We had a wonderful time capturing these “Gold Medal Moments.” Thank you to the Nursing Home and Senior Residents as well as Wellness Center Members who modeled for us. We hope that you’ll be inspired by them and enjoy your own “Gold Medal Moments.”
In This Issue...

Shalom Cares Annual Event Donors...........2-4
Welcome Rachel Levin......................................5
New Golf Cart....................................................5
WWII Heroine, Frederika Stroeve...................6
Shalom Cares Contributions.........................7-9
Norma Sierota Honored...................................9
Thank You, Shalom Park Volunteers............10
Donor Wall Dedication.................................11
Wellness Center Testimonials...............11-12

David Simon, Kathy Francis, Miller Baird

Shalom Cares offers services that foster progressive recovery, healthy activities, and a fulfilling lifestyle

Shalom Park Campus:
  Patio Homes
  Apartment Homes
  The Retreat
  Nursing Home

Wellness Center
  Therapeutic Rehabilitation,
  Recreation & Relaxation

Please direct inquiries to the editor:
michele.hood@shalomcares.net

Shalom Cares
14800 E. Belleview Dr.
Aurora, CO 80015
303-680-5000
www.ShalomCares.org

Shalom Cares is a beneficiary agency of JEWISHcolorado

Sincere Thanks to our Lead Corporate Sponsors

EKS&H
AUDIT | TAX | CONSULTING

FIRST western TRUST

Health ONE
Rose Medical Center

Founded on the Jewish values of improving the world and caring for all, Shalom Cares upholds the commitment to Honor Our Mothers and Our Fathers by providing the highest level of personalized and compassionate healthcare.

Shalom Cares welcomes and serves individuals of any faith, race, ethnicity, gender identity, or sexual orientation.

Shalom Cares Board of Trustees:

Chair
Michael Strear

President
Dan Stenersen

Vice Chair
Gary Yourtz

Secretary/Treasurer
Bruce Bendell

Board Members
Marshall Abrahams
Joe Borus
Robin Chotin
Lisa Cook
Ken Feiler
Susy Grazi
Andy Heins
Andy Miller
Jay Moskowitz
Neil Oberfeld
Melinda Quiat
Sandy Wolf
2016 Shalom Cares Fundraising Event
“Gold Medal Moments”

Corporate Sponsors
First Western Trust
EKS&H
Rose Medical Center

Gold Medal
Marshall and Helene Abrahams
Jewish Colorado

Silver Medal
Jeff Goldstein and Kris Fraser
Jack and Celeste Grynberg
Dan and Angela Japha
Leonid and Ellina Liptsen
Essie Perlmutter
Suzanne Robinson

Bronze Medal
Gary and Donna Antonoff
Berenbaum Weinshienk PC
C3 Interiors, LLC
Sean Reiland
Chotin Foundation
Dependable Cleaners
Steven and Michelle Toltz
Michael and Debbie Feiner
Gary and Sheri Gray
Renee Gross
Stuart and Judy Heller
Lazarus Israel Opportunities Fund, LLLP
Jimmy and Debbie Lustig
Andy Miller
Micky and Louann Miller
Jay and Joyce Moskowitz
Vivage, Pioneer, Quality Air
Karen Pasternack
Pluss Family Foundation
Sam and Zoni Pluss
Jim and Ladeen Pluss
Hank and Bobette Robinson

Olympian
Jeremy and Mia Abelson
ANB Bank
Atlas Metal and Iron
Mike Rosen
Michael and Joy Barish
Bruce and Jennifer Bendell
Cambiar Investors, LLC
Bobbie Carr
Shell and Lisa Cook
Herschell and Barbara Cravitz
David and Vicki Dansky
Denver Agency Co.
Bud Hyman and Katy Hyman Roth
Ian Gardenswartz and Anath Charles
Tom and Margie Gart
Lorna Gray
Jack and Andrea Hyatt
Steve and Mitzi Kurtz
Gary and Connie Levine
Steve and Diane Levine
Bob and Robyn Loup
MDC/Richmond American Homes Foundation
Medline Foundation

Junior Olympian
Diana Anderson
Richard and Elaine Asarch
Steven and Elaine Berman
Marc and Claudia Braunstein
Herb and Arlene Buchwald
Edward and Liz Cohen
Harold and Sue Cohen
Phillip and Agnete Cohen
Barry and Gay Curtiss-Lusher
Al “Boony” and Janice Dinner
Brad Farber
Feldman Mortuary
Jack and Marsha Feuer
David and Rondi Frieder
Wayne and Rondi Frieder
Lou and Marian Gelfand
Bud and Pat Goldberg
Adele Gordon
Michael Gray
Andy and Lynne Greene
Michael and Elena Haykin
Andy and Leslie Heinz
Hyde Park
Shereen and Michael Pollak

Larry and Carol Mizel
Craig and Cheryl Morrison
Bernie and Roberta Naiman
Neil and Barb Oberfeld
One Colorado
Jonathan and Lisa Perlmutter
Dave and Helene Pollock
Eileen Price
David and Litamae Sher
Siegel Oil
Don and Liza Siegel
Singer Family Foundation
The Wenner Group, LLC & Transitions Wealth Management, LLC
Bob and Susan Wagner
Sandy Wolf
Sam and Stephanie Zaitz
Zuni Investments
Larry and Susan Siegel
Arnold and Benita Idelberg  
Inifinity Rehab  
Izbiky & Associates, P.C.  
Julian Izbiky and  
Jennifer Rothschild  
Bob and Sylvia Jacobs  
David Justman  
Harvey and Carol Karsh  
Larry and Irit Karsh  
Bruce and Florrie Katchen  
Henny Kaufmann  
Rob Kaufmann and  
   Jen Gilbert-Kaufmann  
Dorothy Kent  
Kesher Foundation  
Peter Kudla  
Marc Levine  
The Center - Advancing LGBT  
   Colorado  
Steve and Sherri Weinstein  
Angela and Phillip Wolf  
Layah Wolpa  
Mark and Carol Zaitz  
Jack and Diane Zelinger  

**Athlete**  
Bob and Debbie Ahrenholz  
Michelle Andt-Wade  
Anti-Defamation League  
Hal and Risa Aqua  
Steve Arent  
Irv and Roz Ash  
Phyllis Averch  
Sally Babcock  
Daniel and Jennifer Baer  
John and Aagjie Barber  
Fred and Beth Barnet  
Mark and Susan Barter  
Bob and Sandra Battin  
Joe and Sandy Bean  
Jeff and Lupe Beekley  
Joan Beldock and  
   Dave Brahinsky  
Gerald and Kathy Berenstein  
Tomas Berl and Diane Pincus  
BMH-BJ: The Denver Synagogue  
B’nai Havurah  
Paul and Marilyn Bogan  
Michael and Barb Bortz  
Mark and Krista Boscoe  
Arthur and Joann Boss  
Dave and Joan Brahinsky  
Stephanie Brice  
Edward and Barbara Brooks  
Alan and Marion Brown  
Steve and Lynn Bruskivage  
Tori Carnahan  
Cissy Coben  
Ruthie Cohen  
Colorado Agency for  
   Jewish Education  
Congregation Emanuel  
Congregation Rodef Shalom  
Dick and Bobbe Cook  
Susan Cooper and Richard Cohn  

Fred and Maxine Davine  
Denver Jewish Day School  
Bruce and Bernice Dinner  
Lou and Darlene Ensenat  
Ruth Epstein  
Jan Fisher  
Paul and Susan Fishman  
Zelda Friednash  
Herb and Arlene Galchinsky  
Phyllis Goodman  
Archie and Celeste Gray  
Susy Grazi  
Roberta Greengard  
Pamela Gross  
Bob and Barbara Guttmann  
H+L Architecture  
Monte Haberman  
Kevin and Debbie Hailpern  
Suzanne Handler and  
   Jerry Newman  
Hebrew Educational  
   Jewish Alliance  
Rabbi and Mrs. Morris Heisler  
Gareth and Betsy Heyman  
Susan Hill  
Leland Huttner and Mimi Karsh  
Roberta Hyman  
David Ickovic  
Intermountain Jewish News  
Beth Irtz and Chris Sabin  
Paul and Carole Jacobs  
Herb and Sharon Jacobson  

Marvin and Bebe Levy  
Sheldon and Leslie Levy  
Mark and Susan Linkow  
Charlene Loup  
   and Seymour Rubenstein  
Sandy Melnick  
Brent and Julie Morse  
Marcie Newman  
OutFront  
Stuart and Robin Pack  
Ken and Vicki Peper  
Jay and Lisa Perlmutter  
Julius and Rose Pluss  
Ted and Sandy Pomeranz  
Melinda Quiat  
Harold and Marjorie Rosen  
Stanton and Jane E. Rosenbaum  
Justin and Sharon Roth  
Schryver Medical  
Darlene Shwartz  
Marvin and Goldie Smith  
Linda Stevenson  
   Gregg and Laura Stone  
Allan and Helena Striker
Lawrence Jacobson
Jewish Family Service of Colorado
Candace Johnson
Sam and Carol Jonas
Judy Joseph
Mimi Karsh
Kavod Senior Life
Jerry and Linda Kernis
Candy and Rudy Kiffor
Mel and Roberta Klein
Alan Krinsky
Bettina Kurowski
Harold and Marilyn Lande
Jerry Lande
Gloria Lebow
Al and Judy Levin
Lewan & Associates
Eudice Lewkowitz
Avraham and Joyce Litzman
Noah and Arinn Makovsky
Julie Malek and Rick Kornfeld
Bill and Susan McKinney
Hazel and Herzl Melmed
Bob and Ivy Miller
Arlene Mobell
Miguel and Aniko Mogyoros
Hank and Judy Mohr
Martin and Mary Lee Mohr
Rhonda Morrison and Russell White
David and Eileen Naiman

Eric Nelson and Craig Simms
Jim and Mary Ann Neumann
Bob and Barbara Nieder
Myron and Dona Oliner
Optum
Abe and Esther Orlick
Bob and Cindy Pailit
Mary Alice and Fred Palmer
Bobbie Parris
Donald and Connie Peak
Dan and Judy Pepper
John Pregulman
Robert E. Loup Jewish Community Center
Bev Robin
Dave and Alice Robke
Elisa Robyn and Ric Murray
Howard and Marci Rosenberg
Lee Rudofsky
Gerard and Sheila Rudofsky
Sandra Savit
Jay and Melanie Schoenberger
Bobbie Seserman
Sandra and William Shefrin
Gail Shulman
Phil and Norma Sierota
Louis and Lori Sigman
William Silvers
Hamid and Mahroo Simantob
Barbara Singer
Donald Spiegelman
Merle and Carla Steele
Kacie Sturman
Helen Suarez
Synergy Home Care
Bob and Joanie Talpers
Temple Sinai
Fred Towstik
Francine Lavin Weaver
Mimi Weinberger
Marlene Weiner
Dave and Anne Westcott
Howard and Sandra Wolf
Elaine Wolf and Larry Nathan
Ruth Wolff
Helen Wurzel
Alla Zaturensky
Howard and Deanie Zelkin
Kal Zeppelin and Liz Marin

Jack and Millie Zerobnick
Steve and Barb Zimmerman

Shalom Cares Wish-list Contributors
Neighborhood Parties
Jerry and Linda Kernis
Bruce and Florrie Katchen
Jeff and Lupe Beekley

Musical Entertainment
Elaine Wolf and Larry Nathan

Sports Equipment for the Wellness Center
Dan and Judy Pepper

Ice Cream Outing
Bob and Ivy Miller
Susy Grazi

Music Gift Cards
Dave and Anne Westcott
Francine Lavin Weaver
Merle and Carla Steele
Archie and Celeste Gray

Thank you to our Vendors
Affair with Flair
AXS Group - Starkey Productions
Cotrell Printing
Design Works
Event Rents
Grand Hyatt Denver
Lone Tree Arts Center
Risa Aqua
RPM Parking Companies
Wonderworks
Welcome Rachel Levin

We are pleased to announce that Rachel Levin has joined our staff as Director of Development. She is responsible for all tasks related to fundraising. Rachel grew up in Denver and has a close connection to Shalom Cares; her great-grandmother, Evelyn Shore, lived at the Shalom Park Nursing Home many years ago, and Rachel visited Evelyn frequently with her grandmother, Maxine Levin.

Rachel has extensive experience in fundraising and advocacy for non-profits as well as for Fortune 500 companies. In particular, she worked for AIPAC, the American Israel Public Affairs Committee, in Denver and in Washington D.C. Most recently, Rachel was the Development Manager for the U.S. Global Leadership Coalition, working as a foreign policy advocate. Rachel graduated from the University of Colorado with a Bachelor of Arts in Political Science and a minor in Religious Studies.

Rachel says, “I am excited to be back home, working in the Jewish community as an advocate for our mission to help make a difference in the lives of residents and their families. I love meeting with residents and hearing their stories. It is a privilege to have a role in helping them live with dignity and receive such wonderful care.”

Dan Stenersen, President and CEO, remarks, “It is evident that Rachel enjoys making connections and building relationships. She is effective in relating well to both a new generation of donors as well as our existing donors. She is committed to our mission and is passionate about helping others. We are thrilled that she has chosen to join us.”

When not working, you will likely find Rachel outside. She enjoys hiking, gardening, and traveling; and she is glad to be in back in Colorado with her parents, Scott and Laure Levin, and her sister, Rebecca. Please join us in welcoming Rachel to our Shalom Cares family.

New Golf Cart

Recently, the Melvin and Elaine Wolf Foundation donated funds for a new golf cart for transporting residents around the Shalom Park campus. This new vehicle enables those residing in patio homes and apartments to easily get to the Bistro, the Wellness Center, or the nursing home to visit friends or to participate in programming. It is equipped to handle warm weather as well as snow, rain or whatever else the Colorado weather brings.

With support from the Melvin and Elaine Wolf Foundation, we are able to continue to improve the quality of life for individuals. We are so appreciative to Elaine Wolf, Sandy Wolf and Kelly Hodges at the Melvin and Elaine Wolf Foundation for their ongoing leadership and support of our mission to “honor our mothers and fathers.”
WWII Heroine Frederika Stroeve

Frederika Stroeve, who recently celebrated her 96th birthday, has been a Shalom Park resident since February 2006. Over the years, we have heard her story.

Living in occupied Holland when World War II broke out, Frederika’s father began working with the Jewish resistance. Her husband, Tony, was also part of the resistance, mapping German artillery sites from his bicycle. It wasn’t long before he asked Frederika to help hide Jews from the Nazis in a small spare bedroom they had. After her initial hesitation, she agreed.

Soon she was also distributing “Fry Nederland” (“Free Holland”), a newsletter consisting of her husband’s transcriptions of British radio news broadcasts. He would secretly listen to the broadcasts on an illegal radio in the attic; then Frederika and a friend would reprint the transcripts and smuggle the newsletters around town.

When interviewed for a May 2004 article in the Rocky Mountain News, Frederika reminisced, “Maybe it’s because we were so young, but I don’t know how we did it. I don’t even know if we ever thought that it could go wrong for us. We were just convinced that we could do it.”

She continued, “I remember the day we were freed, when the Canadians had just come to free us. I saw the first man we had hidden. He came out in the street. He waved to us. He said ‘Thank you. Thank you.’”

The Stroeves immigrated to the United States in 1959, and the couple raised four children. Frederika says she became interested in Judaism after the war, and she converted to Judaism just before her 84th birthday.

We are honored that Frederika lives at Shalom Park. She did so much to help others in her community, and now our community is proud to help her.
Contributions
March 1 - June 9, 2016
Please note that tributes processed after June 9th will appear in our next issue.

**Anniversary**
- Dr. and Mrs. William Galen
  - Bernie and Roberta Naiman
- David and Litamae Sher
  - Dick and Bobbe Cook
- Larry and Susan Siegel
  - Bernie and Roberta Naiman

<table>
<thead>
<tr>
<th>Name</th>
<th>Date of Birth</th>
<th>Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr. and Mrs. William Galen</td>
<td></td>
<td></td>
</tr>
<tr>
<td>David and Litamae Sher</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Larry and Susan Siegel</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Birthday**
- Herb Buchwald
  - Arlene Mobell
  - Gary Mobell
- Hazel Gensberg
  - Kevin and Debbie Hailpern
- Miriam Goldberg
  - Ed and Marilyn Pepper
  - Essie Perlmutter
- Edith Hayutin
  - Gloria Ginsberg
  - Bernie and Roberta Naiman

**In Memory**
- Jean Arkin
  - Annette Finesilver
  - Gerard and Sheila Rudofsky
  - Marvin and Goldie Smith
- Leonard Arons
  - Marcia Arons

<table>
<thead>
<tr>
<th>Name</th>
<th>Date of Birth</th>
<th>Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jean Arkin</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leonard Arons</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Veronica Bernal’s mother**
- Bobbie Seserman

**David Bram**
- Warren and Ruth Toltz

**Franklin Duane Brown**
- Michael and Suzanne Strear

**Karen Brown**
- Howard and Deanie Zelkin

**Hank Buckstein**
- Figgs and Sheila Cohen

**Stuart Chason**
- Helen Aaron
  - Steven and Debra Hendrich
  - Bobbie Seserman

**Gerald Chirnomas**
- Bernie and Sandy Fleischer

**Irwin Chukerman**
- Sam and Zoni Pluss

**Tom Clyne**
- Hank and Bobette Robinson

**Howard Cohen**
- Figgs and Sheila Cohen
  - Arleen Goldstein
  - Paul and Zelda Goldstein
  - Bill and Susan McKinney
  - Bev Sigman
  - Betty Vean
  - Danny and Lois Zuckerman

**Ben “Davey” Cohen**
- Barbara Freis
  - Stuart and Judy Heller
  - Gerard and Sheila Rudofsky

**Ellie Cohen**
- Carole and Paul Jacobs
  - Allan and Sherry Tenebaum

**Herb Cohen**
- Barbara Freis
  - Richard and Bonnie Horwitz

**Mike Coren**
- Renae Levin

**Nina Davidson**
- Gary and Terri Yourtz

**Sid Davidson**
- Gloria Ginsberg
  - Charlene Shaffer

**Judy Epstein**
- Annette Finesilver

**Ted Epstein**
- Marshall and Helene Abrahams
  - Harold and Sue Cohen
  - Annette Finesilver
  - Lolo Heller
  - Stuart and Judy Heller
  - Arnie and Benita Idolberg
  - Larry and Deborah Melnick

**Sandy Melnick**
- Micky and Louann Miller
  - Joanne Pepper
  - Essie Perlmutter
  - David and Helene Pollock
  - Marilyn Rosenberg and Chuck Eisen

**Larry and Joan Rubenstein**
- Gerard and Sheila Rudofsky
  - Bev Sigman
  - Ron and Elaine Soy
  - Leonard and Irma Strear
  - Layah Wolpa
  - Jack and Diane Zelinger

**Victor Fishman**
- Bette Siegel

**Selma Fox**
- Phyllis Goodman
  - John and Sheryl Goodman
  - Reid and Linda Goodman
  - Mark and Nancy Sims

**Frances Frieder**
- David and Rondi Frieder

**Michael Gardner’s grandfather**
- Dan and Judy Pepper

**Frieda Goldenhirsh**
- Dan and Judy Pepper
  - Gerard and Sheila Rudofsky

**Irwin Horwitz**
- Dick and Bobbe Cook
  - Andy and Lynne Greene
  - Marcee Newman

**Morey Idolberg**
- Don and Sherry Adelman
  - Jack and Marsha Feuer
  - Annette Finesilver
  - Lolo Heller
  - Stuart and Judy Heller
  - Arlene Mobell
  - Joanne Pepper
  - Essie Perlmutter
  - Marilyn Rosenberg and Chuck Eisen
  - Larry and Susan Siegel
  - Bev Sigman
  - Warren and Ruth Toltz
  - Layah Wolpa
  - Jack and Diane Zelinger

**Bernie Karshmer**
- Jack and Marsha Feuer
  - Annette Finesilver
  - Lolo Heller
  - Essie Perlmutter
  - Gerard and Sheila Rudofsky
  - Larry and Susan Siegel

Jerry and Marilyn Snyder
- Alan and Karen Stein
- Leonard and Irma Strear
- Elaine Wolf and Larry Nathan

Bruce Katchen
- Marshall and Helene Abrams
- Harold and Sue Cohen
- Shell and Lisa Cook
- Bernie and Freddie Eisenstat
- Jack and Marsha Feuer
- Stuart and Judy Heller
- Lolo Heller
- Sheila Heller and Sam Westbrook
- Marvin and Bebe Levy
- Charlene Loup and Seymour Rubenste
- Bill and Susan McKinney
- Larry and Deborah Melnick
- Bernie and Roberta Naiman
- Essie Perlmutter
- Suzie Robinson
- Larry and Joan Rubenstein
- Gerard and Sheila Rudofsky
- Bev Sigman
- Eleanor Sobol
- Bob and Joanie Talpers
- Warren and Ruth Toltz

Please make online contributions at www.shalomcares.org/philanthropy/contributenow/
In Honor
Annina Zelkin - acceptance to Yale University
Howard and Deanie Zelkin
Marilyn Bogan - retirement
Gail Shulman
Sandy Wolf
Rabbi Julian and Susie Cook - birth of granddaughter
Jordan and Bonnie Saliman
Suzanne Handler - grandson’s graduation
Jack and Marsha Feuer
Gareth and Betsy Heyman - honored by ADL
Sandy Wolf
Leland Huttner - award from Columbine Lodge #147
Larry and Joan Rubenstein
Kay Orona - retirement
Anne Hendrich
Gerard Rudofsky – thanks for kindness and generosity
Arthur and Kathy Judd
Bobbie Seserman
Bonnie Merenstein
Larry Siegel - honored by the Rocky Mountain Jewish Historical Society
Bernie and Freddie Eisenstat
Howard and Deanie Zelkin

Bob “Budsy” Klausner
Harold and Sue Cohen
Shell and Lisa Cook
Vicki and David Dansky
Annette Finesilver
Barbara Freis
Renee Gross
Charlene Loup and Seymour Rubenstein
Gary Mobell
Essie Perlmutter
Jonathan and Lisa Perlmutter
Jay and Lisa Perlmutter
Gerrie Peters
Gerard and Sheila Rudofsky
Eleanor Sobol
Leonard and Irma Strear
Warren and Ruth Toltz
Len and Roberta Waldbaum
Layah Wolpa

Jordan Klein’s mother
Gary Mobell

Lorie Levi
Herb and Sharon Jacobson

Dorothy Levin
Marshall and Helene
Abrahams

Bernie Levine
Annette Finesilver

Elaine Long
Annette Finesilver

Terry Martin
Dan and Judy Pepper
Sam and Zoni Pluss

Hank Masarky
Jack and Marsha Feuer
Patty Lorie-Kupetz

James “Jacob” Nathanson
Mark and Ilene Nathanson

Kenneth Notari
Shirley Londer and Ely Birnbaum

Frieda Levenson
Stephen and Florie Oxman
Justin and Sharon Roth
Warren and Ruth Toltz
Fran Wolpo

Alyse Cohen Paris
Herb and Arlene Galchinsky

Jordon Perlmutter
Pearle Rae and Mark Levey
Stephen Vinnik

Lawrence Philpott
Michael and Suzanne Strear

Idamae Popiel
Sondra Cook
Bernie and Freddie Eisenstat
Barbara Freis
Selma Gordon
Al and Judy Levin
Bernie and Roberta Naiman
Larry and Joan Rubenstein
Gerard and Sheila Rudofsky
Bev Sigman
Eleanor Sobol
Warren and Ruth Toltz
Gary and Terri Yourtz

Sharon Robertson
Artis Silverman

Honey Robin
Bev Robin

Sheldon Roger
Shell and Lisa Cook
Dick and Bobbe Cook
Annette Finesilver
Renee Gross
Larry and Susan Siegel

Sanie Rosenthal
Hank and Bobette Robinson

Natalie Schneider
Michael Gray

Greg Schwartz’s mother,
Glady’s
Bernie and Sandy Fleischer

Joe Schwartz
Burt and Barbara Dunevitz
Ron and Marilyn Levenson
Joanne Pepper
Marcia Snyder
Stan and Liz Wolfson

Helen Shapiro
Harold and Sue Cohen
Selma Gordon
Jimmy and Debbie Lustig,
Nancy and Skip Miller,
Dan and Judy Pepper
Essie Perlmutter
Hank and Bobette Robinson

Debbie Silversmith’s mother
Renee Gross

Marion Slavsky
Sonny and Shirley Beck
Annette Finesilver
Arleen Goldstein
Lolo Heller
Renee Heller
Herb and Sharon Jacobson
Shirley Londer and Ely Birnbaum
Patty Lorie-Kupetz

Gary Michael Smith
Harold and Sue Cohen
Myndel Cohen
Renee Gross
Gary Mobell
Arlene Mobell
Myrtle Sidman
Marvin and Goldie Smith
JoAnn Turner

Mel Sowerby
Essie Perlmutter

Werner Spiegel
Bernie and Sandy Fleischer

Rita Stone
Figgs and Sheila Cohen
Annette Finesilver
Gloria Ginsberg
Arleen Hockenberg
Gerrie Peters
Larry and Susan Siegel

Joyce Sunshine
Gloria Ginsberg
Howard and Deanie Zelkin

John Verna
Marla Levin

Ethel Wolfson
Skip and Nancy Miller
Bud and Patti Rittenberg

Helen Wurzel
Essie Perlmutter
Bobbie Seserman
Jerome Shain

Daniel Zirinsky
Len and Roberta Waldbaum

Larry and Susan Siegel - graduation of Kayla from college
Jack and Marsha Feuer
Aviva Sonenreich - college graduation
Jack and Marsha Feuer
Mimi Weinberger - birth of great granddaughter
Helen Aaron
Ruth Cohen

Heshy and Sherrie Zeppelin - Amy’s engagement
Jordan and Bonnie Saliman

please make online contributions at www.shalomcares.org/philanthropy/contributenow/
Norma Sierota was honored as Channel 7’s Everyday Hero in conjunction with Shalom Park’s Celebration of Older American’s month on May 25, 2016. Norma has volunteered as our Bingo caller for 23 years at Shalom Park and for more than 5 years previously at Beth Israel Hospital. We are so thankful for Norma’s enduring philanthropic heart.

Speedy Recovery
Sheldon Altman Marcia Snyder Roz Ash Phyllis Goodman Essie Perlmutter Gerard and Sheila Rudofsky Dana Waldbaum Berger Len and Roberta Waldbaum Larry Boris Bernie and Sandy Fleischer Gerald Chirnomas Bernie and Sandy Fleischer Shirley Engbar Essie Perlmutter Howard and Deanie Zelkin Dee Fleming Stuart and Judy Heller Nancy Frankenthal Mort and Helene Zerobnick Dorothy Gibbons AI and Judy Levin Larry and Joan Rubenstein Sheri Gold Essie Perlmutter Arnie Goldstein Allan and Sherry Tenenbaum Stan and Liz Wolfson Hyla Greinetz Figs and Sheila Cohen Marcia Heller Helen Pringle Randy Karsh Bob and Barbara Guttsman Len and Roberta Waldbaum

Joe Kaufman Mort and Helene Zerobnick Carol Levin Ben and Robyn Friedman Stuart and Judy Heller Marla Levin Larry and Joan Rubenstein Mort Pepper Essie Perlmutter Larry and Joan Rubenstein Jim Pluss Dan and Judy Pepper Ted Pomeranz Mort and Helene Zerobnick Patti Rittenberg Mort and Helene Zerobnick David Rolfe Bob and Barbara Guttsman Jerry Snyder Stuart and Judy Heller Essie Perlmutter Donn Spector Larry and Joan Rubenstein JoAnn Sterling Bob and Barbara Guttsman Carol Wagner Jack and Marsha Feuer Marty Wender Sam and Zoni Plass Mitchell Zerobnick Mort and Helene Zerobnick Sharon Zuckerman Len and Roberta Waldbaum Ruth Metzler Susan and Hal Jacobson Ross and Mary Lou Miller Anne and Dave Westcott Berta Moyn Sofia and Yakov Moyn Lois E. Nelson Dana and RJ Stuart Adeline Sampson Pomeranz Dick and Carolyn Sampson Lina Selig Jack Lowenthal Jack Pozner Mel and Elaine Cantor Bronya Rayzberg Sofia and Yakov Moyn Frances Reed Sharon and Jon Thorson Khaya Reznik Tanya and Eugene Maliyevsky Maymie Rolfs Judith Zwillilch Vera Rothchild Sara and Mark Shoob Stanley Schnarch Steve Schnarch Matvey Shipyatsky Ramona Shipyatskaya Mary Soffen Ruby Goldberg

Yahrzeit

Khinya Vaynshteyn Emma Zborovskaya Martin Wilder Laurie and Eric Broder Jewish Colorado Total Choice Tzedakah Joanne Singer One Time Gifts Garrett and Elke Barter Genna Brounstein Cynthia Chapman David and Ann Hoffman Rob Tucker Wellness Center Patty Lorie-Kupetz Designated Contributions Jon and Lindsay Vinnik

please make online contributions at www.shalomcares.org/philanthropy/contributenow/
Thank You, Shalom Park Volunteers

Volunteers are an integral part of the Shalom Park Care Team. In 2015, 325 volunteers shared 5133 hours of their time. The Independent Sector has stated that the value of a volunteer hour in Colorado is $23.07. So the dollar value of the time donated was $118,418. Shalom Park Volunteers engage in the following activities: personal friendship visits, delivering mail and stuffing envelopes, watering plants, serving on resident council, folding napkins, leading music programs and games, welcoming new residents, providing technical help, hosting parties, clerical help, pet therapy visits, shopping and outing companions, and so much more. On April 13, Shalom Park honored the volunteers during the “Where Everybody Knows Your Name” themed dinner.

Shalom Park Volunteers


Volunteer Groups

Beth Jacobs High School  Denver Acapella  Eaglecrest High School  Fox Hollow Elementary School  Friday Shabbat Families  Girl Scouts  Grandview NHS  Laredo Middle School Choir  Laredo Middle School NJHS  Moishe House  Regis Jesuit High School  Smoky Hill Ambassador Club  Smoky Hill NHS  Spring Strings  Temple Sinai

Volunteers of the Year:
Independent Living
Resident Volunteer
Anne Hendrich,
Youth Volunteer Jamaal Hamm, Nursing Home
Volunteer Celeste Gray
On May 25, National Senior Health and Fitness Day, we dedicated the Donor Recognition Wall in the J. Leonard Levy Family Wellness Center. We are grateful for the opportunity to formally thank those whose generous contributions enabled us to construct this fabulous building which is unlike any other fitness facility and designed specifically for seniors.

Marshall Abrahams, immediate past chair of the Board of Trustees, informed those attending that, “The Wellness Center has nearly 1,300 members, most of whom are in their 70s, 80s, or 90s. There are more than 22 classes each week; the most popular are Tai Chi and Aqua Strength. The therapy department serves clients who live on the Shalom Park campus as well as others from the community.”

Dan Stenersen, President and CEO, reported that $8,013,592 was raised from Board members, community members, staff, families, residents, and foundations. The families of J. Leonard Levy, Marshall and Helene Abrahams, the families of Jordon Perlmutter and Craig Morrison, and the Strear Family Foundation contributed more than half of the total raised – a remarkable level of support for any project. “We are truly grateful to all whose names are inscribed on this wall. This extraordinary facility is debt-free because of their incredible generosity.”

Dan added, “It’s important to note the involvement of Marshall Abrahams in the planning and construction of the Wellness Center. He spent hours in design meetings and reviewing drawings, documents and finishes, and is a large part of why this facility has received multiple design awards.”

Each day, some 300 people enjoy the Wellness Center and the services it provides:
- 150 people will come for recreation including aerobics, pilates, and aquatics
- 45 people will receive physical, occupational, or speech therapy
- 15 people will visit the Spalon
- 75 people will eat in the Bistro

Please call the Wellness Center at 303-400-2294 for information about classes, membership, personal training, or therapy. And stop by to see the names of those who helped make our Wellness Center a reality.

Letter from David Simon

Shalom Park has been great and Cindy Luebke and Karmen Davis as well.

I joined the Wellness Center about two years ago, and exercise about 2.5 hours on Mondays and Wednesdays. I have never been “an exercise person” but my regular routine has put me in good shape. I start off with Stan Cooper’s Tai Chi class at 9 am. (Stan is an outstanding instructor.) Next I do water aerobics for about 45 minutes; running against the current is wonderful exercise. I do 60 to 80 push-ups against the wall and about 10 minutes of Jacuzzi. At 11, I am in Karmen’s balance class. I finish my routine by using the weight machines.

I used to go to a chiropractor once a month because I was hurting. Due to my work-out routine, I have not had to visit a chiropractor in the last two years. Try it and you will be amazed at the results with these fine and competent people.
**Kathy Francis – Life Changing**

On March 13, 2009, at the age of 49, Kathy Francis had a heart attack. At that time, she worked in information technology, which required long hours and was very stressful, she smoked, and she did not exercise much. After her heart attack, she decided to focus on her health. She says “I always loved the water; I even competed in swimming in high school. After my heart attack, I went to an aqua aerobics class to start my journey to a healthy life. I rediscovered my love of physical activity and began eating healthier. A year later, someone suggested that I become a personal trainer. What a great way for me to give back, to teach, to motivate, to inspire people to do things they weren’t sure they could, to help people succeed! I worked for three years as a trainer. And through my friend, Karmen Davis, I started teaching the Thursday Aqua Strength class at the J. Leonard Levy Family Wellness Center at Shalom Cares. I have met such wonderful and interesting people; being here is my favorite time of the week.”

Since Kathy regained her health, she has competed in several triathlons, has cycled in the Denver Century ride, walked in the Bolder Boulder, and swam across Lake Tahoe & across Chesapeake Bay. She also swam the “Escape from Alcatraz,” an event where she had to dive off of a tall barge and swim across the bay to shore.

Kathy says, “I’ll continue to compete, because it’s fun for me, and I will continue to teach at the Wellness Center because it’s fun for me too!”

**Miller Baird - Dedicated Wellness Center Member**

Miller Baird has been a member to the Wellness Center for two and a half years. He arrives at 7:00 a.m. every weekday, rain or shine. He and five other morning regulars enjoy this time for water walking and swimming. The comradery is heartwarming for this cohesive group.

When Miller’s job takes him away from Denver and his wife and the Wellness Center, he is not a happy camper. The travel is stressful, and being away from home is not fun. He is so happy to come back and return to the Wellness Center. He says, “Being here is so enjoyable. It keeps me sane and gives me more energy. For me, it is the only right way to start the day.”

Years ago, Miller was not an exercise person; in fact he hated to exercise. He was not a very healthy person. He has become healthier as a result of coming to the Wellness Center, and he has that extra spark that we enjoy seeing.

Miller volunteers at a homeless shelter each Friday; for 15 years, he has served lunch to about 200 people. He cooks, serves, and helps clean up. Also, each fall he gathers coats for people at the shelter. If you have any unused winter coats, please save them for him. And if you happen to buy an extra pair of socks, he would be happy to take them to the men at the shelter.

Miller and his wife, Debbie, tell all their friends about the Wellness Center. They think it is the greatest. The next hurdle for Miller is hip surgery. To prepare, he continues water walking each day for 30 minutes to build up his strength. Miller is a dedicated member of the Wellness Center, and he inspires others, especially the other “morning regulars.”
In April, residents were treated to a French-themed fashion show and refreshments. Residents and staff sashayed down the runway which was set up in the Community Room, modeling Sympli Fashions from Bellissima, a boutique clothing and interior design store in Colorado Springs, as well as clothes from their personal collections. Hats and accessories, with lots of “bling,” were on display.

This special program was funded by a generous contribution made by Pearle Rae and Mark Levey in memory of Jordon Perlmutter. Essie Perlmutter, Jordon’s wife, and Dorothy Kent, Jordon’s cousin, who lives in an apartment at Shalom Park, attended.

On July 3rd we celebrated Independence Day in the Park Pavilion with sno-cones and music by the John Phillip Sousa Band. This patriotic program was also funded by the donation from Pearle Rae and Mark.
Do you wish to receive future newsletters by email? Please contact Michele Hood at 303-400-2335 or Michele.Hood@ShalomCares.net

4th Annual

“Mimosas and Music”

in loving memory of Cantor Herb & Anne Nadler

Sunday, August 21, 2016
10:30 - 11:30 am
Shalom Park Pavilion
14800 E Belleview Drive, Aurora, CO 80015
303.680.5000

You are invited to enjoy refreshing mimosas and lively music featuring The Klez Dispensers in the beautiful pavilion gardens on the Shalom Park campus

invite your friends – dress comfortably – hats encouraged

303-680-5000
www.ShalomCares.org