

Beachwood

February 2021

Buzz

MAGAZINE



FOR THE LOVE OF SCIENCE

Mother, Daughter Win Fulbright, Rhodes Scholarships

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Beachwood Community Services Director

Get to Know Police Chief Kelly Stillman

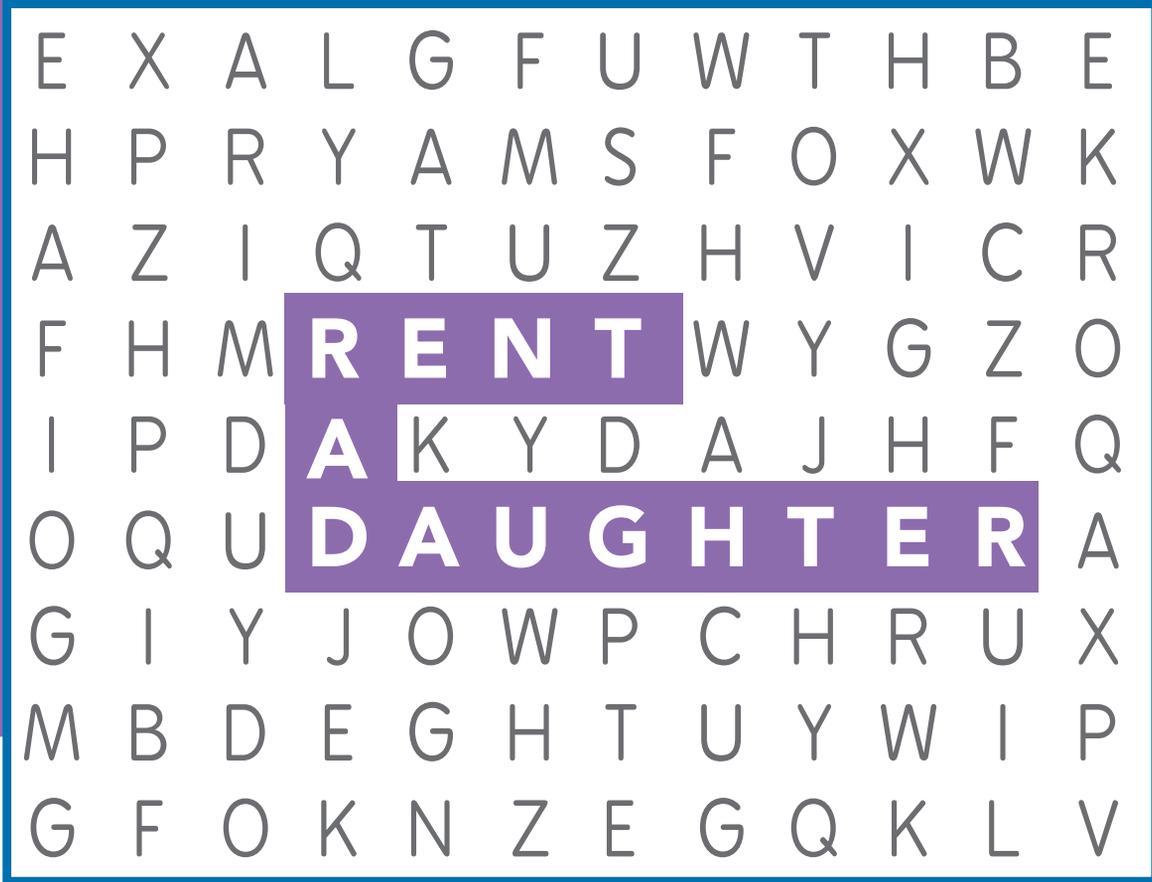
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Summer Camp Opportunities
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Letter from THE EDITOR

By Debby Zelman Rapoport

Last month I wrote about compassion and self-kindness. February is historically the month of love, so I expand last month's topic asking everyone to spread love and kindness.

The past year has been unlike any other, and I'm confident that 2021 (and beyond) will be brighter. Since I wrote this article, there have been more COVID-related deaths and, (hopefully not) more violent demonstrations. On the brighter side, we now have a president who sheds optimism in this dark, split, political arena.

I mention last month's article because when we treat ourselves with kindness we create a framework for how we treat other people and how we wish to be treated. My friend Stew Collins shared the following post on Facebook; unfortunately, I don't have the attribution information.

"As the World fights to figure things out, I'll practice letting people cut in front of me in traffic, saying good morning to everyone, keeping babies entertained in grocery lines, stopping to talk to someone who looks lonely, tipping generously, calling people by the name on their name tag, waving at police officers, sharing food, giving children a thumbs up, being patient with sales clerks, and smiling

at passers-by as often as the opportunities arise. Why? Because I refuse to stand by idly and exist in a world where unconditional love is invisible. I invite you to join me in showing love, judging less, and finding your own way to swing the pendulum in the direction of love. Be kind to a stranger today, who just may turn into a friend you have never met. Pay it forward for any kindness shown to you in the past."

This post perfectly reflects my thoughts as well as Stew's personality! Positive actions trump negativity 100% of the time.

As life continues to throw us curve balls, we each have the ability to make choices that attract daily calm and inner peace, and to spread them. Smiles (although not easily seen under masks) and kind words are contagious.

Through the pandemic, I've been spending more time landscape painting and taking online workshops. A common phrase from instructors is what if? What if I make it a cloudy day? What if I move the tree from the left to the right?

Life is full of what ifs.

- What if we do what makes our heart happy?
- What if we spread a little more kindness?
- What if we do our part to make the world a more loving place?
- What if we make today's choices as we would if we knew our time was limited?
- What if we change our mindset to *wanting* to do more of the things we need to do?
- What if we're easier on ourselves?
- What if we realize we're the best we can be right now, and accept that?
- What if we adhere to our own instincts instead of living life based on what others may think?
- What if we regularly follow the words of wisdom shared by Stew?

The person with whom you'll always have the closest relationship is yourself. My wish for you this month is to feel comfortable where you are and to spread kindness and love. Power of attraction dictates that what we put in the universe is what comes back to us.

"You can have everything in life you want, if you will just help other people get what they want."
– Zig Ziglar

"From what we get, we can make a living; what we give, however, makes a life."
– Arthur Ashe



The Beachwood 100 Annual Fundraising Campaign

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About The Beachwood 100

The Beachwood One Hundred, incorporated in 1969, is a group of caring citizens whose annual tax-deductible dues are used solely to create a contingency fund to aid the police and fire safety forces of the City of Beachwood in time of personal emergencies. The organization is run 100% by volunteer citizens.

Please Join Today

Help Us Further Our Mission of:

- Awarding annual academic scholarships to children of our Police and Fire Department personnel
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Beachwood Buzz

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Buzz
MAGAZINE

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Mother, Daughter Win Fulbright, Rhodes Scholarships

by June Scharf



The chemistry in the Srinivasan household is a potent blend of intelligence and integrity, and it recently yielded national recognition. Rekha, a Case Western Reserve University senior instructor of chemistry, and her daughter Swathi, a 2017 BHS graduate and Harvard University senior, recently won the competitive and coveted Fulbright and Rhodes scholarships, respectively.

Full story starts on page 8.

Photos by Scott Morrison, Discovery Photo.

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For a list of physicians who practice at Beachwood Medical Center, visit beachwoodmedicalcenter.org.

Lake Beachwood Medical Center
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Three ways for families to develop heart-healthy habits.



Christina Martin Fink, MD
Cleveland Clinic
Hillcrest Hospital

When it comes to healthy living, it's important for kids – from tots to teens – and parents to develop lifelong heart-healthy habits.

“When parents actively work with their children on positive health behaviors, everyone in the household tends to have more success achieving a healthier lifestyle,” says Christina Martin Fink, MD, a pediatric cardiologist at Cleveland Clinic Hillcrest Hospital.



Deirdre Mattina, MD
Cleveland Clinic
Beachwood Family Health and Surgery Center

Deirdre Mattina, MD, a cardiologist at Cleveland Clinic Beachwood Family Health and Surgery Center, adds that both adults and children with a family history of heart disease can still alter their risk significantly through good health habits.

“This is especially true with issues like hypertension and high cholesterol,” says

Dr. Mattina. “Good role models are important to creating healthy families.”

Drs. Fink and Mattina recommend three ways parents and children can reduce heart-related risks:

- **Healthy diets.** Adults should cover half of their plate with fruits and vegetables; add whole grains and healthy protein; and limit fats and sugars. Fill toddlers' plates with the same healthy foods and portions.
- **Consistent exercise.** Children age 6 and up should aim for 60 minutes of aerobic activity per day. Adults should aim for at least 150 minutes of aerobic activity weekly. “Children of active parents are more likely to be active themselves, so aim to be an active family,” suggests Dr. Fink.
- **Annual well visits.** A primary care provider is a key source of knowledge and support for both kids and parents. Make sure you and your child have annual checkups.

To make an appointment with Dr. Fink or another pediatric cardiologist, call 216.505.4354; with Dr. Mattina or another cardiology specialist, call 216.285.1298.

Hearing loss can take a toll on a person's health and quality of life.



Kathleen Muhvic, AuD
Cleveland Clinic
Willoughby Hills Family Health Center

If you or a person close to you has hearing loss, you are probably aware of the challenges that it creates with communication.

But communication is just one of many problems related to hearing loss, says

Kathleen Muhvic, AuD, an audiologist at Cleveland Clinic Willoughby Hills Family Health Center. Other related problems include:

- Cognitive decline.
- Risk of falls.
- Higher rate of hospitalization.
- Limitations in the performance of activities of daily living.
- Social and emotional loneliness.

Research shows that hearing aids:

- Improve health-related quality of life.
- Reduce psychological, social, and emotional effects of hearing loss.
- Provide relief from tinnitus (ringing in the ears).
- Reduce listening effort and mental fatigue.

When hearing loss is suspected, a complete audiologic evaluation (hearing test) by an audiologist is the first step. Based on the results, a



hearing needs assessment to determine how we can best improve a patient's hearing may be recommended. Specific devices that are best suited will be determined based on the patient's hearing profile, lifestyle, and budget.

While many hearing enhancement devices are available over the counter, it's important to get expert guidance from a clinical audiologist regarding the best devices to address individual hearing issues.

More importantly, our doctoral-level audiologists offer the best-practice hearing health care. According to Dr. Muhvic, our goals are to guide our patients on their journey to better hearing and to make sure the appropriate devices are fit to their needs. Proper fit will maximize benefits for patients across a variety of everyday listening environments.

For an appointment with Dr. Muhvic or another Cleveland Clinic audiologist, call 216.444.8500.

Heart Health in a COVID-19 World

Thursday, Feb. 18 | 5:30-6:30 p.m.

Join us online for questions, answers and conversations with our experts in heart health.

Specialists from Cleveland Clinic's Sydell and Arnold Miller Family Heart, Vascular & Thoracic Institute will answer your questions and provide details on:

- When to see a heart physician.
- How to recognize heart attack signs and symptoms.
- How to manage your current level of heart disease during COVID-19.
- What to do in an emergency.
- What health conditions affect your heart.

Questions? Call 440.312.4804. Register today: [ClevelandClinic.org/AskTheExperts](https://www.clevelandclinic.org/AskTheExperts)



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

From extra safety measures at all locations, to virtual visits with our specialists. We're here for you.

Visit [ClevelandClinic.org/Access](https://www.ClevelandClinic.org/Access)



Letters to the Community

Thank You Art Lovers!

Beachwood Arts Council thanks participating artists and the community for supporting its first virtual art exhibition, *Regional Artists: A Virtual View*. The exhibition provided an opportunity for local artists, who either live in Beachwood or are BAC members, to display their extraordinary creativity and sell their art.

Artwork included digital computer prints, drawings, fiber art, jewelry, mixed media, paintings, photographs, prints, and wood carvings. Participating artists were Sawsan Alhaddad, Gail Baumel, Barbara Breen, Hazel Brown, Mike Cargile, Karen Mehling-DeMauro,

Carolyn Frankel, Leah Gilbert, Adrian Hardin, Wally Kaplan, Sylvia Malcmacher Kramer, Vritika Krishnan, Richard Litwin, Jean Sycle Martin, John Martin, James Mayer, Elizabeth Moore Mercado, Jane Montgomery, Joseph Polevoi, Susan Cone Porges, Debby Zelman Rapoport, Angela Schaal, Sharon Schlesinger, Bonnie Venable, Fern Weiss, and Shari Wolf.

BAC also extends many thanks to: Leah Gilbert, BAC Art Exhibition and Social Media chair, who passionately headed this event; her arts committee; Debby Zelman Rapoport, who designed beautiful flyers and provided publicity in

Beachwood Buzz; and Amara Romano,

Administrative Services, who created the BAC website several years ago, designed and formatted the show, and created the link that led visitors in to view the show.

Thank you art lovers! We look forward to our future events, and encourage everyone to keep creating and be safe out there.

Paula Rollins
BAC President
beachwoodartscouncil.org



It's Girl Scout Cookie Time!

Second-grade Girl Scouts from Bryden Elementary School are ready to take your cookie orders! The girls look forward to reaching their goals by providing Beachwood residents and businesses with family favorites. Over the past two years, in addition to reaching their sales goals, Troop 71962 donated hundreds of boxes of cookies to Ronald McDonald House,

University Hospitals and Beachwood first responders.

In order to keep the community safe, the girls are selling cookies online. Residents can have cookies shipped directly to them or delivered to their doorsteps by a Girl Scout. Residents can also purchase cookies to donate.

Please email troop71962@gmail.com and request the link to place your orders!

Thank you,
Troop 71962



Movie Recommendations?

I posted this message on the Beachwood Police Department's Facebook page and thought the idea would be fun to share with the community:

My co-workers and friends are always talking about great movies they have seen and my typical response, for 25 years now, is, "I haven't seen that one."

When I retire, I am going to lock myself in my basement with a six-month supply of popcorn and watch every

movie anyone ever told me I should see!

Let's have a little fun and build a list of the first 100 movies I will watch when I retire. I am looking for movies that are funny, positive, thought provoking, and will take me on a journey. Not to age myself, but *Airplane*, *Smokey & The Bandit*, *Cannonball Run*, and *Scavenger Hunt* are my top favorite movies of all time. Thanks for participating, and let's have some FUN!

Thank you,
Jamey Appell
Beachwood Patrol Officer

Please email your movie recommendations to beachwoodbuzz@gmail.com with the word MOVIES on the subject line. I will publish them in next month's issue of Beachwood Buzz.



Thank You Beachwood Buzz!

I, along with my children, Reuven, Eliana and Chaya Dalya, thank you for running the article about Sweet Dreams for Kids just before the holidays. After the article ran, I was approached by Spectrum news to do a follow-up story because they saw the article in *Beachwood Buzz*. A lot of people read and enjoy the magazine every month, and we thank you!

Sweet Dreams for Kids is a grassroots nonprofit that donates new, colorful, cozy pajamas to hospitalized children. The idea to create this nonprofit came from my personal experience with Chaya Dalya, whom I call *my little miracle*. She was born with a cancerous tumor and given little chance of survival despite surgery, many rounds of chemotherapy, and radiation. We are thankful every day and now pay it forward.

Since 2008, Sweet Dreams for Kids has donated more than 20,000 brand new pajamas to children in hospitals around the world.

Thank you again,
Wendy Berezovsky



To learn more, visit sweetdreamsforkids.org. To read the article, visit beachwoodbuzzmag.com, click on archives, October 2020, and scroll to page 12.

FOR THE LOVE

Mother, Daughter Win Fulbright, Rhodes Scholarships

By June Scharf

The chemistry in the Srinivasan household is a potent blend of intelligence and integrity, and it recently yielded national recognition. Rekha, a Case Western Reserve University senior instructor of chemistry, and her daughter Swathi, a 2017 BHS graduate and Harvard University senior, recently won the competitive and coveted Fulbright and Rhodes scholarships, respectively.

These awards recognize those around the globe who can make a difference on an international level. The Rhodes scholarship funds its scholars' studies at Oxford University in England for up to three years, with Swathi's enrollment beginning in Fall 2021. The Fulbright provides grants for activity abroad, including study, research, or instruction. For six months between 2019-2020, Rekha traveled to India and Nepal to offer workshops in STEM instruction best practices for all learning styles, aiming to revolutionize their approach to teaching science.

The odds of winning one of these awards are slim, and the reality that one household produced two winners is remarkable. The exceptionalism, however, does not end there. In Swathi's case, at the beginning of 2020, she underwent four months of treatment for Hodgkin's lymphoma without missing any classes or assignments at Harvard. Her chemotherapy and radiation regimen partially overlapped with the beginning of COVID-19's spread, so she could no longer take public transportation due to a compromised immune system.

Instead, for the final month of radiation, she rode her bicycle daily, six miles, rain or shine, to the Dana-Farber Cancer Institute in Boston. That was accomplished in the cold, after losing her hair. Her dad stayed in Boston during the month of her radiation treatments and she met him half way so they could ride the remaining distance together. He waited for her outside the hospital since he wasn't allowed entry due to virus protocols. She is clear of the illness now.

Rekha, 48, is no stranger to challenge either. She is an immigrant who arrived in the U.S. 22 years ago, shortly after an arranged marriage in India, according to tradition. She excelled in chemistry, and after earning her Ph.D. in the subject here, she became a chemistry instructor. As such, she teaches organic chemistry, a subject considered by many to be one of the most difficult in any undergraduate curriculum.

Their shared interests in science and the way they excel individually is no accident. Life in the family's Beachwood home has always been about taking themselves and their work seriously. Back when Rekha was a new mom and studying for her degree, she took baby Swathi with her to the lab so she

"I remember reading in Mr. Davis's English class work by Jamaica Kincaid. Then I scanned the Harvard course catalog and see that she's teaching a class!"

– Swathi Srinivasan, Rhodes Scholar,
Harvard University senior and BHS Class of 2017



OF SCIENCE

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could complete her assignments. Raising Swathi also came with tremendous support from her husband Ravi, a biomedical engineer who created an improved incubator, among other pediatric devices, and serves as the “silent strength” in the family. Later in life, Rekha and Swathi would complete their work side by side at the kitchen table, a practice designed to encourage Swathi’s engagement with her education.

In just three generations, the women have come a long way, building on the progress of past generations while acknowledging their ancestors in India who were child brides with very little education and several children of their own by their early 20s, as was the custom in the early 1900s. Nonetheless, Rekha’s grandparents were an exceptionally bright, self-taught bunch. One of her grandmothers was a math genius who could do mental math at a high level, and another taught herself to read. Also, her grandfather was able to speak five different languages. The Srinivasans’ native tongue is Tamil.

Rekha’s guiding wisdom surrounding childrearing was delivered by her own mother.

“She told me that a baby is like a flower. If you constantly touch it, it will get crumpled and lose its beauty, but if you nurture it, if you put it in a vase and give it water and watch it, it will be beautiful.” That essentially describes her approach to raising Swathi. She also modeled the behavior she wanted to see Swathi manifest. “Be what you want your child to be,” Rekha advises.

Rekha also supported her daughter’s interests. She cites the time when Swathi was captivated by sewing and clothing design, so Rekha bought her a sewing machine to test out and told her to research Coco Chanel.

Spring break was a regular opportunity for further exploration and experimentation, and Swathi has fond memories of those times. When she wanted to make jewelry, her mom helped her buy gemstones online and wire from a craft store. When she wanted to do something science related, her mom brought home lemonade powder and red cabbage so they could conduct an acid base experiment in the kitchen sink.

Swathi gives full credit to her mom, dad and others who have supported her over the years, information she shared during a video call while she was at her Boston apartment.

“I am a product of all the people who invested in me. The extra office hours that teachers offered me were especially impactful. They helped me to think big, and they gave me the infrastructure to be where I am and to succeed.”

The sum total of her experiences up to age 21 have guided her toward an interest in a career affecting public health policy. She is double majoring in social studies (social and political theory) and the history of science, focusing on past public health epidemics. She is currently working on her thesis: the impact of inequality on the HIV/AIDS and COVID-19 health



“We have gotten to where we are because so many people have lifted us up. Therefore, it’s our job to lift up others. Always have a hand going forward to learn from others, and always have a hand in the back trying to bring others with you.”

– Rekha Srinivasan, Fulbright Scholar and Case Western Reserve University senior instructor of chemistry



Swathi in Lisbon, while on a research trip to study Portugal's response to the opioid epidemic (photo credit: Eana Meng); Rekha at Swayambhu, an ancient religious complex atop a hill in the Kathmandu Valley, Nepal; Rekha at Patan Durbar Square in Nepal; Swathi hosting a panel at Harvard with Joe Kennedy, former U.S. Representative, Massachusetts.

crises, specifically examining policies and procedures in Brazil. She is also completing a minor in chemistry, with another thesis covering the synthesis of chemotherapy drugs that could minimize nausea ("This keeps me in the lab a bit on weekends"). She intends to earn a master's degree in international health and public policy.

When considering how prepared she was for Harvard after graduating from Beachwood, she says she felt ready academically, "as well as anyone could be," and in one area, even better educated. "I entered with a strong footing in chemistry, something that not all Harvard students had." Generally speaking, though, the level of rigor, competition and overall quality of work she observes among her peers reminds her of the many bright, motivated students she encountered when she entered international science competitions throughout high school.

"Some of my peers were featured in "Forbes 30 Under 30," have published multiple papers, were ballet dancers in national companies – just the most amazing people I'd ever met. This naturally gets in your head and requires some adjusting."

But the exemplary nature of people surrounding her extends to professors as well.

"I remember reading in Mr. Davis's English class work by Jamaica Kincaid. Then I scanned the Harvard course catalog and see that she's teaching a class! What??" she squeals. "People that I had cited in my work

over the years and people I had read about, they are here! A friend told me that her thesis advisor is a Nobel Prize winner. I'm still shocked by this."

Besides being impressive, she finds the presence of eminence intimidating. She learned though, that "at the end of the day, you can't compare yourself to other people."

She was, however, compared to others during the Rhodes selection process which was an extensive and extended journey. She needed eight letters of recommendation and a letter of endorsement from her university for which around 125 students applied, and Harvard selected about 45. There are 16 districts throughout the U.S. that compete, and each one is awarded with two winning candidates, for a total cohort of 32 scholars from the U.S., among others globally, totaling about 100 Rhodes Scholarship winners.

Swathi's achievement was covered by the media throughout India, which made her extended family there very proud.

"I actually woke up one morning and it showed up on my Facebook feed on US News, Yahoo, and the AP. The most humbling part was when a little article and picture of me showed up in the newspaper my grandfather used to read when he was alive."

For the personal essay that's required for Rhodes consideration, Swathi detailed elements from her life history, including a look at stark inequality and what poverty looked like in India, specifically, among members of her mom's family and

other ancestors. She also examined how government policies impact public health, social mobility and equity, and how she would like to be part of future progress in those realms.

Part of her grounding stems from lessons her mother taught her, the same ones by which Rekha lives. "We have gotten to where we are because so many people have lifted us up. Therefore, it's our job to lift up others. Always have a hand going forward to learn from others and always have a hand in the back trying to bring others with you."

Rekha has practiced this principle during her 15-year teaching career, and more recently during her Fulbright tenure. She estimates that she trained around 450 faculty members in India and Nepal and helped them redesign their curricula. Upon her return, she says she feels motivated to do even more within the arena of expanding educational opportunities.

"The experience strengthened my already firm commitment to helping others. When you see teachers in small rural communities in India and Nepal willing to sit on the floor because they don't have the proper accommodations, it makes me feel small when I whine about something like my internet being down here."

Her strength also lies with her ability to teach organic chemistry, which she describes as very logical and pattern driven.

"It just makes sense to me and always has. It just clicks. Most of the reactions in

our bodies are based on organic chemistry, so we really cannot escape it. I tell all my students here, you're going to need to do this, so why not love it or enjoy it? It's not easy, but nothing good in life is."

Maybe her thrill with this subject matter is based in her own biology. "If you are passionate about something and you're able to do it as a career, then that's the greatest blessing you can have. So teaching organic chemistry is never work."

But if that's easy, what's hard?

1998 was a tough year, when she was a new bride, enrolled in the first year of a Ph.D. program, and a new parent. "Getting my Ph.D. meant everything. But when I held my baby, I didn't want to go back to school." The eventual solution was to become super efficient. Later, when she went to work for eight hours while Swathi was in daycare, those eight hours needed to be productive, so she never wasted a minute. "It taught me time management and discipline."

With limited time overseas for the Fulbright experience, she reveled in both the academic aspects and cultural experiences.

"Seeing the Himalayas, the people who wear such beautiful and colorful fabrics and jewelry, the sun, food and weather...the big cultural and environmental contrasts stayed with me."

Rekha believes Swathi is fortunate to have two parents who love their work. "We have challenges and we talk about them, but every day, the message she got was, whatever you do, you need to love it, so even when you're tired, it's a good kind of tired."

What Swathi actually will pursue as her career is sometimes a moving target.

"I'm still deciding whether I will seek a JD (Juris Doctorate/law degree) or a MD (medical degree), but definitely a Ph.D. I haven't decided whether I want to be a medical practitioner-turned-policymaker, or to practice in the legal/policy areas with a knowledge of science," she explains.

"Taking an interdisciplinary approach to problem solving is my hope and goal, which is why my time now is being split between the sciences and humanities. I like science and I like the rigor of problem solving," she adds. "But I care deeply

about the social, political, and economic determinants of current problems, hence the interdisciplinarity."

Her thinking, however, cautions against being the "jack of all trades and the master of none." For now, she says she follows her interests day to day. "I'm too impatient to do anything other than focus on the issues and people I care about. This became a great philosophy for me – that it is easier to go the extra mile when you care."

Becoming ill did require her to slow down though. Her friends tried to console her with statements like, "this is just a bump in the road." But her thought was, "No, this is just the road. There is no alternate reality where this didn't happen. I can't go back in time to change it. But I would love to change it for other people." Thus, her interest in improving the chemo experience.

Clearly, if there is a chemical reaction that continues to spark in the Srinivasan household, it delivers benefits to all those with whom they come into contact. And, as Rekha has demonstrated, we cannot escape chemistry.

Rekha believes Swathi is fortunate to have two parents who love their work. "We have challenges and we talk about them, but every day, the message she got was, whatever you do, you need to love it, so even when you're tired, it's a good kind of tired."

Swathi and Rekha have always involved science in their lives. Rekha began taking Swathi, as a baby, to the chemistry lab when she was working toward her Ph.D. in chemistry. Today, they glance at each other with anticipation of what may come next.





City of Beachwood Welcomes Derek Schroeder as Community Services Director

Had Derek Schroeder looked through a crystal ball at age 16 after accepting a lifeguard position in Twinsburg, it is unlikely that he'd have seen himself climbing the ladder to serve as Twinsburg's Parks and Recreation director – and then being sworn in to serve as Beachwood's Community Services director. A clearer vision when he was working toward his undergraduate degree in marine science and master's in aquatic ecology would have been educating people on a whale-watch boat and giving scuba diving lessons.

Derek went from part-time positions as lifeguard, swim instructor, and pool manager to full-time positions of activities coordinator, Senior Center director, and Parks and Recreation director. "My love grew for working with the public, bringing families together, providing health and wellness opportunities, and making Twinsburg a better place in which to live," he said.

Derek comes well prepared to run Beachwood's Community Services Department. In his former position, he managed and supervised the operations of all Parks and Recreation facilities, which included a fitness center, community center, senior center, outdoor waterpark, 2,000 acres of parkland (including 11 baseball fields, 2 soccer fields, 14 playgrounds, 14 miles of trails, 8 tennis courts, 6 pickleball courts, 1 outdoor basketball court, community gardens, and an amphitheater that holds up to 1,500 people and is home to the city's Rock the Park Concert Series.) He was also administrative and financial manager of the Twinsburg

Community Theater; oversaw youth, adult and senior programming; oversaw summer day camps; and planned 10-15 community festivals/events per year, including the city's holiday lighting and parade, breakfast with the Easter bunny, an arts festival, running races, and a dog swim.

Derek's proudest achievement to date is Rock the Park, a summer concert series that takes place in the amphitheater. Established in 2009, Rock the Park has turned into one of Northeast Ohio's best-kept secrets and a Friday night destination for every true music fan. "I was typically the first person to arrive at each event and the last to leave," Derek said. "During each show, I took a few minutes to stand back and observe people smiling, dancing, and having fun with their families and friends. I experienced their joy, which became mine."

He paused, then added, "Parks and Recreation has been my passion for the past 25 years and I look forward to sharing my experience, talents and creativity with the City of Beachwood.

There are a lot of details that go into every aspect of this job, and they're all worth it because details pull everything together. I'm truly doing what I'm meant to be doing."

Derek competed against 38 people in an extensive interview process and Beachwood City Council unanimously approved his appointment on December 23. He was sworn in on January 4, and began working on January 5.

"We are confident that Derek fits in well to carry on this department's first-class legacy," said Mayor Martin Horwitz. We welcome him to our Beachwood family."

City Council member June Taylor then asked, "If you could wave a magic wand, the pandemic disappeared immediately, and money was no object, what would be your Number One priority to serve families and seniors?"

"An amphitheater," he said. "It provides opportunities for kids and seniors alike. You can have an outdoor movie set up during the day, and flip it for an outside concert in the evening. That would be the way to go."

Derek's interests are going to concerts and the beach, volleyball, running, reading, cycling, traveling, volunteering, fishing, cooking, drinking coffee, binging Netflix, and spending time with family.

He is married to Dan, has two children, Julia and Joshua, and two cats, Sammie and Covid.

"Karen and Pete, both of whom recently retired from this department, are thought of in the highest regard and I'm flattered and honored to be filling this role."

"Parks and Recreation has been my passion for the past 25 years and I look forward to sharing my experience, talents and creativity with the City of Beachwood."

*– Derek Schroeder
Community Services Director*

The interview committee included Mayor Horwitz, Assistant Administrative Officer Tina Turick, Human Resources Administrator Dana Canzone, Pete Conces and Karen Carmen.

The mission of Beachwood Community Services is to improve the quality of life of all residents by providing a wide variety of cultural and leisure activities, special events, facilities and services encouraging health, fitness, relaxation, enjoyment, cultural enrichment and learning, as well as providing opportunities for community involvement. The Community Services Department is composed of both the Human Services and Recreation Departments. For more information, call 216.292.1970.

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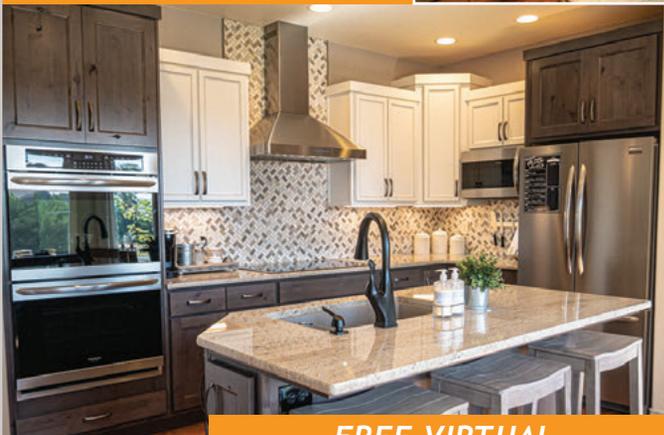
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Get to Know Police Chief Kelly Stillman

Last month, the City of Beachwood held an Online Town Hall that featured Police Chief Kelly Stillman. The program, moderated by Mayor Martin Horwitz, provided an opportunity for community members to learn about Chief Stillman's career experience, department goals, department policies and procedures, policing in a diverse city, police training and community outreach. About 36 people attended, and the questions were presented by the city and viewers.

What drew you to police work and why did you choose to make a career out of it?

When I was in the Coast Guard, I saw a need for law enforcement and at the end of my enlistment, it was a calling. I find great satisfaction in helping people. I served in my home town, Rocky River, from 1984 until September of last year. I find no greater joy than being a public servant, wholeheartedly, in every sense of the word. I owe everything I've done in life to the support from my wife, Trish, and three children: Nicole, Carine and Jack. I thank them wholeheartedly for solidifying my career. I was brought up helping people, it carried over into my career, and I love it.

Why did you apply for the position in Beachwood?

The pension program in Ohio mandated that I leave Rocky River, and I wanted to continue my career in law enforcement. I was born and raised in Northeast Ohio and wanted to stay here. I'm active in the Cuyahoga County Chiefs Association and Beachwood has a long-standing distinction as an elite department with an excellent reputation. When I saw that the position was open, I thought it would be a great fit. I applied, and here I am! It's a real honor to be here.

How do you compare and contrast Rocky River and Beachwood?

Rocky River and Beachwood are both upscale communities,

each with its own nuances. Beachwood has a huge Jewish population, which was a transition. I'm Jewish myself, but was raised in the Catholic faith. Rocky River had boating issues because it borders Lake Erie. Beachwood has a mall; Rocky River doesn't. The police work is pretty much the same. My biggest challenges are learning demographics – what the community needs, what citizens would like to see, and the layout of the city. I'm also doing my best to get to know my co-workers. It's like going back to kindergarten, getting off the bus with my Superman lunch pail, and waiting to see who will be my friend and sit with me. Overall, this has been an easy transition. I understand what law enforcement is all about, enjoy challenges, and am prepared to bring fresh ideas to the table.

How do you view community outreach?

Today, you have to be 199% involved in the community. We can no longer expect things to run smoothly from behind the desk. We must be creative, think outside the box, utilize people skills and bring fresh ideas to the table to merge the police department and community as one. We're currently working on our Citizens Police Academy, based on a very successful model we created in Rocky River. We plan to offer community events and have residents meet officers on our bike and motorcycle units. It's important that we learn about each other. It's how you solidify a

partnership between citizens and the police department. Merging the two together will be a great ride and I invite you to join the wave.

How do you retain compassion when much of your day concerns human behavior?

This is a calling and I get great satisfaction going home at night, knowing that I have done the best I can do for this community. I'm blessed for a number of reasons: family, parents, upbringing, and love for this city and our country. This badge is a symbol of public faith. When I wear it above my heart, it says it all. We need people who love doing what I do. Here, everyone is dedicated to help. My goal is to do my part to make this community better today than what it was yesterday.

How do you go about recruiting a diverse police force?

It is challenging in this environment. We follow Civil Service rules that are mandated by the state of Ohio. Racial incidents in recent years, along with how media presented them, has affected the number of qualified people who want to do police work. We offer lateral transfers and have had excellent, qualified people applying. We are blessed to have a good cross section of staff that includes women and people of color. We're

lucky. This is a great place to work. It starts from the top with administration, City Council, and the people who work here. This is an excellent environment and great people see the benefits of working in Beachwood.

Tell us about recent certification with the Ohio Collaborative Law Enforcement Agency.

This accreditation process sets standards for Ohio police departments that are tied to use of force, pursuit policy, biased-based policing, communications, community policing, recruiting and hiring, and body-worn cameras. I started working on this when I got here and we are now accredited. I'm proud of the men and women I tasked with this project. It's an ongoing process and a feather in our cap.

Has Beachwood upgraded to the digital MARCS (Multi Agency Radio Communication System) system?

Yes, we have. The backbone of this system is run by the state of Ohio. Reception is crystal clear, with improved capabilities to talk with other communities. Beachwood has a great IT department, and this is a great system.

Is Beachwood Place safe?

Yes, the mall is safe. We communicate with security from Brookfield to see how we can improve this message. We've identified issues and are working

together to proactively maintain safety. New technology includes license plate readers, cameras and signage to let people know that they are being monitored. We recently partnered with a federal agency in a task force capacity to address issues at Beachwood Place, which was a big win for us. We're sending a strong message to the criminal element to let them know their behaviors will not be tolerated. We also have a SPEAR (Spontaneous Protection Enabling Accelerated Response) unit here and are eager to get it to full strength. Beachwood Place is safe, there are great things going on there, and we're doing everything we can to relay that message.

What is being done, or can be done, to ensure that Beachwood hotels are not involved in human trafficking or sexual exploitation?

We utilize undercover detail and partner with county and federal agencies. We are aware of what's going on; we can't bury our heads in the sand and expect it to disappear. Our people are trained to deal with and combat these issues, and we are not afraid to tackle challenges. We are aware of it; we're working on it, and we're making sure the message is sent out that it will not be tolerated.

Tell us about anti-bias training.

There are two types of biases: explicit and implicit. Implicit bias is preprogrammed by how we were brought up and what we learned. Explicit is based on preconceived notions of how we perceive someone. We are trained to not bring bias into law enforcement. We don't tolerate it. We have policies in place and when we recognize bias, we curb it. Everyone has biases

and we are not above anyone to accept biased behaviors. We understand, identify and talk about biases, and discuss what we can do to change them. Our training includes biased-based policing, which needs to be engrained all the time. It's not going to go away and if you turn a blind eye, you do a discredit. Training is important. It's one of my strengths. Moving forward, I want every officer to participate in Crisis Intervention Training. Chokeholds, also known as vascular neck restraints, have been eliminated from our policy. I don't believe in them and I don't want them here.

What is use-of-force continuum?

There are general rules, although each situation is different. Sometimes good people skills are all you need to de-escalate a situation. Sometimes we direct people to

move away from a scene. Other times we use pepper spray or may be hands on. As a last resort, we use deadly force. We're not mandated to go step-by-step because things escalate in a fraction of a second. Policing is an ever-changing evolution in today's environment.

Chief Kelly Stillman answers all phone calls and emails. In-person visits are curtailed because of pandemic. He can be reached at 216.595.3731 (office) or 216.606.5044 (cell).

Chief Kelly Stillman answers all phone calls and emails. In-person visits are curtailed because of the pandemic. He may be reached at 216.595.3731 (office) or 216.606.5044 (cell).

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Legendary Service

City of Beachwood Accepts Donations for Barkwood

When Howard Fleischmann talked with Karen Carmen about creating a vehicle for Beachwood residents to make donations and volunteer their time to further elevate the Barkwood dog park experience, Karen felt that the best way to create a fund would be through the city. Council member Barbara Bellin Janovitz then introduced an ordinance to establish the “Barkwood Donation Fund,” and it was passed on December 7.

Barkwood, which opened in September 2019, currently has 508 dogs registered. Howard takes his grand-dog, Rico, a long-haired German shepherd, to the park every afternoon. “Barkwood is a great place to socialize – not only for the dogs but for people too,” he said. “This award-winning dog park is the best in the state. It offers so much to Beachwood citizens, so I thought there must be a way for us to give back and support the City of Beachwood.”

Rico, like many dogs in our community, goes to Barkwood two to three times a day. “It’s terrific,” Howard added. “My daughter and son-in-law, Samantha and James Christy, take him in the morning and I take him in the afternoon. We’ve met a lot of nice people there who also want to do something to give back”

Howard paused, then added, “Barkwood should be named after Karen Carmen.”

Although the park’s name isn’t slated to change at this time, residents may now

make donations and suggest how they would like the funds applied, although final say will be determined by Community Services Director Derek Schroeder, Mayor Martin Horwitz and City Council.

“This is about much more than donating money, although I think funds donated will be put to good use,” Howard said. “We would like to see ‘Friends of Barkwood’ set up so people can fund and develop programs, police the area, and encourage visitors to clean up after their dogs. We’ve even talked about people being able to reserve the small side of the park, for a fee, to host birthday parties for their pets.”

Prior to passing this ordinance, the City of Beachwood was not equipped to accept donations. “I may have had the idea, but Barbara drafted the legislation and advocated to get it passed,” Howard said. “That’s a big deal. She’s very supportive of Barkwood and I’m glad that this is a first step to allowing residents to actively participate and become more involved. We have a lot of ideas that we hope will come to fruition over the next several months.”

If you wish to make a donation to the Barkwood Special Revenue Fund, please

write your check to City of Beachwood, note the fund on the memo line, and drop it off at City Hall or mail it to: Beachwood City Hall, 25325 Fairmount Blvd., Beachwood, Ohio 44122. If you have an idea about how you would like the funds applied, please note your suggestion. Funding ideas to date include benches, shade, maintenance, agility equipment, and a water-bottle dispenser. Suggestions are welcomed!

“We would like to see ‘Friends of Barkwood’ set up so people can fund and develop programs, police the area, and encourage visitors to clean up after their dogs. We’ve even talked about people being able to reserve the small side of the park, for a fee, to host birthday parties for their pets.”

For more information, contact Beachwood Community Services at 216.292.1970.



Howard Fleishmann and his grand-dog, Rico, enjoy daily visits to Barkwood.



A Dangerous Start to 2021

by State Representative Kent Smith

On January 4, 2021, Governor Mike DeWine reversed course from his predecessor and signed “Stand Your Ground” legislation (Senate Bill 175) into law. This legislation makes all Ohioans less safe.

Currently, under Ohio law, people are justified in using deadly force in self-defense so long as they are not the aggressor, they believe they are in imminent danger, and they are in their home or vehicle. The new law, which would take effect in early April (90 days after the signing of SB 175), removes the “home or vehicle” requirement. This means if a shooter simply feels endangered, he or she can shoot to kill.

It is important to know that on December 17, 2020, SB 175 passed in the Ohio House by a vote of 52-31. It takes 60 votes to overturn a Governor’s veto. So, if

Governor DeWine were to veto SB 175, his veto would hold.

When former Governor Kasich vetoed similar legislation on December 19, 2018, he wrote, “I urge members of the 133rd General Assembly ... to send the next governor a bill that is not only consistent with the right to bear arms ... but to also keep firearms out of the hands of those individuals who would use them to harm themselves or others.”

When Governor DeWine signed SB 175 on January 4, 2021, he issued a statement that reiterated his support for strengthening the national

background check system and increasing penalties for criminals who illegally possess, purchase, or sell guns. He then signed “Stand Your Ground” anyway.

Governor DeWine, facing far less political pressure than former Governor Kasich, voted to support the pro-gun lobby in Columbus. Although he had claimed to want to do something to make Ohioans safe from gun violence following the mass shooting in Dayton that left nine dead and twenty-seven wounded, following only 32 seconds of gunfire, he signed SB 175 and Ohioans are less safe because of it.

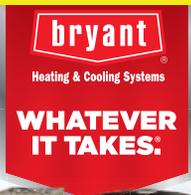
The new law, which would take effect in early April (90 days after the signing of SB 175), removes the “home or vehicle” requirement. This means if a shooter simply feels *endangered*, he or she can shoot to kill.

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

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BAKED by Abbie ~ Mug Cake Love

In case you do not get the Valentine's treat you wish for, I've got you covered. While I have not yet pinned down exactly when and where the microwave mug cake rage began, it's easy to see why it has become so popular – with or without a looming pandemic.

I'm certain its popularity continues to increase because the size is just right to "hit the spot," and everything you need to make this perfect-sized delicious cake is readily available in your pantry. When you are in need of a small confection, follow this easy recipe by Christina Tosi, the James Beard Award-winning pastry chef, cookbook author, and owner of Milk Bar restaurants across the nation. Have fun as you make this treat with your own choice of add-ins. Then enjoy – with someone special or just by yourself – *anytime* you want!

Bake Club Microwave Mug Cake

Adapted from Christina Tosi's recipe, updated June 2020.

Ingredients

Non-dairy substitutions noted.

- 2 ½ Tablespoons butter/margarine, melted
- 2 Tablespoons milk/soymilk
- 2 Tablespoons neutral oil (canola, grapeseed, etc.)
- ½ teaspoon vanilla extract
- ⅛ teaspoon white vinegar
- 1 large egg
- ½ cup granulated sugar
- 2 Tablespoons light brown sugar
- ½ cup flour

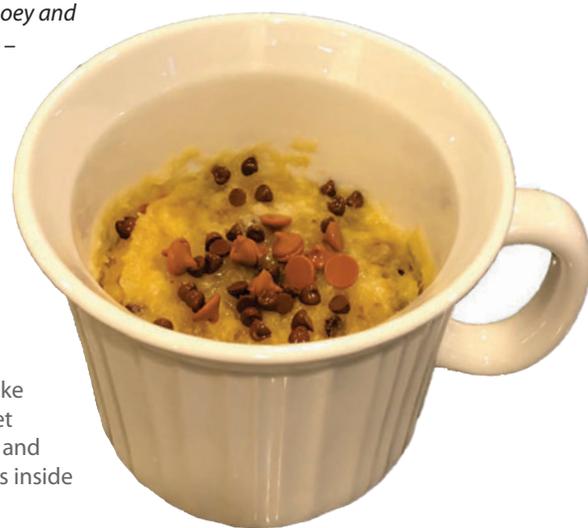


- ¼ teaspoon salt
 - ¼ teaspoon baking powder
 - ⅛ teaspoon baking soda
- Remove the mug(s) from the microwave.
 - If desired, garnish with snack pieces of pretzels or potato chips, or perhaps a scoop of ice cream or fudge sauce
 - Wait one minute more before digging in with a spoon!

Directions

- Whisk together butter, milk, oil, vanilla, vinegar and egg; add sugars, whisk; add remaining ingredients, whisk again.
- Fold in small amounts of fun add-ins from your pantry – chocolate chips, ground coffee, toffee bits, dried cranberries, chopped nuts, etc. (I suggest limiting amount to 1 – 2 tablespoons total.)
- Divide batter evenly between two mugs, or a very large soup mug. Microwave until the cake rises and puffs but is still seemingly gooey and glossy on top – about 60-90 seconds. May take 30 – 60 seconds longer if using larger mug.

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



Abbie's mug cake with semi-sweet mini chocolate and cinnamon chips inside and on top.

"When I was about to graduate, I asked myself, 'What could you do every day and never get sick of?' My answer was really simple: Make cookies."

~ Christina Tosi

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Notorious RBG

The Life and Times of Ruth Bader Ginsburg
February – August 2021

A museum retrospective of the Supreme Court
Justice-turned-cultural icon, based upon the
Internet phenomenon and bestselling book

The Maltz Museum of Jewish Heritage announces its highly-anticipated Cleveland premiere of *Notorious RBG: The Life and Times of Ruth Bader Ginsburg*, presented locally by PNC Bank.

This is the first-ever exhibition about the trailblazing associate justice. Based on the *New York Times* bestselling book of the same name and created in partnership with its authors, Irin Carmon and Shana Knizhnik, the exhibition takes a deep, personal journey through historic change with an entertaining yet rigorous look at the life and work of Ruth Bader Ginsburg (RBG) and the Supreme Court. It also examines her varied roles as a student, life partner, mother, change-making lawyer, judge, women's rights pioneer, and pop culture icon. *Notorious RBG* will be on view at the Maltz Museum from February 24 through August 2021.

The exhibition *Notorious RBG: The Life and Times of Ruth Bader Ginsburg* was organized by the Skirball Cultural Center, in Los Angeles. Through archival photographs and documents, historical artifacts, contemporary

art, media stations and gallery interactives, the exhibition explores the American legal system and civil rights movements through the lens of RBG's personal experiences and public service. Like the book, it tells parallel stories of her remarkable life and the efforts she joined to expand "We the People" to include those long left out of the Constitution's promises.

"Justice Ruth Bader Ginsburg embodied the Jewish value of respect for all humanity," commented David Schafer, managing director of the Maltz Museum. "The Maltz Museum expresses the same value, as we work toward a more inclusive, just, civil society. We are honored to share the Justice's story with visitors, in person and online."

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

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NOTORIOUS RBG

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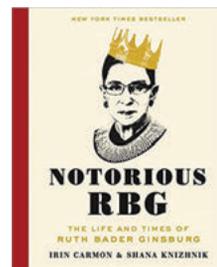
Wed, Feb 24 - Sun, Feb 28 • 10 AM - 5 PM
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Join us for opening week of the Maltz Museum's newest special exhibition, *Notorious RBG: The Life and Times of Ruth Bader Ginsburg*, presented locally by PNC Bank, for the reduced ticket price of only \$5. Maltz Museum members and children under 5 are always free! Admission is by timed ticket only. Register by phone or online.

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Wed, Feb 24 at 7:00 PM

\$5 General Admission, Free for Members



Notorious RBG authors Irin Carmon and Shana Knizhnik will take the virtual stage via Zoom to share insights about their book, the Tumblr, and the transformative figure who inspired it all. Register online.

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Love

by Jennifer Stern

February is the month of love. It couldn't have come at a better time. Love makes us feel good. Love makes us smile. Love brings joy and gratitude to our lives.



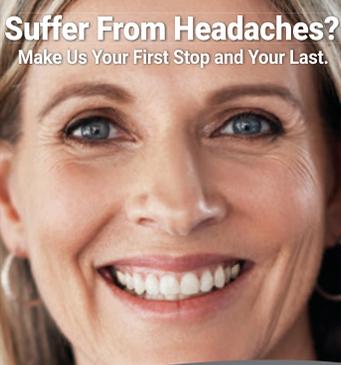
I love the seasons, nature, breathing in fresh air. I love that first cup of coffee in the morning, taking walks, sitting down with a good book. I love seeing my sons

healthy, happy and productive in their lives, and my husband fulfilled by his work. I love my family and friends. I love seeing people treat each other with

respect and kindness. I love the privilege of being able to do the work that I do. To see such courage, resilience, and grace on a daily basis fills me.

And I loved raising our family in Beachwood. In December we moved to Shaker Heights. So, this is my love letter to Beachwood.

Suffer From Headaches?
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ERIC S. LAWRENCE, D.D.S.

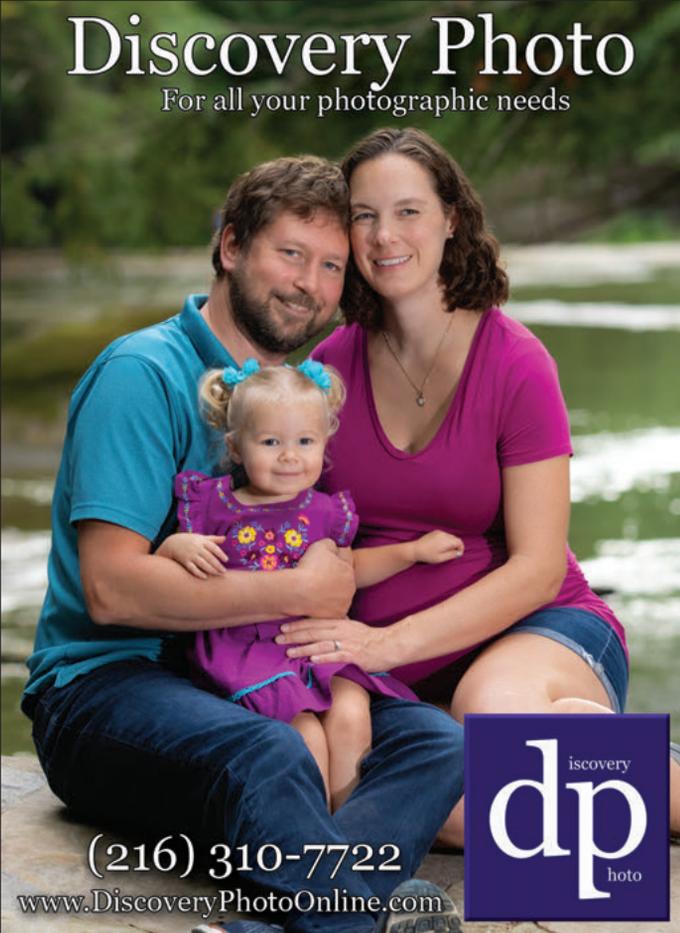
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Dear Beachwood,

Thank you for providing us a safe, family-friendly community with wonderful schools, friendly neighbors, great parks, playgrounds and library. Thank you to the teachers who supported and encouraged our children from Kindergarten to graduation. And still. In every grade there was at least one light who inspired critical thinking, accountability, kindness, creativity, and supported our sons' individuality while ensuring they connected to their school community. A constant light in our son, Gabe's, life was Coach Creel. Their impact will forever be felt in our lives. Beachwood provided the opportunity for our kids to participate on teams, join clubs, receive extra support when needed. We made lifelong friends playing on the playground, sitting in the stands, going to the many family-friendly community events. Our streets were always plowed and salted, our trash picked up in a timely manner (and special trash pick ups were so easy to schedule). The police were responsive and Officer CJ Piro a positive presence in our schools. There is no perfect community or school system and yet for us Beachwood was pretty darn close. So, thank you Beachwood for providing a place for us to raise our sons, live our lives well, and feel a part of a special community.

And of course, a special thank you, *Beachwood Buzz*, for spotlighting our wonderful community, keeping us informed of events, programs, contributions of community members and services available, and for providing me this space to share my thoughts each month. My office remains in Beachwood (Ellen Casper Ph.D and Associates) so I look forward to continuation of this column.

Love,
Jennifer Stern

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

Summer Camp opportunities start on page 41!

Cards and Cookies for Area's Essential Workers

By Arlene Fine

During this pandemic, an attitude of gratitude has been expressed globally for essential workers who put their lives on the line every day. Locally, two Beachwood kids devised a B'nai Mitzvah project to say thank you with handmade cards and treats.

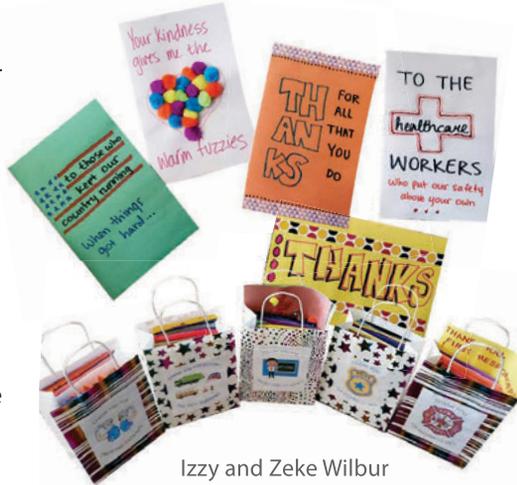
Twins Izzy and Zeke Wilbur, children of Dr. Carly and Jonathan Wilbur, mobilized their seventh-grade class at Fuchs Mizrahi to personally create 100 thank you letters and cards that, along with baked goods, were distributed to local fire and police departments, Ahuja Medical Center ER, their teachers, and Beachwood City Hall staff.

Zeke said that he and his sister came up with the project as a way to "express our thanks to the people who keep us safe. We wanted to give back to those who have given so much."

Having their peers get involved in the project was particularly significant for Izzy. "We thought it would be meaningful if our entire grade participated, so we could have lots more cards to deliver."

"We feel lucky that our city has run smoothly despite this pandemic," said the twins' mother, Dr. Wilbur. "Gratitude is an

important principle in our family, and Izzy and Zeke wanted to show their appreciation and encourage those who continue to risk their safety for others to keep up the fight."



Izzy and Zeke Wilbur with cookies and cards to give to workers at Beachwood City Hall.



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Beachwood Resident Co-authors *Stamp Your Way Through the U.S.A.*

Three years ago, when Emily Matheny visited Joshua Tree National Park in Southern California, she bought a passport book to document her experiences. The book was adult-oriented and, as a new mother, she envisioned a kid-oriented version for young nature enthusiasts. Her daughter, Jane, is the reason behind the idea. Today, Jane has a 2-year-old brother, Emmett, and another sibling on the way.

“This book was inspired by my love for the national parks and my hope was to instill that love for them in our children,” Emily told us. “After my husband, Daniel, and I took Jane to Joshua Tree, I wanted to create a children’s book that would provide space to collect stamps, interview rangers, and learn about the parks in a fun, interactive way.”

Emily shared her idea with her mother, Mary O’Hare, and together they created *Stamp Your Way Through the U.S.A.*, a five-book series that celebrates each national park’s beauty.

“Our goal was to create a series of attractive books that children would enjoy flipping through to learn about the parks, and taking with them on their visits,” Mary explained. “Rangers enjoy interacting with kids and kids learn a lot from rangers, so creating the books in this format was a win-win to bring them together. We love talking to the rangers. They have so much insight and enjoy sharing personal stories with us.”

Each book contains a regional map of parks, a map with each park’s location, information on what to look for, interesting facts, space to record your visit, and a place for your passport stamp.

Emily and Mary created the content and drew out a roadmap with design ideas, and Rose Storey, Mary’s sister and Emily’s aunt, worked her magic to create illustrations that tell each park’s story.

This spiral-bound series recently won a Gold Medal from Moonbeam Awards in its category for Activity Book – Educational, Science and History. The Moonbeam Children’s Book Awards are designed to bring increased recognition to exemplary children’s books and their creators, and to support childhood literacy and life-long reading.

Although Emily, Mary and Rose have not individually visited all the national parks, they have jointly been to more than half of them. “Last year I visited ten parks, and my goal as an author is to have a complete set of books with signatures,” Mary said. “Each park has its own unique characteristics, and we are lucky to have one in our own backyard. Cuyahoga Valley National Park, just south of Cleveland, has a rich history associated with the Ohio and Erie Canals, more than 100 waterfalls and numerous trails along the towpath on which visitors hike or bike.”

Mary and Emily collaborated well because Mary loves history and Emily’s interests lean toward science, fauna and flora. “It was fun to work together because we were both able to focus on what we love,” Mary said. “Whenever we go to a park, we have a ranger fact-check everything. It’s fun to have them point out what interests them the most.”

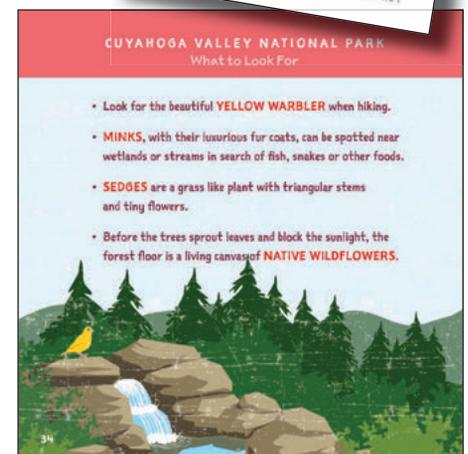
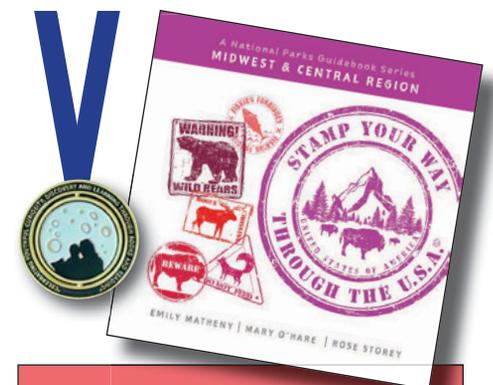
Mary and her husband, Tom, moved to Beachwood three years ago to establish a business partnership with their son, Ryan, who operates four Moe’s Southwest Grill restaurants on the east side of Cleveland.

Emily, the youngest of the five children, lives in Columbus and Rose lives in California.

“It’s a good time to visit national parks because it’s easy to social distance,” Mary said. “Start with the Midwest & Central Region book, visit Cuyahoga Valley National Park, and see where your path may lead! Your kids and grandchildren will enjoy learning, collecting stamps, and having a personalized keepsake of their adventure when they leave the park.”

“As of December 2020, there are 63 National Parks. The New River Gorge in West Virginia is the most recent addition,” she added. “It’s a lot of fun to set a goal to visit them all.”

Stamp Your Way Through the U.S.A. is available at stampyourwayusa.com.



Emily, Jane and Mary at Dry Tortugas National Park; Mary and Rose at Zion National Park.





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of Cleveland 



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CITY OF *Beachwood* Insider

February 2021

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Beachwood, OH 44122
216.464.1070
www.beachwoodohio.com

TV PROGRAMMING
Spectrum - Ch. 1020
AT&T U-Verse - Ch. 99

EMERGENCY Dial 9-1-1

Departments

CLERK OF COUNCIL
216.595.5493

AUDITOR
216.595.3712

BUILDING & COMMUNITY DEVELOPMENT
216.292.1914

COMMUNITY SERVICES
216.292.1970

ECONOMIC DEVELOPMENT
216.292.1915

FINANCE
216.292.1913

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216.292.1965

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216.595.5462

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216.292.1901

POLICE
216.464.1234

PUBLIC WORKS
216.292.1922

A MESSAGE FROM MAYOR MARTIN HORWITZ: COVID-19 VACCINE PROCESS

The federal government has directed each state to determine its own vaccination-priority process. The State of Ohio has developed a phased vaccination approach. Ohioans age 75 and older and those with severe congenital, developmental or early-onset medical disorders could start being immunized in January. Ohioans age 70 and older can start being immunized the week of February 1, and those age 65 and older can start being immunized the week of February 8.

Once your age group or phase is eligible, there are two ways to receive the COVID-19 vaccine:

- 1) Through the Cuyahoga County Board of Health clinics. Go to ccbh.net/vax to sign up to be notified when slots are available at County vaccination clinics. If you use this method, you will wait for a slot to come up at a CCBH vaccination clinic. This might take several weeks beyond when your phase is eligible.
- 2) Through the state's range of additional vaccine providers published at coronavirus.ohio.gov. This will require you to contact providers to schedule your own appointment. It's our goal as a City for the maximum number of our residents to be vaccinated. If you are having difficulties finding or getting to a vaccination site, please contact our Community Services Department at 216.292.1970 for assistance.

BEWARE OF COVID-19 SCAMS

As the vaccine continues to roll out, watch out for scams disguised as offers to help you get COVID-19 tests, cures or vaccines, and never pay or reveal private information to someone who contacts you; no government agency will ever ask you for this information. NOBODY can move you up in line to get a vaccine more quickly or before your phase is eligible. Anyone who says they can is a scammer.

If you receive a suspicious phone call or email, please report it to my office at 216.292.1901.

AS ALWAYS...

Maintain social distance of six feet or more, wash your hands frequently with lots of soap and hot water, wear a mask that covers your nose and mouth, and get adequate sleep and nutrition. Stay healthy, Beachwood.



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

MAYOR
MARTIN S. HORWITZ



216.292.1901
mayor@beachwoodohio.com

JAMES PASCH



COUNCIL PRESIDENT
216.630.9671

BARBARA BELLIN JANOVITZ



COUNCIL V.P.
216.406.5914

JUSTIN BERNIS



216.509.6509

CONDOLENCES

We send condolences to Beachwood Public Works Director Chris Arrietta on the passing of his father, Joe, a 22-year Public Works Department employee who retired in 2019 as Superintendent of Building and Maintenance. Joe was a wonderful man with a warm smile and a wonderful attitude.



RED CROSS BLOOD DRIVE

Blood donations are **by appointment only**. Please call the Red Cross at 800.733.2767 or visit www.redcrossblood.org to schedule your appointment.

BEACHWOOD COMMUNITY CENTER
Friday, February 19
1:00 — 7:00 PM

SAVE A LIFE. GIVE BLOOD.

PRESIDENTS' DAY

City Hall will be closed on Monday, February 15, in observance of Presidents' Day. Rubbish and recycling will not be collected by the City on February 15. Collections will be delayed one day: regular Monday collections will shift to Tuesday, regular Tuesday collections will shift to Wednesday, and so on.

THANKS FOR NOT SHAVING

Members of the Beachwood Police, Fire and Public Works Departments participated in No-Shave November and raised \$2020 for The Gathering Place, a Beachwood-based nonprofit that offers free programs and services to help individuals and families cope with the impact of cancer.

For more information, visit touchedbycancer.org.

BEACHWOOD WELCOMES DEREK SCHROEDER, COMMUNITY SERVICES DIRECTOR



On January 4, Derek Schroeder was sworn-in as Community Services Director. Derek brings to us more than two decades of administrative experience from Twinsburg, where he oversaw youth, adult and senior programming, including: the fitness center, community center, senior center, outdoor water park, 2,000 acres of park land, community gardens and an amphitheater (Rock the Park). He was also administrative manager of the community theater, ran summer day-camps, and created many programs.

"Derek brings to us a wealth of creativity and experience, and fits in well to carry on this department's legacy," Mayor Horwitz said. "We welcome you to Beachwood!"

For more information, see page 12.

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

UPCOMING MEETINGS

CITY COUNCIL

Monday, February 1 at 7:00 PM
Tuesday, February 16 at 7:00 PM
Monday, March 1 at 7:00 PM
Questions? Call 216.595.5462

PLANNING & ZONING COMMISSION

Thursday, February 25 at 6:30 PM
Questions? Call 216.292.1914

ARCHITECTURAL BOARD OF REVIEW

Monday, February 1 at 4:00 PM
Tuesday, February 16 at 4:00 PM
Monday, March 1 at 4:00 PM
Questions? Call 216.292.1914

MIKE BURKONS



216.832.6771

ALEC ISAACSON



216.291.2797

ERIC SYNENBERG



216.401.0074

JUNE TAYLOR



216.533.7640

NEW ART EXHIBIT

BEACHWOOD COMMUNITY CENTER

THE FEMALE GAZE

February 18 – March 18

BY APPOINTMENT

Featuring work by:

Sarah Curry

Leah Gilbert

Debby Zelman Rapoport

Shayna Roth Pentecost

Eileen Roth

Deborah Silver

Susan Porges

and more



BEACHWOOD DELIVERS!

Extended through the month of February, the City of Beachwood's fee-free restaurant-delivery service reaches all Beachwood addresses through Beachwood Delivers.

This program has helped our restaurants increase orders and save money, and it received national media recognition.

Learn more at the Beachwood Delivers Quick Link at www.BeachwoodOhio.com.



Work in Beachwood? Order dinner ahead of time, have it delivered to your workplace and drive it home to enjoy!

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

QUICK LINKS = QUICK INFO

For instant information about activities in the City of Beachwood, visit Quick Links at www.BeachwoodOhio.com. Topics include: COVID-19 Updates, Watch City Meetings, Recreation Programs, Virtual Rec Guide and more. Visit today!

WE CAN HELP!

If COVID-19 health and cleaning supplies are not within your budget, please call the Community Services Department at 216.292.1970.

THE RETURN OF BEACHWOOD SUMMER CAMPS!

City of Beachwood Summer Day Camps are excited to return for Summer 2021.



The summer-camp program may operate under reduced numbers based upon state-mandated COVID-19 guidelines. Should the current health crisis be reduced and the Responsible RestartOhio Day Camp Guidelines be rescinded, our camp operations will return to their normal standards. For now, our camps will operate under the mandated guidelines.

Resident registration began on Monday, January 11 for our KIDZ, Bison, Sports and Theater Camp and will begin March 1 for Teen Travel Camp. Registration packets are available inside the doorway at the Community Center and City Hall. An early-bird rate will be offered to residents who register no later than March 12. Non-resident registration begins on March 14. To

register, you must get a registration number, beginning on Wednesday, March 10 at 10:00 AM. A registration number does not guarantee a spot in camp.

New this year is a \$25 deposit for each registered session. For additional information, click on the www.BeachwoodOhio.com Quick Link for "Summer Day Camp 2021." A brochure was also mailed to all residents.

City Insider

THANK YOU FOR YOUR SERVICE

We publicly recognize Tom Moore, Assistant Building Commissioner, who served the city for 13 years; Karen Carmen, Beachwood Community Services Director, who served for 21 years; Peter Conces, Recreation Director, who served for 31 years; and Esther Rutman, Human Services Program Coordinator, who served for 20 years, all of whom recently retired. We thank them for their dedication, service, and for helping build a tremendous reputation for this city.



Tom Moore
Asst. Building Commissioner
13 years



Karen Carmen
Community Services Director
21 years



Esther Rutman
Human Services Program Coordinator
20 years



Peter Conces
Recreation Department Director
31 years

Thank You!

2020 STATS FROM OUR FIRE DEPARTMENT

Yearly Totals

- 3,440 EMS
- 93 MVAs
- 54 Swat
- 893 Fire

Total: 4,480



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



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

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

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.

BARKWOOD DONATION FUND

When Howard Fleischman brought up an idea to Karen Carmen to create a vehicle for Beachwood residents to make donations and volunteer time to further elevate the Barkwood Dog Park experience, Karen felt that the best way to create a fund would be through the city. Council member Barbara Bellin Janovitz introduced an ordinance to establish the "Barkwood Donation Fund," which passed December 7. Donations in the fund are based upon a donor's recommendation, but subject to the discretion of the Community Services Director and the Mayor.



Donations can be made to the City of Beachwood. Please note "Barkwood Donation" and indicate if there's something specific to which you would like to attach the funds. For more information, see page 16.

SCAM SQUAD

PROTECT YOURSELF FROM CORONAVIRUS SCAMS

Cuyahoga County Consumer Affairs says: watch out for coronavirus scams. Scammers usually want money or personal information through information that is disguised as:

- Offers to help you get stimulus payments or grants
- Offers to help you get a COVID-19 vaccine more quickly
- Threats to arrest you or seize your accounts
- Calls or emails from sheriff, IRS or any government agency.

Never pay or reveal private information (Social Security number or account numbers) to someone who contacts you!

Only imposter scammers will demand that you pay debts, fines or fees with money wires, Bitcoin, or gift cards. Government agencies, tech companies and utilities do not accept these payment methods.

For more information, call 216.442.7035 or visit consumeraffairs.cuyahogacounty.us. To report a scam or talk to an investigator, call 216.443.SCAM (7226).

HELPFUL CUYAHOGA COUNTY RESOURCES

Cuyahoga Job and Family Services
844.640.OHIO (6446) or www.benefits.ohio.gov

County Board of Health (contact tracing, report health violations)
216.201.2000 or www.ccbh.net

MetroHealth 24/7 COVID-19 hotline
440.59.COVID (440.592.6843)



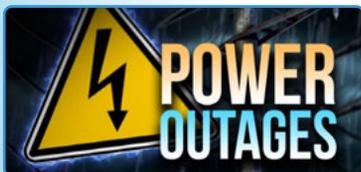
United Way First Call for Help
Dial 211 to connect with trusted free services

Division of Senior and Adult Services
216.420.6700 or hhs.cuyahogacounty.us

MASK REMINDER

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

POWER OUTAGES



If your power goes out due to an accident or force of nature such as high winds, lightning or storms, call First Energy at 888.LIGHTSS

(888.544.4877), not 911. This will allow the power company to track and repair outages while leaving our dispatchers free to handle emergency calls. You may also report outages by texting REG to 544487 (LIGHTS). You will need your account number and ZIP code.

BEACHWOOD VAN SERVICE

The Beachwood Community Services Department continues to provide van service to resident seniors and residents with disabilities to attend medical appointments or to pick up pre-paid grocery and pharmacy orders.



For more information, please call 216.292.1971.

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.

CITIZENS POLICE ACADEMY

Dates in February/March 2021 TBA

The Academy may be canceled or postponed depending on public-health concerns.

The Citizens Police Academy is a 12 – 14 week program that will increase cooperation and communication between community members and police officers and deepen participants' knowledge of police-department operations. Participants must:

- Be at least 21 years old
- Have a high school diploma or GED
- Be a Beachwood resident or work in the City
- Have no pending criminal charges
- Have no felony convictions
- Have no pending civil litigation against the City or any other municipality, state, federal government or agencies

Background checks are performed and character references must be provided. To receive an application, please email Jamey.Appell@beachwoodohio.com.

HELP SUPPORT THE GREATER CLEVELAND FOOD BANK

The Greater Cleveland Food Bank works to ensure that everyone in our communities has the nutritious food they need every day. They do this by distributing food to nearly 1,000 local food pantries, hot meal programs, shelters, mobile pantries, programs for the elderly, and other nonprofit agencies. The Food Bank also prepares nutritious meals in their on-site kitchen and assists eligible low-income Northeast Ohioans with signing up for the SNAP program. In total, the Food Bank serves more than 300,000 people each year.

Throughout Northeast Ohio, one in six people are food insecure: meaning they may not know where their next meal will come from. Beachwood residents aren't immune. Many have lost jobs or have fallen ill during the pandemic and your support will help alleviate uncertainty. Every dollar that we raise will help provide four meals for our neighbors in need!

To donate, visit www.BeachwoodOhio.com and click on the H4H Donations Quick Link.



SAFE SNOW-SHOVELING TIPS

Heavy, wet snow is often called “heart attack snow,” because the great effort required to move it can increase your risk of having a heart attack. Repeatedly lifting a shovel full of heavy snow can be more strenuous than running on a treadmill.

Unlike conventional exercise, shoveling is usually done without a warm-up and can cause sudden increase in blood pressure and heart rate. Additionally, cold air may cause constriction of blood vessels, including coronary arteries, and decrease oxygen supply to the heart. Together, these factors can increase the heart's workload and cause a heart attack.

Six Ways to Prevent a Heart Attack While Shoveling

1. **Don't shovel first thing in the morning.** Most heart attacks occur first thing in the morning, when your blood is most likely to clot. Give yourself time to get up and moving before going out and grabbing the shovel. You'll also give the sun a chance to warm up things a bit.
2. **Warm up before shoveling.** Shoveling snow is hard work. Take a few minutes to stretch and move about beforehand.
3. **Use a smaller shovel.** A shovel full of wet snow is especially heavy when the shovel is big. It may take a little longer, but many small loads will be easier than fewer heavy ones.
4. **Dress appropriately.** Cover your hands, head and mouth. Covering your mouth with a scarf will help you inhale warmer air and can help avoid respiratory problems.
5. **Shovel in shifts.** If you need a rest, take a rest.
6. **Watch for warning signs:** chest tightness, lightheadedness and dizziness are heart-attack signs. If you suspect you're having a heart attack, call 911.

STORYWALK IN THE PARK



StoryWalk in City Park East features *Making a Friend*, by Tammi Sauer.

StoryWalk® was created by the Beachwood Branch of Cuyahoga County Public Library to help build children's interest in reading while also encouraging healthy activity. Follow the StoryWalk® path and talk about the story as you go.

Generous Mask Donation



Thank you to the **Friends of the Chinese Academy of Cleveland** and their representative, parent **Grace Lin**, for donating 1,500 face masks to Beachwood Schools. The Academy bought them with the help of the Taipei Economic Cultural Office Cultural Center in Chicago, Taiwan's Overseas Community Affairs Councils and Taiwan's Center for Disease Control.

Congratulations Musicians!

The Ohio Music Education Association pivoted to an entirely virtual Solo and Ensemble contest this year. Participating students prepared a piece of solo repertoire from the OMEA High School list and recorded a video of their performance, along with any typically required scales or drum rudiments. Congratulations to the following Beachwood musicians for their OMEA scores:



Band

Amanda Bendis

Class B Flute Solo - *Excellent Rating*

David Kuang

Class A Violin Solo - *Superior Rating*

Alexander Lahti-Thiam

Class A Alto Saxophone Solo - *Excellent Rating*

Zachary Ritzenberg

Class B Trumpet Solo - *Superior Rating*

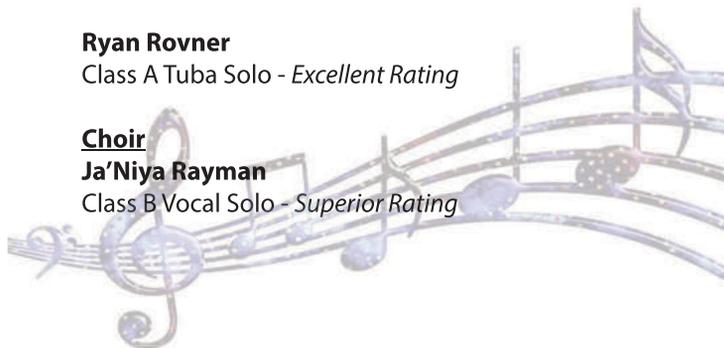
Ryan Rovner

Class A Tuba Solo - *Excellent Rating*

Choir

Ja'Niya Rayman

Class B Vocal Solo - *Superior Rating*



RATE DROP

Refinancing Bond Debt

Treasurer Michele Mills is in the process of refinancing a portion of the high school renovation project's bond issue because interest rates are historically low. This portion of our bonds was refinanced once before, in 2014. This process entails creating an official statement (similar to a prospectus) and holding a rating conference with Moody's, the credit rating service. Moody's just reconfirmed the district's Aaa bond rating this past summer. The district's top credit rating and practice of refinancing outstanding debt issues saves millions of dollars in interest payments for our taxpayers.

Lower Effective Millage Rate

The bond issue rate for Beachwood Schools taxpayers during calendar year 2021 has decreased from 4.2 to 3.8 mills. This drop in rates for the outstanding construction bonds for our middle school and high school projects yields a small decrease in taxes to residents and businesses annually.

Many, Many Thanks to Carole Katz



Carole Katz

After an amazing 45-year career with Beachwood Schools, **Carole Katz, K-12 Director of Mathematics**, has tendered her resignation. Carole's dedication to the students and families of Beachwood, as well as to the art and science of teaching, is remarkable. She steadfastly focused on students' abilities, never their limits. She has shaped the past, present, and future of our district in fundamental and positive ways.

Once limitations of the current pandemic are over, a proper community thank-you event will be planned for Ms. Katz and another district legend, **Domenick Iammarino**, who also resigned this school year.

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 • kevin@beachwoodschoools.org
Lauren J. Broderick, Director of Pupil Services, (216) 464-2600 ext. 234 • ljb@beachwoodschoools.org
Kevin Houchins, Director of Equity & Community Engagement, (216) 464-2600 x237 • kth@beachwoodschoools.org
Linda LoGalbo, Director of Curriculum & Instruction, (216) 464-2600 ext. 289 • lhl@beachwoodschoools.org
Valerie Parker, Pupil Services Coordinator, (216) 464-2600 x264 • vparker@beachwoodschoools.org
Kathleen Stroski, Assistant Treasurer, (216) 464-2600 ext. 240 • ks@beachwoodschoools.org



Beachwood Schools Partners with Temple-Tifereth Israel

Beachwood Schools proudly announces a cross-cultural collaboration with Temple-Tifereth Israel. The Temple's high school students and Beachwood High School's MAC Scholars will explore cultures and build relationships between the two youth groups.

The students will participate in activities and discussions to gain insight and understanding on how they can work as allies to promote equity and social justice in our schools, city, state, and country.

Plans are currently underway to provide students with opportunities to:

- Enhance their knowledge about Jewish and African American history
- Explore race relations and the challenge of justice
- Create and implement programs on race relations in America
- Learn to become allies in working toward educational equity and social justice
- Develop organizational, networking, and leadership skills
- Engage in ongoing learning, practice, and reflection

This collaboration was designed by **Rabbi Jonathan Cohen** and **Rabbi Yael Dadoun**, in partnership with **Kevin Houchins**, Beachwood Schools **Equity & Community Engagement Director**. It is supported by The Temple's Racial Justice Task Force and the Beachwood Board of Education.



Board of Education NEWS

Recent:

- Approved Dr. Brian Weiss as Board President and Maria Bennett as Vice President
- Established 2nd and 4th Mondays at 7:00 pm for board meetings in 2021
- Approved District's legal counsels, property economists, and investment, as well as employee benefits consultants
- Audit Committee Report

Upcoming:

- Recognition of students for Noetic Math Contest Awards
- Approve 2022-23 calendar

Upcoming Meetings:

- February 8, 2021 @ 7:00 pm
- February 22, 2021 @ 7:00 pm

COVID-19 Vaccinations in Schools



School employees learned that they will be prioritized in Phase 1B of Ohio's vaccination rollout plan. This provides reassurance to the many employees of Beachwood Schools and schools across the state. It is also a greatly appreciated recognition of the important role schools play in ensuring that families and their communities have the ability to thrive.

We do not yet know the logistics of the vaccine rollout to school employees, but have been made aware that it will begin on February 1st. Only employees of school systems with in-person and/or hybrid learning taking place are eligible to participate. Beachwood Schools has been operating with in-person and hybrid learning models for most of this school year.



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Seeing the Bright Side, Even During a Pandemic

By Arlene Fine



At 96, Helen Rivelis knows a thing or two about life's ups and downs. Living through a pandemic, socially isolated in her apartment at R. H. Myers, could easily rate as one the worst times in her life. Yet, Helen's eternal optimism has enabled her to see each day as valuable and to be lived to its fullest.

"I focus on the things I can still do, instead of dwelling on the losses brought on by this pandemic," said Helen. "I feel grateful for the richness of my life prior to the pandemic, the fact that I'm still here, and the things I have to look forward to when we are vaccinated and able to reengage with the world."

Helen credits her adeptness in the use of social media for reducing her sense of isolation. She uses her iPhone, iPad and computer to stay in touch with family, friends and her synagogue, Fairmount Temple.

"I stream synagogue services and take on-line classes offered by Harvard University," Helen said. "Technology has opened doors for me."

Although Helen is in good health for her age, she admits to being hard of hearing, but has even found a way around that. "When people talk and I don't understand everything they are saying, I have learned to smile. The only trouble is, I hope I am smiling at the right places," she said.

Helen credits much of her optimism to her commitment to volunteerism. Along with

helping Beachwood High School set up a community volunteer program for students, she volunteered at the Maltz Museum for 15 years, held leadership positions with Fairmount Temple's sisterhood and National Council of Jewish Women, and served as president of Beachwood Arts Council.

Helen and her late husband, David, taught pre-retirement seminars for many years. "We emphasized the importance of saving money for a retirement nest egg, taking up new hobbies and, most importantly, becoming a community volunteer," she said.

she said. "It could be eating a sweet piece of fruit, watching an interesting TV show, or talking to their children or grandchildren. There are thousands of people dying from COVID each day, and we are the lucky ones; we are on the right side of the curve."

As far as luck goes, Helen, a Brooklyn, New York, native, says she thanks her lucky stars that she, her husband, and two daughters, Ilene (Cook) and Barbara (Hami), moved to Cleveland in the 1960s. David, a WWII vet, got a job with the Lane Drug Company (a Toledo-based drug company that was later bought by Rite-Aid), and the family immediately became engaged with their new community.

"We were drawn to Beachwood because it was new and neighbors cared about each other," said Helen. "It was, and still is, a perfect place to raise a family, and as we got older, my husband and I enjoyed all the activities offered for seniors at the Beachwood Community Center. Our home on Larchmont was always filled with people and I have many happy memories."

As she contemplates what she is most looking forward to post-pandemic, Helen tops the list with shopping with her daughters, and enjoying community dinners and activities at Myers again. Ever the optimist, she said she will also keep her spirits up, because "the pandemic is not with us forever, and like everything, it will pass."

There are thousands of people dying from COVID each day, and we are the lucky ones; we are on the right side of the curve.

Having worked with the Retired Senior Volunteer Program (RSVP) for five years in the 1970s, Helen saw first-hand the difference that volunteering can make in a person's life. "Every nonprofit agency benefits from their senior volunteers, but it is a two-way street," she said. "Volunteering helps build self-confidence, boost spirits, and improves mental and physical health."

At Myers, Helen actively works to boost her neighbors' spirits. "I tell my neighbors to think of one positive thing that happened to them each day,"

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Wednesday, February 10 • 12:00 p.m.

Monthly Luncheon

David Horning – Bringing Comedy Into the Workplace

Thursday, February 18 • 11:45 a.m.

Women's Connection

Laura Mineff – Life Style Design

Thursday, February 25 • 8:30 a.m.

Toast and Talk

Ohio Attorney General Dave Yost

Tuesday, January 26 • 4:30 p.m.

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**Missed anything? Check out recordings from past events,
such as our Diversity and Inclusion series, on our NEW website!**

Elliot and Me Brings Theatrical Entertainment to Your Home

Elliot and Me, written and conceived by Steve Willensky, is a musical comedy based on the lives of Steve and his older brother, Elliot Willensky, a songwriter. This two-man show is a heartfelt story of brotherly love based on a powerful bond that has grown through the years.

Elliot is a charming, free-spirited ladies' man overflowing with talent and joie de vivre... with a knack for driving Steven crazy. Elliot and Steven both reflect on the volatile ups and downs of their shared experiences – from their raucous “wonder years” growing up in Bayonne, New Jersey; to the painful conflict when Elliot defies the expectations of his traditional

middle-class Jewish family and drops out of medical school to write pop songs; to Elliot's rise to stardom writing hits for Michael Jackson and Whitney Houston, and Steven's starry-eyed admiration for his Hollywood lifestyle; and eventually to their role reversals when Elliot's career hits a few bumps in the road and he needs to rely on Steven for help. *Elliot and Me* is filled with humor, colorful personalities, unexpected situations, and uplifting musical moments.

Elliot and Me was staged last month on the East Coast and is now scheduled to premiere in Northeast Ohio. It's been in development ever since Steve's original version was performed at the Cleveland Institute of Music in 2011.

“The show is a true, funny, and heartfelt story of brotherly love that features 18 songs written by my late brother, Elliot, who was a successful pop songwriter,” said Steve. “Artists who recorded his compositions include icons Gladys Knight, The 5th Dimension, Tony

Orlando, Jermaine Jackson, Michael Jackson, Chaka Kahn and Whitney Houston.”

Elliot wrote Michael's first smash solo single, “Got to Be There,” and the composition “If You Say My Eyes Are Beautiful,” which is on Whitney's Greatest Hits and Duets albums.

Elliot and Me was originally booked in December for its premiere three-week run at Hudson Theatre Works, a regional equity theater in New Jersey, and in June at Chagrin Valley Little Theatre. Because of the pandemic, stagings were postponed. However, in mid-November, HTW staged a full production of the show without an audience, videotaped it, and streamed to audiences across the country and around the world.

“The reception was so positive that other theaters around the country are going to broadcast the production in association with HTW and Woodstock Theater Group,” said Steve.

To keep the show alive during times when there's not much going on in the performing arts arena, Chagrin Valley Little Theatre announced its virtual premiere to NE Ohio audiences on the weekend of February 18-21 as an “on demand” pay-per-view event. Tickets are \$20 for an entire household to view the show and are available at www.cvlto.org.

“The show is a true, funny, and heartfelt story of brotherly love that features 18 songs written by my late brother, Elliot, who was a successful pop songwriter.”

– Steve Willensky

“I'm proud to offer this show to our local community,” Steve said. “The New York actors we cast to play the two brothers are terrific: Drew Seigla (Steven) was Perchik in Joel Grey's Yiddish version of *Fiddler on the Roof* last year on Broadway, and Eric Briarley's credits include the B'way touring companies of *Les Mis* and *My Fair Lady*.”



Gold record presented to Elliot Willensky, writer of “Got to Be There,” performed by Michael Jackson. Pictured with actors Eric Briarley and Drew Seigla.



From left: Michael Bias, director; Eric Briarley (Elliot), Steven Willensky co-writer and producer; Drew Seigle (Steven); and Victoria Casella, musical director.

Behind the Scenes

Rehearsals took place via a Zoom-like platform called JamKazam so the actors were able to rehearse without too much audio lag. They first met 72 hours before the actual staging and the show was filmed under strict COVID protocols recommended by the SAG AFTRA Union. Only 14 people were allowed in the theater, including the performers, musical director, director, film and sound crew, Steve, and his wife, Judy. To add a little more stress to the situation, Drew developed laryngitis a week before the taping, which presented a few sleepless nights. The director made compromises to keep the actors socially distanced, but did so in a way that the audience would barely notice.

When Drew auditioned last fall, he was on the road, volunteering to help Joe Biden's presidential campaign. Stephanie Lynn Mason, the actress who played Huddle opposite Drew in *Fiddler* last year on Broadway, taught him Yiddish and rehearsed lines with him on a park bench in New York's Central Park. They fell in love for real and are getting married this summer. Although Yiddish brought them together, neither Drew nor Stephanie is Jewish.

Holiday Cheer Bags Brighten Holidays for Isolated Seniors

When Shalom Plotkin, owner of Right at Home In Home Care & Assistance and president/founder of Cleveland East Senior Network, initiated an incentive to create and distribute holiday cheer bags to isolated seniors, dozens of volunteers from local networking groups stepped up to donate goods, assemble bags, and distribute them to isolated members at 16 eastside senior centers.

The event was organized by the board of Cleveland East Senior Network which, along with Shalom, includes: Mary Norris-Pack (ESOP, a subsidiary of Benjamin Rose), Melinda Smith (The Fountains of Lyndhurst), Roberta Brofman (Five Star Clinical Solutions), and James Koewler (The Koewler Law Firm). It was promoted by ASA (Association of Specialists in Aging), ASNE (Aging Services Network

East), Cleveland East Senior Network, PNG (the Professional Networking Group), SSAMA (Senior Sales, Admission, and Marketing Association), UH Bedford Senior Network, and Village in the Heights.

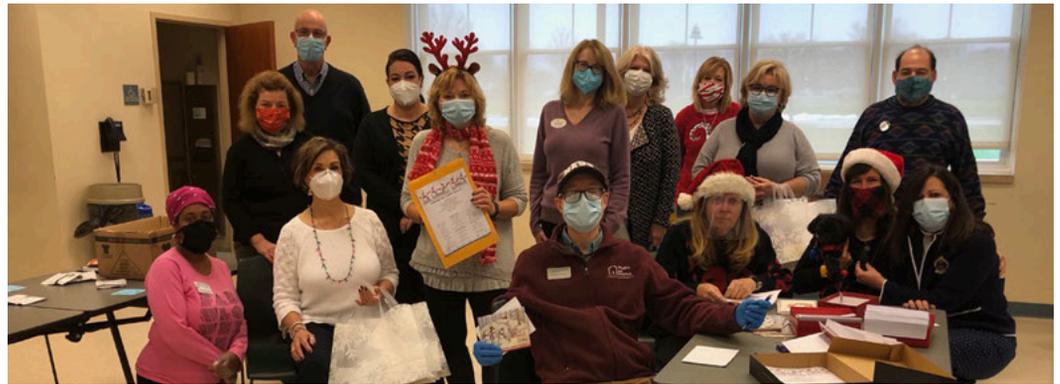
"This was a great example of industry leaders collaborating to spread cheer through the holiday season," Shalom said. "So many seniors are isolated because of the pandemic and

it was uplifting to witness the good we did with our collaborating."

Each goodie bag included a greeting card, hat, gloves, scarves, face masks, hot chocolate, soup, sudoku puzzles and much more. Some companies donated money and others donated goods. The group also had a cash surplus from the project, which they donated to the K kosher Food Pantry.

"The program was a win-win," Shalom said. "And we were proud to have supported the K kosher Food Pantry, a partner agency of the Greater Cleveland Food Bank. The Pantry draws its client base from more than 50 area zip codes and there is a great need out there."

To see a complete list of event promoters, donors and agencies, visit cle-eastseniornetwork.com.



Caring volunteers created and distributed holiday cheer bags for isolated seniors.

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Epicenter ABA Therapy Starts at the Core to Help Families Dealing with Autism

Appplied Behavior Analysis (ABA) therapy is an evidence-based, one-on-one treatment that uses tools, such as positive reinforcement and proactive strategies as well as consistency, to teach meaningful and socially significant behaviors to children with Autism. It focuses on reducing challenging behaviors that block learning by finding socially appropriate replacement behaviors and enhancing skills in areas of deficit.

Each skill deficit is broken down into smaller, easy-to-learn tasks. This therapy is most effective when administered not only in the child's home, but across all their environments and on a consistent basis. Epicenter ABA in Warrensville Heights works with clients and their families to build relationships and design individualized programs. In doing so, staff build a foundation and educate parents to focus on what's happening now, and how we can build on those skills to reach long-term goals.

Marnie Katz and Mark Shankman, co-owners of Epicenter ABA, are proud to work with children who have been diagnosed with a wide spectrum of disorders, including Autism and ADHD. The couple, married in 2016, have always had a passion for helping others: Marnie as a behavioral clinician and Mark as a business professional with a strong, successful background in customer service. Born and raised in Beachwood, Marnie earned her undergraduate degree in speech and language pathology at The Ohio State University, and her master's degree in child and adolescent psychology at The Chicago School of Professional Psychology. In 2014, while working toward her Board Certified Behavior Analyst (BCBA) certification, Marnie joined a small Chicago based ABA company and was a key contributor to its growth. By 2017, Marnie was a BCBA and regional manager for this

company, playing an active role in the difference that ABA was making for so many children. During a trip to Cleveland to visit family, she noticed a lack of available resources for Cleveland's autism community and felt the need to move back home to support her hometown.

And that's what she did. She founded Epicenter ABA in 2018, which has now expanded to employ more than 20 full-time professionals, and opened up a behavioral therapy clinic in September 2020. She chose "Epicenter" as the name because it symbolizes starting at the core and working outward, which is how ABA therapy works.

Starting the business was stressful. Marnie's passion is being hands-on with clients and she was overwhelmed managing every aspect of the business from staffing, marketing, and billing, to the myriad tasks that come with running a small business, all while overseeing clinical programming to ensure that clients are getting the highest quality of care. "It was overwhelming," she told us. "I asked Mark to take over operations so that I could focus on all clinical matters as we continue to grow."

Mark joined the team as director of operations, overseeing Epicenter ABA's day-to-day business functions and processes that contribute to the company's mission. He is a professional customer service specialist, having spent 10 years of his career focused on developing and maintaining client relationships. At Epicenter,

Mark is dedicated to ensuring that each client, client family and staff member benefit from optimal client/staff experiences. Now three years in, Marnie is chief clinical director, overseeing the company's clinical department.

"Everything we do is data driven. A therapist presents an instruction, creates interventions, measures results, and uses them as a guide to determine how to teach the skill deficit in the future."

*– Marnie Katz,
Co-owner and
Chief Clinical Director*

Each person is different, so the team customizes each family plan to include all that is clinically optimal and necessary. Behaviors such as hand-flapping, aggression, refusal to follow simple instructions, and tantrums can all prevent children from learning. Epicenter's processes of replacing these challenging behaviors with more socially appropriate behaviors over time during treatment can lead to successful outcomes.

"Early diagnosis is key," Marnie said. "Parents must be patient because it may take a consistent two years to close the gap with the recommended treatment hours.

"Everything we do is data driven. A therapist presents an instruction, creates interventions,

measures results, and uses them as a guide to determine how to teach the skill deficit in the future," she added.

"It is crucial to get the families onboard," Mark said. "When the family is onboard with an intensive treatment model of 20-40 hours per week, the research and our programming show that progress can be made to close the gap between the child we are treating and his/her neurotypical peers."

ABA therapy is becoming more respected because it works. "We place demands on kids and reward them with positive consequences," Marnie said. "Parents have to buy in to this type of therapy and be patient because change doesn't happen overnight, and it is a team effort in every environment of each child."

"Parents are trained to do what we do, which results in accelerated progress," Mark added. "We work collaboratively as a team. The more involved the family is with following their BCBA's treatment plan, the more substantial the results will be."

The couple agree that families who choose ABA therapy must be all in. "When a child is prescribed medication, parents don't cut the dose in half; they follow their doctor's prescription and take the full dose," Mark said. "Parents must trust their BCBA's clinical recommendation of ABA therapy hours and work together as a team to get the full benefit of the treatment program."

Epicenter provides in-home, clinic, school, and community-based services, and is committed to collaboration with outside professionals and parents to provide tools and programs that will make each child the most successful in all environments. Parents should know that their involvement is not only welcomed, but it is critical to their child's progress. ABA therapy helps with a wide range of skills, such as communication and language, self-help and skills of daily living, social skills, play skills, motor skills, academics as they relate to the natural environment, attention, and generalization of these skills to multiple environments.

While COVID-19 did change the way we live our lives, Epicenter has not skipped a beat. ABA is a medically necessary treatment and Epicenter remained committed to its community in need. Epicenter follows all of the CDC

guidelines, which includes washing hands and wearing masks. The company's goal is to continue medically necessary treatment, limit disruption of services, and keep our community healthy and safe from exposure. Epicenter has always offered tele-health (virtual learning) services, so staff were already trained on how to implement this type of support to families.

Epicenter ABA provides home therapy all across Northeast Ohio as well as in its Warrensville Heights clinic and other local collaborating daycare centers. Insurance, Autism scholarship and private pay are all accepted. Epicenter ABA is thrilled to be able to support the Beachwood community and provide the highest quality of care for every child in need of ABA therapy in Northeast Ohio.

For more information, visit www.epicenteraba.com.



Marnie Katz and Mark Shankman, co-owners of Epicenter ABA, and two of the therapy rooms at their Warrensville Heights location.

Balance Safety Tips to Help You Stay on Your Toes at Home

As winter seems to leave us walking like penguins on ice or remaining indoors to avoid the cold, remember that your balance is something to take seriously. One fall can wreak havoc on your body for years to come. According to Michael Groesch, DPT, physical therapist at the Peter B. Lewis Aquatic & Therapy Center of Menorah Park, taking just a few precautions and being mindful can help keep you on your toes. Use these tips as guides to help minimize your risk of falling at home:

- Turn on lights before entering room
- All stairwells should be well lit
- Use nightlights to illuminate path to the bathroom
- Use handrails on both sides of stairs
- Install non-slip surfaces on stairs
- Remove throw rugs from floors
- Tack or tape down carpet edges
- Keep electric wires taped securely out of the way
- Use non-skid mats in shower/tub
- Install hand grips in the shower
- Maintain open walkways and avoid clutter

If you do experience a fall, physical therapy can help you regain your balance and get you back on your feet. If you have questions, call 216.595.7345 or visit www.MenorahPark.org. Peter B. Lewis Aquatic & Therapy Center is located at 27300 Cedar Rd., Beachwood.

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\$7.5 Million Gift from Steve and Loree Potash Supports University Hospitals Ahuja Medical Center Expansion

Contribution establishes family-focused Steve and Loree Potash Women & Newborn Center

A \$7.5 million gift from Steve and Loree Potash to University Hospitals will establish the Steve and Loree Potash Women & Newborn Center at UH Ahuja Medical Center. As part of the UH Ahuja Phase 2 expansion, the new center will bring the trusted and collaborative care of UH Rainbow Babies & Children's and UH MacDonald Women's hospitals to the east side, introducing maternal-fetal care and a full spectrum of labor and delivery services to the UH Ahuja campus.

A member of the UH Board of Directors, Steve is the president and CEO of OverDrive, a company he founded in 1986, that is now the leading digital platform for eBooks, audiobooks and other digital media, partnering with libraries, schools, government agencies, corporate learning centers, and colleges and universities worldwide. Steve and Loree are both graduates of The Ohio State University and the Cleveland-Marshall College of Law. Loree also holds a master's degree in library science from Case Western Reserve University, was an academic librarian, practiced law and held multiple positions at OverDrive before retiring. The couple's three children – Erica Lazzaro, Karen Estrovich and Brian Potash – are all active leaders in the business.

"UH's patient-first approach deeply resonates with our family and our values," said Loree. "We are proud to support UH and to have our name on this remarkable new center, which will benefit families throughout our community. As parents and grandparents, we can think of no better gift to our community than a state-of-the-art home for mothers and babies."

Designed to exceed the highest standards for quality, expert care while meeting the unique needs and delivery preferences of patients and families, the Potash Women & Newborn Center will accommodate a variety of birth

plans and will feature an on-site surgical suite and neonatal intensive care unit.

"Bringing a new baby into the world is among the most special moments in healthcare and we take pride in offering a loving, caring birthing environment for young families," said Patti DePompei RN, MSN, president, UH Rainbow Babies & Children's and UH MacDonald Women's hospitals and Rainbow Babies & Children's Foundation chair in Leadership and Innovation. "With the Potash Women & Newborn Center, we will extend this exceptional, family-centered care to UH Ahuja for the first time. I believe it will surpass all expectations and set a new standard of care in the field."

The new center will meet the growing need for convenient, eastside access to maternity care and advanced labor and delivery services. It is estimated that the Potash Women & Newborn Center at UH Ahuja will deliver approximately 2,400 babies annually.

In addition to the named center, Steve and Loree's gift will also launch an innovative literacy program, ensuring that newborns and their families will go home with their first collection of baby-friendly board books. The books will be accompanied by literature on healthy parenting tips and information about extra resources available for the entire family through their local public library.



Illiteracy is a serious problem, both nationally and locally. It is estimated that 66 percent of Cleveland residents are functionally illiterate, meaning their math, reading or language skills are below the fourth-grade level. This makes simple tasks, like reading a bus schedule or medicine bottle, a struggle.

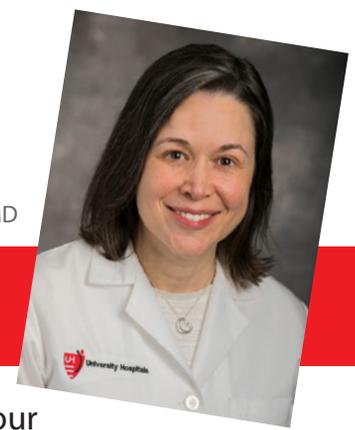
Thanks to the Potash's support, a pilot book program will launch at UH Rainbow Babies & Children's Hospital this year with plans to expand to other UH locations in 2022.

"Loree and I are dedicated to a world enlightened by reading and improving literacy rates and this program will increase community awareness of and access to books and learning," said Steve. "More than 10,000 babies are born across the UH system each year. With this

program, we hope to spark a love of reading early in children and educate families about the tremendous, free access they have to books and resources through the library system."

Thanks to the Potash's support, a pilot book program will launch at UH Rainbow Babies & Children's Hospital this year with plans to expand to other UH locations in 2022.

"Steve and Loree are passionate and inspiring leaders in our community and their commitment to our patients and families is unwavering," said Cliff A. Megerian, MD, president, University Hospitals. "Their extraordinary philanthropy will ensure that moms and babies get the high-quality care and specialized services they need, in the compassionate, family-focused environment they deserve. Their book program, though, is perhaps their ultimate gift, setting children on a path to discovery and learning from their first days. It's an incredibly meaningful and impactful investment into our community."



Heart Healthy Ways to Stay Upbeat

February is National Heart Month, and is the perfect time to invest in your cardiovascular health. In addition to regular checkups with your healthcare provider, there are a number of ways to ensure your heart stays happy and upbeat:

- **Smoking Cessation**

The American Heart Association says diseases caused by smoking kill more than 440,000 people in the U.S. each year, and one of every 5 smoking-related deaths is caused by heart disease. Smokers have a higher risk for heart disease, stroke and vascular disease. Smoking changes the heart and blood vessels in a number of ways: It causes an instant and long-term rise in blood pressure and heart rate; reduces blood flow from the heart and to the brain; reduces the amount of oxygen that reaches the body's tissues; and raises risk for blood clots.

- **Healthy Diet**

Eating well can help prevent a number of problems such as high cholesterol and heart disease. But knowing exactly what a healthy diet looks like can be a challenge. The key is to balance the five main food groups: grains, vegetables, fruits, dairy and protein. In addition to your healthcare provider, organizations and tools like ChooseMyPlate.gov can help you navigate emphasizing the correct amount of each food group. To lose weight and keep it off for a lifetime, begin thinking about an individualized eating plan. A plan tailored to your personal likes and dislikes will have a better chance of producing sustainable weight loss.

- **Plenty of Exercise**

If you are physically active, you are less likely to get heart disease and related problems such as high blood pressure, diabetes, and high cholesterol. Exercise not only lowers these risk factors, but helps to improve emotional well-being, reduce appetite, improve sleeping ability, improve flexibility, and lower LDL cholesterol (the bad cholesterol).

University Hospitals Harrington Heart & Vascular Institute provides premier cardiovascular care for the diagnosis and treatment of any condition that affects the heart and vascular system. From routine heart screenings, to the most advanced surgical interventions, to post-treatment follow-ups, UH provides a complete range of services and treatments.

"I'm very excited about the team here at UH," says cardiologist and vascular medicine specialist at UH Ahuja Medical Center, Heather Gornik, MD. "In our vascular center we have a terrific interdisciplinary care team, with opportunities to work with our interventional specialists, our vascular surgeons, and our vascular medicine specialists. We all keep the best interest of the patient in mind in a really collaborative fashion."

Dr. Gornik, who is also co-director of the Vascular

Center at UH Harrington Heart & Vascular Institute, and her team take care of patients who have heart disease, but also patients who have disease of the blood vessels. "I see everything from plaque, to blood clots, to rare disorders in terms of blood vessel conditions," she notes. "The most common disease of the blood vessels is atherosclerosis, or clogging of the arteries with plaque. I really love my specialty because I get to use everything from the low- to high-tech."

As an internationally recognized expert in the care of complex vascular diseases, Dr. Gornik collaborates with clinicians and investigators worldwide to advance the understanding of potentially morbid vascular disease. "About 10 years ago, I developed an interest in a rare arterial disease called fibromuscular dysplasia (FMD), which is a condition that affects mainly women, usually in the prime of life," she explains.

In addition to her work in FMD, Dr. Gornik is a nationally regarded expert in noninvasive vascular diagnostic testing. She has led the development of national guidelines related to the diagnosis and clinical care pathways for patients with vascular disease.

"Sometimes, by the time patients get to see me, I'm maybe the third or fourth opinion they've had," Dr. Gornik says. "So I think it's really important when we're dealing with serious

cardiovascular diseases, and especially rare ones, to find out exactly what the patient knows and what they're yearning to learn more about."

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treatments.**

You don't need to travel far to receive exceptional cardiovascular care. To schedule an appointment with a provider at UH Ahuja Medical Center, please call 216.595.7969. UH Ahuja Medical Center is located at 3999 Richmond Road, Beachwood. To learn more about health and wellness events in your community, visit UHhospitals.org.

Upgrades Made Easy with Kitchen Tune-Up

A few years ago, Beachwood resident David Conn had just left the corporate world. He and his wife Liz – then employed by Cleveland Clinic – were ready to do something different and they began looking at franchise opportunities. After researching dozens of options, they narrowed down the possibilities and launched Kitchen Tune-Up in Beachwood.

“Kitchen Tune-Up is the leading kitchen and bath remodeling franchise system, specializing in affordable kitchen and bathroom updates,” David told us. “When we narrowed down our options, this opportunity – by far – rose to the top because Liz and I believe in its core philosophy: you don’t have to spend a fortune or be displaced from your home for weeks to improve your living space.”

Shortly after David got the business up and running, Liz came on board full time. They rented warehouse space on Commerce Park Road, close to home and in the heart of their territory, which covers Beachwood and many neighboring communities in Cleveland’s eastern suburbs.

“We are not general contractors who tear apart your living space and start over,” David said. “Instead, we provide focused upgrade options at different price points that will generate high impact and high return on your investment. Anyone can get the new look they’ve always wanted, within their budget and without being displaced from their home. Most of our projects take from one to five days, we clean up after ourselves every day, and your kitchen is usable every evening.”

Customers choose from the company’s one-day wood reconditioning service (the “Tune-Up”), cabinet painting, redoing, refacing, or new custom cabinets. “Each option breathes new life into a home, with personalized service and incredible results,” David said. “Our Tune-Up rejuvenates what you already have, letting the original finish

shine through. When we paint, the doors and drawer fronts are professionally painted off-site, while we paint your cabinets on-site for a fresh look. Redoing gives you new doors in the color and style of your choice. Refacing takes it a step further, providing the look of new cabinets without the hassle or expense. Finally, new custom cabinets are designed around your space and your needs.”

Kitchen Tune-Up was started in Aberdeen, South Dakota, in 1977. Dave Haglund was in the kitchen-remodeling business and customers would ask how they could keep their cabinets looking like new. Then one day, after he had his car tuned up and appreciated that it was running almost like the day he bought it, he linked the two together, visualized a connection, and with his wife Cindy, created Kitchen Tune-Up.

After building and perfecting every aspect of the business, Dave and Cindy decided the best way to further grow the business – and help other people run their own businesses – was to franchise, which they began to do in 1988. David and Liz bought in because of the Haglund’s history, expertise, and stellar reputation.

Remodeling options, along with an online design tool, are offered on their website. “We also offer personalized design services to suggest options for every scenario and budget,” David said. “Plus, most of the cabinetry is made in the United States and we treat employees like family: They’re on the team, not subcontractors, so we know and trust everyone who works in your home.”

When we asked what’s popular today, David told us that white Shaker-style cabinets are hot and will never go out of style. However, he’s also seeing more people move toward colors like light sage as well as contrasting kitchens in which, for example, perimeter cabinets are white and island cabinets are espresso or navy. When it comes to counter surfaces, granite, quartz, Corian and laminates are all popular choices that suit a range of budgets. “Today’s laminates have many more color, pattern and texture options than in the past,” David said.

“Our goal is to make the remodeling process easy and enjoyable. We pride ourselves in simplifying the process and creating a superior experience for our customers.”

– David Conn

Kitchen Tune-Up also offers the same quality services for bathrooms.

“Our goal is to make the remodeling process easy and enjoyable. We pride ourselves in simplifying the process and creating a superior experience for our customers,” David said. “Our reward is to see the look on someone’s face when we complete a project. It’s very satisfying!”

David and Liz have three children and are thrilled to have made Beachwood their home since 2015. For more information, visit www.kitchentuneup.com/beachwood-oh/ or call 216.446.9630.



Kitchen Tune-Up before-and-after projects.



Summer Camps



THE MICHAEL & ANITA SIEGAL
ONE HAPPY CAMPER

VIRTUAL
CAMP FAIR

DISCOVER THE POWER OF JEWISH OVERNIGHT CAMP
 PARENTS AND CAMPERS WELCOME!
SUNDAY, FEBRUARY 21, 2021
4:00 p.m.

Check out a variety of Jewish camps, take part in camp-style activities, learn about grant opportunities, and hear from medical professionals about COVID safety in camp.

Visit tinyurl.com/vcf21 to register and get more information

One Happy Camper Virtual Camp Fair (VCF)

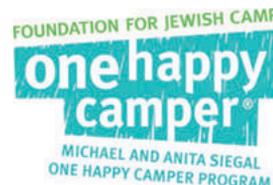
Featuring Summer 2021 Jewish Overnight Camps

Hosted by the Jewish Education Center (JEC), families will have the opportunity to meet representatives from over twelve Jewish overnight camps.

“We want to provide families with the information they need to find the right camp for their child, and connect to the joy of Jewish camp. I’m so excited for parents to learn about all of the opportunities that their kids might experience this summer – activities like organic farming, podcasting, culinary arts, robotics, or athletic conditioning,” said Emily Jennings, grants processor at the JEC. “Parents appreciate how camp offers their child ways to explore their connection with Judaism and the Jewish community.”

“Although I didn’t grow up *Jewishly*,” wrote one camp parent, “seeing my children living a Jewish life, and being proud to be Jewish as a result of their camp experiences is amazing.”

The VCF will address how camps are meeting the unique challenges of maintaining health and safety as we move out of the COVID-19 pandemic. Camp-age children are encouraged to attend the kids’ program, which will offer fun camp activities. First-time campers may be eligible for up to \$1,000 off Jewish overnight camp.



Summer Ruffing It! 2021

Camp Dates are June 21 – July 30. Full-day programs run 9 am - 3 pm.
Half-day programs run 9 am - noon. Three- and six-week options are available. For more information, please visit www.ruffingmontessori.net/summercamp.

Little Explorers

18 – 36 months
9 am – noon
3 weeks: \$750
6 weeks: \$1,300

Art, cooking, music, movement, gardening, water play, and our outdoor learning environment fill the mornings with child-centered activities guided by Montessori certified teaching staff. *Three- and six-week options are available.*

For more information, please visit www.ruffingmontessori.net/summercamp

Summer to Grow Half-Day

3 – 6 years • 9 am – noon
3 weeks: \$400
6 weeks: \$800

Summer to Grow Full Day

3 – 6 years • 9 am – 3 pm
3 weeks: \$800 • 6 weeks: \$1,500

Join us for puzzles, games, stories, songs, food preparation, art projects, occasional guest presentations and performances, weekly nature walks, gardening, and outdoor playground activities led by Montessori certified teaching staff and assisted by Leaders-in-Training. Children must be three years old and able to use the restroom consistently and independently. *Three- and six-week options are available.*

Creative Arts & Sciences

Grades 1 – 6 • 9 am – 3 pm
1 week: \$300
3 weeks: \$800
6 weeks: \$1,400

Led by professional artists, musicians and trained educators, campers build personalized schedules based on their own unique interests. Choose LEGO Robotics, acting, dance, sports, lab and environmental sciences, clay, studio art, rock band, the *Ruff Times* student weekly newsletter, and more. *One, three and six week options are available.*

Extreme!

Rising 7th – Rising 9th graders
9 am – 3 pm
Weeks 1-5: \$300 per week
Week 6: \$400
(includes Cedar Point trip)
All 6 weeks: \$1,500

Each week of Extreme! camp varies in theme and activities, so we hope you can join us all summer for the full experience.

Week 1: Food! Glorious Food!

June 21 – June 25

Week 2: Tent Camp

June 28 – July 3

Week 3: Wild Wisdom

July 5 – July 9

Week 4: Splash Week

July 12 – July 16

Week 5: Near & Dear

July 19 – July 23

Week 6: Cedar Point and Wrap Up!

July 26 – July 30

Summer Ruffing It!

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June 21- July 30, 2021

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Swap screen time for nature as you learn and explore in our outdoor classroom, while making lasting memories at the Nature Center at Shaker Lakes. We are excited to share our knowledge and love for nature each week through a wide range of fun-filled, interactive, nature-based camp experiences for students ages 3½ through grade 9. Our camps are taught by dedicated and passionate full-time environmental educators, together with committed summer staff members, including teachers and highly trained naturalists.

Each one-of-a-kind, week-long camp experience is filled with adventure and discovery. Whether you enjoy hiking, water activities, studying the environment, or even archery, you will find a camp to inspire your senses and unlock a summer full of lasting friendships, learning, and laughter.



Each one-of-a-kind, week-long camp experience is filled with adventure and discovery.

This year, we offer limited group sizes and have additional camp offerings, including limited contact and virtual options. Register early as camps fill up quickly. Call 216.321.5935 or visit www.shakerlakes.org/camp.

J-Day Camps at Mandel JCC

The Mandel Jewish Community Center's award-winning J-Day Camps offer campers in grades K-9 opportunities to explore and find themselves. The J's experienced camp staff give encouragement to develop independence and self-confidence. Campers make friendships and feel a sense of belonging. Packed with fun, J-Day Camps is integrated with Jewish values and spirit.

For Summer 2021, J-Day Camps will be held on the Mandel JCC campus. New this season, campers can customize

their experience with majors, including creative or performing arts, athletics, outdoor adventure and more. Activities include swimming, inflatable water slides, obstacle courses and archery.

"When I think of day camp, I think of the confidence it instills, the connections that are made that last a lifetime and the campers that form a family," said Abbey Phillips, director of day camps and youth services. "I think of the challenges campers bravely take on when they try new things and the sense of pride they feel when a new milestone is achieved."

The J is committed to providing a healthy, safe environment. Staff is hosting virtual Camp Chats to share details about summer camp.

For information, visit www.mandeljcc.org/daycamps.



Treat your child and nurture both body and soul this summer at

CAMP GAN ISRAEL

Located in the heart of Beachwood

8 AWESOME WEEKS!
 June 14 - August 6, 2021 • Grades K - 5 • 9:00 - 3:00
 Extended Care, Hot Lunches, Curbside Drop-off and Pick-up, Payment Plans.

CONTACT KATE FOR MORE INFORMATION
 GO TO www.CGIBeachwood.com
 OR CALL 216-282-CAMP

Flash Sale February 14 & 15! First come first serve. Limited spots available due to COVID precautions.

Camp Gan Israel

B"H

Camp Gan Israel of Beachwood is jam-packed with awesome activities and overflowing with Jewish pride!

For:

Boys and Girls entering grades K-5

Dates:

June 14 – August 6

Times:

9 am – 3 pm • Extended Care Available



Happy Parent Perks: Curbside drop off and pick up, extended care, kosher hot lunches, low staff/camper ratio, and payment plans available.

CGI is part of the world's biggest Jewish children's camp network. A Gan Izzy experience is like no other – time spent at CGI is full of pure fun and gives children a chance to enhance their love of G-d, the Torah, and their fellow Jew. Campers attend from public and private schools, and are welcome when visiting from out of town.

New! 36-hour Flash Sale on February 14-15. First come first serve. Limited spots available due to COVID restrictions and precautions. Sale begins on Sunday, February 14, 12 pm and ends Monday night, February 15, 12 am.

For more information, visit www.CGIBeachwood.com or contact Kate Ashwal at Kate.CGIBeachwood@gmail.com or 216.282.CAMP.

MANDEL JEWISH COMMUNITY CENTER

PLAYLAND DAY CAMP

AGES 3-4 YEARS • JUNE 7-AUGUST 4

must be 3 years old by June 6, 2021

- Outdoor sprayground
- Singing, dancing & music
- Swimming & soccer lessons
- Art projects
- Outdoor play & gardening
- Weekly Shabbat celebrations
- Special holiday observances

Half-Day & Full-Day Options
 Registration opens to the public on February 8
 To schedule a virtual tour, contact Liza Adams:
Ladams@mandeljcc.org • (216) 831-0700 ext. 1387

26001 S. WOODLAND ROAD, BEACHWOOD OH 44122
mandeljcc.org/preschool
 The J is open to all races & religions – you don't have to be Jewish to enroll.

Playland Day Camp at Mandel JCC

The Mandel Jewish Community Center's Playland Day Camp is back for summer 2021! Playland Day Camp offers children ages 3 and 4 an enriching environment filled with play and exploration. There is no better place to experience the excitement, wonder and delight that summer camp offers than at Playland Day Camp.



Nestled on the beautiful Mandel JCC Beachwood campus, Playland Camp is designed for the youngest campers. Children enjoy a wide variety of indoor and outdoor activities while learning new skills, working cooperatively with others and engaging in creative outdoor play.

Our highly-trained and caring staff, along with our low staff-to-camper ratio, provides a safe, healthy environment and ensures individual

attention, maximum participation and success for each camper. Best of all, each day at camp is filled with summer magic and fun!

Activities include visits to the outdoor sprayground, singing, dancing, music, art projects, outdoor play, gardening, and swimming and soccer lessons, plus weekly Shabbat celebrations.

Half-day and full-day options are available. To schedule a virtual tour, contact Liza at Ladams@mandeljcc.org.

Registration opens to the public February 8.

For more information, visit www.mandeljcc.org/preschool.

Camp Wise – Mandel JCC's Jewish Overnight Camp

The Mandel Jewish Community Center's Camp Wise staff is gearing up for an amazing Summer 2021 at the "Home of Happiness." Camp Wise Jewish overnight camp is held on a beautiful Geauga County camp site with its own private lake, creating the perfect destination for campers to have an unforgettable summer! Nationally recognized Camp Wise provides opportunities for kids to do everything from canoeing, archery, sports, and arts and crafts to swimming, ropes course, and team-building.

This storied experience, a summer tradition for generations of children entering grades 2 through 12, fosters growth and creates memories for a lifetime. Campers develop confidence, gain independence, learn new skills and have a blast – all while strengthening their Jewish identity.

"We are beyond thrilled to bring our traditions, bonding experiences, milestone moments and rites of passage back this summer for the youth in our community," said Rachel Felber, director of Camp Wise.

"I am looking forward to making new memories within a framework devoted to safety."

Staff is hosting virtual information sessions. Camp Wise, the "Home of Happiness," is located only 30 miles from Cleveland.

For details, visit www.campwise.org.



Camp Wise – Award-Winning Jewish Overnight Camp for Kids Entering Grades 2-12

Experience the adventure of a 40-foot-high zip line, the thrill of jet skiing on a private lake, the excitement of learning to ride a horse, and so much more while developing self-confidence, independence and friendships to last a lifetime, all in a safe and healthy environment.

Don't miss out on summer fun at Camp Wise during Summer 2021. Call us today!



wisekids@mandeljcc.org • www.campwise.org • (216) 593-6250

Beachwood Historical Society Contest

The Beachwood Historical Society is committed to preserving the dynamic history of Beachwood, educating people of all ages, and sharing historic collections. It preserves and 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:

Name one of the longest running family-owned businesses located in Beachwood.

Established in 1945, this retail operation is still blooming!

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

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



Last month's challenge:

This month's question is a repeat of last month's challenge. The U.S. Postal Service's delivery was delayed and the magazine arrived after this challenge's expiration date

Name one of the longest running family-owned businesses located in Beachwood. Established in 1945, this retail operation is still blooming!

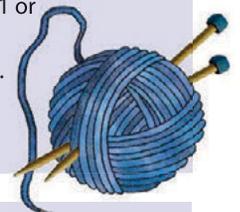
WANTED:

Knitters, Crocheters and Loomers

Yarn Over Beachwood continues to meet on Zoom the first Friday of the month at 10 am. Upcoming meetings will take place February 5 and March 5.

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

For details, contact Iris at 216.375.9111 or lbrtyclub@gmail.com.



In March we will focus on CAMPS and REAL ESTATE. We invite you to SATURATE THE BEACHWOOD MARKET!

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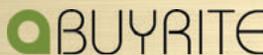
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Temple Emanu El's Shabbat Family Services

Temple Emanu El has rolled out a new Family Shabbat program focused on building community during an educational, creative Shabbat Service geared for K-6 students. The program, offered on Zoom and open to non-members, will continue through May 1. For login information and a supply list, contact Eileen Sadowsky, education director, at esadowsky@teecleve.org.

Each week, the temple will focus on different sections and elements of the Shabbat (sabbath) morning service, with a special family Shabbat siddur (prayer book) to accompany learning. Participants are encouraged to use markers, crayons, stickers or even watercolors to personalize their prayer book.

Upcoming dates include:

- Saturday February 20 • 10:30 am
- Saturdays March 6 and 20 • 10:30 am
- Saturdays April 17 and May 1 • 10:30 am

"As the need to remain socially distanced continues, we have created a way for families to feel closer together through a regular Shabbat service with the temple community," said Eileen.

"Maintaining connections to others is key as COVID-19 fatigue continues through the colder months."

Park Synagogue presents

Rediscovering the Music of the Italian Jewish Ghettos: An Interview with Jeannette Sorrell of Apollo's Fire

Monday, March 8 • 1 pm • Zoom

Join Jeannette Sorrell, artistic director of Apollo's Fire, Cleveland's premier baroque orchestra, and Howard Bender, executive director, in a virtual interview about Apollo's Fire and its next concert, *Tapestry: The Jewish Ghettos of Baroque Italy*. This interview will be a unique opportunity to find out how Jeannette chooses themes and music for the concerts, to learn more about the unusual baroque instruments they use, and to hear excerpts of the music included in the upcoming concert, which

features Israeli recorder player, Daphna Mor.

There is no charge for Park Synagogue members to attend this program, and \$10 per Zoom square for guests, which allows two or more people at the same location to watch together. Pre-registration by March 3 is required to receive the Zoom link. Please register at www.parksynagogue.org. For more information, contact Ellen Petler at epetler@parksyn.org or 216.371.2244, ext. 122. This program is sponsored by the Park Synagogue Senior Adult Group.

Cuyahoga SWCD Selling Native Seeds, Plants, and Trees

Cuyahoga Soil & Water Conservation District (SWCD) is selling native seed, plants, and trees.

Native Seeds are sold year-round and each pack contains enough seeds to cover 250 sq. feet. Six varieties are available.

There are also six varieties of native plant kits available. Each kit contains 50 native

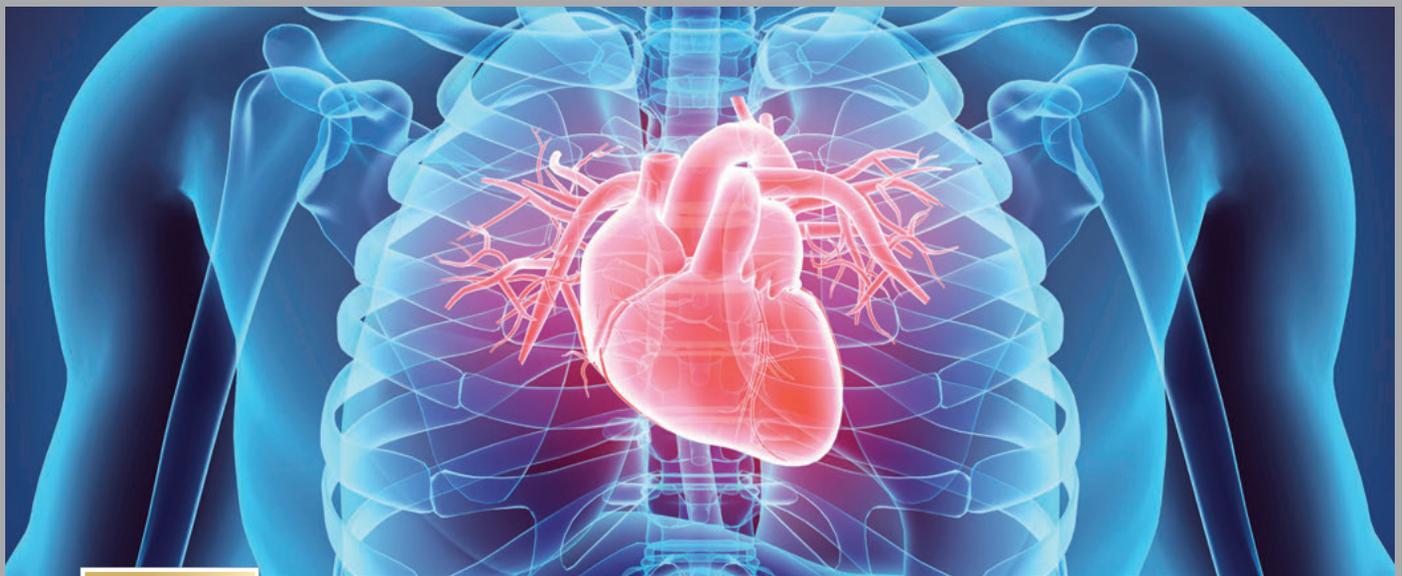
plants that are suitable for covering about 100 square feet. The spring deadline to order is March 2. Kits will be shipped early in June. Fall ordering will be available after the spring sale ends.

The native tree sale offers two native conifer species and fourteen varieties

of native broadleaf trees. The deadline to order is March 22. Pick-up will be in mid-April.

To order, visit www.cuyahogawcd.org and click on native seed, plant and tree sales.





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