



Mission

The Sholom Foundation's sole mission is to raise sufficient endowment funds to generate annual financial support for Sholom services and facilities, and promote excellence in care to those served by Sholom.

SHOLOM has been providing a broad continuum of residential, social service and health care services primarily for older adults and within a Jewish environment for the past 100 years:

- *Sholom Home Care and Hospice — wherever you live, in a Sholom building or your own home or apartment*
- *Adult day services and meals-on-wheels*
- *Warm water therapy pool and vitality center*
- *Market-rate senior apartment homes*
- *Assisted living apartments*
- *HUD-supported apartments*
- *Short-term rehabilitation*
- *Long-term, transitional & respite care*

Looming State Budget Cuts... The Impact on Sholom Facilities and Services *see page 2*

Circle of Life

Words of praise for the late Katy Krenzen's "Extended Family" — the Sholom Home West staff



St. Paul native, Katy Ann Krenzen lived at Sholom Home West for almost a decade. Sholom became her home, and the Sholom staff became her "extended family." When Katy passed away in November, her nephew, Steve Krenzen, wrote this poem on behalf of Katy's family to express their appreciation to the Sholom staff which had cared for Katy with such kindness over the last years of her life.

Angels and Warriors

Being a nurse, ANGEL
Dealing with death, WARRIOR
Working with the elderly, ANGEL
Dealing with families, WARRIOR
Heartfelt caring, ANGEL
Long and odd hours, WARRIOR
Talking with a resident, ANGEL
Dealing with dementia, WARRIOR
Lisa, talked and listened to us at 2:00 a.m.,
ANGEL
Working the night shift, WARRIOR
Megan, choosing nursing at a young age,
ANGEL
Watching people die at her age, WARRIOR
Sunny, made sure we had an understanding of
the drugs being given to Katy, ANGEL
Working the third floor by herself, WARRIOR
Katy, her sense of humor in tough times,
ANGEL
Caring for us while we were with Katy Ann,
WARRIOR
Shelley, a friend to Katy, ANGEL
Unpredictable moments, WARRIOR
Karen, sitting with Katy, ANGEL
Explaining the dying process to us, WARRIOR
Christy, making sure Katy was comfortable,
ANGEL
Confirming with us that Katy had passed,
WARRIOR
Phil, was always available to talk with us,
ANGEL
Running the third floor, WARRIOR
Our heartfelt thanks, The Krenzen Family

2010-2011 Sholom Foundation Board of Directors

President: Robert Karon
President Elect: Charles Selcer
Vice President: Michael Saxon
Treasurer: Ilene Zwick
Secretary: Judy A. Karon

Directors

Wendy Baldinger

Janie Berg

Steve A. Brand*

Arne Divine*

Stan Dobrin

Jack Fiterman

Allen Freeman*

David Gantman

Burt Garr

Karen Gershman

Nancy Getzkin

Jay D. Goldberg*

Harold Goldfine

Jon Gordon*

Mickey Greenberg

Robert Hartman*

Richard Joseph

Nancy Lane

Josh Mann

Robert Mast

Michael Minsberg

Mike Platt

Ken Raskin

Sam Richter

Jeffrey Ringer

Ada Rubenstein

Sheva Sanders

Steven C. Schachtman

Herb Schechter

Steven Shaller

Thomas Sherman*

Ben Steinberg

Lloyd Stern*

Jerome Yugend^{z1}*

Drew Zamansky

* Past Presidents

Looming State Budget Cuts...

The Impact on Sholom Facilities and Services

At the time of this printing, the state Legislature is getting ready to release its budget. Cuts to the Department of Human Services budget are a certainty in the quest to balance a \$5 billion deficit state budget, putting Sholom's programs and services at significant risk.

Impact on Sholom: The proposed cuts to Medicaid funding will result in a loss of over \$1 million dollars in the next two years:

- Sholom's two nursing homes stand to lose approximately \$1.05 million in Medicaid cuts and other government aid.
- Additionally, after suffering significant cuts in previous years, Sholom's home and community-based services through the Medicaid waiver, the program which enables the very poor, frail older adults to live in their own homes, is expected to be even more severely impacted by the new budget.

Why Cuts to Long Term Care are Harmful: Historically, funding for vulnerable older adult and disability services has been far less than the actual cost of providing quality care to our most vulnerable citizens. In recent years, rates have also been cut significantly to solve past State budget deficits. With more and more seniors in need of long term care, especially within our rapidly aging Jewish community, we cannot afford another rate decrease, which threatens to:

- 1) reduce the number of vulnerable people who can be served, particularly in their own homes;
- 2) potentially compromise the quality of care offered by our dedicated providers;
- 3) force additional layoffs by our agencies, including Sholom which employs over 900 people, and thus increase unemployment;
- 4) drain community resources, which have already been strained by the recession; and
- 5) leave substantial federal funds "on the table" as every state dollar cut from Medicaid, loses an additional matching federal dollar.

What's to be done about this? While we are working hard to keep our government funding, we are evaluating our operations and looking at how we can maintain excellence in service in this difficult economic climate. Without the committed staff that works tirelessly for our residents, we could not deliver great care, nor could we create a homelike environment without the dedication of our volunteers that come to visit our residents and tenants at both the Ackerberg Campus and Shaller Campus. But we must find a way to mitigate the anticipated loss of government aid not

only over the next two years, but most certainly in future years as well.

If you have never contributed to Sholom, please consider doing so now and in the future. If Sholom has been a recipient of your charitable giving in the past, thank you on behalf of all those served by Sholom and please consider a new gift. Call Joel Mandel at 952-939-1593 to learn more about how you can make a lasting difference for those served by Sholom.

More than ever, Sholom must turn to the community for financial and volunteer support. Cash donations, bequest gifts, stock gifts, trusts, gifts of insurance policies, and IRA donations are just some of the ways you can support the vital services that Sholom provides to a growing senior population.

Katy Krenzen continued from page 1

[Steve's poem] captured the essence of Katy's quality of life at Sholom... Jack Krenzen, Katy's brother

Jack Krenzen, Katy's brother, in reflecting upon Katy's life and her closeness with his sons, Steve, Howie, and Scott, spoke of a loving aunt to his three boys. Jack remembers that Katy would conspire with the boys when they were up to the usual pranks young boys can think up. She took great delight in the boys and was loved by them in return.

An independent woman, Katy was a proud member of the U.S. Marine Corps from 1943 to 1946, one of just 20,000 women to serve in the Marines during the war years.

In an interview Katy gave to *Leatherneck Magazine*, May 1992, Katy recalled why she enlisted. Her close childhood friend, Irving Silverlieb, had joined the Marine Corps following high school and was taken prisoner at Wake Island. "Marine Corps recruiters were contacting eligible women saying we would 'free a man to fight.' I wanted to help, somehow. Perhaps serving my country would get Irving out of prisoner

of war camp or somehow end the war just a little quicker."

For years after Katy served in the Marines, she was known as "the lady Marine." Many years after Katy's stint as a WR (Woman Reservist), she took an active role in the upgrading of the Veterans Administration Home.

Jack, who established the Jack Krenzen Family Fund at Sholom Foundation to provide annual financial support of Sholom services, is very grateful for the care his big sister received at Sholom Home West.

Moved by his son Steve's poem, Jack tells us, "Steve captured the essence of Katy's quality of life at Sholom and how the Sholom staff – Katy's extended family — added something very special to her final years."

To honor loved ones by establishing a fund for support of Sholom, please call Joel Mandel at 952-939-1593.

President: Robert Karon
Executive Director: Joel D. Mandel
Executive Director Emeritus: Jay M. Jacobson
Administrative and Campaign Associate:
Barbara Brooks
Foundation Assistant: Arden Johnson
Donations Coordinator: Linda Hennings
Graphic Design: Pat Moses

The *Circle of Life* newsletter is printed on paper that is environmentally friendly.

Circle of Life

is published four times
a year by the Sholom Foundation
3610 Phillips Parkway Minneapolis MN 55426

952-935-6111 Ackerberg Campus, St. Louis Park
651-328-2000 Shaller Family Campus, St. Paul
952-939-1593 Sholom Foundation
Fax: 952-939-1591

E-mail: foundation@sholom.com / Visit: www.sholomfoundation.com

Sholom Home Care — wherever you live

The home care team is committed to providing a personalized plan of care to clients — wherever they reside.

In Your Home

Sholom now offers home health and personal care services throughout the Twin Cities — in their own home. Now the community can benefit from the same services already available to tenants in Sholom buildings — Knollwood Place, Roitenberg Assisted Living Residence, Bentson Family Assisted Living Residence, Menorah Plaza/Menorah West and Weinberg Apartments.



Learning to test blood glucose levels

Difficult Decisions

Many people are faced with the difficult dilemma of wanting to keep a family member, or even themselves, independent, but are not able to do so without help. Sometimes the need is for assistance in understanding complex medical issues — or maybe it's for help with bathing, dressing, cooking or even companionship and an observant eye. "Home health care services provide that extra added assistance while allowing an individual to remain at home — and often that's enough to avert a crisis," says Sarah Van Winkle, Sholom Home Care and Hospice Administrator.

"The home care team is committed to providing a personalized plan of care to clients — wherever they reside," says Van Winkle. "Sholom Home Care staff receives extensive background, certification, licensure, and reference checks prior to hire. Our staff is selected for their experience as well as their attitude and

compassion towards seniors," she explains. "Employees are closely supervised, and we are diligent in our efforts to find a positive 'match' between clients and staff to form a caring and comfortable relationship."

All Sholom home health aides must hold "current" status on the Minnesota Certified Nursing Assistant (CNA) Registry which means they have successfully completed 75 hours of classroom education and satisfactorily passed skills testing. To maintain their registry status they must complete continuing education hours annually and practice in their field every 24 months. These individuals participate in on-site training and mentorship prior to client assignment.

"We know the importance of staff education and our commitment is to continuing education for those who care for our clients," says Leanne Wollerman, RN, Sholom Home Care Education Specialist. "In addition to learning the skills necessary to care for the elderly, we instill in our staff the values of respect and compassion to enhance the quality of a person's life, not just their physical well-being."

A significant feature of Sholom Home Care is the emphasis and sensitivity to Judaism which is an integral part the training. Staff receive continuing education throughout their employment regarding Jewish culture, the meaning of holidays and their observance, Shabbat, Kashrut, Yiddishkeit, as well as how to respect these traditions in the homes of Jewish clients.



Alice from Sholom Home Care with Shirley, a resident at the Hodroff Memory Care Pavilion

Sholom Home Care's goal is to assist each client reach their highest level of function and independence

Sholom Home Care provides client-centered care by highly trained staff, with scheduling available 24 hours a day, 7 days a week.

Each individual Service Plan may include:

RN Case Management Services

- Help navigate the complicated health care “maze” and coordinate services
- Work together with the client to assess changes in the individual's health condition and well-being, and address specific individualized goals
- Coordinate with the individual's physician, providing crisis intervention and healthcare education

Personal and Homemaking Services

- Assistance with bathing, dressing, grooming
- Medication assistance
- Preparation of meals
- Guidance in range of motion and exercise
- Observation of health condition and self-care abilities
- Escorts to appointments or shopping
- Light housekeeping

Companion and Homemaking Services

For those who do not need personal services, but would benefit from a helping hand or to help prevent isolation, we offer companionship and assistance with shopping, errands, transportation, meal preparation and house cleaning.

NEW Service: Companions in the Nursing Home

We are now able to provide companions to work specifically with your loved ones in the nursing home. Many residents benefit from one-on-one socialization and companionship in addition to the full scope of services already provided by the nursing home staff at Sholom Home West and Chapman Sholom Home East.

24-hour and 12-hour Overnight Staffing

We offer live-in and overnight staffing options — the client receives the full benefit of homemaking and personal services and the comfort of not being alone.

Skilled Nurse Visit

An RN will provide skilled services based upon doctor's orders and will ensure a team approach to reach your wellness goals.

Medication Management and Set-up Services

An RN will order medications and refills per doctor's orders, place them in specially marked containers, and monitor the effectiveness of the medication.

For more information about Sholom Home Care, call 952-939-1649.

Why Some People Don't Have Wills

People come up with all sorts of reasons for not having a will. Do any of these sound familiar to you?

- *I don't want to think about death*
- *Only rich people need wills*
- *I can't afford a will*
- *I don't have time now*
- *I don't have an attorney*
- *My family will divide things when I'm gone*
- *I will do it later*

You can probably think of other reasons as well. The point is that these are only excuses. None of them are really valid for putting off one of the most important things we will ever do.

Every adult needs a will, if for no other reason than to officially close out our affairs and to make sure that whatever assets we have go where we want them to go. And, you can control who will be making decisions about your estate and any health directives you wish to have in place.

Perhaps the greatest reason is to make life easier on the grieving loved ones you leave behind. Letting your loved ones know your intentions is a priceless gift to them.

Call Sholom Foundation at 952-939-1593 and ask for a complimentary Wills Guide that can assist you in gathering the information your estate professional will need to prepare a will and other related documents. Or email bbrooks@sholom.com for an electronic copy.

"We all want to be remembered and we all will leave something behind."

– Barry K. Baines M.D., author of *Ethical Wills: Putting Your Values on Paper*

Sholom Foundation invites you to become a member of the Sholom Foundation Heritage Society, honoring those who recognize the value of providing for our Jewish elderly by making a commitment to the Sholom Foundation, a 501(c)(3) nonprofit corporation in Minnesota, through their wills and other charitable gift plans.

There is no finer example of the power of giving than what we can achieve together.

Join the Heritage Society in Support of Sholom

I (We) wish to participate in the *Sholom Foundation Heritage Society* through the following:

- | | |
|-----------------------------------------------------|------------------------------------------------|
| <input type="checkbox"/> Will or Living Trust | <input type="checkbox"/> Insurance Policy |
| <input type="checkbox"/> Charitable Gift Annuity | <input type="checkbox"/> Retirement Plan Asset |
| <input type="checkbox"/> Gift of Securities | <input type="checkbox"/> Gift of Real Estate |
| <input type="checkbox"/> Charitable Remainder Trust | |

If you so choose, you may indicate the amount or range of your gift to help us better plan for the future: \$ _____

COMPLETE THE FOLLOWING: (please print)

Date _____
Name(s) _____
Signature _____
Signature (of spouse, if applicable) _____
Address _____
City/State/Zip _____
Phone Number(s) _____
E-mail: _____

Please check this box if you wish to have your name included in listings of Sholom Foundation Heritage Society members in our publications. This will help encourage others to join this important group of benefactors. (If you do not choose to be listed, you will continue as an unlisted member.)

Your name(s) as it should appear in print: _____

If you are receiving duplicate copies of Sholom mail, please notify Linda Hennings at 952-939-1664 and help us preserve our financial resources.

Sholom Foundation Heritage Society

The Sholom Foundation Heritage Society has been established to thank those thoughtful individuals and families who have included Sholom Foundation in their estate plans. We honor those who have made such a commitment and gratefully acknowledge these valued friends:

NEW MEMBERS SINCE DECEMBER 2010

Irene & Harry Bader

Anita B. Schwartz

Helen & Leo Wolk

Anonymous
Ruth & Allen Aaron
Irene & Harry Bader
Rosalyn Baker
Beverly Balos &
Mary Louise Fellows
Irving^{z1} & Deane Bassin^{z1}
Ruth Bearman^{z1}
Steve & Gail Brand
Leo & Carole Breitman
Ruth Breslermann
Barbara Brooks
Helen Brooks
Beverly & Stanley Davis
Henry^{z1} & Harriet
Davis Family
Lois & Sherman Devitt
Marilyn Dickel
Mary S. & Robert A.
Dinerstein^{z1}
Barbara Eiger
Corrine & Tom Feinberg
David E. Feinberg
Francine^{z1} & Neil Feinberg
Rose Fingerhut
Nicole & Kenneth Fink
Toba & Allen Freeman
Arlene Fried
Harriet & William Gasway
Rosalie & Andrew Gellman
Roni & Alan Gingold

Esta & Jerry Gold
Ilene & Jay Goldberg
Zelia Kanters Goldberg
Bernice Cowl Gordon
Jane & Jonathan R. Gordon
Marilyn & Dean Greenberg
Mickey Greenberg
Nancy & Robert Hartman
Mrs. Samuel M. Hartman
Debbie & Marc Hasko
Eugene Heck
Elissa Heilicher
Hilda Rose Hellman
Fran & Irving^{z1} Herman
Jory M. Herman
Audrey Hillman
Leo^{z1} & Doris Hodroff
Jake Hurwitz &
Doreen Frankel
Emmy Lou Jacobson
Lorita & Jay Jacobson
Janet & Alvin^{z1} Jaffe
Charlotte & Leonard Juster
Al Kagin
Stan & Jeanne Kagin
Sheldon & Helene B. Kaplan
Dr. Markle Karlen
Judy A. Karon
Stefanie & Robert Karon
Alan & Beverly Kasdan
Betty G. Katz
Helen & Ivan^{z1} Kenis

Kipp Family
Philanthropic Fund
Marion & E. Gary Klein
Dr. Zenith & Merle Anne
Kremen
Faye^{z1} & Mayer Krupp
Gracia & Merrill Kuller
Diane Ladenson
Nancy D. Langer
Jerry Lavin^{z1}
Jules & Rose Levin
Rhoda & Tom Lewin
Carolyn Lieberman
Sheila & Stephen Lieberman
Sybil^{z1} & Bill Lipschultz
Walter Lubov
Rhoda & Donald Mains
Ronald M. Mankoff
Gayle Marko
Betty Mae Miller^{z1}
Annette^{z1} & Marion^{z1} E.
Newman
Sandy & Harold^{z1} Okinow
Myrna Orensten
James Pomush^{z1}
Lillian & Julius^{z1} Raen
Susan & Gary Rappaport
Barbara & Harvey^{z1} Ratner
Harold & Cissy Ravits
Fay & Leonard^{z1} Ribnick
Irene^{z1} & Paul Rifkin
Ruth & Harold Roitenberg

Connie & Paul Ross Family
Harold Rothstein
Marilyn Rovner
Ada Rubenstein
Karen & Ron Sallerson
Miriam & David Sanders
Marta & Herb Schechter
Freda^{z1} & Frank Schochet
Anita B. Schwartz
Mary Segal & Marshall Cook
Ruth & William^{z1} Seltz
Dr. & Mrs. Lawrence Serber
Michelle & Steven Shaller
Rossy & Richard Shaller
Lawrence M. Shapiro Family
The Shared Fund
Dr. Melvin & Delores Sigel
Melissa Cohen Silberman
& Sheldon Silberman
Dorothy H. & Edward E.
Slonim
Sally E. Sperling^{z1}
John Spooner^{z1}
Maxine & Ben Steinberg
Vicki & Lloyd Stern
Arthur & Margaret Stone
Beryl & Frank^{z1} Strickon
Sharon & Bill Torodor
Deera & Al^{z1} Tychman
Jerome S. Yugend^{z1}
Helen & Leo Wolk

If you would like to or have already arranged for an estate gift for Sholom Foundation, please let us know so that we can honor and recognize you as a member of the Sholom Foundation Heritage Society. As always, any gifts to Sholom may remain anonymous if you so choose. Call Barbara Brooks at 952-939-1594.

A SIMPLE BEQUEST

A simple statement in your *Will* or *Living Trust* is all it takes to make a powerful gift. Gifts by bequest may be made in cash, securities, IRA and other retirement accounts, real estate or tangible personal property and may be fully deductible in determining your estate taxes.

You will want the provision to state our legal name: SHOLOM FOUNDATION
a 501(c)(3) nonprofit corporation in Minnesota.

It would be helpful if you would notify Sholom Foundation of your bequest so you can be acknowledged and honored and Sholom can plan for the future.

Contributions Received
November 1, 2010 -
February 11, 2011

Honor & Remember Your Family and Loved Ones

Donate to the Sholom
Foundation General Fund
or to any Fund on pages
13-16 (or create your own
fund). Honor family and
friends on special occasions,
wish for a speedy recovery, or
express your condolences. All
donations are acknowledged
to the individual or family
you are honoring.

Easy & Secure Ways to Donate to Sholom Foundation

To conveniently donate
online, just log onto:
www.sholomfoundation.com.
Or, call Linda Hennings at
952-939-1664 and use your
credit card. You may also
leave your credit card number
on our secure system, and
whenever you wish to make
a donation, call Linda or
fax 952-939-1591 at your
convenience with your
donation information.

In spite of our best efforts to
be accurate in recognition of
our donors, mistakes can occur.
If your name or fund was
omitted, listed incorrectly, or
misspelled, please accept our
apology and we ask that you
notify us of the error. Thank
you for your understanding.

GENERAL DONORS

Irene & Harry Bader
Adrienne & Morton Bank
Toby & Frank Berman
Bermo Inc.
Beverly Foundation
Dorothy Black
Shirley Bloomfield
Meyer Bolnick
Sandra & David Brown
Sandra Berstein Clarren
& Sterling Clarren
Jeanne E. Corwin
Gail Bernstein & Thomas Davis
Elaine & Ed Devitt
Jane Effress
David Feinberg
Ron Fingerhut
Family Foundation
Fingerhut Family Foundation
Linda & Bob Fisher
Gretta Freeman
Peter Friedlieb
Elaine & Murray Galinson
Heidi & Howard Gilbert
Ilene & Jay Goldberg
Karen & Fred Gordon
Shelley & Myron Greenberg
Gurstel Chargo PA
Dorothy & Bud Guttman
Nancy & Bob Hartman
Jan Hope
Bruce R. Kahn
Edy Kanoff
Kate Wittenstein & Greg Kaster
Betty Katz
Dayna & Steve Klein
Shelley Segal & Mayer Krupp
Nancy Langer
Jackie Leader
Sally & Mort Leder
Joy Leibman
Mr. & Mrs. Bruce Levin
Beatrice Lewenstein
Laurel & Scott Lifson
Jeanette Litman
Karen & Fred Malver
Peggy & Joel Mandel
Materials Processing
Corporation
Mary & Bob Mersky
Susan & Michael Minsberg
Marion E. Newman
Sandy Okinow
Barrie & Steve Orloff
Marjorie & Charles Ostrov
Francie & Mark Paper
Addie & Norm Perl
Lil Raen
Kimberly Reiss &
Jonathan Litton
Robin & Sam Richter
Paula & Ben Rinkey
Ruth Ann Rose
Steven Rosenberg
Carol & David Rosenblatt
Beth Rubenstein
Marta & Herb Schechter
Jack Schletty
Anita B. Schwartz
Yvonne & Chuck Selcer
Donna & Dr. Lawrence Serber

Carol & Alan Shapiro
Cynthia & Joel Shapiro
Helene & Herman Shilkrot
Dorothy & Edward Slonim
Maxine & Ben Steinberg
Judi Belzer & Jerry Waldman
Gloria & Howard Weisskopf
Betty & Harold Zats

IN HONOR OF

Arnold "Bill" Aberman
Birthday
Karen & Bruce Gershman

Sandy & Ed Abramson
Wedding Anniversary
Toba & Allen Freeman
Ann Miller

Marion Apple
Birthday
Al Apple
Shirley Baratz
Sharlene & Sid Ladin
Sue & Martin Ring
Gloria & Howard Weisskopf

Jan & Josh Arnold
Wedding Anniversary
Ruth Hartman

Molly & Sid Bader
Wedding Anniversary
Phyllis Appelbaum
Karen & Bruce Gershman
Sharlene & Sid Ladin
Linda & Ivan Schwartzman

Sid Bader
Birthday
Phyllis Appelbaum
Karen & Bruce Gershman

Alvin Badiner
Birthday
Joan & Norman Noun

Steve Baldinger
Birthday
Lorraine & Sherman Garon

Morton Bank
Birthday
Phyllis Appelbaum
Shirley Baratz
Marja Engler
Sharlene & Sid Ladin
Leslee & Mert Shapiro

Shirley Baratz
Birthday
Phyllis Appelbaum
Anita & Jack Coopersmith
Marja Engler
Lorita & Jay Jacobson
Janet M. Jaffe
Sharlene & Sid Ladin
Sandy & Art Lavintman
Arlene & Zvi Leibovich
Peggy & Joel Mandel
Sue & Martin Ring

Ardis & James Barnett
Birth of Grandson
Phyllis Appelbaum

Josh & Allison Berdass
New Baby
Peggy & Joel Mandel

Janie & David Berg
Noah Patrick's Bris
Peggy & Joel Mandel

Marilyn & Marty Berman
In Your Honor
Nancy Langer

Tammy Birnberg
Birthday
Rhoda & Gene Engelson
Sheila & Gerald Freeman
Gracia & Merrill Kuller
Gloria Pinck
Elaine & Stuart Steinman

Patti Bratter
Birthday
Gracia & Merrill Kuller

Stafford Calvin
Birthday
Gracia & Merrill Kuller

Marlys H. Cohen
Birthday
Marja Engler

Alan Covin
Birthday
Tammy & Carl Birnberg

Annalee & Alan Covin
Wedding Anniversary
Tammy & Carl Birnberg
Toba & Allen Freeman

Helen & Howard Falk
Wedding Anniversary
Harriet & Bill Gasway

Margie & Mitch Fink
Carrie's Engagement
Phyllis Appelbaum

Tobie Flasher
Birthday
Marilyn & Richard Chern

Gretta Freeman
Becoming a Great Grandmother
Lynn & Buddy Abramson

Marsha Freeman
Birth of Granddaughter;
Elodie Mandell Freeman
Lynne & Andrew Redleaf

Sandra Friedman
Birthday
Bettie & Stanley Barenbaum
Sharlene & Sid Ladin
Mimi & David Sanders

*The staff on 2 South are outstanding.
They have been so wonderful and deserve to be recognized.*

– Anita B. Schwartz, former Sholom Home West resident

Harriet Gasway <i>Birthday</i> Harriet & Miles Lane	Jeanne & Howard Heitkamp <i>Special Anniversary</i> Nancy Alexander	Sandy & Art Lavintman <i>Wedding Anniversary</i> Phyllis Appelbaum Sharlene & Sid Ladin	Maxine Papermaster <i>Birthday</i> Shirleymae Lane	Mimi & David Sanders Delores & Mel Sigel Guzzie Yager
Janice Gerton <i>Birthday</i> Nancy Langer	Fran Herman <i>Birthday</i> Phyllis Appelbaum Shirley Baratz Cecille Feldman Gloria Pinck Fay Ribnick Sue & Martin Ring	Sue & Stan Leonard <i>Birthdays</i> Rhoda & Gene Engelson Marja Engler Gretta Freeman Andrea Kaufman & Jim Jacobson Sharlene & Sid Ladin	Heidi Pergament <i>Birthday</i> Diane & Allen Kuperman	Morris Sherman <i>Birthday</i> Dede Wolfson
Jeff Getzkin <i>Birthday</i> Lynn & Buddy Abramson Ann Miller	Larry Hexter <i>Birthday</i> Harriet & Bill Gasway	Leon Lerner <i>Birthday</i> Sharlene & Sid Ladin Sue & Martin Ring	Lil Raen <i>Birthday</i> David Feinberg Peggy & Joel Mandel	Ronna & Tom Sherman <i>Wedding Anniversary</i> Toba & Allen Freeman
Henry Gimble <i>Birthday</i> Connie & Harold Weisberg	Mitchell Johnson <i>Birthday</i> Marja Engler Gracia & Merrill Kuller Sharlene & Sid Ladin	Rose & Jules Levin <i>Wedding Anniversary</i> Ruth & Allen Aaron Toba & Allen Freeman Connie & Harold Weisberg	Arnold Ribnick <i>Birthday</i> Renee Ribnick	Lois Siegel <i>Granddaughters' B'nai Mitzvah</i> Marja Engler
Neil & Barbara Gitlin <i>Barb & Neil's Simchas</i> Christy & David Baldinger	Terry Kane <i>Birthday</i> Bill & Sharon (Farsht) Torodor	Sidney Locketz <i>Birthday</i> Nikki & Steve Ladin	Stacy Roback <i>Retirement</i> Diane & Allen Kuperman	Nancy Skadron <i>Birthday</i> Ruth Hartman
Peter & Harriet Glick <i>Son's Engagement</i> Jory Herman	Everett Karon <i>Birthday</i> Harriet & Bill Gasway	Gayle Marko <i>Birthday</i> Mimi & David Sanders	Rollie & Marty Rosen <i>Brian's Marriage</i> Nancy & Rick Grobovsky	Ione & Alan Stiegler <i>Birthdays</i> Fay Ribnick
Jerry Gold <i>Birthday</i> Nancy Calvin	Delores L. Kelber <i>Happy Hanukkah</i> Fay Ribnick	Cookie & Leonard Mastbaum <i>Wedding Anniversary</i> Diane & Joe Mast	Ada Rubenstein <i>Birthday</i> Ruth & Allen Aaron Elaine & Ed Devitt Lucille & Burt Garr Roz & Arthur Jaffee Eve & Steve Kafitz Peggy & Joel Mandel Doris & Eddie Sherman	Penny Stillman <i>Birthday</i> Diane & Allen Kuperman
Arnie Goldman <i>Birthday</i> Gracia & Merrill Kuller	Brina & Milton Krelitz <i>Wedding Anniversary</i> Diane & Joe Mast	Esther Milgrom <i>Birthday</i> Shirleymae Lane	Bob Saffron <i>Birthday</i> Phyllis Appelbaum	Ralph Stillman <i>Birthday</i> Maureen & Saul Bernick Judy & Ross Dworsky
Howard Goldman <i>Birthday</i> Chelle & Leon Katz Renee Ribnick	Mayer Krupp <i>Birthday</i> Margo Berdass Lorita & Jay Jacobson Debra Krupp & Barbara Lenk Fay Ribnick	Marshall Miller <i>Birthday</i> Marja Engler Diane & Joe Mast	Michael Saxon <i>Birthday</i> Harriet & Bill Gasway Michelle & Steve Shaller	Betty Sweet <i>New Year of Good Health</i> Jeanette & Max Kurnow
Bruce Goldstein <i>Birth of Joseph</i> Lil Raen	Gracia Kuller <i>Birthday</i> Harriet & Bill Gasway	Marshall & Marlene Miller <i>Wedding Anniversary</i> Gracia & Merrill Kuller	Polly & Michael Saxon <i>Happy Valentine's Day</i> Harriet & Miles Lane	Deera Tychman <i>Birthday</i> Lorita & Jay Jacobson
Janet Greenberg <i>Birthday</i> Nancy Gordon & Butzi Lehrman Sue & Martin Ring	Allen Kuperman <i>Birthday</i> Lorraine & Sherman Garon	Albert Mintz <i>Birthday</i> Rae Besner	Darcy & Robert Schnitzer <i>New Year of Good Health</i> Jeanette & Max Kurnow	Norm Wartnick <i>Birthday</i> Lil Raen
Malin Greenberg <i>Birthday</i> Joyce & Mike Shapiro	Lisa & Randall Lane <i>Happy Valentine's Day</i> Harriet & Miles Lane	Loretta Modelevsky <i>Birthday</i> Harriet & Miles Lane	Nancy & Mike Schoenberger <i>Birth of Granddaughter</i> Peggy & Joel Mandel	Violet Werner <i>Birthday</i> Sharlene & Sid Ladin
Judy & Jon Harris <i>Wedding Anniversary</i> Jane & Jon Gordon	Harriet & Miles Lane <i>Birthdays</i> Harriet & Bill Gasway Jane & Jack Katz	Paul Norman <i>Birthday</i> Phyllis Appelbaum	Ruthie Schoenberger <i>Happy Hanukkah</i> Fay Ribnick	Leo Wolk <i>Birthday</i> Joyce & Alan Branfman
Bob Hartman <i>Birthday</i> Ruth Hartman	Nancy & Steve Lane <i>Happy Valentine's Day</i> Harriet & Miles Lane	Norman Noun <i>90th Birthday</i> Margo Berdass Shirley Jaffe Sue & Martin Ring	Doris & Eddie Sherman <i>Wedding Anniversary</i> Joan & Jay Binder Elaine & Ed Devitt Gretta Freeman Natalie & Bud Harris Roz & Arthur Jaffee Ada Rubenstein	A SPEEDY RECOVERY TO
David Hartman <i>Birthday</i> Ruth Hartman				Estelle Baldinger Phyllis Appelbaum Diane & Allen Kuperman
JoEllen Hartman <i>Birthday</i> Ethel Mayeron				Barbara (Bobby) Bloom Lorita & Jay Jacobson Stefanie & Robert Karon
				Darlene Braufman Maureen & Saul Bernick

Sholom Foundation Donations

continued

Sharon Deutch
Carole Davidson

Corinne Epstein
Mary Doroshov

Evelyn Flom
Joyce & Mike Shapiro

Stephen Goldfarb
Judy & Ross Dworsky

Larry Gravitz
Jerome Ingber &
Judith Brin-Ingber

Phillip Greenberg
Fay Ribnick

Elissa Heilicher
Peggy & Joel Mandel

Peter Jonas
Lorita & Jay Jacobson
Renee Ribnick

Joy Kaplan
Phyllis Appelbaum

Elizabeth (Lisa) Latts
Joanne & David Sher

Jeanne Levin
Shirley Baratz
Rhoda & Gene Engelson
Gretta Freeman
Toba & Allen Freeman
Sharlene & Sid Ladin
Sue & Martin Ring

Sidney Levin
Irving Levin

Nancy Novak
Diane & Allen Kuperman

Jan Raskin
Fay Ribnick

Bob Rees
Mimi & David Sanders

Harold Ring
Shelley Segal &
Mayer Krupp
Fay Ribnick

Marty Rosen
Nancy & Rick Grobovsky

Paul Royce
Nancy Langer

Jan Saffron-Johnson
Diane & Allen Kuperman

Al Salsberg
Phyllis Appelbaum
Shirley Baratz

Carol Segal
Maureen & Saul Bernick

James Segal
Marja Engler

Steven Shaller
Peggy & Joel Mandel

Mert Shapiro
Phyllis Appelbaum
Gracia & Merrill Kuller
Sue & Martin Ring
Mimi & David Sanders
Linda & Ivan Schwartzman

Robert Wallach
Phyllis Appelbaum
Judy & Ross Dworsky

Guzzie Yager
Rosann Kahner
Harriet & Miles Lane

IN APPRECIATION OF

Wendy & Howie Bach
Shabbat Dinner
Ruthie Schoenberger

Marissa Rosenblum
& David Upin
Hospitality
Michelle & Steve Shaller

Jim & Van Sanders
Sheva & Tom Sanders
Judy & Jerel Shapiro
Cookie Toles
David Tychman
*Birthday Party for
Gayle Marko*
Gayle Marko

IN MEMORY OF

Joan Abelson
Judy & Ross Dworsky
Shelley Segal &
Mayer Krupp

Stanley Barenbaum
Joan & Jay Binder
Rhoda & Gene Engelson
Marja Engler
Sharlene & Sid Ladin
Ada Rubenstein

Renee Barinbaum
Jan & Josh Arnold
Bettie & Stanley Barenbaum
Jo Ellyn & Jamie Cohen
Rosie & Andy Gellman
Karen & Bruce Gershman
Laurel & Scott Lifson

Dr. Maxwell Barr
Gina Tapper

Mary Jane (MJ) Bear
Sue & Martin Ring

Rose Becker
Harriet & Bill Gasway

Theresa (Tess) Berenberg
Peggy & Joel Mandel

Hannah Bialick
Jory Herman
Marilyn Spektor

Barbara Bigelow
Jory Herman
Margery & Stuart Pihlstrom

Goldie R. Blum
Sandy & Ed Abramson

Sam Blumenfeld
Jan & Josh Arnold
Roz & Zig Gottlieb

Idelle Brand
Phyllis Appelbaum
Margo Berdass
Janet M. Jaffe
Debra Johns
Karen Robitz

Jon Brant
Al Apple

Clare Breitman
Judy & Mel Cofman
Nancy & Stan Skadron

Perry Burke
Diane & Allen Kuperman

Mitchell "Mike" Burnstein
Sheri & Sonny Feldman

Ellen Cahn
Shirley Baratz
Marja Engler
Sharlene & Sid Ladin

Bernice Cohen
Phyllis Appelbaum

Joel Cohn
Fay Ribnick
Maureen & Saul Bernick

Sam Davis
Dr. Melvin & Delores Sigel

Irving Efron
Arlene & Steve Winnick

Stan Familant
Fredda & Mark Bisman

Rose Fingerhut
Rae Besner
Joan Feinberg
Lorita & Jay Jacobson
Stefanie & Robert Karon
Gracia & Merrill Kuller
Harriet Levy
Peggy & Joel Mandel
Ilene & Bruce Zwick

Father of Dr. Henry Fink
Rae Besner

Paul Fink
Edith Calin
Marjorie Volk

Jerome & Bernice
Fischbein
Phyllis Appelbaum
Rosie & Andy Gellman
Shelley Segal &
Mayer Krupp
Laurel & Scott Lifson
Margie & Mark Merdress
Fay Ribnick
Delores & Mel Sigel

Marvin Frieman
Jory Herman
Ruthie Schoenberger

Estelle Gale
Nancy Langer

Sylvia Gelt
Shirley Baratz

Lee & David Gilats
Judy Gilats

Carole Gilbert
Shirleymae Lane

Henry Ginsburg
Judy & Ross Dworsky
Lenore & Shale Gollop

Linda Godwin
Harriet & Bill Gasway

Allan (Bud) Goldberg
Bettie & Stanley Barenbaum
Elaine & Ed Devitt
Rhoda & Gene Engelson
Marja Engler
Gretta Freeman
Toba & Allen Freeman
Margie Freeman
Gracia & Merrill Kuller
Sharlene & Sid Ladin
Harriet & Miles Lane
Diane & Joe Mast
Joan & Norman Noun

Francie & Mark Paper
Lynne & Andrew Redleaf
Renee Ribnick
Linda & Ivan Schwartzman
Joan L. Shapiro
Delores & Mel Sigel
Dede & David Smith
Risa Weisman
Fremajane & Blair Wolfson
Stan Wolkoff
Guzzie Yager

Richard N. Goldman
Marja Engler

Alan Goldstein
Irving Levin

Arthur & Constance
Goodman
Stephanie Goodman &
Mary Ann Goodman
Reilly

Janet Gordon
Joan & Jay Binder
Elaine & Ed Devitt
Rhoda & Gene Engelson
Gretta Freeman
Toba & Allen Freeman
Linda & Murray Kieffer
Sharlene & Sid Ladin
Connie & Paul Ross
Fern S. Silverman
Helen & Don Swartz

Guy Greengard
Ruth Hartman

Marjorie Grossman
Nance Alexander
Phyllis Appelbaum
Jan Apple
Harriet Davis
Judy & Mel Goldfein
Martin & Susanne Kanter
Nancy Secher
Jean Tews

Floanne S. Hanson
Maureen & Saul Bernick
Diane & Allen Kuperman

Mother of Joanne Harris
Judy & Ross Dworsky

Wallace Harris
Shirley Baratz
Marja Engler
Karen & Bruce Gershman
Janet M. Jaffe
Shelley Segal &
Mayer Krupp
Sharlene & Sid Ladin
Laurel & Scott Lifson

The physical and occupational therapy staff at Sholom was absolutely first rate, and I received very good care during my stay following knee surgery.

– Dr. Melvin Sigel, Former Sholom Home West rehabilitation resident

Joan & Norman Noun
Connie & Paul Ross
Delores & Mel Sigel

Renee Haskell
Channing Weiner

Agnes Hedner
Sharlene & Sid Ladin

Etta Jacobs
Renee Ribnick

Geraldine (Geri) Kalin
Nance Alexander
Shirley Baratz

Mike Kalland
Aimee & Noah Feldman
Susan & Barry Taran

Beni Katz
Fern & Jim Badzin
Maureen & Saul Bernick
Arline Bloom
Rivoli Golden
Lorita & Jay Jacobson
Leslie Joseph & Mark Lybik
Shirleymae Lane
Peggy & Joel Mandel
Lisa & Richard Rotenberg

Betty Katz
Lorita & Jay Jacobson
Arden Johnson

Ziwa Alexander Katz
Phyllis Appelbaum

Bess Kirschbaum
Jo Ellyn & Jamie Cohen
Mark Freidson &
Betty Holmes
Jerome Ingber &
Judith Brin-Ingber
Judy & Howard Kauffman
Diane & Allen Kuperman
Joanie & Alan Levey
Susan & Barry Taran

Julius Klein
Judith & Dennis Holcomb

Irving Kowitz
Hazel Chase

Katy Krenzen
Rivoli Golden
Lorita & Jay Jacobson
Peggy & Joel Mandel

Pearl Kristal
Esther G. Getzug

Lonia (Baubie) Kuperman
Sandy & Ed Abramson
Jill Altman
Deborah & Michael Armel
Karen & Martin Aronauer
Joan & Richard Baker
Judy & Bruce Barnett
Judy & Fred Baron
Shirley & Marshall Besikof
Arline Bloom
Jodi & Joe Bohrod
Marlene & Jim Bukstein
Annalee & Alan Covin
Karen Dahlgren &
Timothy Usher

Mary Ann Dallas
Carole Davidson
Lois & Dale Dobrin
Clarice & Henry Epstein
Linda & David Estrin
Aimee & Noah Feldman
Linda & Rich Freeman
The Gale Family
Stacy & Jon Gallop
Phyllis & Philip Garon
Cheryl & David
Goldenberg

Avis & Bob Held
Lory & Randall Herman
Janice & Lewis Hidem
Marie Hidem &
Michael Mankey
Cindy & Richard Howe
Evie & Alan Ingber
Cathy & Richard Jacobson
Margaret & Stan Jaffy
Mary Jenkins
Jan Saffron-Johnson &
Tom Johnson
Steven & Marion Kahn
Martin & Susanne Kanter
Phillip & Mary Beth Kibort
Crickie & Richard Klegon
Shelley Segal &
Mayer Krupp
Riva & Craig Kupritz
Staci & Steve Kvasnik
Steve & Linda Laden
Sheila & Merle Lazerine
Natalie Levy
Susan & Rick Levy
Betty Sue &
David Lipschultz
Bonnie & Steve Litton
Ari B. Lukoff
Toby & Mark Lukoff

Lisa & Gordon MacFarlane
Paula & Bob Maisel
Jorie & Robert Malk
Eileen & Les Meltzer
Kristina & Kenneth
Mitchell
Pediatric Consultation
Prairie Dental Group
Carolyn & Richard Riley
Pat & Terry Rosborough
Barbara Friedman &
Lon Rosenfield
Judy & Stephen Sands
Margery & Mark Sborov
Robyn Schwartz
Michele & Spenser Segal
Paul & Marilyn Serber
Cari and Jeff Shaw
Anna & Chuck Silverman
Vicki & Michael Siskin
Debbie & Bob Smith
Dede & David Smith
Esther & Stewart Stein
Susan & Barry Taran
Vinocopia
Jeanne Walsh
Jill & Steve Wolpert
Judy & Elliot Wolson
Jeremy & Jennifer Zacks
Dawn & Daniel Zouber

Jerome V. Lavin
Andrew J. Rapoport

Annette Lederman
Kathy & David Cooper
Diane & Allen Kuperman
Peggy & Joel Mandel

Marilyn Leis
Shirley Baratz
Peggy & Joel Mandel

Sally Leventhal
Shirleymae Lane

Harmony Levin
Irving Levin

Sidney H. Levinsohn
Phyllis Appelbaum
Elaine & Larry Hallfin
Joanie & Alan Levey
Sharon & Jerry Trestman

David Lindgren
Adell Niedorf
Kim Shaller

Sybil Lipschultz
Fern & Jim Badzin
Bremer Bank
Judy & Marty Cohn
Cheryl & David
Goldenberg
Jerome Ingber &
Judith Brin-Ingber
Sandy & Brian Kamin
Diane & Allen Kuperman
Helene Lesser
Marilyn & Martin
Lipschultz
Loretta Orstad
Connie & Harold Weisberg
Barbara Winthrop
Fremajane & Blair Wolfson

Eda Litton
Callista & George Abide
Naomi & Neil Arnold
Tracy & Samuel Arnold
Marlys & Elliot Badzin
Sandy & Lou Bennett
Maureen & Saul Bernick
Arnold & Sura-Fraida Blatt
Bonnie & Herb Buchbinder
Connie & Butch Clayman
David & Robyn Cook
Ann & Neil Covin
Mark & Daine Davidner
Lois & Dale Dobrin
Susan & Jim Dockman
Randy & Tom Edelstein
Janet & Steven Gershon
Michael L. Goldstein,
D.D.S.

Benny & Susan Harding
Jory Herman
Jennifer & John Isenberg
Anne & Mike Jacobs
Mitzi & Terry Kane
Pam & Bill Kanter
Marcia Karbank &
Joe Smuckler
Kelly Drive Pumpkin
Growers Association
Diane & Allen Kuperman
Cynthia & Brent Larson
Elizabeth & Sandy Latts
Deborah Lien
Carol & Joel Lissauer
Lurie Besikof Lapidus
Charitable Foundation
Paula & Bob Maisel
Lorraine & Seymour
Merrall
Suzanne Merrall
Alan & Arlene Milser

Minnesota Association of
Orthodontists
Charlotte & Irv Nudell
Marcia & Allen Oleisky
Andrea & Bob Oleisky
Susan & Steve Osman
Serene & Lenny Paletz
Linda & Mike Platt
Sherrie Renberg Kaplan
& Jerome Kaplan
Karen Robitz
Howie, Paula, Josh &
Sydney Roston
Janie & Don Rutman
Faye B. Segal
Esther & Stewart Stein
Cheri & Mike Sudit
Barbara Swaiman &
Mark Franklin
Susan & Barry Taran
Fran & William Thelen
Constance & Todd Tsuchiya
Joann & Martin Virshek
Ann & Neil Wasserman
Sonia & Steve Winthrop
Raisa & Melvin Woods

Esther Malka
Peggy & Joel Mandel

Leon Malter
Diane & Allen Kuperman
Fay Ribnick

Muriel "June" Margoles
Sally Orren

Sister of William Marver
Renee Ribnick

Zelda Melemed
Donamae Koppelman

Sylvia Mills
Maureen & Saul Bernick

Irving Misel
Renee Ribnick
Stan Wolkoff

Norman Noun
Lori Appelbaum
Phyllis Appelbaum
Jan & Josh Arnold
Stuart Bader
Shirley Baratz
Ethel D. Barr
Margo Berdass
Joan & Jay Binder

Sholom Foundation Donations

continued

Sally & Eric Bressler Barbara Brooks Sally & Ben Cohen Lois & Sherman Devitt Elaine & Ed Devitt Susan & Len Druskin Jill & Bob Edelstein Patti & Lee Engler Gloria Esensten Toba & Allen Freeman Lynn & Howard Goldman Mary and Steven Goldstein Nancy Gordon & Butzi Lehrman Cher & Scott Harris Natalie & Bud Harris Fran Herman Gerre & Morrie Hoffman Rivia & Sheldon Kaplan Karen & Farley Kaufman Judy Lebedoff & Hugh Klein Reesa and Steve Kleineman Susie & Hart Kuller Jan & William Kuretsky Sharlene & Sid Ladin Arlene & Zvi Leibovich Harriet Levy Jane & Todd Lifson Jack & Cindy Mayeron Esther Miller Evelyn Morgan Heidi Noun & Michael Collins Anne Drake & Arnie Orloff Margery & Stuart Pihlstrom Debra Revzen Nancy & Kevin Rhein Renee Ribnick Louise & Jerry Ribnick Sue & Martin Ring Norton & Elaine Rogin Mimi & David Sanders Leslee & Mert Shapiro Alan & Marilyn Shapiro Doris & Eddie Sherman Shirley Silberman Eileen & Jeff Silver Audrey Single Debbie & Craig Spencer Nancy Toberman Mark & Robin Wolff Randee & Sam Wolfson Guzzie Yager	Father of Karen & Gil Phon Joan Noun Gabby Poliansky Diane & Allen Kuperman Irving Posnick Phyllis Appelbaum Shirley Baratz Merle Anne & Zenith Kremen Judy & Bunny Kuller Sharlene & Sid Ladin Neil Naftalin Joan & Norman Noun Nan Posnick Phyllis Appelbaum Sharlene & Sid Ladin Neil Naftalin David Prass Stefanie & Robert Karon David Raskin Paula & Don Bernstein Elaine & Ed Devitt Marilyn Dickel Douglas Koch Harriet Levy Ada Rubenstein Dede & David Smith Liz Ward Burt Ribnick Renee Ribnick Avrom Robinow Harriet & Bill Gasway Dede & David Smith Helen Rockler Golden Valley Women's DFL Club David Kurs Liz Kurs Robert Rockler Bernice & Bill Rosen Dede & David Smith Father of Stephanie Rozman Susan & Barry Taran Jerry Savitt Phyllis Appelbaum Marja Engler Rosie & Andy Gellman Donamae Koppelman Risa Weisman	Marvin Scherzer Joanie & Alan Levey Beth & David Meyer William F. Schletty Toba & Allen Freeman Leah Seft Jane & Jon Gordon Diane & Allen Kuperman Joyce Shapiro Peggy & Joel Mandel Lois Shaw Phyllis Appelbaum Shirley Baratz Maureen & Saul Bernick Linda & Murray Kieffer Diane & Allen Kuperman Sharlene & Sid Ladin Jane & Todd Lifson Marion Slavin Maureen & Saul Bernick Mae (Mickey) Smith Shirley Baratz Bettie & Stanley Barenbaum Gretta Freeman Toba & Allen Freeman Rosann Kahner Stefanie & Robert Karon Judy Karon Merle Anne & Zenith Kremen Sharlene & Sid Ladin Shirleymae Lane Joanie & Alan Levey Joan & Norman Noun Fay Ribnick Mimi & David Sanders Shelley Segal & Mayer Krupp Joan L. Shapiro Stan Wolkoff Guzzie Yager Anna Spektor Rhoda & Gene Engelson Lenore & Shale Gollop Sara & Curt Hoepfner Harriet & Dick Johnson Laurie Laner Jon Lebewitz Frank Lerman Phyllis & Aaron Mark Jack & Cindy Mayeron Jamie & Gregory Molle Eileen & Jeff Silver Marjorie Volk Tom & Gloria Wesely	Ethel (Attie) Spektor Phyllis Appelbaum Fern & Jim Badzin Bettie & Stanley Barenbaum Margo Berdass Elaine & Ed Devitt Marja Engler Joan Feinberg Gretta Freeman Mark Freidson & Betty Holmes Eileen Garelick Emmy Lou Jacobson Jan Saffron-Johnson & Tom Johnson Sharlene & Sid Ladin Joan & Norman Noun Loretta Orstad Lisa & Bruce Peilen Anna & Chuck Silverman Harold (Hersh) Spektor Rae Besner Lynn & Ed Bick Jo Elyn & Jamie Cohen Susan & Phillip Fantle Lois & Larry Gibson Jerome Ingber & Judith Brin-Ingber Harriet & Dick Johnson Jeanette & Max Kurnow Laurie Laner Rhoda & Don Mains Phyllis & Aaron Mark Jamie & Gregory Molle Al & Catherine Rashid Eileen & Jeff Silver Anne Sklar Teresa & Irving Victor Marjorie Volk Marjorie Wasserman & Neal Gendler Sally Sperling Phyllis Sperling Harley Stein Joanie & Alan Levey Anne Steiner Shirley Baratz Nancy Stesin Diane & Allen Kuperman Neil Naftalin Fay Ribnick Jerry Strauss Phyllis Appelbaum Jory Herman Roz & Arthur Jaffee Judy & Howard Kauffman Diane & Allen Kuperman	Sharlene & Sid Ladin Shirleymae Lane Fay Ribnick Ruthie Schoenberger Rochelle Sutin Carole & Leo Breitman Linda & Rich Freeman Shirleymae Lane Joan & Norman Noun Al Tychman Lorita & Jay Jacobson Susan Walsh Fredda & Mark Bisman Joyce Warshawsky Lorita & Jay Jacobson Peggy & Joel Mandel Fay Ribnick Mimi & David Sanders Joan L. Shapiro Sister of Annette Weinberg Judy & Ross Dworsky Adele Burstein Winer Sheri & Sonny Feldman Lenore & Shale Gollop Marcia & Allen Oleisky Margery & Stuart Pihlstrom Alys Yarmo Bettie & Stanley Barenbaum Charles (Chuck) Zalk Jack Adler Natalie & Bud Harris Sue & Martin Ring Fred Ziman Phyllis Appelbaum Shirley Baratz Margo Berdass Lou Ann Bongard Shelley Segal & Mayer Krupp Diane & Allen Kuperman Shirleymae Lane Peggy & Joel Mandel Fay Ribnick Dr. Melvin & Delores Sigel
---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Sholom Foundation Funds

Our sincere appreciation to our donors who have established the following new funds:

TRUSTEE

David E. Feinberg Family Fund*
(fund increased from Patron)

BENEFACTOR

Dr. Gail A. Bernstein &
Dr. Thomas J. Davis Fund
Anita B. Schwartz Benefits and
Training Fund for Sholom Home
West Direct-Care Staff

SPONSOR

Sandra M. & David M. Brown
Family Fund
Ruth Snyder Herzoff Fund

Those Funds that have been increased over time to a higher level are designated by an ""*

For Your Convenience...

We encourage donors with a fund at Sholom Foundation to call Arden at 952-939-1592 if you would like a supply of personalized donation envelopes sent to you.

FOUNDER

Lawrence Applebaum Fund
Edelstein Family Foundation Fund*
Fingerhut-Deikel Family Fund*
Leo & Doris Hodroff Fund
Harold & Sylvia Liefschultz Fund*
Harold & Sylvia Liefschultz
Excellence in Care Fund
Numero-Steinfeldt Foundation Fund*
Jay & Rose Phillips Family Fund*
Harvey and Barbara Ratner Fund
Roitenberg Family Assisted
Living Fund
Michelle & Steven Shaller
Family Fund
Allen D. Shores Family Fund
John Spooner Fund
Howard & Joanne Weiner
Family Fund

PILLAR

Melvin Cohen Fund
Addie & Norman Perl Family Fund
Marlene (Terry) Sanford Fund

BUILDER

Gus Axelrod Fund
Jennie Cooperman &
Idelle Snyder Fund
Beverly & Richard Fink Fund
Harry Garber Fund
Alan and Roni Gingold Fund
Jerome V. Lavin Fund
Sheila & Stephen E. Lieberman Fund
Alvin E. & Mildred H. Miller Fund*
James Pomush Fund
Lisle Saloschin & Etta Saloshin Fund*
Selma & Sam Swartz Fund
Waller Family Fund*
Harry S. Wartnick Fund*

TRUSTEE

Kenneth and Sally Leafman
Appelbaum Fund*
Mathew & Evelyn Broms Family Fund
Ben & Vivian Calmenson Fund
Cohen-Silberman Direct Care
Staff Training & Retention Fund
Harry H. & Sarol Dworsky Fund
Edith Linoff Edelman Assisted
Living Scholarship Fund
David E. Feinberg Family Fund*
Florence & Harold Fischbein Fund*
Louis and Kay Galinson Fund
Jane & Jonathan Gordon Family Fund
Dean & Marilyn Greenberg
Family Fund
Celia & Amos Heilicher Fund*

Jory M. Herman Fund
Susan & Gerry Hughes Family Fund
Kagin Family Fund*
Faye & Mayer Krupp Family Fund
Merrill & Gracia Kuller Family Fund
George & Marion Levine Fund
for Medical Needs
Stephen K. Lieberman Fund*
Rhoda & Donald Mains Fund*
Heidi Schechter Moldo Hospice Fund
Ben & Pearl Myzel Fund*
Sandra & Harold Okinow Fund
Lena E. Oreck Fund
Francie & Mark Paper Family Fund*
Franzi & Ray Perlman Fund
The Phileona Foundation Fund*
Susan & Gary Rappaport Family Fund
Harold & Ruth Roitenberg
Family Fund
Sabes Family Fund
Miriam & David Sanders Fund
Miriam & David Sanders
Roitenberg Scholarship Fund
Lawrence M. Shapiro Family Fund
Bob & Herta Sinykin
Long Term Care Fund
John Spooner Fund
Ben & Maxine Steinberg Family Fund
Manya & Red Sturrey Sholom East
Maintenance Fund
Tychman Family Fund*
Bessel Weiss Estate Fund

PATRON

Tess Armstrong Entertainment
Fund for Sholom East
Mike & Kathleen Belzer Fund
Theresa & Nathan Berman Fund
Steve A. & Gail Greenspoon Brand
Family Fund
Bonnie & Martin Bush Family Fund
Yetta & Carl Chalfen Family Fund
Sam & Sylvia Chernoff Fund
Pearl & Milo Chozen Fund*
Eva & Marius Cohn Family Fund
Sherman & Lois Devitt
Building and Equipment Fund
Max & Sara Lee Edelstein
Scholarship Fund
Neil & Francine Feinberg Fund
Shirley Levitan Goldberg Fund
Dr. Moses & Bernice Cowl Gordon
Music Fund*
Phillip W. Grodnick Fund
N. Bud Grossman Fund
Roz & Arthur Jaffee Family Fund*
Alan & Beverly Kasdan Fund*
Harry Kay Dinner Fund

Sholom Foundation Funds

Gifts & Naming Opportunities

For endowment gifts of \$10,000 and more, a designated fund, in your name or the name of a loved one, may be established.

All funds are acknowledged with plaques on the Walls of Honor at Sholom Home West and the Shaller Family Campus.

For larger gifts, in addition to establishing a fund, you may wish to take advantage of the opportunity to dedicate or name specific areas, rooms, equipment, furnishings and programs of the Sholom Community Alliance.

For more information call
952-939-1593.

*The Sholom Foundation
gratefully acknowledges
the Schochet Family
for helping to underwrite
the Circle of Life.*

Margie & Leo Levie Nurses'
Scholarship Fund
Sybil & Bill Lipschultz Family Fund
Harvey Lubov Fund
Ben Miller Foundation Nurses' Fund*
Fay & Leonard Ribnick Family Fund*
Victor Rosenblum Family Fund
Shirley & Charles "Chuck" Rothstein
Family Fund
Sam & Mary Saide Fund
Lou & Faith Saunders Fund
Frank & Freda Schochet Family Fund*
Linda & Ivan Schwartzman Fund*
Selcer Family Fund*
Zetta & Leonard Shapiro
Family Fund*
Shuirman Family Endowment Fund*
Max P. Snyder Fund
Arthur & Margaret Stone Family Fund
Gary & Marsha Tankenoff and
Scott & Hindy Tankenoff
Families Music Fund
James & Paula Tankenoff Music Fund
Tenenbaum Family Fund
Leo & Helen Wolk Family Fund*

BENEFACTOR

Anonymous
Allan L. Apter Fund
Bernard & Fern Badzin Fund
Marvin F. Bank Fund
Amy & Stanford Baratz Family Fund
Shirley & Zollie Baratz Family Fund
Linda & Robert Barrows Fund
Margo & Fred Berdass Family Fund*
Essie Berkman Douglas & John
Berkman Memorial Fund
Bloomfield Family Fund
Gerald & Joy Bratter Family Fund
Diane & Richard Cohen Family Fund
Beatrice & Stanley Cowle Fund*
Beatrice & Stanley Cowle Special Fund
Dachis Family Fund
Harriet & Henry "hanc" Davis
Family Fund*
Dr. Gail A. Bernstein &
Dr. Thomas J. Davis Fund
Ross & Judy Dworsky Family Fund
Mike & Marja Engler Fund*
Sam & Frances Finkelstein
Staff Education Fund*
Freeman Family Fund
Harold & Zelda Goldenberg Fund
Lawrence & Ronya Greenberg
Family Fund
Roger & Myra Greenberg Family Fund
Janice Sarah Hope Fund
Jake Hurwitz & Doreen Frankel Fund

Rose Jacobs Employee
Healthcare Fund
Alvin & Janet Jaffe Fund*
Naomi & Dutch Kastenbaum Fund
Robert Katz & Janice Katz Sigal Fund
Helen & Ivan Kenis Fund
Jack Krenzen Family Fund
Jeanette & Max Kurnow Family Fund
Morton & Sally Leder Fund
Rhoda & Tom Lewin Family Fund
Joy & Ronald M. Mankoff Fund
Joy Marcus Fund
Vernon & Alexandra Mark
Family Fund
Edith & Sidney D. Milavetz Fund*
Betty M. Miller Fund
Raleigh L. Morgan Fund
Annette & Marion E. Newman Fund
Ossie Widdes Perlman Fund
Lillian & Julius Raen Fund*
Benjamin & Lillian Ravich Family
Activities Fund
Paul N. & Irene Rifkin Sholom
Employee Education Fund
Rischall Family Fund
Norton & Bert Rockler Fund*
Bernard "Sonny" & Mary Rose Fund
David & Carol Rosenblatt
Family Fund
Connie & Paul Ross Family Fund
Mike Salloway & Lorie Reznick
Salloway Fund for Hospice Care
James & Van Sanders Family Fund*
Sheva & Tom Sanders Fund
Hy & Dorothy Schanfield
Family Fund
Irving & Jacqueline Schectman Fund
Sam Schlesinger Family Fund
Nancy & Michael Schoenberger
Family Fund
Anita B. Schwartz Benefits and
Training Fund for Sholom Home
West Direct-Care Staff
Bess & Dan Seligman Family Fund*
Alan, Joel & Robert Shapiro
Family Fund
Harry, Rosalind, Morton & Joan
Shapiro Fund*
Aaron & Sadie Siden Family Fund
Dr. Melvin & Delores Sigel
Family Fund*
Constance & Gerald Singer Fund
Dorothy & Edward Slonim Fund
Mickey & Harold Smith Fund for
Rabbinic and Religious Activities
Frieda Juster Sperling Nurses'
Scholarship Fund*
Mollie B. Tankenoff Music Fund
for Sholom East

Marion & Ed Vinokour Fund
Vi & Harvey Werner Fund

SPONSOR

ACADEMY Fund

Anonymous

Ruth & Allen Aaron Family Fund

Edward M. Abramson Fund

Alpha Omega International Dental

Fraternity Alumni Chapter Fund

Ronald Shalom Amdur Fund

Phyllis & Melvin Appelbaum Fund

Al & Donna Apple Family Fund

Reverend Samuel A. Baker

Religious Activities Fund

Judy & Fred Baron Family Fund

Deane & Irving Bassin Fund

Ruth Hallock Bearman Fund

Barbara D. & Lee Bearmon Family Fund

Constance & Sydney Berde Family Fund

Betty & George Berman Family Fund

Bernice & Milton Bernick Family Fund

Ben & Pauline Bernstein Rabbinic

and Judaica Activities Fund

Shirley & Marshall Besikof Family Fund

Joanne Ferraro & Robert J. Beugen

Assisted Living Scholarship Fund

Naomi & Harry Birger Family Fund

Dorothy Black Employee Emergency

Loan Fund

Blumenson Flower Fund at

Sholom Home West

Lou Ann & Leon Bongard Family Fund

Carole & Leo Breitman Fund

Elinor D. Brodie Fund

Samuel Brodsky Fund

Sandra M. & David M. Brown

Family Fund

Elaine & Ron Burton Family Fund

Cohen Fund

Burt & Jeanne Corwin Family Fund

Isadore Crystal Family Fund

Mary & Harold Doroshow Family Fund

Shirley Dworsky Fund

Barry Effress Fund

Rod Effress Employee Benefit Fund

David S. & Barbara Eiger Fund

Linda Sharon Engel Fund

Rhoda & Gene Engelson Family Fund

Alex & Zelda Epstein Education Fund

Corrine R. & Thomas D. Feinberg Fund

Joan & Arnold Feinberg Fund

Kenneth Chaim Fink Fund

Richard J. & Beverly N. FitzGerald Fund

Frailich Family Library Fund

at Sholom West

Arlene M. Fried Fund

Lillian D. Geller Family Fund

Andrew & Rosalie Gellman Family Fund

To Establish a Sholom Foundation Fund

Funds are acknowledged by a plaque on the Walls of Honor
at Sholom Homes West and The Shaller Family Campus.

FOUNDER	\$1,000,000 cash, pledge or deferred
PILLAR	\$500,000 - \$999,999 cash or pledge or \$750,000 - \$999,999 deferred
BUILDER	\$250,000 - \$499,999 cash or pledge or \$500,000 - \$749,999 deferred
TRUSTEE	\$100,000 - \$249,999 cash or pledge or \$200,000 - \$499,999 deferred
PATRON	\$50,000 - \$99,999 cash or pledge or \$100,000 - \$199,999 deferred
BENEFACTOR	\$25,000 - \$49,999 cash or pledge or \$50,000 - \$99,999 deferred
SPONSOR	\$10,000 - \$24,999 cash or pledge or \$20,000 - \$49,999 deferred

A "deferred" gift is a bequest or planned gift that will benefit Sholom following the death of the donor or annuitant. Combinations of cash pledges and deferred gifts are welcome.

Gepner-Silverman Fund

Karen & Bruce Gershman Family Fund

Florence & Manuel Giffis Family Fund

Ida & Bernard Gingold Family Fund

Esta & Jerry Gold Family Fund

Jay & Ilene Goldberg Family Fund

Sanford & Marlene Goldberg

Family Fund

Babe & Rivoli Golden Family Fund

Sylvia & Arnold Goldman Family Fund

Dr. Sewell Gordon Nursing

Scholarship Fund

Mary & Leland Gottstein

Family Employee Benefit Fund

Mike & Donna Green Fund

Janet & Harold Greenberg Family Fund

Irene & Saul Greenspoon Family Fund

Ferne & Edward Grosman Fund

Gurstel/Chargo Families Fund

Samuel M. Hartman Fund

Ruth Snyder Herzoff Fund

Phyllis B. & Howard "Buddy" R.

Harris Continuing Education Fund

Hasko Family Fund

Elissa J. Heilicher Fund

Sally & David J. Hoffman Fund

William & Edith Hurvitz Fund

Etta Jacobs Flower Fund for

Sholom Home East

Lorita & Jay M. Jacobson Family Fund

Bruce R. Kahn Family Fund

Kaitz Family Fund

Steven A. Kalin Fund

Estelle & Joe Kane Family Fund

Thomas & Etta Miller Kaplan Fund

Judy A. Karon Fund

Sally Karon Family Fund

Sternie Kissin-Rosen Fund

Lee & Barbara Kopp Fund

Dr. Zenith & Merle Anne Kremen

Family Fund

Nettie & Ben Kramer Fund

Faye & Mayer Krupp Employee

Emergency Loan Fund

Sharlene & Sidney Ladin Family Fund

Miles & Harriet Lane Family Fund

Nellie, Leo & Judy Langer

Memorial Fund

Darren Lederfine Fund

Carol L. & Jerry W. Levin Fund

Rose & Jules Levin Family Fund

Lois Levine Fund

Gloria & Fred Levy Fund

Harriet & Marvin Levy Family Fund

Ben & Ruth Liman Family Fund

Laurel & Scott Lifson Family Fund

Erma G. Lipschultz Fund

Murray & Eda Litton Fund

Harriet & William Lumel

Resident Care Training Fund

Peggy & Joel Mandel Family Fund

Mildred & Louis Marko Fund

Sholom Foundation Funds

SPONSOR *continued*

Joseph & Diane Mast Family Fund
Ann & Julius Miller Fund
Ben & Adith Miller Fund
Rose Smith Mirsky Family Fund
George & Edith Nadler Family Fund
Miriam & Nelson Neuman Family Fund
Northland Endowment Fund
Joan & Norman Noun Family Fund
Barrie & Steven Orloff Family Fund
Carol & Mickey Orren Fund
Peilen Library Fund for
Sholom Home East

Gertrude & Howard Perlman Fund
Gloria & Sheldon Pinck Family Fund
Truen & Bert Press Fund
Diane & Jon Rappaport Family Fund
Dona & Mike Rodich Family Fund
Norman & Ruth Ann Rose Fund
Mildred S. & Myer H. Rosen Fund
Burton G. Ross & Cynthia
Rosenblatt Ross Fund
Marilyn Rovner Fund
Jeanette & Samuel Rubenstein
Family Fund
Esther S. & Manuel H. Ruder Fund
Berneen Rose Rudolph Fund
Miriam & David Sanders Fund for
Menorah Plaza & Menorah West
Clara & Leonard Savitt Fund
Fannie & Abe Schanfield Fund
Schechter Family Fund
Lois & Sam (Chick) Schenfeld
Family Fund
Shelley & Dr. Eddie Segal
Family Bus Fund
Seiler Family Fund
Ben & Leah Serber Family Fund

Shapira Family Building Fund
Sam & Lorraine Shark Family Fund
Charlotte & Monroe Shine
Building Maintenance Fund
Sholom Community Alliance
Employee Contribution Fund
Rivian & Leonard Silesky Fund
Dee & Norman Silver Fund
Rose Butwin Silverstein Fund
Arnold & Kaethe Simon Fund
Evlyn Solomon Fund
Vicki & Lloyd Stern Family Fund
Beryl & Frank Strickon Employee
Emergency Loan Fund
Dr. Ian Swatez Nursing Scholarship
and Musical Entertainment Fund
David Tychman Fund
Rodney S. Wallace Family Fund
Diane & Burt Weisberg Family Fund
William & Jody Weisman Family Fund
Gloria & Howard Weisskopf Fund
Ann & Henry Wiener Fund
Steve & Arlene Winnick Family Fund
Jerry & Marcia Yugend Family Fund
Ilene & Bruce Zwick Family Fund

Sholom Home Auxiliary Funds at Sholom Foundation

TRUSTEE

Margaret Friedman Sholom Home
Auxiliary Fund
Sharon & Martin Kieffer Family Fund
for Resident Services

BENEFACTOR

Stephen & Carole Davidson Family Fund
Ruth Dicker Sholom Ball Fund
Joy Marcus Sholom Ball Fund

SPONSOR

Bruce R. Kahn Sholom Ball Fund
John W. Schletty Fund
Sholom Home Auxiliary Fund
The Wexler Fund
Benno & Gertrude Wolff Family Fund

Endowment gifts of any size are welcome and may be pledged over a period of year or as a bequest. Cash gifts or pledges starting at \$10,000 or estate gifts starting at \$20,000 will establish a named Auxiliary Endowment Fund at Sholom Foundation and will be recognized on the Walls of Honor at both Sholom campuses.

The Sholom Home Auxiliary is an integral part of the Sholom family, providing countless volunteer hours to provide comfort and support to the residents of both Sholom Homes. The annual Sholom Auxiliary contribution to the Homes has become a tradition, and one that is important to carry on. Your gift of time and financial resources ensures that the Auxiliary can continue to provide this welcome and necessary support.

What if you could ensure that your annual support of the Sholom Home Auxiliary would continue when you are no longer here to write that check? You can!

Your gift to an Auxiliary endowment fund will ensure that your annual giving to the Auxiliary continues long after you are gone. Approximately 5% of every Auxiliary endowment fund is used annually for benefit of the Sholom Homes' residents.

Consider establishing your own named Auxiliary endowment fund or donate to any of the existing Auxiliary endowment funds listed here. An endowment gift, no matter the size, will leave a lasting legacy for future generations.

All gifts and beneficiary designations should be made payable to: Sholom Foundation, for the benefit of the Sholom Home Auxiliary. To find out more about creating your own Sholom Home Auxiliary Endowment, contact Barbara Brooks at 952-939-1594.

Goings-on Around Sholom...



Girls Reading

Young visitors — Lauren and Pippa — read to folks at Roitenberg Family Adult Day Center on the Shaller Family Campus

Welcome Tea for new residents at the Roitenberg Assisted Living Residence on the Ackerberg Campus in St. Louis Park

Renae Glassman, Marion Brazeman & Betty Bix welcome newcomers



Newcomers Ed Vernon & Peter Petrich

Chapman Queen

Chapman Sholom Home East rehab resident, Phyllis — Miss Sholom — celebrates at a Talent Show & Party with staff Doug and Stella



Tenants and guests enjoy songs by young school children at Knollwood Place holiday party



Rocking at a 70s party at Roitenberg Assisted Living Residence!

Bernice & Phil Steinberg with BettyAnn, Leasing Coordinator

SAVVY LIVING

Tinnitus: Tips and Treatments for Ringing Ears



*Dear Savvy Living,
What can you tell me the about the constant ear ringing syndrome known as tinnitus? At age 56, I have had it for several years but it has gotten more and more noticeable lately. Is there anything I can do?*

Tinnitus (pronounced ti-NIGHT-us) is a common disorder that affects nearly one in six Americans. Here's what you should know along with some tips and treatments that may help.

Ringling Ears

Tinnitus is the sensation of hearing a ringing, buzzing, roaring, hissing or whistling sound in one or both ears when no external sound is present. The sounds, which can vary in pitch and loudness, are usually worse when background noise is low, so you may be most aware of it at night when you're trying to fall asleep in a quiet room. For most people tinnitus is merely annoying, but for many others it can be extremely disturbing.

What Causes Tinnitus?

It's important to know that tinnitus is not a disease, but a symptom that can be caused by a variety of underlying conditions. The best way to find out what's causing your tinnitus is to see an audiologist, or ear, nose and throat doctor (otolaryngologist). The various things that can cause tinnitus are:

- **Exposure to loud noise:** This is the most common cause.
- **Hearing loss:** For many people, hearing loss

can cause tinnitus.

- **Earwax:** A build-up of wax deep in the ear canal can cause temporary tinnitus and hearing loss.
- **Medications:** Over 200 different drugs can cause ringing ears including aspirin, especially when taken in high doses. For a list of drugs that can cause tinnitus call the American Tinnitus Association at 800-634-8978.
- **Health conditions:** Various medical conditions can also trigger tinnitus such as high blood pressure, vascular disease, diabetes, allergies, thyroid problems, ear or sinus infections, otosclerosis, temporomandibular joint (TMJ) syndrome, Meniere's disease, a tumor, an injury to the head or neck, and more.

Treating the Causes

While there's currently no cure for tinnitus, there are some ways to treat it depending on the cause. For example, if your tinnitus is caused by a medical condition (high blood pressure, thyroid problems, ear infection, etc.) treating the condition may reduce or eliminate the noise. If you have wax build-up in your ears, removing it can help. Or, if you think a medication you're taking may be causing the problem, switching to a different drug or lowering the dosage may provide some relief.

Other Treatments

Another treatment option for tinnitus that can help suppress or mask the sound so it's less bothersome are, "sound therapies." These can be something

as simple as a fan or a white noise machine, or something more sophisticated like small electronic masking device that you wear, or a music therapy device like Neuromonics (see neuromonics.com) that actually trains your brain not to hear the tinnitus. If you have hearing loss, hearing aids can help mask your tinnitus by improving your ability to hear actual sounds. Your audiologist or hearing health professional can help you with these options.

There are also certain medications that help too. While there's currently no drugs specifically designed to treat tinnitus, anti-anxiety drugs, antidepressants, antihistamines, anesthetics, as well as drugs intended

to treat alcoholism, epilepsy and even Alzheimer's have been effective in relieving symptoms in some people. Alternative treatments like acupuncture, hypnosis, massage therapy, biofeedback, meditation, the herb ginkgo and zinc supplements are also worth looking into. Counseling and support groups can also be helpful.

Other things you can do to help quiet the noise is to avoid things that can aggravate the problem like salt, artificial sweeteners, sugar, alcohol, tonic water, tobacco and caffeine. Also, protect yourself from loud noises by wearing earplugs.

You can find a new Savvy Living column every week on our website www.sholomfoundation.com. Savvy Living, along with Washington Hotline, weekly articles, and financial news is also available to you in the Sholom Foundation eNews which you can receive electronically. Just email ajohnson@sholom.com or call 952-939-1592 and give us your email address to begin receiving the Sholom Foundation eNews.

Savvy Living is written by Jim Miller, a regular contributor to the NBC Today Show and author of "The Savvy Senior" book. The articles are offered as a helpful and informative service to our friends and may not always reflect this organization's official position on some topics. Jim invites you to send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070.

Donate to Sholom Foundation Any Time — Day or Night

Log onto www.sholomfoundation.com
and click **Donate Now**

— VISA, MasterCard or American Express —
You can even arrange a recurring monthly payment
toward a new gift or existing pledge. Questions?
Call Linda Hennings at 952-939-1664.



**HELP SHOLOM FOUNDATION MAKE THE MOST OF YOUR GIFT
— DONATE ONLINE AT www.sholomfoundation.com**



Sholom Foundation
3610 Phillips Parkway
St. Louis Park, MN 55426

Non-Profit
Organization
U. S. Postage
PAID
Permit No. 3533
Minneapolis, MN

good
food
good
company
good
cause



Watch for your invitation in the mail!
Thursday, June 16

Attend one of 21 intimate dinner parties at homes throughout the Twin Cities.

Enjoy a gourmet menu.

Dine with authors, celebs, renowned chefs and other local notables.

And most importantly – support Sholom!

Visit www.foodforyoursoul.org or call (952) 939-1638 for more information.



Susan & Jim Dockman
Maguire Agency

