

Beachwood Buzz

January 2021

Every Resident. Every Business. Every Month.

MAGAZINE

Beachwood Community Services:

*Seven Combined
Decades
of Service*



MANAGING BACK AND NECK PAIN AT BEACHWOOD MEDICAL CENTER

By Adam Hedaya, MD
Chair, Pain Management Department
Lake Health Beachwood Medical Center

Director, Cleveland Pain Center
440-306-3200

WHAT CAUSES BACK OR NECK PAIN?

Back and neck pain can come from a number of places. The pain can be generated by the muscles that support the spine. Additionally, back and neck pain can come from deeper spinal structures, such as the joints, the discs and the nerves of the spine. Often times, back and neck pain can be caused by more than one of the above structures.

HOW IS THE SOURCE OF BACK OR NECK PAIN DIAGNOSED?

Typically, the source of the pain can be determined using a combination of tools. This starts with a history of the symptoms and a physical examination. Imaging can also be a valuable tool and may include an X-ray and/or an MRI. An MRI is a radiological study that involves the use of magnets and is generally considered the gold standard for examining the physical structures of the spine.

HOW IS BACK OR NECK PAIN BEST TREATED OR MANAGED?

In many cases back and neck pain resolves with conservative care within a matter of weeks. This may include rest, alternating ice and heat, along with the use of anti-inflammatory medications (such as ibuprofen) and medications that help to relax the muscles of the spine. Physical therapy, chiropractic care and massage can also be helpful. Some people find electrical stimulation and acupuncture to be of benefit as well. In many cases steroid injections under x-ray guidance can also assist in reducing back and neck pain and expedite a return to normal activity. These injections or cortisone-like shots can also help in determining the cause of the pain, too.

CAN BACK OR NECK PAIN BE PREVENTED?

Yes and no, like many illnesses the cause of back and neck pain can be the result of both our genes and lifestyle. For example, people born with scoliosis (a curvature) of the spine, may be more likely to struggle with spine-related pain over the course of their lives. Particularly if this condition is left uncorrected. Alternatively, those who have physically demanding jobs may be at greater risk to develop back and neck pain. For many people as they approach their fifth and sixth decade of life, the best way to prevent spine-related back and neck pain is through moderate and consistent low-impact exercise routines. Activities such as yoga, stretching, walking, and swimming can be helpful for some. Other preventive tools include good hydration and a low inflammatory diet.

WHEN SHOULD I BE CONCERNED ABOUT THE NEED FOR SURGERY?

Barring a serious injury to the spine or spinal cord, typically spine surgery is a treatment of last resort for back and/or neck pain. Generally, surgery of the spine is indicated for uncontrolled radiating pain that is not responding to less invasive treatments. In some cases, surgery is necessary because of the severity of pain and/or the progressive nature of the symptoms or the findings on diagnostic imaging. Some of the other indications for surgery include spinal instability, spinal cord compression and muscle weakness. For most patients with back or neck pain, the pain can be managed without the need for surgery.



25501 Chagrin Boulevard
Beachwood, OH 44122
216-545-4800



beachwoodmedicalcenter.org



Letter from THE EDITOR

By Debby Zelman Rapoport

What comes to mind when you think about the new year? Resolutions? Symbolism of a new beginning? Possibilities? Brighter days? My guess is that no matter what your first thought may be, inner peace sits at its core.

Welcoming 2021 is a breath of fresh air, especially since 2020 was chaotic and turbulent. It created in my mind images of storms and sparks from short-circuited wires, images I prefer to replace with rainbows, sunsets, and ocean waves lapping on the shore. We have all been negatively impacted by the political divide of the past year, the pandemic, health issues, social distancing, isolation, unemployment, home schooling, and the list goes on.

Since the start of the pandemic, everyone has had to make choices based on their comfort level: Some will wear masks, others won't. Some will go to the grocery store, others won't. Some will wipe down groceries, dine at restaurants, dine only outside at restaurants, order carryout, have family members over, visit friends, go to the office, work from home, send kids to school, choose to home school, travel, etc.

I chose not to focus on resolutions this month because they may result in stressful challenges, which none of us needs right now. In 2019, according to *U.S. News & World*

Report, the failure rate for New Year's resolutions was said to be about 80 percent, with most people losing their resolve by mid-February.

Instead, this month's focus is self-kindness: The value of treating ourselves lovingly, much as we would a family member or friend. I'm in good company when I touch on this topic. In this month's magazine, Jen Stern provides a suggestion that may give us an *ahhh* moment. Abbie Sender shares a recipe for scones that will melt in your mouth. Tracey Watts Cirino shares information about her new book, *Beyond Common: 12 Essentials for Success in Life and the Workplace*, in which she explains the importance of being nice and how kindness always wins. Debby and Scott Wyler introduce their first book, *The Brave Chicken*, in which they share a message of being kind to oneself by chasing dreams and not bowing to peer pressure; and the City of Beachwood introduces its new fee-free food delivery service, Beachwood Delivers, which provides another way to treat yourself kindly. Virtual and in-person

opportunities are also presented throughout these pages to enrich our lives and nourish ourselves.

Self-kindness has scientifically backed benefits:

- It is one of the easiest, least expensive ways to keep anxiety at bay.
- It boosts serotonin, the neurotransmitter responsible for feelings of satisfaction and well-being.
- It is good for your heart, reduces stress, and prevents illness.
- It boosts immune functions.
- It reduces depression.
- It helps break the stress-eating connection.
- It changes how your body reacts to pain.
- It increases capacity for creativity and curiosity.
- It increases motivation to learn and take risks.
- It provides coping mechanisms for whatever life may throw your way.

This information is cited in many sources. If you wish to learn more, just search the Internet.

Self-compassion is a prioritized choice. Last month,

I wrote about Elizabeth Gilbert and how a mentor once asked her, "What are you willing to give up in order to have the life you're pretending you want?" Her answer was that she would have to learn to say no to things that weren't important. The woman corrected her by saying that she would have to learn to say no to things that **are important** and apply her energy to what she wanted more.

When we apply energy to prioritizing self-kindness, we increase the odds of achieving our goals; and when we view self-kindness as we would a New Year's resolution, odds are in our favor to stick with it past mid-February. We can't look back and change what happened yesterday or accurately predict what may happen tomorrow, so our best option is to focus on the present moment and treat ourselves with compassion, kindness, and love.

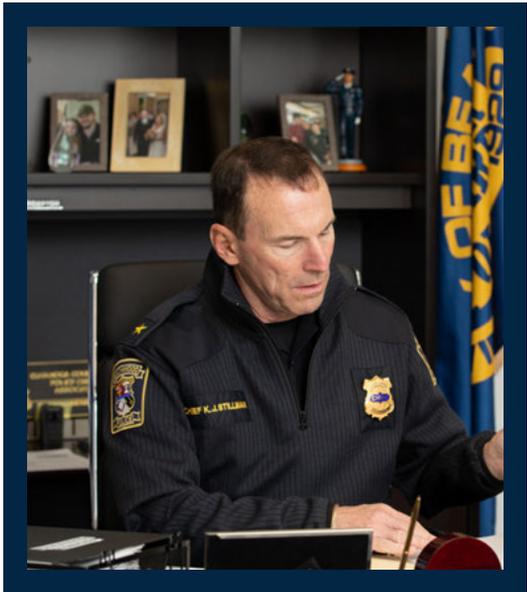
I wish you a year filled with self-kindness, good health, inner peace, optimism and possibilities.





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Questions? 216.292.1901

Who We Are

Debby Zelman Rapoport
Editor/Publisher

Yocheved Wylen
Senior Account Executive

Scott Morrison
Staff Photographer

Elaine Cicora
Tybee Zuckerman
Proofreaders

Stephen Valentine
Art Director

Arlene Fine
June Scharf
Jan Stern

Shana Wallenstein
Contributing Writers

Jerry Zelman
Vice President of Operations

Letters to the Editor
Please send letters via email to
beachwoodbuzz@gmail.com.

Calendar Section

Please send information about clubs, organizations, events and meetings to beachwoodbuzz@gmail.com. The deadline is the 10th of each month.

Article Submissions

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Beachwood Buzz is distributed via the U.S. Post Office to every resident and every business, every month. If you live outside our distribution area, subscriptions are available by sending your name, address and a check for \$36 (12 issues) to Beachwood Buzz
P.O. Box 22194
Beachwood, Ohio 44122

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Editorial Information

email beachwoodbuzz@gmail.com

Advertising Information

call 216.315.1827 or email
beachwoodbuzzsales@gmail.com
P.O. Box 22194
Beachwood, Ohio 44122

Beachwood Community Services: Seven Combined Decades of Service



Beachwood Community Services was created to improve the quality of life of all residents by providing a wide variety of programs, services and events. Since its creation, this department has excelled because of its dedicated staff members that work as a team to continually raise the bar.

This month, *Beachwood Buzz* shines the spotlight on Karen Carmen, Beachwood Community Services Director; Pete Conces, Recreation Director; and Esther Rutman, Program Coordinator, who have jointly contributed more than seven decades of service to our community. They each put their heart and soul into all they do and are retiring at the end of the month.

Story, written by Debby Zelman Rapoport, starts on page 7.
Photos by Scott Morrison, Discovery Photo.

Senior Solutions

When you or your loved one has a need, we have a solution!

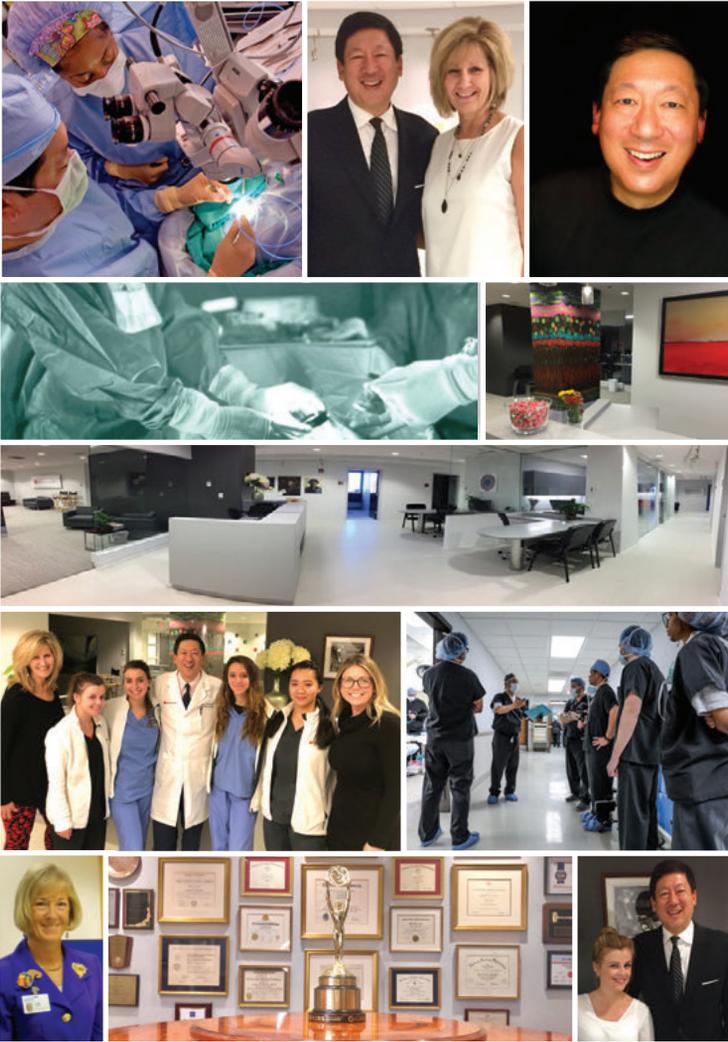


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Beachwood Community Services:

Seven Combined Decades of Service

by Debby Zelman Rapoport

Pictured: Karen Carmen

Beachwood Community Services was created to improve the quality of life of all residents by providing a wide variety of programs, services and events. Since its creation, this department has excelled because of its dedicated staff members that work as a team to continually raise the bar.

This month, *Beachwood Buzz* shines the spotlight on Karen Carmen, Beachwood Community Services Director; Pete Conces, Recreation Director; and Esther Rutman, Program Coordinator, who have jointly contributed more than seven decades of service to our community. They each put their heart and soul into all they do and are retiring at the end of the month.

Pete was hired in March 1989, under former Mayor Harvey Friedman. Beth Rosenblum, who served as part-time recreation director, had hired Pete as a camp counselor in Cleveland Heights and re-hired him when she had an opportunity to bring him on as an assistant recreation director. Pete was responsible for running camps, after-school childcare, both the outdoor and indoor pools, youth camps and youth sports, with

more than 1,000 kids participating in softball and soccer each summer through the '90s. Pete brought with him to the city 10 years of experience in recreation, event planning, fundraising, childcare, public speaking, aquatics development and recreation programming. He had also served as a day camp director and utilized his skills to expand and build recreation programs and facilities.

The first capital improvement project of which he was a part was the reconstruction of the ball fields. Although they are located on properties owned by Beachwood Schools, the City of Beachwood contracted the improvements because they are used for city recreation programs. At the time, this was the largest investment made in recreation since the city built its original pool in 1968.

Pete followed his passion. His dad wanted him to major in engineering, a field he pursued during his freshman year. He then switched gears and graduated with a degree in elementary education, which served him well.

In 1998, under the leadership of former Mayor Merle S. Gorden, the Department of Community Services was created. Under its umbrella, Human Services would serve

the senior population, and Recreation would serve the general population. In 2000, Mayor Gorden hired Karen Carmen as director, promoted Pete to recreation supervisor, and hired Susan Merdler as part-time program coordinator.

Karen's creative spark on a professional level was ignited right out of college when she was hired as assistant fashion coordinator and special events person at Saks Fifth Avenue in 1978, just after Beachwood Place opened. In 1980, she was recruited by Beachwood Place as their marketing manager, where she served until she accepted her current job. The highlight of her mall career was the Nordstrom expansion in 1997.

Mayor Gorden's vision was to take care of seniors and provide exceptional service, and he knew he had selected the best person for the job.

"He wanted guests to feel special from the minute they walked in the door," Karen recalled. "There were no plastic tablecloths and if someone wanted hot tea, we gave it to them. Whatever guests wanted they could have, because this is Beachwood!"

Community Messages

Pete was my boss at the Beachwood Family Aquatic Center and has been, hands down, the easiest, most trusting, supportive manager. This job has been a gift and I stay because he is such a joy. The support I get from him is unmatched. He's brilliant to work for and I will miss him. We're now planning on a plan B and plan C for this summer's season. He's truly an amazing manager.

– Missy Bystrom, Aquatics Manager

Working with Karen, Pete and Esther has been a phenomenal experience. I have learned something valuable from each of them that has strengthened my skills. Projects with Karen are fast-paced and there is never a dull moment. We have done some crazy things together and I will miss our out-of-the-box ideas. Overnight trips with Esther were always adventurous: She was the voice of the trip and I was the legs. Pete is a true mentor. We have joked, laughed, argued and have always had fun coming to an agreement. Whether checking on things in the parks, delivering props, doing set ups or more, it was always an adventure. I wish them all the best of luck.

– Shannon Diamond, Program Director, City of Beachwood

I moved here from out of state, knowing nobody other than family, and it was a blessing to learn of the Community Center. Day trips and overnights were always well-planned down to the minute and Esther was great about introducing me. We always went to interesting places and had fun! I really looked forward to participating. Esther always had a smile on her face and took care of everyone. I think a lot of Esther. It was like she was our mother. Esther now makes calls every day to see how people are doing and if they need to talk. She's a wonderful, caring person. Esther, Karen and Pete will all be dearly missed.

– Ruth Galen, Participant

I loved every minute of programming and I miss it terribly. Esther is just wonderful and hopefully we can resume trips soon. I really miss Esther and everyone she works with. It's because of her that I love programs so much. The department and Esther are both terrific. I'm lucky to live here.

– Marlene Goodman, Participant

Everyone in the department is wonderful. I work mostly with Karen, who is creative, warm and delightful. We collaborate on StoryWalk®, an idea she brought to me, which has been a huge success. We also work together to offer story times at the Beachwood Family Aquatic Center, and everyone welcomes me with open arms at Seniors Day Out Luncheons. Everything that they put on is meticulously organized and a first-class experience. Karen is responsive, thinks of every detail and doesn't miss a beat.

– Aimee Lurie, Manager, Beachwood Library



The step-above mentality became the department norm and everyone was on board. In 2000, Esther was hired as Human Services program coordinator to create an itinerary of day and overnight trips, while Susan focused on art shows, classes, exercise classes, seniors day out and basically all activities in the building.

Prior, Esther ran the Premier Shoppers Club at Beachwood Place when Karen was the marketing director. When Karen proposed this opportunity, Esther asked what she wanted her to do. Karen replied, "I want you to take programming and blow it out of the water!"

That's what Karen wanted, because that's what Karen does. She puts her magic touch on every program and project. Whether designing centerpieces for a luncheon or creating a community event, Karen's vision always produces superior results. Everything is thought out: decorations, tablecloths, centerpieces, placemats, napkin folds, food, dessert. These are just some of the details that make Beachwood's events exceptional.

Esther was on-board. She knew that the bar was set high, accepted the opportunity, and recognized that programming possibilities were endless.

"We didn't have dedicated programs like we do today," Esther said. "Now we offer day trips that include Lunch Bunch, supper club, concerts and plays, and overnight trips. No matter where we were going or for how long, I learned to plan every detail, including transportation, coffee before we boarded the bus, goodie bags as people got on the bus, games along the way, and more goodie bags as they got on the bus to go home. Karen is detail-oriented and everyone follows her lead."

As a group, everyone works to exceed people's expectations. "Participants could be our moms and we are going to caringly serve them," Karen said. "Everyone looks forward to attending our programs, and they are delighted that we take care of them and cater to them from the moment they walk in."

Recreation Update

Beachwood continues to provide opportunities while keeping people safe. Virtual and in-person programs that include drawing, exercise, book clubs, dog exercise and Karate are offered. Art exhibits may be viewed online or in person (by appointment). Protocols are in place to resume camps and open the pool. Visit beachwoodohio.com for updated information and to see what's new.

“Esther truly cares for people and is attentive to every detail,” she added. “Even when there is a glitch in her plans, she troubleshoots and gets the program back on track. On one of our trips to Columbus Winterfair a bus had mistakenly entered a parking garage, got stuck, and couldn’t get us home. Esther kept everyone calm, we arranged for alternate transportation, and got the program back on track.”

Some of the details Esther considers when planning a program are: How long is the bus ride? Where are restrooms? How much walking will there be? Are good restaurants nearby? Are there vegetarian food options? Are there railings? Is there good shopping in the area? No stone goes unturned.

Some of the many places that Esther has traveled with groups are Chautauqua Institution, New York City, Berkshires, Niagara on the Lake, Toronto, Branson, Ann Arbor, Santa Fe, Nashville, Asheville, Mackinac Island, Oglebay, and Finger Lakes.

Esther has a lot of help preparing for programs and trips, and together, they put senior programming on the map for Beachwood and created close bonds with seniors throughout the community. “I love coming to work every day,” she said. “When I walk in the door every morning, I know that today will be different from yesterday or tomorrow. I’ve witnessed friendships and romances blossom, and am happy that I’m able to provide services that bring joy and happiness to people in the last quadrant in their lives.”

“At the start of the pandemic, the Mayor called to offer me an office with a door because I am of an age that was told to stay home. I’m so grateful to have had this opportunity. How do you find an employer who goes out of his way to accommodate your needs,” she stated rhetorically. “Now, because we are not running events, I am on the phone making wellness calls to check in with residents. It’s a hard time. People feel so isolated and are appreciative to have someone to talk to.”

While Esther was developing senior programs, Pete was building programs and helping with capital-improvement projects. Pete oversaw camps and the Beachwood Family Aquatic Center, and created most of the Recreation Guide, seeking out contractors to provide programming for people in our community.

In 2000, Frank Vicchiarelli was hired as Assistant Recreation Supervisor. Between 2000 and 2006, the city was in a constant production mode to build an infrastructure for the community. Tennis courts, a playground, Beachwood Family Aquatic Center, walking trails, a new City Hall and a new Community Center were all constructed. “It was a very exciting time for all of us,” Pete said. “We all worked together, with each of us focused on where our strengths lie.”

Karen’s strengths lie in the big picture. She is hands on, never wants to be front and center, and has been a creator since childhood. “I’ve always been a planner,” she said. “I started planning my own birthday parties in grade school. I like to organize and make to-do lists.”

Beachwood DELIVERS

Fee-Free Beachwood Restaurant Delivery to Beachwood Residents

It’s a devastating math problem: If a restaurant’s profit margin is 7%, and delivery-service surcharges are 30%, how much profit is eliminated?

In the interest of keeping its restaurants profitable in the midst of take-out and delivery-order proliferation, the City of Beachwood introduces BEACHWOOD DELIVERS: A fee-free service where City-contracted drivers will deliver Beachwood-restaurant orders to Beachwood residents.

“The Ohio Restaurant Association appreciates the many creative ways Ohio communities are supporting their local restaurants, who desperately need your help now to make it through this winter,” said Tod Bowen, managing director of external affairs and government relations for the Ohio Restaurant Association. “Beachwood Delivers is a great example of the City’s creativity and its commitment to its local restaurant community.”

“We encourage every Beachwood resident to take advantage of this ingenious service and order from a great local restaurant – and add a restaurant gift card to your order – every chance you get,” Tod said.

The program will serve nine of the City’s 16 locally owned restaurants, none of which will pay service or delivery fees. Instead, Beachwood Delivers is being fully funded by the City of Beachwood and its Economic Development arm.

“Beachwood has built its reputation as a first-rate suburb in large part due to the excellent services we provide to our residents,” said Mayor Martin S. Horwitz. “Beachwood Delivers is yet another way we are looking out for our residents while also supporting an important segment of our small-business community.”

How it Works

Beachwood residents may call a participating restaurant, place and pay for a minimum \$25 order, and then the restaurant will call the City drivers to arrange for delivery. The program will be available daily from 4 - 8 pm.

Beachwood Delivers is the brainchild of Karen Carmen. “Whether you order something extravagant or inexpensive, you can feel good knowing that your order is truly supporting a local business without robbing them of their razor-thin profit margin,” Karen said.

Participating Beachwood restaurants, including three from Beachwood Place, are:

- ▶ Blu, the Restaurant • 216.831.5599
- ▶ Bomba Taco + Bar • 216.755.5907
- ▶ Cedar Creek Grille • 216.342.5177
- ▶ Giovanni’s Ristorante • 216.831.8625
- ▶ Hyde Park Prime Steakhouse • 216.464.0688
- ▶ Lindsey’s Lake House • 216.342.5030
- ▶ Tres Potrillos • 216.591.1202
- ▶ Winking Lizard • 216.454.0380
- ▶ Yours Truly • 216.464.4848

This program is expected to run a minimum of 30 days. For specific details, visit beachwoodohio.com and click on the Quick Link.



"My mom used to tell this story: When I was in sixth grade, I turned the front porch into a restaurant, complete with menus and centerpieces. I was the short-order cook, and would run in the front door yelling, 'one jello! celery sticks!' And then I would put the check on account."

Pete and Esther agree: Karen is like the Energizer Bunny. She gives 200-percent to everyone and keeps on running until the job is done. She expects a lot from herself and from others, and everyone delivers. No matter the size of a project, details are always meticulously planned and results are superior.

The project Pete is most proud of is the Beachwood Family Aquatic Center, and for Karen, it's the Barkwood Dog Park.

"The former pool was beyond repair with water flowing through its stainless-steel walls," Pete said. "There had been an assessment audit the year before and we had discussed upgrade possibilities, so we sort of had the ball rolling when we knew we had to take action. Time was a factor because we didn't want to lose a season, so we created a plan and got it done!"

Although paint was drying and concrete wasn't fully cured, the facility opened on time. "This was my favorite opening," Karen said. "I obtained water from every continent, and the Mayor and City Council poured it in the pool to symbolize bringing people together. The most challenging water sample to receive was from Antarctica, but I got it! One-thousand people waited outside the gate while lifeguards scrambled to find their posts."

"This was probably the biggest achievement of my professional career as far as development and impact on community," Pete added. "It was the most feature-rich, publicly run facility in the entire state of Ohio at the time, which truly showed how the city values parks and recreation."

Pete has always been a water guy. He served on the regional board for American Red Cross for 12 years, where he was involved in training lifeguards and auditing other community pools. When doing these audits, he always dreamed about what Beachwood's pool may look like some day. All of this added experience brought value to Beachwood, because he applied his knowledge to our facilities.

Staffing the pool provided a great opportunity to employ community youth. "We needed more staff because of the pool's configuration," Pete said. He paused, then

I've known Pete for more than 35 years. We worked together in Shaker Heights when he was in college, then again in the Shaker Heights after-care program. Back when the City of Beachwood ran the childcare program at Bryden School, Pete hired me as summer Childcare Director, a position I retained once the Beachwood Board of Education took over and held for 30 years. Pete is a wonderful person. He's a go-getter, has a great personality, converses and relates well with everyone, and is a good family man. He's been a great asset to the city and will be missed.

– Lois Higgins, Retired Summer Childcare Director, Bryden School

Pete and Karen hired me as a BFAC employee over 16 years ago. They watched me grow from a high school senior to a college student, graduate student, and into my career. They celebrated with me as I got married, became a mom, and brought my own little girl to the BFAC. Pete and Karen taught me how to be a leader, fail, succeed, and love a "summer" job (that I came back to for 11 years). They have left a lasting impression on me both professionally and personally, and I wish them all the best in their retirement!

– Abby Kassel, Former Manager, Beachwood Family Aquatic Center

Working with Karen, Pete and Esther has been amazing. Their attention to detail, warmth and knowledge goes beyond expectations. Karen's ability to think outside of the box is just that. Her imagination is endless and evident in the many innovative, successful events she's planned and projects completed, including the Beachwood Fall Festival and Barkwood. Pete's focus on excellence is seen in all he does at our camps and aquatic center. Esther's efforts to make each trip memorable, with laughter, sightseeing, different cuisines and enduring friendships, brought enrichment to the lives of so many. I wish my colleagues well and thank them for sharing their talents.

– Susan Merdler, Senior Adult Manager, City of Beachwood

Pete was my counselor at Camp Roosevelt for Boys overnight camp and he read to campers in our cabin every night. He was the best counselor and I remember being excited when I learned that he was working in Beachwood. From camper to working with him in high school to working with him as a parent and School Board member, Pete is the best and I wish him all the best in his retirement.

– Josh Mintz, School Board Member, Beachwood Board of Education

added, "My biggest pet peeve has always been when parents speak for kids. When kids are looking for a job, they should speak for themselves."

Pete is a stickler for detail, which is why he and Karen are such a good duo. Pete worked on mechanics and staffing and Karen oversaw look, feel, and experience: what visitors saw and smelled, and where they sat. "Our goal was to create a country-club experience," Karen said.

Barkwood, an award-winning dog park, is Karen's pet project. "It's electric," Karen said. "There are only 700 registered dogs in Beachwood and 491 are members. People treat dogs like children and this is such a wonderful community place. It's also a destination spot. People from out of town go out of their way to see it, even though they cannot bring their dogs there. It brings smiles to everyone's faces. Admission is more exclusive than the aquatic center! We require that all dogs are registered and vaccinated to know they are safe."

Karen sees Beachwood City Park East and West as the city's anchors for outdoor recreation. "Whether you're looking for passive or active activity, the parks provide opportunities to embrace serenity," she said.

Additional programs that Karen introduced to the community include Beachwood Family Fun Day, Beachwood Fall

Festival, Honkin' Haulin' Hands-on Trucks, Build a Scarecrow, and the new Honkin' Haulin' Parade.

"I always get nervous and ask myself, 'What if nobody comes?' Yet people show up and every year attendance expands," she said. "This year, when we shifted gears because of COVID and created the parade, we didn't know how it would go. In spite of the rain, we hosted the program, feedback was tremendous, and we received requests to do it again once COVID ends.

"It's not what we do," she continued. "It's how we do it. Nothing is done by accident, everything is done by design. We expect a lot from ourselves because we provide a high level of service. Beachwood's residents deserve the best."

In addition to all that Karen does for the City of Beachwood, she stepped up 14 years ago to serve as BHS Marketing Junior Achievement consultant. In this capacity she works closely with students to advise them as they develop a plan for their showcase and

We are in the event business and before COVID, were setting up about 700 events a year. I cannot recall a person as delightful to work with as Karen. She's always positive and is an awesome representative for City of Beachwood. Events were never OK; they were always EXCELLENT. Karen had high expectations for herself and for Beachwood, and always served as best she could. BY FAR, she is the most organized professional of anyone I know. We've worked together for 25 years and every event was PERFECT.

– Gary Moore, Owner/Operator, SuperGames

A quote from Walt Disney summarizes Karen best: "If you can dream it, you can do it." That's Karen! She dreams big and always has a knack for connecting things in beautiful ways. I loved collaborating with her on Great Gatsby and Rockefeller Luncheons, the Veterans Day Ceremony, and Home and Garden Tours. Karen has a tremendous spirit for adventure and an eye for beauty. She always had a magic touch to escalate results and could take a piece of thread and weave it into gold. "To be creative means to be in love with life." This quote comes from Osho. Karen has expressed throughout her career that she has a passion for life. She loves what she does and it shows. It has been a real pleasure working with you Karen. Thanks for sharing your pearls of wisdom, mannequins and beads with the Beachwood Historical Society. We are going to miss you. Happy Retirement!

– Rosemary Nemeth, President, Beachwood Historical Society

Trips are always fantastic. We've had the best of times on the best of trips. Esther is so dedicated and amazing. We thank her and wish her good luck.

– Julio and Aurelia Pelsmajor, Participants

Karen has been the BHS marketing Junior Achievement consultant for 14 years and everything she touches turns to gold. We have built a tremendous partnership between the schools, city, and Beachwood Chamber of Commerce – and between Karen and myself. She has seen us through Green Dream, building the Ultimate Green Classroom, Green Life Gala, Entrovation, NOISE Stem Expo, The ONE Campaign micro-business competition, EUREKA! micro-business competition, and Northern Comfort. One of the most impressive things about Karen is her ability to juggle so many things at the same time and do them all extraordinarily well. She manages, thinks, creates and organizes unlike anybody with whom I've ever worked. Karen truly has a vision, a plan and the energy to execute it. Additionally, she has inspired hundreds of marketing students over the years by showing them how to build relationships, connect the pieces and dream bigger. No detail has ever been too small. Her perfectionism and vision create seamless events and environments. We owe so much of the success of Beachwood Marketing/Junior Achievement to Karen Carmen. She has big shoes to fill and I hope to find a way to continue working with her in some capacity.

– Greg Perry, Marketing Teacher, Beachwood High School



Esther Rutman

the Ultimate Green Classroom. "I was always impressed by how the students brainstormed and interacted. They dreamt big and their excitement was contagious, so it was easy to work with them and develop a plan."

The JA Beachwood Marketing program is the most successful program in JA's history, and Karen has a plaque to prove it.

Her favorite part of the job is working with high school seniors. "I love staging events with them. To think of an idea, make it happen, and watch people enjoy our efforts is always a thrill," she said. "My most proud accomplishment was NOISE (Northeast Ohio Innovative Stem Expo). It was a joint program with Greg Perry's BHS Marketing class. We had 4,500 attendees and more than 120 vendors."

Karen also worked with Beachwood PTO, Beachwood Schools Foundation, Beachwood Library, Beachwood Arts Council, and Beachwood Historical Society, and she brings her magic to everything she touches.

Karen always comes up with something unique to "WOW" an audience. She did so in 2009 when the work of Romero Britto was on display, in 2015 when the work of Peter Max was featured, and again in 2019 when viral-sensation artist Joe Everson created art with a spin. To celebrate the City's 100th anniversary, she and her team wrapped 100 trees with bright-colored yarn along Fairmount Boulevard.

Many people wind down a month before retirement. Not Karen. She just came up with a new idea and put the wheels into gear: Beachwood Delivers: Fee-Free Beachwood Restaurant Delivery to Beachwood Residents.

"We are encouraging residents to support local restaurants without having to pay a delivery surcharge that directly impacts the restaurant's bottom line," she said. "Our department, along with the Economic Development arm of the City, created this program to help restaurants during these trying times and keep the money with the restaurants." (See box for details.)

Rick Doody, owner of Lindey's Lake House and Cedar Creek Grille, is grateful for the City's help. "Many cities talk the talk and let bureaucrats get in the way. Beachwood doesn't. The people here care and get things done. When do you hear about city department directors calling to ask how they can help – and then following up? That's what Karen and Bill (Griswold, Beachwood Building & Community Development Director) did. They know that restaurants are hurting because of COVID, and they put a plan in place to help boost business. I'm grateful for them and am so happy with Beachwood."

Laura Day, Sales & Event Planner at Hyde Park Steakhouse, echoes Rick's sentiments. "I'm so thankful the City of Beachwood

put this program together for us. It truly means that they appreciate and value the restaurants and citizens in our community."

For now, this will be Karen's last project for the city and she hopes it "delivers."

"From Saks Fifth Avenue to Beachwood Place to the City of Beachwood, Exit 32 has been good to me."

Karen's future is open-ended. "I've planned and anticipated every day of my life and am glad I don't have to now. I look forward to taking it a little slower," she said. "I don't think I can completely walk away from the city. I thrive on projects and remain receptive to future opportunities."

Esther has three daughters, nine grandchildren, and one great grandchild. She plans to spend more time with family. She is retiring because her great grandchild was just born, and because of the pandemic she is on a tight leash if she wants to see the baby and spend time with her family.

Pete is retiring because he doesn't want to overstay his welcome. "I wanted to retire two years ago and Karen said no! I've been here for 32 years, still have the passion to continue working, and want to leave while everything is on a good note."

He shared, "As a teen, I was a camp counselor at Camp Roosevelt for Boys. Josh Mintz, Beachwood School Board member, was one of my campers. To then get a job in Beachwood and see Josh grow

Karen is always professional, hands-on, crafty, creative and clever. She is the type of person who could turn a paper bag and a string into a beautiful centerpiece. Karen is everywhere for everyone. I worked with her through Beachwood Schools and Beachwood Arts Council, and she was always there to see how the City could help support our programs. Karen does it all. She comes up with ideas, implements them, is hands on, follows through, and never wants credit for her time and effort. She is always thinking of others and is behind the scenes from start to finish, working on every part of the process.

Pete's professionalism matches Karen's. He occupies a special place in Beachwood's sports history, as he masterfully ran the City's sports and recreation programs, of which my son, Gregg, and his friends participated. Pete was able to successfully navigate a diverse group of parents and students, remaining fun, fair, and friendly. I've also admired Pete's work, as he was responsible for the lighting of City and BAC art shows; his work always brought the art to life.

– Paula Rollins, President, Beachwood Arts Council

Participating in programs with Esther has been a great experience. The planning and sightseeing is always better than could have been expected. Esther makes each outing very comfortable, and arrangements and accommodations are first-class. Itineraries are very well planned, people are compatible and friendly, and I couldn't ask for a better experience. We're hoping that programs will resume soon.

– Martin Silverman, Participant



Pete Conces



get married, become involved in our community, and send his kids through our program encapsulates my career. The joy is to provide memorable experiences for people that impact how they experience day-to-day life in our community."

In his retirement, Pete plans to seek out an opportunity in the field of recreation, maybe with the National Park District as a tour guide.

"Our award-winning Family Aquatic Center is a tropical paradise. Seniors Day Out serves not only lunch, but learning and entertainment. Beachwood Summer Camps, senior trips, and recreation programs are regularly filled to capacity, while our youth sports leagues introduce children to the excitement of teamwork and goal-achievement. Our newest jewel, the award-winning Barkwood, is building a community of dog-owning families," said Mayor Martin Horwitz. "For a cumulative 70 years of service, Karen, Pete and Esther have made every program in the Beachwood Community Services Department shine: going the extra mile to make camps, plays, trips, art shows, festivals, sports programs, and community events special. The scope of programs they manage rivals cities many times our size. For more than two decades, these three people have provided innovative and dedicated leadership, and for that we all are truly grateful."

"Communities grow through proper leadership and total involvement with their residents, and Beachwood will continue to blaze the trail because of Karen and her dedicated team: Pete, Esther, and numerous others," former Mayor Gorden added. "Beachwood Community Services is envied by most suburbs because the bar has been set and not easily surpassed. The community really prospered because of the seven combined decades of service from Karen, Pete and Esther, and I enjoyed a close working relationship with them over the years. I wish them all the best and I know they will continue to be extraordinary in the future."

Although Karen, Pete and Esther are retiring, they leave the Department of Community Services in capable hands with Frank Vicchiarelli as Recreation Manager, Susan Merdler as Senior Adult Manager, Shannon Diamond as Program Manager, Shelly Drenski as Transportation Manager, and Michelle Miller as Graphics Designer.

Once the pandemic subsides and more in-person programming resumes, this team is ready to roll out the red carpet with new programs and services that will benefit the entire community.

A new Community Services Director will join them to grow the department by developing, planning and organizing programs, activities and services.

Pete and I have worked together for 20+ years and I can't imagine a better boss, leader and friend. Pete has dedicated his life to this city and his heart goes into everything he does. He's a people person who truly cares about our community, always has a smile on his face, and communicates honestly, respectfully and authentically. He greets everyone by name, is an overall good person, and will be missed tremendously in this role. I'm grateful for our friendship and wish him success in all future endeavors. I look forward to seeing where his path may lead. Pete is leaving big shoes to fill.

– Heather Levey Sinn, Camp Director,
City of Beachwood

I have had the pleasure of working with Karen on multiple events, and I have never worked with someone who handles all of the craziness as well as she does. She is patient, kind, calm, professional, considerate, funny, helpful, encouraging, adaptable, creative and clever. Karen genuinely wants everyone to be successful, satisfied and comfortable.

– Heathyr Ullmo, President,
Beachwood Chamber of Commerce

Pete is a mensch. He's incredibly respected in the field because he is on top of every issue related to parks and recreation. We work with hundreds of cities across the country and he is my go-to guy. When I'm wondering how to handle something or how cities will handle something, he's the first one I call because he will be on top of everything. Pete is the one I rely on most. He's highly respected by his staff, peers and everyone in the industry, his opinion is valued, and he's a great person.

– Rick Hart, Owner, Jump Start Sports

I have had the honor and good fortune of knowing and working closely with Karen for more than 30 years in many facets of my life. She is truly the embodiment of passion, dedication and focus beyond all measures and leaves no stone unturned. The City of Beachwood and Beachwood City Schools have been blessed to have had her on their teams for all these years and I know she will be dearly missed. I wish her all the best!

– Jodi Zawatsky, Beachwood Parent
and Former PTO Volunteer

Regional Artists: A Virtual View

Exhibit Extended Through January



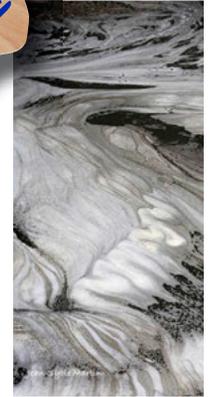
Beachwood Arts Council thanks the community for supporting the arts in Beachwood by viewing its virtual exhibit and purchasing artwork from local artists. To keep the momentum going, the exhibit now runs through January. Discover **brand new art** this month by Beachwood residents and BAC members at www.beachwoodartscouncil.org.

This special exhibit showcases digital computer prints, drawings, fabric and fiber art, jewelry, mixed media work, paintings, photography, printmaking and woodworking. All artwork is for sale, and may be purchased directly from the artists.

Artists (Beachwood residents and BAC members) include: Sawzan Alhaddad, Gail Baumuel, Barbara Breen, Hazel Brown, Mike Cargile, Carolyn Frankel, Leah Gilbert, Adrian Hardin, Wally Kaplan, Sylvia Malcmacher Kramer, Vritika

Krishnan, Richard Litwin, Jean Sycle Martin, John Martin, James Mayer, Karen Mehling-DeMauro, Elizabeth Moore Mercado, Jane Montgomery, Joseph Polevoi, Susan Cone Porges, Debby Zelman Rapoport, Angela Schaal, Sharon Schlesinger, Bonnie Venable, Fern Weiss, and Shari Wolf.

To view this show and purchase art, visit beachwoodartscouncil.org. For more information, contact Leah Gilbert, art exhibit chair, at leahgilbert@sbcglobal.net or 216.752.0752.



NEW ART from top:
 Jean Sycle Martin (Photography)
 Wally Kaplan (Pastel)
 Debby Zelman Rapoport (Pastel)
 Leah Gilbert (Acrylic)

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2020 Was Terrible – But It Wasn't ALL Bad

by State Representative Kent Smith

2021 was welcomed across the nation because of the optimism of a new year, a new vaccine and new American leadership, but also because 2020 was such a dumpster fire. In Columbus, we operate on a 24-month cycle rather than a 12-month calendar, so I welcome 2021 by highlighting some good news that emerged from the 133rd Ohio General Assembly, which concluded on December 31, 2020.

During the 133rd General Assembly term your state government was able to:

- Establish the H2Ohio fund to clean up Ohio's waterways.
- Protect Ohio's Medicaid Expansion which provided health insurance to about 500,000 Ohioans.
- Increase funding for the Ohio Housing Trust Fund for the first time in 16 years.
- Double state support of Ohio's public transportation systems.
- Eliminate state income tax for people earning less than \$21,750.

- Significantly increase funding for the Help Me Grow program to reduce infant mortality.
- Launch the Ohio Imagination Library program to provide free age-appropriate books to Ohio's pre-K children and their families.
- Increase funding for Ohio's need-based higher education scholarship program (OCOG) by 21%.
- Double funding for the Ohio Internet Crimes Against Children Task Force.

Two important topics had not yet been finalized when this article went to press, both of which I will report on next month: Does the Fair School Funding Plan (Cupp-Patterson) become law? Does HB 6 get repealed?

If I could make one campaign promise for 2021 it would be this – it will be better than 2020. Don't let up in our shared fight against COVID. Please wear a mask as we all enjoy 2021 safely together.

If you think my office can be of any assistance, please do not hesitate to contact us at

614.466.5441 or via email at Rep08@Ohiohouse.gov.

If I could make one campaign promise for 2021 it would be this – it will be better than 2020.

State Representative Kent Smith represents Ohio's 8th House District which includes Beachwood, Euclid, South Euclid, Richmond Heights, East Cleveland, Woodmere Village, and a little bit of the City of Cleveland.

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Shaker Arts Council Zoom Art Classes and Webinars

Shaker Arts Council (SHAC) offers virtual art classes and webinars along with a special mini-session for youths, Monday and Tuesday, February 15-16. General classes will also be offered for students of every age after school and on weekends during the 2021 winter/spring sessions that will take place January 17 – March 20 and March 21– May 30.

SHAC is presenting these classes as part of its Stay-in-Place Productions, created in response to COVID -19. Classes cover many artistic genres including art with code, drawing, comic art, flamenco dance, mixed media, and theater arts. All are offered within an affordable price range.

There are six free webinars: one featuring a Zentangle demonstration, a webinar on meditation, an introduction to voiceover, grant writing for arts professionals, the opportunity to create a paper mandala, and an interactive presentation by Little Nosh Productions that will culminate in homemade Russian tea biscuits.

For specific dates, times and to register, visit www.shakerartscouncil.org.

Beachwood Art Class Is a Big Draw

By Arlene Fine

When Family Medicine specialist Dr. Marlene Weinstein retired in 2012, she viewed the next stage of her life as a blank canvas. Literally.

In 2016, Marlene completed her BFA in Painting and Drawing from the University of Akron's Myers School of Art. Since then, she has been generously sharing her artistic talent with the community, not only at juried exhibitions around town, but in the classroom, as well. Prior to the lockdown, Marlene had been teaching at the Orange Art Center, and previously volunteering at the Benjamin Rose Adult Day Care Program and the Ascencia Day Program for Developmentally Disabled.

Marlene is also active in her own hometown. For the past three years, her Fine Arts Course, offered at the Beachwood Community Center, has garnered a steady and devoted following.

"I'm using some of the same teaching techniques in my art classes that I used with medical students," said Marlene, who graduated from Sackler School of Medicine in Tel Aviv and practiced medicine for over 30 years. "Only now my students are focusing on inner expression and experiencing the joy of creativity and personal fulfillment."

Before COVID-19, Marlene's twice-weekly Beachwood Community Center classes had as many as 14 students in each session, but that changed with the coronavirus. When the city allowed her classes to resume last September, Marlene's individual class size decreased to 8

students, with everyone wearing masks, staying at least six feet apart and using hand sanitizers. She also conducts one weekly virtual art class through Beachwood, which she said is not the same as teaching in person, "but we are still making contact, and the need for contact, in any form, is so important now."

Making art, no matter your level or ability, adds richness, beauty and joy to your life. During this time of high anxiety I'm glad my students have found this outlet – and each other.

Marlene's students, many of whom have been with her since 2017, are inspired by her curriculum that includes still life, animal drawing, copying a masterwork, perspective, the human form, and a self-portrait. "It's gratifying to see my students' progression as their eye-hand coordination improves along with their artistic skills," said Marlene, who demonstrates each lesson herself and explains to her students, "this is one example out of infinite possibilities."

Although many art teachers assign a project and then sit at the back of the room, Marlene circulates around the classroom and offers feedback. "I'm constantly searching the Internet and reading books about the most effective ways to teach art, and to find the correct words so my students can clearly understand the concepts and techniques I'm trying to convey," said Marlene, whose own specialty is oil and acrylic.

Just as culture requires community, over time Marlene's students have formed their own community. "The world can be isolating at times, so it's beautiful to see the friendships that have formed in my classes," said Marlene. "Making art, no matter your level or ability, adds richness, beauty and joy to your life. During this time of high anxiety I'm glad my students have found this outlet – and each other."

Quoting Robert Motherwell, the late American abstract expressionist, Marlene said, "Art is less important than life, but what a poor life without it."



Artist and instructor Marlene Weinstein stands next to a painting she is creating of her and her husband, James Newman.



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BAKED by Abbie ~ Sunny Citrus

As with cooking, baking is often inspired by fresh, in-season ingredients. Waking up loved ones with the scent of just-baked scones on a wintery morning is a wonderful way to chase away some blues. Take full advantage of fragrant lemons, now in peak season. It's your call if you prefer plain scones, or if you'd like to jazz them up with poppy seeds or blueberries (fresh, frozen or dried) and finish them with a glaze.

Lemon Scones with Lemony Icing

(Adapted from Justin Chapple's recipe in *Food & Wine*, Sally's Baking Addiction, and Paula Shoyer's *The Kosher Baker*.)

Ingredients (non-dairy substitutions noted)

- ½ cup unsalted butter or margarine (1 stick), frozen
- 2 cups flour (all-purpose or

- whole wheat), plus more for dusting hands and work surface
- ¼ cup granulated sugar
- 1 tablespoon baking powder
- ½ teaspoon salt
- 1 large lemon zested and juiced (about 2 tablespoons zest plus 2 - 4 tablespoons juice)
- Optional – 1 tablespoon poppyseeds, 1 cup fresh or frozen blue berries, or ½ cup dried blueberries



- ½ cup of either heavy cream, buttermilk or soy milk, plus 2 tablespoons for brushing
- 1 large egg, cold
- 1 teaspoon vanilla extract
- 1 cup confectioners' sugar

Directions

- Pre-heat oven to 400°F
- Whisk flour, sugar, lemon zest, baking powder and salt together in a medium sized bowl
- In a larger bowl, grate frozen butter. Add the flour mixture and combine with pastry cutter (or two forks or your fingers) until mixture comes together in pea-sized crumbs
- In a small bowl, whisk ½ cup heavy cream/buttermilk, egg and vanilla together. Drizzle over flour mixture. If you are adding poppy seeds or blueberries, add them here. Mix everything together until everything appears moistened
- With floured hands, pour dough onto your work surface. Adding flour as necessary, work sticky dough into a ball.

- (Conversely, if dough seems dry, add 1 – 2 tablespoons of heavy cream/milk.) Form into an 8-inch disc. With sharp knife, cut into 8 wedges
- Brush scones with remaining heavy cream/milk. For extra crunch, sprinkle with coarse sugar
- Place scones on a baking sheet lined with parchment paper 2 -3 inches apart and refrigerate for at least 15 minutes
- Bake 22 – 25 minutes or until firm and lightly golden
- Remove from oven and cool
- To make icing, whisk confectioners' sugar and 2 tablespoons lemon juice. Add more juice if necessary. Drizzle over warm scones.

Abbie Nagler Sender is the owner of BAKED by abbie, a licensed, Beachwood-based, home-bakery offering customized baked goods with a Jewish twist. For more information, visit Abbie's website www.BAKEDbyabbie.com and like her Facebook business page BAKEDbyabbieCLE.



Scones from different batches. One made with frozen blueberries and the other with dried blueberries.



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Fairmount Temple Remembers Martin Luther King Jr. at January 15 Virtual Service

Anshe Chesed Fairmount Temple will honor the legacy of Dr. Martin Luther King Jr. at its Friday, January 15, 6:15 pm Shabbat Service with special guest speaker Congresswoman Marcia Fudge, who was recently nominated by President-elect Joe Biden to be Secretary of Housing and Urban Development. This virtual service will be streamed live.



Rabbi Robert Nosanchuk and Congresswoman Marcia Fudge.

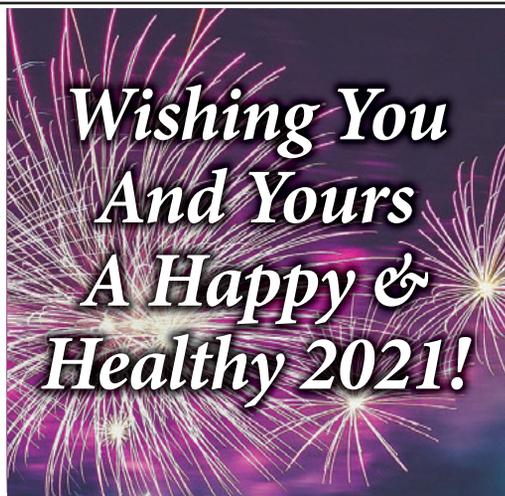
Fairmount Temple's Senior Rabbi Robert Nosanchuk shared, "I have worked with Congresswoman Fudge on important issues such as protecting the voting rights of all Americans, aiding the poorest and most vulnerable members of our community, and building racial equity and understanding. I look forward to hearing her reflections on Dr. King and on the important contributions we can make to building a world synchronized with Dr. King's incredible teachings and activism."

First elected in 2008, Congresswoman Fudge represents Ohio's 11th Congressional District, which covers 32 diverse municipalities in Cuyahoga and Summit Counties, including Beachwood. Congresswoman Fudge serves on the Committee on House Administration, on the House Agriculture Committee, and on the House Education & Labor Committee. She is Chair of the House Committee's Subcommittee on Elections,

and Chair of the House Committee's Subcommittee on Nutrition, Oversight and Department Operations.

Congresswoman Fudge has served Ohio for more than 30 years. She started with the Cuyahoga County Prosecutor's Office and later was elected as the first African American and first female mayor of Warrensville Heights. Last year, she was one of the recipients of The Cleveland Orchestra's annual Dr. Martin Luther King Jr. Community Service Award.

Fairmount Temple's annual MLK Shabbat Service is an opportunity to honor the strivings of the civil rights movement and the vision of Dr. Martin Luther King Jr. The program will be streamed live at the temple's website, fairmounttemple.org/worship/ live-stream, on the Fairmount Sanctuary Roku channel (a free download), and on the Temple's Facebook page. If you have questions, or for more information, call 216.464.1330.



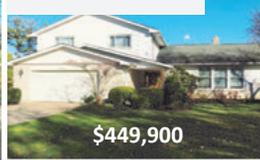
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- SOLD 2500 Buckhurst Drive list price \$789,900
- SOLD 23315 Ranch Road list price \$675,000
- SOLD 25415 Letchworth Road list price \$474,900
- SOLD 25339 Cardington Drive list price \$459,900
- SOLD 3 Hampshire Court, The Village list price \$449,000
- SOLD 26185 Hurlingham Road list price \$449,000
- SOLD 11 Waterford Ln in The Village list price \$425,000
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Ahhh....

by Jennifer Stern

A friend texted me, “Want some feel-good fun?” Is that a serious question? **YES!!!!!!** Don’t we all need a COVID break? An escape? Some respite? Some normal?

Her suggestion came in the form of a series on Netflix: *Somebody Feed Phil*. Phil Rosenthal is the creator of *Everybody Loves Raymond*, so I was already sold. His series fills the void of all that I am missing: spontaneity, travel, meals shared with friends and family (actually trying food off of one another’s plate because it is that good), light-hearted laughter and unbridled enthusiasm for the simple things. It is a true and welcomed escape! From

Chicago to Tel Aviv, and so many places in between, we get to explore the culinary delights of local cuisine vicariously through Phil. He is childlike in his uninhibited joy, and curious and passionate for food and travel. It feels so good! My face actually hurt from smiling and his happy dance is quite contagious. I could literally feel my dopamines kick in. With each episode I found myself leaning in to relaxation. It was a wonderful culinary and

sightseeing journey with a funny, engaging, playful tour guide. So, take a break from the weight of COVID and gift yourself a nightly get away. You will be glad that you did. Enjoy!

Jennifer Stern, LISW, is a Loss and Bereavement Specialist at Ellen F. Casper, PH.D and Associates in Beachwood. For more information, call 216.464.4243. Visit her website, www.transformativegrief.com, and sign up for monthly posts.

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New Year, New Footprint: Building the Future of Health Care in Beachwood

University Hospitals Ahuja Medical Center Looks Forward to Serving the Community in 2021 and Beyond

A message from Alan J. Papa, FACHE, President, UH Ahuja Medical Center

The year of 2020 was unlike any other in health care. Throughout the last several months, caregivers at University Hospitals Ahuja Medical Center have balanced serving the community and continuing to meet our overall mission, all while managing the COVID-19 global pandemic and contending with monumental changes in their personal lives.

Upon reopening for elective appointments in June, our team was ready and able to resume a steady patient schedule while strategically managing care for Coronavirus patients. We have been able to take care of not only Coronavirus patients, but all patients who seek care with us, because of the dedication and expertise of our team. I continue to be amazed by their clinical skills and work ethic, and am so grateful to them for continuing to give every ounce of effort to keep our patients and community safe.

As we move into 2021 and beyond, we are looking forward to continuing to serve and meet the ever changing needs of our community. We are also excited to enhance and expand the types of health care services we offer, in order to better fit the needs of Beachwood area residents.

A \$236 million expansion is currently underway and expected to be completed by 2023. The robust construction project, called UH Ahuja Phase 2, expands the medical center by 300,000 square feet, making the new footprint a total of

734,000 square feet.

UH Ahuja Phase 2 includes:

- ▶ A new Emergency Department
- ▶ New labor and delivery, and other mother and baby services, including:
 - ⇒ UH Rainbow Babies and Children's Hospital specialties
 - ⇒ Specialized emergency services
 - ⇒ Neonatal intensive care unit
 - ⇒ Large, spacious rooms
- ▶ A new Women's Health Center under the UH MacDonald Women's Hospital umbrella, as well as a state of the art Breast Center.
- ▶ Increased operating room capacity by 80% including expanded pre- and post-surgical areas.
- ▶ New Drusinsky Family Sports Medicine Complex (pictured), which will include:
 - ⇒ Rehabilitation services featuring a 60+ yard synthetic turf field
 - ⇒ Dedicated MRI
 - ⇒ Orthopedic physician services
 - ⇒ UH Cutler Center for Men's Comprehensive Care, featuring specialized urological services



Kick off the New Year in a healthy way by attending upcoming University Hospitals Ahuja Medical Center community health and wellness virtual events. To learn more about health and wellness events visit UHhospitals.org/HealthTalks.

As we complete various construction projects this year, we are still open and serving our community with high quality and compassionate care.

At University Hospitals Ahuja Medical Center, caregivers are working very hard to keep you safe through universal masking, handwashing, social distancing in waiting rooms and virtual waiting rooms in vehicles prior to appointments, and enhanced cleaning procedures.

As we strive to keep you healthy, please stay well, don't let your guard down, and continue to follow precautions put forth by the Ohio Department of Health and the Centers for Disease Control and Prevention.

You don't have to travel far from home to receive excellent care. To schedule an appointment with a provider at UH Ahuja Medical Center, please call 216.545.7098.

Creativity During COVID: They Got Together and Wrote a Book Now They Invite You to Take a Look

This article's title may be creative, but it takes a back seat to the witty, rhyming couplets in Scott and Debby Wyler's new book, *The Brave Chicken*. Scott's career as a comedian was docked since the start of the pandemic, along with the cruise ships on which he entertained. Debby, a part-time pharmacist, worked side-by-side with Scott, creating whimsical illustrations that brought this book to life.

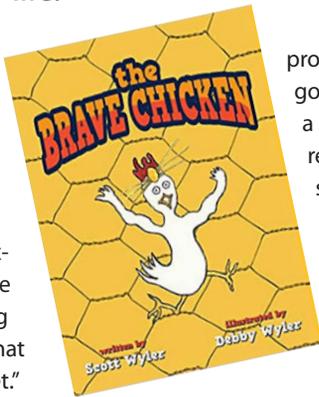


"We thought the pandemic would last a few months," Debby told us. "The longer it extended, the more we were gushing with creativity that needed an outlet."

"I've always been a fan of Dr. Seuss's books and have been reading them more often since the birth of our grandson, Herman, almost two years ago," Scott said. "I love these books and thought it would be fun to write one in a similar style."

Just before Debby's 60th birthday, Scott created for her a poetic slide show/picture book that married rhymes with photographs of their joint experiences. "I hadn't done that sort of writing before and really enjoyed doing it," he told us. "Rhymes are catchy, so I decided to write some children's stories for Herman. I put a lot of thought into the rhythm of each story in order to make them funny and engaging to children and adults alike."

The stories were written for Herman, but after sharing them and getting strong feedback from family and friends, Scott and Debby chose to publish their first book. This creative duo is having a lot of fun together, bouncing ideas off each other and laughing a lot in the



process. They also feel good about creating a lasting legacy as a result of spending so much time together during the pandemic. *The Brave Chicken* is one of seven books that Scott wrote and the

first to be published because Debby was greatly drawn to its storyline and was inspired by it to complete sixteen illustrations.

"It's a great feeling to recreate a love for something from my past," Debby recalled. "I took art lessons as a kid and always loved to draw. There's been a learning curve because I hadn't used my artistic skills since college, and now I am addicted to drawing. This book's puns, throwback lines and expressions really inspired me to create fun images."

Scott and Debby both hope that their positive messages – to children and adults – resonate with all readers: to have the courage to chase their dreams and to not bow to peer pressure.

Scott created the story about a brave chicken with courage to explore a cave. All the other chickens in town tried to

discourage him, to abandon his crazy idea and conform to their behaviors and habits: "Word of his plan spread from chicken to chicken, and his reputation was takin' a lickin'; "All of the chickens were laughing at him. They said, 'There's that chicken who's so dim.'"

The brave chicken's parents were horrified, his friends deserted him, and "Chicken Freud" thought he was crazy. Nonetheless, he wasn't swayed by the heavy peer pressure. He persevered, went on his journey, and met a butterfly that helped him find a cave that he explored and discovered wonderful things inside. When he returned home, he was welcomed by all the town's chickens and recognized as the bravest chicken of all!

"The story is a metaphor for everyone's dreams," Scott explained. "Everyone has a cave they want to explore. For me, it was comedy. When I started, many people told me I wouldn't succeed."

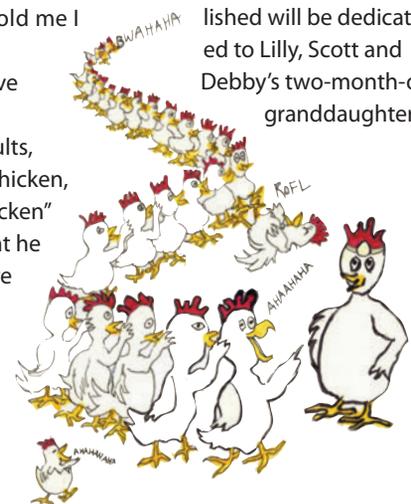
The book has a positive message for kids as well as fun references for adults, including a free-range chicken, Dr. Chicken Freud, a "chicken" chicken, and worries that he may have bitten off more than he could peck. The "Why did the chicken cross the road?" joke is also mentioned and illustrated.

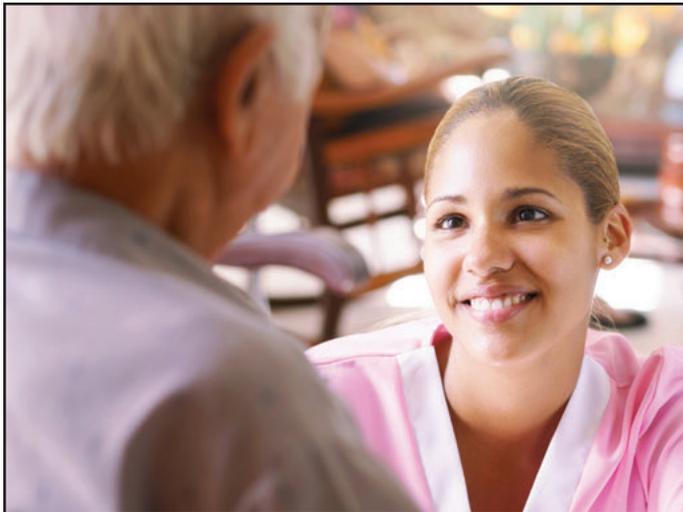
Scott and Debby both hope that their positive messages – to children and adults – resonate with all readers: to have the courage to chase their dreams and to not bow to peer pressure.

"We're using our time productively during this pandemic," Debby said. "This is a unique, awesome project that we're having fun working on together."

The Brave Chicken, self-published through Palmetto Publishing, was dedicated to Herman. The story is perfect for early readers, and for parents and teachers to read aloud to children and grandchildren. Adults love it too! The book is available on Amazon, and Barnes & Noble. For more information, contact Scott at wylerscott@hotmail.com.

Other books in rhyme that feature talking animals and carry positive messages for both kids and adults are in the works. The next book to be published will be dedicated to Lilly, Scott and Debby's two-month-old granddaughter.





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Fairmount Early Childhood Center Preschool and Camp Registration

The Fairmount Early Childhood Center is a private, district-sponsored learning center, offering a full school-year calendar as well as a summer preschool camp.

Preschool/Camp Virtual Parent Information Night

Thursday, January 7, 2021 • 7 p.m.

For the meeting link or more information, contact Karen Leeds at KML@beachwoodschoools.org

Preschool and Camp Registration

Residents

Wednesday, January 13, 2021 • 8:00 a.m.

Open Enrollment

Wednesday, January 20, 2021 • 8:00 a.m.

CLASSES AVAILABLE: 3 & 4 Year Olds Young 5's Class



**Call Karen Leeds today
for more information,
216-464-2600**

*Learn how Fairmount Preschool
will prepare your child for Kindergarten and
Ohio's 3rd Grade Reading Guarantee.*



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www.beachwoodschoools.org/fairmount.aspx

Join us!
**HEAR OUR VOICES:
 FREE MLK DAY
 CELEBRATION
 MONDAY, JANUARY 18**



10:00 AM TO 5:00 PM

The Museum will honor the legacy of Rev. Dr. Martin Luther King Jr. with an all-day celebration including free Museum admission, virtual family activities, and a special online program. Advance registration required.

Special Program at 3 PM

RACE, RACISM, AND THE JIM CROW MUSEUM: A DISCUSSION WITH DR. DAVID PILGRIM, FOUNDER AND CURATOR OF THE JIM CROW MUSEUM OF RACIST MEMORABILIA

“We are not afraid to talk about race and racism; we are afraid not to.” -Dr. David Pilgrim

Visit our website to register for programs and timed tickets.



216.593.0575 | WWW.MALTZMUSEUM.ORG

Maltz Museum to Reopen With MLK Day Celebration

Free Admission + Full Schedule of Online Programming

Featuring Dr. David Pilgrim, Founder and Curator of Jim Crow Museum of Racist Memorabilia at Ferris State University

The Maltz Museum of Jewish Heritage will officially re-open to the public on Monday, January 18, with special MLK Day programming in honor of the legacy of Reverend Dr. Martin Luther King Jr. with an all-day celebration that includes free Museum admission, virtual family activities, and a special online program featuring Dr. David Pilgrim.

**Visit the Maltz Museum
 10 am – 5 pm**

Tour the Maltz Museum’s core collections at no cost. Discover the Jewish-American immigrant experience in An American Story and explore Judaica and ritual objects in The Temple-Tifereth Israel Gallery. Limited timed tickets available.

**11 am – 12 pm
 Stop the Hate Online
 Essay Writing Workshop**

Each year the Maltz Museum awards \$100,000 in scholarships and prizes to Northeast Ohio student upstanders as part of its annual Stop the Hate contest. During this one-hour workshop designed for 6th – 12th graders, Lake Erie Ink will provide insight on how to craft a personal essay that tells a powerful story. Learn tips and tricks for essay writing to give students an edge in the competition (and in future college applications).

**1 – 2 pm
 “March Toward Freedom,”
 an Interactive Online
 Family Event**

Join us as Punch McHamm of BravoNation reads from the book *As Good as Anybody*, written by Richard Michelson

and illustrated by Raul Colon, which is a story about the friendship of Martin Luther King Jr. and Rabbi Abraham Joshua Heschel. An interactive Q&A with Zelma Brown of SAFY follows. Then, get moving with an improv-style theater activity by Talespinner Children’s Theater, and explore what it means to embody leadership characteristics. This jam-packed hour will entertain and inspire family members of all ages and backgrounds.

**3 – 4 pm
 Race, Racism, and the Jim Crow Museum: An Online Discussion with Dr. David Pilgrim, founder and curator of the Jim Crow Museum of Racist Memorabilia**

One of America’s most fascinating museums is housed inside Ferris State University in Big Rapids, Michigan. The Jim Crow Museum of Racist Memorabilia uses racist objects of intolerance to teach tolerance and promote social justice, examining the historical patterns of race relations and the origins and consequences of racist depictions. Join Dr. Pilgrim in a discussion about race, racism and the Jim Crow Museum. Learn about their teaching methods and the belief in the triumph of dialogue, and take a virtual tour of the Jim Crow Museum prior to the conversation with Dr. Pilgrim.

All activities are free with advance registration. For details and to register, visit www.maltzmuseum.org.

JoAnn and Bob Glick Putting Community at the Center.



JoAnn and Bob Glick



FOR ALL OF US.

With their gift of \$42 million, the largest in MetroHealth's 183-year history, JoAnn and Bob Glick have made an unprecedented investment in the health and well-being of Greater Cleveland.

Most hospitals focus on advanced intervention for disease; we focus on advanced human intervention for wellness. Our new approach to health care enables people to live their healthiest, best lives.

The Glicks' gift allows us to expand and accelerate our reach into the community. What once was a far-off vision has been brought into sharper focus.

In honor of the Glicks' powerful philanthropic statement, the new hospital building at MetroHealth's main campus will be named The MetroHealth Glick Center.

Watch an interview with the Glicks about how their passion for giving back aligns with MetroHealth's mission at metrohealth.org/glick-gift.

Learn more about how you can support MetroHealth's bold vision of transformation at metrohealth.org/foundation or by calling Kate Brown, President of The MetroHealth Foundation, at 216-778-7509



CITY OF *Beachwood* Insider

January 2021

Contact Info

CITY OF
BEACHWOOD
25325 Fairmount Blvd.
Beachwood, OH 44122
216.464.1070
www.beachwoodohio.com

TV PROGRAMMING
Spectrum - Ch. 1020
AT&T U-Verse - Ch. 99

EMERGENCY Dial 9-1-1

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216.595.5493

AUDITOR
216.595.3712

BUILDING
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COMMUNITY SERVICES
216.292.1970

ECONOMIC DEVELOPMENT
216.292.1915

FINANCE
216.292.1913

FIRE & RESCUE
216.292.1965

LAW
216.595.5462

MAYOR'S OFFICE
216.292.1901

POLICE
216.464.1234

PUBLIC WORKS
216.292.1922

BEACHWOOD DELIVERS: FREE RESTAURANT DELIVERY SERVICE

It's a devastating math problem: if a restaurant's profit margin is 7%, and delivery-service surcharges are 30%, how much profit is eliminated?



To help keep its restaurants viable, the City of Beachwood introduces Beachwood Delivers: a free service where City-contracted drivers will deliver restaurant orders to Beachwood residents.

The program includes nine of the City's 16 locally owned restaurants and is funded by Beachwood and its Economic Development arm.

Beachwood residents may call a participating restaurant to place and pay for their minimum \$25 order. The restaurant will then call the City driver and arrange for the food to be delivered. The

program is available daily from 4:00 — 8:00 PM.

The program is initially expected to last a month. See our home page Quick Link for more info.

PARTICIPATING BEACHWOOD RESTAURANTS ARE:

Blu, the Restaurant _____	216.831.5599	Lindley's Lake House _____	216.342.5030
BOMBA Taco + Bar _____	216.755.5907	Tres Potrillos _____	216.591.1202
Cedar Creek Grille _____	216.342.5177	Winking Lizard _____	216.454.0380
Giovanni's Ristorante _____	216.831.8625	Yours Truly _____	216.464.4848
Hyde Park Prime Steakhouse _____		216.464.0688	

Beachwood DELIVERS



LIKE US ON FACEBOOK
Facebook.com/BeachwoodOH
Facebook.com/BeachwoodPolice



FOLLOW US ON TWITTER
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Twitter.com/BeachwoodPolice

REGISTER FOR BEACHWOOD eLIST
elist@beachwoodohio.com

EMAIL YOUR COUNCIL MEMBER
firstname.lastname@beachwoodohio.com
Ex: barbara.janovitz@beachwoodohio.com

MAYOR
MARTIN S. HORWITZ



216.292.1901
mayor@beachwoodohio.com

JAMES PASCH



COUNCIL PRESIDENT
216.630.9671

**BARBARA
BELLIN JANOVITZ**



COUNCIL V.P.
216.406.5914

JUSTIN BERNIS



216.509.6509

RESIDENTIAL EXTERIOR MAINTENANCE PROGRAM



The Residential Exterior Maintenance Program helps protect the property value for your home, your neighborhood and the community. Inspections are based on a 4-year rotation schedule. The City does not perform Point of Sale Inspections,

so this program helps residents recognize the repairs necessary for keeping their property in top condition. In 2021, inspections will take place at:

- Beachwood Boulevard (23005-23515)
- Campus Road
- Cedar Road
- Cedarview Drive
- Community Drive
- East Baintree Road
- East Groveland Road
- East Silsby Road
- Edgehill Drive
- Fenway Drive
- Glenhill Drive
- Halcyon Drive
- Lyndway Road
- South Green Road (2253-2289)
- Sulgrave Road (2721-2879)
- Union Circle
- Woodway Road

REMINDER: MEET THE CHIEF

Meet Police Chief Kelly Stillman and learn about his career experience, policing in a diverse city, police training, community outreach, departmental goals, policies and procedures and more.

Wednesday, January 13 • 7:00 — 8:00 PM

Registration is required. Visit the “Meet Chief Stillman” Quick Link on our home page at beachwoodohio.com. Questions? Call 216.292.1901.

Public City meetings are now held online and can be viewed on the City website. For information on how to participate or submit a comment, please email whitney.crook@beachwoodohio.com. For information about Planning & Zoning and the Architectural Board of Review, please email veronica.muth@beachwoodohio.com.

HOLIDAY HOURS

City offices will close at noon on Thursday, December 31 and remain closed through Friday, January 1. Rubbish collection will NOT be impacted. They will also close Monday, January 18 for Martin Luther King, Jr. Day. All rubbish pick up will be delayed one day that week. If your rubbish pick up day is typically on Monday, your collection will be Tuesday, Tuesday pick ups will be Wednesday, etc.

SAVE THE DATE

Wednesday, February 17, 2021

7:00 PM

Virtual Town Hall Meeting:

Sewer / Stormwater Education & Action



RECYCLE BROKEN HOLIDAY LIGHTS AND POWER CORDS

The Public Works Department accepts broken holiday lights and power cords dropped off for recycling in January, Monday — Friday, 7:30 AM — 3:30 PM



to all our residents and businesses for a great 2021 from the City of Beachwood!

UPCOMING MEETINGS

CITY COUNCIL

Monday, January 4 at 7:00 PM

Tuesday, January 19 at 7:00 PM

Questions? Call 216.595.5462

PLANNING & ZONING COMMISSION

Thursday, January 28 at 6:30 PM

Questions? Call 216.292.1914

ARCHITECTURAL BOARD OF REVIEW

Monday, January 4 at 4:00 PM

Tuesday, January 19 at 4:00 PM

Questions? Call 216.292.1914

MIKE BURKONS



216.832.6771

ALEC ISAACSON



216.291.2797

ERIC SYNENBERG



216.401.0074

JUNE TAYLOR



216.533.7640

THE RETURN OF BEACHWOOD SUMMER CAMPS!

City of Beachwood Summer Day Camps are excited to return for Summer 2021.



The summer-camp program may operate under reduced numbers based upon state-mandated COVID-19 guidelines. Should the current health crisis be reduced and the Responsible RestartOhio Day Camp Guidelines be rescinded, our camp operations will return to their normal standards. For now, our camp operations will operate under the current guidelines.

Resident registration will begin on Monday, January 11 for our KIDZ, Bison, Sports and Theater Camp and on March 1 for Teen Travel Camp. Registration packets are available inside the doorway at the Community Center.

New this year will be a \$25 deposit for each session registered.

For additional information, click on the www.beachwoodohio.com Quick Link for "Summer Day Camp 2021." A brochure was also mailed to all residents.

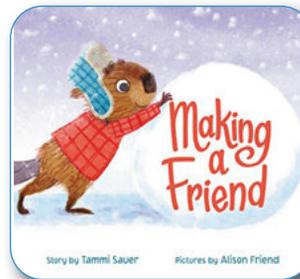
BEACHWOOD VAN SERVICE

The Beachwood Community Services Department continues to provide van service to resident seniors and residents with disabilities to get to medical appointments or to pick up pre-paid grocery and pharmacy orders.



For more information, please call 216.292.1971.

STORYWALK IN THE PARK



StoryWalk in City Park East features a new book for January! The new book is *Making a Friend*, by Tammi Sauer.

StoryWalk® was created by the Beachwood Branch of Cuyahoga County Public Library to help build children's interest in reading while also encouraging healthy activity. Follow the StoryWalk® path and talk about the story as you go.

QUICK LINKS: QUICK INFO

For instant information about activities in the City of Beachwood, visit Quick Links at beachwoodohio.com. Topics include: COVID-19 Updates, Watch City Meetings, Recreation Programs, Virtual Rec Guide and more. Visit today!



BE A RECYCLING AMBASSADOR

Cuyahoga County's Recycling Ambassador course offers an in-depth study of waste reduction, composting, and recycling. Recycling Ambassadors are trained to help improve recycling by serving as their neighborhood's "subject-matter expert." Four-week virtual programs are scheduled in January and February.

To learn more, visit www.cuyahogarecycles.org/master_recycler_program.



CITIZENS POLICE ACADEMY

Dates in February/March 2021 TBA

The Academy may be canceled or postponed depending on public-health concerns.

The Citizens Police Academy is a 12 — 14 week program that will increase cooperation and communication between community members and police officers and deepen participants' knowledge of police department operations. Participants must:

- Be at least 21 years old
- Have a high school diploma or GED
- Be a Beachwood resident or work in the City
- Have no pending criminal charges
- Have no felony convictions
- Have no pending civil litigation against the City or any other municipality, state, federal government or agencies

Background checks are performed and character references must be provided. To receive an application, please email Jamey.Appell@beachwoodohio.com.

USE CAUTION & BE SEEN



Use caution when walking at dawn, dusk and evening hours. Add reflective items to your clothing. When and if it is necessary to walk in the street, please walk facing traffic and single-file if in a group.

SLEDDING HILL

The Beachwood City Park West Sledding Hill is located on the south end of the park. Bring your friends and family for a great winter activity.



RX DRUG DROP BOX

A prescription drug drop-off box is located in the Police Department lobby. Residents can deposit unused, unwanted or expired prescription pills at the Drug Drop Box at the Police Department, Monday — Friday between 8:00 AM and 4:30 PM. No liquids or needles are allowed.

NEW ART EXHIBIT

BEACHWOOD COMMUNITY CENTER

ARTFULLY CALM



Now — Thursday, January 7

BY APPOINTMENT

Featuring work by:
Yolanda (Loni) Litten
Linda Merchant Pearce
Nancy Minter
Eva Volf



Visit the exhibit online
or call 216.595.3733 to schedule an in-person appointment.
Monday — Friday, 9:00 AM — 3:00 PM

COME ON, GET APP-Y!

The City of Beachwood continues to enhance efforts to keep residents connected and informed through its mobile app, which is free through the Apple or Google Play Store: Search “Beachwood Ohio” to find and install it. The mobile app is a convenient option for city news, events, visitor information and more. It works best on phones with up-to-date operating software.



PICK UP AFTER YOUR DOG

It's the law!

(Beachwood City Ordinance 618.12)

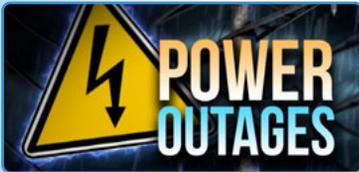
UNCOVER WINTER TIPS

Snow-covered fire hydrants are a hazard in an emergency. If you have a fire hydrant on your property or near your home and are able to clear a few feet around it, please do. In an emergency situation, every second counts: Please help us help you.



Please make sure your furnace exhaust is clear of snow. If not, this may cause deadly levels of carbon monoxide in your home.

POWER OUTAGES



If your power goes out due to an accident or force of nature such as high winds, lightning or storms, call First Energy at 888.LIGHTSS (888.544.4877), not 911. This

will allow the power company to track and repair outages while leaving our dispatchers free to handle emergency calls. You may also report outages by texting REG to 544487 (LIGHTS). You will need your account number and ZIP code.

SNOW ORDINANCE

Beachwood Ordinance states when snow falls over a 24-hour period to a depth of 2" or more, an emergency is declared and parking may be prohibited on all City streets. We will notify the public on our website and social media. Vehicle owners are responsible for complying with emergency-parking regulations.



SENIOR RUBBISH ASSISTANCE

Are you 80+ years of age or disabled with no one in your single-family home to assist you with your rubbish & recycling bins? We can help. Call 216.292.1922 to register.

BEWARE OF SCAMS

We continue to receive complaints of robocalls being received by residents, including calls purporting to be from Apple support. Please do not respond to these scams or interact with the callers.

If you suspect fraud, please contact the Beachwood Police

Department at 216.464.1234.

If you would

like to file a report with the Ohio Attorney General, visit www.tinyurl.com/oagscamtips, where you will also find resources for consumers.



MASK REMINDER

Our City Playground and Barkwood are considered an outdoor gathering areas. Face coverings are required to be worn by all visiting people over the age of five.

KEEP YOUR VEHICLE SAFE

Please remove your keys from your car and lock it – DO NOT leave keys in unlocked vehicles. Cars have been stolen overnight with keys left inside.

DON'T CROWD THE PLOW

Give snow-plow operators space to work. A loaded snow-plow vehicle can weigh between 20–40 tons and cannot easily stop. In a contest between a snow plow and a car, the snow plow will be the clear winner. Stay at least 100 feet behind the plow when driving.



FOLLOW US Stay informed by following the City of Beachwood online:

- WWW.BEACHWOODOHIO.COM
- FACEBOOK.COM/BEACHWOODOH
- TWITTER.COM/BEACHWOODOH



We continue to encourage residents to claim a free CodeRED emergency communications account. Click the red circle on the left-hand side of www.BeachwoodOhio.com

SUPPORT YOUR LOCAL RESTAURANTS

**STAY SAFE
STAY HOME
ORDER IN**

Beachwood DELIVERS

WHAT?

A **FREE** food delivery service for Beachwood residents from Beachwood restaurants sponsored by the City of Beachwood

Hours of operation: Daily 4:00 – 8:00 PM

HOW TO:

- Call your favorite Beachwood Restaurant. See list below.
- Place and pay for your order.
- Food will be delivered to you totally **FREE!**
- No Service or Delivery Fee! No Cost to the Restaurant!
- \$25 minimum order.
- Delivery limited to Beachwood addresses only.

PARTICIPATING RESTAURANTS

Blu, the Restaurant	216.831.5599	Lindey's Lake House	216.342.5030
BOMBA Taco + Bar	216.755.5907	Tres Potrillos	216.591.1202
Cedar Creek Grille	216.342.5177	Winking Lizard	216.454.0380
Giovanni's Ristorante ..	216.831.8625	Yours Truly	216.464.4848
Hyde Park Prime Steakhouse	216.464.0688		

QUESTIONS? 216.292.1970

CITY OF
Beachwood
WWW.BEACHWOODOHIO.COM

BEACHWOOD CITY SCHOOLS

BOARD OF EDUCATION

Dr. Brian Weiss, (216) 464-6678, bw@beachwoodschoools.org
Maria E. Bennett, (440) 725-1450, mbennett@beachwoodschoools.org
Jillian DeLong, (216) 509-3514, jdelong@beachwoodschoools.org
Josh Mintz, (650) 464-6788, jmintz@beachwoodschoools.org
Megan Walsh, (216) 287-4657, mwash@beachwoodschoools.org

Amazing Alums



A round of applause for Class of 2017 graduate and current Harvard University senior **Swathi Srinivasan**. Swathi was recently named a Rhodes Scholar. Rhodes scholarships average \$70,000 per year to cover graduate study at Oxford. Swathi will graduate from Harvard with double concentrations in Social Studies and History of Science, with a focus on public health inequality. She is also writing a thesis for the Chemistry Department. At Oxford, Swathi intends to do the M.Sc. in International Health and Tropical Medicine and the M.Sc. in Comparative Social Policy. More information will follow in next month's *Beachwood Buzz*.



Congratulations also to Class of 2010 graduate **Greg Melzak**. Greg is a propulsion engineer for SpaceX, which just successfully launched four astronauts on a reusable commercial rocket into space with a capsule that docked at the International Space Station. Greg is an engineer responsible for the capsules' rockets that

guided it to the space station, and he managed the docking with precision. News reports stated that, "SpaceX's Crew Dragon Resilience spacecraft glided to a smooth automated docking... at the International Space Station, delivering four astronauts to join the three-person crew already on-board."

Beachwood Alumni

LIVE



David A. Arnold
BHS Class of 1986



Bradford Douglas
BHS Class of 2016

Beachwood Alumni LIVE is a new program, devised by **Director of Equity & Community Engagement Kevin Houchins**, connecting a past BHS grad, who is established in an industry, with a recent BHS grad pursuing a career in a similar field. The first program, available on the Beachwood Schools YouTube channel, features 1986 grad **David A. Arnold**, comedian and comedy writer, and 2016 grad **Bradford Douglas**, aspiring comedic writer. Mr. Arnold made his mark as a television writer, and recently served as a producer on Netflix's Emmy-nominated reboot series, FULLER HOUSE. He boasts many other television credits and his new comedy special, FAT BALLERINA, recently filmed at the Cleveland Improv, is listed as one of the most popular and trending selections streaming on Netflix! It was executive produced by Kevin Hart and Dave Becky.

Mr. Douglas graduated Magna Cum Laude from The Ohio State University with a Honors Research Distinction in Film Studies. In college, he was the vice president of writing for Backburner Sketch Comedy, and was actively involved with both the *Sundial Humor Magazine* and the Buckeye Standup Club. In the next few months, Bradford will be moving to Los Angeles to pursue a career in comedy writing. David plans to assist Bradford when he arrives.

CONNECTING PAST, PRESENT, AND FUTURE GRADS



Hacker Awards



Michael Karpov



Karmanyaah Malhotra



Kai Zheng

BHS students **Michael Karpov**, **Karmanyaah Malhotra**, and **Kai Zheng** have each been awarded a \$24,000 scholarship to New York University for their performances in the Red Team Competition of CSAW 2020:

CSAW is a series of programming and computer hacking competitions for high school and college students from around the world. It is sponsored by New York University and the finals are usually held on the NYU campus. In its 18th year, CSAW is the "most comprehensive set of cybersecurity challenges by and for students around the globe."

ADMINISTRATION

Dr. Robert P. Hardis, Superintendent, (216) 464-2600 ext. 299 • rph@beachwoodschoools.org
Michele E. Mills, Director of Finance/Treasurer, (216) 464-2600 ext. 239 • mm@beachwoodschoools.org
Dr. Ken Veon, Assistant Superintendent, (216) 464-2600 ext. 230 • kev@beachwoodschoools.org
Lauren J. Broderick, Director of Pupil Services, (216) 464-2600 ext. 234 • ljb@beachwoodschoools.org
Kevin Houchins, Director of Equity & Community Engagement, (216) 464-2600 x237 • kth@beachwoodschoools.org
Linda LoGalbo, Director of Curriculum & Instruction, (216) 464-2600 ext. 289 • lhl@beachwoodschoools.org
Valerie Parker, Pupil Services Coordinator, (216) 464-2600 x264 • vparker@beachwoodschoools.org
Kathleen Stroski, Assistant Treasurer, (216) 464-2600 ext. 240 • ks@beachwoodschoools.org



BMS Art Teacher Presents Work to Kamala Harris



Van Monroe, Beachwood's Middle School art teacher, created custom sneakers for President Barack Obama, Spike Lee, and the First Lady of France, Valerie Trierweiler, among many other celebrities. His work is exhibited in the Smithsonian National Museum of African American History and Culture. Recently, he customized a pair of Chuck Taylors for Vice President-elect **Kamala Harris** and presented them to her in Cleveland!



Board of Education NEWS

Recent:

- Approved Summer Camp Director
- Approved Spring Coaches
- Hired Assistant Director of Transportation

Upcoming:

- 2022-2023 School Calendar
- Approve Board President and Vice President
- Honor Beachwood Schools' CCBH Liaisons
- Approve membership in Ohio High School Athletic Association
- Identify Beachwood Schools Support Organizations
- Appoint Counsel for District

Upcoming Meetings:

- January 11, 2020 @ 7:00 pm
Organizational Meeting
- January 25, 2020 @ 7:00 pm

BHS Wins Best Large School Delegation



Congratulations to Beachwood High School's **Model UN Team** for winning Best Large School Delegation at the recent Cleveland Council on World Affairs Virtual Conference. In addition to the team award, many team members won individual honors:

Joseph Berkowitz, Neha Chellu, Amy Chen, Molly Egar, Vidula Jambunath, David Kuang, Ben Lewin, Greg Perryman, Yoav Pinhasi, Nishan Shrestha, and Alice Soprunova.

Schools-City Shared Services Agreement

The Beachwood Board of Education, in partnership with Mayor Horwitz and the Beachwood City Council, agreed to a three-year shared services agreement. An agreement like this had been sought for a few years. It simply made sense for the two government entities that serve the Beachwood community to share services with each other. The schools and city have traded taxpayers' dollars with one another in roughly the same amount for several years, whereby the district paid the city for the officers who protect our school buildings and the city paid the district for its use of our facilities for programming throughout the year. This agreement makes good sense, is mutually beneficial and, hopefully, will lead to new and innovative forms of collaboration in the future.



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Composting: Small Steps = Large Impact

Since the start of the pandemic, more of us are gardening, cooking, and eating at home. Lockdown and social distancing are critical measures toward promoting public health, but the monotony of it all is tiresome and stressful for many people. To break the monotony, regain some control in your life, and adapt behaviors to address waste and global warming, Rust Belt Riders invites you to participate in its food composting program.

Since 2014, Rust Belt Riders has been working with people and organizations across Northeast Ohio to provide a clean, timely alternative to landfills for their food waste. Plus, when we divert food from landfills, we support our local food system through the creation of nutrient-rich soil.

When Daniel Brown and Michael Robinson were working in the restaurant business, they witnessed the amount of food waste that was thrown in the trash every day, and did some rough calculations to determine about how many tons were being dumped by restaurants, businesses, and residents. They had also worked in a community garden, where soil was stripped of nutrients; and their familiarity with composting led them to create a company that would offer composting services.

Rust Belt Riders, named because the co-owners initially rode their bicycles to pick up and drop off compost buckets, continues to grow as more people learn of its services.

The company started by collecting food waste from restaurants. It then expanded

to include businesses and, most recently, added a residential component because food waste continues to surge. Today, Rust Belt Riders services approximately 160 commercial clients and 800 residents.

"We can all join the fight against food waste, whether at home, work, or in our community," Daniel said. "More than 40% of all food in the United States ends up in landfills, and we're working to substantially decrease that number in Cuyahoga County by offering every resident an opportunity to participate in our composting program."

To do so, they offer both drop-off and pick-up services. Customers who choose the drop-off service use their own containers and drop off materials to one of eight locations as often as they wish. The closest drop-off location to Beachwood is the Nature Center in Shaker Heights.

Those who choose pick-up services receive a lined five-gallon bucket that is swapped out weekly.

"We are a mission-driven social enterprise that is working to address a broken food system," Daniel said. "We follow

the 'three Ps' in all our decision-making as a company: How will our work impact people, the planet, and create prosperity?"

Put simply, they aim to feed people, not landfills. They compost materials and recycle them into nutrient-rich soils that are used for planting and growing more food.

Rust Belt Riders has an excellent support team to answer questions, so compost materials do not become contaminated. A complete list of compostable products is listed on the company's website.

Jessica Semel was excited to learn that service was expanded into the Beachwood market. A professional at the Jewish Federation of Cleveland, Jessica learned about Rust Belt Riders while at work. The Federation is a lead-certified building, so all trash is separated into recycling, composting, and rubbish. She witnessed benefits of composting and started to do it at home. Initially, she dropped off materials. Now, she uses the pick-up service.

"It's super easy," Jessica told us. "On Wednesday morning I place my container outside, and it is switched out for a clean one. They weigh the bucket to track the number of pounds I'm composting and they generate monthly reports that recap the pounds I've contributed and what it means for the carbon footprint."

She paused, and added, "There's so little under our control now. When I compost, I feel a little virtuous every day. It's a tiny step individually, but when more people catch on, it's a big step that will impact future generations."

"More than 40% of all food in the United States ends up in landfills, and we're working to substantially decrease that number in Cuyahoga County by offering every resident an opportunity to participate in our composting program."

Addisah Sherwood, another Beachwood resident, learned of Rust Belt Riders at Cleveland's Ingenuity Fest. "As an energy attorney at Benesch, I am always interested in local and national green initiatives," she said. "We wanted to compost but have a lot of woodland critters around the house and didn't want to risk attracting more by composting in the yard. The service is incredibly user-friendly and composting could not be easier. Plus, we feel good about reducing landfill waste and we get good prices on soil for our garden!"

"You don't have to be an expert in sustainability, having a green thumb, or know much about composting to work with us," Daniel said. "It's easy. Our trained professionals will help you turn food scraps into a meaningful investment in our community."

Rust Belt Riders' drop-off service is \$10 per month and pick-up is \$40. You may purchase an annual plan to reduce the pick-up rate to \$30 per month, and you're invited to experience the service for a month with no commitment. For more information, visit rustbeltriders.com. For more information on nutrient-dense soil, visit tilthsoil.com.





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Happy New Year

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Upcoming Events

Join us and boost your 2021 business network!

Wednesday, January 13 • 12:00 p.m.
Monthly Luncheon
Structured Networking with Debby Peter

Thursday, January 21 • 11:45 a.m.
Women's Connection
Pat Schultz: Is There a Hole in Your Bucket List?

Tuesday, January 26 • 4:30 p.m.
Cheers with the Chamber
New Year's Resolution: Network With the Chamber!

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Check Out Our NEW Website at beachwood.org!

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committee to make your voice heard!



Missed anything? Check out recordings from past events,
such as our Diversity and Inclusion series, on our *NEW* website!

Cleveland Kosher Food Pantry Prepares to Serve Clients as Winter Approaches

While the pandemic has closed many food pantries, the Cleveland Kosher Food Pantry remains open to feed the vulnerable, despite many challenges. "We applaud our volunteers, donors and hard-working staff who have stepped up to assist others in these difficult times," says Devorah Alevsky, director.

The Cleveland Kosher Food Pantry, a partner agency of the Greater Cleveland Food Bank, is one of the largest food-relief agencies in Northeastern Ohio. It serves more than 6,000 people monthly, up from a pre-pandemic average of 4,000. Comparisons from a year ago show significant increases in all categories, including 47% more seniors and 42% more families.

The Pantry draws its client base from more than 50 area zip codes, with many from the suburbs who now find themselves needing community support for the very first time. Its weekly drive-through distribution serves 150

area families, many of whom are recently unemployed. The Pantry continues bi-monthly food deliveries to 1,300 clients in 10 senior housing apartment buildings. Most are in lockdown due to COVID-19 and unable to shop for themselves.

With winter weather came challenges because the ability to pack food outdoors was halted.

"With help from our board leadership, we installed two temporary office trailers where we will continue to safely pack and distribute food through the winter," said Rivka Goldstein, managing director. "We also enlarged our

driveway area so that cars may safely enter and exit for drive-through distribution."

"We thank our local Jewish community and other major donors for their continued support of the Food Pantry," said Devorah. "Last month as we lit the Chanukah menorah, our hope was to spread light and provide nourishment to our struggling families right here in Cleveland."

To contribute, volunteer, or if you need service, please visit kosherfb.org or call 216.382.7202.

The Cleveland Kosher Food Pantry was established over 40 years ago by Devorah Alevsky's parents, Rabbi and Rebbitzin Zalman and Shulamit Kazen, as part of their efforts to help Russian Jews settle in Cleveland. Its Advisory Board is co-chaired by Muriel Weber and Chuck Whitehill.

"Last month as we lit the Chanukah menorah, our hope was to spread light and provide nourishment to our struggling families right here in Cleveland."
– Devorah Alevsky, Director

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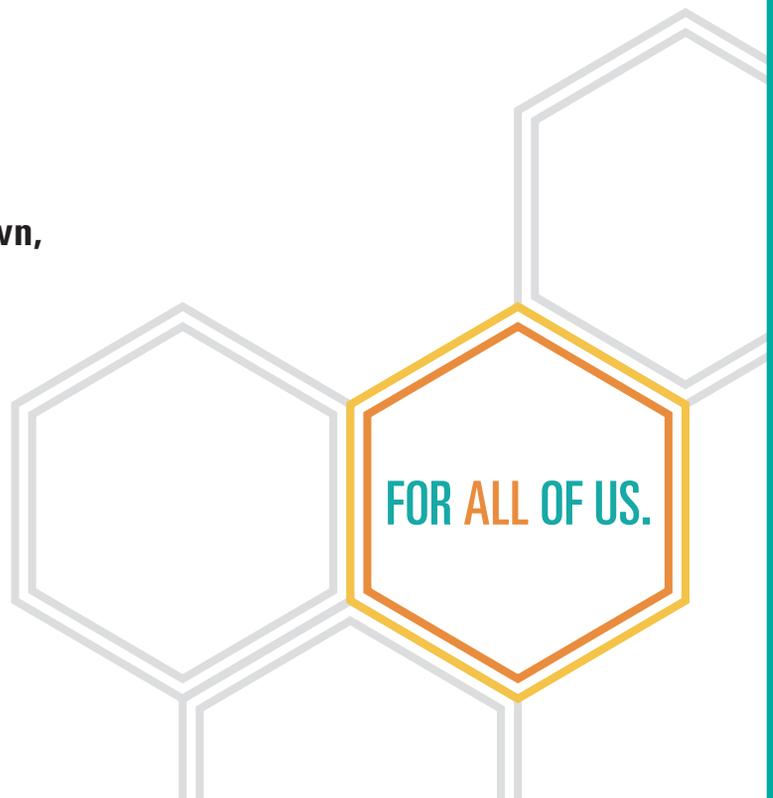


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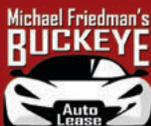
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The Institute for Learning in Retirement-East Announces Open Registration for Winter Classes

Winter registration is now open for continuing education classes from the Institute for Learning in Retirement-East (ILR-East), an east-side senior learning program affiliated with Baldwin Wallace University.

Now in its 22nd year, the ILR-East program provides college-level courses without the stress of exams, in a friendly, non-competitive environment. Winter term begins on January 19 and runs for six weeks through February 25. Registration is available only by mail and is due by January 14. For the registration address, call 216.987.2985 or email ilreast@bw.edu.

All courses will be presented online using Zoom to meet the needs of area seniors. Topics include theater, history, financial planning, current events, political science, religion, music, art appreciation, and much more. The schedule of courses is posted at www.bw.edu/ilreast. Each class meets once a week for six weeks. Classes are held on Tuesdays, Wednesdays and Thursdays.

ILR-East instructors are experienced professionals and retired professors, all of whom are volunteers. As a result, the tuition charged is very low:

- Member cost is \$15 per course
- Non-member cost is \$20 per course
- Annual membership is \$30

Winter 2021 tuition reflects a reduction in customary charges because classes will be offered online instead of in person.

"Because most seniors continue to 'stay safe and stay home' during the pandemic, we have expanded our selection of virtual courses by 25 percent from last quarter," said Bill Rafalski, a board member and film instructor for 12 years. "The courses allow our senior students to feel socially connected to others without the stress of being in large groups."

Make your own work of art! Join Beachwood PTO for a

**Virtual
Art
Night!**

See page 20 for details!

Jewish Federation of Cleveland Thanks Donors for Helping to Keep Community Strong

The Jewish Federation of Cleveland announced that \$33,105,529 has been raised by more than 12,000 donors representing 8,701 gifts in the 2021 Campaign for Jewish Needs, the annual fundraising campaign that serves Jewish Cleveland and the global community. Additionally, through a match opportunity from the Jack, Joseph and Morton Mandel Foundation, the community raised \$1,000,000 for the Jewish Cleveland's Coronavirus Emergency Relief Fund, contributing to a grand total of \$15,416,989 toward this COVID relief effort to date. These totals were shared at the virtual Campaign Closing Celebration on December 9.

"Conducting a successful campaign during a global pandemic is a major accomplishment and speaks volumes to the commitment to one another and to the future that permeates our diverse Jewish community," said J. David Heller, Federation board chair. "It also is a testament to the strength and dedication of our volunteers, led by general chair of the 2021 Campaign for Jewish Needs, Bradley Sherman, who guided this Campaign in

uncertain times with dedication, creativity, and enthusiasm."

"To say Jewish Cleveland is a special community would be putting it mildly," said Bradley. "It's remarkable that, in a year filled with challenges and barriers not seen in generations, our community was able to stay connected and work together to raise the same record amount as we raised a year ago and ensure all those who are hurting right now continue to get the care

and support they desperately need. On behalf of all those whose lives will be improved by this amazing communal support, I cannot begin to thank everyone who donated to this year's Campaign enough."

Bradley will remain general chair for next year's Campaign for Jewish Needs. In this volunteer role, he is responsible for providing leadership, vision, and strategy for the Federation's annual fundraising effort.

In addition to highlighting the community's various accomplishments of the 2021 Campaign, virtual attendees also recognized Cameron and Dayna Orlean, recipients of the 2020 Ambassador Milton A. and Roslyn Z. Wolf Young Campaigner of the Year Award.

For more information about the Jewish Federation of Cleveland and the Campaign for Jewish Needs, visit www.jewishcleveland.org.



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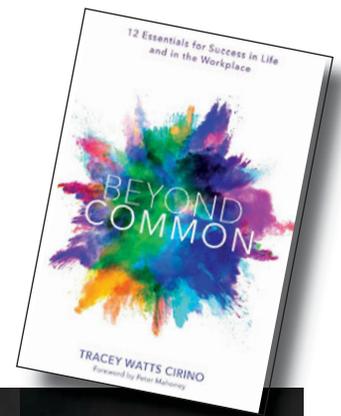
Tracey Watts Cirino Coaches Women to be *Beyond Common*

Tracey Watts Cirino is an entrepreneur, writer, motivational speaker, and an unshakable optimist who is dedicated to helping people get out of their own way to become the person they most want to be. She is a straight shooter, asks hard questions from which most of us run, and loves to help people achieve their dreams.

Tracey owned and operated Lavish Color Salon for 13 years. Through training, trial and error, she built a successful business and coached individuals to become their best selves. She completed the Goldman Sachs 10,000 Small Businesses program, wrote and published her first book, *Beyond Common: 12 Essentials for Success in Life and the Workplace*, and is now a full-time coach who motivates and encourages clients to live their best lives.

The premise of her book is based on professionalism. "When you behave like a true professional, you open doors, maximize income potential, and have more confidence to follow your passion," Tracey shared. "Along with professionalism comes stronger relationships, better customer service, more smiles, and a better view of the world. It's the number one attribute that separates us from our competitors, and it's worth the effort because it delivers uncommon results."

Tracey's passion for motivating and encouraging people to be their best self is contagious. She really cares, her energy lights up a room, and her messages benefit everyone – whether or not they're in the business world. Those who know Tracey and read *Beyond Common: 12 Essentials for Success in Life and the Workplace* can visualize the words bouncing off the pages and leaving her lips with enthusiasm.



We asked Tracey to share insight about how people may become beyond common and this is what she shared:

On what foundation is your professional life built?

I love people. I love listening to them, connecting with them, being honest and kind, and helping them. Professionals do not need to be stuffy, rigid and stiff. It benefits us to look at the sexy side of professionalism and to put together the shiniest version of ourselves out there. When we look and feel good, we are naturally more professional, we make others feel good about themselves, and our sparkle shines.

What is your mission?

My goal is to train people – who will train more people – to naturally be beyond common: To be present, pay attention, and do whatever they do with passion and heart. Too many people just show up, which isn't enough. We each write our own

life story, so let's write one that we're proud to tell. No one really wants a participation trophy; we want a life well-lived.

How does someone become beyond common?

By doing more than people expect and bringing more to the table than what they're paid to do. It's important to *be present!*

Give us a couple of examples.

Put away technology, look people in the eyes, listen, smile, and respond appropriately. Only take advice from someone with whom you would be willing to trade places. Dress for the job you want, not for the one you currently have. Make sure your actions support your words.

Chapter 2 of your book is titled "Be Nice." Isn't that stating the obvious?

One would think so, but it's not the case and kindness always wins! True kindness takes

heart and grit. It starts with being kind to yourself, which teaches people how to treat you. In fact, that's the Golden Rule, the Law of Reciprocity.

What other ways are there to be beyond common?

To truly listen to what someone is saying without thinking about how you want to respond. Ask questions, show interest, and let whomever you're talking with know that you genuinely care about them.

Other tips?

Always talk to, enjoy, and celebrate people. You may be the only glimmer of light they've had all week. Also, express gratitude and always continue to learn. It generally takes 10,000 hours of correct practice to master something. Do it, make mistakes, learn from them, and grow.

Tell us more about living a life that is beyond common.

It's easy to achieve your dreams once you can identify

them. Everyone has to start somewhere, and everyone has the potential to be kind, compassionate and loving. When we work together and help each other, the world becomes a more beautiful place. When people lash out or hurt you, don't take it personally. It's not about you, it's about them. They're most likely going through something. Hurt people, hurt people!

Tell us more about your book.

Beyond Common is a guidebook that will help anyone who wants to earn a beyond common salary, lead a beyond common team, grow a company that is beyond common, or have beyond common results from daily interactions. The things we do daily don't have to be boring. We can always put a smile on our face and frame situations in a positive light.

My goal is to support women and help them be the best version of themselves. When we're genuinely kind,

My goal is to support women and help them be the best version of themselves. When we're genuinely kind, caring and non-judgmental, we are perceived as strong and confident, and we carry with us a positive energy that spreads.

– Tracey Watts Cirino, Author of *Beyond Common*

caring and non-judgmental, we are perceived as strong and confident, and we carry with us a positive energy that spreads.

Resilience may also be beyond common because it takes strength to know when to pivot, if necessary. Throughout the pandemic, my business model changed many times. Coaching, speaking and motivating women have been more lucrative than running Lavish Color Salon, so I sold my business and shut the doors, and am rebranding the name to market lavish, luxury beauty products online. I also rescheduled in-person book-signing events to virtual ones. Plus, I created a new podcast, *Beyond Common Business Secrets*, which includes information from my book that all business owners need to know. The new podcast series may be heard on iTunes and Spotify. With it, I offer my 12 Business Secrets Report,

free, when you subscribe at beyondcommonbusiness-secrets.com.

In closing?

This is my way of giving back to the small business community that needs more help than ever right now. I love presenting and sharing everything I have learned in business and I am fired up about the direction of my professional career. If my efforts help one person by motivating her to get out of a job she can't stand and instead follow her passion to find something new, I've succeeded.

I've also created a course for women who want to dive deeper into what it takes to be beyond common and set up success systems that drive profitability. I want to guide and inspire young professionals and entrepreneurs to live their best life and achieve their version of success!

To learn more, visit traceywattscirino.com.



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The Gift of PresentMode

By Arlene Fine

You might say that the app PresentMode is a turnoff, in the most positive sense. Developed by Friendship Circle executive director Rabbi Yossi Marozov, the smartphone app is designed to help people improve their productivity and relationships by leveraging smartphone usage in a positive way.

Rabbi Yossi came up with the PresentMode app in response to the interactions he was observing between teenage volunteers and their Friendship Circle friends. Friendship Circle, located in Pepper Pike, brings together children with special needs and teen volunteers in social settings to encourage friendship and connection.

"The beauty of Friendship Circle's face-to-face friendships is the validation that exceptional children experience and enjoy with their teenage friends," said Rabbi Yossi. "But smartphone interruptions in the middle of these get-togethers have proven counterproductive."

The solution to this problem occurred to Rabbi Yossi one Saturday morning as he was walking home from synagogue. "I recalled the words of the Lubavitcher Rabbi Menachem M. Schneerson who taught us, 'in the very challenge lies the solution,'" Rabbi Yossi said. "I knew there was a way to leverage the attraction of smartphones to inspire better interpersonal relationships and improve productivity, allowing technology to work better for us at all levels."

After consulting with a tech expert, Rabbi Yossi launched the PresentMode app in June 2020. During PresentMode three simple things happen:



1.

All notifications are put on hold, except for phone calls.

2. Auto-replies let people know that you are in PresentMode and they can call if needed.

3. PresentMode turns off your screen and places its logo in the center, letting you and others in the room know that you are prioritizing them.

"When I grow up, I'm putting PresentMode on my phone because I want to have time to play with my children."
– Six-year-old Meir

"Essentially, PresentMode allows you to stay reachable and still be present at the same time," said Rabbi Yossi.

The app is simple to use. You tap on the app and your Android phone goes into PresentMode. When you tap on your phone's home button, you exit PresentMode.

During the six months Rabbi Yossi has accessed PresentMode, he has found it to be transformational. "By letting me close my phone yet stay reachable, I am able to give others my presence and absolute attention," he said. "When I come home from work and turn on PresentMode, my screen's glowing logo lets my children know they are my top priority. Since the PresentMode app lets people know how to reach me if needed, it eliminates the 'what if' fear that prevents me from putting away my phone or using the Do Not Disturb feature."

Adapting to PresentMode can take willpower, said Rabbi Yossi, but once people become attuned to not habitually checking their phones, their brain adapts to the use of the app.

"The most productive form of travel is



Rabbi Yossi preparing a class with the help of PresentMode

one's train of thought," he said. "By using PresentMode, you get into a much more productive mental zone."

Rabbi Yossi, along with his wife, Estie, co-director of Friendship Circle, are parents of seven children. Their six-year-old son, Meir, is noticeably benefiting from his parents' PresentMode usage. He recently told his parents, "When I grow up, I'm putting PresentMode on my phone because I want to have time to play with my children."

To date, more than 1,000 people of all ages installed PresentMode on their Android phones. The app, found at PresentMode.com, is free. "It's a present," said Rabbi Yossi. Plans to develop an iPhone app are in the works.

For more information, Rabbi Yossi may be reached at Yossi@PresentMode.com.



The PresentMode logo represents the three people who benefit from the app's features: the user, the person present with the user, and anyone who needs to reach the person while the app is being used.

Beachwood Historical Society Contest

The Beachwood Historical Society is committed to preserving the dynamic history of Beachwood, educating people of all ages, and sharing historic collections. It preserves and promote artifacts, documents and photographs; educates people about the history of Beachwood, from “Beechwood” to Beachwood; sponsors events; and researches and archives information.

This month's challenge:

Name one of the longest running family-owned businesses located in Beachwood.

Established in 1945, this retail operation is still blooming!

Please email answers to beachwoodbuzz@gmail.com with the words “Beachwood Historical Society Challenge” on the subject line.

All correct answers received by January 10 will be entered in a raffle for a \$50 gift card.



Last month's challenge:

What outdoor activity was prevalent at Richmond Road and Fairmount Boulevard, where the Beachwood Municipal Complex is now located?

Answer:

Sledding! Congratulations George N. Vourlojianis.

Name one of the longest running family-owned businesses located in Beachwood. Established in 1945, this retail operation is still blooming!



WANTED:

Knitters, Crocheters and Loomers

Yarn Over Beachwood continues to meet on Zoom the first Friday of the month at 10 am. Upcoming meetings will take place January 8 and February 5.

Help is needed because requests keep coming in for Veteran lapghans, other lapghans, stuffed toys, mittens, scarves and more!

For details, contact Iris at 216.375.9111 or lbertyclub@gmail.com.



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— Dr. Seuss



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Menorah Park Congratulates Award Recipients

**David N. Myers and Harley I. Gross Presidential Awards Coincide with 2019/2020 Board Membership
The Dr. Arnold L. Heller Memorial Award Honors Community Members in Field of Aging**

The David N. Myers Award

This award is proudly presented to Peter Meisel, recognizing his extraordinary leadership, involvement, vision and devotion to Menorah Park's mission and success. Peter also demonstrates a solid record of accomplishment in the community, which mirrors Menorah Park's values and reflects dedication and leadership that David Myers possessed.

Peter and his wife, Susi, received the 2019 Maimonides Award for Outstanding

Community Service and were described as a true power couple whose dedication and commitment have impacted many community institutions.

Peter is a principal owner of Carnegie Companies, Inc., a multi-state real estate investment company based in Solon. He is immediate past president of the board at Menorah Park, and actively participated in the building of Wiggins Place, its expansion, and the affiliation of Menorah Park with Montefiore.

Peter's other community involvement includes: board of directors, executive committee and past treasurer of CHN Housing Partners; board of trustees and past president of Hillel at Kent State University; and chair of the Community Planning Committee at the Jewish Federation of Cleveland. He also led and served on other committees and task forces, represented the Meisel family's foundation on the Funders Committee of the Fund for Our Economic



Susi and Peter Meisel

Future, and co-chaired and served on various committees and task forces of the Fund.

The Harley I. Gross Presidential Award

Award recipients Marti and Jeffrey Davis have earned Montefiore's most prestigious award, which was established in 1992 by Mort and Toby Gross in honor of their son, Harley, a former Montefiore board chair. This award recognizes individuals who have made significant contributions to the welfare of Montefiore and its residents.

The Davis's roots run deep with Montefiore. They have both had personal family experiences, and are active

on its lay leadership team and board, with Jeff serving as chair of The Montefiore Foundation. Together they have co-chaired several fundraising initiatives, including Shining Star CLE, to raise funds for memory-care programs and services. As compassionate, thoughtful, creative leaders, they are deeply committed to the organization's values. They, along with Jeff's mom, Lois Davis, were lead donors to name a new memory-care assisted living pavilion at The Weils of Menorah Park in

Chagrin Falls. The David and Freda Robinson Residence, named in memory of Lois's parents, is an integral part of the campus, supporting a thriving community that requires memory-care services. They are also partners with professional staff and community leaders at Jewish Federation of Cleveland, where they have both served in leadership roles. Additional affiliations include Cleveland Clinic Seidman Cancer Center Leadership Roundtable,



Marti and Jeff Davis

Bellefaire JCB, and Milestones Autism Resources. Jeff is CEO of Davis Automotive Group.

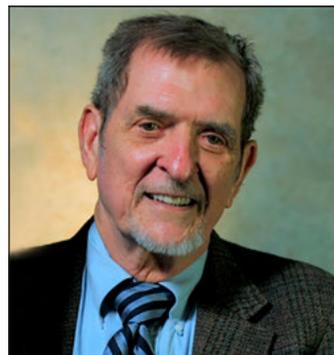
The Dr. Arnold L. Heller Memorial Award

The Dr. Arnold L. Heller Memorial Award was presented to Dale Dannefer, PhD, in recognition of his exemplary contributions to the field of aging. The Heller Award goes to gerontologists and geriatricians who exemplify the attributes of Dr. Arnold Heller.

As the Selah Chamberlain Professor and chair of the Department of Sociology

at Case Western Reserve University, Dr. Dannefer has become known for some of the most stimulating theoretical ideas in sociological research on aging, including his focus on evidence demonstrating that decline is not inevitable as we age – that past need not be prologue – an especially powerful lesson to us all. His impact in applied research and

program innovation, especially as they relate to nursing home reform, is remarkable. His work makes life significantly better for people at Menorah Park and the 15,000 U.S. nursing homes that serve aging adults every day. His leadership, caring guidance, and brilliant work on behalf of individuals as they age make him deserving of this award.



Dale Dannefer, PhD

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Chagrin Highlands Rotary Offers Community Leadership Opportunity

The Chagrin Highlands Rotary Club, whose service area includes Beachwood, Orange Village, Pepper Pike and Woodmere, continues to meet every Friday at noon, virtually, and works hard to remain active throughout the pandemic.

Although programs have slowed down in the past several months, typical programs support handicapped and mentally challenged people, recognize outstanding police and firefighters, and provide emergency disaster relief with "shelter boxes" after hurricanes and earthquakes. Rotary members also hosts veteran programs and an annual pancake breakfast, and welcome weekly speakers who present on various topics.

Many members are also invested in the Beachwood Chamber of Commerce, where they helped start a local business show and have chaired the annual golf outing. As active members of both groups, they benefit from increased networking circles.

Just last month, Rotary provided cookies to many of the police and firemen in its network, and made a contribution to the Cleveland Food Bank on behalf of the others.

Rotary International, the international umbrella organization over local affiliations, sees a world where people unite and take action

to create lasting change. For more than 110 years, members have used their passion, energy, and intelligence to take action on sustainable projects. From literacy and peace to water and health, they are always working to improve our world. A project for which Rotary may be best known is its polio eradication program around the world.

"We are very proud that Rotary members become leaders in our communities and businesses as we continue to provide various services," said John Newburger, president.

"We are very proud that Rotary members become leaders in our communities and businesses as we continue to provide various services," said John Newburger, past president. "We welcome new members! If you are interested in learning more or making a contribution, please contact me at jnewburger@yahoo.com or 216.292.7737."

*"You are never too old to set another goal or to dream a new dream."
— C.S. Lewis*

*Age isn't chronological.
IT'S PERSONAL.*



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Locations in Beachwood and Chagrin Falls

Dressing It Up During COVID

When the weather got cold, heaters and atmosphere warmed up Marjorie Reimer's Beachwood garage. Lights, tables, chairs, accessories, a bar cart, and more created the sparkle to set the mood in "party central," according to friends.

"I'm a social person and adjusted with the times," Marjorie told us. "To make the best of this situation, I converted my garage into a living space where I can continue to safely entertain."

Marjorie didn't miss a beat. Candles, window coverings, blankets, and jackets help set the stage and keep guests warm, even on the coldest days. "We leave the garage door open and social

distance by sitting in a large circle, often with comfort food and hot toddys to take the chill out of the air," she said.

Party central is a work in progress. "I'm entertaining myself and making the most of this situation," she said. "I add things every day."

Since it is still winter, Marjorie has the routine of moving everything to the side, flipping up the rug, and pulling her car in the garage down to five minutes.

"Creating this space was easy," Margerie told us. "It's a long winter, and this is a fun way to stay positive, spend time with other people, and stay safe."



Beachwood Arts Council presents

Regional Artists: A Virtual View Art Exhibit & Sale • Through January 2021

Featuring Artwork by BAC Members and Beachwood Residents

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Sharon Schlessinger



Jean Sycle Martin



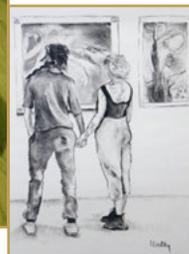
Debby Zelman Rapoport



Mike Cargile



James Mayer



Wally Kaplan



Shari Wolf

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For more information, contact Leah Gilbert, art exhibit chairperson, at 216.752.0752 or leahgilbert@sbcglobal.net

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From Bottle Caps to Rainbows

BHS Climate Action Team Calls for Action

“Somewhere over the rainbow skies are blue, and the dreams that you dare to dream really do come true.” Before the Beachwood High School Climate Action Team shares its dream with you, they share a few facts about recycling and then invite you to join them on their journey.

Did you know...

- Just about any plastic can be recycled, but when two types are mixed, each is contaminated, which reduces the value of the material or requires resources to separate them before processing.
- In America we use 2.5 million plastic bottles EACH HOUR and every one of them is manufactured with a cap.
- Plastic caps and lids can jam processing equipment at recycling facilities, and plastic containers with tops still on them may not compact properly during the recycling process. They can also present a safety risk for recycling workers.
- Plastics recycling has grown significantly since the 1990s, and today we have access to recycling programs for a growing number of plastics. Next time you shop for new clothing, sneakers, children's toys, cooking tools or building products, try adding "recycled plastic" to your online search. Products made of recycled plastics are easier to find than you may have thought.

Now that you know the value behind recycling plastic bottles and the importance of separating caps from containers, the BHS Climate Action Team asks you to rinse and donate bottle caps.

Team members, along with MAC Scholars (Minority Achievement Committee), GSA students (Gay Straight Alliance), and the CEC Club (Council for Exceptional Children) are working together to "build a rainbow" with bottle caps and lids, with a goal to build one for every building in the district.

Rainbows symbolize strength, beauty and hope for better things to come. We see them after the worst thunderstorms, and they remind us that once a storm has passed, peace and beauty still exist. They also represent unity in diversity, and hope during the pandemic.

Now that you know the value behind recycling plastic bottles and the importance of separating caps from containers, the BHS Climate Action Team asks you to separate and donate bottle caps.

It is easy to participate! Colored caps in red, orange, yellow, green, blue, indigo, violet, black, brown and clear are being collected through June 2021. Drop-off boxes are located in the lobby of every school building, as well as in the lobby at Beachwood City Hall. For more information, email Lori Joyner at lj@beachwoodschoools.org.

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Are Invasive Plants Attacking Your Property?

These devilish, non-native plants can be relentless when growing on your property, be it home or public land. Join Friends of Euclid Creek for their first January program, "Removing Invasive Plants – a Primer for Yards, Parklands, and Watersheds in Northeast Ohio," by John Barber, Tuesday, January 19, 7 pm, via Zoom.

John will present an illustrated talk on identifying, removing, and disposing of many of the most common species found all around us. Techniques, tips, and best practices will be covered. Why does the board game Clue apply so perfectly to removing invasive plants? The talk will also delve into native trees, shrubs, and flowering plants that can be used to replace invasive plants, providing food for insects and birds, increasing biodiversity, and restocking the seed bank with native species' seeds. Since what we plant in our yards moves into parklands and watersheds, the ideas presented here will apply to all habitats.

John Barber served on the board of the Nature Center at Shaker Lakes for ten years, including two terms as board president. He now serves on the board of the Native Plant Trust. He is co-leading the Friends of Lower Lake, a volunteer program of the Doan Brook Watershed Partnership, working to restore the habitat around Lower Lake Park in the Shaker Parklands.

To RSVP for this program, email friendsofeuclidcreek@gmail.com. For more information, visit friendsofeuclidcreek.com.

Milestones Autism Resources Now Seeking 19th Annual Conference Speaker Proposals

Milestones Autism Resources is now seeking speaker proposals for its 19th Annual National Autism Conference, planned virtually, for June 16-17. Each year, the organization makes a call to professionals who serve the autism community, family members of individuals on the autism spectrum, and autism self-advocates who can offer educational and inspiring insight and advice to conference attendees.

Proposal submissions should present practical, evidence-based strategies for all ages, stages, and abilities within the autism community. Professionals, family members, and self-advocates are encouraged to share their research, perspective, and inspirational insight with a national audience. Proposals may be submitted at milestones.org through January 15.

"For almost 20 years our national conference has featured the autism community's most respected industry experts, dedicated and loyal family members, and inspirational individuals with Autism Spectrum Disorder," said Ilana Hoffer Skoff, executive

director, Milestones Autism Resources. "As Milestones seeks this year's proposals for conference presentations and sessions, we look forward to building upon our decades of impact and selecting from the best and the brightest."

New This Year: Proposal Helpdesk

A helpdesk is now available for self-advocates who may be new to the process of submitting a conference proposal. For assistance in writing a proposal or completing a submission form, please contact Nathan Morgan at nmorgan@milestones.org or 216.464.7600, ext. 118, to schedule a help session.



Speaker Benefits

Those selected to speak at the 2021 National Autism Conference will receive:

- Two-day complimentary conference registration
- The chance to network with world-class leaders and colleagues in the field
- Opportunities to empower parents, professionals, and self-advocates with new strategies and information

For more information, visit milestones.org/conference, or milestones.org, or contact 216.464.7600, ext. 200.

Siegal Lifelong Learning Programs

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Presented by Tim Lybarger, President and CEO, Encore NEO Tuesdays, January 5-26 10 am – 12 pm

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which they can define, analyze, and reinvent their careers. The program will guide students to use that same powerful way of thinking to analyze the needs of potential employers and/or clients and use those insights to promote

their services. Students will also gain greater clarity around where to direct their careers to maximize returns, both financial and personal, and minimize expenses.

To register, visit tinyurl.com/SiegalNEO.

Israeli Speaker Series

This series include programs with well-known Israeli authors, journalists, television and film writers. Each lecture is FREE for members of Siegal or \$5 for nonmembers. To register, visit tinyurl.com/SiegalSeries

House on Endless Waters

Presented by Emuna Elon, author, journalist, and women's rights activist Wednesday, February 10 11 am

Autonomies

Presented by Yehonatan Indursky, screenwriter known for *Shtisel* and *Autonomies* Tuesday, March 16 11 am

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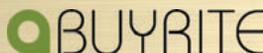
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