

Beachwood Buzz

June 2020

Every Resident. Every Business. Every Month.

MAGAZINE

TESTING POSITIVE FOR PERFECTION

STUDENTS ACE
ACT EXAM

OPENING SUMMER 2020!

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Every year seems to fly by quicker than the last. This year, despite the coronavirus and social isolation, is no exception. Although our surrounding circumstances may not be ideal, we all have the power to live our lives and create our own story. My story isn't always a fairytale, but it's one that I would gladly reread, smile, and look forward to the next chapter.

Last month, I wrote about how each of us has the power to control our thoughts. Today, I share information on the same platform that was reintroduced to me through "A Week of Calm," a five-day online program by master health coach Tonya Leigh.

I often read about concepts that make sense intellectually but recognize that I require repetition before they are embedded in my belief system. Tonya's program clicked because I'm familiar with her content and I enjoyed her presentations.

Tonya is founder of FrenchKissLife.com. She believes that each of us views life with a sense of lack or abundance that is based on our beliefs, and created by the stories we tell ourselves, which are, in turn, based on our emotions. As a single mom and critical care nurse, "lack" was in Tonya's belief system, and that's how she lived. She had forgotten who she was and became who everyone expected her to be. She had no joie de vivre (zest of life) and tells about how she was filled with fear, doubt, and insecurity, becoming a shell of the woman she knew she could be.

Then, Tonya booked a trip to Paris, which changed everything. She was mesmerized by the French people and their lifestyles. She observed them and said aloud, "These people are French-Kissing Life!"

That trip transformed Tonya and inspired her to start her own business. She recognized

that much of what she saw was accessible to her and to others, and that each of us is ENOUGH, and WORTHY. We deserve to be who we are today without worrying about the judgment of others.

Tonya realized that if she wanted to be this new person, she had to start thinking like a new woman, and immediately made two declarations: To embody the woman she wanted to be NOW, not at some future date when all her goals were reached and she felt "good enough"; and to make her life her greatest work of art.

She took small steps to transition into the person she wanted to be and, over time, she shed the limiting beliefs that were weighing her down.

It's impossible to fully explain Tonya's program on the remainder of this page, but here are some highlights:

- **Feelings are harmless.** The first step to feeling calm is to learn how to identify and feel your feelings. Resistance to feelings may be harmful and cause suffering. It may cause you to bury the emotions, which may lead to behaviors that cause a downward spiral.
- **Facts and reality don't hurt.** The stories we attach to them may. For example, the fact is: COVID-19 is a worldwide virus and there is no vaccine. This statement doesn't carry

emotions. We may feel fearful because of the deaths, hopeful because more people recover than die, lonely because of social isolation, or grateful because we're spending quality time with family, and we're all healthy. We have a choice of what we want to attach to the fact, and whatever it is that we attach, we will attract more.

- **Make peace with a worst-case scenario.** When we do, we build courage to try new things. For example, if you really want to be a great chef, what's the worst-case scenario? You may make some bad meals? Once you get over that, you'll build up more confidence to cook.
- **We can be aimless or purposeful.** When we're aimless, life happens to us. When we're purposeful, we take 100% responsibility for our life and where we are now. We don't blame our past, the economy, our government, circumstances, parents, spouse, children, or job. We rid ourselves of the victim mentality that we have no control over our lives, that it's everyone else's fault or that it isn't fair.
- **The only things we can ever control is how we think, how we feel, and the actions we take.**

We are always the creator of our emotions, which come

from our thoughts. Life has contrast. It is designed to be both magnificent and challenging. Without knowing sadness, we can't relish the highs of happiness. If we don't experience scarcity, we're not as grateful for abundance.

If you're feeling a sense of calm, cheers! If you're not, **YOU** have the power to change your thoughts and little shifts lead to big results. We're each the author of our own story. How is yours reading out so far?

Today's reality is that if we're following recommendations, we're staying home. At this moment, we get to decide what we believe about ourselves, the world, other people, or coronavirus. If you're feeling a sense of calm, cheers! If you're not, **YOU** have the power to change your thoughts and little shifts lead to big results. We're each the author of our own story. How is yours reading out so far?

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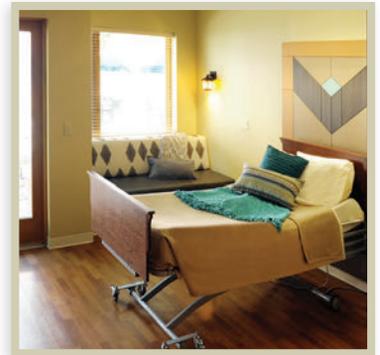
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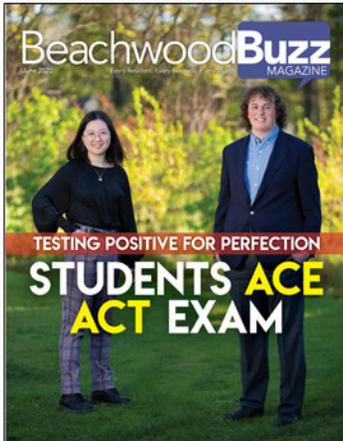
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Testing Positive for Perfection • Students Ace ACT Exam



Though the pandemic has cast a pall in many ways over students' plans this past semester, there was a bright spot for two smart students. BHS seniors Somin Jung and Jake Lawrence both earned perfect scores of 36 on the ACT, a national college entrance exam. The test was administered in February, before the government enacted any protocols, and results were delivered in March. With appropriate social distancing, each of these students shared with the *Buzz* their stories leading up to this monumental achievement.

Photos by Scott Morrison, Discovery Photo

Correction: A photo credit was omitted in last month's issue of *Beachwood Buzz*. The girls basketball photo on page 26 should have been credited to Beachwood High School senior Liza Harris.

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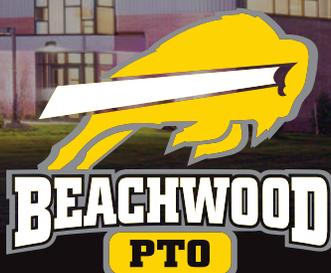
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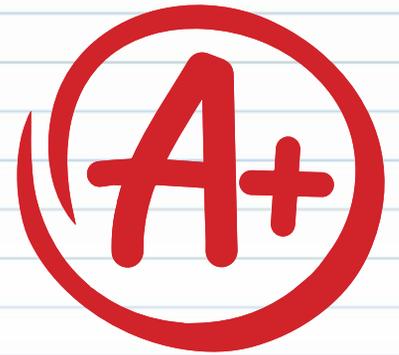


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Testing Positive For Perfection

STUDENTS ACE

ACT EXAM



By June Scharf

Though the pandemic has cast a pall in many ways over students' plans this past semester, there was a bright spot for two smart students. BHS seniors Somin Jung and Jake Lawrence both earned perfect scores of 36 on the ACT, a national college entrance exam. The test was administered in February, before the government enacted any protocols, and results were delivered in March. With appropriate social distancing, each of these students shared with the Buzz their stories leading up to this monumental achievement.

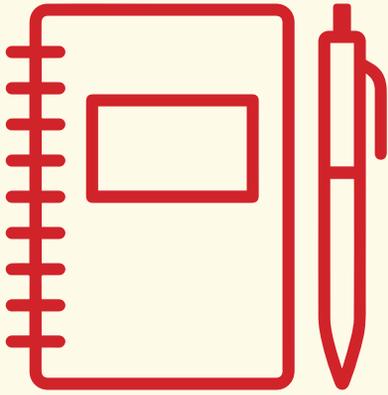
Contrary to what one might imagine, Somin did not invest a great deal of time in her preparation for the 2020 ACT exam. In her typically light-hearted and loquacious style, she explained over a recent video call that she wasn't too worried about the test.

Her confidence stemmed from having already earned a score of 34 in 2019, a feat accomplished by merely taking weekly practice tests – and repeatedly scoring 35 – for about a month prior to the real exam. Nonetheless, when she opened the envelope and saw her perfect score, she was very surprised and ran to tell her parents.

"I wasn't completely shocked, but I was more emotionally overwhelmed than I thought I'd be," she reports.

Although the test may have been easy for her, some experiences early in life challenged





"Journaling is extremely helpful with understanding who you are and it allows you to reflect and organize your mind. It changed my life because it improved my mental health."

– Somin Jung

everything she understood and possibly shaped her to be the person she is today. Before arriving in Beachwood as a 4th grader, she was born in S. Korea and moved with her parents, Chihyang and Taehoon, to Singapore when she was in 1st grade. This proved to be a major culture shock.

She attended a Canadian international school where English was strictly spoken, but she only knew the Korean language. That created a huge social divide.

"I had a hard time because kids discriminated against me," she explains. "I was really frustrated by that, and it took me a long time to adjust to the environment."

She also was initially uncomfortable seeing people who didn't look like her.

"In Korea, everyone has brown eyes and black hair, but at school in Singapore, there were students with different ethnicities and nationalities. It felt very alienating at the time. I didn't know how to interact with other people then because I never previously had the chance. It was scary."

To assimilate, she needed to learn English quickly. Her strategy involved intense, "fervent" immersion.

"I watched English TV shows and read books again and again until I had the fluency I wanted." She says she knew her efforts had paid off when students started talking to her and treating her with respect which enabled her to form some solid friendships with children who had a range of ethnicities.

Ultimately, what she believes she drew from this experience is a mindset and some self-imposed high standards. She learned at a young age about the enormous return on hard work. Later in life, she began to feel that receiving 'A' grades in school well represented the efforts she dedicated to her pursuits. Top grades became a reliable source of validation.

Aside from her academic work, Somin is active in several extra-curricular activities. She runs 5k races with the cross-country team, plays violin in the orchestra, and is a member of the Science Olympiad team for which her events include forensics, water quality, and geography. She also participates in Model U.N. and Academic Challenge (arts and biology topics are her strengths).

In her free time, she likes to draw and paint. These skills might have been nurtured by early exposure to art museums which her parents made a habit of visiting frequently, she says. Over the quarantine, she added a new skill: longboarding. It's similar to a skateboard but meant for cruising, not tricks.

Why bother? To improve her balance, she says.

"I might want to ride an electric longboard at college, so this helps." She has been practicing in a nearby parking lot in The Village, unscathed so far.

Regarding college selection, she says she hasn't had enough time to reflect on her strengths and weaknesses to best determine what will be a good match. When she ponders her eventual career, however, she says biomedical engineering could feel right because she thinks she would like to get involved with work surrounding bio-mimicry, robotics, or organ replacement. Combining arts and physics would be ideal, she adds.

Though science is something that has interested her since a young age and "comes naturally," she fully appreciates what a difference her science teachers in Beachwood have made. "Every year they would motivate me to do something new." She notes that she feels fortunate to have conducted some "cool science experiments here," compared to students at other schools where they might not have the same opportunities.

One of the more memorable experiments occurred in a freshman biology class when students grew a strain of bacteria in a petri dish and genetically manipulated it to add a gene with a property that made it glow when examined under UV light. "It was mind-blowing to have had this experience."

When it comes to the pressures of handling high school life, she admits that sometimes she becomes stressed out. But her solution to addressing the condition came with journaling.

"It's extremely helpful with understanding who you are, and it allows you to reflect and organize your mind. It changed my life because it improved my mental health. It also gives me a record of how I'm feeling at certain times."

She also derives lots of positive energy from talking to thoughtful people and hearing their ideas. Communication goes both ways, too. "Friends can always depend on me if they need emotional support," she says. She traces this ability and inclination to her time in Singapore.

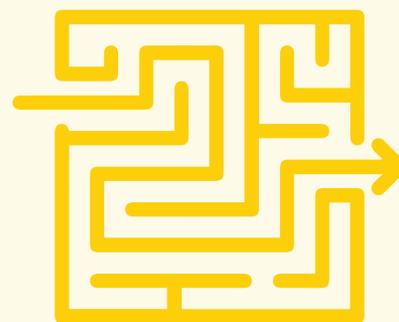
She has come a long way since then, but she will never forget those formative experiences. Fortunately, they seem to have propelled her in a positive direction.

It is no accident that Jake achieved a perfect score on the ACT. He is a self-described perfectionist, and he believes this trait has helped him far more than hurt him.

"I never back down from a challenge," he said during a recent conversation seated on his driveway at home.

Jake has a ready smile and a demeanor revealing contentment. But also present are traces of some restlessness that seem to drive much of his considerable ambition.

One example is the development of the YouTube series, "Everyday Physics with Jake Lawrence," under production during the preponderance of pandemic downtime. So far, three short episodes explore projectiles, rotational motion and torque, and circular motion. He obtained assistance with this project from his physics teacher, Michael Lerner, who also advertised the series to his students. The glee with which he describes the learning tool reveals a remarkable understanding of scientific principles and a clear delight in helping others.



"I never back down from a challenge."

– Jake Lawrence

This online presence actually represents his second foray into the digital space.

As a nine-year-old, he launched LetsBakeWithJake.com, a website on which he shares recipes that he either invented or tweaked. His range includes cookies, cakes, breads, and anything else that appeals to him. He credits his father for being a primary culinary influence.

During his free time, which he stretches to maximum effect, he is involved with quite a few activities. His primary non-academic focus is playing the bass guitar, something he calls his "main passion."

As a result of this interest, he formed the rock band, Splash Landing, with other BHS students. It functions as an extra-curricular club, so others can join, too. Last year, the group entered the Tri-C High School Rock Off competition. The members did not advance to the final round, "but it still was a great experience," Jake says. "We wrote three songs and had an awesome time performing them on-stage at the Rock and Roll Hall of Fame."

In addition to playing originally composed songs, the group performs covers, such as music by Green Day ("Holiday"), the Scorpions ("Rock You Like A Hurricane") and Toto ("Hold the Line"). The group is considered BHS's "house band," and has performed in the annual student talent show, "White & Gold."

As a seventh grader, Jake became known for his bass skills after he auditioned and

was selected to perform on the KISS Kruiise, a cruise featuring onboard performances by the legendary rock band, along with amateurs assuming separate stage time. As a 9th grader, Jake was invited by AP US History teacher John Perse to play with the teachers' band in White & Gold and has performed with them annually. Jake says it has been "really fun getting to know my teachers on a personal level."

Jazz is an additional outlet for his musical acumen. Along this part of his musical journey, BHS music instructor David Luddington has been a highly supportive and encouraging role player. To indulge this interest, Jake attends a weekend program for students at The Music Settlement and has played a few gigs around town. One particularly memorable performance was participating in a jazz quartet that opened for the Cleveland Orchestra which was playing on Mall B last summer.

Even with all of these commitments, he is still able to enjoy his other extracurriculars: BHS Jazz Band, Speech and Debate Club, and Academic Challenge ("science, politics and sports are my main strengths"). He also tutors students in chemistry and math.

But does he play any video games? "No, they're a waste of time."

Recreationally speaking, however, he's a die-hard Browns fan, a scuba diver, and a white-water rafting enthusiast. He also closely follows politics and the stock market. As an extension of his interest in music, he taught

himself acoustic and electric guitar and drums, and he's working on composing and recording his own music, playing all the instruments. As study breaks, he often plays his bass or acoustic guitar on which he's currently learning songs by the Eagles and Jimmy Buffet.

He hasn't yet mapped out his career because he says he has lots of different interests and can see himself doing many different things. Regarding college, he's still exploring his options. His immediate plans include taking AP Chemistry, AP Psychology, and Multivariable Calculus in the fall. What he knows for certain, though, is that his diligence really paid off with the ACT exam.

"I studied months in advance. I spent hours and hours preparing by taking practice tests and analyzing what I did wrong and how I could improve. My aim was to achieve that perfect score."

His advice to others is to understand your test-taking style and learning style. He was aware that he excelled at math and science, but he was weaker with reading, so he dedicated himself to studying and practicing, particularly the speed and accuracy aspects of this part of the test.

After waiting four weeks for his results to arrive in the mailbox in March, he brought the envelope into the kitchen. Surrounded by his mom Donna, dad Ken, and brother Ben (a BHS freshman), he ripped open the envelope. "We were ecstatic!"

This test, similar to all of the other activities he uses to challenge himself, has unequivocally proven the formula that hard work = success.

A Message from Mayor Martin Horwitz



The Beachwood Family Aquatic Center is the focus of summer fun for Beachwood residents. No matter what age, we look forward to the children's play house, the lazy river, lap swimming, the Vortex, water slides, and just spending time in the sun with our friends and neighbors. We enjoy the weekly concerts and special events. But now, for reasons that are neither your fault nor ours, that cannot happen this year because the Family Aquatic Center will not open for Summer 2020.

This was a difficult decision and one that was not made lightly. We consulted with our own staff and health professionals, and carefully reviewed the Governor's guidelines regarding the opening of pools. We discussed a number of scenarios to open the Family Aquatic Center on a limited basis, but no matter the plan, we always reached the same conclusion: to keep the pool closed.

The health and well-being of our community and staff is

at the heart of our decision-making. While we understand that the virus may not be transmitted through the chlorine in the water, there is far more to our analysis than that. Under Governor DeWine's guidelines, we would have to severely limit the number of visitors at any one time. To achieve the proper level of social distancing, movement in the water and around the pool deck would be dramatically curtailed and require additional monitoring.

Increased sanitization rules would require staff to wipe down every chair and surface and also the bathrooms almost hourly. Cloth face coverings are recommended but not required, which would make many masked visitors uncomfortable. And ultimately, our lifeguards, many of whom are Beachwood teenagers, could not perform rescues without potential exposure to COVID-19.

This is a painful decision to make. We recognize that the Family Aquatic Center is

one of the many reasons that Beachwood is a great place to live, work, and raise a family. We know it helps build a strong sense of community. Unfortunately, the risks associated with opening the pool are not acceptable during the pandemic. While we all will miss a summer of poolside fun, the health and safety of our community matters more. Thank you for understanding.

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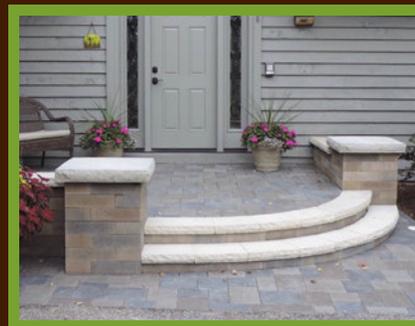
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Monthly Message from State Representative Kent Smith

As Summer begins, we are still amid a global pandemic – the scope of which we cannot fully grasp. In this time of crisis, we need a steady hand and compassion. Ohioans need leaders who will listen to the science, tell the truth, and accept responsibility. The sad truth is the number of Ohioans tested is too low and our death count is too high, which together suggest that our COVID-19 fight is far from over.

Let us dive deeper into some of the bad news and examine testing, fatalities, and the state budget.

First, the testing totals. As of May 14, there had been approximately 230,000 COVID-19 tests administered within Ohio and we were averaging about 8,000 tests a day. But Ohio has 11.7 million residents which means, at our current rate, it will take about 4 more years to test the rest of the Ohio population ONE TIME. We need more tests.

Also, in mid-May, the Health Policy Institute of Ohio released a data brief that examined the number of COVID-19 related deaths in Ohio and compared it to 2018 data. The first Ohioan passed on March 17. Since that date, we have lost more than 1,534 neighbors. According to the HPIO report, Coronavirus is now the third leading cause of death in Ohio behind heart disease and cancer. This virus is deadly and, due to the lack of tests, it is difficult to know exactly where it lurks.

Prior to COVID, at the end of February, the State of Ohio budget was slightly ahead of projections by \$200 million. But by the end of April, we

had seen a \$1 billion dollar swing and we were down \$776 million. Therefore, by Executive Order 2020-19D, Governor DeWine imposed \$775 million in budget cuts without approval by the Ohio General Assembly. The Governor can make budget reductions when revenue dips below estimates – and it did so dramatically.

We are all paying a terrible toll; so many people are impacted. But those challenges do not mean that we should sacrifice our shared values or each other. We remain stronger together.

For current Coronavirus information please see Rep. Kent Smith's Ohio House page www.ohiohouse.gov/kent-smith. The State of Ohio Coronavirus Hotline is 1.833.427.5634, and its website is coronavirus.ohio.gov.

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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What We Control

by Jennifer Stern

Despite our best efforts we can not control what goes on in the world nor how others respond. We only have the ability to control (decide, choose) how we will respond to chaos, uncertainty, or when the unexpected happens. We decide how we accept and adapt to what is, how we manage our expectations, and practice creative flexibility and resourcefulness.

This practice is resilience.

Loss of (perceived) control and order creates internal resistance, anxiety, and stress that often manifests as agitation, anger, sadness, and sometimes even hopelessness.

What was our normal is no longer. This experience has left many disoriented, uncertain, overwhelmed, and maybe even frightened.

There is no roadmap for the path we are on. We must do our best and take it one step at a time. We must trust in our resilience and ability to adapt and cope with uncertainty, and to connect with our innate ability

to be resourceful and solution focused in how we move forward, differently. We must practice interrupting and replacing intrusive thoughts that sabotage cognitive flexibility, productivity, self-care, and growth with affirmations that allow for a reset.

Affirmations:

- This new normal is uncomfortable.
- I can and I will figure out strategies to adapt and cope.
- I am resourceful. I can create a new approach to my daily routine.
- I can practice self-care differently.

- I will find a new way to build professional relationships, network, ensure my business is sustainable, or explore new job opportunities.
- I will schedule weekly check-ins with friends, family, and colleagues.

Practice mindfulness:

In this moment:

- I am safe.
- I am healthy.
- I am able to pay my bills.
- I can network and look for a new job.
- I can let go of how it was and find new ways to embrace what is.

Set daily goals:

Setting daily goals provides structure as well as a sense of order, predictability, accountability and purpose.

Today I will:

Personal:

- Stretch. Exercise.
- Set a positive intention.
- Pick a couple of chores to complete: do a load of laundry, mop, take out trash, unload the dishwasher.
- Connect with friends and family.
- Practice gratitude awareness.
- Plan meals and eat mindfully.

Professional:

- Follow up with _____.
- Schedule a virtual meeting.
- Look for new business.
- Network.
- Brainstorm new and creative approaches to outreach.
- Make calls about payment status, past due funds.
- Look for a new job.

Perception is reality. If we perceive this new normal as a detriment to our lives it will be. However, if we perceive this new normal as an opportunity for growth and positive change it can be. We control our thoughts, perception, and approach, which directly impacts our ability to adapt, cope, move forward, and grow through challenging times.

"The oak fought the wind and was broken, the willow bent when it must and survived."
~ Robert Jordan
The Fires of Heaven

"Resilience is accepting your new reality, even if it's less good than the one you had before. You can fight it, you can do nothing but scream about what you've lost, or you can accept that and try to put together something that's good."
~ Elizabeth Edwards

"Rock bottom became the solid foundation in which I rebuilt my life."
~ J.K. Rowling

"On the other side of a storm is the strength that comes from having navigated through it. Raise your sail and begin."
~ Gregory S. Williams

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

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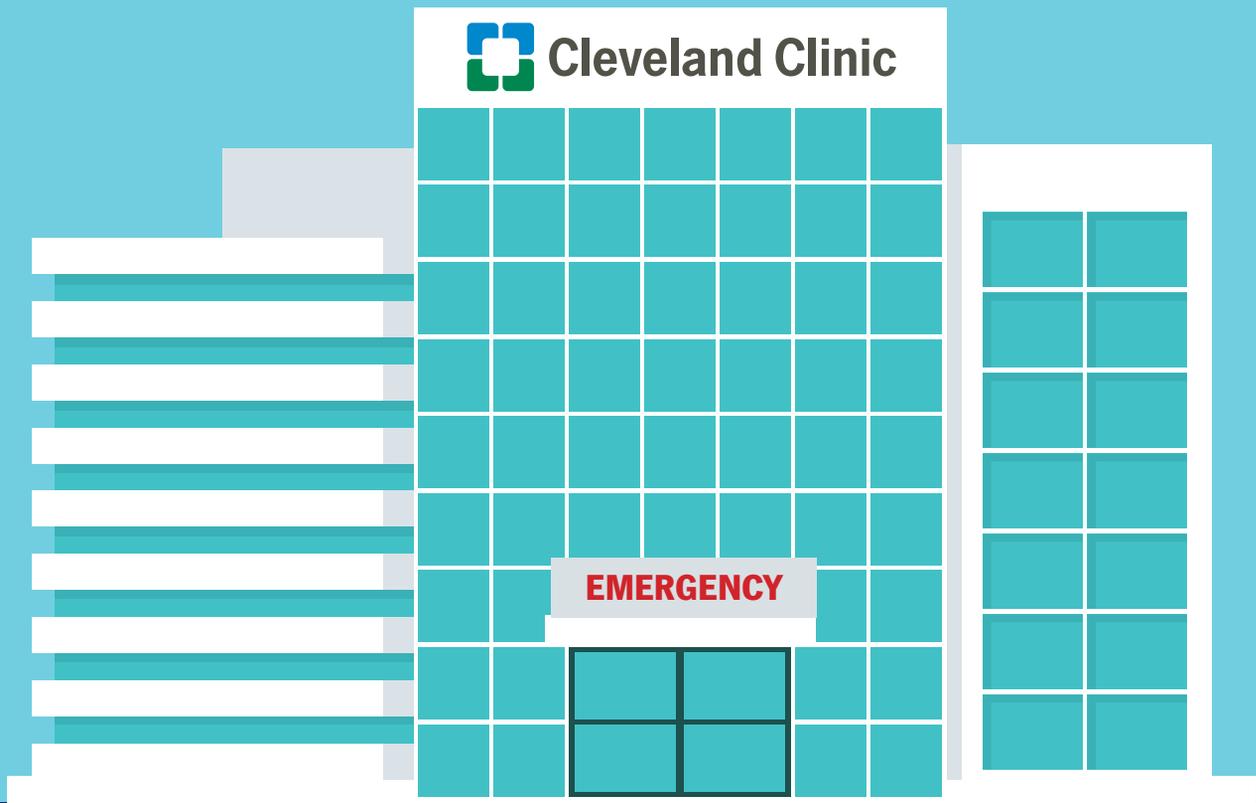
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Staying Connected, Learning Apart



At the Laura and Alvin Siegal Lifelong Learning Program at Case Western Reserve University, we're turning challenges into opportunities.

In response to COVID-19, we have adapted new, safe and expanded ways of teaching and learning by transitioning our in-person courses to online programs open to people across the country.

Your support can help us grow and strengthen our community—now and in the future.

There are a variety of ways to give, from making a donation, creating an endowment fund, or naming Siegal Lifelong Learning in your will as part of your philanthropic legacy.

Learn more at case.edu/lifelonglearning/support

To discuss donations or creative opportunities to make an impact at Siegal Lifelong Learning, contact Charles M. Miller, JD, AEP®, National Director, at **216.368.8640** or cmm38@case.edu



THE LAURA & ALVIN SIEGAL
LIFELONG LEARNING
PROGRAM

CWRU Siegal Lifelong Learning Rolls Out Remote Learning

Case Western Reserve University's Siegal Lifelong Learning quickly converted its spring roster of courses and lectures to a remote-learning format to continue programming during the COVID-19 stay-at-home order.

This mode of learning allows instructors to offer a live exchange of ideas on a broad range of topics from their home computers. Without the restrictions of geographic proximity, remote learning provides Siegal Lifelong Learning the opportunity to engage a national audience while still maintaining connectedness with current local participants.

While remote learning is an evolving effort, Brian Amkraut, executive director of CWRU Siegal Lifelong Learning, noted: "The majority of our instructors and students have adapted well to this new mode of teaching and learning. This transition has opened the doors for us to provide remote learning options long after the quarantine is behind us."

The continuation of this modality will allow alumni, interested learners who are out of town, or those unable to get to classrooms to enjoy the robust selection of learning opportunities provided by Siegal.

Siegal will maintain a limited number of participants in courses that require interactive teaching and learning, however, lecture-style programming allows Siegal to "open the doors" to much larger numbers. The current "Origins Science

Scholars" lecture series is hosting more than 125 participants per session, for example.

Another advantage of the transition to remote learning is the opportunity to broaden Siegal's pool of talent beyond local faculty and experts to instructors who live outside of Northeast Ohio. Janice Vitullo, a popular instructor who recently moved from Cleveland, was able to rejoin Siegal this spring to teach two remote courses, one on "Plato's Republic" and the other an introduction to reading Latin poetry.

"While nothing will ever take the place of teaching face-to-face, the online classes are not only a great alternative, but in some cases, even better," Janice said. "In my Plato class, there are people from California, South Carolina, and Pennsylvania. This never could happen otherwise. It's great fun having people from all over the country in one class, and I think we're all enjoying it immensely."

Students are adapting well to the new type of learning. Following the recent course, titled "Crossings: A History of the Transatlantic Passage," student Susan Golden emailed instructor John Grabowski: "Your Zoom class is an exemplar of how creative you are as a pedagogue! Thank you for this

wonderful escape from the stressful quotidian."

"Now accessible anywhere, we are pleased to be able to offer our programming to anyone with a love of learning," Brian said. "We are especially excited about CWRU alumni from around the country who have found a new way to engage with their alma mater."

As an intro to the innovative and engaging programming offered by Siegal Lifelong Learning, most of the single-session lectures are currently being offered for free.

As an intro to the innovative and engaging programming offered by Siegal Lifelong Learning, most of the single-session lectures are currently being offered for free.

Siegal Lifelong Learning was formed in 2012 when Siegal College of Jewish Studies joined Case Western Reserve University to offer innovative and engaging programming for adults of all ages. For a complete list of programs, please visit www.case.edu/lifelonglearning or call 216.368.2090.



Race for the Place A Virtual Event May 29 – June 7

The Gathering Place is celebrating its 20th Anniversary Race for the Place with a virtual race, May 29-June 7. Presented by University Hospitals Seidman Cancer Center, participants are encouraged to walk or run their miles throughout the week and then participate in a special Cancer Survivors Day® and 20th Anniversary Race ceremony on Sunday, June 7, beginning at 9 am, on Facebook and Instagram.

"As we contend with the challenge of COVID-19, we recognize that cancer does not stop and neither do the needs of our participants that are coping with the impact of their own or a loved one's diagnosis. The ability for The Gathering Place to continue providing free programs and services that help individuals and families cope with cancer emotionally, physically, spiritually, and socially is as important now as it has ever been," said Michele Seyranian, CEO of The Gathering Place.

Since COVID-19 prompted the need to stop in-person programming, The Gathering Place has been providing virtual programs via Facebook Live, GoTo Meeting, and Zoom.

Register today, don't wait!

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

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

Staying Connected, Learning Apart

Pictured: "Whole In One" online learning class, which studies the Jewish Bible.





Photo from the archives of the National Baseball Hall of Fame of an exhibition game played in January 1919.

The 1972 graduate of Beachwood High School is a cardiologist, practicing in suburban New York. He was inducted into the BHS Gallery of Success in 2000.

Dr. Zimmerman relates that he received an email from a friend and fellow baseball fan to offer appreciation for the role his hospital's medical staff has played in the current fight against COVID-19. This message was different from others he had received, however, because it included a vintage photo of an exhibition game played in January 1919, pulled from the archives of the National Baseball Hall of Fame. The photo shows the participants – batter, catcher, and umpire – wearing masks, as are those watching from the grandstand. The scene was captured just prior to the final wave of the devastating influenza pandemic that had emerged the year before. Dr. Zimmerman thought it ironic that one hundred years later we are all wearing masks again, but without the game. This inspired him to research the history of baseball during previous medical and national crises and write the article that was published in the *New York Times*.

“My first thought was to submit the essay to a medical journal,” said Dr. Z., “but the editors I corresponded with thought it was best suited to mainstream media. I took a chance that the *New York Times* would be interested and was thrilled when I received news

that such a prestigious newspaper was eager to publish an essay from an ‘unknown’ freelance writer.” He continued, “Until now, my publishing experience was writing medical textbooks and journal articles, but nothing that compared with the widespread readership of the *New York Times*. It was exciting to read my article online, and even more of a thrill to flip the pages of the sports section and see it in print!”

The essay describes some poignant historical notes on the importance of baseball during times of national crisis. During World War II, President Franklin Delano Roosevelt advised that baseball continue, writing in a letter to Kenesaw Mountain Landis, the first commissioner of baseball, “I honestly feel that it would be best for the country to keep baseball going. Fans ought to have a chance for recreation and for taking their minds off their work even more than before.”



The Healing Power of Baseball

BHS Grad Publishes Article in *New York Times*

Dr. Franklin (Bud) Zimmerman recently authored an essay, titled “The Healing Power of Baseball,” which was published in the *New York Times*. The article focuses on baseball’s historical role in providing diversion and comfort in times of personal or national crisis.

The article goes on to describe perhaps the greatest example of baseball’s healing power after the attacks of September 11, 2001. The first baseball game played in NYC was just 10 days after the tragedy. Players and fans were brought together, with tears, after the singing of the national anthem and the 21-gun salute to the fallen. And when Mets’ catcher Mike Piazza slugged a dramatic eighth-inning, go-ahead home run, it was as though a collective weight was lifted, allowing New Yorkers, and perhaps the nation, to cheer again.

Dr. Zimmerman says that the topic of his essay has special meaning for him as it combines his love of medicine and baseball. He related the difficulties of medical practice during the

current COVID-19 pandemic, which has hit the New York area particularly hard. Dr. Z, a senior attending cardiologist and director of cardiac rehabilitation at Phelps Memorial Hospital/ Northwell Health in Sleepy Hollow, N.Y., was redeployed to work with COVID patients when the hospital suspended routine office visits as a means to limit exposure.

He told us, “It was very intense during our peak, with, at one point, nearly 40 patients on ventilators. Thankfully, we had a very good surge plan in place, allowing us to triple our usual number of critical-care beds and accept patients from other hospitals in the region that were struggling to manage the burden.”



Dr. Franklin (Bud) Zimmerman.

The photo above, created by Paul Aresu, is included in a series of images that salute dedicated HEROES who have sacrificed the most to insure we carry on as a decent and caring people. To see his stunning collection, visit paularesu.com/COVID-19-HEROES.

Dr. Zimmerman told us one anecdote about a patient he recently saw at his hospital. "This is a particularly difficult time for patients who are confined to their rooms with no visitors allowed," he shared. "They lay there with thoughts of whether or not they will recover, and they need distractions to take their mind off their illness. Talking about sports, especially baseball, one of our most beloved social distractions, fills this need."

A sub-title to his article is: "During epidemics, war and national tragedy, baseball was medicine for the masses. During this crisis, we're still waiting for the prescription to be filled."

"Baseball may be medicine for the masses, but for each fan it provides a personal prescription that may be used as needed," he wrote. "There is a line in the movie *City Slickers* in which one character says, 'When I was about 18 and my dad and I couldn't communicate about anything at all, we could still talk about baseball.'"

That's what Dr. Zimmerman does with his patients. He tries to encourage those who are despondent, depressed, and worried that they would never get well. "You have to find something else to talk about," he said. "I remember making small talk with a 70-year-old man who was dejected after a month-long hospitalization with COVID infection. I asked where he was from, and when he said Bronx, I responded with, 'Yankees or Mets?'"

"Yankees, of course," he said. "And we then talked about nothing but baseball for about 10 minutes." Dr. Zimmerman laughed, adding, "I'm a die-hard Cleveland fan and have been to seven Indians' fantasy camps, but I 'took one for the team' and talked a little Yankee baseball with this patient."

The next day, his patient had a different attitude when Dr. Z entered his room. "Sports provided a wonderful diversion. When we talk about baseball, it's as though we become part of the game," he said.

"Sometimes healing has nothing to do with prescribing medication or doing a procedure, and it's all about making a personal connection."

Dr. Zimmerman doesn't consider himself a hero by putting himself in harm's way when treating COVID patients. He loves his profession and told us, "I'm just doing my job because the patients come first."

His message to the community is to continue to practice social distancing. "It actually is effective in lowering the risk of infection," he said. "We've made some medical progress, but definitive treatment and vaccines for COVID remain a long way off. Painful as it may be, we need to continue to modify our behavior."

Bud is one of four children of Elaine and the late Philip Zimmerman (of blessed memory). Shelley (BHS Class of '77 and Gallery of Success Inductee, Class of 1985) was the first woman police chief in San Diego, California; Robert (BHS Class of '84) is an attorney and member of Shaker

Heights City Council; and Renee (BHS Class of '74) is a retired teacher who lives in Chapel Hill, North Carolina. Elaine is proud to be a sixty-year resident of Beachwood.

"Sports provided a wonderful diversion. When we talk about baseball, it's as though we become part of the game," he said. "Sometimes healing has nothing to do with prescribing medication or doing a procedure, and it's all about making a personal connection."

Bud attended Brown University, where he met his wife, Laurie. They live in Chappaqua, New York, and have two children, Stacey and Rick. "The Healing Power of Baseball" is the first non-medical article that Bud has published. To read the article in its entirety, visit tinyurl.com/nytbaseball.

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Cantor Sarah Transitions Roles at Fairmount Temple

by Shana Wallenstein

I've had the privilege of knowing Cantor Sarah Sager for 20 years, as she was one of the first people I met when I moved to Cleveland from Los Angeles. I reminded her of this when we caught up over the phone, excited to learn more about what was in store for the noted local cantor who would be transitioning from her role at Anshe Chesed Fairmount Temple.



She was outside on a walk and apologized for not having arrived at her intended destination in time for our call. She immediately asked me to remind her of our first meeting, and laughed as the memory came into focus. This was so typical of an interaction with Sarah. She would immediately pivot to the person she was with, wanting to check in and hear about him/her. It's a large part of why she's such a beloved cantor. Her depth and warmth exudes from within and each conversation feels like a hug.

Originally from Lincolnwood (next door to the more renowned Chicago suburb of Skokie), Illinois, Sarah graduated from Niles West High School and was finishing her undergraduate studies at Brown University when she decided to enroll in the New England Conservatory of Music in a master's program, intending to become a professional singer. While finishing her work at the Conservatory, she learned that the Hebrew Union College - Jewish Institute of Religion School of Sacred Music (now the Debbie Friedman School of Sacred Music) was accepting women and thought the role of cantor would make good use of her love of Jewish studies and her musical prowess. Her persistence paid off. Although the school hadn't planned to enroll women until the following year, Sarah had applied, interviewed, and began her coursework within a week. She would become one of just a few female cantors when she graduated.

Since 1980, Sarah has served as a member of the clergy at Anshe Chesed Fairmount Temple. She was the synagogue's first invested cantor and is now the longest-serving member of the temple's clergy. Sarah was a pioneer when she began at Anshe Chesed, one of the first female cantors in the nation. Today, she speaks proudly of the number of women serving in leadership roles in congregations across the country, including her daughter, Jennifer, who serves as a rabbi at Temple Israel in Minneapolis.

When Sarah announced her transition plans in November 2018 to a new role of Cantor Laureate, it left many community members speechless because Cantor Sager has been a touchstone for three generations of families, and has ushered congregants through life and temple changes for forty years. Her touch extends well beyond the congregation's walls. Cantor Sager is a nationally recognized and coveted speaker on Women in Judaism, Jewish music, Torah, and Judaism and Feminism.

"Cantor Sager is one of the most authentic, sincere, and gracious people I've ever had the pleasure to know in my lifetime," said Todd Silverman, president of Fairmount Temple. "She is always sitting in the right seat at the right time doing specifically what she was born to do, blazing a path forward in a role that she has defined.

"Sarah is a true guiding light who gives everything she has every day to the spiritual well-being of everyone around her,"

Todd added. "She shows complete joy and passion in her singing and those causes dear to her. In one word, she is engaged at all times!"

Senior Rabbi Robert Nosanchuk shared the following at Fairmount Temple's 2020 Meeting on May 17: "Cantor Sager is an incredible part of our clergy. She has been our temple's chief musical officer and a gifted teacher and pastor to our congregants for four decades. Even though we have had to delay the formal gala celebration of her unparalleled career due to the COVID-19 crisis, the entire synagogue is grateful for Sarah's integrity, her devotion to bettering the community, and the positive example she has set for generations of families at our synagogue. We look forward to celebrating her on June 13, 2021, at a gala that will be open to all in the community!"

"Sarah Sager's Jewish authenticity and integrity have shined here in Cleveland for four decades. In my 18 years as her colleague I have admired Sarah's ability to use the Torah as a guidepost throughout her life as a person and teacher. She not only lives a life of Torah, she embodies it," Rabbi Joshua Caruso shared. "It is this authenticity that draws the community closer to her, trusting her with their life stories. She is a pastor, teacher, mentor, and treasured friend. My rabbinate has been enriched through the partnership we have formed, and I am a better person for it. I look forward to growing these

bonds in the coming year as she assumes her new role at temple as Cantor Laureate."

Pam Berkson added, "Cantor Sager has literally been with me my entire Jewish life. At my conversion, wedding, all of my children's life cycle events, and when I served as president of the Women of Fairmount Temple. She has been a mentor and guide, and more importantly, she has been a friend every step of the way."

It is clear that this new role of Cantor Laureate was crafted for and by Cantor Sager. It came from a place of wanting to give more and do more, but in a different way: Cantor Emerita, as honored as it is, felt much too passive. "I want to be contributing to the spirit and heart of our learning community, with a focus on our aging population," she said, laughing, "of which I am one!"

Cantor Sager is proud of her training as a Wise Aging Facilitator by the Institute for Jewish Spirituality. She has been working with the boomer population of the congregation and looks forward to continuing in that capacity. She feels that age is one of the last socially sanctioned prejudices that needs to be retired, and has loved the role she has played in joining with others to explore this vibrant time of life. In addition, she will continue to be available for life-cycle events and pastoral outreach, and plans to remain active within the community and the congregation.

Of course, the transition means she will have more time to visit her grown children and their families. Her daughter, Jennifer, and son-in-law, Mike, have two children in Minneapolis; and her son, Jonathan, who works in New York for the Cleveland-based company NRP Group, lives in Brooklyn with his fiancée. In the meantime, and through this pandemic, she makes do with FaceTime and Zoom to check in on family and congregants alike.

"I did my first stone setting via Zoom this last week," Sarah shared. "While not optimal, I felt the spirit of the family's engagement there with me. I hope that I'm able to bring people a bit closer to G-d during their time of need. That is truly the greatest gift and responsibility of all."

Through 40 years of service, Cantor Sager has received countless awards and honors. When asked if any one achievement or memory stood out, she demurred in her response. "It is always an honor to be nominated and to receive recognition is of course meaningful. There are so many things for which I am grateful, but the proudest are the moments, from time to time, when I'm able to connect someone to God's presence. And I'm certainly proud of the recognition received regarding *The Torah: A Women's Commentary*. As a scholar-in-residence, I had the opportunity to address first District 3 Region and then the National Convention of The Women of Reform Judaism. I challenged them to commission the creation of Women's Commentary to the Torah. They enthusiastically embraced the idea and ran with it, and just a few years later, *The Torah: A Women's Commentary* became a reality."

She never imagined how inclusive and far-reaching the volume would be. Virtually every major living Jewish woman scholar plus 200 women poets were included. "It was a project of

great fulfillment for me. It was my idea, but it's not mine. It belongs to all of us, which is much more enduring and meaningful."

July is right around the corner; has she been thinking about the transition and her next steps? "I'm approaching this time with curiosity and an openness to what might be and what might develop. I'm a great believer that answers evolve over time. It's also a bit of a challenge to imagine being in a new space when you fully occupy the one you're in currently. Coronavirus is so invasive in our lives right now, it makes it a bit difficult to think about tomorrow, let alone beyond! I'm nervous and curious."

We talk about the challenges COVID-19 has brought to our world, in ways both large and small. "I am often asked for advice in a variety of contexts, not just our current crisis, and I frequently share the following: All we have to do is put one foot in front of the other and, sometimes, standing still is good enough."

"I'm lucky to know Cantor Sager and have her in my life," Todd added. "She has had a most

profound impact on the lives of many and will continue to do so for years to come!"

I leave Sarah wrapping up her walk, but my phone buzzes a bit later. It's Sarah, with an addendum to her plans for the future. "Certainly, I am looking forward and hoping to teach in a variety of contexts as I love to teach Torah, anything related to Judaism, music, books, and history. I look forward to continuing exploring ancient wisdom and the benefit of a mindful approach to the here and now. I hope to pursue learning and teaching the

mindful goal of a compassionate attitude towards situations, relationships, and one's self, and what it could mean for all of us to be fully present for our lives as they unfold."

This idea makes me smile. Even at a time when she could be focused on herself and has certainly earned the right to do so, Cantor Sager's grand plans include helping each of us be more learned, thoughtful, and compassionate. I think of the advice she gives others, how deeply it resonated with me, and I smile. Something tells me Sarah won't be standing still too long.

*A Personal Story from
Todd Silverman, Fairmount Temple President*

I had back surgery in 2006 and was hospitalized for three days. I do not remember much, but will never forget Cantor Sager's visit at one of the most difficult times in my life to ease some of the pain and stress. Few people have her ability to connect with others, comfort them, and provide support in nearly every situation. Cantor Sager is thoughtful, considerate, and always has the best interest of our temple and its members at heart. Time and time again, she goes to the edge of the world in an attempt to help someone else.



Rabbi Joshua Caruso, Rabbi Robert Nosanchuk, and Cantor Sarah Sager
Photo by Mariana Edelman Photography



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Tri-C Launches Full Tuition Assistance Program

Financial help available to Cuyahoga County residents to cover costs of academic courses or workforce training

Cuyahoga Community College (Tri-C®) recently announced a Full Tuition Assistance program to offset academic and workforce training costs for Cuyahoga County residents facing financial hardship due to the COVID-19 outbreak.

The program will cover tuition for new or returning Tri-C students with financial needs that intensified during the pandemic response. Only Cuyahoga County residents are eligible.

The funding can be used toward academic credit courses or workforce training programs. Students can begin the program this summer or fall, with funding available for three consecutive sessions (summer-fall-spring or fall-spring-summer).

Assistance can cover up to one year of academic courses or the full length of a workforce training program.

"These are uncertain times, but people don't have to put their futures on hold," Tri-C President Alex Johnson said. "Thanks to the generous support of Tri-C Foundation donors, this program will allow people to earn a degree or credential in a high-demand field that pays a family-sustaining wage without incurring any tuition costs."

The program serves to increase access to Tri-C for a variety of groups affected by the COVID-19 outbreak, including:

- Unemployed individuals who lost employment and/or income due to COVID-19 and are seeking a short-term credential, advanced training, or a degree to increase their employability.
- Graduating high school students who planned to attend a four-year college or university this fall

but have to reconsider due to financial hardship.

- Current college students who are or were enrolled at a four-year college and can't afford to return, but want to continue their education.

Application steps include completing a Full Tuition Assistance Eligibility form and the Free Application for Federal Student Aid (FAFSA).

Tri-C's Full Tuition Assistance program serves as a "last dollar" scholarship designed to cover out-of-pocket student costs after eligibility for Pell Grants and other financial aid is determined.

Tri-C's Full Tuition Assistance program serves as a "last dollar" scholarship designed to cover out-of-pocket student costs after eligibility for Pell Grants and other financial aid is determined.

Students should visit tri-c.edu/tuitionassistance or call 216.987.6000 for more information or to begin the application process.

The program is being financed through generous donations to the Cuyahoga Community College Foundation, including major gifts such as the \$500,000 donation from Anne-Marie and Sam Petros that created the Petros Family Student Relief Fund.

Visit tri-c.edu/give to contribute to the Full Tuition Assistance program and help students achieve their academic and workforce training goals.

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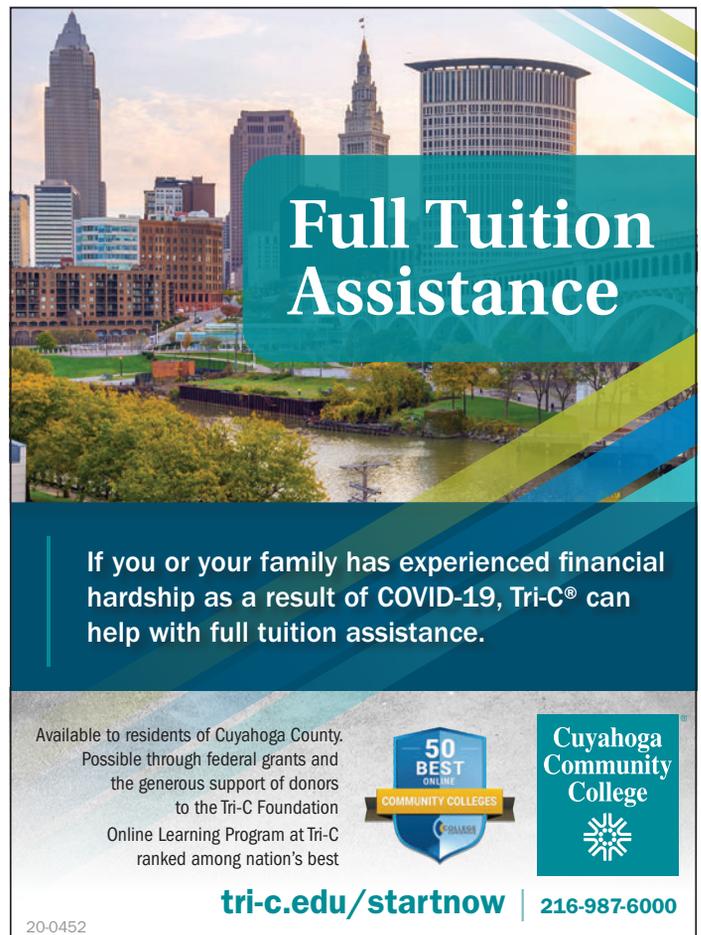
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IN THE CITY SPOTLIGHT

Chris Vild

Environmental Manager

Chris Vild was employed by the City of Beachwood from April 1980 through May 1992, was rehired in December 2011, and promoted to his current position, environmental manager, in 2017. Chris's responsibilities are to oversee rubbish and recycling, urban forestry, stormwater compliance, and wild animal control.

Rubbish and Recycling

Chris's main message to residents is recycle properly. The City of Beachwood provides weekly curbside recycling for residents. Combine cans, cartons, glass, paper, boxes, plastic bottles, and jugs – loosely – in your wheeled cart. Recycling is hauled to the Kimble Transfer & Recycling in Twinsburg, where it is separated. Contaminated rubbish goes down the conveyor belt to the end, and if not separated into one of the above categories, it is sent to the landfill. Additional recycling information may be found at beachwoodohio.com and cuyahogarecycles.org/beachwoodcounty.

"The City of Beachwood belongs to a rubbish and recycling consortium through the Cuyahoga County Solid Waste District and our contract expires in September," Chris said. "Currently, we do not pay for hauling. That will probably change, so we encourage residents to minimize contamination and learn to recycle properly."

"In a perfect world, no recycled objects would end up in a landfill," he added. "Everything would find its way to a processor to be used for another product."

As an added note, Chris reminds residents to rinse out items before placing them in their recycling bin.

He also shared information about special trash pickups,

saying that the City of Beachwood will pick up anything people put out, free of charge. "If you place something on the curb on any day other than your designated trash day, please notify us at 216.292.1922 in a prompt manner to let us know," he said. "We need to know it's there in order to pick it up, and want to minimize neighbor complaints because of unsightly trash left on the curb."

Urban Forestry

Urban Forestry is primarily comprised of taking care of trees on public property, including City Hall, tree lawns, parks, and playgrounds.

"The city is responsible for planting and maintaining all trees," Chris said. "There are currently about 7,100 tree-lawn trees of various species, all of which we track online."

Chris's goals are to vary trees and grow tree canopies throughout the community. He explained how this will help combat climate change and provide socioeconomic benefits: "Tree canopies will help with climate change because as weather events become more extreme, with longer periods of heat and more rain, trees offset some negative effects. The roots absorb water, taking stress off our sewers, and the shade produced by trees lessens heat on concrete surfaces. Trees also provide additional comfort for recreation."

Additional benefits include:

- Well-treed streets tend to have less crime.
- They tend to be traffic calming, with fewer accidents reported.
- Faster home sales.
- Increased property values.
- Retail customers stay longer and spend more money in well-treed areas.

Chris and his team select replacement trees based on where they will be planted and how large they may grow. They also diversify the types of trees on each road so if a disease comes through and infects a particular variety, the whole road isn't affected. "We want to hear from residents," he said. "If we are replacing a tree on



Photo by Scott Morrison, Discovery Photo

their property, we encourage participation in tree selection. When someone is invested in the process, they are more likely to care for the tree."

Chris asks residents to be careful when mulching around a tree. "Please stay away from volcano mulching or building up mulch around the trunk. It creates a wet, moist environment that causes decay and insect attacks.

"We continue to plan for the future. There is a saying, the best time to plant a tree was 20 years ago, and the next best time is now," said Chris. "We hope that what we're doing now will improve quality of life in Beachwood today and keep it desirable for years to come."

Congratulations to Chris on being named 2019 Tree Steward of the year. The Sherwick Tree Steward Program trains local volunteers on how to plant, tend, and maintain trees. The program is run collaboratively by Holden Forests & Gardens and the Western Reserve Land Conservancy.

The Public Works Department also plants flowers on municipal properties throughout our community. Special thanks to

Mark Lopez, Anthony Trebuzo, and Karen Carmen for creating floral plans that bloom all summer.

Federal Stormwater Compliance

After the Cuyahoga River caught fire in 1969, Congress spurred action that ultimately led to the passage of the Clean Water Act in 1972 and, later that year, the National Environmental Policy Act. Stormwater discharges are generated by runoff from land and impervious areas, such as paved streets, parking lots, and building rooftops during rainfall and snow events that often contain pollutants in quantities that could adversely affect water quality. The primary method to control stormwater discharges is through the use of best management practices. Our community, along with many other suburbs, has developed and implemented a stormwater-

management plan that includes:

- Public Education
- Public Involvement
- Illicit Discharge Detection and Elimination
- Construction-Site Runoff Control
- Post-Construction-Site Runoff Control
- Good Housekeeping

Wild Animal Control

If you have a skunk or woodchuck in your yard, the City of Beachwood may help. "These are the only two animals that we actively help remove from your property," Chris told us. "We'll stop by, look for signs of animal habitation, and contract with A1 Wildlife to remove the animals."

Once a trap is placed, it will be checked daily. If other animals

are on site, suggestions may be made that make your property less desirable as a habitat.

There are coyote in and around Beachwood, so Chris advises that if you have small pets, never leave them outside unattended. Coyote are typically nocturnal. If you see one during the day that is acting erratic, please stay away and call the Public Works Department.

Spare Time

In Chris's spare time, he enjoys hiking and spending time outdoors. He especially enjoys the trail at Beachwood City Park, and hopes that one day it will connect to the Lakes-to-Lakes trail in Shaker Heights.

"I'm dedicated to the environment," he said. "I just bought property from my dad that's been in our family since the '60s. It backs up the the MetroPark in Walton Hills, and I've started to make improvements that will bring me that much closer to nature."



CANS
Empty and Rinse.

CARTONS
Empty and Rinse. Replace Cap.

GLASS
Empty and Rinse.

PAPER & BOXES
Flatten Cardboard.

PLASTIC BOTTLES & JUGS
Empty and Rinse. Replace Cap.

Combine These Items In Your Recycling

Questions? 216.292.1922

CITY OF Beachwood
www.beachwoodohio.com



Why Join the Chamber?

Message from the Beachwood Chamber of Commerce:

With the COVID-19 pandemic far from over, things are beginning to return to normal, but in new ways. People are networking again, only now via video and direct message. Clients are reaching out for services. Businesses have their footing and are prepared to open with procedures to protect their staff and customers. Life may never be the same, but we are all adjusting and moving forward.

As businesses reopen, they need our help! Please continue to shop, purchase gift certificates, order take out, and support local businesses in any way you can. Also, I invite you to participate in our virtual programs to keep in touch and to see some familiar faces. For updated information, visit beachwood.org.

Please contact us if you have any questions or are in need of resources. We will do our best to help, and to support you and the community.

Heathyr Ullmo, Beachwood Chamber Board President

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

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

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

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

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

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

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

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

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



Thank you for staying home and flattening the curve...
Now, we can take care of you at UH Ahuja Medical Center

The COVID-19 global pandemic presented an unprecedented public health crisis with quickly changing information, new rules to follow, and life disrupted in extraordinary ways. By staying safe at home and practicing social distancing, our community has helped flatten the curve tremendously, and ensured that University Hospitals Ahuja Medical Center and our UH health care system overall did not become overwhelmed.

"We are so appreciative of everything our community has done to keep their family, friends, neighbors and ultimately our health care workers safe," said Alan Papa, President of UH Ahuja Medical Center. "Now, our UH physicians, nurses, and staff are ready to care for all health needs that have been postponed for the greater good. Delaying the care patients need may put them at risk. UH Ahuja continues to be a safe place for patient care, and we look forward to helping our community keep their own health and their families' health on track."

Safety has always been a key element of patient care at UH. We are following COVID-19-related guidelines from the U.S. Centers for Disease Control and the Ohio Department of Health to keep our patients safe at our hospitals and physician offices. We will continue to provide excellent care in a safe environment, even though things may look and feel a little different. You'll see waiting room chairs spaced out and continued and frequent cleaning, as well as universal mask wearing.

Per Governor DeWine's orders, you can now return to UH for services that don't require an overnight hospital stay, including:

• **All doctor visits.**

Our primary care providers and specialists are now seeing patients in-office in addition to virtual visits. This includes, but is not limited to, non-urgent doctor visits, well-care checks, well-baby visits, and immunizations.

• **All imaging procedures,** diagnostic tests and labs.

• **All outpatient surgeries,** not requiring a planned overnight stay.

• **Treatment of pain or severe symptoms** that interfere with your daily life.

The following services continue to be open to meet your immediate healthcare needs:

• **Emergency care.**

Our emergency room at UH Ahuja, as well as our UH medical center emergency rooms across Northeast Ohio, are ready to safely care for you when a critical illness or a severe injury occurs.

• **Orthopedic injury care.**

Our orthopedic injury clinics are open to treat broken bones, sprains, and sports injuries and are a safe and cost-effective alternative to the emergency room.

• **Urgent care.**

Our urgent care facilities remain open, and we now have specially dedicated "fever clinics" to assure separation and infection control for potential COVID-19 patients.

Schedule an Appointment with UH by visiting UHhospitals.org/Doctors or by calling 216.765.3852.

University Hospitals is committed to helping our patients and the Northeast Ohio community manage their health and well-being. That is why UH is bringing our health experts to you through a series of virtual health talks. The virtual seminars will include a presentation by physicians who are experts in their field, followed by a Q&A session. These events are free but registration is required. Visit UHhospitals.org/Health-Talks to learn more.

Safety has always been a key element of patient care at UH. We are following COVID-19-related guidelines from the U.S. Centers for Disease Control and the Ohio Department of Health to keep our patients safe at our hospitals and physician offices. We will continue to provide excellent care in a safe environment, even though things may look and feel a little different. You'll see waiting room chairs spaced out and continued and frequent cleaning, as well as universal mask wearing.

Forever green and white.

No matter what colors come next.

Congratulations to the Laurel School Class of 2020.



The 65 members of the Class of 2020 have been accepted to 134 colleges and universities to date and have been granted **over \$6.5 million in merit scholarships.**

American University • Boston University (3) • Case Western Reserve University (2) • College of Charleston • Cornell University • Dartmouth College • Davidson College • DePaul University • Elon University (2) • Fordham University • George Washington University • Harvard University (2) • High Point University • John Carroll University • Kent State University (2) • Kenyon College (4) • Lehigh University • Loyola University Chicago • Miami University, Oxford (4) • Michigan State University • North Carolina State University • Rochester Institute of Technology • SUNY at Binghamton • The College of Wooster • The Ohio State University, Main Campus (9) • Tufts University • Tulane University • University of California, Los Angeles • University of Chicago • University of Cincinnati • University of Kentucky • University of Miami • University of Michigan (3) • University of Notre Dame • Wake Forest University • Washington University in St Louis (2) • West Virginia University • Xavier University • Xavier University of Louisiana • Yeshiva University

LYMAN CAMPUS One Lyman Circle, Shaker Heights • **BUTLER CAMPUS** 7420 Fairmount Road, Russell Twp.

Girls Kindergarten–Grade 12 and Coed Pre-Primary

216.464.0946 LaurelSchool.org  /LaurelSchool  @LaurelSchool

College choices as of May 8, 2020.

LAUREL
Dream. Dare. Do.

Menorah Park Messages

Laughter & Smiles

Tanya Longinow, a Menorah Park therapist, secretly hijacked a white board that was just outside the therapy gym. Someone wrote a joke on it once, so Tanya chose to continue spreading laughter, anonymously, by sharing corny jokes for which she is known.

"My goal was to lighten the mood during stressful situations," she told us. "The jokes I have used come from clients, or my dad when growing up. I know they're corny and juvenile, but my goal is to get a chuckle out of those who see them, and to make them smile, even if only for a brief moment.

"Plus, I can see the board from where I sit, and it makes my day to watch people's responses."

Jokes included:

- What did the frog do when his car broke down? *He had it toad!*

- Why can't a pirate ever finish the alphabet? *He gets lost at Sea (C)!*
- Where do turkeys go to dance? *The Butter-ball!*
- Where do bumble bees go to pee? *The BP station!*
- And Tanya's husband's favorite, what did the pony say after the concert? *I'm a little ho(a)rse!*

Thank You's!

Menorah Park is grateful for community caring and acts of kindness during these difficult times.

When **Andrea Bloch**, a Menorah Park home health physical therapist, saw a Facebook post asking for 500 masks, she got busy with Costume Moms Make Masks, a local group from Orange that she is affiliated with, and reached the goal within one week.

Because of a generous donation from **Park Synagogue**, Menorah Park was able to add Cupron Reusable Face Masks to its supply of PPE. These masks, created with advanced copper-based technology, are washable, durable, and protective.

"Thanks to strong community support, we are fortunate to have a strong PPE supply chain," said Menorah Park CEO Jim Newbrough. "We are truly in this fight together and are overwhelmed by such generosity."



Andrea Bloch takes action to help create 500 masks in one week.

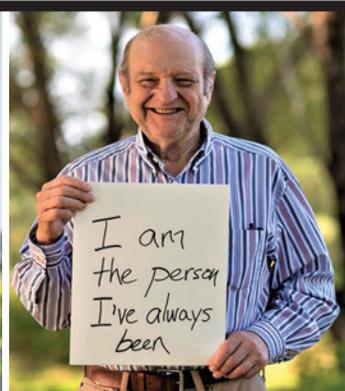
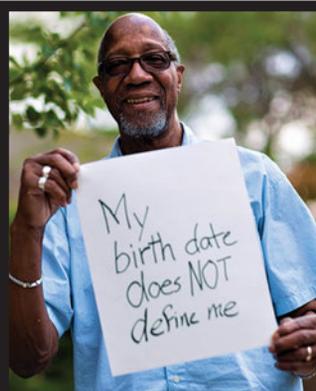
The Peter B. Lewis Aquatic & Therapy Center

The Peter B. Lewis Aquatic & Therapy Center is now open, with added safety measures, to assist clients with physical, occupational, and speech therapy needs. High-tech individualized remote therapy services are also available, with the use of telephone assessments and videoconferencing.

For more information, email mgroesch@menorahpark.org or call 216.595.7345.



Tanya Longinow creates smiles and laughter one day at a time.



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

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

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

MenorahPark.org

216-831-6500

27100 Cedar Rd., Beachwood, Ohio 44122



MENORAH
PARK

EXCELLENCE IN CARING®

CITY OF *Beachwood* Insider

June 2020

Contact Info

CITY OF
BEACHWOOD
25325 Fairmount Blvd.
Beachwood, OH 44122
216.464.1070
www.beachwoodohio.com

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

EMERGENCY Dial 9-1-1

Departments

CLERK OF COUNCIL
216.595.5493

AUDITOR
216.595.3712

BUILDING
216.292.1914

COMMUNITY SERVICES
216.292.1970

ECONOMIC DEVELOPMENT
216.292.1915

FINANCE
216.292.1913

FIRE & RESCUE
216.292.1965

LAW
216.595.5462

MAYOR'S OFFICE
216.292.1901

POLICE
216.464.1234

PUBLIC WORKS
216.292.1922

A MESSAGE FROM MAYOR HORWITZ

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



As businesses in our community open, employers must follow the Responsible RestartOhio rules found at <http://coronavirus.ohio.gov>. In general, these rules require employees (with some exceptions) to wear a mask or cloth covering over their face. Customers are encouraged to wear masks but it is not mandatory. There are other social distancing, sanitization, work-space and usable space requirements contained in the guidelines. Please follow the guidelines of our businesses as you enter their premises.

If your business is reopening under the above schedule, please call our Fire and Rescue Department at 216.292.1965 to review your legal-occupancy limit. Under current guidelines, an office or store can only allow 50% of its fire-code-rated occupancy on the premises at any one time. Our Inspectors and Fire Department staff can also advise you on appropriate social-distancing spacing between desks, cubicles and other work areas.

As many know, all summer activities in our Community Center and camps have now been cancelled. Similiar to other pools in the area, our Family Aquatic Center will be closed for the 2020 season. The playground at the pool continues to remain closed per Governor DeWine's order. Barkwood Dog Park will be open by appointment for 30-minute time-slots: members can sign up at www.beachwoodohio.com. The tennis courts are currently open with restrictions posted.

Our Community Services Department continues to provide van service to resident seniors and residents with disabilities to get to medical appointments. The van service has been expanded to also include pre-paid grocery and pharmacy pickups for seniors. Department staff continue to make daily or weekly wellness calls to seniors. For van service or to be added to the wellness-call list (for yourself or a friend), please call 216.292.1970.



While we want to successfully restart this economy, it is important to recognize that the current stay-at-home order was scheduled to end at the end of May. It remains our belief that staying at home is the safest option. Your patience and cooperation will help all of us make this difficult transition safer, more productive and less stressful.



LIKE US ON FACEBOOK
[Facebook.com/BeachwoodOH](https://www.facebook.com/BeachwoodOH)
[Facebook.com/BeachwoodPolice](https://www.facebook.com/BeachwoodPolice)



FOLLOW US ON TWITTER
[Twitter.com/BeachwoodOH](https://twitter.com/BeachwoodOH)
[Twitter.com/BeachwoodPolice](https://twitter.com/BeachwoodPolice)

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



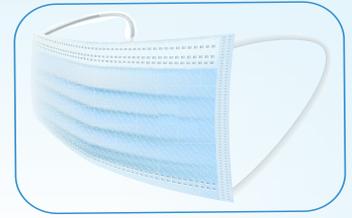
COUNCIL V.P.
216.406.5914

JUSTIN BERNIS



216.509.6509

We also remind you that the wearing of masks or face coverings is strongly encouraged. The mask is not a protection for the wearer but a protection for those around you. Even if you are asymptomatic (without any coronavirus symptoms), you can spread it to those around you through a cough or sneeze. In an effort to stop the spread of this virus, and out of respect for those around you, please wear a mask in public areas where you may be closer than six feet.



Our world has changed and the rules we are asked to live by are constantly being reviewed and revised. If you are confused, need clarification or just have questions, please call 216.292.1901 or email mayorsoffice@beachwoodohio.com.

LOOK FAMILIAR?

This postcard has been mailed to all residential Beachwood addresses.

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

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

Stay informed and register TODAY!

BEACHWOOD: Help Us Keep You Informed!

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

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

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

Your information will not be shared.


Martin S. Horwitz, Mayor


CITY OF
Beachwood
WWW.BEACHWOODOHIO.COM

COVID MYTHS VS. FACTS

Learn about COVID-19 Myths vs. Facts at the Alert Center of beachwoodohio.com. This Ohio Department of Health document provides information about social distancing, mask effectiveness, transmission and more.



KEEP PETS SAFE, TOO!

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

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, June 1 at 7:00 PM
Monday, June 15 at 7:00 PM
Monday, July 6 at 7:00 PM
Questions? Call 216.595.5462

PLANNING & ZONING COMMISSION

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

ARCHITECTURAL BOARD OF REVIEW

Monday, June 1 at 5:30 PM
Monday, June 15 at 5:30 PM
Monday, July 6 at 5:30 PM
Questions? Call 216.292.1914

MIKE BURKONS



216.832.6771

ALEC ISAACSON



216.291.2797

ERIC SYNENBERG



216.401.0074

JUNE TAYLOR



216.533.7640

BEACHWOOD FOOD DRIVE

We've joined the Greater Cleveland Food Bank in the fight against hunger by starting a City of Beachwood Online Food Drive.

Many hardworking families in Northeast Ohio can barely make ends meet as 1 in 6 people struggle to put food on their table. You can help: Every \$1 donated provides enough food for 4 nutritious meals.



Make your 100% tax-deductible contribution now. Simply follow this link:

www.GreaterClevelandFoodBank.org/CityofBeachwood

No matter how long the COVID-19 crisis lasts, hungry neighbors will continue to need our support, even as we begin to rebuild: you can help make a difference.

FREE MULCH!

- NOW AVAILABLE
- 7:30 AM TO 3:30 PM

12 bags of FREE mulch available per resident household.

Proof of residency and Driver's License required.

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



Residents are requested to stay in their vehicles and show proof of residency through their CLOSED vehicle windows while picking up mulch. Please pop your trunk or hatchback latch from within your vehicle to ensure social distancing. Public Works Department employees will load the mulch for you.

Mulch may be picked up between 7:30 AM and 3:30 PM Monday – Friday, holidays excepted, at 23355 Mercantile Road. The program is available while supplies last.

Questions may be directed to 216.292.1922.

City Insider

OPEN FOR BUSINESS!

Many Beachwood businesses are open or will be open soon. Please BUY LOCAL! We invite Beachwood business owners to let us know they are open. Please fill out the form at the Beachwood: Open for Business page at the Economic Development section of beachwoodohio.com so we can add your information.



RITA MUNICIPAL INCOME TAX RETURN EXTENSION

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

Estimated payments for the first and second quarters of Tax Year 2020 have also been extended to July 15, 2020.

No extension request is required and no late-payment penalties or interest will be imposed.

BE AWARE ON THE ROAD

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



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

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

BEACHWOOD: OPEN FOR BUSINESS

Use the Quick Link on www.BeachwoodOhio.com for open businesses and restaurants in Beachwood!

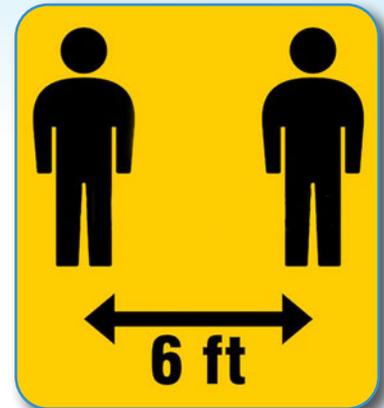
SAFETY FORCES SALUTE COVID FRONT-LINE WORKERS

The Beachwood Fire and Police Departments, along with the Pepper Pike Fire Department, set up in front of UH Ahuja Medical Center to salute healthcare workers, essential employees and other first responders with the 910th Airlift Wing, through its “Hercs Over America” program, which provides a way for the Air Force Reserve to salute the thousands of healthcare workers, essential employees and other first responders on the front line of the battle against COVID-19.



SOCIAL DISTANCING

KEEP YOUR DISTANCE AT OUR PARKS: We want you to enjoy walking through our city and our parks but please practice social distancing, even with your family. As the weather warms and more families and friends join for walks in the park, please remain six-feet apart at all time.



SENIOR RUBBISH ASSISTANCE

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

SAFETY FIRST

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

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

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



FREE

Celebrate BEACHWOOD CITY PARK

ALL PROGRAMS MEET IN THE PAVILION - PARK WEST*

RICHMOND ROAD & SHAKER BLVD. INTERSECTION

Collaboration between Beachwood Historical Society & City of Beachwood*

<p>Saturdays in July - YOGA</p> <p>11:00 AM - 12:00 Noon July 11, 18, 25</p> <p>Meditate and try gentle poses with Julie Konrad of Luna Presence Yoga Bring a chair, mat or towel</p>	<p>Sundays in July - TAI CHI</p> <p>10:00 - 11:00 AM July 5, 12, 19, 26</p> <p>Relax, breathe with Jennifer Stepien</p> <p style="color: green;">Questions? 216-292-1970</p>
---	--

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

Beachwood Historical Society

CITY OF
Beachwood

*Physical distancing and face covering requirements apply

LANDSCAPING IN BEACHWOOD

Pursuant to Executive Order 2020-01, Mayor Horwitz has issued the following requirements for landscapers in the City of Beachwood during the COVID-19 pandemic:

- Landscapers must travel to worksites individually and must keep approximately six feet of distance from each other and from the public while working.
- Landscapers must wear masks or face coverings at all times.
- Landscapers are required to wipe down and sanitize hard surfaces of the customer, such as door bells, door knobs, customer equipment or other property which landscaper personnel have touched at the work site.
- Landscape Company owners shall not allow personnel demonstrating any symptom of COVID-19 including cough, fever or shortness of breath to appear at the worksite.

Failure to comply with this policy may result in the revocation of your landscaping permit.



MOTORCYCLIST SAFETY



Spring is here! As the weather warms up, there will be an increase of motorcyclists on the road. Motorcyclists are 27 times more likely to die in a crash than other motorists. Look twice and save a life. Bikers have families too.

Also, no one is tough enough to drink and ride: Ride sober or get pulled over!



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.

USE CAUTION & BE SEEN

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

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

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



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

Summer Sunday FREE DRIVE-IN MOVIE

June 28



July 12



August 16



RAIN OR SHINE!

PRESENTED BY CITY OF BEACHWOOD IN COOPERATION WITH BEACHWOOD CITY SCHOOLS

STAY IN YOUR CAR
ENJOY A
FREE MOVIE!

Beachwood High School
Parking Lot
STARTS AT 5:00 PM

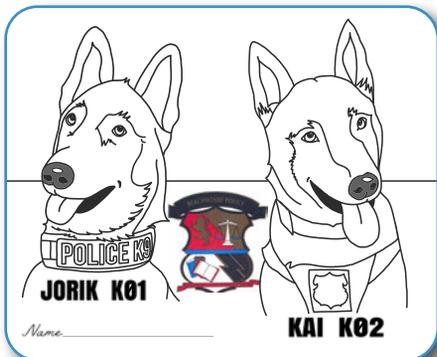
RESERVATIONS MANDATORY
Register:
www.beachwoodohio.com

SPACE IS LIMITED!
Restrictions Apply



LET'S COLOR!

Dispatcher Carrie Dearden drew this portrait of the Beachwood Police Department's two K-9 officers, Kai and Jorik, and asks you to download the template, color, and share your finished image on social media. The image may be downloaded from the Mayor's Blog: search "Carrie" and open the link at the Landscaper Executive Order & K-9 Coloring Page article.



PICK UP AFTER YOUR DOG

It's the law!

(Beachwood City Ordinance 618.12)

**SUPPORT THE SAFETY FORCES
WHO PROTECT OUR COMMUNITY**

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

Show Your Support and Purchase a Flag Today
Individual Donations • \$50 | Corporate Donations • \$100
(Contributions are kept confidential)

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

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

To Support Flags for First Responders, visit beachwood100.org

BEACHWOOD CITY SCHOOLS

BOARD OF EDUCATION

Dr. Brian Weiss, President, (216) 464-6678, bw@beachwoodschoools.org

Maria E. Bennett, Vice President, (440) 725-1450, mbennett@beachwoodschoools.org

Jillian DeLong, (216) 509-3514, jdelong@beachwoodschoools.org

Josh Mintz, (650) 464-6788, jmintz@beachwoodschoools.org

Megan Walsh, (216) 287-4657, mwash@beachwoodschoools.org

Thank you, Parents! Thank you! Thank you!

Our entire district staff thanks Beachwood's parents for the monumental job they have done supporting our students with their online learning. We know you provided much needed structure, assistance, and an endless supply of patience to your children as we taught them remotely. We could not have transitioned to this online model after March 13th without the amazing job you did helping us. **Thank you for taking on this huge responsibility!**

Beachwood Schools Response to Coronavirus

The district formed a Reopening Advisory Committee composed of community members who work in the medical field, school and city officials, district staff, and students. The committee brings together people of diverse experience, expertise, and perspective who have been tasked with helping our school system make safe and effective choices toward reopening next school year. We appreciate the group members' time commitment and contributions around these difficult decisions. It will likely be mid-June before the district and this committee have the guidance and parameters necessary for reopening from officials at the Ohio Department of Health.

Check the Beachwood Schools webpage dedicated specifically to district information related to the coronavirus outbreak at www.BeachwoodSchools.org/Coronavirus.aspx.

Stop The Hate Essay Contest Winners



Congratulations to the following Beachwood students who are winners in the Maltz Museum of Jewish Heritage's 2020 Stop The Hate Essay Contest. Stop the Hate® is designed to create an appreciation and understanding among people of differing religions, races, cultures, and socioeconomic backgrounds. By challenging young people to consider the benefits of a more inclusive society, the consequences of intolerance, and the role of personal responsibility in effecting change, the contest also reflects the values of responsible citizenship and respect for all humanity.

10th Grade: 1st Place - **Bowen Zhang**, 2nd Place - **David Kuang**

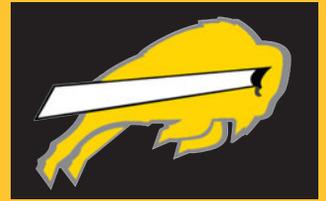
8th Grade: 1st place - **Probir Mukherjee**, 3rd place - **Tolga Cavusoglu**

7th Grade: 1st place - **Eden Austin**, 2nd place - **Kelsey Cohen**, 3rd place - **Radha Pareek**



ADMINISTRATION

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Stock Market Club



Congratulations to seniors **Nikhil Murali**, **Gabe Colemenares**, and **Stephanie Yen**, and club advisor **John Kaminski**, for winning the Ohio Stock Market Challenge. Every year, the Beachwood High School Stock Market Club participates in several stock-market-related contests. This spring, the team of three won the Ohio Stock Market Challenge sponsored by Ashland University. In doing so, they beat over 400 high school and middle school teams from both public and private schools across the state of Ohio.

Although facing the pandemic's bear market, the team posted an amazing 119% return on their investments, beating the second place team by over 30 points and beating the vast majority of Wall Street pros. The students received a cash prize of \$50 each. Gordon Gekko – better watch your back!

Honors for Beachwood's ExcelTECC Students



National Technical Honor Society

Fourteen Beachwood Seniors and Juniors earned honors in their respective career-technical education programs! The following students were inducted into the National Technical Honor Society:

Seniors **Jack Brewer**, **Kamryn Clark**, **James Flowers**, **Parker Gill**, **Carly Petti**, **Max Steiger**, **Tyler Stovsky**, **Lucila Thal**, **Liam Wasserman**, **Matthew Young**, and **Jordyn Zawatsky**, as well as Juniors **Abby Friedman** and **Shayna Preisler**.

Jack Brewer and **Ayla Gambrell** won Excel TECC Departmental Awards for Seniors, and **Abby Friedman** won the Departmental Award for Juniors. **Kamryn Clark** and **Tyler Stovsky** also won Hillcrest Rotary Awards.

Congratulations on all your honors and awards!

Board of Education NEWS

Recent Resolutions:

- Approve Treasurer's Five Year Forecast
- Approve Educational Interpreters' Contract
- Renewals for Limited Contract Teachers
- Contract for Owner's Representative services
- Hire Speech/Language Pathologist
- Hire Fall and Winter Athletic Coaches

Future Resolutions:

- Contract with Architect for Facility Projects
- Hire Before/After-care Coordinator
- Award Diplomas to Class of 2020

Board Meeting Calendar:

- June 8, 2020 @ 7:00 pm (virtual?)
- June 22, 2020 @ 7:00 pm (virtual?)

"White and Gold" Collaboration



Members of the **world-renowned Cleveland Orchestra** who live in Beachwood have been collaborating with our high school musicians and Bison alumni musicians as a virtual ensemble to produce an amazing rendition of our alma mater, "White and Gold." The alma mater was written by **Alex Shapiro** and has been an important element of our commencement ceremony every year. Although we do not know the format of commencement allowable this year, we know that this phenomenal rendition will be "unveiled" at this year's ceremony (scheduled for August 9th). Many thanks to our schools orchestra director **Lisa Goldman** for spearheading this project.

If you are an alumni of the Beachwood High School Choir who can read music and would like to sing as part of this project, there is still time! Email Lisa Goldman (lsg@beachwoodschoools.org) by June 15, 2020 about your interest.



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BHS Class of 2020 Car Parade

On Thursday, May 7, Beachwood High School seniors, parents, and their household members were invited to participate in the Class of 2020 Car Parade. The parade, led by the Beachwood Police Department, included more than 100 cars. Special thanks to Mayor Martin Horwitz, Police Chief Gary Haba, Police Officer CJ Piro, Beachwood Police Department, Beachwood Fire Department, Beachwood Place, Brian Koss, Craig Alexander, and Chris Croftcheck for all their hard work to plan and execute details for this event.

The parade started at the Beachwood Family Aquatic Center and continued on a ride down memory lane by visiting all of the schools, cruising through Beachwood Place, and then down a service road that connects BMS to BHS, where seniors were surprised to see banners of each of them exhibited on the third-base line of the baseball field.

Staff, students, parents, and community members honked their horns and flashed their lights for BHS seniors as they progressed along the parade route, while being encouraged to stay in their cars. Parade feedback was all very positive:

"We wanted our seniors to feel Bison Strong with an evening that was memorable for them," said Superintendent Bob Hardis.

"It was great," added School Board president Brian Weiss. "Everyone social distanced, was appreciative, and all smiles."

"There was so much spirit," BHS principal Paul Chase said. "This may have been the best event I was associated with since entering the district 15 years ago."

"When you saw the smiles on the seniors' faces and the way that this event brought the community together, all of the hard work that went into making this parade a reality was beyond worth it," said Officer CJ Piro.

Comments filled with gratitude and

appreciation kept rolling in, including these, from BHS teachers.

"The best part of the day was seeing students have their moment in the spotlight! With the uncertainty in the world right now, seeing happy and exciting students was a highlight," said Craig Alexander.

"Seeing the seniors celebrate with their families and friends was one of those moments that as an educator I will never forget," added Christopher Croftcheck.

Senior Liza Harris's message echoed that of many classmates: "The parade was a great way to honor the seniors. It was so much fun to see my friends again, and to stand up through the sunroof and celebrate. I also enjoyed seeing non-senior friends, teachers, and people throughout the community cheer us on."

"This parade brought the entire community together," Mr. Chase added. "It's exactly what Beachwood needed."



Kelsea Brown



Spencer Sharp



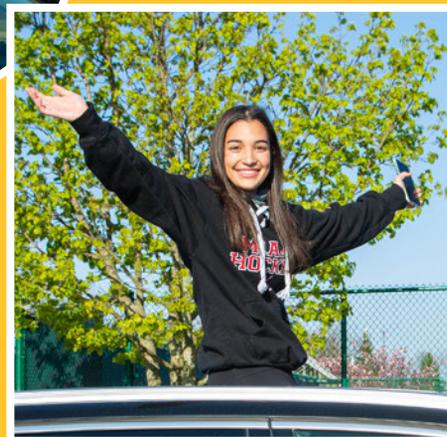
James Flowers



Channah Creve



Officers CJ Piro and Richard Kemer lead the parade



Carly Petti



Jordyn Zawatsky



Superintendent Bob Hardis helps direct traffic



Dylan Cira



Nikhil Murali



Seniors parade past the wall of banners looking to identify themselves and their friends



Joella Rosenthal



Chic Fil A Beachwood Place provided meals to seniors



Matt Keyerleber



Liza Harris

"Graduating from Beachwood High School made me extremely proud to be a Bison. Although the year didn't end as expected, the district did a great job to let us know they're proud of us. Parading through the city and waving at board members, middle schoolers, elementary schoolers, and family members was great! The parade and the yard signs are just small measures of the extra miles the district initiated to support its students. Mr. Chase and Dr. Hardis did a great job to keep us in the loop through Google Hangouts and YouTube videos. Teachers kept us engaged. Overall, BHS succeeded in embodying the importance of ONE BISON!

Beachwood isn't the largest community in Ohio, but it definitely has the largest heart for its community. Whether you placed a sign in your yard, stood in the bleachers, or cheered us on from a distance, thank you Beachwood!

~ Cassidy Gilliam, Class of 2020



Cassidy Gilliam

Graduation Signs Bring Joy to Graduates

As the class of 2020 prepares for a future outside of Beachwood, the Parent Teacher Organization reached out to the School District Administration to see if there was something to be done to lift spirits. The recommendation was swift: Would the PTO be willing to provide yard signs for each of the 133 graduating seniors? Without hesitation, the signs were ordered and a plan was built. Students were asked to submit names of a teacher or coach they admired, and those teachers and coaches were then mobilized to deliver yard signs to the surprised seniors. Social distancing rules were followed with masks and gloves worn (except for photo opportunities), but the smiles were still seen. The signs are a bright reminder, that great things are happening here in Beachwood!



"Katie Segal (Counseling Office secretary) is my favorite because I have always been able to trust her and she has always been there for me, unconditionally."

– Kylan Clark



"Nate Smith taught my Language Arts class in 8th grade and was influential on my education. I really enjoyed the class because of the way he connects with his students. His class made me enjoy learning about writing and I will always remember it."

– Kacey Hoffmann



"I picked Mrs. B. (Melissa Buddenhagen, Social Studies) because she was an amazing teacher, as well as a kind and caring person. She was easy to talk to about anything, whether or not it was school related, gave great advice, and has a great sense of humor."

– Aliza Bergman



"When Kathryn-Anne Barney (Social Studies) entered the district in 2018, she served as a mentor who listened to me, no matter the circumstances."

– Cassidy Gilliam



"Dominic Velotta (Social Studies) is a fantastic teacher whose high energy and thorough teaching style really inspired me. Thank you Mr. Velotta for being an amazing teacher!"

– Parker Gill



"I chose Darlene Haight (Choir) because of the amazing relationship I had with her throughout high school. I took her class for three years and established a really strong connection with her because of our shared passion for music. For the past four years, she has been more than a teacher; she has been an amazing role model and friend."

– Eric Golovan



"Mr. Perse (John, Social Studies) is the kind of teacher who can make you excited to learn about anything he teaches. His lectures were filled with a lot of animation, sarcasm, and jokes, which I looked forward to listening to every single day. If you put in the work, Mr. Perse was as invested in his students as he was in his teaching, and this support and understanding made my transition to high school much easier. I always knew I could stop by anytime, because Mr. Perse was always ready to listen to me with patience and give me great life advice that has shaped who I am today."

– Priyanka Shrestha



"Mr. Luzar (Evan, English) was an amazing teacher. He worked hard with me, which improved the quality of my essays. He also made class fun. As a junior, I looked forward to going to English so I could hear another story from his past, which helped me understand its relation to the book or essay we were reading. Mr. Luzar is one of the most personable and funny educators in Beachwood, and I am so glad to have had the opportunity to have him as a teacher."

– Max Steiger

Community Garden

The City of Beachwood is building a temporary community garden on one of the basketball courts on Fairmount Blvd.

The seed for the garden was planted months ago by City Council member Eric Synenberg. Council member June Taylor watered the idea, scheduled a Residential Housing Committee meeting, and now it's starting to grow.

"When I was campaigning for City Council, a friend mentioned the idea of creating a community garden so residents who don't have space of their own, or those who wanted to garden with other community members, could plant vegetables and flowers," said City Council member Eric Synenberg.

"This garden will be a welcome addition to the assets that the city already has," added Council

member June Taylor, who chairs the committee. "Especially during this challenging time when social distancing has prevented us from enjoying many of the traditional assets we typically enjoy."

Chris Arrietta, director of Public Works, explained how the garden will be constructed in a two-week period, for less than \$10,000, not including labor costs provided by Public Works Department laborers.

Mayor Martin Horwitz prepared for the meeting by visiting community gardens in Highland Heights and Orange. He spoke with people tending the soil, heard of their enthusiasm for their gardens, and backed the program.

Alternate locations are being discussed for a permanent garden in the future. For more information or to put your name on the interest list, call 216.292.1970.



"After visiting these two gardens and meeting some of the gardeners, the benefits of this project became obvious," he said. "In addition to growing healthy foods, our community garden will be a place where families can work together, explore nature, and build community through a love of gardening."

The basketball courts have been closed, so this garden provides a creative solution for use of this location.

Alternate locations are being discussed for a permanent garden in the

future. For more information or to put your name on the interest list, call 216.292.1970.

BHS Junior Swims Through Obstacles

When social distancing was put into place and swimming programs cancelled, Beachwood High School junior Grady Bystrom contemplated how he could maintain his swimming workouts, and a post on Instagram came to his rescue.

"I saw a post by an international swimmer of a pool with stretch cords installed, and I thought, 'I can do that too,'" Grady told us. And that's what he did!

Stretch cords are used for resistance training. They're tied to the side of a pool, enabling swimmers to swim in place, or are used to pull swimmers to give them the feeling of swimming really fast.

Grady used some of his college savings to purchase an 8' x 16' pool that fit in its designated space, while providing him flexibility to stretch out completely. A mysterious hole dug out of the concrete garage wall provided a perfect spot to secure a car jack that would hold the resistance cord.

Last month, Grady plunged into his chilly 52-degree pool that holds 2,700 gallons of water. In his YouTube video, Grady tells how the natatorium is compliant with the most up-to-date safety standards, including a one-to-one lifeguard-to-patron ratio. You can view Grady swimming in his pool with the *Rocky* theme song playing in the background. The pool's official name is the G-Dizzle Natatorium, based on a nickname given to Grady by his friends.

Grady now incorporates swimming workouts with his dry-land workouts, as outlined on Coach Brad Burget's website, fasterswimming.com. He plans to swim through his senior year and college, where he will major in engineering. This year, Grady placed

13th in the 50-yard freestyle race at Districts. In States, he qualified for the 200- and 400-freestyle relay, placing 15th and 19th, respectively; and he broke the team record in the 400-freestyle relay, one that was standing since 2005. While a sophomore, Grady participated in two relays at States, placed 7th in the 200-freestyle relay and 12th in the 200-medley relay.

"Grady's work ethic and creativity are inspiring during these uncertain times," said Coach Burget. "His motivation is spreading, hopefully faster than coronavirus. We all look forward to a safe return to the pool, and Grady has a bright future."

"I am determined to exceed in my goals, know it is possible, and don't want the pandemic to get

in my way," Grady said. "We can be creative, get through this and not let it stop us from achieving our goals."

To view Grady's YouTube video, visit youtube.com/watch?v=sruTXKcggjE.



Grady Bystrom takes a swim in his G-Dizzle Natatorium.

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Local Businesses Partner to Spread Kindness

Anthology of Mayfield Heights, currently under construction with expected completion this summer, offers independent living, assisted living, and memory care.

At Anthology, they believe that everyone has a unique life story, so they created a boutique-inspired senior living experience that celebrates the lives of its residents, enabling them to continue writing their stories with joy, purpose, and meaning.

While the Anthology construction team continues to build its foundation, staff is building goodwill throughout our community. On May 1, May 8 and May 13, Anthology partnered with Yours Truly Beachwood to give out free "Anthology Club" sandwiches (fresh grilled turkey, grilled ham, melted Swiss cheese, crispy bacon, lettuce and tomato on a brioche bun) with carryout orders. Sandwiches were gifted to the general public, and on May 8, to healthcare and first responders from Lake Hospital Beachwood

Medical Center in recognition of National Nurses Week. Special thanks to Anthology of Mayfield Heights and Yours Truly for spreading kindness during these difficult times.

About Anthology of Mayfield Heights

Anthology offers independent living, assisted living, and memory care, and has crafted exceptional communities that feature spacious, private suites with a variety of floor plans, designed with you in mind. Residents enjoy top-of-the-line amenities, including dining venues, concierge services, spa and fitness facilities, and other exclusive on-site conveniences.

Anthology offers its Charter Club Membership to people who pre-lease with them. Amenities include: 24/7 nursing (someone will always be onsite), concierge, anytime dining at various restaurants, full kitchens, in-suite washers and dryers, community rooms, library, fitness room,

indoor heated pool, golf simulator, arts and crafts room, tool shed, game room, movie theater, family dining suite, pub, full salon and spa, and more.

Anthology of Mayfield Heights is located at 6200 Landerhaven Drive. For more information, visit anthologyseniorliving.com or call 216.245.3661.

About Yours Truly Beachwood

Yours Truly Beachwood maintains normal business hours with its full food menu, including beer, wine, and spirits. Service is restricted to carry out, catering orders, and meal delivery partners. For updated information, visit ytr.com.



Above: Colleen Piteo from Yours Truly pays it forward by handing out sandwiches.
 Below: The Anthology/Yours Truly team gifts sandwiches to Lake Health Beachwood Medical Center employees.



Duckling Rescue

No job is too big or too small for the Beachwood Fire Department. When a resident witnessed three ducklings fall into the storm drain, they called for help. Crews were sent, and after several minutes all three ducklings were rescued. The ducklings were returned to their mother, who stood watch nearby during the rescue. Thank you Beachwood!



Firefighter Chris Titterington



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Beachwood Historical Society Challenge!



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

This month's challenge:

Where would you have been standing to have shot this photo? Email answers to beachwoodbuzz@gmail.com. All correct answers will be entered in a raffle for a \$50 gift card.

Last month's answer:

The Salvador Dali Museum was located on Commerce Park Road, on the back side of the Morse Building, which was located on Chagrin Blvd.



Congratulations to last month's winner, **Allison Hudson!**

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Flags for First Responders

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

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

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

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

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

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

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

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

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

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

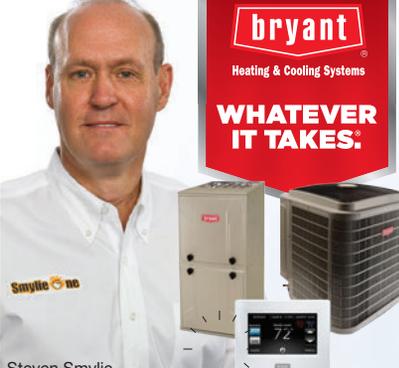


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Doo Dah Parade Visits Montefiore

Thumbs up to Cleveland East Senior Network for putting on their dancing shoes, creating signs, and providing friendly visits to local nursing homes to spread joy to residents and staff alike.

"I could tell that the residents inside Montefiore were enjoying our socially distant 'COVID Shuffle' because we could see them dancing inside with their caregivers," said Shalom Plotkin, owner of Right at Home. "They were also clapping, blowing kisses, and holding up signs in the second floor windows that said, 'Thank You!'"

"I think Kristen Morelli, director of Memory Care and Resident Life, may have encouraged and facilitated their participation, but true credit goes to Laura Blair of Anthology of Mayfield Heights for teaching us the COVID Shuffle," Shalom added.

"When social distancing began, we wanted to create a way to stay in contact with our professional peers and give back in the senior communities that we serve," said Melinda Smith, senior living specialist at The Fountains.

Doo Dah visits one location each week, staff often join them

outdoors, and spectators seem to enjoy these lively events. The Doo Dah group plans to do this weekly until senior housing locations reopen their doors.

Special thanks to the following participants for coming out, rain or shine, to spread cheer:

- Shalom Plotkin (Right at Home), with Bella, his retired therapy Puggle, who channeled Cinderella
- Roberta Brofman (Five Star Clinical Solutions)
- Melinda Smith (The Fountains Assisted Living)
- Laura Blair (Anthology of Mayfield Heights)
- Mary Norris-Pack (ESOP subsidiary of Benjamin Rose Institute on Aging)
- Cindy Cardwell (Caring Senior Choices)
- Karen Ramba (Caring Transitions)
- Cilla Buck (CarePatrol)
- Laura Chernauskas (Arden Courts Chagrin Falls)
- Carolyn Kreibel (Community Partnership on Aging)
- Rivka Goldstein (Kosher Food Bank)
- Melanie Cutnick (Naamat)
- Marci Curtis (Naamat)



Doo Dah Parade participants spread happiness every week to residents and staff in local senior living centers.

"Thank you for brightening up the lives of our residents with your great signs, dancing, costumes, and smiles – behind all your masks! We really appreciate your taking the time to add smiles to our beloved residents. Again, thanks for your creativity, high energy, and great spirits!"

– Susan Leiberman

Director of Marketing and Public Relations
Montefiore and The Weils

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Class of 2020 College Destinations:

Belmont University	Goucher College	Ohio Wesleyan University	University of Illinois at Urbana-Champaign
Boston College	Harvard University	Rice University	University of Miami (2)
Boston University (2)	Hope College	Rochester Institute of Technology	University of Michigan (4)
Bowdoin College	Ithaca College	Saint Louis University	University of Pennsylvania (2)
Bucknell University	Kent State University (2)	Skidmore College	University of Pittsburgh
Carnegie Mellon University	Kenyon College	Spelman College	University of South Carolina (2)
Case Western Reserve University (2)	Lehigh University	Stanford University	University of Southern California (2)
Clemson University	Loyola Marymount University	Swarthmore College	University of the South, Sewanee
Colby College	Massachusetts Institute of Technology (2)	Syracuse University (2)	University of Virginia
Columbia University	McMaster University	Tufts University	University of Washington
Cornell University	Miami University	Tulane University	Vanderbilt University
Dartmouth College	New York University (3)	University of Akron	Yale University (2)
Davidson College	Northeastern University (2)	University of California, Los Angeles	
Denison University (2)	Oberlin College	University of Cincinnati	
Dickinson College	The Ohio State University (6)	University of Dayton	
Duke University		University of Denver	
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BHS Grads Partner with Local Promotional Company to Produce PPE

Pulsar Eco Products, owned by Beachwood High School graduates Eric (class of '90) and Mike (class of '80) Ludwig, has metamorphosed from a producer of creative consumer products for big-box retailers and cruise lines to manufacturing a weekly supply of 2.5 million personal protective equipment (PPE) masks. When consumer demands changed as a result of COVID-19, the company created a collaborative partnership with Barry Jacobson, owner of KMK Promotional Sales, a regional promotional products company, and chose another direction to cruise.

"We pride ourselves in being a go-to team for creative development, bringing to the table a unique mix of design, manufacturing, sourcing and distribution," Eric said. "So when this pandemic hit, we took our skill set and converted it to help heroes on the front lines, as well as companies and citizens, to stay safe."

Eric explained how they already had a manufacturing supply chain set up in China, so in January, when China went on lockdown, he and Barry Jacobson anticipated the mask shortage and began to manufacture medical and non-medical disposable masks, as well as KN95 respirator masks.

Customers now include Mayo Clinic, Akron Children's Hospital, the United States Navy, and the State of Maryland.

The Pulsar/KMK team has also donated masks valued at \$50,000 to local businesses, including University Hospitals' Rainbow Babies and Children's Hospital, MedWish International,

Heinen's, Dollar General, The Weil's, Menorah Park, Arden Courts, and Chagrin Valley Chamber of Commerce.

Pulsar is used to creating custom products, so they have expanded production to include color-printed disposable masks. "The general community will most likely be wearing masks for a long time, so we offer personal branding," Eric told us. "You can take a product that may be a commodity and make it interesting for different markets."

And that's what they did. They now offer custom masks for restaurants, delivery services, hospitality services, and more.

Any customer who wants a minimum of 300,000 units may order custom-designed masks.

Both companies are proud to have kept their entire staff employed as they continue to look for creative solutions to address the COVID-19 crisis. "Keeping our employees and their families safe, working, and compensated was paramount for us and we are

proud to have accomplished this goal," said Barry.

"Our overall goal is simple," Eric said. "We plan to help people in our community and beyond protect themselves and others from the spread of COVID-19."

Eric and Mike's parents, Linda and Saul Ludwig, reside in Beachwood, a community that remains close to Eric and Mike's heart. With gratitude, they also contributed 2,600 additional masks to the Beachwood Police Department, Fire Department, Mayor's Office, and Menorah Park.

For more information, visit www.pulsarkmk.com.

and distribution. Pulsar Products can be found in over 25,000 locations worldwide. For more information, visit pulsarproducts.com.

"Our overall goal is simple," Eric said. "We plan to help people in our community and beyond protect themselves and others from the spread of COVID-19."

About KMK Promote

Founded in 2006 from an expertise in building brands, KMK Promote offers unique, quality promotional products, excellent service, and customer-focused marketing. Located in Chagrin Falls, the company is a premier source for branding solutions. For more information, visit kmkpromote.com.

About Pulsar Products

Pulsar is a thriving, entrepreneurial consumer product company servicing retailers, cruise lines, resorts, theme parks, and special events. Since 1997, this family business has been a go-to team for creative development, product design, manufacturing, sourcing,



Left: Eric Ludwig
Above: Young man models sample of personalized mask
Right: Barry Jacobson

Click Play to Pray!

Jill Koslen-Freireich, director of Beachwood Community Theater, has been praying daily for as long as she can remember. As a cantorial soloist, she has assisted in many reform services. Jill believes in the power of prayer and continues to pray daily for all who are affected with COVID-19 or experience hardships related to social distancing.

"I pray for an end to this pandemic and for everyone's safety," Jill told us. "I've shared my prayer routine with friends and family, and was asked a number of times how someone may join me in prayer. In response, I created a video, so now they can!"

Jill created her 20-minute video to spread peace, health, and happiness throughout our community and beyond – a video that is reflective of traditions in reform Judaism with easy-to-follow, recognizable prayers, both in English and Hebrew. Jill's words, messages, and songs resonate with her viewers and fill them with a sense of inner peace and hope.



this pandemic," Jill said. "My goal in creating this video is to help others find comfort, inner peace, and their spiritual selves while praying for a better, safer world.

"I thank the amazingly talented Jessie Pollak for editing the video and adding lyrics and English transliteration," Jill said. "This makes it extremely easy to follow along. No prayer book is needed. Jessie supplied the passages, lyrics, etc. All one needs to do is tap the play button to pray."

Jill's video may be especially helpful to individuals who live in independent living, assisted living, or nursing homes where visitors aren't permitted, or to people who are feeling lonely.

To view Jill's video, visit tinyurl.com/Jillpray, and feel free to pass it along.

"I feel that if we pray collectively, we may feel more hopeful about an end to this pandemic," Jill said. "My goal in creating this video is to help others find comfort, inner peace, and their spiritual selves while praying for a better, safer world."

"I feel that if we pray collectively, we may feel more hopeful about an end to

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Beachwood Library News

On March 13, all Cuyahoga County Public Library branches were closed to the public as a precaution against COVID-19. Book drops were closed and customers were asked to keep any materials they had out on loan and not attempt to return them. CCPL also announced it would waive fines and fees for all materials borrowed prior to the closure.

During the first phase of the reopening plan, CCPL enhanced its collection of digital resources (e.g. eBooks, audiobooks), began offering virtual programs, and launched an Ask Us Online service to provide virtual reference and email support for customers with questions about their library account or accessing eBooks and other digital resources from home.

In the second phase, 13 CCPL branches, including Beachwood, will open for drive-through window service, Monday through Saturday, 9 am to 5 pm, beginning June 1.

CCPL staff will begin calling customers who have placed items on hold starting June 1 to provide information about picking up items they placed on hold while the library was closed. Library customers should not attempt to pick up items until they have been contacted.

Customers may begin returning materials on June 1. CCPL will continue to waive fines and fees on all returned materials until June 15. Returns will be accepted via library book drops only. All returned materials will be quarantined for 72 hours as a safety precaution. Staff members returning to work will be trained on COVID-19 safety protocols. They will be issued PPE and be required to check their temperature prior to working to support a safe environment.

Umbrella Has You Covered

By Arlene Fine

Because of COVID-19, Beachwood residents, ages 60 and older, often feel shopping at their local grocery store is like negotiating a field full of land mines.

Thanks to Umbrella, a senior-focused service, older adults don't have to push their own grocery carts any more. Their groceries and medications can be dropped off at their home by a neighborhood volunteer who follows a safe, contact-free delivery protocol.

Umbrella, which started in Brooklyn, New York, in 2018, launched in Cleveland in late April, and is quickly gaining traction.

"The home delivery service is absolutely free, but if people are so inclined, Umbrella asks for a \$10 donation to keep the lights on," says Evan Matuszak, Umbrella city lead for Cleveland. "Seniors can access this service by going to askumbrella.com and completing the two-minute sign up process, or by calling the hotline at 844.402.2480."

Umbrella was initially founded to help people 60 and older with handy tasks and home chores by matching them with skilled retirees who could assist them at an affordable rate. Due to the pandemic, Umbrella has repurposed all its resources to provide food for seniors.

"Umbrella is different than Instacart, as we do not tack on an extra charge for delivery or processing fees," says Evan.

Vetted Umbrella volunteers use an Umbrella app to find seniors in their area who need groceries. The shopping is usually completed and delivered in less than 36 hours.

Seniors fill out their shopping list online or by calling an Umbrella representative. They also get a chance to talk directly to their matched volunteer and specify items or substitutions if necessary. When volunteers accept an

assignment they are prompted to call the recipient and coordinate a contact-free drop-off time.

"All payments are cashless and handled via credit card or debit card to allow for a contact-free experience and ensure everyone's safety," says Evan. "The volunteers charge the groceries and get reimbursed via direct deposit to their bank account or via Venmo or PayPal accounts. Seniors are charged after the order is done, and we email or deliver a copy of the receipt."

Umbrella uses Stripe, a leading credit card processing company, to store the credit card number, with only the last four digits visible. "Volunteers never get access to seniors' payment information – they front the money for deliveries and then Umbrella stands in the middle of each transaction handling payment and reimbursement," says Evan.

As demand for deliveries increases, Evan says so does the need for volunteers. People signing up to volunteer must be younger than the vulnerable age group, be in good health, have not been traveling and have not had any illness in the past 14 days.

"There is no minimum commitment to volunteer – even doing one grocery order for an at-risk senior makes a big difference and could save a life," Evan says.

"Umbrella is different than Instacart, as we do not tack on an extra charge for delivery or processing fees," says Evan.

WHAT: Umbrella uses local volunteers to deliver food, essential household supplies, and medicine to people 60 and older.

APPLY: Visit askumbrella.com or call 844.402.2480.

COST: Free but a suggested donation of \$10 is asked for each delivery. Umbrella's annual membership fee of \$199 has been waived during the COVID-19 pandemic.

TO VOLUNTEER: Visit askumbrella.com/volunteer.



Evan Matuszak, Umbrella city lead for Cleveland, hopes more people in Beachwood will take advantage of this free home delivery service for their groceries or medications.

Saltzman Youth Panel Grants \$43,000 for Community Needs

Thirty nine Jewish high school juniors and seniors representing public and private high schools across Cleveland have come together to recommend grants totaling \$43,000 to 13 organizations for crucial programs in the Jewish and general community through the Jewish Federation of Cleveland's 2019-2020 Maurice Saltzman Youth Panel.

Saltzman Youth Panel was established in 1998 through a generous gift from Shirley Saltzman (of blessed memory) and her family in memory of the late Maurice Saltzman (of blessed memory). The program perpetuates the goals of Maurice Saltzman, a past board chair of the Federation, who cared deeply about educating the next generation of Jewish community leadership. Each year, a new Saltzman Youth Panel allocates up to \$50,000 to

worthy organizations – 85% of which are awarded to programs serving the Jewish community. The other 15% is awarded to non-profit programs serving the general community. Through this experience, the participants learn about the philanthropic process and responding to community needs.

Panelists Nathan Wieder, a junior at Fuchs Mizrahi School, and Eliana Goodman, a junior at Solon High School, presented the panel's recommendations to the Federation's Board of Trustees during a virtual meeting on May 18. Recommendations from the panel were unanimously approved by the board.

"The Saltzman Youth Panel is more than a simple selection of worthy programs to help fund," said Goodman. "It is about the Jewish community, the importance of the work we do,

and the importance of community involvement and process."

Among the grants were: \$6,000 to Jewish Family Service Association (JFSA) to cover reliable transportation for individuals who are unable to drive due to mental health and/or physical disabilities, effects of aging, and/or insufficient income; \$4,000 to the Jewish Agency for Israel – North American Council to provide scholarships for educational opportunities for mentors of the Youth Futures program for at-risk youth; and \$2,000 to Rainey Institute to engage and lead children of homeless families in activities, provide support, and learning opportunities.

Prior to the Board of Trustees meeting, panel members and their families gathered for a virtual reception to celebrate their accomplishments. Federation President Erika B.

Rudin-Luria congratulated the group on their successful collaboration and philanthropic spirit. Panelists commented on how much they learned about community needs, evaluation of grant proposals, and the struggle to prioritize needs when resources are limited.

Panel members, selected through a competitive application process, met seven times throughout the school year. They created a Request for Proposals, reviewed grant applications, learned about consensus decision making and, in the end, had a tremendous impact on programs and organizations that improve the lives of others.

To nominate a rising high school junior or senior for the 2020-2021 Saltzman Youth Panel, please contact Anna Novik at anovik@jfcleve.org or 216.593.2844. Application deadline is September 4, 2020.





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Brian Friedman,
President



Watercolor and ink painting by Alice Jacobs

"My motivation to create this was reflection of our society today, uncertainty about its future, and despair across our beautiful nation."

Beachwood Family Donates Masks

Nancy Yan Liang and Yiran Zheng, along with their children, Lyndia (6th grade), Eva (5th grade), and Oscar (2nd grade) have lived in Beachwood for seven years and love our community. They are grateful for support they receive from the Beachwood Schools – both in the classroom and through online learning during the past few months. In return, with gratitude, they gifted 2,000 disposable masks to Beachwood Schools Superintendent Bob Hardis, who distributed them accordingly.

"My husband has some friends in China who shipped the supply to us," said Nancy. "We love the Beachwood school system and its teachers, and thought it would be nice to do something in return since it's important that we all work together to get through this pandemic."

Additionally, Yiran and his children distributed 25 masks to each family on their street.



CITY OF Beachwood

The playground at the Beachwood Family Aquatic Center continues to remain closed per Governor DeWine's order. Barkwood Dog Park will be open by appointment for 30-minute timeslots. Members can sign up at www.beachwoodohio.com. The tennis courts are currently open with restrictions posted.



Paying it Forward

Zoe Rosner, an 8th-grader at Mandel JDS, was challenged to come up with a project when her class trip to Israel was cancelled and a teaching plan was not yet in place.

"We were instructed to do something that we like," Zoe recalled. "I like art, and since there is a lot of sadness and negativity in this world, I felt that hand-painted rocks may make people happy."

Zoe told us that she was inspired by other projects she had seen. To date, she has painted two batches of rocks, adorned with inspirational messages, and placed them on a table at the end of her driveway, instructing passersby to help themselves and pay it forward.

Her message to the community? "Stay positive, see good in the world, and stay safe."



"It remains our belief that staying at home is the safest option. Your patience and cooperation will help all of us make this difficult transition safer, more productive, and less stressful."

– Mayor Martin Horwitz

BHS 50-Year Reunion

NEW DATES

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



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

Karen Arnson Tarlofsky
Gail Blumenthal

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

Deadline for Real Estate Tax Collection Extended to August 13, 2020

The 2019 second-half real estate tax deadline has been extended by four weeks to August 13, 2020. This move was recently approved by the State Tax Commissioner. It is expected that tax bills will be in hand approximately 20 days prior to the deadline per state law.

"We are doing everything we can to provide relief to taxpayers affected by the economic impact of the coronavirus while maintaining the financial support needed by our cities, villages, townships, and school districts," said Cuyahoga County Executive Armond Budish. "This extension will allow County taxpayers to delay paying their property taxes without accruing penalties or interest."

If taxpayers are experiencing difficulties with making their payment, they should contact the County Treasurer at 216.443.7420 from 9 am to 12 pm, Monday through Friday, or email Treascomment@cuyahogacounty.us.

While the County Administration building is closed to the public, taxpayers are encouraged to use regular mail, online resources, or the County drop box to make their payments.

In addition, other services are currently available to taxpayers including the Easy Pay program that allows advance payments on a monthly or quarterly basis. Please refer to treasurer.cuyahogacounty.us for further details.

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Enid Rosenberg Receives Charles Eisenman Award

Enid Rosenberg was recently named the 96th recipient of the Charles Eisenman Award, the Jewish Federation of Cleveland's highest civic honor for outstanding contributions to our community. The Federation recognized Enid and celebrated our community at its 116th Annual Meeting on Thursday, May 14.

"What makes Enid such a great leader is her passion and her desire to get things done," said J. David Heller, Jewish Federation of Cleveland board chair. "She cares about so many different aspects of the community and this passion comes through in her work. People want to be on Enid's team."

Enid is meaningfully invested in the work of many organizations across Cleveland. She is a former board chair of Mandel JCC, Menorah Park, Oakwood Country Club, as well as the Orange School Board, where she led the passage of two levies and a bond issue.

She is a founding board member of Breakthrough Charter Schools, which currently serves over 3,600 students in 12 locations. She has also served on the boards of the Maltz Museum of Jewish Heritage, United Way of Greater Cleveland, the Jewish Federations of North America, The Mt. Sinai Health Care Foundation, and The Cleveland State University Foundation.

Enid has served as an advisor to University Hospitals during some of the most transformative moments in the organization's history, including the development of UH Ahuja Medical Center. She currently serves on the



UH Ahuja Medical Center Board and is chair of the UH Volunteer Leadership Program.

She is a past vice chair of both Federation's board of trustees and the Campaign for Jewish Needs. She also served as chair of Federation's Community Planning Committee and worked on the committee's efforts to develop the 2011 Greater Cleveland Jewish Population Study, which is used both locally and nationally.

In addition to the presentation of the Charles Eisenman Award, the annual meeting featured remarks by Dr. Erica Brown, director of the Mayberg Center for Jewish Education at The George Washington University, an address from J. David Heller, and an election of Federation trustees.

Spreading Care with Creativity

The Women of Fairmount Temple Mitzvah A-Team completed 44 blankets to spread warmth throughout the community, each one a masterpiece created with love and care.

Thirty-six blankets were donated to Project Act, and the additional baby blankets will be delivered throughout our community.

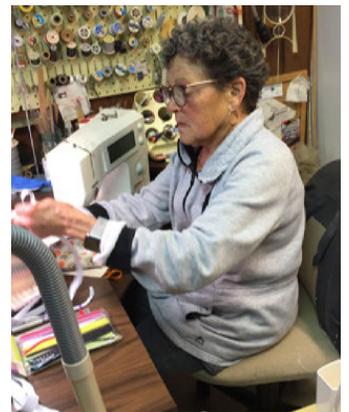
"I am so proud to work with these talented women," said Phyllis Berlas, Mitzvah A-Team chair.

The group of dedicated knitters and crocheters includes: Leone Blumberg, Fern Braverman, Louise

Chesler, Ruth Galan, Bernice Goldman, Phyllis Henry, Eileen Hoicowitz, Mary Keane, Ellen Klein, Beverly Lavetter, Debbie Lavin, Sherrie Litvak, Eva Mendula, and Nancy Socoloff.



When members of Fairmount Temple were asked to create masks for hospital employees who are not directly related with providing patient care, active sewers stepped up, including Beachwood resident Pat Singer.



When the Gunzburg kids on Halcyon Road wanted to do something nice for their mailman, they posted a tic-tac-toe board on their front door. He laughed when he saw it, and placed his "O" right in the center. Be sure to see next month's *Beachwood Buzz* to find out who won the game!

Everyone has a story to tell. Let us tell yours in *Beachwood Buzz*!

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Kindness – It's Elementary

Last month, we ran an article about Beachwood elementary counselors, art teachers, and preschool teachers who developed a "Kindness Project" to acknowledge the work of individuals who provide essential services during the COVID-19 crisis. Another purpose of this activity was for students to express themselves through artistic mediums and share "what's in their heart" with the community at large. Students were instructed to cut out a heart and include a message for someone they would like to thank, write a letter of thanks to someone, or chalk on the sidewalk.

Beachwood Buzz thanks these students for sharing what's in their heart!



Pictured from top:

Thank you art by Sarah Zhou

Heart art by Anna and Alison Stephens

Window art by Tia Zohos

Door wreath by Yuiko Nakasu

Sidewalk art by Ben Gero



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Park Synagogue Donates \$60,000 to Combat COVID-19 Crisis

Park Synagogue recently held a virtual event, "The Park Telethon: 10 Hours of Making a Difference," to support health care workers and provide food staples for people in need during the COVID-19 crisis.

Beachwood resident Rabbi Joshua Skoff, Park's senior rabbi, said, "We had announced beforehand the funds raised from the Telethon would be multi-purpose. One part would go towards PPE and provide protection for those who are protecting our most vulnerable. The second part would be helping the Foodbank and others who can no longer rely on typical

donations to provide food for those who are in need."

Park congregants and guests presented on different topics throughout the day, virtually, on Zoom. Topics ranged from sharing updates about the present and future of COVID-19 to exercise classes, cooking demonstrations and magic, as well as the importance of wearing masks and helping parents deal with the anxieties their children may be facing. In total, Park raised \$60,000 from 346 donors.

With many local non-profits spending exorbitant amounts for unexpected costs, Park decided

to distribute the donations to several local organizations:

- Greater Cleveland Foodbank
- Koinonia Homes, Inc.
- Menorah Park
- Montefiore
- Paralyzed Veterans of America, Buckeye Chapter

Susan Ratner, Park's president, said, "We are all in this together, and we wanted to do something to give back to our community during this challenging time. It is our hope that these gifts will make a difference in helping take care of our most vulnerable community members."



Rabbi Skoff hosts a version of "The Newlywed Game" with the Park clergy and their spouses during The Park Telethon.

"We are all in this together, and we wanted to do something to give back to our community during this challenging time."
– Susan Ratner,
Park's president

Learn about COVID-19 Myths vs. Facts at the Alert Center of beachwoodohio.com. This Ohio Department of Health document provides information about social distancing, mask effectiveness, transmission, and more.

JVN Connections

Now more than ever, children, teens and adults of all ages have a need to be connected and feel part of community. Jewish Federation's Jewish Volunteer Network (JVN) offers free, virtual fun and skill-based activities and projects, including:

Color Me Happy

- Create colorful pictures to brighten the day of residents living in our nursing homes. Scan and send to dweiner@montefiorecare.org or kskerl@menorahpark.org.

Game On

- Face off with your cyber challenger as you play computer and board games via Zoom.

Homework Tutor

- Receive personalized assistance to improve skills in math, spelling, and reading.

Resume Support

- Retool or create your first resume to help you stand out of the crowd when seeking a job.

Story Time

- Enjoy your favorite story or hear a new one told by our engaging Cleveland storytellers.

Tech Help

- Learn how to Zoom, order food on Instacart, and shop online.

For more information and to register, contact Susan Hyman at shyman@jfcfcleve.org or 216.593.2887.

Beachwood's CycleBar Installs Innovative Air Purifier

CycleBar Beachwood, a boutique fitness studio specializing in indoor cycling, is among one of the first fitness centers in Northeast Ohio to install the award-winning REME HALO in-duct air purifying unit by RGF Environmental Group, Inc. The unit is installed directly into the studio HVAC system and actively distributes hydroperoxide that is circulated throughout the CycleTheatre, community room, and front lobby. It disinfects every surface that comes in contact with the air. Hydrogen peroxide is a proven disinfectant with 99% efficacy in neutralizing viruses, bacteria and mold. When SARS-CoV arrived in Canada in 2003, Accelerated Hydrogen Peroxide (AHP) became the recommended disinfectant technology of choice by healthcare providers. The purifier is currently in short supply from the manufacturer due to overwhelming demand.

Additional safeguards include the completion of a health

check waiver prior to registering for a class, temperature screening of all employees and riders upon entry to the studio, touchless check-in, several hand sanitizer stations, and increased cleaning protocols. Prior to COVID-19, the studio constantly received high marks on cleanliness from riders on Yelp, Google, and Facebook.

"We recognize that members may have concerns before returning to the studio amid COVID-19, especially given the reputation that big box gyms have for cleanliness," says Joe Purton, owner and operator. "We installed the REME HALO in order to stay ahead of the curve and to ensure that our riders are in the safest place possible."

CycleBar Beachwood will be re-opening with limited class sizes as soon as the state of Ohio allows. More information can be found on its Facebook and Instagram pages. Cyclebar Beachwood is the 6th studio to open in the United States out of over 200 current locations.

Kosher Food Pantry Steps Up

By Arlene Fine

Even though they don't wear hazmat suits or N95 masks, a stalwart team of Kosher Food Pantry (KFP) volunteers is on the front lines.

Six days a week KFP volunteers are either sorting, packing or delivering food to underserved members of the community. Volunteers wear protective face masks and gloves, practice social distancing, and participate in a contact-free packing and delivery process.

"Many KFP recipients are elderly or have large families, and they tell us the weekly packages of food are keeping them going," said Rivka Goldstein, KFP manager. "With the economy shut down and so many people of all ages out of work, we have seen a 30% spike in the need for our services over the past few months."

Among the multigenerational cadre of volunteers are Beachwood High School sisters Joelle Rosenthal and Rachel Rosenthal, whose mother Beth Rosenthal is also a regular KFP volunteer.

"While there is much uncertainty during these times, showing kindness to others will never be cancelled or postponed," said Joelle, age 18. "It's been such a rewarding experience for us to volunteer at the KFP."

Rachel Rosenthal, 17, is equally enthusiastic about volunteering at KFP. "Even though we've been involved with KFP for several years, the need to provide food to the community is greater than ever," Rachel says. "We are so grateful to have the opportunity to make a difference to the men, women and children served by the KFP."

As Rivka prepares for the increased demand for food products including canned goods, dairy, pasta and whole grains, and fresh fruits and vegetables, she hopes more community members will step up to the plate and volunteer.

"With growing unemployment, and with many seniors afraid to leave their apartments, the support we receive from our partners, donors, and volunteers lets us serve community members who are struggling," says Rivka. "Our vision is to create a community where no neighbor experiences hunger, and this vision has never been more critical than during the COVID-19 pandemic."

"While there is much uncertainty during these times, showing kindness to others will never be cancelled or postponed."

~ Joelle Rosenthal

The Kosher Food Pantry 2004 S. Green Road South Euclid

Open Pantry Hours:

Thursdays
5:30-6:30 pm

Drop-Off Hours:

(Canned and packaged kosher non-expired food items)
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To receive services, volunteer, or donate, visit kosherfb.org or call 216.382.7202.



Beachwood High School students Rachel and Joelle Rosenthal are geared up to deliver much needed groceries to a senior housing complex.



Rabbi Noah and Chaya Leavitt packed bags of food for struggling Cleveland families.



Ben Katz prepares to pack and deliver bags of food to seniors and shut-ins.

Village In the Heights

Village in the Heights has been busy these past few months. While its transportation and in-home support services have all but vanished to keep everyone safer, the Village has offered contact-free delivery of groceries and prescriptions to its members. Also, its virtual calendar is exploding with events:

June 11 • 4:30 - 6:30 pm
Village Happy Hour on Zoom

June 15 • 2 pm
Music Therapy with Lucille

June 19 • 6 pm
Parking Lot Distance Cookout

June 25 • 4:30 - 6:30 pm
Village Happy Hour on Zoom

July 1 • 2 pm
Chair Yoga
with Linda Solomon

July 8 • 4:30 - 6:30 pm
Village Happy Hour on Zoom

July 20 • 4:30 - 6:30 pm
Village Happy Hour on Zoom

Happy hours aren't necessarily for drinking. They're for socializing! Themes may be introduced to encourage additional participation. Topics vary at each happy hour event.

All events are free and open to the public. Please attend! For details on these events and for more information about Village in the Heights, please call 216.297.3179 or email info@villageintheheights.org.

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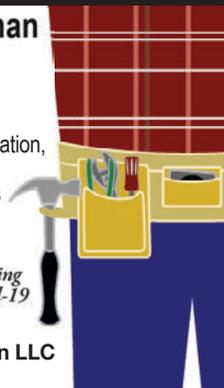
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CDC Tips for Coping with Stress

Outbreaks can be stressful

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for you or a loved one. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Find ways you and your family can reduce stress.

People who may respond more strongly to the stress of a crisis include:

- Older people and people with chronic diseases who are at higher risk for severe illness from COVID-19.
- Children and teens.
- People who are helping with the response to COVID-19, like doctors, other health care providers, and first responders.
- People who have mental health conditions including problems with substance use.

Ways to cope with stress

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take deep breaths, stretch, or meditate.
- Try to eat healthy, well-balanced meals, exercise regularly, and get plenty of sleep.
- Avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

Need help? Know someone who does?

If you or someone you care about are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others:

- Call 911.
- Contact the Disaster Distress Helpline at 1.800.985.5990 or text TalkWithUs to 66746.
- Contact the National Domestic Violence Hotline at 1.800.799.7233.

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Make Your Health a Priority

Safety has always been a key element of patient care at University Hospitals. We are following COVID-19-related guidelines from the U.S. Centers for Disease Control and the Ohio Department of Health to keep our patients safe at our hospitals and physician offices. We will continue to provide excellent care in a safe environment, even though things may look and feel a little different.

You can now return to UH for services, including:

- All doctor visits
- All imaging procedures, diagnostic tests and lab work
- All outpatient surgeries, not requiring a planned overnight stay
- Treatment of pain or severe symptoms that interfere with your daily life

Our emergency rooms, urgent cares and orthopedic injury clinics continue to be open to meet your immediate health care needs.



Upcoming Health Talks

UH is bringing our health experts to you through a series of virtual health talks. The virtual seminars will include a presentation by our experts and a Q&A session. These events are free but registration is required. Visit UHhospitals.org/Health-Talks to learn more.



Schedule an appointment by visiting UHhospitals.org/Doctors or by calling **216-765-9314**.