



Circle of Life

President's Message

page 2

Charitable Gift Annuity Rates As High as 10.5%

page 5

Long Time Donors Lil and Julie Raen Experience Sholom

page 5

Payments You Can Count On

Charitable Gift Annuities

page 6

Savvy Senior

Mini-Stroke:

Know the Symptoms

page 19

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.

Rossy and Richard Shaller Family Sholom East Campus Update

Harry & Jeanette Weinberg Apartments, which opened last May, are now fully occupied. Call KD Segale at 651-637-0360 or download an application at www.sholom.com to be placed on a waiting list. The Benston Family Assisted Living Residence, opening along with Shirley Chapman Sholom Home East in early 2009, is almost half reserved. Call Cynthia Frances at 651-637-0360 for a tour and/or more information.

SAVE THE DATE! JUNE 23, 2009

Tom Friedman, New York Times columnist and Pulitzer Prize winning author (see back cover)

Ceremonial Groundbreaking for LIEFSCHULTZ PLACE



Sylvia Liefshultz (front) pictured with daughter Susan Liefshultz, Bruce Kahn, Sholom Community Alliance CEO and Allen Freeman, Sholom Community Alliance President

Liefshultz Place, a senior market-rate apartment building, was dedicated with a ceremonial groundbreaking on October 27 on the new Rossy and Richard Shaller Family Sholom East Campus in St. Paul. The apartment building, named for Sylvia Liefshultz and her late husband, Harold Liefshultz², will be built on the new campus, and will complement and extend the continuum of care for the elderly on the new Shaller campus.

The Liefshultz family has had a long association with Sholom, starting with Sholom Home East, where Sylvia's mother Emily Lachinsky, and Harold's father, Meyer, spent the last years of their lives. In fact, Meyer conducted daily religious services and Passover Seders for the residents until he was ninety-four. At one time, Sylvia volunteered at Sholom as a therapy assistant, where she developed a special bond with the

continued on page 3

President's Message

by Jay Goldberg

Over this past summer, Sholom Home West residents Irene, Ruth, and Evelyn each celebrated her 100th birthday with loving family, friends, residents and staff. These celebrations are part of the fabric of life at Sholom; as are music, recreational activities, Shabbat dinners, and a host of life-enhancing programs and services, not to mention daily care, rehabilitation and social services.

While our thoughts may be preoccupied with the current global financial crisis and its impact on each of us, we know that every day life goes on. Life goes on at Sholom too as we continue to serve residents and clients in the best way our resources allow. The new Shaller Campus in St. Paul has been created with an eye toward providing excellent and compassionate care, while building "smart" for cost-effective operating expenses.

In fact, much of what has been learned in the planning and building of the Shaller Campus is spilling over to our Ackerberg campus in St. Louis Park where over the next few years, residents and clients will benefit from that new knowledge.

Like many of you, the Foundation's financial resources are taking a hit, but we continue to raise

funds to support the Sholom facilities and programs, knowing that we must multiply our efforts to ensure that we can care for our elderly loved ones in a manner we desire and they deserve.

In this very challenging fiscal environment, your support of Sholom Foundation is more important than ever. As we weather these difficult times, I ask that you keep the residents and clients of Sholom in your hearts and minds. And the Foundation will continue to pursue its mission to provide the financial support necessary to care for our elderly loved ones.

Help Sholom Foundation build a sufficient endowment to provide critically needed income now and in the future. Your ongoing support is vital and much appreciated by the Sholom residents, clients, and their families.

Thank you,
Jay Goldberg



President
Jay D. Goldberg

President Elect
Robert Karon

Vice President
Charles Selcer

Secretary
Ilene Zwick

Treasurer
Michael Saxon

2008-2009 Sholom Foundation Board of Directors

DIRECTORS

Steve Baldinger
Steve A. Brand*
Carole Davidson
Arne Divine*
Stan Dobrin
Neil Feinberg
Jack Fiterman
Doreen Frankel

Allen Freeman*
Burt Garr
Jon Gordon*
Mickey Greenberg
Robert Hartman*
Marc Hasko
Lisa Heilicher
Stan Kagin
Sandra Kamin

Judy A. Karon
Robert Mast
Michael Minsberg
Ken Raskin
Jeffrey Ringer
Mark Rotenberg
Ada Rubenstein
Steven C.
Schachtman

Herbert Schechter
Steven Shaller
Thomas Sherman*
Dede Smith
Ben Steinberg
Lloyd Stern *
Jim Tankenoff
Gail G. Tilsner
Jerome Yugend*

** Past Presidents*

2008 Year-End Gift Idea #1

Donate appreciated stock that you have held for more than one year to Sholom Foundation. You will receive a charitable deduction for the entire value of the stock and avoid capital gains tax on the appreciation. Be sure to allow enough time for the stock transfer to take place and the stock sold by December 31st.



Ceremonial Ground Breaking for LIEFSCHULTZ PLACE

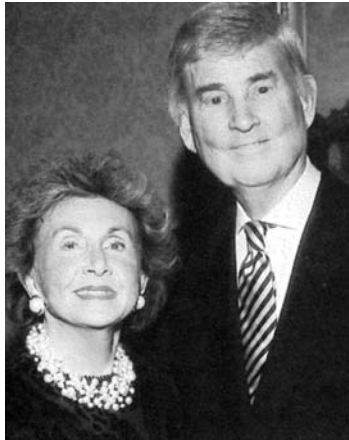
continued from page 1

residents. Sylvia remembers how good she felt about her mother's care at Sholom noting, "It was a very heartwarming experience to see her as happy as she was and to see the care and atmosphere at Sholom."

Over the years, the Liefschultzes have been generous and loyal supporters of Sholom. In 1996 they established the *Harold and Sylvia Liefschultz Fund* at Sholom Foundation. Harold and Sylvia hoped their gift would continue to benefit generations yet to come and, just as Sholom had touched their lives, they wanted Sholom to touch others as well. At that time, Harold remarked about the gift, "It's simply there to help wherever it is most needed. We just want to help ease the way for others."

In 2000, in acknowledgement and appreciation for an additional gift, the physical therapy program at Sholom Home West was named the *Harold and Sylvia Liefschultz Rehabilitation Therapies Program*.

Now Sylvia, on behalf of herself and Harold, has made a generous capital gift to help build Liefschultz Place. Sylvia also continues to increase the *Harold and*



Sylvia and Harold Liefschultz

Sylvia Liefschultz Fund with current and future estate gifts that will provide even greater financial support for Sholom. This will include funding the *Liefschultz Excellence in Care Fund*, which is intended for immediate use in current funding while the planning for Liefschultz Place is underway. The *Liefschultz Excellence in Care Fund* will be used at Sholom West for specific projects to benefit the residents of Sholom West.

Steven Liefschultz, Sylvia's son, spoke eloquently at the groundbreaking about his parents' connection to Sholom. Temple of Aaron Rabbi Alan Shavit-Lonstein spoke about the Liefschultz family's long-time support of the Jewish community, and District 5 Ramsey County Commissioner, Rafael Ortega, thanked the Liefschultzes and the entire Jewish community for making the senior care campus a reality.

Surrounded by family and friends, Sylvia was praised by Sholom Community Alliance President, Allen Freeman who presented Sylvia an etched glass keepsake of the ceremony.

2008 Year-End Gift Idea #2



If you are in a 33% income tax bracket in 2008, and you itemize your deductions, a \$10,000 cash gift to Sholom Foundation postmarked by December 31st will save you \$3,300 in 2008 taxes.

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

Circle of Life

is published four times
a year by the Sholom Foundation
3610 Phillips Parkway, Minneapolis, MN 55426
952-939-1593 / Fax: 952-939-1591
E-mail: foundation@sholom.com
Visit: www.sholomfoundation.com

President: Jay D. Goldberg
Executive Director: Joel D. Mandel
Executive Director Emeritus: Jay M. Jacobson
Administrative and Campaign Associate:
Barbara Brooks
Assistant: Arden Johnson
Donations Coordinator: Tina Tott
Graphic Design: Pat Moses

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

IRA Charitable Gift Legislation Is Extended for 2008 and 2009

If you have an IRA (Individual Retirement Account) and are older than 70½, you can make a direct IRA gift of up to \$100,000 in 2008 and in 2009 to a qualifying charity tax free. If your circumstances are such that you do not need to use your IRA funds for living expenses, but must take a taxable annual distribution from your IRA because you are over 70½, you may now rollover all or a portion of your IRA — up to \$100,000/year — directly to a qualified charitable institution such as Sholom Foundation, and avoid paying taxes on any of the rollover amount.

Your IRA charitable gift will qualify toward your Required Minimum Distribution as well. While there is no charitable income tax deduction in this case, by directing your IRA custodian to transfer your required minimum distribution directly to Sholom Foundation, you do not have to report it in your tax return and therefore, do not have to pay taxes on that amount.

For professionals and business owners, your IRA may even comprise the vast majority of your estate. You may need to do some “asset balancing” to avoid future income tax problems. Therefore it may be desirable for you to transfer up to \$100,000 per year directly to Sholom Foundation from your IRA, thus helping to “balance” your estate assets.

Depending on your level of income, you may receive tax benefits with an IRA gift under this provision. If you were to take your IRA annual distribution into your own personal income, you could be subject to losing exemptions that are phased out at higher income levels. Therefore, it would be preferable to make the gift directly to Sholom Foundation from your IRA rather than making a charitable gift from regular income.

You may already be making charitable gifts up to 50% of your adjusted gross income, the maximum allowed for cash gifts each year. This extended legislation allows you to give up to 50% of your adjusted gross income from your regular assets and then make “over and above” gifts from your IRA (not to exceed \$100,000 per year for 2008 and 2009). Since your IRA is not included in taxable income, it will have no impact on your regular income and other charitable gifts. In fact, some donors may, in effect, give 100% or more of their income per year through this method.

REMEMBER:

- Your charitable gift must be made **payable** to Sholom Foundation and transferred directly to Sholom Foundation by your IRA custodian (*do not take a distribution from your IRA first and then donate it to a charity or you will be taxed on that distribution*).
- **Please ask your IRA Custodian to be sure to indicate on the check that this is an IRA gift in your name, so we can provide you with appropriate acknowledgement for your donation.**
- You must be age 70½ or older at the time of this gift.
- This extended provision applies only to 2008 and 2009 and has a \$100,000 maximum per year.
- The gift must be to a qualified exempt public charity such as Sholom Foundation and may not be made to philanthropic or donor advised funds, or private foundations.

We encourage you to consult your financial professional to determine how this charitable gift provision may benefit both you and Sholom Foundation.

2008 Year-End Gift Idea #3

In exchange for a cash gift or gift of stock to Sholom Foundation, receive a Charitable Gift Annuity that will provide you with annual payments for the rest of your life at very favorable rates, as high as 10.5%. If you are giving appreciated stock, allow enough time for the transfer and sale of the stock to take place by December 31st. A cash donation must be postmarked by December 31st as well. See page 18 for details.



Long time Sholom Foundation Donor, Lillian Raen, praises the Leo and Doris Hodroff Pavilion for Memory Care

My husband, Julie Raen, is a resident at the Leo and Doris Hodroff Pavilion for Memory Care on the Ackerberg Campus. I cannot begin to tell you how happy and satisfied we are with the care, the food, and the warmth and devotion of the staff. The residents have daily physical exercise and daily mental exercises. They are kept aware of the news of the day. We Minnesotans should be so proud to have a haven such as this available to us. And we should do all in our power to keep it this way for future residents.

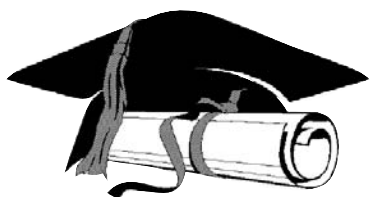
Sincerely, Lillian Raen



Lillian and Julie Raen

2008 Year-End Gift Idea #4

Some employers match charitable gifts, making your donation to Sholom Foundation worth even more. Simply enclose your company's matching gift form with your check and mail them by December 31st.



ACADEMY at Sholom Community Alliance ...recollections of a special violin

The ACADEMY at Sholom offers a full range of courses for residents on the Ackerberg Campus. Over 5,100 direct classroom hours took place during The ACADEMY's very successful first year. A core class, *Writing for Publication*, has produced numerous recollections, stories, news articles, opinion pieces, fiction, poetry and more. One such piece, a reflection about a violin was written by Natalie Atkin and published in the September 2008 *Voices*, a Knollwood Place Resident Quarterly Publication.

I owe a special "thank you" to the pawnbroker who sold my father a violin for me when I was nine years old. We already had a piano for my older sister, but she did not take to it. For some reason that I never questioned, my father preferred the violin. That instrument became the most intimate part of my life for over a period of fifty

years. Its home, as of now, is with my seven year-old granddaughter in Massachusetts. She is too young for its size, but in a couple of years, having started learning to play at three years, she will continue a lifetime of companionship with the violin that is equal to nothing else. Wasn't I the lucky one?



Natalie Atkin

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.

Have you planned ahead?

Have you made a will? It is estimated that as many as 70% of adults do not have a will. A will is something we do not want to think about, because most of us, understandably, do not plan for our death. But, leaving our loved ones without any direction as to our estate can cause confusion and heartache for those we leave behind.

For the benefit of your loved ones and your own peace of mind, consider creating a will or updating the will you may have made many years ago. Leave your loved ones well-informed and well-prepared for the financial impact of your death. A will may not necessarily lessen the emotional impact of your passing, but you can ensure that the financial ramifications will not be a burden.

Take time to gather the following items applicable to your own circumstances, and make sure your loved ones know where to find this information:

- the location of your will and other pertinent estate documents
- the name and phone numbers of your attorney, accountant and financial advisor
- banking information including the name of your

personal banker, account numbers, location of bank statements, and cancelled checks

- insurance policies including life, homeowners, auto and medical
- investments, account numbers, broker's names and phone numbers
- important documents including the deed to your home and real estate investments, automobile titles, birth certificates, income tax information, keys, military records, and passports
- social security information
- any other asset information, including instructions about your personal items
- funeral/memorial service instructions

Consider also preparing a statement, recording, or video about yourself — your memories, your values, your thoughts about your loved ones; a legacy to give comfort to those you love.

We would be pleased to send you a **Wills Preparation Guide**. It will help you prepare for making or updating your will that you can provide to your estate planning professional. Call Barbara at 952-939-1594.

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

Harriet & William Gasway ~ Jory M. Herman ~ Leo & Doris Hodroff

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
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 Herman
Jory M. Herman
Leo & Doris Hodroff
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
Melissa Cohen Silberman
& 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.

July 26 - October 24, 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.

Alpha Omega Fraternity
MN Chapter
Molly & Sid Bader
Wendy & Steve Baldinger
Estate of Ruth Bearman
Daniel & Pearl Berdass
Carolyn & Sheldon
Berkowitz
Beverly Foundation
Beth & Rick Binder
Corrinne & Reuben Birnberg
Arnold & Sura-Fraida Blatt
Meyer Bolnick
Essie Douglas
Joanne Ferraro &
Bob Beugen
Ronald Fingerhut Family
Foundation
Fingerhut Family Foundation
Betty Frankel
Elaine & Murray Galinson
Susan & Bill Goldenberg
Anita & Marvin Greenstein
Jory M. Herman
Leo & Doris Hodroff
Joanie & Dennis Hymanson
Lorita & Jay Jacobson
Anne Janco
Jim Kaplan
Pamela Kazi
Julie & Robert Mast
Michael & Susan Minsberg
Joan & Norman Noun
John Ostfield
Addie & Norm Perl
Estate of Ossie Widdes
Perlman
Sydney & William Phillips
Joan Pollitt & Michale
Barnes
Lil & Julie Raen
Renee Ribnick
Jeanie & Arthur Rivkin
David & Carol Rosenblatt
Bonnie Ross & Jerome Lavin
Mary & Sam Saide
Mike Salloway &
Lori Salloway Reznick
John Schletty

Nancy & Mike Schoenberger
Marsha Schoenkin &
Stuart Bear
Kathy & Allan Share
Doris & Eddie Sherman
Leonard Silesky
Weingart Foundation
Bonnie & Jeff Wittenberg
Karen Yashar & Jeffrey
Goldenberg

IN HONOR OF

Kal Abrams
Birthday
Phyllis Appelbaum
Mike Salloway &
Lori Salloway Reznick

Lynn Abramson
Birthday
Jeff, Nancy, David &
Adam Getzkin
Barb, Todd, Eli &
Sam Striker

Lynn & Buddy Abramson
Wedding Anniversary
Judy Graceman
Tammy & Carl Birnberg
Toba & Allen Freeman
Jeff, Nancy, David &
Adam Getzkin
Susan & Bill Goldenberg
Susan & Arnold Goldman
Myra & Ronald Krank
Gracia & Merrill Kuller

Lois & Jack Andrashko
Wedding Anniversary
Shirley Rothstein

**Arlene & Murray
Appelbaum**
Wedding Anniversary
Charlotte & Lanny Berke

Wendy & Howard Bach
Loren's Engagement
Fay & Leonard Ribnick

Edmund Bailys
Birthday
Marja Engler

Estelle & Robert Baldinger
A Happy New Year
Mike Salloway &
Lori Salloway Reznick

David Bank
Birthday
Marja Engler

Heather & Mike Bank
Wedding Anniversary
Marja Engler

Heather Adam-Bank
Birthday
Marja Engler

David & Stephanie Bank
Wedding Anniversary
Marja Engler

Bettie & Stan Barenbaum
Wedding Anniversary
Lou Ann Bongard
Paula & Arvin Cohen
Rona & Robert Devitt
Lois & Sherman Devitt
Gretta Freeman
Sandra & Paul Friedman
Gracia & Merrill Kuller
Sharlene & Sid Ladin
Sybil & Bill Lipschultz
Fern Silverman

Judy Baron
Birthday
Lorita & Jay Jacobson
Fay & Leonard Ribnick

Judy & Fred Baron
Wedding Anniversary
Lorita & Jay Jacobson
Fay & Leonard Ribnick

Lillian Benenson
Birthday
Joanne & Bob Gillman

David Benenson
Birthday
Lil & Julie Raen

Daniel Berdass
Birthday
Phyllis Appelbaum

Margo Berdass
A Happy New Year
Ruth Hartman

Pearl Berdass
Birthday
Lorita & Jay Jacobson

Julie & Sandy Berezovsky
Wedding Anniversary
Sharlene & Sid Ladin

Arline Bloom
Birthday
Lorita & Jay Jacobson

Geri & Milton Blumenfeld
Wedding Anniversary
Jeanette & Max Kurnow

Jerry Bratter
Birthday
Joanie & Alan Levey

Patti & Bernie Bratter
Wedding Anniversary
Gracia & Merrill Kuller

Cindy & Don Brown
Children's Wedding
Joan & Norman Noun

Maddie Calderon & Arnie Edelman
Wedding Anniversary
Avi & Doron Kipper
Lori & Matt Reznick

Rusty & Burt Cohen
New Home
Loretta Orstad

Rona & Bob Devitt
Wedding Anniversary
Lois & Sherman Devitt

Gene Engelson
Birthday
Lynn & Buddy
Abramson
Toba & Allen Freeman
Gracia & Merrill Kuller
Bruce Lieberman Family

Rhoda & Gene Engelson
Wedding Anniversary
Miriam & Leroy Kieffer

Marja Engler
Birthday
Jerry Ann Applebaum

Bob Epstein
Wedding Anniversary
Phyllis Appelbaum

Kayleen & Ben Feldman
Wedding Anniversary
Lois & Sherman Devitt

Harvey Flom
Birthday
Sandy & Howard Marker

Toba Freeman
Birthday
Lynn & Buddy Abramson
Darlene Braasch

Gretta Freeman
Bob Rubenstein
Linda & Richard
Freeman
Judy & Todd Freeman
Bea & Lenny Getzkin
Susan & Bill Goldenberg
Bruce Kahn
Gracia & Merrill Kuller
Joanie & Alan Levey
Dottie Lipschultz
Ada Rubenstein
Elaine & Stuart
Steinman

Micki Gamer
Birthday
Shelly & Jerry Silverman

Sherman Garon
Birthday
Phyllis & Phil Garon

Esta Gold
Birthday
Lou Ann Bongard
Nancy Calvin
Dorothy & Harvey
Herman
Betty Kohn
Ruth Schoenberger

Bill Goldenberg
Birthday
Marja Engler
Bob Rubenstein &
Gretta Freeman

Cynthia & Harold Goldfine
*Sara & Blake's
Engagement*
Judy & Todd Freeman

Bonnie & Gary Goldish
Jaimee's Graduation
Lois & Sherman Devitt

Cecile & Sid Goldstein
Wedding Anniversary
Harriet Levy

Jane & Jon Gordon
*Birth of Jack Robert
Gordon*
Judy & Jon Harris
Lorita & Jay Jacobson

Steve Gordon
Birth of Grandson
Harriet Levy

Rita Greenberg
Birthday
Phyllis Appelbaum

Judy & Jon Harris
New Home
Lorita & Jay Jacobson

Sid Harris
Birthday
Judy & Ross Dworsky
Elaine & Larry Hallfin

JoEllen & David Hartman
A Happy New Year
Ruth Hartman

Morrie Hartman
A Happy New Year
Ruth Hartman

Nancy & Bob Hartman
A Happy New Year
Ruth Hartman
Walter Lubov

Ruth Hartman
A Happy New Year
Walter Lubov

Ida Heller
Birthday
Teresa & Irving Victor

Jay Jacobson
Birthday
Riva Gruenberg

Lorita Jacobson
Birthday
Judy & Fred Baron
Margo Berdass
Tammy & Carl Birnberg
Lou Ann Bongard
Barbara Brooks
Harriette & Fred
Burstein
Barbara Eiger
Ceil & Herman Feldman
Toba & Allen Freeman
Susan & Bill Goldenberg
Bayle Greenberg
Riva Gruenberg
Alec Kiperstin
Mayer Krupp
Rose & Jules Levin
Jan Raskin
Rossy & Dick Shaller
Helen & Don Swartz

Lorita & Jay Jacobson
Wedding Anniversary
Riva Gruenberg

Manny Jaffe
Birthday
Marja Engler
Sharlene & Sid Ladin

Sherry Jaffe
Birthday
Marja Engler

Joe Janetke
Birthday
Marja Engler

Joe Janetke
Wedding Anniversary
Marja Engler

Betty Jonas
Birthday
Addie & Norm Perl
Renee Ribnick

Ruth Juhl
Birthday
Ilene & Jay Goldberg

Bruce Kahn
Birthday
Audrey R. Tulberg

Carolyn & Joseph Kahn
Wedding Anniversary
Ilene & Jay Goldberg

Sarah Kaplan & Leon Steinberg
Marriage
Melissa & Sheldon
Silberman

Audrey & Al Kaufman
Wedding Anniversary
Evelyn Broms
Shirleymae & Bob Lane

Leroy Kieffer
Birthday
Patti & Jev Baskin
Myra & Ronald Krank

Jane Kjeseth
Care Given to Husband
Jane Kjeseth

Hess Kline
Birthday
Bettie & Stan
Barenbaum
Rhoda & Gene Engelson
Marja Engler
Sharlene & Sid Ladin
Addie & Norm Perl
Sue & Martin Ring
Ruth & Harold
Roitenberg

Renee Kline
Birthday
Marja Engler
Gracia & Merrill Kuller
Sharlene & Sid Ladin
Diane & Joe Mast

Ellen Konston
Birthday
Julie & Robert Mast

Mary Kopman
Birthday
Toba & Allen Freeman

Beverly & Paul Kunin
Thinking of You
Janet Jaffe

Randall Lane
Birthday
Harriet & Bill Gasway
and Julie & Scott
Gasway and kids

Aileen Lange
Birthday
Marja Engler

Janice Lazarus
Birthday
Etta & Mike Barry
Sue & Dave Leon
Margery & Stuart
Pihlstrom
Rob & Julie Shrell
Sarlee & Paul Shrell-Fox

Judith Lebedoff & Hugh Klein
Wedding Anniversary
Gracia & Merrill Kuller

Lynn Lederman & Ken Raskin
Daniel's Bar Mitzvah
Lorita & Jay Jacobson

Alan Levey
Birthday
Sharon & Marty Kieffer

Joan & Alan Levey
Wedding Anniversary
Toba & Allen Freeman

Jeanne & Albert Levin
Mark & Janice's Marriage
Gracia & Merrill Kuller

Jules Levin
Birthday
Phyllis Appelbaum

Jeff Levy
Birthday
Renee Ribnick

Erma G. Lipschultz
Birthday
Sally & Ben Cohen

Bill & Sybil Lipschultz
Wedding Anniversary
Rhoda & Gene Engelson
Toba & Allen Freeman
Gracia & Merrill Kuller
Dottie Lipschultz
Ada Rubenstein

Joel Mandel
*Sholom Foundation
Executive Director Position*
Sally Friedman

Sholom Foundation Donations

continued

Peter & Lois Marcus
Wedding Anniversary
Shirlee Clein

Julie & Robert Mast
Wedding Anniversary
Richard A. Schwartz

Jeri Meshbesh & Stephen Perlman
A Wonderful Party
Shirlee Clein

Joyce Moscoe
Birthdays
Bettie & Stan
Barenbaum

Nettie & Jack Nabedrick
New Baby-Cassidy
Elaine & Ron Burton

Joan & Norman Noun
A Happy New Year
Margo Berdass

Julie Raen
Birthdays
Dorothy Goldstein

Lil & Julie Raen
Wedding Anniversary
Lorita & Jay Jacobson

Janet Raskin
Grandson's Bar Mitzvah
Lil & Julie Raen

Howard Reichert
Birthdays
Marja Engler
Sharlene & Sid Ladin

Fay & Leonard Ribnick
Wedding Anniversary
Ruth Schoenberger

Renee Ribnick
Granddaughter
Jessica's Marriage
Betty & Peter Jonas

Phyllis & Lloyd Robinson
Grandson's Bar Mitzvah
Ann Miller
Joanie & Alan Levey

Ruth & Harold Roitenberg
Wedding Anniversary
Sharlene & Sid Ladin

Elaine Rose
Birthdays
Nancy Langer

Dory & Bud Rose
Wedding Anniversary
Bettie & Stan
Barenbaum
Gretta Freeman

Marilyn Rovner
Birthdays
Sandra M. & David M. Brown
Jerrold & Sharon Frank
Joanne & Joel Glotter
Lorita & Jay Jacobson
Ronald & Joy Mankoff
Bettysue Morris
Shelley Segal

Jackie & Paul Royce
Birthdays
Nancy Langer

Elaine Rubin
Birthdays
Mark Freidson & Betty Holmes

Elaine & Harold Rubin
Wedding Anniversary
Marja Engler

Sybil & Manly Rubin
Wedding Anniversary
Shirleymae & Bob Lane

Dorothy Saltzman
Birthdays
Debby & Rick Baum

Mimi & David Sanders
Wedding Anniversary
Gayle Marko

Natalie & Ron Saxon
Wedding Anniversary
Roz & Arthur Jaffee

Nancy Schachtman
Birthdays
Phyllis Appelbaum

Steven Schachtman
Birthdays
Phyllis Appelbaum

Rosalyn & David Schwartzman
Wedding Anniversary
Grandson's Marriage
Marja Engler

Lynne & Stewart Segal
Wedding Anniversary
Joan Shapiro

Carol & Alan Shapiro
Mark & Dani's Wedding
Joan & Norman Noun

Cynthia & Joel Shapiro
Wedding Anniversary
Phyllis Appelbaum

Dr. Melvin & Delores Sigel
Katie's Marriage
Lois & Sherman Devitt

Artice & Mort Silverman
Wedding Anniversary
Shirleymae & Bob Lane

Susie Simon
Birthdays
Marja Engler

Albert Small
Birthdays
Marja Engler

Leslie & Elaine Spiegel
Wedding Anniversary
Jeanette & Max Kurnow

Ione & Alan Stiegler
Wedding Anniversary
Fay & Leonard Ribnick

Stan & Joni Weiner
Child's Wedding
Joan & Norman Noun

Gloria Weisskopf
Birthdays
Bettie & Stan
Barenbaum
Marja Engler
Mark Freidson & Betty Holmes

Mr. & Mrs. Phil Winn
Wedding Anniversary
Marja Engler

Sheldon Witebsky
Birthdays
Lou Ann Bongard
Allison, Logan & Leah Rosenthal
Shirley Rothstein
Stacy, Jessie, Will & Jack Simon

Peter Wolf
Birthdays
Bob Rubenstein & Gretta Freeman
Ronna & Tom Sherman

Lynn & Ron Zamansky
Drew & Natalie's Wedding
Judy & Todd Freeman
Joan & Norman Noun

Ruth & Fred Ziman
Grandson's Engagement
Fay & Leonard Ribnick

A SPEEDY RECOVERY TO

Howard Applebaum
Marja Engler

Sidney Applebaum
Lois & Sherman Devitt
Gracia & Merrill Kuller
Violet M. Werner

Al Badiner
Mike Salloway & Lori Salloway Reznick

Theresa Berman
Phyllis Appelbaum
Lorita & Jay Jacobson

Reuben Birnberg
Judy & Howard
Kauffman
Gloria Pinck

Ruth Brand
Joan & Norman Noun

Mark Epstein
Ronna & Tom Sherman

Steve Freeman
Ann Miller

Murray Galinson
Lorita & Jay Jacobson

Joe Garelick
Harriet & Miles Lane

Jamie Gavis
Delores & Mel Sigel

Eunice Gelb
Ruth & Allen Aaron

Cindy Ginsberg
Phyllis Appelbaum

Kathy Goff
Nancy & Bob Hartman

Leslie Hahn
Lorita & Jay Jacobson

Dawn Idelkope
Marja Engler

Jay Jacobson
Lou Ann Bongard
Riva Gruenberg
Mayer Krupp

Bruce Kahn
Toba & Allen Freeman

Howard Kuretsky
Ronna & Tom Sherman

Lawrence Labelle
Mike Salloway & Lori Salloway Reznick

Mary Leonard
Harriet & William
Gasway

Dana Nelson
Dorothy Goldstein

Faye Ribnick
Gloria Pinck

Connie Ross
Harriet & William
Gasway

Manly Rubin
Fay & Leonard Ribnick

Milt Saliterman
Rhoda & Gene Engelson

David Sanders
Lorita & Jay Jacobson
Mike Salloway & Lori Salloway Reznick

Jeff Schachtman
Phyllis Appelbaum
Saul & Maureen Bernick
Lorita & Jay Jacobson
Bruce Kahn
Peggy & Joel Mandel
Fay & Leonard Ribnick

Larry Schochet
Bernard Sherman

Joyce Segelbaum
Fay & Leonard Ribnick

*Alan's rehabilitation experience at Sholom East was very good.
The staff was not only attentive to Alan's care and needs but also responsive to me
when I had questions. Even though we were in a long term care facility, it felt
more like a community with people around us who cared.*

Irene Suddard, wife of short term rehab resident, Dr. Alan Suddard

Judith Shapiro
Lorita & Jay Jacobson

Zel Shrell
Toba & Allen Freeman

Shirley Sigal
Fay & Leonard Ribnick

Alan Wilensky
Phyllis Appelbaum

Howard Zimmerman
Lois & Chick Schenfeld

**IN APPRECIATION
OF**

Dick & Diane Kaitz
Nancy Haigh & Big
Minyan Films LLC

IN MEMORY OF

**Nancy Abrahams
Kieffer**
Neil Naftalin

Jake Abramovitz
Mayer Krupp &
Shelley Segal
Jan Raskin
Leonard Silesky &
Babette Gross

Shirley Ames
Jory Herman
Margery & Stuart
Pihlstrom

Sam Bankhalter
Wendy & Steven
Baldinger

Zollie Baratz
Phyllis Appelbaum
Wendy & Steven
Baldinger
Bettie & Stan
Barenbaum

Evelyn Broms
Shirlee Clein
Anita & Jack
Coopersmith
Rhoda & Gene Engelson
Marja Engler
Jane & Jon Gordon
Lorita & Jay Jacobson
Elayne & David Lasky
Peggy & Joel Mandel
Sandy & Howard Marker
Judi & Dick Neuman
Joan & Norman Noun
Fay & Leonard Ribnick
Ronna & Tom Sherman
William & Raleigh
Wolpert

Bernice Bernick
Kurt Anderson
Phyllis Appelbaum
Deanna Armel
Debbie & Sol Bear
Margo Berdass
Troy & Mara Beugen
Tammy & Carl Birnberg
Eva & Milton Broude
Faye Riva Cohen
& Family
Sheila & Stewart
Derechin
Linda & Harry Dickens
Rebecca Edelstein
Jeanette & Robert
Eisenberg
Jean Folger
Peter & Connie Frank
George Frommel Jr.
Sandy & Neal Gale
Nancy & Stephen Gilats
Judith Goldberg
Sharleen Goldberg
Cheryl & David
Goldenberg
Lynn & Howard
Goldman
Frank & Carolyn
Gordon
Julie & William Gotlieb
Janice & Gerald Gould
Floanne Hanson

Barbara & Phillip
Herman
Gerri Herman
Lory & Randy Herman
Lorita & Jay Jacobson
Sandra & Brian Kamin
Mitzi & Terry Kane
Kristina & Larry
Katzovitz
Cyrile & Steve Kieffer
Miriam & Leroy Kieffer
Sharon & Marty Kieffer
Frank Kiperstin
Sharon & Jeff Kivens
Jeanette & Max Kurnow
Carole & Steven Lang
Susan & Michael
Lapidus
Sander & Liz Latts
Arlene & Zvi Leibovich
Joanie & Alan Levey
Jeff Levy & Martin Jehn
Randy & Lisa Lane
Laurel & Scott Lifson
Bonnie & Steve Litton
Sarahalee & Israel
Magrisso
Barbara & Richard
& Family
Jane Newman &
Amy Lange
Arnie Orloff
Wendy & Tim Oskey
Marilyn & Irv Pentel
Arlene & Mike Reich
Mildred Rein
Ellen & Aron Rolnitzky
Charlotte Rubenstein
Polly & Mike Saxon
Richard Schachtman
Paula & David Schrabert
Carol & Shell Segal
Michelle & Steven
Shaller
Isabelle & Jerry Shear
Rita & Mel Shear
Bernard Sherman
Eileen & Jeff Silver
Perry & Loreen
Silverman
Josephine &
Hyman Simes

Amy & Jason Sklar
Ethel Smith
John & Charlotte
St. Martin
Barb, Todd, Eli &
Sam Striker
Betty Sweet
Gail & Joel Tilsner
Ryvelle & Bill Tilsner
Helene & Hillard Ward
Bernard Weitzman
Judy & Sheldon
Witebsky
Stanton Wolkoff
Sandy, Joe & David
Wolkowicz

Reuben Birnberg
Ruth & Allen Aaron
Myrna & Richard
Abrams
Phyllis Appelbaum
Wendy & Steven
Baldinger
Bettie & Stan
Barenbaum
Barbara & Lee Bearmon
Margo Berdass
Jay & Joan Binder
Herman J. Birnberg
Joanne & Bruce
Blindman
Bette Ann & Richard
Bloom
Carlyn & Paul Blum
Meriam & Rudolph
Charney
Myra Chazin
Judy & Rod Cooperman
Barbara Eiger
Rhoda & Gene Engelson
Marja Engler
Toba & Allen Freeman
Gretta Freeman
Linda & Richard
Freeman
Audrey Freidson
Mimi & Sherry Gleekel
Myra & Roger
Greenberg
Natalie & Bud Harris
Lorita & Jay Jacobson

Carole & Martin Kaplan
Chelle & Leon Katz
Gracia & Merrill Kuller
Harriet & Miles Lane
Eva & Robert Launer
Sheila & Steve
Lieberman
Martin & Marilyn
Lipschultz
Peggy & Joel Mandel
Barbara G. Melamed
Judi & Dick Neuman
Bruce and Lisa Peilen
Margery & Stuart
Pihlstrom
Lil & Julie Raen
Toni & Sanford Raihill
Fay & Leonard Ribnick
Sue & Martin Ring
Connie & Paul Ross
Ada Rubenstein
Mimi & David Sanders
Ronna & Tom Sherman
Delores & Mel Sigel
Susie & Stu Swartz
Janice & Bruce Waller
Kathie & John Williams

Faye Blumenberg
Melinda & Marc Bonk
Judy & Ross Dworsky
Marja Engler
Sandra & Paul Friedman
Joan & Norman Noun
Ruth & Harold
Roitenberg
Leonard Silesky &
Babs Gross

Kris Bobroff
Jeanette & Max Kurnow

Franz Boschwitz
Lorita & Jay Jacobson
Peggy & Joel Mandel

Father of Jeff Bradt
Bruce Kahn

Evelyn Broude
Debbie Ruskin

Sholom Foundation Donations

continued

Rhoda Burickson

Margo Berdass
Dede & David Smith

Etta Buron

Sue & Louis Buron

Delores Buschmann

Sue & Louis Buron

Chester Cisek

Renee Ribnick

Henry Cohen

Phyllis Appelbaum
& Family

Ethel Crystal

Chuck & Sara Edelstein
Barbara & Richard
Goldstein
Jean Schore

Jim Dinerstein

Wendy & Michael Klein

Connie Field

Chi Chi & Robert
Barghini

Walter Fineberg

Marilyn Perlman
Joan Shapiro
Valerie & Brent
Whitmore

Ben Fiterman

Nancy Langer

Cecelia Forbes

Peggy & Joel Mandel

Lorraine Frank

Ida Lee & Louis Hurvitz

Sidney Friedland

Beth Rubenstein

Mort Frishberg

Bettie & Stan
Barenbaum
Lois & Sherman Devitt

Thomas Gabor

Stefanie & Bob Karon
Ada Rubenstein

Joe Gardner

Teddy Gerr & family

Edith Gershone

Anne Janco

Richard Goldblatt

Gayle & Richard
Dorshow

Jory Herman

Harriet Levy

**Grandmother of
Willie Goldshine**

Harriet & Miles Lane

Candyce Gray

Mike Salloway &
Lori Salloway Reznick

Edith Greenberg

Beth Silverwater &
Norman Greenberg

Mother Ian Grunberg

Linda & Murray Kieffer

Amos Helicher

Judy & Ross Dworsky
David E. Feinberg
Toba & Allen Freeman
Mimi & Sherry Gleekel
Lorita & Jay Jacobson
Al Kagin
Jeanne & Stan Kagin
Wendy & Michael Klein
Laurie Linden
Peggy & Joel Mandel
Judi & Dick Neuman
Fay & Leonard Ribnick
Judy Rockler, Lois Levine
& Barbara Raport
Connie & Paul Ross
Marilyn Rovner
Ada Rubenstein
Mimi & David Sanders
Delores & Mel Sigel
Helen & Leo Wolk
Stanton Wolkoff
William & Raleigh
Wolpert

Andrew Hurwitz

Barb, Todd, Eli &

Sam Striker

Wendy Fox-Barin
& Jeff Barin

Lorita & Jay Jacobson
Laurel & Scott Lifson
Peggy & Joel Mandel
Sandra Salsberg

Mel Hurwitz

Nancy Langer

Sam Idelkope

Neil Naftalin

Verna Ivey

Delores & Mel Sigel

Sheldon F. Jacobs

Marlys & Elliot Badzin
Janis Berman
Pam & Bud Brin
Employees of Jacobs
Management
Corporation &
Genmar Holdings, Inc.
Mark Freidson &
Betty Holmes
Bob & Pam Galinson
Jean & Jeff Golden
Ann Herrmann
Harmony & Joel Kaplan
Helen & Dan Lindsay
Todd Littlejohn
Colleen Murphy
Patricia & Stanley Opitz
Carl & Eloise Pohl
Family Foundation
Bev & Burt Shacter
Ryvelle & Bill Tilsner
Beverly & Edward
Zimmerman

Rhoda Jaffe

Sandra M. &
David M. Brown

Leroy Johnson

Phyllis Appelbaum
Elaine & Ron Burton
Joanie and Dennis
Hymanson
Lorita & Jay Jacobson
Mayer Krupp
Joanie & Alan Levey
Peggy & Joel Mandel
Sheila & Hy Paisner
Marilyn Rovner
Ronna & Tom Sherman

Nathan Juster

Sally E. Sperling

Alfred Kahn

Sandy & Neal Gale

Rose Kaner

Delores & Mel Sigel

Jean Karch

Shirlee Clein
Marja Engler
Lisa Heilicher
Lorita & Jay Jacobson
Jeanne & Stan Kagin
Joan & Norman Noun
Mike Salloway &
Lori Salloway Reznick

Sister of Harriet

Katzovitz

Judy & Sheldon
Witebsky

Ed Kavasnik's Brother

Sherry & Steve Fredkove

Phillip Kelner

Phyllis Appelbaum
Harriet Levy

Mother of

Dan Kleinberger

Dede & David Smith

Suzanne Kornreich

Marja Engler

Matthew Krinsky

Joan Shapiro

Herman Ladin

Bettie & Stan
Barenbaum
Eli Budd
Lois & Sherman Devitt
Rhoda & Gene Engelson
Marja Engler
Natalie & Bud Harris
Frank Kiperstin
Mayer Krupp
Ben Liman
Joan & Norman Noun
Marcia & Aaron Pinkus
Connie & Paul Ross
Mike Salloway &
Lori Salloway Reznick
Sharon & Jerry Trestman

Steve Laskin

Carole & Leo Breitman

Phyllis Latz

Natalie & Bud Harris

Doris Levin

Phyllis Appelbaum

Katie Liebo

Darrel & Carrie Rosen
Sharon & Joel Waller

Hilda Martin

Nancy Langer

Babe Marvy

Christine & David
Anderson
Rhoda & Gene Engelson
Joanie & Dennis
Hymanson
Kathy Olson

Marilyn Perlman

Elaine Schmit
Marilyn Spektor
Helen & Don Swartz

Margaret McGrann

Beryl Strickon

**Son-In-Law of
Leonard Mesitte**

Saul & Maureen Bernick

Dorothy Miller

Janette & Max Kurnow

Francee Miller

Darren Lederfine

David Newman

Phyllis Appelbaum
Saul & Maureen Bernick
Rhonda & Charles Bland
Mark Freidson &
Betty Holmes
Phyllis & Phil Garon
Lorita & Jay Jacobson
Stefanie & Bob Karon
Joanie & Alan Levey
Ben Liman
Peggy & Joel Mandel
Fay & Leonard Ribnick
Paul & Marilyn Serber

Marion Newman

Judith Levitan
Karen & Ronald
Sallerson

Rose Orenstein

Barbara Brooks
David E. Feinberg
Ada Rubenstein

Joan Owens

Nancy Langer

Israel Perel

Mary Dorshow

Dorothy Pokorny

Gayle & Richard
Dorshow

Frank Pokorny

Gayle & Richard
Dorshow

Sister of Ruth

Roitenberg
Marja Engler
Sharon & Joel Waller

Gert Rubenstein
Jo Ann & Jeff Arenson

Edmund Rubin
Ruth & Allen Aaron

Mark Rubin
Elaine & Ron Burton
Marja Engler
Sharlene & Sid Ladin
Mimi & David Sanders

**Mother of
Roger Rubinger**
Joanie & Dennis
Hymanson

Ethyl Rutzick
Rhoda & Gene Engelson
Jeanette & Max Kurnow
Diane & Joe Mast
Joan & Norman Noun

Leonard Sadoff
Lorraine & Alex Astren
Nancy Langer
Fay & Leonard Ribnick

Miriam (Lerner) Satz
Stefanie & Bob Karon

Clara Savitt
Joan & Norman Noun
Delores & Mel Sigel

Winnie Schiff
Judy & Ross Dworsky

Doris Shaller
Linda & Ivan
Schwartzman

Rozlyn Siegel
Phyllis Appelbaum
Richard Bachrach
Bettie & Stan
Barenbaum
Ida Fine
Joanie & Dennis
Hymanson
Rosann Kahner
Joanie & Alan Levey
Sheila & Steve
Lieberman
Peggy & Joel Mandel
Sandy & Howard Marker
Marlene & Marshall
Miller
Francie & Mark Paper
Bert & Truen Press
Reva Rosenbloom

Mimi & David Sanders
Alan & Marilyn Shapiro
Judy & Elliot Wolson

Allan Sklader
Ben Liman

Mother of Eli Skora
Lorita & Jay Jacobson
Peggy & Joel Mandel

Mother of Albert Small
Marja Engler

**Mother of David &
Patricia Somerstein**
Lil & Julie Raen

Herbert Sorin
Cheryl & David
Goldenberg

Arnie Soskin
Jerry Ann Applebaum
Wendy & Steven
Baldinger
Bettie & Stan
Barenbaum
Rhoda & Gene Engelson
Marja Engler

Cheryl & David
Goldenberg
Lorita & Jay Jacobson
Janet Jaffe
Frank Kiperstin
Joan & Norman Noun
James & Barbara Pollack
Fay & Leonard Ribnick
Leonard Silesky &
Babette Gross

Samuel Sultan
Jeanette & Max Kurnow
Arnie Orloff

Manuel Swatez
Margo Berdass
Elaine & Ron Burton
Shirlee Clein
Judy & Ross Dworsky
Friends of Manny
& Helen
Arlene & Gary Grossman
Lorita & Jay Jacobson
Lois & Chick Schenfeld

Sheldon Warren
Saul & Maureen Bernick
Peggy & Joel Mandel

Irving Weber
Marilyn Specktor
Judy & Sheldon
Witebsky

Leonard Weinberg
Joan & Harvey Bream

Harry Weinstein
Jeanette & Max Kurnow

**Father of Lori &
Randy Weinstein**
Elaine Simon

Phillip Weiss
Fay & Leonard Ribnick

Vernon Wexler
Bettie & Stan
Barenbaum
Marja Engler
Rivoli & Babe Golden
Lynne Grossman
and Eliana & Jared
Grossman
Mayer Krupp
Lil & Julie Raen
Renee Ribnick

Why not wish your loved ones a *Happy Hanukkah*
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**

2008 Year-End Gift Idea #5

Gifts of cash to Sholom Foundation are fully deductible — up to a maximum of 50%
of your adjusted gross income. Make sure your check is in the mail and postmarked by
December 31st.



Sholom Foundation Funds

On behalf of those served by Sholom, thank you to our donors who have established the following new funds:

TRUSTEE

Jory M. Herman Fund

PATRON

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

BENEFACTOR

Ossie Widdes Perlman Fund
David & Carol Rosenblatt Family Fund

SPONSOR

Ruth Hallock Bearman Fund
Joseph & Diane Mast Family Fund

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

FOUNDER

Lawrence Applebaum Fund
Edelstein Family Foundation Fund*
Fingerhut-Deikel Family Fund*
Leo & Doris Hodroff Fund
Harold & Sylvia Liefschultz 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*
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
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
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*

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.

Phillip W. Grodnick Fund
 N. Bud Grossman Fund
 Susan & Gerry Hughes Family Fund
 Roz & Arthur Jaffee Family Fund*
 Alan & Beverly Kasdan Fund*
 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
 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
 Fern & Bernard 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
 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
 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
 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

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.

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.

BENEFACTOR *continued*

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
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 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 & Zeld 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
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
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
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
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 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
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

Bess & Dan Seligman 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
Delores & Melvin Sigel Family Fund
Rivian & Leonard Silesky Fund
Dee & Norman Silver Fund
Rose Butwin Silverstein Fund
Arnold & Kaethe Simon Fund
Evlyn Solomon Fund
Frieda Juster Sperling Nurses'
Scholarship 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

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

Donate to any of the Sholom Home Auxiliary Endowment Funds listed here or establish your own Auxiliary Fund and ensure that your annual giving for benefit of the Sholom nursing homes residents continues long after you are gone. To find out more about a 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.*

Sholom Foundation Charitable Gift Annuity

— Makes sense for you and Sholom!

You've probably heard or read about charitable gift annuities and wondered why all the excitement? Why does Sholom Foundation offer these gift annuities and why are donors obtaining them?

1. With a gift annuity, you “give your cake and eat it too.” By that, we mean you receive lifetime annual income after you donate your gift to Sholom Foundation. For example a donor recently gave \$10,000 to Sholom Foundation and in exchange, she received a Sholom Foundation Gift Annuity. She is 80 years old and for the rest of her life, she will receive payments totaling \$760 every year.

2. With a gift annuity, you receive fixed payments for life, at rates, depending on your age, significantly higher than bank accounts or CDs, even as high as 10.5%. Your annuity payments will not change over time. It doesn't matter what happens to the economy; your payments will continue to be the same amount year in and year out. You can count on it!

3. You not only help yourself, you help Sholom Foundation with your gift annuity. This is so because

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%

part of what you give for a give in exchange for your annuity is considered a charitable gift, a much-needed gift to help us carry our work into the future. Your gift helps Sholom to fulfill its mission.

4. There are tax advantages as well. These may include a charitable income tax deduction, an estate tax deduction, and even capital

gains tax relief. Our donor receives a fixed annual rate of 7.6% which, after considering the tax benefits of her gift, increase to an “effective rate” of 11.25%. In other words, the IRS looks favorably upon charitable gift annuities and actually rewards folks for using these to help organizations like Sholom.

Learn more about gift annuities and how they can make sense for both you and Sholom Foundation? Call Barbara Brooks at 952-939-1594.

**We're online –
let's keep in touch**

Send us your email address at foundation@sholom.com.

We will send you updates and information about timely and relevant topics that impact our everyday lives. We welcome your questions and comments and will respond quickly to your email messages.

**Don't forget to visit our website at
www.sholomfoundation.com.**

**2008 Year-End
Gift Idea #6**



If you are over the age of 70½, instruct your IRA trustee or custodian to make a direct contribution payable to SHOLOM FOUNDATION for any amount up to \$100,000 tax-free. Your IRA contribution will count toward your Annual Required Distribution, which will save you taxes as well. Be sure to allow enough time for the IRA distribution to take place by December 31. (see page 4 for more information).

SAVVY SENIOR

Mini-Stroke



Dear Savvy Senior,

A friend of mine and I were out shopping a few weeks ago and suddenly she had a really bad headache and felt sick to her stomach. She acted like it was no big deal and thought it would go away if we just went home. Instead, I drove her to the hospital. When we got there, she was starting to feel a little better but we learned later that she had a mini-stroke. My questions are: What exactly is a mini-stroke? How can you tell if you're having one? And what do you do if you think you're having one?

- Minnie

Dear Minnie,

According to The American Heart Association, around 700,000 Americans will have a stroke this year, so you did the right thing by taking your friend to the hospital. Mini-strokes, which are also known as transient ischemic attacks (TIAs), occur when the blood supply to part of the brain is briefly interrupted. Here's what you should know.

Tricky Strokes

Mini-strokes are tricky because the symptoms can be subtle and they don't leave any lasting or permanent damage. Like a stroke, they occur suddenly and usually last less than an hour, but can persist up to 24 hours. Mini-stroke symptoms can include:

- Numbness or weakness in the face, arm or leg, particularly on one side of the body.
- Confusion or difficulty talking or understanding what people are saying.
- Trouble seeing in one or both eyes.
- Difficulty walking.
- Dizziness.
- Loss of balance and coordination.
- A sudden, severe headache.
- Sudden nausea, fever or vomiting that develops more quickly than with a regular illness.

- Fainting or decreased consciousness.

Savvy Fact: People who have experienced a mini-stroke are ten times more likely to suffer a major stroke within a year.

What To Do

There's no way to tell whether stroke symptoms are from a mini-stroke or a full-blown stroke, so don't assume your symptoms will just go away. If you are experiencing stroke symptoms, seek medical help immediately. Appropriate treatment can reduce the risk of a major stroke later on.

Stroke Prevention

Strokes are the third leading cause of death in the United States and the number one cause of disability. People who are at high risk for mini-strokes and strokes are 65 years and older Hispanics and African-Americans. Here are some things you can do to help lower your risk for a stroke:

- If you smoke, stop.
- Keep tabs on your blood pressure and keep it under control (below 140/90).
- If you suffer from diabetes, keep your blood sugar under control and have it checked frequently.
- Exercise regularly.
- Eat a healthy diet and limit your intake of cholesterol and fat, especially saturated fats.
- If you drink, limit your consumption to no more than one to two drinks per day.

To read more about Mini-Stroke, just visit www.sholomfoundation.com, click on "Savvy Senior" and look for back issue: June/Week 4/2008. 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.



3610 Phillips Parkway
Minneapolis MN 55426-3700

Non-Profit
Organization
U. S. Postage
PAID

Permit No. 3533
Minneapolis, MN

COMING IN 2009!

Spring, 2009

OPENING OF 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
- David E. Feinberg Vitality Center
- Harry & Jeanette Weinberg Apartments

Sunday, April 19

OY VEY 5K WALK/RUN

For support of recreational activities

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 *SheBANG*

(formerly known as The Sholom Ball)

The Depot ~ Downtown Minneapolis

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

"1964 ~ *The Tribute*"



Send your email address to
foundation@sholom.com and be
among the first to receive details!