

CROWN NEWS

Crown Center Partners with Many Local Agencies & Organizations.

JANUARY 2010

THE
GLADYS & HENRY
**CROWN
CENTER**
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

- BOARD of DIRECTORS**
- Steven Rosenblum, President
 - Aly Abrams
 - Sally Altman
 - Mitchell Baris
 - Les Borowsky
 - David Brody
 - Gloria Cohen
 - Jeffrey Cohen
 - Keith Cohen
 - Ava Ehrlich
 - Ted Flom
 - Betsy Garland
 - Mark Gershenson
 - Rob Gold
 - Lois Gould
 - Randall Green
 - Sheldon Harber
 - Petie Karsh
 - Alvah Levine
 - Terri Leyton
 - Liz Linkon
 - Joe Marchbein
 - Merle Miller
 - Sylvia Nissenboim
 - Diana Padratzik
 - Estelle Rochman
 - Jeffrey Rosenblum
 - Carolyn Satz
 - Jill Schupp
 - Wendy Shanker
 - Rose-Lynn Sokol
 - Richard Tallin
 - Miriam Wilhelm
 - Jake Zimmerman
 - Nikki Goldstein, Executive Director

AARP TAX ASSISTANCE

Volunteers for AARP will once again come to Crown Center, starting in early February, to assist residents and older adults in the community with preparing income tax forms.

January is a great time to gather the materials you will need to bring with you for your appointment. These are:

- a copy of your 2008 tax return
- Social Security card
- income information, such as SSA-1099 for Social Security benefits, 1099R showing interest, dividends, etc., 1099R for pension, annuities, and W2s
- property tax notice if you lived in a home in 2009

There is no charge for this assistance, but you must have an appointment. To do so, call: 314-991-2055 or stop in the Main Office, starting the week of January 25th.



IMPORTANT NEW INFORMATION

AARP has informed us that tenants of rental properties that do not pay real estate taxes (including Crown Center) are no longer eligible to receive a “circuit breaker” (a Missouri property tax credit). Therefore, we will not be automatically supplying rental receipt letters for residents.

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

Dear Residents: *(this month I am writing to Crown residents, but everyone is invited to read)*

It is good to know that Crown Center residents take pride in living here. This pride translates into many positive actions and is a major part of our continued success. Sometimes this pride of association gets turned into possessiveness; and results in a belief that there is, or should be, exclusivity to Crown Center. Some may think that only residents should be able to attend programs, to dine here, or to use the bus for transportation. One of our strengths is the fact that Crown Center is a “community center” for older adults in the surrounding area. We continue to carry out the original vision of our founders to be more than an apartment building and to be open and welcoming to all. As Martha Stewart would say, “it’s a good thing”.

Now, you may ask, why is this welcoming attitude a good thing? Who says it’s a good thing? What are the benefits for residents? Here are five things to consider:

You can bring a friend

Being open to non-resident senior adults means that residents may invite guests to join them for dinner, or to hear a wonderful musical performance, or to go shopping together. It means that you don’t need to exclude your friends just because you live here.

It keeps things interesting

If you decide to participate in a Crown Center program, say an exercise class, you never know whom you might meet. Perhaps you’ll meet a new friend who is also a Crown Center neighbor or someone who learned about the class from a newspaper article and wanted to give it a try.

It helps with leasing

The best way to “market” Crown Center is to welcome people here. I know of several people who were program participants at Crown Center long before they decided to move here. Rented apartments are the best thing we have going to ensure sustained, adequate income vitally necessary to maintain the buildings with the highest quality. And even if community participants never move in themselves, the positive word they spread to other potential residents is priceless.

It helps us bring in resources

Most of the grants, contracts and donations that Crown Center receives are given *because we are open to all*. If we close our doors and become exclusively resident based, we would not be able offer the wide variety of programs and services which we enjoy. In fact, rental income can not be used for supportive services; so it isn’t costing residents anything to welcome others and if we didn’t welcome others there would be less for residents.

It expresses our values

Remember the mission of Crown Center: a commitment to provide affordable, quality, independent living in a caring, secure, diverse, and friendly atmosphere, honoring the Jewish tradition.

So, next time we think we (Crown Center) are doing a big favor to others by letting them spend time here, think again....and thank them for attending.

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

Resident & Community Services

The monthly **Peer to Peer** group, facilitated by a trained OASIS volunteer, will meet on **Wednesday, January 20, 1:00 p.m.** in the Tallin TV Room. The topic for discussion is "Hopes for the New Year: Martin Luther King Had a Dream, Do You?" Come reflect on the life and times of Dr. King and share your dreams for the New Year.

Dr. Alex Beyzer, pain specialist, will return to Crown Center to see patients the **second Friday of every month** beginning **January 8, 2010**. Sign-up sheets for appointments will be posted on the Wellness Office door.

The **Computer Center** will be **open on Saturdays, noon - 2:00 p.m.** with no appointment necessary. Resident Faye Stickney has graciously volunteered to staff the lab during this time.

Florence Schachter, MSW
Director of Resident & Community Services

Lara Burch, MSW
Social Services Coordinator

Clone & Crime

As we consider scientific advances in human cloning, we might ask this hypothetical question.

If you push a naked clone off the top of a tall building, would this be:

- A. Murder?
- B. Manslaughter?
- C. Making an obscene clone fall?

www.gcfl.net - from Mary Campbell

MAZEL TOV!

Congratulations to our Executive Director, **Nikki Goldstein**, who will receive the **JProStL Career Achievement Award** on **January 28, 2010**.

She, along with others, will be honored for outstanding professional service.

Nikki's recognition is also a tribute to the success of Crown Center as we strive to provide a safe, supportive, and caring community for older adults.

News about Programming

We are pleased to announce that beginning in January 2010, **RPI (Rehabilitation Professionals Inc.)** will provide therapy services on site at Crown Center. Please join us on **Monday, January 4**, in the new **RPI office (formerly the Program Office)** at **11:30 a.m.** for an open house celebration.

RPI staff will be on hand to discuss their services which will include a weekly **Tai Chi class** beginning on **Thursday, January 7**, at **2:00 p.m.** as well as their popular weekly exercise class on **Mondays at 2:30 p.m.** There will be no charge for participating in the **Tai Chi class** during the first month.

We hope this expanded partnership between **RPI** and **Crown Center** will bring many benefits to our residents and community friends.



JANUARY BIRTHDAYS



CELEBRITIES

- 1 - Barry Goldwater
- 4 - Louis Braille
- 5 - Walter Mondale
- 6 - Kahlil Gibran
- 7 - Kenny Loggins
- 8 - Stephen Hawking
- 9 - Richard Nixon
- 10 - Ray Bolger
- 13 - Sophie Tucker
- 14 - Albert Schweitzer
- 16 - Debbie Allen
- 17 - Anton Chekov
- 21 - Placido Domingo
- 22 - Sam Cooke
- 24 - Neil Diamond
- 27 - Lewis Carroll
- 29 - Oprah Winfrey

RESIDENTS

- Ah Soo Ong - 1/1
- Henry Rosen - 1/4
- Faina Klebanov - 1/4
- Lydia Olemskaya - 1/4
- Nina Brown - 1/5
- Finchie Ball - 1/6
- Chi-Lan Lu - 1/6
- Inna Sterkin - 1/6
- Florence Kretchmar - 1/7
- Vasily Skurtu - 1/7
- Lorraine Schankman - 1/7
- Sara Gimpelevich - 1/7
- Maria Vendrova - 1/7
- Benjamin Mkrtychan - 1/8
- Yan Shen Wen - 1/8
- Gnit Ngan Chui Eng - 1/9
- Mary Dickens - 1/9
- Raisa Surskova - 1/10
- Guobin Chang - 1/13
- Yue Zhen Xia - 1/14
- Betty Garrett - 1/14
- Kam Yuk Chan - 1/16
- Sarah Kalmes - 1/17
- Allen Widder - 1/21
- Yu-Chin Chen - 1/22
- Yelena Gil - 1/24
- Valery Faden - 1/24
- Geneva Davis - 1/27
- Asya Lepskaya - 1/29
- Ezell Turner - 1/29
- Yefim Morozovich - 1/29

Crown Center Welcomes

New Residents:

- Phan Dam - #1D
- Sugin Chen - #6G
- Mildred Radney - #909
- Pam Brinkmeyer - #910/11

REMINDER

The next Resident Council meeting is scheduled for Thursday, January 28, at 6:00 p.m. in the Weinberg Lounge.

Congratulations to last month's word puzzle winner:

Dolly Martin



ADVICE COLUMN



Dear Shirley and Phil,

My children are insisting that I get some help with chores in my apartment. They think I can't keep up with cleaning due to my health issues and I do agree with this. But I just don't want an outsider in my apartment for several hours at a time--I want my privacy. How do I handle this conflict?

Liking My Privacy

Dear Liking,

Home health care agencies now offer "bundled services" with workers dividing periods of time among several clients in the same building. Depending on your needs, a worker could clean your apartment during a specified time and then go to assist other persons, splitting the on-site time. The cost to you would be determined by the number of clients using the service. Please discuss this further with the Social Services staff to find resources.

Love,

Shirley

The fact that your children show such concern for your well-being is a valuable thing. The most important consideration is your health, and if a little home help preserves this, why not look into it.

Stay calm.

Phil



British Military Office Fitness Reports - Royal Navy & Marines

- His men would follow him anywhere, but only out of curiosity.
- This officer is really not so much of a has-been, but more of a definitely won't-be.
- He has carried out each and every one of his duties to his entire satisfaction.
- This young lady has delusions of adequacy.
- Since my last report he has reached rock bottom and has started to dig.
- He has the wisdom of youth and the energy of old age.
- This man is depriving some village of an idiot.
- The only ship I would recommend this man for is citizenship.

<http://www.gcfl.net> - from Thomas Ellsworth

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.

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

Thoughts on Living

- ⇒ **When in doubt, just take the next small step.**
- ⇒ **You don't have to win every argument. Agree to disagree.**
- ⇒ **When it comes to chocolate, resistance is futile.**
- ⇒ **Don't compare your life to others. You have no idea what their journey is about.**
 - ⇒ **Take a deep breath, it calms the mind.**
- ⇒ **Time heals almost everything. Give time, time.**

Source: Regina Brett, age 90, printed in The Plain Dealer, Cleveland, OH - sent via the Internet to the editor by a friend

RIDDLE

The following limerick has had the last word of each line scrambled. Can you figure it out?

In a snowstorm the plow wasn't TWIFS,
So Jim was decidedly FIDFEM;
His street really ENDEDE
The plow, so he DAPELED,
But the driver did not get his FIDTR.

*<http://www.braingle.com/4780.html>
submitted by bobbrt*

ANSWER on page 10

A nation or civilization that continues to produce soft-minded men purchases its own spiritual death on an installment plan.

Dr. Martin Luther King, Jr.

A potpourri of misquotes, mangled expressions, poorly worded signs, wacky questions, etc.

- ◇ **Free parking (\$1.50) per day (at a parking lot in Ocean City, MD)**
- ◇ **Where's the kosher pork? (asked at a grocery store)**
- ◇ **Lunch & Learn Seminar: Who's controlling your life? (get your manager's permission before attending)**
flyer for a corporate seminar
- ◇ **Do not open this door when locked. (sign on a gym door)**
 - ◇ **Welcome to the Flippin Church of Christ (sign outside church in Flippin, AK)**
 - ◇ **All fiends and relatives (on a sign for honorary pallbearers)**
- ◇ **It is indeed fitting that we gather here today to pay tribute to Abraham Lincoln, who was born in a log cabin that he built with his own hands. (quote by a legislator)**
- ◇ **I'm not going to let this guy shine on my parade.**
- ◇ **Your heart is the lifeblood of your body.**
- ◇ **She's not the sharpest apple on the tree.**

<http://www.rinkworks.com/said.words>

JANUARY PROGRAMS: DETAILS

Sunday, January 17

2:00 p.m. **A Musical Tribute to Martin Luther King Jr. Bus:\$2/program is free**
We will take a trip to the Missouri History Museum to hear the
award winning New Mt. Missionary Baptist Gospel Choir, as they
celebrate his legacy through song.

Tuesday, January 19

3:30 p.m. **Laughter Yoga Weinberg Lounge Cost:TBA**
Come find out why laughter is the best medicine. Marlene Chertok
leads this fun class!

Wednesday, January 20

11:30 a.m. **Trip for Community Martin Luther King Celebration at JCC Bus: \$2**

1:00 p.m. **Peer to Peer (see p. 3)**

6:00pm **Birthday Bash Weinberg Lounge**
Enjoy the sounds of Jim Norton and the Country Boys!

Thursday, January 21

11:00 a.m. **Trip to the Galleria Bus: \$2**
Shop/browse in the many stores and unique boutiques or just take
the opportunity to walk indoors for exercise.

Friday, January 22

1:30 p.m. **Torah Nuggets (see p. 9)**

Saturday, January 23

11:00 a.m. **Talayna's for lunch Bus: \$2**
This St. Louis favorite offers more than just delicious pizza! Choose
from a wide array of menu items.

Monday, January 25

10:00 a.m. **Bagels and Learning Weinberg Lounge**
Fr. Nicholas Schneider will talk about his trips to Israel from a
Christian perspective.

Thursday, January 28

11:00 a.m. **Trip to Kirkwood Walmart and Target Bus: \$2**

2:00 p.m. **Tu B'shevat seder (see p.9)**

Sunday, January 31

1:30 p.m. **Nishmah Program (see p. 9)**

Human salvation lies in the hands of the creatively maladjusted.

~ Martin Luther King, Jr.

Special Jewish Programming in January - All Are Welcome!

Torah Nuggets

Friday, January 8 & 22 1:30 - 2:30 p.m. Weinberg Lounge
Join Rabbi Elizabeth Hersh as she shares her insights on weekly Torah portions.

Lessons of a Lifetime: Developing a Moral and Ethical Framework

Monday, January 5 & 12 3:30 - 4:30 p.m. Weinberg Lounge
Rabbi Max Weiman will explore the Talmud and other Jewish writings to help us develop an ethical and moral framework for living.

Tu B'shvat Seder

Thursday, January 28 2:00 p.m. Weinberg Lounge
The 8th grade class from Solomon Schechter Day School will lead a creative seder to celebrate the New Year for Trees.

Sunday, January 31 1:30 - 4:30 p.m. Weinberg Lounge
Nishmah Banot, a program that pairs 2nd - 5th grade girls with teen mentors for community service projects that exemplify Jewish values, will join Crown Center residents for a project.

Tips for the Visually Impaired from *Continuum Care*

By age 65, one in three people has some form of eye disease which reduces vision, such as glaucoma, cataracts, macular degeneration, or diabetic retinopathy. Proper medical treatment and adjusting conditions in the home can help the visually impaired still enjoy daily activities. The key things are to reduce clutter and use lighting, color, and contrast to one's advantage. For example:

- **Steps & stairways** - use bright paint or light-reflecting tape on the edge of first and last steps; define walking spaces with brightly colored and/or textured hallway runners.
- **Lighting** - maintain the same light levels throughout a home; install extra lighting at entries, hallways, and tops and bottoms of stairs.
- **Kitchen** - use color contrast such as white plates on a dark tablecloth or dark dishes on a light-colored one; avoid using clear glass dishware; place brightly colored markers on controls for stove, oven, and microwave.
- **Bedroom** - install flexible-arm lamps for reading or identifying medications or clothing; use a "clap-on" bedroom lamp or one that turns on by just touching the base.

*Excerpted from "Enhancing the Independence of the Visually Impaired"
by Barth Holohan, President of Continuum Care*

RESIDENTS TRIBUTE FUND

Donated between November 16 - December 14, 2009

In Honor/Recognition of:

*Frances Darby's birthday &
Lena Borgman's birthday
Zelda Jacobs*

In Appreciation :

*to the Residents of Crown Center for your many
kind expressions of sympathy on the loss of my
dear mother*

Nikki Goldstein

*to the Staff of Crown Center for all you do for
the residents*

Ann Berin

*for the birthday cards & gifts from friends for
my birthday*

Martha Hardy

*for the birthday blessings of cards, gifts, flowers,
& greetings in song*

Frances Darby

In Memory of :

Shirley Geeser

Frances Darby

Common Sense

- **Common sense is genius in working clothes.** ~ Ralph Waldo Emerson
- **Seek advice but use you own common sense.** ~ Yiddish proverb
- **It is common sense to take a method and try it. If it fails, admit it frankly and try another. But above all, try something.** ~ Franklin D. Roosevelt
- **Common sense is the knack of seeing things as they are, and doing things as they ought to be done.** ~ C.E. Stowe
- **In any war, the first casualty is common sense, and the second is free and open discussion.** ~ James Reston
- **Common sense in an uncommon degree is what the world calls wisdom.** ~ Samuel Taylor Coleridge

[http://thinkexist.com/quotations/
common_sense](http://thinkexist.com/quotations/common_sense)

Answer to riddle on p. 6

In a snowstorm the plow wasn't SWIFT,
So Jim was decidedly MIFFED;
His street really NEEDED
The plow, so he PLEADED,
But the plow driver did not get his DRIFT.

Courage is very important.
Like a muscle, it is
strengthened by use.

~ Ruth Gordon

★ 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 at the Front Office (see Fran Hoyt)

Diversity

Culturally and ethnically diverse elders make up an increasing proportion of the 65+ older U. S. population.

Some facts as we face the 2010 U. S. census:

- In 2007, 19.3% of Americans aged 65 and older belonged to these minority groups: African Americans, persons of Hispanic origin, Asian Americans, Pacific Islanders, American Indians, and Native Alaskans.
- It is estimated that by 2020, culturally and ethnically diverse elders will comprise 23.6% of the total older population.

And some facts about elders and mobility. Approximately 20% of all American older adults do not drive. According to further data, close to 40% of African American, Hispanic, and Asian seniors do not drive. Only about 16% of Caucasian older Americans, however, do not drive. The reasons for these variations can be attributed to any number of factors such as location, ethnic attitudes, and cultural preferences.

The results of not driving, however, more often than not bring increased isolation and impact the ability to keep medical appointments, do grocery shopping, visit family and friends, and participate in religious or civic activities. Challenges for elderly access to transportation options is an increasingly important issue for many older Americans.

Source: "Everyone Rides: Transportation Access for Culturally and Ethnically Diverse Elders", report for National Center for Senior Transportation, May 2009

Oh Me! Oh Life!

by Walt Whitman (1819–1892)
from *Leaves of Grass*

O me! O life!... of the questions of these recurring;

Of the endless trains of the faithless—of cities fill'd with the foolish;

Of myself forever reproaching myself, (for who more foolish than I, and who more faithless?)

Of eyes that vainly crave the light—of the objects mean—of the struggle ever renew'd;

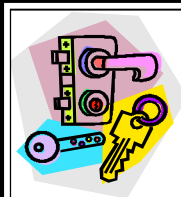
Of the poor results of all—of the plodding and sordid crowds I see around me;

Of the empty and useless years of the rest—with the rest me intertwined;
The question, O me! so sad, recurring--
What good amid these, O me, O life?

Answer.

That you are here—that life exists, and identity;

That the powerful play goes on, and you will contribute a verse.



Staying Safe

I have six locks on my door all in a row. When I go out, I only lock every other one. I figure no matter how long somebody stands there picking the locks, they are always locking three.

~ Elayne Boosier

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

CROWN KOSHER DINNERS

JANUARY

For Meal
Reservations
Call 314-
991-2055

Sunday	Monday	Tuesday	Wednesday	Thursday
<p>3</p> <p>Hawaiian chicken Rice pilaf Sautéed yellow squash & zucchini Apple pie</p>	<p>4</p> <p>Tilapia Italiano Acorn squash Green beans Fresh fruit</p>	<p>5</p> <p>Meatloaf & gravy Mashed potatoes Vegetable soup Peach cobbler</p>	<p>6</p> <p>Tuna croquettes Buttered noodles Peas Carrot kugel Brownie</p>	<p>7</p> <p>Grilled veggie pizza Caesar salad Green beans Cheese cake</p>
<p>10</p> <p>Beef stew Italian salad Marble cake</p>	<p>11</p> <p>Fish cake Mashed potatoes Creamed spinach German choc. cake</p>	<p>12</p> <p><i>Indoor Picnic</i> Oven fried chicken Corn pudding Cole slaw Apple pie</p>	<p>13</p> <p>Chef's tuna salad Hard boiled egg Salad greens Chocolate chip cookie</p>	<p>14</p> <p>Cheese ravioli Garden salad Peas & onions Ice cream sundae</p>
<p>17</p> <p>Chef's salad Turkey & salami Minestrone soup Salad veggies Pumpkin pie</p>	<p>18</p> <p>Baked cod Potatoes Lyonnaise Baby carrots Sugar cookie</p>	<p>19</p> <p>Chicken pot pie Italian vegetables Spice cake</p>	<p>20</p> <p>Mostaciolli Bolognaise Meat sauce Garden salad Peas & carrots S'more brownies</p>	<p>21</p> <p>Macaroni & cheese Split pea soup Sautéed green beans Cake</p>
<p>24</p> <p>Sloppy Joe Garden salad Baked potato fries Chocolate chip cookie</p>	<p>25</p> <p>Tuna croquette Minestrone soup Garlic mashed potatoes Glazed carrots Sorbet</p>	<p>26</p> <p>Chicken empanadas Rice Garden salad Steamed broccoli Chocolate cake</p>	<p>27</p> <p>Grilled salmon Buttered noodles Green beans Caesar salad Fresh fruit</p>	<p>28</p> <p>Cheese pizza Zucchini & Squash Pickled beets Cherry pie</p>
<p>31</p> <p>Salisbury steak Rice Garden salad Creamed corn Apple cobbler</p>		<p>Menus Are Subject to Change</p>		