

# HomeSpun

A newsletter from the Jewish Home and Care Center, Chai Point, the Sarah Chudnow Campus and the Jewish Home and Care Center Foundation.  
**Spring 2010**



## MISSION STATEMENT

The mission of the Jewish Home and Care Center is to provide our Jewish Community with those services that enable our seniors or infirm to be part of a quality Jewish environment with comfort, meaning, independence, and dignity.

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## A Story from the JHCC Rehab

Last year, Lore Lewin was in her basement when she had a bad fall. Tumbling backwards, she hit her head and broke her leg in six places. Although there was a phone in the basement, it was not within her reach.



Lore Lewin

Photo by Marlene Heller

Two hours later, Lore (pronounced Lorie) finally made it up the stairs and managed to get to a phone to call for help. After surgery at Froedtert Medical Center, she needed to have rehab for her leg, which now had a metal rod in it.

“My doctor recommended the Jewish Home and Care Center,” Lore said. “Since my husband Martin was already there, it was the logical choice.”

After her arrival at the Jewish Home, Lore met RehabCare therapist Linda Buechs, who said to her, “All right, I will help you get up and get dressed, and let’s get you in the wheel chair.”

“I said, WHAT?” Lore told Homespun. “But I did it.” And she is glad she did.

Rehab is a word that evokes an institutional environment, much like a hospital, for many people. But at the Jewish Home and Care Center, rehabilitation is delivered by RehabCare in a warm, neighborhood-like ambiance, much like a 4-star hotel. The large rooms with floor-to-ceiling

windows, person-centered care, lakeside views, and carpeted floors are just part of the formula for our success. The JHCC offers a full range of therapeutic services enabling most of the residents to return to their functional baselines so that they

can rejoin their families and friends in the communities from which they came.

Lore said she went for therapy every day except Saturday, and that she worked hard. She had both physical and occupational therapy, and credits the entire rehab team for her success. “Linda also explained to me that I needed to eat! I had no appetite, but finally she convinced me to eat. Tammy Reid, PT, evaluated me and Brenda McDuffie, PTA, a wonderful woman, taught me a lot. She even had me out walking on the grass. All of them are wonderful women. I still do the exercises they taught me, every morning in bed.”

“I forgot that I am allergic to Band-Aids, and my skin became so raw! They sent up the skin team, and they put on gauze and they healed my sore areas.”

Today Lore walks with the aid of a cane. Would she recommend the Jewish Home and Care Center’s Rehabilitation Center? Just ask her!

“Look at me! I’m walking!”

# Fall Prevention Tips From Our Therapy Department

By Linda Buechs, OTR, MBA, CKT, CLT RehabCare

As growing children, we fall quite often, and this teaches us many things: we learn balance, we strengthen our legs, and most of all, we learn safety. As we age, during young adult to middle aged years, we fall less often, and falls that do happen come mostly from lack of safety. However, as we reach our golden years, falls tend to be more numerous and have more serious ramifications.

The following statistics are very concerning:

- Falls rank among the top five causes of death from unintentional injuries in the US
- The risk of falling increases with age
- Falls are responsible for at least 95% of hip fractures, and
- Hip fractures often cause an elderly person to lose functional ability.

People fall for a variety of reasons. Some people are more prone to falls than others. These people generally have one or more “risk factors” for falls. Some of

the risk factors include: being female, wearing glasses or experiencing other visual problems, illnesses such as Parkinson’s,



Multiple Sclerosis, seizure disorder or other neuromuscular disease, osteoporosis, balance problems – and the list goes on.

In addition to the factors listed, there are in-home reasons for falls. These include clutter, the use of throw rugs, wrinkled carpets, electrical cords, wet floors, and poorly lit rooms. We can help to prevent falls by looking at four areas of fall prevention:

Medication, Environment, Senses and Strength.

**Medication** – People who take more than four medications have a higher risk of falling. Why? Many medications have side effects; these can lead to falls. If you are having any of the following side effects, please talk to a doctor or nurse. These side effects include dizziness, disorientation or confusion, impaired memory, unsteady walking or weakness and lack of coordination.

**Environment** – When evaluating the safety of someone’s environment it is important to consider the rugs and other items mentioned earlier as well as the use of handrails, proper maintenance of wheelchairs, walkers and canes, accommodations to avoid excessive reaching, cleaning up spills immediately, and wearing

properly fitting shoes and slippers. One must even consider maintaining a warm temperature, since when we are cold our muscles don’t work as well. It also helps to place bright tape along a path that is used most often, for people with poor eye sight.



**Senses** help us gain information about our physical environment. Keeping eyeglasses clean and in good condition is important. Did you know that bifocals more than double the risk of falls? Getting up from a seated or lying down position quickly can cause dizziness. Foot problems or poorly fitting shoes may also double your risk of falls. The key to preventing falls is good body **strength** and flexibility. Regular exercise is the key to maintaining an improving muscle strength, flexibility and good balance. In addition, activity keeps muscles warm – remember cold muscles don’t work as well and may lead to accidents. Exercises that improve lower body strength and balance reduce the risk of falls and fall related injuries.

The best piece of advice to help prevent falls is **GET MOVING!** Your bones and mind will thank you!



## Do We Have Your Correct Information?

If you have moved or are planning a move, please let us know! Make sure your Annual Dinner invitation, Yahrzeit reminders, Homespun, and other important mailings can find you wherever you are! Please contact Kim Warg at: 414-277-8862 or email: [kwarg@jewishseniorliving.org](mailto:kwarg@jewishseniorliving.org) with your updated information.

# Chai Point Pool Renovation Completed

During the month of April, the Chai Point pool underwent a planned renovation that included several necessary upgrades. Unfortunately, that also meant the pool had to be closed for a while in order to complete the needed repairs. Residents were kept informed as work was being performed, and final projects were scheduled to be completed after the pool was opened, working around times when residents would not be using the pool and locker areas.

Work that was done included repainting of the pool, repair of lighting fixtures,

replacement of ceiling tiles, replacement of fire sprinkler heads, and some other general safety and cleaning upgrades.

The Chai Point pool is used by Chai Point, the Senior Enrichment Program, and Jewish Home residents. Exercise classes take place in the pool on a regular basis. The PACE program (People with Arthritis Can Exercise) is a popular program that utilizes the Chai Point pool on a regular basis. The indoor pool, which is located on the recreation level of Chai Point, is kept at a comfortable 85 to 88 degrees, and is in use year 'round.



Photo by Gary Heller

*Before (above) and after (below).*



Photo by Marlene Heller

## Milwaukee Symphony Orchestra Entertains at Chai Point

About 250 residents and guests filled the Rubenstein Pavilion on May 6 when Conductor Stuart Chafetz and the Milwaukee Symphony Orchestra came to visit. It was standing room only as the energetic conductor engaged the audience, even stepping onto the floor to share a hug or a dance. The attentive crowd was delighted with the performance, and showed its appreciation with rousing applause.

After the performance, a beautiful dessert reception, presented by the Chai Point senior living community was held. Over beautiful petit fours and an overflowing fruit bowl, guests described the performance as "magnificent," "a real treat," and "one-of-a-kind."



*Conductor Stuart Chafetz's enthusiasm is obvious.*



*Everybody gets into the act!*



*About 250 people were entertained by the MSO concert.*

Photos by Marlene Heller

# Who's in Our House

Whether you live in one of our residences, or you are a frequent visitor, there are some faces you'll see often and some you will meet once or twice. Our family is big and filled with a varying cast of characters. We'd like to introduce you to just a few of the many faces in our home.



**Dreama Smith,**  
Central Supply  
Jewish Home  
and Care  
Center

Aldrenna Jackson Smith, better known as Dreama, has been a staff member at the Jewish Home for almost three years. Officially, she is the coordinator of the Central Supply Department, working hard to save money while ordering products for resident and staff needs.

Unofficially, Dreama coordinates everything from the birthday party potlucks for employees, to fundraisers such as the employee taco party for Haiti that raised more than \$1,000. You might also find Dreama doing some sewing for the residents or driving the bus when they go on activities.

A Racine resident, Dreama is an Eastern Star, a Big Sister of Racine, a foster mother, laundry supervisor, school bus driver, decorator, event and wedding planner, mother of four, grandmother of 13, and has been married to her husband, Megrit, for 15 years. Sometimes, she stops to take a breath.



**Eric Bates,**  
Manager of  
Environmental  
Services  
Jewish Home  
and Care  
Center

Eric Bates has been in environmental services for 34 years, working in many states including Oregon, California, Kentucky, and, most recently, Washington State. Eric has a degree in criminal justice and a minor in medical forensics. He began his career in hospitals, and from there went to larger and larger facilities.

Eric is also the current president-elect of the International Executive Housekeepers Association. He will assume his two-year term in November. The organization provides education and networking for environmental services professionals.

Working at the Jewish Home and Care Center suits Eric very well. "Everybody is pointed in the direction of excellence and taking care of the people living here," he says. "It's very impressive." Married to his wife Kathy for 27 years, Eric is the father of two boys, Jason and Jim, and proud grandfather to three granddaughters.



**Howard Mazur,**  
Director of  
Finance  
Jewish Home  
and Care  
Center

Howard Mazur has been the director of finance at the Jewish Home and Care Center since February of 2001. Born and raised in Milwaukee, Howard earned his accounting degree from UW-Madison. Howard is the treasurer of Hillel Foundation at UWM and Marquette. He prepares finances for the Jewish Home, Chai Point, the Sarah Chudnow Campus and the Jewish Home and Care Center Foundation. Gail Boerema, CFO of the Jewish Home, says Howard is very knowledgeable and cares about the residents and families, and is always willing to step up.

"Howard has been very instrumental in getting us through this budget process as well as our new Kronos set-up," Gail said. (Kronos is the new timekeeping system the Jewish Home is instituting.) "I would not have been ready for our budget presentation if he had not put in the extra time."

Howard has been married to Judy, a probation officer, for 39 years. The couple has four children, Zachary, Jesse, Max and Sasha. The Mazurs like to escape to the Dells during the summer months.

## HAND IN HAND DONATIONS

**Hand In Hand  
Life Member Donation**  
Mr. and Mrs. Kenneth Stein  
Mrs. Barbara A. Stein

**HIH Membership Dues**  
Mrs. Thelma W. Friedman  
Mrs. Janet Greenebaum  
Mrs. Ruth Konzell

# Volunteer Luncheon 2010

Anywhere you go on the premises of the Jewish Home and Care Center, Chai Point or Sarah Chudnow Campus, you are likely to run into volunteers. Whether they are running the gift shop, calling a bingo game, reading to a resident, sitting and chatting up on the floors, working at the concierge desk, handing out menus in the Rubenstein Family Kosher Oasis, helping with exercises at Sarah Chudnow, or transporting residents to and from activities, our volunteers are there, helping to keep things moving smoothly.

On April 27, the Volunteer Appreciation Luncheon was held in the Rubenstein Pavilion, sponsored by Hand In Hand, Partners in Caring with the Jewish Home and Care Center, to thank all the volunteers for their time and efforts. Musical entertainment was provided by Hazzan Jeremy Stein of Congregation Beth Israel.

For information on becoming a volunteer, contact Kim Warg, volunteer coordinator, at 414-277-8862.



*Corrine Dropkin, gift shop volunteer, talked about what volunteering means to her.*

As you can see from the photocopy below, Corrine, known in her younger days as Corky, has been volunteering for a long time! The photo below is from when she was volunteering at Michael Reese Hospital in Chicago in the 70s.



*Standing (l to r): Phil Himmelfarb, Hand In Hand co-chair; Nita Corr , President of the JHCC Foundation; Mina Tepper, President of the JHCC; Martha Yoselevitz; Jan-Marie Gendlin, Hand In Hand co-chair; Judy Margolis; Jaye Joseph; Barbara Stein. Sitting (l to r): Della Bornstein, Anne Riches. (Sadly, Anne Riches passed away a few weeks after this photo was taken.)*



*Cantor Jeremy Stein of Congregation Beth Israel had everyone singing as he entertained with new and old favorites.*



*Neil Rossine shares a smile with Vernita Strong.*



*(L to R:) Volunteers Martha Yoselevitz, Ken Stein and Betty Turick chat after the luncheon.*

Photos by Marlene Heller

# JHCC ACTIVITIES

## Cinco de Mayo Celebration

It was fiesta time at the Jewish Home as residents took part in a Cinco De Mayo celebration. Peck Hall, decorated with colorful tissue paper flowers, sombreros, cactus centerpieces and Mexican folk and mariachi music, beckoned all to come in and join the fun! The party included a rousing Mexican hat dance, refreshments of salsa and chips, punch and non-

alcoholic margaritas. A piñata, created by 3<sup>rd</sup> floor residents from balloons and paper provided entertainment as residents took turns trying to break it open. Finally, one powerful whack of the stick broke open the piñata bumble bee, revealing a treasure of treats.



*Selwyn Glincher adds to the festive music with his tambourine.*



*Esther Cohen takes part in the Mexican Hat Dance with the assistance of volunteer Ken Stein.*



*Maraca player Teresa Hirschbein keeps the beat.*



*David Glazer, Ken Stein and Doris Russ dance the Mexican Hat Dance.*



*Blema Pollock sports her sombrero.*



*Helen Flicker takes her turn at breaking open the bumblebee piñata with assistance of activity staff members Mark Stewart and Heidi Hackbarth.*

Photos by Kim Warg

# CHAI POINT HAPPENINGS

## Chai Point Senior Living Residents Hold Auction for Haiti

Hoping to make a difference... That's why the residents of the Chai Point Senior Living community held an auction in April in the Rubenstein Pavilion. The building's civic-minded residents wanted to do their part in helping the earthquake victims who had lost everything in the disaster. They decided to raise money to purchase a ShelterBox, a project of the Rotary International Club, to send to Haiti, hoping it would get there before the rainy season added to the devastation.

A ShelterBox, which costs about \$1000, includes a tent with a plastic floor and partitions that can house up to ten people. The tents are built to withstand extreme temperatures, high winds, and heavy rainfall. It also contains a purifying system for water, a wood burning or multi-fuel stove, tool kit, children's pack, and basic kitchen items. Each box bears a unique number so that the donors can track it to its final destination via the website ([shelterbox.org/trackbox.php](http://shelterbox.org/trackbox.php))

Auctioned items included gift certificates to local restaurants and merchants, gently used donated items such as jewelry and household goods, books, small appliances and furniture items, a full set of silver-plated flatware, handcrafted items and more.

Bidding wars broke out as residents, staff, and guests went up against each other for some of the more popular items. In the end, the goal was met as more than \$1200 was raised.

Previously, the employees of the Jewish Home and Care Center had held a fundraising taco luncheon to raise money for a ShelterBox to send to Haiti, and succeeded there as well. Organized by Dreama Smith (see p. 4), JHCC staff ate their way through the luncheon for this very worthwhile cause, raising over \$1000.



*Mavis Zimmerman worked a calculator, toting up sales at the jewelry counter.*



*Rosalie Lubotsky sold Kisses, two for a dime. Those were Hershey's Kisses, folks.*



*Jim Heisler, activities assistant, and Trish Cohn, activities director, took turns as the auctioneers.*

Photos by Marlene Heller

# SARAH CHUDNOW CAMPUS

## Boulevard Inn Dinner

Posner Town Square at the Sarah Chudnow Campus was transformed into the Boulevard Inn for one evening in April as the Campus hosted a gala evening reminiscent of one of Milwaukee's favorite restaurants. The Strothmann family's restaurant held a special place in the community for many years, whether for celebrations or just the occasional ice cream sundae. Former owner Gary Strothmann, now the Dietary Manager of the Sarah Chudnow Campus, brought back the glory for one evening by sharing memorabilia and recipes at Sarah Chudnow.

Brother Mark Strothmann and his wife Suzy, of Suzy's Cheesecake, acted as maitre d's, greeting guests and pouring wine. Favorite dishes were submitted by guests, and some were chosen as the evening's menu, only this time they were kosher. They included prime rib, duck with orange sauce, pistachio crusted salmon, and potato crusted salmon. The dinners began with spinach salad served with a hot beef "bacon" dressing and ended with strawberry schaum tortes. About 100 people gathered in Posner Town Square for the festivities. Many guests suggested that similar events be held more often. Currently, the Sarah Chudnow Campus is planning a Family Grill Out evening in July and a Russian Dinner for the autumn, both of which will be open to the community.



*About 100 people attended "The Boulevard Inn comes to Sarah Chudnow Campus."*



*At your service! Gary Strothmann gives last-minute instructions to his staff (left to right:) Chris Moen, Gary Strothmann, Angelica Grigoryans, Galina Ialama, Violetta Grigoryans, Jakob Borodin, Andrei Antipov*



Top (L-R) Spinach salad with hot beef "bacon" dressing; Prime rib; Pecan crusted chicken  
Bottom (L-R) Duck with orange sauce; Potato crusted salmon; Schaum torte with strawberries

# Compassion and Community Emphasized at Caring Partners Luncheon

Rebbetzin Feigie Twerski touched many hearts when she spoke at the Caring Partners Lunch and Learn on April 19 at Peck Hall in the Jewish Home and Care Center. Staff and volunteers alike were able to absorb comforting values and information through the rebbetzin's words of wisdom, gleaned from her years of working within the Jewish community and dealing with death and dying.

Central to the rebbetzin's talk was the reminder that caring for a person at the end of his or her life is a unique mitzvah – a

good deed – because it is performed without expectation of being paid back. It will, however, earn you credit in “the world to come.”

The luncheon was sponsored by the Caring Partners volunteers of Hand In Hand. Caring Partners, embracing a mission that “no one should ever die alone,” are specially trained compassionate volunteers who provide terminally ill residents and their families with a comforting presence and support.



*Phil Himmelfarb, Hand In Hand co-chair, introduces the program.*



*Rebbetzin Feigie Twerski takes questions from the audience.*



*Dreama Smith, central supply coordinator for the Jewish Home, asks a question and shares a personal experience.*

Photos by Marlene Heller

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## Remembering Dr. Myron Schuster

The community mourns the recent loss of Chai Point resident Dr. Myron Schuster. Dr. Schuster was a resident of Chai Point from 2004 through 2010.

Dr. Schuster attended Marquette Medical School and trained in Pathology at Milwaukee County Hospital. He was chief of pathology at St. Mary's Hospital (later All Saints Hospital) in Racine.

His first wife, Beverly, died in 1961 and Dr. Schuster was remarried to Phyllis (Peggy) Hulbert Schuster in 1962. Peggy Schuster received a BA from UW-Madison and lived most of

her life in Racine. She was committed to many community efforts, especially those that supported Israel and the Jewish community.

Myron has two sons, Richard and Lawrence, who emulated their father by becoming physicians.

In memory of their parents, the estate and family of Myron Schuster have created the Dr. Myron and Peggy Schuster Cultural Programs Endowment Fund, to be used for cultural programming to enhance the cultural experience and enjoyment of Chai Point residents.

# We Thank Our Friends and Supporters

Our deep appreciation goes to those who contributed to the Jewish Home and Care Center Foundation.

The following donations were received from February 14 through May 7, 2010.

We apologize in advance for any errors or omissions.

## Beatrice Miller Beauty Salon Fund

Ms. Audrey Laufman

In Memory of Jordan & Mary  
Atinsky's daughter-in-law  
and grandchildren

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In Honor of Lil Riskin,  
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## JHCC Foundation

Milwaukee Jewish Sacred Society-

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JHCC Foundation

In Memory of Wally Beckman

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In Memory of Ethel Mayer

Goodman Bensman

In Honor of Arleen Peltz

Milwaukee Jewish Sacred Society-

Chevra Kadishah

Directed by Howard Loeb

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## MARK YOUR CALENDAR!

**JHCC Annual Dinner**  
**Oct. 24, 2010**



## FREE SUMMER CONCERT SERIES

at Sarah Chudnow Campus • 7:00 - 8:00 p.m.



### JUNE 1

**Stas Venglevski and Misha Litvin** (Bayan and Mandolin): Stas has performed all over the world as well as locally, earned many awards, and is a regular participant of MSO's ACE Program.

### JUNE 8

**Joel Eckhardt and Family:** Joel has performed opera around the world; his is the premier voice of Milwaukee.

### JUNE 15

**L'il Rev:** an award-winning multi-instrumentalist, songwriter and music-historian who teaches and tours nationally.

### JUNE 22

**North Coast Brass Quintet:** Milwaukee's premier brass group. Comprised of some of the Midwest's finest and most highly sought-after musicians, members have performed with the MSO, the Milwaukee ballet, the Festival City Symphony, the Bel Canto Chorus Orchestra, Dennis De Young, Peter Cetera, Mannheim Steamroller, and more.

### JUNE 29

**Julie Thompson and Friends:** Julie sings in various groups and styles: Jazz, Motown, folk, blues, and more.

### JULY 6

**Joe & Rick Aaron and Friends:** Milwaukee's own father and son duo. You went to school with them, were taught by them, serenaded by them, dated them, danced to them... our own home-grown Pied Pipers!

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