

# Beachwood Buzz

December 2024      Every Resident. Every Business. Every Month.      MAGAZINE

## Dr. Frat's Lifelong Legacy of Healing and Compassion



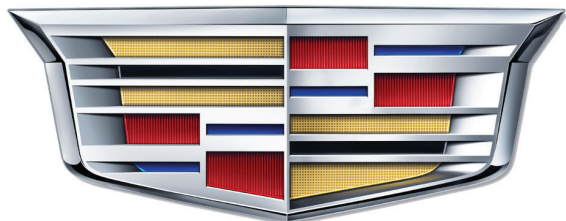
**Inside:** Meet the man who was on the ground floor of creating MetroHealth's Comprehensive Burn Care Center and Life Flight.

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Beachwood Holiday Pop-Up Shop  
Beachwood Chamber of Commerce  
... and so much more!

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## Letter from THE EDITOR

By Debby Zelman Rapoport

**A**s I sat down to write this column, my mind was flooded with thoughts: mindfulness, gratitude, loss, and living a well-lived life.

Thanksgiving is now behind us, and the holiday season is quickly approaching. While this time of year often brings feelings of gratitude and joy, it can also bring moments of heartbreak and sorrow for many of us.

With my dad's stone setting on Nov. 29, the ninth anniversary of my sister's passing on Nov. 30, and my mom's birthday on Dec. 30, the third since she passed. I'm reminded of how swiftly time goes by, how fragile life is, and how important it is to embrace our emotions and welcome joy into our lives as often as possible.

After Darcy (Alter) was diagnosed with cancer, and long before she passed, she held a deep belief in making memories – a belief I wholeheartedly embrace.

Although life is a constant tapestry of memories filled with both joy and hardship, Darcy's intent was to create cherished memories that her family and friends would carry with them after she was gone.

I am grateful for so memories I carry, including those from a trip to the Bahamas with Darcy, her family, and my parents, Harriet and Jerry Zelman, just five months before Darcy passed away. Had I missed out on that opportunity, it would have never come again, and I may now be living with regrets.

Every experience, whether it lifts us up or challenges us, leaves its mark and shapes who we are. Even the difficult moments can be meaningful in hindsight, teaching us resilience, compassion, and strength. While the happy memories bring warmth and comfort, the harder ones often remind us of our ability to heal, grow, and find gratitude, even in the struggle.

Making memories can be as simple as savoring little moments: taking a walk with a friend or loved one, sharing a laugh over a meal, watching a sunset, baking together, or capturing a candid photo on an ordinary day.

We don't have to climb mountains and travel the world to

make memories – although I fully endorse both of those options!

I do my best to be mindful and positive when walking life's path. Mindfulness brings peace, clarity, observation, and self-reflection, helping us more clearly visualize what we wish to accomplish both short and long term.

When you consider life's fragility and the reality that our abilities will one day be limited, what memories would you like to make now? What would you like to achieve? Where would you like to travel? Are you working to make these visions reality?

Imagine yourself five years from now. Would your future self be proud of the choices you're making today? Will they lead you to where you want to be? If your answers are no, take action. If they're yes, keep moving forward to avoid living with regrets.

For those who are looking for emotional support for your well-being, here are some general strategies:

- Acknowledge Your Feelings
- Set Realistic Expectations
- Create New Traditions
- Reach Out for Support
- Practice Self-Care
- Limit Holiday Stressors
- Honor Memories
- Avoid Comparison
- Give Yourself Grace
- Seek Professional Help

The holiday season doesn't have to be a time of forced cheerfulness. It's a period when being gentle with yourself and seeking support can make a big difference in managing grief, depression, or sadness.

Please be sure to read Jennifer Stern's article, *Hiking Through Grief*, on page 20. In it, she introduces the *Hiking Through Grief* documentary and shares valuable tips about working through grief. Also be sure to read more about this documentary on page 44.

My wish for you this holiday season is good health, joy, and inner peace, along with whatever truly speaks to your authentic self and brings you fulfillment.

*Debby* ♥



*This column is dedicated to my sister, Darcy Alter, and my parents, Harriet and Jerry Zelman.*

### Songs with grateful reflections on life's fragile beauty:

*Tears in Heaven*, by Eric Clapton  
*Fire and Rain*, by James Taylor  
*Wake Me Up When September Ends*, by Green Day  
*Let It Be*, by The Beatles  
*Wish You Were Here*, by Pink Floyd  
*Knockin' on Heaven's Door*, by Bob Dylan  
*I Will Remember You*, by Sarah McLachlan  
*Photograph*, by Ed Sheeran  
*Songbird*, by Fleetwood Mac  
*Dust in the Wind*, by Kansas  
*Everybody Hurts*, by R.E.M.  
*The Circle Game*, by Joni Mitchell





# SHOP LOCAL, Spread Joy

Every purchase at a **local store** and every meal at a **local restaurant** uplifts the Beachwood business community. Discover gifts that bring joy to your loved ones by supporting businesses that make our community thrive. We wish you a cheerful holiday season filled with family, festivity, and the spirit of giving local.

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### Calendar Section

Please send information about clubs, organizations, events and meetings to [beachwoodbuzz@gmail.com](mailto: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](mailto:beachwoodbuzz@gmail.com).

### Subscriptions

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### General Information

*Beachwood Buzz* is a privately owned, independent community magazine that supports the City of Beachwood and Beachwood Board of Education. We reserve the right to accept or decline any advertising or content.

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**Beachwood Buzz**  
Every Resident. Every Business. Every Month.

## Dr. Frat's Lifelong Legacy of Healing and Compassion



Dr. Richard Fratianne, fondly known as Dr. Frat, is a second-generation Italian. His grandparents arrived in this county in 1898; his parents were born soon after. Dr. Frat has a rich and interesting history centered on healing and compassion. Traditionally in Italian families, the first-born son was offered to the Lord to become a priest. His father liked that idea, but Dr. Frat always wanted to be a doctor. His mother told him that he could be anything he wanted to be, saying that there are doctors who are medical missionaries, an idea that stuck with Dr. Frat, who was 9 years old at the time. Full story starts on page 7.

Cover photo: Ready for action, Dr. Frat stands in front of the Life Flight helicopter, hands extended, exhibiting how he and the burn unit T.E.A.M. (Together Each Accomplishes More) deliver lifesaving care. Dr. Frat's photo by Scott Morrison, Discovery Photo.

*We wish you a happy, healthy holiday season!*

## BEACHWOOD HOLIDAY POP-UP SHOP

**Sunday, December 8, 2024**

**11am - 4pm**

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# Veterans Day Ceremony

**O**n Sunday, Nov. 10, the Beachwood Historical Society and City of Beachwood honored veterans, both living and deceased. The ceremony, which normally takes place at the Beachwood Cemetery, took place in the City of Beachwood Council Chambers. The Beachwood Cemetery is home to more than 40 veterans from seven wars, including Obidiah from the Revolutionary War.

The ceremony began with the Color Guard, composed of firefighters and police officers from the City of Beachwood, which presented the flag. Scouts from Troops 620 and 71962 held flags that lined the path for the veterans and guests who attended the ceremony.

Mayor Berns presented a proclamation to name this day as Veterans Day in the City of Beachwood, saying, "Their service and dedication continue to protect the freedom that we cherish."

Rosemary Nemeth, Beachwood Historical Society's president, welcomed the veterans and guests, saying, "We need to honor these patriots and remember the people in their family who made sacrifices as well."

Retired Col. Joe Sarakaitis was the first veteran to share his story. Joe, who is also a Beachwood Hometown Hero, talked about his band of brothers/sisters that meet up in the "mess hall" at Rose Senior Living, on Harvard Road. He encouraged those in attendance to thank a veteran and to be grateful. Joe shared how Cleveland's VA Hospital helps veterans, adding that Mayor Berns and our city also take care of the them. He asked us to look beyond the flag, remember what it symbolizes, and to not forget to take care of veterans.

The next speaker was Retired Lt. Col. Maggie Prater, who expressed her gratitude for the military members who came before her. Having served on numerous tours of duty around the world, Maggie highlighted how incredible life is here at home, thanks to the freedoms we have and protect.

Beachwood Hometown Hero Retired Veteran Robert Young

shared his story of how he served in the Army. He reminded us how radios and code machines were high tech devices used during the Korean War.

He then read quotes from the nation's most important document, the Constitution: "The Constitution is the foundation of what we are sworn to protect. We must uphold the values that define our nation."

Bob emphasized that veterans come home from their duty and continue to serve as firemen, police officers, medical professionals, and volunteers, like Bob, who help out at our VA Hospital.

Stories from the veterans are not to be forgotten. Brave men and women served and continue to serve in the military. Following the stories, songs from each branch of the military were played in a medley by Frank Adams. Everyone sang *God Bless America*, which was followed by Jim Nemeth, who played *Taps*.

Special thanks to Derek Schroeder and Shannon

Diamond of Beachwood's Community Services Department; and to the Public Works Department for taking care of the Beachwood Cemetery.

Rosemary concluded the ceremony by saying, "Freedom is not free!" She then quoted Ronald Regan: "Freedom is never more than one generation away from extinction. We have to fight for it, protect it, defend it, and then hand it down to our children."

"God bless our veterans. God bless our city. God bless America!"



Retired veteran Bob Young, Retired Lt. Col. Maggie Prater, and Retired Col. Joe Sarakaitis share stories on Veterans Day.



*Standing:* City Council Vice President Danielle Shoykhet, Julio Pelsmajer, Maggie Prater, Dr. Scott Howard, Detective John Finucan, Firefighter Brett Anderson, Firefighter John Hopkins, Officer Jamey Appell, George Vourlojanis, Mayor Justin Berns, Joe Sarakaitis, City Council President Alec Isaacson, and City Council Member Eric Synenberg. *Seated:* Karl Kammer, Tom Kuskin, Burt Sieburt, Bob Young, and Moe Safenovitz.





# Dr. Frat's Lifelong Legacy of Healing and Compassion

By Debby Zelman Rapoport

**D**r. Richard Fratianne, fondly known as Dr. Frat, is a second-generation Italian. His grandparents arrived in this county in 1898; his parents were born soon after. Dr. Frat has a rich and interesting history centered on healing and compassion.

Traditionally in Italian families, the first-born son was offered to the Lord to become a priest. His father liked that idea, but Dr. Frat always wanted to be a doctor.

His mother was his protector: "You can be anything you want," she told him. "In fact, you can be both. There are doctors who are medical missionaries." She then told her son about Dr. Albert Schweitzer, a Nobel Prize Laureate and medical missionary in Africa, who was featured in *Life Magazine*. The idea stuck with Dr. Frat, who was 9 years old at the time.

Dr. Frat never lost sight of this goal. "When I was a surgical resident at City Hospital, I thought about Tom Dooley, a medical missionary who dedicated his life to helping impoverished communities in Asia," Dr. Frat said. "Unfortunately, Tom passed away from cancer at age 39, and I felt that maybe I was meant to carry on his work."

At the time, Dr. Frat and his wife, Mary, were the parents of two young children. "Mary was always supportive of my dreams," Dr. Frat said warmly. "She told me she would go wherever I wanted, but then she asked, 'Do we really have to go 12,000 miles to help the poor when there are so many people in need right here in Cleveland? Why not stay here and be a missionary to them?'"

Dr. Frat contemplated this choice and then became a medical missionary at City Hospital, which, in 1958, was sold to the county for \$1 and renamed Cleveland Metropolitan General Hospital.

Dr. Richard Fratianne, a key figure in creating MetroHealth's Comprehensive Burn Care Center and Life Flight, standing in the MetroHealth lobby.  
*Photo by Scott Morrison, Discovery Photo.*





This new status allowed the hospital to seek taxpayer support through a series of levies, providing funds that enabled expansion and new construction. The hospital buildings became much more modern and new facilities encouraged an expansion of services.

"My mission remained the same: to care for the poor," Dr. Frat said. "For the first time, although doctors were permitted to have private patients and bill them for services, I never billed patients, just the insurance

companies. My income was never very high, but high enough for Mary and our family to live simple, frugal lives."

The Frattianne family made ends meet. They lived in the Tremont housing projects for eight years until Dr. Frat completed his fellowship. Then, they rented for another year until they saved enough to buy a modest home in Lyndhurst, where they lived for 56 years.

"I was happy in my career," Dr. Frat said. "Mary often got the short end of the stick, yet she always supported me.

By the time I finished my fellowship, we had five children and she did whatever it took to keep our family together. She was incredibly resourceful – even making clothes for the kids."

In the late '50s and early '60s, things began to change. "Before then, we were all general surgeons, stepping in wherever we were needed," Dr. Frat said. "Then, we became specialists. My specialty was cancer."

As a cancer specialist, Dr. Frat built quite a reputation, led in-depth research, and created an academic department. Then, in 1969, he was recruited to create a Comprehensive Burn Care Center and become its first medical director.

"I was selected because, as a fellow, I conducted research on patients experiencing shock – a complex response by the body triggered by blood loss, cardiac failure, or dehydration, and sepsis (infection that spreads into the blood stream)," Dr. Frat said. "While in shock, the patient's circulation becomes so inadequate that they lose consciousness and their vital organs shut down. If not treated promptly, it is fatal. This response is similar in burn victims."

"Dr. Frat epitomizes what MetroHealth is all about: advancing the practice of medicine, educating the next generation of providers, and above all, providing outstanding, compassionate care to patients. His role in establishing the trauma center and burn unit is only one example of how he improved the quality of care available to all people in Northeast Ohio. He developed and embraced a model of holistic and interdisciplinary care that provided the best care for his patients, not only during their acute illnesses, but along the entire path of their recovery. Dr. Frat is beloved by many as a mentor, teacher, and healer."

**Christopher Brandt**  
General Surgeon who worked with Dr. Frat for decades



Dr. Frat knew that time was of the essence when treating shock. “The interval between injury and medical care can mean the difference between life and death,” he said. “I learned this during the Korean War, which was the first time we had helicopters to transport wounded soldiers.”

In Korea, when patients arrived at the MASH units, they were resuscitated and then flown off to a major hospital for definitive care. Most survived because treatment began within an hour. “That’s what we needed in the burn center, so we created a proposal to add helicopters to the unit,” Dr. Frat said.

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Then, the mentality of being a medical missionary kicked in. “I realized that what they needed wasn’t being offered: They needed to be healed. I became aware of the difference between curing an illness and healing a person,” Dr. Frat explained. “I needed to pay attention to the art of medicine, addressing the inner spirit of the person. That’s what healing truly means.”

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In 1982, Dr. Frat was a key figure in establishing Life Flight. In order for this service to work effectively, a model was built for patients to be transported to all hospitals in the community, based on where a doctor wanted his/her patient to be transported, as long as the hospital had an FAA approved landing site.

“Contracts were executed and FAA helipads built,” Dr. Frat further explained. “On every flight, there were two EMT pilots, a flight nurse, and a physician. Every flight was fully staffed. Then, we billed hospitals for the cost of the transport if they received the patient.”

In 1989, the hospital’s name was changed to MetroHealth Medical Center. It remained a specialty hospital for trauma and burns. Prior to helicopter transport, a rescue squad would attend to the patient on the ground. Then, when transport was safe, the patient would be moved into the helicopter. By the time the helicopter landed, surgeons were gowned and ready to operate.

“The efficiency and effectiveness of this program became the selling point on a regional level,” Dr. Frat told us. “To

my knowledge, this is one of the busiest helicopter programs in the United States.”

At the beginning of his work as a burn specialist, Dr. Frat felt conflicted. “Although I was saving a lot of patients, many were asking for me to let them die – they couldn’t imagine facing the world with scars, fearing the cruel reactions of others,” he shared. “Plus, when their dressings were changed, the pain was so severe they needed narcotics. They were suffering and I couldn’t take their pain away. But I had taken an oath ‘to do no harm.’”

Then, the mentality of being a medical missionary kicked in. “I realized that what they needed wasn’t being offered: They needed to be healed. I became aware of the difference between curing an illness and healing a person,” Dr. Frat explained. “Medicine was advancing to the point where we could do much more for patients who previously would have died. Medical science was growing – exploding, really, which was wonderful. The issue was that the art of medicine, the true healing of patients, was being neglected.

“I needed to pay attention to the *art* of medicine, addressing the inner spirit of the person,” he added. “That’s what healing truly means. We needed to balance the physical, emotional, intellectual, and spiritual aspects of their being. If we could achieve that, the person would find the strength to overcome their challenges. I needed to practice holistic medicine: the healing of mind, body, and spirit.

“I’m Catholic and I went back to my faith,” he continued. “I had intensive training because I paid attention when Dad thought I should be a priest. I realized that I could better heal a person by teaching what I learned in the Old and New Testaments: If you love another person with compassion (to suffer with them), love becomes sacrificial and unconditional, and patients can find the strength to overcome any adversity. That’s what healing is. Although I couldn’t take away their scars, I could provide compassion and support that would encourage individuals to heal themselves.”

This holistic train of thought helped patients build their self-esteem, self-confidence, and awareness of their value. Each victim was still the same person they’d always been: The wrapping may have changed, but the gift within remained intact.

“We focused on their gifts and helped them recognize that they were still beautiful inside – that it didn’t matter what they looked like or if they offended others,” Dr. Frat reflected. “People who truly care learn to see beyond the scars.”

Although a challenge, Dr. Frat persisted in training the Burn T.E.A.M. (Together Each Accomplishes More) of nurses, physical/occupational therapists, social workers, pharmacists, dieticians, chaplains, and everyone else who interacted with patients. “We taught values, starting with compassion,” he said. “When you treat a patient with true compassion, you build trust because they know you understand what they are going through.”

This trust empowered patients to share their deepest fears and feelings, because they believed you had true empathy for them. “Once we earned a patient’s trust, we were able to respond to their specific needs because they opened up to us. We understood where they were coming from,” Dr. Frat said. “We mirrored what they expressed and offered solutions that helped reestablish a sense of beauty within them. When patients focused on the positive – the gifts they had been given – they became more hopeful.”

The Burn T.E.A.M. was like a family; each person had equal value but different responsibilities. “I was part of the family, not the boss. Nobody was more important than anyone else. This was *our* unit, not my unit,” he said. “We were all in this together and would do whatever had to be done without question. Much like a family, we got together for holidays, summer gatherings, birthdays, potluck meals, and retirements.”

Dr. Frat often used the metaphor of a butterfly to describe the vulnerability and fragility of burned patients. “Just as a

“Dr. Frat’s support of MetroHealth, engagement in his work for The MetroHealth Foundation, and willingness to share his passion for MetroHealth’s mission with others never waivers. He is an inspiration.”

**Kate Brown, President of The MetroHealth Foundation  
and Chief Development Officer of The MetroHealth System**

butterfly's wings can be easily damaged, burn patients are highly sensitive after their injuries, needing a very gentle, compassionate approach to recovery and healing," he said. "Their recovery is much like a butterfly emerging from a cocoon. When treated with compassion, burn victims morph from a state of fear and anxiety to one in which they discover their beauty within, and they can fly."

Dr. Frat retired in 2002. Post retirement, he worked part time in the department of surgery for six more years, making teaching rounds on the burn unit with surgical residents and students. He still teaches medical and master's degree ethics students one day each week via Zoom, without pay.

For additional support, to this day, MetroHealth's burn unit offers a weekly, online support group to burn patients from around the world via ZOOM.

**D**r. Frat and his wife, Mary, were destined for each other. They met just before Mary entered her senior year at Lake Erie College, when Dr. Frat was in his second year of medical school. They both had summer jobs lined up that had fallen through. In a panic – and separately – they each called the Cleveland Parks Department to seek out employment and both were hired. The week after starting work, Mary announced that she would be 21 years old three days later. Dr. Frat asked, "On June 7?" She said, "Yes," and they laughed about it. June 7 is also Dr. Frat's birthday.

Mary was a beautiful young lady with a great education. She had just returned home from her junior year abroad, studying music with the Vienna Boys Choir. Dr. Frat was invited to her home for dinner, followed by a drive-in movie on Mayfield Road. The more Dr. Frat learned about Mary, the more he loved her. The two married, against her parents' wishes, because of religious differences.

"Back then, I promised to take care of Mary and I never broke that vow," Dr. Frat said. "We were married for 65 years. She raised our children and kept our family together. She was an amazing woman."

Mary reunited with her parents after their first two children were born and Dr. Frat became the son that they never had. "It was a remarkable transition," Dr. Frat said. "Mary never stopped loving them. We kept reaching out, doing what we thought was right, recognizing that it was their business if they didn't love us. We were grateful when they came around."

Dr. Frat received his undergraduate degree from Western Reserve University in 1954 and his doctorate in medicine from Western Reserve University School of Medicine in 1958. He was appointed clinical instructor in surgery in 1964. He rose through the ranks to become professor of surgery. After retirement, he became emeritus professor of surgery and the medical school established the Richard B. Fratianne Chair of Surgery, which is awarded to the chairperson of surgery at MetroHealth. Dr. Frat was appointed director of the Comprehensive Burn Care Center of MetroHealth in 1969, a position he held until he retired in 2002.

Among his many honors, Dr. Frat was awarded the Lifetime Achievement Award from the American Burn Association for his leadership in burn care innovation and the Albert Schweitzer Memorial Trophy. He is one of only a few burn center directors who devoted his entire career to one medical institution and its surrounding region, and he still keeps in touch with the burn unit T.E.A.M., hosting parties twice a year for burn survivors, and hosting a spiritual – not religious – retreat each spring.

Mary passed away in 2022. Her life centered around faith, family, and volunteerism. She and her husband have five children, 17 grandchildren, and 10 great grandchildren.

Dr. Frat's keys to longevity are no smoking, drinking, or processed foods; to get plenty of rest; to do something creative every day;



Dr. Frat with Mary, his wife of 67 years.

and to stay busy. In his ninth decade of life, he plays piano, by ear, daily; authors books; works on puzzles; and is still involved at MetroHealth and on various advisory boards.

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Dr. Frat established and led for many years the MetroHealth Burn Unit, the only Level 1 rated unit in Ohio for both adults and pediatric burn victims. He also was the first director of Life Flight, and is known and respected nationally and internationally for his expertise in the care of patients with serious burns. His kindness, empathy, and compassion for burn patients was always in the forefront. Dr. Frat was a tireless advocate for his patients, and always supportive of them and their families as they went through the long and painful recovery from their burns. For generations, he has also been a role model for medical students and residents. I fully admire Dr. Frat. My most vivid memories take us back to the burn unit. He was always so gentle and kind, not just to the patients, but to the staff and everyone with whom he interacted. To this day, Dr. Frat is respected and loved by everyone at MetroHealth.

**Alfred F. Connors, M.D., Emeritus Staff, The MetroHealth System;  
Emeritus Professor of Medicine, CWRU School of Medicine;  
and Chair, MetroHealth Foundation Board of Directors**



# Holiday Programs at the Maltz Museum

## Christmas Day Can Can Food Drive

Wednesday, Dec. 25 • 11 a.m. to 5 p.m.

Bring a canned good donation as museum admission

Join the Maltz Museum as we celebrate the holiday season by collecting food donations for the Kosher Food Bank and the Greater Cleveland Food Bank. Come visit the Museum's newest exhibition, see the treasures in The Temple-Tifereth Israel Gallery, share in the Jewish immigrant experience, and bring your canned food donation for free admission.



## Friends of the Maltz Museum Chanukah Candle Lighting

Wednesday, Dec. 25 • 3 p.m. • Free to attend

Join the Friends of the Maltz Museum in celebrating the first night of Chanukah with traditional songs, storytelling, and the lighting of the menorah. The story of Chanukah will be told by Maltz

Museum docent Michelle Stern and songs will be led by Cantor Alyssa Rosenbaum of B'nai Jeshurun. Adults and children of all ages are welcome. There will be crafts and goodie bags for kids to enjoy.



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**Boost Your Productivity by Fixing What's Right Under Your Nose:**

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For many Beachwood residents, hours at the desk or time spent looking down at a smartphone have become a part of everyday life. But these habits may be silently impacting health and productivity. If you've ever noticed neck stiffness, back pain, or headaches after a long day, poor posture could be the culprit—and it's something you can change! Individuals who prioritize posture are likely to experience less pain, improved energy, and increased productivity, making posture a vital part of a healthy lifestyle.

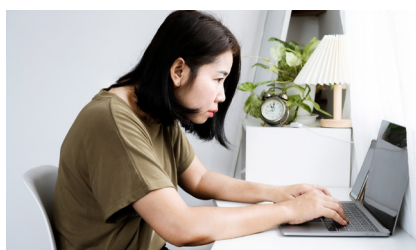
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**BalanceSolutions.com**

**BalanceSolutions@sbcglobal.net  
23175 Commerce Park - Beachwood - Ohio**



# The Connection Between Posture, Pain, and Productivity



## Why Posture Affects So Much More Than Just Comfort

When we sit or stand with good posture, our bodies are aligned, and each muscle and joint works in harmony. But over time, slouching forward, craning our necks, or rounding our shoulders can strain these muscles, causing chronic discomfort and fatigue. This discomfort doesn't just make us feel sluggish: It impacts our focus and productivity.

Imagine you're trying to finish a project, but persistent neck pain distracts you from focusing. The more uncomfortable you are, the more challenging it becomes to concentrate. Studies show that pain and discomfort lead to reduced work quality, making productivity closely tied to how we care for our posture.

## Quick Tips for Improving Posture and Reducing Pain

### 1. Set Up Your Workspace

**Ergonomically:** Ensure your chair supports your lower back, your computer screen is at eye level (eyes rest 30 degrees downward), and your feet flat on the ground.

**2. Take Regular Breaks:** Every 20-30 minutes, stand, stretch, and move. Small breaks help reduce muscle strain and stiffness.

**3. Strengthen Your Core Muscles:** Core exercises support your spine and help you sit or stand comfortably for longer periods. Physical therapy can help create a personalized exercise plan to improve posture and decrease pain.

### 4. Stay Aware of Your Posture:

Throughout the day, check yourself—are you slouching or leaning forward? Being mindful of your posture can make a difference. Simply set a timer on your phone to help remind you!

## Are You Struggling with Pain? Balance Solutions Can Help

If you've tried adjusting your setup but still experience discomfort, it may be time to seek professional guidance. At Balance Solutions Physical Therapy in Beachwood, our specialists are trained to help you correct posture-related issues through targeted physical therapy and personalized exercise plans. Our approach aims to relieve pain, improve mobility, and help you get back to feeling your best.



Don't let posture-related pain hold you back from productivity & comfort!

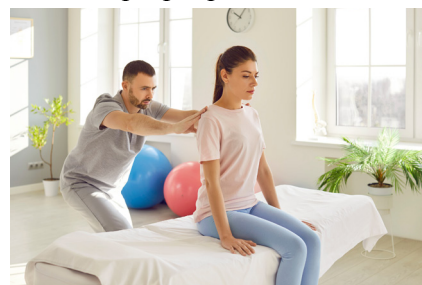
**Schedule an appointment with Balance Solutions**

**Take the first step toward a healthier, pain-free future.**

## Balance Solutions Approach:

**1. Targeted Strengthening Exercises** – Focused on the core, back, and shoulder muscles to support spinal alignment and promote natural, upright posture.

**2. Manual Therapy** – Hands-on techniques, such as joint mobilizations and soft tissue work, reduce muscle tension and improve joint flexibility, making it easier to maintain proper posture.



**3. Postural Education and Ergonomic Advice** – We provide personalized guidance on posture habits, as well as tips on setting up ergonomic workspaces to minimize strain.

**4. Therapeutic Exercise Plans** – Individualized exercise routines that gently build strength, flexibility, and endurance, helping you maintain good posture with less effort.

**5. Dry Needling & Deep Tissue Laser Therapy** – Used to relieve pain and reduce inflammation, allowing the muscles and joints to relax and adopt healthier positions.

Through these evidence-based techniques, Balance Solutions helps patients to achieve better posture, reduce pain, increase productivity, and improve their quality of life.

*- Kelly Beaudoin, CEO  
Balance Solutions Physical Therapy, Inc*

# Winter Break Lunch Program

Monday, Dec. 23, Thursday, Dec. 26, Friday, Dec. 27 11 a.m. - 2 p.m.

Join the Jewish Federation of Cleveland to serve hearty, hot meals, assist with kid-friendly entertainment, crafts, and enrichment activities for children in Cleveland who would otherwise not be getting lunch during their school break. Make a difference

for a local child – bring new winter clothing and gear with you as Christmas gifts for the participants in the Winter Break Lunch program.

If you cannot volunteer but still want to drop off cold weather items for children (hats, gloves, coats, etc.), please contact

Aviva at [aroland@jewishcleveland.org](mailto:aroland@jewishcleveland.org) to make arrangements. Register at [jewishcleveland.org](http://jewishcleveland.org).



## Broken Boards, Beautiful Stories: Ianina Dana's Artistic Journey

A Beachwood Library Art Exhibit Opening Reception • Sunday, Dec. 8 • 1-5 p.m.

Beachwood resident Ianina Dana learned to paint when she was 10 years old. She enjoyed this hobby until age 16 and then didn't pick up a paintbrush again until 2020, during COVID.

Like many of us, Ianina was stressed during that time. Since she found painting to be therapeutic, she repurposed several pieces of broken wood – called breaking boards – from her children's martial arts practice into canvases.

Over time, she accumulated a portfolio of about 40 paintings, each with a back story that captured the world in a single moment.

"The boards signified the feeling of being broken, while finding beauty and acceptance in imperfection," Ianina recalled. "When I expressed my fears and hopes on the breaking boards, I was able to breathe deeper and see the wonders around me."

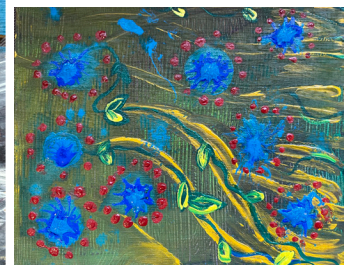
"It was a form of therapy," she said. "We all needed to find ways to strengthen ourselves and to reconnect with passions we enjoyed when we were younger."

Ianina first shared her story during COVID to inspire others. Now, she continues to share it through a solo exhibit at the Beachwood Library, running from Sunday, Dec. 8, to Friday, Dec. 27, with an artist's reception on opening day, Dec. 8, from 1-5 p.m.

"This show is a collection of paintings that, together, tell a complete story," Ianina explained. "When viewed in order, the exhibit paints a vivid picture of the hardships we endured back in 2020."

"My hope is that each individual will pause, reflect, and find their own strength, even during times of hardship," she added. "What shapes us in life is not our experiences, but instead, the way we choose to look at and cope with them. Now, more than ever, we need art – in whatever form best fits us – as a tool of resilience and inner strength."

Ianina was a full-time mom during COVID who homeschooled her children, Gaal, Adva, and Dotan. She now works as a geriatric case manager at the Western Reserve Area Agency on Aging. Her husband, Hod, is assistant professor at Cleveland Clinic. Ianina's hope is that this show will become a traveling exhibit.



Ianina first shared her story during COVID to inspire others. Now, she continues to share it through a solo exhibit at the Beachwood Library, running from Sunday, Dec. 8, to Friday, Dec. 27, with an artist's reception on opening day, Sunday, Dec. 8, from 1-5 p.m.

Ianina, holding her painting, *Mother Earth*.

The bottom two paintings, *Broken World* and *COVID*, were created as the pandemic progressed.





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OF CLEVELAND

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2025 CAMPAIGN

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combat antisemitism



- Advocate for Jewish college students' mental health and wellness, collaborating with Hillels to understand the evolving needs, and coordinating with local law enforcement to ensure Jewish students can live vibrant Jewish lives.
- Expand online resources for community members to help combat rising antisemitism online, on campus, and in schools.
- Organized more than 1,700 members of Jewish Cleveland to travel to Washington D.C., to show their support for Israel, demand for the release of the hostages, and to make a very loud and clear statement that Jew hatred has no home in this country.
- Establish a new partnership with and address the ongoing needs of Kibbutz Kissufim, a community near the Gaza border that was among the 22 locations targeted by the terrorist group Hamas on 10/7.

**Together, we do all of this  
and so much more.**

None of this would be possible without you – our generous donors from across our Cleveland Jewish community. Every dollar makes a huge difference. Thank you for making an impact!



Donate today at  
[jewishcleveland.org](http://jewishcleveland.org)  
or scan the QR code

## Fairmount Early Childhood Center Preschool and Camp Registration

The Fairmount Early Childhood Center is a private, district-sponsored learning center, offering a full school-year calendar as well as a summer preschool camp.

### Parent Information Night

Thursday, January 9, 2025 • 7 p.m.

### Preschool and Camp Registration

#### Residents

Wednesday, January 15, 2025 • 8:00 a.m.

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# Benefits of Shopping Local

by Catherine Bierterman

In today's world, where shopping options are abundant, choosing to support local businesses can have a powerful impact on building a vibrant, resilient, and closely knit community. By shopping locally, you're not only finding unique products but also contributing to the health and growth of the area. Here are some other key benefits:

## Strengthens the Local Economy

Spending money at local businesses keeps revenue within Beachwood, which can stimulate the local economy and create job opportunities. Local businesses tend to reinvest a significant portion of their earnings back into the community, supporting other local services and vendors.

## Unique Product Offerings

Local stores often carry one-of-a-kind items or locally made products that aren't found online. This means you can find unique goods, support local artisans, and enjoy a more personal shopping experience.

## Personalized Customer Service

Local business owners tend to know their customers, which allows for a more personalized shopping experience. You might receive tailored recommendations or special assistance.

## Environmental Benefits

Shopping locally can reduce your carbon footprint since you often travel shorter distances to get to nearby stores.

## Community Growth and Development:

Supporting local businesses helps foster a vibrant community atmosphere. Many local businesses in Beachwood also support local charities, sponsor

youth sports teams, or participate in community events, reinforcing connections and creating a supportive environment.

## Support for Local Artists

Purchasing handmade crafts and other products directly from local creators supports sustainable practices and ethical sourcing.

## Positive Impact on Real Estate

Thriving local businesses can improve neighborhood appeal and property values, as they make the area more attractive to prospective homebuyers and renters who appreciate community-driven neighborhoods.

As the city of Beachwood's economic development director, I have seen first-hand that shopping local is one of the most impactful ways residents can strengthen our community. Each purchase made at a local business not only supports the city's robust retail shopping districts but also keeps funds circulating within the community, creating jobs, funding public services, and fostering a vibrant and unique local culture. By choosing to shop local, we build a thriving economy that benefits everyone in our community.

*CITY OF*  
*Beachwood*

**You are invited to**  
**Sweet Dreams for Kids Movie Night**  
**to Celebrate our 16th Anniversary**  
**MOVIE SHOWING: WONKA**

Beachwood Community Center • 25325 Fairmount Blvd.  
Monday, Dec. 30 • Preview Fun: 6:30 p.m. • Showtime: 7 p.m.

*"Every good thing in this world started with a dream."*

\$20 per person • \$100 family max  
3 and under free

Price includes movie, snack, drink, cake, and a take-home party gift to celebrate what we do.  
Text 952.994.0818 to RSVP before Friday, Dec. 20.  
Proceeds benefit Sweet Dreams for Kids (501c3)

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A partnership of the Jewish Federation of Cleveland and the Jewish Education Center of Cleveland

 Jewish Education Center of Cleveland  
2030 South Taylor Road, Cleveland Heights, Ohio 44118  
P: 216.371.0446 | F: 216.371.2523 | W: [www.jecc.org](http://www.jecc.org)



# Porsche Beachwood Grand Opening

On Monday, Oct. 28, Porsche Beachwood celebrated its grand opening at 3750 Orange Place. This new location, branded as Destination Porsche, invites current customers, fans, and future customers to visit its state-of-the-art showroom. The new dealership is crafted to deliver a unique, customer-centered experience that brings the spirit of Porsche to life.

"What an exhilarating day it was as we celebrated the grand

opening of our new dealership and unveiled the highly anticipated all-new Porsche Macan Electric," said George McCarley, general manager. "Our event was a huge success, with an amazing turnout from the community. We're thrilled to bring the latest Porsche

innovations to our customers. Thank you to everyone who joined us for this momentous occasion.

"As a proud member of the Penske Automotive Group, we work hard to provide guests with the dignity and transparency they deserve,"

George added. "We want to thank the community for standing by us and we are always enthusiastic to give back to the people of Beachwood."

For more information, visit Porsche Beachwood at [www.porschebeachwood.com](http://www.porschebeachwood.com).

From left: George McCarley, Porsche Beachwood general manager; Mayor Justin Berns; Roger Penske, chairman and founder; Margareta Mahlstet, regional vice president; John Cappella, COO of Porsche Cars North America; Timo Resch, president and CEO of Porsche Cars North America; Rob Kurnick, president of Penske Corporation; Rich Shearing, COO of PAG North American Operations; and Tyler Heard, executive vice president of PAG East Region.

Photo courtesy of Cleveland Jewish News.



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# From Beachwood Arts Council



## BAC Day in the City of Beachwood

### CITY OF *Beachwood*

In recognition of Beachwood Arts Council's 60th anniversary, Mayor Justin Berns and Beachwood City Council proclaimed Friday, Oct. 25, 2024, Beachwood Arts Council Day in the City of Beachwood. The proclamation, which will be hung on the BAC wall in the Beachwood Community Center, included the following historic information:

- On Oct. 25, 1964, a group of residents organized an arts fundraiser to benefit Beachwood High School. It was so successful that the group formed the organization known as Beachwood Arts Council.
- BAC meetings were first held in private homes or other available spaces, then in the former City Hall building. Today, its home is in the Beachwood Community Center.
- BAC's mission is to nurture, promote, and celebrate the visual and performing arts in Northeast Ohio, providing opportunities to cultivate creativity and a sense of community.
- BAC sponsors exhibitions, musical performances, speakers and programs, art tours, workshops, and hands-on projects.
- BAC annually selects a graduating high school student from a school in Northeast Ohio to receive the Si and Shirley Wachsberger Arts Scholarship Award.
- BAC purchased and/or donated pieces of art for the City of Beachwood, including *Family Suite*, a stainless-steel sculpture; Free Little Art Gallery (FLAG); and a six-piece art collage that hangs in the Beachwood Community Center.

BAC will be hosting an anniversary celebration in June. Watch for details in future issues of *Beachwood Buzz*!



There is new artwork at BAC's Free Little Art Gallery (FLAG), located at the side entrance of the Beachwood Community Center. Brighten your day by helping yourself to a one-of-a-kind masterpiece and/or feel free to leave art, too.

## Leaf Printing on Tea Towels

### **Change of Date:**

**Saturday, Jan. 25 • 10 a.m. - noon • Beachwood Community Center**

Led by artist and art instructor Mandy Spisak, from Mindfully Made Arts, students will learn about using botanicals in art by creating leaf imprints with acrylic paint onto a tea towel. Techniques, such as two-tone print, ghost print, and radial symmetry, will be introduced to enhance one's design.

Reservations (*limited capacity*) and checks are required by Monday, Jan. 20.

Call 216.595.3400 to make your reservation. Send checks (payable to Beachwood Arts Council) to Beachwood Arts Council, 25225 Fairmount Blvd., Beachwood, OH 44122.

The cost is \$20 for BAC members and \$25 for non-BAC members. Supplies are included.



## Unique Voices Art Exhibit

**Through Thursday, Jan. 2 • Beachwood Community Center**  
**Gallery Hours: M-F • 8 a.m. - 4 p.m.**

**Weekends: Call 216.292.1970 for available hours**

**Details: Visit [beachwoodartscouncil.org](http://beachwoodartscouncil.org) or call 216.595.3400**

Beachwood Arts Council proudly presents *Unique Voices*, featuring the work of five local, emerging artists who are or have overcome challenges.

Artists include Blaise Eitman, John Casini, DeLeone Hollman, Samuel Silverman, and Jason Toth. Their artwork ranges from photography to paintings to mixed media.

In addition, guest artist Kate Snow will exhibit *Living Room*, her life-sized, chronic-illness floor game, accessible to both able-bodied and disabled individuals. Kate's project is supported by the Urgent Art Fund, administered by SPACES, and supported by Cuyahoga Arts & Culture and Assembly for the Arts.



Artwork, pictured from top:

John Casini, Samuel Silverman, Blaise Eitman, Jason Toth, and DeLeone Hollman.

### **BAC Sponsors**

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Eileen Dorsey Studio • Lawn Doctor • Goldfarb Weber Creative Media • Orange Place Family Dentistry • Keller National Insurance, Brian Rittenberg  
Ohio Arts Council • The O'Brien Law Firm, LLC (now part of the Brennan, Manna and Diamond Family) • Marshall Flooring



# Wondering If You Should Participate in the Stop the Hate Essay Contest?

## Here Are Four Reasons to Submit Your Essay

Maybe you've been considering the Stop the Hate essay contest and wondered: Should I participate? Is it worth it? We get it. Sharing a story about a difficult topic can be hard, particularly when it impacts your life. But, submitting a 500-word essay for this contest is worth it in more ways than one. Here are a few reasons to get writing:

### #1 • Your experience and perspective matter

When you speak your mind on issues that impact people's lives, you shine a light on a challenging topic. That light gets people thinking and talking – it may even cause someone to recall similar situations in their own lives. Beyond giving audiences a relatable scenario, you're also providing insight into your emotional process – and what you did or want to do to right a wrong. Sharing your story and the process you went through gives insight, hope, and inspiration to more people than you know.

### #2 • Have the courage of your convictions

It's one thing to think something is a problem or unfair. It's another to say or do something about it. When you encounter exclusion, bigotry, and bias, it can be scary. So scary that it can make you want to shut down and stay quiet. But, even if it's scary, it's better to have your voice heard. Sharing your story has the power to make change and even change lives. And sometimes silence can do more harm than good.

---

*"In the end, we will remember not the words of our enemies, but the silence of our friends." – Dr. Martin Luther King Jr.*

---

### #3 • Your story can create a ripple effect

Have you considered that sharing your story might be one small thing that can make a big difference? Writing about an experience in 500 words may not seem like it can change the world, but it can. One of our contest participants said it best: "Sometimes small actions can make a big change." Remember that chances are, there's someone or some community out there facing a similar situation. Your story – shining a light on hate, injustice, and exclusion – has the power to help someone not feel alone. Better still, it may lead them to answers and a better road ahead.

### #4 • Win money for college

It's no secret that the cost of college has been steadily growing in recent years. That's why every dollar counts. \$20,000 goes a long way toward taking a bite out of those tuition bills. Even our second runner-up wins \$10,000 and the third runner-up wins \$5,000. The bottom line is it's well worth it to speak your mind in 500 words or less for a chance to fund your college education.

### If you haven't already, enter the contest!

Share what you've learned through your life experiences and tell how you'll apply that knowledge in helping to create a brighter future.

Learn more and enter the contest at [maltzmuseum.org/sth](https://maltzmuseum.org/sth). Essay submission deadlines are Thursday, Jan. 9, for grades 6-10, and Thursday, Jan. 16, for grades 11 and 12.

Maltz Museum Presents

# STOP THE HATE



## STOP THE HATE ESSAY CONTEST ENDING SOON!

Each year students and schools are awarded \$100,000 in scholarships and anti-bias education grants. Will you or your school be the next winner?

**Essays due for 6-10 Grade:**  
Thursday, January 9

**Essays due for 11-12 Grade:**  
Thursday, January 16

[maltzmuseum.org/sth](https://maltzmuseum.org/sth)

# Cleveland Jewish News Celebrates 60 Years

The Cleveland Jewish News Foundation hosted a 60-year celebration of the *Cleveland Jewish News* on Wednesday, Oct. 30, at Landerhaven. The Cleveland Jewish Publication Company, which publishes the *Cleveland Jewish News*, has grown from one newspaper to three, serving readers in Cleveland, Columbus and Akron.



CJPC also publishes its own magazines, magazines for nearby suburbs, multiple websites, and several e-newsletters. It also creates community events, has a custom publishing division, provides consulting expertise to Jewish newspapers around the country, publishes books, and more.



The recent gala attracted nearly 500 guests for a cocktail reception, dinner, silent auction, music provided by Bluewater Kings Band, and a special guest performance by Yaron Kohlberg, president of Piano Cleveland.



"One goal of this gala is to raise funds to 'Keep Our Words Alive,'" said event co-chair Ida Haber, a member of the CJPC board of directors, referring to The Samuel H. Miller Keeping Our Words Alive Digital Archive of the CJN and each of its predecessor newspapers – going back more than a century.

"Our second goal is to have a celebration like none other for the community at large," she added. "We need to get back to celebrating good among each other."

"The CJN serves as a platform for a respectful sharing of ideas, concerns, and perhaps solutions to issues central to our community," said event co-chair Debbie Rothschild, a member of CJNF board of directors. "It is imperative that we keep this dialogue going for generations to come. We have good reason to celebrate as we raise money to carry the mission forward."

Mark Bogomolny, CJNF board chair, called the CJN a fixture in the community for 60 years. "It is critically important to the Jewish community that there is a clear and credible voice for news and information. No other news organization

in Cleveland takes the time to cover the issues that are relevant to, and in many instances exclusively critical to, the Jewish community."

Paul Singerman, CJPC board chair, then said, "Especially in today's troubled times, with antisemitism running rampant in this country and across the globe, it is important to bring the community together to celebrate the CJN and its role in keeping Jewish words alive."

"I cannot tell you how proud I am of this organization and its people," he added. "The community is truly blessed to have the CJN."

*Pictured from left:*

• Mark Bogomolny, CJNF board chair.

• Ida Haber and Debbie Rothschild, event co-chairs.

• Kevin Adelstein, publisher and CEO of the *Cleveland Jewish News* and president of the Cleveland Jewish Publication Company, and Paul Singerman, board chair of the Cleveland Jewish Publication Company, accept a framed proclamation from Cuyahoga County Executive Chris Ronayne.

*Photos courtesy of Cleveland Jewish News.*

## GIVE A GIFT THAT LASTS A LIFETIME!

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Restrictions may apply.

For more information visit [www.onehappycamper.org](http://www.onehappycamper.org),  
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Jewish Federation  
OF CLEVELAND



# Beachwood Holiday Pop-Up Shop

**G**et into the holiday spirit this season by joining the community for the Beachwood Holiday Pop-Up Shop. On Sunday, Dec. 8, from 11 a.m. to 4 p.m., this lively holiday market will feature the creations of more than 50 skilled artists and crafters, each offering a distinctive selection of items ideal for holiday gifts.

From one-of-a-kind clothing and finely crafted woodworking pieces to beautifully made candles, home decor, baked treats, personalized gifts, and much more, there will be something for everyone. Browse stunning paintings, elegant jewelry, and many more creations that highlight the skill and creativity of our local artisans.

This provides a wonderful opportunity to check off some holiday shopping, while supporting local artists and small businesses.

Plus, the event will feature amazing raffle baskets, giving attendees a chance to win fabulous prizes while giving back to the community.

Admission to the Beachwood Holiday Pop-Up Shop is free, so bring along friends and family to make the day even more enjoyable. Don't miss out on this festive shopping experience – it's a fantastic way to celebrate the season and discover unique treasures you won't find anywhere else!



Above:

- Holistic serums, by Miriam Emuna (Holistic Beauty Rituals)

From left:

- Local honey, by Amalia Haas (Amalia's Bees)
- Hand-knit designs, by Adrienne Makoroff (A.M. Designs)
- Alcohol-base inks on ceramic tiles, by Marla Kassoff (Marla Dawn Art)
- Découpage items, by Tracey Lavine and Suzanne Appel (Swag in a Bag)



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# Hiking Through Grief

by Jen Stern

Adjusting to and learning to live with grief is not easy, predictable, or one size fits all. It takes grace, grit, and tremendous courage. It also takes curiosity and connection.

You learn to carry grief differently over time. Grief becomes your companion instead of a weight dragging you down into the constant darkness of despair. You become braver, more aware of your resilience, more connected to your strengths, and more courageous to take meaningful steps to live life forward if this is the path you choose.

Yes, choose. How do we make the best of the worst?

By making a choice. Feel your feelings. The pain, sorrow, longing, heartache. The intense missing. Even the anger, resentment and hopelessness. Feel them all. Give yourself permission to cry, scream, stay in bed, to say no, to not go.

And then, eventually, to say yes, to go, to take one step forward – and then another. In the moments you feel you might be ready, breathe deeply and call upon your courage to connect with what moves you forward out of despair, out of darkness.

*Hiking Through Grief* is a powerful documentary from Engelina Koberna and her team that follows six widows and widowers on their journey with grief. Together they hike through their loneliness, discovering connection in a supportive and grounding community that reminds them they are not alone, and seeking support does not have to be sitting in a room immersed in

sadness. Each of the six have made the courageous choice to try and make the best of the worst. To take one step at a time out of darkness through meaningful connection, resilience, and the shared experience and commitment to live life fully, differently, forward. One step at a time.

Nature is healing. If you are not physically able to get out and hike, here are some strategies that might help:

- Engage your five senses in self-soothing as a powerful way to tolerate distress.
- Set boundaries around triggers (people, news, social media, experiences) as self-care.
- Set a timer for sitting with your pain and then use positive distraction to create a counterbalance to the stuckness you may feel.
- Attach action and advocacy to the sense of powerlessness you may feel. Get involved in

a meaningful and purposeful way that provides a “why” for getting out of bed.

- Be mindful of where you are putting your energy. Focus energy on what you can control. If you cannot control it, practice accepting, facing, coping, and releasing it.
- Make space for duality: Both/ And. I feel alone and I know that I am supported. I feel overwhelmed and I know that I am competent and capable. I feel afraid and I know that I have survived 100% of my worst days.
- Find online or in-person support.

For more information about *Hiking Through Grief*, see page 44.

Jennifer Stern, LISW, is a Loss and Bereavement Specialist. For more information, call 216.464.4243, or visit [www.transformativegrief.com](http://www.transformativegrief.com).



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# Ending the Year By Building Community

By State Senator Kent Smith

**A**s an elected official since 2001, I am grateful that Thanksgiving and the end-of-the-year holidays arrive after Election Day. Those holidays help me reset my internal mindset to one of operating from a spirit of gratitude rather than trying to win an election.

I know that, unlike me, many people are not thinking about elections. They're thinking about their jobs and what they have to do to provide for their families. They think about how safe their kids are at school and the quality of the roads on which they drive. Most people do not want things to move left or right. They want things to move forward. Common sense and common

ground are where we need to be and where we need to go.

But please do not mistake my words as a call to silence your voice and sit down. Elections and their outcomes matter tremendously when considering the quality of our communities and how many jobs you have to work to be able to provide for your family.

Democracy remains a team sport that provides

better outcomes based on how many people participate in the contest. Democracy operates best when people remain engaged year-round and not just in the days leading up to an election. As we enter 2025, your activism and engagement will be needed now more than ever.

What I am saying is, as we all conclude 2024, let's attempt

to love our neighbor with no exception for political parties.

Building a better Beachwood begins now and it begins with all of us.

*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.*

"The greatness of a community is most accurately measured by the compassionate actions of its members."

– Coretta Scott King

"It's times like these you learn how to live again, you learn to give again, you learn to love again."

– Dave Grohl (Foo Fighters)



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## THE MAYOR'S MESSAGE

### A YEAR OF PROGRESS & COMMUNITY

Dear Beachwood Residents,

As we approach the end of another year, it's a wonderful time to reflect on what we've accomplished together in 2024 and to look ahead with optimism. This year was remarkable for Beachwood, filled with new projects, community involvement, and milestones that will benefit our city for years to come.

One of our proudest achievements this year was the grand opening of our new playground. This space has quickly become a favorite for families and children, creating a welcoming and safe environment for play and connection. It's exciting to see our youngest residents enjoying this new addition, and we look forward to the memories it will help create in our community.

Another milestone was the city's acquisition of the Fairmount Temple property. This purchase opens a world of possibilities for our city as we work toward transforming this valuable space to serve Beachwood residents in new ways. The potential here is enormous, and I look forward to sharing updates with you as we shape this vision.

We also took significant steps to enhance public safety. This year, I appointed Chief Grispino to lead the Beachwood Police Department. He is settling into his new role well and will share his vision and goals for the department soon. The Beachwood Fire Department added a new ladder truck and ambulance to its fleet. These investments are essential to keeping our community safe and ensuring that our first responders have the tools they need to provide rapid and effective service.

Our recent Community Engagement Forum was another highlight, with 114 virtual and around 80 in-person attendees. Seeing such strong participation from residents who care deeply about Beachwood's future was inspiring.

I want to thank our Communications Manager, Ben Lombardi, for organizing and moderating this successful event. The forum featured a knowledgeable panel that included City Planner George Smerigan, Public Works Director Chris Arrietta, Community Services Director Derek Schroeder, and

Finance Director Larry Heiser. Each panel member offered valuable insights into the potential options for this 17-acre property.

Most importantly, thank you to our residents for your thoughtful questions, feedback, and ongoing engagement. My administration will use your input from this forum in consideration of our upcoming city projects as we strive to make decisions that reflect the interests and needs of our community.

As we look ahead, we're excited about the upcoming events planned for early next year. Our annual February Freeze event is scheduled for February 13, and I encourage you to bundle up and join us for some winter fun! Additionally, we're planning our State of the City address for late February, where I'll provide updates on ongoing projects and my administration's priorities for 2025. We will also begin communicating our plans to transform the Fairmount Temple property.

Thank you for your continued support, involvement, and trust. Together, we are building a Beachwood community that will thrive for years. I wish you a joyful holiday season and a wonderful New Year.

Sincerely,



**Mayor Justin Bernis**

MayorBernis@beachwoodohio.com



## BEACHWOOD CITY COUNCIL



HOW TO EMAIL A COUNCIL MEMBER: [FirstName.LastName@BeachwoodOhio.com](mailto: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 B. STERN**  
240.706.7478



**ERIC SYNENBERG**  
216.401.0074



**JUNE E. 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

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Dial 9-1-1 or  
216.464.1234

## CONGRATS TO COUNCIL MEMBER ERIC SYNENBERG; ANTICIPATED CITY COUNCIL VACANCY



Eric Synenberg

Beachwood City Council Member Eric Synenberg has achieved a significant victory, winning the position of State Representative for Ohio's House District 21. In the Nov. 5 general election, Synenberg earned an impressive 79.24% of the vote, decisively defeating his opponent, Joshua Malovasic of Euclid, who received 20.76%. These results, as reported by the Cuyahoga County Board of Elections, highlight the strong support Synenberg received from voters across the district.

Synenberg's election marks a transition in leadership, as he will succeed incumbent Elliot Forhan of South Euclid, who has held the seat since 2022. This win positions Synenberg to bring his extensive background in law, public service, and economic development to the state level.

As an attorney with a master's degree in tax law, Synenberg has been a dedicated member of the City Council since 2018. During his tenure, he served as Chair of multiple vital committees, including Economic Development, Finance, Safety, and Legal and Personnel.

Synenberg will vacate his council seat on Dec. 31, opening a new chapter for Beachwood City Council as his colleagues work to appoint his successor. The chosen appointee will hold the position until Dec. 31, 2025, when they must run in the next election to retain the seat.

With his experience and dedication, Synenberg is well-prepared to represent and advocate for the constituents of House District 21. Congratulations to Mr. Synenberg on this new role, where his commitment to public service will undoubtedly have a broader impact across the state.

### City Council Vacancy - Serve Your Community

The City of Beachwood announces an upcoming City Council vacancy and seeks qualified applicants. Stay tuned for more info in the coming weeks and visit [BeachwoodOhio.com](http://BeachwoodOhio.com) for updates.

**Position Overview:** An appointed position where city council will interview and vote to nominate a qualified candidate. This appointment will fill a current vacancy for an unexpired term ending on Dec. 31, 2025.

**Application Process:** Submit your interest online. Details on how to apply will be available at [BeachwoodOhio.com](http://BeachwoodOhio.com) in early January.

**Requirements:** Must be a Beachwood resident for at least one year with a passion for community development and local government. Council meetings are held on the 1st and 3rd Monday of each month, and committee meetings are held upon the call of the committee chairman.

### STAY ENGAGED IN YOUR COMMUNITY:



Meeting agendas, minutes including legislation, live and recorded meetings are available on our website at [BeachwoodOhio.com](http://BeachwoodOhio.com) or please attend an upcoming meeting.

## CITY HALL LEADERSHIP SUMMIT

A group of second-grade student leaders from Bryden Elementary School recently had the unique opportunity to visit Beachwood City Hall and meet with key city directors, including Mayor Justin Berns, Beachwood Police Chief Dan Grispingo, and Beachwood Fire Chief Steve Holtzman. Organized as part of an educational initiative, the field trip aimed to give students an up-close look at their local government and help them learn more about the essential roles that city officials play in keeping their community safe and well-managed.

Accompanied by teacher Christine Mincik, who coordinates Bryden Elementary's Student Leadership Council, the students were enthusiastic about meeting the city's leadership team. Minick organized the visit not only as a civics lesson but as an experience for young students to engage with real-world leaders and to understand the importance of civic responsibility.

During their visit to City Hall, the students toured the building and learned more about how local government operates. They heard firsthand from Mayor Berns about his responsibilities and the importance of community service. Chief Grispingo of the Beachwood Police Department spoke about public safety, while Chief Holtzman from the Fire Department explained the critical role of emergency services.



Chief Grispingo, Chief Holtzman, and Mayor Berns greeting student leaders from Bryden Elementary.

### UPCOMING CITY MEETINGS

**City Council:**  
Dec. 2 at 7:00 p.m.  
Dec. 16 at 7:00 p.m.

**Planning & Zoning:**  
Dec. 3 at 6:30 p.m.

**Architectural Board of Review:**  
Dec. 2 at 4:30 p.m.  
Dec. 16 at 4:30 p.m.

# WORK - LIVE - LEARN - THRIVE

## FAIRMOUNT TEMPLE COMMUNITY ENGAGEMENT FORUM RECAP

We sincerely thank everyone who joined the Nov. 7 Community Engagement Forum to discuss the future of the Fairmount Temple property. With nearly 80 residents attending in person and another 114 joining virtually, this event highlighted the strength of community interest and dedication to shaping Beachwood's future.

We are pleased to announce that a recording of the forum and the PowerPoint presentation are available for review on the city website, located at [BeachwoodOhio.com/FutureUseFairmountTemple](http://BeachwoodOhio.com/FutureUseFairmountTemple). These resources allow those who could not attend to stay informed and engaged.

The forum served as a platform for the city to gather input and hear from our residents about the property. Through thoughtful and constructive feedback, residents provided insight into four primary options identified as top choices based on previous community input: residential housing, recreation, arts and culture, and religious or institutional use.

The survey, which received 639 responses, highlighted housing and recreation as residents' top priorities for the property. These results are helping guide our next steps as we seek to meet community needs, ensure fiscal responsibility, and maximize long-term value.

In addition to survey rankings, many residents shared comments in the write-in section of the survey, advocating for the property to be used for housing or recreation. The insights shared at the forum and through the survey will continue to shape our approach as we balance community priorities with financial sustainability and long-term value for Beachwood.

Thank you once again to everyone who contributed to this meaningful conversation. We look forward to continued collaboration as we work toward a plan that serves our city's and its residents' best interests.



Over 150 residents participated in person or virtually on Nov. 7.



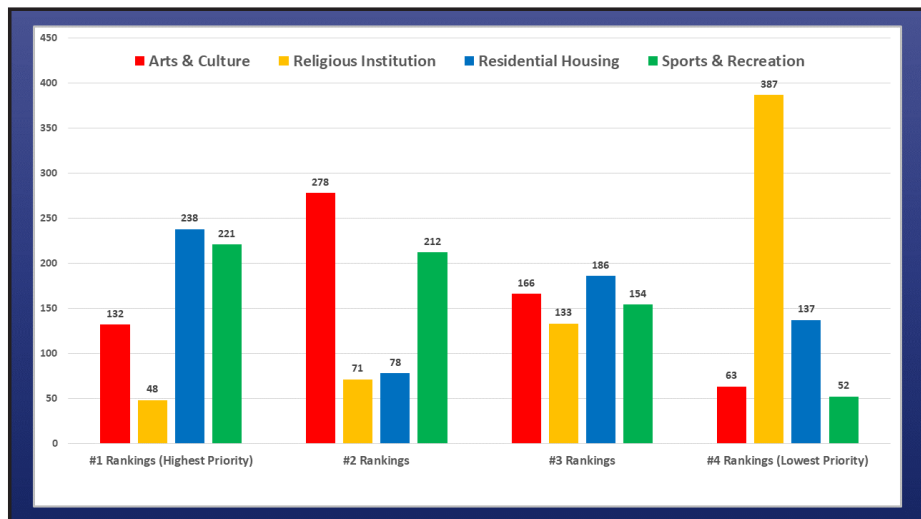
### Survey Results Summary

**Housing:** With 238 respondents selecting it as their top priority, housing emerged as the most popular option. The feedback suggests a strong community interest in expanding Beachwood's residential offerings, indicating this is a key focus for future planning.

**Recreation:** Close behind housing, recreation was the top choice for 221 respondents and received 212 second-choice rankings. Many residents emphasized a desire for more recreational facilities, especially winter-friendly options.

**Arts & Culture:** While not the most popular, arts and culture received substantial support as a preferred second or third choice. This option had a total of 278 second-choice rankings and represented a meaningful alternative in the eyes of the community.

**Religious/Institutional Use:** This category ranked lowest overall, with 387 respondents placing it in fourth place, indicating a lower priority for this type of development.



## NEW SCHOOL RESOURCE OFFICER HIRED

Welcome to Beachwood, Scott Safenovitz! Scott was recently sworn in by Mayor Berns as our newest school resource officer. Scott comes to us with a wealth of experience from Chagrin Falls Police Department, and is a graduate of the Beachwood School District!

Mayor Justin Berns swearing in Scott Safenovitz, Beachwood Police Department's new school resource officer.





## SNOW PLOW SEASON UNDERWAY

With dropping temperatures and snowfall, here are a few snow plow reminders:

- Give snow plow operators space to work. A fully loaded snow plow vehicle can weigh between 20-40 tons and cannot easily stop. Please stay at least 100 feet behind the plow when driving.
- Per Beachwood City Codified Ordinance 660.14: Advise private driveway plow operators to refrain from pushing snow in or across the roadway or in front of sidewalks. Do not snow blow or shovel snow into the street.
- Place trash cans in an accessible area (such as side of apron), not in a snowbank or a roadway.



Photo courtesy of Rob Jamieson.

- Children and pets should never play in snowbanks near roadways.
- Be cognizant of plows when clearing your driveway. Snowbanks can make it difficult for plows to see people and/or pets on the apron, and snow off a moving plow blade can be dangerous as it may contain ice and heavy, wet snow.

- Snow plow operators cannot effectively and efficiently clear roadways when obstacles are present. This causes a safety concern for all roadway users if snow response is delayed.
- Beachwood Ordinance states when snow falls over a 24-hour period to a depth of 2 inches or more, an emergency is declared and parking is 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 to comply with the emergency regulations.
- If possible, please refrain from running or walking in the road during snow events and/or until the roadway has been cleared.

## NEW CHANGEABLE COPY SIGN COMING SOON OUTSIDE CITY HALL

Installation of a new changeable copy sign at the intersection of Fairmount Boulevard and Richmond Road is underway and should be up and running by late November or early December. This impressive digital display will span 21-feet by 5-feet and sit atop a stone base, bringing the total height of the sign to approximately 10 feet.

The new sign will serve as an additional communication tool, allowing the city to share information about events, meetings, and other important updates. With advanced programming capabilities, the sign can display a variety of content, including video and segmented messages, to keep residents informed.



Mayor Berns outside City Hall at the site of the new changeable copy sign at Fairmount and Richmond.



Mayor Berns with Assistant Public Works Director Mark Lopez.

## RECYCLE BROKEN HOLIDAY LIGHTS & POWER CORDS

The Public Works Department accepts broken holiday lights and power cords dropped off for recycling in January, Monday through Friday, 7:30 a.m. to 3:30 p.m.



## CHRISTMAS TREE RECYCLING PROGRAM

The city will collect Christmas trees (real – not artificial) from tree lawns and deliver them to the compost facility on Shaker Boulevard. We recycle 100% of trees, brush and leaves by shredding and utilizing them on city grounds and for the planting program. Please call Public Works at 216.292.1922 to advise that the tree has been placed on the tree lawn for collection.



## HOLIDAY RUBBISH COLLECTION SCHEDULE

Due to Christmas Day and New Year's Day, rubbish and recycling will not be collected by the city on Wednesday, Dec. 25, or Wednesday, Jan. 1. Collections for Wednesday and Thursday will be delayed one day for those weeks only. Please note Monday and Tuesday will remain on regular schedule.





# DECEMBER RECREATION GUIDE



Early Bird Rates  
through Feb. 28!

## SUMMER BEACHWOOD CAMPS

**Resident Registration: Begins December 16**  
**Visit [BeachwoodRec.com](http://BeachwoodRec.com) for details.**

## WIZARD OF OZ JR. RECEIVES GREAT & POWERFUL OVATION

Beachwood Community Theater's *Wizard of Oz Jr.* had a successful weekend in the Emerald City (aka Beachwood Middle School) on Nov. 9 and 10. The show brought in a wonderful crowd and delighted audiences with incredible performances, vibrant sets, and unforgettable characters. A big thank you to directors Julie Matthews and Debi Lewin and everyone who joined us, from munchkins to wizards alike!

### NEXT PRODUCTION:

A sweet stage is being set for Beachwood Community Theater's winter production, *SugarTown Follies*! Residents of the delectable city of SugarTown are gearing up to showcase their most delicious creations in a friendly competition of all things sugary. Who will take the prize? The NERDs, the M&M's, or perhaps Team Candy Bar? The youth cast, ages 7-17, will bring it all to life. Rehearsals run on Wednesdays, Jan. 7 through Feb. 25. Shows on March 1 and 2. Additional rehearsals may be required. Register your child online at [BeachwoodRec.com](http://BeachwoodRec.com).

"We took our 3-year-old grandson to his first play, *Wizard of Oz Jr.*, and it could not have been a better experience for him (and for us)! The directors did an amazing job showcasing the children who have an exceptional aptitude for performing arts, even at such an early age. They also helped to build the confidence in the other participants, who are just as important, and stand to gain just as much from this early acting experience. The sets and costumes were outstanding.

During challenging times, this performance and all that went into making it so great, provided a reminder of why it's so great to live in the City of Beachwood! Well done to all involved!"

**Eric Silver, Resident**



*Wizard of Oz Jr. cast members*



# Beachwood BINGO Nights

Family-Friendly,  
All Ages!

"Leave your bingo dauber at the door;  
this is **Beachwood Bingo!**"

**More Thrills. More Prizes. More Excitement.**

**Dec. 12 | Jan. 30 | Feb. 27**  
6-8 PM at Beachwood Community Center

**Registration Required:**  
17 Years & Under - \$2/person  
Adults (18-59 years) - \$5/person  
60 Years & Better - \$2/person

**Register:** [BeachwoodRec.com](http://BeachwoodRec.com)  
Registration closes one week prior to Bingo Night. Please sign up in advance.





## NEW REC GUIDE NOW AVAILABLE!

Visit [BeachwoodRec.com](https://BeachwoodRec.com) or scan the QR code.



## UPCOMING PROGRAMS

- **Winter Break Chess Camp (Grades K-8)**  
Mon/Thurs/Fri, Dec. 23-Jan. 3, Full/Half Day  
Beachwood Community Center  
Residents \$359/\$219, Non-Residents \$431/\$263
- **216 Cardio Dance (Teens & Adults)**  
Wednesday, Jan. 8-Feb. 5, 6:30-7:35 p.m.  
Beachwood Community Center  
Residents \$125, Non-Residents \$150
- **Pickleball Refresher Clinics (Adults)**  
Thursdays, Various Times/Skill Levels, 4 Weeks  
Hilltop Elementary  
Residents \$100, Non-Residents \$120
- **Storybook Dance (Grades K-2)**  
Friday, Jan. 10-Feb. 7, 3:15-4:15 p.m.  
Bryden Elementary  
Residents \$100, Non-Residents \$120
- **Upcycle: Creative Crafters (Grades K-2)**  
Friday, Jan. 17-Feb. 21, 3:15-4:15 p.m.  
Bryden Elementary  
Residents \$150, Non-Residents \$180
- **Upcycle: Creative Crafters (Grades 3-5)**  
Friday, Jan. 17-Feb. 21, 2:40-3:40 p.m.  
Hilltop Elementary  
Residents \$150, Non-Residents \$180
- **Unleashing the Fun Side of A.I. (Adults)**  
Thursday, Jan. 30, 1:00-2:00 p.m.  
Beachwood Community Center  
Residents/Non-Residents \$5

## BEACHWOOD SENIORS

### WELCOME JAYME JIROUSEK



Jayme Jirousek

Beachwood Community Services is proud to welcome Jayme Jirousek to the team, stepping into the Senior Adult Manager role following Susan Gordon Merdler's retirement. Jayme brings over 10 years of experience in recreation, holding a Bachelor of Science in Education with a minor in Recreation and Park Management. His background includes valuable roles with Mayfield Village Parks and Recreation, Linking Employment, Abilities, and Potential (LEAP),

and Willoughby Parks and Recreation. Most recently, he served as Program Coordinator for the Willoughby Senior Center, where he led activities, coordinated trips, and managed operations for active older adults.

"I look forward to meeting our Beachwood seniors and providing fun, innovative program opportunities to meet their interests," Jayme shared prior to assuming his role on Nov. 18.

Outside of work, Jayme enjoys the outdoors, riding his motorcycle, cheering on Cleveland sports teams, and spending time with his family. If you see Jayme at an upcoming activity or around the Beachwood Community Center, please feel welcome to stop and introduce yourself.

## DEC. MEET & EAT

Viola Violin

Thursday, Dec. 19, at Noon  
Beachwood Community Center

Residents \$13

Non-Residents \$16

Program Only \$5

Register by Dec. 12

Mary Beth Ions makes her violin sing, our hands clap and our hearts smile. Her ability to weave a story throughout her repertoire, meander through the crowd and share a joke are characteristics of a top-notch performance. Join in the fun!

Meal choices include shepherd's pie (beef and veggies) or mushroom pie. All entrees served with a side salad, beverage, and dessert.

**Jan. Meet & Eat (1/16):** Introducing Tom Todd, the amazing one-man band! Chase away the winter blues as Tom sings and performs on up to nine different instruments with songs from Buffett to Beatles. Register by Jan. 9.

Register for events at [BeachwoodRec.com](https://BeachwoodRec.com),  
City Hall or call 216.292.1970.

# WHERE BUSINESS IS BOOMING!

THE LATEST NEWS FROM ECONOMIC DEVELOPMENT

## MAYOR'S BUSINESS RECEPTION AT PORSCHE BEACHWOOD

The second annual Mayor's Business Reception, held on Nov. 14 at Porsche Beachwood, brought together an impressive gathering of community leaders, local and regional legislators, prominent business representatives, and commercial property owners. The event fostered dynamic discussions between these key stakeholders about growth, investment opportunities, and new connections within the business community.

Mayor Justin Berns and the Economic Development Department extend their gratitude to all who attended and Porsche Beachwood, for hosting a productive and memorable event.

Photography provided by Discovery Photo.



Mayor Berns with Linda McCall and Sadigoh Galloway of Your Recovery Counseling.



The evening at Porsche provided key networking opportunities for all in attendance.



Mayor Berns speaking with Terry Dilisio of Millennium Control Systems.

## NEW PODCAST LAUNCH: EXPLORING OPPORTUNITIES WITH LOCAL EXPERTS

The Office of Economic Development is excited to announce the launch of a brand-new podcast series, now available through our One Stop Business Resource Center. In the first episode, Economic Development Director Cathy Biertman hosted an engaging discussion featuring Nicky Sulandari from the Collaborative Chambers of Commerce and Donald Larson from the British American Chamber of Commerce. This episode kicks off a series designed to connect local businesses with valuable resources and insights to fuel growth and success across all stages—from aspiring entrepreneurs to mid-sized companies ready to expand.

Our first topic, International Opportunities for Small and Medium-Sized Businesses, dives into the strategies and resources available to help businesses engage with global markets, reaching the 95% of consumers who live outside the U.S. Through partnerships with the Beachwood One Stop Business Resource Center, Cleveland State University's Ohio Export Center, and the Collaborative Chambers of Commerce, this series brings expert perspectives on building global connections, navigating international trade, and leveraging local resources.

Whether you're looking to grow your network or take your business across borders, tune in for practical insights from experienced professionals. Don't miss out on this fantastic opportunity to learn how Beachwood's support network can help expand your business internationally. Future podcast episodes will be available online in the city's One Stop Business Resource Center.

## SMALL BUSINESS EDUCATION SERIES

On Dec. 3, join Cathy Biertman, the City of Beachwood's Economic Development Director, for the Small Business Education Series at the Cuyahoga County Public Library's Beachwood Branch beginning at noon. Cathy will present a valuable informational session about the wide range of services offered by the Beachwood One Stop Business Resource Center.

Cathy will also introduce new, innovative resources within Beachwood, such as off-site work areas, a fully equipped podcast studio, and unique meeting spaces ideal for engaging with clients or customers.

Don't miss this opportunity to learn how you can leverage these resources to fuel your business growth. Mark your calendar for Dec. 3 and make plans to attend! Preregistration is available online at [attend.cuyahogalibrary.org/events](https://attend.cuyahogalibrary.org/events).



## 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



# They always kept it together.



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**We can help.**

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JFSA Cleveland helps individuals and families with **solutions** to face life's **challenges** with **confidence**.

# BEACHWOOD CITY SCHOOLS

Developing Intellectual Entrepreneurs with a Social Conscience

## Into Math Launches With a Focus on Differentiated Learning

At Hilltop Elementary, Mary Bruce's third-grade students gather on the carpet for a multiplication warm-up. Today's challenge is to calculate the total number of blades on seven wind turbines, each with three blades. One student mentions seeing turbines near her father's workplace, while another explains, "The wind spins it, and then it gives you energy."

Mrs. Bruce encourages students to share different strategies for finding the answer. "We could draw an array," one suggests. Another proposes skip-counting by threes. Students reference anchor charts on the wall illustrating various strategies, including bar models and doubling smaller multiplication facts (a technique known as Power Pairs).

Gone are the days of simply memorizing multiplication tables. Now, students are learning to think flexibly and approach problems from different angles. This is a key element of the district's new *Into Math* program, launched this year at Hilltop and Bryden Elementary following a comprehensive curriculum review.

Published by Houghton Mifflin Harcourt, *Into Math* combines hands-on learning, colorful visuals, and multilingual resources to engage students' varied learning styles and



Melody Wang and Yua Tsuda

needs. The online Waggle platform offers adaptive support and extension problems. Partner and small-group activities within each lesson promote collaborative problem-solving.

After the warm up, Mrs. Bruce's students break into small groups to practice multiplication problems. At one table, Yua Tsuda and Melody Wang team up to solve  $6 \times 6$ .

"What's  $6 \times 5$ ?" asks Yua.

Melody smiles and responds, "30!"

"OK. What's 6 more than 30?" Yua asks.

Melody easily answers, "36!"

Mrs. Bruce reinforces their approach using mathematical vocabulary. "So you decomposed 36 into 30 and 6. Then you solved  $6 \times 5$ . What's this strategy called?" she asks.

"The five strategy!" the girls say.

Collaborative exchanges such as these build students' confidence as they support each other and explain their reasoning. Children develop critical thinking skills and learn to apply their knowledge in new and complex situations, both inside and outside the classroom.

Molly Fusaro, a first-grade teacher at Bryden, praises this approach. "There's a focus on fostering a growth mindset, where students feel comfortable making mistakes because that's how we learn and grow," she says.

Literacy is integrated into math lessons as students read and analyze story problems, then write explanations of how they solved them in daily math journals. Mrs. Fusaro's students, for example, recently wrote sentences explaining how they identified whether numbers are part of a fact family. After discussing the answer together, Mrs. Fusaro modeled writing a complete sentence on the board as students recorded their own responses.

## EVENTS CALENDAR



### Choir Cabaret

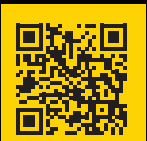
December 10, 7 p.m.  
Beachwood High School  
25100 Fairmount Blvd.

### Dr. Jay Berk Presents: Technology Addiction in Children

December 11 & 18, 7 p.m.  
Virtual Webinar  
Learn More: [www.beachwoodschoools.org](http://www.beachwoodschoools.org)

### ElderClass

January 9, 12 - 2:15 p.m.  
Beachwood High School  
25100 Fairmount Blvd.



**VIEW THE  
FULL CALENDAR**

[www.beachwoodschoools.org/calendar](http://www.beachwoodschoools.org/calendar)



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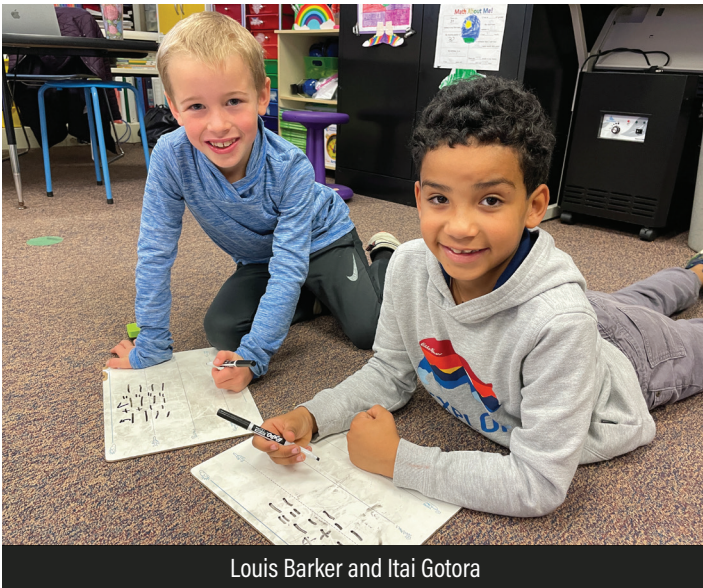
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Both Mrs. Fusaro and Mrs. Bruce acknowledge that implementing a new curriculum comes with a learning curve, yet they are already noticing a positive impact on student learning. "So far the program has been great," says Mrs. Bruce. "I look forward to continued professional development and opportunities for vertical collaboration to help us learn about and utilize the many resources the program provides. It will take time to uncover everything."

"Implementing a new curriculum is always a bit daunting, but I am enjoying utilizing this new program," says Mrs. Fusaro. "I've already seen positive growth in my students. They're becoming more comfortable and confident in sharing their thinking and problem-solving approaches."



Louis Barker and Itai Gotora

## Department of Education and Workforce Releases Special Education Profile

The Department of Education and Workforce released its annual Special Education Profile, highlighting Beachwood Schools' strong outcomes in serving students with disabilities. Based on 2022-2023 data, the profile reports high proficiency in reading and math, broad access to general education settings, and effective preparation for students' life, work, and postsecondary success.

"These achievements mean students are better equipped with the skills, knowledge, and support needed to thrive in their postsecondary endeavors," says Dr. Jennifer Polak, director of pupil services.

Beachwood Schools met key indicators for graduation rates, low dropout rates, and post-school outcomes. "The district has effective programs in place to keep students engaged and motivated to complete their studies, which contributes to better life outcomes in the long term," says Dr. Polak.

## BOARD OF EDUCATION NEWS



### Recent Resolutions

- Heard United Against Hate Presentation
- Approved Elementary Construction Executive Budget Summary
- Approved Eighth-Grade Washington, D.C., Trip

### Upcoming Board Actions

- Hear Trauma-Informed Training Update
- Hear Wellness Grant Update

### Board Meeting Calendar

- Monday, December 9 @ 7 p.m.



## VIEW AGENDAS & MINUTES

[www.beachwoodschoools.org/BOE](https://www.beachwoodschoools.org/BOE)

The profile also shows that the district met all equity standards for ensuring fair identification of special education services across racial backgrounds. "Equitable support creates a more positive, inclusive school culture where every student feels valued and supported," says Dr. Polak.

Among the growth areas identified in the profile, Beachwood Schools exceeded the state's target for the percentage of students taking the Alternate Assessment. Ohio recommends keeping this percentage at or below 1%, while Beachwood's rates are 1.73% in reading and 1.84% in math. Dr. Polak explains that teams make decisions based on what's best for each student, which may result in a rate above the state threshold. The pupil services department follows a standardized process to carefully assess each student's eligibility for the Alternate Assessment and ensure that only those who need it are selected.

The district is also working to close math proficiency gaps for students with disabilities by training teachers in evidence-based instructional strategies and using assessment data to tailor instruction to students' specific needs. Beachwood uses the profile data, along with real-time metrics, as a "temperature check" to continuously improve educational outcomes. Dr. Polak explains, "We're able to make a larger, positive impact on our students' education by refining our approach and ensuring that no student group is overlooked in their path to success."

View the Special Education Profile at:  
[www.edresourcesohio.org/oec/publicProfileSummary.php](https://www.edresourcesohio.org/oec/publicProfileSummary.php)

# BEACHWOOD CITY SCHOOLS

Developing Intellectual Entrepreneurs with a Social Conscience

## Fall Sports Wrap Up

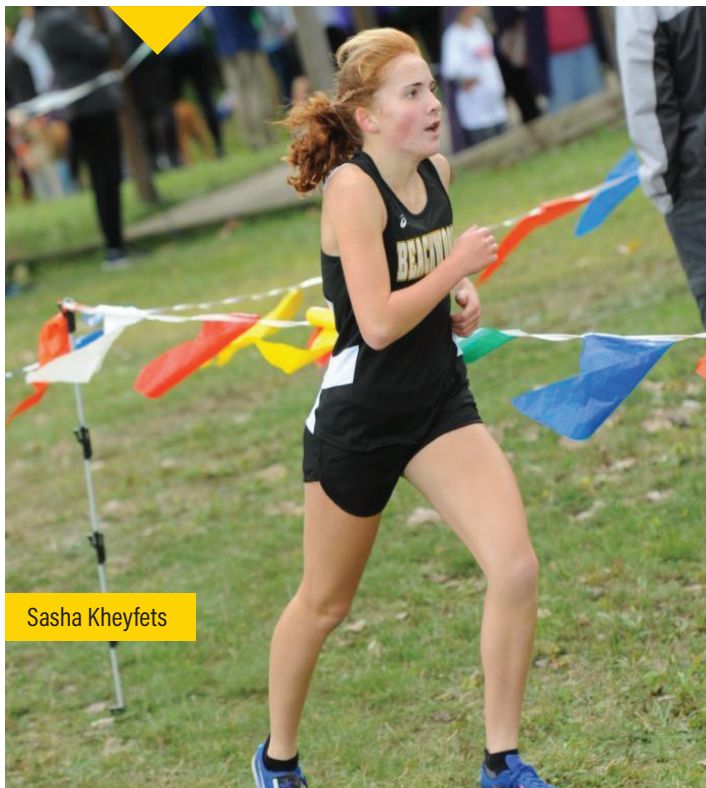
The Beachwood Bison High School fall sports teams had a fantastic fall season, with many student-athletes achieving high honors and setting both personal and team milestones.

### Boys' Soccer

The boys' soccer team made school history, securing their fourth consecutive Chagrin Valley Conference (CVC) Metro Division title and setting multiple records, including the most goals scored in a season (105) and advancing to the state semifinals for the first time for any sport. Grant Keilin was named First Team All Ohio and Division IV Player of the Year, breaking records for career goals (113) and assists (45). Alongside co-captains Kyle Bennett and Joshua Rosenblitt, Keilin led the team to an overall 19-2-2 season, which is the best record in school history. Rosenblitt broke the record for most career shutouts as goalie, with 22. All District Honors went to Keilin, Bennett, Asher Gearity, and Daniel Park. First Team CVC honors went to Bennett, Keilin, Gearity, Park, and Leo Wang. Second Team CVC honors went to Rosenblitt, Nathan Brecher, Avi Golubitsky, and Jaycob Zabell. Head Coach Brian Greene was voted CVC Coach of the Year and Greater Cleveland Coach of the Year.

### Cross Country

The boys' and girls' cross country teams had a strong season, finishing fourth out of 22 teams at the CVC Championships. Sasha Kheyfets advanced to the Ohio High School Athletic Association state championships and finished 51 in the state. She was named the team's Most Valuable Performer. First Team CVC Honors went to Kheyfets and Junbo Wang. Second Team CVC Honors went to Henrik Burda and Dirck Van Tassel. The boys' team was led by Wang, Burda, and Alex Eisengart.



### Girls' Soccer

The girls' soccer team finished with an impressive 11-5-1 record. Lilah Droë, Londyn Travis, Marley Readance, Jocelyn Owens, Lexi Jaffe, and Julia Bravo earned All District honors. Both Travis and Droë were named Most Valuable Performers and First Team CVC. Second Team CVC honors went to Readance and Owens. This team was led by 10 seniors who have been playing together since the seventh grade.



### Girls' Tennis

The girls' tennis team, led by captains Charlotte Doughty, Amy Zhou, and Shreya Chellu, had a successful season, finishing 15-7 and placing third overall in the CVC. Most Valuable Performers included Doughty and Ida Chang. CVC Honorable Mention went to Doughty and Zhou. Doubles partners Chang and Mattie Spaller as well as Doughty and Zhou advanced to the District Championships.



## ADMINISTRATION

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### Volleyball

Led by Most Valuable Performer Gianna Preston and captains Rachael Fishman, Miriam Aschkenasy, and Casie Baker, the volleyball team demonstrated resilience. Notable players included Sadie Barnholtz, Riley Dodds, Kaylin Hilliard, and Ela Sasmaz. Preston received the Second Team CVC and All District honors. The team finished 10-11, with highlights including wins over Orange, Wickliffe, Trinity, Rhodes, and Cleveland Central Catholic.

### Football

Despite a challenging season, several players stood out. Johnathon Owens earned Most Valuable Performer, while Nicholas Reese and Avi Saidel received the Coaches Award. Second Team CVC Honors went to Owens, Saidel, Tristan Brown, Aaden Condor, Maverick Edwards, and Braylen Hilliard. Owens was voted First Team All District running back. Hilliard recorded four games in which he rushed for 100 yards, totaling 796 yards for the season. The team was led by Edwards, Owens, Saidel, Larry Clark, Nick Reese, Jonathan Klein, and Caleb White.

### Golf

Led by captains Ethan Malek and Gavi Lappen, the golf team achieved multiple recognitions. Lucius Venditti received First Team CVC honors. Lappen was recognized as the team's Most Valuable Performer and earned Second Team CVC. Cameron Feuerman also achieved Second Team CVC honors.

### Cheerleading

The Beachwood cheer team supported all fall sports with energy and enthusiasm. Micai Henderson and Ilana Thal received CVC Honorable Mentions. Madeleine Mehler was honored as a Senior Scholar Athlete. The highlight of the season was the team's amazing performance at the CVC Cheerleading Showcase.



## Key Milestones Reached in Elementary Construction Project



Beachwood Schools is pleased to report steady progress on the construction of the new Bryden and Hilltop elementary schools, with the project on time and within budget as walls begin to rise. Funded by a \$65 million bond issue approved by voters in May 2022, the project's current costs are tracking at \$62.5 million, with an additional \$2.4 million in contingency funds allocated to cover any unforeseen expenses.

Thanks to favorable fall weather, crews have achieved key milestones. At Bryden, footers, plumbing, and electrical systems have been installed, and structural walls and decking are now going up in preparation for winter. Steady progress also is underway at Hilltop. While underground conditions have prevented some of the footers from being installed, the team is making adjustments and remains confident the project will stay on the same timeline as Bryden.

The project is currently in Phase 3 of the Guaranteed Maximum Price (GMP) contract with Hammond Construction. This phase covers major components such as structural work, HVAC systems, and concrete installations. The GMP contract ensures financial predictability by setting a firm cost limit. Phase 3 contracts have been awarded for carpentry, masonry, structural steel, glass, and aluminum, while bids are being secured for the technology infrastructure, security, and utilities.

Looking ahead, GMP 4 will address furniture, fixtures, playgrounds, and landscaping, with bidding planned for early 2025. The former buildings will be abated and demolished after students transition into the new schools in January 2026. Demolition is expected to be completed by April 2026.

Follow the progress through our monthly construction update videos, hosted by Bryden Principal Arianna DeGeorge and Hilltop Principal Amy Pinney. Recent videos highlight the science of concrete, the process of masonry work, and the preparations for winter. For more information, visit [YouTube.com/@BeachwoodBison](https://YouTube.com/@BeachwoodBison) or go to [BeachwoodSchools.org](https://BeachwoodSchools.org) under "Elementary Facilities Updates."





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Black Box Fix  
Brio Italian Grille  
The Capital Grille  
The Cheesecake Factory  
Chico's  
Chipotle Mexican Grill  
Contessa Gallery

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Deka Lash  
Dick's Sporting Goods  
Dippy Whip Custard  
Drybar  
Esporta Fitness  
Ethan Allen  
Giant Eagle  
Hyatt Place Hotel  
J. Crew Factory  
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Ladies & Gentlemen  
Salon & Spa  
Lilly Pulitzer  
L.L. Bean  
Loft  
Lovesac  
The Melting Pot  
Milan Laser  
Hair Removal  
Nordstrom Rack  
Pearle Vision

PodPopuli  
Sola Salon Studios  
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Black Market  
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# LEGACY VILLAGE

## Holiday shopping made easy at Legacy Village

Make Legacy Village your one-stop holiday shopping destination for everyone on your list and enjoy the magic of the season. With festive décor, adult to-go drinks, holiday traditions, and plenty of free parking, Legacy Village is sure to put you in the holiday spirit.

### Holiday gift giving for everyone on your list

It's a breeze to find special gifts for everyone on your list. For the men, check out Dick's Sporting Goods and Jos. A Bank. The ladies will love the stylish selections at LOFT, Lilly Pulitzer, Chico's, White House Black Market, and Talbots. You'll also find great gifts at L.L. Bean, J.Crew Factory, Crate & Barrel, and Nordstrom Rack.

Have a beauty lover on your list? Give the gift of glam with pampering experiences from Ladies & Gentlemen Salon and Spa, Drybar, Deka Lash and Anthony Vince Nail Salon. Don't forget to treat yourself while you shop – with a blow-out, manicure, pedicure or massage.

Planning holiday gatherings? The entire family will appreciate a gift from the Legacy Village Home District. Swing by Crate & Barrel for festive décor and entertaining essentials, as well as beautiful furniture collections from Arhaus.

Explore stylish designs at Ethan Allen, and don't miss the comfort pieces offered by LoveSac.

For the foodies, give the gift of shared dining experiences. Whether it's a holiday lunch with friends or a dinner with family or that special someone, Legacy Village offers a selection of dining choices to suit every taste. The Melting Pot is a fun way to enjoy great fondue. Consider The Cheesecake Factory or The Capital Grille when getting together with your favorite foodie. Stop for drinks and apps at Bar Louie. Or delight your tastebuds at Wild Mango or Black Box Fix.

For those on your shopping list who are hard to shop for or who just can't make up their mind about what they would like this year, give the gift of a Legacy Village gift card. Gift cards may be purchased at the self-serve kiosk, located by the escalators between Contessa Gallery and Starbucks; at the mall office, Monday-Friday, from 9 a.m. to 4 p.m.; by phone at 216-382-3871; or online at [www.legacy-village.com/gift-cards](http://www.legacy-village.com/gift-cards).

### Seasonal 'cheer' adds to shopping experience

Whether you prefer a spiked hot chocolate, hot toddy, beer or wine, treat yourself to an adult beverage while you shop and stroll Legacy Village's Designated Outdoor Refreshment Area (DORA). Stop by participating DORA restaurants – Bar Louie, Brio Italian Grille, Chipotle, Hyatt Place, The Melting Pot and Wild Mango – and look for a DORA decal on the doors of participating retailers who welcome shoppers with DORA beverages.

### Decked out for the holidays

Legacy Village's festive décor is the perfect holiday backdrop complete with a 36-foot decorated tree, holiday lighting and a life size JOY sign that can help you #CreateJOY with your friends and family. Make sure to tag @LegacyVillage when posting on social media for a chance to win a \$100 gift card.

Stay tuned on social media to participate in Legacy Village's "12 Days of Giveaways" this holiday season. Be sure to follow Legacy Village on Facebook and Instagram (@LegacyVillage) and on TikTok (@LegacyVillageOH) to stay in the loop about photo contests, holiday events, gift card giveaways, restaurant and retailer promotions, and more.

LEGACY  
VILLAGE

# Beachwood Residents Recognized at Facing History & Ourselves 25th Anniversary Cleveland Benefit

Facing History & Ourselves, founded in 1976, held a benefit on Thursday, Sept. 26, at City Club Cleveland to celebrate 25 years since the opening of its Cleveland office. At the event, 25 individuals were honored, including Beachwood residents Sallie Fine and Randell McShepard.

Featured speakers included Van Jones, CNN host and president of Magic Labs Media; Cleveland Mayor Justin Bibb; and Desmond Blackburn, Ph.D., president and CEO of Facing History & Ourselves. Lisa Lefstein-Berusch moderated the panel.

Facing History & Ourselves uses the lessons of history to challenge teachers and their students to stand up to bigotry and hate. Its classroom resources and professional development offerings examine racism, antisemitism, and prejudice at pivotal moments in history. They help students learn about human behavior and the choices individuals made in the past, and connect them to the choices they confront in their own lives today. Facing History's approach equips educators with tools to nurture empathy, analytical thinking, and civic agency in generations of young people.

The organization pulls from its experience to prepare the next generation to bridge divides and shape a better future. Its work is more important than ever. Studies show that polarization is on the rise. Although the teaching of history is very much challenged, Facing History educators are using the organization's resources to teach inclusive history, foster civic participation, and empower students to work across difference to build a stronger democracy.

Sallie, recognized as an educator honoree, became affiliated with the organization during the summer of 1996. "I was a National



Endowment for the Humanities Fellow at Simmons College, participating in a seminar called Literature of the Holocaust," she said. "The professor, Dr. Larry Langer, was involved with Facing History and brought us to its Boston headquarters to introduce us to the organization.

"I was instantly smitten," she added. "Then, when Facing History opened its Cleveland office in 1999, I couldn't wait to get involved. It took a bit of time, but as the Cleveland office grew, so did my experience."

Since then, Sallie has attended several professional development workshops, which she told us are the best professional development opportunities for teachers that she's experienced in her 33 years of public education.

"As the English Department coordinator for Charles F. Brush High School, I've arranged for most of the teachers in my department to attend at least one workshop," Sallie said. "We have incorporated Facing History's curriculum units for *To Kill A Mockingbird* and *Night* into our classes, and have applied the strategies we've learned to other units as well."

When Sallie found out she was selected as an educator recipient, she was deeply moved. "This is an organization that has given



*Pictured from left: Sallie Fine with her husband, Michael Lewin; Randell McShepard with his wife and daughter, Gail and Madison McShepard.*

*Photos by Andrea Hallgren.*

me so much over the years. To be recognized was really special," she said. "As educators, we have a responsibility to prepare our students to function in the world as thoughtful, well-informed citizens, and programs like Facing History & Ourselves give us the tools to do just that."

Randell, vice president of public affairs and chief talent officer at RPM International, was recognized as a corporate honoree. He was introduced to Facing History through Greg Deegan, former Beachwood High School teacher who is now executive director of Teaching Cleveland.

"Greg used to invite me to speak to his classes about social justice issues because I am the co-founder of PolicyBridge, a Cleveland-area think tank that writes research reports about various justice-related issues," Randell said. "He then introduced me to Facing History's former executive director, Mark Swaim Fox, who asked if I would speak to high school students, share my background, and answer questions about pressing issues of the day."

"Since then, our company has supported Facing History because our No. 1 philanthropic giving priority is education. We like to see students afforded opportunities to learn, thrive, excel, and be

exposed to new experiences, all of which are near and dear to my heart. Facing History's curriculum and life lessons are truly amazing," he continued. "From the start, I've found this to be a valuable use of my time."

When Randell found out he was being recognized, he was surprised and honored. "I didn't see it coming," he said. "I didn't know they were planning to honor individuals at this event. I was pleasantly surprised and am grateful to be in the company of a lot of good people."

Randell then explained the critical necessity in current times of taking a close look at history and encouraging students to do so as well.

"There is so much to be learned," he said. "With books being banned, it's important to advocate for kids to know the historical context of life in this country and the world.

"Facing History does a great job ensuring that students learn history and gain tools to become well-rounded individuals, both now and for the rest of their lives."

Event chairs were Amy and Ira Kaplan, and Koyen and Baiju Shah.

To learn more about Facing History & Ourselves, visit [www.facinghistory.org](http://www.facinghistory.org).





# LET'S GELT READY FOR HANUKKAH

## CONGREGATIONAL PRE-HANUKKAH DINNER & CELEBRATION

FUN FOR ALL AGES

SUNDAY, DECEMBER 15 AT 5:30PM

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Sponsored by our Men's Club and Sisterhood

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- Children's Activities
- Hanukkah Shopping

### COST:

*Early bird through December 8*

B'nai Jeshurun Members: \$16 adults / \$8 children (12 & under)

Guests: \$24 adults/ \$12 children (12 & under)

2 & under are free

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# Building Resilience, Breaking Stigmas: How the Epilepsy Association Makes a Difference

**T**he Epilepsy Association supports adults, children, and families impacted by the challenges of epilepsy. It provides a range of services, including adult mental health case management, tailored support for children and families to enhance quality of life, and community education to promote epilepsy awareness.

Through its Kids and Family Services program, the association offers customized assistance to children and their families. A dedicated case manager meets with family members in their home or community to assess their needs and connect them with local resources. This personalized support includes valuable epilepsy education, advocacy, and ensures families have the tools needed to navigate their challenges.

The organization's trained staff and qualified volunteers also conduct instructional presentations covering seizure first aid and basic epilepsy education, equipping families with essential knowledge.

**Additional programs and events include:**

## Coffee with Caregivers

### Virtual Support Group

This group is led by a fellow caregiver of someone with epilepsy. Zoom meetings are held on the first Wednesday of each month at 7 p.m. and the third Saturday at 10 a.m.

## Adult Social Services

Epilepsy Association offers adult case management for individuals in Cuyahoga County living with epilepsy and a co-occurring mental health condition. This program promotes overall well-being and quality of life. They also offer an eight-week virtual program, Managing Life with Epilepsy, developed by researchers at Case Western Reserve University. This course equips participants with evidence-based strategies to improve their quality of life.

## Community Services Seminar Series

This four-part event addresses concerns voiced by clients and others affected by epilepsy. Each seminar features neurologists presenting on relevant topics, ensuring participants receive expert insights into managing their condition.

The agency's community program manager also responds to information requests, facilitating education, advocacy, and connections to relevant services.

"Our goal is to provide education, advocacy, and direct services that lead to a better understanding of epilepsy and better management of the condition," said Patty Varanese, executive director. "Our services help people build resilience and independence, and also help to increase people's abilities to contribute meaningfully to the community. We are committed to instilling that there is no stigma around epilepsy."

The Epilepsy Association hosts four major fundraising events annually. Its upcoming 20th Annual Epilepsy Association Winter Walk will take place on Saturday, Jan. 25, at Southpark Mall, in Strongsville. On Nov. 8, the association held its 33rd Annual Epilepsy Association Gala, where Beachwood resident Jun Park, M.D., was honored with the Legacy Award.

Dr. Park, a board-certified child neurologist and epilepsy specialist at University Hospitals, is also a professor of pediatrics and neurology at Case Western Reserve University School of Medicine. He has expertise in pre-surgical evaluations of children, publishes



Patty Varanese, executive director; Jillian Mae George, Youth Humanitarian Honoree; Keionna Brown, Caregiver Honoree; Dr. Jun Park, Legacy Honoree; and Mark Holcomb, board president.

extensively in peer-reviewed journals, and speaks nationally on pediatric epilepsy surgery.

Nationally, he has organized and moderated educational symposia, participated in and co-chaired committees for the American Epilepsy Society, and serves as an epilepsy consultant for the FDA Pediatric Advisory Committee. Regionally, he co-chairs the Professional Advisory Board at the Epilepsy Association. He also directs the International EEG/Epilepsy course at UH Cleveland Medical Center and serves as an editor for World Neurosurgery and World Neurosurgery-X Open Access.

"It's a great honor to serve the Epilepsy Association, which exists solely to help patients who are impacted by epilepsy," said Dr. Park. "When I was asked to serve as a co-chair of the professional advisory board, which consists of dedicated individuals with common goals, it was a welcome opportunity to contribute to the community."

"It's a great honor to be a part of the long tradition of individuals like Drs. Devereaux and Lüders from UH Cleveland

Medical Center, who have received this award before me," he added. "They are pioneers in the field of epilepsy and to receive the same award was totally unexpected."

"The NE Ohio Epilepsy Association helps patients build resilience and independence, so they can lead happy, healthy and productive lives. The non-profit organization exists to help patients impacted by epilepsy, adults, and children alike. I encourage patients to visit their website to learn about how this organization serves patients in 13 counties across Northeast Ohio."

The Caregiver Award Honoree was Keionna Brown, of University Hospitals Rainbow Babies and Children's, and the Youth Humanitarian Award Honoree was Jillian Mae George.

To learn more or to get involved, please scan the QR code below, call 216.579.1330, or visit [www.epilepsyinfo.org](http://www.epilepsyinfo.org).





# From the Beachwood Chamber of Commerce

**T**he Beachwood Chamber of Commerce's mission is to connect and engage the Beachwood community through business development, networking, and monthly signature events. One of the biggest reasons businesses join the chamber is to interact with other businesses in the area.

BCC offers member-only benefits for businesses, non-profits, non-business residents, and government agencies, all at a reasonable cost. Plus, members are eligible for discounts in

health insurance, workers compensation premiums, office supplies, energy savings, marketing, FedEx shipping, payment system services, and technology services.

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



## Young Professionals

Last month, BCC's Young Professionals event was a resounding success. Attendees engaged in inspiring discussions and networking opportunities, and heard from a panel of experts on the topic of Building Skills for the Modern Workplace.

Special thanks to Rita Singh, COO at SA Consulting Group, for being the event moderator; and to panelists Julie Habbouche, VP Human Resources Aerospace, Eaton Corp.; Tanya Manning-Grant, CEO/Owner, Dresscode Boutique; and Jamie Peltz, CEO/Founder, SureSwatch Inc.

Additional thanks to Tanya for hosting the event.



"We were thrilled with the turnout and success of this event, and we look forward to more initiatives that foster growth and collaboration among our vibrant community of young professionals," said David Lapierre, BCC executive director.

Please watch for details about the chamber's next Young Professionals event.

If you would like to host an event, please email David at [director@beachwood.org](mailto:director@beachwood.org).

## After Hours Networking • Topic: Cybersecurity

With special guest speaker from the FBI Cleveland office

Wednesday, Dec. 11 • 4:30-6:30 p.m. • Location TBD

Please join us for this special opportunity to connect with fellow members and expand your professional network. Additionally,

we will feature a presentation on cybersecurity awareness, providing valuable insights to help protect your business.

## Women of Beachwood Chamber Coffee Hour

Thursday, Dec. 12 • 8:30-9:30 a.m. • Location TBD

Members: No charge. Non-members: \$10

## Chamber Benefits

Tuesday, Jan. 7 • 8:30-9:30 a.m. • Beachwood Public Library • No charge

Join David Lapierre, BCC executive director, and other chamber members to learn about the benefits of

being part of a Chamber of Commerce and how they can help you grow your network and business.

To learn more about the Beachwood Chamber of Commerce or the above-listed programs, or to register, visit [www.beachwood.org](http://www.beachwood.org).



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# Coping with Cancer During the Holidays

**T**he holidays can be a difficult time emotionally for anyone – but especially those impacted by cancer. The Gathering Place offers a soft place to land for those with a cancer diagnosis, along with caregivers and their loved ones, with unique programs and resources for individuals of all ages this season.

"This year alone, nearly 8,000 individuals in our community will be diagnosed with cancer. This impacts not only them, but their entire circle – loved ones, children, friends. The Gathering Place is here for everyone, to provide a place of healing for the mind, body, and spirit," said Michele Seyranian, CEO of The Gathering Place. "Thanks to the generous support that we receive from the community, The Gathering Place's cancer programs have been provided at no cost for nearly 25 years and continue to evolve to fit the needs of our participants."

**TGP Beachwood**  
23300 Commerce Park  
Beachwood, Ohio 44122

**TGP Westlake**  
25425 Center Ridge Rd.  
Westlake, OH 44145

**Contact information:**  
216.595.9546  
[touchedbycancer.org](http://touchedbycancer.org)

## Upcoming Programs for Support this Season:

### Dreaming Sweet Dreams

Tuesday, Dec. 3 • 6-7:30 p.m.  
TGP Beachwood

Sleep problems are very common for people with cancer as well as their loved ones. Many people have trouble falling or staying asleep which impacts moods, energy levels, and overall health. Learn techniques that can help you fall asleep and stay asleep, dreaming sweet dreams.

### Mandalas for Self-Care

Wednesday, Dec. 4 • 6:30-8 p.m.  
TGP Westlake

Creative art activities can help patients stay in a positive place while enduring cancer's emotional roller coaster. Participants will create an artistic design in a circular form using drawing or painting materials with a focus on mindfulness and personal wellness.

### Kids Only Holiday PJ Party

Saturday, Dec. 7 • 1-3 p.m.  
TGP Beachwood

Enjoy pajama party fun in the afternoon with movies, dancing, and crafts. Grown-ups can use this time to holiday prep, shop, or nap! Leave the partying and the kids to TGP.

### Young Adult (YA)

#### Ugly Sweater Party

Friday, Dec. 6 • 6:30-8 p.m.  
TGP Beachwood

Put on your favorite holiday attire and come celebrate the holidays with fellow YAs.

### Singing Bowls (Sound Bath)

Friday, Dec. 13 • 11 a.m.-noon  
TGP Beachwood or virtually

This full body relaxation experience will help with stress, tension, sleeplessness, anxiety, depression, grief, physical pain, and more. Immerse yourself in the healing power of sound on this relaxing journey using the highest-grade Crystal Alchemy Singing Bowls.

### Walk the Labyrinth for the Winter Solstice

Wednesday, Dec. 18 • 4-5:30 p.m.  
TGP Westlake  
Friday, Dec. 20 • 4-5:30 p.m.  
TGP Beachwood

Come experience this relaxing form of walking meditation. Learn the history and variety of uses for the labyrinth.

Additional programming is offered throughout the year, including nutrition and movement programs as well as a wide variety of support groups (grief, caregivers, children, parents, cancer specific, etc.) and family programming. Individual support and resources are also available. Visit [touchedbycancer.org](http://touchedbycancer.org) or call 216.595.9546 for more information.

To make a gift to ensure that programs like these remain available for all in the community at no cost, please visit [touchedbycancer.org/annualfund](http://touchedbycancer.org/annualfund).

## Yarn Over Beachwood

Participants of Yarn Over Beachwood knit, crochet, and loom items for different organizations and charities throughout Northeast Ohio. The group shares ideas, patterns, projects, websites, links to patterns, and more. Meetings are held the first Friday of each month from 10-11:30 a.m. at the Beachwood Library. Upcoming meetings are Dec. 6 and Jan. 3.

Participants create varied projects, including hats, scarves, bunnies, bears, lapghans, soap sacks, and more – and yarn donations are always welcome!

To participate or donate yarn, contact Iris November at [lberty-club@gmail.com](mailto:lberty-club@gmail.com) or 216.375.9111.

Items for winter and the holidays are always needed.



Beachwood fourth graders were all ears on a recent field trip to the Cleveland Orchestra. They journeyed through the colorful world of American music, discovering how composers have shaped its sound over the centuries, from Dvořák's folk-inspired "New World" Symphony and Duke Ellington's jazzy rhythms to Jennifer Higdon's contemporary sounds and John Williams' moving film scores. Copland and Bernstein bookended the show, making it an unforgettable musical adventure!



# Healing Through Grief

Help fund a journey through grief, healing, and hope

In the Bubble Productions and Good City Concepts announce the filming of *Hiking Through Grief*, which takes viewers on a journey through grief, healing, and hope. This film marks the first collaboration between the two filmmakers, both of which are committed to storytelling that uplifts and inspires.

This film, which is being shot locally in and around hiking trails throughout the Chagrin Valley area, is a labor of passion, with everyone on the team working on spec – meaning they're working without upfront payment because they fully believe in the project's powerful message.

"Once we raise sufficient support, we will compensate our dedicated team who have so willingly contributed their time and talent," said Engelina Koberna, creative director and producer of In the Bubble Productions. "Our goal is to spread the word about this project and seek financial support. Then we plan to submit this film to festivals near and far."

Henry Ortlip masterfully employs his skills and lens to showcase a touching and uplifting narrative crafted by storyteller and director Stephen Burks.

The mission of the film is to shed light on the journey of grief, offering education, support, and hope to those grieving the loss of loved ones. In our society, the unique needs of individuals in mourning are often overlooked, with far too little understanding and support available.

"We believe that everyone deserves the chance to grieve in a compassionate, empathetic, and nonjudgmental environment. We also trust in the transformative power of community, where those on similar paths can uplift and encourage one another," Engelina said. "As Michelle Obama insightfully stated, 'Grief and resilience live together.'"

The film, based on a true story, follows six individuals who have joined Power of Joy's Hiking Through Loss, a hiking group

that was founded in 2020 by two friends who had lost their spouses. The group today is over 60 strong! They have a monthly scheduled hike as well as other social get-togethers throughout the month.

Through hiking, these individuals form a strong, supportive community that offers strength and hope. The film captures their shared experiences, resilience, and the journey to rediscover joy, find solace, and embrace renewal.

Through hiking, these individuals form a strong, supportive community that offers strength and hope. The film captures their shared experiences, resilience, and the journey to rediscover joy, find solace, and embrace renewal.

Beachwood residents Julie Frayman and Jennifer Stern are also involved in the creation of this project.

Julie, an avid hiker, sees the healing power of this story and understands the importance of sharing it with the world. As a family friend of Engelina, she feels a natural call to help bring this inspiring film to life.

Jennifer Stern, LISW, founder of Transformative Grief, appears in the film and helps set the story's foundation. She specializes in guiding individuals and families through grief, loss, bereavement, and life's challenging transitions. Additionally, she is collaborating with Dr. Ellen Luebbbers Weaver, co-founder of Power of Joy's Hiking Through Loss, to develop a grief counseling guide. This



Jennifer Stern, LISW, Transformative Grief Counseling, and Dr. Ellen Luebbbers Weaver, co-founder of Power of Joy's Hiking Through Loss group. Photo credit: Mark Most.

guide will be available for grief counselors and support centers as a companion resource to the film.

Sponsorship opportunities are available. As a partner, your company or organization's name will be prominently showcased to thousands of documentary film enthusiasts.

Businesses and residents may also support the project through its crowdfunding page at <https://tinyurl.com/mr39fj65>. Those who contribute will receive insider news and exclusive updates. For more information, email [Engelina@inthebubbleproductions.com](mailto:Engelina@inthebubbleproductions.com).



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# At the Beachwood Library

To view the library's full list of events and to register, visit <https://cuyahogalibrary.org> or call the library at 216.831.6868.

## Small Business Education Series: City of Beachwood Economic Development

Tuesday, Dec. 3 • 12-1 p.m.

Join Catherine Bieterman, City of Beachwood economic development director, for an informational session on the services the Beachwood One Stop Business Resource Center can provide to business owners. Register at <https://attend.cuyahogalibrary.org/event/10856959>.

## Maxwell DISC Workshop: Unlock Your Strengths

Thursday, Dec. 5 • 7-8:30 p.m.

Discover how the DISC personality model can help you communicate more effectively, resolve conflicts, and accelerate both personal and professional growth. Register at <https://attend.cuyahogalibrary.org/event/12018827>.

## Author Donna Seaman

Monday, Dec. 9 • 7-8 p.m.

Join us for a discussion of *River of Books: A Life in Reading*, by Donna Seaman. Register at <https://attend.cuyahogalibrary.org/event/11708402>.

## Tuesday Book Chat

Tuesday, Dec. 10 • 7-8 p.m.

Join us for a discussion of *Scandalous Women*, by Gill Paul. Registration not necessary.

## Blood Drive

Saturday, Dec. 14 • 10 a.m.-3 p.m.

Donate blood today. For more information or to make an appointment, visit [www.redcrossblood.org](http://www.redcrossblood.org) or call the American Red Cross at 800.RED.CROSS (800.733.2767).



## Knit & Lit

Monday, Dec. 16 • 6:30-8 p.m.

Join us for knitting and informal chats about what everyone is reading. Register at <https://attend.cuyahogalibrary.org/event/11009708>.

## Business Law Basics

Tuesday, Dec. 17 • 12-1 p.m.

Join Stacy Bauer, founding member of BauerGriffith, to learn about business law and get answers from an experienced business lawyer. Register at <https://attend.cuyahogalibrary.org/event/10851728>.

## Third Wednesday Book Discussion

Wednesday, Dec. 18 • 2-3 p.m.

Join us for a discussion of *The Displacements*, by Bruce Holsinger. Register at <https://attend.cuyahogalibrary.org/event/11731995>.

## Through the Eyes of the Artist:

### Steve McCurry

Friday, Dec. 20 • 10-11 a.m.

Join art historian Felicia Zavarella Stadelman as she presents on the life and works of Steve McCurry, American photographer. Register at <https://attend.cuyahogalibrary.org/event/11795794>.

## DID YOU KNOW?

The Beachwood Library's Digital Navigators service offers you one-on-one tech assistance, from device setup to internet access troubleshooting. Sessions are tailored to your needs. To make an appointment, call 216.749.9420.



## StoryWalk™

The December and January StoryWalk™ is *Twinkle, Twinkle, Winter Night*, by Megan Litwin, illustrated by Nneka Myers.

Whether it's the moon in the crisp, cool sky, flickering candles in a neighbor's window, or the dazzling lights strung up about town, winter is a time of glowing warmth and cozy closeness. Celebrate winter with this magical twist on a beloved nursery rhyme that captures this charm, making it perfect for days when the sun goes to sleep early – and winter wonders shine bright.

## Storytimes

Storytimes are on break during December.

## Play Learn Grow Workshop

Thursdays, Dec. 5 – Jan. 2  
10-11 a.m.

Boost your toddler's brain through play! Join us for a 5-week series for caregivers and children ages 1 to 3. Connect with your kids and other families, plus get answers about your growing child. Registered event.

## Hebrew Language Storytime

Wednesday, Dec. 4 • 4:30-5 p.m.

Join us for stories, songs, movement and rhymes in Hebrew and English. This family program is presented in collaboration with Cleveland Shin Shinim and the Mandel Jewish Community Center.

## Tween Graphic Novel Book Club

Tuesday, Dec. 17 • 4-5 p.m.  
Grades 5-8

*Shiny Misfits*, by Maysoon Zayid and Shadia Amin. Registered event.

## Read with a Therapy Dog

Friday, Dec. 27 • 4-5 p.m.  
Grades 1-5

Practice reading judgement free with a certified therapy dog. Reading slots are limited to 10 minutes each, with 5 slots per event. Registered event.

## Read & Wonder Book Club

Tuesday, Dec. 10 • 4-4:45 p.m.  
Grades 1-4

Join us for a fun chat and themed activities about a different chapter book genre each month. Books available at the Youth Desk one month before each session. December: When it's cold outside, try getting cozy with an animal fantasy. Registered event.



## DID YOU KNOW?

Kanopy, an on-demand streaming video platform, offers films, TV shows, educational videos, and documentaries. The service is free when you register at [www.kanopy.com](http://www.kanopy.com) with your library card.

With heartfelt gratitude, we wish you a happy holiday season filled with peace, love, and happiness. Beachwood shines bright because of our community – please share your stories in the new year!



# A Stronger Future for Beachwood Athletics Starts with You

The Beachwood Schools Athletic Boosters promote the growth and success of student athletes and teams. They support special projects and programs for each team, and foster community spirit.

"In order for the Boosters program to thrive, we rely on support from parents and our community through memberships," said Michael White, treasurer. "We also offer sponsorships and initiate fundraising efforts to better serve the needs of the Beachwood Athletics Department, our athletes, and teams."

"We need community support to be successful," reiterated Sam Malek, Boosters board member. "While we spend countless hours raising funds and supporting athletics, true success comes from the commitment of our entire community."

Boosters memberships allow families to enjoy Beachwood Schools' sporting events at no cost, while supporting student-athletes and their teams. Funds are also used for facilities upgrades, as needed.

"Currently, the Boosters plan to modernize the high school weight room, which hasn't been upgraded in 20 years," Michael said. "We're doing this to give students a competitive advantage by removing obstacles that prevent them from performing at their best."

The Boosters recently supported the tennis team by funding a trip to Cincinnati, where players participated in tennis matches and attended the Cincinnati Open at Kings Island. They also assisted the swim team by lowering costs for swimmers to train in Orlando – the first trip of

this sort in 14 years. Additionally, the Boosters have supported the football team with new headsets and, most recently, the basketball teams with the purchase of new shoot-away equipment.

"Becoming a member isn't just about free entry to home events, though the savings are significant," Michael said. "We put funds to work to support every team's unique needs – covering the Athlete of the Week, senior recognition, youth programs, and equipment and facility upgrades."

"About 95% of Beachwood students participate in at least one sport," he added. "Our goal is to create an unforgettable experience for each and every one of them."

The Boosters are pushing for memberships now because of ambitious goals. Please scan this code to support the Boosters. The Beachwood Athletic Boosters are part of the Beachwood Schools Support Organization, recognized as a 501(c).



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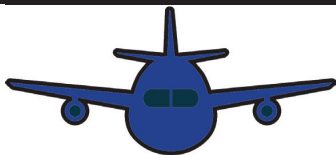


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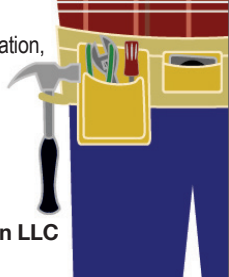
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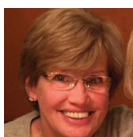


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