

# CROWN NEWS

Crown Center's Dining Program Offers  
Fresh Food Served Daily on Site

FEBRUARY 2010

THE  
GLADYS & HENRY  
CROWN  
CENTER

FOR SENIOR LIVING

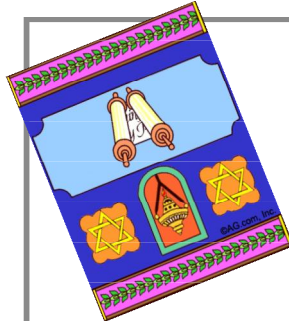
8350 Delcrest Drive  
Saint Louis, Missouri  
63124-2166

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INDEPENDENT LIVING  
IN A CARING COMMUNITY

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## Celebrating Purim

Join Us for  
a Festive Purim Dinner  
on February 16, at 5:00 p.m.

### Menu:

Roast chicken  
Potato knishes with mushroom gravy  
Acorn squash  
Coleslaw  
Roll  
Hamantashen (Dessert)

**\*Musical entertainment by Alvah Levine.**

**Special servers: Crown Center Board Members**

**Giving to charity is an important custom for Purim.  
We ask that you please bring a *non-perishable food item* to donate to the St. Louis Jewish Food Pantry.**

**For dinner reservations, sign up by calling  
314-991-2055 *before February 12.***

**Suggested donation: \$3.00**



[www.crowncenterstl.org](http://www.crowncenterstl.org)

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

I'll admit it--I try to read your minds. Each month on this page, I attempt to write about an issue, concern, item of interest, etc. that will help inform you about Crown Center. Or, I try to convey information about things I think you should (and don't) know. Either way, there is the "best guess" factor involved. So, I'd like to turn things around a bit and ask you a question. What would you like addressed on this page? What are you curious about? What is on your mind?

I am aware that as in any active, vibrant community we have an informal communications network. This network is an important component in our overall atmosphere and culture. We all participate in this network one way or another, and it can be a positive way, or a corrosive way. The latter comes through generating rumors, false information, half truths, unconfirmed reports, mean gossip, and so on. The positive way allows for respectful, welcoming, and friendly discussion. It reminds me of the old childhood game of "telephone" where a simple message is from one person to the next, going around a circle, with the last person saying out loud what he/she heard. The result is usually astonishing, and the last message barely resembles the original one. This is a simple demonstration of the unreliable nature of communication. I'd like each of us to ask ourselves this question: what role am I playing in the Crown Center community in terms of communicating? Am I contributing positively, or am I a negative influence? Rather than "grind the rumor mill", ask a question to someone who will most likely have a factual answer.

Crown Center is in the people business and it is crucial that our operation is open and "transparent". Staff's goal is to communicate openly and honestly with others while respecting the privacy and boundaries to which we are also committed. No question asked in good faith is out of bounds; in fact, your questions often help us to examine how we are doing business and prompt a change, or improvement. Questions help us do better and be better, understand what the concerns and misunderstandings may be, and communicate more effectively. You may not always receive the answer you'd like, but it is always acceptable to ask.

So give me a call, leave me a message, write me a note. I'd like to know what you want to know. If it isn't something appropriate for this column, then I'll be glad to answer you personally (remember when those callers to radio shows would say, "I'll take my answer off the air"?). I may not always have the answer and will need to do some research; I may not be at liberty to provide all the information that you want, but will do my best. Chances are if it is of interest to you then it will be of interest to others. No question will be considered too silly, but I ask that the questions not be anonymous, please.

Just in case.....I am 51 years old, Jewish, politically liberal.....but I will not divulge my weight. I'd like to hear from you: ask away.

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.

|                      |   |                      |                                  |                                |
|----------------------|---|----------------------|----------------------------------|--------------------------------|
| <i>IN THIS ISSUE</i> | Birthdays (p. 4)                              | Monthly Menu (p. 12) | Note from Nikki (p. 2)           | Programs Descriptions (p. 7,8) |
|                      | Resident & Community Services Notes (p. 3, 9) |                      | This and That (pp. 5, 6, 9, 11 ) |                                |
|                      | Tributes (p. 10 )                             |                      | *Calendar insert                 |                                |

## Resident & Community Services

The monthly **Peer to Peer** group, facilitated by a trained OASIS volunteer, will meet on **Wednesday, February 17, 1:00 p.m.** in the Craft Room. The topic for discussion is "I'm Over 50: Is Exercise Still Important?" Bring a friend to the meeting and receive a special gift as a "thank you" for supporting this partnership with OASIS.

**Dr. Alex Beyzer**, pain specialist, will be in the Wellness Office to see patients on **Friday, Feb. 12, 12:30 - 6:00 p.m.**

Florence Schachter, MSW  
Director of Resident &  
Community Services

Lara Burch, MSW  
Social Services Coordinator

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## News about Programming

**The Computer Center will now open at 10:00 a.m. on weekdays. Saturday hours during the month of February will be on Feb. 6 and 20. Please call the Program Office at 991-2055 X119 to schedule or cancel a weekday appointment.**

**No signup is needed for Saturday sessions which are from 12:00 - 2:00 p.m.**

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## Dining Room News

**If you would like to have a voice in planning the menu calendar for the next three months, attend our menu meeting on Wednesday, Feb. 17 at 3:00 p.m. in the Dining Room. We will discuss questions and ideas put on the agenda *PRIOR* to the meeting.**

**Please write down questions/ comments and bring them to the Main Office to assure that your concerns will be addressed. Any other issues that come up during the meeting will be put on the agenda for the next menu meeting.**

## Wisdom from Senior Citizens...

- **Funny, I don't remember being absent minded.**
- **If all is not lost, where is it?**
- **I wish the buck stopped here! I could use a few.**
- **It's easier to get older than to get wiser.**
- **Living on earth is expensive, but it does include a trip around the sun.**
- **If you are living on the edge, make sure you are wearing your seat belt.**
- **A closed mouth gathers no feet.**
- **Jury: twelve people who determine which client has the better lawyer.**
- **It's not the pace of life that concerns me, it's the sudden stop at the end.**
- **The only time the world beats a path to your door is if you are in the bathroom.**

<http://www.gcfl.net> - archive from 4/19/99

# FEBRUARY BIRTHDAYS



## CELEBRITIES

- 1 - Boris Yeltsin
- 4 - Rosa Parks
- 5 - Hank Aaron
- 8 - Jack Lemmon
  
- 10 - Glen Beck
- 11 - Sarah Palin
- 12 - Ted Mack
- 15 - Charles Tiffany
  
- 17 - Paris Hilton
- 19 - Smokey Robinson
- 22 - Edward M. Kennedy
- 25 - Pierre August Renioir
- 29 - Jimmy Dorsey



## RESIDENTS

- Alexandra Birman - 2/1
- Mariya Levina - 2/4
- Rosie Finch - 2/4
- Galina Dega - 2/5
- Frieda Topfer - 2/8
- Betty Graffy - 2/10
- Ruth Klaven - 2/11
- Tsira Shklovskaya - 2/12
- Karolina Serebrynik - 2/15
- Yu Mei Wang - 2/15
- Irene Kohm - 2/17
- Charna Palatnik - 2/17
- Nadir Kyazimov - 2/19
- Vera Mae Townsend - 2/19
- Shih-Hui Lee - 2/22
- Mary Williams - 2/22
- Ruby Bonds - 2/25
- Mary Fong - 2/29

## QUIZ for Presidents' Day - February 15

1. Abraham Lincoln was assassinated on what religious holiday?  
 Easter Sunday       Good Friday       Passover
2. How many languages did Thomas Jefferson know besides English?  
 Spanish, French     Italian, German Greek,     French, Latin, Italian, Greek
3. Who was the oldest President when elected?  
 James Garfield       Ronald Reagan       Calvin Coolidge
4. Who was the tallest President?  
 George Washington     Bill Clinton       Abraham Lincoln
5. Who was the first President not born a British subject?  
 Martin Van Buren     Andrew Jackson     Millard Fillmore

*ANSWERS on page 10*



## ADVICE COLUMN



Dear Shirley and Phil,

A gentleman in the building where I live tries to be a "know it all." He speaks in such a dominating way about what he thinks is going on in the building, but, later on, most of it proves to be completely false or exaggerated. Some of my friends believe what he tells them and get agitated. I listen quietly and don't argue with him. What makes an otherwise intelligent and generally nice person behave like this?

**I Know Better**

Dear I Know Better,

Some people have a great need to be noticed, respected, or the center of attention. Please, when you do hear rumors being spread around that you suspect might not be accurate, encourage your friends to check them out with Crown Center staff.

Love,

**Shirley**

A person whose words can create anxiety is someone to be wary of. You can't change his behavior, but you can change your reaction and help your friends in the process. If you tactfully question what he says, perhaps your friends will too, and he may realize he won't be the "authority" on community tidbits and goings on.

Stay calm.

**Phil**



More unfortunate quotations that appeared in job resumes from all over the U.S.

- Typing speed: 756 wpm.
- Seek challenges that test my mind and body, since the two are usually inseparable.
- My intensity and focus are at inordinately high levels, and my ability to complete projects on time is unspeakable.
- Exposure to German for two years, but many words are inappropriate for business.
- Accomplishments: Completed 11 years of high school.
- Excellent memory; strong math aptitude; excellent memory; effective management skills; and very good at math.
- Personal Goal: to hand-build a classic cottage from the ground up using my father-in-law.

<http://www.rinkworks.com>



### REMINDER

The next Resident Council meeting is scheduled for Thursday, February 25, at 6:00 p.m. in the Weinberg Lounge. Stay for bingo after the meeting.

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

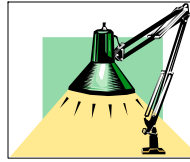
**For Black History Month**

***Someone to Remember: Oceola McCarty***

Born in Wayne County, MS in 1908, Oceola McCarty had to end her education in sixth grade to care for an invalid aunt. She started work as a laundress at age eight and continued this for a lifetime, during which she saved consistently from her meager wages.

McCarty lived frugally, never owned a car, walked everywhere, and lived in a house owned by an uncle. When some family members died, she inherited a bit of money which she allowed to grow in a savings account until 1995 when she made a donation of \$150,000 to the University of Southern Mississippi. This became the endowment for a scholarship with “priority consideration given to those African-American students” enrolling at the university.

Though McCarty had to forego her own education, she wanted to help other young people have this opportunity. Her generosity and thrift amazed her customers, the university, and many others who heard of her donation. She was given an honorary doctorate and gained international publicity, but McCarty never changed her lifestyle, continuing to do laundry until her death in 1999. Her dream of helping others through education had been realized.



***Resident Spotlight***

***Name: Iva Mahr***

***Born:*** Standing Rock Indian Reservation, Fort Yates, North Dakota

***Places Lived:*** Bismarck, ND, Victoria, Texas, & Missouri

***Favorite Foods:*** soul food, shrimp, steak, lobster

***Favorite Song/Music:***

“The Prayer” by Andrea Bocelli/Celine Dion, pop, classic rhythm & blues

***Favorite TV Programs:*** PBS (Ch. 9), Dateline, 20/20, Court TV shows, History Channel, Deal or No Deal

***Pet Peeve:*** gum popping store employees

***Three Words That Describe Me:*** friendly, dependable, hard working

***Activities I Enjoy:*** walking, reading, music

***Person I Would Most Like to Meet:***

Presidents Barack Obama & John F. Kennedy

***One of My Happiest Moments Was:*** when my granddaughter got her stem cell transplant on January 11, 2010

***Good Advice Someone Gave Me:***

always do the best you can and never give up

***Feeling about Crown Center:***

I’m happy and comfortable here, and it’s a good location.

**FOLLY**

Human beings, who are almost unique in having the ability to learn from the experience of others, are also remarkable in their apparent disinclination to do so.

~ Douglas Adams

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

**Vera Townsend**





**Special Jewish Programming in February - All Are Welcome!**

**Torah Nuggets**

Friday, February 5 & 19                      1:45 - 2:30 p.m.                      Weinberg Lounge  
Join Rabbi Elizabeth Hersh as she shares her insights on weekly Torah portions.

**Jewish History: The Golden Age of Spain**

Tuesday, February 2                              3:30 - 4:30 p.m.                      Weinberg Lounge  
Cyndee Levy (Director of Education at CAJE) will discuss the poetry of Yehuda Halevi and other esteemed poets.

**Sephardic Cooking with Cyndee Levy**

Tuesday, February 9                              3:30 - 4:30 p.m.                      Weinberg Lounge  
Enjoy Sephardic tastes as we continue to learn about the Golden Age of Spain.

**Ability**

**The last of human freedoms--the ability to chose one's attitude  
in a given set of circumstances. ~ Victor Frankl**

***Free Central Referral Service***

If you have a simple question regarding how to replace a lost Medicare card, or a more complex issue such as assessing the level of care an older adult might need, there is a new service to help: ElderLink St. Louis. This free, coordinated referral service for Jewish older adults, their children, and caregivers, is a project of the Jewish Federation of St. Louis and administered by Jewish Family & Children's Service. Staff members are experienced in gerontology and can put users in contact with programs and resources available to Jewish seniors in the area. They provide clients with advice and information on everything from aging in place and caregiver resources, to employment, end-of-life services, financial resources, housing, learning and recreation, physical and mental health, safety and legal issues, and much more. ElderLink St. Louis is funded by the Lubin-Green Foundation and BJC Health Care. For more information, visit [www.elderlinkstlouis.org](http://www.elderlinkstlouis.org). Call 314-812-9300 for a personal and confidential consultation.

**RESIDENTS TRIBUTE FUND**  
 Donated between December 16 - January 13, 2010

**In Honor/Recognition of:** →

*Crown Center staff for all they do to enrich the lives of the residents*  
 Maxine Nickerson  
*the birthdays of:*  
 Lorraine Schankman,  
 Betty Garrett, &  
 Sarah Kalmes  
 Maxine Nickerson  
*a very happy New Year to everyone at Crown Center*  
 Zelda Jacobs

*Nikki Goldstein for the JPro Stl award*  
 Fran Hoyt  
 Maxine Nickerson  
 Bella Sadow  
*Crown Center*  
 Mary Aurich  
 Elizabeth Powell  
*residents & friends for sharing my birthday celebration. Thanks-- you are a blessing in my life.*  
 Cleo Anderson


**In Appreciation :**

*to the Staff of Crown Center for all you do for the residents*  
 Ann Berin  
*to all my friends for the Chanukah cards, and happy holidays to all at Crown Center*  
 Annita Suffian  
*for the holiday & get well cards from Crown Center residents*  
 Theo Rifkin

**Only in America ...**

- do drugstores make the sick walk all the way to the back of the store to get their prescriptions while healthy people can buy cigarettes at the front.
- do people order double cheeseburgers, large fries, and a diet coke.
- do we leave cars worth thousands of dollars in the driveway and put our useless junk in the garage.
- do we buy hot dogs in packages of ten and buns in packages of eight.
- do they have drive-up ATMs with Braille lettering.

*(sent to editor by a friend)*



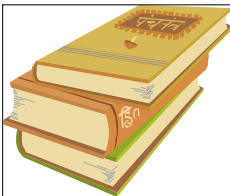
- ★ Crown Center programs, activities, and transportation services are made possible through the generosity of the:
- ★ • Gladys and Henry Crown Trust
  - ★ • Benjamin Tallin Programming Fund
  - ★ • Stanley & Lucy Lopata Exercise Fund
  - ★ • Birdie Fisher Fund
  - Myla Rosenblum Bagels & Learning Fund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

- Answers to Quiz on p. 4 :
1. Good Friday    2. French, Latin, Italian, Greek    3. Ronald Reagan (age 69)  
 4. Abraham Lincoln (6'4")    5. Martin Van Buren

## Fast facts about population age shifts:

- The world's 65 and older population in 2009 is 516 million; by 2050 it will be at 1.53 billion
  - In the U.S., numbers those 65 and older will rise from 39 million to 89 million by 2050
  - Less than 8 percent of the world's population is 65 and older; by 2030 it will reach 12 percent and by 2050, 16 percent
  - The world's 85 and older population is now 40 million; by 2050 it projected to be 219 million
    - Women comprise nearly 2/3 of those 85 and older.
  - While China and India have the largest number of older populations, 109 million and 62 million respectively, they do not represent a large percentage of their overall demographics.

*Source: Census Bureau International Database*



## Questions asked of librarians:

*from reference librarians in the USA and Canada  
(for February - Library Lovers' Month)*

**Do you have books here?**

**Can you tell me why so many famous Civil War battles  
were fought in National Parks?**

**Do you have any books with photographs of dinosaurs?**

**Is the basement upstairs?**

**Do you have a list of all the books I've ever read?**

**Which outlets in the library are appropriate for my hairdryer?**

---

**Patron: I am looking for a globe of the earth.**

**Librarian: We have a table-top model over here.**

**Patron: No, that's not good enough. Don't you have a life-size?**

**Librarian: Yes, but it's in use right now.**



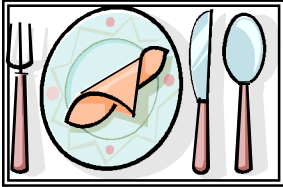
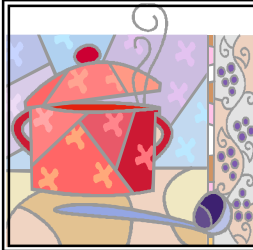
*from Things People Said, <http://www.rinkworks.com/said/libraries>*

8348 Delcrest Dr.  
under the auspices of  
MIDEAST AREA  
AGENCY on AGING

# CROWN KOSHER DINNERS

# FEBRUARY

For Meal  
Reservations  
Call 314-  
991-2055

| Sunday   | Monday   | Tuesday   | Wednesday  | Thursday  |
|--|--|---|--|---|
| <b>**Special Purim<br/>Dinner<br/>February 16</b><br> | <b>1</b><br>Sautéed Pollack<br>Twice baked<br>Potatoes<br>Steamed broccoli<br>Chocolate cake | <b>2</b><br>Chinese chicken<br>Fried rice<br>Mandarin orange<br>salad<br>Stir-fry vegetables<br>Almond cookie | <b>3</b><br>Tuna a la king<br>Noodle casserole<br>Split pea soup<br>Green beans<br>Glazed carrots<br>Banana cake | <b>4</b><br>Lasagna<br>Italian vegetables<br>Italian salad<br>Vanilla pudding         |
| <b>7</b><br>Hawaiian chicken<br>Rice pilaf<br>Sautéed yellow<br>squash &<br>zucchini<br>Apple pie                                      | <b>8</b><br>Tilapia italiano<br>Acorn squash<br>Green beans<br>Fresh fruit                   | <b>9</b><br>Meatloaf w/gravy<br>Mashed potatoes<br>Vegetable soup<br>Peach cobbler                            | <b>10</b><br>Tuna croquettes<br>Buttered noodles<br>Peas<br>Carrot kugel<br>Brownie                              | <b>11</b><br>Grilled veggie<br>pizza<br>Caesar salad<br>Green beans<br>Cheese cake    |
| <b>14</b><br>Beef stew<br>Italian salad<br>Marble cake   | <b>15</b><br>Fish cake<br>Mashed potatoes<br>Creamed spinach<br>German choc.<br>cake         | <b>**16</b><br>Roast chicken<br>Potato knishes<br>Acorn squash<br>Coleslaw<br>Roll<br>Hamantashen             | <b>17</b><br>Chef's tuna salad<br>Hard boiled egg<br>Chef's salad<br>greens<br>Chocolate chip<br>cookie          | <b>18</b><br>Cheese ravioli<br>Garden salad<br>Peas & onions<br>Ice cream<br>sundae   |
| <b>21</b><br>Chef's salad<br>Turkey salami<br>Minestrone<br>soup<br>Salad veggies<br>Pumpkin pie                                       | <b>22</b><br>Baked cod<br>Potatoes<br>Lyonnaise<br>Baby carrots<br>Sugar cookie              | <b>23</b><br>Chicken pot pie<br>Italian<br>vegetables<br>Spice cake   | <b>24</b><br>Mostaccioli<br>Bolognese<br>Meat sauce<br>Garden salad<br>Peas & carrots<br>S'more brownies         | <b>25</b><br>Macaroni &<br>cheese<br>Split pea soup<br>Sautéed green<br>beans<br>Cake |
| <b>28</b><br>Sloppy joe<br>Garden salad<br>Baked potato<br>fries<br>Choc. chip<br>cookie   |           |                            | <b>Menus<br/>Are<br/>Subject<br/>to<br/>Change</b>   |  |