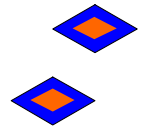
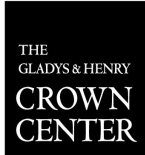


# CROWN NEWS



Affordable, High Quality Living,  
Cost of Utilities Included

MARCH 2010



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

## MODEL SEDER INVITATION

### SAVE THE DATE

for the Annual Crown Center  
Passover Model Seder.

Date: Thursday, April 1, 2010

The service will begin at 5:00 PM, followed  
by dinner in the Weinberg Dining Room.

Menu: gefilte fish, chicken soup with matza  
balls, apricot chicken, roast potatoes, squash,  
kugel, crumb cake, beverages.

Reservations are open from March 1.  
Please call 314 - 991- 2055, x 124,  
or sign up in the Dining Room at mealtime.

Suggested donation is: \$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.*

#### BOARD of DIRECTORS

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Nikki Goldstein, Executive Director

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



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

Dear Friends:

A recent trial yoga class triggered my thinking about stretching and flexibility. There are so many ways that we can stretch (and I was stretched in places I didn't know I had after that class!); here are some ideas related to what we can experience at Crown Center.

***Stretch Our Minds***

Attend one of the many fascinating programs offered-- there is always an interesting speaker and topic at Monday morning Bagels & Learning. What a great way to start the week (with bagels too!) attending a class or series of lectures, all in the comfort of your own home: Crown Center.

***Stretch Our Bodies***

Have you tried the new Tai Chi class at Crown Center? Or how about trying the weekly exercise group? Considered walking at a mall when we take the bus there? Walking and window shopping--always free.

***Stretch Our Brains***

We have a fantastic computer lab, coordinated by devoted volunteer, Carol Karty, and staffed by able, helpful coaches. Give it a try. Just take a look at the posted schedule near the door of the lab located in the Tallin lobby area. Sign up for a time that works for you. Bring your curiosity and sense of wonder. Visit a far off place, research a topic you've always wondered about, send an e-mail to your grandchild, and/or learn a new computer skill.

***Stretch Our Horizons***

Take a trip on the Crown Center bus. The price is right and you might find some new and interesting place.

***Stretch Our Thinking***

Think about another person's point of view. At Crown Center one has the chance to consider a new perspective, connect with a new idea or culture or custom. Ask a question and really listen to the answer. It can be an amazing experience.

***Stretch Our Energy***

When there is so much to do and so many people to meet and greet, why bother with cooking dinner every night? Make a reservation in the Crown Center dining room and save your energy for the lively conversation, instead of cleaning up dishes and pots. Come for the food, stay for the friends.

***Stretch Our Circle of Caring***

Extend yourself: say hello, notice if someone needs a little help, sit and chat with someone you don't know well, learn a greeting in another language, invite a neighbor to share a cup of coffee on a weekday morning in the dining room, be that positive voice to someone who needs a kind word.

All this "stretching" may make you either tired or energized, but also feeling content and fulfilled.

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)	This and That (pp. 5, 6, 9, 11)	
ISSUE	Tributes (p. 10)	<u>New feature:</u> Diner's Corner, p. 6	*Calendar insert	

## Resident & Community Services

**Census forms** will be arriving in mail-boxes this month. Census information is used to determine funding for many services vital to seniors, as well as determining political representation. If you need assistance, please contact us at 314-991-2055. *Fill out the form and have your voices heard.*

**Welcome to our new student intern, Aigul Seralinova**, who is pursuing her Master's degree in Social Work at Washington University; she will be at Crown Center through the summer.

If anyone is interested in **English language** daytime tutoring **classes**, please give your name and apartment number at the Main Desk. You will be contacted with further details as they develop.

We have scheduled a **New Residents Tea for Friday, March 19, at 1:30 p.m.** in the **Weinberg Lounge**. All are invited to meet our newest Crown Center residents.

Florence Schachter, MSW  
Director of Resident &  
Community Services

Lara Burch, MSW  
Social Services Coordinator

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### COURAGE

**It is curious that physical courage should be so common in the world and moral courage so rare.**

~ Mark Twain

## News about Programming & Dining Room

- **The last Sunday dinner will be on March 28.** The meal program will return to a Monday - Friday schedule in April with the **first Friday dinner on April 9th.**
- The monthly **Peer to Peer** group, facilitated by a trained OASIS volunteer, will meet on **Wednesday, March 17, 1:00 p.m.** in the Craft Room. The topic: "Whose shoes are you wearing, how you became the person you are today."
- Crown Center staff continues to address **Computer Center** needs. Those who attend on a weekly basis will keep their assigned time slots. A sign-up sheet is posted showing open time slots. *If you have to cancel, please call 991-2055 x119 or cross out your name on the schedule sheet.* We will no longer make reminder calls *The computer lab is now **closed** on **Saturdays.***

## For St. Patrick's Day, March 17 *Irish Blessing*

**May the road rise to meet you,  
May the wind be always at your back,  
May the sun shine warm upon your  
face,  
May the rains fall soft upon your  
fields,  
And until we meet again, may God  
hold you in the palm of His hand.**

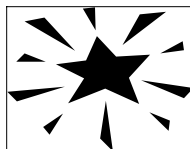




# MARCH BIRTHDAYS



## CELEBRITIES



- 4 - Miriam Makeba
- 5 - Lou Costello
- 6 - Rex Harrison
- 9 - Mickey Gilley
- 10 - Chuck Norris
- 11 - Ralph Abernathy
- 15- Fabio
- 20 - Carl Reiner
- 21 - Johann Sebastian Bach
- 22 - Andrew Lloyd Webber
- 25 - Aretha Franklin
- 27 - Mariah Carey
- 28 - Reba McEntire
- 29 - Sam Walton
- 31 - Al Gore

## RESIDENTS

- Fa Yang Shen - 3/4
- Lena Scott - 3/5
- Eleanor Stodgel - 3/6
- Lin Shu Chi - 3/9
- Aleksandra Blank - 3/10
- Aleksandr Nogin - 3/11
- Pavel Tarapovskiy - 3/11
- June Chou - 3/15
- Yuri y Fish - 3/15
- Tamara Olshankay - 3/15
- Elmira Mkrtychyan - 3/20
- Geneva Gates - 3/21
- Henry Kerr - 3/22
- Yevgenya Petroshevskaya - 3/25
- Jimmie Womack - 3/27
- Rakhila Litvina - 3/28
- Mui Chung Leong - 3/28
- Ella Reznikova - 3/29
- Pam Brinkmeyer - 3/31

## ★ For National Social Work Month ★

**Thank you to our outstanding and dedicated Social Work staff, Florence Schachter, Lara Birch, and student intern, Aigul Seralinova, for all they do to assist residents and other staff members at Crown Center for Senior Living. You are the best of the best!**

### Crown Center Welcomes New Residents:

Lucille Mudrovic - #708, Jinkui Wang & Zhilan Liu - #7C, Yuexian Hu & Yangun Zhao - #305, and Larry Beck - #314

### REMINDER

The next Resident Council meeting is scheduled for Thursday, March 24, at 6:00 p.m. in the Weinberg Lounge.

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

**Fan Fulin**



## ADVICE COLUMN



**Dear Shirley and Phil,**

I like having good relationships with my neighbors. There are some people, however, who prefer to snipe about others and try to impose their negativity on me. They behave rudely, and I had hoped that, at this stage of our lives, we were past such juvenile nonsense. How can I avoid playing this socially destructive game?

**Already past 6th grade**

**Dear Already,**

Stay above this sort of behavior. Answer a negative or critical comment about a friend by saying you don't feel the same way or perhaps offer a positive statement in response. You can also simply refuse to engage in the conversation. If you need further guidance, contact Social Work staff.

Love,

**Shirley**

My advice is to associate with those whose company you enjoy and avoid the offensive people. They will find their own group. We can always hope, too, that if such character assassination remarks are not met with acceptance, the bad behavior will stop. Some people just like stirring the pot to feel self-important, but "teenage drama" is such a waste of our precious time.

Stay calm.

**Phil**



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

## Potpourri of Trivia

1. Oxygen is the most common element in the earth's crust. What is the second most common?
2. Wind storms are the most expensive type of disaster in the world. What is the second?
3. Hong Kong has the most skyscrapers in the world. Which city is second?
4. The most common written word in English is "the." What is the second most common written word?
5. New Jersey is the most densely populated U.S. state for its size. Which state is second?

Answers on p.9

**Once you can accept the universe as matter expanding into nothing that is something, wearing stripes with plaid becomes easy.**

**~ Albert Einstein**

## **Diner's Corner**

**Featured diner:** Charlie Moskowitz  
**Name a favorite restaurant that you liked over the years?** Simon Kohn's Deli

**What are some of your favorite foods?** Chicken, salmon, and vegetables--as long as they aren't overcooked.

**How did you learn about Crown Center's Kosher Dining Program?** My wife and I started eating here back in 1984-85 when they served lunches--we came here for six years. Since moving in, I come every night for meals.

**What was your first experience with kosher food?** My parents always cooked kosher in our home.

**Do you more often come to the Dining Room alone or with friends?** I come with a friend.

**Have you made new friends at dinners?** Yes, especially with people who come here from the community and aren't residents.

**Do you like the holiday themed dinners?** I do. The menu usually has a little more variety and I like the special table decorations.

**What is the main reason you come for dinner at Crown's dining room?** Because of the kosher food.

**Would you recommend the Crown Dinner program to others and, if so, why?** Yes, it's a good place to eat, especially if you don't like to cook anymore or never cooked. About all I can do is boil an egg. I think more residents ought to try it, and sometimes there are good programs before and after dinner. You can't get a meal of this quality for the price anywhere! The food is fresh and Jon Rubin is a wonderful chef.

## **More Thoughts on Living...**

- ⇒ It's never too late to have a happy childhood. But the second one is up to you.
- ⇒ Don't audit life. Show up and make the most of it.
- ⇒ If we all threw our problems in a pile and saw everyone else's, we grab ours back.
- ⇒ Life isn't tied with a bow, but it's still a gift.
- ⇒ Get rid of anything that isn't useful, beautiful, or joyful.
- ⇒ Forgive everyone everything.

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

## **Overheard at Crown Center**

Solomon Schechter Day School 8th graders reading from the Tu B'Shevat Haggadahs for the "birthday of the new trees" celebration, explaining the symbolic meanings for the fruits, nuts, and juices (in place of wine), and singing songs as they sat together with residents on an afternoon in late January.

**With mirth and laughter  
let old wrinkles come.**

**~ William Shakespeare**

## MARCH PROGRAMS: DETAILS

- Monday, March 1**  
**10:00 a.m.**                      **Bagels and Learning**                      **Weinberg Lounge**  
**Angie Quick returns to Crown Center to discuss her Bostwana trip. Enjoy this informative and visually impressive program.**
- Tuesday, March 2**  
**3:30 p.m.**                      **Achieving Inner Peace**                      **New Classroom**  
**Rabbi Max Weiman guides us in effective ways of achieving inner peace.**
- Thursday, March 4**  
**11:00 a.m.**                      **Trip to Galleria**                      **Bus: \$2.00**  
**Opportunities abound for shopping, grabbing a lunch, or just people watching!**
- Friday, March 5**  
**1:45 p.m.**                      **Torah Nuggets**                      **Weinberg Lounge**  
**Join Rabbi Elizabeth Hersh as she shares her insights on weekly Torah portions.**
- Saturday, March 6**  
**2:00 p.m.**                      **Bingo with the McKenna Family**                      **Dining Room**  
**St. Patrick's Day Bingo promises to be a lot of fun with the McKennas!**
- Monday, March 8**  
**10:00 a.m.**                      **Bagels and Learning**                      **Weinberg Lounge**  
**"Generation to Generation," with Nikki Goldstein. Learn how to trace your family's roots and preserve your own legacy for the future. Participants are invited to bring the oldest photograph they own to to show and share with the group!**
- Tuesday, March 9**  
**3:30 p.m.**                      **Achieving Inner Peace**                      **New Classroom**  
**Rabbi Max Weiman continues his popular class on achieving inner peace.**
- 6:30p.m.**                      **Trip to St. Louis Jewish Film Festival** **Cost: \$8 (includes bus)**  
**View the engaging film, "Heart of Stone" followed by a panel discussion. Film is co-sponsored with the Jewish Community Relations Council and University City High School Alumni Association.**
- Thursday, March 11**  
**1:00 p.m.**                      **Trip to Kirkwood Target and Walmart**                      **Bus: \$2.00**  
**Plan your list for this popular shopping destination!**
- Saturday, March 13**  
**11:00a.m.**                      **Trip to Uncle Bill's Pancake House**                      **Bus: \$2.00**  
**Enjoy brunch or an early lunch at this popular eatery!**





**RESIDENTS TRIBUTE FUND**  
 Donated between January 13 - February 15, 2010

**In Appreciation :**      **→**

*to all my friends for the birthday greetings & contribution*

Trudy Levy

*to my cousin*

Bella Sadow

*to the Crown Center residents and staff for your concern & prayers for my granddaughter*

Iva Mahr

*to the Chinese residents for the New Year luncheon*

Annita Suffian

*for the new washers & dryers*

Rosalie Grosman

*to all my friends for cards and kindnesses for my birthday*

Geneva Davis



**In Honor/Recognition of:**

*Geneva Davis's birthday*

Maxine Nickerson

*Crown Center*

Zelda Jacobs

*Nikki Goldstein receiving the*

*JProStl Award*

Crown Center Residents Council

Carol Karty



**Bagels & Learning Features Author Alan Spector**

Alan Spector returns to Crown Center on March 15 to discuss his second book, *Hail, Hail to U City High*, as part of the Myla Rosenblum Bagels & Learning series. Spector is a graduate of U. City High and lives in St. Louis with his wife of 40 years, Ann. His two passions are baseball and books. He visited Crown Center in 2007 to speak about his first book, *Baseball: Never Too Old to Play "The Game."* He has a personal connection here because his aunt, Tappy Harris, had been a resident at Crown Center. Since retiring, Spector spends his time visiting family in Boston and volunteering as a management consultant for social service programs and community initiatives.

- ★ 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)*

## On being human...

In this 21<sup>st</sup> century information age, we are sometimes overwhelmed with TV programming, Internet web sites, social networking tools, nonstop events on a 24/7 cycle—all ways to stay tuned in to an ever changing world. We move at an accelerated pace in so many facets of life—even with research discoveries in biology, neuroscience, and genetics about the mysteries of our DNA and the evolutionary development that makes us differ from, and many times the same as, other animals. We continue to ask the basic question: *what makes us human?* Many would agree that the arts, whether visual or performing, elevate us to a higher realm. Reflecting on the host of visual arts can be thrilling. From Paleolithic caves at Lascaux, France, to graffiti in inner cities, art permeates our lives in myriad forms, giving an outlet for creativity and challenging our brains to appreciate it, judge it, and marvel at the inventive ways people express themselves.



Visual arts have filtered through my life in personal experiences, memories, or peak moments. A granddaughter's dinosaur drawings posted on my refrigerator, a Van Gogh painting on a post card from my brother, Michelangelo's "David," which I saw in Florence, a stroll through St. Mark's Cathedral while in Venice, the quilts of African-American women from the South featured in a museum exhibit, innumerable favorite films (I'm a movie buff), pottery bowls around my apartment, hand crafted jewelry given to me as gifts, my Thomas Moser rocking chair, the astonishing origami creations I saw in a recent PBS "Independent Lens" program, just to name a few. Decorative arts have always been a favorite of mine and glimpsing them at the Wallace Collection in London brought peak moments. I still take memory trips back there to luxuriate in what I saw—Sevre French porcelain, miniature portraits carved in wax, stunning antique clocks, gold snuff boxes overlaid with ornate enamel designs...and Rembrandt and Frans Hals paintings.

Art stimulates our emotions, from pleasure and exhilaration to sadness and rage. For some, art is *the* incentive for living; for others a way to earn a livelihood. Art isn't only shown and sequestered by museums; it is in everyday objects, in the design of chairs, shoes, lamps, cars, and buildings. It is both functional and aesthetically pleasing. The media of art can be oil or watercolor paints, fabric, wood, glass, metal, stone, paper, canvas, plastic, celluloid, computer generated digitization. The visual arts tell us about the culture, religion, politics, and social norms of the times in which they were created. They are a window into the past as well as a symptom of the present, and a hint of the future. They provoke questions about what the artists portrayed, what they meant to convey, and how we choose to react to what they saw or used to represent a scene, an object, a person. So when you consider being human, take a moment and think about what the visual arts have meant to you.

(from Fran Hoyt: for the birthdays of Michelangelo, March 6, 1475  
& Francisco de Goya, March 30, 1746)

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

## CROWN KOSHER DINNERS

# MARCH

For Meal  
Reservations  
Call 314-  
991-2055

Sunday	Monday	Tuesday	Wednesday	Thursday
<b>Menus Are Subject to Change</b>	<b>1</b> Tuna croquette Minestrone soup Garlic mashed potatoes Glazed carrots Sorbet	<b>2</b> Chicken empanadas Rice Garden salad Steamed broccoli Chocolate cake	<b>3</b> Grilled salmon Buttered noodles Green beans Caesar salad Fresh fruit	<b>4</b> Cheese pizza Zucchini & squash Pickled beets Cherry pie
<b>7</b> Sloppy joe Garden salad Baked potato fries Chocolate chip cookie	<b>8</b> Sautéed Pollack Twice baked Potatoes Steamed broccoli Chocolate cake	<b>9</b> Chinese chicken Fried rice Mandarin orange salad Stir-fry vegetables Almond cookie	<b>10</b> Tuna a la king Casserole noodles Split pea soup Glazed carrots Banana cake	<b>11</b> Lasagna Ital. vegetables Italian salad Garlic bread Vanilla pudding
<b>14</b> Hawaiian chicken Rice pilaf Sautéed yellow squash & zucchini Apple pie	<b>15</b> Tilapia Italiano Acorn squash Green beans Fresh fruit	<b>16</b> Meatloaf/gravy Mashed potatoes Vegetable soup Peach cobbler	<b>17</b> Tuna croquettes Buttered noodles Peas Carrot kugel Brownie	<b>18</b> Grilled veggie pizza Caesar salad Green beans Cheesecake
<b>21</b> Beef stew Italian salad Marble cake	<b>22</b> Fish cake Mashed potatoes Creamed spinach German choc. cake	<b>23</b> Oven fried chicken Corn pudding Cole slaw Apple pie	<b>24</b> Chef's tuna salad Hard boiled egg Chef's salad greens Chocolate chip cookie	<b>25</b> Cheese ravioli Garden salad Peas & onions Ice cream sundae
<b>28</b> Chef's salad Turkey salami Minestrone soup Salad veggies Pumpkin pie	<b>29</b> Passover Appropriate Meal	<b>30</b> Passover Appropriate Meal	<b>31</b> Passover Appropriate Meal	<i>April 1</i> <i>Model</i> <i>Passover</i> <i>Seder</i>