



Circle of Life

**A Grateful Family
Shares Their
Appreciation**
page 3

**Will Your Will
Be Known?**
page 4

SAVVY LIVING
Shingles Vaccine
page 14

**A "Win-Win"
Proposition with a
Charitable Gift Annuity**
page 15



**Hats Off to
Jay Jacobson**
August 1
see back page for details

OUR MISSION

The Sholom Foundation's sole mission is to raise sufficient endowment funds to generate annual financial support for the Sholom Community Alliance programs and facilities, and promote excellence in service to the elderly community.



Heritage Society presents...

A Dialogue with Hubert "Skip" Humphrey III

Special Guest, Hubert "Skip" Humphrey will speak on issues facing our senior community.

Thursday, July 8, 6:30-8:00 PM

Shaller Family Campus, 740 Kay Avenue, St. Paul

Currently serving on the National AARP Board, Humphrey was also president of the Minnesota AARP Chapter. A senior fellow at the School of Public Health at the University of Minnesota and Senior Vice President of Tunheim Partners public affairs firm, Humphrey was Minnesota State Senator (1973-1983) and Minnesota Attorney General (1983-1999).

Make your reservations now:

952-939-1594 or foundation@sholom.com

Program Committee: Lisa Heilicher and Mickey Greenberg (co-chairs)

Barbara Eiger

Al Kagin

Judy A. Karon

Roni & Alan Gingold

Jeanne & Stan Kagin

Rhoda & Don Mains

Doris Hodroff

Stefanie & Bob Karon

Marilyn Rovner

(as of 5/25/10)

Sixty-Four Years Together and Still Counting...

Bert & Norton (Nordy) Rockler, Good Friends of Sholom

Bert and Nordy have been together for 64 years in a marriage characterized by love of family, hard work, volunteerism, travel, and support of the Jewish Community. Their love of the Jewish community shouldn't come as a surprise since both Bert and Nordy's parents were very involved in the Jewish community, leaving a legacy for the Rocklers to carry on and to pass down to future generations.

Back in the early years of their marriage following World War II, Bert and Nordy lived on a mink farm in what is now known as Eden Prairie. As the years passed, Nordy made the transition from the family business — Rockler

continued on page 13

Johnson Hospice Care Agency ...Affirming the Seasons of Life

Our fully Medicare-licensed hospice care agency provides hospice services to patients wherever they live.

Hospice is a philosophy of care that focuses on patient comfort rather than curative medical treatment.

For more information, call 651-328-2091

Johnson Hospice Care Agency

cordially invites you and your family
to the Second Annual

Remember & Release *Butterfly* Event

10 a.m., Sunday, August 8, 2010

Sholom Home West Courtyard

Celebrate life, commemorate a special occasion,
or remember those who have passed away
by releasing a live butterfly.

The butterfly is a symbol of the cycle of life, birth, transition,
healing and renewal – and a symbol of hope and loving care.

All proceeds benefit the Johnson Hospice Care Agency

Watch your mail for an invitation, or read more
about this special event at www.johnsonhospice.org

For more information, call (952)939-1638



2009-2010 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
Steve A. Brand*
Arne Divine*
Stan Dobrin
Jack Fiterman
Allen Freeman*
David Gantman
Burt Garr
Nancy Getzkin
Jay D. Goldberg*
Harold Goldfine
Jon Gordon*

Mickey Greenberg
Robert Hartman*
Marc Hasko
Lisa Heilicher
Richard Joseph
Stan Kagin
Josh Mann
Robert Mast
Michael Minsberg
Ken Raskin
Sam Richter
Jeffrey Ringer

Ada Rubenstein
Steven C.
Schachtman
Steven Shaller
Thomas Sherman*
Ben Steinberg
Lloyd Stern*
Jim Tankenoff
Jerome Yugendz[†]*
Drew Zamansky

* *Past Presidents*

Circle of Life

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

952-939-1593 Ackerberg Community Campus
651-238-2300 Shaller Family Campus
Fax: 952-939-1591

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

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

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

A letter to the staff of Sholom Home West from Doris Ginsberg, wife of the late Theodore “Ted” Ginsberg

My Dear Friends on 3 North — including all staff, evening supervisor - Chineze, dietary, maintenance, front desk — especially Sophia, and physical and recreational therapy,

It's hard to believe that Ted no longer sits in his chair in the dining room “bossing” everyone around.

How patient, kind and caring you all were to him, even when he would say, “Not now, come back,” for finger sticks, insulin, pills, and worse, when he got really ugly, if annoyed, you all knew exactly how to handle him — with respect, a smile, a kiss, a hug or even a little dance. You all were his/my extended family, and there will never be the words to express how grateful and appreciative I am to all you wonderful people.

You kept Ted going in every way possible. He felt safe, secure and loved. 3 North became his alternate home when he left his own home of forty-nine years, and he “ran the show,” just as he thought he did here.

Your expertise, professionalism, and willingness to go the extra mile (even for bananas!), will never be forgotten. You all taught me what true nursing care should be.

You comforted me with your concern, hugs, and beautiful words of wisdom. Thank you for taking care of me as well. I never felt alone.

*With great love and gratitude,
Doris Ginsberg and Family*

Sholom has been a vital part of this community for over one hundred years. Your support will help to ensure that Sholom continues to provide the compassionate and quality care our elderly loved ones so deserve. To learn more about how you can help Sholom, call Joel Mandel at 952-939-1593.



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**

Will Your Will Be Known?

Do You Need a Will?

Many people, especially individuals and those who feel that their estate is too small, believe that a Will represents an unnecessary expense. But the preparation of a Will need not be expensive.

Even when property distribution issues are not numerous, a Will is the legal avenue through which a number of other issues should be addressed:

- Naming an executor
- Naming a legal guardian for minors
- Making gifts or transfers
- Reducing estate tax liability

In the absence of a Will, the state will resort to a formula. A judge will name an executor, a bond may have to be posted, the court will name a guardian and a formula will determine asset distribution.

The Bequest

The charitable bequest affords a way for virtually anyone to express specific philanthropic wishes. In

fact, the bequest is the most frequently utilized method to support charity in America.

A bequest may take on a number of forms, including naming:

- A specific dollar amount
- A percentage of the estate
- Specific assets

The Philanthropic Spirit

Your philanthropic spirit is given a voice when wishes are expressed in your Will. While many may think philanthropy is reserved for a select few, the truth is that every bequest to Sholom Foundation makes a mark that will last throughout history.

See the Simple Bequest sample on the next page, or call 952-939-1594 for more information on Wills and a complimentary Wills Kit that can assist you in gathering the information your estate planning professional will need to prepare a Will and other related documents.

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.

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: _____

**Mail this form to:
Sholom Foundation
3610 Phillips Parkway
Minneapolis, MN 55426**

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 MEMBER SINCE APRIL 2010

Al Kagin

Anonymous
Ruth & Allen Aaron
Rosalyn Baker
Beverly Balos &
Mary Louise Fellows
Irving & 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
Mary S. & Robert A.^{z1}
Dinerstein
Barbara Eiger
Corrine & Tom Feinberg
Francine^{z1} & Neil Feinberg
Nicole & Kenneth Fink
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
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 & Bill Lipschultz
Walter Lubov
Rhoda & Donald Mains
Ronald M. Mankoff
Gayle Marko
Betty Mae Miller^{z1}
Annette & Marion E.
Newman^{z1}
Sandy & Harold^{z1} Okinow
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
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}

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
February 16 - April 16, 2010

Honor & Remember Your Family and Loved Ones

Donate to the Sholom Foundation General Fund or to any Fund on pages 9-12 (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 to leave your credit card number on our secure system. Then whenever you wish to make a donation, you may call Linda; fax 952-939-1591; or email donations@sholom.com 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

Bermo Inc.
Meyer Bolnick
Brodie Endowment Fund
Bella A. Dashevsky
Sparky & Thomas Eisenstadt
Yael & William Fraenkel
Ilene & Jay Goldberg
Bonnie & Lester Goldblatt
Jane & Jon Gordon
Susan & Gerry Hughes
McNeely Foundation
MPC Materials Processing Corporation
Joyce & Eddie Prohofsky
Nancy & Kevin Rhein
Harry, Rosalind, Morton & Joan Shapiro
Endowment Fund
Allen Shores Family Fund
Wachovia Wells Fargo
Foundation Matching Gifts
Benno & Gertrude Wolff
Family Fund

IN HONOR OF

Daniel Berdass
Birthday
Fay Ribnick

Margo Berdass
Birthday
Jeffrey & Connie Berdass
Ruth Hartman
Fay Ribnick

Joy Bratter
Birthday
Phyllis Appelbaum
Bettie & Stan Barenbaum
Natalie & Bud Harris

Billy Davids
Birthday
Phyllis Appelbaum

Lois & Sherman Devitt
Wedding Anniversary
Bettie & Stan Barenbaum
Gretta Freeman
Gracia & Merrill Kuller
Sharlene & Sid Ladin
Dottie Lipschultz
Doris & Eddie Sherman
Guzzie Yager

Lois Devitt
Birthday
Sue & Stan Leonard

Sherman Devitt
Birthday
Doris & Eddie Sherman
Guzzie Yager

Marilyn Dickel
Birthday
Bonnie & Eugene Hoffman

Rick Edelstein
Birthday
Gracia & Merrill Kuller

Irving Efron
Birthday
Harriet & Bill Gasway
Harriet & Miles Lane

Helen Ehrlich
Birthday
Bettie & Stan Barenbaum
Sue & Harvey Bass
Gretta Freeman
Addie & Norm Perl
Guzzie Yager

Alvin Feldman
Birthday
Sharlene & Sid Ladin

Nan & Stan Fried
Birth of Great-grandson
Ruth & Allen Aaron

Lorraine & Sherman Garon
Wedding Anniversary
Diane & Allen Kuperman

Phyllis & Philip Garon
Wedding Anniversary
Diane & Allen Kuperman

Eunice & Howard Gelb
Wedding Anniversary
Gracia & Merrill Kuller

Bea Getzkin
Birthday
Toba & Allen Freeman
Ann Miller

Nancy Getzkin
Birthday
Lynn & Buddy Abramson
Ann Miller

Jay Goldberg
Chad Goldberg

Susan Goldenberg
Birthday
Toba & Allen Freeman

Jane Gordon
Birthday
Judy & Jon Harris
Lorita & Jay Jacobson
Peggy & Joel Mandel

Marilyn Greenberg
Birthday
Howard Stacker

Arlis Grossman
Birthday
Diane & Allen Kuperman

Arlene Harris
Birthday
Elaine & Larry Hallfin

Morrie Hartman
Birthday
Ruth Hartman

Gloria & Manny Jaffe
Wedding Anniversary
Marja Engler
Sharlene & Sid Ladin
Diane & Joe Mast

Stuart Kaufman
Birthday
Rhoda & Gene Engelson
Harriet & Miles Lane

Eileen Kopman
Birthday
Susan & Harold Koritz

Belle Krantz
Birthday
Susan & Richard Nashel

Diane & Allen Kuperman
In Honor of Grandchildren
Lynn & Alan Goldbloom

Lawrence LaBelle
Birthday
Phyllis Appelbaum
Marja Engler

Sharlene & Sid Ladin
Wedding Anniversary
Phyllis Appelbaum
Bettie & Stan Barenbaum
Marja Engler
Gretta Freeman
Natalie & Bud Harris
Connie & Paul Ross

I am so grateful to the staff of Sholom Home West and the Johnson Hospice Agency for their loving care of my mother, Toby Cohen, during her years as a Sholom resident and in her final days.

Edie Zidel, daughter of Toby Cohen

Harriet & Miles Lane
Birthdays
Harmony & Joel Kaplan
Miriam & Lee Kieffer
Sue & Stan Leonard

Reva Lear
Birthday
Miriam & Bob
Kleinbaum

Bob Levine
Birthday
Diane & Allen
Kuperman

Bill Lipschultz
Birthday
Bettie & Stan
Barenbaum
Tammy & Carl Birnberg
Jerry & Joy Bratter
Sheila & Gerald Freeman
Gretta Freeman
Toba & Allen Freeman
Miriam & Lee Kieffer
Gracia & Merrill Kuller
Dottie Lipschultz
Sandy Feldblum
Marilyn & Martin
Lipschultz
Ada Rubenstein
Tom & Ronna Sherman

Dorothy Papermaster
Birthday
Shirleymae Lane

Ted Papermaster
Birthday
Shirleymae Lane

Howard & Amy Paster
Birth of Baby Boy
Peggy & Joel Mandel

Liz & Jack Pink
Wedding Anniversary
Doris & Eddie Sherman

Jack Pink
Birthday
Doris & Eddie Sherman

Jon Rappaport
Birthday
Diane & Allen
Kuperman

Barbara Ratner
Granddaughter, Yarden's
Bat Mitzvah
Shirleymae Lane

Renee Ribnick
Birthday
Jeff Levy & Martin Jehn

Connie & Paul Ross
Special Birthdays
Natalie & Bud Harris

David Sanders
Birthday
Carol Bieri &
Joel Sanders

Burt & Irene Scheck
Wedding Anniversary
Rhoda & Gene Engelson

Frank Schochet
Birthday
Shirleymae Lane

Joyce & Stanley Segelbaum
Grandson's Bar Mitzvah
Shirleymae Lane
Fay Ribnick

Cindy Shapiro
Birthday
Phyllis Appelbaum

Doris Sherman
Birthday
Gretta Freeman
Roz & Arthur Jaffee

Dr. Melvin & Delores Sigel
Granddaughter's
Bat Mitzvah
Lorita & Jay Jacobson

Charlene Singer
Birthday
Lynne Grossman

Todd Striker
Birthday
Lynn & Buddy
Abramson
Ann Miller

Helen & Don Swartz
Wedding Anniversary
Phyllis Appelbaum
Bettie & Stan
Barenbaum
Gretta Freeman
Sharlene & Sid Ladin
Lil Raen

Toodie & Frank Trestman
Wedding Anniversary
Marja Engler
Diane & Joe Mast

Shirley Vinitsky
Birthday
Phyllis Appelbaum

Joan & Paul Wernick
Birth of Granddaughter
Lil Raen

Barbara Winthrop
Birthday
Marja Engler
Diane & Joe Mast

Lynn & Ron Zamansky
Wedding Anniversary
Cindi & Harold
Goldfine

A SPEEDY RECOVERY TO

Buddy Abramson
Tammy & Carl Birnberg

Roni Burstein
Jory Herman

Hazel Chase
Natalie & Bud Harris
Joanie & Alan Levey
Ethel & Norm Smith

Mickey Kaplan
Ethel & Norm Smith

Charlotte Legan
Mary Doroshov

Debra Mann
Lorita & Jay Jacobson

Marshall Miller
Marja Engler

Norman Noun
Barbara Brooks

Chuck Selcer
Joy Leibman

Elly Zweigbaum
Diane & Allen
Kuperman

IN APPRECIATION OF

Richard Davis
Elaine & Larry Hallfin

Harriet & Bill Gasway
Harriet & Miles Lane

Ruth Leiderman
Jory Herman

IN MEMORY OF

Myrna Abrams
Harriet & Miles Lane
Neil Naftalin
Joan & Norman Noun

Janice Applebaum
Margo Berdass
Janet Jaffe
Eve & Stevan Kafitz
Cathy Malmon
Joan & Norman Noun
Lisa & Bruce Peilen
Leslye & Edward Phillips
Jo Ellen & Stan Robins
Ada Rubenstein

Aaron & Bertha Bearmon
Barbara & Lee Bearmon

Samuel Bearmon
Barbara & Lee Bearmon

Meyer Belzer
Lorraine & Harold Klane

Earl Bernstein
Judy A. Karon
Judi & Aaron Nathenson
Renee Ribnick

Thomas Bloom
Harriet Levy
Mirel A. Marvy
Marilyn Perlman
Barbara & Bob Rosen
Mimi & Aaron
Rosenthal

Evelyn Broms
Margo Berdass
Marja Engler
Mark Freidson &
Betty Holmes
Lorita & Jay Jacobson
Shirley Jaffe
Joan & Norman Noun
Dona & Mike Rodich
Betty Rosenberg
Phyllis Appelbaum

Ester Capp's Brother
Harriet Levy

Rudy Charney
Phyllis Appelbaum
Lori Appelbaum
Linda & Paul Benenson
Ellie & Bernie Borkon
Sheila & Steve Cohen
Patti & Lee Engler
Marilyn Feder
Mark Freidson &
Betty Holmes
Cindi & Harold
Goldfine
Cecile & Sid Goldstein
Evie & Alan Ingber
Lorita & Jay Jacobson
Jeanne & Stan Kagin
Shirleymae Lane
Shirlee & Ed Nickow
Lil Raen
Darrel J. Rosen, MD

James Crawford
Peggy & Joel Mandel

Lillian Dubow
Len Silesky

Sholom Foundation Donations *continued*

Our family wishes to express our sincere appreciation for the entire staff of the Sholom Home West 3rd Floor South who took care of Betty Sandler.

The family of former Sholom West resident, Betty Sandler

The Sholom staff provided such loving care for our father in his final days and for that we are eternally grateful.

The family of Marshall Averbook

Mike Engel
Phyllis Appelbaum
Cindi & Harold
Goldfine

Lorita & Jay Jacobson
Diane & Allen
Kuperman

**Sister of
Corinne Epstein**
Mary Doroshow

**Harriet Fingerman
Friedman**
Phyllis Appelbaum
Lori Appelbaum
Shirleymae Lane
Peggy & Joel Mandel
Neil Naftalin
Lil Raen

Lucy B. Fink
Rae Besner
Edith Calin
Maura J. Fisk
Marcia Haapala
Barbara & Terrill Tillman

Sadia Gelb
Gracia & Merrill Kuller

Louis Gershman
Phyllis Appelbaum
Toba & Allen Freeman
Rosie & Andy Gellman
Lorita & Jay Jacobson
Laurel & Scott Lifson

Lorraine Golden
Myrna & Gary Bell
Mark Freidson &
Betty Holmes
Darrel J. Rosen, MD
Barby & Phil Schneider
Helen Swatez

**Samuel L. &
Hattie K. Goldish**
Barbara & Lee Bearmon

Florence Greenberg
Margo Berdass
Peggy & Joel Mandel

Jeanne Schibel Gross
Phyllis Appelbaum
Eleanor Avins
Barbara Dreyfus
Barbara Eiger
Marja Engler
Marjorie Grossman
Constance Hyman
Raleigh & Jeff Karatz
Carol Kleinman
Shirleymae Lane
Corky & Bob Neuman
Ann & Felix Phillips
Renee Ribnick
Judith Ubick
Selma Wities

Phil Grossman
Lorita & Jay Jacobson
Sharlene & Sid Ladin

Archie Gubman
Julie & Bert Mabel
Ethel & Norm Smith

Jack Hollischer
Toba & Allen Freeman

Etta Jacobs
Renee Ribnick

**Everet Karon's
Brother-in-law**
Harriet & Miles Lane

Frank Kiperstin
Maureen & Saul Bernick
Judy & Ross Dworsky

Jack Kirschbaum
Judy & Ross Dworsky
Jory Herman
Barbara & Bob Rosen
Barby & Phil Schneider
Joyce & Mike Shapiro
Rollye & Sheldon
Winnig

Parents
Valery Kosyakovsky

Sylvia Marcus
Helen & Ruben Vodovoz

Rosalyn Margulis
Phyllis Appelbaum

Ruth Marks
Diane & Allen
Kuperman

Edwin Neff
Phyllis Appelbaum
Mark Freidson &
Betty Holmes
Sharlene & Sid Ladin
Marc L. Rothstein

William Prohovsky
Joanie & Alan Levey
Joyce & Mike Shapiro

Chelle Resnick
Judy & Ross Dworsky

Sara Rocklin
Elaine & Larry Hallfin

Esther Rosen
Judy & Ross Dworsky

**Minnie Juster
Rubenstein**
Phyllis Appelbaum
Maureen & Saul Bernick
Barbara Bernstein
Melinda & Marc Bonk
Judy & Ross Dworsky
Marilyn Feder
Joan Feinberg
Larry & Bobbi Friedman
Rosie & Andy Gellman
Joanne & Stan Kaplan
Peggy & Joel Mandel
Joan & Norman Noun
Mary Rose
Karen & Ronald
Sallerson

Frederic (Freddy) Sadoff
Anita & George
Robinson

Esther Saltzman
Diane & Allen
Kuperman

Betty Doren Sandler
Shirleymae Lane

**Jacqueline (Jackie)
Schmidt**
Toba & Allen Freeman

Doris Shaller
Myrna & Gary Bell
Toba & Allen Freeman
Diane & Allen
Kuperman
Joanie & Alan Levey
Lil Raen
Tom & Ronna Sherman

Nessalee Shedlov
Peggy & Joel Mandel

Mabel Sommerland
Mark Freidson &
Betty Holmes

Annette Stein
Diane & Allen
Kuperman

Maxine Stewart
Bettie & Stan
Barenbaum
Sharlene & Sid Ladin
Peggy & Joel Mandel
Connie & Paul Ross
Sylvia & Sheryl Sloane

Gail Stulberg
Lil Raen

Shirley Teitelbaum
Marja Engler

Bertha Tobin
Judi & Dick Neuman

Sheldon Tysk
Phyllis Appelbaum
Margo Berdass
Cindi & Harold
Goldfine
Lorita & Jay Jacobson
Judy & Howard
Kauffman
Lil Raen

Sally Yucht
Phyllis & Jerry Fields

Bonnie Zwick
Rosie & Andy Gellman

Sholom Foundation Funds

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

PATRON

Roz & Arthur Jaffee Family Fund*
(fund increased from Benefactor)

SPONSOR

Gurstel/Chargo Families Fund
Seiler Family 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 them.

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
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
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
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
Maxine & Ben 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
David E. Feinberg Family 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*

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.*

PATRON *continued*

Harry Kay Dinner Fund
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
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*
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*
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
Rischnall 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
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
Benno & Gertrude Wolff
Family 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
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

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.

Frailich Family Library Fund
at Sholom West
Arlene M. Fried Fund
Lillian D. Geller Family Fund
Andrew & Rosalie Gellman
Family Fund
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 Grosmann Fund
Gurstel/Chargo Families Fund
Samuel M. Hartman 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

Sholom Foundation Funds

SPONSOR *continued*

Ben & Ruth Liman Family Fund
Laurel & Scott Lifson Family Fund
Erma G. Lipschultz Fund
Murray Litton Fund
Harriet & William Lumel
Resident Care Training Fund
Peggy & Joel Mandel Family Fund
Mildred & Louis Marko Fund
Joseph & Diane Mast Family Fund
Ann & Julius Miller Fund
Ben & Adith Miller Fund
Betty M. 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 & Beauty Salon

BENEFACTOR

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

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.

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.

Sixty-Four Years Together and Still Counting...

Bert & Norton (Nordy) Rockler *continued from page 1*

Brothers Fur Company — to Minnesota Woodworker's Supply Company in the early 50s and he grew the mail order company into The Woodworker's Store in 1977 with several retail stores as well as catalog sales. Nordy retired many years ago, and now their daughter, Ann Rockler Jackson, is the owner and CEO of this successful business that continues to thrive.

Over the 60 plus years of their marriage, Bert and Nordy enjoyed traveling around the United States and overseas. Not surprisingly, given the nature of the family business, they have amassed a beautiful and eclectic collection of wood art which adorns their condo and gives them many fond memories of their travels. They also have a large and varied accumulation of movies, as well as a library of books about movies (Bert's passion and Nordy, a willing accomplice).

One constant in their life has been the Jewish community to which the Rocklers have continued to

give their time and resources. In fact, Bert worked for the Minneapolis Jewish Federation in 1946 when it was just a 2-person shop. While raising her children, Bert volunteered for several organizations and agencies, Sholom Home East and Hadassah among them.

Ten years ago, Bert and Nordy established the Norton & Bert Rockler Fund at Sholom Foundation, an endowment fund that will continue to provide annual income for Sholom programs and services in perpetuity. Since that time, Bert and Nordy have been supportive and dedicated friends of Sholom. They both have many memories of visiting family at Sholom East years ago and want to ensure that Sholom continues to provide these vital services.

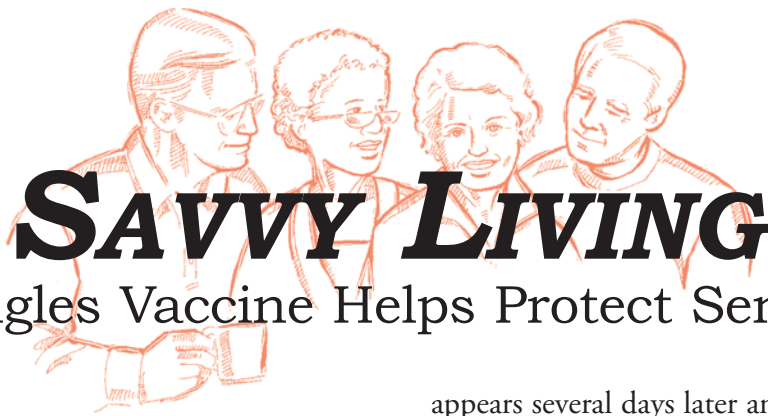
Bert and Nordy Rockler have sixty-four years together and still counting . . . good friends of Sholom — then and now.

*"I heard it through
the Grapevine"*

.....
SAVE THE DATE
for
THE SHOLOM SHEBANG!
(formerly The Sholom Ball)



SATURDAY, OCTOBER 30, 2010 • THE DEPOT, MINNEAPOLIS • 952-939-1620
No tuxedos required



Shingles Vaccine Helps Protect Seniors

*Dear Savvy Living,
What can you tell me about shingles and the shingles
vaccination? Do I need to get it?*

- Cautious Senior

Dear Cautious,
The Center for Disease Control and Prevention (CDC) recommends that everyone age 60 and older get a shingles vaccination. Here's what you should know:

Pesky Virus

Shingles, also known as herpes zoster, is a painful and itching skin rash that affects more than a million Americans each year. It is caused by the same virus that causes chickenpox (varicella-zoster). What happens is the chickenpox virus that most people get as kids, never leaves the body. It retreats into the nerve cells near the spinal cord where it lies dormant, with the possibility of re-emerging decades later in the form of shingles.

In the U.S., one out of every three people will develop shingles during their lifetime. While anyone who's had chickenpox can get shingles, it most commonly occurs in people over age 50 and the risk increases with age. In fact, about half of those who reach 85 years of age will have suffered a bout of shingles. Those with a weakened immune system are also vulnerable.

Nasty Rash

Shingles is a nasty rash and more! Early signs include pain, itching or tingling before a blistering rash

appears several days later and can last up to four weeks. The rash typically occurs on one side of the body, often as a band of blisters that extends from the middle of your back around to the breastbone. It can also appear above an eye or on the side of the face or neck.

In addition to the rash, more than one-third who get shingles go on to develop serious complications such as post-herpetic neuralgia, a severe nerve pain that can last for months or even years. If it occurs on the face, it can affect vision and hearing, or cause brain inflammation. And according to a recent study, shingles can also raise the risk of stroke by around 30% in seniors who get it.

Get Vaccinated

The only vaccine for shingles, Zostavax, was approved by the Food and Drug Administration in 2006 and has proven to be very effective. While it's not foolproof, Zostavax will prevent shingles in half the people who get the shot and if you do get it you'll get a much milder case.

Everyone, age 60 and older who have had chickenpox, including those who aren't sure they've had it, should get vaccinated. Even if you've already had shingles, you still need the vaccination because reoccurring cases are possible. The only people, ages 60 and older, who should not be vaccinated are those who are allergic to gelatin or neomycin, have a weakened immune system or take high doses of steroids.

To read more about the Shingles vaccine, just visit www.sholomfoundation.com, click on "Savvy Living" and look for back issue: April - Week 4 - 2010 for the complete article or call 952-939-1594 for a copy.

Savvy Living is written by Jim Miller, a regular contributor to the *NBC Today Show* and author of "The Savvy Senior" book. Any links in this article are offered as a service and there is no endorsement of any product. These 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.*

Charitable Gift Annuity Rates Increase July 1st!

A WIN-WIN Proposition for You & Sholom

A Sholom Foundation Charitable Gift Annuity (also known as a CGA) is a perfect example of how our tax laws continue to provide special ways for you to accomplish two objectives with one asset.

The Gift Annuity ultimately results in a charitable contribution. So while you can take steps to secure a high annuity payment for the rest of your life, you can also realize your philanthropic goals as well.

It's a simple process. In exchange for your gift (cash, stock or bonds) to Sholom Foundation, we will send you a Charitable Gift Annuity Agreement. For the rest of your life, you will receive annual payments (or quarterly if you wish), **at a rate significantly higher than current bank CD's and savings accounts which are paying around 2% or less . . . but with a CGA, you can receive a rate as high as 9.5% if you are 90 years or older.** You may also receive a CGA agreement for the lives of you AND your spouse.

Here's How a Sholom Foundation CGA Works

A Sholom Foundation CGA is a contract. Payments are backed by all the assets of Sholom Foundation so you can be confident that the Gift Annuity will provide a reliable income for you for the rest of your life.

In addition, two tax benefits add value to the Gift Annuity. First you will receive a current income tax deduction, something you will appreciate when you file this year's tax return. Second, part of the annuity payments we make to you will be tax-free! At the end of your lifetime, any remaining balance in your annuity will go to Sholom Foundation for support of Sholom facilities, programs and services.

When you have a Charitable Gift Annuity, it doesn't matter what happens to the economy, your fixed-rate annual lifetime income will not change.

With the benefits of high payment rates, reduced taxes, and an ultimate gift to charity, it is easy to see why so many friends of Sholom consider a Charitable Gift Annuity to be the ultimate win-win arrangement.

For more information, call Sholom Foundation at 952-939-1593.

Sholom Foundation Charitable Gift Annuity Rates Rates Reflect Increase Effective July 1, 2010

(Established by the American Council on Gift Annuities)

ONE LIFE		TWO LIVES	
Age	Rate	Ages	Rate
90+	9.5%	90/95	9.0%
88	8.9%	88/90	8.0%
86	8.3%	86/88	7.5%
84	7.9%	84/86	7.1%
82	7.5%	82/84	6.7%
80	7.2%	80/85	6.6%
75	6.4%	75/80	5.9%
70	5.8%	70/75	5.5%
65	5.5%	65/70	5.2%

Compare these rates to CD and Savings account rates currently around 2% or less



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

Non-Profit
Organization
U. S. Postage
PAID

Permit No. 3533
Minneapolis, MN



Hats Off to Jay! Tip your hat to Jay Jacobson

as we honor his years of service to
Sholom & the greater Jewish Community

Sunday, August 1, 2010

2:00 PM • Welcome

2:30 PM • "Toast & Roast"

3:30 PM • Dessert reception & campus tours

Shaller Family Campus

740 Kay Avenue • St. Paul, Minnesota

Valet parking available

Wear your favorite HAT & come celebrate JAY!!!

RSVP (952) 939-1593 or email foundation@sholom.com

"Hats Off" Committee

Co-Chairs: Allen Freeman & Jon Gordon • Program chair: Delores Sigel

Ruth & Allen Aaron
Wendy & Steve Baldinger
Shirley Baratz
Melanie & Chuck Barry
Margo Berdass
Robert (Bob) Beugen
& Joanne Ferraro
Corrinne Birnberg
Tammy & Carl Birnberg
Fred & Harriette Burstein
Sherman & Lois Devitt
Stan & Carol Dobrin
David E. Feinberg
Neil Feinberg

Ron & Gigi Fingerhut
Mike & Linda Fiterman
Toba & Allen Freeman
Burt & Lucille Garr
Susan & Bill Goldenberg
Jane & Jon Gordon
Marilyn & Dean Greenberg
Mickey Greenberg
Beverly Grossman
Jon & Judy Harris
Elissa (Lisa) Heilicher
Roz & Arthur Jaffee
Jeanne & Stan Kagin
Judy A. Karon

Stefanie & Robert Karon
Miriam & Leroy Kieffer
Mayer Krupp & Shelley Segal
Jerry Lavin[†] & Bonnie Ross
Rose & Jules Levin
Sheila & Steve Lieberman
Don & Rhoda Mains
Joshua Ribnick Mann
Norm & Addie Perl
Lil Raen
Fay Ribnick
Connie & Paul Ross
Ada Rubenstein
Mimi & David Sanders

Nancy & Steve Schachtman
Herb & Marta Schechter
Frank E. Schochet
Michelle & Steve Shaller
Rossy & Richard Shaller
Melvin & Delores Sigel
Mickey & Harold Smith
Marsha & Gary Tankenoff
Paula & Jim Tankenoff
Carol (Toodie) & Frank Trestman
Deera Tychman
Drew & Natalie Zamansky
(As of 5/24/2010)

This is a non-solicitation event. However, if you would like to honor Jay, donations may be made to Sholom Foundation for the Lorita & Jay Jacobson Family Fund.