Life Continues Here

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To discuss creating your legacy for Cedar Sinai Park and our shared Jewish Community contact:

Angelo Turner at 971.717.7148 | Angelo.Turner@cedarsinaipark.org
or Julie Diamond at 503.248.9328 | julied@ojcf.org
GENERATION TO GENERATION newsletter is a publication of Portland, Oregon’s Cedar Sinai Park. Founded in 1920, Cedar Sinai Park is a nonprofit organization committed to delivering a broad-based spectrum of care that can be tailored to individuals’ unique needs. Our service lines include: Rose Schnitzer Manor (independent and assisted living); Sinai In-Home Care; Robison Jewish Health Center; Harold Schnitzer Health and Rehabilitation Care Center; Adult Day Services; Jewish Family & Child Service; Lexington Apartments, Park Tower Apartments, Rose Schnitzer Tower and The 1200 Building (affordable housing); and Kehillah (special needs housing).

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Save the Date

Saturday, March 4th, 2017
The Hilton Portland
CSP’s annual event
benefiting the residents of the Robison Jewish Health Center

Contact Teri Patapoff at 503.535.4360
or patapofft@cedarsinaipark.org
A Letter from the CEO

By Sandra C. Simon

Summertime in Portland is a season when residents are energized and active. The streets are busy with musicians, tourists, and parades. Homeowners take advantage of the beautiful weather to undertake home remodels and landscape improvements. And we at Cedar Sinai Park are no exception: our administrators and staff are diligently caring for residents and families while all around them our campus is undergoing transformation.

A recent industry report states that 1.8 million additional units of senior housing will be needed in the next 20+ years. Cedar Sinai Park is in the midst of a growth phase to be one of the leaders to meet the demands of Portland’s senior adults and those in need of social services.

• The current Robison Jewish Home will be undergoing a transition to accommodate a new leading-edge, post-acute care facility. The expansion of services offered through this facility continues to demonstrate CSP’s commitment to provide a best-practices curriculum encompassing high levels of care standards and staff training to meet patient’s needs and expectations. This facility will be available to all Portland residents needing rehabilitation after surgery or illness, regardless of age or religious affiliation.

• Funding for these projects has been accomplished through the generous and ongoing contributions of our community. As a non-profit organization, this support is critical to enable CSP to continue its passionate focus to provide care to the community in a loving, dignified, and respectful manner based on the following, universal Jewish values of aging:

  - Tikkun Olam – the obligation to make the world a better place.
  - Gemilut Chasadim – the obligation to act justly and with loving kindness toward people in need.
  - Tzedakah – the obligation to act charitably.

To date, we have almost met our fundraising goal. I encourage you to give – or give a little more – to help us meet our funding objective.

• One year ago Cedar Sinai Park and Jewish Family & Child Service (JFCS) consolidated to enhance the services both organizations provide to the community. This collaboration has resulted in a new Clinical Case Manager (CCM) position to be located at Rose Schnitzer Manor. Missy Fry, the new CCM, brings a wealth of knowledge and experience to this new role. Read about Missy and the role of a CCM in this edition of Generation to Generation.

• The 2016 Annual Giving Campaign will begin in September. This campaign – entirely unrelated and unsupported by the construction funds CSP received – assists the needs of those who can no longer provide for the costs of their own care, the most fragile members of our community who demand our ongoing attention.
and commitment. The Torah reminds us not to abandon those who have reached old age. Not to abandon those who have reached old age. Your support in this endeavor reflects the ethical base of our faith and our community. If you have any questions please contact Mary Jane Schenk at 971.717.7165 or mary.schenk@cedarsinaipark.org

• Lastly, I participated on a mission to Israel in late May/early June. This trip was sponsored by the Jewish Federations of North America, in partnership with A Wider Bridge, with additional support from our own Portland Jewish Federation. The purpose was to experience Israeli culture, politics and character through a LGBTQ lens. Israeli President Rivlin met our group and said, “I hope this visit will help you look beyond the headlines and see that, despite the challenges, Israel is still a beacon of democracy and equality in the Middle East and the world.” It was a heart-warming and life-changing experience, one that heightened my appreciation of the open philosophy that CSP offers to the Portland community.

This summer edition of Generation to Generation contains updates surrounding the activity occurring here at CSP. If you have any questions or would like to visit the campus, please give us a call or email me directly at sandra.simon@cedarsinaipark.org. I hope the remainder of your summer is a fun-filled and safe one.

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An Interview With
Wolf Pakula

At Cedar Sinai Park, we are fortunate to have people from around the world with so many life experiences. One of these people is Wolf Pakula, a resident of Rose Schnitzer Manor since 2012.

Wolf was born on March 23, 1921, in Tomaszow, Poland, where he and his five brothers were reared. The city had a population of 60,000, with a Jewish population of 15,000. Wolf had graduated high school and already learned his trade of cabinet making by the time the Germans invaded Poland on September 1, 1939. Shortly before the war broke out, Wolf's family received a letter from his uncle urging them to come the United States. His father's response was, “I got America right here.” He felt that America was only for the poor.

Also, during the first World War he had conducted business with the Germans and didn’t believe that the Holocaust would occur.

A few days after the Germans invaded Poland they entered Tomaszow. The Jewish people in the town were captured and forced to regulate a local river for the next few months. In November, the Germans ordered all unmarried Jewish males 16-45 to come to a working ghetto where they selected one male per family and sent the others home. Wolf, the male selected from his family, says the men were promised that after four weeks of working there they would be able to return to their families; however, fourteen weeks passed and he was still working. With the help of his cousin who gave him a pass to buy a ticket on the train to return home, Wolf fled. He arrived back in Tomaszow and worked as an apprentice in a cabinet shop, a trade that eventually led to saving his life.

One day while Wolf waited in line for food, a man cut in front of him. Wolf asked him to move and when he didn’t, a fight broke out. After German soldiers broke up the fight, Wolf and the other man were escorted to a dark room filled with other people. Wolf asked them why they were there and a man responded, “they are going to take us out and shoot us tomorrow.” As Wolf waited by the door the Commandant opened it, pulled him out, and ordered him to shine the Commandant’s boots. He recognized that Wolf worked in the cabinet shop and asked him why he was there. Wolf told him the story and the Commandant sent
him home telling him not to fight again. The rest of the people were shot the next day.

This wasn’t the only time that Wolf’s trade saved his life. After the holidays in 1942, there was a liquidation that left only 1,000 people in the city including Wolf. This liquidation forced the Gestapo, who employed Wolf as a cabinet maker, to fire him. Wolf pleaded with them to stamp a paper saying he worked for them and they obliged. Within the ghetto, there was another factory where Wolf wanted to work; however, they were not hiring anyone, even if they had stamped papers. After being rejected for work by the factory, Wolf saw two people struggling to unload barrels of oil from a truck. He showed them how to safely unload it and was immediately approached by a German who asked where he worked. Wolf told him that the factory refused to hire him. The German made him a foreman and let him work out his time there until November of 1942.

Each worker was sent with a letter from German officers stating that they were trade workers. Wolf was assigned to work in the kitchen and, after three months of working in the kitchen, there was another selection. The workers were lined up as Doctor Josef Mengele walked through and made his selection. Wolf had a wound on his wrist wrapped with bandages. When Mengele asked a doctor within the prison about it, the doctor lied telling Mengele that it was healed and Wolf was ready for work. A month later, Wolf and the other trade workers were sent to Dachau. After enduring the terrible conditions of Dachau, Wolf, along with other camp prisoners, was forced to join one final march. The march made its way to the Swiss border. On May 2, Wolf woke up in the forest with no more soldiers around and just a few fellow prisoners. They made their way to a town, where they saw a tank with a white star on it. He was finally liberated. Wolf met his wife in 1945 and married her in 1946. During that time, he worked in a displaced persons camp until immigrating to the United States. Once he was here, he started to work while waiting to gain citizenship. After waiting the required five years, he became an American citizen and opened a successful nightclub and liquor store in Indianapolis.

These are just a handful of events that Wolf has experienced throughout his life. He shares these stories in order to “remember and make sure they never happen again.” Throughout his time during the war, he never lost hope and always looked forward, never giving up. We thank him for this story and for being part of the wonderful community within Rose Schnitzer Manor.
Welcome to the first Green House home in Oregon, part of the new Harold Schnitzer Health and Rehabilitation Care Center. Cedar Sinai Park always strives to be at the forefront of innovation for elder care. This year, we have made another leap by becoming a new member of The Green House® Project home. Our residents will enjoy their remaining years sleeping in their own comfortable room, relaxing in their living room around the fireplace, and enjoying home cooked meals out of their household kitchen and around a family table while continuing to receive excellent care from staff who knows them the best.

Our residents rule here. We believe that elderhood should be respected and honored. Our residents will make decisions on how they wish to spend their day, when and what they eat, and how to accomplish purposeful tasks such as doing their own laundry or participating in personalized meaningful engagement. We encourage their highest ability to allow for opportunities to give back. Through their house meetings, our residents have a voice and control their daily lives.

Through hours and hours of training, our staff is learning to change the culture of how we provide for our residents and how we do business on a daily basis. The circular staff matrix puts the resident in the center. The people managing the house are the ones working the closest with the residents as opposed to the top down management structure seen in traditional nursing home settings. The people that know and work with them best are the managers of the home. Through the Exploring Options approach, we ensure that everyone has a voice and consensus is reached before jumping immediately to problem solving. The Shahbazim, universal care workers, work in self-managed teams and take on coordinator roles that empower them to run their house collaboratively. The Clinical Support Team, the Guide, the Director of Nursing Services, and the Administrator use the skills they have learned to use a coaching approach to support the Shahbazim’s all important work.
We are pleased to welcome Missy Fry to the campus. In her new half-time role as JFCS Clinical Case Manager, Missy will be based at Rose Schnitzer Manor.

She will also continue as a half-time case manager for the Holocaust Survivor Services program at JFCS, including overseeing Café Europa activities. There’s an old saying: You can’t be all things to all people. But anyone who knows Missy Fry would be hard-pressed to apply that expression to her.

Missy joined Jewish Family & Child Service in 2010 as a Portland State University social work intern. She is currently a case manager for Holocaust Survivor Services; previous positions include volunteer coordinator and program administrator. She also has experience working with low-income seniors, older adults in the LGBTQI community, patients in hospice, and Somali Bantu refugees at an after-school homework group.

Missy has done all this while attending graduate school at PSU, where she recently received a Master of Social Work (MSW) as well as a Graduate Certificate in Gerontology. She says that becoming a social worker has long been her dream. “Neither of my parents completed college, but they both instilled empathy, compassion, and determination in me at a young age.”

When she’s not working, Missy cheers on the Portland Trail Blazers, plays Sudoku, and hikes with her adorable dog, Abbey.

Please join the entire JFCS and CSP staff in congratulating Missy—we’re extremely proud of her achievements!

---

**Play BINGO**

**Help Friends of Robison to support our residents!**

**Sunday, September 25th**

6:30-8:30 p.m. - $18.00 per person

Snacks · Prizes · Fun

Bring your spouse, significant other and friends!

Our event will take place in Zidell Hall.

Please RSVP with payment by September 19th online at [http://cedarsinaipark.com/friends](http://cedarsinaipark.com/friends) or by check and send it to Friends of Robison, 6125 SW Boundary St, Portland, OR 97221-1019.

Space is limited so make your reservation now! We cannot wait to see you!!!

Ages 18 and over please.
Photos from Harold Schnitzer Health and Rehabilitation Care Center open house.

Clockwise: 1. Jim Winkler & Tom Eyer
2. Sandra C. Simon & Elise Brickner-Schulz
3. Michelle Eastern Gradow & Liz Lippoff
6. Martha Soltesz, Michelle Eastern Gradow, Elise Brickner-Schulz, & Bev Eastern
7. Jemi Mansfield & Jeanne Newmark
12. Rabbi Josh Rose affixes the mezuzah
Photos from our annual event It’s Magic!

Clockwise: 4. Jordana Levenick, Ryan Levenick & Margot Feves
8. Senator Ron Wyden
10. Lara Stern, Evan Bernstein, Governor Kate Brown, Hailey Stern Bernstein & Brad Stern
13. Michelle Eastern Gradow & Bev Eastern

5. Sandra Simon with David Fuks
9. Shirlee Lenske
14. Jennifer Felberg and Jemi Mansfield
Our Community

Cedar Sinai Park touches the lives of thousands thanks to the help we receive from our community. Our Jewish principles guide the organization to help the Jewish community and people of all ethnic, faith and spiritual backgrounds.

ROBISON JEWISH HEALTH CENTER
Offers a full range of support services including excellent physical rehabilitation, intermediate nursing care and memory support services - all delivered with kindness, respect and understanding by supportive and professional caregivers.

503.535.4300
6125 SW Boundary Street, Portland, Or 97221
Cedarsinaipark.org

ROSE SCHNITZER MANOR
In an urban forest setting, provides both independent living and assisted living and an extensive array of services in a friendly and welcoming community. Personalized care is at the heart of Rose Schnitzer Manor's services.

503.535.4000
6140 SW Boundary Street, Portland, OR 97221
Cedarsinaipark.org

ADULT DAY SERVICES
Enables family caregivers to do a better job of caring for their loved one by giving them needed breaks to care for themselves.

503.535.4403
6125 SW Boundary Street, Portland, OR 97221
Cedarsinaipark.org

JEWISH FAMILY & CHILD SERVICE
Provides social services that improve the lives of adults, families and children in the Jewish and general communities.

503.226.7079 1221 SW Yamhill, Suite 301, Portland, OR 97205
JFCS-Portland.org

KEHILLAH
Special needs housing. An important component of Kehillah is its focus on supporting residents’ inclusion in the community through social activities through social activities and supported employment.

503.535.4212
Cedarsinaipark.org

AFFORDABLE HOUSING FOR SENIORS
Cedar Sinai Park offers four apartment buildings:
• Rose Schnitzer Tower
• Lexington Apartments
• Park Tower Apartments
• The 1200 Building

Life Continues Here.
Thank you for your support of Cedar Sinai Park. This tribute list represents those who made a donation during fiscal year 2016. Donations received after June 30, 2016 will be listed in next year’s issue.
We have made every effort to ensure that our lists are accurate. We recognize our donors once a year and do not share any personal information. Please contact the CSP Foundation at 971-717-7165 if you would like your gifts to remain anonymous or if we have inadvertently omitted your name. We sincerely apologize for any errors.
Amy Shapiro ~ “For leading the High Holy Day services”
  David Fine

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Jeanne Breall ~ In Appreciation
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Jerry Stern
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Rosemarie Rosenfeld

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Stuart & Nikki Director

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For our community now and in the future. Thank you!
Sharon & Dean Morell
Herb Schwartz ~ In Memory of
Susan Meyer & Carl Klinge

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How to Pay for Long-Term Care Without Going Broke

The Law Offices of Geoff Bernhardt will discuss options for paying for long-term care while protecting your assets. Topics will include in-home care, Medicare and Medicaid, Veteran’s Aid & Attendance Benefits, and Long-Term Care Insurance.

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