, followed by a fabulous New Year's Party with dancing and fun. Enjoy dancing to two bands from 11 pm to 1 am in two

separate locations in Severance Hall. Carl Topilow and members of the POPS orchestra will play in the Grand Foyer, and you can dance your way into 2019 with Rock & Roll music from the 60's and 70's played by the No-Name Band in Severance's Smith Lobby. The Pops offers cash bars, coffee and desserts for purchase and a giant balloon drop at midnight.

Tickets to Cleveland Pops New Year's Eve Concert and Party can be purchased by calling 216.231.1111 or visiting www.clevelandpops.com.

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FRIDAYS IN DECEMBER

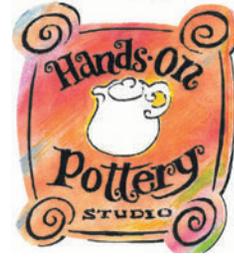
December 7th, 14th and 21st from 5-8 pm

Receive 20% Off One Item
At Friday celebrations only!



*It must be 5 o'clock somewhere-
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WILL BE SERVED!



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- Marc's
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- Eclipse Hair
- John Roberts Salon
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- Games Workshop
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We Salute Our Long-Term Tenants

Coming Soon:

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S.O.M. Center and Mayfield Roads
Mayfield Heights
(Just east of I-271)

'Tis the Season!



Beachwood Place

The Holiday season is in full swing and Beachwood Place is hosting fun, festive and fabulous events throughout the season, some of which include: a holiday gifting event, Santa's arrival, performances by the Cleveland Ballet, a holiday entertaining event, winter festival event, and Santa theme nights. Find great gifts for everyone on your list at Nordstrom, The LEGO Store, the newly-opened Lolli & Pops and more! Visit BeachwoodPlace.com/events to learn more.

Robert & Gabriel Jewelers

Robert & Gabriel Jewelers is a family owned and operated business that has been proud to provide fine jewelry and giftware for more than 90 years. Our success is based on our strong belief in building lifelong relationships with our customers and their families by providing excellent products and services. Our friendly and knowledgeable staff is here to assist every customer. Shopping for the perfect holiday gift? We have a wide selection of ladies' and men's jewelry and watches or beautiful giftware and Judaica. Free gift wrapping is available. For holiday hours, call 440.473.6554. For more information, visit www.robertandgabriel.com.



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Eastgate Shopping Center

Eastgate Shopping Center provides the best of great retail, convenience and value. Shop at our impressive collection of stores, stay for lunch, dinner or breakfast, and treat yourself to a movie, a manicure, or a massage. We offer plenty of close-in parking, too.



Discovery Photo

Discovery Photo is a full-service photography studio that has been serving the Beachwood community since 1991. We specialize in fun, unique and creative portraits; we are creative and personable; and we go the extra mile to get the perfect shots. Take advantage of our state-of-the-art Beachwood studio, or locations in and around the area this holiday season. From head shots to family portraits, Discovery Photo offers exceptional quality at reasonable rates. Call 216.310.7722 to book your appointment today! For more information, visit www.discoveryphotoonline.com.



Wood Trader

At Wood Trader, we invite you to preserve your unique treasures with framing this holiday season. Photos, artwork, kid art and memorabilia all make for great gifts. Allow us to frame your most precious memories for generations to come. We offer eco-friendly custom framing, mirrors, sculpture bases/mounting, shadow boxes, gilding, specialty presentation solutions, photo frames and more.

There are many options when matching a frame with a specific photo or piece of art. You can choose from leather, metal, acrylic, wood, gold/silver finish and even gold carat and silver leaf. The type of mat you choose also enhances your piece, and at Wood Trader, we are here to help simplify your choices and utilize appropriate materials based on your needs, budget and taste.



Our showroom is also filled with beautiful works of art available for sale. Memories make the best gifts. Stop in today and have something framed – something a friend or loved one will treasure forever.

For more information, visit www.woodtraderframing.com or call 216.397.7671.

Landmark Luggage

Landmark Luggage at Eton offers the finest in luggage, business and computer bags, backpacks, handbags and travel accessories. Our selection is rivaled only by the service and attention our well-trained and knowledgeable staff deliver to every customer, every day. Plus, with our low-price guarantee and exclusive "Buy It & Try It" 30-day return policy, it's no wonder people prefer shopping at Landmark Luggage. As a special offer this holiday season, receive \$50 off every \$350 spent



on Briggs & Riley luggage, a new holiday tradition to carry on. For more information, call 216.245.6144.

Mulholland & Sachs

At Mulholland & Sachs, we offer personalized service. We have been serving Beachwood clients, as well as those throughout northeast Ohio and nationwide, for 17 years. Stop in and let us help you select the perfect gifts this holiday season. Choose from jewelry, gifts for the home, personalized gifts and so much more. For more information, call 216.831.4444 or visit www.mulhollandsachs.com. Complimentary gift wrapping is available; and shipping, if needed.

Pictured: Miguel Ases leather earrings, and Delphine earrings by Asha.



Hands on Pottery Studio

The best gifts are made from the heart. At Hands On Pottery, you can create one-of-a-kind pottery and glass-fused items for everyone, or buy them gift certificates to come in and create their own art. Take-home fairy garden, watercolor and mosaic kits are also available for gift giving. Be creative this holiday season at Hands On Pottery, Cleveland's #1 do-it-yourself art studio. For more information, visit www.handsonpottery.com.

Heidi's This N That

If shopping hasn't made you happy, you've been shopping in the wrong stores! Heidi's This N That mirrors its owner's, Heidi Shupp's life. She has always shopped diligently – admittedly way too often – for anything unique at a good price that could bring happiness into her life or someone else's. The store, its displays and the items in it are unique, fun, inspiring, different and "happy" – all offered at good prices. It is truly a "this n that." Heidi purchases clothing, purses, accessories, housewares and

anything else that touches her in some way, which she feels may touch someone else as well. Whether shopping for yourself or for someone else this holiday season, Heidi will help you select the perfect gifts. Stop in and see all that Heidi has to offer.

For more information, visit www.headisthisnthat.com or call 216.245.8377.



Gino's Awards

At Gino's Awards, we have an expansive selection of executive gifts, plaques awards and so much more. Give a personalized etched bottle of wine as a holiday gift or for any other special occasion. Our custom etched bottles make a treasured gift for any of life's biggest events.

Also, recognize, honor and acknowledge that special employee with this beautiful 9" clear and blue acrylic award, or another one from our inventory.

For more information, visit www.ginosonline.com, email trophy@ginosawards.com, or call 216.831.6565.



A Year in Review



It is hard to believe that 2018 is coming to a close, but it provides a great opportunity to reflect back on all of the wonderful things that have occurred over the past year with the Chamber.

We hosted our 2018 **monthly luncheons** at the Fairfield Inn and Suites, with topics that ranged from "Starting the New Year Off with Goal Setting, Health and Wellness," and ending the year with a presentation from OMNOVA. We learned about generational gaps in the workplace, and how to proactively work through them; and got the inside scoop about renovations at the Q! We learned about ongoing upgrades to University Circle, and how this district impacts Beachwood and the city of Cleveland; and we were enlightened with how the U.S. Census Bureau tracks and uses information, and how our businesses can use this data for planning. We also learned about all of the free services that are available to us through the Cuyahoga County Public Library, and how to improve our LinkedIn skills and personal branding.

In 2019, our monthly luncheons will be held at Doubletree, where we will again invite you to network, enjoy lunch and meet charismatic speakers who will present business-relevant and personal-growth topics.

Our **Business Expo** was well received by both businesses and the community. We look forward to continued grow, with a possibility of merging with other chambers to create a dynamic, regional event.

Taste of Beachwood was a huge success, with 22 vendors that provided delicious samples for attendees. No one left hungry! At Taste of Beachwood, we presented two very special awards – the Dick Adler Award and the Merle S. Gorden Lifetime Achievement Award.

The Dick Adler Award was created to honor a former board member who has given above and beyond to the

Beachwood Chamber and/or to the city of Beachwood; an award that is not presented every year. This year, board president Donna Cook was proud to present the award to Heather Ullmo.

The Merle S. Gorden Lifetime Achievement Award was created to honor a person who provided many years of service and support that directly impacted the city of Beachwood. Quite befitting, the first recipient was Merle S. Gorden, to honor and recognize his many years of dedication and service to our community.

Plaques representing both awards will be hung in the Chamber office as reminders of the great work and passion that Heather and Merle have for the Beachwood Chamber and the city of Beachwood.

As part of Taste of Beachwood, we ask attendees and sponsors to fill in ballots to select winners in three categories: Sponsors' Choice, People's Choice and Best Display.

We congratulate the 2018 Taste of Beachwood recipients:

- **Sponsor's Choice** – Embassy Suites Beachwood Park East Bar and Grill
- **People's Choice** – Embassy Suites Beachwood Park East Bar and Grill
- **Best Display** – Hilton Garden Inn Cleveland East

The Beachwood Chamber looks forward to continued success in 2019 by providing programs, activities and networking opportunities for its members. To current members, **thank you!** If you are not a current member and are interesting in finding out more about the Chamber, please feel free to reach out to us at 216.831.0003 or director@beachwood.org.

We wish you a happy, healthy holiday season and success in the new year.

We wish you a happy, healthy holiday season and success in the new year.



Pictured from top: Chamber board president Donna Cook presents Dick Adler Award to Heather Ullmo; NOACC executive director and former Chamber executive director Cindy Caldwell announces Merle Gorden as recipient of the Merle S. Gorden Lifetime Achievement Award; Taste of Beachwood Award Winners.

Health Insurance Questions?

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- Self-Employed
- Individuals and Families

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Hebrew Storytime

סיפורים ושירים בעברית לילדים

at the

Cuyahoga County Public Library, Beachwood Branch
25501 Shaker Boulevard

**Wednesday,
December 5, 2018
4:00 pm**



Led by: Zehava Galun
Early Childhood Educator & Hebrew Specialist

Brought to you by the
Jewish Education Center of Cleveland and the Cuyahoga County Library

JFSA Programs Empower Individuals and Families

Jewish Family Service Association of Cleveland helps individuals and families find solutions to face life's challenges with confidence. Families may have multiple challenges at the same time, which is why JFSA offers integrated solutions through a team-based approach. JFSA is an organization with Jewish values that welcomes people of all faiths.

JFSA offers services through four major divisions: Achieving Potential for Individuals with Disabilities, Strengthening Families, Empowering Youth and Caring at Home.

Achieving Potential for Individuals with Disabilities

JFSA empowers individuals with mental illness and developmental disabilities to achieve their potential through programs and services that aim to increase greater independence and inclusivity. These include:

- Mental health services, including psychiatry, counseling, cognitive enhancement therapy (CET), art therapy, case management, social recreation and wellness, vocational and employment services, family advocacy and support.
- Intellectual/disability services, including housing and residential services and adult day support.
- PLAN of Northeast Ohio, a membership-based organization for individuals recovering from mental illness that offers social and volunteer activities.

Strengthening Families

JFSA strengthens families by helping them achieve self-sufficiency in the face of financial crisis, homelessness or domestic abuse. Programs that aim to achieve this objective include:

- Financial support through temporary financial assistance, forward focus financial literacy, and homelessness prevention.
- Domestic violence services that include case management and safety planning, individual counseling, educational support groups, justice system advocacy and legal resources, special population outreach (e.g. immigrants, elderly, LGBTQ), community education and professional training.
- Hebrew Shelter Home, a temporary shelter for women and children.

Empowering Youth

JFSA empowers youth and strengthens the role teens and young adults play in our community through four programs:

- The Horvitz YouthAbility program uniquely brings together

disabled and at-risk teens for vocational activities, volunteer services and social enrichment to help themselves through helping others.

- **KNOW Abuse™** is a powerful educational program that depicts teens in real-life situations and shows how abuse of power in relationships diminishes dignity, self-esteem and spirit. Its Peer Leadership Institute, composed of JFSA staff and a teen advisory board, trains students to become peer leaders who deliver the **KNOW Abuse™** curriculum to their schools.
- The Campership Outreach offers youth the opportunity to build their Jewish identity and community connection by attending Jewish summer overnight camps.
- The JFSA College Financial Aid Program offers scholarships, grants and loans to college students to help them achieve their educational goals.

Caring at Home

JFSA empowers older adults to manage their independence and live healthier lives through the following programs:

- Skilled services that include nursing, physical, occupational and speech therapy
- Private Duty home care
- Geriatric case management and counseling
- Kosher home-delivered meals
- Philips Lifeline™ medical mobile alert
- Holocaust Survivor Support Services
- Home cleaning
- Personal assistance
- JFSA Shuttle on the Go! transportation

Families may have multiple challenges at the same time, which is why JFSA offers integrated solutions through a team-based approach. JFSA is an organization with Jewish values that welcomes people of all faiths.

For complete information, visit www.jfsa-cleveland.org or call 216.292.3999.

CITY OF *Beachwood* Council Update

MAYOR
MARTIN S. HORWITZ



216.292.1901
mayor@beachwoodohio.com

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brian.linick@beachwoodohio.com

COUNCIL V.P.
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JUNE TAYLOR



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june.taylor@beachwoodohio.com

VETERANS DAY SALUTE

Last month, the City and the Beachwood Historical Society remembered all veterans in a special ceremony at the Beachwood Cemetery. [MORE INFO ON PAGE 39.](#)



*Beachwood Honor Guard:
Detective John Finucan, Fire Capt. Steven Holtzman,
Officer Matthew Page and Firefighter Dave Peterson*



SUMMER CAMP RESIDENT REGISTRATION BEGINS DEC. 3

Beachwood Day Camp registration for residents begins December 3. Register for Kidz, Bison, Sports, Teen Travel and Theater Camp between 8:00 a.m. and 4:00 p.m., Monday through Friday, at Beachwood City Hall Community Services Office. Proof of residency is required.

An early bird rate will be offered to residents who register before March 8, 2019.

NEW NON-RESIDENT REGISTRATION PROCESS

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

For more information: refer to the Winter Recreation Guide, visit www.BeachwoodOhio.com or call 216.292.1970.



City Contact Information

CITY OF BEACHWOOD
25325 Fairmount Boulevard
Beachwood, Ohio 44122

216.464.1070
www.beachwoodohio.com



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AT&T U-Verse - Ch. 99

EMERGENCY
Dial 9-1-1

CLERK OF COUNCIL
216.595.5493

WELCOME NEW OFFICERS

The City of Beachwood welcomes its newest police patrol officers. These officers were administered the Oath of Office at the October 8 City Council meeting: Luke Combs, LaCameron Workman, Derik Rodriguez, Adam Hymes and Michael Neibecker.



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

- [FACEBOOK.COM/BEACHWOODOH](https://www.facebook.com/BEACHWOODOH)
- [TWITTER.COM/BEACHWOODOH](https://twitter.com/BEACHWOODOH)



The city also has a presence on www.Nextdoor.com and [LinkedIn.com](https://www.linkedin.com) (search City of Beachwood).

FALL LEAF PICK-UP

Now through December, leaf trucks operate daily throughout the City (weather permitting). Collection is ongoing from one end of town to the other. There is no need to call for a special pick-up.

Place UNBAGGED leaves on the tree-lawn only. DO NOT PLACE IN STREET. Leaf piles mixed with other debris, such as grass, WILL NOT be picked up. After January 1, all leaves need to be bagged. Leaf bags will then be picked up with your regular rubbish on your collection day. Questions? Call 216.292.1922.



CONGRATULATIONS to Chris Vild, the Beachwood Service Department's Environmental Manager. He was presented with the Conservationist of the Year Award by the Cuyahoga County Council and County Executive. The award, presented by the Cuyahoga Soil and Water Conservation District, recognized Chris for his more than 20 years' work with environmental issues.



HOLIDAY RUBBISH PICK-UP

Due to the holiday on Tuesday, December 25, rubbish and recycling will not be collected by the City on that day. Therefore, collections for residents with normally scheduled pick-ups on Tuesday through Thursday will be delayed one day this week. If your regular collection is Tuesday, your collection will be delayed until Wednesday, etc.



USE CAUTION & BE SEEN

Use caution when walking at dawn, dusk and evening hours. Add reflective items to clothing. Walk on the sidewalk. If it is necessary to walk in the street, walk facing traffic. If traveling in a group, please walk single-file.

UPCOMING MEETINGS

CITY COUNCIL

Usually meets the first and third Mondays of each month. Upcoming meetings: Mondays, December 3 and December 17 at 7:00 p.m. Questions? 216.595.5462.

PLANNING AND ZONING COMMISSION

Usually meets the last Thursday of each month at 7:00 p.m. Upcoming meeting: Thursday, December 13. Questions? Call 216.292.1914.

ARCHITECTURAL BOARD OF REVIEW

Meets at 5:30 p.m. Upcoming meetings: Mondays, December 3 and December 17. Questions? 216.292.1914.

Departments

AUDITOR
216.595.3712

BUILDING DEPARTMENT
216.292.1914

COMMUNITY SERVICES
216.292.1970

ECONOMIC DEVELOPMENT
216.292.1915

FINANCE DEPARTMENT
216.292.1913

FIRE DEPARTMENT
216.292.1965

LAW DEPARTMENT
216.595.5462

MAYOR'S OFFICE
216.292.1901

POLICE DEPARTMENT
216.464.1234

SERVICE DEPARTMENT
216.292.1922



**American
Red Cross**

BLOOD DRIVE

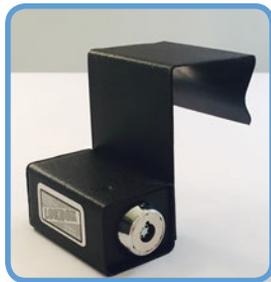
FRIDAY, DECEMBER 21 FROM 1:00 – 7:00 P.M.
BEACHWOOD COMMUNITY CENTER



Give blood.
Save a life.

LOCKBOX PROGRAM

In an emergency, every second counts! The Beachwood Department of Fire-Rescue offers a lockbox program to expedite access into homes during emergencies.



Pay a one-time \$30 fee for a small, secure metal box that hangs over your front door with a spare key inside. The box is locked by a unique key, accessible exclusively by the Beachwood Fire Department and only used in the event of an emergency. Residents interested in purchasing a lock box should call 216.292.1965.

BUSINESS RETENTION VISITS

Keri Zipay, the City of Beachwood's Business Retention Specialist, regularly meets with business owners, property owners, managers and other stakeholders to determine how the city can best support each group's commercial efforts.

If you would like to schedule a visit with Keri, please call 216.292.1915 or email keri.zipay@beachwoodohio.com.

OHIO IMPLEMENTS NEW LAW TO DETER DISTRACTED DRIVING



Law enforcement officers no longer need to prove a driver is texting, but only that a moving violation has occurred and the driver was distracted at the time.

A driver who is operating a vehicle outside marked lanes and also engaging in a distracted behavior will face an enhanced fine of up to \$100, in addition to a fine for the lane violation.

Other violations such as red light, stop sign, speeding and other moving violations similarly could result in potentially higher fines.

A distracted driver course is available in lieu of paying the enhanced court fine of \$100 or less, providing the offender pays the total amount of the fine established by the violation and submits written evidence of completion of the distracted driver course.

The one-hour course discusses what distracted driving is, who is a distracted driver, cell phone distractions, the risks and consequences of driving distracted.

Police Chief Gary Haba says, "Cell phones and other modern devices have certainly increased the likelihood of distracted driving. But if you think about it, distracted driving has always been the cause of most accidents. If a driver is looking and thinking ahead with 100% attention to the driving tasks at hand, the chances of an accident are reduced substantially. Drivers need to remove as many distractions as possible."

The distracted driver course can be found on the Ohio Bureau of Motor Vehicle's Driver Training website (<https://www.drivertraining.ohio.gov>) under "Courses/Programs."

POWER OUTAGE?

If you see a wire down, stay away and call 1.888.LIGHTSS (544.4877) or the Police or Fire Department. In the event of a power outage, call 1.888.LIGHTSS, NOT 9-1-1.

Never use a stove, gas grill or a heater designed for outdoor use to heat indoors. Never use candles around pets or small children. Visit www.firstenergycorp.com for outage maps and useful information.



Text OUT to 544487 to report an outage via text messaging.

Council Update

SENIOR HOTLINE

Cuyahoga County has a hotline to help seniors and disabled adults connect with services. Call 216.420.6700 to find out about:

- Available services for people 60 or older, or adults with disabilities between ages 18 and 59 who are living in private residences.
- Basic resources including benefits, income assistance, housing and medical care.
- Ways to report suspected abuse, neglect or exploitation.

For more information visit <http://dsas.cuyahogacounty.us>.

HOME SECURITY SURVEYS



The Beachwood Police Department offers free Home Security Surveys for residents and businesses. Trained officers will assess your home or business and discuss ways of deterring the criminal element. Most suggestions are simple and cost effective.

For details call 216.464.2343.

ALICE ACTIVE THREAT RESPONSE CLASSES

SELF-DEFENSE CLASSES

The Beachwood Police Department offers ALICE and self-defense classes to any Beachwood business or organization – free of charge. Through these programs, information will be provided that will lessen your chances of becoming a statistic. To schedule a program please call 216.464.2343.



DRIVERS: BE ALERT AND AVOID DISTRACTIONS

The City of Beachwood, Ohio, The Department of Insurance and The Ohio State Highway Patrol urges residents to drive with caution and to make sure you have the necessary insurance coverage to help protect your family and other drivers.

Last November, there were nearly 4,000 deer-related crashes on the state's roadways.

Driving requires your full attention. If you see a deer in the roadway slow down but do not swerve. If you strike a deer, move to a safe place, turn on your hazard lights and report the accident.



Deer are most active at dawn and dusk. To help keep safe, scan the road and shoulders ahead of you. Use high beams when there is no oncoming traffic.

The comprehensive coverage (also known as "other than collision" coverage) portion of an auto insurance policy often is used to pay for deer-vehicle damage repair. A liability-only policy does not cover the damage. Be certain to photograph or video any damage to support an insurance claim.

More safe driving tips are available at www.publicsafety.ohio.gov.

UPCOMING ART EXHIBIT

MINDFUL ART - THE ART OF RECOVERY & HOPE

December 12 – January 4

Artists' Reception – Dec. 16, 1:00 – 2:30 p.m.

Featuring consumers/participants/members of the Gathering Hope House and Stephen Dargaj, Director of Program Services

MORE INFO ON PAGE 17.



Beachwood Community Center
 MON – FRI • 9 A.M. – 4 P.M.
 SAT • 10 A.M. – 3 P.M., SUN • 10 A.M. – 1 P.M.



HERITAGE HOME PROGRAM

Beachwood is proud to be a Heritage Home Program (HHP) community offering Beachwood residents free technical assistance for home repair and maintenance projects for homes 50 years or older. The program, conducted in partnership with the Cleveland Restoration Society (CRS), has provided millions of dollars of free services and access to affordable loan rates to Beachwood residents.

If your home is 50 years or older, you may qualify for this free resource. To learn more visit www.heritagehomeprogram.org.



A FEW RESIDENTS ARE USING THE BLUE RECYCLING CANS AS RUBBISH CANS. ANYTHING OTHER THAN THE RECYCLING ITEMS LISTED BELOW CONTAMINATE RECYCLABLES.

RECYCLING: BACK TO THE BASICS

Recycling contamination is an issue across the nation and is also a major problem in Cuyahoga County. Recycling contamination happens when well-intentioned recyclers mistakenly put the wrong items into their recycling. It can wreak havoc on the recycling process.

The best way to avoid recycling contamination in your curbside recycling is to **only recycle these five core items:**

- **CANS:** Empty and rinse.
- **CARTONS:** Empty, rinse and replace the cap.
- **GLASS BOTTLES & JARS:** Empty and rinse.
- **PAPER & BOXES:** Flatten cardboard items. (ex: cereal boxes)
- **PLASTIC BOTTLES & JUGS:** Empty, rinse and replace cap.

Place these items loose – not bagged – in your recycling bin or cart. All items should be clean, empty and dry. Plastic bottles and jugs include items with an opening or neck that is narrower than the body.

Learn more about recycling best practices at www.cuyahogarecycles.org/how_to_recycle



GIVE YOUR LAWN THE GIFT OF GOOD HEALTH



- **Research environmentally friendly ice melt products.**
- **Drain gas from lawn mower for winter storage.**

Did you know... Ho Ho Hold the salt! Excess salt applied to icy sidewalks and roads negatively impact the health of streams, rivers and your lawn!

BEACHWOOD RECREATION COMMUNITY THEATER
SPRING PRODUCTION

THE LITTLE MERMAID

MONOLOGUES AVAILABLE
AT WWW.BEACHWOODOHIO.COM

Tuesday, January 8
Grades 3 - 5

Wednesday, January 9
Grades 6 - 12

Thursday, January 10
Adults and Callbacks

7:00 p.m.
Beachwood Middle School

QUESTIONS? 216.292.1970

CONFINED-SPACE TRAINING

Members of the East Tech regional tech-rescue team filled the Beachwood Public Safety Center's three-story training tower with theatrical smoke and turned off the lights for a confined-space rescue exercise. The team is in constant communication via comm wiring in their belay ropes that connect to their headsets. Once they reached the team members acting as victims, the rescuers had to "package" the victims in such a way that they could be hauled out of the tunnel, through the vertical pipe, and up to the third floor. East Tech is a regional team that is called upon for all types of technical rescues, including vehicle & machinery, confined space, rope, trench & excavation, structural collapse, swift water, and more. Beachwood Fire-Rescue has members of East Tech on-shift daily should their assistance be needed.



**NON-RESIDENTS REGISTER
SUN. MARCH 10
10:00 A.M.
BEACHWOOD
COMMUNITY
CENTER**

**RESIDENTS
MAY REGISTER
IN PERSON
STARTING
DEC. 3**

Resident
Registration
December 3

KIDZ CAMP • GRADES K-2
BISON CAMP • GRADES 3-6
SPORTS CAMP • GRADES 4-8
TEEN TRAVEL CAMP • GRADES 6-8
THEATER CAMP • GRADES 2-8

**SUMMER
BEACHWOOD
CAMPS**

**CITY OF
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*Resident
Early Bird
Registration
Ends March 8*

BEACHWOOD CITY SCHOOLS

BOARD OF EDUCATION

Dr. Brian Weiss, President, (216) 438-1733, bw@beachwoodschoools.org

Maria E. Bennett, Vice President, (216) 264-9398, mbennett@beachwoodschoools.org

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Steve Rosen, (216) 264-9182, srosen@beachwoodschoools.org

Jamie Elwell, (216) 369-9530, jaelwell@beachwoodschoools.org



Dear Beachwood Community,

Thank you for once again placing your trust in Beachwood City Schools. With the recent passage of Issue 2, our district will have the ability to offset state funding cuts and maintain the high quality programs and services we offer Beachwood families. As we have done for the last 13 years, the district will honor your support by continuing to exercise fiscal restraint.

Your Board of Education and school administration recognizes the unique character of our small, but mighty school system and community. Over the coming years, our schools will continue to transform in order to prepare informed, conscientious, and skilled citizens. Simultaneously, we will maintain that which makes Beachwood special -- the value our schools place on each individual child.

Beachwood's levy committee message was simple over the past few months: Our Children. Our Community. Our Future. Thank you for protecting all of them! Beachwood's citizens consistently come together to support its young people. On behalf of us all -- thank you!

Sincerely,

Dr. Brian Weiss, President
Beachwood Board of Education

Michele E. Mills, Treasurer

Dr. Robert P. Hardis, Superintendent

NHS Induction



Beachwood High School's National Honor Society (NHS) inducted 38 members this year. The pillars of NHS are "Scholarship, Leadership, Service, and Character" and these students uphold the four pillars consistently throughout their lives. Congratulations to them and their proud families. The induction ceremony featured dynamic keynote speaker and Beachwood parent, **Scott Simon**, co-founder of Thrive Cleveland.

Kick-It Champion, Sam Babbush



Many thanks to BHS Senior **Sam Babbush** who was named the nation's "Kick-It Champion" for his fundraising work in the fight against cancer. Sam raised \$10,518 this football season to help children battling cancer, as well as their families, the top fundraising total in the nationwide Kick-It Campaign. The funds were donated to Alex's Lemonade Stand to fund research for childhood cancer.

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
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Kathleen Stroski, Assistant Treasurer, (216) 464-2600 ext. 240 • ks@beachwoodschoools.org



Boosters Fall Sports Recognition

Our Fall sports season concluded with the Beachwood Athletic Boosters' Fall Sports Recognitions program. We were proud to boast 11 athletes who earned Chagrin Valley Conference honors, eight athletes with All-District honors, and two athletes with All-Ohio honors. One hundred and eight Bison student-athletes earned a 3.5 GPA or higher during the first quarter! Our girls soccer team's Fall season was one for the record books -- school record for wins (15), school record for goals (76), and Beachwood's first girls soccer Sectional Title!



Girls soccer team sets several school records



Chagrin Valley Conference First Team



Cabaret Night

Congratulations to everyone involved in the 2nd annual Cabaret Night. Bravo to the MC's, star gram runners, video and tech crew, backstage crew, parent and staff volunteers, the Bryden Elementary Choir, songwriter/singer/rapper Chris Black, and all our middle and high school performers!



Two Staff Members Awarded Prestigious Honors



Ryan Peters and Ryan Patti

Ryan Patti, OASSA Assistant Principal of the Year Award

Ryan Peters, OIAA Athletic Director of the Year Award

Beachwood is incredibly proud of "The Ryans" -- **Ryan Patti** and **Ryan Peters**. Mr. Patti was recently named the 2019 Ohio Assistant Principal of the Year by the Ohio Association of Secondary School Administrators. Ryan Peters was named an Ohio Athletic Director of the Year by the Ohio Interscholastic Athletic Administrators Association.

Visit us at www.beachwoodschoools.org



www.facebook.com/BeachwoodBison



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



Roy Buchinsky, MD,
Director of Wellness, University Hospitals

Give Yourself a Special Gift this Month

In this season of giving, there's a special gift you can give yourself – your personal health and wellness. The place to start is with health screening tests that can identify potential health concerns before they are problems.

Regular health screenings are a way for your health care provider to help keep you at your healthiest and out of the hospital. If all the results come back negative, you're good to go. If a screening identifies a potential problem, your primary care provider can help you make the changes you need to reduce your risk of developing a disease. Remember, prevention is the best intervention, and lifestyle is the most powerful medicine.

To help you get started, here's a list of the top 10 screenings University Hospitals wellness experts recommend.

- 1. Blood glucose (sugar).** Get a baseline reading as part of your annual physical, then check with your primary care provider on how often you need this test after that. This test detects diabetes or a condition called pre-diabetes that can develop into diabetes.
- 2. Blood pressure.** Annually for adults aged 40 years or older and for those at increased risk for high blood pressure such as people with high-normal blood pressure (130 to 139/85 to 89), those who are overweight or obese and African Americans.
 - Every 3 to 5 years for adults aged 18 to 39 years with normal blood pressure (<130/85) and no risk factors
 - Blood pressure over 130/80 could be a warning sign for heart attack or stroke.
- 3. Body weight and body mass index (BMI).** Recommended for everyone as part of an annual wellness exam. Weight and BMI are related to risk for many chronic diseases, including heart disease and diabetes.
- 4. Bone density scan.** Recommended every one to three years for women age 65 and older, depending on their risk factors like smoking habits, alcohol consumption, history of fracture and other considerations. This scan helps determine a woman's 10-year risk of incurring a fracture due to osteoporosis.
- 5. Cholesterol.** Ask your doctor for guidance on how often you should have this test after you get a baseline reading. High cholesterol raises the risk of heart attack, stroke and coronary artery disease.
- 6. Colonoscopy.** Recommended every 10 years for people age 50 and older as long as the results are normal, more often if polyps are found or the person has other risk factors for colon cancer. Your primary care provider can advise you.
- 7. Mammogram.** Annually for all women starting at age 40, younger for women with a family history of breast cancer and possibly more frequently for women with breast abnormalities.

8. Pap smear. Recommended every three years for women with normal results, beginning at age 21. The Pap smear detects cervical cancer or pre-cancerous changes in the cervix.

9. Pelvic exam. Yearly for all women for detection of gynecologic cancers, including cancers of the vulva, uterus, cervix, fallopian tubes, ovaries, bladder and rectum, and sexually transmitted diseases.

10. Prostate cancer screening. Manual exam and blood test are recommended annually for all men beginning at age 50, younger for African American men and those with a family history of prostate cancer. This screening can detect prostate cancer in its early stages, before any symptom are apparent. Speak to your primary care provider about the pros and cons of prostate cancer screening.

You say you're in good health and don't need any screenings? In addition to eating right, exercising and not smoking, getting recommended health screenings is one of the most important things you can do to keep enjoying your good health and add years to your life.

Many insurance plans cover these screenings at 100 percent as part of an annual physical.

Don't have a primary care provider? A UH primary care provider can provide many health screenings and be a reliable source for wellness information, preventive care and support with a healthy diet and exercise plan. For a referral to a primary care provider at UH Ahuja Medical Center, call 1-866-UH4-CARE (1-844-374-2706) or scroll through the entire list at uhs hospitals.org/doctors.

You say you're in good health and don't need any screenings? In addition to eating right, exercising and not smoking, getting recommended health screenings is one of the most important things you can do to keep enjoying your good health and add years to your life.

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LAST CHANCE DIMENSIONS IN TESTIMONY AT THE MALTZ MUSEUM

EVERY THURS, FRI & SUN AT 3PM

INCLUDED WITH GENERAL ADMISSION



What happens when the last Holocaust survivor is no longer with us? Who will tell their story? The Maltz Museum has launched a first-of-its-kind effort in Cleveland to preserve Holocaust memory through the use of cutting-edge hologram technology. This is the last chance to be part of the beta test and hear Stanley's story of survival, then interact with him through Q&A on a screen in our theater. *On view through December!*



2929 RICHMOND ROAD, BEACHWOOD
216.593.0575 | MALTZMUSEUM.ORG

Local Holocaust Survivor to Educate Future Generations Through Cutting Edge Technology

Last month to be part of the beta test at the Maltz Museum

The Maltz Museum of Jewish Heritage has partnered with the USC Shoah Foundation's Dimensions in Testimony to launch a first-of-its-kind Holocaust Survivor Memory Project in Cleveland. Local Holocaust survivor Stanley Bernath's story and memories were recorded with the use of state-of-the-art technology that allowed Stanley to share his story and answer questions about his past, simulating the experience of speaking face-to-face with a survivor.

Each year, more than 10,000 students from across Northeast Ohio visit the Maltz Museum for student tours. Many of these students hear from a local Holocaust survivor who shares his or her personal and powerful story. This is one of the most meaningful ways students can experience history – by listening to the real-life stories of people who lived through that period of time. In order to preserve the experience, the Maltz Museum has launched a first-of-its kind effort in Cleveland that uses hologram technology to simulate speaking to a living survivor.

"Meeting and interacting with a survivor lifts history out of the books and brings it to life for students," said David Schafer, managing director of the Maltz Museum, who says this is why the Survivor Memory Project is critical now. "We don't know how much longer survivors will be able to share their stories. Working with the USC Shoah Foundation's Dimensions in Testimony will enable future generations to interact with a Holocaust survivor long after we are all gone."

Dimensions in Testimony revolutionizes the concept of oral history, using cutting-edge technology to record survivor stories with hundreds of cameras set up in a dome. The team asks hundreds of questions over the course of two days. The survivor needs to have significant cognitive ability to sit through the comprehensive question-and-answer session in the California studio. Approximately one year after that experience, Stanley Bernath saw an interactive version of himself as the beta version arrived in Cleveland, on view now through the end of December.

"Years from now, none of us survivors will be available, we'll be all gone," said Stanley Bernath, who is honored to be the fifteenth survivor in the world to record his story as an interactive survivor biography. He has been telling his story to groups for more than forty years, and now his story will live on in perpetuity. "Children or adults can always ask questions. They'll be able to see it and hear what I have to say about what I went through," he said.

The beta test is an important part of the technology's process, working out bugs so that when student or adult groups come in the future, the technology will work fluidly.

Every Thursday, Friday, and Sunday at 3 pm, now through end of December, Maltz Museum visitors will be able to interact with the beta version and help test the technology through Q&A. The experience is included with general museum admission and is free for Maltz Museum members.

For more information, please call 216.593.0575 or visit www.maltzmuseum.org.

Beachwood Salutes Veterans

By Arlene Fine

The annual Veterans Day ceremony, sponsored by the City of Beachwood and the Beachwood Historical Society, was held on November 11 at the Beachwood Cemetery on Green Road. The community gathered at the historic cemetery to honor veterans who served in the United States Armed Forces in war or in peacetime, and to acknowledge and thank them for their sacrifices.

Rosemary Nemeth, president of the Beachwood Historical Society, welcomed attendees, including several Beachwood City Council members, Boy Scout Troup 620, a color guard comprised of members of Beachwood's fire and police departments, and community members. She introduced veterans Marc Becker, Julio Pelsmajer and Aaron Lieb, who shared some of their experiences when serving our country.

"Real leaders are willing to admit they don't know everything and accept advice from experts," says Marc Becker, who served in the U.S. Army and is an active member of the Military Officers of America. "The United States has one of the best military operations

in the world; our people take the initiative and follow through."

Julio Pelsmajer, who immigrated to the United States from Argentina, was drafted by the U.S. Army just eleven months after he arrived in the States. "For performing over and above my duties during the time I was in the Army, I received two letters of recommendation, one from each company to which I was assigned," Pelsmajer says.

Beachwood police officer Aaron Lieb, a retired U.S. Marine, was stationed in six different bases, 10 foreign countries, and had two tours of duty in Iraq. "I am very proud to have earned the title of Marine," he said. "I am very appreciative when someone says, 'thank you for your

service,' and I respond, 'thank you for your support. Thank you for letting me serve my country.'"

Also included in the morning's program was a proclamation from Mayor Martin Horwitz, read by Beachwood City Council president Brian Linick, honoring veterans for their service to this country.

In a tribute to all veterans, Nemeth recited this poem:

*Some people dream a dream,
Some people live the dream,
Some people defend the dream
God bless our Veterans –
the defenders of the dream.*

The perfectly-manicured Beachwood cemetery, adorned with many small America flags,

was the ideal spot for the morning's ceremony. "Buried here are 40 veterans from six different wars dating all the way back to the Revolutionary War," says Nemeth. "The City of Beachwood is to be commended for the excellent upkeep and respect for this sacred space."

The ceremony concluded with everyone standing and singing, "God Bless America" to the gently waving U.S. and State of Ohio flags held by the color guard.

"We all know freedom is not free," says Nemeth. "That is why today's ceremony is so important and why we will never stop honoring those who protect our freedom."



Pictured clockwise from top right: Beachwood color guard (from left) detective John Finucan, firefighter Captain Steven Holtzman, officer Matthew Page, and firefighter Dave Peterson; Standing: City Council member Alec Isaacson, City Council vice president James Pasch, Beachwood Service Dept. laborer Doug Morton, Beachwood Service Dept. laborer Paul Bellitto, police chief Gary Haba, officer Aaron Lieb, Mark Becker, Al Muhley, City Council president Brian Linick, City Council member Barbara Bellin Janovitz and detective John Finucan. Sitting: Phil O'Neil, Julio Pelsmajer, Burt Siebert, Moe Safenovitz, Ted Hersh, Michael Blain and Morris Finney Jr.; officer Aaron Leib; Julio Pelsmajer; Marc Becker; City Council members Alec Isaacson, Brian Linick, James Pasch and Barbara Bellin Janovitz.

Photos by Scott Morrison, Discovery Photo

HEY NEIGHBOR!

by Arlene Fine

BHS Musicians Are in Fine Fiddle

While most teens are more familiar with Kellogg's Pop-Tarts® than The Cleveland Pops, three remarkable Beachwood High School students know their way around the Great American Songbook.

Sanchari Chakrabarti, Heather Johnson and Gal Pinhasi, all age 17, are part of an elite group of high school musicians selected to be members of the newly-formed Cleveland Pops Youth Orchestra (CPYO). They are among 50 student musicians from Northeast Ohio who rehearse each Monday evening under the baton of Cleveland Pops conductor Carl Topilow and perform several concerts throughout the year.

Pretty heady stuff for high school kids.

"I began studying the violin when I was five years old and ever since I can remember, I've wanted to perform with a professional orchestra," says Sanchari. "I'm hoping that being part of the CPYO is a gateway to reaching my ultimate dream of joining the Cleveland Orchestra one day."

Heather, who has studied the viola for 11 years, realizes that performing with the CPYO is a rare opportunity for someone her age. "I am passionate about music, and playing viola is an important part of my life right now," she says. "Being part of the CPYO gives me extra encouragement to continue my musical studies."

Gal, a violinist, says he personally worked very hard to reach this point. "Music has always been an essential part of my life," he says. "I first studied piano and, nine years ago, switched to the violin. I still can't believe that playing the violin, something I enjoy so much, has led to this

Cleveland Pops experience. It is a great honor."

Starting the CPYO was something Carl thought about for many years. When Pops president and CEO, Shirley Morgentstern, and Carl were approached by Music Settlement director, Matthew Charboneau, and Pops cellist, Ida Mercer, to make the youth orchestra a reality, everything fell into place.

"I'm excited to start an orchestra whose entire focus is on popular music," says Carl. "Our repertoire, which includes the music of Hollywood, Broadway, jazz, rock and light classics, will serve to familiarize young musicians with the great American legacy of popular music. Our goal is to develop not only our members' musical skills, but also their confidence, teamwork, character and cooperation, and to promote critical thinking."

Lisa Goldman, BHS orchestra director, violinist and original Cleveland Pops member, is very proud of the three BHS orchestra students chosen for the CPYO. "I am very excited for these talented young musicians to have this new adventure," she says. "I have seen Carl work with students and I'm always impressed by how he teaches, encourages, and motivates them to perform at their best. The CPYO is a new, valuable resource within our musical community."

Being part of CPYO has kept Sanchari, Heather and Gal on their toes. Along with their full class schedules, they also make time to

take music lessons, practice, and attend CPYO rehearsals at the Music Settlement. In November, they performed two selections side by side with the Cleveland Pops Orchestra at a holiday concert at The Connor Palace Theatre at Playhouse Square, and they have two upcoming concerts in December.

The three BHS students agree that their experience with the Cleveland Pops so far has allowed them to "think outside the Bachs." And to quote one of the greatest American composers, George Gershwin, "Who can ask for anything more?"

"Our repertoire, which includes the music of Hollywood, Broadway, jazz, rock, and light classics, will serve to familiarize young musicians with the great American legacy of popular music".

~ Carl Topilow, Cleveland Pops Orchestra conductor

Upcoming CPYO performances

Monday, December 10 • 7 pm
Kulas Auditorium • John Carroll University • University Heights

Monday, December 17 • 7 pm
Van Aken District • Shaker Heights

For more information, visit www.clevelandpops.com



Cleveland Pops Youth Orchestra musicians Heather Johnson, Sanchari Chakrabarti and Gal Pinhasi, with Cleveland Pops conductor, Carl Topilow.

Maltz Museum is Open on December 25

Give what you can, pay what you can on Christmas. Bring a canned-good donation and/or pay what you can toward museum admission to make a Christmas-day donation. Explore the inspiring stories in Israel: Then & Now, the treasures of the Temple-Tifereth Israel Gallery, and the immigrant experiences in An American Story. Plus, get creative and make new year's cards to be given to refugees and new immigrants. All canned goods will be donated to the Cleveland K kosher Food Pantry and the Greater Cleveland Food Bank. For more information, call 216.593.0575 or visit www.maltzmuseum.org.

Israel: Then & Now Special Exhibition

Israel: Then & Now made its world premiere at the Maltz Museum of Jewish Heritage this fall to rave reviews and will be on view through May 12. This first-of-its-kind special exhibition combines historic images, milestone moments, interactive media, and film to take a look back and imagine what's ahead for this 70-year-young country. Drop-in tours, included with general admission, take place every Sunday and Tuesday at 2 pm. Ask about discounted rates for groups of 10 or more. For more information, call 216.593.0575 or visit www.maltzmuseum.org.

"Stop The Hate" Essay Contest

Deadline January 2019

Each year, the Maltz Museum awards 6-12th graders and their schools \$100,000 in scholarships and anti-bias education grants for writing essays that share their experiences about facing discrimination and their ideas on how to stop the hate. This year's Stop the Hate contest has a new theme: As a Jewish teenager living in hiding during the Holocaust, Anne Frank wrote, "How lovely to think that no one need wait a moment, we can start now, start slowly changing the world!" More than 75 years later, what can we learn from Anne's perspective? Learn more at maltzmuseum.org/STH.

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Programs at Fairmount Temple

Chanukah Shabbat Service Friday, December 7 • 6:15 pm

Join the temple clergy, volunteer Chorale and the Hava Nashira Jr. Choir for a service to celebrate Chanukah with joyous music. Following the service, stay for a reception with latkes and a mitzvah opportunity of assembling bus-pass kits for the homeless. All are welcome.

Simchat Shabbat Friday, December 7 • 5:30 pm

Preschool-age children and their families are invited to enjoy Chanukah with songs and a candle lighting. An optional light meal for the kids will follow the brief 25-minute service.

Free Holiday Happenings Program Sunday, December 9 • 9 am

Pre-k students, accompanied by a parent or grandparent, are invited to learn more about Chanukah and mitzvot through craft and story. Children will make a decorated picture frame for residents of Montefiore. RSVP to Elizabeth Kleckner at 216.464.5890 or Ekleckner@fairmounttemple.org.

Women of Fairmount Temple Mitzvot Programs

The following programs are free and open to the community.

Sunday, December 9 9:30 – 11:30 am

Help create blankets, number books, and therapeutic vests. For information, call Phyllis Berlas at 216.381.8738.

Every Tuesday • 9:30 – 11:30 am

Participate in doll making for homeless children and children in need. For information, call Nancy Klein at 216.752.4123. (No meetings on December 25 or January 1.)

Give Hope to Have Hope

When faced with a health challenge or other significant life event that alters how we perceive the world and our place in it, we can feel a sense of not being in control. Sometimes, challenges cause us to feel a range of emotions that include fear, anxiety and perhaps anger. How does one navigate his or her way to a place of feeling empowered?

At The Gathering Place, an aspect of its mission includes helping to empower those on the cancer journey – the person diagnosed as well as his or her loved ones. People walk through the doors after hearing the devastating news, ‘you have cancer.’ Having a place to turn, resources to utilize and people who will help validate and normalize emotions can be a significant turning point for those on the journey.

While going through a cancer diagnosis, there is so much time spent waiting for things to happen; waiting to see the doctor, waiting for test results, waiting for surgery, waiting for treatment, waiting to heal. When you seek support, you can take some control over what is happening. Participating in a support group provides an opportunity to talk about how you are feeling and develop skills to manage those emotions. An exercise program helps to face physical side effects head on, and provides the opportunity to take action to help the body heal.

Sometimes, the hardest thing to do is talk about what you need and ask for help. Learning to ask for help can be very empowering. Beachwood resident and cancer survivor Johanna Henz says there is a tremendous benefit to knowing someone has your back. For Johanna, that includes her family and the support system she has surrounded herself with at The Gathering Place.

“You learn you can navigate the cancer journey when you have people who will support you. I remember thinking, how am I ever going to incorporate this cancer into my life? I’ve learned that you

deal with the bumps and keep going, inspired by the people around you.”

Johanna’s entire family used services at The Gathering Place to help them navigate through her diagnosis. They had the opportunity to work together on big feelings in fun ways, and developed new communication and problem-solving skills.

Johanna expresses gratitude for what she is learning at The Gathering Place. They are skills that she can use in all aspects of her life. She notes that she has learned how to put things in perspective, and that she has gained hope.

“The Gathering Place is good at giving hope,” she says. “Having hope can change everything.”

Regardless of what challenge you are facing, it is important to know where you can go for help. Whether it is to seek specific resources, or have a place where you can make a difference to help change your perspective. Find a safe space, or create a safe space. Surround yourself with kindness and compassion, and practice self-care.

Regardless of what challenge you are facing, it is important to know where you can go for help. Whether it is to seek specific resources, or have a place where you can make a difference to help change your perspective. Find a safe space, or create a safe space. Surround yourself with kindness and compassion, and practice self-care.

The Gathering Place is a cancer support center located in Beachwood. All programs and services are provided free of charge to help individuals and families cope with the impact cancer is having in their lives. Learn more at www.touchedbycancer.org.



Johanna Henz with her husband, Eric, and their sons, Ethan and Jack.

Effective Leadership Academy: Essential Skills that Last a Lifetime

Leadership titles are often given through promotions, but receiving a title does not mean one possess the skills to guide a team toward success. Flo Brett, the founder and executive director of the Effective Leadership Academy, knows this concept well. Brett, a former pediatric nurse and executive training program manager, developed an intensive adult leadership-training program for the largest training hospital in the United Kingdom.

"I was promoted at a young age into a leadership role at a health-care facility in England," said Brett. "I was a clinical expert, but I did not have the skills to manage the 100 people in my department."

From her experience, Flo was inspired to return to school for a degree in leadership and development. That, coupled with personal experience gained within the Greater Cleveland educational community, allowed Brett to quickly identify a significant gap in student leadership training in middle- and secondary-school environments.

Drawing on the success and lessons learned from the corporate curriculum she developed, Brett adapted her methods to

serve the needs of students from fifth through twelfth grade, as well as recent graduates, by teaching essential life skills during their most formative years.

"Our mission is simple," Brett said. "We help people develop their most important asset – themselves."

"Our mission is simple," Brett said. "We help people develop their most important asset – themselves."

Although many schools haven't traditionally provided students with in-depth opportunities to develop essential life skills, Brett's noticing a big desire from educators to establish a sensible, interactive and sequential leadership curriculum. That's where ELA comes in. It provides young adults with skills that will not only help them succeed in school, but also in future personal and professional endeavors. ELA is often seen as the "missing ingredient" in the educational environment.

She says, "The impact from ELA programs lasts a lifetime."



Beachwood head football coach Damian Creel with Beachwood athletes on final day of ELA program.

Community is about neighbors helping neighbors.
Lend a helping hand and help a neighbor today.
Happy Holidays from Beachwood Buzz!

Hey Beachwood, Help Your Neighbors!



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By supporting
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Reach out to
Support them



Help Us Put the Word "Neighbors" back into Neighborhoods

VOLUNTEERS NEEDED

In BEACHWOOD, a volunteer team helps more than 100 older neighbors (80+) by taking their trash cans to the curb and back each week for collection, and that's just a start.

Whether you need help or would like to lend a helping hand, please get involved. It's the neighborly thing to do!

To volunteer or for more information, call 216.512.1844, email info@villageintheheights.org or visit www.villageintheheights.org

This is a joint project of the City of Beachwood and Village in the Heights (a 501(c)(3) nonprofit organization).

Empower Yourself When Transitioning to a New Home

When you or a loved one – especially a senior – transitions into a new home, it is often overwhelming to declutter, pack, organize, move and resettle. Then, choices need to be made about staging your home for sale, disposing of unwanted items, etc.

Some of us may choose to manage the whole process by ourselves, while others need assistance. Regardless, it's empowering to successfully transition into your new location.

Here's what you can do to feel empowered along the way:

Ask Yourself Questions:

It's easy to be comfortable in your current home, but if you're facing a transition, there's a good chance your current home isn't suiting your needs. Look around and ask yourself, is this house the best living situation for me? What kind of community do I want? Could I be closer to family? What

do I need in the near- and long-term future? Is maintaining my current home becoming a hassle? What would be ideal? If you set sentiments aside, there's a good chance you'll see that a move could be a good thing.

Establish a Plan:

Once you've decided to relocate, downsize or right-size, start thinking about the steps involved. Don't let yourself get overwhelmed, but take the time to consider all the parts of the transition – from finding a new place, to space planning, to the physical move, to resettling, to preparing the home for market. It's best to

establish a plan and break it down into bite-sized pieces so the entire process feels manageable.

Set a Timeline:

It's easy for a transition to take longer than expected. It's hard to get motivated about moving, so having a timeline can make a big difference. If you set deadlines and timelines for the stages of your transition, you are much more likely to stick to the plan. Plus, the quicker you can transition, the more money you'll save in the long run.

Space Plan:

If you are transitioning to a smaller space, you'll need to think about what you want to take with you and what you want to auction, sell or donate. Packing things that you don't actually want or need, especially when moving into a smaller place, will make you feel cramped and uncomfortable. It might be important to bring your grandmother's tea cart, but do you really need that third bedroom set or oversized living room furniture?

Stay Positive:

There's comfort in the familiar. Even when a house is too big or too much of a hassle to take care of, it seems easier to stay than to uproot yourself and find someplace new. But the truth is that downsizing or right-sizing into the best home for your individual situation can be an awesome and empowering new start.

The transition is going to be emotional, but don't let yourself get overwhelmed. Stay positive and try to remember that going



through this process is about starting a new chapter in your life – not giving in or giving up. When you keep a positive mindset, it will make a big impact on your next steps.

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About Charitable Deductions

In 1917, Congress introduced the Charitable Tax Deduction. Charities were worried that their donors, facing huge tax increases due to WWI, would stop giving. Exactly 100 years later, the Tax Cuts & Jobs Act of 2017 dramatically raised the standard deduction, taking millions of former "itemizers" out of the pool of those who can benefit from claiming charitable (and other) deductions.

But if you used to be able to itemize and no longer can, you are actually in a better position to give. Your specific deductions fell below the new standard-deduction amount, so your deduction is actually greater now than it was before. This means you are keeping more of your income, providing yourself with funds to continue and even increase what you give to charities. And if you are 70½ or older, you should consider

making your charitable gifts directly from your IRA, avoiding any tax on the withdrawal, up to \$100,000 each year. You have a required minimum distribution (RMD), and you can direct that money, tax free, to pay charitable gifts.

Although the tax changes may have some effect on giving, most donors give from the heart to causes they deem worthy and programs they deem impactful. Through your financial support, you help charities continue their good work.

This information was provided by Menorah Park Foundation, who thanks the community for its support and couldn't promise Excellence in Caring™ without the help of donors. Menorah Park does not give financial advice. They encourage you to consult with your own advisors before making financial decisions.

About the Flu

The flu can be indiscriminate. It can increase the severity of chronic conditions such as emphysema, COPD, diabetes and heart failure. It can cause pneumonia, upper respiratory infections and gastrointestinal distress. According to the CDC, there are up to 49,000 flu fatalities each year and around 700,000 hospitalizations.

Seniors account for more than half of flu-related hospitalizations caused by influenza and more than 80 percent of flu-related deaths, so it's especially important for seniors to get a flu shot. And if you contract the flu, seek medical attention, followed by after-care. During the flu, and especially after, it's important to monitor older adults closely for additional risks.

Emergency warning signs of flu include difficulty breathing or shortness of breath, pain or pres-

sure in the chest or abdomen, sudden dizziness, confusion, severe or persistent vomiting, and flu-like symptoms that improve but then return with fever and a worse cough.

Can you avoid the flu? Maybe. Get plenty of rest. A good night's sleep is shown to help the body's ability to battle illness. Remember to exercise daily. Drink plenty of water to stay hydrated and limit the amount of salt, sugar, alcohol and saturated fat from your diet. Eat plenty of vegetables, fruits and whole grain products, wash your hands often, and get your flu shot.

Menorah Park offers a wide range of individualized care program if flu strikes, because complications resulting from the flu can vary significantly for each individual. For more information, contact Kathleen Parrino at 216.402.0895 or visit www.menorahpark.org.



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Taste of Beachwood

by Arlene Fine

On Thursday, November 8, foodies had a field day when the Beachwood Chamber of Commerce hosted its 11th annual Taste of Beachwood at Embassy Suites Cleveland-Beachwood.

More than 200 guests grazed their way around the room, sampling foods provided by area restaurants. Sharing the many flavors of Beachwood were: Bahama Breeze, Bob Sferra Culinary Occasions, Chagrin Falls Popcorn Shop, Embassy Suites Beachwood-Park East Bar and Grill, Moe's Southwest Grill, Nothing Bundt Cakes, Pinstripes, Taza Lebanese Grill, Beachwood Bistro, BOMBA Tacos and Rum, City BBQ, Hello Bistro, Nervous Dog Café, Rascal House Pizza, Blue Canyon Kitchen & Tavern, Buffalo Wild Wings, DiBella's Subs, Hilton Garden Inn Cleveland East, NOCE Gourmet Pizzeria, Piccolo Italian Restaurant, and Silverspot.

The Beachwood High School Chamber Ensemble, a silent auction, and a heads-or-tails 50/50 raffle added to the festive mood of the evening.

One of the event highlights was the presentation of the Chamber's first Merle S. Gorden Lifetime Achievement Award "to honor a person who has provided many years of service and support that has directly impacted the city of Beachwood."

"The award is a way to leave a legacy and honor our former mayor for the great contributions he has made to the City of Beachwood," says Donna Cook,

Chamber president. "It was a great privilege to make Merle Gorden the first recipient of this award."

The plaque reads:

The Merle S. Gorden Lifetime Achievement Award recognizes an individual whose outstanding vision, dedication and commitment to the City of Beachwood have improved the quality of life of Beachwood citizens and businesses. As a former Beachwood firefighter, City Council member and then the Mayor of Beachwood for 23 years, Merle S. Gorden dedicated his life and career to the people of Beachwood. The city has seen great growth in economic development, a strong tax base and city services that are second to none. Merle's accomplishments embody the criteria and raise the standards used in selecting recipients of the Merle S. Gorden Lifetime Achievement Award.

The Richard Adler award, created to honor the former Chamber board member, was presented to Heather Ullmo, assistant vice president-senior commercial banking officer of Geauga Savings Bank, Beachwood.

To get your own taste of the Chamber and to find out about upcoming events call 216.831.0003 or visit www.beachwood.org.



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Pictured from top: Cheryl Isaacson, City Council member Alec Isaacson, City of Beachwood communications coordinator Lynn Johnson, and City of Beachwood business retention and expansion specialist Keri Zipay; *Former City Council member Mel Jacobs and former Mayor Merle S. Gorden; Michelle Ryb, Amy Simon and Lindsey Silverstein; Tobi Mattes; Amy Chen; Tonya Rose, NOACC director and former BCC executive director Cindy Caldwell and Heather Ullmo. Pictured left:* Dawn Weiss and Beachwood Board of Education president Dr. Brian Weiss.

Photos by Scott Morrison, Discovery Photo

You Can Make a Difference

Want to help make the world a better place, but not sure where to start?

In just two hours a week, you can make a difference in the lives of at least 12 older adults in our community.

The free delivery of fresh, kosher meals provides a critical service to many older adults on the east side of Cleveland.

JFSA volunteers deliver a nutritious meal, and they nurture those in our community who need it the most. Volunteer

with a friend or family member to share in the deliveries and friendly visits!

Deliveries are on Tuesday and/or Thursday mornings. Volunteers pick up boxed meals at the Myers Apartment kitchen (on Cedar Road in Beachwood) between 8:30 am – 9:30 am, and it takes approximately two hours to make your deliveries.

Call Sandy Lusher-Waterhouse at 216.378.3475, or email slusher@jfsa-cleveland.org, and say, "Yes! I WILL VOLUNTEER!"

Volunteers Needed to Gift Wrap at Beachwood Place

Join Montefiore at Beachwood Place this holiday season and volunteer at their annual gift-wrapping fundraiser. This year's gift-wrapping station is located on the upper level by J. Crew and Nordstrom. Dates are Friday, December 14 through Monday, December 24.

The Montefiore Volunteer Partners have been wrapping presents at Beachwood Place for more than 20 years to raise money to benefit Montefiore residents by providing additional programs and services.

Bring your holiday presents to the mall to have them wrapped, and take the stress out of wrapping them yourselves.

Here's how you can help:

- Bring your holiday presents to the mall to have them wrapped, and take the stress out of wrapping them yourselves. (Donations are encouraged!)
- Wrap gifts for others – it's an opportunity to meet new people and have a lot of fun.

There are three- to four-hour shifts, seven days a week. You may register at <https://www.signupgenius.com/go/20f-0f4aaba82eabf49-mvpgift>, or contact Irene Bernstein, administrative assistant for Volunteer Services, at 216.910.2282 or ibernstein@montefiorecare.org.

Many thanks to American Greetings and Marc's for donating wrapping paper and bows.

Case Western Reserve University Siegal Lifelong Learning

Conversations at Judson Park: Perceptions of Cleveland

Monday, December 10
12 – 1:30 pm
Judson Park
1801 Chestnut Hills Drive
Cleveland Heights

Presenter: Nina Gibans, cultural consultant
This cost, which includes lunch, is \$26 for Lifelong Learning members and \$31 for non-members. For more information, visit case.edu/lifelonglearning/ or call 216.368.2091.

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PRESENT COUPON AT TIME OF PICKUP

Cuyahoga County Public Library Offers Programs that Empower

For the ninth consecutive year (2010-2018), Cuyahoga County Public Library (CCPL) has received the highest overall score in Library Journal's Index of Public Library Service (LJ Index), sponsored by Baker & Taylor's CollectConnect. CCPL has also received the LJ Index's prestigious five-star rating for the tenth consecutive year (2009-2018).

It's no wonder why our library system has been awarded this score. CCPL is committed to its mission of being at the center of community life by creating an environment where reading, life-long learning and civic engagement thrive, and its vision to be the most convenient library system in the country.

When was the last time you visited the Library?

If it's been a while, you may not know that the library is filled with books (of course!), plus so much more.

In 2017, CCPL developed a new education campaign to help broaden its story. The "Find Yourself Here" campaign seeks to share CCPL's efforts to build the future of reading, lifelong learning and civic engagement, offering access to innovative digital and traditional resources, relevant programming and community partnerships.

Much of what the library offers is found on its resource page at www.cuyahogalibrary.org/Research/Resources.aspx.

Here are some resources that Beachwood branch manager Aimee Lurie highlighted, all of which help build confidence to empower those who wish to take advantage of the learning opportunities. These programs are free to library card holders:

Lynda.com

Learn business, technology, and creative skills to achieve personal and professional goals with use of these free video courses on the latest software, taught by industry experts. Online topics include: Developer,

IT, Business, Marketing, Photography, 3D + Animation, Video, Web, and more.

Mango Languages

Ever wanted to learn another language? Now you can with Mango, the library's free online language learning resource. Learn how to hold a conversation in more than 70 languages, including: Spanish, French, Russian, Mandarin Chinese and more. Includes ESOL lessons.

Creativebug

Learn how to paint, knit, sew and more. Creativebug offers free video workshops and classes taught by design experts and artists. Categories include Knitting, Crocheting, Art & Design, Paper, Sewing, Quilting, Jewelry, Kids, Food & Home, Holiday & Party and more. Beginner and advanced classes are offered.

Innovation Centers

Located in the Garfield, Mayfield, and Parma/Snow Locations

The Innovation Centers are creative, collaborative and educational spaces that provide access to advanced software, emerging technologies and production equipment. There is no charge to use the equipment in the Innovation Centers, however users are responsible for the costs of consumable materials (eg. 3-D printing filament, vinyl material, etc.). Limited supplies of consumable materials are available for purchase. Innovators are encouraged to bring their own pre-approved materials for their projects.

Before you can use the center, an orientation class is required to acquaint you with the its procedures, equipment and software. Upcoming orientations at the Mayfield branch are:

- Saturday, December 8
10 – 10:30 am
- Wednesday, December 12
6:30 – 7 pm
- Saturday, December 15
10 – 10:30 am
- Wednesday, December 19
6:30 – 7 pm

The Jack, Joseph and Morton Mandel Memory Lab

The Jack, Joseph and Morton Mandel Memory Lab is a free "do-it-yourself" space for the local community to learn how to access, digitize and share old videos, audio recordings, photographs and slides. The Memory Lab is located in the library's South Euclid-Lyndhurst Branch and is open for public use during regular library hours.

A brief orientation is required to use the lab. Upcoming orientation dates are:

- Saturday, December 15
4 - 5 pm
- Monday, December 17
7 - 8 pm
- Saturday, December 29
10 - 11 am

The William N. Skirball Writers' Center

The William N. Skirball Writers' Center, located in the district's South Euclid-Lyndhurst Branch, is a welcoming space for writers for all ages and levels of experience. The Writers' Center offers free access to private writing rooms, laptops, writing

workshops and a special collection of materials on the art of writing. Topics include: workshops, self-publishing, writer in residence, podcasts, poetry and share your work.

Ancestry Library Edition

Explore your roots using this premium genealogy resource. Census, immigration and court records are available to help you fill in branches of your family tree. This resource is only available for in-library use.

Consumer Reports

Are you in the market for a new car or appliance? Get informed before you buy. Read current and past issues of Consumer Reports – anytime, anywhere. Includes product ratings and reviews, recall and safety information.

Driving-Tests.org

Practice sample Ohio Permit tests as many times as you need — until you're ready to take the real DMV test! Find car and motorcycle practice tests and Ohio Driver's and Motorcycle Handbooks. Free and interactive. No registration required.

Legal Forms

Access and print a variety of legal forms. This site also features a directory of attorneys by state and a dictionary of legal definitions.

For complete information about these programs and more, visit <https://www.cuyahogalibrary.org/Research/Resources.aspx>.

Create Your Own Style

Jill Friedman moved to Beachwood from New York City, 17 years ago, when she accepted a job as a merchandising executive at AmeriMark Direct. After honing her fashion and merchandising skills in this position for 15 years, Jill felt she could make more of a personal impact by creating her own consulting company.

She spent much of her career dressing the women of America by creating, sourcing, and selling fashion in average and plus-sizes, first as a buyer and merchandise director for the Lane Bryant catalog (now called Women Within) on Fashion Avenue in New York, and later, as a vice president at AmeriMark Direct in Cleveland. In 2017, she started Personal Style Therapy, where she works with companies to improve their merchandise selections, and individuals to assist them in creating their own styles.

"I've always had a flare for putting outfits together for friends and family," she said. "In New York, I studied image consulting at Fashion Institute of Technology (FIT), and my passion for style continues to grow."

Jill comes by this naturally. As a child, she had a knack for design and color, telling us that she always liked opening a new 64-color box of Crayola crayons, and liked dressing and accessorizing her Barbie dolls. Additionally, one grandfather had a women's clothing factory and the other had a successful accessories shop on Lexington Avenue in New York; she was surrounded by fashion at an early age.

As a consultant, Jill specializes in wardrobe management, closet mining, personal shopping and image consulting – all of which make her clients feel better about the way they present themselves.

"First, I get a sense of how clients like to look and feel in their clothes," she said. "By reviewing a series of questions about preferences and lifestyle, I can put

together a plan that's tailored to each individual's needs."

She then goes through a client's closet to see what he or she owns, and makes a list of items needed to update and complete her outfits. Since each case is personalized, Jill might also create a weekly plan so that getting dressed for work is a no-brainer.

Everything needs to be tried on for Jill to provide an honest assessment about how it looks. "I'll evaluate balance, proportion, color, fabric, and overall look, and we'll say goodbye to anything worn or from the 20th century!"

She may suggest things that a client may have never considered. "I'll determine new silhouettes and colors that might be outside a client's typical rotation and create outfits from both new and existing clothing items," she said. "People tend to go with what makes them feel good, and generally it looks good on them. Sometimes, though, I gently persuade someone to look in a different direction."

With the holidays just around the corner, it is now a good time to assess your wardrobe and clean out your closet. Although this may sound easy, many people can't do it on their own because it's emotional. People often feel that they spent money on something, so they shouldn't get rid of it, or that they'll wear something again because it evokes a fond memory, or that they'll wear it when it fits again. If you want to give it a go on your own, Jill suggests that you create three piles:



Jill Friedman

- If you love it and it's comfortable, keep it.
- If you haven't worn it, or it's in good shape and you won't wear it, donate it.
- If it's worn out and you know you won't wear it, pitch it.

Next, take the items you plan to keep and organize them. Separate clothing by item, then color, then sleeve length, so everything is easy to find.

Jill also helps with image consulting (hair and makeup), offers workshops for both women and men, and works with corporate clients. "Sometimes men have the right clothing, but they need some help to obtain a crisp, professional look," she said. "And sometimes, when the casual workplace becomes too casual, I'm called in to reassess a dress code."

Jill walks the walk. She volunteers at Dress for Success and teaches at North Coast College, formerly Virginia Marti. She also enjoys dancing with Dick Blake, a fashionista in his own rite, in his Beachwood studio. "We both enjoy fashion, working with the community, etiquette, dancing, wardrobing and fashion," she said.

It's important to look the part, no matter what you're doing or what size you wear (the average woman is a size 14)," she said. "When you dress well, it helps to build confidence and people take you more seriously. As we move toward the new year, it may be time for a new look."

For more information, visit www.personalstyletherapy.com or email Jill@personalstyletherapy.com.

Milestones National Autism Conference Opens Call for Proposals

Milestones Autism Resources is pleased to open a Call for Proposals for its 2019 Milestones National Autism Conference, June 11-12, at the Cleveland I-X Center.

Milestones is seeking proposal submissions for practical, evidence-based strategies for all ages, stages, and abilities within the autism community. Professionals, parents, and individuals with Autism Spectrum Disorder are encouraged to submit to share their research, perspective, and inspirational insight with a national audience of more than 1,200 attendees.

Proposals may be submitted at www.milestones.org through January 15.

Speaker Benefits Include:

- Free admission to the two-day conference (including CEUs, parking, and meals)
- Network with world-class leaders and colleagues in the field
- Empower parents and professionals with new information

Last year, more than 170 speakers convened at the Milestones National Autism Conference, while reaching a record-breaking attendance of more than 1,200 individuals from 22 states. Family members, individuals with ASD and professionals from more than a dozen disciplines were represented.

The 2019 conference will feature author and founder of Social Thinking, Michelle Garcia Winner, MA, CCC-SLP, as keynote speaker. To see a list of suggested topics for the 2019 conference or for more information, visit www.milestones.org.

75 Ways to Avoid Becoming a Statistic

Submitted by the Beachwood Police Department

1. Make eye contact with everyone.
2. Be in the inside lane at a stop-light.
3. Always look in the back seat before entering a vehicle.
4. Use members of a group to your advantage.
5. Tell your group what you expect them to do.
6. Learn simple self-defense techniques (KISS principle).
7. If attacked, do whatever you can as long as you must.
8. Know you will win every encounter.
9. Accept that there are bad people out there.
10. Trust is earned, don't give it away easily.
11. Never let someone touch you uninvited.
12. Assume an uninvited touch is an assault, act accordingly.
13. Find the loud voice within you.
14. If yelling for help, say it many times.
15. Yell for help in short loud bursts; not long and drawn-out.
16. When exiting a building, scan the area before proceeding.
17. Use a remote key that unlocks the driver's door only.
18. Learn a secondary escape route from every location you spend time.
19. Carry a protection tool.
20. A tool can be an ordinary item used extra-ordinarily.
21. Commit yourself to the right to survive.
22. Don't try to be a hero, just a winner.
23. Realize bad things happen anywhere at any time.
24. Don't let fear paralyze you.
25. Be prepared to be surprised.
26. Know basic field first-aid techniques.
27. The fight is never lost before it starts.
28. Violence is ugly, but ugly can't hurt you.
29. Don't be willing to take guidance from the uninformed.
30. You are your own first responder.
31. Develop your own survival plan for life's bad moments.
32. Never second-guess your gut instinct.
33. Choose life over liability.
34. Don't let a "fear-of-lawsuit" dictate your actions.
35. Planning should address survival, not avoiding a potential lawsuit.
36. Develop an aggressive mindset.
37. Think of ways to make the bad guy's plan require more skill.
38. Know that pain is not forever.
39. Don't be complacent, today will not always be like yesterday.
40. There are sheep, shepherds, and wolves. Know who is what.
41. Prior preparation and planning prevents poor performance.
42. Turn the element of surprise back on the bad guy.
43. If focus cannot be on the front gun-sight, a good shot cannot be made.
44. Always protect the head, heart, and lungs.
45. Never comply with an irrational person.
46. Never comply with an irrational demand.
47. Bad guys possess limited skills.
48. Don't make it easy for them.
49. Action always beats reaction.
50. Intrusion into personal space starts at a distance of 30 feet.
51. Better planning, better skills, and a stronger desire will win every time.
52. Planning and knowledge create confidence and pride.
53. What you don't know can hurt you.
54. The Clavicle Notch technique is a great tool to move someone away from you.
55. An ugly trial beats a beautiful funeral.
56. Experience is something you get usually right after you needed it.
57. Common sense is not always common knowledge.
58. Inform yourself.
59. Your perception is your reality.
60. Any tool used on any target completes a tactic.
61. Don't let the "Oh Crap!" Factor cause vapor lock.
62. Aggressive action will interrupt the bad guy's plan and expectations.
63. Chaos can create sensory overload.
64. Inaction only feeds the bad guy's need for power and control.
65. Try to get experience before the bad guy gives it to you.
66. It's OK to win.
67. Train to win.
68. In a real fight, if you don't resist you will lose.
69. Don't plan on winning because your opponent will not be as good as you.
70. Win because you were better than the opponent.
71. Be careful what you practice, you may get good at the wrong thing.
72. Instead of "What-If" think "When-Then".
73. Resisting violence is more mental than physical.
74. Don't focus on what the bad guy is doing to you.
75. Focus on what you're doing to the bad guy.

Chagrin Valley Camera Club Holidays at Legacy Village

The Chagrin Valley Camera Club meets twice a month, on Tuesdays at the Beachwood Library, unless otherwise noted. Meetings are from 7-9 pm and guests are always welcome. For a complete overview of meetings, speakers, and events, please visit www.chagrinvalleycameraclub.com.

December 4

At the Mayfield Library

Barry Underwood, one of Cleveland's leading photographers, is the featured speaker. Barry is a professor at the Cleveland Institute of Art and his work has been exhibited and collected throughout the world. He has received numerous honors, including a 2011 Cleveland Arts Prize. Among his notable works are long exposure landscape images that incorporate artificial light sources

– images for which he has received international acclaim. This is sure to be a stimulating discussion by a master of the art of photography.

December 18

"Critique Session" on the theme of "diagonals" – a major compositional element often found in fine photographs. Contributed images (members only) will receive constructive feedback. Even if you don't have a photo on display, these sessions are a great way to learn what other photographers look for when viewing a picture. So whether it's a road disappearing from one corner of an image to another, or a picture of Santa landing at an angle on a roof, please join us as we explore this entertaining and informative topic.

FREE Photo with Santa Saturdays and Sundays through December 23, noon –4 pm at Guest Services on Main Street

Your first photo with Santa is FREE, courtesy of Legacy Village, Q104 and L.L.Bean. Additional photos and photo packages are available for purchase. A donation of \$5 will be made to Cleveland Clinic Children's for each free photo, as well as a portion of photo package sales will be donated. Young guests can also make a greeting card, which will be delivered to children at the hospital.

Holidays in the Village

December 1 to December 23

Family-friendly activities will be held on Saturdays from 1–3 pm; and live musical performances with local choirs and bands on Sundays, from 1–3 pm.

The Jingle Bell Run Sunday, December 9 Festivities start at 9 am

Don your favorite holiday apparel during the Arthritis Foundation's annual Jingle Bell Run, the longest-running holiday-themed 5K race series. Racers enjoy a fun way to get decked out for the holidays, while raising funds and awareness to cure arthritis. For more information, visit www.jbr.org/Cleveland.

Pet Photos with Santa Tuesday, December 18

Bring your favorite four-legged friend and snap a photo with Santa from 5:30–8:30 pm at Guest Services on Main Street. Proceeds will benefit Rescue Village.

For complete information, visit www.Legacy-Village.com.

Be Inspired to Dream Big at "The Dream Event"

A Motivational Event for Local High School Students

Ohio Dreamers is holding "The Dream Event," a motivational event for local high school students, on Saturday, January 26. The event will be held in the Hudson High School auditorium, from 1-5 pm, and all high school students and their parents are welcome.

Ohio Dreamers is a student-run, non-profit organization that motivates and inspires high school students to dream big. It provides the tools necessary for students to achieve their dreams and become future leaders in business, technology, the arts, sports, and the service industries.

"The Dream Event" will provide students with an opportunity to listen to a professional panel share information about how they followed their dreams, and how to pave a path to follow their own dreams. There will be an opportunity for students to ask questions about how panel

members overcame obstacles to achieve their dreams.

To date, the following speakers have been confirmed:

Business

- Jodi Berg - CEO of Vita-Mix
- Amanda Montgomery – Vice President of Industrial Bearings at The Timken Company
- James Rose - Managing Director of Deloitte Consulting

Arts & Entertainment

- Carl Topilow - Conductor of the Cleveland Pops Orchestra

Non-Profit

- Dan Flowers - President and CEO of Akron Food Bank

Entrepreneurial

- Rob Heiser - President and CEO of Segmint and Wired Views

During March of 2018, Boston Meeker, president and founder of Ohio Dreamers, attended the

Disney Dreamers Academy at Walt Disney World. Each year, more than 11,000 high school students nationwide apply for an opportunity to attend this four-day program that is packed with motivational speakers and networking events, and each year, only 100 students are selected.

Boston was so stirred by the program that he modeled Ohio Dreamers after it. "I was so inspired by my experience that I wanted to create a program that would give students in Ohio the same life-changing experience that I was fortunate to have," he said.

To register for The Dream Event, or for additional information, please visit www.OhioDeamers.org. Ticket prices are \$9 (before December 31), \$10 (pre-purchase) or \$13 (at the door). For additional information, email ContactOhioDreamers@gmail.com.

Ohio Dreamers is a student-run, non-profit organization that motivates and inspires high school students to dream big.



Boston Meeker with Dr. Alex Ellis, founder of Tied To Greatness, at the 2018 Disney Dreamers Academy.

Who's Buzzin' in Beachwood?

by Arlene Fine



Come
Blow Your Horn

Members of the Beachwood High School Marching Band, along with the BHS Drill Team, royally entertained Montefiore residents and staff. The performance was courtesy of Beachwood Board of Education member Steve Rosen, who won the Beachwood Boosters raffle prize of a "band on demand," and chose to donate the BHS band performance to Montefiore.



Beachwood City Schools board member Steve Rosen, center, with the BHS Drill Team and Montefiore residents.



Montefiore resident Robert Zupnik a former Cleveland Orchestra oboist, with Montefiore president and CEO Seth Vilensky surrounded by members of the BHS Marching Band.



Zach Ritzenberg, Brian Ritzenberg, Faith Berger and Nicole Breger with Cindy Charms, seated.



Liora, Alyson and Eliana Fieldman

On the Rise - Challah in the CLE

Over 1,000 women strong filled Landerhaven for The Shabbos Project's Challah in the CLE, a community-wide challah bake. Challah bakers in Cleveland were part of a yearly grassroots movement that brings Jews from across the world together to celebrate and keep one complete Shabbat.



Linda Powers and Cindy Campbell; Lynn Wasserman and Sherry Banchek



Marla and Rachel Wolf



The Shabbos Project Cleveland chairperson Cheryl Fox with her mother, Rita Lockman; Tamar Schiowitz and Shani Kadis

The Spectrum of Possibility

Supporters of Milestones Autism Resources celebrated at the organization's 2018 Annual Benefit, "The Spectrum of Possibility," held at the stately Silver Grille in the downtown Higbee Building. The evening's honorees were Phillip Irvin, Marvin Lader, and Steven Wexberg, MD, and the Lifetime Achievement Award went to Carol and Marvin Lader. All proceeds will support the Milestones free Autism Helpdesk, a service that connects families, individuals with autism, and professionals to trusted resources.



Honorees Philip Irvin, Carol and Marvin Lader and Dr. Steven Wexberg

Event photos by New Image Photography



Donna Yanowitz, Josh Yanowitz, Flo Chelm, Alan Yanowitz and Dara Yanowitz



Sharon and Bruce Epstein



Lisa and David Danielpour



Tom and Helena Farkas

Game on for ORT

Mahj tiles were cracking and canasta cards were snapping at ORT Ohio Region's 5th annual Mahj and Canasta Night held at The Club at Hillbrook. Participants enjoyed dinner, games, camaraderie, a silent auction and the opportunity to help support educational programs for ORT students around the world.



ORT Ohio region director Char Rapoport Nance and Mahj and Canasta Night chair Tamar Brosse



ORT Ohio Region associate director Yael Amitz-Lev Sperber, Fern Feldman-Simkoff and Diane Adelman; Diane Schnall



Cathy Randall; Julie Millstein and Joan Yedid



Sheila Lash and Janet Stotter; Lisa Kornspan



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Operation Warm Up

Operation Warm Up, a partnership between National Council of Jewish Women/Cleveland and the JFSA Horvitz YouthAbility program, seeks winter clothing donations of warm garments for those in need. Donors may drop off contributions at any Jewish community location, including temples, synagogues, the Mandel JCC or other Jewish organizations and agencies where Operation Warm Up bins are located. The campaign runs through December 10.

Most needed items are new adult waterproof winter gloves; unopened, pre-packaged socks and underwear; and new or gently-used scarves, winter hats and winter coats in sizes XL and up.

NCJW/Cleveland volunteers will pick up the bins and deliver them to recipients during the Homeless Stand Down, sponsored by Hands On Northeast Ohio, on Saturday, January 12.

The event also provides resources for an estimated 1,500 individuals and families who face poverty and homelessness. Available resources include: social-service providers, haircuts, medical screenings, live entertainment, professional portraits, breakfast and lunch, free winter clothing, personal care kits, bus passes and much more. NCJW volunteers participate in the Homeless Stand Down, which is made possible because more than 200 congregations, organizations, agencies, corporations and civic groups come together to support this effort.

"NCJW's Operation Warm Up has been very successful in the past, because of generosity from the community," said Elaine Geller, president, NCJW/Cleveland. "We hope to exceed last year's record of 3,000 items that were donated."

Yehudhe Yehudah is chair of Operation Warm-Up.

For further information, contact Rebecca Brouman at rbrouman@ncjwcleveland.org or 216.378.2204, ext.105, or visit ncjw/Cleveland.org.

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