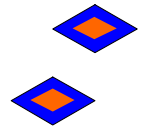
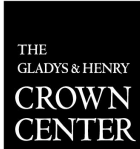


CROWN NEWS



**AFFORDABLE APARTMENTS, DIVERSE
COMMUNITY, CARING ATMOSPHERE**

FEBRUARY 2011



FOR SENIOR LIVING
8350 Delcrest Drive
Saint Louis, Missouri
63124-2166

Telephone: (314) 991-2055
Facsimile: (314) 991-8419

INDEPENDENT LIVING
IN A CARING COMMUNITY

PLANT THE SEEDS OF GREATNESS MONTH

Man's greatness lies in his power of thought.
~ Blaise Pascal

There are countless ways of attaining greatness, but any road to reaching one's maximum potential must be built on a bedrock of respect for the individual, a commitment to excellence, and a rejection of mediocrity. ~ Buck Rogers

He is not great who is not greatly good.
~ William Shakespeare

The final proof of greatness lies in being able to endure criticism without resentment. ~ Elbert Hubbard

As human beings, our greatness lies not so much in being able to remake the world--that is the myth of the atomic age--as in being able to remake ourselves.
~ Mahatma Gandhi

Many have had their greatness made for them by their enemies. ~ Baltasar Gracian

Greatness is the dream of youth realized in old age. ~ Alfred Victor Vigny

Whoever renders service to many puts himself in line for greatness--great wealth, great return, great satisfaction, great reputation, and great joy. ~ Jim Rohn

<http://thinkexist.com/quotations/greatness>

BOARD of DIRECTORS

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Estelle Rochman

Jeff Rosenblum

Steven Rosenblum

Carolyn Satz

Jill Schupp

Ann Spector

Richard Tallin

Cindy Lander Wallach

Miriam Wilhelm

Jake Zimmerman

Nikki Goldstein, Executive Director

One bedroom units are now available. For leasing information, call Robin Deese at 314-991-2055.



Visit us at www.crowncenterstl.org



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

At a recent staff meeting, I took a few minutes to outline special skills and qualities that a Crown Center staff member must have in order to succeed. These might not be ones we would list on our resumes. They are, however, important and noteworthy, and I see them as over and above the particular skill sets needed to carry out technical/specific aspects of our jobs. This list is not exhaustive, and we are very fortunate to have such a talented staff team in place. Here are a few of the special qualities needed to work here:

- passionate about providing outstanding housing and supportive services to older adults
- open-mindedness and flexibility
- able and willing to embrace change
- seeks and values collaboration and consultation with others/colleagues
- outstanding communication skills
- able to view the “bigger picture” as well as the “smallest details”
- anticipates risks, benefits, and unintended consequences
- accepts that the job he/she has today may not be the same next year

And, what might a similar list of resident qualifications be? Here are some of my thoughts:

- appreciates the value and richness of living in a diverse community
- takes personal responsibility for abiding by the rules of the community, because they provide a basis for all to live in dignity
- demonstrates cordiality and respect for others
- understands his/her role in ensuring that Crown Center is clean, safe, and welcoming
- willing to deal with concerns in a constructive and positive manner
- values Crown Center’s role as a community resource and welcomes senior adults from the community who come to participate in programs and services
- appreciates that Crown Center offers outstanding value for the cost of living

This list is also not complete, and we are fortunate to have residents who not only meet, but exceed these standards.

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)

Programs Description (p. 7,8,9)
This & That (p. 5, 6, 10, 11)
*Calendar/menu insert

Resident & Community Services

English As Second Language Classes

Those interested in registering for the English as a second language classes at Crown Center are encouraged to leave their name and apartment number in the Main Office. We will notify you when the registration date is in place.

St. Andrew's Senior Solutions

Crown Center in partnership with St. Andrew's is pleased to offer our residents the Preferred Personal Services Program. This affordable service can be provided in 15 minute increments, and there is no hourly minimum. Those needing a helping hand to get started in the morning or assistance with household chores (e.g., changing bed linens, cleaning hard to reach area) will find this a beneficial opportunity. Please contact the Social Services staff at 991-2055 to further discuss how this may work for you.

Russian Residents Meeting

Tuesday, February 1, at 2:30 p.m. in the Art/Fitness Room, facilitated by Vakhtang Gomelauri, Russian language case manager.

Florence Schachter, MSW
Director of Resident & Community Services

Lara Burch, MSW
Social Services Coordinator

Crown Center welcomes new staff member, Randi Schenberg, Community Relations Associate. Please stop by the Main Office soon to meet her.

Highlights from Haley

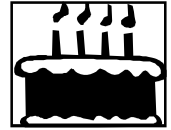
Don't let a little cold weather stop you from staying fit and active this month. Join us for a trip to the *St. Louis Galleria* on Feb. 2nd. For regular exercise, come to the *RPI Exercise* class, offered at 2:30 p.m. on Mondays and Wednesdays in the Weinberg Lounge. If you believe laughter is the best medicine, don't miss the *Laughter Yoga* class on Feb. 15th. And for peace of mind, join the *Relax with Esther* group every Tuesday at 1:00 p.m. For a simpler indoor exercise activity, just try walking the length of your hallway a few times. Don't let winter doldrums keep you from health and fitness. Until next time...

Haley Organ, MSW
Program Coordinator

Check out this staff pick for the month of February!

Vanity Fair (1848) by William Makepeace Thackeray is a satire of society in early 19th century Britain. The book's title comes from John Bunyan's story *The Pilgrim's Progress*, first published in 1678 and still widely read at the time of Thackeray's novel. *Vanity Fair* refers to a stop along the pilgrim's progress: a never-ending fair held in a town called Vanity, which is meant to represent man's sinful attachment to worldly things. The novel, which created waves when first published, is still considered to be a classic today. Be sure to look for this wonderful read in the Crown Center library.

FEBRUARY BIRTHDAYS



CELEBRITIES

- 2 - Joey Bishop
- 4 - Rosa Parks
- 5 - Henry "Hank" Aaron
- 7 - Charles Dickens
- 10 - Glenn Beck

- 11 - Sarah Palin
- 12 - Ted Mack
- 15 - Harvey Korman
- 17 - Micheal Jordan

- 19 - Smokey Robinsin
- 22 - Edward M. Kennedy
- 25 - George Harrison
- 29 - Jimmy Durante

Semantics

A teacher asked her *fourth* graders to make a sentence about a public servant.

One boy wrote: "The fireman came down the ladder pregnant."

The teacher took him aside and asked, "Do you know what pregnant means?"

The lad answered, "It means carrying a child."

(sent to the editor by a friend)

RESIDENTS

- Helen Hernandez - 2/3
- Mariya Levin - 2/4
- Galina Dega - 2/5
- Mitzi Enegren - 2/7
- Betty Graffy - 2/10
- Ruth Klaven - 2/11
- Tsira Shklovskaya - 2/12
- Karolina Serebryannik - 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
- Frances Meade - 2/25
- *Mary Fong - 2/29

Apologies to Yefim Morozovich whose birthday, January 29, was omitted from last month's list. A belated Happy Birthday to you !



In true love the smallest distance is too great, and the greatest distance can be bridged.

~ Hans Nouwens

Congratulations to last month's word puzzle winner:

Gert O'Neill



ADVICE COLUMN



Dear Shirley and Phil,

When I moved to my new apartment recently, I promised my children that I would make an effort to meet people, go to activities, and reach out to make some new friends. But when I see all there is to do, so many programs, I feel a little overwhelmed. It seems like everyone already knows each other, and I still feel a bit shy and reluctant to join in things.

Feeling Like An Outsider

Dear Outsider

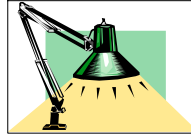
It is challenging at any age to be the new person “on the block” and you might feel that others aren’t interested in taking the time to get to know you. But the Crown Center community is a welcoming one and there are ways of easing into new friendships and staying active. Volunteering is a great way to meet people with similar interests. And joining neighbors in the dining room for dinner is pleasant way to socialize over good food and make new friends. Speak with the Social Services staff or our Program Coordinator who can also offer more ideas.

Love,

Shirley

Try to see your move as the beginning of a new adventure, but take it one step at a time. Choose just one or two activities for starters. A good way to make friends is by just listening to others and by asking them about their lives and interests. Remember, everyone was a new person at one time in their lives.

Phil



Resident Spotlight
Name: Dorothy Clark

Born: St. Louis, MO

Places Lived: St. Louis, for 40 years

Favorite Foods: pot roast & fried shrimp

Favorite Song/Music: any Gospel or Praise music

Favorite TV Programs: The Doctors

Words That Describe Me: loving, caring, considerate

Pet Peeve: those who mistreat others

Activities I Enjoy: knitting & reading the Bible

Person I would most like to meet: Jesus

One of My Happiest Moments Was: when I became a Christian

Good Advice Someone Gave Me:

If you can’t stand for something, you’ll fall for anything.

Feeling about Crown Center:

This is a nice place to stay and I’ve met wonderful people and the management is very nice.

For President’s Day — February 21

You cannot escape the responsibility of tomorrow by evading it today.

~ Abraham Lincoln

BEWARE...

Once upon a time, there was a king who lived in a two-story grass hut. On every anniversary of his crowning, the king demanded he be given a new throne as a tribute. As soon as the new one arrived, he put the old throne on the second level of his house. One day the hut collapsed from the weight of all the thrones, and many of his subjects were killed or injured. The moral of this story? Those who live in grass houses shouldn't stow thrones.

<http://www.gcl.net>



REMINDER

The next Residents Council meeting is scheduled for Tuesday, February 22, at 6:00 p.m. in the Weinberg Lounge.

Newly elected officers are:

**President: Faye Stickney
Vice President: Helen Hernandez
Secretary: Francis Mead
Treasurer: Marilyn Goodman**

New Residents

**Crown Center Welcomes:
Betty & Marvin Guberman - #713
Fred Hohman & Anne Keister - #1014
Mitzi Energren - #605
James McCrary - # 2L**

More facts about Aging in America

- Life expectancy for those who live to 65 today is an added 18.5 years, on average.
- Those who survive to 85 can expect to live about five or six years longer.
- Life expectancy is even longer in most of Europe, Australia, New Zealand, Japan, Singapore, Hong Kong, Cuba, and Costa Rica.
 - By 2030, there will be 72 million seniors 65 and older, about 20 percent of the U.S. population.
 - Annual health care costs for the average older adult increased from \$9,224 in 1992 to \$15,081 in 2006.
- Average prescription drug costs for those over 65 were \$924 in 1992 and approximately \$2,107 in 2004. (They would have been higher but private and public insurance covered more over time.)
 - The level of education among seniors rose from 25 percent in 1965 to 77 percent in 2008 for those 65 and older

*from <http://newoldage.blogs.nytimes.com>
2010/07/21/aging-in-america*

Business Strategy

A satisfied customer is the best strategy of all. ~ Michael LeBoeuf

**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**

FEBRUARY PROGRAMS: DETAILS

Tuesday, February 1

(Also: February 8, 15, 22)

9:00 a.m.

AARP Tax Assistance

Dining Room

Volunteers from AARP will be available every Tuesday in February to assist both residents and older adults from the community with preparing income tax forms. Advance registration is required. Please call 991-2055 for more information or to make an appointment.

Tuesday, February 1

(Also: February 8)

3:30 p.m.

Overview of the Mishnaic Period

Tallin TV Room

The conversation with Rabbi Max Weiman continues with a discussion on the "Ethics of Our Fathers."

Wednesday, February 2

1:00 p.m.

Trip to the Galleria

Bus: \$2.00

Enjoy all that the mall has to offer by shopping, dining, or seeing a movie with friends. Or for a great way to stay in shape during the long winter months, try walking laps around the inside of the mall. What a great way to window shop and keep fit!

Thursday, February 3

1:00 p.m.

Missouri Botanical Garden Orchid Show

Bus: \$2.00 + TICKET

Marvel at the beauty of the Missouri Botanical Garden's historic orchid collection. Considered to be one of the world's premier collections, this trip is sure to be a crowd pleaser. PLEASE NOTE: Tickets for the event are \$10.00 and should be purchased at the door.

Sunday, February 6

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, February 7

10:00 a.m.

Bagels & Learning

Weinberg Lounge

Join us for a very special travelogue, as we travel to Mars. Richard Heuermann from Washington University joins us for a Bagels & Learning that is sure to be out-of-this-world!

Wednesday, February 9

1:00 p.m.

Trip to the Cupcakery

Bus: \$2.00

Have a sweet tooth? Join us for a trip to the Cupcakery, a specialty cupcake shop in the Central West End, with over 40 flavors to choose from.

Thursday, February 10

11:00 a.m.

Trip to Mimi's Café

Bus: \$2.00

Join your friends for delicious meal at this café. Try Mimi's pot roast or chicken pot pie for a little taste of home.

FEBRUARY PROGRAMS: DETAILS

Thursday, February 10

7:00 p.m. **Hamre Family Strings Performance** **Weinberg Lounge**
Sit back and enjoy this cello and piano performance by the children of the Hamre family.

Saturday, February 12

1:00 p.m. **Trip to Treasures of Napoleon** **Bus: \$2.00 + TICKET**
Take advantage of this rare opportunity to look into the private life of the Emperor of France, through an exhibit at the Missouri History Museum. This exhibit showcases some of his most personal possessions, including a wealth of historic artifacts, world-class artwork, and unrivaled decorative art.

Monday, February 14

10:00 a.m. **Bagels & Learning** **Weinberg Lounge**
Ken Weintraub presents an interactive look at the history of sports.

5:00 p.m. **Elegant Valentine's Day Dinner** **Dining Room**
Dress up in your finest for this elegant dinner. The event is part of the regular dining program. Call 991-2055, ext. 124 to make a reservation. Suggested donation: \$3.00. (See p. 9 for more information.)

Wednesday, February 16

1:00 p.m. **Peer to Peer** **Art & Fitness Room**
Topic: Stretching a Dime.

Thursday, February 17

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!

Friday, February 18

10:30 a.m. **Trip to Brentwood Square** **Bus: \$2.00**
Take in all that this shopping strip has to offer, including Borders, Whole Foods, The Container Store, Nordstrom Rack, and St. Louis Bread Co.

Sunday, February 20

3:00 p.m. **Music Performance by Lexi Mandel** **Weinberg Lounge**
Soloist Lexi Mandel will serenade us with her voice, as a part of her Bat Mitzvah community service project.

Monday, February 21

10:00 a.m. **Bagels & Learning** **Weinberg Lounge**
Members of the St. Louis chapter of Hadassah will discuss the history, mission, and accomplishments of this women's Zionist organization.

FEBRUARY PROGRAMS: DETAILS

Tuesday, February 22

2:30 p.m. **Russian Movie Screening** **Weinberg Lounge**
Join us for the critically acclaimed film “Europa Europa”, which tells the true story of a Jewish teenager who survived World War II by living as a Nazi officer for 7 years in 3 different countries. In Russian and German, with English subtitles.

Wednesday, February 23

1:00 p.m. **Movie Screening: “Blessed is the Match”** **Weinberg Lounge**
Experience this riveting portrait of Hungarian poet Hannah Senesh, a remarkable woman who risked her own life to parachute behind enemy lines—enduring capture, torture, and, ultimately, death—to rescue Jews from Nazi persecution.

Thursday, February 24

1:00 p.m. **Mystery Trip** **Bus: \$2.00**
Join us for a creepy, kooky, mysterious, spooky, and ooky trip.

6:00 p.m. **Birthday Bash** **Weinberg Lounge**
Celebrate February birthdays with the musical talent of Isaac Lifits.

Saturday, February 26

11:00 a.m. **Trip to Bandana’s BBQ** **Bus: \$2.00**
Sink your teeth into some good ‘ole fashioned barbeque at this delicious restaurant.

Monday, February 28

10:00 a.m. **Bagels & Learning** **Weinberg Lounge**
Cindy Kempf from RPI leads a discussion. Topic to be determined.

Dining Room News

- ◆ A menu meeting is scheduled for Tuesday, February 15, at 4:00 p.m. in the dining room. Come help us plan tasty, nutritious meals for our dining program.
- ◆ Please join us for an elegant Valentine’s Dinner on Monday, February 14 at 5:00 p.m. Enjoy a delicious menu, entertainment, and the prizes that await our diners. Call 314-991-2055 x124 to make a reservation.
- ◆ Menus for this month appear on the *back of the calendar insert page*. Our goal is to make the menu page more user friendly. Please call me with any feedback or comments.

We are always interested in resident responses and we hope to see you at mealtime.

Florence Schachter, MSW
Resident and Community Services
314-991-2055

MOVIES

FEBRUARY 2011

Feb. 5th—Me & Orson Welles

Feb. 6th—Doctor Zhivago

Feb. 12th—Grown Ups

Feb. 13th—Sex & the City 2

Feb. 19th—The Losers

Feb. 20th—The Invention of Lying

Feb. 22nd—Europa, Europa

Feb. 23rd—Blessed is the March

Feb. 26th—World's Greatest Dad

Feb. 27th—Bird



See calendar insert and details pages for times and locations, or call 314-991-2055.

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



What do these writings have in common?

Adventures of Tom Sawyer - Mark Twain

Animal Farm - George Orwell

Beloved - Toni Morrison

Call of the Wild - Jack London

Catcher in the Rye - J.D. Salinger

Color Purple - Alice Walker

Gone with the Wind - Margaret Mitchell

King Lear - William Shakespeare

Leaves of Grass - Whitman

Of Mice and Men - John Steinbeck

Origin of the Species - Charles Darwin

Scarlett Letter - Nathaniel Hawthorne

To Kill a Mockingbird - Harper Lee

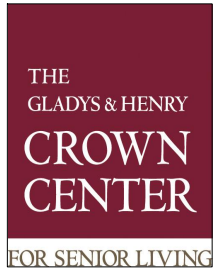
Answer on p. 12

(For Library Lovers' Month)

The Hereafter...

Gallagher opened the morning newspaper and was dumbfounded to read in the obituaries that he had died. He quickly phoned his best friend, O'Shaunessy. "Did you see the paper?" asked Gallagher. "They say I died!" "Yeh, I saw it" replied O'Shaunessy. "Where might you be callin' from?"

<http://www.gcfl.net>—from Doc's Daily Chuckle



APARTMENTS AVAILABLE

Are you tired of worrying about home maintenance and rising utility costs? Would you enjoy walking out your door and seeing people? Have you thought about living in a convenient neighborhood? You or someone you know may be interested in living at Crown Center for Senior Living.

A limited number of lovely, remodeled one-bedroom apartments are currently available for those ages 62 and older, who meet selection criteria. Affordable rents (\$525 for a one bedroom unit) include utilities, fully equipped kitchens, and many other amenities.

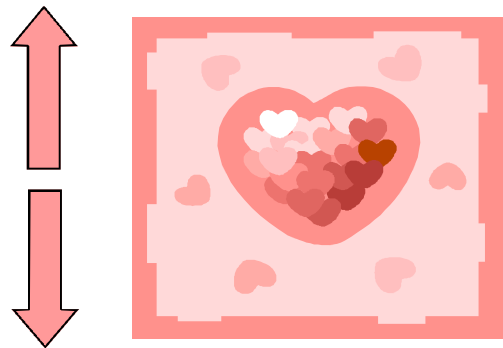
Crown Center, independent living in a caring community, offers transportation, activities, a library, computer center, optional meal plan, and social services.

For a brochure or a tour, contact Executive Director Nikki Goldstein or Leasing Director Robin Deese, 314-991-2055. Visit our website at www.crowncenterstl.org

8350 Delcrest Drive
St. Louis, MO 63124

Remember by Christina Rossetti

Remember me when I am gone away,
Gone far away into the silent land;
When you can no more hold me by
the hand,
Nor I half turn to go yet turning stay.
Remember me when no more day
by day
You tell me of our future that you
plann'd:
Only remember me; you understand
It will be late to counsel then or pray.
Yet if you should forget me for a
while
And afterwards remember, do not
grieve:
For if the darkness and corruption
leave
A vestige of the thoughts that once
I had,
Better by far you should forget
and smile
Than that you should remember
and be sad.



For Valentine's Day

I WOULD LIVE IN YOUR LOVE

~ Sara Teasdale (1884-1933)

I would live in your love as the sea-grasses live in the sea,
Borne up by each wave as it passes, drawn down by each wave that
recedes;
I would empty my soul of the dreams that have gathered in me,
I would beat with your heart as it beats, I would follow your soul as it
leads.

RESIDENTS TRIBUTE FUND
Donated between December 14 - January 13, 2011

In Honor/Recognition of:

Crown Center
Chung-Lung Chan
Zelda Jacobs
Linda Sosna

Rabbi Elizabeth Hersh, bon voyage & thank you for many years of wonderful programming
The board, staff, & residents of Crown Center

In Appreciation:

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

Ann Berin

Toni Hayes and her crew for their hard work providing residents with a wonderful New Year's Eve Party.

Maxine Nickerson

In Memory of:

Lois Schlesinger
Maxine Nickerson

Speedy recovery to:

Marvin Beckerman
The board, staff, & residents of Crown Center

Signs on church property...

- ⇒ **No God--No Peace.**
Know God--Know Peace.
- ⇒ **Ad at an Episcopal church with a picture of two hands holding the Ten Commandments: "For fast, fast, fast relief, take two tablets."**
- ⇒ **When down in the mouth, remember Jonah. He came out all right.**
- ⇒ **Come work for the Lord. The work is hard, the hours long, the pay low. But the retirement benefits are out of this world.**
- ⇒ **This is a ch--ch. What is missing missing?**
- ⇒ **It is unlikely there'll be a reduction in the wages of sin.**
www.gcfl.net - from ArcaMax Jokes

***Answer to question on p. 10*:
they were all banned or challenged
at one time as forbidden reading**

- ★ 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 are available in the Main Office (see Binita Wright)