



Circle of Life

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OUR MISSION

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

Rosy and Richard Shaller Family Sholom East Campus Update:

The Harry & Jeanette Weinberg Apartments are now open for immediate occupancy. And reservations are now being accepted for the Bentson Family Assisted Living Residence, scheduled to open, along with the Shirley Chapman Sholom Home East, in Spring 2009. Contact Cynthia Frances at 651-637-0360 for a tour and/or more information.

Sholom Should Be A HOME AWAY FROM HOME



Beryl and Frank Strickon

Beryl and Frank Strickon were each other's best friend throughout their nearly 63 years of marriage. When Frank died last October, Beryl was left with a lifetime of memories punctuated by many special experiences and milestones in both their lives. When Beryl recently made a donation and provisions in her will for Sholom Foundation, she found a way to honor the memory of Frank as well as provide an important benefit for the employees of Sholom Home East.

The Beryl and Frank Strickon Employee Emergency Loan Fund will provide

additional financial resources for Sholom Home East employees who find themselves in need of emergency loan assistance (and then for the employees at the new Shirley Chapman Sholom Home East on the Shaller Campus when it is completed next year). According to Beryl, "I know Frank would feel the same way as I do—that we want to help the Sholom employees when they need assistance."

Sholom Home East holds a special place in Beryl's heart. A long-time volunteer, Beryl served on both the Sholom Home Auxiliary Board and the original Sholom Home Inc. Board. In fact, Beryl's mother lived at Sholom Home East during her last years, and Beryl and Frank were so pleased with the staff and the care and attention given to her mother. When informed that many of the staff at Sholom East will continue to work at the new Shirley Chapman Sholom

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SAVE THE DATE! June 23, 2009
Tom Friedman, New York Times columnist
and Pulitzer Prize winning author
(see back cover)

President's Message

by Jay Goldberg



This last year has been very exciting for the Sholom Foundation. We are pleased to announce that we have hired a new Executive Director, Joel Mandel, who started in his position in June 2008. Like the father who says he is not losing a daughter, he is gaining a son, I am thrilled to announce that we are not losing Jay Jacobson. Jay will continue his fundraising efforts for the Foundation in his new role as Executive Director Emeritus.

I welcome Jack Fiterman, Sandy Kamin, Ken Raskin, Ben Steinberg, and Gail Tilsner, to our Foundation Board and thank our departing board members Ken Garelick, Brian Kamin and Scott Lifson for their time and commitment. We cannot accomplish our mission without the efforts of these dedicated volunteers.

The community's generosity in giving to the Capital Campaign for a new campus in St. Paul is now bearing fruit. The Rossy and Richard Shaller Family Sholom East Campus has come to life with the opening of the Harry & Jeanette Weinberg Apartments this past May. The Bentson Family Assisted Living Residence and Shirley Chapman Sholom Home East will open next spring. While the construction progress is extremely exciting, providing state-of-the-art facilities is only the first part of the battle.

The other key factor is providing quality care. In order to do so we must attract and retain qualified and compassionate staff. And, we need excellent

programming and services, such as the new Johnson Center and Hospice Care Agency. But, given another year of state reimbursements lagging well behind the

significantly increasing cost of living, the Foundation is faced with its toughest challenge yet. Meeting this challenge will only be possible through additional funding provided by the community. As you all know, a gift to Sholom Foundation doesn't just help with this year's budget; it is an endowment designed to generate income to make annual distributions to the Sholom Community Alliance for the long term.

It never hurts to remind us all of the importance of our mission and the ongoing needs of the elderly in our community. There are numerous ways you can help: give a cash gift, make a pledge payable over time, set up a gift through your will or trust, purchase a charitable gift annuity, or establish a charitable remainder trust.

We are committed to keeping the importance of our elderly and of Sholom in your hearts and minds and giving you opportunities to join in. We are excited to announce the most recent opportunity. To help us raise crucial endowment funds, Thomas Friedman, the three time Pulitzer Prize winning author and *New York*

continued on next page

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** Past Presidents*

Sholom Should Be A Home Away From Home

continued from page 1

“I am so happy to know that this wonderful staff will be continuing to provide such good care to the Sholom residents.”

BERYL STRICKON

Home East, Beryl remarked, “I am so happy to know that this wonderful staff will be continuing to provide such good care to the Sholom residents.”

Volunteering in the community and watching out for others comes naturally to Beryl. Born in St. Paul, Beryl moved with her family when she was three years old to Brainerd, where her father, Abe Zimmerman ran a general merchandise store. Beryl remembers that her father carried many families on credit during the depression, and her mother, Rebecca Milkes Zimmerman, was a frequent volunteer in the Brainerd community.

After high school, Beryl found her way to the Twin Cities, along with many of her childhood friends from Brainerd. She attended the University of Minnesota as well as business school, ultimately working for the state of Minnesota as a clerk typist. She met Frank at a Hadassah picnic for soldiers in 1941 and ultimately became engaged by mail after a lengthy correspondence with Frank while he was in the service.

They married and moved to Spokane until the end of the war, then moved back to St. Paul where Frank began a long career in sales and Beryl worked for the federal government, ultimately working for the Veterans Administration Medical center as a purchasing

agent. In 1981, Beryl and Frank both retired and began new “careers” in volunteerism.

Beryl tells us that Frank was very involved with Toastmasters International, attaining over the years the highest honor of “Distinguished Toastmaster.” Frank utilized his public speaking skills both in his profession and to motivate and encourage others, speaking to countless organizations connected to United Way. Frank always believed in keeping a positive mental attitude which served him well in his career and, as Beryl says, “more importantly added immensely to our marriage.”

Beryl’s involvement with Sholom led her to make a provision for Sholom in her will, and she has also made a cash donation to Sholom Foundation and received a Sholom Foundation Charitable Gift Annuity that will provide for Beryl with annual fixed payments and then provide for Sholom upon her death. We are grateful to Beryl for providing for Sholom’s future while honoring Frank’s memory with this gift.

President’s Message *continued from page 2*

Times columnist, has generously agreed to waive his customary fee and speak for Sholom Foundation next summer as part of the Grand Opening Celebration of the new Shaller Campus. I hope you will join us for this exciting event.

I thank you for your past support and plead for your help this upcoming year.

My wife, Ilene, and our children join me in wishing everyone a happy and healthy New Year.

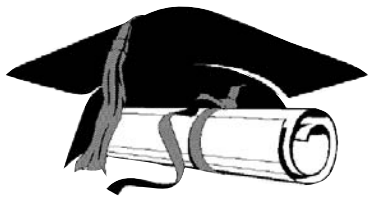


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The Circle of Life newsletter is printed on paper that is environmentally friendly.



ACADEMY at Sholom Community Alliance Achievement Awards Presented

On Tuesday, August 12, twenty-five individuals received special recognition from Chief Executive Officer Bruce Kahn and Chief Operating Officer Michael Klein for their scholarship in attending ACADEMY classes. Principal and Knollwood Place resident, Evelyn B. Shore, praised all ACADEMY students who have collectively received over 5,000 classroom hours of instruction since the program's inception last September. A full schedule of course offerings has been providing Knollwood Place and Roitenberg residents opportunities for study and growth every day of the week.

Recipients of the Double Chai Scholarship Pin (attendance at 36 classes) were: Renee Barinbaum, Molly Bratter, Delores Chazin, Geraldine Fineberg, Harry Friedman, Esther Gilbert, Pearl Greenwald, Millie Kaplan, Belle Krantz, Dan Liner, Meryl Liner, Faye Schwartz, and Marjorie Shark.

Previous Double Chai Scholars receiving the

advanced High Achievement Medallion (attendance at 72 classes) were: Lila Bernstein, Naomi Birger, Florence Herstein, Esther Katz, Robert Kottke, Robert Levine, Marlene Mankoff, Helen Pitzele, Frank Schochet, Lester Seglin, Phyliss Supornick and Minnie Weitz.

When asked about the program's success, Evelyn Shore responded, "Individuals are finding that ACADEMY courses exercise the mind constantly with stimulating conversation and study, and they look forward to each class. ACADEMY attendance is growing steadily with each new session of course offerings. We must be doing something right!" For information about the ACADEMY and a course schedule, call 952-939-1623.

To learn more about how you can ensure the ACADEMY's continued success with an endowment contribution to the ACADEMY Fund at Sholom Foundation, call Barbara Brooks at 952-939-1594.

Susie Selcer Leadership Award Presented Posthumously to Marion Newman

The children of the late Marion Newman accepted the 2008 Susie Selcer Leadership Award on behalf of their father at the Sholom Community Alliance Annual Meeting in July.

This award was established to commemorate Susie Selcer's lasting contributions to the Sholom Community Alliance. It pays tribute to an individual whose work with Sholom and the community at large is exemplary and demonstrates outstanding leadership, integrity, and spirit – all qualities that epitomized Marion Newman.

Marion was involved the 1978 Capital Campaign for Sholom Home East. And again in 2004, Marion, along with just a few other lay leaders, helped design the extremely successful Capital Campaign, raising over \$40 million for the new Rossy and Richard Shaller Family Sholom East Campus.

Marion once wrote in a letter to his children, Steve, Louis, and Janie: "If there is a rationalization for why we are put on this earth, certainly it must be to help others less fortunate than we."

What Do You Know About Sholom?

Sholom Community Alliance

The operating entity that manages and provides the following programs and services for older adults in a caring Jewish environment:

- Home health care
- Meals-on-wheels
- Adult day programs
- Independent market rate & subsidized senior housing
- Assisted living & memory care
- Short term rehabilitation & long term care
- End-of-life hospice services

Sholom Foundation

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

Sholom Home Auxiliary

The Auxiliary's purpose is to bring added services and comfort to the Sholom Homes' residents through volunteer service and annual fundraising.

Sholom Community Alliance Facilities

Sholom Home East – Joseph Building & Phillips Building, St. Paul: Short term rehab, long term care, hospice services. Closing when new Rossy and Richard Shaller Family Sholom East Campus opens, Spring 2009.

Menorah Plaza, St. Louis Park: Subsidized housing – independent and assisted living

The Norman and Lisette Ackerberg Campus, St. Louis Park

- **Knollwood Place Apartments:** Market rate independent living
- **Menorah West:** Subsidized housing – independent and assisted living
- **The Roitenberg Family Assisted Living Residence:** *The Numero-Steinfeldt Foundation Assisted Living Pavilion and Memory Care Pavilion*
- **Sholom Home West** *The Joe and Blanche Numero Building:* Short term rehab, long term care and hospice services

Rossy and Richard Shaller Family Sholom East Campus, St. Paul

- **Harry and Jeanette Weinberg Apartments:** Subsidized housing – now open
- **Bentson Family Assisted Living Residence:** Assisted living and memory care, opening Spring 2009
- **Shirley Chapman Sholom Home East:** Short term rehab, long term care, opening Spring 2009
- **Johnson Center and Hospice Care Agency,** opening Spring 2009

Payments You Can Count On

When you create a Sholom Foundation Charitable Gift Annuity, you receive your annual or quarterly payments like clockwork. When the payment date rolls around, your check will be in the mail...or, if you wish, the money will be transferred to your bank account. As they say, "You can bank on it!"

For example, Bill and Marsha obtained a \$25,000 gift annuity with Sholom Foundation. Since the

gift was irrevocable, they received an income tax charitable deduction.

Now every year for the rest of their lives, Bill and Marsha will receive \$1,600 from the charity. The amount is based on their ages and annuity rates in force when they obtained the annuity. They receive a check for \$400 each quarter. It doesn't matter what happens to the economy or if one of them should pass away. Every quarter, \$400 until both Bill and Marsha have passed away, and part of the \$400 is tax free.

And there's more. Not only are Bill and Marsha receiving regular, fixed payments from their annuity, they have the satisfaction that a portion of the \$25,000 they gave will eventually be available to help Sholom Foundation fulfill its mission.

There are plenty of uncertainties in life...but a gift annuity payment from Sholom Foundation isn't one of them. And that's one reason why so many of our friends participate in this program. Would you like to learn more about these amazing gift vehicles? Call Barbara Brooks at 952-939-1594 or email her at: bbrooks@sholom.com.

GIFT ANNUITY RATES

effective July 1, 2008

ONE LIFE		TWO LIFE	
AGE	RATE	AGE	RATE
90+ . . .	10.5%	90/90	8.7%
85	8.9%	85/90	7.9%
80	7.6%	80/85	6.9%
75	6.7%	75/80	6.2%
70	6.1%	70/75	5.8%
65	5.7%	65/70	5.5%
60	5.5%	60/65	5.3%

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 MEMBERS SINCE JUNE 2008

Esta & Jerry Gold ~ Eugene Heck ~ Dr. Markle Karlen ~ Dr. Zenith & Merle Anne Kremen ~
Diane Ladenson ~ Carolyn Lieberman

Anonymous
Ruth & Allen Aaron
Rosalyn Baker
Beverly Balos &
Mary Louise Fellows
Irving & Deane Bassin
Steve & Gail Brand
Leo & Carole Breitman
Ruth Breslermann
Barbara Brooks
Helen Brooks
Beverly & Stanley Davis
Henry & Harriet Davis Family
Lois & Sherman Devitt
Mary S. & Robert A.
Dinerstein
Barbara Eiger
Corrine & Tom Feinberg
Francine & Neil Feinberg
Nicole & Kenneth Fink
Arlene Fried
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 Herman
Jake Hurwitz &
Doreen Frankel
Emmy Lou Jacobson
Lorita & Jay Jacobson
Janet & Alvin Jaffe
Charlotte & Leonard Juster
Stan & Jeanne Kagin
Sheldon & Helene B. Kaplan
Dr. Markle Karlen
Judy A. Karon
Stefanie & Robert Karon
Alan & Beverly Kasdan
Betty G. Katz
Helen & Ivan Kenis

Kipp Family Philanthropic Fund
Marion & E. Gary Klein
Dr. Zenith & Merle Anne
Kremen
Faye & Mayer Krupp
Gracia & Merrill Kuller
Diane Ladenson
Nancy D. Langer
Jules & Rose Levin
Rhoda & Tom Lewin
Carolyn Lieberman
Sheila & Stephen Lieberman
Sybil & Bill Lipschultz
Walter Lubov
Rhoda & Donald Mains
Ronald M. Mankoff
Gayle Marko
Annette & Marion E. Newman
Sandy & Harold Okinow
Lillian & Julius Raen
Susan & Gary Rappaport
Barbara & Harvey Ratner
Harold & Cissy Ravits
Fay & Leonard Ribnick
Irene & 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 & Frank Schochet
Ruth & William Seltz
Dr. & Mrs. Lawrence Serber
Rossy & Richard Shaller
Lawrence M. Shapiro Family
The Shared Fund
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& Sheldon Silberman
Dorothy H. & Edward E.
Slonim
John Spooner
Vicki & Lloyd Stern
Arthur & Margaret Stone
Beryl & Frank Strickon
Sharon & Bill Torodor
Deera & Al Tychman
Jerome S. Yugend

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.

April 26 - July 25, 2008

Honor & Remember Your Family and Loved Ones

Donate to the Sholom Foundation General Fund or to any Fund on pages 14-17 (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 Tina Tott, donations coordinator at 952-939-1664 to leave your credit card number on our secure system. Then you may call Tina, fax 952-939-1591, or email donations@sholom.com at your convenience with 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.

Lucille & Jay Abramovitz	Nancy & Bob Hartman	Ellen & Aron Rolnitzky
Lynn & Buddy Abramson	Ruth Hartman	Louise & Harry Rosenbaum
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Deanna Armel	Inge & Gerry Hirschhorn	Harold Saks
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and Council	Orrin & Judy Kessel	and Council
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Marvin Frieman	Mickey & Carol Orren	Shirley & Stanley
Ginny & Pat Gaspard	John Ostfield	Supak-Feinberg
Lillian Geller	Francie & Mark Paper	Howard Swanson
June Gilats	Addie & Norm Perl	Alan Upin
Barbara & Al Gleekel	Liz & Jack Pink	Gloria & Howard Weisskopf
Esta & Jerry Gold	Roberta & Stuart Pinsky	Mary & Stuart Weitzman
Cele Goldetsky	Barbara & Andrew Pogoler	Mindy & Steve Wexler
Jane & Jon Gordon	Bonnie & Ken Prawer	Ardis & Tom Wexler
Edmund Gottlieb	Edward Pritzker	Clarissa J. Wien
Betty & Jerry Greenstein	Joyce & Edward Prohofsky	Betty & Harold (Babe) Zats
Floanne Hanson	Wendy & Michael Rabin	Miriam & Sonny Zukerman
Kathy & Edward Hartman	Nancy & Kevin Rhein	

IN HONOR OF

Ruth & Allen Aaron
Grandson's Bar Mitzvah
Evelyn Broms

Buddy Abramson
Birthdays
Darlene Braasch

Lynn Abramson
Birthdays
Darlene Braasch
Toba & Allen Freeman
Gretta Freeman
Gracia & Merrill Kuller

Jean Abundis
Happy Mother's Day
Lori S. Reznick

Phyllis Appelbaum
Happy Mother's Day & Birthdays
Gayle Appelbaum

Jerry Ann & Howard Applebaum
Wedding Anniversary
Rhoda & Gene Engelson
Ruth & Harold Roitenberg

Adrienne Bank
Birthdays
Diane & Joe Mast

Adrienne & Morton Bank
Wedding Anniversary
Marja Engler
Sharlene & Sid Ladin

Linda & Bob Barrows
Son's Engagement
Jane & Jon Gordon

Stephen Barrows
Engagement
Jane & Jon Gordon

Michael Bass
Marriage
Esther & Steven Rosenberg

Ginger & Marty Bell
Wedding Anniversary
Phyllis Appelbaum
Eileen & Alvin Badiner
Elaine & Ron Burton
Ruth & Harold Roitenberg

Jane & Stephen Benowitz
Marriage of David & Kassie
Lory & Randy Herman

June Berg
Granddaughter's Marriage
Phyllis Appelbaum
Sue & Martin Ring

Jay & Joan Binder
Granddaughter's Bat Mitzvah
Harriet & Miles Lane

Steve Birke
Retirement
Elliot & Mindy Comer-Tonik

Carl Birnberg
Happy Father's Day
Betsy & Barry Birnberg

Herman J. Birnberg
Birthdays
Joan Shapiro

Jerry Bratter
Birthdays
Ruth & Allen Aaron
Rhoda & Gene Engelson
Gracia & Merrill Kuller
Sharlene & Sid Ladin

Evelyn Broms
Birthdays
Ruth & Allen Aaron

Dan Brown
High School Graduation
Josie & Rod Rothstein

Richard Brown
Birthdays
Shirlee Clein
Lorita & Jay Jacobson
Mayer Krupp & Shelley Segal
Ben Liman
Anne & Allan Sklader

Ben Calmenson
Birthdays
Dottie Lipschultz

Bea Cowle
Granddaughter's Marriage
Sue & Martin Ring

Beverly & Stanley Davis
Wedding Anniversary
Shirley Rothstein

Rhoda & Gene Engelson
Wedding Anniversary
Lynn & Buddy Abramson

Tammy & Carl Birnberg
Ann Miller

Corrine Feinberg
Birthdays
John Gordon

Lenore & Al Feldman
Granddaughter's Marriage
Phyllis Appelbaum
Sue & Martin Ring

Bernice & Jerry Fischbein
New Home
Melissa & Sheldon Silberman

Richard & Nina Fogel
Birth of Ian Fogel
Jeff, Nancy, David & Adam Getzkin

Muriel Frederick
Birthdays
Cecelia & Melvin Brown

Jennifer Gray & Mark Freeman
Wedding Anniversary
Ann Miller

Phillip Freeman
Birthdays
Renee Ribnick

Donald & Marjorie Frishberg
Grandson's Bar Mitzvah
Harriet & Miles Lane

Gabrielle Ganote
High School Graduation
Janie Braufman

Eunice Gelb
Birthdays
Gracia & Merrill Kuller

Rosie Gellman
Birthdays
Jane & Jon Gordon

Gail Gendler
Cerna & Lorrian's Birthdays
Shirley Rothstein

Vicki & Harold Gillman
Granddaughter's Bat Mitzvah
Chelle & Leon Katz

Bud Goldberg
Birthdays
Bettie & Stan Barenbaum
Marja Engler
Gretta Freeman
Gracia & Merrill Kuller
Sharlene & Sid Ladin
Dottie Lipschultz
Linda Molitor & Jim Farrell
Ada Rubenstein

Lois & Bud Goldberg
Grandson's Graduation
Marja Engler

Judie & Norman Goldetsky
Nina & Bruce's Wedding
Saul & Maureen Bernick

Rose Goldfine
Birthdays
Shirleymae & Bob Lane

Linda & Steve Goldstein
Wedding Anniversary
Sharlene & Sid Ladin

Nancy Gordon
Birthdays
Janet Greenberg
Roz & Arthur Jaffee

Bernice Greenberg
Birthdays
Joanie & Alan Levey

Charlotte Grossman
Birthdays
Marja Engler

Ted Hanson
Birthdays
Diane & Joe Mast

Ruth Hartman
Birthdays
Jan & Josh Arnold
Walter Lubov

Ruth Hartman
Happy Mother's Day
David Hartman

Michael Herman
Birthdays
Judi & Dick Neuman

Carol Hohensrein
Laurie Rose Simon

Ruth Hollischer
Happy Mother's Day
Lori S. Reznick

Janice S. Hope
Birthdays
Ruth & Allen Aaron

Susan & Mike Horovitz
Wedding Anniversary
Carole & Steven Lang

Milton Hurwitz
Birthdays
Ada Rubenstein
Joan Shapiro

Katherine & Herbert Isbin
Wedding Anniversary
Joan & Norman Noun

Jay Jacobson
Retirement
Janet & Howard Tarkow

Lorita Jacobson
Birthdays
Fern Badzin
Lois & Sherman Devitt
Judy & Jon Harris
Bert & Norton Rockler
Delores & Mel Sigel
Sybil & Seymour Wilensky

Lorita & Jay Jacobson
Granddaughter's Graduation
Fay & Leonard Ribnick

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I received excellent therapy and every one of the staff
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Sylvia E. Schwartz, Sholom Home West short term resident

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My mother spent the last month of her life at Sholom Home West and I am so grateful for the wonderful care she received. It was very clear to me that the amount of community support that Sholom receives is a big part of the equation, and I am honored to be able to join those supporters. Thank you for the many families you touch.

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 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
 Fern & Bernard Badzin Fund
 Marvin F. Bank Fund

To Establish a Sholom Foundation Fund

**Funds are acknowledged by a plaque on the
 Walls of Honor at Sholom Homes East and West.**

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.

Amy & Stanford Baratz Family Fund
 Linda & Robert Barrows Fund
 Margo & Fred Berdass Family Fund*
 Essie Berkman Douglas & John
 Berkman Memorial Fund
 Gerald & Joy Bratter Family Fund
 Diane & Richard Cohen Family Fund
 Beatrice & Stanley Cowle Fund*
 Beatrice & Stanley Cowle Special Fund
 Dachis 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
 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
 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
 Connie & Paul Ross Family Fund
 Mike Salloway & Lorie Reznick Salloway
 Fund for Hospice Care

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 Sholom Home East (and then at the new Shaller Campus when it is completed).

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
952-939-1594.

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.

BENEFACTOR *continued*

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
Alan, Joel & Robert Shapiro
Family Fund
Harry, Rosalind, Morton & Joan
Shapiro Fund*
Aaron & Sadie Siden Family Fund
Gerald Singer Fund
Dorothy & Edward Slonim Fund
Mickey & Harold Smith Fund for
Rabbinic and Religious Activities
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
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
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
Harriet & Henry "hanc" Davis
Family Fund
Mary & Harold Doroshov
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
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	Memorial Fund	Berneen Rose Rudolph Fund
Sylvia & Arnold Goldman Family Fund	Carol L. & Jerry W. Levin Fund	Miriam & David Sanders Fund for Menorah Plaza & Menorah West
Dr. Sewell Gordon Nursing Scholarship Fund	Rose & Jules Levin Family Fund	Clara & Leonard Savitt Fund
Mary & Leland Gottstein Family Employee Benefit Fund	Lois Levine Fund	Fannie & Abe Schanfield Fund
Mike & Donna Green Fund	Gloria & Fred Levy Fund	Schechter Family Fund
Janet & Harold Greenberg Family Fund	Harriet & Marvin Levy Family Fund	Lois & Sam (Chick) Schenfeld Family Fund
Irene & Saul Greenspoon Family Fund	Ruth Liman & Beverly Liman Lederfine Fund	Shelley & Dr. Eddie Segal Family Bus Fund
Ferne & Edward Grosmann Fund	Laurel & Scott Lifson Family Fund	Bess & Dan Seligman Family Fund
Samuel M. Hartman Fund	Erma G. Lipschultz Fund	Ben & Leah Serber Family Fund
Phyllis B. & Howard "Buddy" R. Harris Continuing Education Fund	Murray Litton Fund	Shapira Family Building Fund
Hasko Family Fund	Harriet & William Lumel Resident Care Training Fund	Sam & Lorraine Shark Family Fund
Elissa J. Heilicher Fund	Peggy & Joel Mandel Family Fund	Charlotte & Monroe Shine Building Maintenance Fund
Sally & David J. Hoffman Fund	Mildred & Louis Marko Fund	Sholom Community Alliance Employee Contribution Fund
William & Edith Hurvitz Fund	Ann & Julius Miller Fund	Delores & Melvin Sigel Family Fund
Etta Jacobs Flower Fund for Sholom Home East	Ben & Adith Miller Fund	Rivian & Leonard Silesky Fund
Lorita & Jay M. Jacobson Family Fund	Rose Smith Mirsky Family Fund	Dee & Norman Silver Fund
Roz & Arthur Jaffee Family Fund	George & Edith Nadler Family Fund	Rose Butwin Silverstein Fund
Bruce R. Kahn Family Fund	Miriam & Nelson Neuman Family Fund	Arnold & Kaethe Simon Fund
Steven A. Kalin Fund	Northland Endowment Fund	Evlyn Solomon Fund
Estelle & Joe Kane Family Fund	Joan & Norman Noun Family Fund	Frieda Juster Sperling Nurses' Scholarship Fund
Thomas & Etta Miller Kaplan Fund	Barrie & Steven Orloff Family Fund	Vicki & Lloyd Stern Family Fund
Judy A. Karon Fund	Carol & Mickey Orren Fund	Beryl & Frank Strickon Employee Emergency Loan Fund
Sally Karon Family Fund	Peilen Library Fund for Sholom Home East	Dr. Ian Swatez Nursing Scholarship and Musical Entertainment Fund
Sternie Kissin-Rosen Fund	Gertrude & Howard Perlman Fund	David Tychman Fund
Lee & Barbara Kopp Fund	Gloria & Sheldon Pinck Family Fund	Rodney S. Wallace Family Fund
Dr. Zenith & Merle Anne Kremen Family Fund	Truen & Bert Press Fund	Diane & Burt Weisberg Family Fund
Nettie & Ben Kramer Fund	Diane & Jon Rappaport Family Fund	William & Jody Weisman Family Fund
Krupp Employee Emergency Loan Fund	Dona & Mike Rodich Family Fund	Gloria & Howard Weisskopf Fund
Sharlene & Sidney Ladin Family Fund	Norman & Ruth Ann Rose Fund	Ann & Henry Wiener Fund
Miles & Harriet Lane Family Fund	Mildred S. & Myer H. Rosen Fund	Steve & Arlene Winnick Family Fund
Nellie, Leo & Judy Langer	Burton G. Ross & Cynthia Rosenblatt Ross Fund	Jerry & Marcia Yugend Family Fund
	Marilyn Rovner Fund	Ilene & Bruce Zwick Family Fund
	Jeanette & Samuel Rubenstein Family Fund	
	Esther S. & Manuel H. Ruder Fund	

I want to express my gratitude to the Sholom Home East staff on 2J who cared for and loved my mom. Nursing home care was a very painful decision, but the very thing we dreaded turned out to be an unanticipated blessing. The staff showed my mom respect, love and affection. Her life was valued to her last breath.

Harriet Bailey, daughter of Sholom Home East resident, Dorothy Bernick Rocklin

Sholom Home Auxiliary Funds at Sholom Foundation

TRUSTEE

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

Support Sholom Home Auxiliary Long After You Are Gone

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. 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 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 for benefit of the Sholom nursing homes continues long after you are gone.

Consider establishing your own named Auxiliary endowment fund or donate to any of the existing Auxiliary endowment funds listed above. 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.

**Endowment gifts of any size are welcome and may be made over a period of years. Cash gifts or pledges starting at \$10,000 or deferred 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 Homes.*

**Why not wish your loved ones a *Shana Tova*
with a donation in their honor to Sholom Foundation**

Donate to Sholom Foundation Online 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 Tina Tott,
Donations Coordinator, at 952-939-1664.



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



SAVVY SENIOR

Walking: The Perfect Exercise

Dear Savvy Senior,

Can you give me some tips on starting a walking program? I was recently diagnosed with prediabetes and need to take better care of myself, but I hate to exercise. Any suggestions?

- Sedentary and Sixty

Dear Sedentary,

More than 20 years of research has shown that walking may be the perfect exercise to improve your health. It burns calories (about 100 for every mile you walk), builds endurance, enhances muscle tone and flexibility, strengthens bones and doesn't pound your joints. It also helps prevent diabetes, heart disease, stroke, high blood pressure, arthritis, Alzheimer's, depression and more. Here's what you should know.

Get In Step

Walking is not only good for what ails you. It's also easy to do, convenient (it can be done anytime, anywhere) and free. All you need is a good pair of shoes, comfortable clothing, and a little desire. Here are some tips to help you get in step:

- Getting started (see www.thewalkingsite.com): Start out slow if you need to. For many people this means head out the door, walk for 10 minutes and walk back. Do it every day for a week. If that seems easy, add five minutes to your walks next week and keep adding five minutes until you are walking as long as you desire. It's also a smart idea to start and finish your walk with a few simple warm up and cool down stretches. Stretching will make you feel better and help prevent injury. (Note: If you have health concerns, talk with your doctor before starting a walking program.)
- How often and how long: Any walking is better than none, but most fitness experts recommend walking

about 30 minutes, five days a week. Research has shown that 30 minutes can be accumulated throughout the day (10 minutes here, 10 minutes there). Or, for optimal health benefits aim for 10,000 steps per day, which is the equivalent of about five miles.

- How fast: The right walking speed depends on your fitness level. Ideally you should walk at a brisk pace that has you breathing heavily, but are still able to carry on a conversation.

Motivation

Starting a walking program takes initiative. Sticking with it takes commitment. Here are some tips to help you stay motivated:

- Find a walking buddy: They can provide motivation and support along with companionship and security.
- Use a pedometer: These nifty little gadgets (available in athletic stores for about \$20) measure how far you've walked in steps and miles, providing motivation by spurring you to meet a particular goal and showing you when your goal is met.
- Keep a journal: Use it to keep track of your walking minutes, steps, or mileage and total it up at the end of each week to see how you're progressing.
- Have a backup plan: If bad weather, allergies or other factors limit your outdoor walking, have a backup plan like walking at your local mall, consider buying a home treadmill or joining a health club.

To read more about Walking: The Perfect Exercise, visit www.sholomfoundation.com, click on "Savvy Senior" and look for back issue: April/Week 3/2008. Or, call 952-939-1594 for the complete article.

You can find a new Savvy Senior column every week on our website www.sholomfoundation.com. Savvy Senior, along with Washington Hotline, weekly articles, and financial news is also available to you in the Sholom Foundation eNews which you can receive electronically. Email Foundation@sholom.com or call 952-939-1594 and give us your email address to begin receiving the Sholom Foundation eNews.

Savvy Senior 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



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From the Board and staff of Sholom Foundation...
**Wishing you and yours
a sweet New Year!**

Coming in 2009!

**Spring
2009**

Opening on the Rossy and Richard Shaller Family Sholom East Campus

- Shirley Chapman Sholom Home East
- Johnson Center and Hospice Care Agency
- Bentson Family Assisted Living Residence

**Tuesday,
June 23**

In celebration of the *Grand Opening* of the Rossy and Richard Shaller Family Sholom East Campus Sholom Foundation presents . . .

An Evening with Tom Friedman

New York Times columnist and Pulitzer Prize winning author

**Sunday,
June 28**

Grand Opening Celebration Rossy and Richard Shaller Family Sholom East Campus

**Saturday,
October 17**

The Sholom ShaBANG

(formerly known as The Sholom Ball)

The Depot ~ Downtown Minneapolis

Featuring the #1 Beatles Show in the World . . .

"1964 ~ The Tribute"