

Beachwood Buzz

May 2020

Every Resident. Every Business. Every Month.

MAGAZINE

Kindness, creativity
and caring



DURING COVID-19



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ClevelandClinic.org/COVIDResponse

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Letter from THE EDITOR

By Debby Zelman Rapoport



I write this column with gratitude for living in a community of people who support and care about each other. The last several weeks have not been easy. For some of us, there's been more of an adjustment than for others. Some were used to spending time at home. Others were like the Energizer bunny, always on the go. But for most of us, our lifestyles fell somewhere in between.

When I opened a recent email from bestselling author James Clear (jamesclear.com), a quote that he published hit home: "Ultimately, the only way to truly be in control of your life is to be in control of your thoughts."

I couldn't agree more. We are all living in this COVID-19 craziness, a reality that blew in like a tornado.

First and foremost, I wish you and your family good health, and I thank everyone on the front lines – from doctors, nurses, medical staff, and pharmacists to police officers, firefighters, and EMS personnel; from grocery store and delivery services' staff to all in essential businesses. I thank each and every one for your service.

I understand and validate the fear that surrounds COVID-19. Between deaths, health, personal financial struggles, social distancing, and the economy, we have a lot to fear. I also understand that we each have the power to control how we frame facts and to choose whether or not we live in a fear-based mindset. Scientifically, fear brings us down and weakens our immune system. According to an article by Alane K. Daugherty Ph.D. that was published on

psychologytoday.com, "You need emotional tools and practices to keep your immune system healthy to combat the disease, just as you need physical practices, such as washing your hands, to prevent its spread."

She explains how our emotional health is linked to our immune system, which has the primary job of keeping us healthy and fighting off disease. Cells in our immune system travel throughout our body and defend it against antigens, such as viruses.

"Unrelenting cortisol, your primary stress hormone, suppresses your immune system by reducing the number of its virus-fighting cells," Dr. Daugherty continued. "When stress, anxiety, worry, overwhelm, depression, and isolation are left unchecked, they actually reduce the effectiveness of your immune system and make you, and those around you, much more susceptible to getting sick."

We can't control our current environment, but we can control our thoughts and reactions to what goes on around us. Dr. Daugherty wrote, "We owe it to our children, our communities, and our global population to pay as much attention to our

mental health when facing this pandemic as we do to our physical health, as truthfully, they cannot be separated."

Performer, recording artist, and composer Randy Armstrong says, "Worrying does not take away tomorrow's troubles. It takes away today's peace."

What daily habits bring you peace? Are you fulfilled each day? Bored? Frustrated? Is there a project that warrants completion? A skill you want to learn?

Are you doing something every day that brings you fulfillment and peace? If not, what's holding you back?

It will take time for society to bounce back to its old *normal* or to adjust to what may be the *new normal*. When I look back, I want to feel that I made good use of this time. Join me in setting a goal – any goal – that will bring joy to your future self. If you're serious about sticking with something, you may want to find an accountability partner to help keep you on track. I've set a goal to paint every day for 30 days in a challenge created by Alain Picard, one of my favorite pastel artists. Practice builds confidence and confidence builds more positive

results. We all have time, and when we control our thoughts, we prioritize what's important.

My priority in publishing this issue of *Beachwood Buzz* was to share stories about how our neighbors are spreading kindness and creativity during these unprecedented times. I hope you enjoy reading their stories as much as I enjoyed publishing them. I thank everyone who contributed content, and everyone who continues to support *Beachwood Buzz* during these difficult times.

Lastly, I encourage you to support independent businesses! They are the backbone of our community and need our support. Although business models may have changed in the past few months, many local restaurants and businesses remain open.

The sun still shines, flowers bloom, and beauty surrounds us. With this as a backdrop, I send you and your family positive vibes for good physical and emotional health this month and beyond. We each have powers to control our thoughts and I hope that yours lead to personal fulfillment and inner peace.

Beachwood Buzz

Every Resident. Every Business. Every Month.

Buzz
MAGAZINE

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Beachwood **Buzz**
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Kindness, Creativity and Caring During COVID-19



This issue of *Beachwood Buzz* features stories about how our neighbors are spreading kindness and creativity during these unprecedented times. I hope you enjoy reading their stories as much as I enjoyed publishing them. I thank everyone who contributed content, and everyone who continues to support *Beachwood Buzz* during these difficult times. Stay safe.

Cover photo by Scott Morrison, Beachwood City Park West
Cover design by Stephen Valentine

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Dear Beachwood Friends and Neighbors,

We hope this message finds you and all of your loved ones, near and far, safe and healthy. During this unprecedented time in our world, we are so thankful and proud to live in our Beachwood community and be surrounded by the support and compassion of our friends and neighbors. We understand that every family in our community is dealing with varying degrees of this very fluid COVID-19 environment, and yet, we have heard stories and see our community virtually coming together to support one another the very best that we can. Our new environment is not easy for a number of reasons, but we truly admire your positive attitudes, compliance with social distancing, and overall resiliency.

Our top priority as community leaders is to protect your health, safety, and welfare. We are closely following the guidelines from Governor DeWine and the Ohio Department of Health, and have been working diligently with all of our city and school employees to adapt to our new environment to continue to provide you with the highest level of services possible that you and your families deserve.

Regarding our Beachwood City Schools, our superintendent, principals, administration, teachers, and staff have very quickly and effectively adapted their in-school curriculum to online learning for all of our kindergarten through high school students. Our children are engaging virtually with their coursework, teachers, and peers through online platforms. Our counselors and psychologists are also routinely providing resources and tools to our children and families to care for their mental and physical health during this crisis. Thank you to all of our families who are supporting your children's online learning while also juggling other family and professional priorities. We sincerely thank all of the employees in our schools for your leadership, compassion, creativity, and resiliency. Your passion for education and caring for your students shine through in all that you do. We are so grateful to have you as part of our Beachwood family.

During this period, our city services continue at the same high level our residents expect. Fire and Rescue, Police, Dispatch, and Public Works are all fully staffed. Fire and Rescue are well equipped with PPE to safely respond to COVID-19 calls. Public Works continues with regular and special rubbish pickups and sewer inspections. City Hall has been closed to the public, but all the departments continue to operate. Community Services programs have been cancelled through May 22, 2020. Our Community Services staff now make daily wellness calls to seniors, assist with grocery and pharmacy pickups, and have distributed masks to 500 seniors. Most of our City Hall employees now telework. Our city employees take pride in their work and pride in Beachwood. They are dedicated to getting us through this ordeal safely so that they can provide more services, programs, and a better quality of life when we return to normal. During these perilous times, we thank our first responders for their bravery and the rest of our city employees for meeting the emerging and evolving needs of our community.

As we all adapt to our new normal over the coming weeks and months, we promise to provide you with information and resources to protect your safety and health. Please continue to do your part in battling this pandemic by social distancing and following other guidelines provided by our city and state, and please continue to show compassion to all of those with whom you virtually or directly interact. We may not all be in the same boat, but we are all in the same uncharted waters. So, let's support one another, be there for your neighbor, reach out to a friend, spread kindness, and please, let us know how else we can be there for you.

With warmest regards,

Your Elected Officials



Kent Smith with a COVID-19 Update from Columbus

Much like many of you, I have been trying to figure out, on a daily basis, how to best do my job, while not being at my job site. That being said, I provide an update on the potential reopening of the Ohio economy.

Governor DeWine has signaled that he would like to start reopening the Ohio economy on May 1st. If Ohio reopens too soon, lives will be needlessly lost and Ohio's economy will plummet to even greater depths. In short, we need many more Coronavirus tests to ensure Ohioan safety.

It is helpful to be reminded of the significant size of Ohio's economy. According to the Gross Domestic Product From Ohio report (Jan 2020), the Buckeye State has the 7th largest economy in the nation. The backbone of Ohio's economy is the third largest manufacturing sector in the U.S. behind only California and Texas.

While some can socially distance at work, assembly line jobs bring Ohioans close together. In the midst of a public health crisis, that proximity could jeopardize the entire plant. When there is an extremely contagious virus in the air, it can kill workers and close plants. The Smithfield pork plant in Sioux Falls, South Dakota, has seen more than 600 people connected to the plant test positive for COVID-19 as a result of its close working environment.

We have learned that individuals without symptoms can pass the disease to others. Therefore, we need to be able to test every working Ohioan weekly to ensure that we are not poisoning our workforce.

The lessons of workplace density can also apply to Ohio's largest counties. According to the GDP report, six large Ohio counties (in order – Cuyahoga, Franklin, Hamilton, Summit, Montgomery, and Lucas) contribute 53% of Ohio's economy. If these workers are sidelined, you risk their lives and Ohio's livelihood. Northeast Ohio counties Lorain and Lake rank 9th and 10th in the state. Greene County, home of Governor DeWine, contributes only 1.45% of the state GDP.

We all want to get back to work, but nobody wants to die while trying to make a living.

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

For current Coronavirus information please see Rep. Kent Smith's Ohio House page ohiohouse.gov/kent-smith.

The State of Ohio Coronavirus Hotline is 1.833.427.5634. Its website is coronavirus.ohio.gov.



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To keep our friends and supporters safe during the COVID-19 pandemic, this year's Walk to Remember will happen virtually.

Even if we can't meet in person, we hope you'll join us as we **Celebrate Life!**

Visit hospicewr.org/WTR for the latest updates, or contact **Monica Cowans** at **216.383.3714**, or mcowans@hospicewr.org.

MakerGear Switches Gears to Donate PPE

Rick Pollack, founder and CEO of MakerGear LLC, was featured in the October 2016 issue of *Beachwood Buzz*. June Scharf wrote how Rick had spoken with President Barack Obama about the Beachwood-based company's highly praised 3D printers at one of the world's foremost trade fairs for industrial technology in Germany, mentioning that the President was enthusiastic.

"I might need to get one," Mr. Obama said. "After I get out of office, I'm going to have a lot of time on my hands, so I can start designing some things."

When Mr. Obama made the comment, he didn't know that just four years later the company would switch gears and create personal protective equipment (PPE), specifically face shields, for medical personnel.

MakerGear, located in Beachwood, manufactures 3D printers for schools and businesses across the country. Rick explained how the company is now using its in-house printers to manufacture plastic face shields and other PPE.

"3D printing is especially effective when you need to create something custom, fast," he said. "If first responders or hospitals need something, and 3D printing is the right technology, we're ready to help."

MakerGear has approximately 25 printers "on standby" that are being used for production of PPE, and works with outside

sources, including Willoughby Eastlake School of Innovation, to assemble and complete products.

A few weeks ago when we talked with Rick, he told us they were able to produce about 500 masks a day. They are now able to produce more than 2,000, but that is very much dependent on donation levels and available raw materials. The materials that are used for the face shield, and elastic, are in short supply.

MakerGear's kindness doesn't end with production and distribution. Caring and thoughtfulness also go into packaging. "Instead of using bubble wrap or paper, we package supplies in snack packs filled with peanuts, cashews, energy bars, and candy to further show our support and appreciation of front-line workers," Rick shared.

MakerGear is also having a high-speed die made so that if the need should arise, face shields can be made at a rate of more than 30,000 per day. This die will be freely available

to counties, hospital systems or other entities that need large quantities fast and inexpensively.

Everything is donation based and the face shields have been sent all over the country. "We've supplied a number of local hospitals, including UH and Lake Health, and have also sent thousands of face shields to hard-hit hospitals in NYC and other places around the country," Rick said. "At some point, larger organizations like Ford, Apple, and others will be able to produce enough quantity to handle the immediate crisis. Until that time, we've been focused on sending, in many cases overnighting, face shields to hotspots to help address the immediate crisis.

"If first responders or hospitals need something, and 3D printing is the right technology, we're ready to help."

"We've got resources, we've got access to equipment, we're ready to go," Rick added. "If there is a silver lining, we are seeing the best in people. There are a lot of people who want to work together and make a contribution."

For more information, visit makergear.com or the new [gofundme](https://www.gofundme.com/f/makergear-makes-face-shields-covid19-ppe) at [gofundme.com/f/makergear-makes-face-shields-covid19-ppe](https://www.gofundme.com/f/makergear-makes-face-shields-covid19-ppe).



Karen Pollack packing shipments with snack-pack goodies Vishnu Rasmasamy, mechanical engineer, wearing shield

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We've Got This

by Jennifer Stern

If there is ever a time to focus on what we can control, it is now. We can control our thoughts, our attitude and our choices.

Reframing from *"I have to"* to *"I can and I will"* helps to alleviate the sense of powerlessness we may be feeling during this surreal time. *I can* practice social distancing to prevent the spread of the coronavirus. *I will* work from home instead of going to the office. *I can* FaceTime with family and friends instead of visiting them in person so we stay connected without putting each other at risk.

Be aware of catastrophic thoughts, trying to predict the future, or experiencing your worst-case scenario fears as present-day realities. We can not

predict how long this will last.

We can take it one day at a time.

We can manage the anticipatory fear around the possibility of getting sick with mindful and intentional self-care:

- **Create a sleep habit.** Sleep is important to maintaining optimal health. Try to go to bed and wake up around the same time every day. It is good to avoid caffeine six hours before bed. Shut down bright screens about an hour before bed. Engage in calming activities such as taking a bath, a hot shower, writing in

your journal, or meditating (try a meditation app such as CALM or Headspace or go to www.healthjourneys.com).

- **Stay hydrated.** Drinking water is important to overall health and wellness.
- **Wash your hands.** Wash with soap and water whenever you come in from outside, before you eat, after you eat, whenever you leave a public space. Do not touch your face.
- **Sterilize surfaces.** Regularly wipe down cell phones, door knobs, light switches, faucets, flushers, and any other high-touch surfaces.
- **Maintain a healthy diet.** Be sure to include fruits, vegetables, and lean proteins.
- **Weigh expectations.** Let go of expectations around what was and try to adapt to this temporary new normal with patience, mindfulness, creativity and flexibility.
- **Stay connected.** There are many ways to virtually connect: FaceTime, Zoom, call, text, play online games.
- **Create a mantra.** A mantra may help reframe and replace intrusive, anxiety-producing thoughts with words of affirmation: *I am okay. I will get through this. This too shall pass.*
- **Breathe. "O" breathing:** Breathe in deeply through your nose and exhale slowly and intentionally with your mouth in the shape of an O (as if you are sucking through a small straw). Repeat. **Nasal breathing:** Breathe in and out slowly through your nose. Feel your breath instead of thinking about your breath. Focus on the feeling of the air slowly coming in and out of your nose. If you find this challenging you can help to focus by calmly saying in your mind, "I am breathing in, I am breathing out," in sync with your breathing. Repeat.
- **Limit exposure to the news.** Find a news source you trust that delivers news in a way that informs without escalating anxiety. Limit yourself to 30 minutes in the morning and 30 minutes in the early evening. Try not to watch or read the news before going to bed as this can make falling asleep (and having a restful sleep) difficult.
- **Go outside.** Nature is restorative and centering. Walk, run, ride your bike, shoot hoops, sit in the sun and listen to music or read.
- **Exercise.** Many fitness studios are live-streaming classes. The JCC, local yoga studios, and gyms have daily classes posted to access online.
- **Engage in positive distractions.** Read, do puzzles, organize, bake, build, clean, watch movies, scrapbook, watch TED Talks... the options are endless!

Commit to practicing the following each day:

1. Do at least one productive *"have to/need to"* thing a day.
2. Do at least one thing a day that you choose or want to do (something creative, fulfilling, fun).
3. Try one new thing a day (read a new book, listen to a new song, watch a new show, try a new exercise, hobby, or recipe).

None of us chose this, yet, here we are. We can sit in fear, wallow, judge, forecast catastrophic gloom and doom or we can focus on what we can control and make the best of this surreal time. One day at a time. We've got this.

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



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Flags for First Responders

The City of Beachwood and Beachwood 100 are partnering to support first responders and their families with a show of flags. Beachwood 100 supports the safety forces who protect our community and encourages community support during these difficult times.

The creation of a specific COVID-19 fund was presented by city councilperson June Taylor, who is familiar with human resources and how employment displacement may affect an individual and his or her family.

"No one should have to worry about paying their bills or putting food on the table," June told us. "The City of Beachwood is a leader and is proud to initiate this program with Beachwood 100 to protect front-line employees so if they are unable to come to work, they don't have added financial stresses to worry about."

With your support of Flags for First Responders you will receive:

- An American flag (12" x 18") delivered to your door
- A second flag to be added to a display at Beachwood City Hall to show support for Beachwood's First Responders
- A 1-year membership to Beachwood 100
- A Beachwood 100 decal and 2 wallet cards

"We're doing this to recognize the people who are out there every day providing a great service," said Ivor Kiwi, Beachwood 100's president. "This also provides an opportunity for residents and businesses to help people who are helping them. To date, I am grateful to report that no staff members have tested positive."

"Flags for First Responders is a wonderful way to show support

and raise awareness of the importance of our safety forces' service to the community," added Mayor Martin Horwitz. "I thank councilperson June Taylor for suggesting this idea and I thank Beachwood 100 for its many years of service and support."

Beachwood Council president James Pasch said, "Our first responders are showing up everyday to ensure our safety at a time of increased risk to themselves. Rallying around them as a community to support their efforts is the least we can do. I am incredibly grateful for all of those serving on the front lines during this crisis."

To support Flags for First Responders or to learn more, visit beachwood100.org.



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Driveway Art

Everyone can help spread kindness!

Right: Megan Walsh and her children, 10-year-old Nolan and 7-year-old Cooper, created driveway art and left games and puzzles out with a "help yourself!" message. Under each box they drew or wrote something inspirational. They were pleasantly surprised to find thank you notes in their mailbox, along with books, games, and origami to share.

Below: One of many projects created by the Kirschnbaum family to spread kindness.



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Support COVID-19 First Responders With White Ribbon Campaign

Please tie a white ribbon to a tree, post a sign in your yard or place in your window for healthcare workers everywhere to see your support. Tie a white ribbon for your neighbor who works in respiratory therapy helping patients breathe. Tie a white ribbon for the hospital workers who are saying goodbye to their families to go care for the sick. Tie a white ribbon for the EMTs to see as they answer the call. Tie a white ribbon for the counselors helping people cope. Tie a white ribbon for the nurse who cares for your loved one. Tie a white ribbon for our pharmacists finding the meds to fill prescriptions. Tie a white ribbon for the doctors who are making the toughest calls. Tie a white ribbon for every one of our frontline healthcare workers to show we stand with them and we love them.

They care for us always, please show your care for them today. This IS something we can ALL do. The time is now to flood our communities with #WhiteRibbonForHealthcare. Let's show our support for all first responders to the COVID-19 crisis.



Submitted by Scott and Liz Morrison.

ROE Dental Repurposes to Help in Crisis

When Beachwood resident Sam Malek posted on Facebook that ROE Dental Laboratory repurposed its equipment to create lab testing sticks and PPE solutions to aid the medical community in the face of COVID-19, comments quickly streamed in – How much are they? How do I get them? Can I get four? And so on.

ROE manufactures dental devices for people around the country, and its 3D printers create surgical guides that are used during dental surgeries. Since dentists aren't working, manufacturing slowed down to a halt. Today, the management team repurposed these

printers to help in this crisis and has 34 stereolithography printers up and running.

"Our COVID test sticks were approved by FDA," Sam explained. "What's special about them is that the tip goes into the sinuses and captures mucus. Before we started

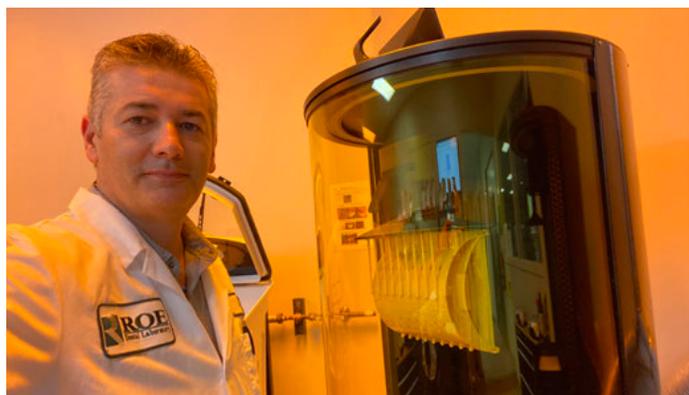
manufacturing, we obtained FDA approval and agreements with local hospitals and labs."

ROE is also manufacturing disposable face shields, headgear, and replacement shields that may be sterilized between uses. All products are created out of printed resin.

"It was a lot of work with federal and state regulators to produce these products," Sam explained. "People are buying our products as soon as they're manufactured. They're reasonably priced because we really want to help in this crisis."

ROE's president, BJ Kowalski, told us that ROE, in collaboration with the U.S. Health 3D Clinical Team, Norwell Health, and

Formlabs, has the capacity to produce 10-20 thousand nasopharyngeal test swabs per day.



"People are buying our products as soon as they're manufactured. They're reasonably priced because we really want to help in this crisis."

For more information, call 800.228.6663 or visit roedentallab.com.

A Front Line Story from Dr. Marina Duran

When Sam Malek posted his company's PPE initiative (*above*), responses flowed in from people in need of masks, including one from Dr. Marina Duran, a Beachwood critical care physician who works in ICU at MetroHealth and St. Joseph Hospital.

"It is great to know that our neighbors are contributing to help keep us safe," Dr. Duran told us. "We are fortunate to have enough PPE to maintain our safety while caring for patients. We know the supplies are limited globally, and are mindful of wasting it."

Dr. Duran explained the mood in the ICU. "I work with very sick people, many on ventilators," she said. "It's really hard. They're alone, with no visitors, so staff members work with patients as they would their own family members."

She explained how she takes extra time with patients to see what they would like to watch on television or what music they enjoy listening to; plus she

communicates with families, which eases anxiety.

Dr. Duran told us about the outpouring of kindness they receive at work from the community. "Businesses donate food to nurses and medical staff, and everyone really keeps an eye on each other."

Kindness doesn't end when she leaves the hospital. She also witnesses it at home, where neighbors check on each other to make sure everyone is doing all right.

When Dr. Duran gets home, she social distances from her husband, her mother Gloria, and her son Eitán. "We clean the house a lot with bleach and I wear a mask," she said. "Eitán is used to hugging and snuggling, which has been

hard since we began to social distance, but this is something I signed up for when I chose to go into critical care medicine."

Her husband, Dr. Moisés Aurón, is a hospitalist for adults and children at Cleveland Clinic. He works with patients who are hospitalized on regular floors.

"On the upside, it's amazing to see how many people are really staying home and trying to help flatten the curve and stay healthy," she said. "That's a huge act of solidarity in society so we all stay okay."

Dr. Duran encourages those who have medical gowns, gloves, or masks – and don't need them now – to please donate them to a local hospital.

"It is great to know that our neighbors are contributing to help keep us safe," Dr. Duran told us.



Dr. Marina Duran (right) with her husband, Dr. Moisés Aurón, and their son, Eitán.

Making Masks

Everyone can help spread kindness!



Liz Morrison models one of the masks that she created to donate. Scott, left, shows how the mask may be attached to an adjustable strap that was created by their son, Daniel, on his 3D printer. Use of the strap helps to prevent irritation on the ears.



Many thanks to the friends and family of Beachwood Lt. Lisa Budny who donated masks, disinfectant wipes, and gloves to help keep Beachwood's officers healthy.

Alison Ingham-Smith, Department of Public Work's administrative assistant, created face masks for Beachwood's entire Public Works Department. Pictured: City of Beachwood environmental manager Chris Vild.



Diane Schnall creates masks and donates them to University Hospitals.



The Kirschenbaum family made masks for all employees at Bialy's Bagels in preparation for its re-opening.



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 Eastern Campus, 4250 Richmond Rd., Highland Hills, Ohio 44122



JACK, JOSEPH AND MORTON MANDEL HUMANITIES CENTER

19-0836

With an urgent needs for masks at Bellefaire and the Cuyahoga County prison system, NCJW/CLE is stepping up to fill the void. If interested, they will provide you with 100% cotton fabric face mask kits, instructions and patterns. To sign up for kits, email Marcy Schwartz at schwartzm7@gmail.com.



Attention: BHS Class of 1990

The BHS Class of 1990 has postponed its 30-year reunion, which was scheduled on July 25, 2020.

Please be on the lookout for the newly rescheduled date.



Send your current contact information (email and cell phone) to:
Beachwoodhsclassof1990@gmail.com

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- Individuals and Families

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Western Reserve Area Agency on Aging is Here for You!

WRAAA has proudly served older adults and individuals living with a disability in Cuyahoga, Geauga, Lake, Lorain and Medina counties for 40+ years. During the COVID-19 pandemic we have expanded our efforts to be of even greater assistance to the thousands of people who rely on our services to live independently at home.

From home delivered meals to Home and Community Based Services, we remain steadfast in our commitment to serve our community.

To see what services you are eligible for,
please call the Western Reserve Area Agency on Aging's
Aging and Disability Resource Center at
(216) 621-0303



Western Reserve
Area Agency on Aging



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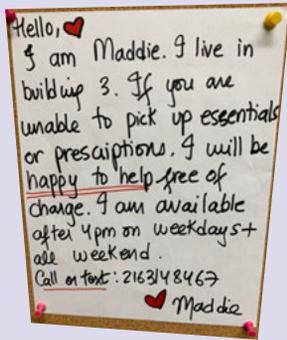
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FOR MORE INFO: www.areaagingsolutions.org

Posted Memo Spreads Joy

Shavaun Guyton, a registered nurse at Cleveland Clinic, lives in The Vantage Apartments of Beachwood. She saw this memo posted on the wall in her mail room, and told us, "This is one of the most kind deeds I have seen thus far in my community."

Thank you, Maddie, for spreading kindness!



Residents Help First Responders, Residents

Last month, a consortium of 10 Chinese-American families donated nearly 2,000 surgical masks to the city of Beachwood. Masks were then distributed to first responders, essential city employees, and residents who are at high-risk.



When the COVID-19 outbreak began in Wuhan, China in late January, the news startled the world. For Chinese-Americans, it was particularly mortifying and these residents knew they could help.

"We wanted to step up for our community in a time of crisis," said Ming Li, who coordinated the effort. "We knew face masks were essential and there was a shortage in the United States, so a few of us sourced them from China."

The city thanks Beachwood residents Chun Li and Ming Li, Xin He and Yu Yang, Shuiliang Yu and Yunlian Wan, Yong Guo and Haiyan Lu, Hualin Zhou and Cuiyu Geng, Xiaojuan Li, Chunlei Zheng and Xiaoqin Liu, Zizhen Kang and Junying Lei, Yong Chen and Lan Lu, and Suidong Ouyang and Weiwei Luo.

"This generous act truly defines being a good neighbor: These families are concerned about those most at risk in Beachwood and independently took steps to help save lives."

I look forward to properly recognizing them when the time comes that we can all be together," said Beachwood Mayor Martin Horwitz.

Elderly or immunocompromised residents seeking masks should call 216.292.1970.

Mayor Horwitz also thanks Eppco Enterprises and Bruce Epstein for his generous donation of work gloves for first responders and Public Works Department employees.

Theme Dinners Entertain

When 14-year-old Nina Mayers wanted to do something fun to enliven family dinners at home, she proposed theme nights.

According to her mom, Lisa Cynamon Mayers, "When your teenager comes to you with a fun family idea, you figure out a way to make it happen!"

We applaud Nina, her sister, Ellie (age 15), her mom, and dad, Josh Mayers, for being good sports and for spreading entertainment through social media and now, in *Beachwood Buzz*!

Pictured are photos from the theme cartoon characters, high school stereotypes, and the popular television shows *Friends* and *Schitt's Creek*. Additional themes included: *Big Bang Theory*, prom, decades, celebrities and more, all based on clothing and accessories on hand.



Cartoon Characters

Josh as Woody from *Toy Story*, Nina as Forky from *Toy Story*, Lisa as Belle from *Beauty and the Beast*, and Ellie as Agnes from *Despicable Me*.



Friends

Ellie as Rachel, Lisa as Monica, Nina as Phoebe, and Josh as Chandler



High School Stereotypes



Schitt's Creek

Lisa as Moira Rose, Ellie as Alexis Rose, Nina as David Rose and Josh as Johnny Rose



Why Join the Chamber?

Message from the Beachwood Chamber of Commerce:

In these challenging times it's important to stay connected. COVID-19 is impacting our every way of life, and we know what you and your families are going through. We also understand the needs of our business owners and our community. Although I have only recently returned to the role of Beachwood Chamber president, I am as committed as ever to support you until we turn the corner, and ongoing. We have many things to look forward to. Our new events and new ways to stay connected always provide fresh opportunities to be engaged. We encourage you to seek out and support local businesses. By shopping online, buying gift certificates, and ordering take out, you make an immediate impact and ensure they weather this storm. We also encourage your continued support of our first responders, healthcare workers, and essential employees. From yard signs to bears in windows, they see them, and they thank you for it. Standing together for our community and with our community will get us through this.

Heathyr Ullmo, Beachwood Chamber Board President

“We encourage you to seek out and support local businesses. By shopping online, buying gift certificates, and ordering take out, you make an immediate impact and ensure they weather this storm.”

The Beachwood Chamber of Commerce promotes business opportunities and community partnerships to stimulate economic vitality. We offer many options and benefits to residents and businesses, with opportunities to be as engaged as **YOU** want to be!

Networking: The Beachwood Chamber hosts monthly luncheon and Networking After Five events that offer opportunities to make new business contacts, reconnect with existing connections, and promote your company.

E-blast Newsletter: This weekly newsletter is delivered to more than 2,000 people. You do not have to be a member to receive it. Visit www.beachwood.org for details.

Events: The Chamber hosts annual events that include a golf outing and Taste of Beachwood. We also collaborate with the City of Beachwood and the Beachwood Schools on initiatives that bring our business community and residents together. To provide more networking opportunities, several chambers have created ECCA (Eastern Cuyahoga Chamber Alliance). Participating chambers include Beachwood, Heights-Hillcrest, Warrensville Heights, Solon, Euclid, and Mayfield.

Employment Opportunities: Whether you are a company looking for new talent or an individual looking for a new career opportunity, contact the Chamber. We have a great referral program.

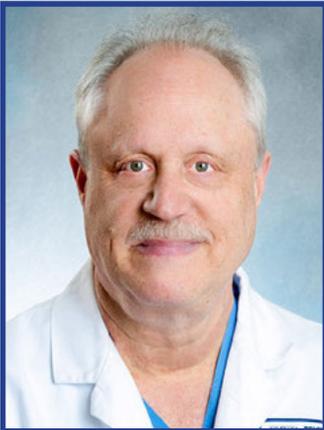
Sponsorship Opportunities: Sponsorship opportunities are available for each Chamber event. They provide a great way to promote your business and boost community involvement.

Volunteer Opportunities: Chamber events are driven by committees, all of which welcome new members at any time. Meetings are held for an hour each month.

Affordable Rates: Joining the Chamber is simple and affordable. Discounted rates are available for non-profit and some service organizations. For more information about the Beachwood Chamber of Commerce, call 216.831.0003 or visit www.beachwood.org.

THANK YOU

Everyone can help spread kindness!



Ed Ross is in Pain Management at Brigham & Women's Hospital and associate professor at Harvard University; and Jason Ross, BHS grad, class of 2004, will complete his residency in anesthesia at Johns Hopkins in 2021.

"I'm very proud of my husband and son as well as all the health workers out there. Thank you so much for what you are doing for all of us. Stay strong and stay healthy."

– Nanette Ross



Lisa Berns, a 27-year registered nurse in The Surgical Intensive Care Unit at Cleveland Clinic, cares for critically ill patients and is committed and devoted to fighting the COVID-19 pandemic. "I rise to the challenge in the spirit of the true essence of nursing, which is patients first," she said. "This is my calling, as I took an oath. Caring for the sick and vulnerable is my duty, it's my passion, it's in my blood and it is who I am. I am humbled and honored to be there for the patients, especially at a time when their families cannot."



Dr. Scott Diamond (BHS class of 2007) and Brian Diamond, PharmD (class of 2011) are on the front lines in Louisville, KY. Scott is in his 2nd year of internal medicine residency at the University of Louisville Hospital. Brian is employed by Walgreens pharmacy.

"We thank both of them for their loyalty and service during this difficult time."

– Murray and Vickie Diamond



"My husband and hero, Lou Horwitz, an ER doctor with University Hospitals, helping to keep us all safe and healthy!"

– Sharon Weisman
Beachwood high school
ASL teacher



Debby Tobin Wyler, a pharmacist at Euclid Family Pharmacy, Ameriwell Pharmacy, Buckhead Pharmacy, and Dave's Pharmacy, says, "I can't wait until we're on the other side of this thing and can get back to normal. Until then, please take care and be well!"

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



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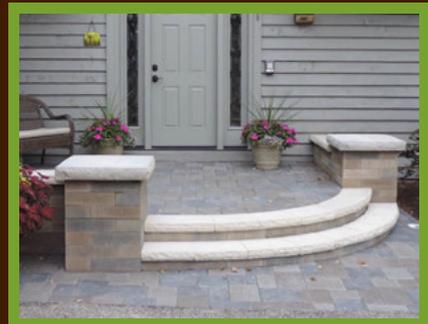
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The Gathering Place's Virtual Race for the Place will be held on Sunday, June 7. Although virtual, your support is just as important to help The Gathering Place continue to provide free programs and services for individuals and families coping with cancer.

Register today, don't wait!

Start your team, register, make a donation, and learn more at racefortheplace.com.

Race for the Place is presented by University Hospitals Seidman Cancer Center.

Editor's Note: I invite you to join our team, Zelman & Associates, to remember my sister Darcy Alter who lost her battle to cancer.



A Win-Win Kindness

Rochelle Weitzner (BHS class of '86) and her wife Jes wanted to help the superheroes of this health crisis and came up with a plan.

"We contacted our favorite local restaurant @anejonyc to make sure they were doing take-out and delivery," Rochelle told us. "Sure enough, they were. Then we asked them to help us help them, as well as first responders at local hospitals."

The couple then placed an order for 100 dinners to be delivered to hospitals closest to their NYC home. Logistics were arranged and dinners delivered.

"Many of us can do this," Rochelle said. "Call a favorite local restaurant and ask them to help you make something like this happen. It doesn't have to be 100 meals, it can be anything, like 2 dinners, 5

lunches, etc. The important thing is to help however we can. It's a win-win when we can help our favorite restaurants and support the pandemic's superheroes to whom we owe a ton of gratitude.

"Even though we're not on the front lines, each of us really CAN make a difference."

Rochelle is a Beachwood Hall of Fame inductee (2006) and recently launched her own product line, Pause.



It's a win-win when we can help our favorite restaurants and support the pandemic's superheroes to whom we owe a ton of gratitude.



BHS 50-Year Reunion



NEW DATES

The Beachwood High School Class of 1970 changed the date for its 50-year reunion. Please note the following:

Events will be held Friday evening, September 10, 2021 at Rustic Grill at Stonewater Golf Club, and Saturday evening, September 11, 2021 at Beechmont Country Club. The committee has been working hard to locate all classmates and needs your help! If you, a family member, friend, or ANYONE may help find the following classmates, please call or text Susie Axelband Gottesman at 216.906.7109. For more information about the reunion, visit Beachwood70.com.

Karen Arnson Tarlofsky
Gail Blumenthal

Bob Brown
Dale Depompei
Wendy Drew
Steve Elrad
Sara Fisch Coll
Denise Fox Brewster
Pam Gellin Hagans
Alan Glassman
Steve Gross
Sharon Laidman Fargus
Denise Lee
Ann Rosemarin
Debra Ross
Gary Silver
Esther Slivka
Joni Shapiro (Saj-Nicole A Joni)
Arlen Tarlofsky
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- Since 1881 to be exact.

Launch of COVID-19-Focused County Website Provides Resources and Current Information for Business Owners, Employers, Families

The Cuyahoga County homepage, cuyahogacounty.us, is an informational hub for the various populations affected by coronavirus – business owners, the newly unemployed, families with small children, those who believe they may be sick, and much more.

“We’ve seen a massive information surge during COVID-19, as there should be,” said County Executive Armond Budish. “Sometimes it may feel overwhelming and confusing – what number do I call for this, what form do I fill out for that? The aim of this website is to provide clear, concise, up-to-date information to residents so they can have access to the new services and resources that are available to them.”

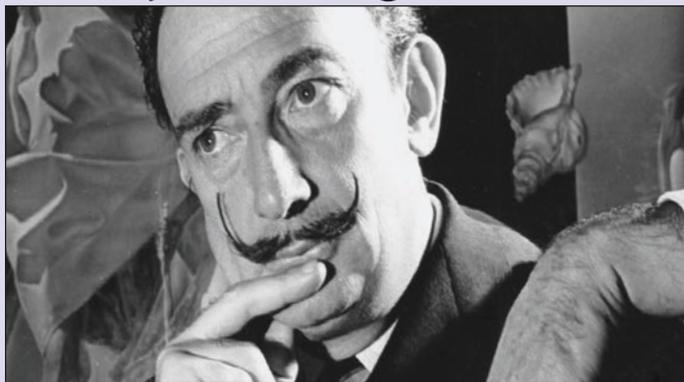
Features include:

- Explainers on the new CARES Act and what it means for small businesses owners and the newly unemployed
- Employment resources, including information on expanded unemployment and job openings across Cuyahoga County
- Advice, financial support and guidance for small businesses and non-profit organizations
- Resources in five languages, including Arabic, Chinese, Nepali, Russian and Spanish
- Medical information for those who have a suspected or confirmed case of COVID-19

The website will be updated as new information and resources are available.

Thanks to all for providing this opportunity for *Beachwood Buzz* to spread kindness by sharing your stories.

Beachwood Historical Society Challenge!



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

THIS MONTH’S CHALLENGE:

Beachwood used to be home to the Salvador Dali Museum. Where was the master of surrealism’s museum located? In the late 70s these masterpieces were moved to St. Petersburg Florida.

Email answers to beachwoodbuzz@gmail.com. All correct answers will be entered in a raffle for a \$50 restaurant gift certificate to Tres Potrillos.

Kindness and Creativity Through Caravans

Last month was Paula Rollins’ birthday, and COVID-19 didn’t stop her family from planning a celebration. Paula’s daughter Lauren, with help from husband Mike and son Gregg, showered her with kindness by inviting family and friends to join in a parade! More than 20 cars lined up – at least six feet apart – and cruised past her house. Some adorned their cars with banners, others with balloons, and some tossed birthday cards onto the driveway. One dear friend and her husband, speaker in hand, even sang a special rendition of Happy Birthday!



Paula and Lauren



CITY OF *Beachwood* Insider

May 2020

Contact Info

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Beachwood, OH 44122
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www.beachwoodohio.com

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216.292.1970

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216.292.1915

FINANCE
216.292.1913

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216.292.1965

LAW
216.595.5462

MAYOR'S OFFICE
216.292.1901

POLICE
216.464.1234

PUBLIC WORKS
216.292.1922

A MESSAGE FROM MAYOR HORWITZ: BEACHWOOD IS HERE TO HELP

By the time of publication, more updates may be available: check the Alert Center at www.BeachwoodOhio.com.

- Fire & Rescue, Police and Public Works are operating at full staff.
- City Hall is closed to the public. The Finance, Building and Community Service Departments remain staffed.
- **RUBBISH:** Public Works is continuing scheduled and special rubbish collection, sewer inspection due to flooding and all other regular services.
- **WATER DAMAGE:** If you recently sustained water damage in your basement, call Public Works Department at 216-292-1922 to arrange for a sewer inspection or special rubbish collection.
- **PERMITS:** The Building Department continues to review plans, conduct inspections and issue permits, but only by appointment. Call them at 216-292-1914.
- **SENIORS:** Our Community Services Department is making wellness calls to hundreds of Beachwood seniors during this crisis period. Call 216-292-1970 to add yourself or your elderly parents to this call list. The Senior Transportation Van Service, also at 216-292-1970, takes seniors to medical appointments and picks up groceries and prescriptions as necessary.
- **RESIDENT SHRED DAY**, scheduled on Sunday, May 10, has been postponed until Fall 2020.



- **KEEP YOUR DISTANCE AT OUR PARKS:** We want you to enjoy walking through our city and our parks but please practice social distancing, even with your family. As the weather warms and more families and friends join for walks in the park, please remain six-feet apart at all time.
- **SMALL-BUSINESS HELP:** Cuyahoga Country has established a Small Business hotline at 216-452-9714 for information about the many assistance programs that are now being offered through stimulus programs of the state and federal government. You may also find resources at the Economic Development page at www.beachwoodohio.com



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Ex: barbara.janovitz@beachwoodohio.com

MAYOR
MARTIN S. HORWITZ



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JAMES PASCH



COUNCIL PRESIDENT
216.630.9671

BARBARA
BELLIN JANOVITZ



COUNCIL V.P.
216.406.5914

JUSTIN BERNIS



216.509.6509



LOOK FAMILIAR?

This postcard has been mailed to all residential Beachwood addresses.

Should a City emergency require your attention, we want to let you know immediately. In addition, you will be kept up-to-date on City programs and business reopenings.

Stay informed and register TODAY!

BEACHWOOD: Help Us Keep You Informed!

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

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

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

Your information will not be shared.

Martin S. Horwitz
Martin S. Horwitz, Mayor

CITY OF
Beachwood
WWW.BEACHWOODOHIO.COM



SUPPORT LOCAL RESTAURANTS

Many of our restaurants remain open for carry-out, including Giovanni's Ristorante and Cedar Creek Grille, both of which also have family style take-out options. Cedar Creek Grille is even allowing people to purchase groceries through their restaurant. See [facebook.com/BeachwoodOH](https://www.facebook.com/BeachwoodOH) for a photo of Beachwood restaurants offering carry-out.



BE SAFE!

Landscapers must practice social distancing and wear masks while working in the City of Beachwood.



Public City meetings are now held online and can be viewed on the City website. For information on how to participate or submit a comment, please email Clerk of Council Whitney Crook at whitney.crook@beachwoodohio.com.

UPCOMING MEETINGS

CITY COUNCIL

Monday, May 4 at 7:00 PM
Monday, May 18 at 7:00 PM
Questions? Call 216.595.5462

PLANNING & ZONING COMMISSION

Thursday, May 28 at 6:30 PM
Questions? Call 216.292.1914

ARCHITECTURAL BOARD OF REVIEW

Monday, May 4 at 5:30 PM
Monday, May 18 at 5:30 PM
Questions? Call 216.292.1914

MIKE BURKONS



216.832.6771

ALEC ISAACSON



216.291.2797

ERIC SYNENBERG



216.401.0074

JUNE TAYLOR



216.533.7640



BE IN THE KNOW!

SIGN UP FOR BEACHWOOD eLIST
CITY EMERGENCIES AND OTHER IMPORTANT UPDATES

SIGN UP FOR CODE RED
FOR EMERGENCY UPDATES AND ALERTS

WATCH RECORDED CITY MEETINGS
LIVE STREAM ON WEB
BROADCASTED ON TV
PLAYBACK ON WEB

VISIT WWW.BEACHWOODOHIO.COM TO STAY INFORMED

BEACHWOOD SUPPORTS AUTISM AWARENESS

Last month, members of the Beachwood Fire Dept. approved navy-blue shirts to be worn on duty to recognize Autism Awareness. Also, a royal-blue shirt was available for purchase by City employees and family members. Profits from these shirts totaled \$1,100, and were donated to the Beachwood City Schools special-education program, to particularly benefit students on the Autism spectrum. Special thanks to Firefighter Coyne for the great shirt designs.



BARKWOOD CLOSED

Barkwood is CLOSED until further notice. For updates, click the **Barkwood Quick Link** on www.beachwoodohio.com.



RX DRUG DROP BOX

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



City Insider

GENERAL SAFETY TIPS

- Be aware of your surroundings
- Lock your vehicles at ALL times
- Secure your home and garage at ALL times and do not leave valuables outside
- Do not leave keys in unattended vehicles while warming them up or otherwise
- Be on the lookout for, and REPORT ANY SUSPICIOUS PERSONS OR ACTIVITIES IMMEDIATELY

Criminal or suspicious activity can be reported by dialing 9-1-1 or our dispatch at 216-464-1234.

STORMWATER COMMISSION



The City of Beachwood welcomes Alwyn Reuther Chao as a member of our Stormwater Commission. Her Oath of Office was administered in February by Mayor Martin S. Horwitz.

Pictured:
Mayor Martin S. Horwitz
and Alwyn Reuther Chao

RITA MUNICIPAL INCOME TAX RETURN EXTENSION

The due date for RITA municipal income tax returns and payments for Tax Year 2019 has been extended from April 15, 2020 to July 15, 2020, aligning with the extended Federal Income Tax submission date.

Estimated payments for the first and second quarters of Tax Year 2020 have also been extended to July 15, 2020. No extension request is required and no late-payment penalties or interest will be imposed.

FREE MULCH!

- STARTING MID-MAY*
- 7:30 AM TO 3:30 PM



12 bags of FREE mulch available per resident household.

Proof of residency and Driver's License required.

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

* Check the Public Works web page to verify the start date:
www.beachwoodohio.com



KEEP PETS SAFE, TOO!

Stay-At-Home applies to pets, too! Please bring in your outdoor cats or keep them on a leash while outdoors.

OVERNIGHT SENIOR TRIPS

The City of Beachwood announces four overnight trips in 2020:

- **Montreal-Quebec City**
August 9-13
- **The Greenbrier Resort, West Virginia**
October 20-22

A \$200 deposit per trip will reserve your space. Travel insurance is recommended. Questions? Call 216.595.3733



MONDAY CHECKS

"Monday Checks" are a weekly occurrence at the Beachwood Fire Department. Thoroughly checking, cleaning, decontaminating, and maintaining our equipment on all of our front line and backup rigs to ensure we are ready to serve. Though we've always done a thorough job, we're paying extra attention during these times to better protect ourselves and the community.



USE CAUTION & BE SEEN



Use caution when walking at dawn, dusk and evening hours. Add reflective items to your clothing. When and if it is necessary to walk in the street, please walk facing traffic and if in a group, single file.

SENIOR RUBBISH ASSISTANCE

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

SAFETY FIRST

The Beachwood Fire Department has always prioritized keeping you and the community safe. We always adapt to new challenges. COVID-19 has made us all look at the community and our daily surroundings differently. We continue to respond to all emergencies. Following CDC recommendations, we encourage everyone to stay at home and to practice social distancing when out for essential reasons. Clean and disinfect things you use often. The best way to protect yourself is to avoid the virus.

If you call 911, please alert our dispatchers if you or anyone in your home is experiencing flu-like symptoms, such as cough, fever, or shortness of breath. Our appearance may be different as we may be wearing extra equipment.

If you have any questions, please search www.cdc.gov for "coronavirus."



BE AWARE ON THE ROAD

As the weather warms, motorcycles are out and more pedestrians are out walking.



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

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

ANTI-SCAM TIPS

The FCC offers the following tips to help you protect yourself from scams, including coronavirus scams:

- Do not respond to calls or texts from unknown numbers, or any others that appear suspicious.
- Never share your personal or financial information via email, text messages, or over the phone.
- Hang up if you're being pressured to share any information or make a payment immediately.
- Scammers often fake their caller-ID info to trick you into answering. Government agencies will never call you to ask for personal information or money.
- Do not click any links in a text message. If a friend sends you a text with a suspicious link that seems out of character, call them to make sure they weren't hacked.
- Always research a charity by calling or looking at its actual website before donating.



For more information about scam calls and texts, visit the FCC Consumer Help Center and the FCC Scam Glossary. You can also file a complaint about such scams at fcc.gov/complaints.



PICK UP AFTER YOUR DOG

It's the law!

(Beachwood City Ordinance 618.12)

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

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



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



Support the Safety Forces who Protect our Community

The City of Beachwood is proud to partner with Beachwood 100 to create a COVID-19 Fund to support first responders and their families from financial stress when in need.

Show Your Support and Purchase a Flag Today

Individual Donations • \$50 | Corporate Donations • \$100
(Contributions are kept confidential)

With your support of Flags for First Responders you will receive:

- An American flag (12" x 18") delivered to your door
- A second flag to be added to a display at Beachwood City Hall to show support for Beachwood's First Responders
- A 1-year membership to Beachwood 100
- A Beachwood 100 decal and 2 wallet cards



To Support Flags for First Responders, Visit beachwood100.org.

CITY OF
Beachwood



Beachwood 100

BEACHWOOD CITY SCHOOLS

BOARD OF EDUCATION

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

Supporting our Community while We're Home

Beachwood thanks Food Services Director **Lucy DuHaime**, from AVI Foodsystems, for supporting our families during the coronavirus outbreak. Ms. DuHaime has been consistently serving lunches to approximately 100 students each week. Thanks also to school Computer Technician **Jason Pinoniemi** who has stationed himself at the Board Office front desk daily to assist any family experiencing technology difficulties during the rollout of our online learning program. Mr. Pinoniemi has been repairing students' Chromebooks and swapping out faulty chargers with new ones for any family by appointment. Finally, many thanks to high school senior **Alana Schwartz**, who has been sewing face masks at home that she donates to University Hospitals. Alana plans to attend the renowned Fashion School at Kent State University in the fall and wanted to combine her sewing with this vital community service.



Winter Sports Recap

Last month, we highlighted the amazing accomplishments of Beachwood High School's indoor track and field and swimming and diving teams. Our girls and boys basketball and wrestling teams also had successful winter seasons. A few of their outstanding accomplishments include:



Madison Prince (Grade 11) - Girls Basketball
1st Team - All Chagrin Valley Conference
Honorable Mention - All District

Daryl Houston (Grade 11) - Boys Basketball
1st Team - All Chagrin Valley Conference
Most Valuable Player - Chagrin Valley Conference
1st Team - Northeast Lakes Division III Boys Basketball

David Krasnow
Northeast Lakes Division III Boys Basketball Coach of the Year

James Flowers (Grade 12) and
Elijah Durham Harris (Grade 12) - Beachwood Wrestling
Division II - District Qualifiers



Closure Update: The Ohio High School Athletic Association (OHSAA) recently reported that spring sports will be played in an extended season into June IF the school closure ends on May 1, 2020. If schools are closed through the end of the year, unfortunately the spring season will be cancelled entirely. We are disappointed on behalf of our many spring student-athletes who have been diligently preparing for the season, especially our seniors.

ADMINISTRATION

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



Beachwood Named "Best Community for Music Education"

For the 15th straight year, Beachwood school district was named among the "Best Communities" in the nation for music education. The award program recognizes outstanding efforts by teachers, administrators, parents, students and community leaders who have made music education part of a well-rounded education. We are thankful to the Beachwood community for supporting an exceptionally high commitment and access to music education.



Beachwood Juniors Earn Perfect ACT Scores



Somin Jung



Jake Lawrence

Congratulations to Beachwood Juniors **Somin Jung** and **Jake Lawrence** who both earned PERFECT total composite scores on the ACT! Just ½ of 1% of nearly 2 million ACT test takers earn a perfect score. The test includes four sections – English, mathematics, reading and science. Each section is scored on a scale of up to 36. The total composite score is the average of the four tests. We're proud of you Somin and Jake!

Fairmount Preschool Earns 5-Star Rating

Congratulations to Preschool Director **Karen Leeds** and her staff for earning another Step Up To Quality (SUTQ) five-star quality rating! The SUTQ rating and improvement system is administered by the Ohio Department of Education and the Ohio Department of Job and Family Services. SUTQ recognizes and promotes learning and development programs that meet quality program standards that exceed preschool licensing and school age child care licensing health and safety regulations.



Board of Education NEWS

Recent Resolutions:

- Granted authority to borrow against Permanent Improvement Fund for capital improvements/repairs
- Dismissed residential tax valuation increase complaints because of coronavirus outbreak
- Two teachers hired – to replace retiree and due to increased enrollment
- Hired Fall and Winter sports coaches
- Nine educators approved for tenure

Future Resolutions:

- District's five-year financial forecast
- Extended school year services for students with disabilities
- Student workers for summer information technology and grounds work
- Summer curriculum writing and training for teachers and departments

Board Meeting Calendar:

- May 11, 2020, 7:00 pm (virtual?)
- May 18, 2020, 7:00 pm (virtual?)

Student Newspaper Earns Top Awards



Congratulations to our high school newspaper, *The Beachcomber*, which won 1st Place Newspaper AND 1st Place Website as well as over 30 individual journalism, design and layout awards. The Ohio Scholastic Media Association determines these annual honors. High school English teacher **Josh Davis** is the paper's advisor.



www.facebook.com/BeachwoodBison



@beachwoodbison

Visit us at www.beachwoodschoools.org

Working from Home? Let Virtual Therapy Ease Your Aches and Pains

Utilizing therapy to recover from an injury or a surgery is crucial, and the payoff is undeniable. Through hard work and a no-quit attitude, clients can reach new heights in re-gaining what they have lost. What happens when it is abruptly halted? In this uncommon time, face-to-face therapy is not always the best option.

The Peter B. Lewis Aquatic & Therapy Center of Menorah Park wants to keep clients on track with the same individualized care, but without the risk, remotely. According to Kelly McNeal, PT, DPT, director of Rehabilitation Services, "During this time we will continue to serve those with physical, occupational, or speech

therapy needs through our Remote Therapy Services. We can assist with phone consultation and direction, or complete a virtual check-in using Zoom video conferencing from a client's phone, laptop, tablet, or computer, whatever is most convenient and comfortable for each individual."

Michael Groesch, PT, DPT, physical therapist, adds, "The biggest benefit is that clients can still receive therapy assessments through video conferencing, with recommendations on pain management, and ways to improve strength and function. This prevents regressing during this time, while safely getting needed therapy without having to leave

home," he said. "We are able to virtually evaluate new musculo-skeletal problems and concerns that come up without having the client make an unnecessary trip."

Depending on different insurance policies, the Center can see patients without a physician's prescription. The Center is authorized to continue therapy services for existing clients on Medicare. Most insurances are covering some form of remote services. Many private insurance plans are covering new evaluations. For more information, call 216.595.7345, or email mgroesch@menorahpark.org to setup remote therapy services.



Menorah Park administration is grateful for all community members who have written, called, and posted to their social media pages expressing how they have excelled in maintaining a safe and loving home for loved ones. Menorah Park staff, as well as all essential workers in our community, often put the health of others ahead of their own by showing up each day. Their endurance and caring will be remembered long after this crisis is over.

How are you spreading kindness?
Please email beachwoodbuzz@gmail.com!



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

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

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

MenorahPark.org
216-831-6500

27100 Cedar Rd., Beachwood, Ohio 44122



M E N O R A H
P A R K

EXCELLENCE IN CARING®

Creatively Inclined

Everyone can help spread kindness!



The Kirschenbaum family created scrapbook-paper greeting cards for nursing home residents and an extra special card for the nursing staff.

Pat Eisenstadt, a crafter/hobbyist, donated 100 greeting cards to residents at Judson and another 100 to Menorah Park so residents could write to friends and family. She was inspired to do this to help combat loneliness for people who are isolated from their families. "I felt in some way this would give some type of connection to them," she said.



In late March, Darby Steiger solved the mystery of "who painted the rocks?" when she responded to a kindness request that *Beachwood Buzz* posted on social media. Darby collected the rocks in Charlevoix, located on Lake Michigan, and decided that this would be a perfect project to spread positivity throughout the community. She painted 20 rocks with encouraging messages, planted them in Beachwood Park East and West, and the roots of her messages continue to spread.

When Cheryl Isaacson settled in at home to social distance she preheated her oven, baked cookies, packaged them individually, and delivered them: One to the staff at the Surgical Intensive Care Unit – Cleveland Clinic main campus and the other to the City of Beachwood Public Works Department.

"These amazing people are doing great work to help keep our world running smoothly," she said.

Cheryl thanks Julie Markowitz Felder for making the "Thank You" stencil and Lisa Friedlander Berns for delivering the tray to CCF.

Cheryl also baked three theme-related cakes for a social-distancing gathering that was celebrated on Zoom – one for each location; and a birthday cake that embraced this virus.



Spreading Kindness through Music



Beachwood resident Dianne Palmer, a professional vocalist, spreads kindness through her gift of music.

“My Dad was in hospice at Montefiore, and my Mom lived at Wiggins and Stone Gardens,” she told us. “I spent a lot of time at all three places and developed lasting friendships. When I think about these people now, in isolation, I can’t help but think about how I may brighten their day.”

Dianne still visualizes the smiles on their faces when she sang to them, so she decided to give back with the gift of song. She recorded musical videos filled with songs and sing-a-long opportunities that residents could watch on television in the comfort of their own rooms

“These are hard times for everyone,” Dianne said. “My hope is to break loneliness, even if for only short periods of time.

“I’m so thankful for the wonderful care that that my parents received at these facilities, and am grateful to give back.”

Virtual Volunteer Opportunities

In this time of social distancing, it’s critical that we maintain our connection to community in order to stay mentally healthy. To that end, the Jewish Federation of Cleveland and many of its beneficiary agencies have developed unique online programming to bring us together, keep us informed, and provide us with entertainment. For more information, visit jewishcleveland.org to learn more.

Caring Check-In Calls

Make “caring calls” to those who are isolated or would like a friendly phone pal to chat with. Conversation guidelines will be provided.

Color Me Happy

Create colorful art pictures to brighten the day for those living in our nursing homes and assisted living facilities. Your masterpieces will be printed out and distributed to the residents. Scan and send attachment via email (no snail mail) to dweiner@montefiorecare.org and/or kskerl@menorahpark.org.

Story Time

What could be more fun than telling a story to adorable little ones from the comfort of your own home? Get matched up with one or more children, then choose an age-appropriate story that you own. Suggested books and age groups will be provided.

Calling All Gamers

Here’s the perfect opportunity to use your gaming skills, whether computer games or online board games.

Technology Guru

Use your skills to help others learn how to use Instacart and connect with their loved ones on FaceTime and Zoom.

Homework Helper

Help elementary school kids master skills such as reading, math, and spelling.

Resumé Builder

Help a teen, college student, or adult spruce up their resumé so they can become gainfully employed. One hour sessions are available at your convenience.

Kindness – It’s Elementary

Beachwood elementary counselors, art teachers, and preschool teachers developed a “Kindness Project” to acknowledge the work of individuals who provide essential services during the COVID-19 crisis, including: emergency responders, individuals who work in the community, and/or caretakers who are home with children. Another purpose of this activity is for students to express themselves through artistic mediums and share “what’s in their heart” with the community at large. This project will also afford students an opportunity to thank people who protect them in this challenging time. Although it was created for elementary students, everyone in the community may participate. Here’s how:

- Cut out a heart and include a message for someone you would like to thank. This may be a doctor, police officer, fire

fighter, a person who works at the grocery store, or even a family member who has helped you stay safe and healthy.

- Write a letter of thanks to someone.
- Chalk on the sidewalk

“We encourage you to look for other hearts around your community,” said Sherry Miller, principal. “When you walk around your neighborhood, please take photos to share with your teachers.”



“What’s In Your Heart”

Montefiore Phone-Pal Program

During these difficult times, Montefiore knows how important it is for loved ones to stay connected and feel cared about. Through its volunteer services, a “phone pal program” has been created to provide opportunities for volunteers to call Montefiore residents to chat, check-in, offer comfort and support, and do activities together on the phone. This program really helps with morale and feelings of isolation.

In addition to the phone pal program, Montefiore is accepting online cards and letters from the community that we print, deliver and read to residents. This effort has also been a huge success – residents love getting mail and feeling loved. It’s fun and easy to do: Create and save your message or artwork as a word document, JPEG, or PDF and email it to Diane Weiner at dweiner@montefiorecare.org. Be sure to include your name.

Thank You from Montefiore

Seth Vilensky (right), Montefiore president and CEO, happily accepts and gratefully thanks the Greater Cleveland Chinese community for donating 1000 face masks to Montefiore staff. Montefiore was one of many recipients to receive masks from this generous group.



Many thanks to Montefiore marketing director Susan Lieberman for asking her neighbors to purchase and donate Girl Scout cookies (Troop #71510) to Montefiore staff. She initiated this after receiving an email that solicited sales since the scouts were unable to hold public sales. Nearly eight cases were purchased, donated, and distributed. **Sweet!**

Pictured: Although Candice is wearing a mask, her smile shone through when gifted a box of Girl Scout cookies.

A Message from the Beachwood Police and Fire Department

Both the Beachwood Police and Fire Departments are here to serve our community. All personnel take extra precautions to ensure everyone’s safety - yours and theirs. Everyday health does not need to be put on hold because of this virus. Safety always comes first. If you feel you need medical attention, seek it. Please continue to social distance, disinfect, wash your hands often, keep your hands away from your face, and to wear masks in public. Stay safe.

My Parents Found Their Home

What a Sigh of Relief!

The moment we walked in they were sold. Mom said she felt it was the right place, friendly, active, safe with great transportation services, 24/7 nursing care and month-to-month leases!

Large two-bedroom suites are available – reserve yours now!

Call **440.543.4221** to schedule a tour or visit us at theweils.org.

The Weils

A Montefiore Senior Community
CHAGRIN FALLS



ASSISTED LIVING | MEMORY CARE
REHABILITATION THERAPY

Tips for Alzheimer's and Dementia Caregivers

Provided by Alzheimer's Association Cleveland Area Chapter (alz.org/cleveland)

Practice Good Hygiene

- Help people living with Alzheimer's practice safe hygiene. Individuals with Alzheimer's and other dementia may forget to wash their hands or follow other precautions to ensure safe hygiene.
- Consider placing signs in the bathroom and elsewhere that remind people to wash their hands with soap for 20 seconds. If they are able, have them count out loud or sing Happy Birthday twice.
- Demonstrate thorough hand washing habits.
- Alcohol-based hand sanitizer with at least 60% alcohol can be a quick alternative to hand-washing if the person cannot get to a sink to wash his or her hands easily.

Play Gatekeeper with Outside Caregivers and Guests

- It is critical that family caregivers carefully monitor who

is coming into the home and to ensure all who enter are healthy. Be proactive in asking outside caregivers and guests about their current health status and make sure they are not experiencing any early or recent symptoms of illness.

Monitor Sudden or Sustained Changes in Behavior

- People living with Alzheimer's or another dementia may not be able to communicate if they are feeling bad and showing early symptoms of illness. Pay attention to flu or pneumonia-like symptoms and report them to a medical professional immediately.

Be Calm and Create a Nurturing Environment

- The current pandemic is creating added anxiety for everyone. Do your best to remain calm, particularly in your interactions with family

members living with dementia. Oftentimes, these individuals will take their cues from the people around them. Creating a calm environment will help individuals living with dementia feel safe and protected.

Anticipate and Be Prepared – Current Care and Support Options May Change

- As public health containment strategies for COVID-19 escalate during the next several weeks, it is important for families to anticipate that less help and support may be available. It is important to discuss alternative plans for care management if the primary caregiver should become sick. This doesn't just apply to COVID-19, it could be the flu, a bad cold, or other. Many primary caregivers are not good about asking for help even as care responsibilities escalate. It's important for family members and friends to

be proactive during the current crisis in asking caregivers how they can help.

Ask Residential Care Facilities About Communication Policies

- Facilities have had to limit or restrict access to outside visitors so it's important to ask how you can get updates on your family member's health and how you can communicate with your loved one during this crisis. Ask to see if phone calls, video chats, or even emails are available and how best to coordinate. If your family member is unable to engage in calls or video chats, ask the facility how you can keep in touch with facility staff in order to get updates.

Find a support group at tinyurl.com/vjyv4ua.

Find a virtual education program at tinyurl.com/wgek6gm.

From The Gathering Place

During the COVID-19 shut down, The Gathering Place has moved its programming to Facebook Live, Zoom, and GoTo Meeting in order to continue providing support to individuals and families that are coping with the impact of a cancer diagnosis in the midst of the challenges that COVID-19 presents.

Here are a list of on-going virtual programs:

Zumba – Facebook Live Mondays • 10 - 10:30 am

Can be also be done in a chair.

Note: You do not have to have a Facebook account to access these programs. The Gathering Place is a public page. Visit its Facebook page at facebook.com/TGPCaringCommunity

Exercise – Facebook Live Mondays/Wednesdays/Fridays 12:30 - 1 pm

Using light weights, a chair and mat, modifications are shown. Includes a warm up and cool down.

Tai Chi – Zoom Saturdays • 10 - 10:30 am

De-stress and work on balance and flexibility. This program requires registration at touchedbycancer.org.

Cancer Fighting Kitchen – Zoom, Saturdays • May 2 and 9 11:30 am - 12 pm

Learn the latest information on the food and cancer connection while preparing nourishing recipes for yourself or a loved one. Access

to Rebecca Katz's online, self-paced course will be available through September 1, 2020 after completion of this class. This program requires registration at touchedbycancer.org.

The Benefits of Kindness – Zoom, Thursday, May 7 • 6:30 - 8 pm

Giving and receiving kindness for the person with cancer and the caregiver can have positive effects on quality of life and relationships. This program requires registration at touchedbycancer.org.

Immunotherapy Updates – Zoom Tuesday, May 12 • 6:30 - 8 pm

Presented by Dr. Joanna Brell
This program requires registration at touchedbycancer.org.

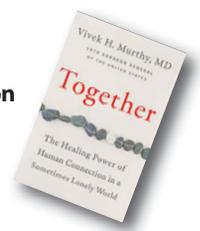
Book Discussion

Zoom
Wednesday,
May 13
6:30 - 8 pm

Join us as we discuss The Healing Power of Human Connection in the Sometimes Lonely World, by Vivek H. Murthy, MD, former Surgeon General

This book is a timely topic as we look at the ways our lives have been impacted with the social/physical distancing we have experienced during COVID-19 and the isolation that some feel/experience as they navigate through a cancer journey.

To join in the discussion and receive information on obtaining the book, register at touchedbycancer.org.



Support the Efforts of Cleveland Clinic

In response to the Northeast Ohio community's generous requests to provide assistance during the ongoing novel coronavirus pandemic, Cleveland Clinic is launching a COVID-19 Community Response Campaign.

"During challenging times like these, we see the good in people shine through," said Tom Mihaljevic, M.D., CEO and president of Cleveland Clinic. "We are exceedingly grateful that people throughout the community have asked how they can help. The Community Response Campaign is Cleveland Clinic's effort to direct people's generosity, time, and resources to provide meaningful impact for our patients and caregivers in a variety of ways."

Cleveland Clinic's COVID-19 Response Campaign priorities include:

Donate to support Cleveland Clinic caregivers – Support the needs of frontline caregivers with items such as gift cards for meals from local restaurants.

Contribute needed supplies – To be prepared for a potential surge of patients in the coming weeks, Cleveland Clinic is asking the community to help source the following supplies such as hand sanitizer and disinfecting wipes.

Donate to COVID-19 treatment and research – Cleveland Clinic researchers have various projects related to COVID-19 underway, including the use of predictive analytics to develop individualized risk models for patients.

Make masks – Follow instructions on making approved masks to help us support the community. These donated masks will be used to help reinforce cough etiquette in our community. Cough etiquette, which includes covering your cough, is an important way to help stop the spread of COVID-19 and protect those around us. These donated masks will not be used by caregivers as Personal Protective Equipment (PPE) for clinical care. Masks may be mailed to Cleveland Clinic, 8937 Euclid Ave., Cleveland, 44195.

Support American Red Cross blood drives – There is an urgent need for blood donations and the American Red Cross is hosting blood drives throughout the community: <https://www.redcross.org/local/ohio/northeast.html>.

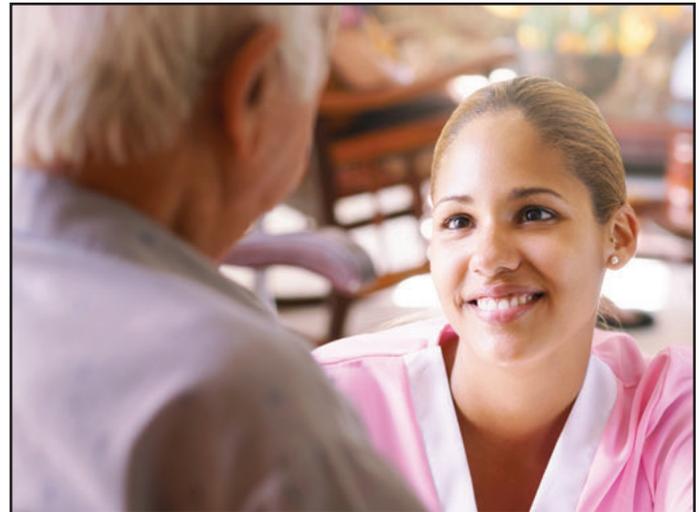
Thank a Caregiver!

Take a minute to send your thanks, stories, and encouragement to clevelandclinic.org/kudos.

For more information, visit clevelandclinic.org/covidresponse.

The Terminal Tower Shone!

We can all use a little light right now. On April 21, the The Terminal Tower shone blue and green in celebration of NCJW/CLE's 125th anniversary. We thank NCJW, a grassroots organization of volunteers and advocates, for their continued work to turn progressive ideals into action.



Have Confidence with Your Home Care.

When you choose JFSA as your home care provider, you not only receive the highest quality care and plenty of services to choose from, you get something extra: **Confidence**.

Our nurses and home health aides want you to be as independent as possible and enjoy the confidence you gain when working with our supportive and caring staff.

- Skilled Nursing
- Medical Social Worker
- Physical, Occupational & Speech Therapy
- Home Health Aides
- Medication Management
- Lifeline Medical Alert
- Home Cleaning
- Kosher Home Delivered Meals
- Holocaust Survivor Support Services
- JFSA Shuttle On-The-Go! Free Transportation

Call 216.378.8660

JEWISH FAMILY SERVICE ASSOCIATION
of Cleveland



jfsa-cleveland.org

Medicare, Medicaid and most insurance accepted.

BHS Shares Ideas to Spread Kindness

BHS Principal Paul Chase shared the following information with high school students – ideas that may be embraced by the general community to help spread kindness. Research suggests that the best way to combat feelings of isolation is to grow and strengthen concern for others. ***When we help others, we help ourselves!***

Research suggests that the best way to combat feelings of isolation is to grow and strengthen concern for others.

- Help elderly or others who are isolated – check in with them via phone or virtually to see what they need and how you can help. Discuss with your parents how you can help the elderly following current social distancing practices and safety guidelines.
- Make regular phone or video call visits to others to combat social isolation/loneliness.
- Make cards or write letters, emails, or social media messages to seniors in nursing homes who can't have visitors.
- Sew masks for local hospitals, nursing homes and others in the community (Watch the how to video: youtube.com/watch?v=dY-3a51L7S-4).
- Volunteer to create audio books to be shared with Bryden Elementary School students and students with special needs in our Beachwood School community.
- Donate to and volunteer with local food banks.
- Give mom and dad a break! Assist younger siblings with their virtual lessons and homework.
- Do yard work for family members (outside of your own household) or others in your neighborhood. It's spring cleanup time and the exercise is an added health benefit!
- Foster a dog or cat from the Animal Protection League (APL).

HFLA Business Loans

HFLA's COVID-19 Rapid Response Business Loans, for existing business owners, go up to \$5,000. They are not intended to replace but can serve as a bridge or a supplement to other loans/grants. There must be an identified need for the money.

Repayments begin mid-June on 27 month terms. Payment will be reduced to \$100/month for the first four payments and the next 23 payments will be \$200 apiece.

LOAN CRITERIA:

- Business must have been in business for at least 12 months
- Current HFLA business borrowers will be reviewed on a case-by-case basis
- Business owner must provide proof that they have been proactive during crisis

HFLA is also doing expedited personal emergency loans for people economically impacted by COVID-19 of up to \$1,500. All information and applications may be found at interestfree.org.

Beachwood 100 Supports Beachwood Safety Forces

Beachwood Safety Forces thank Beachwood 100 for delivering monthly lunches through donations from community members. In March they delivered Chick-fil-A, along with Girl Scout cookies that were purchased from Girl Scout Troop 70390, and in April from CMB Soul Food, owned by Beachwood residents Ricardo and Leslie Brashers.

Be sure to see information about Flags for First Responders on pages 9 and 25.



Jonathan Broadbent, Beachwood 100 board member; Alan Berger, Beachwood 100 treasurer; Raja Kumar, Beachwood 100 secretary; Ptl. Rodgers; Ptl. Majewski; Ivor Kiwi, Beachwood 100 president; and Shiella Lienerth, Beachwood's Chick-fil-A franchise owner. Sheila and her staff wrote inspirational messages on each box that was delivered.

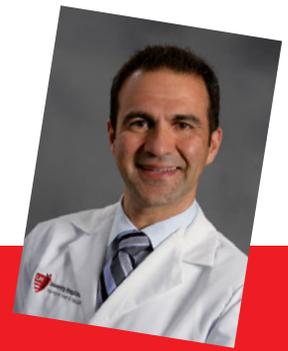
Blood and Plasma Donations

U.S. Food and Drug Administration (FDA) and Red Cross are seeking individuals who are fully recovered from the coronavirus to help current COVID-19 patients by donating plasma.

People who have fully recovered from COVID-19 have antibodies in their plasma that can attack the virus. This convalescent plasma is being evaluated as treatment for patients with serious or immediately life-threatening COVID-19 infections, or those judged by a healthcare provider to be at high risk of progression to severe or life-threatening disease.

To support social distancing, appointments are now required. With thousands of blood drives cancelled during the COVID-19 pandemic, the Red Cross is working hard to open new donation sites. The need for blood is constant – patients need your help.

The following blood drives were scheduled when this publication went to print. Please check details and register at redcrossblood.org.
Wednesday, May 6 • 8 am – 2 pm • Cleveland Clinic Lyndhurst
Saturday, May 9 • 10:30 am – 3:30 pm • Beachwood Library
Tuesday, May 12 • 9 am – 2 pm • Cleveland Clinic Administrative Campus (25875 Science Park Drive, Building 1)
Sunday, May 17 • 9 am – 3 pm • Park Synagogue East
Monday, May 18 • 2 pm – 7 pm • Jewish Community Center
Friday, May 22 • 12 pm – 4 pm • Cleveland Clinic Beachwood Family Health & Surgery Center (26900 Cedar Road)



Peripheral Artery Disease: How to Know If You're at Risk

Peripheral artery disease (PAD) is a serious condition, but you may not know if you have it. Nearly half of those who have PAD have no signs or symptoms.

PAD happens when blood flow in the legs and feet is restricted by the buildup of fatty deposits in the legs' blood vessels.

Why get treatment for a condition when signs

or symptoms may not be noticeable? Untreated, PAD can lead to pain, cramping and discomfort that can make walking – and life in general – miserable, says Mehdi H.

Shishehbor, DO, MPH, PhD.

Dr. Shishehbor is director of the Interventional Cardiovascular Center and co-director of the Vascular Center at UH Harrington Heart & Vascular Institute.

"In extreme cases, PAD can result in the tissue loss and gangrene, which can ultimately lead to amputation," Dr. Shishehbor says.

People who have PAD also have a higher risk for heart

attack and stroke, he says.

The good news is that early diagnosis and treatment can help you to manage – or even reverse – PAD. So it's important to understand if you might be at risk and to know the symptoms of PAD.

PAD Risk Factors

Factors that increase your chances of developing PAD include:

- History of diabetes or heart problems among close relatives such as your parents, sister or brother
- If you've had diabetes or heart problems such as high blood pressure, heart attack, stroke, mini-stroke or transient ischemic attack (TIA)
- If you have difficulty controlling your blood pressure on more than three blood pressure medications
- If you have had surgery, balloon procedures or stents in your heart, kidneys, stomach, legs or arms
- If your doctor has told you that you have poor circulation
- If you are inactive
- If you smoke or have ever smoked

Symptoms of PAD

Dr. Shishehbor says you should tell your doctor if you experience these signs:

- You have ulcers or sores on your feet or legs that are slow to heal
- When you walk or exercise, you feel aching, cramping or pain in your legs that goes away when you rest
- Your toes or feet hurt at night

How You Can Avoid PAD

Prevention is the key to reducing your risk of developing PAD, Dr. Shishehbor says.

You can help prevent PAD through good health habits such as not smoking, eating a balanced, low-salt and low-fat diet, controlling your blood pressure and sugar and cholesterol levels.

Maintaining a healthy weight and getting regular exercise also helps.

"Even if you don't have symptoms of PAD, you may need to be screened," Dr. Shishehbor says. "If you are older than 65, older than age 50 and have diabetes or smoke, or if you have diabetes and other PAD risk factors such as being overweight, ask your doctor about screening for PAD."

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To schedule an appointment, call UH Harrington Heart & Vascular Institute at 216.245.3690.

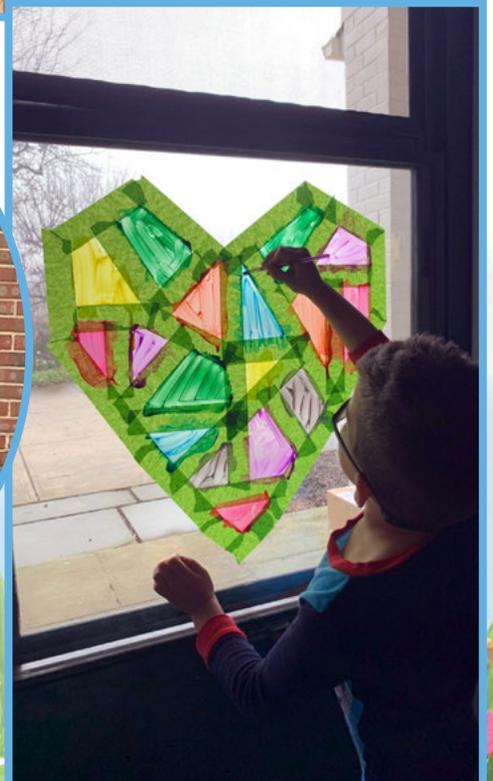
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Spreading cheer

Everyone can help spread kindness!

The City of Beachwood requests that residents spread cheer by decorating their front windows for springtime and first-responder support. Many people shared images that are posted in a photo album on the city's Facebook page (facebook.com/BeachwoodOH). Please show your creativity and join the fun!





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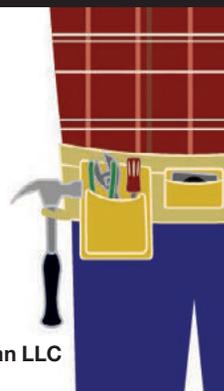
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Information on coronavirus (COVID-19) changes rapidly.

As a community health care leader, UH is your source for the most up-to-date clinical information on COVID-19. To learn more about appointments, visitor policies and the latest clinical trials, visit [Uhhospitals.org/Coronavirus](https://www.uhhospitals.org/Coronavirus).

