



In the Crown

For Friends and Neighbors of The Gladys & Henry Crown Center for Senior Living

Issue #16

Inside

Gross National Happiness 1

Q&A: An interview by Nikki Goldstein with Jeff Cohen 2

Gross National Happiness

In the Kingdom of Bhutan, there is a Secretary of Happiness.

This small South Asian country now measures GNH (Gross National Happiness) by defining the conditions that contribute to a beneficial human society—it happens when material and spiritual development occur simultaneously and reinforce each other. The Bhutanese look at life from the perspective of Buddhist ideals and have identified eight general contributors by which to measure human happiness: physical, mental, and spiritual health; time-balance; social and community vitality; cultural vitality, education; living standards; good governance; and ecological vitality. If we look at these indicators at Crown Center, what is our GNH? Can we really measure happiness or a sense of well-being? Several residents helped us fill out our own checklist.

✓ SOCIAL AND COMMUNITY VITALITY

“I joined three months after moving into Crown Center. I was on my way to a meditation group and heard the music. I asked my friend, Lola Umstead, about it later and she told me to come join in.” These are the words of Esme Gooding who has been with the Crown Ringers (bell choir) for two years. Twice a month she goes there to “feel silly,” have fun, and laugh. The Ringers are rank amateurs who giggle at their mistakes, tease each other, like to sing along as they blend their chimes, and delight in the conducting by music therapist, Troy Jones. Esme says he’s 75% of the practice, directing, moving, joking—a great communicator with an infectious gift for humor, and “he can teach anybody.”



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

Q&A AN INTERVIEW BY NIKKI GOLDSTEIN WITH JEFF COHEN, PRESIDENT OF THE BOARD OF DIRECTORS

I meet with him to talk about Crown Center at least once a week, speak with him by telephone even more often, and we exchange e-mails every day. Who is this person? **Jeff Cohen, President of the Board of Directors.** Despite so much contact, I wanted to know more about him, so in an interview here is what I found out.

What has been your most memorable Crown Center experience, so far?

Although I greatly enjoy my service on the board, it is interacting with Crown Center residents that I find most memorable. I'm very interested in contemporary history; at a recent event I had the opportunity to chat with Mr. Kaganovich, a Russian WWII veteran...in my book, that is the way to experience history.

Have you thought about your own aging and, if so, what do you think?

Since in my mind I am only 18 years old, I haven't thought much about aging...but really, I just turned 40 and it's the first time I've thought about my own aging. It's scary. I was very close to my late grandfather, Joe Cohen. In recent years, I have been lucky to better get to know his brother, Bernard. Now in his mid-90s, he still goes to work every day and is quite a character!

Do you have any "role models" for community service?

Yes. Randy and Nancy Green are so involved in Crown Center—they've brought their children into their volunteer work and taught them how to be great community "citizens." I aspire to do the same with my family.

Tell me about your family—what do they think about your volunteer work with Crown Center?

My wife Michelle and I share the view that this is important work. We believe that community service is an essential part of the values of "giving back" and "tzedakah" that



Board President Jeffrey Cohen connects with resident Yakov Kaganovich

we want to convey to our daughters (Annie, age 12 and Jane, age 6); and we try to make them a part of Crown Center and have them see what we all are trying to do on behalf of the residents.

What do you think is the biggest challenge facing Crown Center right now?

Because our agency has been so successful, we need to be sure that we don't become complacent. As Crown Center nears its 50th year, we must be well positioned to embrace the opportunities ahead.

Why should anyone support Crown Center?

Crown Center is truly a community based organization that has an important purpose. We have a core demographic of people to serve; we sit in a key neighborhood; we have a unique mandate to house people, and also to be a community center and resource. We can make the difference for older people—to keep them interested and engaged with others, to prevent isolation, to help them stay well and to promote mental, physical, and spiritual well-being.

(CONTINUED ON BACK COVER)

✓ LIVING STANDARDS

"Crown Center posted a notice that maintenance would be painting all apartment doors. As a resident, I was not looking forward to the inconvenience. The finished doors were gorgeous and the maintenance men very courteous in their comings and goings"—resident Faye Stickney commenting on one of many projects at Crown Center. She added that "to finish the job they even shampooed the carpets." The job on her floor was done in two days, with no inconvenience at all. Faye appreciates Crown Center "keeping our homes beautiful."

✓ EMOTIONAL HEALTH & CULTURAL VITALITY

"At a special program one cold winter day, some of the residents were singing and the joy, love, and kindness were on their faces, and made them radiant. It felt like spring had come to Crown Center, and we all felt happy and warm. At the monthly Birthday Bash celebrations, I see elegant, beautiful, caring old people. The wisdom of life has made these elderly very attractive." Jun-Tient Chou, who moved to the United States from Taiwan, reflected on these moments in our community. She said, "I have looked around Crown Center and found so many beautiful old people who are works of art, people who feel like family." Jun is an author, works constantly on her English skills, is learning computer skills, and loves to read and paint.



✓ ECOLOGY

"The garden club started at Crown Center about seven years ago. We purchased 12 large pots and had about six small ground plots. The pots are in high demand (there's a waiting list each season) and the residents grow tomatoes, peppers, cucumbers, zucchini, herbs, and many different flowers—petunias, pansies, azaleas, coreopsis, mums, sunflowers, and more." Edie Sobel gave this synopsis about gardening for seniors at our high rise complex. She said the gardeners take the Crown Center bus to Home Depot to buy planting materials and they can't wait for spring each year." Exuberant anticipation over getting hands back in the soil, feeling the sun on their shoulders, and seeing and eating the fruits of their labor.

✓ NUTRITIOUS DINING

Nourishments for the mind and soul abound at Crown Center, but healthy food for the body is also readily available with Crown Koshier Dining. According to Cleo Anderson "the meals are so healthy and nutritionally balanced that I'm happy—and my doctor is too. And I can't get enough of that fresh Challah bread." Lorraine Schankman no longer enjoys cooking, so she especially appreciates the five on site meals, and the at-table service. The special holiday dinners bring back memories of her family celebrations. Lorraine praises the flavorful cooking of chef, Jon Rubin, as "absolutely tops."

One of the major ways to achieve well-being as we age is through engagement with life through activity, social support, and healthy habits. The residents featured above exemplify not only their commitment to aging well, but exhibit how they do this through all that Crown Center offers.



Q&A with Jeff Cohen (CONTINUTUED FROM PAGE 2)

When did you become connected with Crown Center?

I was just about 29 or 30 when Past Board President Jeff Rosenblum and former board member Hillary Zimmerman asked me to visit and consider joining the board.



**Continuity of leadership: (left to right)
Richard Tallin and Jeff Rosenblum, past presidents
with current board president, Jeff Cohen**

What do you hope will be your “legacy” as President of Crown Center?

You know, I was really glad when the back shed was painted...but seriously, I hope that I will have led us towards securing the future of Crown Center so that it can continue to do good work. I'd like to know that we were able to tackle the tasks of building for the future in a thoughtful and meaningful way.

I understand that when you're not working on Crown Center business you are an attorney; how did you choose this profession?

I've always felt that the law is the underpinning fabric of society. Because of their training and knowledge of the law, lawyers have the unique ability to be intertwined with every aspect of society. In my 15+ years as an attorney, I've never had a boring day at work. No question—I would choose it again.

WE COULDN'T DO THIS WORK WITHOUT YOU!

Thank You Donors!

CROWN TRIBUTE FUND (DONATIONS RECEIVED MAY 3 TO NOVEMBER 23, 2010)

IN HONOR OF:

Sally Altman & Dick Weiss, all the best in your new home

The Board & Staff of Crown Center

Joy & Fred Balis' 25th wedding anniversary

Betsy & Spencer Garland

Sara & Terri Ballew

Lisa Baron

A Happy New Year to all at Crown Center & in gratitude for the gift of honey

Barbara & Doron Berger

Jim Bischof's special birthday

Diana Padratzick

A Happy New Year to all at Crown Center

Norman Solomon

The New Year services at Crown Center which my mother, Harriett Wolff, enjoys

Gail & Donald Smith

The Rosh Hashanah & Yom Kippur services by Bonnie Templeton

Adele Schneider

A beautiful program at Crown Center

Dorothy Goldstein

Crown Center

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Gary Wasserman

Susie & Jonathan Sachs

Thelma Edelstein

Sylvia Nissenboim

Ted & Julie Flom, all the best in your new home

The Board & Staff of Crown Center

Maurice Goffstein's special birthday

Phyllis & Sandy

Goffstein

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The Gold Family

Maxine Nickerson

Nikki Goldstein

Thelma Edelstein

Nancy & Al Siwak

Dr. Karl & Marsha Shanker

Nikki & Paul Goldstein's anniversary

Dorothy Goldstein

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Firestone

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Harriett Wolff

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CONGRATULATIONS TO:

Irl Baris on your second Bar Mitzvah

Rachel Rosenblum

Mitch & Lynda Baris on your son's Bar Mitzvah

The Board & Staff of Crown Center

David Brody on your new position at UMB

The Board & Staff of Crown Center

Bunnie & Ron Gerson on Amanda's engagement

Nikki & Paul Goldstein

Steve & Linda Glickman on the birth of your granddaughter

Nikki & Paul Goldstein

Terri & Steve Leyton on your daughter's graduation from college

The Board & Staff of Crown Center

Leslie Litwack for receiving the Lion of Judah Award

Nikki Goldstein

Lucy Lopata for your special recognition by Miriam Foundation

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Nancy Kalishman on receiving the Netzach Award

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Essie & Andy Rochman on the birth of your grandson

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Jeff & Sharon Rosenblum on the birth of your grandson

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Carolyn Satz on receiving the NCJW volunteer service award

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Ron & Terry Seigel on David's marriage

Nikki & Paul Goldstein

Stacy Siwak, on receiving the Grosberg Award

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Sherri Weintrop on receiving the Philanthropy Award

Nikki Goldstein

Jake Zimmerman on your engagement

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Thank You Donors!

(CONTINUED)

IN MEMORY OF:

Pearl Alex

Dr. Morris Alex

Douglas Baker & Sylvia Baker

Estelle Levin

Marvin Beckerman's mother

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Anita Berns' husband

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Tobie Broderson

Phyllis & Sanford
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Frank & Harriet DeBoer's mother

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Denny Feit's father

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Rob Gold's mother

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Katie Garland

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Jackie Wissan's daughter

Gloria Cohen

Arthur Wolff

Gail & Donald Smith

Jack G. Wolff

Gail & Donald Smith

COMPLETE AND SPEEDY RECOVERY TO:

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Crown Center

Magda Gruenglas

Laura Levi

Mimi Schuchet

Billie & Myron Klevens

Bernardine Winter

Nikki & Paul Goldstein

APPRECIATION FOR:

Crown Center's newsletter

Loren & Dorothy
Hewitt



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