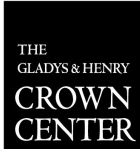


CROWN NEWS

Celebrating The Time of Our Freedom

APRIL 2011



FOR SENIOR LIVING

8350 Delcrest Drive
Saint Louis, Missouri
63124-2166

Telephone: (314) 991-2055
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INDEPENDENT LIVING
IN A CARING COMMUNITY

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**You are cordially invited to attend
the Annual Crown Center
Model Passover Seder**

Date: Thursday, April 21, 2011

**Doors open at 4:45 p.m. The service will begin
at 5:00 p.m. followed by dinner in the
Weinberg Dining Room.**

Menu:

**Gefilte Fish
Matzah
Chicken Soup & Matzo Ball
Apricot Chicken
Roast Sweet Potatoes
Squash Kugel
Cake**

**Please make a reservation by calling
314-991-2055 x124 *by April 15th.***

Suggested donation: \$3.00

**We hope to accommodate as many as can be seated
and look forward to sharing this event with you.**

**Please note, the Crown Center Dining Room
is strictly Kosher for Passover.**

*One bedroom units are now available. For leasing
information, call Randi Schenberg at 314-991-2055.*



Visit us at www.crowncenterstl.org

A Note from Nikki...Nikki Goldstein, executive director

April is a month chock full of significant holidays and special occasions. One is Volunteer Recognition Month, a chance to remember and recognize myriad ways people help each other. Volunteer (vol*un*teer) is defined in the Encarta English Dictionary as “somebody who works for nothing, somebody who works without being paid”. This is a simple definition that reduces the high level of giving to its most basic, bare-bones literal explanation. Volunteers are so much more than words can adequately define. Of one thing I am sure: without volunteers, Crown Center would not be the fantastic place that it is.

Also this year the holiday of Passover falls in April, a time when the Jewish people are obligated to remember that we were enslaved and that we were delivered to freedom. We were definitely not “volunteers”. We were slaves, and this experience is supposed to inform our entire outlook on life, on how we treat others, on the serious responsibilities of freedom, and on our sense of obligation. For us, freedom is not defined as fulfilling every individual wish or urge. It is, rather, freedom to fulfill our obligations in this world.

In this context I want to tie together these two April events; to broach the topic of responsible community living at Crown Center. For nearly 300 people to live peacefully and comfortably in a relatively small area requires a high level of sensitivity and cooperation. Here are some freedoms and responsibilities that I hope you will consider (or reconsider).

Residents are free to use the physical facilities of the buildings and they are expected to not damage or misuse equipment, furniture, structure, or grounds. Being responsible members of our community means:

- returning items to their proper place when you’ve finished using them, making sure that you and your guests dispose of cigarettes safely in designated out door receptacles, and not discard them on the ground as litter.

Residents are free to participate, or not, in the many interesting and helpful programs and services offered; and they are responsible for acting in a respectful manner towards others at all times.

Residents are free to take advantage of all that Crown Center offers and are responsible for ensuring that their actions don’t jeopardize the safety and security of others, including staff. Therefore, please:

- use the trash chutes appropriately; don’t throw large, breakable items down them; don’t prop open stairwell or other doors, or tamper with electronic devices.

Thank you for freely giving of yourself. Thank you for thinking and acting responsibly. Please join us on April 21st to celebrate the holiday of freedom, and on April 7th at 1:00 p.m. to celebrate those who volunteer their time to benefit others.

Crown Center Mission Statement

Crown Center is committed to providing affordable, quality, independent living in a caring, secure, diverse, and friendly atmosphere, honoring the Jewish tradition.

IN THIS ISSUE	Birthdays (p. 4) Resident & Community Services Notes (p. 3) Tributes (p. 12)	Note from Nikki (p. 2) Resident & Community Services Notes (p. 3)	Programs Description (p. 7,8,9) This & That (p. 5, 6, 10, 11) *Calendar/menu insert
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Resident & Community Services Happenings

Members of Crown Center's **Welcome Committee**, comprised of eight residents, had their first training session in March. They will assist new residents in becoming familiar with all aspects of living at Crown Center. Anyone wishing to join the committee should call Lara Burch at 314-991-2055.

A meeting with our Russian residents is scheduled for **Tuesday, April 5, at 2:30 p.m.** in the Art & Fitness Room. Nikki Goldstein and Florence Schachter will facilitate.

Important Meeting

Residents are encouraged to attend a Crown Center **town hall meeting** on **either Friday, April 15 or Tuesday, April 26** to hear about happenings at Crown Center. Both meetings are scheduled for **3:00 p.m. in the Weinberg Lounge**. Nikki Goldstein, Executive Director, will facilitate both meetings.

Florence Schachter, MSW
Director of Resident & Community Services

Lara Burch, MSW
Social Services Coordinator

Highlights from Haley

Exciting things are happening in our Computer Center! First, we welcome new computer Coach, Ron Lending, who joins us on Wednesday mornings. If you see him, please stop in to say hello and introduce yourself!

Next, we recently installed new stickers on the computer keyboards that will help magnify the letters and numbers, making them easier for everyone to see! We also remind all of our residents that one hour slots are still available in the Computer Center, if you'd like to sign up. No computer experience is necessary; our wonderful coaches will be there to guide you every step of the way. And, lastly, we encourage our community friends to spend their time volunteering for one or two hours a week in our Computer Center. For more information, please feel free to contact me at 314-991-2055. Until next time...

Haley Organ, MSW
Program Coordinator

Check out this staff pick for the month of April!

"The Tragedy of Macbeth" is a play by William Shakespeare about a regicide and its aftermath. It is Shakespeare's shortest tragedy and believed to have been written between 1603 and 1607. Shakespeare's inspiration for the tragedy was drawn from the real King Macbeth of Scotland and also from a character from Holinshed's Chronicles (1587), a history of England, Scotland, and Ireland familiar to those in Shakespeare's time. However, the story of Macbeth as told by Shakespeare bears no relation to real events in Scottish history, as Macbeth was an admired monarch. In the backstage world of theatre, some believe that the play is cursed, and its title is not mentioned aloud, but referred to instead by such names as "the Scottish play". Over the centuries, the play has attracted some of the greatest actors in the roles of Macbeth and Lady Macbeth. It has been adapted to film, television, opera, novels, comic books, and other media. For a twisted adventure, be sure to look for this play in the Crown Center library!



April Birthdays

Ice Cream

An elderly couple was watching television one evening. The wife said, "I am going to get a dish of ice cream now."

Kindly, the husband offered to get the ice cream for his wife. "I'll write it down so you don't forget," she said.

"I won't forget," the old gent said.

"But I want chocolate syrup and nuts on it, so I'll write it down," she replied.

"I will get you the ice cream. Don't you worry," replied the gentleman.

A few minutes later, the old man returned with bacon and eggs. His wife said, "See, I should have written it down because you forgot the toast."

www.gefl.net - from ArcaMax Jokes

**Congratulations to last month's
word puzzle winner:**

Nina Kozaryuk

Apologies to Larry Beck whose birthday, January 5, was omitted from the January "Crown News" and to Fa Yang Shen whose birthday, February 4, was incorrectly listed last month as March 4. Many more happy birthdays to you both!

RESIDENTS

Grace Pope	- 4/2
Riva Roykhman	- 4/3
Esme Gooding	- 4/5
Maggie Randolph	- 4/6
Rosellen Marcus	- 4/9
Rema Korshunova	- 4/10
SuQin Chen	- 4/10
Fulin Fan	- 4/10
Wen-Yi Chang	- 4/11
Klara Estina	- 4/12
Karlen Gazanchyan	- 4/15
Ina Zukova	- 4/16
Senjia Ramadani	- 4/16
Lucille Mudrovic	- 4/16
Shirley Allen	- 4/16
Yakov Kaganovich	- 4/18
Jacqueline Koslow	- 4/20
Mabel Roberts	- 4/20
Mui Fong Au	- 4/22
Iva Mahr	- 4/22
Frances Turner	- 4/23
Boris Ostropolskiy	- 4/23
Shrivan Abdullahi	- 4/25
Ann Berin	- 4/27
Roza Reznikova	- 4/29
Marilyn Goodman	- 4/29

TOY

The simplest toy, one which even the youngest child can operate, is called a grandparent.

~ Sam Levenson



ADVICE COLUMN



Dear Shirley and Phil,

I am finally ready to get back into a routine after a long health recuperation. My energy level is low, so I still tire easily. But I want to get back to exercising and other activities available in my apartment community, without overdoing it. Can you help?

No Couch Potato

Dear No Couch Potato,

Congratulations on your recovery! I advise speaking to your doctor before embarking on any exercise program. It may be necessary to have some physical therapy, in order to regain strength and endurance. As for other activities, go slowly and start with one or two that interest you. The Social Work staff can help with choosing realistic options. They are always happy to help.

Love,

Shirley

As you try to stay on the road to good health, don't forget to exercise your brain. Go to a computer class, do a puzzle, or attend a learning program. And, remember that healthy eating will nourish both body and mind, and give you energy to do things you enjoy. Good luck on this journey.

Stay calm and healthy,

Phil



Board Spotlight
Name: Rob Gold

Profession: Marketing/ Advertising -
Owner of Loop Marketing

Board Position at Crown Center:
Co-Chair of Development & Marketing
Committee

Born: Bettendorf, Iowa

Places Lived: Madison, WI, Chicago,
IL, New York, NY, Charlotte, NC

Favorite Foods: Mexican, pizza, ice
cream

Favorite Song/Music: Rock & Classical

Favorite TV/Radio Programs: Modern
Family, Curb Your Enthusiasm,
Criminal Minds, 30 Rock

Words That Describe Me: sarcastic,
messy, loving

Pet Peeve: when inanimate objects
attack

Activities I Enjoy: spending time with
my family, watching movies, making
movies

Person I would most like to meet:
Gene Wilder & Steve Martin

Some of My Happiest Moments Were:
the births of our three kids

Good Advice Someone Gave Me:

If you keep saying things are going
to be bad, you have a good chance of
being a prophet.

Feeling about Crown Center:

Friendly faces, a wonderful staff, and
honored to lend a hand.

**For more columns by Shirley & Phil visit
the Jewish Federation Website at:
[http://www.jewishinstlouis.org/
blog.aspx?id=341](http://www.jewishinstlouis.org/blog.aspx?id=341)**

Rent Check Information

- ⇒ Rent checks are **DUE** on the **1ST DAY** of **EVERY MONTH**.
- ⇒ Rent is considered **DELINQUENT** if it is not received by the **5TH OF THE MONTH**.
- ⇒ **PLACE CHECKS IN THE RENT BOX** at front desk in the Main Office or in the wall box just inside the Tallin building entry door.
- ⇒ Staff is not allowed to help you write your check; you may ask a family member or friend to assist.
- ⇒ We **DO NOT ACCEPT CREDIT CARDS FOR RENT** payments.
- ⇒ You may wish to talk to your bank about setting up a system where the **BANK MAILS YOUR RENT CHECK** to Crown Center.
- ⇒ If you need assistance managing your check book, consider speaking with Crown Center social work staff about enrolling in a money management program .
- ⇒ If your vision makes it difficult to write your check, ask the social work staff about learning to use the visual aid machine which is located in the Dining Room.

Please contact Terri Ballew, Director of Finance, if you have any questions or concerns: 314-991-2055.

New Resident

Crown Center Welcomes

Varvacille Jordan- #716

Jerry Smorodin - #416

Margarita Averbukh - #504

Word Puzzle

Complete the words below using three 'consecutive letters in alphabetical order, e.g. _ _ A _ U S; add A B and C it would become ABACUS.

1. F _ _ R I _

2. T H I _ _ _

3. A _ U _ _ A

4. _ _ _ I N E

5. _ _ _ A C K

<http://www.braingle.com/34991.html> -
from boodler

Answers on p. 10



Volunteers



Volunteers don't get paid because they're worthless, but because they're priceless.
~ Sherry Anderson

Volunteers are love in motion. ~ Anonymous

Wherever there is a human being,
there is an opportunity

REMINDER

The next Residents Council meeting is scheduled for Thursday, April 28, at 6:00 p.m. Weinberg Lounge.

APRIL PROGRAMS: DETAILS

Sunday, April 3

10:15 a.m. **Shaare Emeth “Mitzvah Celebration”** **Weinberg Lounge**
 Join students from Shaare Emeth’s religious school for a “mitzvah” project, discussion, and delicious snacks.

2:30 p.m. **“Friends of Music” Concert** **Bus: \$2.00**
 Enjoy a free afternoon of music at the Eliot Unitarian Church in beautiful Kirkwood, Missouri.

Monday, April 4

10:00 a.m. **Bagels & Learning** **Weinberg Lounge**
 Program Coordinator Haley Organ shares pictures from her travels in the Middle East.

Tuesday, April 5 (Also: April 12)

3:30 p.m. **Overview of the Late Talmudic Period** **Tallin TV Room**
 The conversation with Rabbi Max Weiman continues with a discussion on Jewish philosophy.

Wednesday, April 6

1:30 p.m. **Opera Theatre of St. Louis** **Weinberg Lounge**
 The opera comes to Crown Center! Docents from the Opera Theatre of St. Louis will facilitate a discussion on the opera “Daughter of the Regiment.” These very knowledgeable volunteers will share both insight and video clips.

3:00 p.m. **Charoset Tasting Program** **Weinberg Lounge**
 Come on down to the Weinberg Lounge to taste-test a variety of Charoset for Passover, all made by our own Chef Jon Rubin. Often made with apples, cinnamon, walnuts, and wine, Charoset is symbolic of the bricks the Israelites made when they were slaves in Egypt.

Thursday, April 7

1:00 p.m. **Volunteer Appreciation Event** **Weinberg Lounge**
 Our lovely dessert reception honors those who help make Crown Center such a special place. All are invited!

Saturday, April 9

11:00 a.m. **Trip to Pow Wow Celebration** **Bus: \$2.00**
 Enjoy the 21st Annual Pow Wow at Washington University Field House, celebrating Native American culture. There is no cost to attend. Food and other items will be available for purchase.

Sunday, April 10

10:00 a.m. **BSKI Mitzvah Day** **Weinberg Lounge**
 Join Rabbi Mordecai Miller and Cantorial student Jay O’Brien as they perform as part of a Barbershop Quartet. This will be a fun event!

12:15 p.m. **Trip to Nishmah’s Pre-Passover Event** **TICKET: \$10.00**
 Take a “JOURNEY” with Nishmah, as they capture the beauty and complexities of friendship among women through the biblical stories of Ruth and Naomi. Trip is limited to 10 participants, so please sign up early. Tickets MUST be paid for at the time of registration. Deadline to sign up is April 4th. NO exceptions will be made.

APRIL PROGRAMS: DETAILS

Monday, April 11

10:00 a.m. Bagels & Learning Weinberg Lounge
Peek inside the world of the mysterious pink flamingo with this Disney documentary.

Wednesday, April 13

1:00 p.m. Trip to Super 9 Store Bus: \$2.00
Explore the Midwest's biggest "dollar store" with a trip to Super 9. Here you will find more than 30,000 square-feet of bargain shopping!

3:30 p.m. Al's Retirement Party Weinberg Lounge
Come bid Facilities Manager Al Ketsenberg adieu, as we celebrate his retirement after 6 years at Crown Center.

Thursday, April 14

11:00 a.m. Trip to First Watch Bus: \$2.00
Enjoy some pancakes or French toast at this delicious brunch destination.

Friday, April 15

(Also: April 26)

3:00 p.m. Town Hall Meeting with Nikki Goldstein Weinberg Lounge
Executive Director Nikki Goldstein will be available to answer your questions about the future of Crown Center and to let you know about items of interest. (Please Note: These town hall meeting will ONLY be in English. There are additional opportunities scheduled for our Russian and Chinese-speaking residents to meet with Nikki.)

Monday, April 18

10:00 a.m. Bagels & Learning Weinberg Lounge
Dr. Sharon Fitelson discusses weight management and nutrition. Please note: This program *may* last longer than 60 minutes.

Wednesday, April 20

1:00 p.m. Peer to Peer Art & Fitness Room
Topic: "What's Up Doc? Communicating with Your Doctor"

1:00 p.m. Trip to Chesterfield Wal-Mart & Target Bus: \$2.00
A wide array of shopping opportunities await you at this popular destination!

Thursday, April 21

1:00 p.m. Trip to Museum of Transportation Bus: \$2.00 + TICKET
Learn all about freight cars, city transit, passenger cars, rail maintenance, and rail motive power at the Museum of Transportation. Tickets are \$4.00 and can be purchased at the door.

APRIL PROGRAMS: DETAILS

Thursday, April 21

5:00 p.m.

Model Passover Seder

Dining Room

Rabbi Ari Hendin will lead us in an inspiring and interactive Passover Seder. Suggested Donation: \$3.00. See newsletter cover for more information.

Saturday, April 23

10:00 a.m.

Trip to Souldard Farmer's Market

Bus: \$2.00

Buy local, sustainable produce and dairy from our Missouri farmers at this beautiful outdoor market.

Tuesday, April 26

2:30 p.m.

Russian Movie Screening

Classroom

Enjoy the witty Russian film "The Window to Paris."

Wednesday, April 27

6:00 p.m.

Birthday Bash

Weinberg Lounge

Celebrate April birthdays with the musical talent of Arion.

Thursday, April 28

11:00 a.m.

Trip to Red Robin

Bus: \$2.00

Bite into a tasty gourmet hamburger and bottomless steak fries at this wonderful restaurant.

Saturday, April 30

10:00 a.m.

Trip to Greater St. Louis Book Fair

Bus: \$2.00

Browse aisle after aisle of used books, movies, music, and more at the area's largest annual book sale in the Macy's parking garage at West County Mall.

Dining Room News

This month I want to better acquaint you with our meals by giving some descriptions of menu items which some of our guests may not be familiar with, delicious, healthful entrees often served.

Do you know that chicken empanadas are grilled and diced chicken prepared with mild, flavorful seasoning and placed in a puff pastry?

Are you familiar with grouper? It is a mild flavored white fish which our Chef Jon Rubin prepares by breading, then baking it.

Another fish is tilapia, a tender and mild white fish which is quick fried then baked.

We hope that a better understanding of our menus will entice you to join us frequently for dinners at Crown Center. I welcome your feedback and suggestions for making our meal program a continued success. Call me at 314-991-2055.

Florence Schachter, MSW
Director of Resident & Community Services

MOVIES

APRIL 2011

April 2nd—Radio

April 3rd—The Prestige

April 9th—27 Dresses

April 10th—Fool's Gold

April 16th—Atonement

April 17th—Harold & Maude

April 23rd—Dreamgirls

April 24th—Rumor Has It

April 26th—The Window to Paris



See calendar insert and details pages for times and locations.

Please note: movie titles are subject to change without notice.

The "Crown News" is printed for the use of the residents and friends of The Gladys & Henry Crown Center for Senior Living.
An ADAM Member Facility

Answers to Word Puzzle on p. 6 :

1. Fabric
2. Thirst
3. Alumna
4. Define
5. Hijack

facebook

Crown Center now has a "Facebook page". Search for us on Facebook at Crown Center for Senior Living. Thanks to Haley and Nikki for working to create this!

Please invite your family and friends to visit our page and see what fun we are having at Crown Center!

Check out photos from the Valentine's Dinner, our bell choir in action, and our Tu B'shvat celebration.

Learn what is in store for next month and join us for a program. Hear about what the staff and board have been up to.

If you aren't on Facebook, come and see me in the office and I'll show you our new Crown Center for Senior Living page.

Randi Schenberg
Community Relations Coordinator

No Parking

A minister parked his car in a no-parking zone in a large city because he was short of time and couldn't find a space with a meter. Then he put a note under the windshield wiper that read: "I have circled the block 10 times. If I don't park here, I'll miss my appointment. Forgive us our trespasses."

When he returned, he found a citation from a police officer along with this note: "I've circled this block for 10 years. If I don't give you a ticket I'll lose my job. 'Lead us not into temptation.'"

Tips for Tempering A Bad Day

Is there any truth to the old saying, “ I woke up on the wrong side of the bed”? Most of us have felt that way at one time or another. When the day starts on the downside with some obstacle or negative experience, it somehow becomes easier to find others things getting worse, and then to our chalking it all up to just having a “bad day”. This can often create stress in our lives and a tendency to focus so much on what seems to be a domino effect that we miss seeing any positives.

Here are some tips for keeping “one of those days” from spiraling into an emotional descent.

- ◆ Call or meet with a good friend, someone who will listen to your feelings, empathize, and help move you into a better frame of mind by finding a balance in the day’s events.
- ◆ Carve out a few minutes for meditation, a quiet break from the daily flow to freshen your perspective and give you a new start.
- ◆ Capture some endorphins to lift your mood by exercising.
- ◆ Chocolate can provide a delicious way to lessen your stress—have it with a cup of green tea.
- ◆ Count your blessings—look for three or more good things in your life.
- ◆ Control your attitude by seeing negative moments as small challenges to be met and overcome.

Try “C’s-ing” the above as approaches to trimming the “bad” out of your day.

**All at Crown Center are cordially invited to
the Annual Celebration
in honor of our Volunteers.**

**Join us on *Thursday, April 7, 2011*
from **1:00 - 2:00** p.m.**

Weinberg Lounge

Light Refreshments served

Join us if you have helped your neighbors in any way.

**Let’s celebrate the giving spirit
that is Crown Center!**

RESIDENTS TRIBUTE FUND
Donated between
February 15 - March 15, 2011

In Honor/Recognition of:

Crown Center
Zelda Jacobs

Randi Schenberg
Theo Rifkin

Nikki Goldstein, an outstanding leader
Fran Hoyt

In Appreciation:

*to the staff of Crown Center for all they do
for the residents*

Ann Berin

of Don Raymond
Mui Fong Au

to my friends for my birthday cards
Lena Scott

In Memory of:

Jerry Blumenthal

Bella Sadow & Estelle Levin

For National Poetry Month

Lanling Hermitage

by Wei Ying-wu

Up high to a cloister of rock walls
I pushed aside clouds and climbed
a fine hike was what I hoped for
ignoring the dangers I reached my prize
but as light on the escarpment faded
and streams branched out like the lines in my hand
and the forests held nothing but loneliness
and the pinnacles disappeared into space
a man of the Way after reaching such heights
descended alone in the stillness of night
the mountain turned dark after sunset
a hundred springs echoed across the fall sky
my lamentable burdens reappeared intact
why can't I stay free of cares

Translated from the Chinese by Red Pine

In Such Hard Times: The Poetry of Wei Ying-wu

Copper Canyon Press Copyright © 2009 by Red Pine

TV Channel Access

In addition to Charter Cable, Crown Center residents now have AT & T U-verse available. No new wiring or broadband devices are required for this. U-verse is another way to access TV channels. In order to do so, a resident needs to call AT&T or go online to order the service, and it must be done through the Crown Center main phone number: 314-991-2055. It is still not possible for Dish or satellite TV to be used at Crown Center.

- ★ Crown Center programs, activities, and transportation services are made possible through the generosity of the:
- ★ • Gladys and Henry Crown Trust
 - ★ • Benjamin Tallin Programming Fund
 - ★ • Stanley & Lucy Lopata Exercise Fund
 - ★ • Birdie Fisher Fund
 - Myla Rosenblum Bagels & Learning Fund
 - Marie & Joseph Chused Cultural Events Fund
 - Martin & Ethel Wishnuff Birthday Fund

Residents Tribute Fund

This fund benefits residents by helping with the cost of programs and activities. When you make a donation, we will send an acknowledgement card to the person you request and your contribution will appear in the next "Crown News".

Tributes forms are available in the Main Office (see Binita Wright)