

A NEW M IN THE MAKING

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A C

BHS GRAD ENTERS NEW STAGE IN LIFE

**ALEX WYSE LAUNCHES
OFF-BROADWAY MUSICAL**

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Letter from **THE EDITOR**

By Debby Zelman Rapoport

Every morning when I open my computer, I scroll through the emails to which I've subscribed. One is Daily OM, a site that provides inspiration and offers courses on self-improvement, healthy living, spirituality, motivation, healing, manifestation, and so much more. The site is beautifully designed, with graphics that draw you in to varied content. A recent topic addressed how we measure our inherent worth, something that remains constant, although much of who we are changes as we journey through life.

(Self-worth) is the belief that you matter, that you are valuable, despite what you have or haven't accomplished. It's not about meeting some measure of excellence. It's about knowing you have value simply because you are you.

I share this message because it's important to recognize our worth, which has a direct relationship to gratitude. Here's what they shared on dailyom.com:

While the term "self-worth" is often used interchangeably with "self-esteem," the two evaluations are different. Self-esteem is the measure of how you feel about yourself at a given moment in time, whereas self-worth is not a product of your intelligence, talent, looks, deeds, or accomplishments. Rather, it is an immeasurable and unchanging manifestation of eternal and infinite oneness with the universe. It represents the cornerstone of the dual foundations of optimism and self-belief. Your worth cannot be taken from you or damaged by life's rigors, yet it can easily be forgotten or even actively ignored. By regularly

acknowledging your self-worth, you can ensure that you'll never forget that you are an important, beloved, and special part of the universe.

We are each born worthy, and our concept of self-worth is reinforced by our actions. Do you appreciate yourself? Do you treat yourself kindly? Do you define personal boundaries? Are you proactive in seeing that your needs are met? Do you recognize your value?

When we lose sight of our worth, we likely feel depressed, insecure, and fragile. Then, we may pursue a counterfeit worth based on judgment, rather than the beauty that resides within. When we feel worthy, however, we accept ourselves without hesitation. Our worth as an individual allows us to be happy, confident, and motivated. When we view our worth internally,

instead of basing it on the external expectations, we accept mistakes and failures as a part of life's journey.

Self-worth is defined as a feeling that you are a good person who deserves to be treated with respect. It is the belief that you matter, that you are valuable, despite what you have or haven't accomplished. It's not about meeting some measure of excellence. It's about knowing you have value simply because you are you. When we awaken to this concept, we rediscover the awe-inspiring worth within each and every one of us.

Thanksgiving is just around the corner. Take time to practice gratitude, look at your reflection in the mirror, and recognize your true worth.

Debby ♥

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BHS Grad Enters New Stage in Life

Alex Wyse Launches Off-Broadway Musical



The Alex Wyse who attended Beachwood Schools was someone who wasn't sure where he belonged. He felt as though he was just surviving, and he could barely tolerate academia. He says high school was something he had to endure so he could eventually do what he really wanted. Today's 34-year-old Alex Wyse has succeeded in achieving that goal by appearing in his own Off-Broadway show. He is starring in a musical for which he co-wrote the script and composed the music and lyrics with Ben Fankhauser, a childhood friend from Orange High School.

Cover story starts on page 6.

Cover shot: Alex Wyse on the red carpet at the opening of *A Commercial Jingle for Regina Comet*. Photo by Tricia Baron.



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**BHS
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**NEW
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IN LIFE**

ALEX WYSE LAUNCHES OFF-BROADWAY MUSICAL

By June Scharf

The Alex Wyse who attended Beachwood Schools was someone who wasn't sure where he belonged. He felt as though he was just surviving, and he could barely tolerate academia. He says high school was something he had to endure so he could eventually do what he really wanted. Today's 34-year-old Alex Wyse has succeeded in achieving that goal by appearing in his own Off-Broadway show. He is starring in a musical for which he co-wrote the script and composed the music and lyrics with Ben Fankhauser, a childhood friend from Orange High School.

His trajectory since graduating with BHS' Class of 2005 has involved working as a professional actor/singer over the past 10 years. He attained his dream of appearing in Broadway shows, including *Lysistrata Jones*, *Waitress* and *Spring Awakening*, and he also co-produced the Broadway production, *What*

the Constitution Means to Me, a show that received Tony, Drama Desk and Outer Critics Circle Award nominations.

Alex was also cast in a national touring production (*Wicked*), several Off-Broadway shows, TV shows (*NCIS: Los Angeles*, *Marvel's Iron Fist*, *The Bold and the Beautiful*, *Modern Family*, and *Masters of Sex*, to name a few), a play (*For the Record: Dear John Hughes*, opposite Evan Rachel Wood and Rumor Willis), a movie (*X/Y*, opposite America Ferrera), and commercials.

His most recent notable accomplishment was starring in the self-created, award-winning, internet-based comedy, *Indoor Boys*, which ran for three seasons and was nominated for a Daytime Emmy Award and 18 Indie Series Awards, for which it won six. In many ways, the show is reflective of Alex himself in its foremost qualities: sassy, clever, quick-witted, entertaining, and irreverent, with a bawdy, slightly outlandish sense of humor, often relating to gay-life themes.

Aside from these performance successes, it has been an arduous climb, with rejection and frustration littering his path. One such example early in his evolutionary cycle came while he was earning his BFA degree from Boston University – a professor told him that he wasn't well-suited for an acting career.

"That made me dig my heels in even harder. I said, 'No, no, no, I have to do this.' Sure, it hurt me a lot, but I think that beneath it, I understood that I wouldn't be happy unless I'm doing what I love," Alex stated during a recent conversation in New York City.

His solution to overcoming the judgment of others was to craft his own material and ultimately create his own opportunities.

"The thing that has saved me again and again from feeling like I'm at the mercy of someone else's decisions is making my own decisions," he explained. "I've often felt the influence of this cruel industry, but when I'm in that zone of my own creativity, I feel like I don't need anyone else's approval," he added.

"I love that I'm surrounded by artists and people who I can call up and say, 'Hey, write a musical with me,' and they do it."

Alex Wyse, Ben Fankhauser and Bryonha Marie Parham star in *A Commercial Jingle for Regina Comet*.

Photos by Matthew Murphy.

These feelings were the initial drivers behind his interest in developing a musical, the one that became his current production, *A Commercial Jingle for Regina Comet*, showing at the 99-seat DR2 theater near Union Square until November 14, after opening on September 27. It was the first new in-person musical to open in New York since COVID-19 shut down theaters last year.

The show explores the lives of an out-of-work songwriting duo (Alex and Ben) who dream of writing hit songs. But, as it says in the show's promotional material, writing a hit "can be a real shit show."

Instead, they are tapped by fading pop star Regina Comet (Bryonha Marie Parham) to reignite her career and create a jingle to launch her new fragrance, "Relevance," which is meant to drive her professional life back into consequence. It's a great opportunity, but things go sideways very quickly. The musical draws on issues related to struggles with creativity, aging in a youth-oriented society, and the fleeting nature of fame.

In a *New York Times* review, the show merited some positive notes. "The production ... moves at a steady clip ... and Wyse, looking like an overgrown summer camper in his neat shirt and shorts, excels at (the joking) kind of exchange."

In another review appearing on DC Metro Theater Arts' website, the production is described as being "delivered by a first-rate team of Broadway alums with perfect comedic timing and a laugh-out-loud millennial perspective in 80 rapid-fire minutes of razor-sharp wit and non-stop hilarity that shine a laser on the absurdities of chasing that elusive dream of stardom."

The show also adheres to some thematic territory Alex favors, that of friendship laced with some campiness, and "navigating murky waters."

"I really like stories that feel funny, and I use humor as a vehicle to reveal something that feels true. I definitely like to decorate dialogue with all the jokes we can think of. Plus, if you get an audience laughing, it can help them unlock their emotional selves."





Another storyline he likes to pursue is the one belonging to “mature women who feel stuck and are expected to act in a certain way.” He fine-tunes this detail by saying, “It’s another way of telling a version of my own story as a gay man.” But equally important, he points out, “Really, who doesn’t want to hang out with a fantastic mature woman?” He finds them very inspiring.

The genesis of *A Commercial Jingle* began a couple of years ago when Alex’s audition process was not going well. In the throes of despair, he called his creative partner, Ben, a Moreland Hills native now living in New York and an actor/singer who had roles in the Broadway shows *Newsies* and *Beautiful: The Carole King Musical*.

“I said, ‘Ben, we have to do something together; we have to make something; I don’t know what, maybe a concert, just something,’ so we started brainstorming together.” Ideas kept flowing; they were making each other laugh and the idea for *A Commercial Jingle* began to emerge incrementally. “We thought, ‘we can write songs, can’t we? I think we can.’ So we started to write. I imagined it would be a concert evening with songs we wrote.”

But a plot line began to take shape. Once they had the loose structure of the show, they contacted Marshall Paillet, an award-winner writer and composer, who offered advice and became the show’s director. Alex and Ben worked daily during the pandemic, a process that gave them a sense of purpose and productivity. “We felt creative, and it was fun to be in that zone.”

The final product, however, was not part of the plan.

“Never in a million years would I have dreamed, when I called Ben, that it would end with our own Off-Broadway show,” Alex exclaimed. “It’s been very special to create something with people I really care about.”

He hastens to add that Beachwood readers might like to know about all the Judaism in the show. “It’s peppered with so many fun Jewish jokes and Jewish summer camp jokes. Had I not been raised in Beachwood, this show would not be what it is, nor would it have the quippy suburban humor that we love.”

Other source material for some show elements is derived from Alex’s experiences while attending summer camps at Stagedoor Manor and French Woods, both in upstate New York.

Theater has been playing a major role in Alex’s life for nearly as long as he can remember. While growing up, he frequently attended shows with his parents, Denise and Robert Wyse, and later, he tapped their time and patience to drive him to rehearsals for plays in which he appeared all over Cleveland. He fully believes these experiences bolstered his own self-discovery and growth.

“Theater let me try on so many different hats and be all sorts of people. I was working with people of different ages and backgrounds, and we came together with

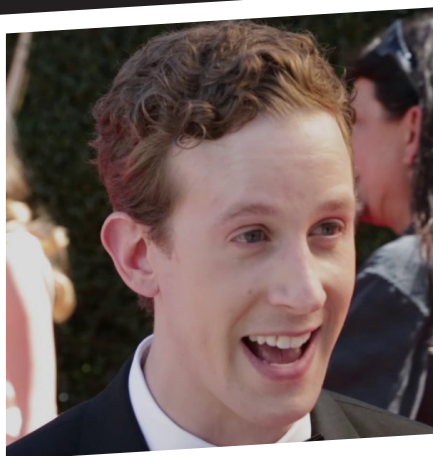
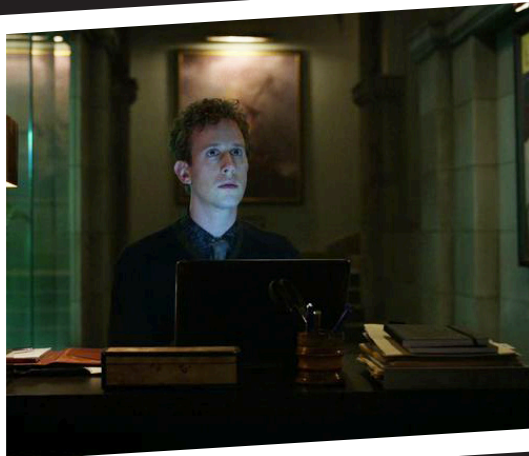
a common goal. It was kind of like my own version of a sports team, except we were producing a play,” he said.

His range of exposures to theater, all before age 10, included Heights Youth Theater, Stagecrafters, and the Beachwood Community Theater, along with professional venues, such as The Halle Theater (at the Jewish Community Center), Lakeland Community College, and the Beck Center.

“When I couldn’t find my community in school, I thankfully had all these after-school theater programs I could be part of.” This involvement led him to meeting his creative partner, Ben.

When Alex reflects on his childhood, he says he loves Beachwood and is very thankful he grew up in the city. However, during his time in school, “There wasn’t as clear an avenue for kids who were artistic, but things are getting better.” Nonetheless, he found a safe haven in BHS’s drama club, led at the time by advisor Sheila Heyman. “This was a huge part of my high school experience, and she was a big influence.”

Another BHS staff member who impacted him was history teacher Bonnie Morosi. “She was spectacular! She really saw me as the creative person I am, and she encouraged me. Some teachers didn’t understand me or know how to talk to me, and I, in turn, had no interest in taking their classes. I’m sure I didn’t make it easy. I was a bit of a troublemaker.” The real alchemy arrived when a teacher saw the person he could become, he added.



From left: Alex Wyse featured in *The Bold and the Beautiful*, *Waitress*, *Wicked*, *Indoor Boys*, and *Iron Fist*; then at the Daytime Emmy Awards, and with Wesley Taylor in front of their Times Square billboard for *Indoor Boys*.

He also pursued vocal training while growing up, seeking the guidance of Joan Ellison, a talented instructor who taught at Baldwin Wallace.

The drama associated with life in the dramatic arts is something that Alex has trained himself to contend with, and it's been a journey. It mostly relates to the ebb and flow of work, which is a challenge to handle, especially when playing a part delivers so many heightened moments. He compares the stage time to a heroin rush, leaving a performer with a thirst for another fix. One's identity can get wrapped up in the cycle, too, and it can feel not cool to be on the sidelines. Over time, he learned how to process performances as temporary, rare, privileged stretches. During those periods, he collects what he calls a (fleeting) show family, and as a result, he has a long list of contacts on his phone.

He also has amassed a large social media following. His Twitter account (@alexwyse) has 17,500 followers, and his Instagram (alexjwyse) has 21,000.

Among those performers he counts as a friend is Broadway veteran Samantha Massell (*Fiddler on the Roof*, *The Flamingo Kid*), who is an especially talented vocalist. A year ago, during the thick of the pandemic, she invited Alex and Ben to work on a recording of a traditional Jewish song, Avinu Malkeinu, for inclusion in Rosh Hashanah and Yom Kippur

virtual services at a progressive synagogue in Brooklyn. They collaborated and reimagined the song in a stunning rendition that can be found on YouTube. It is a shining example of Alex's tenor, along with his ability to rearrange and reimagine a classic melody.

Alex's creative restlessness knows no boundaries, and stark evidence rests with the development of the first feature film that he co-wrote and co-directed with Wesley Taylor (his co-star from *Indoor Boys*) this past summer. Titled *Summoning Sylvia*, it's a horror comedy that the pair is editing now. They are in preliminary talks with several streaming services for distribution. He and Wesley also have a play and a movie that they co-wrote and hope to develop in the next few years.

Additionally, Alex recently appeared in an episode of *The Other Two* on HBO Max, which was filmed in New York. Many of the opportunities that find him, as well as those he creates for himself, are a function of being in New York, a city of which he is extremely fond.

"I love that I'm surrounded by artists and people who I can call up and say, 'Hey, write a musical with me,' and they do it."

New York is also a place he feels helped him become more mature. He says it challenged him with struggle and adversity, but those hurdles aided in his becoming more of an adult. Just being in New York also affords him many wild adventures, including trips for work around the world, such as shooting a commercial in Germany and performing in a musical in S. Korea.

"The crazy things that have happened gave me more perspective on who I am and how to be the best version of myself, which has been a process," he notes.

The final credit in Alex's story belongs to his illustrious (and now deceased) grandmother, Lois Wyse, who carried heavy influence over his creative mindset. She was a highly respected advertising industry executive, having co-founded Wyse Advertising in Cleveland. During her tenure in the industry, she originated the tagline for The J.M. Smucker Co., "With a name like Smuckers, it has to be good." She advised another high-profile company, the small (at the time) retail chain Bed and Bath that it would fare better as Bed, Bath & Beyond. She also authored 60 books and worked as a columnist.

Looking ahead, Alex knows that songwriting and collaborating are in his future. In that space, he calls himself more of a lyric guy than a music person, though he still sometimes finds himself on the piano, working out patterns. The Great White Way certainly beckons, too, but so do studio lights and cameras.

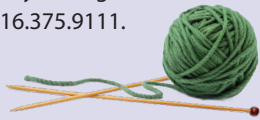
"I have no idea what is going to come next. I hope there are more Broadway productions and films and tv shows. I don't know what, when, or where; I just know that I need to keep honing my creativity and finding which doors will open for me."

Yarn Over Beachwood

Members of Yarn Over Beachwood knitting and crochet group are finally able to meet in person. We meet at Beachwood Library the first Friday of each month, from 10-11:30 am. Upcoming meetings are November 5 and December 3.

Our group has been growing, and we continue to receive yarn donations from many generous people. In the past year, we've gifted our made-with-love shawls, scarves, baby caps, baby blankets, veterans' lapghans, and dolls to nine charitable organizations to help clients.

Participation is very rewarding and we invite you to join us! For more information, contact Iris November at lbertyclub@gmail.com or 216.375.9111.



Letter to the Community:

Beachwood schools are amazing! A big thank you to Beachwood High School principal Paul Chase and teacher Mr. Craig Alexander for helping our nonprofit, Sweet Dreams for Kids. Mr. Chase coordinated efforts for teachers, staff and students at the high school, Beachwood Middle School,

Bryden and Hilltop – along with community members – to donate new pajamas. Combined, we collected 91 pairs of new pjs and appreciate continued support from all our Beachwood friends! We're so excited to make a pj delivery, and make so many kids happy by putting smiles on their faces.

Sweet Dreams for Kids is a local family-run nonprofit that donates new pjs all year long all over the world. For more information, please visit our Facebook page or www.sweetdreamsforkids.org, or email Wendy@sweetdreamsforkids.org.

With gratitude,
Chaya Dalya Berezovsky



Chaya Dalya Berezovsky shows gratitude for the pj donations. BHS Principal Paul Chase with Chaya Dalya.



MANDEL JCC Cleveland Jewish Book Festival 2021-2022

THE FIRST CHAPTER • NOV 4 – DEC 5, 2021



The 22nd annual festival features 24 books highlighting Jewish life, historical fiction, Israeli literature, cooking, memoirs and more. All presentations are accompanied by lively Q&A sessions. *Book sales are provided by our partner Mac's Backs-Books on Coventry*

VIRTUAL PROGRAMS

Friendly Fire by Ami Ayon – Nov 7 • 11 am

The Passenger by Philip Syng Boehm – Nov 9 • 7:30 pm

Beautiful Country by Qian Julie Wang – Nov 15 • 7:30 pm

Now for Something Sweet by Chalmers, Eskin and Goldberg – Nov 22 • 7:30 pm

Hello, Hanukkah! by Susan S. Novich – A Kid's Day program on Dec 5 • 10 am
\$15/household (includes book & activity basket)

IN PERSON AT THE J

Plunder by Menachem Kaiser

Nov 17 • 7 pm

\$15 per person

Lilyville by Tovah Feldshuh

Nov 8 • 7:30 pm

\$18/person; \$36/person Book

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FOR MORE INFO AND TICKETS:

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HIKING APPALACHIAN TRAIL LEAVES MASSIVE FOOTPRINT ON BHS GRAD



Noah Leavitt walks for 5 ½ months, claims many life lessons by June Scharf

The Appalachian Trail could be considered a Mt. Everest or K2 of distance hiking. Its length suggests that, if you choose to thru-hike it (walk its entire length), it will take many months that span multiple seasons, and may also incur extreme weather. Beachwood resident Noah Leavitt, an experienced hiker, initially projected that it would be very manageable.

"I'm young, but was still exhausted every day," he said in an interview a few weeks after returning from the nearly half-year trek. "It's a lot of work. I didn't know how hard it was going to be."

The sheer vastness of the trip, along with its physical,

emotional and mental consequences, suggests that it defies easy description.

"The whole experience was really everything that you could imagine it would be. There's not a great way to describe it, or to describe what the benefit is, to someone who hasn't done it. It's the kind of thing where I have a million stories, and they're all in my head," Noah says. However, he captures many of them in his blog, FollowMeNoah.wordpress.com.

Noah believes that the trail delivers plenty of great life lessons.

"I encourage anyone reading this, not necessarily to hike 2,000 miles, but to understand the benefit of getting outside and going backpacking. What you learn

and practice on the trail are big metaphors for life. Everything you need to learn to be a good person, you can learn from the walk."

He also is certain there will be a lot more big outdoor exploration/recreation in his future. One trip that's on his radar is the Northern Forest Canoe Trail, a 740-mile route starting in the Adirondacks in upstate New York, heading east, extending into Canada and ending in Maine, stretching across lakes and other waterways.

At least with canoeing, his feet will be preserved. During the hike, he dealt with daily inflammation where his feet "puffed up like balloons." But it subsided once he started walking again. Plantar fasciitis also afflicted his feet at times,

but replacing his shoes provided a solution.

To further relieve some additional stress associated with hiking, Noah encountered people known as "trail angels" who helped in both big and small ways. Some offered assistance in the form of leaving bottles of water at a road crossing where there's no water source, while others bought him a meal in town or gave him a ride, and one even hosted him at his home.

To expand on this grand adventure, Noah lends greater insight here:



ABOUT NOAH

- Singer/songwriter/musician, outdoor enthusiast, writer, thrill seeker, free spirit, long hauler
- 25 years old
- Beachwood High School Class of 2016
- Ohio State University graduate, 2020, biomedical engineering major

BHS ACTIVITIES

Captain of soccer team, White & Gold participant – sang and played guitar

CAREER INTEREST

Wilderness therapy, field guide

PRESENT OCCUPATION

Working part-time at recreational equipment store, REI, at Pinecrest, and registered as a substitute teacher at the Joseph and Florence Mandel Jewish Day School

FAMILY

Simcha (mother), Shawn (step-father), David (father), Leah (step-mother), Morgan and Dana (sisters), and Maya and Barak (step-siblings)

BLOG

FollowMeNoah.wordpress.com

APPALACHIAN TRAIL (AT) FACTS

- 2,193 miles
- Begins at Springer Mountain, northern Georgia
- Ends at Mount Katahdin, central Maine
- More than 6 million steps
- Passes through 14 states: Georgia, North Carolina, Tennessee, Virginia, West Virginia, Maryland, Pennsylvania, New Jersey, New York, Connecticut, Massachusetts, Vermont, New Hampshire and Maine
- Part of "Triple Crown of Hiking," including the Continental Divide Trail and Pacific Crest Trail



Wayah Bald Lookout, Georgia

Continued on next page.

HIKE DETAILS

TRAIL NAMES

"Bard" because he frequently sang while playing his ukulele; later, "Insane," because he felt a little crazy and was humored by replying to name inquiries with "I'm insane!"

TRAVEL DATES

April 14 – September 28

TOTAL DAYS

Walked about 170, took off around 15, half of which were for illness/recovery

HOURS HIKE PER DAY

Averaged 9-10 hours daily, depending on weather and daylight

MILES PER DAY

15-20, with 29 as a one-day high

BREAKS

Every 3-5 days, stop into town (accessible roughly every 40-100 miles), accessible by shuttle, hitching or walking, "plenty of services along AT that ease the experience"

WEIGHT OF BACKPACK

25 lbs.

SHOES

Four pairs of Atra Lone Peaks (trail runners, lightweight, quick drying)

SOCKS

Two pairs of Darn Tough brand wool socks, worn with sock liners, "amazing, last forever"

GEAR

Walking sticks, tent, sleeping bag, inflatable air pad

FOOD

Lots of lentils, couscous, spinach, dehydrated freeze-dried meals as occasional treat, gorged on food in town

CALORIE BURN

6,000 – 9,000 per day

CELL PHONE

Service maintained entire time using Verizon, airplane mode setting. Used mostly for Guthook Guide, a navigational app that also allows hikers to communicate with each other and locate water and points of interest. Hikers bring battery banks, "phone is hiker's most versatile piece of gear"

ROUTINE

Started with friends, but for the most part walked solo. Surrounded by hikers in camps at night

CAMPFIRES

None

ANIMALS

Primarily deer, bears, moose, porcupines, mice and chipmunks

ILLNESSES

- Lyme Disease – sick for 5 days, 104 degrees fever, "sickest I'd been for as long as I can remember." Rescued by mother, taken to nearby Hospital of University of Pennsylvania, treated with doxycycline. Common affliction among hikers from tick bites
- Norovirus – sick for 5 days
- Poison Ivy
- Heat rash



North Crocker Mountain, Maine
Sunrise, Three Ridges climb, Spy Rock, Virginia
Saddleback Junior Mountain, Maine

BLOG EXCERPTS

Mile 637

“Learn to walk, learn to live.” After many hours of deliberation, I have concluded that *IF* I were to write a book about my experience on the AT, that is what it would be called. It’s the truth. Everything that I need to know to live a full and meaningful life can be practiced and learned simply by walking. And boy am I lucky, because I have A LOT of time to practice. This is why I love backpacking so much. It strips down the distractions and simplifies life to the point where I have no choice but to practice being me.

Don’t look back is the first of many practices that the trail brings into focus. I am still learning to hike, learning how much food I need to bring with me, learning the intricacies of hiking a thru-hike. Two weeks ago, I accidentally spent \$95 at the grocery store and packed 15 pounds of food with me for a three-day resupply. That is A LOT – far more than anyone else brings and much more than I needed. It doesn’t sound like a big mistake, but carrying an extra 15 pounds of food is no fun. I did this, but I couldn’t look back. Once I left the store, I packed away my food and lugged it with me, eating as much as I could every day. I gave away food to my starving hiker friends too. I adjusted to the circumstance, but I certainly didn’t look back.

Don’t look forward is next. When I say this, I don’t mean not looking forward physically, which I have to do or else I’d trip on one of the millions of rocks that cover the trail. Instead, I mean to practice not looking too forward in time. If I were constantly thinking about arriving at Mount Khatadin, I’d be miserable until I got there. It is good to set small goals, looking forward to my designated lunch spot or camp that night.

I am happiest when I am in the moment, enjoying the sounds of the forest.

Pay attention to my body is also a big one. It is pretty much my only responsibility while I am on trail. If I can pay close enough attention to the goings-on in my body, then I will likely have a successful thru-hike. I need to pay attention to my posture as I walk, the pressure I am putting on my feet, where I step, how I breathe, and more. When I start feeling tired, I need to ask myself, “What do I NEED right now?” If I can remember to ask myself that question over and over again and allow my mind to be quiet enough to hear my body’s answer, I will make it to Maine.

Look up. I need to remember to look up. It is so easy to get caught in my own head or get caught staring at the ground in front of my feet. But if I were to do this regularly, I’d miss the beauty and majesty that exists all around me. When I am consumed with my own experience, with my emotions or with my pains, I forget to take in and appreciate the gigantic rock that has been created and that sustains me every day.

Finding my pace is important on a hike like this. If I hike too fast, I feel rushed. If I hike too slowly, I may not achieve my goal. Finding the pace that best suits me has been hard, but I think I am finally hitting my stride. If you know me well, you will not be surprised to hear that my pace is quite slow. I have always been the slowest walker; some things never change.

This is how I think about my hike. This is the lens that I have adopted. I didn’t explicitly say how these lessons apply to helping me learn to live, I’ll let you all do that part. However, it’s not all philosophical bullshit with me!

Here is a list of some of the cool things I did over the past few weeks:

- Hiked a marathon in one day (26.8 miles in 14 hours)
- Played music around the campfire with friends
- Went skinny-dipping under two waterfalls
- Got caught once
- Made new friends
- Hit the 500, 600, and quarter-of-the-way-through mark
- Pet wild ponies
- Wrote a new song
- Wrote poetry
- Identified Reishi mushrooms
- Saw a momma bear and her two cubs

I also:

- Missed my family and friends
- Awakened with swollen feet
- Had sever chafing
- Had allergies and was unable to breath well
- Had to dig a hole every time I wanted to poop
- Was slightly wet each morning from sweating in my sleeping bag
- Have not eaten home cooked meals
- Missed being given one or two hugs
- Have not had a home

This experience has been amazing in all aspects of the word. Amazingly hard, amazingly joyous, amazingly tiring, amazingly inspiring, amazingly rejuvenating, amazingly amazing, and so many more.

Small Luxuries. Most people on trail have the same type of gear in their packs. Everyone has a shelter, a sleep pad and bag, a cook-set, backpack, etc. These are the essentials. Where it differs greatly, however, is in the backpacker’s “luxury items.” Some people bring extra sets of clothes, toiletries, foam

rollers, books, journals, multi-tools, camp shoes and sunglasses. I even saw someone who brought an electric inflator to inflate his sleeping pad every night. Basically, luxury items help you keep your sanity on trail. They make things a little bit more comfortable – physically, emotionally, spiritually. I chose to bring my ukulele – the best decision I made in packing for this trip, hands down. Some of my favorite memories on trail so far have come from my having my lifeline, my music!

Mile 1,946 (near the end)

I think if you had asked me about three weeks ago how my journey on the AT had been so far, I would have replied something like, “well, it’s been everything. This trail has left me feeling every emotion possible.” I would have said it in a somewhat low tone to clarify that while the trail was really amazing, I was tired and ready to sit on my butt instead of putting one foot in front of the other, 8-10 hours a day, day in, day out.

Somehow, almost magically, once I reached New Hampshire, it all started to shift. Just yesterday morning, an older woman, Nancy, stopped me on the trail. She went through the usual trail banter, you know, asking where I’m from, or when I started. Then she asked me how the journey has been and this is when the magic happened. I was at a loss for words. My usual, “It’s been everything,” answer just didn’t seem to cut it. I allowed myself some time to reflect on my walk so far. I felt a deep sensation of gratitude, took a breath of sweet relief, looked her in the eye, smiled, and said, “It has been really, really special.” And that is the only word I can think of at this point to describe my walk from Georgia to Maine.

Continued on next page.



Q&A WITH NOAH

Q. After major setbacks, what brought you back to the trail?

I was going to finish. I had my head and my heart set on it. The truth is, I love being out there. It's such an awesome experience and opportunity that I may not get again. There was never as much as a thought that I wouldn't keep going.

What was your reason for thru-hiking the trail?

Thru-hiking was an opportunity for mental, spiritual and emotional growth. I wasn't wrestling with any big issues or running away from anything; that's not my story. I came off the trail feeling complete, with a certain confidence that I was ready and willing to move forward and assume more responsibility.

Aside from having hiking experience, how did you prepare for the AT?

I remember watching videos and one of them said, "This is going to be a great experience for you but it's also gonna suck at certain times. In those moments when you're thinking, *this is not for for me*, you have to come back to your *why* – why are you out there and why are you doing this?"

I wrestled with that question for a while, and my only answer

was that I felt like the trail was calling my name; it was something I had to do. Then, the night before I left, a friend texted me, "Hey Noah, you're leaving tomorrow, have a great time doing what you love."

That's when it clicked for me: I love being out in the woods, I love walking, I love hiking, and spending time out there and connecting with like-minded people. That's why I did it. That was my why. I loved the experience, even when it was hard.

Did you ever feel lonely?

Yes, at the beginning. Transitions are hard and this was a huge transition. The first month was really hard and I felt pretty lonely most days. The middle part was hard because I had hiked about 1,000 miles, yet still had 1,200 miles to go. At the beginning, my goals were short – I'm going to make it 40 or 60 more miles to this town so I can get more food or shower, or I'm just going to make it to camp tonight and I've got 15 miles to go. Very tangible and within my reach. After the halfway point, however, my goals expanded and instead of making it to the next town, it was, omg, I have 900 more miles to go to the end. My vision was much too

far ahead on the trail; it was overwhelming and made me feel down. It took me a while to change my mindset. Instead of thinking 800 more miles to get close to the end, I thought about 100 more miles to get to the next town.

What did you learn about yourself?

I recognized how hard transitions are for me. It took three to four weeks until I felt like myself. Also, in the first month, at camp, I had a hard time connecting with people. I carried my ukulele with me and in the beginning, instead of trying to make friends, I stayed at camp and played music. People appreciated it, but it was almost like this was something I could hide behind so I wouldn't have to interact with anyone. I'm a really friendly, outgoing, connected person, and I didn't feel like myself.

I now know that whenever there is a transition I can expect to have some discomfort.

What did it feel like to finish the hike?

There was a lot of hootin' and hollerin' at the top of Mount Katahdin, the tallest mountain in Maine. It was a spectacular finish to the whole experience. A five-mile walk up the mountainside, and we were in the clouds and couldn't see anything. When I got to the top, I stopped in my tracks. I felt a sensation of silence in my body, and everything stopped for a minute. The next day, I was on a plane back to Beachwood.

Do you miss anything about the trip?

Oh yeah. In fact, I'm heading back out on a hike (three weeks after returning from the AT). I miss the quiet, physicality, and being out in the woods. When you're thru-hiking for that long, doing 15-20 miles a day, your body becomes addicted to endorphins, and chemically, when you stop, your body stops producing the same chemicals and, um, you miss them (he chuckles).

I love being out in the woods, I love walking, I love hiking, and spending time out there and connecting with like-minded people. That's why I did it. That was my why.



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Brian Friedman,
President

And the Beat Goes On for Beachwood's Deputy Police Chief

by Arlene Fine

Meet Katherine "Katie" Dolan, Beachwood Police Department's new Deputy Police Chief, who rose through the ranks in the Cleveland Heights Police Department to captain and most recently served as Cleveland Metroparks police chief.

Q. Where's home?

Katie: I'm a 42-year-old single mom living in North Royalton with my 11-year-old daughter, Molly, who thinks having a police officer as a mother is pretty cool, and who is very proud of me.

Q. What drew you to police work?

Katie: When I was five years old, I went to Safety Town and something clicked. After I "graduated," I told my mother I wanted to be a police officer and I meant it. I have a Master of Science in Criminology from the University of Cincinnati and a Bachelor of Science in Criminal Justice from the University of Toledo. A graduation picture from Brecksville's Safety Town has been on my desk throughout my 20-year law enforcement career.

Q. What was it like to work in the Cleveland Heights Police Department for 17 years?

Katie: I had a unique start to my law enforcement career. I started out in plain clothes for the first ten years, and then rose through the ranks from sergeant, to lieutenant, and then to captain, where I worked under the city's first female chief, Annette Mecklenburg. I served in undercover units, worked as a latent fingerprint examiner, was the first female on the SWAT team, handled media communications, managed all part-time jobs, was on the department's hiring panel, and managed the vehicle fleet. I was a federal task force officer with the DEA task force for three years. When I was tapped for the Metroparks position, Chief Mecklenburg encouraged me to reach for the stars and go for it.

Q. Did leading the Metroparks present unique opportunities and challenges?

Katie: Overseeing the law enforcement of the Metroparks that spans 48 cities, touches six counties, has 300 miles of trails and 14 miles of lakefront was very different than working in Cleveland Heights. I was taught how to ride a horse while learning about the Metroparks' mounted police unit, and also learned about water rescues, dive teams, K-9 patrol, marine patrols and drones.

Q. What were some of your accomplishments at the Metroparks?

Katie: Metroparks law enforcers began in 1921 as police officers. In 1967 the name was changed to rangers. We changed the name back to Metroparks police to help citizens understand that Metroparks police have all the same training, certification and resources as, if not more than, any other municipality in Northeast Ohio. I asked First Energy to fund a project to bring the first electric motorcycles to Cleveland Metroparks, thereby giving us another resource to assist with emergencies. We also launched in 2018 the Cleveland Metroparks Mounted Unit "Ride the Beach" fundraiser, where residents bring their own horses and ride the Edgewater Beach shoreline.

Q. What excites you about your new Beachwood position?

Katie: Technological innovations are changing the way law enforcement does business, and we want Beachwood to stay ahead of the curve.



Beachwood Deputy Police Chief Katie Dolan at her swearing-in ceremony at Beachwood City Hall.

This city presents so many opportunities and challenges with its diverse population, hotels, malls, freeway access, hospitals and thousands of people entering the city each day. I am bringing fresh eyes and outside experience to assist Chief Stillman in doing the best job possible. I have met with everyone in the Beachwood Police Department individually to discuss their roles and my expectations for them. It's not all about writing tickets; it is what everyone in the department can bring to the table.

Q. What advice would you give to someone entering the law enforcement field?

Katie: You can do anything you put your mind to. Don't let anyone tell you that you can't accomplish your goals. And never become complacent – if you do, then it's time to find a new job.

This city presents so many opportunities and challenges with its diverse population, hotels, malls, freeway access, hospitals and thousands of people entering the city each day.

Shari Wolf Unveils Collages Created for BAC

A few years ago, the city of Beachwood offered space in the Community Center to Beachwood Arts Council so that it may install a permanent exhibit that reflects its mission. After much discussion at BAC board meetings, Shari Wolf, a Beachwood artist and BAC board member, volunteered her time to create six collages that represent elements of BAC: sculpture, dance, photography, textiles, music, and fine arts. It took her almost a year to complete the project, and she unveiled it at BAC's September board meeting.

"It was fun, exciting, and very moving for Shari and for all of us," said Paula Rollins, BAC president.

"The process took almost a year to complete," Shari told us. "I gathered elements that represent each topic, cut them out, moved them around, put them aside, came back, edited, photographed, and with help from Paula, tweaked them some more until we were pleased with the compositions. The most time-consuming part was tied to the research that went into finding the images."

"We are very excited to have the installation of Shari's work and to be the official home of BAC," said Derek Schroeder, Beachwood Community Services director. "BAC brings a lot of value to our community and we're delighted to work together to promote the arts to our community and beyond."

Each 11" x 17" collage is exhibited in a black shadow box, along with Shari's artist statement, and BAC's mission

statement and logo. The city then funded the framing and installation. Beachwood Community Center has been BAC's home since the demolition of the Centenary Church, formerly located on the corner of Fairmount Boulevard and Richmond Road.

Special thanks to Mayor Martin Horwitz, Karen Carmen, Derek Schroeder, Susan Merdler, and Shannon Diamond for their encouragement and support.



Pictured: Shari Wolf with completed installation.

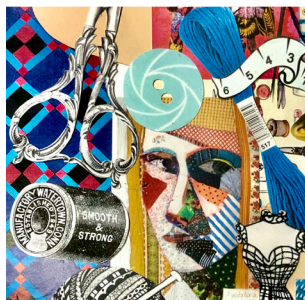
Shari's husband, Mike Axel, and mom, Sheila Wolf, had the privilege of watching Shari unveil her collages.

Magnified segments from each collage.



"BAC brings a lot of value to our community and we're delighted to work together to promote the arts to our community and beyond."

– Derek Schroeder, Beachwood Community Services Director



About Shari

A Cleveland native, Shari Wolf paints, draws, collages, sews, and creates artists' books. She currently creates designs digitally on her iPad, using Procreate. Her distinctive personal style is whimsical, expressing the vibrant spirit of her curious mind.

After graduating from The Rhode Island School of Design with a BFA in graphic design, she honed her creative skills as a designer and illustrator for American Greetings Corporation.

She has exhibited her work in many local galleries, including Loganberry Annex, Brecksville

Center for the Arts, Beachwood Community Center, Morgan Conservatory, and Mandel Jewish Community Center. She has participated in many local juried art shows, including JCC Fine Art Show, Waterloo Arts, and The Barbara Lutton Show. Her public works of art include Guitar Mania and Beachwood Centennial Celebration.

Shari is an active member of Textile Art Alliance, Art Books Cleveland, Beachwood Arts Council, and Guild of Book Workers.

Shari can be reached at www.sharimwolf.com and followed on Instagram, @sharimwolf.

About BAC

Beachwood Arts Council was founded in 1964 as a nonprofit organization, with its mission to nurture, promote and celebrate the visual and performing arts in northeast Ohio. The group offers art exhibits, music and motion programs, and a variety of hands-on workshops and tours to cultivate creativity and a sense of community. Additionally, BAC offers an annual:

- Shirley and Si Wachsberger Art Scholarship Award to a graduating senior who plans to pursue the arts in some way in college the year after he/she graduates.
- The Ileen Kelner Juried High School Art Show, when awards are presented to student artists from 25 area high schools.
- Beachwood K-12 music program and art show, featuring talents of our very own students.

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Southern Comfort

Homemade means love. Around Thanksgiving, that sentiment is especially true with respect to sweet potato pie. How did this treat originate?

According to James Beard award-winning author Adrian Miller, West Africans who were brought to this country to work as slaves came from a yam-based culture. Working in the South, they found the sweet potato to be the closest tuber to their beloved tropical yam. Reluctantly, enslaved Africans made a dessert by spicing roasted and mashed sweet potatoes. They added pie shells after gaining access to cooking technology and equipment, like ovens.

Regardless of whichever you enjoy on the holiday, Happy Thanksgiving!



Homemade Sweet Potato Pie

Adapted from Land O Lakes

Ingredients

Crust (9" dish, 2" depth ideally)

- 1 ¼ cups all-purpose flour
- ¼ tsp salt
- 1 tsp sugar
- ½ cup=1 stick cold butter/margarine, cut in chunks
- ¼ - ⅓ cup cold water

Filling

- 1 - 1 ¼ cups firmly packed light brown sugar
- 1 ½ cups sweet potatoes, cooked, skins removed and mashed (or canned)
- 2 large eggs
- ½ cup butter/margarine, room temperature
- 1 cup evaporated milk/non-dairy creamer
- 2 tsp. vanilla
- ½ tsp. salt
- 1 tsp. cinnamon
- ½ tsp. all-spice and/or ginger (optional)
- ¼ tsp. nutmeg and/or cloves (optional)

Directions

- Pre-heat oven to 400°F
- **To make crust:** Combine flour, salt and sugar in a bowl. Cut in butter with pastry cutter or fork until mixture resembles coarse crumbs. Add water by tablespoons and stir in just enough until flour is moistened. Knead into ball and flatten slightly. Roll dough on lightly floured surface into a 12" circle. Fold into quarters to place into pie plate. Unfold, pressing firmly against bottom and sides. Crimp edges and set aside.
- **To make filling:** Combine all filling ingredients, except evaporated milk and eggs, in a bowl. Ideally, with an electric stand mixer, beat at medium speed, scraping down sides often until well-mixed. Add eggs. Beat. Add milk. Beat more at low speed until everything is fully incorporated.
- Pour filling mixture into crust. Bake at 400°F for 15 minutes. Afterwards, reduce heat to 350°F and bake 30-40 minutes longer, or until a knife (or toothpick) inserted into the center comes out clean. If crust browns too quickly, cover edge with 2" strips of aluminum foil.
- Cool completely. Store refrigerated. Garnish with whipped cream. Enjoy!



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

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The Power of "Thank You"

by State Representative Kent Smith

I have concluded that we don't say "thank you" enough. Rephrased – I have concluded that I don't say "thank you" enough. Saying thank you is not an action of thanks because thankfulness is a feeling. Gratitude is the action that emanates from thankfulness. I believe we need to increase our practice of gratitude and in doing so, we will naturally say "thank you" more often.

There are many around us who are worthy of our thanks. They do more than their fair share. They make things better. They care about others, not simply through their words, but through their actions. We are thankful because, often, these people are looking out for us.

Some of their actions are in full public view, while some are just out of sight. A few are deep in the shadows. But regardless of where their labors take place or who can see them, somebody knows. If

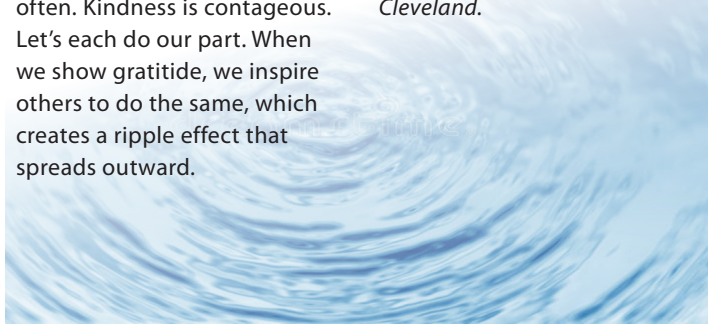
that somebody is you, please recognize those actions and do so with appreciation.

In an attempt to take my own advice, I will do the following: I have decided to create an award that recognizes the selfless efforts of others and the impact their hard work has made. As long as I have a public role, I will give out this award. I will do so, more than once a year, to more than one deserving person. This award will be presented with a spirit of gratitude. My polite challenge to you is to recognize

all you do that warrants someone's thanks.

As we head into the Thanksgiving holiday, let us improve the quality and quantity of our gratitude by saying "thank you" a little more often. Kindness is contagious. Let's each do our part. When we show gratitude, we inspire others to do the same, which creates a ripple effect that spreads outward.

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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The Only Person You Can Ever Change is Yourself

by Jennifer Stern

// The only person you can now or ever change is yourself.
The only person that it is your business to control is yourself."
~ Melody Beattie

We give so much of our energy away. Worrying, comparing, and focusing on the choices, experiences, or lifestyles of others. We also expend energy on social media looking at curated moments perceived as baseline realities, which can be depleting, overwhelming, anxiety producing, and sabotaging to our overall well-being.

Pause. Breathe. Disconnect. Redirect that energy and focus to your self-care and development.

Focus on developing a daily routine of gratitude, mindfulness, exercise, nature, productivity, and implementing personal boundaries. Also, create and maintain strong connections with others who encourage you to be your healthiest self.

Pause. Breathe. Disconnect.
Redirect that energy and focus to your self-care and development.

We can only control **our own** attitude, choices and boundaries. We cannot, and will never be able to, control others (inclusive of those we love the most). Everyone has his/her own approach to self-care, relationships, work ... his/her own way of processing, communicating, being. Energy spent on trying to change others is energy wasted.

Acceptance is powerful. Accept that people will do what they do and that they will do it in their own way. Redirect time and focus spent on others to personal goals and the practice of strategies for personal growth and healing. Boundaries will help protect your time and energy. Use your personal values and goals as a guide. Honor yourself and what you need in each moment as a daily practice.

In this moment, I choose:

- To be connected over being right
- To accept rather than resist
- To put my phone down and go for a walk, journal, listen to a podcast that inspires

- To put boundaries in place and let go of what is not mine to control or fix
- To not personalize or make assumptions about the choices/approaches of others
- To protect my time (I won't over-commit or commit to what I do not want to do)
- To let go of the guilt/responsibility for others well-being
- To prioritize my emotional, physical, mental health

Once you accept that the only person you control is yourself, you create invaluable space for intentional growth, self-care, and overall wellness.

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, or visit www.transformativegrief.com and sign up for monthly posts.

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Beachwood Buzz wishes you and your family a colorful Thanksgiving filled with gratitude.

Photo by DZR



Beachwood Arts Council Presents The Night Owls

Sunday, December 5 • 2-3 pm
Beachwood Community Center

This veteran troupe of Cleveland musicians will bring alive the music of the twenties and thirties. Free! Masks required.

BAC concerts are sponsored by grants from Cuyahoga Arts & Culture and Ohio Arts Council.

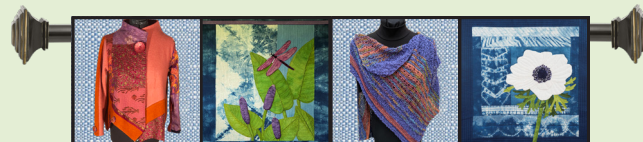


BAC thanks its sponsors: Cuyahoga Arts & Culture, *Beachwood Buzz*, Ohio Arts Council, Marshall Carpet One & Rug Gallery, Big Frog, *Mimi Magazine*, Diamond Auto Lease & Sales, The O'Brien Law Firm, Paladar, and Mayor Martin S. Horwitz.



Beachwood Arts Council presents

Textile Art Alliance: Uncommon Threads



Featuring artwork by members of the Textile Art Alliance, which includes quilts, weavings, needle-felting, batiks, knit and crochet items, fabric collage and wearable art.



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Sat: By Appointment Only

Sun: Closed

(216) 464-9017

www.earlragin.com

*Manufacturer's mail-in rebate offer valid for qualifying purchases made 9/11/21–12/6/21 from participating dealers in the U.S. only. Design Studio™ bonus rebate is only available when making a qualifying purchase. Rebate will be issued in the form of a Reward Card and mailed within 6 weeks of rebate claim approval. Funds do not expire. Subject to applicable law, a \$3.00 monthly fee will be assessed against card balance 6 months after card issuance and each month thereafter. See complete terms distributed with Reward Card. Additional limitations may apply. Ask participating dealer for details and rebate form. ©2021 Hunter Douglas. All rights reserved. All trademarks used herein are the property of Hunter Douglas or their respective owners.

CITY OF *Beachwood* Insider

November 2021

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 & COMMUNITY DEVELOPMENT
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

RESIDENT DEER SURVEY 2021 RESULTS

This year, Beachwood received 899 complete responses to its 2021 Resident Deer Survey. Sixty-one percent of households felt that the deer population in Beachwood needs to be decreased. Thirty-five percent would prefer to keep the population the same, and 3.5% said the population needs to be increased.

The survey was presented to the Safety and Public Health Committee on October 4; the video of that meeting is available by clicking "Watch Council Meetings" on the home page Quick Link of www.BeachwoodOhio.com and then clicking the "Council Committees" heading.

The presentation and the deer-survey report are available as links from the Public Works Department Deer Management webpage. The next step is to take a survey of Beachwood's deer population.



WATCH YOUR MAILBOX FOR UPCOMING FUN

The Winter Recreation and Upperclassman Guide is scheduled to be delivered to Beachwood mailboxes around Thanksgiving week. Included are many programs for residents of all ages!

Visit the "Winter Recreation/Upper Guide" Quick Link at www.BeachwoodOhio.com after the Thanksgiving holiday or call 216.292.1970 for more information.

PUBLIC MEETING REMINDER

All public meetings will be held in-person at Beachwood City Hall and are open to the public.

RECYCLE CAMPAIGN SIGNS

Campaign signs may be recycled at:

Public Works Department

23355 Mercantile Rd.

November 5 – 29

Monday – Friday, 7:30 AM – 3:30 PM



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)

REGISTER FOR BEACHWOOD eLIST

elist@beachwoodohio.com

EMAIL YOUR COUNCIL MEMBER

firstname.lastname@beachwoodohio.com

Ex: barbara.janovitz@beachwoodohio.com

MAYOR
MARTIN S. HORWITZ



216.292.1901

mayor@beachwoodohio.com

JAMES PASCH



COUNCIL PRESIDENT

216.630.9671

BARBARA
BELLIN JANOVITZ



COUNCIL V.P.

216.406.5914

JUSTIN BERNIS



216.509.6509

GOT AN ISSUE? TEXTMYGOV!

Do you need to report a pothole, request a special rubbish collection or something else? Use our new TextMyGov communications system for submitting requests by texting "Hi" (no quotes) to 216-545-0041. It's simple and convenient.



City of Beachwood

TextMyGov™

Pothole

Contact

Street Light

Permits

Animal Control

Garbage Can

Pickup

FAQ

Text the city to find information and report issues!

Try it today,
Text **Hi** to: **216.545.0041**

View terms and privacy policy info at textmygov.com/opt-in-terms-conditions. Msg & Data rates apply. Msg frequency varies.

SHRED DAY TOTALS

THANKS to the 368 residents who had documents shredded at the Beachwood's final Resident Shred Day of 2021, which took place on September 26. We shredded and recycled 10,760 pounds of paper (5.38 tons), which we're told is the average weight of an elephant. Our total shred weight for the year is 20.27 tons: a new record!

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.



RED CROSS BLOOD DRIVE

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

BEACHWOOD COMMUNITY CENTER
Friday, December 17
1:00 — 7:00 PM



HOLIDAY RUBBISH REMOVAL

In celebration of Thanksgiving, Beachwood city offices will close at noon on Wednesday, November 24 and remain closed through Friday, November 26. If your rubbish and recyclables are typically collected on Thursdays, they will be collected on Wednesday of Thanksgiving week. Residents whose collections are typically on Monday, Tuesday or Wednesday will not be affected.

UPCOMING MEETINGS

CITY COUNCIL

Monday, November 1 at 7:00 PM
Monday, November 15 at 7:00 PM
Monday, December 6 at 7:00 PM
Questions? Call 216.595.5462

PLANNING & ZONING COMMISSION

Thursday, December 9 at 6:30 PM
Questions? Call 216.292.1914

ARCHITECTURAL BOARD OF REVIEW

Monday, November 1 at 4:30 PM
Monday, November 15 at 4:30 PM
Monday, December 6 at 4:30 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

CELEBRATING THOSE WHO SERVED OUR COUNTRY

VETERANS DAY SALUTE

Sunday, November 7 • 11:00 AM

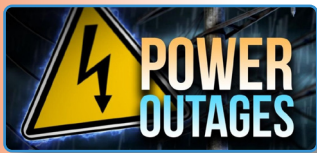
Beachwood Cemetery

(Corner of South Green and Halburton Roads)

The Beachwood Historical Society and the City of Beachwood will partner to commemorate Veterans Day at Beachwood Cemetery. This program will feature dignitaries, local veterans, and the presentation of colors. Beachwood Cemetery is the final resting place of 40 soldiers from the: Revolutionary War, War of 1812, Mexican-American War, Civil War, Spanish-American War, World War I and World War II.



POWER OUTAGE INFORMATION



If your power goes out due to an accident or high winds, lightning or storms, please call First Energy at 888.LIGHTSS (888.544.4877),

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

FALL LEAF PICK-UP

Loose-leaf pick-up runs through mid-December (weather permitting).

- Leaves need to be raked into piles on the tree lawn
- Keep piles free from other debris such as grass, or branches
- Vehicles parked on the street may impede the City's ability to collect leaves

SENIOR DAY OUT (SDO)

November 18 • Cornucopia of Goodness • NOON

December 16 • Francis Drury Story • NOON

See Recreation/Upperclassmen Guide for details!



SENIOR GAMES - FREE & OPEN TO THE PUBLIC

Every Monday & Wednesday Mahj & Canasta
Every Tuesday Duplicate Bridge
Every Wednesday Party Bridge

BEACHWOOD COMMUNITY CENTER
12:30 — 3:30 PM

BE IN THE KNOW

Please register for the BEACHWOOD eLIST to receive occasional emails regarding city events and updates. To register visit www.BeachwoodOhio.com/list.aspx or send an email to elist@beachwoodohio.com.

Other great ways to stay in the know is to follow the City of Beachwood at:

- [Facebook.com/BeachwoodOH](https://www.facebook.com/BeachwoodOH)
- [Twitter.com/BeachwoodOH](https://twitter.com/BeachwoodOH)
- nextdoor.com

BEACHWOOD VAN SERVICE



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

For more information, please call 216.292.1971.

BEACHWOOD FALL FESTIVAL: THANKS FOR ATTENDING

The 4th Annual Beachwood Fall Festival, sponsored by Crestmont, took place at Beachwood City Hall on Sunday, October 3. Five-thousand attendees enjoyed games, inflatables, zip line, food trucks, and a pumpkin patch. There was also a Browns game watch party, music by the Apostle Jones Band and Disco Inferno, and a beer/wine garden with tips benefitting Harvest for Hunger. Cheers to the Browns for bringing home a 14-7 win against the Vikings!



THE 2ND ANNUAL SCARECROW STROLL

The City of Beachwood's 2nd Annual Scarecrow Stroll took place at Beachwood City Park East on Sunday, October 17. Sixty groups participated, each providing their own creativity, clothes, and accessories. The City provided the scarecrow mounting, straw, and twine. Thanks to all who participated! Scarecrows were on display through the end of October.



NEW ART EXHIBIT

BEACHWOOD COMMUNITY CENTER



BEACHWOOD ARTS COUNCIL
PRESENTS

TEXTILE ART ALLIANCE: UNCOMMON THREADS

November 3 – December 5

Meet & Greet

Saturday, November 13

5:00 – 7:00 PM

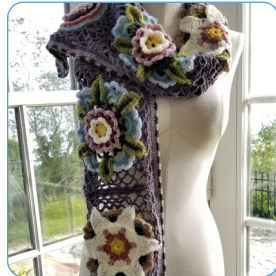
Artwork in the TAA exhibit will include quilts, batiks and knits, as well as dyed and woven items.

View exhibit:

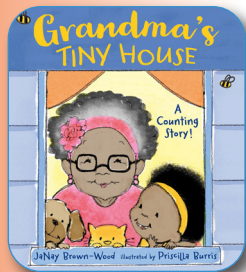
Monday – Friday

9:00 AM – 4:00 PM

For weekend appointments, please call 216.292.1970.



STORYWALK IN CITY PARK EAST



The November book featured on the StoryWalk® in Beachwood City Park East is *Grandma's Tiny House*, written by JaNay Brown-Wood and illustrated by Priscilla Burris.

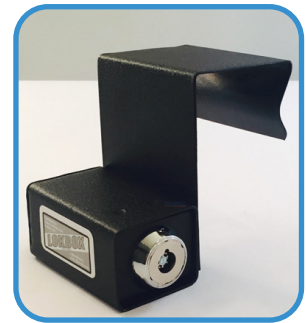
This sweet, rhyming counting book introduces young readers to numbers 1 through 15 as Grandma's family and friends fill her tiny house on Brown Street. Neighbors, aunts, uncles, nieces, nephews, and grandkids crowd into the house and pile it high with treats for a family feast. But when the walls begin to bulge and nobody has space enough to eat, one clever grandchild knows exactly what to do. Where there's a will, there's a way when families grow and come together.

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



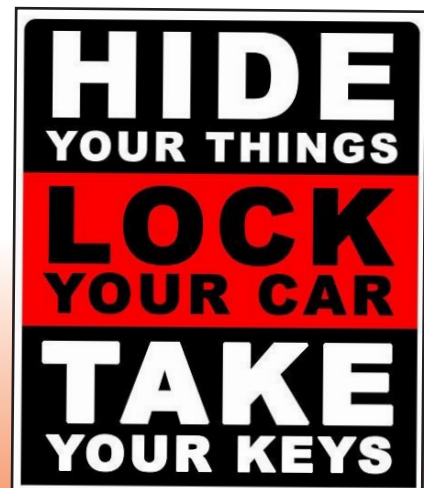
LOCKBOX PROGRAM

Beachwood Department of Fire-Rescue offers a lockbox program to expedite emergency access into homes. Pay a one-time \$30 fee for a small, secure metal box which hangs over the front door with a spare key inside. The box is locked by a unique key accessible exclusively by the Beachwood Fire Department and only used in the event of an emergency. Residents interested in purchasing a lockbox should contact 216.292.1965.



PROTECT YOUR PROPERTY: LOCK YOUR CAR

Protect yourself and your belongings! Whether at home or away, always remember to LOCK YOUR CAR and take your keys. Unlocked vehicles provide crimes of opportunity. The Beachwood Police Department strongly suggests you "harden the target" by keeping valuables out of sight and locking your doors. Never leave your key fob or keys in your car, especially during a remote start; thieves love easy targets and if your vehicle is warming up or cooling down with the keys in the car, the thief will thank you for a comfortable car to drive. To further protect your vehicle and property, you may want to install security cameras.



BARKWOOD MEMORIAL BONES



Honor your four-legged best friend today! **Barkwood members and former members** may now purchase memorial dog bones to leave lasting memorials to their pets at Barkwood. Each bone has availability of 3 lines with 18 maximum characters per line (including spaces).

The memorial marker was funded by a generous donation from the Fleischmann family.

The \$5 fee will help support the Barkwood Dog Park.

Plaques will hang on the Barkwood Fence

BARKWOOD MEMORIAL BONE FORM

NAME: _____

ADDRESS: _____

PHONE: _____ EMAIL: _____

ENGRAVING

1ST LINE:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

2ND LINE:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

3RD LINE:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Fee \$5 payable by credit card, cash or check (to City of Beachwood)

CARD#: _____ EXP: _____

Form can be dropped off: City Hall, Monday - Friday 8:00 AM - 4:30 PM

Faxed: 216.292.1976 (credit card information required)

Mailed: Beachwood Community Services, Barkwood Bone Memorial, 25325 Fairmount Blvd., Beachwood, Ohio 44122

Please allow 2-4 weeks for processing.
Questions?
216.292.1970



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



NATIONAL MERIT SCHOLARSHIP PROGRAM

Congratulations to the 13 Beachwood High School seniors who have been named National Merit Semifinalists or Commended Students. Just 16,000 Semifinalists are named across the nation. Semifinalists have an opportunity to continue in the competition for some 7,500 National Merit Scholarships worth about \$30 million that will be offered next spring.

Semifinalists:

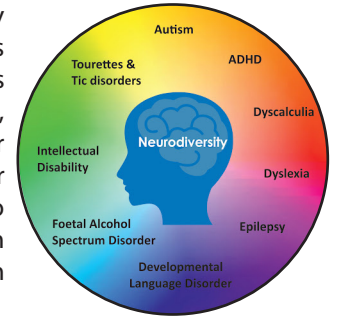
Kabir Dhillon	David Kuang
Jonathan Gordon	Lucas Yang
Ilan Haas	Evelyn Zhang

Commended Students:

Vidula Jambunath	John Shi
Michael Karpov	Benjamin Vidmar-McEwen
Moonhee Kim	Tory Yang
Alexia Roush	

Family Support Network Forms

The Beachwood Family Neurodiversity and Special Education Support Network was launched this school year in conjunction with Neurodiversity Awareness Month in August as a joint effort between parents and the Beachwood School District's Department of Pupil Services. Spearheaded by **Dr. Yin Mei Lim**, the organization was established to provide opportunities for parents to network with each other, with the schools, and with other student-support agencies in our community. The organization was also established to promote social growth and inclusion of neurodiverse children in our schools and community.



The organization meets at least once a month to plan special events, identify topics of interest, and arrange for upcoming learning opportunities. In November, speakers from Milestones Organization will discuss how families can normalize holidays and time away from school, and they will present opportunities for children to socialize within their communities during the holidays.

The network is open to Beachwood Schools families with a neurodiverse child who attends, or will attend, any of our schools, including the preschool. This can include any child who learns differently, receives special education services, is gifted, twice exceptional and/or has medical needs.

English Language Arts Audit

At the September 20, 2021 Board of Education meeting, district English Language Arts (ELA) teachers and administrators presented the findings from their year-long ELA curriculum audit. The presenters were teachers **Ann Bracale, Evan Luzar, Nate Smith, and Alesha Trudell**, along with administrators **Paul Chase, Kevin Houchins, Linda LoGalbo, Sherry Miller, and Tony Srithai**.

The presentation showcased the comprehensive curriculum audit that was conducted to evaluate texts for inclusiveness and relevance. The review looked at copyright date as well as representation of family structure, gender, varying abilities, race, and socioeconomic status. *The audit identified several areas of need for increased representation, including characters with varying abilities, female protagonists, and global voices.* The team stressed a balanced approach to the curriculum valuing both classics and modern texts. The teachers were highly engaged and are excited to implement changes for this school year.

This year, the team will be working with **Dr. Jennifer Eberhardt**, Stanford University professor and Beachwood High School alumnus, to determine how to measure the impact of the curriculum changes on student achievement.

Hilltop Blue Ribbon Celebration

2021
NATIONAL
BLUE RIBBON
SCHOOL



HILLTOP
ELEMENTARY
SCHOOL

Hilltop School's students and staff celebrated being awarded the U.S. Department of Education's Blue Ribbon School of Excellence designation with a "blue-themed" party held on October 20, 2021. Lead Elementary Principal **Sherry Miller** and Assistant Principal **Ali Ciccone** hosted t-shirt tie-dyeing – blue, of course, and a DJ dance party. They also served all forms of blue ice cream. The Hilltop staff sent cakes to the Bryden and Fairmount School staff to thank them for "laying the foundation" for students' success at the district's grades 3-5 building. Our entire community can be proud of this wonderful accomplishment.

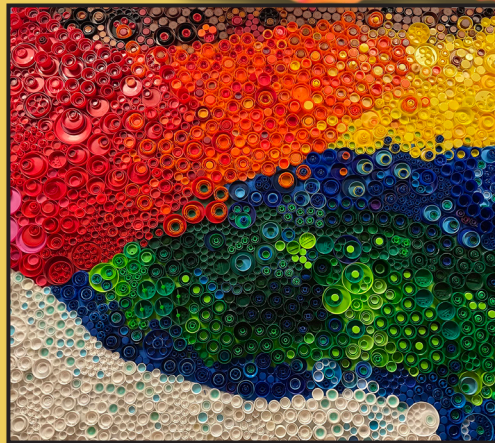


ADMINISTRATION

Dr. Robert P. Hardis, Superintendent, (216) 464-2600 ext. 299 • rph@beachwoodschoools.org
Michele E. Mills, Director of Finance/Treasurer, (216) 464-2600 ext. 239 • mm@beachwoodschoools.org
Dr. Ken Veon, Assistant Superintendent, (216) 464-2600 ext. 230 • kev@beachwoodschoools.org
Lauren J. Broderick, Director of Pupil Services, (216) 464-2600 ext. 234 • ljb@beachwoodschoools.org
Kevin Houchins, Director of Equity & Community Engagement, (216) 464-2600 x237 • kth@beachwoodschoools.org
Linda LoGalbo, Director of Curriculum & Instruction, (216) 464-2600 ext. 289 • lhl@beachwoodschoools.org
Valerie Parker, Pupil Services Coordinator, (216) 464-2600 x264 • vparker@beachwoodschoools.org
Kathleen Stroski, Assistant Treasurer, (216) 464-2600 ext. 240 • ks@beachwoodschoools.org



Last year, when social distancing was a necessity, high school students formed the Beachwood Climate Action Team and created a project that brought together community members who worked toward a common goal. Along with the MAC Scholars, the Council for Exceptional Children, and the Gender and Sexuality Alliance, this "Green Team" of students set its sights on a bottle cap recycling project that would culminate in a breathtaking rainbow mural. Rainbows symbolize hope, beauty, unity and are the sign of better days ahead.



On October 24, 2021, the stunning rainbow recycling project was revealed in a ceremony held at Beachwood High School, where the piece will eventually be installed for students and staff to enjoy everyday. Climate Action Team leader **Greg Perryman** (grade 12) and staff advisor **Lori Joyner** unveiled the project, and Board President **Dr. Brian Weiss**, Superintendent **Bob Hardis**, Mayor **Martin Horwitz**, and State Board of Education Representative **Meryl Johnson** spoke about the important role environmental sustainability has in Beachwood Schools and the City of Beachwood.

Board of Education NEWS

Recent Resolutions:

- "Vax or Test" plan
- Revised 5-Year Financial Forecast
- BHS Orchestra Trip to Italy - March 2022
- BSF funding interview/resumé writing coach for HS students

Upcoming Board Actions:

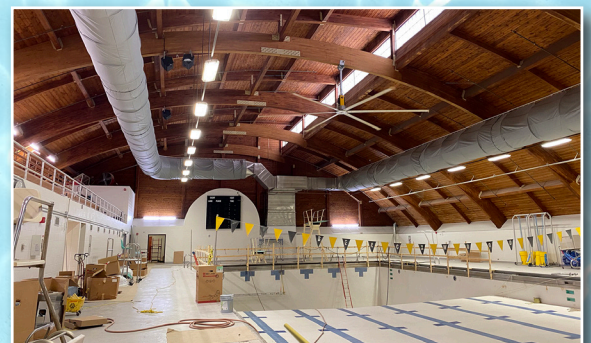
- Three readings of multiple, updated Board Policies
- Approve Summer Preschool Camp Director
- Approve Summer Camp Fees
- Approve Fairmount Early Childhood Center Fee Schedule 2022-2023
- Approve 8th Grade Washington, DC Trip Proposal

Board Meeting Calendar:

- Monday, November 8, 2021 @ 7 pm
- Monday, November 22, 2021 @ 7 pm

Natorium Grand Reopening

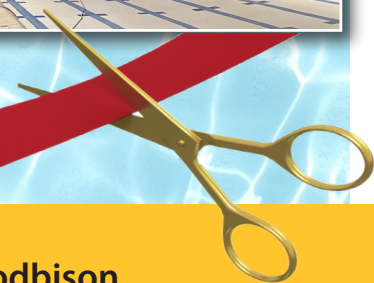
The Beachwood Board of Education along with other local dignitaries cut the ribbon to mark the grand reopening of the Beachwood High School Natatorium on October 24, 2021. The pool facility has undergone a dramatic transformation over the past five months with many visible and many hidden upgrades. Opened in the early 1980's, the natatorium was in need of major renovations, including a new roofing system and siding, new HVAC that would include dehumidification, new chemical controls, a new pool deck, locker rooms, lighting, ADA-accessibility, and much, much more. With the work now complete, the district was proud to show off the results with tours for interested community members. The natatorium supports our high school and middle school swimming and diving teams, the Bison youth swim program, which has been spawning fry at a record pace, and an adult community swim program.



Visit us at www.beachwoodschoools.org
www.facebook.com/BeachwoodBison



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



We Invite You to Grow Your Business Network

As we celebrate our 30th year, our mission remains the same: To connect and engage the Beachwood community through business development, networking, and other opportunities. One of the biggest reasons businesses join our chamber is to interact with other businesses in the area. To that end, we offer a variety of networking events throughout the year, on top of our monthly signature events.

We offer numerous member-only benefits for businesses, non-profits, non-business residents and government agencies, all at reasonable costs. Members are eligible for discounts in Health Insurance, Workers Compensation Premium, Office Supply Discount, Energy Savings for Business and Personal, Marketing Discounts, FedEx Shipping, Payment System Service, and Technology Savings.

Additionally, being a chamber member brings credibility to your business, as research shows that a consumer is more likely to purchase goods and services from a chamber member.

We invite you to join us at an upcoming event to grow your business network. For a complete schedule of upcoming programs, visit www.beachwood.org.

Join our partners, and 350 businesses, by becoming a member today!
Contact us at chamber@beachwood.org 216.831.0003 for details.



Connected, Engaged, Involved.
We Give You The Opportunities.

www.beachwood.org
216.831.0003

Online Holiday Auction

November 20 – December 5

A portion of proceeds will help benefit senior citizens in our community

Support the Chamber, Shop the Auction!

www.BCoCAuction21.givesmart.com

To make a donation, contact Lilia Lipps at chamber@beachwood.org

Beachwood Chamber Welcomes Megan Baechle as Executive Director

The Beachwood Chamber of Commerce welcomes Megan Baechle as its new executive director. We had an opportunity to speak with Megan about her vision for the Chamber, and how her skillset will benefit members and the organization's growth.

Megan has been working in the chamber industry for seven years. In addition to her position in Beachwood, she continues to serve as executive director of the Berea Chamber of Commerce, a position she's held since 2015. Megan also serves as executive director of Olmsted Chamber of Commerce, and she has more than 10 years' work experience in operations management, executive support and event planning.

"Cuyahoga County differs from many other areas when it comes to chambers," Megan explained. "In many other metropolitan areas, there's one large chamber. Here, there are many suburban chambers, each with its own flair that is dependent on the community's business district."

Megan's top priority is to expand membership, help foster collaboration between businesses, and keep business local.

"To achieve these goals, we continue working to create value and opportunities to network, meet other business owners in Beachwood and beyond, and encourage participation," she said. "We also plan to create programs that build community by tapping in with residents."

"There are challenges," she added. "Because of COVID, many business models have been changed, and current businesses suffer staffing shortages. Therefore, many people have less time to work on their business because they're working in it."

To expand networking opportunities, the Beachwood Chamber recently joined the Collaborative Chambers Alliance,

an association of independent chambers and organizations that meet for information sharing, mutual support, advocacy, education, and joint planning.

Megan has been here for a month and already sees an uptick in membership.

"New members are on board, and new businesses are opening. We're headed in a positive direction," she said. "We're creating new programs, partnerships, and events, including our holiday auction, which takes place this month and through December."

Megan then explained how small and large businesses both benefit from their memberships. "We offer programs and services to reduce operating costs, such as health benefits, technology, office supplies, and energy costs. Our benefits are available to all members, regardless of business size."

Megan encourages Beachwood businesses and residents to become involved by attending events or joining a committee. "People like to do business with people who they know, like, and trust," she said. "I came in with a lot of experience in the chamber world and have seen what it takes for a chamber to be successful. I'm grateful to have the opportunity to bring that knowledge to Beachwood."

"If you want to build your network, get involved," she added. "Let's work together to create a sense of community in Beachwood and beyond."

Megan serves on the young professionals committee for Plexus LGBTQ+ Allied Chamber of Commerce and is executive

director of LGBTQ+ Lorain County. Megan holds a Bachelor of Science in Organizational Communication from Ohio University. She lives in Berea with her husband, two children, and their rescue dog.

For complete information, visit beachwood.org, or check the Beachwood Chamber of Commerce's social media platforms on Facebook, Instagram, and LinkedIn. Programs include luncheons, Women's Networking, Young Professionals Networking, Cheers with the Chamber, Virtual Speed Networking, and more.



Photo by Scott Morrison, Discovery Photo

"If you want to build your network, get involved," she added. "Let's work together to create a sense of community in Beachwood and beyond."

COMING SOON!

● ● ● ● ● ● ● ●
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SPARKS
DIY STUDIO

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Gift It • Read It • Play It

La Place at Beachwood Place
2101 Richmond Road
Beachwood, OH 44122
cre8sparks@gmail.com



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

Call 216.378.8660

JEWISH FAMILY SERVICE ASSOCIATION
of Cleveland



jfsa-cleveland.org



Medicare, Medicaid and most insurance accepted.

Thanks and Giving are More than Just a Season

For women and children facing homelessness, the Thanksgiving season can be especially difficult. Whether homelessness is due to domestic violence, long-term illness or unemployment, finding safe shelter takes on special significance.

In the Jewish community, The Hebrew Shelter Home (part of Jewish Family Service Association) provides temporary housing for Jewish women and children escaping domestic violence or facing imminent homelessness. The shelter is actually a private kosher residence that serves not only as a shelter, but as the home base for many additional services clients use in order to become self-sufficient and independent.

When Tammi Minoski was first introduced to the Hebrew Shelter

Home, she was in dire straits. She was fighting her second bout with cancer and didn't qualify for health insurance because she had just started a new job. She had already depleted her savings and 401k account from her first bout with cancer, so she was 60 days away from being homeless.

"I'm a single woman and what makes it difficult is that you don't have a second paycheck to fall back on," she explains. "There was nothing left. I lost my home. I lost my dignity. I had nothing."

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Although reluctant to move into any shelter, she quickly realized the Hebrew Shelter Home was no typical shelter. "I was expecting institutional metal beds with thin mattresses to sleep on, and only peanut butter and jelly sandwiches and soup to eat," she recalls.

"But when I first arrived, I was struck that it was a real home with bedrooms and a hot fresh meal prepared every night. There was nice furniture to sit on in a nicely carpeted living room. You ate dinner with other people at a dining room table. When you lose everything, when you feel you've lost your dignity, these little things really make a difference and help buoy your confidence."

In addition to a home environment, JFSA supported Tammi with counseling and access to a home computer to help her find a new job. She recalls the isolation she endured with her first bout of cancer, and quickly

realized how therapeutic the living environment was for her. "It was good to be with other people. It was good to hear someone ask me, 'How was your day?'"

Tammi believes the camaraderie she felt was a large part of her healing and being able to get back on her feet. "I got a job and left the shelter, but I didn't really leave in my heart. It was important for me to pay back all that JFSA had done for me, so I bought gift cards for clients and donated food to the client food pantry. I always wanted to stay connected."

As luck would have it, an opening for a resident manager became available, and Tammi agreed to try it for a couple of months. Today, she is the permanent resident manager and loves being on the other side of caring.

Tammi is excited about her future. "It is 14 years later, and I have moved forward in ways I hadn't imagined. I finished my



Tammi Minoski, Hebrew Shelter Home manager.

college degree at Kent State, thanks to financial support from JFSA's College Financial Aid Program," she says. "With all that JFSA has done for me, 'Thanks' just doesn't feel big enough for how grateful I feel towards JFSA."

To that end, Tammi recently received a modest inheritance and used it to establish a new fund to support on-going services in JFSA's Strengthening Families division.

"With all that JFSA has done for me, 'Thanks' just doesn't feel big enough for how grateful I feel towards JFSA."

If you or someone you know needs help, call Dahna Baskin at JFSA at 216.906.0369.

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City of Beachwood Welcomes Rent a Daughter

Nadine Glatley was raised by a family of entrepreneurs and inherited their passion of caring for others. As a young, single mother, founding Rent a Daughter was the perfect solution for her daughters and the seniors she served. Since 2003, Rent a Daughter has been caring for seniors in their homes and in assisted living homes where memories are made. Until now, Nadine ran the business remotely. Because of continued growth, she now has a brick-and-mortar location in Beachwood.

Nadine opened her Beachwood office as a central location to be closer to her clients. "We're growing rapidly and working remotely was no longer the best solution," she said. "Plus, since the start of the pandemic, there's been a lot more demand for in-home services, so we're further growing the business by franchising, and our Beachwood office provides a strong foundation on which we may continue to grow.

"Our mission is to ensure a better quality of life for seniors and their families by providing dependable, affordable care, and to help individuals maintain an independent lifestyle for as long as possible, regardless of age and health issues," said Nadine.

"We provide a personalized care plan for each person's needs, she continued. "Everyone's health and personal requirements are different, and the specific care program is determined by the individual or his/her representative. To best meet each client's needs, we bring our care providers into the conversations and treat clients just as we would treat our own family members."

Nadine shares the following for caregivers who work with older adults who refuse outside care:

- Be patient and empathic before forcing care upon a loved one.
- Provide time for your loved one to adjust to someone in the home.
- Start by having someone come in for a few hours to do some tasks and build trust, then add hours as your loved one becomes more comfortable with the person.
- Let your loved one express his or her feelings.
- Frame the situation by telling your loved one that in-home care is to help you, not them. It may help them retain dignity.
- Talk to your loved one's doctor and ask that he or she recommend in-home care. Your loved one may be more likely to listen to a voice of authority.
- If cost is a factor to your loved one and you are paying, pretend that it's free.
- Tell your loved one that this is a temporary arrangement.

Caregivers offer companionship, laundry, light housework, meal planning, shopping and food prep, pet and plant care, bathroom care with dignity, assistance with bathing and grooming, hygiene and incontinence care, Alzheimer's and dementia care, assistance with moving/estate sales, convalescence care, medication reminders, transition from hospital to home care, and transportation to outings and errands.

"When you receive in-home care from a legitimate, accredited agency, it provides peace of mind," Nadine said. "We're not just about care. We're building long-term, quality relationships. Working with every family is a privilege, and I'm grateful for each opportunity."

On August 26, Mayor Martin Horwitz and City Council presented Nadine with an official proclamation to welcome Rent a Daughter to our community.

For more information, contact Nadine at nadineglatley@gmail.com or 216.633.3604.

"When you receive in-home care from a legitimate, accredited agency, it provides peace of mind," Nadine said. "We're not just about care. We're building long-term, quality relationships. Working with every family is a privilege, and I'm grateful for each opportunity."



Nadine Glatley cuts the ribbon with (from left) Lilia Lipps, Beachwood Chamber of Commerce marketing manager; Nadine's husband, Mark Glatley; and Kathy Seeley, former BCC director. Mayor Martin Horwitz presents a proclamation to Nadine. Mark and Nadine after the ribbon cutting.

Acclaimed Theatrical One-Woman Performance of *The Children of Willesden Lane*

Free and open to the public – Sunday, November 7



The Maltz Museum of Jewish Heritage, in partnership with USC Shoah Foundation, proudly presents *The Children of Willesden Lane*, the critically acclaimed one-woman theatrical performance by concert pianist Mona Golabek. The show is based on Mona's book (of the same name) and recounts the story of her mother's survival, resilience, and triumph during World War II.

Free and open to the public, *The Children of Willesden Lane* will be held on Sunday, November 7, 7 pm, at the Maltz Performing Arts Center, 1855 Ansel Road, Cleveland. Advance online registration is requested. Face coverings required.

Mona is the daughter of Lisa Jura, a child piano prodigy born in Vienna, Austria, who came to England as a refugee in 1938 as part of the Kindertransport rescue operation. Mona's father, Michel Golabek, was a French resistance fighter who received the Croix de Guerre. Mona's grandparents died at Auschwitz.

Mona, deeply inspired by her mother's story and the last words her mother heard at the train station, "Hold on to your music ... it will be your best friend," became a concert pianist and has performed with major conductors and orchestras worldwide. The Grammy nominee and prolific recording artist has traveled the globe sharing her mother's story.

Mona will share her story again during a second virtual performance exclusively for schools. Educators can register for this free 50-minute program that offers students the opportunity to watch the performance and interact with Mona. This free program, known as *The Willesden READS* program, will be held on Monday, November 8, 11 am.

These programs are presented in collaboration with Cleveland Metropolitan School District, Catholic Diocese of Cleveland, and Maltz Museum of Jewish Heritage's new special exhibition, *Stories of Survival: Object. Image. Memory.*

To register for the live performance, visit <https://tinyurl.com/CWRUTickets>. To register for the educator's program, visit <https://tinyurl.com/WillesdenREADS>.

Stories of Survival: Object. Image. Memory., a landmark exhibit that showcases more than 60 never-before-seen personal items brought to America by Survivors of the Holocaust and genocide, will be on view through February 27, 2022, at the Maltz Museum of Jewish Heritage located at 2929 Richmond Road in Beachwood. For more information, including hours and ticket prices, call 216.593.0575 or visit www.maltzmuseum.org.

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Believe In Your Selfie

by Arlene Fine

Want to be the star of your own production? Then head over to 23645 Mercantile Road to the Snap.Click.Shoot. exhibit experience, better known as a “selfie studio.”

The made-for-social-media experience is the brainchild of friends Deidra Nichols, Keyana Williams and Latrice Swift. The studio is chock-full of movie quality sets displayed in themed selfie exhibits. The artfully arranged interactive installations are complete with props, costumes, ring lights, cell phone holders and musical vibes to match each setting’s theme.

“During the COVID-19 lockdown, Deidra, Keyana and I had time to discuss our dreams for the future,” said Latrice. “Two of us work in the healthcare field, and we wanted an outlet for our entrepreneurial spirit and party-planning skills. The moment we heard about the selfie studio concept, we were in.”

As the first selfie studio in Beachwood, Snap.Click.Shoot. hit the ground running even before its official ribbon cutting in September. The refurbished space is used for private photo shoots, bachelorette parties, office gatherings, birthday parties, high school events, team building, baby showers, date nights, formal dinners and holiday parties.

“We even had a pink boxing ring with ropes and pink boxing gloves so women and men could take selfies fighting cancer during Breast Cancer Awareness Month,” said Latrice.

As part of their business plan, the three women agreed to self-fund their studio. “We have steady jobs, a solid business plan and a belief in our potential,” said Latrice. “We

pooled our savings to make this happen and have already hit one of our long-range goals involving franchising our concept.”

We are collaborating with area schools to use Snap.Click.Shoot. for senior portraits, and we’re planning amazing teen nights.

As the colder weather approaches, Latrice anticipates a business boom. “Our studio is the perfect place for winter weekend parties and gatherings for people to have some indoor fun,” she said. “We are collaborating with area schools to use Snap.Click.Shoot. for senior portraits, and we’re planning amazing teen nights.”

To ensure everyone’s safety, COVID-19 protocols are followed and security guards are in place for all private events. No smoking or illegal substances are allowed in the studio.

“We are a family-friendly establishment,” said Latrice. “The music we play is age appropriate so everyone feels comfortable. We have a very chill, relaxing vibe going.”

Beachwood councilperson June Taylor is delighted with the addition of Snap.Click.Shoot. to the Mercantile Road business district. “We are very excited about diverse businesses, especially women and minority led or controlled entities,” said June. “On behalf of the Economic development

committee, I wish Diedra, Keyana and Latrice much success with their innovative studio.”

In recognition of the studio’s opening, Mayor Martin Horwitz attended a

ribbon-cutting ceremony and presented a proclamation on behalf of himself and City Council, declaring September 14 as Snap.Click.Shoot. day in the City of Beachwood.



From top: Keyana Williams cuts the ribbon with (from left) Diedra Nichols, Mayor Martin Horwitz and Latrice Swift. Latrice, Keyana and Diedra pose for a selfie in their Mercantile Road studio.

Snap.Click.Shoot Selfie Studio
23645 Mercantile Drive, Suite M, Beachwood

Contact: hey@snapclickshoot.com

<https://www.snapclickshoot.com/>

One-hour sessions must be booked online in advance, and the studio is closed on Monday and Tuesdays. Professional photographers are welcome and require a ticket for admission.

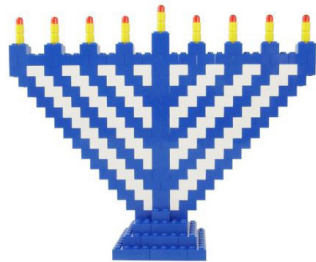
Help Ignite the Festival of Lights

The Menorah Park Spiritual Living Team invites local students to add to the spirit of Chanukah and to spark creativity by making menorahs for residents and visitors to enjoy. They can be made of any material, from Legos and clay to household items like cans.

Each Menorah will also have a note with the name of the student who made it, his/her school's name, and a short Chanukah greeting. We will share these wonderful creations on our social feeds as an added show of appreciation.

We ask for submissions by November 21, one week before Chanukah.

Specific guidelines apply. For details, please contact



Rabbi Akiva Feinstein, director of Spiritual Living, at afeinstein@menorahpark.org or 216.910.2794.

Elizabeth Klein Honored at Temple Emanu El

Elizabeth Klein, national development director, College of Arts and Sciences at Case Western Reserve University, will receive The Max and Frieda Davis



Temple Emanu El, 4545 Brainard Road in Orange Village. A wine and cheese pre-reception will begin at 5:45 pm. The event is free and open to the public. Masks and social-

Tikkun Ha'Olam Award on Friday, November 19, to recognize her dedication to social action. The award ceremony will take place during the in-person Shabbat service beginning at 6:15 pm at

distance seating are required. The service will be live-streamed on www.teecleve.org, FaceBook Live, and Zoom. Contact Renee Higer at rhiger@teecleve.org for the Zoom login information.



BEACHWOOD DEMOCRATS

Beachwood Democrats invite you to join them

the second Wednesday of each month at 7:00 pm to learn more about Democratic candidates who will be on our ballot. There is no fee to attend. To vote at meetings, you must be a member. Membership is \$20 per year. For more information, email beachwooddemocrat@gmail.com or follow the group on Facebook at BeachwoodDems.

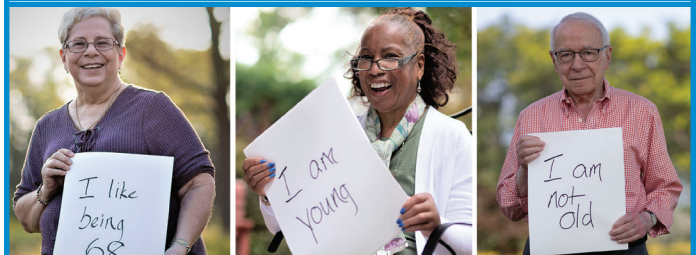
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BHS Grad Publishes *Now You See Me*

A book that illustrates common differences shared by children on the autism spectrum

Declan Sarlson, a Beachwood High School graduate, class of 2017, wrote and illustrated his first children's book *Now You See Me*. His picture book is about a 10-year-old "Aspie" named David (never Dave) and highlights some of the common differences shared by children on the autism spectrum.

"COVID-19 messed up my school plans last year; however, it offered the opportunity to create this book," Declan said. "I was given an independent study project that would combine art and creative writing, and I decided to write a book about Asperger's syndrome from the perspective of a boy who has it."

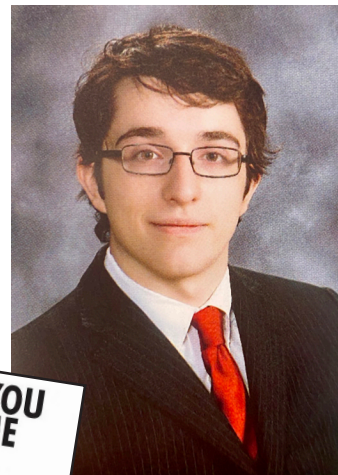
Declan chose to identify commonalities of kids with Asperger's syndrome, but to showcase them as superpowers instead of deficiencies. "I want to help other kids understand some of those superpowers a little better," he said. "The point

of this project is to help kids gain a better understanding of Asperger's Syndrome."

Declan participated in the Excel Tecc student art program while at BHS. He credits Dan Whitely, his instructor, with providing discipline and encouragement.

"My parents moved to Beachwood because of the excellent school system," Declan said. "I was very lucky to have great teachers and assistants as I grew up. Even so, growing up and making your way through school as a person with Asperger's Syndrome (now known as "ASD")

is very challenging. People don't always have the patience to see past the differences we have on the surface. I had some very good friends during school, but there were many lonely days, too. I am so glad to have had the opportunity to take Studio Art. I think that spending a portion of my day learning and creating art helped me focus. I'm not sure how well I would have done without that opportunity."



Declan obtained his associate degree at Cuyahoga Community College in studio art and is now a senior at Ursuline College in Pepper Pike. He currently works part time at the Chagrin Falls branch of the Cuyahoga County Library and at an assisted living facility.

Declan plans to write more books and pursue a career in the arts. His book "Aspie" is available on Amazon and at Barnes & Noble.



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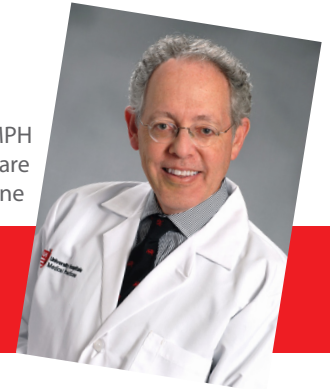
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David M. Rosenberg, MD, MPH
Division of Pulmonary, Critical Care
and Sleep Medicine



University Hospitals Opens COVID Recovery Clinic

A comprehensive clinic for patients of all ages affected by COVID-19 Long-Haul Syndrome

University Hospitals (UH) has developed a comprehensive service called the UH COVID Recovery Clinic for patients throughout Northeast Ohio and beyond affected by Post-Acute Sequelae of SARS COV2, the research term for COVID-19 Long-Haul Syndrome.

Centered at UH Ahuja Medical Center, the UH COVID Recovery Clinic operates under the direction of David M. Rosenberg, MD, MPH, Division of Pulmonary, Critical Care and Sleep Medicine. Dr. Rosenberg has decades of clinical experience and understands the importance of patient-centered care conducted in both a collaborative and integrated fashion.

“Navigating the pandemic has been treacherous,” says Dr. Rosenberg. “Just when it seems that things are calming down, the evolving face of COVID-19 sneaks up in your rearview mirror. It’s brought challenges for both our patients and our providers. It is estimated that 20 percent or more of individuals infected with COVID-19 will experience health problems for weeks, even months after their body has cleared the virus, and unfortunately we know many are suffering in silence.”

COVID-19 Long-Haul Syndrome can affect anyone who has had the virus, whether they were symptomatic or asymptomatic. There is a wide spectrum of symptoms that involve every organ system of the body. Patients can experience fatigue, brain fog, difficulty thinking and concentrating, difficulty breathing, coughing, painful joints, chest pain, palpitations,

headache, fever, continued loss of hair, and continued loss of taste and smell. The impact on patients’ health can range from mild to severe and can become very debilitating.

“The UH COVID Recovery Clinic was designed to be an individualized care plan for anyone who walks through our doors,” Dr. Rosenberg explains. “Each patient has access to a vast network of medical specialists with the training and experience to recognize the syndrome, perform the appropriate diagnostic tests, and develop a personalized treatment plan to address every physical and behavioral aspect of the patient’s illness.”

Clinicians involved in treating UH COVID Recovery Clinic patients will meet regularly to discuss patient cases collaboratively to ensure optimal outcomes. Additionally, research protocols have been established, and patients will be given the opportunity to enter into groundbreaking clinical trials.

The UH COVID Recovery Clinic offers both in-person and virtual care based on the patient’s specific symptoms and needs. Potential specialty areas for referral include: pulmonary, cardiology, sleep medicine, psychiatry, integrative health, neurology, neuropsychology, infectious disease,

otolaryngology, digestive health, and immunology. A team of pediatric specialists creates assessments and treatment models specifically for children, as well.

Patients of all ages also have access to unique, integrative health interventions, such as acupuncture, stress management, and relaxation techniques through UH Connor Integrative Health Network.

“Our goal in establishing the UH COVID Recovery Clinic is to provide our community with hope that recovery is possible,” explains Dr. Rosenberg. “We want to guide patients along a diagnostic and therapeutic

path to a better quality of life, while expanding our clinical knowledge base to understand the many facets of COVID-19 Long-Haul Syndrome and, most importantly, how to successfully treat it.”

Patients may be referred to the UH COVID Recovery Clinic by their primary care provider, or they may self-refer, by calling 216.220.7345. Learn more by visiting www.tinyurl.com/UHRecoveryClinic.





Support Beachwood Boosters!

Purchase tickets for a chance to win a 2021/2022 Honda Civic Sport

Beachwood Boosters invites the community to support its car raffle, which is intended to raise funds for all Beachwood athletics and support all Beachwood sports teams.

This year's raffle, sponsored by Michael Friedman, owner of Buckeye Auto Leasing, provides a chance for a lucky individual to win a two-year lease on a brand new Honda Civic Sport.

"Our goal was to sell 1,500 tickets and announce the winner during our annual Back to School Bash," said Boosters president Sam Malek. "Unfortunately, this year's event and other sporting events had to be canceled due to Covid, which affected ticket sales."

As a result, tickets will be available through December 16, 11 pm, and the winner will be announced December 18, at halftime of the boys' varsity basketball game. Tickets are \$25 each or five for \$100.

"On behalf of the Boosters, I thank supporters so much for your kind generosity with your ticket

purchases," Sam said. "We will continue working hard to make this fundraiser a bigger success."

As a result, tickets will be available through December 16, 11 pm, and the winner will be announced December 18, at halftime of the boys' varsity basketball game. Tickets are \$25 each or five for \$100.

To purchase tickets, visit <https://tinyurl.com/BoostersCar> or scan the QR code on the right.

About the Raffle:

Raffle proceeds help support the Boosters and provide the following to Beachwood's champion athletes:

- Community-wide spirit engagement
- Promotional giveaways at big games
- Senior athlete banners that hang outside or in the gym
- Seasonal sports posters
- Athlete-of-the-Week recognition
- Athletic achievements
- Scholarships to outstanding senior athletes
- Special funding requests submitted by coaches and teams
- Co-sponsorship of Family Fun Night
- Send-off receptions and gear for state qualifiers

Raffle Details:

- The Honda Civic Sport will be a 2021 or 2022 model
- Recipient will receive a two-year lease, 12,000 miles per year
- A minimum of 1,500 tickets must be sold to raffle the car. If fewer tickets are sold, there will be a cash prize of up to \$5,000

Raffle Winner Responsibilities:

- Taxes and tags at the time of the car pick up: \$700
- Turn-in fees, ranging from \$395-\$600 and are subject to change
- Proper maintenance of the vehicle, wear and tear upon conclusion of the two-year lease is responsible by lessee
- Gasoline

Raffle winner must be 25 years of age to qualify. Winner may accept a cash prize of up to \$5,000 in lieu of the car; decision must be made the night of the drawing. Special thanks to Robert Ferns for being in the driver's seat of this fundraiser!



Beachwood History Book Club

History lovers, did you know there is a book club just for you? We invite you to join the Beachwood History Book Club! We are still meeting virtually and new members are always welcome. For more information or to register (and receive the Zoom link), please contact Margaret Reardon at margaret_reardon@att.net or 216.272.4277.

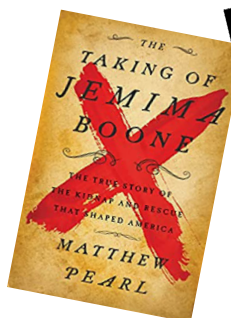
Wednesday, December 22 • 7 pm

The Taking of Jemima Boone: Colonial Settlers, Tribal Nations, and the Kidnap that Shaped America, by Matthew Pearl

"In his first work of narrative nonfiction, Matthew Pearl, bestselling author of acclaimed novel *The Dante Club*, explores the little-known true story of the kidnapping of legendary pioneer Daniel Boone's daughter and the dramatic

aftermath that rippled across the nation."

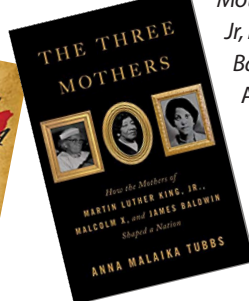
– Amazon



Wednesday, February 2 • 7 pm

The Three Mothers: How the Mothers of Martin Luther King Jr., Malcolm X and James Baldwin Shaped a Nation, by Anna Malaika Tubbs

This dynamic blend of biography and manifesto centers on Louise Little, Alberta King, and Berdis Baldwin – the mothers of, respectively, Malcolm



X, Martin Luther King, Jr., and James Baldwin – women whose legacies, as Tubbs notes, have been overlooked. Using them as a window into the varieties of Black American experience ... Tubbs' book stands against the women's erasure, a monument to their historical importance. As Malcolm X put it, 'All our achievements are mom's.'"

– *The New Yorker*

Beachwood Garden Club

by Preeti Venkataramani

What makes a yard an inviting garden? An appreciation for nature, a bit of enthusiasm, and some curiosity to learn! When you drive around Beachwood, there are many inviting gardens that showcase the tender care of their owners. From vibrant floral displays to lush vegetation to carefully chosen garden art, each lawn is like a living art piece.

Long-time Beachwood resident Rosemary Nemeth and Pepper Pike's Lisa Skufca, two enthusiastic gardeners, have now banded together to start Beachwood's first Garden Club.

Started in July 2021, the club has already conducted quite a few gatherings and activities.

After an initial meet and greet, they held their first garden walk in Cleveland Heights, where they learned about an orange tree that grows in this part of Ohio – in the ground instead of a pot. The owner had also made some marmalade from the fruit!

Club members also visited each others' gardens in Beachwood and even exchanged plants.

In August, they met at a member's home to learn more about lovely Japanese maples, amazing pines, and fabulous water features.

In September, the club met at Beachwood City Park West to make garden memory stones. They used beads, shells, cut glass, pottery shards, blue willow china pieces, jewelry, and natural things like leaves. It built camaraderie among members and was a lot of fun.

Last month, members toured the Hebrew, Hungarian, and Italian Cultural Gardens off of Martin L. King Blvd. Beachwood resident Sheila Allenick, one of the club's members, gave a special presentation on the history of the Cultural Gardens. Did you know that the Hebrew Garden was the first garden?

Does all this pique your curiosity? Do you want to learn more?

The Beachwood Garden Club invites you to join! Whether you want to start your first garden or gather pro-level gardening tips, whether you are a skilled master gardener

or eager to make friends with like-minded people, this is the place for you. Beachwood Garden Club is a great community to join and learn together. No green thumb required!

For more information, contact Rosemary at rnemeth@gesu.com or Lisa at lisaskufca@yahoo.com.



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Dr. Sean Martin Speaks about His New Book: *Cleveland Jews and The Making of a Midwestern Community*

Welcome to Jewish Book Month. We invite you to join the Park community on Sunday, November 7, 3:30 pm, on Zoom, for the Robert M. Leitson Memorial Fund program that will feature Dr. Sean Martin, director of the Cleveland Jewish Archives at the Western Reserve Historical Society. Sean will talk about his latest book, *Cleveland Jews and the Making of a Midwestern Community*, co-edited with John Grabowski in 2020. The book contains a collection of informative essays,

written by diverse scholars, that explain how Cleveland became such a significant presence in American Jewish history. Drawing on local archival materials, Sean and John present our community in the context of American Jewish studies. Sean is an excellent speaker who draws in his audience.

This program is free and open to the community. Pre-registration is required by November 6 to receive the Zoom link. Please register at

www.parksynagogue.org/ events, through the Weekly Wrap, or by contacting Julie Moss at jmoss@parksyn.org. Direct any questions to Julie by email or by calling 216.371.2244, ext. 223.

This program is sponsored by the Leitson Family in memory of Robert M. Leitson, who was an avid reader and lover of books.



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Programs at the Beachwood Library

The Beachwood Library offers the following programs in November. To register for these programs or learn more, please visit <https://attend.cuyahogalibrary.org/> events or call 216.831.6868. All CCPL branches will be closed on Thursday, November 11, for a Staff Development Day. In observance of the Thanksgiving holiday, all CCPL branches will close early at 5:30 pm on Wednesday, November 24, and will be closed on Thursday November 25.

Tuesday Book Chat • Virtual

Tuesday, November 9 • 7-8 pm
Join us for a discussion of *The Nature of Fragile Things*, by Susan Meissner.

Through the Eyes of the Artist – Mary Cassatt • Virtual

Friday, November 12 • 10-11 am
Art historian Felicia Zavarella Stadelman presents her series on the lives and works of beloved artists. Mary Cassatt influenced Impressionism not only as an artist, but also with an important role in sponsoring and financially promoting Impressionist art. She was single-handedly responsible for introducing the paintings of the French Impressionists to the United States. Her paintings of women and children focused on a gaze or gesture, encouraging a bond between the models and

the viewer. Sponsored by the Friends of the Beachwood Library.

Knit and Lit • In-Person

Monday, November 15 • 6:30-8 pm
Join us for knitting and informal chats about what everyone is reading.

Third Thursday Book Discussion • Virtual

Thursday, November 18 • 2-3 pm
The Cold Millions, by Jess Walter.

Blood Drive

Saturday, November 20
10:30 am - 3:30 pm
Donate blood today. For more information or to make an appointment, visit www.redcrossblood.org or call 800-RED-CROSS (800.733.2767).

Discover the Ohio Literary Trail • Virtual

Monday, November 22 • 2-3:30 pm
Local author, Betty Weibel, will talk about the Literary Trail that consists of more than 70 sites across the Buckeye state, paying tribute to the authors, poets, illustrators, libraries, and creative influencers of the written word who have called Ohio home. Copies of Betty Weibel's *The Ohio Literary Trail* can be requested from Cuyahoga County Public Library or purchased from Mac's Backs-Books on Coventry.

Children's Programming

Art Explorers – Grades 2-5

Tuesday, November 2
3:30-4:30 pm
At each session we will focus on an artist, explore his/her life and creative style, and create our own works of art based off of what we have learned. Registration required.

Mr. Lemoncello's Library Trivia Virtual • Grades 3-8

Monday, November 8 • 7-7:45 pm
Test your knowledge with other fans of the series. Trivia will focus on *Escape from Mr. Lemoncello's Library* and *Mr. Lemoncello's Library Olympics*. Registration required.

Baby & Me Storytime • In-Person

Thursdays, November 4 – December 2 • 10-10:30 am
Caregivers with babies birth - 18 months. Registration required.

Zoom Virtual Pajama Storytime

Family with children 0-5 yrs.
Thursdays, November 4 – December 2 • 6:30-7 pm
Put on your pajamas and join us for rhymes, songs, finger-plays, and stories. Registration is required.

STEAM Tuesday: Tower Building Virtual

Tuesday, November 16
3:30-4:15 pm
Discover something new about the world around you each month with a new activity. Registration is required.



Is Isolation Hurting You? A Daytime Program May Be the Answer

When the icy claws of winter increase the time we spend at home, we often yearn for social experiences and active lifestyles that help us be at our best: happy, motivated and healthy. Especially with the pandemic, we all know too well that isolation can be excruciating and harmful to our health. Those of us who have family members who are full- or part-time caregivers may not realize that the demands of caregiving can be harmful to their health, as well.

There are more than 60 million caregivers in the sandwich generation in the U.S. right now caring for aging parents. Ten hours of respite from caregiving each week can help preserve their health and even extend their lives.

For those who receive no help or reprieve from taking care of their loved ones, the stress is unrelenting and continuous, especially for more than ten percent of the caregivers who live more than an hour away. Studies show that they experience more depression, anxiety, and feelings of being in limbo. They can't be with their loved ones at all times, and that can cause feelings of guilt and additional stress.

An adult day center may be the answer to better health and a more fulfilling life for everyone. You may ask, is it safe? The team at Menorah Park's Mandel Adult Day Center is proud to report that since re-opening approximately a year ago after Ohio's stay-at-home orders ended, there have been zero

cases of Covid-19. Precautions such as fully vaccinated staff, access for client vaccinations with 99% participation to date, screening and sanitation stations, and ample personal protective supplies, including masks, individual materials for activities, and other best-practices in infection control all come into play to ensure a safe environment to enjoy good company, enriching activities, and respite for a loving caregiver.

The Mandel Adult Day Center is among the oldest established adult day centers in the nation. It offers specialized programs and services for adults of all ages, which ease caregiver stress and offer peace of mind for loved ones each day.

"The center is a shining example to other organizations. Its staff is highly trained. They specialize in programs and services that are proving to improve seniors' lives and outlook," explained Tina Witt, director of Home and Community Based Services. "We see first-hand

that there is a direct need for services and programs such as the ones we offer. We are changing lives and how people age.

"Our staff and experts provide structured activities and outings that keep participants' minds sharp and their bodies in motion, while promoting socialization. We also provide nutritious, chef-prepared meals, assistance with medication reminders, helpful tips for families, and much more. Being part of a community is such a vital part of everyday life that many of us take for granted. Seniors who may have lost a spouse, friends, social circles, mobility, or driving privileges are far more likely to feel isolated. Attending even as little as once per week enhances mood and energy level, and improves quality of life," Tina added. "Participants share stories, get some much-needed exercise, and have fun! It's all about celebrating the normalcies of life. For some, transportation to the Center is

half the battle, so we provide transportation within our service area. The concept of attending an adult day center, like any new adventure, can be frightening. That's why we offer two free days. People can come and see what it's all about. We take pride in making our new friends feel at ease, and will explain costs and how we can help make them affordable."

For more information or to schedule a tour, please contact Celeste Maria, Mandel Adult Day Center manager, at 216.360.8218 or cmaria@menorahpark.org.

"Participants share stories, get some much-needed exercise, and have fun! It's all about celebrating the normalcies of life."

Menorah Park also offers a residential respite stay option at several locations.

South African Film Festival

The South African Film Festival will make its USA debut November 4- 14. The festival will be virtual, streaming throughout the country. It follows in the footsteps of South African Festivals Canada, Australia and New Zealand, where they were met with great success.

Twelve films will be shown. They comprise dramas, comedies, documentaries, and feature films that explore the

culture, history, and politics of South Africa.

The South African Film Festival USA supports Education Without Borders, a non-profit organization that provides after-school educational programs and mentoring to disadvantaged and at risk youth in South Africa. It is a grass roots effort by a group of enthusiastic volunteers who are devoted to showcasing the

diverse population, the tradition of struggle for democracy and equity, and the complex political and economic reality of this South Africa.

The festival includes 12 excellent films, 4 shorts, and interviews with some of the filmmakers. One of the shorts, *Umama*, was written and directed by a young film student at NYU film school and won the Oscar last year for best student film.

This premier film festival is based in La Jolla, California, under the direction of co-chairs Brenda Sacks and Lesley Davis.

Sign up at www.saffusa.net to learn more and receive festival updates. You may also email info@saffusa.net, or follow them on Facebook, Instagram or Twitter.



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Cleveland Jewish Book Festival Features 24 Books

The Mandel JCC's 22nd Annual Cleveland Jewish Book Festival features a diverse lineup of nationally and internationally acclaimed authors, plus authors with local ties.

The festival, which runs through March 2022, is being presented in three chapters – the first running through December 5. Broadway star Tovah Feldshuh is featured on November 8 at 7 pm. She will talk about her autobiography, *Lilyville: Mother, Daughter, and Other Roles I've Played*, via a virtual presentation to include an in-person audience. John Carroll Theatre professor Bill Noll will interview Tovah in what promises to be an entertaining evening. Up-and-coming author Menachem Kaiser will visit the Mandel JCC in person on November 17 at 7 pm to share his memoir, *Plunder*, characterized by *The Forward* as "... wonderfully digressive, laced with coincidences and ambiguities, and filled with just enough revelations to

keep readers contentedly turning pages." December 5 features a virtual Kid's Day Program with Susan S. Novich, author of *Hello, Hanukkah!*

The 22nd annual festival celebrates authors, books and ideas. Topics relate to Jewish life, historical fiction, Israeli literature, cooking, memoirs and more. The festival features a diverse lineup of nationally and internationally acclaimed authors, plus authors with local ties. All in-person, livestreamed, and virtual author presentations are accompanied by lively Q&A sessions. Book sales are provided by our partner Mac's Backs-Books on Coventry.

For more information and tickets, visit www.mandeljcc.org/bookfest or call 216.831.0700, ext. 1316.

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