

Beachwood Buzz

February 2024

Every Resident. Every Business. Every Month.

MAGAZINE

Hope Heals

A Bear Hug of Love



The Beachwood 100

Supporting the Safety Forces That Protect Our Community



Beachwood 100

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About The Beachwood 100

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

Join Today

Help Us Further Our Mission of:

- Awarding annual academic scholarships to children of our Police and Fire Department personnel
- Assisting the city's safety forces and their families with loans or donations when unforeseen personal emergencies occur
- Supplying safety and fitness equipment to the city's first responders

SPONSORSHIP OPPORTUNITIES AVAILABLE
For Annual Scholarship Awards Dinner on May 2, 2024

MEMBERSHIP

Individual Membership is only \$50 per year
Corporate Membership is only \$100 per year

Members receive two membership cards and
two vehicle decals, which display your support.

Donate: www.beachwood100.org

Contact: info@beachwood100.org or 216.544.1408

THANK YOU FOR YOUR SUPPORT!

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Letter from THE EDITOR

By Debby Zelman Rapoport

Since February resonates with many of us as the month of love, I share information about self-love because it builds strength and puts us in a more positive mindset to help others.

Self-love involves adopting positive practices and attitudes that contribute to our overall well-being. Here are some steps to support self-love:

- **Practice self-compassion** by treating yourself with the same kindness and understanding that you would offer to a friend.
- **Set healthy boundaries** by learning to say no when necessary and establishing boundaries that protect your time and energy.
- **Prioritize self-care** by getting enough sleep, eating nutritious foods, exercising regularly, and engaging in activities that bring you joy and relaxation.
- **Replace negative self-talk with positive affirmations.** Encourage and affirm yourself regularly. Focus on your strengths and accomplishments.
- **Practice mindfulness** to stay present in the moment and cultivate awareness.
- **Build a supportive network** of friends and family who uplift and encourage you. Limit exposure to toxic relationships or environments that undermine your well-being.
- **Acknowledge and celebrate your accomplishments,** no matter how small. Recognizing your achievements boosts self-esteem and reinforces a positive self-image.
- **Embrace challenges** and view failures as opportunities for growth.
- **Forgive yourself** for any perceived shortcomings. Letting go of guilt and regret is crucial for fostering self-love.
- **Regularly reflect on your values, goals, and aspirations.** Understand what truly matters to you and align your actions with your authentic self.
- **Create an environment that's energetically up-lifting, renewing, or relaxing.** Create an atmosphere that makes you feel relaxed.
- **Work on healthy boundaries.** You don't have to react to every argument you are invited to.
- **Manage your conflicts,** stay calm and objective, and refrain from personal remarks or judgment.
- **Listen to music** that soothes your nervous system and elevates your personal vibration.
- **Foods also have a vibrational frequency.** Eat a lot of fresh vegetables and fruits, and hydrate well.
- **Get outside** and spend time in nature. Enjoy our Metroparks and beaches to soak up nature's frequency, and realign your body with the vibration as nature intended.

Wishing you a loving month filled with all that brings you joy.

To read more on this topic, see the article about Viktoria Levay, a resilience trainer and well-being coach, on page 38.

New year, new goals! Interested in becoming a health coach?

As an ambassador of the Institute of Integrative Nutrition, I endorse its curriculum, which is taught by more than 95 of the world's leading experts in health and wellness. This program is more than a health coaching certification course, it is a program about finding what inspires you to live a life you love and become your healthiest, happiest self.

For details, visit <https://geti.in/3STpZZX>.

Opportunities start on page 41!



Family history can offer insight to heart health.



Melina Aguinaga Meza, MD
Cleveland Clinic
South Pointe Hospital

Your family history is important. It's interesting to learn about your lineage and where your family came from. It's also important to know what health risks may have been passed down through your family tree – especially issues like heart disease.

Heart disease begins when plaque builds up in the arteries that feed blood to your heart. As your arteries narrow, blood has a harder time passing through. This can lead to heart attack or stroke.

Melina Aguinaga Meza, MD, a cardiologist at Cleveland Clinic South Pointe Hospital, says that family history of heart disease is a concern, but many contributors to family heart health history can be accounted for by other diagnosed problems like hypertension, diabetes and high cholesterol.

When should I see a cardiologist?

Your primary care provider (PCP) should assess your cardiovascular risk

Trust your child's heart to Cleveland Clinic Children's.

In 2016, the Centers for Disease Control and Prevention (CDC) estimated that 1 in 77 children had a current heart condition.

From general cardiology to the most complex heart care for children, Cleveland Clinic Children's is here to care for your child.

Pediatric heart care services in Northeast Ohio:

- 17 locations, including Hillcrest Hospital.
- 28 pediatric cardiologists.
- 6 nurse practitioners.

If you suspect your child may have heart disease, speak with your pediatrician about a referral to world-class pediatric heart care at Cleveland Clinic Children's. If you've been told that your child has a heart condition, make an appointment today.

ClevelandClinicChildrens.org/Heart | 216.445.5000



annually through health screenings (like blood pressure checks and blood tests for cholesterol and blood sugar) and surveillance. If inconsistent results arise or if a specific unusual heart disease runs in your family, they may refer you to a cardiologist for more precise assessment.

Dr. Aguinaga Meza recommends the following for long-term heart health:

- **Follow heart-healthy dietary recommendations.** The Mediterranean diet is a great place to start.
- **Participate in routine cardiovascular/aerobic exercise** – 20 to 30 minutes a day, five to six days a week.
- **Schedule regular checkups with your healthcare team.** Start with your PCP.

While it's not possible to change your family history, you can take steps to manage factors to improve your heart health. This is even more important if you've already been diagnosed with heart disease.

To schedule an appointment with Dr. Aguinaga Meza or another cardiologist at South Pointe Hospital, call 216.491.4573. To find a complete listing of Cleveland Clinic cardiologists, visit ClevelandClinic.org/Cardiologists.

Ask the Experts: Keeping a Pulse on Your Heart Health

Wednesday, Feb. 7, 2024 | 5:30-6:30 p.m.

In the busyness of life, what can you do to keep your heart healthy? Cleveland Clinic cardiologists will share their expertise, answer your questions and provide details on:

- Maintaining a heart healthy lifestyle.
- Managing chronic heart conditions and risk factors.
- When to see a doctor.
- Using wearable technology to monitor habits and vital signs.
- Trustworthy resources for heart health information.

Register today for this virtual event:

ClevelandClinic.org/AskTheExperts

Questions? Email WellnessEvent@ccl.org



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Calendar Section

Please send information about clubs, organizations, events and meetings to beachwoodbuzz@gmail.com. The deadline is the 10th of each month.

Article Submissions

If you have a story idea or photos you would like to share, email beachwoodbuzz@gmail.com.

Subscriptions

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General Information

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Hope Heals A Bear Hug of Love

Written by Debby Zelman Rapoport. Photos by Scott Morrison, Discovery Photo



Hope Heals, a societal marketing campaign created by the Beachwood High School Marketing/Junior Achievement Company, was created to inspire hope and brighten the lives of critically ill children across Northeast Ohio. Each year, under the leadership of teacher Greg Perry and Junior Achievement advisor Shannon Diamond, students create a campaign that incorporates the Junior Achievement Company Program into the marketing course to engage in experiential entrepreneurship education.

Story begins on page 7.

Cover Photo: Beachwood High School students participating in a guerrilla marketing program to raise awareness of Medi Teddy. **Front row:** Jaden Tsirlin, Sarah Berns, and Probir Mukherjee. **Middle row:** Dakota Houston, Izzie Mintz, Allie Berns, and Lea Keren. **Back row:** Camille Gill, Sam Uria, Dalton Zappia, and Ozan Sasmaz.

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February Freeze

Beachwood's third annual outdoor winter fest is set for Thursday, Feb. 15

Beachwood's February Freeze is renowned for igniting our passion for winter with dazzling light installations, a breathtaking fireworks show, and countless opportunities for family fun, and the third annual edition has added a 'sweet' touch to the outdoor festival. Scheduled for Thursday, Feb. 15, from 6:30-8 p.m. outside Beachwood City Hall (25325 Fairmount Blvd.), February Freeze will adopt a mouthwatering Candy Land theme.

Derek Schroeder, Beachwood's Community Services director, shared his enthusiasm, stating, "Every year, we strive to keep our annual events fresh with new elements to keep residents and visitors excited about returning. For 2024, February Freeze will feature your favorite candy and sweets in a larger-than-life form. We'll have a Candy Land village of custom houses, one of which will be chosen from a coloring contest where we'll bring a child's design to life. You'll find jumbo candy bars, giant cups of hot chocolate, and more, around every turn."

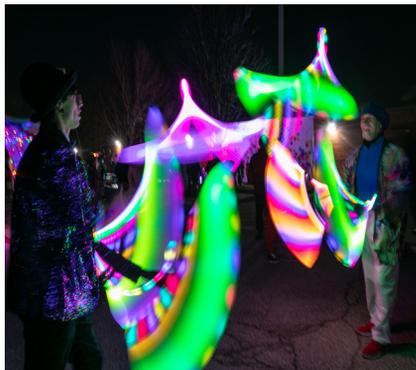
In addition to these sweet treats, attendees can enjoy entertainment from the Ohio Burn Unit, mesmerizing LED light performances, ice carving, a curling demonstration, trackless train rides, costume characters, photo opportunities, and, of course, a fireworks show for a grand finale across the winter sky. The fireworks are generously sponsored by Crestmont Automotive.

"February Freeze is unique in a way that the winter weather and a little snowfall

actually add to the excitement and atmosphere. Winter fireworks reflecting off the snow are truly a sight to see," added Derek. "Bundle up and bring the whole family. We have something for everyone and February Freeze is free of charge. We look forward to welcoming both new and returning attendees."

For the latest information about February Freeze and other upcoming events, visit BeachwoodRec.com or follow Beachwood Recreation on Facebook @BeachwoodOHRec.

"Bundle up and bring the whole family. We have something for everyone and February Freeze is free of charge. We look forward to welcoming both new and returning attendees."



2023 photos by Scott Morrison, Discovery Photo

Hope Heals

A Bear Hug of Love

By Debby Zelman Rapoport

Photos by Scott Morrison, Discovery Photo

Photos taken at UH Drusinsky Sports Medicine Institute at Ahuja Medical Center

Hope Heals, a societal marketing campaign created by the Beachwood High School Marketing/Junior Achievement Company, was created to inspire hope and brighten the lives of critically ill children across Northeast Ohio. Each year, under the leadership of teacher Greg Perry and Junior Achievement advisor Shannon Diamond, students create a campaign that incorporates the Junior Achievement Company Program into the marketing course to engage in experiential entrepreneurship education.

Each year, Excel TECC students from 10 local high schools create a program that inspires and prepares young people to succeed in a global economy. And, each year, the group creates an out-of-the-box, nationally recognized program that provides real-world experiences and draws in the community.

This year, 38 seniors worked collaboratively to create Hope Heals, which was inceptioned after learning about the teddy bear craze in Paris.

In October 2018, Philippe Labourel, a bookshop owner in the Gobelins neighborhood of Paris, posed a large teddy bear in his window – a small act that brought joy to visitors and passers-by. He then acquired more teddy bears and made them available to other businesses upon request. Why?



How can we help?

Become a sponsor

- Happy Bear: \$250
- Joy Bear: \$1,000
- Cozy Bear: \$2,500
- Sunny Bear: \$5,000
- Location Sponsor: \$5,000
- Hero Bear: \$10,000

Purchase a sweatshirt

Make a donation

Spread awareness by posting on social media

For details, visit hopehealsohio.com

To put a smile on people's faces and encourage them to talk to each other. Then, during the pandemic, these large teddy bears in cafes encouraged social distancing. Since then, teddy bears have been sighted all around Paris, creating a social-media craze.

After learning of the teddy bear craze, students researched children's causes that might have a tie with large teddy bears, so they could be used as the basis for a guerilla marketing program. When they found Medi Teddy, whose mission is to improve the infusion experience for kids and normalize medical care, it was a slam dunk since the Medi Teddy® IV covers are not yet in Ohio hospitals. Furthermore, students can relate to the organization's entrepreneur, Ella Casano, because she is a high school senior in Connecticut who plans to study medicine at Stanford.



When Ella was 7 years old, she was diagnosed with Idiopathic Thrombocytopenia Purpura (ITP). Most kids who get this grow out of it within a few months. Ella's is a rare case since it hasn't gone away.

ITP is not contagious. Without treatment, she would have a low number of platelets and would be at risk for bleeding or injury. Therefore, for seven years, every six to eight weeks, she had to spend the day at an outpatient clinic getting IV infusions.

Today, Ella no longer needs infusions and is doing very well. She takes medication to control her ITP and is now able to do things she loves, including being a coxswain for a rowing team and cantor at her church.

Ella created Medi Teddy® because she recalls how scary her days of infusion were and she does not want other kids to feel like she did. She envisioned a teddy bear that would disguise intimidating IV bags, thereby impacting children's well-being when in the hospital by making IV infusions more "bearable."

"We've reached out to local hospitals and our response has been overwhelming," said Allie Berns, a member of Hope Heals' marketing department. "People of all ages are anxious when they need a drip bag, chemo, or transfusions. We're starting with pediatric rooms and will then see where this leads."



The Hope Heals campaign is based on the teddy bear craze in Paris. To see photos, do an online search or visit Les nounours des gobelins on Facebook. Photo purchased through Shutterstock.com.

Hope Heals Events

Hope Heals

Teddy Bear Party and Giant Inflatable Teddy Bear Tour Kickoff

- March 3 • 1-3 p.m.
- Beachwood Community Center
- Activities and crafts
- Teddy bear snow globe, tea party, and hospital participation
- Geoffrey Gersten's BlueBery

Installations

Beachwood

- Beachwood City Hall/High School
- March 1-11

Pincrest

- March 29 – April 8

Crocker Park

- April-May

More locations being booked. For complete details, visit www.hopeheals.com.

Hope Heals thanks Crocker Park/Stark Enterprises and Pincrest for their continued support as three-year location sponsors.

"This year, our class has set an ambitious key performance indicator of \$115,000 in revenue," said Sarah Berns, Hope Heals' vice president of communications, at a Beachwood City Council meeting on January 9. "Through Hope Heals, we want to bring love and make each child's medical treatment more enjoyable."

Revenue will be used to purchase Medi Teddy® IV covers for every pediatric room in Northeast Ohio.

A Medi Teddy® is a teddy bear sleeve that covers an IV bag, which brightens a patient's experience. "Hope" is a reusable teddy made from BPA/latex-free silicone and plastic that is designed to attach to IV poles in pediatric rooms and can be easily cleaned. It features easy-access visibility and can be personalized by writing or drawing on its stomach with washable markers. "Bailey" is made from low-pile plush, belongs to the child, and is not shared between patients.

To date, more than 100 hospitals on five continents, as well as thousands of children, have received Medi Teddys®.

Students are raising money through sponsorship packages and the sale of merchandise. "We are promoting sponsorship packages to local businesses, organizations, and individuals who want to support the Hope Heals societal marketing campaign," said Allie. "We are also selling our blue bear sweatshirts, pajama pants, and yard signs."

Hope Heals is building on prior successes from the past three campaigns: AQUA, Hope Soars Ohio, and Hope Blooms Ohio. It will feature five giant inflatable teddy bears that will pop up across

lifestyle centers, public parks, and hospitals throughout Northeast Ohio over the next few months. The 10- to 20-foot tall inflatable teddy bears, along with an inflatable backdrop for selfies, will create colorful, joyful experiences for countless visitors. Inflatables are produced in Brunswick, Ohio, by Inflatable Images.

Ella created Medi Teddy® because she recalls how scary her days of infusion were and she does not want other kids to feel like she did. She envisioned a teddy bear that would disguise intimidating IV bags, thereby impacting children's well-being when in the hospital by making IV infusions more "bearable."

With the assistance of the District Gallery at Van Aken, Hope Heals has partnered with world-renowned artist Geoffery Gersten of Arizona to create a one-of-a-kind piece of art to be used as the foundation for the Hope Heals campaign. Geoffery created "Bluebear," a blue teddy bear, which was then used for all branding and imagery. This original oil painting is included in the top sponsorship package.

For event information, to sign up as a sponsor, or purchase merchandise, visit www.hopehealsohio.com. To purchase a yard sign, contact Greg Perry at gwp@beachwoodschoools.org.

Greg, who has been teaching marketing for 31 years, was recently distinguished with the Samuel H. Elliott Award by the Harvard Business School Club of Northeast Ohio, a recognition of his exceptional contributions in educating students about the free enterprise system, ethical business management, and entrepreneurial thinking.

At a November 15 awards event, Greg remarked, "It is such an honor to be part of Beachwood Schools. The support that the Board and the administration gives these programs and the students is second to none. It's wonderful to work in an environment that supports creativity, innovation, and entrepreneurship."

About Medi Teddy

Medi Teddy is on a mission to improve the infusion experience for patients. Its IV covers provide comfort, normalize medical care, and reduce anxiety by offering a friendly face to conceal unsightly blood or medication products being infused, while still allowing for easy access and visibility by care providers.

"Our goal is to provide every sick child joy and comfort through their illness because in doing so, we believe we are improving their chances for healing."

– Meg Casano, Medi Teddy CEO

How Medi Teddy helps:

- 95% of survey respondents reported that Medi Teddy® improved the emotional well-being of their child during an infusion.
- 46% of respondents reported that Medi Teddy® improved the physical pain their child experienced during IV placement.
- 87% of respondents reported that Medi Teddy® improved their experience as a caregiver.
- 100% of respondents said Medi Teddy® was easy to use.

For Doctors and Nurses

- Medi Teddy® fits bags of fluid, blood or TPN up to 1 liter.
- Medi Teddy® does not interfere with bag changes.
- The rear allows for easy visibility.
- Professionals encourage the child to name their Medi Teddy® and it becomes a partner in care. They also encourage writing of inspirational messages on "Hope's" tummy for additional therapeutic effect.





Dakota Houston, Jaden Tsirlin, Sarah Berns, and Dalton Zappia (laying down)

Photos by Scott Morrison, Discovery Photo

What does Hope Heals mean to you?

Allie Berns

"Hope Heals is important because spreading joy and hope is just a little part of how we can help critically ill children in the hospitals. I can empathize with these children as I was once in the hospital undergoing surgery myself. Partnering with Medi Teddy and donating silicon bears that cover the IV pole brings me joy knowing that the children no longer have to worry about seeing the medicine drip down. Instead, they have a cute teddy bear looking at them easing their anxiety. To bring hope, joy, and love to the community as a student in high school, I am extremely proud to be part of Hope Heals while making a difference for children of all ages."

Sarah Berns

"Hope Heals signifies the transformative impact of youthful dedication. Hope Heals serves as a glimmer of inspiration and hope, embodying the strength of community and a collective uniting to bring joy to children in hospitals. Not only does Hope Heals bring happiness to children confronting challenges, but also nurtures empathy and good will among us students. Our united commitment directs the power of youth into initiatives that truly create an impact, demonstrating the influential role we have in brightening the lives of critically ill children. I am excited for what's to come with our brand, and know that it will persist in making a profound impact of love, hope, joy, and inspiration to critically ill children."

Camille Gill

"Through Hope Heals, we create moments of happiness for children amid their challenges. Through this program, I see firsthand the impact of our efforts on the community. We actively contribute to brightening the lives of these children, proving that the energy and compassion of youth can make a real difference. Our collective dedication in the program allows us, as teens, to channel our creativity into initiatives that uplift those in need. It's inspiring to witness the positive ripple effect within the community. Engaging with Hope Heals not only transforms the lives of the children we serve but also instills a sense of empathy and social responsibility in us, showcasing the powerful influence teens can have on making the world a better place."

Dakota Houston

"Hope Heals mean a lot of things, mostly that we're helping an important cause in an impactful way. Once our class achieves a goal, big or small, we always try to push past it. Hope Heals has opened up my world to many new horizons over the past few months. I have made many professional connections and have generated many new ideas. I truly believe that the Beachwood Marketing/Junior Achievement program is amazing. There's so much to take away and I'm very grateful to have Mr. Perry as a mentor!"



Izzie Mintz, Allie Berns, and Probir Mukherjee



Sam Uria, Camille Gill, Ozan Sasmaz, and Lea Keren

Lea Keren

“Hope Heals is a wonderful nonprofit organization. Our intentions are to bring joy and comfort to critically ill children who are in hospitals. We hope to achieve our goal of placing a Medi Teddy® in every single pediatric room in Northeast Ohio!”

Izzie Mintz

“Hope Heals is about helping others. It is super important to me that I give back to my community in any way I can. I love that through Hope Heals I can bring joy to anyone who experiences our giant inflatable teddy bears, while also helping critically ill children across Northeast Ohio.”

Probir Mukherjee

“Hope Heals is a symbol of the power of community and the ability to make a positive impact on the lives of others. The program has taught me how to develop my own brand and relations with others, and how to think like an entrepreneur. The work that we are doing is not only going to benefit children in the hospital, but inspire hope and action in the community. Hope Heals will change lives for the better and make the world a brighter place.”

Ozan Sasmaz

“Hope Heals is about making a difference in the lives of ill children, while bringing joy and unity to all of those in the community.”

Jaden Tsirlen

“Hope Heals is much more than a company. It is a way to give back to the community that taught and raised us, to provide hope to sick children – and everyone, and to prove that we’re all in this together, no matter how hard times might be. My hope is that our campaign will provide an unexpected ray of joy to people when they see our giant inflatable teddy bears and that Hope Heals will touch more lives as it continues to grow.”

Sam Uria

“Hope Heals means that a group of high school students can make an impact on their community by spreading hope and joy to everyone.”

Dalton Zappia

“Optimism breeds success.”

City of Beachwood Organizational Meeting

On Monday, Jan. 8, the City of Beachwood held its organizational meeting. For details, see page 24. After being sworn in, our elected and re-elected City Council members shared the following messages:



Jillian DeLong

To the administration: I am sincerely thankful for your time during the election cycle and during this transition. As a City Council member, I will always strive to have a good working relationship with you as this is vital for the city to be run successfully.

To my fellow city council members: I look forward to a positive working relationship where decisions will be based on moving Beachwood forward.



This includes times when we will respectively disagree but are able to leave it at the dais and come together to promote civility and respect.

To Beachwood residents: I am a dedicated public servant who will be a champion for our city. I will base my decisions on the interests of the community at large. I will always demonstrate a willingness to work collaboratively and have a city-wide perspective. Thank you!

June Taylor

To our mayor, administration, staff, and directors: I'm honored to serve in my second term. Thank you so much for your trust, dedication, and patience. Serving

in community service today is a challenge. It is not easy. You see us here, nicely dressed and so forth, but I can tell you that a lot of times when we work on weekends and evenings, we don't look like this. I say it in a comical way, but also because politics has become a very different place today. Many of us are risking our lives, so we owe a lot to our safety forces.

We also owe so much to the leaders who are here tonight because they set a roadmap for this city that is unprecedented.

Many of you know what our roads look like when it snows – out-of-towners ask if they're



heated. I mention this because we have some of the finest assets here in Beachwood. We are truly a fortunate community, one that took a lot of planning. The people at the helm, our mayor, and our staff work very hard so I wanted acknowledge them.

Finally, while I was campaigning, many of you met Maverick Edwards. Maverick, at 14 years old, played a pivotal role in my campaign and in that of the city. Public officials need to work with the youth in our communities because these youth need direction, they're smarter in a lot of cases than we are, and they have so much to offer.

On behalf of our all-female slate that won this year, thank you for entrusting us to lead our city into the future.

Danielle Shoykhet

It is a privilege and honor to have earned the support of Beachwood voters to elect me to my first full term to Beachwood City Council. Our city holds an extremely special place in my heart, as a third-generation Beachwood resident.

I would like to thank my husband, Jeff, and my son, Wesley, who are both here tonight, and also my daughter, Chandler. I also want to thank my parents, Bill and Gail Wexler, also Beachwood residents, as well as my friends, Beachwood



voters, everyone who contributed to my campaign, all the public officials, organizations, and unions that endorsed me; my running mates, now council colleagues; as well as

our employees. I could not have done any of it without all of you. Thank you for your unwavering trust, support, belief, and encouragement.

I look forward to doing great things to improve upon our incredible city even further by working with our residents, City Council, and the administration.

On behalf of our all-female slate that won this year, thank you for entrusting us to lead our city into the future.

– June Taylor

Ali Stern

Two years ago I was in my kitchen talking to my mother about the possibility of me running for City Council. My son overheard me and asked, "Mommy, are you thinking about running for City Council?"

I said, "I don't know. What do you think?" I thought he would express concern about me not being home as much or missing bedtime, but instead, he said, "Well, I'd be proud of you."

With that, I decided I was going to run, not only to make my family proud but also to serve my community.

I hope over the next four years I have the opportunity to serve



everyone and to be accessible, friendly, and open. I want to thank everyone I met while canvassing who opened their doors and were willing to speak to me. Issues of concern remain

safety, services, economic development, and improved communication. I hope to be able to move these items forward and collaborate with my incredibly talented colleagues to make that happen.

I also want to thank my husband, Dr. Noam Stern, who will be stepping up in new ways for our family as "Captain Bedtime" as I take on this role. I am so grateful. Thank you.

Amir (Alan) Jaffa Named Jewish Federation of Cleveland General Campaign Chair

The Jewish Federation of Cleveland has named Amir (Alan) Jaffa as its next chair for the Campaign for Jewish Needs. Amir, a Beachwood resident and CEO for Safeguard, a property management firm, will be responsible for providing leadership, vision, and strategy for the Federation's annual fundraising effort. He succeeds Beth Wain Brandon in this volunteer role.

"We are fortunate to have Amir serving as the next general chair of our community's annual Campaign for Jewish Needs. Throughout the years, Amir has consistently shown a passion for and commitment to the entire Cleveland Jewish community," said Daniel N. Zelman, Federation board chair. "On behalf of our board of trustees and our community, I sincerely thank outgoing campaign chair Beth Wain Brandon for her strong leadership that helped achieve superb results."



A dedicated community volunteer, Amir is an officer of the Jewish Federation of Cleveland, serving as vice treasurer and a member of the board of trustees. He is also a member

of the audit committee and retirement fund committee.

Amir recently chaired the building committee for the Hebrew Academy Oakwood Campus which, under his leadership, raised more than \$30 million from the community. He continues to serve on the Hebrew

Academy board, as well as on the boards of Amudim, Segula, and Cleveland Clinic. Amir was instrumental in the 2016 establishment of the Cleveland Chesed Center, now a program of Jewish Family Service Association (JFSA), that provides individuals and families in the Jewish community with basic necessities including food, household supplies, and clothing.

In 2008, Amir was recognized by *Crain's Cleveland Business* in its annual "40-Under-40" profile of young leaders. He also was named a NEO Ernst & Young Entrepreneur of The Year® Award finalist in 2013.

"I am honored to serve as the next Campaign chair and work with Federation's leadership team and volunteers to continue to keep our Cleveland Jewish community safe, strong, and growing," Amir said. "Cleveland is a special place that has served the diverse needs of our community locally and around the world. This is a 120-year-old legacy that I look forward to continuing as Campaign chair."

For more information about the Jewish Federation of Cleveland and the Campaign for Jewish Needs, visit www.jewishcleveland.org.

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Beachwood Board of Education Organizational Meeting

The Beachwood Board of Education held its 2024 organizational meeting on Jan. 9, at which it unanimously reappointed Megan Walsh, a respected figure in social work and education, as president, reaffirming her leadership for a third consecutive year.

The Board also appointed Wendy Leatherberry as its new vice president in a unanimous decision. She fills the position previously held by Jillian DeLong, who resigned from the Board last month following her election to the Beachwood City Council. A new board member was sworn in at the Jan. 22 meeting and will be announced next month.

A member of the Board since 2019, Megan brings extensive expertise in social work administration and a commitment to equity in education. Her professional background includes an eight-year tenure as MomsFirst Deputy project director at the Cleveland Department of Public Health

and her current role as program manager for diversity, equity and inclusion in education at Case Western Reserve University School of Medicine.

Wendy, elected to the Board in 2021, brings more than 20 years of nonprofit leadership and public education advocacy experience to her new role as vice president. She is currently the director of development for Every Woman Treaty and previously served as president and vice president for the Cleveland Heights/University Heights Board of Education.

Also during the organizational meeting, Dr. Josephine Chan was sworn in for a four-year term. Appointed to the Board in 2022, Josephine currently directs the

Clinical Trials Unit at University Hospitals Seidman Cancer Center.

In other business, the Board voted to continue membership in the Ohio School Boards Association. Wendy will serve as the legislative liaison and Kim Allamby will serve as the student achievement liaison. Board meetings will continue to take place at 7 p.m. on the second and fourth Monday of each month.

In a statement, Megan highlighted her priorities for the year ahead. "I'm truly honored to continue leading the Beachwood Board of Education," she stated. "This year, my priority for the Board is to continue working collaboratively and effectively, particularly in overseeing the elementary facilities project. We aim to ensure that this project not only stays on schedule and within budget but also reflects the values and needs of our entire community."

Last month, the Board approved the schematic designs for the new Bryden and Hilltop elementary schools, which will integrate the preschool into Bryden Elementary. The move simplifies logistics for parents and enhances collaboration between preschool and K-2 staff. Construction for the \$65 million project is set to begin this spring with doors opening to students in January 2026.

Another key priority is to facilitate a smooth transition for the incoming board member. Megan emphasized, "As we welcome a new board member,



From top: Megan Walsh, Dr. Josephine Chan, and Wendy Leatherberry

it is important to ensure that they receive the onboarding and training to continue our commitment of strong collaboration with one another and all our stakeholders."

To learn more about the Beachwood Board of Education, please visit: www.beachwoodschoools.org/Boe.aspx.

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From Beachwood Arts Council



Ileen Kelner Juried High School Art Show

Sunday, Feb. 25 – Friday, March 29

Beachwood Community Center

Gallery Hours: Monday – Friday • 8 a.m. – 4 p.m.

Weekends: Call 216.292.1970 for available hours

This special exhibit will feature inspiring artwork from students representing 20 high schools in Northeast Ohio.

Judges will be professional local artists Augusto Bordelois, Joyce Morrow Jones and Susan Cone Porges.

The Moss Stanley Jazz Trio

Sunday, March 24 • 2-3 p.m.

Beachwood Community Center

Moss Stanley was born and raised in England and at a very young age was able to play whatever he heard with no formal training on the piano. At the age of 19, he moved to the United States to begin his new life as a musician. In the early 1980s, he formed one of the city's top bands, Nitebridge, which still performs at many Cleveland venues and private events.

The Moss Stanley Jazz Trio includes Moss on piano, John on drums, and Jess on vocals. This event, free and open to the

community, is sponsored by a grant from Cuyahoga Arts & Culture. Refreshments to follow the concert.



FLAG

Beachwood's Free Little Art Gallery (FLAG) is located outside at the Beachwood Community Center's side entrance. FLAG is a small cupboard, similar to the popular Free Little Libraries, which provides a fun way to share art in the community. You can permanently add a small piece of artwork to your home and/or donate handmade artwork for others to take.



Look for the little blue cupboard painted with an interpretation of Van Gogh's *The Starry Night*, and please post your art on Beachwood Arts Council's social media pages on Facebook and Instagram.

Let's start the year off by sharing art and/or supporting the arts in Beachwood by making a donation to Beachwood Arts Council. Learn more at beachwoodartscouncil.org.

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Wabi-Sabi

By Jen Stern

Learn to accept and appreciate your imperfect self and your imperfect and impermanent life through the teachings of wabi-sabi. Omar Itani wrote an article that is so beautiful and powerful in its simplicity and clarity: *5 Teachings from the Japanese Wabi Sabi Philosophy That Can Drastically Improve Your Life*.

Wabi-sabi is a Japanese philosophy that recognizes beauty in imperfection and accepts that change is inevitable. Everything in life is imperfect and impermanent. This philosophy instantly simplifies life through mental, emotional, and physical decluttering by focusing on and embracing the teachings of nature. Imperfections and perceived flaws are what make us, and life, beautiful and interesting.

Wabi-sabi encourages us to accept what is, to be intentionally present, to appreciate beauty in the simple, and to allow the awareness of impermanence to naturally prioritize where your energy goes.

An important teaching of wabi-sabi is acceptance. It is taught that through acceptance you find emotional freedom that leads to personal growth. Through acceptance, you find freedom; out of acceptance, you find growth.

Life happens in spite of us. Loss, change, illness, struggle . . .

Acceptance allows us to release resistance, which compounds anxiety, anger, and sorrow. It also allows us to be more present in a growth mindset and to look for healthy ways to live with (instead of against, which can look like avoidance or suppression).

Uketamo means acceptance to the core: I humbly accept with an open heart. The sooner you accept life as it is and not how you want it to be, the lighter you become. This does not mean we don't grieve or struggle, it means we acknowledge those feelings and find a way to practice acceptance in order to grow gently through inevitable challenges that happen in life: grief, failure, worry, change. We cannot control what happens but we can control how we respond. Resistance compounds suffering.

All things in life are imperfect, impermanent, and always changing. In life, as in nature, nothing can ever be complete; therefore, there is no permanent and there is no perfect. This means we should strive to be our best and to do our best knowing that imperfection is the true nature of things. It also reminds us that we are never stuck as everything changes and time moves on in spite of our pain, disappointment, and suffering. This hopefully inspires great strength and faith to endure, to grow through, to follow your own path, and to be your own person as you live forward one day at a time.

Kintsugi is an ancient art form from wabi-sabi in which you mend broken objects with gold, making them

Wabi-sabi reminds us to slow down, and to be present and aware of the beauty that surrounds us. To live with deep appreciation for what is and prioritize time for self-care. To be mindful of thoughts and behaviors that sabotage quality of life. To declutter and get rid of what (and sometimes who) no longer serves you and the vision you have for a peaceful, fulfilling life.

more beautiful, instead of throwing them away. This teaching reminds us that there is great beauty in brokenness. In life, there will be many times in which we feel broken. Things will happen that scar us both emotionally and physically. These scars shouldn't be hidden, but honored, and treated with care and reverence.

Wabi-sabi reminds us to slow down, and to be present and aware of the beauty that surrounds us. To live with deep appreciation for what is and prioritize time for self-care. To be mindful of thoughts and behaviors that sabotage quality of life. To declutter and get rid of what (and sometimes who) no longer serves you and the vision you have for a peaceful, fulfilling life.

The final teaching is to find contentment where you are and with what you have by recognizing *enough* as a blessing. Unhappiness comes from being discontent. When you appreciate what you have in life, you find contentment, which is more powerful than happiness, which is a fleeting feeling and not a baseline for anyone.

Look within and create contentment rather than looking out through the lens of comparison and scarcity (I

am not enough, I do not have enough). Practice creating space for gratitude while still living life with a growth mindset, working toward personal/professional goal achievement. Wabi-sabi teaches that you find contentment through gratitude, intention, and action.

Life is temporary, so live it intentionally with appreciation, respect, and care for who you are and what you have in your own unique and imperfect life. There is much in life that we cannot control or change, that we must accept. When we can find space for contentment within that acceptance, we find peace.

"Put simply, wabi-sabi gives you permission to be yourself. It encourages you to do your best, without making yourself ill in pursuit of an unattainable goal of perfection. It gently motions you to relax, slow down, and enjoy your life. And it shows you that beauty can be found in the most unlikely of places, making every day a doorway to delight."

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.



Class of 2024 Beachwood High School Gallery of Success Inductees

In 1985, the Beachwood Board of Education established the Beachwood High School Gallery of Success, in conjunction with the high school's 25th anniversary.



The goal was to induct, every three years, accomplished graduates who would serve as role models for BHS students. Honorees demonstrate any or all of the following characteristics: leadership, service, humanitarianism, creativity, courage, and/or career contributions that have benefited others. To date, 139 alumni have been inducted.

The 20-member selection committee, which represented a cross-section of the Beachwood community, was fortunate this year, as in past years, to receive an abundance of exemplary nominations. The group had a very difficult, time-consuming job reading extraordinary nominations and then paring their selection down to those who were chosen. Seven alumni will be added to the 13th Gallery of Success.

Inductees and their graduation years include:

- David A. Arnold • 1986 (deceased)
- Marshall E. Barron • 1974
- Monique Davis Gordon • 1996
- Gayle I. Horwitz • 1998
- Rebecca Boroff Suhy • 1995
- Dr. Brian Weiss • 1976
- Alex Wyse • 2005

The Gallery of Success induction celebration, on Friday, April 19, will start with a continental breakfast, followed by an assembly and luncheon for invited guests. High school students will then have an opportunity to interact with the inductees during an afternoon meet-and-greet program.

Congratulations to the 2024 Gallery of Success inductees!

Watch for more information in upcoming issues of *Beachwood Buzz*.

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Elle & Emme: Selling Everything Except the Memories

A few years ago, Linda Blumenthal was asked by a friend in California if she knew anyone who could run an estate sale. She responded by saying, "I'll do it!" Linda, a Howard Hanna Realtor since 2019, has many times seen the emotional impact of emptying a home. Often, people don't know where to start.

She called her friend, Michelle Reiner, to see if she would be interested in helping. Michelle was immediately on board.

The Beachwood duo then went to the home to see what the job would entail. They got along well with their client, liked what they saw, dove in head first, and soon realized the amount of work it would take to liquidate this home. There was organizing, researching, pricing, bringing in experts to determine value, setting up, cleaning, marketing, advertising, social media, signage, business cards, T-shirts, selling, supporting the owners, cleaning out what was left, pre sales, post sales, and much more.

Linda and Michelle got a lot of fulfillment from successfully running this sale and Elle & Emme Home was born.

"We found our niche and we work well together," Linda told us. "Our strengths complement each other and we provide a service that takes pressure off people when they're moving, or when they're liquidating their parents' home. We're knowledgeable, decisive, and emotionally detached so it's easier for us to run a sale than it would be for homeowners or their children to do it themselves."

"The value of how we price something is aligned with what we feel we can reasonably receive," Michelle added. "It has nothing to do with an item's original value, it has everything to do with what people are willing to pay for something today."

"Clients often feel the monetary value is higher than it is because of an item's history and the memories tied to it," she added. "We consistently remind clients that our goal is to sell as much as possible and that nobody can take away the memories. That's why our tagline is, 'From shabby to chic, we sell everything but the memories.'"

"If there's something meaningful that someone really wants to keep, we encourage them to do so if they'll use it," Linda emphasized. "But if grandma's dishes have been packed in boxes and will be moved to sit in a new basement, we encourage clients to sell them and let someone else build new memories."

"One thing that sets us apart from others in the business is the time we spend preparing and setting up," Michelle said. "We pre-sale unusual, hard-to-sell items and do what has to be done to make each home look like a boutique. Last spring we sold about 100 ballroom dance costumes and jewelry to two Cleveland theater production companies, items that probably wouldn't have sold during the sale."

"Setting up is hard work but we're not afraid to get our hands dirty," she added. "Setup takes days and it's all worth it because we both get a high when the sale starts. It's very exciting, a lot of fun, and we laugh a lot!"

"Once our clients see how much work we do on their behalf, they trust us, reset their mindset to focus on memories, and are grateful that their home is being emptied," Linda said. "Sometimes customers send us photos of items in their new home, stating how happy they are to have purchased them, which we then pass along to our clients."

The best part of the business relates to relationships built, both with clients and customers. "Once our clients see how much work we do on their behalf, they trust us, reset their mindset to focus on memories, and are grateful that their home is being emptied," Linda said. "Sometimes customers send us photos of items in their new home, stating how happy they are to have purchased them, which we then pass along to our clients."

At a recent sale, a client received a photo with a message saying that her mom's knitting needles landed in a good home. Another customer forwarded a photo of a beautiful dining set that looks perfect in its new space, and another asked about the origin of an art-deco needlepoint that the homeowner had made. She was touched by the story behind the artwork, and said she was going to name the needlepoint after the woman who had created it.



Beachwood residents Michelle Reiner and Linda Blumenthal, owners of Elle & Emme Home.

"These are just a few stories from a recent sale," Linda said. "That's why we're in it. There are always treasures to be found and we're making a difference in many people's lives."

The purpose of each sale is to bring in as much money as possible for each client. Therefore, even though pricing is often at a fraction of retail, it is very realistic for the first few days with great values to be found. Then, merchandise is generally marked down toward the end of the sale because the objective is to move merchandise. "We'd rather mark something \$30 and sell it than \$100 and donate it when the sale is done," Linda explained.

"When customers ask about the people who lived in the home, the unfortunate reality is that they may have passed away, could no longer maintain the home, or are living in assisted living. Most people then say that it's so sad," she added. "I tell them that it's not a sad story. It's a story of success. The people who lived there spent time with their beautiful family, shared their home with friends, entertained, built memories, and traveled. This was a happy home filled with beautiful memories, and now their belongings live on for new owners to create memories of their own."

Michelle added, "Our goal is to always do the very best job possible for our clients and to ease the emotional challenge of letting go."

For more information, email ElleandEmmeEstateSales@gmail.com. You may also contact Linda at 216.849.2828 or Michelle at 216.410.1420.

Women of the Beachwood Chamber Coffee Hour

The Art of Small Talk, by Megan Vogues • Thursday, Feb. 8
8:30-9:30 a.m. • Marriott Courtyard • 3695 Orange Place

The Beachwood Chamber of Commerce invites you to attend a coffee hour with guest speaker Megan Vogues.

Megan is the founder of Evlogimenos, a communication and marketing agency, as well as a national presenter. She is skilled in strategic

communication, human-centric marketing, and social media engagement.



Megan, a firm believer in giving back to the

community, is a Cleveland ambassador for Together in Digital, supporter of Trails for Travis, and volunteer at local libraries. She resides in Northeast Ohio with her fiancé Bobby.

Both members and non-members are welcome to attend. Please register for the event by visiting the events calendar at www.beachwood.org. Remember to bring your business cards!

For more information, contact Michelle Ryb, event chairperson, at supplylady56@aol.com or Dave Lapierre, BCC executive director, at director@beachwood.org.

We Need Your Help

Sweet Dreams for Kids, a Beachwood nonprofit established by the Berezovsky family, has donated tens of thousands of new pajamas to children in the hospital.

“Our dream is for all kids in the hospital to have cute, cozy, and comfortable new pajamas,” said Wendy Berezovsky, who has three children. Her youngest, Chaya Dalya, a cancer survivor, spent a lot of time in the hospital, which was the motivating factor to start Sweet Dreams for Kids

Since the organization’s inception, times have changed, donations have decreased, and the Berezovskys ask for help so they can continue doing what they love to do: to give support, smiles, and new pjs to kids in hospitals all over the world.

“Monetary donations are desperately needed to help send

our stock of new pjs out to the waiting kids,” Wendy said. “We will always fight to do what we love ... We take ick out of sick.”

To support Sweet Dreams for kids, please visit www.sweetdreamsforkids.org or email Wendy@sweetdreamsforkids.org.



“Giving to those in need will bring more joy than money could ever buy.” – Dave Ramsey



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Empowering Yourself: A Comprehensive Guide to Self-Help for Low Back Pain



Low back pain is a prevalent issue affecting millions of people worldwide, impacting their daily lives and overall well-being.

While seeking professional medical advice is crucial for serious cases, there are numerous self-help strategies that individuals can incorporate into their lives to manage and alleviate low back pain. This article explores practical and evidence-based approaches for self-help, empowering individuals to take an active role in their recovery. The Physical Therapists at Balance Solutions have a very high success rate with alleviating low back pain!

1. Maintain Proper Posture:

One of the leading contributors to low back pain is poor posture. Consistently maintaining good posture, both while sitting and standing, can significantly reduce the strain on the lower back. Incorporate ergonomic furniture, such as a supportive chair and a well-designed desk, to promote proper spinal alignment.

2. Regular Exercise:

Engaging in regular exercise is paramount for overall health, and it plays a crucial role in managing low back pain. Focus on exercises that strengthen the core muscles, as a strong core provides essential support to the lower back. Activities like walking, swimming, and Pilates can also enhance flexibility and promote a healthy spine.

3. Mind-Body Connection:

Practicing mindfulness and relaxation techniques can be beneficial for managing low back pain. Stress can exacerbate pain, and activities such as meditation, deep breathing, and progressive muscle relaxation can help reduce stress levels, contributing to pain relief.

4. Maintain a Healthy Weight:

Excess weight, especially around the abdomen, can contribute to low back pain by altering the body's center of gravity. Adopting a healthy diet and regular exercise routine can contribute to weight management and alleviate pressure on the lower back.

5. Adequate Sleep:

Quality sleep is essential for the body's healing and recovery processes. Ensure that you have a supportive mattress and pillow, and try to maintain a consistent sleep schedule. Poor sleep can exacerbate pain, making it crucial to prioritize adequate and restful sleep.

6. Stay Hydrated:

Dehydration can affect the intervertebral discs in the spine, leading to increased susceptibility to low back pain. Drinking an adequate amount of water helps maintain the discs' hydration and supports overall spinal health.

4. Proper Lifting Techniques:

Incorrect lifting techniques can strain the lower back and lead to pain. When lifting objects, bend at the knees, keep the back straight, and lift with the legs.



Avoid twisting while lifting, as this can put unnecessary strain on the spine.

8. Cold and Heat Therapy:

Applying cold or heat to the affected area can provide relief from low back pain. Cold packs can help reduce inflammation, while heat packs or warm baths can relax muscles and improve blood circulation.

8. Educate Yourself:

Understanding the causes of low back pain empowers individuals to make informed decisions about their self-help strategies. Stay informed about proper body mechanics, ergonomics, and potential triggers for low back pain to manage and prevent episodes.



Taking charge of your back pain through self-help strategies is a proactive and empowering approach. By incorporating lifestyle changes, you can not only help manage your current discomfort but also build a foundation for a healthier, pain-free future. It's essential to be patient and consistent in adopting these habits, as the cumulative effect of these self-help measures can lead to significant improvements in low back pain management. **Remember, while self-help is valuable, consulting with a healthcare professional such as a Doctor of Physical Therapy at Balance Solutions, is crucial for personalized advice and guidance based on individual circumstances.**

- Kelly Beaudoin, CEO
Balance Solutions Physical Therapy, Inc

BAC Grows Sponsorship Program



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How would you describe your business to a program audience? As a sponsor, you can let a board member know you'd like to attend a specific event and present an elevator speech.

BAC programs and events include diverse musical performances on Sunday afternoons at the Beachwood Community Center, the Ileen Kelner Juried High School Art Show, the Beachwood K-12 Art

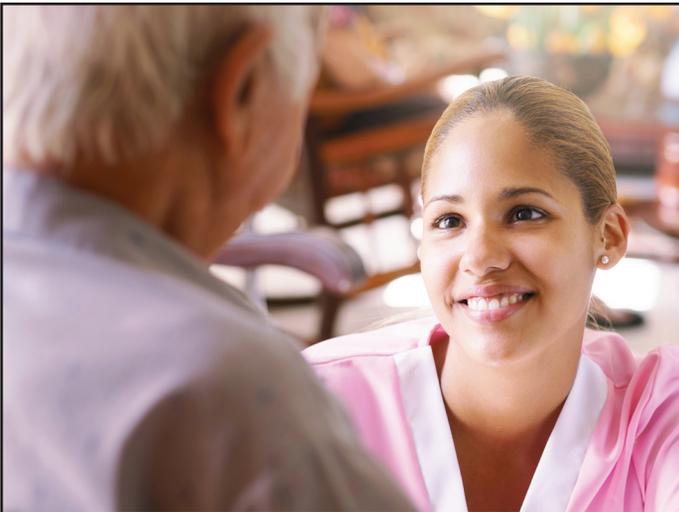
Show, and two annual exhibits that showcase works by well-known and emerging Cleveland artists – a lot to choose from!

Current sponsors include: *Beachwood Buzz*; Berkshire Hathaway Home Services, Sharon Friedman; Big Frog Custom T-Shirts & More; Cleveland Foundation; Cuyahoga Arts & Culture; Eileen Dorsey Studio; Goldfarb Weber Creative Media; Keller National Insurance, Brian Ritzenberg; Lawn Doctor; Ohio Arts Council; Marshall Flooring; and The O'Brien Law Firm, LLC (now part of the Brennan, Manna and Diamond Family).

For more information, please contact Tobi Mattes, sponsorship chair, at tobead@tobi-jewelry.com.



Be sure to see the summer camp options that start on page 41!



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The Role You Should Play in Beachwood This Year

By State Senator Kent Smith

As 2024 began, I was able to attend many oath-of-office ceremonies, including the one that was held in Beachwood on Jan. 8. Those events reminded me that 2023 was a historic year in Ohio and in many Ohio cities.

The choices made by voters remind us that we live under a system of government. As Lincoln said, "... of the people, by the people, and for the people."

That simple phrase reminds us that there are responsibilities for those who serve in a government office, like me and many other Ohioans who swore an oath in January. There are also responsibilities for those of us who elected these individuals.

In regard to those who will help guide Beachwood's fortunes for the next few years, I think Teddy Roosevelt summarized it well when he said, "Do what you can, with what you have, where you are."

I think he was saying: Do your best. Study the issues. Learn from your colleagues, and listen to the residents.

Speaking of the residents, James Madison stated, "The problem

to be solved is not what form of government is perfect but which of the forms is least imperfect."

To the residents of Beachwood, I remind you that your role in the active and effective governance of this city does not begin and end with your ballot. This is your city.

Assist your elected leaders by giving them information that is most useful for them to have. Then, believe the best in the

process and provide additional details as the situation progresses.

Whether you hold an office or are a voter, we all must tend to our government's health and welfare. Have a good year, Beachwood.

State Senator Kent Smith represents Ohio's 21st Senate District which includes most of the East Side suburbs of Cuyahoga County and about 33% of the City of Cleveland.

Hometown Heroes Nominations

The Beachwood Historical Society and City of Beachwood are celebrating our Hometown Heroes! For additional details, see page 27 or scan the code.



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THE MAYOR'S MESSAGE A WARM WELCOME TO CITY COUNCIL

After witnessing the swearing-in of our elected City Council members last month, I'm thrilled to report that I'm filled with a profound sense of optimism and excitement for the future of our community. I'm genuinely pleased with the outstanding individuals who have been chosen by our voters to serve our community and I've extended a warm welcome to them, including to our newly elected Council members, Jillian DeLong and Ali Stern, and our esteemed incumbents, June Taylor and Danielle Shoykhet.

All of them are demonstrating tremendous dedication to public service which is truly commendable, and I am confident their passion, integrity and unwavering commitment will usher in a positive era of change and progress.

I'd also like to extend an extreme message of gratitude to Alec Isaacson, our re-appointed Council President. Council member Eric Synenberg said it best when he thanked Alec publicly at the Jan. 8 City Council meeting:

"A lot of people don't realize what (being) council president entails, but what it basically means is that your job goes from a part-time job to a semi full-time job. Not everybody has that amount of time or wants to do that. We're lucky that Alec agreed to stick with this position. The amount of time and effort that he puts in is not known to probably the majority of the community and it's very significant."

As we collectively embark on this new chapter in this new year, let's not forget that the foundation of our community's strength lies in unity and collaboration. Maintaining this condition necessitates transparent communication and a shared vision concerning what's best for Beachwood.

In fact, Alec Isaacson addressed these exact points in his acceptance remarks at the Jan. 8 City Council meeting. I quote him directly here:

Three months ago, the residents of Beachwood sent a very clear message: Ms. Shoykhet, Ms. Taylor, Ms. Stern and Ms. DeLong were elected by the widest margin in 23 years. I'll let that sink in – they won by the largest margin in 23 years. That's what made clear that an overwhelming majority of our residents want action and progress, not drama and division, and that's what's incumbent upon this council to deliver.

- Alec Isaacson, Council President

"Three months ago, the residents of Beachwood sent a very clear message: Ms. Shoykhet, Ms. Taylor, Ms. Stern and Ms. DeLong were elected by the widest margin in 23 years. I'll let that sink in – they won by the largest margin in 23 years. That's what made clear that an overwhelming majority of our residents want action and progress, not drama and division, and that's what's incumbent upon this council to deliver.



progress, not drama and division, and that's what's incumbent upon this council to deliver.

"As we move the council's agenda forward, I don't expect that we will be able to agree on everything, nor should we. But I am confident that we will be able to have frank and respectful exchanges of views as we work toward our shared goals of strengthening the City of Beachwood."

Thank you, Alec, for your wisdom and concern.

By working together, we can overcome obstacles, celebrate achievements and create a legacy that will resonate with and make future generations proud. I'm looking forward to working with every member of City Council

to move Beachwood forward with determination and unity, creating a brighter and more prosperous future for Beachwood.

Thank you for entrusting us with this responsibility.

Mayor Justin Berns
MayorBerns@beachwoodohio.com

BEACHWOOD CITY COUNCIL



HOW TO EMAIL A COUNCIL MEMBER: FIRSTNAME.LASTNAME@BEACHWOODOHIO.COM



ALEC ISAACSON
COUNCIL PRESIDENT
216.291.2797



DANIELLE SHOYKHET
COUNCIL V.P.
216.212.9212



JILLIAN DELONG
216.509.3514



JOSHUA MINTZ
650.464.6788



ALI STERN
240.706.7478



ERIC SYNENBERG
216.401.0074



JUNE TAYLOR
216.533.7640



AUDITOR
216.595.3712

BUILDING DEPARTMENT
216.292.1914

CLERK OF COUNCIL
216.595.5493

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
216.464.2343

PUBLIC WORKS
216.292.1922

EMERGENCY
Dial 9-1-1 or
216.464.1234

LEGISLATIVE RECAP

The legislation below includes the December 18 and January 8 council meetings. On January 8, the Council held its Organizational Meeting, a biennial event following City Council elections. Alec Isaacson was re-elected as Council President, and Danielle Shoykhet was elected as Vice President. New Council members Jillian DeLong and Ali Stern, along with incumbents June Taylor and Danielle Shoykhet, were sworn in. Police Patrol Officer Joseph Sirna was also sworn in, and several Board and Commission appointments were made.

2023-140 – Council accepted an ordinance setting the Council schedule for 2024.

2023-141 – Council approved the Bills Ordinance authorizing payment for various professional services totaling \$9,825.61.

2023-142 – Council passed legislation amending the 2023 budget appropriations.

2023-143 – Council accepted a bid from Direct Business Technologies for the purchase of a security software platform in the amount of \$76,617.20.

2023-144 – This ordinance was tabled at the request of the applicant (December 18, 2023). This ordinance was again tabled on January 8.

2023-145 – Council passed legislation accepting the Planning and Zoning Commission's recommendations of approval of a preliminary site plan and a conditional use permit to allow multi-family apartments at 23250 Chagrin Blvd.

2024 Ordinances 1-6 (Staff Appointments) – Council reappointed Harvey Rose, Auditor; Nathalie Supler, Assistant Law Director/Prosecutor; Matthew Kurz, Assistant Law Director/Associate Counsel; Whitney Crook, Clerk of Council; Veronica Muth and Alison Ingham-Smith as Assistant Clerks of Council.

2024 Ordinances 7-10 (Board Appointments) – Council confirmed the appointments of Bryan Zabell as chair of the Planning & Zoning Commission and Ayonna Blue Diamond and Jeffrey Shoykhet as members of the Planning Commission, as well as Mary Ann Pellarano Fletcher, who was reappointed to the Architectural Review Board.

2024-11 – Council approved the Bills Ordinance authorizing payment for various professional services totaling \$70,342.67.

2024-12 – Council passed legislation authorizing an Emergency Purchase Order in the amount \$250,000.

LIVE & RECORDED MEETINGS

Scan the QR code or visit our website at BeachwoodOhio.com/WatchMeetings.



HOLIDAY RUBBISH COLLECTION:

Due to Presidents' Day, rubbish and recycling will not be collected on Monday, February 19. Collections will be delayed one day for that week only. Thank you for your cooperation.

2024-13 – Council approved legislation adopting a Moratorium on Applications for, and the Approval of, Zoning Reviews and Permits, Building Permits, Certificates of Occupancy, and Other Permits and Licenses for any Building, Structure, Use, or Change of Use that would enable the Cultivation, Processing, Distribution, or Sale of Adult Use Cannabis for a period not to exceed Six (6) Months in order to allow for the City to Review Applicable State and Local Laws.

2024-14 – Council approved an Ordinance authorizing the Mayor to enter into a Member Community Infrastructure Grant Program Agreement (MCIP) with the Northeast Ohio Regional Sewer District ("NEORS") for the Timberlane/Green Sanitary Relief Sewer Project Phase 1. This improvement to our infrastructure was recommended by NEORS as a result of the Heights Hilltop Interceptor Study.

2024-15 – Council authorized the Mayor to enter into an agreement with Branden R. Burns, LLC, to provide Pool Management through the 2024 Season.

2024-16 – Council passed an Ordinance appointing the Law Firm of Roetzel & Andress LPA and Attorney R. Todd Hunt as Interim Law Director through February 29.

Council passed the following motions to:

- Advertise bids for the Ready-Mix Concrete.
- Advertise bids for the application of commercial coatings to the existing roofs at City Hall and the Community Center.
- Advertise bids for the installation of Rectangular Rapid Flash Beacon (RRFB) units at the crosswalks. These are traffic control devices designated to increase driver awareness.
- Initiate a qualification-based selection process for architectural services for the design, construction observation and/or management of various city public improvement projects, including but not limited to a park picnic shelter, a park restroom(s), and/or roof and window replacements for certain city buildings.

More information regarding these agenda items and backup materials can be found on our website.

BeachwoodOhio.com/AgendaCenter

UPCOMING CITY MEETINGS

City Council:
February 5 at 7:00 p.m.
February 20 at 7:00 p.m.

Planning & Zoning:
February 29 at 6:30 p.m.

Architectural Board of Review:
February 5 at 4:30 p.m.
February 20 at 4:30 p.m.

WORK - LIVE - LEARN - THRIVE

COMMUNITY LEADERS SWORN IN ON JANUARY 8

The City Council meeting on January 8 featured a variety of community leaders, both new and returning, being sworn in to their roles.



June Taylor (incumbent) sworn in to council by Judge Michael J. Ryan.



Danielle Shoykhet (incumbent) sworn in to council, pictured with family.



New council member Jillian DeLong sworn in and pictured with family.



New council member Ali B. Stern sworn in and pictured with family.



Council Election: Alec Isaacson, Council President, and Danielle Shoykhet, V.P.



Patrol Officer Joseph Sirna sworn in as a Beachwood Police Officer.



Alec Isaacson with city appointees Harvey Rose, Whitney Crook and Matthew Kurz.



Commission appointees Ayonna Blue Donald, Jeffrey Shoykhet and Mary Ann Fletcher.

BEACHWOOD ART GALLERY: Celebrating Black History Month through Creative Expression | Open through February 19
Ileen Kelner Juried High School Art Show | February 25 - March 29 | Reception: Feb. 25, 3-5 p.m.

BEACHWOOD HIRES ASSISTANT BUILDING COMMISSIONER

Mayor Justin Berns and the City of Beachwood would like to announce the promotion of Traci Gallagher-Bonvenuto to the position of Assistant Building Commissioner, effective Monday, December 18. She has been serving the city as a building and plumbing inspector since 2016.

Mayor Berns extended his heartfelt congratulations to Traci on her appointment making her the first woman to hold this position in the City of Beachwood. This milestone underscores our commitment to a progressive and inclusive approach in selecting the most qualified individuals for key roles. Mayor Berns stated, "I am enthusiastic about the contributions Traci will bring to the table and the positive impact her leadership and expertise will have on shaping the future of our city's development."



Traci Gallagher-Bonvenuto

Traci said she is proud to be advancing her career in Beachwood. "I take great pride in my work, and I'm very happy to be able to continue working with all of the other professionals in Beachwood."

FIREWORKS NOTICE

On Thursday, February 15, there will be a fireworks display at the conclusion of the city's February Freeze winter festival. Fireworks will begin between 7:45-8:00 p.m. and last approximately 15 minutes. Please make any accommodations for your pets if needed. Thank you and we hope to see you at February Freeze.

COMMUNITY COMPLIMENT

I've heard how great the Beachwood paramedics are but I never had to use them until recently. They were fabulous. They were very kind and thorough, they were wonderful! They arrived very quickly to an apartment and took me to the hospital. There's no question, all that I heard after all these years is totally true.

65-Year City Resident



2024 Presented by the Beachwood Chamber of Commerce
STATE OF THE CITY
BEACHWOOD, OHIO



Wednesday, February 21, 3:30-5:30 p.m.



Event will be recorded and made available at BeachwoodOhio.com.

Location: Eaton (1000 Eaton Blvd.)

3:30 p.m. - *Networking*

Light hors d'oeuvres and refreshments

Cost: \$20/person

4:30 p.m. - *Program*

Addressing 2023 city achievements and objectives for the year ahead.

Featuring a presentation from Mayor Justin Berns

Registration required at public.beachwood.org/events.
Open to residents and the business community. No walk-ins. Register by Feb. 12.

HOMETOWN HERO NOMINATIONS

The Beachwood Historical Society and City of Beachwood are celebrating our Hometown Heroes! Nominations are available through February 29 at BeachwoodOhio.com/HeroNominations.

A successful nominee actively displays the following characteristics:

- Must be a resident or individual who works in the city
- Makes a positive impact on the city and helps improve society
- Shows dedication to helping others
- Displays courage, care and concern
- Contributions and accomplishments have enhanced Beachwood

Heroes will be celebrated in May with a special ceremony at the Hometown Heroes garden display in Beachwood's City Park West.

SCAN THE QR CODE TO NOMINATE A HERO
OR VISIT OUR WEBSITE AT:
BEACHWOODOHIO.COM/HERONOMINATIONS



WINTER SIDEWALK MAINTENANCE

Ensuring the safety of our community members remains a top priority, especially during inclement weather. With winter upon us, it's crucial to address the maintenance of sidewalks, a topic that impacts many residents.

We'd like to clarify that according to ordinance 660.05 (MAINTENANCE OF SIDEWALKS; SNOW AND ICE), the responsibility for sidewalk maintenance falls on homeowners, not the city. However, recognizing the high usage of sidewalks in winter, including walks to temples and pet exercise, the city extends the courtesy of plowing sidewalks.

It's important to note our longstanding policy, which dictates that the city plows side street sidewalks when snowfall exceeds 2 inches. However, we must emphasize that plowing the sidewalks is not a solution for icy conditions. Salting these areas presents challenges due to operational constraints and the potential damage it could cause to residential tree lawns and private lawns. We appreciate your understanding and cooperation in ensuring the safety and well-being of our community members.

BEACHWOOD SNOW ORDINANCE

Beachwood Ordinances state when snow falls to a depth of 2 inches (or more) over a 24-hour period, an emergency is declared and parking may be prohibited on all city streets. The city will make a reasonable attempt to notify the public by using local press and social media. Vehicle owners are responsible for complying with emergency parking regulations; vehicles parked in violation may be towed at the owners' expense.

SAFE SNOW-SHOVELING TIPS

Heavy, wet snow is often called "heart attack snow," because the great effort required to move it can increase your risk of having a heart attack. A sudden increase in blood pressure, heart rate and the cold air constricting the blood vessels can increase the heart's workload. Repeatedly lifting a shovel full of heavy snow can be more strenuous than running on a treadmill.

Six Tips to Help Prevent a Heart Attack while Shoveling

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

FEBRUARY RECREATION GUIDE



February FREEZE
Thursday, February 15

Winter Fest & Fireworks
6:30-8 PM
Beachwood City Hall

Sponsored by
CRESTMONT



Read featured coverage of February Freeze from the Beachwood Buzz on page 6.

Beachwood High School Marketing/Junior Achievement presents

HOPE

Heals

TEDDY BEAR PARTY & GIANT INFLATABLE TEDDY BEAR TOUR KICKOFF

Sunday, March 3, 1-3 pm
Beachwood Community Center
In partnership with the City of Beachwood

Activities, Crafts & More

Teddy Bear Snowglobe, Tea Party & Hospital
Geoffrey Gersten's BlueBeary Painting/Prints

Proceeds from Hope Heals Ohio will provide pediatric hospital rooms across Northeast Ohio with a Medi-Teddy!

HopeHealsOhio.com



60's 80's 90's 00's
Beachwood Community Theater

Decades

Youth Theater Showcase

Wed, March 6-May 1, 5-7 PM, Community Center

Directed by Julie Matthews & Debi Lewin
of Marquee Showcase Productions.

Singing, dancing and acting
for ages 7-17!

Actors will work on technique, improve audition skills, build confidence and just have FUN with a variety of scenes through the decades!

Performance on May 5, 2 PM, Beachwood Middle!

Residents \$300, Non-Residents \$360

Register Online
BeachwoodRec.com

CITY OF Beachwood



STRATEGICAL CRIME PREVENTION COURSE SCHEDULED FOR FEBRUARY 18 WITH BPD

Strategical Crime Prevention is a free classroom-based self-defense course led by the Beachwood Police Department Subject Control Officers. It is being held on Sunday, February 18, from 9:00 a.m. to noon at the Beachwood Community Center.

Participants will gain the knowledge needed to prevent crime in everyday situations and locations. Tactical advantages and enhancements will be taught that help deter criminals and give the individual increased reaction time to prepare physical defense options. Physical defense options will also be discussed and participants will be given the option to partake in basic hands-on personal defense techniques. Recommended minimum age for participants is 16. Participants under 18 years of age need to be accompanied by an adult. Although the course is free, registration is required at BeachwoodRec.com or call 216-292-1970.



STRATEGICAL CRIME PREVENTION

Sunday, February 18
9:00 AM-NOON



REGISTER:
BeachwoodRec.com
or 216-292-1970

CALLING ALL ARTISTS WITH OUT OF THIS WORLD TALENT

Is space your focus? Do you see stars when you create in clay, glass, textiles, pigment or collage? Is a Milky Way more than a candy bar to you? Then we want you to be a part of the upcoming *Out of this World* exhibit at the Beachwood Art Gallery, April 6-27!

For more information or to inquire about being a selected artist, contact Susan Gordon Merdler with Beachwood Community Services at 216-292-1911 before February 29.



SUMMER CAMP, RESIDENT EARLY BIRD RATES

Resident registration for Beachwood Summer Camp is open at BeachwoodRec.com. The new process can be completed entirely through the online registration portal with no need for a separate camper information form. Video tutorials available on our website. Please note, **residents must upload proof of residency** to their online account or stop at City Hall to provide it in-person **within 30 days of registration**. Early bird rates end March 1 at 4:30 p.m. *Outdoor fun on a Kidz Camp field trip. Camp is always an adventure!*

UPCOMING PROGRAMS

- **Parent & Me Warrior Yoga** (Residents \$20/couple, Non-Residents \$24/couple)
Thurs., Feb. 8, 6:00-7:00 p.m., Grades K-6, Community Center
- **Youth Karate** (Residents \$85, Non-Residents \$102) (No Class 2/15 and 2/19)
Mon./Thurs., Feb. 12 to Mar. 14, 5:45-6:45 p.m., Ages 4-17, Community Center
- **Princess Ballet** (Residents \$50, Non-Residents \$60)
Tues., Feb. 13 to Mar. 5, 5:30-6:00 p.m., Ages 3-5, Community Center
- **The Business of Babysitting** (Residents \$90, Non-Residents \$108)
Sun., Feb. 25, 11:00 a.m.-2:30 p.m., Ages 11 & up, Community Center
- **Movin', Groovin' & Games** (Residents \$113, Non-Residents \$136) (No Class 3/26)
Tues., Mar. 5 to Apr. 16, 3:00-3:45 p.m., Ages 3-5, Fairmount School

BEACHWOOD
Baseball & Softball

Ages 5-14! Register at BeachwoodRec.com.

BEACHWOOD SENIORS

UPCOMING PROGRAMS & TRIPS

- **Drawing Class with Marlene Weinstein**
Tuesdays, Feb. 27 to Apr. 2, 1:00-3:00 p.m., Community Center
Residents \$79, Non-Residents \$89
The 6-week drawing class focuses on the human body including hands, feet, mannequin and clothed life drawing. All levels of expertise welcome. Register by February 20.
- **Seneca Allegany Resort & Casino Day Trip**
Thursday, Mar. 28. Depart at 9:30 a.m. from Pepper Pike Learning Center
Residents \$89, Non-Residents \$107
If you love gaming, this trip to New York is for you! You will receive \$25 in slot play and \$5 voucher for food at one of the several restaurants on site, including the Thunder Mountain Buffet. This is a co-op trip offered in partnership with Orange Community Education & Recreation. Register by February 28.
- **Mahj Tournament**
Monday, May 6, 12:30-4:30 p.m., Community Center
Residents \$17, Non-Residents \$20
An annual crowd favorite! Last year, over 75 participants competed in this exciting event. Don't miss out, join in the fun today. Registration includes snacks and prizes.

SENIOR DAY OUT

Black Women of Jazz
Thursday, February 15, at Noon
Beachwood Community Center

Residents \$13
Non-Residents \$16
Program Only \$5
Register by February 7.

Through this musical introspective on the lives of Billie Holiday, Ella Fitzgerald, and Lena Horne, you will get a glimpse into the lives of three amazing women who forever changed the face of jazz.

Meal choices include Louisiana-style Cajun chix with pasta or tuna fish salad on a hoagie roll served with a cup of tomato soup. All entrees served with a beverage and dessert.

March Senior Day Out: Enjoy a star-studded repertoire of upbeat songs on March 21 with Greg Piscura that will be sure to put a spring in your step! Meal choices include a Napa Valley sandwich or angel hair pasta primavera.

Register for events at BeachwoodRec.com, City Hall or call 216.292.1970.

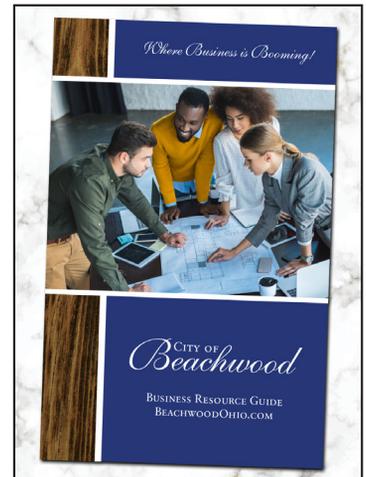
WHERE BUSINESS IS BOOMING!

THE LATEST NEWS FROM ECONOMIC DEVELOPMENT

CITY OF BEACHWOOD ONE-STOP BUSINESS RESOURCE

The City of Beachwood offers a variety of resources that can support business growth and expansion opportunities, and among them is the recently created One-Stop Business Resources Center on the city's website, where the economic development resource tab is located. It provides a plethora of information for small businesses, including networking and education, financial

assistance, minority business resources, women's resources, co-working spaces, international business engagement, as well as government and industry contacts. The tab also features available publications, programs and research tools that can assist companies with market research, industry statistics, technology analysis, business intelligence and company profiles. The Economic Development Office will be hosting a series of coffee hours throughout the year to detail some of these resources and provide companies with a more in-depth explanation of how to use them. The dates for these coffee hours are March 22, May 24, August 9 and October 18. Locations will vary. RSVP on the One Stop tab online at BeachwoodOhio.com.



CLEVELAND CONSIGNMENT SHOPPE

Cleveland Consignment Shoppe has amazing selections of designer fashions. The highest top-brand fashion pieces found here include Armani, Christian Dior, Gucci, Lululemon, Prada, Tory Burch, Versace and more. Owners Gianna Gasper and Valerie Gasper are proud to move the store back to where it originated 11 years ago, here in the City of Beachwood! Located at 3355 Richmond Rd. near Corus 45, Hough Bakery, Heck's Cafe, No Fork, and New Beginningz Spa and Spaces.

The January 11 ribbon cutting attended by Mayor Justin Berns and Council members Danielle Shoykhet, Jillian DeLong and Ali Stern.

ROUNDTABLE ON EMERGING CLUSTER INDUSTRIES

Beachwood's Economic Development Office held its second roundtable discussion this month which involved conversations covering commercialization, innovation, technology, and research and development. There is an emerging cluster of companies with strong growth opportunities and the Office of Economic Development is working to foster a diverse eco-system around them to support additional growth initiatives. In 2024, the Economic Development Department will be hosting more engagement and discussions with companies covering the aforementioned focus areas.

Companies interested in participating in these discussions should call Economic Development at 216-292-1915.

CHAMBER LUNCHEONS

The Beachwood Chamber of Commerce is reintroducing its luncheon program with featured speakers at Heck's Café, 3355 Richmond Rd. The luncheons are scheduled for Wednesday afternoons on March 13, May 8, July 10, September 11 and November 13. The guest speakers will address topics focused on motivation, economics, and unique local and regional topics. Registration is available on the Beachwood Chamber of Commerce website at Beachwood.org.



**FOLLOW US ON LINKEDIN FOR BUSINESS NEWS!
SEARCH FOR THE CITY OF BEACHWOOD.**

**ALWAYS BE AN INSIDER,
STAY CONNECTED!**

OFFICIAL SOCIAL MEDIA PAGES



Facebook Pages:

@BeachwoodOH
@BeachwoodPolice
@BeachwoodFire
@BeachwoodOHRec
@BeachwoodPublicWorks
@BarkwoodDogPark

X Accounts:

@BeachwoodOH
@BeachwoodPolice

Instagram Account:

@BeachwoodOhio

LinkedIn Account:

@CityOfBeachwood

\$2 OFF*



THE GIRL IN THE DIARY

SEARCHING FOR RYWKA FROM THE ŁÓDŹ GHETTO

NOW ON VIEW THROUGH APRIL 28, 2024



Created by the Galicia Jewish Museum
Kraków, Poland

The Girl in the Diary tells the true story of a young woman in 1940s Europe who loses her family but never gives up hope. In 1945, a diary was discovered in the liberated Auschwitz-Birkenau Camp. It was written by a 14-year-old Jewish girl named Rywka Lipszyc and documented her life in the Łódź Ghetto between October 1943 and April 1944. Through historical artifacts and photographs, interactive touch screens, and documentary videos, the exhibition explores her fight for survival and reconstructs what might have happened to Rywka.

* Bring this ad with you for \$2 off of general admission, October 25, 2023 – April 28, 2024. Good for up to 4 visitors. Not valid for use on programs. Cannot be used with any other offer. An exhibition at the Maltz Museum in cooperation with the Galicia Jewish Museum, Krakow, Poland.

2929 Richmond Road | Beachwood, Oh 44122 | maltzmuseum.org

BEACHWOOD CITY SCHOOLS

Developing Intellectual Entrepreneurs with a Social Conscience

Message from the Board President



On January 9, I had the honor and privilege of being sworn in for a third year as president of the Beachwood Board of Education. For the past two years, I have written to you about my priorities for the Board and for the District. As my colleagues and I enter our third year of service together, we have grown from a “young” board into one seasoned with experience

and insights. I am proud of what we have accomplished and look forward to supporting the District’s mission to “develop intellectual entrepreneurs with a social conscience” by reinforcing our three focus areas of academic achievement, mental well-being, and intercultural awareness.

Integral to our mission and focus areas is engaging with the community and hearing your voices. The Board has actively listened to your ideas, praise, and criticism through various initiatives. These include quarterly Bison Talks, community input sessions for the elementary facilities project, and the Affinity Group celebrations and ‘A Seat

at the Table’ gatherings. The Board’s commitment to community engagement, demonstrated through these activities, aligns with the principles of the districtwide Be H.E.A.R.D. program. This program encourages every member of our school community to Be Honorable, Encouraging, Accountable, Respectful, and Determined. As a board, we strive to uphold these values in all our interactions and decisions. We take all of your feedback seriously and hope you will continue to engage throughout the coming year.

This year, my priority for the Board is to continue working collaboratively and effectively, particularly in overseeing the elementary facilities project. We aim to ensure that this project not only stays on schedule and within budget but also accurately reflects the values and needs of our entire community. Additionally, as we welcome a new board member to fill the vacancy left by Councilmember Jillian DeLong, it is important to ensure that they receive the onboarding and training to continue our commitment of strong collaboration with one another and all of our stakeholders.

As always, I firmly believe we are stronger together. I look forward to meaningful community connection in the year ahead.

Sincerely,



Megan Walsh
President

EVENTS CALENDAR



Lunar New Year Celebration

Friday, February 9, 5 - 9 p.m.
Beachwood High School
25100 Fairmount Blvd.

ElderClass

Thursday, February 22, 12 - 2:15 p.m.
Beachwood High School
25100 Fairmount Blvd.

Black History Month Celebration

Sunday, February 25, 2 - 5 p.m.
Beachwood High School
25100 Fairmount Blvd.

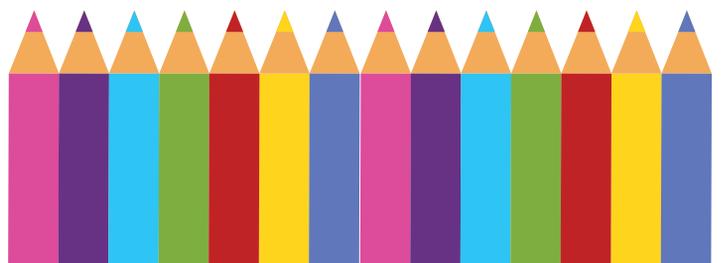


**VIEW THE
FULL CALENDAR**

[beachwoodschoools.org/Calendar.aspx](https://www.beachwoodschoools.org/Calendar.aspx)

Kindergarten Registration Opens Feb. 5

Kindergarten registration opens February 5, 2024. Families with a child entering kindergarten in the 2024-2025 school year should visit www.beachwoodschoools.org/NewKindergarten.aspx to complete the registration form. A kindergarten parent orientation is scheduled for Thursday, May 16, from 4 to 5 p.m. at Bryden Elementary, 25501 Bryden Rd. For questions about registering for kindergarten, please contact district registrar Grace Perryman at gperryman@beachwoodschoools.org or (216) 464-2600, ext. 2107.



BOARD OF EDUCATION MEMBERS

Megan Walsh, President · (216) 287-4657 · mwals@beachwoodschoools.org
Wendy Leatherberry, Vice President · (216) 409-2211 · wleatherberry@beachwoodschoools.org
Kim Allamby · (216) 533-3358 · kimallamby@beachwoodschoools.org
Dr. Josephine Chan · (216) 235-1129 · jchan@beachwoodschoools.org



beachwoodschoools.org

Filling the Gap: T.E.A.C.H. Program Tackles Teacher Shortages with Early Exposure and Hands-on Training

At an early age, Chloe Bernstein discovered her calling to become a teacher within the welcoming walls of Debra Rubenstein's kindergarten classroom. Chloe, now a junior at Beachwood High School, vividly recalls the impact of her early education. "Having dyslexia, I was fortunate to have teachers like Ms. Rubenstein who made it really easy for me to learn. They inspired me to help other kids so they won't feel shy about their learning challenges."

Today, Chloe's journey has come full circle as she steps back into Ms. Rubenstein's classroom, not as a student, but as an intern through the Teacher Education and Children's Health (T.E.A.C.H.) program, bringing her closer to realizing her dream of shaping young minds.



Chloe Bernstein and Jeremy Zhang

Part of the Excel TECC consortium, this two-year program prepares high schoolers from 10 Northeast Ohio districts for careers in education or related fields such as occupational therapy, speech-language pathology, and pediatric nursing. Led by teachers Katie Ball and Patti Krupinski, T.E.A.C.H. combines classroom learning with hands-on internships, offering nearly 70 aspiring educators valuable experience in K-8 settings.

"While we focus on education, we recognize there are other careers within a school," says Ms. Ball. "Our curriculum covers child development, educational theory, and brain development – subjects that would be pertinent no matter what career path students decide to pursue."

The curriculum is designed to be both creative and practical. Students engage in projects ranging from designing educational toys to integrating nutrition lessons with literature, technology, and math. A senior year project encourages in-depth research into social issues in education.



Katie Ball and Patti Krupinski

Another focus is addressing the workforce shortage in education by nurturing a passion for teaching in current students and aiding their transition into education careers. Students have the opportunity to earn a Child Development Associate credential and pursue a pathway to paraprofessional licensure. They also can earn college credits through partnerships with institutions such as The University of Akron, Cleveland State University, Cuyahoga Community College, Bowling Green State University, and Lake Erie College.

"We really focus on sharing our love for teaching with the students to get them excited about this career path," says Ms. Krupinski. "What they seem to enjoy most in our class are the internships. These opportunities allow them to work closely with others, and in some cases, our students are already teaching lessons in front of a class."



Randall Brown and Mounith Yuvaraj

T.E.A.C.H. participant Randall Brown, a junior at Beachwood High School, says she has gained valuable insights into differentiated instruction and effective communication during her recent internship in Molly Fusaro's first-grade classroom. She finds it particularly fulfilling to help students with special needs achieve understanding and mastery. "The process of teaching them and seeing their 'Aha!' moment when they realize, 'Yes, I can do this now,' brings me a lot of happiness," says Randall.

Both Chloe and Randall credit T.E.A.C.H. with solidifying their commitment to teaching. Chloe highlights the program's emphasis on patience, meeting individual needs, and creating positive learning environments. "It's made me more empathetic and understanding as a person," she says. "I would recommend this program to anyone interested in working with kids or the teaching environment."

BEACHWOOD CITY SCHOOLS

Developing Intellectual Entrepreneurs with a Social Conscience

Affinity Groups Host February Festivities

This February, the Beachwood community is gearing up for two vibrant cultural celebrations hosted by the Beachwood Schools Affinity Groups. Both events are free and open to the public.

Lunar New Year Celebration

The Lunar New Year, also called the Spring Festival in China, is around the corner. Marking the beginning of the Year of the Dragon, the Beachwood Chinese Family Affinity Group invites you to join in the festivities on Friday, February 9, at Beachwood High School. This special evening kicks off at 5 p.m. with artistic performances, followed by a potluck-style dinner, crafts, and games for children. Guests are encouraged to bring a dish or drink to share. Please RSVP with the number of participants to: chineseaffinity@beachwoodschoools.org.

Black History Month Celebration

In this same spirit of community and culture, the African American Affinity Group is hosting a Black History Month celebration on Sunday, February 25, from 2 to 5 p.m. at Beachwood High School. The event will feature African dance, crafts and cookie decorating, student performances, and a drum-making workshop. Interested in making your

own drum? Pre-order a kit for \$20 by February 14. Go to: <http://tinyurl.com/7unytmzd>.

Both events reflect Beachwood Schools' commitment to celebrating diversity and fostering community engagement. Don't miss these opportunities to participate in these enriching celebrations!



Artist-in-Residence Program Equips High School Students for Musical Excellence

The Beachwood High School Music Department is hitting a high note with the relaunch and expansion of its artist-in-residence program for the 2023-2024 school year. This initiative, made possible through a collaboration with The Local 4 Music Fund and a grant from The Music Performance Trust Fund, includes a series of nine workshops from November to February led by some of Greater Cleveland's most distinguished chamber musicians.

This year's lineup includes the acclaimed Blue Water Brass Quintet, the Kent State faculty woodwind quintet, known as The Black Squirrel Winds, and the new addition of the percussion ensemble Duo Anime. The workshops include live performances with instruction centering on style, intonation, rehearsal techniques, and effective communication within chamber ensembles. Beyond these educational goals, the program aims to prepare students for the 2024 Ohio Music Education Association solo and ensemble competition.

"Beyond honing musical talent, our artist-in-residence program cultivates teamwork, leadership, and artistic expression, which are essential skills for our students' holistic development," says band director David Luddington. "The Beachwood High School Music Department looks forward to a vibrant and educational year ahead with these distinguished ensembles."

BOARD OF EDUCATION NEWS



Recent Resolutions

- Held public hearing on 2026-2027 calendar
- Appointed board president and vice president
- Adopted tax budget for FY July 1, 2024 - June 30, 2025
- Heard Audit Committee annual presentation

Upcoming Board Actions

- Approve the 2026-2027 calendar
- Review Beachwood High School's one-on-one mentoring program
- Hear "Hope Heals" presentation from the Junior Achievement Marketing program

Board Meeting Calendar

- Monday, February 12 @ 7 p.m.
- Monday, February 26 @ 7 p.m.



VIEW AGENDAS & MINUTES

beachwoodschoools.org/BOE.aspx

ADMINISTRATION

Dr. Robert Hardis, Superintendent · (216) 464-2600 ext. 2201 · rph@beachwoodschoools.org
Matthew Brown, Treasurer/Chief Financial Officer · (216) 464-2600 ext. 2211 · mbrown@beachwoodschoools.org
Diana Maher, Assistant Treasurer · (216) 464-2600 ext. 2210 · dmaher@beachwoodschoools.org
Dr. Ken Veon, Assistant Superintendent · (216) 464-2600 ext. 2202 · kev@beachwoodschoools.org
Jennifer Polak, Director of Pupil Services · (216) 464-2600 ext. 2215 · jpolak@beachwoodschoools.org
Kevin Houchins, Director of Equity & Community Engagement · (216) 464-2600 ext. 2207 · kth@beachwoodschoools.org
Dr. Linda LoGalbo, Director of Curriculum & Instruction · (216) 464-2600 ext. 2208 · lhl@beachwoodschoools.org



beachwoodschoools.org

Alumni Spotlight: Charleen Factor (Class of 1962)



Longtime resident Charleen Factor (née Greenberg) has dedicated her life to shaping generations in the very district that shaped her – as a student, beloved elementary teacher, and tireless community anchor. Mrs. Factor is a proud member of Beachwood High School's second graduating class of 1962. She fondly remembers playing clarinet in the high school band,

the small class sizes, and sense of community, which she believes were crucial in her development. "Beachwood Schools gave me opportunities that made me who I am to this day," she says.

It was here that she discovered her passion for education, a path she went on to pursue at Case Western Reserve University. After graduating with a bachelor's degree in elementary education, Mrs. Factor returned to her hometown, embarking on a remarkable 39-year career as an elementary teacher at Beachwood Schools. Her teaching philosophy was simple yet powerful: Be fair, make learning enjoyable, and take a genuine interest in the students. This philosophy enabled her to create a classroom community where learning and enjoyment went hand in hand. Her favorite teaching moments included reading classics by Dr. Seuss and Marc Brown and taking students to

Beachwood Place for pizza. "We were one great big happy family," she says.

Retirement in 2005 did little to slow her down. Mrs. Factor has remained a fixture in the district, serving for 15 years as a popular substitute teacher. Today, she supports the Athletic Department by selling tickets at games and cheering on the Bison. She's also a familiar face at the Beachwood Family Aquatic Center, where she works at the front desk greeting guests and leading storytimes for children. Mrs. Factor's impact is felt in countless encounters with former students. Whether she's running errands around town or vacationing on a cruise ship, these moments remind her of the lasting connections she's made. "I meet former students wherever I go," she says. "It's such a good feeling to know they remember me, and I enjoy learning about their lives."

Today, Mrs. Factor continues to inspire. Drawing parallels between her journey and one of her favorite Dr. Seuss books, *Oh, the Places You'll Go*, she encourages students to strive for their best and remain open to new possibilities. In particular, she believes that Beachwood's small class sizes and abundant academic and extracurricular offerings enable students to receive personalized attention and develop diverse skills. "That was a big part of my life opportunities, which I don't think I would have had in a bigger school," she says. "This community has been great to me. It's just a wonderful place to live and go to school."

Alumni: Share your story!

Go to www.beachwoodschoools.org/alumni.aspx.

Social Scene



@BeachwoodBison

Beachwood Schools
December 24, 2023 at 4:00 PM · 🌐

Beachwood Schools proudly presented "Cabaret Night: A Night at the Movies" featuring performers from first through twelfth grade. Cabaret Night was a memorable showcase of musical talent. #BisonStrong



Beachwood Schools
December 27, 2023 at 10:00 AM · 🌐

The UA 6th Grade Chinese course has concluded successfully. During the class, they covered various topics, including classroom phrases, numbers, colors, and fruits in Chinese. To commemorate the end of the rotation, students brought in homemade treats. Additionally, they practiced using chopsticks with Ms. Tai's potstickers and had a lot of fun together.



Beachwood Schools
December 31, 2023 at 10:00 AM · 🌐

The 5th graders love space science! The students studied Earth's movements: rotation and revolution. They learned how Earth's rotation results in our day and night and how it makes the Sun appear to be moving across our sky. They were able to experiment with flashlights and sundials to see how the sun's position affects shadows. Through demonstrations, the students learned how the Earth's revolution around the Sun causes us to see different constellations throughout the year.

They also focused on learning about characteristics of stars using a Hertzsprung-Russell Diagram. The students learned that the Sun is actually average in size, temperature and luminosity. Larger stars can appear tiny in our sky because they are much farther away. The students demonstrated this in our hallway using a ping pong ball, tennis ball, softball, and beach ball. We celebrated the end of our space science unit with a STEM challenge building the tallest freestanding tower! #BisonStrong



BAKED by Abbie

Molten Chocolate Lava Cake for Two

Have you wondered what the difference is between a molten cake and a lava cake? For those desiring clarification: A molten cake is a broad term referring to cakes with a liquid center whereas a lava cake is typically a small, individual-sized cake with a melted center. Both words aptly apply to this decadent confection which perfectly ends special dinners.

According to *Food & Wine*, the original version of this dessert was created in 1987 by Chef Jean-Georges Vongerichten in his New York restaurant. Apparently, he took a chocolate

sponge cake out from the oven before it was done and found that the center was still runny but warm with both good taste and texture. That's for sure!



Ingredients (for two cakes)

- ½ cup (about 3 oz) dark or semi-sweet chocolate chips
- 2 ½ T butter
- 1 whole egg, room temperature
- 1 egg yolk, room temperature
- 3 T sugar, plus 2 tsp (divided use)
- ⅛ tsp salt
- ¼ tsp vanilla
- ½ tsp instant espresso powder (optional)
- 2 ½ T flour

Directions

- Pre-heat oven to 425°F. Using butter, grease the inside bottom and sides of two 6-ounce ramekins. Place 1 tsp granulated sugar in each. Shake ramekins so sugar sticks to the bottom and sides. Discard loose sugar.
- Place chocolate chips and butter together in a bowl and melt in the microwave for 30 seconds at 50% power. Stir and heat an additional 15 seconds if needed. Stir until smooth.
- In a medium bowl, using an electric hand or stand mixer on medium-high speed, beat the egg, yolk, and remaining sugar until pale and fluffy. Add the salt, vanilla, and espresso powder if using. Beat until just combined.

- Stream in the melted chocolate batter. Beat until just combined.
- With a heat-proof spatula, fold in the flour.
- Divide batter between the ramekins. Place ramekins on a baking sheet and put in the oven on the middle rack. Bake for 11-12 minutes until tops are set but cakes still jiggle in the middle.
- Remove from oven and let ramekins cool for 1-2 minutes. Run a sharp knife around the sides to ensure cake will come out. Invert ramekins onto plates. Pat ramekin bottoms a few times before lifting straight up. (A wet towel works well.)
- To serve warm cakes, dust with powdered sugar and/or garnish with raspberries, caramel or chocolate sauce, ice cream, whipped cream, mint leaves, etc.

Abbie Nagler Sender, a licensed, award-winning baker, is the owner of BAKED by abbie, a 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.



Sign up today for the Beachwood Bison Soccer Academy Spring Rec Soccer League

- Girls and Boys, Grades 1-6
- Weekly practices and weekend games
- No tryouts, all skill levels are welcome!
- Plenty of playing time at different positions
- Focus on FUN and LEARNING
- Volunteer parent coaches
- Saturday and Sunday options
- Season runs April-May
- \$110 per player

Registration is open through March 16
beachwoodsocceracademy.org



“Cooking is like love. It should be entered into with abandon or not at all.”
– Harriet Van Horne

InMotion Offers Programs for Those with Parkinson's

InMotion, a nonprofit wellness and community center for people with Parkinson's disease, offers evidence-based programs including physical wellness, healing arts, creative expression, and education and support. Founded in 2015 and located in Beachwood, all programs are available at no cost to people with PD and their care partners.

InMotion currently offers monthly interactive wellness workshops facilitated by Mary Fisher Bornstein, LISW-S, and Betsy Kohn, M.A., P.C., both of whom have extensive experience in the area of mental health and working with individuals with chronic disease.

Workshops, usually held the first Wednesday of each month from 1-2 p.m., are free and open to all InMotion clients and care partners.

Each workshop includes open discussion and dialogue with an opportunity for questions and answers. Advance registration is

encouraged. The program on Feb. 7 will focus on the forgiveness of others. The program on March 6 will focus on how to get a good night's sleep, with suggestions and tips on how to dream sweet dreams.

For additional information about InMotion or to become a client, please contact Erin Shelton at 216.342.5786 or eshelton@beinmotion.org.

If your organization would like more information about Wellness Workshops, please contact either Mary Fisher Bornstein at borny10@aol.com or Betsy Kohn at BetsyKKohn@gmail.com.



Founded in 2015 and located in Beachwood, all programs are available at no cost to people with PD and their care partners.

Park Synagogue presents Israel at War – From Yom Kippur to Simchat Torah

Featuring Professor Meron Medzini • Wednesday, Feb, 28 • 1 p.m. • Zoom

Park Synagogue welcomes Prof. Meron Medzini, direct from Israel, to discuss this important and timely topic. Fifty years apart, Israel was caught in surprise attacks leading to two extensive wars. During the lecture, we will learn about the similarities and differences between the two wars, what led to each surprise, and the Israel military, political, and social response. In addition,

Prof. Medzini will discuss the important role the U.S. had – and still has – in shaping the outcome of the war and the region.

Prof. Medzini served as the director of the Israel Government Press Office in Jerusalem from 1962 to 1978 and worked under five prime ministers, from Ben Gurion to Begin. He has had a "front-row seat" for the Yom Kippur war and the current Israel-Hamas war.

Registration is required by February 26 to receive the Zoom link for the program. Please register at www.parksynagogue.org or by emailing Ellen Petler at epetler@parksyn.org.

Questions? Contact Ellen by email or by calling her at 216.371.2244, ext. 122. The program is sponsored by the Park Senior Adult Group and is free and open to the community.

Trivia Madness 2024

College basketball has March Madness, but Park Synagogue has Trivia Madness 2024

Saturday, March 9
7:30-9:30 pm
Park Synagogue, Pepper Pike

Don't miss Park Synagogue's annual night of trivia and fun at Trivia Madness 2024. Test your knowledge of a wide variety of subjects, from entertainment trivia to science to Jewish topics, and much more. Get together a team of friends or family, eight maximum, or let us place you on a team with others. Teams will work together at tables to answer the questions and vie for great prizes. Enjoy beverages and snacks while playing, followed by a fabulous kosher dessert buffet and hot beverages during the break in action. Of course, no cell phones or electronic devices will be allowed during the rounds.

All proceeds will be donated to Magen David Adom, Israel's primary provider of emergency medical services, to help them with increased needs during the Israeli-Hamas war.

Everyone from age 13 is welcome to join the fun. The cost is \$18 per Park member and \$25 per guest. Prepaid reservations are required by Feb. 28 at www.parksynagogue.org or by sending all names included in reservation, contact information, names of other team members, and a check, payable to Park Synagogue, to Trivia Madness, Park Synagogue, 27500 Shaker Blvd., Pepper Pike, OH 44124.

Questions? Contact Ellen Petler at epetler@parksyn.org or 216.371.2244, ext. 122.

WANTED: COMMUNITY PROFILES

Everyone has a story to tell. Tell yours in *Beachwood Buzz*.

We are always seeking out story ideas. If you have a story to share, please email beachwoodbuzz@gmail.com.

Lisa Brockwell Swims Into Shape

Lisa Brockwell is on a mission: She plans to swim a 20K (12.4-mile) marathon in Key West this June, followed by a 10K (6.2-mile) marathon in Thailand.

Lisa has been a swimmer since age 12. She swam through high school, received a college-level swimming scholarship, opted out, and didn't swim again for 40 years.

"While working, I never took time for myself," she said. "Then, when I retired in July 2021, after working 35 years for the Beachwood Board of Education, I decided it was time to focus on myself." Lisa was director of transportation when she retired.

That timing aligned perfectly for a visit from Lisa's brother, Charlie Pike, the aquatics director of the British International School in Thailand. When he came to town last summer, he asked Lisa why she doesn't swim anymore, to which she replied, "I don't think I can. I'm over 60 now and it's been 40 years since I've been in the pool."

Charlie challenged her to

test the waters, which Lisa did. He got her in the pool, gave her pointers, and she really enjoyed it. He then suggested she get in shape and he would enter her in a 10K swim in Thailand's Andaman Sea.

Lisa took him up on the challenge and dove back into the deep end, giving it her all to achieve this goal. She now swims in Lifetime's lap pool every morning from 7:15 to 10 a.m. and has built up to swimming five miles.

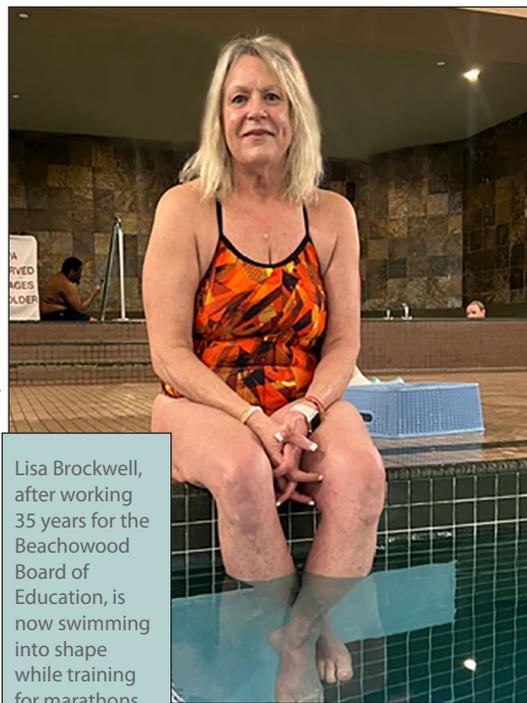
Since Lisa started training, she lost 75 pounds, with a goal of losing 20 more. She also increased mobility in her arm, further recovering from a 2017 fall off her roof while fixing shingles.

"I lost the weight through exercise, and elimination of dairy and sugar, and I feel great," she said. "Prior, my bloodwork was horrible. Now, everything is at exceptional levels."

"Lisa's determined. She carries a can-do attitude, and continues to work hard to achieve her goals," said Susie Paris, Lisa's friend who originally shared her story with us. "I know that she will accomplish whatever she sets out to do."

"I am now swimming five miles in the pool and think I can achieve the 12.5-mile Key West swim in June 2024," Lisa said. "If I achieve that, I plan to swim the 10K in Thailand in November.

"I set a goal to improve my life," she added. "When I swim, I feel good, and when I feel good, I want to continue swimming. If I can do it, anyone can. I'm



Lisa Brockwell, after working 35 years for the Beachwood Board of Education, is now swimming into shape while training for marathons.

happy with where I am now and couldn't ask for anything more."

Lisa's suggestion to someone who wants to achieve a goal is to follow through. "If there was something you had a passion for in high school, go back to it!"

When Lisa isn't swimming, she enjoys spending time with her daughter and two dogs, and she enjoys traveling.

"We are not a product of what has happened to us in our past. We have the power of choice."

– Stephen Covey

Friends of Beachwood Library Scholarships

Friends of Beachwood Library invite Beachwood High School seniors who are Beachwood residents to apply for a scholarship. First place will be awarded \$1,250, second place \$750, and third place \$500.

Each applicant is required to write an essay, not to exceed 1,500 words, based on one of the three questions below:

1. As you may be aware, the Beachwood Library will be receiving a total makeover, featuring one or more buildings. How do you envision the new buildings and their interiors to reflect the changing community

needs and the constantly evolving library role within the Beachwood community?

2. What are your thoughts and feelings about the recent trend of banning books from the school curricula?

3. What are the differences among reading a traditional book, an e-book and an audiobook? Which one do you prefer and why?

Essays should not exceed 1,500 words, and will be judged on mechanics/structure, purpose, style, idea development, and format.

Simply complete an essay and mail it in or submit it through email. The deadline for submissions is Monday, April 8, by 5 p.m.

You may email submissions to friendsofbeachwoodlibrary@gmail.com, with Friends Scholarship 2024 on the subject line.

Mailed submissions may be sent to: Friends of the Beachwood Library, Attn: Scholarship 2024, Beachwood Branch of the Cuyahoga County Public Library, 25501 Shaker Blvd., Beachwood, OH 44122.

Complete criteria are available at the Beachwood Library's teen desk.

The Power of Resilience

by Debby Zelman Rapoport

I recently connected with Viktoria Levay, a resilience trainer and well-being coach, following an interview she had last month on Fox8 News. Her original story was featured in the April 2022 issue of this magazine. For this article, we spoke about resilience and managing our stresses, and how it all starts with self-love, self-care, and mindfulness.

People often think that self-care is selfish, but attending to the needs of those around us and putting ourselves last can be very draining. As a result, we find ourselves dealing with health problems, communication issues, and unhealthy relationships. When we restore our energy and create a healthier lifestyle, we replenish our mental and physical energy. This allows us to give more to our environment and contribute to the well-being of those around us.

"Resilience starts with emotional awareness, recognizing, building, and protecting our positive energetic frequency," said Viktoria.

"You likely have experienced feelings of depletion after being around a person or being in a situation when the energy just didn't feel right," she added. "Such energy or drama can weaken our immune system and may even result in physical illness.

"As science shows, the heart does not only have its own nervous system, having the ability to independently sense and process information, but the energy it produces can be measured outside of our body, meaning it influences our personal frequency and energetically affects those in our environment as well.

"When we practice mindfulness, we develop a deeper level of

emotional awareness that will help us preserve our own energy, stress less, and protect us from our environment's negative vibes.

"Since we communicate through our emotions, our health, well-being, and resilience start with self-love, -care and -respect.

"Remember, when you change your energy, you change your life! Be mindful of what you put in your body physically, mentally, and emotionally."

Here are some tips to improve your mental health, resilience, and immune system:

- Find a breathing technique that's right for you; you can also chant or hum.
- Meditate in the morning to set yourself up mentally for a stronger day. This can be done in a few minutes, before you get up and let your mind race about all the things you have to do. Also take time to release stress and soothe your nervous system by doing the same at night.
- Negative self talk can be harmful to our energy. Be conscious of your thoughts because your body listens. Be kind to yourself and don't let inner drama drag you down.
- Replace negative attitudes with positive ones. Imagine exhaling unwanted emotions and inhaling positive ones to create calmness and a better frame of mind.

"Remember, when you change your energy, you change your life! Be mindful of what you put in your body physically, mentally, and emotionally."

– Viktoria Levay
Resilience Trainer and
Well-being Coach



- Schedule breaks during the day to pause, breathe, and reset.
 - Get organized, write to-do lists, visualize, and focus on your goals to feel more in control.
 - Journaling helps process emotional turbulence and allows us to reflect on our personal journey and growth.
 - Manage your time and ditch what's not adding value to your day.
 - Create an environment that makes you feel energetically uplifting, renewing or relaxing.
 - Have inspiring books around you, open them, and read – even if it's just for five minutes.
 - Communication is everything. Words have the power to make or break a situation or a relationship.
 - Work on healthy boundaries. You don't have to react to every argument you are invited to.
 - Manage your conflicts, stay calm and objective, and refrain from personal remarks or judgment.
 - Listen to music that helps soothe your nervous system and elevates your personal vibration.
 - Foods also have a vibrational frequency. Eat a lot of fresh vegetables and fruits, and hydrate well.
 - Get outside and spend time in nature. Enjoy our Metroparks and beaches to soak up nature's frequency, and realign your body with the vibration as nature intended.
- For more information, email viktoria@levay.co or visit www.levay.co.

Resilience

Definition:

The ability to adapt, recover, and thrive in the face of adversity, challenges, or stressors. It is the capacity to bounce back from difficult experiences, setbacks, or trauma, and to maintain or regain a state of well-being.

"Resilience is knowing that you are the only one who has the power and the responsibility to pick yourself up." – Mary Holloway

"Never forget that we have the power to shape our own experiences" – Maya Angelou

Find Your Voice Now

Annie Roth found her voice and now helps other women find theirs. Find Your Voice Now, a nonprofit organization founded by Annie and Mary Ellen Bartlett, supports women in toxic relationships: women who are feeling unheard and alone, and are searching for the strength to believe in themselves. Its mission is, "To create a network of women to help support and navigate through emotionally abusive relationships and to discover their own voice; to offer a safe space to become empowered to live their healthiest and happiest of lives."

This group was established as a safe space to share, discuss, and simply listen to other women who may be going through similar hardships. It now has 710 members, continues to build its



Instagram following, @findyourvoice.now, and recently launched its website, www.findyourvoicenow.com.

"We offer a loose agenda. After introductions, I ask if anyone has anything pending or if someone needs help right now. These women communicate – they share stories they wouldn't share anywhere else," Annie told us. "That's the safe space we want to provide. It's support when you need it. We work on your timeframe.

"Support is different than therapy," she added. "Group support is horizontal. We're all equal and there is no judgment. We're on the same plane and are all there to hear, share, comfort, and help each other heal. We don't have to face our problems alone."

Find Your Voice Now meets every other Thursday. Upcoming online events will be held on Feb. 8 and Feb. 22. You may join a one-hour session by visiting [meetup.com/find-your-voice-a-women's-support-group/](https://www.meetup.com/find-your-voice-a-women's-support-group/).

The Cleveland and Detroit chapters now hold in-person meetings. The next one is Feb. 27, 7 p.m., at the Beachwood Library. Please register at the [meetup.com](https://www.meetup.com/find-your-voice-a-women's-support-group/) link above. For more information, email Annie at annie@findyourvoicenow.com.

Yarn Over Beachwood

Yarn Over Beachwood was established in 2009. Group members knit, crochet, and loom items that are donated to various organizations in and around Cleveland.

Members create lapghans, blankets, hats, scarves, shawls, mittens, socks, holiday decorations, bird nests, soap savers, dolls, toys, jewelry, and more!

Yarn Over Beachwood meets the first Friday of each month from 10-11:30 a.m. at the Beachwood library.

Upcoming meetings are Feb. 2, March 1, and April 5. New members are always welcome!

For more information, contact Iris November at lbertyclub@gmail.com or 216.375.9111, or Kat Karelus at kkarelus@yahoo.com.

Mandel JCC February 2024 Events

Wizard of Oz

Feb. 8, 10, and 11 at various times \$8 per ticket. Purchase tickets at <https://playmakers2024.eventive.org/welcome>

Playmakers Youth Theatre presents the Wizard of Oz. Watch local youth performers in second through ninth grade as they journey from Munchkinland to Emerald City in search of courage, a brain and a heart.

J Family Day:

Israeli Song and Dance

Sun, Feb. 11 • 9:30-11 a.m. • Free Mandel JCC Stonehill Auditorium Register at mandeljcc.org/song

Learn about the classic music of Israeli childhood through crafts, games and special snacks. Attendees can move their bodies while dancing and discovering new Israeli music. For families with children ages birth to 8 years.

Israeli Style Shabbat Gathering

Thurs, Feb. 15 • 4:30-6 p.m. • Free Mandel JCC Stonehill Auditorium Register at mandeljcc.org/shabbat

The Mandel JCC's Family Shlichah Adi Naor will lead this family program. Make challah, decorate Kiddush cups and read a story together. Open to Hebrew speakers and English speakers who wish to learn more about Israeli culture.

Cleveland Jewish FilmFest

Film Screening

Sun, Feb. 18 • 1 p.m. • Free Mandel JCC Stonehill Auditorium Register at jaffeaudienceaward.eventive.org/welcome

Join film enthusiasts for a free encore film screening of the drama *Matchmaking*, which won the Jack & Minda Jaffe Audience Award at the 2023 Cleveland Jewish FilmFest.

Presidents Day Vacation Camp

Mon, Feb. 19 • 9 a.m. to 4 p.m. Mandel JCC

\$70 Mandel JCC Members; \$85 Community Register at mandeljcc.org/kidsclub

When school's out, The J is in! Kids in kindergarten through sixth grade can spend their day off school at The J. The day includes camp favorites including arts and crafts, sports, games and swimming in the indoor pool.

Camp Wise Winter Weekend

Sun, Feb. 18 • 11:30 a.m. to Mon, Feb. 19 • 5 p.m.

Chardon \$160 Mandel JCC Members; \$180 Community Register at campwise.org

Fifth through eighth graders can spend Presidents' Day weekend at Mandel JCC's Camp Wise in Chardon. They'll enjoy a jam-packed overnight filled with sledding, snowman building,

winter games and activities. Hang by the fire in the dining hall to eat kosher meals and treats. Spend the night in the cozy heated cabins.

Pickleball 102 Skill Building

Sundays, Feb. 11-18 • 1-2:30 p.m. Mandel JCC indoor court \$40 Mandel JCC Members; \$50 Community Register at www.mandeljcc.org/pickleball/

Advance your pickleball skills during these two-class sessions.

Drill and Play!

Sat, Feb. 10 and Sat, Feb. 24 4-6 p.m. Mandel JCC indoor court \$15 Mandel JCC Members; \$20 Community per class Register at www.mandeljcc.org/pickleball/

Drill your pickleball skills and then test them in game play.





SUMMER

CAMP

IT'S TIME TO SIGN UP FOR CAMP!

There are many camp and educational options in and around Beachwood. Please review offerings that are displayed below and on the following pages. If you select one of these camps, please say you saw it in *Beachwood Buzz!*

FAIRMOUNT EARLY CHILDHOOD CENTER



Fairmount Early Childhood Center is a private, district-sponsored learning center within the Beachwood City Schools.



SUMMER CAMP

FOR CHILDREN AGES 3-5 YEARS
(entering preschool through entering kindergarten)



7 Weeks of Fun in the Sun!
June 10th – July 26th



For more information on the program, please contact Sarah Skoczen
216-464-2600
24601 Fairmount Blvd. • www.beachwoodschoools.org/fairmount.aspx

Create a
Summer of Fun
at FAIRMOUNT!

SUMMER CAMPS

**Dance, Music, Theatre,
& Visual Arts**

June-July 2024
Preschool through
Grade 8
Half & Full Day Options

Registration is OPEN NOW!

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before MARCH 23

FairmountCenter.org  
440-338-3171

*Camps located minutes from Bainbridge/Chagrin Falls/
Chardon/Kirtland/Solon*



ENRICHING LIVES THROUGH THE ARTS
**FAIRMOUNT
CENTER**
for the Arts



Discover the Arts at Fairmount Center!

Get creative and discover the arts this summer! Fairmount Center for the Arts offers full- and half-day performing and visual arts camp options for ages 3 to 14 in a welcoming, supportive environment. Camps and classes are taught by teaching artists and focus on theatre, music, dance, and visual arts. Full-day camp options include multi-arts activities that explore creativity across all four disciplines as well as a three-week theatre camp culminating in a cabaret-style production.

Preschoolers can explore art, music, and movement in special morning camps throughout June and July. These popular camps end in a Share Day, where students present their learnings from the week. Half-day camp options for elementary and middle school campers include

Recycle Arts, Nature Arts, Music at the Movies, Broadway Bound, and the hip-hop dance camp, Pop, Lock, Hit, Drop.

For more than 50 years, Fairmount Center for the Arts in Novelty has brought quality arts instruction to the Northeast Ohio community. Register for camps or classes today at fairmountcenter.org or by calling 440.338.3171.



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- Horseback riding
- Music and arts
- Sports
- Multi-level high ropes course
- STEM and nature

Check out these nurturing programs tailored for first-time campers with dedicated staff trained to support their needs.

RISHON (GRADES 2-5)
JUNE 16-30, 2024

MACHAR (GRADES 2-4)
JULY 1-7, 2024

New campers get a free, limited edition T-shirt when mentioning this ad.



LEARN MORE campwise.org • 216-593-6250



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Two Program Advantage

- Anisfield Day Camp (grades K-6) holds four sessions with activities such as STEM, sports, art, dance and lake activities.
- Francine and Benson Pilloff Family Performing Arts Camp (grades K-8) nurtures creativity in campers of all experience levels with specialties including improv, costume design, puppetry and a final performance.

Two Campus Advantage

- Halle Park in Burton is home to Anisfield campers in grades 1-6
- Safran Park in Beachwood hosts Anisfield K-1 campers and all of Performing Arts Camp

No matter their site, all campers start and end the day together at Safran Park in Beachwood with transport to and from Halle Park provided.



Register at mandeljcc.org/daycamps



daycamps@mandeljcc.org • 216-593-6249

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Summer Camp Dates: June 10-August 10.
Chose one week or more
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For a complete class schedule

call 216-295-2222 or visit Clevelandcitydance.com



ADVENTURE SUMMER CAMP

BEGINS JUNE 3RD!



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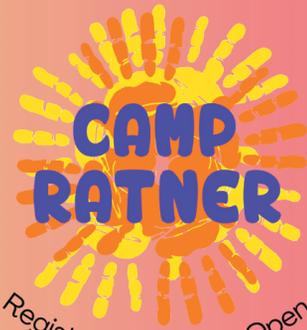
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Registration is Now Open For Summer 2024

CAMP INFORMATION:

- Seven weeks beginning June 17th - can choose how many weeks to sign up.
- Full day - 9:00 AM - 3:00 PM. Half day option available.
- Discount if you sign up for all seven weeks.
- Accepting Toddlers, 2-3 years old & Preschool/Kindergarten 3-6 years old.

ACTIVITIES INCLUDE

Outdoor fun, water play, crafts, music, "stay" field trips and more!



SIGN UP ONLINE

theratnerschool.org/summer-program

FOR MORE INFORMATION CONTACT -
ELLYN KLEIN, CAMP RATNER DIRECTOR
216-464-0033 x. 1125
eklein@theratnerschool.org



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March Promotion

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For details, contact Adam today at
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Beachwood Library Programs

StoryWalk®
Beachwood City Park East
The February StoryWalk will be *Change Sings: A Children's Anthem*, words by Amanda Gorman, pictures by Loren Long.
As a young girl leads a cast of characters on a musical journey, they learn that they have the power to make changes – big or small – in the world, in their communities, and in most importantly, in themselves.

Storytimes
January 1- February 29

Toddler & Preschool Storytime
Mondays • 10 a.m. and 2 p.m.
19 months – 5 years (not yet in kindergarten) with caregiver

Baby & Toddler Storytime
Wednesdays • 10 a.m.
Birth – 35 months with caregiver

Baby & Me Storytime
Thursdays • 10 a.m.
Birth – 18 months with caregiver

Toddler Storytime
Thursdays, 11 a.m.
19 – 35 months with caregiver

Family Music and Movement
Mondays • 6:30-7 p.m.
All ages with caregiver
Have a great time dancing and moving to your favorite storytime music with beanbags, rhythm sticks, and more.

Celebrate Lunar New Year
Saturday, Feb. 3 • 2-4:30 p.m.
Families
Experience Lunar New Year cultural activities and crafts presented by the Chinese Academy of Cleveland.
Registered event.

Hebrew Language Storytime
Wednesday, Feb. 7 • 4:30-5 p.m.
Families
Join us for stories, songs, movement, and rhymes in Hebrew and English. Presented in collaboration with the Mandel Jewish Community Center.

Art Explorers
Thursday, Feb. 15 • 4-4:45 p.m.
Grades K-5
Get creative while learning something new! Hear about the life of a famous artist and get inspired to create your own works of art. Registered event.

STEAM Club
Tuesday, Feb. 20 • 4-4:45 p.m.
Grades 2-5
Join us for fun monthly STEAM activities! Registered event.

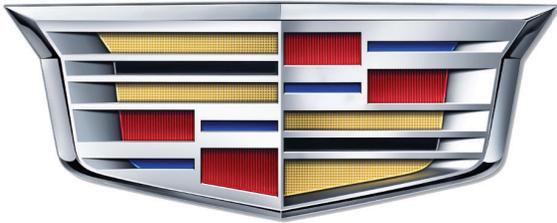
Kindergarten Countdown
Tuesday, Feb. 27 • 6:15-7:15 p.m.
Children entering kindergarten this fall and their caregiver
Join us as we help your child build kindergarten readiness skills in a program aligned to Ohio's Early Childhood Standards. This month's theme is Celebration. Registered event.



For a complete listing of programs, visit <https://cuyahogalibrary.org>.

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