

Beachwood Buzz

March 2026

Every Resident's Voice. Every Month.

MAGAZINE

A woman with long brown hair, wearing a dark blue double-breasted suit with gold buttons, stands in a courtroom. She is holding a wooden gavel in her left hand. The background shows wooden paneling, an American flag, and several empty chairs.

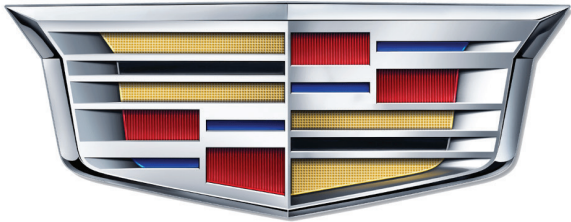
Danielle SHOYKHET

Appointed City Council President

Shoykhet becomes
second woman
in Beachwood's
history to hold
that position

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Letter from THE EDITOR

By Debby Zelman Rapoport

"Between stimulus and response there is a space. In that space is our power to choose our response."
~ Viktor Frankl

Much happens in the world around us that we cannot control. The pace is faster, the noise is louder, and the demands on our attention are constant. It is cited that we each have about 60,000–70,000 thoughts per day – most of them repetitive – and when things don't go as planned, it's natural to feel stressed, disappointed, overwhelmed, or emotionally drained.

What we often forget is that while we can't control circumstances, we can choose how we respond to them. Our reactions – internal and external – play a powerful role in shaping how we ultimately experience our days.

Controlling our reactions is far easier to talk about than to practice, especially when we are tired, distracted, or emotionally charged. Still, our reactions largely determine how situations land with us and how long their impact lingers.

Every day we react to countless moments – some small, some significant. Many responses are automatic, while others require intention and reflection. Even though we can't control other people, unexpected events, or the broader environment, we can choose our thoughts, our words, and how we engage emotionally.

When we wake up and intentionally decide to approach the day with steadiness – even if it doesn't unfold perfectly – we give ourselves the opportunity to move from chaos to calm. Yet many of us unknowingly hand over our sense of peace by letting

circumstances, outcomes, or other people dictate how we feel.

Even in difficult situations, there is often a small opening – a pause, a reframe, a moment of perspective – that allows us to respond in a way that serves us better.

When challenges arise, as they inevitably do, emotion often takes the wheel before logic has a chance to catch up. Some people default to worst-case scenario thinking, while others instinctively look for possibility. Although both are human responses, awareness gives us options.

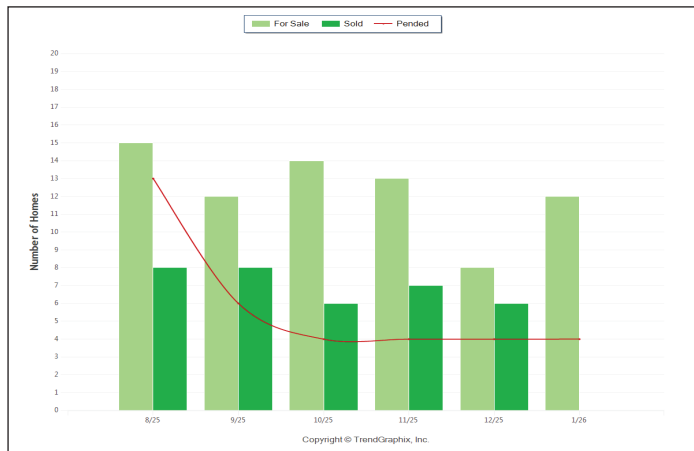
Reading or writing about this while in a calm frame of mind makes it all sound simple. Living it in real time, especially when emotions are heightened, is much harder. That's when our best intentions are most likely to slip away.

Albert Einstein famously said that insanity is doing the same thing over and over again and expecting different results. If you're satisfied with how you typically respond to life's challenges, no change is needed. If not, a few gentle practices can help:

- **Create space between stimulus and response.** Even a moment of space allows clarity to replace impulse.
- **Lead with calm.** Stress escalates situations; calm has a contagious, stabilizing effect.
- **Ask before assuming.** Better questions lead to better decisions.
- **Direct your emotional energy.** What you focus on grows – choose wisely.
- **Use a tangible cue.** A bracelet, ring, or symbol can prompt awareness and balance.

Ultimately, we each have a choice. We can respond with intention or we can allow our reactions to run the show. One path creates space, perspective, and steadiness. The other allows circumstances – and sometimes other people – to determine how we feel. In today's world, choosing calm as a daily habit is not weakness. It's wisdom.

Real Estate Statistical Update by Sharon Friedman



While the housing market in the beginning of 2026 became more balanced between sellers and buyers, we are anticipating a robust selling season this spring with hopefully greater inventory across the board! Modest sales in December were followed by a slower market in January. Market time between January and the previous two months remained neutral with an average of 54 days on market and average list price to sale price ratio held steady at 97%. Home sales statistics for Beachwood are consistently better than the national average. Northeastern Ohio continues to be a desirable location, attracting new residents from out of state, while Beachwood remains very competitive due to the quality and age of the housing stock, excellent schools, community amenities, and a stable commercial tax base!

— Sharon Friedman

Homes SOLD in Beachwood

Nov. 14, 2025

through

Feb. 12, 2026

Street	Days	List	Sold	LP/SP%	Bed	Bath	Built
Concord	222	\$ 249,000	\$ 245,000	98%	4	3	1956
Halburton	6	\$ 377,000	\$ 333,000	88%	4	3	1956
Glenhill	4	\$ 329,900	\$ 337,000	102%	3	2	1954
Ramsay	23	\$ 389,900	\$ 389,900	100%	3	2	1970
E Groveland	25	\$ 418,000	\$ 397,000	95%	3	3	1960
Lyndway	190	\$ 450,000	\$ 425,500	95%	3	3	1952
E Silsby	4	\$ 419,000	\$ 427,500	102%	3	3	1951
Halburton	6	\$ 485,000	\$ 430,000	89%	4	3	1986
Woodway	31	\$ 499,000	\$ 503,250	101%	5	4	1953
Halburton	5	\$ 499,000	\$ 505,000	101%	4	3	1956
Duffield	7	\$ 665,000	\$ 650,000	98%	4	3	1971
Richmond	130	\$ 720,000	\$ 661,500	92%	3	3	2017
Hendon	52	\$1,050,000	\$1,035,000	99%	4	5	1970

Beachwood Market Update

This data was provided by Sharon Friedman, courtesy of NEOHREX. Data provided was accurate at the time of reporting. The source for the spreadsheet is MLS Now.

The market data is from Trendgraphix, Inc. Information is believed to be accurate, but not guaranteed. Data does not reflect sales of property not included in MLS.

Consult a Realtor® if you have questions about the market.

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PENDING! www.26091Shaker.com



26091 Shaker Boulevard
List price \$950,000
5 Bed, 5.5 Bath COLONIAL

JUST SOLD!



5 Hampshire Ct in The Village
List price \$599,000
2 Bed, 2.5 Bath TOWNHOME

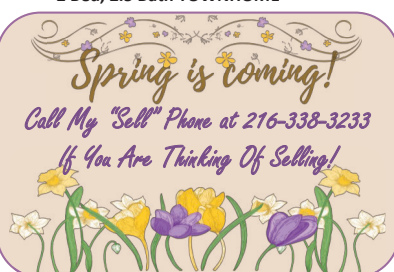
SOLD IN 7 DAYS!



25219 Duffield Road
List price \$665,000
4 Bed, 2.5 Bath SPLIT LEVEL

Sharon's Recent Beachwood Sales & Listings

PENDING: 2660 Ramsay Road list \$499,000
JUST SOLD 12/25: 2172 Lyndway Road list \$450,000
JUST SOLD 12/25: 27500 Cedar #305 in Point East list \$349,900
JUST SOLD 11/25: 23420 Wendover Drive list \$650,000
LISTED/SOLD IN 3 DAYS 11/25: 2500 Deborah Dr list \$550,000
JUST SOLD 11/25: 23105 E Groveland Road list \$418,000
JUST SOLD 11/25: 24335 Fairmount Blvd list \$367,500
JUST SOLD 11/25: 3194 Richmond Rd Wedgewood list \$325,000
JUST SOLD 10/25: 26701 Bernwood Road list \$799,000
JUST SOLD 9/25: 25106 Duffield Road list \$745,000
JUST SOLD 9/25: 27500 Cedar #T8 in Point East list \$475,000
JUST SOLD 9/25: 2152 Campus Road list \$406,500
JUST SOLD 9/25: 3152 Richmond in Wedgewood list \$299,000
JUST SOLD 8/25: 2834 Meldon Road list \$479,900
JUST SOLD 7/25: 2449 Beachwood Boulevard list \$975,000
JUST SOLD 6/25: 2560 Buckhurst Drive list \$925,000
JUST SOLD 6/25: 25515 Halburton Road list \$585,000
JUST SOLD 6/25: 4 Stratford Ct in The Village list \$499,000
JUST SOLD 6/25: 3212 Richmond in Baywood list \$369,900
SOLD 4/25: 25102 Wimbledon Road list \$524,900



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Beachwood Buzz

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Cover Story:

Danielle Shoykhet Elected City Council President

Shoykhet becomes second woman in Beachwood history to hold this position



If you are Danielle Shoykhet, you've spent most of your 44 years in Beachwood. Richmond Road was your main drag when growing up as you traveled from Solon every weekend to visit your grandparents who all lived in the city. And Beachwood Place was your main mall. As an adult, your affinity for the city has been expressed by living at four different Beachwood addresses over the past 16 years.

Story, by June Scharf, starts on page 7. Photos by Scott Morrison, Discovery Photo.

**Recreation and Camp
Opportunities
Start on
Page 41!**



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

Article Submissions

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

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General Information

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Trailhead Biosystems Expands with \$20 Million in New Funding, Strengthening Its Presence in Beachwood

Trailhead Biosystems, a fast-growing biotechnology company with operations in Beachwood, has secured an additional \$20 million in funding – bringing its total financing to \$40 million – to accelerate commercialization, expand manufacturing capacity, and support continued growth.

The financing was led by MAK Capital, with participation from a group of existing and new investors. The expansion will also support high-skill scientific and operational jobs in Beachwood, drawing talent in cell biology, manufacturing, quality systems, and biotechnology operations.

Founded on cutting-edge research and innovation, Trailhead Biosystems develops human cells that help scientists better understand disease and advance drug discovery. The company specializes in transforming induced pluripotent stem cells (iPSCs) into functional human cell types that closely mirror how cells behave in the human body. These advanced models enable more accurate research results while reducing reliance on traditional animal testing.

Trailhead's continued growth in Beachwood reflects both the strength of the region's life sciences ecosystem and the City of Beachwood's proactive approach to economic development. The city's Economic Development Department worked closely with the company to support its decision to locate and grow in Beachwood, helping position the community as a destination for innovative biotechnology firms.

Accelerating Commercialization and Meeting Industry Demand

This latest funding round represents a significant milestone for Trailhead, providing resources to move more quickly from innovation to commercialization.

"This is a very meaningful raise for Trailhead," said David Llewellyn, CEO. "It gives us the resources to expand our manufacturing capacity and continue building the

quality systems and operational infrastructure required to support larger pharmaceutical and biotech customers. It is a strong validation of both our technology platform and our commercial momentum."

Advancing Human-Relevant Research

The new funding will allow Trailhead to expand its portfolio of human cell products used in preclinical research, including drug discovery, toxicity testing, disease modeling, organoid research, and organ-on-a-chip applications. In addition to off-the-shelf products, the company also provides custom cell differentiation services for research partners seeking specialized human cell models.

A Strong Fit for Beachwood

Founded in 2015 as a spinoff from Cleveland Clinic and Case Western Reserve University, Trailhead builds on Northeast Ohio's globally recognized strengths in biomedical research and innovation. From its Beachwood operations, the company supports pharmaceutical and biotechnology partners across the U.S. and globally.

"The decision to relocate the company's operations to Beachwood was driven by a combination of factors aimed at fostering business growth and supporting employee well-being," said Div Trivedi, COO. "The city also had a progressive approach toward the shared vision of building a biotech hub with Trailhead."

Beachwood, A Premier Biosciences Community

Trailhead's success highlights Beachwood's growing reputation as a hub for life sciences and



Trailhead Biosystems scientists at work in the company's Beachwood lab, advancing human-relevant cell models that support drug discovery and biomedical innovation.

medical innovation, supported by a collaborative business climate and a strong network of related companies, medical institutions, and research organizations contributing to workforce development, innovation, and long-term economic impact.

To learn more, visit www.trailbio.com.



PREMIER

Life Science Ready Community
As Designated by the Ohio Life Sciences Association

CITY OF
Beachwood

Beachwood Named a Premier Biosciences Community

The City of Beachwood has been designated a Premier Biosciences Community by Ohio Life Sciences, the statewide organization representing more than 5,000 bioscience companies and institutions across Ohio. Modeled after nationally recognized best-practice programs, the designation recognizes communities that demonstrate strength in key areas essential to bioscience growth, including infrastructure, workforce access, real estate readiness, and a supportive business environment.

For companies like Trailhead Biosystems, the designation reflects Beachwood's ongoing commitment to innovation and long-term growth in the life sciences sector. Through strategic planning and collaboration, the city's Economic Development Department continues to position Beachwood as a competitive destination for bioscience and biotechnology companies in Northeast Ohio.

"The City of Beachwood is proud to be honored as an Ohio Life Sciences Premier Community," said Mayor Justin Berns. "Through the city's pro-business policies and intentional economic development strategies, we are supporting investments that attract and retain driving innovation in life sciences and medical technology."



Danielle Shoykhet Elected City Council President

Shoykhet becomes second woman in Beachwood's history to hold this position

Danielle Shoykhet, Beachwood City Council president, seated on the dais in City Council Chambers.

By June Scharf • Photos by Scott Morrison, Discovery Photo

If you are Danielle Shoykhet, you've spent most of your 44 years in Beachwood. Richmond Road was your main drag when growing up as you traveled from Solon every weekend to visit your grandparents who all lived in the city. And Beachwood Place was your main mall. As an adult, your affinity for the city has been expressed by living at four different Beachwood addresses over the past 16 years.

But if you're Danielle Shoykhet, you never would have ever guessed that you'd be Beachwood City Council president.

Without such a plan or intention, how did this happen?

The origin story can be traced to a simple thought. Beachwood's City Council lacked millennial female representation with a corporate perspective.

"There was a void," Danielle explains. So she threw her hat into the ring.

A vacancy was created when Justin Berns won the mayoral election for a term beginning January 2022. With his seat on city council needing to be filled, 16 residents filed for consideration, including Danielle.

She was unanimously selected by city council members. But she says she seriously did not anticipate success.

"I was shocked, totally shocked."

Then she began to fully invest herself in the work.

"I think it's what you make of it."

One of her priorities has been attending a majority of the city's ribbon cuttings.

"It's important to me to welcome businesses into our community."

Additionally, she makes a habit of being present at many city events so she is a familiar face, enabling residents to feel comfortable when they want to reach out to her with an issue or concern. "I'm a very open-minded, collaborative person."

She can also be described as a warm, inviting person who takes a genuine interest in others and has a light-hearted side that is easily accessible.

When she interacts with residents, what she hears more than anything else is how happy they are with the city's services. "It's almost overwhelming to hear how people absolutely love this aspect of life in Beachwood."

Her visibility, excellent reputation and hard work were contributing factors that led to her re-election in 2023. And she was elected city council vice president in 2024.

Her 2026 election marks just the second time in Beachwood's history that a woman has served as city council president, following Alice Jacobs in 1996. With Jillian DeLong as vice president, this moment also represents the first time women have held both top council leadership positions and the majority of council seats. In addition to Danielle and Jillian, council members include: Alec Isaacson, Alexandra Jacobs, Pete Smith, Ali B. Stern, and June Taylor.

"It's incredibly meaningful to have this leadership opportunity. It represents progress and honors those who have helped pave the way. It also allows me to set an example for others, including my children, Wesley and Chandler."



On Jan. 5, 2026, Danielle Shoykhet was sworn in as Beachwood City Council president, with the oath of office administered by Mayor Justin Berns.

When she considers her time so far on city council, she reports that the most rewarding moment was having the chance to introduce the deer sterilization component of the deer maintenance program.

"As an animal lover, it was exciting to get the administration and my colleagues to consider this item of legislation which passed."

An affection for Beachwood is something Danielle shares with her husband, Jeff Shoykhet, a principal at Alpha Appraisal Group, LLC, a commercial real estate valuation, market research, and analytical services firm. He is a 2000 BHS graduate and serves on Beachwood's Planning and Zoning Commission as a board member at-large. As a basketball player in his youth, he also coaches the team on which their son plays in Beachwood.

So, does the dinner conversation often relate to Beachwood city business?

No.

"We're usually telling our kids to eat," she says with a laugh.

Danielle's migration pattern in Beachwood began in 2010 when she was single and rented an apartment at The Hamptons (now The Vantage). After she married Jeff, they bought a condo at Wedgewood Crossings on Richmond Road. When she became pregnant with their first child, Wesley (9 years old), they bought a house on Bernwood Road. When she became pregnant with Chandler (5 years old), they bought a house on Woodside Lane where they presently reside.

While none of Danielle's grandparents are still living, her parents, Gail and Bill Wexler, live in Beachwood, maintaining the family-wide connection to the city.

As city council president, one of Danielle's first objectives is to learn what council's legislative priorities are, based on input from all council members.

"I want to know what's on everyone's minds, to get a full understanding. I want to know what's important, what everyone wants to see done. Then we can figure out a timeline and workflow."

She also emphasizes her interest in maintaining a strong relationship with the mayor and the administration.

When she was a new member on city council, she credits former city council president Alec Isaacson (the longest serving council member, among the present group, at 12 years) with helping guide

PERSPECTIVES ON DANIELLE

Mayor Justin Berns:

Danielle's leadership has been evident well before her election as council president. As vice president, she clearly demonstrated the ability to bring people together, and her leadership skills have grown significantly in a short time. She is actively engaged and highly visible in the Beachwood community, respected among other council members, and remains a strong collaborator with the administration to ensure council work moves forward in ways that positively impact our residents and business community.

Alec Isaacson, Former Council President and Present Council Member:

Danielle was council vice president during my second term as council president. From the start, I could see her leadership potential. She clearly understood that we needed to function as a cohesive group and she helped to create the atmosphere that made it possible, which made it easier for us to focus on our work as community leaders. It was my privilege to serve in a leadership role with her.

Now, as our council president, I can see how she's taking that leadership style to the next level, engaging with all of us, listening to our concerns and priorities, and creating a cohesive path forward for council and our city. I know she's going to do a great job in this top leadership position.

her. "He walked me through the steps he would take to handle a situation and he advised me on who to talk to in the administration."

She added that more than any single piece of advice, what has stayed with her is the example he set over the past four years: doing things the right way. "He consistently involved me in his thought process and decision-making process, which reinforced the importance of transparency, collaboration, and preparation."

Some priorities she believes the council will pursue, which mesh with her own agenda, include becoming a greener and more sustainable city. This suggests well-maintained parks; energy-efficient buildings, vehicles and equipment; thoughtfully designed bike lanes; and continuing programs that protect the environment, such as recycling and composting.

"I feel it's important to be forward-thinking, but also realistic."

As she reflects on the growth and development around Beachwood, she calls out the way the medical industry has been booming in Beachwood and the good fortune to have two new elementary schools.

In fact, she says that one of her priorities is to help retain, grow, and attract more businesses to Beachwood.

"Given my corporate experience and my past position as chair of the Economic Development Committee, I offer a unique perspective that resonates with business owners, developers, and key decision makers."

When Danielle is not handling city business, she is devoted to her work for American Express as a senior manager, Global Merchant Network Services. For the past 12 years, she has worked for the company where she tends to a portfolio of 100+ business-to-business and business-to-consumer accounts in the Northeast Ohio and western Pennsylvania areas.

She maintains and grows relationships with merchants and helps to identify new opportunities to increase the charge volume, drive revenue growth and profitability, and improve merchant



2026 Beachwood City Council, from left: June E. Taylor, Alec Isaacson, Danielle Shoykhet, Mayor Justin Berns, Jillian DeLong, Alexandra Jacobs, Ali B. Stern, and Pete Smith.

satisfaction. The Cleveland Browns is one of her accounts, along with Cleveland Clinic.

She says she loves working at the company which has “a great culture, including six months of fully paid maternity leave. Not many companies offer that.”

She believes that her professional training has influenced how she thinks about governance, accountability, and long-term planning, and how she handles problem solving.

“I analyze complex issues at work by setting measurable goals and ensuring strong follow-through. This approach translates directly into thoughtful, data-driven and fact-based decision-making for the city, while keeping the community’s best interests at heart.”

Her previous employer was UPS, where she worked as a business development officer. Her educational background includes attending Miami University, where she earned a Bachelor of Science degree in business with a major in marketing and minors in Spanish and statistics.

She admits that balancing work, city council responsibilities, and parenting requires a few elements: “a lot of planning, organization, prioritization, and a flexible family!”

In her personal life, Danielle makes it a daily practice to exercise. She also takes tap dancing classes, along with her daughter, at Studio J in Beachwood.

Additionally, she likes to travel, particularly to various places in Florida, including Fort Lauderdale where her brother, Jonathan, lives. And she is a long-term member of The Junior League of Cleveland where she has helped to promote volunteerism and raise funds to support disadvantaged students.

Looking ahead five to 10 years, Danielle says that she hopes Beachwood continues to be recognized as a city of choice for residents, businesses, and employees. She envisions a community that remains safe and inclusive, provides an exceptional quality of life, and invests in well-maintained infrastructure.

Lastly, she hopes that the city continues “to sustain a strong school system while remaining fiscally responsible and committed to maintaining low taxes.”

With Danielle’s multi-generational family heritage in Beachwood, as well as choosing to raise her own children here, she says she feels “a deep and personal connection to this city.” These factors strongly influence her vested interest in ensuring that Beachwood remains a stand-out community.



The Shoykhet family, clockwise: Danielle, Chandler, Wesley, and Jeff at Disney World.

“I’m honored to contribute in a meaningful way and to set an example for my children.”

When she reflects on her role in public service, she hopes that “young women in our community see that leadership is not about fitting a certain mold. It’s about showing up as your authentic self, doing the work, and caring deeply about your community.”

She also wants residents to know that their voices matter and that public service is a powerful way to make a difference.

Jillian DeLong

City Council Vice President

Jillian DeLong was elected to city council with a term that began in 2024. She previously served on the Beachwood Board of Education, beginning in 2020, and was elected twice as vice president. She works as the Manager of College Assets and Mail Operations at Cuyahoga Community College. She enjoys winter skiing with her children and traveling with her family.

1. Age? City in which you were raised?

I'm 48 and was raised in Cleveland Heights

2. College and major?

Cleveland State University, bachelor's degree in accounting

3. Family members' names, ages

Husband – Daniel Small

Children – Oliver, 14, and Ellie, 12

4. Why did you decide to run for Beachwood City Council?

I decided to run for city council because I care deeply about the future of our community and believe we deserve thoughtful, responsive leadership. Over the years, I've seen both the strengths that make our city special and the challenges that continue to hold us back. Instead of waiting for someone else to step up, I felt a responsibility to be part of the solution.

5. How was the experience on the school board rewarding?

Serving on the school board was incredibly rewarding because it allowed me to make a direct, positive impact on students, families, and educators. One of the most meaningful parts of the experience was being able to listen to the community and turn their concerns into real improvements in our schools.

6. When did you move to Beachwood and what street do you live on?

Our family moved to Beachwood in 2011 and we currently live on Bridgeton Drive.

7. Why did you choose to live in Beachwood?

I chose to live in Beachwood because it already felt like home. My husband grew up here, so I had the chance to see early on what makes this community special. When it came time to decide where we wanted to raise our own family, it was an easy choice. Beachwood offers everything a family could hope for: excellent schools, safe neighborhoods, diverse and welcoming residents, and a strong sense of community pride. It's a place where people look out for one another, where families can grow, and where you truly feel connected. We knew this was the kind of environment we wanted to be part of and contribute to.



Jillian DeLong and Danielle Shoykhet after being sworn in as Beachwood City Council vice president and president.

8. What insight into the city have you gained since you began serving on city council?

Serving on city council has given me a much deeper understanding of how interconnected every part of our city truly is. From infrastructure to public safety to community programming, I've seen how decisions in one area ripple across the entire community. I've also gained a clearer appreciation for the dedication of our city staff and the amount of behind-the-scenes work required to keep Beachwood running smoothly every day. Most importantly, I've learned just how engaged and invested our residents are. Hearing directly from community members – whether through meetings, conversations, or emails – has shown me how much people care about the direction of our city. That insight has reinforced the importance of listening, communicating openly, and making decisions that reflect the values and needs of the people we serve.

9. What committees do you serve on?

I serve as the committee chair for the Finance and Development Committee and I'm a member of the Audit, and Planning and Zoning Committees.

10. What do you hope to accomplish on city council in 2026?

In 2026, I hope to build on the work we've already started by continuing to strengthen the connection between residents and their local government. One of my priorities is to make sure our decision making remains transparent, collaborative, and grounded in what our community truly needs. I want residents to feel heard, informed, and confident that their concerns are shaping the direction of our city. Ultimately, I want 2026 to be a year where we continue moving forward together, with a clear vision and a shared commitment to keeping Beachwood a great place to live.

Eugène Galien Laloue

(French, 1854-1941)

Boulevard de Strasbourg,
Gouache on board,
8 x 12.75 inches

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Stronger Than You Think: Why Seniors Need to Lift More Than "Easy"



Why Challenging Your Muscles Is the Key to Staying Independent

Yes, Seniors Can Get Significantly Stronger!

One of the biggest myths about aging is that strength loss is unavoidable. In reality, seniors—even into their 80s and 90s—can make meaningful gains in strength and endurance when exercises are properly designed and supervised.

The key is not age.

**The key is appropriate
challenge.**

With guidance from trained professionals, seniors can safely push past outdated limits and rediscover what their bodies are capable of doing.

**Feeling muscles work hard
is normal and healthy!**

The Difference Between Staying Active & Getting Strong

Many seniors believe that exercise should always feel comfortable.

Light weights, minimal effort, and stopping well before fatigue often feel like the "safe" choice.

While staying active is certainly better than doing nothing, comfort alone does not build strength. To truly become stronger, muscles must be challenged at a level that feels meaningfully difficult.

One helpful way to think about this is through the concept of a "one-rep max." In simple terms, this refers to the maximum amount of weight a person could safely lift one time using proper form. Seniors do not need to lift their absolute maximum for this concept to be useful. Instead, it provides a baseline, a way to avoid exercises that are simply too easy to make a difference.

Many older adults are unintentionally under-loading their exercises. **The body only adapts when it is asked to do more than it is used to doing.** If an exercise feels easy from the first repetition to the last, the muscles have little reason to grow stronger. Real progress happens when the effort feels challenging, especially toward the end of a set.

Another concern that often holds seniors back is muscle soreness. Delayed onset muscle soreness, usually felt one to three days after exercise, is a normal and positive sign that muscles are adapting.

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Stronger Than You Think

Why Seniors Need to Lift More Than “Easy”



While soreness should never be severe or long-lasting, mild to moderate soreness that resolves within a few days is often a sign that the muscles were challenged enough to get stronger. It is reassurance that the hard work is paying off.

Muscle Soreness Is Not a Bad Thing

Feeling sore a day or two after exercise, called delayed onset muscle soreness (DOMS), is normal when muscles are challenged in a new way.

This type of soreness:

Is temporary

Is not injury pain

Is a sign that muscles are adapting and getting stronger

As strength improves, soreness usually decreases, even as progress continues. Mild soreness is often reassurance that the body is responding positively to exercise.

At Balance Solutions Physical Therapy, this principle is commonly used to help seniors safely discover what they are capable of. With professional

oversight, exercises are carefully selected and progressed to ensure good form, joint protection, and proper recovery. The goal is not reckless pushing, but properly challenging and training for functional activities..

The truth is, seniors are capable of far more than they often believe. Research and real-world experience



Why Stronger Muscles Mean Better Balance

Balance is not just about standing still, it is about being able to react quickly.

When someone trips, slips, or stumbles, the body must produce force fast. Stronger leg and core muscles allow the body to:

Catch itself

Regain footing

Prevent a fall

Research consistently shows that strength training at challenging levels is one of the most effective ways to reduce fall risk and maintain independence as we age.

In simple terms:

Strong muscles help keep you upright.

consistently show that older adults can make meaningful gains in strength and endurance, even later in life. Age does not eliminate the body's ability to adapt. Strength training remains one of the most powerful tools available for maintaining independence, reducing fall risk, and preserving quality of life.

Getting stronger requires effort, trust, and the willingness to work outside the “easy” zone. With the right guidance, many seniors discover something empowering: they are not fragile—they are stronger than they thought.

Strength does not improve without challenge!



For those interested in safely building strength and confidence, Balance Solutions Physical Therapy offers individualized programs designed specifically to help older adults challenge their bodies, protect their joints, and continue doing the things they love.

- By Kelly Faudoin, CEO, MSPT
Balance Solutions Physical Therapy, Inc.

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State Representative Eric Synenberg Completes First “Tumultuous” Year in Office

By June Scharf

State Representative Eric Synenberg (D-District 21) is quick to admit that his first year in office was challenging but rewarding, with “tumultuous issues” frequently arising at the state and federal levels. Despite those external pressures, he has found the legislative environment in Columbus to be professional and collegial across party lines.

“We really want to focus on the state issues, but the national stuff is ever present, so we need to deal with it,” Eric explains.

“Despite the rollercoaster, I’ve enjoyed my first year,” he adds, noting that “it’s not all negative” in Columbus. “We all get along pretty well.” Indeed, the proof can be found in the overwhelmingly high passage rate of bipartisan legislation.

He admits that one challenge facing all representatives is the fact that they only serve two-year terms, so they are already running for re-election in their second year. But in a very brief period of time, Eric succeeded in assuming a leadership role on the judiciary committee which he describes as “technically the busiest committee in terms of the number of bills that have been assigned to it.” He is the ranking House Democrat, by virtue of leading the four Democratic members of this 13-person committee. He also serves on the General Government and Natural Resources Committees.

In the House, there are 65 Republicans and 34 Democrats.

Among Eric’s notable legislative achievements is his second-place ranking among Democrats in terms of the number of bills he has co-sponsored. He also was a joint sponsor of the Ohio-Israel Trade and Innovation Partnership Bill that passed the House and awaits Senate approval and the governor’s signature. He emphasizes that

there’s great scope and diversity to the bills that are presented to the state legislature.

Constituents might be pleased to know that their voices are heard, and they have, in fact, inspired legislative action. For example, as the result of “office hours” Eric held at the South Euclid-Lyndhurst Branch of the Cuyahoga County Public Library, he is pursuing two suggested action items.

One involves pediatric cancer research funding, enabled by adding a donation option through the Bureau of Motor Vehicles license renewals, and also adding it to the list of boxes that can be checked on a tax return.

Another idea is to expand on the Blue Envelope program to include those with special needs and to have it noted on a driver’s license. Under the Blue Envelope initiative, drivers carry a page that identifies their special condition to sensitize officers to any exceptional needs or behaviors, such as autism or Tourette’s.

Eric’s efforts would promote the inclusion of a symbol on a driver’s license denoting a special condition, in case a person has an encounter with a police officer and the Blue Envelope is not available. This idea was proposed by a Beachwood resident, and Eric is promoting legislation that will enable its enactment.

One notable issue on the legislative horizon concerns the potential development of data centers in Ohio, and the topic is under intense scrutiny.

“My colleagues are in the process of forming a study commission to evaluate the impacts of the data centers, then potentially create laws that regulate the industry, because this is such new territory. They are also looking at artificial intelligence usages.”



Above: Eric addresses a witness who was testifying in the Natural Resources Committee.



Left: Eric presents Sadigoh Galloway, CEO/founder of Your Recovery Counseling, with an Ohio House of Representatives commendation at the 2025 Beachwood Chamber of Commerce Spirit of Success Awards program.

“My colleagues are in the process of forming a study commission to evaluate the impacts of the data centers, then potentially create laws that regulate the industry, because this is such new territory. They are also looking at artificial intelligence usages.”

Among the issues of some lesser gravity, Eric was part of the large majority that passed legislation to require photo identification when applying for a marriage license.

“The backstory involves a probate court judge in Hamilton County, Cincinnati, who thought it didn’t make sense that this element hasn’t been required. So he raised the issue with two Cincinnati area representatives

who brought it forward in Columbus. To me, it’s common sense. You should need to show some proof of who you are.”

Eric says that one area of his work he finds particularly “educational and interesting” is visiting nonprofits throughout Greater Cleveland. These entities often reach out to state representatives for funding, and understanding their operations helps him make decisions.

In terms of travel over the past year, one stand-out experience was a trip to Israel, sponsored by the Israeli government, as part of a bipartisan outreach program with invitations extended to 250 state legislators, five from each state.

"The vast majority of those who participated were not Jewish and it was largely the attendee's first time visiting the country. It was a good bonding experience."

This overseas exposure dovetailed with several joint commercial projects between Israel and some operations already in place in Ohio. Specifically, in Beachwood, there is the Negev

Foundation which fosters agricultural partnerships with businesses in the Negev desert.

"When considering U.S. locations for an office, we want Israeli companies to not only consider New York, South Florida or California, but Ohio, too – and especially Beachwood – where there is a vibrant, growing Jewish community."

When he's not handling business for his district, which includes Euclid, Lyndhurst, South Euclid, University Heights, and parts of Cleveland, in addition to Beachwood (roughly 125,000 constituents), Eric

says he enjoys spending time with his family, which includes wife Jamie, and sons Ari, 17, Noah, 15, and Asher, 11. The balance of his professional time is dedicated to working as an associate at the law firm Nager, Romaine & Schneiberg.

Before being elected as a state representative, Eric was a Beachwood City Council member for seven years. He served as chair of the Economic Development, Finance, Safety, Legal, and Personnel Committees.

Since the filing deadline has passed, it's clear that Eric will be running unopposed in the primary

election, Tuesday, May 5. He still encourages community members to vote.

Eric can be reached by contacting his legislative aide, Jackie Mulvain, at 614.644.5079, or by emailing Rep21@ohiohouse.gov.

Constituents might be pleased to know that their voices are heard, and they have, in fact, inspired legislative action.

Ohio House Jewish Caucus

According to Eric, there have usually been several Jewish members among the Ohio legislature's 99 representatives and 33 senators. Recently, they joked with each other that they are the Jewish caucus. When Eric started his term, the number of Jewish representatives swelled to six. So they all decided that they do, in fact, have an unofficial caucus.

Aside from Eric, members now include Reps. Christine Cockley (D-Columbus) and Karen Brownlee (D-Symmes Township), along with founding members Reps. Beryl Brown Piccolantonio (D-Gahanna), Dani Isaacsohn (D-Cincinnati), and Sen. Casey Weinstein (D-Hudson).

Ohio House Jewish Caucus exists to provide a collective voice within the Ohio legislature for Jewish legislators and issues important to Jewish Ohioans; to promote understanding, solidarity, and advocacy on those issues; and to serve as a platform for collaboration and policymaking around shared concerns.

Plus, a State House Seder was introduced three years ago. "It started out very small, with just 20 in attendance," said Eric. "Then, last year, it grew to about 175 people. This year, it's going to be held in the largest room in the State House – the State House Atrium – which seats 300. The event is our way of giving back."

Jewish Caucus Town Hall

Thursday, March 12 • 5:30-7 p.m.

Jewish Community Center 26001 S. Woodland Rd.

Purpose: To raise awareness of Caucus activities and to hear from Ohio's Jewish community members as to what issues are most important to them, with an opportunity to ask questions. This will be the fourth Jewish Caucus Town Hall, following events in Columbus, Cincinnati, and Akron.

Moderator: Marc Ashed

Assistant Vice President of External Affairs and Director of Government Relations, Jewish Federation of Cleveland

Speakers: Jewish Caucus members Reps. Christine Cockley (D-Columbus), Karen Brownlee (D-Symmes Township), and Eric Synenberg (D-Beachwood), along with founding members Reps. Beryl Brown Piccolantonio (D-Gahanna), Dani Isaacsohn (D-Cincinnati), and Sen. Casey Weinstein (D-Hudson).

Advanced registration is required. For more information and to RSVP, contact Eric's legislative aide, Jackie Mulvain, at 614.644.5079 or rep21@ohiohouse.gov.



Winter Reminder: Feed the Birds

Cold Cleveland winters make finding food tough for our feathered neighbors. Natural sources like insects, seeds, and berries are scarce, and birds burn extra energy just to stay warm. Keeping feeders stocked with seed and suet can make a real difference – helping birds survive winter

nights and arrive healthier for spring nesting season. A small daily habit brings life, color, and song to our snowy days – and supports local wildlife when they need us most.

This friendly reminder was submitted by Beachwood resident Oscar Castro.



Downy Woodpecker and Red-breasted Nuthatch. Photos by DZR.

Darrell Sullins Inducted into Warriors Legacy Hall of Fame

by Debby Zelman Rapoport

The Warriors Legacy Hall of Fame has announced the induction of Grandmaster Darrell Sullins into its Class of 2026, honoring a lifetime devoted to martial arts, mentorship, and personal perseverance. A Beachwood resident who is highly respected in the martial arts community, Darrell is recognized for his competitive achievements and the values he has consistently modeled – discipline, resilience, and respect.



Darrell Sullins, Pan American two-time gold medalist, 1981 and 2024.

The Hall of Fame honors martial artists from all styles whose influence has left a lasting imprint on the community, with inductees selected through a rigorous nomination and voting process led by an esteemed board of martial arts leaders.

"We are honored to welcome Grandmaster Sullins into the Hall of Fame," said Donald P. Mathews, executive director of The Warriors Legacy Hall of Fame. "Their legacy embodies the spirit of martial arts and sets a powerful example for future generations."

Darrell's induction was especially meaningful as he was nominated by Grandmaster A. J. Perry, a martial artist with more than 55 years of experience. "To be inducted into the Warriors Legacy Hall of Fame based on his recommendation is an incredible honor," Darrell proudly told us.

A Journey That Began With Determination

Darrell's path into martial arts began in the early 1970s, sparked by watching a karate demonstration on *Wide World of Sports*. At the time, he was a young boy struggling with low self-esteem who was frequently told he wasn't fast enough, strong enough, or smart enough to succeed. When his father declined to enroll him in

classes, convinced he would quit, Darrell took matters into his own hands – spending countless hours at the library reading everything he could about martial arts.

A pivotal turning point came in 1974 at the John F. Kennedy Recreation Center, where Darrell met Sensei Ken Ferguson, who offered free weekly karate classes. After Darrell's very first class, Ken told him, "You can be really good if you continue to practice." That simple affirmation ignited a lifelong commitment.

Despite losing his first three tournaments and feeling discouraged enough to quit, Darrell found unwavering support from his mother. Her words, "Don't quit. I'll give you the entry fee, just don't quit," kept him going. That encouragement ultimately led him to represent the United States as a member of both the U.S. Pan-American Karate Team and the U.S. World Karate Team.

The Power of Teaching and Mentorship

While competition brought accolades, Darrell says teaching and mentoring others has been the most meaningful part of his journey. He finds the greatest joy in working with young people who are on the verge of giving up on themselves – helping them build confidence, discipline, and belief in their own potential.

Life Beyond Martial Arts

Outside of martial arts, family has remained central to Darrell's life. As he prepares to retire next month, after 38 years in the natural gas industry, he looks forward to spending

more time with loved ones and supporting his son's personal training business at SkyHigh Fitness Training Center, located in Alliance, Ohio.

Reflecting on the photos pictured, from two defining moments, Darrell sees more than athletic achievement. "It's been a lifetime of growth, shaped by hardship, loss, family, work, and service to others. Now, I understand what it means to play a part in the lives of others."

Looking Ahead

Although retirement may mark the close of one chapter, Darrell's journey is far from over. He is currently considering an invitation to train and represent the United States at the 2027 World Masters Games in Kansai, Japan – a fitting next step for someone whose legacy continues to evolve.

His advice for someone just starting on their journey is, "Understand your reason for training in martial arts – whether it is for self-defense, competition, or physical fitness. Knowing your motivation will make your training more enjoyable and help reduce the chances of giving up."

About The Warriors Legacy Hall of Fame

The Warriors Legacy Hall of Fame is dedicated to preserving the history and celebrating the contributions of martial artists who exemplify excellence, leadership, and service. Through a rigorous selection process, the Hall of Fame honors individuals whose legacy continues to shape the future of martial arts.

Jewish Cleveland Women: Apply for Jewish Federation of Cleveland Coaching Circles

Coaching Circles offers women in Jewish Cleveland an open, motivating, engaging and multi-generational experience to foster leadership and personal growth through meaningful, confidential conversations with women across our community.

Each circle is led by a skilled mentor and includes up to six dynamic women. The program will run from April to September 2026 and includes three large group sessions and four small group sessions with your circle. The four small group session dates will be determined with your individual Coaching Circles group.

Take the time to invest in yourself and learn about:

- Exploring a growth mindset
- Navigating difficult conversations
- Identifying your own personal purpose
- Exploring your personal connection to Jewish Cleveland



Coaching Circles brings Jewish women together to learn, lead, and grow. Invest in yourself while strengthening the future of Jewish Cleveland.

Space for the 2026 program is limited. Application deadline is Sunday, March 15.

To learn more or apply to participate in Coaching Circles, visit jewishcleveland.org.

Coaching Circles brings Jewish women together to learn, lead, and grow. Invest in yourself while strengthening the future of Jewish Cleveland.

Calling All Beachwood Scientists, Technologists, Engineers and Mathematicians

Beachwood has long been home to innovators – professionals who design systems, solve equations, build technologies, and think analytically about the world around them. Now, a new community-driven initiative is inviting those STEM-minded residents to bring their talents together for a greater purpose.

A prospective nonprofit organization is forming in Beachwood to connect scientists, technologists, engineers, and mathematicians in a collaborative consulting and tutoring network. The mission is simple yet powerful: move the community forward by providing access to high-level STEM tutoring, teaching, consulting, and mentorship for students, hobbyists, entrepreneurs, businesses, and lifelong learners.

The organization will create a structured yet flexible platform where local experts can share their knowledge, whether through paid engagements or volunteer service. Details such as pay rates, scheduling, and operational logistics will be developed collectively by interested participants before the group opens its services to clients. While the nonprofit will welcome those who wish to donate their time, volunteerism will not be a requirement.

Initially, meetings will be held online, allowing broad participation and convenient collaboration. As the organization gains momentum, plans include identifying a local space for in-person gatherings.

Beyond serving the community, the initiative offers something equally meaningful: a venue for STEM professionals to refine their teaching skills, mentor the next generation, collaborate with peers, and stay intellectually engaged.

Beyond serving the community, the initiative offers something equally meaningful: a venue for STEM professionals to refine their teaching skills, mentor the next generation, collaborate with peers, and stay intellectually engaged. In a time when technical

literacy shapes everything from education to entrepreneurship, this effort aims to make Beachwood and neighboring communities a hub for accessible STEM support.

The organization's name is still to be determined – and that sense of possibility is part of the excitement. What is certain is that the opportunity is open to all STEM-oriented individuals who are ready to contribute their experience and insight.

Those interested may call Judd Gardner, Ph.D., electronics engineer, Monday through Friday between 11 a.m. and 3 p.m., at 440.991.6259.

Our future depends on local problem-solvers. This new initiative invites them to step forward – together.

Local History Made in Paris

From a young Beachwood-based club to the top of the podium

Two years ago, a young fencer named Joseph Guth earned a bronze medal in the under-14 category at the Paris Marathon Fleuret, the world's largest international foil competition, which brings together the best young fencers from around the globe. Last month, Joseph returned to Paris and won the gold in the cadets division (under 17).

This year, nearly 170 cadets from 18 countries competed over two intense days. Joseph didn't just stand on the podium – he made history. He is the first fencer from Ohio ever to win this tournament and one of only a handful of U.S. athletes to do so, most of whom come from long-established East and West Coast clubs.

Joseph, a Pepper Pike resident, trains at Cleveland

Fencing Academy, which was founded by his father, Eric, just six years ago. His interest in fencing is what motivated Eric to open CFA, which has become the largest fencing facility in our region, drawing in students from across Northeast Ohio to learn a sport that is equal parts athletic challenge and mental exercise.

This Beachwood facility offers lessons in all three Olympic disciplines: foil, sabre, and épée. Classes range from youth and beginner programs to advanced and competitive training. "We are grateful for our coaching team, which includes internationally experienced instructors – the best of the best," said Eric.

"This win isn't just about winning a medal," he added. "It's about believing that world-

class excellence can be built anywhere – if you show up, do the work, and refuse to listen to limits others put on you."

When we asked Joseph about his winning experience, he said, "Honestly, I felt a calming feeling of relief especially since I had a lot of family members there in Paris watching me and supporting me throughout the week. I felt an immense surge of gratitude toward the people around me, especially to my parents. It sure would have been an extra long 10-hour flight home had things played out much differently. I am thankful everything worked out as it did."

Looking forward, Joseph added, "I would like to be on the U.S. National Cadet team in the 2026-2027 season. And after that, I would like to be on an NCAA team. My eye is on Columbia,



Eric Guth, with his son, Joseph.

Duke, or Notre Dame right now, because they have three of the best student-athlete college programs in the country."

Congratulations to Joseph for putting himself – and Beachwood – on the map!

For more information, visit clevelandfencingacademy.com, call 440.821.9711, or stop by the Beachwood location to watch a class in action.

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Beachwood Arts Council

Ileen Kelner Juried High School Art Show

Through Sunday, March 29 • Beachwood Community Center

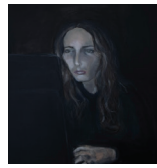
Gallery Hours: Monday - Friday 8 a.m. - 4 p.m.

Weekends: Call 216.292.1970 for available hours

This special exhibit features inspiring artwork from students representing 23 high schools in Northeast Ohio. Judges were professional local artists Stuart Pearl, Susan Cone Porges, and Judy Takacs.



Nina Hirano



Anna Belle Shapiro
Late Nights



Ada Liu
Figure with Leaves



From left: Beachwood High School artists Ada Liu, Liubiv Vinnick, Anna Belle Shapiro, and Nina Hirano. The BHS art teacher is Heather Grano.



Liubiv Vinnick
I Have No Mouth
and I Must Scream!

Spirit of Clay Art Program

Saturday, March 21, 10 a.m. • 828 SOM Center Rd., Mayfield Village

Beachwood Arts Council invites you to spend a few hours creating beautiful fused glass and/or painted pottery at Spirit of Clay. Not that creative? It's okay! Kathy and her team will provide lots of guidance and all the help you need – so let's start creating.

The event is free, but you will need to pay for your project. Costs are reasonable and are varied, depending on what you choose

to create. Please register by calling 216.595.3400 no later than March 13.



Twice as Nice Concert

Sunday, March 22 • 2-3 p.m. • Beachwood Community Center

Paul Christensen has been a multi-instrumentalist musician, singer, and songwriter over the past four decades. He played sax and keyboards with many groups in the 90s, and he recorded and performed shows with Michael Stanley and the Resonators for more than two decades.

Rick Matousek is recognized as one of the top keyboard players in Northeast Ohio. The duo will play a mix of jazz, classic, easy listening, pop/rock, R&B, and Motown. Free and open to the public, the concert is sponsored by a grant from Cuyahoga Arts & Culture and Ohio Arts Council. Refreshments will follow the concert.



Paul Christensen and
Rick Matousek

Debbie Darling Music Quartet

Sunday, April 12 • 2-3 p.m. Beachwood Community Center

Debbie Darling, a singer-songwriter who has performed a wide range of musical styles, from opera to jazz to blues and everything in between, has provided her vocal talents for small bands, large orchestras, and commercial voice-overs. Having performed through Northeast Ohio and beyond, she has sung with Stanley Turrentine, The Peter Duchin Band, and The Tommy Dorsey Band. A motivational speaker and international best-selling author, Debbie was the president of *The Presentation Pros*, a soft-skills training company

teaching all aspects of presenting, and has been on numerous radio and television shows, including *Hard Copy*, *The Richard Simmons Show* and the *Oprah Winfrey Show*. Free and open to the public, the concert is sponsored by a grant from Cuyahoga Arts & Culture and Ohio Arts Council. Refreshments will follow the concert.



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NIGHT AT THE Races

Join us for the Beachwood Athletic Boosters Night at the Races Fundraiser! Get ready for a thrilling evening at Porsche Beachwood as we come together to support our local athletes. Get ready for heart-pounding races, delicious food, and exciting prizes. This in-person event promises to be a night to remember, so grab your friends and family and come and support a great cause.
Don't miss out on the fun!

Saturday, May 2
5pm - 8pm

Porsche Beachwood
3750 Orange Place
Beachwood, OH

Tickets: \$40 Early Bird & Alumni

Tickets after January - \$50
Purchase tickets, horses, and sponsorships by scanning the QR code.



21+





Caregiving and Self Care

By Jennifer Stern

Jon Batiste is a Grammy winning musician, singer, and composer. In 2022, he married Suleika Jaouad. In 2005, Suleika was diagnosed with leukemia, at age 22. In 2024, she was diagnosed for a third time.

In an interview with Michelle Obama, Jon shared his experience as a caregiver and the importance of intentional and prioritized self-care, boundaries, and being joyful and grateful even during (especially during) difficult times. He reminds us, "You can't just power through – your body keeps the score. I have to do something to maintain this role – to find the practice of self-care ... You don't have to martyr yourself in service to those you love. In fact, that is a disservice to those you love."

It is healthy, not selfish, for caregivers to prioritize self-care. To ask for help. To take time for yourself. To create the daily practice

and space of engaging your five senses creatively in self-care.

His wife shared that the first time she went to his apartment, he had mantras everywhere – on the ceilings and walls. One was a list above his bed that said: Pray. Drink water. Phone home. Have fun. It was a simplified, powerful roadmap to sustainable resilience.

In their documentary, *American Symphony*, Suleika reflects, "We both see survival as a creative act." Together, she and Jon are committed to creating and savoring joy, even as life carries them through an emotional rollercoaster. Jon believes joy

is always available to us – that sometimes we have to dance our way through the world we're living in.

"It is a beautiful gift to wake up another day and try again," he says.

Simply being here is the first step toward changing direction. Even in moments of heaviness, calamity, or despair, he reminds us that it's not the end. If we wake up to another day, we have another chance to move forward – not by solving everything at once, but by staying present and making the next best right choice. Sometimes that choice is profound; sometimes it's as ordinary as brushing your teeth or making

a sandwich. Either way, progress begins by being in the moment and choosing to keep going.

Their perspective is comforting, empowering, and a beautiful reminder of self-compassion as a creative and enduring act of self and relationship care.

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

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Founded by Deandra Evans, LPCC-S, Right Direction Behavioral Health Services was established with a vision to provide accessible, culturally responsive, and high-quality mental health care throughout Northeast Ohio. As Founder, CEO, and Chief Clinical Officer, Evans combines clinical expertise with community-centered leadership to create spaces where healing and growth are possible.

Who We Serve Children (5+), Teens, Adults & Families

We support individuals experiencing anxiety, depression, trauma, behavioral challenges, mood disorders, life transitions, and other emotional or mental health concerns.

Our Commitment

At Right Direction, we believe mental wellness is foundational to strong families and thriving communities. Our mission is to empower individuals with the tools, support, and clinical care necessary to achieve lasting stability and resilience.

Our Services

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- Community Psychiatric Support Treatment (CPST)
- Therapeutic Behavioral Services (TBS)
- Youth Day Treatment Program



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Voter Suppression and Resistance

By State Senator Kent Smith

The voter suppression efforts continue in the Statehouse, in Congress, and from The White House. In Columbus, Republicans passed Senate Bill 293 with lightning speed and with devastating consequences.

Among the things that SB 293 would do is eliminate the grace period for mail-in ballots to be returned to Board of Elections. If the postal service delays your ballot, your vote will not count. SB 293 would also allow voter purges at any time rather than ceasing them 90 days prior to Election Day. But in mid-February, the League of Women Voters of Ohio, the ACLU of Ohio, and other groups sued the State of Ohio to prevent its implementation. We await the decision of the court.

Meanwhile in D.C., congressional Republicans passed the SAVE America Act in the U.S. House, which would put additional registration

requirements on voters. Perhaps the group with the most to lose from these new requirements would be married women. There are approximately 70 million married women in the United States who have taken their spouse's last name, but their birth certificate still contains their maiden name. The problem is the SAVE America Act requires voters to have an ID and proof of citizenship with matching names. Only in Trump's America would a woman have to provide more paperwork to be able to vote than a man would have to provide to purchase a gun. The SAVE Act is now in the hands of the Senate.

Trump himself took to Truth Social to advocate for the passage of the SAVE Act describing the legislation as a **"Can't miss for re-election in the midterms, and beyond."** But the SAVE Act is only a part of Trump's voter suppression strategy.

He has recently mused about not even needing the 2026 midterm elections because his agenda is working out so fantastically for everyone. The truth is that Trump can't cancel the upcoming general election. But he can subvert the process, which is likely his goal. He doesn't want elections to *not* happen; he wants there to be zero change

in elected representation after the votes are counted. If he, and his loyalists in the courts and Congress, can convince enough Americans that the November 2026 election is somehow tainted, then he has the justification to keep the current power structure in place, regardless of what the voters say.

Safe to say, the attacks on our democratic processes will continue, as must our resistance.

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.

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Friends of Beachwood Library Announces 2026 Scholarship Opportunity

Friends of the Beachwood Library are once again offering scholarships to graduating seniors who reside within the City of Beachwood and plan to continue their education.

Three scholarships will be awarded:

First Place: \$1,500

Second Place: \$1,000

Third Place: \$750

Applicants must submit an original essay (maximum 1,500 words) responding to one of the following prompts:

- As the Beachwood Library prepares for a total makeover, how should the new building(s) reflect changing community needs and the evolving role of the library?
- What are your thoughts and feelings about the recent trend of banning books from school curricula?

Essays will be judged on writing mechanics, clarity of purpose, style and personal connection to libraries, idea development, and proper format. Submissions must be typed in 12-point Arial or Times New Roman, double-spaced, and include no identifying information within the essay. A separate cover letter should list the student's name, home address, email, and phone number.

Entries are due by 5 p.m. on March 31, and may be emailed to FriendsofBeachwoodLibrary@gmail.com (subject line: Friends Scholarship 2026) or mailed to: Friends of Beachwood Library Attn: Scholarship 2026 Beachwood Branch of the Cuyahoga County Public Library 25501 Shaker Blvd. Beachwood, OH 44122

Complete guidelines are available at the Teen Desk of the Beachwood branch. Beachwood seniors are encouraged to apply and share their voice on the future of libraries and the power of books.

Souper Heroes Program of the Kosher Food Pantry Engages Families and Youth in Supporting Local Seniors

Souper Heroes, a new project of the Cleveland Kosher Food Pantry, is bringing children, teens, and families together to prepare fresh vegetables for seniors living in lower-income housing.

The initiative is spearheaded by Sarah Yaffe Alevsky, executive director of the Cleveland Kosher Food Pantry, and focuses on hands-on chesed that builds skills and compassion at the same time.

On Mitzvah Day at the Mandel Jewish Community Center, families ranging from grandparents to children as young as 5 worked together to prepare close to 100 containers of vegetables for distribution.

To support the program's growth, Sarah partners with her husband, Rabbi Chayim B. Alevsky of the Mitzvah Workshops, who helps facilitate large groups and expand the program to schools and youth organizations.

"The kids absolutely love this program," said Sarah. "They work hard, stay focused, and take real pride in what they accomplish. They're learning skills while helping someone in a very real way."

Souper Heroes began as a mitzvah project for the Ziff family and has since grown into a monthly program at Mandel Jewish Day School, engaging middle school students in hands-on service. More than 25 friends joined Charlie Ziff and his family at the inaugural event – enthusiasm that quickly sparked interest from additional schools. The prepared vegetable containers are delivered to seniors in local affordable housing buildings, where they are warmly received and deeply appreciated.



Mandel Jewish Day School students participate in the Kosher Food Pantry's Souper Heroes program.

"Kids love being Souper Heroes," Sarah added. "They understand that even small actions can make a big difference."

In related news, the Cleveland Kosher Food Pantry is currently preparing for its upcoming Purim and Pesach distributions. Staff and volunteers are actively ordering food and organizing logistics to ensure that families and seniors across the community can experience the holidays in a meaningful and dignified way.

With growing community interest, Souper Heroes is

quickly becoming a key youth engagement initiative of the Cleveland Kosher Food Pantry.

As food insecurity rises in our area, the need for both food and monetary donations is more urgent than ever. Every contribution helps provide seniors and families with nourishing meals and the dignity of celebrating the holidays without added hardship. In times of scarcity, even a small gift makes a meaningful difference.

For more information, visit www.kosherfp.org.

Dr. Diana Ponsky: Eleven Years at the Top

Dr. Diana Ponsky of Ponsky Facial Plastic Surgery in Beachwood was named a Castle Connolly Top Doctor for the 11th year in a row, holding the honor since 2016. Castle Connolly is a peer-reviewed directory of doctors and hospitals which releases a yearly list of Top Doctors, a recognition that only goes to the top 7% of the 1 million U.S. board-certified physicians, 37% being women. Those on the list are nominated by their peers and validated by Castle Connolly's research team to ensure they deliver the highest quality patient care.



"My team and I work exceedingly hard to deliver exceptional care, so earning a Top Doctor award is both a fantastic reflection of our success and a great way to drive us to outdo ourselves in the future."

"Receiving this award is both humbling and motivating," said Dr. Ponsky. "My team and I work exceedingly hard to deliver exceptional care, so earning a Top Doctor award is both a fantastic reflection of our success and a great way to drive us to outdo ourselves in the future. I would also like to congratulate the other nominees – it's an honor to be in such distinguished company."

Dr. Ponsky is double board certified in facial plastic and head and neck surgery, carrying certifications from both the American Board of Facial Plastic and Reconstructive Surgery and the American Board of Otolaryngology. She has over 18 years of experience in cosmetic surgery of the face.

She completed her doctor of medicine degree and her residency in hand and neck surgery at Georgetown University, graduating in 2005, with the honor of the distinguished Roy Sessions Exemplary Chief Resident award. For a full list of doctors on the list, visit Castleconnolly.com.

More Men Are Challenging the Stigma Around Cosmetic Procedures

More men are challenging the stigma around cosmetic procedures. An increasingly aware generation of men is embracing aesthetic medicine as part of a high-performance lifestyle, challenging long-standing stigma and reshaping the conversation around male self-care. In an era where presence matters, thoughtful surgical and nonsurgical refinement can support how a man is perceived – confident, composed, and authentic. What was once off-limits is now part of a broader shift in how men define wellness and professionalism.

For decades, men have improved their appearance in socially accepted ways. Working out is praised. Eating well signals discipline. Investing in a professional wardrobe is strategic. These choices are seen as smart investments in health and career success.

Yet when it comes to the face, a different standard has traditionally applied.

"Men have always been comfortable investing in their health and careers," said Dr. Ponsky. "Now they're recognizing that facial



Dr. Diana Ponsky with Adam Kaufman, a leading Cleveland realtor, who openly shared his upper eyelid surgery and lower face and neck lift journey to help others approach aesthetic care with confidence and knowledge.

aesthetics can be part of that same conversation. They're not looking to change who they are. They want to look as capable and energized on the outside as they feel on the inside."

In practice, the shift is clear. Men aren't seeking dramatic transformations, but alignment. As careers extend, many in leadership and client-facing roles are mindful of presentation. Heavy eyelids, deep lines, and volume loss can unintentionally signal fatigue, even when drive and experience remain strong.

Facial aesthetics has become more about maintenance than reinvention – similar to fitness or

grooming. Advances in both surgical and nonsurgical treatments allow for refined, personalized outcomes that enhance masculine features while preserving character.

Equally important is the emotional impact. Many men report renewed confidence after addressing concerns they had quietly carried for years. As more speak openly, stigma continues to fade.

Caring about appearance does not undermine strength or credibility. It reflects intention. For a growing number of men, facial aesthetics is about feeling confident and informed – and showing up fully, both personally and professionally.

The Mayor's Message Looking Ahead to Spring

Dear Beachwood Residents & Businesses,

With days getting longer and the first signs of spring appearing, I would like to reflect on our community's resilience this winter and share a look ahead at the exciting months to come. This season brought some of the most severe winter weather we have experienced in recent years, but it also highlighted the cooperation, dedication, and community spirit that make Beachwood an excellent place to live.

I would first like to thank our residents for their patience and continued cooperation during winter snow parking bans. While these restrictions can be inconvenient, they are essential in allowing our Public Works Department to clear streets safely and efficiently. Snow parking bans also ensure that our Police and Fire Departments have unobstructed access to homes and businesses when responding to emergencies. Your understanding and support are vital to keeping our community safe during challenging weather conditions.

I am also extremely proud of the Beachwood Public Works Department's outstanding efforts throughout this winter. Snowfall began as early as Thanksgiving last year and continued over several major weather events, requiring our crews to work long hours under challenging conditions. Many Public Works employees spent extended time away from their families to ensure that Beachwood's roads and sidewalks remained safe and passable. I commend their professionalism and dedication in making these sacrifices so that our residents and visitors can travel safely and spend time with their own families.

Looking ahead to spring, there is much to be excited about. Our Community Services Department is preparing to distribute the Spring and Summer Recreation Guide, which will highlight a wide variety of programs and activities designed to bring our community together. From youth and family programming to fitness and enrichment opportunities,

there is something for everyone.

In addition, Beachwood Community Services has announced a year-long lineup of new events created specifically for our senior residents. These programs will complement our popular monthly Meet & Eat gatherings and provide even more opportunities for social connection and engagement. Information and registration for each event will be posted at BeachwoodRec.com, and I encourage you to mark your calendars and join us.

As warmer weather approaches, preparations will also soon begin at the Beachwood Family Aquatic Center. Our team is already planning the necessary maintenance and upgrades to ensure the facility is ready for another safe and enjoyable season for families and residents. We are also proud to continue offering same-gender swimming events and evening pool parties reflecting our ongoing commitment to inclusivity for all residents.

Lastly, I invite you to watch for the upcoming April issue of *Beachwood Buzz*, which will feature a story on my State of the City address. This feature will highlight Beachwood's accomplishments in 2025 and provide a look ahead at our goals for the remainder of the year.

Thank you for being an engaged and supportive community. I wish you a safe end to winter and an enjoyable spring season ahead.

Sincerely,



Mayor Justin Berns

MayorBerns@beachwoodohio.com



Beachwood City Council



How To Email A Council Member: FirstName.LastName@BeachwoodOhio.com



Danielle Shoykhet
Council President
216.212.9212



Jillian DeLong
Council V.P.
216.509.3514



Alec Isaacson
216.291.2797



Alex Jacobs
216.903.9911



Pete Smith
216.299.3557



Ali B. Stern
240.706.7478



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

EMERGENCY
Dial 9-1-1 or
216.464.1234

Legislative Update

Jan. 20 - Feb. 2

The city is focusing on six key areas essential for the city's advancement, which serve not only as a roadmap, but as a guiding light for our city's progress. Each legislative update highlights these areas.

Jan. 20 City Council Meeting:

Infrastructure Improvement

Council members confirmed the mayor's appointment of George Carr to the City of Beachwood's Planning and Zoning Commission. Mr. Carr is an experienced real estate attorney with a local law firm and serves on the city's Community Improvement Corporation.

Public Safety

City Council approved funding to ensure the city is fully prepared to respond to emergencies. The purchase order provides immediate access to up to \$250,000, allowing rapid action without additional Council approval during a major catastrophe or emergency.

Feb. 2 City Council Meeting:

Innovative Partnerships

City Council formally approved a resolution authorizing the city to enter into a Member Community Infrastructure Program (MCIP) Agreement with the Northeast Ohio Regional Sewer District (NEORS). Through this strategic partnership, the city will secure \$278,300 in grant funding to support the design of the Bryden Road sanitary and storm sewer improvement project.

Infrastructure Improvement

Council members approved the renewal of the city's contract with Direct Business Technologies to continue providing critical software security services for the city's technology infrastructure. This action reinforces the city's cybersecurity position and enhances its ability to defend against ransomware attacks, hacking attempts, and other evolving cyber threats.



George Carr being sworn in to the Planning and Zoning Commission on Jan. 20.

**STAY ENGAGED IN
YOUR COMMUNITY:**



Meeting agendas, minutes including legislation, live and recorded meetings are available on our website at BeachwoodOhio.com or please attend an upcoming meeting.

Ongoing Efforts Aim to Improve Traffic Safety Citywide

In response to ongoing resident concerns about traffic safety, the Beachwood Police Department (BPD) significantly increased traffic enforcement efforts throughout 2025. These proactive measures were designed to address speeding, reckless driving, and other traffic-related issues impacting neighborhoods across the city.

As a result of these efforts, BPD officers issued 2,219 traffic citations in 2025, a 48.2% increase from 2024 (1,497 citations). Despite heightened enforcement, the department still received 385 calls to dispatch regarding traffic concerns, highlighting the need for ongoing attention and partnership with residents to further improve traffic safety.

"Resident feedback plays a critical role in shaping our traffic enforcement strategies," said Police Chief Dan Grispingo. "As enforcement efforts increase, our primary goal remains improving safety on Beachwood roadways. We will continue to adjust our approach based on resident input and statistical data, including crash and speed data, to ensure enforcement is focused where it is needed most."

Through targeted enforcement and an active response to community input, the Beachwood Police Department remains committed to improving roadway safety and reducing traffic issues throughout the city.



**UPCOMING CITY
MEETINGS**

City Council:
March 9 at 7:00 p.m.
March 23 at 7:00 p.m.

Planning & Zoning:
March 26 at 6:30 p.m.

Architectural Board of Review:
March 9 at 4:30 p.m.
March 23 at 4:30 p.m.

Work - Live - Learn - Thrive

Mike Holtzman Named Firefighter of the Year



Beachwood Fire Chief Steven Holtzman announced the department's 2025 Firefighter of the Year, Mike Holtzman. He was honored during the Jan. 20 City Council meeting with family and friends present. The Beachwood Fire Department's Officer Corps votes to select the Firefighter of the Year. Mike is the nephew of Chief Steve Holtzman, who does not have a vote in naming the department's Firefighter of the Year.

Mike began his firefighting career immediately after high school, joining the Elyria Township Fire Department in 2001. In 2006, he advanced to a full-time position with the Sheffield Village Fire Department before bringing his experience and leadership to the Beachwood Fire Department in 2010.

Over the past 15 years in Beachwood, Mike has served several critical roles, including assignments with the Regional SWAT Team and the Regional Technical Rescue Team. He currently serves on the department's Training Committee, helping ensure the highest standards of readiness and safety.

Mike holds several certifications, including firefighter, paramedic, instructor, live fire instructor, and fire safety inspector. Even on his days off, he continues to give back, working as a safety instructor at Lorain County Joint Vocational School, where he helps train high school students to become the next generation of firefighters.

Mike was honored alongside his wife, Anne, of 17 years, and his sons, Aaron and Brandon.



2025 Firefighter of the Year, Mike Holtzman (left), pictured with Fire Chief Steven Holtzman (right).

BEACHWOOD ART GALLERY:

Ileen Kelner Juried High School Art Show | On display through Friday, March 27

Inspiring work from students representing over 20 high schools, presented by Beachwood Arts Council.

BFD Welcomes Shianne Wright



Left to right: Chief Steven Holtzman, Firefighter & Paramedic Shianne Wright, Mayor Justin Berns

The Beachwood Fire Department is proud to announce Shianne Wright as its newest member. Mayor Berns swore her in during the Jan. 20 City Council meeting.

Shianne's passion for emergency services began at the age of 7, when she first dreamed of becoming an ambulance driver. That childhood dream became a clear path at just 15, when she joined the Hamden Fire Department through the Explorer Program, an experience she says quickly felt like her second home.

Committed to serving others, Shianne continued pursuing her goals by

earning both her firefighter certification and paramedic certification. She credits much of her success to the training and support she received from her mentors at the Hamden Fire Department.

Please join us in warmly welcoming Shianne Wright to the Beachwood Fire Department.

State of the City Content Available March 12

Residents who are unable to attend Mayor Justin Berns' State of the City address will still have an opportunity to learn about the city's progress and plans for the year ahead.

Beginning Thursday, March 12, the City of Beachwood will publish additional 2026 State of the City content on the city's website.

A short video presentation and a digital print piece will be available, offering residents a convenient way to review the key topics and information shared by Mayor Berns during his State of the City address.



Honoring Decades of Service to Beachwood

The City of Beachwood proudly recognizes the retirements of three long-serving employees whose dedication and professionalism have made a lasting impact on our community.



After nearly 30 years of service to Beachwood, **Tim Tremaglio** retired on Jan. 30, 2026. Tim joined the city in 1996 as Street and Sewer Superintendent after beginning his public service career with Cleveland Heights in 1980. Throughout his tenure, Tim has been a steady, knowledgeable, and trusted leader within the Public Works Department, helping to maintain and improve the infrastructure residents rely on every day.

In retirement, Tim looks forward to spending more time with his wife and three children, helping his son renovate his first home, enjoying plenty of golf, and taking his Corvette out for some well-earned joyrides.



Also retiring is **Rob Santucci**, after 22 years of service as a building inspector and in code enforcement. Before joining Beachwood's Building Department, Rob served the community for 20 years as a North Randall police officer. During his time in Beachwood, Rob valued the opportunity to work alongside fellow employees and to meet residents through his role as building inspector.

In retirement, Rob hopes to stay active and plans to escape Northeast Ohio winters by attending Major League Baseball spring training games in Florida.



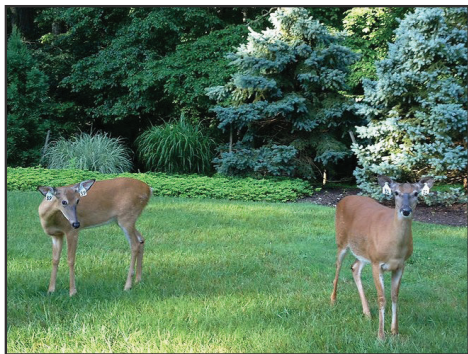
The city also recognizes dispatcher **Robin Mueller**, who retired after 18 years of service with the Beachwood Police Department. As one of the first voices residents hear in moments of crisis, Robin has played a critical role in keeping the community safe. Dispatchers are the calm behind the chaos—gathering vital information, coordinating emergency response, and providing reassurance when it's needed most. Robin has done all of this with professionalism, patience, and dedication.

The City of Beachwood thanks Tim, Rob, and Robin for their years of dedicated public service and wishes them all a happy, healthy, and well-deserved retirement.

City Completes First Year of Regional Deer Sterilization Program

The City of Beachwood has successfully completed the first year of its deer sterilization program, implemented in collaboration with the cities of Shaker Heights and South Euclid. This regional approach to deer management reflects a growing commitment among our neighboring communities.

During the program's first year, the company White Buffalo, working with its team of licensed veterinary surgeons, successfully sterilized 52 does across the three participating communities. Of those, 43 were located in Beachwood and Shaker Heights, with an additional 9 does sterilized in South Euclid. All sterilization efforts for the year are now complete.



Example of the new state-issued deer tags.

This year also marked the introduction of new state-issued deer tags that include a state telephone number for identification and tracking. Each community uses a distinct tag color: yellow for Beachwood, white for Shaker Heights, and green for South Euclid.

Collaboration among the three cities has provided mutual benefits, including shared expertise, coordinated planning, and increased efficiency. Interest in similar programs continues to grow

regionally. Brooklyn initiated a deer management program this year, Highland Heights has resumed efforts after an initial pause, and Cleveland Heights is expected to join next year. University Heights has also expressed interest, and Beachwood has offered its program information to encourage participation.

As regional cooperation expands, Beachwood remains committed to working with neighboring communities to build a coordinated, long-term approach to responsible deer population management.

Composting Results

Beachwood residents are making a meaningful environmental impact through the city's free food scrap composting program in partnership with Rust Belt Riders. In 2025, public composting bins in Beachwood collected an impressive 69,600 pounds of food scraps from 307 participating households, keeping organic waste out of landfills and turning it into nutrient-rich compost.

Thank you to the residents who participated in 2025 and helped make this program a success. Residents interested in joining can register for free on our website at BeachwoodOhio.com/composting.



March Recreation Guide

A Touch of Disney Magic Warms Up Winter

More than 200 families gathered at the Community Center for Beachwood's first Winter Warm-Up, an afternoon filled with Disney-themed wintertime magic. Sponsored by Statement Nail & Wax Lounge, the Feb. 12 event transformed a chilly winter day into an enchanting experience for children and families.



Under the sea sand art! Photography provided by Discovery Photo.



A magical meet and greet with Cinderella.



Solving the case with Zootopia.



All smiles meeting Tinker Bell!

BASEBALL & SOFTBALL:

Grab a spot in the lineup and take the field! Divisions available for boys and girls, ages 5-14. Practice begins the week of April 27. Just \$75 for residents and \$95 for non-residents at BeachwoodRec.com.

Community, Connection, and Fun: Beachwood's Senior Event Series

Beachwood Community Services is excited to introduce a year-long lineup of new events designed for our senior community. These programs expand on our monthly Meet & Eat gatherings, offering even more opportunities to connect, socialize, and enjoy something new.

Mediation & Mocktails is proudly sponsored by King David Senior Living. Event details and registration will be available at BeachwoodRec.com.

- March 17 – Meditation & Mocktails
- March 27 – Senior State of the City
- April 30 – Ladies Tea at the Derby
- May 21 – Senior Taste & Cookbook
- June 1 – The Senior Game Show
- July 22 – Ice Cream Social
- Aug. 31 – Senior Picnic
- Sept. 14 – Diner Night
- Oct. 22 – Senior Harvest Fest
- Nov. 12 – Seniors Around the World
- Dec. 17 – Senior Prom

Meditation and Mocktails

Tuesday, March 17
11:00 a.m. - 12:30 p.m.

Unwind and reset with a calming, guided meditation designed specifically for seniors. Afterward, enjoy a festive flight of St. Patrick's Day-inspired mocktails.

Beachwood Community Center
25325 Fairmount Blvd.

Registration Required:
BeachwoodRec.com or 216.292.1970
Cost: Residents \$2, Non-Residents \$4

The poster for the Meditation and Mocktails event features a woman with short grey hair, wearing a light blue tank top, sitting and meditating. She is surrounded by green plants. The text on the poster provides details about the event, including the date, time, location, and registration information.

Instructor Spotlight: Dennis Weyn



For 17 years, Dennis Weyn has been sharing his passion for soccer with Beachwood families through Pee Wee Soccer, Beginner Footskills, group camps, and more. A native of the Netherlands, Dennis grew up immersed in the sport before moving to the United States in 1986 to coach at Virginia Commonwealth University. He later became Director of Coaching for what is now the Cleveland Football Academy and has

led successful high school programs, including two state titles at Hathaway Brown and multiple winning seasons at Beaumont School.

Through his Weyn Soccer Group, Dennis has helped young athletes across Northeast Ohio develop skills and confidence both on and off the field. Despite his competitive background, what he values most about Beachwood is the relaxed environment of running skill development programs. "There's no pressure to win," he says. "It's simply about having fun and sharing my passion for soccer."

Outside of soccer, Dennis has been happily married for 40 years and is the proud father of two adult daughters. When he's not on the field, you'll find him watching professional soccer, traveling, collecting vinyl records, and enjoying time with family and friends.

T3 Sports Summer Sendoff Camp

Beachwood has partnered with T3 Performance to expand camp opportunities during the extended Summer Sendoff week, Aug. 3–7, which is being offered due to Beachwood's 2026–27 school calendar.



In response to high demand, T3 Sports Summer Sendoff Camp has been added to accommodate more campers. The camp will be offered to students in grades four through eight, Monday through Friday from 9:00 a.m. to 3:00 p.m., at Beachwood Middle School.

The program will closely mirror Beachwood's standard Sports Camp, with the added benefit of instruction from T3's high-level coaching staff, many of whom are former Division I and Division II collegiate athletes.

Families currently on the waitlist will be notified. Registration will open on March 9 at BeachwoodRec.com. The cost is \$175 per camper.

THEATER Director Julie Matthews *CITY OF Beachwood*

BUBBLE baloo

On-Camera Happy Songs Sing-Along

Ages 7-15

Wednesdays, April 8-May 20
Beachwood Community Center
4:30-6:00 PM

Participants get a professional on-camera acting and singing experience plus a live performance on May 20!

Register: BeachwoodRec.com
Residents \$255, Non-Residents \$306

CITY OF BEACHWOOD
family aquatic center

2026 Memberships

On sale to residents beginning April 6!
Rates & Details: BeachwoodRec.com

Beachwood Seniors

- **Medicaid & Asset Protection Lunch & Learn**
Thursday, March 12, Noon, Community Center

Discover how to protect your home and savings from the rising costs of long-term care. Gain valuable insight while enjoying a complimentary lunch. Register for free by March 6.

- **Senior State of the City with Mayor Berns**
Friday, March 27, 10:00 a.m., Community Center

Join Mayor Berns for pastries, light refreshments, and an overview of the 2026 State of the City. Learn about the city's latest projects, initiatives, and more. Registration is free. Sign up by March 20 at BeachwoodRec.com.

March Meet & Eat

Chardon Polka Band
Thursday, March 19, Noon, Community Center

Residents \$14, Non-Residents \$17, Program Only \$6
Register by March 13.

The Chardon Polka Band brings a unique twist to the traditional polka sound! Known for their high-energy performances and playful sense of humor, this Cleveland-based group mixes classic polka favorites with surprising modern tunes. Their infectious enthusiasm makes them a hit with audiences of all ages.

Meal choices include turkey tetrazzini or angel hair pasta. All entrees served with side salad, roll, beverage, and dessert. Gluten-free option available.

WHERE BUSINESS IS BOOMING!

THE LATEST NEWS FROM ECONOMIC DEVELOPMENT

The Competitive Edge of Investing in Employee Well-Being

The most resilient and forward-thinking businesses understand a simple truth: investing in employee health is not a perk — it's a strategy. Organizations that embed wellness into their culture see stronger engagement, lower turnover, improved productivity, and teams that are better equipped to adapt and thrive.



Leading employers are taking practical, achievable steps to support their workforce, such as offering preventive care incentives, encouraging movement and healthy habits throughout the workday, expanding access to mental health resources, and partnering with local providers for screenings and educational sessions. Flexible policies that respect work-life balance further reinforce a culture where employees feel supported, valued, and empowered to do their best work.

These initiatives don't require massive budgets. They require intention, leadership, and strong partnerships within the local business community.

That's where the Beachwood Chamber of Commerce Health and Wellness Summit comes in. This one-day event, taking place on April 22 at the SITE Center building in Beachwood, is designed to connect local businesses with practical tools, expert insights, and community partners who can help turn wellness goals into actionable outcomes.



Whether you're a business leader seeking sustainable strategies or an employee interested in workplace well-being, the Summit offers meaningful opportunities to learn, connect, and lead with purpose. To learn more or register, visit Beachwood.org for full event details and engagement opportunities.

Free Entrepreneur Education

Beachwood entrepreneurs are invited to take advantage of a free professional development opportunity this spring through the Huntington Entrepreneur in Residence (EIR) Program. Hosted at Corporate College East, this four-week master class series is designed specifically for small business owners at any stage of growth.

Led by Manny Hall, the program provides practical, real-world guidance informed by the experience of successful entrepreneurs from across Northeast Ohio. The curriculum is designed to help participants sharpen strategic clarity, strengthen revenue growth strategies, enhance financial readiness, and improve execution across their businesses.

Program Details

- Days: Wednesdays
- Dates: April 8, 15, 22, and 29, 2026
- Time: 5:30 – 8:30 p.m.
(Dinner served 5:30 – 6:00 p.m.)
- Location: Corporate College East, 4400 Richmond Rd., Warrensville Hts.
- Cost: Free (Generously sponsored by Huntington Bank)



Registration for Spring 2026 is now open. Space is limited, and early registration is encouraged.

To register, visit tri-c.edu and search "Entrepreneur in Residence."

TUMI Expands in Beachwood

TUMI has expanded its presence at Beachwood Place, bringing an even broader assortment of its iconic travel essentials to the region. The newly enhanced space showcases a carefully curated selection of luggage, backpacks, totes, crossbody bags, briefcases, and travel accessories, designed to complement a range of lifestyles and personal styles. Highlights include TUMI's new ALPHA collection which has been reengineered for modern movement.



Shopping in-store allows guests to see and feel the exceptional craftsmanship firsthand, fully appreciating the materials,

organization, and thoughtful details. To make each piece uniquely yours, TUMI also offers complimentary personalization, including traditional monogramming and, on select styles, premium metal lettering.

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

Student Entrepreneurs Take the Lead: Launching "Hop In My Spot"



The 2025-2026 school year has brought a bold new vision to Beachwood High School as students from 10 local high schools take the reins of their own nonprofit company, Hop In My Spot.

Part of the Excel TECC Marketing/Junior Achievement program, this initiative is entirely student-driven. These young entrepreneurs aren't just studying business theory; they are actively building and running a company from the ground up to serve a vital cause in their community. From strategic budget planning and supply chain management to high-level merchandise promotion and event organizing, the students are gaining hands-on experience in every facet of the modern business world.

The Mission: Spreading Joy to Critically Ill Children

The heart of Hop In My Spot is a commitment to the well-being of local children facing critical illnesses. The student-led team identified a need for comfort and normalcy during difficult hospital stays, leading to their

mission: raising funds through corporate sponsorships and custom merchandise to create and donate "uplifting baskets." These curated gift packages are designed to brighten a child's day and provide a much-needed emotional boost during treatment.

You're Invited: Hop In To Spring

The students are eager to share their progress and their mission with the public at their upcoming community Hop In To Spring launch event, Saturday, April 11, 1-3 p.m., at the City of Beachwood Community Center. This is a great opportunity for residents to support a student-run business and contribute to their goal of helping local families.



Leadership in Action

The complexity of running a multi-school nonprofit requires a high level of dedication and maturity. The student leaders are already seeing the rewards of their hard work.

"I've learned to be more adaptable to change and to keep an open mind," says Matthew Dupnock, a senior at Eastlake North High School and CEO of Hop In My Spot. "Marketing has taught me the importance of resilience when things don't proceed as planned, and communication when trying to make sure everyone is on the same page."

The sense of optimism within the company is palpable. Andrew Arra, a senior at West Geauga High School and vice president of communications, adds, "Running a company requires a lot of work, but I think that everything will turn out amazing. I'm optimistic about our company's potential."



Little hops, big hearts.

Hop In My Spot Launch Event

Hop In To Spring
Saturday, April 11 • 1-3 p.m.
City of Beachwood
Community Center
Free and open to the
community!

As Hop In My Spot continues to grow, these students are proving that they don't have to wait until after graduation to make a difference. They are leaders today, building a legacy of service and entrepreneurship one "uplifting basket" at a time.

Strong Minds, Smart Money, Sustainable Growth

Beachwood Chamber to Host Health & Wellness of Business Resource Summit



Please mark your calendar for Wednesday, April 22, for the Health & Wellness of Business Resource Summit, hosted by the Beachwood Chamber of Commerce. This thoughtfully designed half-day program is focused on strengthening both you and your business in today's evolving marketplace.

The summit will bring together respected local experts, a featured keynote speaker, and an engaging panel discussion centered on the issues that matter most to

modern business leaders. Topics will include business health and sustainability, medical wellness, mental health and stress management, financial wellness, technology and AI integration, and cultivating a strong, resilient workplace culture.

In today's environment, business success is about more than the bottom line. The health of your organization is directly connected to the well-being of its leadership and team, the clarity of its financial strategy, and its ability

to adapt to rapid technological change. This summit is designed to deliver practical, actionable insights that you can implement immediately – whether you are leading a small business, managing a growing team, or guiding long-term strategic planning.

Attendees will gain valuable perspectives, connect with fellow professionals, and walk away with tools to support sustainable growth and organizational strength.

More details and registration

information will be released soon. For now, mark your calendar for April 22 and plan to invest a half-day in your company's most important asset – its people and its leadership.

Sponsorship opportunities and limited vendor tables are available now.

Visit www.beachwood.org/events or review the ad on page 18 for details.

Strong minds build strong businesses. And strong businesses build strong communities.

BEACHWOOD CITY SCHOOLS

Developing Intellectual Entrepreneurs with a Social Conscience

Rebekah Sharpe Selected as New Principal of Beachwood High School



Beachwood City Schools is pleased to announce the selection of Rebekah Sharpe as the next principal of Beachwood High School. She was unanimously approved by the Beachwood Board of Education at their meeting on Feb. 9.

"We welcome Rebekah Sharpe as the next principal of Beachwood High School," Superintendent Robert Hardis said. "Ms. Sharpe demonstrated outstanding educational knowledge and leadership qualities throughout the application and interview process. She is an experienced administrator with a reputation for her thoughtful, student-centered approach, diligence, resolve, and professionalism."

"What excites me most about serving in Beachwood is the deep, unmistakable respect this community shows for its culture, its people, and especially its educators," Sharpe said. "Beachwood is a place where teaching is not just appreciated, but uplifted, and where families and educators work together to ensure that students thrive and feel genuinely valued. I am energized by the opportunity to cultivate deep, authentic relationships with our students – relationships that help them feel known, supported, and confident as they chart a course for their future."

Sharpe joins Beachwood from the ClevelandHeights–University Heights City School District, where she has served as principal of Roxboro Middle School since 2023. In this role, she oversaw the daily operations of the school, advanced continuous improvement in student academic performance and social-emotional development, implemented PBIS frameworks, and fostered strong partnerships with families and the broader community.

Prior to her principalship at Roxboro, Sharpe was assistant principal at Shaker Heights High School and Dean of Students at Shaker Heights Middle School. In addition to her administrative experience, Ms. Sharpe was a music teacher in Shaker Heights City Schools and Columbus City Schools.

Sharpe is a graduate of Capital University with a Bachelor of Music in music education. She went on to earn master's degrees in music education from Kent State University and educational leadership from the University of Cincinnati.



BHS Fitness Facility Enhancements

With the end of the winter sports season on the horizon, Beachwood High School's fitness facility enhancement project is now preparing to move into the next phase. Planning and design work have continued over the last several months, with construction set to begin following the end of the winter sports campaign and completion targeted for the start of the 2026-2027 school year.

The updated fitness facility will transform the current weight room and unused gym space into a modern, all-purpose training center. The upgraded space will include eight new racks with four stations at each, along with free weights, dumbbells, and a variety of cardio machines. The full basketball and volleyball courts, along with spectator bleachers, will shift, but remain intact as part of the design.

Funding for this project will be supported in part through a fundraising campaign led by the Beachwood Athletic Boosters, including their annual Night at the Races event on May 2 from 5:00-8:00 p.m. at Porsche Beachwood (3750 Orange Place).

For more information about the event and tickets, please scan the QR code.



BOARD OF EDUCATION MEMBERS

Megan Walsh, President • (216) 287-4657 • mwalsh@beachwoodschoools.org
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beachwoodschoools.org



Beachwood High School

has been recognized for the

2025 AP® School Honor Roll

for developing an AP program that creates a college-going culture and gives students opportunities to earn college credit and to maximize their college outcomes.



Two Appointed to District Audit Committee

The Beachwood Board of Education voted unanimously to appoint community members Josh Hancher and David Ostro to the district's audit committee. Hancher's term is effective through Dec. 31, 2028, while Ostro's term ends Dec. 31, 2029.

The audit committee provides oversight of financial reporting and internal controls to ensure transparency and accountability in the district's financial operations.

Hancher has extensive experience in banking, capital management, and financial oversight. He began his career at KeyBank during the financial crisis before relocating to New York in 2012, where he served as the U.S. Head of Capital Management at Deutsche Bank and later as a director at Citibank, where he oversaw remediation of the bank's capital risk appetite framework. He currently works in bank supervision at the Federal Reserve Bank of Cleveland. Hancher moved to Beachwood in 2024 with his wife, Jennifer, and two daughters who attend Hilltop and Bryden. He holds a degree in economics from Indiana University and is a Chartered Financial Analyst (CFA) Charterholder.

Ostro is a lifelong resident of Beachwood and a 1975 graduate of Beachwood High School. He brings extensive financial and governance experience to the role, having retired as vice president/treasurer of Parker Hannifin Corporation. Previously, he served on the Beachwood Board of Education from 2000-2014, including three terms as board president, and has served as a member and chair of the district's audit committee since 2016. He and his wife, Hermine, have two sons who are graduates of Beachwood High School.

"We thank Mr. Ostro for continuing his service on the committee and we welcome Mr. Hancher," Board of Education President Megan Walsh said at the Board meeting. "We are thankful to both of them for serving in this capacity for the district."

BHS Named to AP School Honor Roll

The College Board recently announced that Beachwood High School was named to the 2025 Advanced Placement (AP) School Honor Roll. The award recognizes schools whose AP programs are delivering results for students and broadening participation. BHS achieved Silver status.

Schools can earn the Honor Roll recognition annually based on criteria that reflect a commitment to increasing their school's college-going culture, providing opportunities for students to earn college credit, and maximizing their college readiness.

In 2025, a total of 243 BHS students completed 632 AP Exams, with 88% scoring a three or higher. BHS offers 29 AP Courses, as well as three in-house College Credit Plus Courses.

College Board's AP Program enables students to pursue college-level studies with the opportunity to earn college credit, advanced placement, or both while still in high school. Through AP courses, each culminating in a challenging exam, students learn to think critically, construct solid arguments, and see many sides of an issue – skills that prepare them for college and beyond.

BOARD OF EDUCATION NEWS



Recent Resolutions

- Held study session on Board Policy Committee
- Heard performances by BHS Orchestra and Bryden Choir.
- Hired Rebekah Sharpe as Principal of Beachwood High School.

Upcoming Board Actions

- Update on move-in to new Hilltop School
- Report on hiring procedures

Board Meeting Calendar

- Monday, March 9 @ 7:00 pm
- Monday, April 13 @ 7:00 pm



VIEW AGENDAS & MINUTES

www.beachwoodschoools.org/BOE

BEACHWOOD CITY SCHOOLS

Developing Intellectual Entrepreneurs with a Social Conscience

Ribbon Cutting Ceremony to Mark Opening of New Hilltop School

Beachwood City Schools will celebrate the opening of the new Hilltop School with a ribbon cutting ceremony on March 17. The event, held in the new Hilltop gymnasium, marks the culmination of an exciting 20-month construction project that will provide an exceptional learning environment for students in third, fourth, and fifth grade.

The ceremony will feature remarks from Megan Walsh, president of the Board of Education; Dr. Robert Hardis, superintendent; Amy Pinney, principal of Hilltop; Ryan Schmit, project architect with ThenDesign Architecture; and William Schurman, owner of Hammond Construction. The celebration will conclude with a ribbon cutting led by Principal Pinney and select Hilltop students, officially opening the new building. All Hilltop students and staff, along with district officials and local civic leaders, will join in the celebration. Students will begin classes in the new school after spring break on April 1.



Join Us for a Hilltop Open House

Join the Beachwood City Schools on Monday, March 16, for a special opportunity to celebrate the past and future. Families and community members are invited to stop by the old Hilltop building one last time and then take a guided tour of the new building. The open house at the old Hilltop begins at 4:00 p.m., followed by tours of the new Hilltop building at 4:30, 5:00, and 5:30 p.m. Come celebrate this exciting milestone for our community!

Hilltop Furniture Sale

Hilltop School will host a two-day furniture sale on Monday, March 23, from 4:00-7:00 p.m. and Tuesday, March 24, from 8:00 a.m.-12:00 p.m. in the old Hilltop cafeteria and gymnasium.

As the district prepares to move into the brand-new Hilltop building after spring break, this sale offers families and community members the chance to purchase school furniture before we say goodbye to the old Hilltop building.

A variety of items, including desks, chairs, tables, and other loose furnishings, will be available for just \$1 each on March 23. Please note that items such as lockers, fixed cabinets, and sinks are not included in the sale. All sales are first-come, first-served, and purchased items must be taken home at the time of sale.

On March 24, all remaining items will be free to those who can take them.

EVENTS CALENDAR



Lunar New Year Celebration

March 1, 5:00 pm
Beachwood High School, 25100 Fairmount Blvd.

Elderclass

March 11, 12:00-2:30 p.m.
Beachwood High School, 25100 Fairmount Blvd.

Hilltop Community Open House

March 16, 4:00-6:00 p.m.
Hilltop School, 24524 Hilltop Dr..



**VIEW THE
FULL CALENDAR**

www.beachwoodschoools.org/calendar

ADMINISTRATION

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beachwoodschoools.org

Spring Musical Hits Stage April 17-18

On April 17-18, the Beachwood High School auditorium stage will transform into a vibrant celebration of music, color, and storytelling as the BHS Drama Club presents *Joseph and the Amazing Technicolor Dreamcoat* for its spring musical. Known for its bold colors, vibrant costumes, and legendary music, the production promises to delight audiences of all ages, while showcasing the performing arts program.

"When choosing a show, I try to look at the strengths of our students," said director Taylor Mortensen. "We have a lot of talented comedic actors right now and I always want to give our students a chance to shine. This might be the oldest show we have produced at Beachwood, but it translates so well to the modern era."

The cast and crew have been preparing for this year's production by spending a lot of time learning the music. Mortensen noted that this is the first show at Beachwood that is truly all music with little to no dialogue and it is important to get Andrew Lloyd Webber's iconic harmonies right. In addition, students are also learning choreography, character development, and the vibrant colors that make the show. Costumes are also a key component and Mortensen is personally building the famous coat for the show.

"The most rewarding part has been the students embracing a show that they didn't know a lot about," Mortensen said. "We have typically done more modern shows and, although *Joseph* was written in 1968, it still remains one of



Annika Malloy (narrator), Eli Ward (Joseph), and Aura Turner (narrator) are part of the cast for this year's spring musical.

the most popular musicals ever produced. The trust that the students have shown in producing an older show has been very inspiring."

Families can expect a performance that has something for everyone. One of the biggest themes is around forgiveness for those who have done wrong and, when people show they are willing to change, we should do our best to embrace that and forgive.

"This is a show for the whole family," Mortensen said. "It is upbeat, colorful, and pure fun. We encourage our community to come out and support our Beachwood students who have been working so hard for months to bring this show to them."

Tickets for the show can be purchased by scanning the QR code.



Preschool & Kindergarten Registration Now Open

Registration for preschool and kindergarten for the 2026-2027 school year is now open. Our early childhood programs nurture creativity, confidence, and a love of learning in a supportive, high-quality environment.



Beachwood Early Childhood Center

Now accepting applications for residents and non-residents, our Step Up to Quality Gold-rated program serves children ages 3 to 5 with half-day and full-day options. Learn more and register at www.beachwoodschoools.org/registration, or contact preschool director Karen Leeds at (216) 464-2600 ext. 2010 or kml@beachwoodschoools.org. Preschool will be in the new Bryden building beginning in 2026-2027.

Kindergarten

If your child will enter kindergarten for the 2026-2027 school year, please visit www.beachwoodschoools.org/registration to complete the enrollment form. State law requires students to be 5 years old by the first day of school (Aug. 26, 2026) in order to enroll. A kindergarten parent orientation is scheduled for Thursday, May 14, from 5:30-6:30 p.m. at Bryden School. Please contact district registrar Grace Perryman at gperryman@beachwoodschoools.org or (216) 464-2600, ext. 2107 if you have questions.

Special Needs Adults Tap Into The Wonder of Dance

By Arlene Fine

It might take two to tango, but it took a village to successfully bring the *Yes, You Can Dance!* program to the Cleveland area.

Yes, You Can Dance! is a nationwide program that teaches special needs adults, ages 18 and older, how to dance. It was brought to Beachwood's La Danse studio in 2023 by Fred Discenzo, Ph.D., a retired Rockwell Automation R&D manager.

A longtime ballroom dancer himself, Fred knew first-hand the intellectual, social, and physical benefits of dance. He wanted to share those benefits with a population that rarely has the opportunity or the resources to feel the joy, confidence, and sense of freedom that Fred and his wife experience on the dance floor.

Beachwood's La Danse, where the Discenzos have been dancing for years, was the ideal place to launch the program. "When I explained what I wanted to do, the studio's founder, Esther Rehm-Cohen, agreed to hold classes there," said Fred. The *Yes, You Can Dance!* nonprofit located in Jupiter, Florida, provided a small stipend to cover studio rental, and Fred lined up a team of dance mentors to partner with each student.

The one-hour class is held on most Sundays at 2 p.m. Participants are paired on a rotating basis with dance mentors, who are either social dancers or a participant's care partner. "We rotate dance mentors, so that the students learn to interact with someone new each week, as socialization is an integral part of the program," said Fred. "We are extremely fortunate to have such a talented and caring group of care partners in class. Some care partners have been trained to serve as trained dance mentors whenever needed."

The success of the class is due to Fred's thorough preparation. Along with personally contacting an average of eight participants and dance mentors each week, Fred prepares the dance floor to orient the special-needs dancers to the space. Dance students wear a band on one of their wrists to simplify dance movement instructions. And every wall of the studio has a unique inflatable to serve as a guide post. Removable paw print markers on the floor show dancers where to place their feet.

"Many of our special-needs adults can't readily tell the difference between right and left, so we ask them to move in the direction of the palm tree, smiley blow-up, inflatable bird, or large fish using their wrist band foot so they know which way to go," said Fred. "We keep these guides higher than eye level so the dancers look up and have nice posture when they dance."

This careful and loving attention to detail has paid off. Toby Bresky, whose daughter, Jill, 50, attends the class, is overjoyed with Jill's positive reaction to her dance lessons. "Jill used to bounce and jump when she tried to dance," said Toby. "Now, I see her taking orchestrated steps as she systematically puts the dance movements together – always with a big smile on her face. The class has been transformative for her."

Katherine Papcun, who brings her sister Karen, 35, to the class, was recruited by Fred to be a dance mentor. "The class is our favorite part of the week, and is a consistent source of joy for my sister and me," said Katherine. "Although some steps might be



Jill and her dance mentor experience the joy and benefits of group dancing.



Karen looks forward to her *Yes, You Can Dance!* lessons at La Danse in Beachwood.

challenging for Karen, the class is at the right level for her. Fred always makes sure she has space to fully enjoy the music and the experience. We also look forward to connecting with our tightly-knit, supportive community."

We rotate dance mentors, so that the students learn to interact with someone new each week, as socialization is an integral part of the program.

– Fred Discenzo

The positive effects of dance on special needs adults sparked Angela L. Ridgel, Ph.D., Kent State Professor of Exercise Science and Exercise Physiology, to conduct an in-depth study analyzing, quantifying, and recording the impact dance has on special needs adults' well-being and quality of life. Kent State students observe the *Yes, You Can Dance!* class to gather research for the study.

To help defray the cost of the program, including paying La Danse for the rental of the studio and other



Group dancing provides socialization, improved motor skills, and a sense of community for special needs adults.

enhancements, Fred is looking for grants and foundational funding. Based on his volunteer experience teaching dance to people with Parkinson's and adults with impaired vision at the Cleveland Sight Center, Fred is "convinced more research studies should be done to understand the beneficial power of dance and movement for adults with special needs, particularly as

an outlet for stress relief and enhanced motor skills," he said.

In the meantime, as they waltz around the studio with their heads held high, nothing can beat the look of pure happiness on the faces of special needs adults who have been given the rare opportunity to experience the wonder of dance. Perhaps the Hopi proverb says it best: To watch us dance is to hear our hearts speak.

To register or volunteer for the Beachwood class:

Contact Fred at fmdiscenzo@gmail.com or 440.227.9159

La Danse Studio:

23366 Commerce Park Rd., Beachwood

Yes, You Can Dance! website:

<https://www.yesyoucandance.org>



As winter softens and longer days return,
this is the season of possibility.
New light. New growth. New beginnings.
What will you nurture this spring?

– Beachwood Buzz

Best Mom Ever.



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

Eastside Blades Wins at Ohio High School Figure Skating Competition

Beachwood students skating with the Eastside Blades made a strong showing at the Ohio High School Figure Skating Championships, held Jan. 30 through Feb. 1 at Thornton Park in Shaker Heights.

The Eastside Blades team, made up of students from the Beachwood, Orange, and Twinsburg school districts, earned first place in the Team Maneuvers event, with Beachwood students representing the largest share of the combined team.

Beachwood skaters also stood out in individual competition. Dominik Herjan captured a first-place finish in Intermediate Men's Free Skate, while Lorena Tovanche earned medals in both Intermediate Solo Free Dance and Silver Solo Pattern Dance.

Now in its 20th year, the Ohio High School Figure Skating Championships brought together 17 teams representing 39 schools from across the state, celebrating both athleticism and artistry on the ice.



Pictured left: Beachwood participants in the Team Maneuvers event, from left: Natalia Agudelo, Jacob Isaacson, Lorena Tovanche, Anna Tonyushkin, Masha Tonyushkin, and Dominik Herjan

Left: Lorena Tovanche and Dominik Herjan

Right: Eastside Blades Group Production



CWRU's Siegal Lifelong Learning

Case Western Reserve University's Siegal Lifelong Learning is offering the following courses and lectures, among others, that can be found at case.edu/lifelonglearning. For more information, contact 216.368.2091.

Cleveland: The Renaissance City

Tuesdays, March 17 to April 21

1:30-3:30 p.m.

Landmark Centre Building

25700 Science Park Dr., Suite 100

- Lauren Pacini, Architectural Photographer

Beyond Silicon Valley: How Communities Foster Innovation in the Age of AI

Wednesday, March 25

10:30 a.m. to 12 p.m.

Landmark Centre Building, 25700

Science Park Drive, Suite 100,

- Michael Goldberg, MA, MBA, Professor, Weatherhead School of Management and Executive Director, Veale Institute for Entrepreneurship, CWRU

Great Institutions of Cleveland:

Performing Arts

(In-person and Remote)

This three-week panel discussion series will be moderated by John Grabowski, Ph.D.

Friday, April 10 • 10:30 a.m.

- André Gremillet, President and CEO, Cleveland Orchestra
- Rachel Fink, Managing Director, Cleveland Play House
- Larry Goodman, President and CEO, Cleveland Ballet

Friday, April 17 • 10 a.m.

- Raymond Bobgan, Executive Artistic Director, Cleveland Public Theatre
- Brian Barasch, Executive Director, Great Lakes Theater
- Aulbrie Kitson, Executive Director, Maltz Performing Arts Center

Friday, April 24 • 10 a.m.

- Craig Hassall, President and CEO, Playhouse Square
- Tony Sias, President and CEO, Karamu House Theater

Passover In Art and Objects

Monday, April 13 • 1:30-3 p.m.

Congregation Mishkan Or
26000 Shaker Blvd., Beachwood

- Katya Oicherman, PhD, Director, Mishkan Or Museum of Jewish Cultures

The Siegal Lifelong Learning Program connects the academic world to the wider community by offering engaging courses and lectures with CWRU faculty, renowned scholars, and local experts.

Yarn Over Beachwood

Participants of Yarn Over Beachwood knit, crochet, and loom items for several places and organizations 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 March 6 and April 3. Participants create varied projects, including hats, scarves, bunnies, bears, lapghans, soap sacks, and more. Yarn donations are always welcome, too.

For more information or to donate yarn, contact Iris November at lbertyclub@gmail.com or 216.375.9111.

Celebrating Minds of All Kinds

Beachwood's First Neurodiversity Festival, April 12

On Sunday, April 12, the Beachwood community is invited to come together for an afternoon of creativity, movement, connection, and fun at the Neurodiversity Festival: Celebrating Minds of All Kinds. This free, family-friendly event will take place from 2-5 p.m. at Beachwood High School and all are welcome.

The Beachwood Neurodiversity Family Network, an affinity group at the Beachwood City School District, created this event to further its mission to foster a school and community culture in Beachwood that recognizes, values, and embraces differences in how people think, learn, and communicate – and the district will be hosting the event.

This festival will offer something for everyone – neurodivergent and neurotypical alike. A few highlights will include:

Student Talent Showcase

A showcase, highlighting students' creativity and passions, will be at the heart of the festival. Families can move at their own pace through displays and recordings that honor different

ways of sharing a wide range of talents. Submissions may include visual art and writing, LEGO creations and engineering builds, speed cubing demonstrations, yo-yo trick recordings or performances, singing and instrumental recordings, special-interest presentations, or passion projects. The showcase is intentionally designed to be accessible and low pressure, allowing students to shine in ways that feel comfortable and authentic to them.

Students interested in participating can email ndfn@beachwoodschoools.org by March 20, with "Student talent showcase" on the subject line. Please include the student's first and last name, age, and a brief description of their submission. Organizers will then be in touch with further instructions.

Movement, Music, and Creative Expression

Additional activities will include cardio drumming, which combines movement and music, and art and music therapy demonstrations and mini-classes, which support emotional regulation,



communication, and well-being. These sessions offer a window into how therapeutic arts can support neurodivergent individuals.

Games, Art, and Carnival-Style Fun

In addition to face painting and open-ended art stations, the festival will feature games designed to be playful and inclusive. One highlight is Boxballen, a fast-paced, cooperative game that blends movement, strategy, and laughter.

Plus ...

Enjoy giveaways, snacks, and drinks, and much more.

Additional information will be announced next month.

The Neurodiversity Festival is a celebration of embracing and valuing differences, curiosity, and community. Whether you stay for 20 minutes or the full afternoon, you'll find opportunities to connect, learn, and have fun in a welcoming environment that truly celebrates minds of all kinds.

Mark your calendars now!

Sunday, April 12 • 2-5 p.m.
Beachwood High School
Community Room
Free and open to the public
We hope to see you there!

Park Synagogue Day Trip

Join Park Synagogue on Thursday, April 23, for a tour of the National First Ladies Library & Museum and Harry London/Fannie May Chocolate Factory.

Don't miss this wonderful opportunity to travel to Canton by luxury bus for this day trip. You will enjoy private tours of both the Saxon-McKinley House, childhood home of Ida Saxon McKinley, and the National First Ladies Museum, with their special "Eras Exhibit: 250 Years of First

Ladies Progress and Power." The exhibit captures the enduring power and influence of First Ladies through each of America's eras in history.

Lunch will be served across the street from the museum at the Doubletree Canton Downtown by Hilton, with delicious menu options from which to choose. (See lunch selections when registering through the Park website.)

A tour of the Harry London/Fannie May Chocolate Factory

will follow lunch, with time to shop after the tour.

Participants will meet at Park Synagogue, 27500 Shaker Blvd., at 8:30 a.m. The bus will depart at 8:45 a.m. and return to Park Synagogue at approximately 5 p.m.

The cost is \$50 for Park members and \$60 for non-members, which includes transportation, admission fees, lunch, bus driver's tip, and snacks.

This day trip is open to the community. Prepaid

reservations are required by April 10. Visit www.parksynagogue.org to register.

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



The Gathering Place Celebrates Opening of Newly Expanded Fitness Studio

The Gathering Place recently celebrated the opening of its newly expanded Fitness Studio with a ribbon-cutting ceremony at the organization's Beachwood location. This new studio supports The Gathering Place's commitment to movement and access.

Today, The Gathering Place offers 19 fitness programs each week, providing consistent opportunities for safe, supportive movement tailored to each participant's cancer experience.

"Movement is a critical part of the cancer journey," said Michele Seyranian, CEO of The Gathering Place. "Bringing our Fitness Studio to our East location allows us to support people together – through movement, nutrition, healing arts, and support groups – all under one roof, strengthening connection and community at every step."

Michele added that the new Fitness Studio would not have been possible without the extraordinary generosity of Karen Lipman Steiger, whose support helped bring this vision to life.

"Karen's commitment to whole-person cancer care has created a space where people feel safe, supported, and empowered to rebuild strength and confidence," she said. "We are deeply grateful for her belief in this mission and in the people we serve."

For many participants, the

Fitness Studio represents more than a workout space: It is a gateway to connection, confidence, and belonging.

Jane Case, a longtime participant, shared that after discovering The Gathering Place early in her cancer treatment, the community she found became a constant in her life.

"I walked in here terrified during treatment and I never really left," said Jane. "Over the years, I've found friendships, strength, and a community that feels like home. This is my place."

Most activity in the Fitness Studio takes place through a guided open gym format and a supported, independent workout environment overseen by movement specialists certified in cancer exercise. Staff are always present to ensure equipment is used safely, answer questions, and help participants identify exercises appropriate for their needs and abilities.

To learn more about the Fitness Studio, movement programs, and



Karen Lipman Steiger and Daniel Steiger, donors; Michele Seyranian, CEO; Suzette Young, director of Finance and Operations; Stephen Cerne, program staff; and Sandy Conochan, contract program staff, Exercise.

the wide range of free support services offered at The Gathering Place, visit touchedbycancer.org or stop by the Beachwood location to see the space in action. Individuals impacted by cancer, as well as caregivers and loved ones, are welcome to explore the full range of programs.

As The Gathering Place

marks more than 25 years of service, the ribbon cutting represents more than new space or equipment. It reflects the organization's continued evolution, remaining rooted in its founding vision while adapting to meet the changing needs of those it serves.

Temple Emanu El Brotherhood to Host Annual Blood Drive

Sunday, March 15, from 8:30 a.m. to 1:30 p.m.

Temple Emanu El's Brotherhood is hosting its annual Louis Clay Memorial Blood Drive with the Red Cross on Sunday, March 15, from 8:30 a.m. to 1:30 p.m., at Temple Emanu El, 4545 Brainard Rd., in Orange Village. This year's donation goal is 29 units to help stem the blood supply shortage. Scheduling an appointment is preferred, but walk-ins are welcome.

"Extreme winter weather has disrupted efforts to replenish the blood supply, forcing the cancellation of hundreds of blood drives," according to the Red Cross website. "The American Red Cross is facing

a severe blood shortage as requests from hospitals exceed the available supply, drawing down the blood supply by about 35% over the past month. The shortage is especially serious for platelets

and type O, A negative, and B negative blood. Without immediate action, patients face serious risk. Your help is needed right now."

Register at <https://tinyurl.com/EmanuElBloodDrive>.



**American
Red Cross**

Recreation and Camps



There are many recreation and camp options in and around Beachwood. Whether your child is eager to explore the outdoors, dive into the arts, sharpen athletic skills, or discover new passions, there's something for every interest and age. Take a moment to explore the offerings on the following pages and find the programs that will make this season memorable.

When you connect with a program, please say you saw it in *Beachwood Buzz*!

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Flips for Kids Summer Gymnastics Camp 2026



June 8-Aug 14, 2026

9:15 am-3:00 pm

Ages entering K-14yrs

23700 Mercantile Rd. | Beachwood, OH 44122

Get ready for a summer full of Flips! Fun! Fitness! Friends!

- JSG offers 9 weeks of themed gymnastics camps for boys & girls, no experience to competitive gymnasts
- Gymnastics is for everyone! It is a great base for coordination, confidence, seasonal sports participation & overall health.



Weekly Camp Themes

Week 1 June 8-12:

Get the Summer Moving - Flip Style!

Week 2 June 15-18 (Mon-Thu):

Gymkata: Train Like a Gym Warrior!

No Camp June 19, 2026

Week 3 June 22-26:

Dance Explosion! Ballet to Breakdancing

CLOSED JUNE 29-JULY 6, 2026

Week 4 July 7-10 (Tue-Fri):

Pajama Party Week - Part 1!

Week 5 July 13-17:

Pajama Party Week - Part 2!

Week 6 July 20-24:

Best of the Olympic Events - Gymnastic Style

Week 7 July 27-31:

Invention Convention for Thrills

Week 8 Aug 3-7:

Team Spirit Week

Week 9 Aug 10-14:

Flips, Twists, & More!

REGISTER TODAY AT

Website: jsgymnastics.com through the

Parent Portal: <https://portal.iclasspro.com/jumpstartgymnastics>

(216) 896-0295

Email: jsgymnastics@jsgymnastics.com

Weekly or Daily Enrollment
Flexible Scheduling - Customize to Your Needs
\$300 per 5-day week or \$60 per day

AFTERCARE daily from 3:00-5:00 pm:
\$10 per day. Pre-registration required.





Summer CAMPS

**Cleveland Play House Summer Camps
unlock your child or teen's creativity!**



**Arts and Theatre Exploration Camps are
available for grades K-5 and Immersion
Camps are available for grades 6-12.**

Cleveland Play House Arts Exploration Camps are designed for students in grades K-5, and are the perfect place for young artists to explore their passions and develop new skills in a vibrant, hands-on environment. Each week, campers will dive into the world of theatre through acting, music, movement, and visual arts—all while having fun and building confidence! They'll create their own original work, learn from professional teaching artists, and discover new ways to express their unique voice. Every other Friday families are invited to celebrate their camper's creativity at special showcase performances!

Grade K-5 Camps are available on both the East and West sides of Cleveland, and run Monday through Friday, 8:45am – 3:30pm, from June 15 - July 24, 2026 and families can choose from two-, four-, or six-week sessions with extended hours available for an additional cost.

East Side Summer Camps are held at the Unitarian Universalist Congregation of Cleveland at 21600 Shaker Blvd in Shaker Heights.

***For more information, or to register your student,
visit clevelandplayhouse.com/camps***

The Michael & Anita Siegal
One Happy Camper Program

CAMP IS SO COOL!

(SO IS GETTING A GRANT OF UP TO \$1,000!)

Go to www.onehappycamper.org

Choose a Jewish overnight summer camp and **receive up to \$1000** for a first-time experience.

Some synagogues may offer additional funds.

Camp Wise • Emma Kaufmann Camp
Camp Stone • Agudah Midwest Camps
NCSY US-Based Summer Programs • Ramah Camps
URJ Goldman Union Camp Institute (GUCI)
and many more!

Restrictions may apply. For more information
visit www.onehappycamper.org,
email onehappycamper@jecc.org
or call 216-371-0446.



Jewish
Education
Center
OF CLEVELAND



Jewish Federation
OF CLEVELAND

Michael & Anita Siegal One Happy Camper Program Offers Incentive Grants for Overnight Jewish Camp

Families with children attending one of over 160 nonprofit Jewish overnight camps, for 12 days or more, may be eligible for a grant of up to \$1,000, regardless of need.

Grants are also available for second-year campers attending denominational camps, such as Ramah camps, URJ Goldman Union Camp Institute (GUCI), and Camp Stone.

Summers at overnight camps are packed with a wide range of activities – aquatics, arts and crafts, sports, dance, music, cooking, archery, drama, outdoor adventure, podcasting, and much more! Campers are encouraged to discover new skills and interests.

Jewish camp weaves Jewish values, culture, and traditions into the fabric of camp, helping campers to connect to their own identity and the larger Jewish community. Dynamic staff members use experiential learning to reveal what makes Jewish religion and culture special in today's world.

Families can find camps and apply for grants by visiting www.jecc.org/onehappycamper.

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For details, contact Adam today at 216.338.7823
or beachwoodbuzzsales@gmail.com

Summer Camp Grant Program for Russian- Speaking Jewish Campers



Russian-speaking Jewish families make up an important part of our community, but are often underrepresented at Jewish overnight camp. We're hoping to connect with families and demonstrate what a great value Jewish camp can be for their child's development.

A scholarship is available for first-time and second-time campers from the Russian-speaking Jewish community attending a Jewish overnight summer camp.

Greater Cleveland-area campers with at least one Russian-speaking parent are eligible for the grant, which is \$750 per camper. (Priority will be given to first-time campers.)

At camp, in addition to arts and crafts, swimming, sports, and Hebrew, campers learn skills like leadership, teamwork, independence, and problem solving, all of which are extremely important and applicable to life year-round. They try out new things and find the best version of themselves. Furthermore, Jewish overnight camp provides the opportunity to connect with Jewish peers and role models.

This grant is available through a partnership between the Foundation for Jewish Camp, the Jewish Federation of Cleveland and the Jewish Education Center. Cleveland is one of the first communities to have been offered this partnership.

Families should visit www.jecc.org/campgrants, mail campgrants@jecc.org, or call 216.371.0446 with any questions.



SUMMER CAMP SCHOLARSHIPS AVAILABLE ДОСТУПНЫЕ СТИПЕНДИИ ДЛЯ ЛЕТНЕГО ЛАГЕРЯ



Have an unforgettable summer and make new friends while learning about Jewish values and traditions.

This scholarship program is a unique opportunity for Jewish children living in Greater Cleveland with at least one Russian-speaking parent.

APPLY NOW FOR A \$750 SCHOLARSHIP

For first and second time campers

At Jewish overnight camp, kids discover who they are and who they want to become – while having the time of their lives!

This scholarship program has been made possible with the generous support from:



Visit www.jecc.org/campgrants for more information and to apply, email campgrants@jecc.org or call 216-371-0446

Preserving Voices, Strengthening Bonds

In an era dominated by screens and scrolling, meaningful conversation can sometimes feel like a lost art. A new initiative from Radio on the Lake Theatre is working to change that – one story at a time.

The Timesteps Oral History Project brings the magic of radio storytelling to seniors and their families, offering a creative and heartfelt way to preserve personal histories while strengthening intergenerational connections. Dedicated to the audio arts, Radio on the Lake Theatre has long worked with elementary and secondary students. Regardless of age, one common theme continues to surface: a growing disconnect between people, often fueled by the overuse of smartphones and social media – and

sometimes a simple lack of family communication.

The Timesteps project invites families to slow down and truly listen. Over four guided sessions, families receive conversation prompts designed to spark meaningful dialogue about life experiences, challenges, triumphs, and cherished memories. Together, they craft a narrative that reflects their family's unique journey. The audio format – relying solely on voices and sound effects – stimulates the imagination in ways visual media cannot. Sound effects are

encouraged, adding creativity and fun to the storytelling process. The final session is professionally recorded, creating a treasured keepsake for generations to come.

It's a meaningful gift for a milestone birthday, anniversary, or other special occasion – and a lasting way to ensure family stories are never forgotten.

In addition, Radio on the Lake Theatre is launching The Memory Play Project, bringing classic dramas from the golden age of radio to senior living and gathering communities. Performances of beloved titles

such as *Casablanca*, *I Remember Mama*, and *War of the Worlds* feature live Foley sound effects and interactive audience prompts, followed by post-performance discussions and sound demonstrations.

To learn more about The Timesteps Oral History Project or to customize an experience for your family or organization, contact development coordinator Margaret Reardon at margaret@radioonthelaketheatre.org or call 216.272.4277. Additional information is available at www.radioonthelaketheatre.org.

Select Library Programs in March

Community Book Club

Grades 6 - Adult
Wednesday, March 4
5:30-7 p.m.

Join us for a student-led discussion of *Across So Many Seas*, with support from the Friends of the Beachwood Library and Beachwood Schools Foundation. Pizza at 5:30 p.m., followed by the discussion at 6 p.m. Registration is not necessary.

Author Natalie Haynes

Tuesday, March 10
7-8 p.m.

Join us when author Natalie Haynes visits to discuss her latest novel, *No Friend to This House*. Register at <https://attend.cuyahogalibrary.org/event/15015487>.

Tuesday Book Chat

Tuesday, March 10
7-8 p.m.

Join us for a discussion of *Listen for the Lie*, by Amy Tintera. Registration is not necessary.

The Music of Jule Styne With Debbie Darling

Friday, March 13
2-3 p.m.

Join Debbie Darling as she takes you on a musical journey through the life and music of Broadway composer Jule Styne. Register at <https://attend.cuyahogalibrary.org/event/14542246>.

Knit & Lit

Monday, March 16
6:30-8 p.m.

Join us for fiber arts and informal chats about what everyone is reading. Register at <https://attend.cuyahogalibrary.org/event/14582999>.

Questions?
Call the Beachwood Library at
216.831.6868



Third Wednesday Book Discussion

Wednesday, March 18
2-3 p.m.

Join us for a discussion of *Vera, or Faith*, by Gary Shteyngart. Register at <https://attend.cuyahogalibrary.org/event/15293307>.

Ohio Art Deco

Friday, March 20
10-11 a.m.

Explore Ohio's architectural style and discover examples throughout Cuyahoga County. Register at <https://attend.cuyahogalibrary.org/event/15208923>.

Family Music & Movement Storytime

Mondays through April
10-10:30 a.m.
All ages with caregiver

Baby & Toddler Storytime

Wednesdays through April
10-10:30 a.m.
Birth – 35 months with caregiver

Baby & Toddler Storytime

Thursdays through March
11-11:30 a.m.
Birth – 35 months with caregiver

Hebrew Language Storytime

Wednesday, March 11
4-4:30 p.m.

Join us for stories, songs, movement, and rhymes in Hebrew and English. Presented in collaboration with the Mandel Jewish Community Center.

Lil Artists

Friday, March 20
11-11:30 a.m.

Join us for Toddler Art Time, where lil hands explore big creativity! For children ages 2-5. Registration required. Call



BEACHWOOD "BUZZ"NESS DIRECTORY

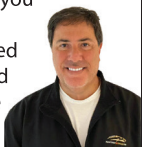
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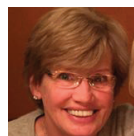
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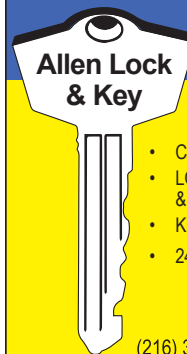
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