

MAY 2018

Reflections In the Park

Menorah Park of CNY · Hodes Way 4101 E. Genesee St., Syracuse, N.Y. 13214 · (315)446-9111 ·



Celebrating May

**Global Health and Fitness
Month**

Inventors Month

Gifts from the Garden Month

International Firefighters Day
May 4

Wildflower Week
May 7–13

Mother's Day
May 13

Museum Day
May 18

Ride a Unicycle Day
May 20

Memorial Day (U.S.)
May 28

Learn About Judaism:

Jewish law is rooted in [the Torah](#), the first five books of the Bible: Genesis, Exodus, Leviticus, Numbers and Deuteronomy.

According to the Torah, Abraham is the father of Judaism. He was born about 4,000 years ago, during an era when many gods were worshiped, but he believed there [was only one God](#). Judaism grew out of a covenant between God, Abraham, Abraham's children and their descendants.

Moses, likely born during the late 14th century BC, led the Hebrew slaves out of Egypt, received the Torah from God and taught the people God's laws.

The main denominations of Judaism are Orthodox, Conservative and Reform.

Jewish people worship at synagogues, and any educated member of the congregation can lead a service. However, a rabbi or cantor usually leads services.

Rabbis are Jewish spiritual authorities, educated at yeshivas, religious seminaries. Rabbis interpret the Bible and present the meaning of Jewish law.

When Jewish children turn 12 or 13, they stand before the congregation and read a section of the Torah in a ceremony called a bar mitzvah (for boys) or bat mitzvah (for girls). This celebration commemorates a passage into Jewish adulthood, meaning that the young men and women can now participate fully in traditions like fasting on [Yom Kippur](#). Observant Jews keep kosher, following dietary laws that prohibit the eating of certain foods including shellfish and pork, as well as meals that contain a mix of meat and dairy. A yarmulke or kippa is a cap worn by Jewish men as well as secular men at religious ceremonies. The custom isn't rooted in the Bible but evolved out of the belief that God is watching from above.

Kabbalah is a mystical type of Torah study centered on spiritual enlightenment and personal growth.

Shabbat, the Sabbath or day of rest, begins Friday night and lasts until sundown Saturday.

[Rosh Hashanah](#), the Jewish New Year, and Yom Kippur, the Day of Atonement, are the holiest days of the year, known as the High Holy Days.

[Passover](#), also called Pesach, marks the exodus of the Israelites from Egyptian slavery.

Other holidays include Sukkot, a harvest festival; [Hanukkah, which celebrates a rebellion led by the Maccabees circa 165 BC](#); and [Purim, a light-hearted day of costumed revelry in honor of Queen Esther](#).

(From the CNN Library)

**ELDER LAW FAIR
PLANNING FOR LIFE AFTER 50**

WHEN:

Wednesday, May 16

8:00 a.m. - 1:15 p.m.

(breakfast offered before sessions begin at 9:00 a.m.)

WHERE:

Onondaga Community College

Academic Building 2

4585 W. Seneca Turnpike

Please use Rt 175 entrance;

Park at ARENA & use shuttle bus

REGISTRATION:

Register Online:

<http://aarp.cvent.com/ElderLaw2018>

OR By Telephone: 1-877-926-8300

Free EVENT!

Sessions of interest to
older adults & caregivers

SESSIONS INCLUDE:

Paying for Long Term

Care, Aging Safely at

Home, Senior Scams &

Exploitation, End of Life

Care, Wills & Planning,

Estate Administration,

Protecting Your Assets

and more...

EVENT DETAILS:

. Breakfast provided

. Parking & shuttle

transportation

available

. Free consultations with a

lawyer onsite

PRESENTED BY:

Avalon Document Services,

Estate Planning Council

of CNY, M&T Bank Mortgage Division,

Onondaga County Department of Adult &

Long Term Care Services, Volunteer

Lawyers Project of Onondaga County,

AARP & AARP Onondaga

Chapter #243, Vera House.

Dreaming of a White Christmas

Bing Crosby had no idea that on May 29, 1942, his recording of Irving Berlin's "White Christmas" would become the world's most popular song. The recording took Crosby just 18 minutes, as part of an album for the movie musical *Holiday Inn*, and neither he nor Berlin thought the song was a hit. However, it went on to win the Academy Award for Best Original Song, and it hit number one on the pop charts in October of 1942, two months before Christmas. Irving Berlin, as a Jewish-American, did not celebrate Christmas, but he sure knew how to write a hit song, even one without any mention of magical characters or religion. The song's slow and melancholy longing for the cozy holidays of yesteryear was what audiences craved. What really propelled the song to superstardom was its inclusion on Armed Forces Radio. GIs fighting overseas during World War II loved the song, and Crosby performed it regularly for them. Audiences still love "White Christmas." With over 100 million copies sold worldwide, it remains the best-selling song of all time.

Everything Old Is New Again



Mending clothes is a lost art. Rather than patch holes or sew popped seams, Americans prefer to buy entirely new garments. The average American throws out 81 pounds of clothes each year, leading to 13 million tons of textiles sitting in our landfills. I Need a Patch for That Day, on May 21, is a day to reverse this trend. Recycled clothing is suddenly trendy. Outdoor clothing manufacturer *Patagonia* has been a leader in the sustainable clothing movement, making fleece out of plastic bottles and asking customers to buy fewer of their clothes. When garments get worn, they provide mending services in their repair shop, even reselling used clothing via their website. The Seattle company *Evrvu* has taken recycled clothing a step further. They take old garments, break down the fibers to the molecular level, and spin brand new fibers to make new clothes. Who needs a patch with technology like this?

Man's Best Friends



May 6–12 is Pet Week, a week to honor our nonhuman companions. Pets have been shown to make us more empathetic and even interact more with others. Pets also offer many health benefits, too, such as lower stress, sharper executive function, even a reduction in physical pain. Moreover, people who own pets get more exercise, both physically and mentally.

In many ways, our pets do much more than just act as companions. Three-year old Alida Knobloch of Georgia is literally attached to her pet goldendoodle, Mr. Gibbs. That's because Mr. Gibbs carries her heavy oxygen tank. Alida suffers from a rare form of lung disease that makes it difficult for her to breathe without assistance. With Mr. Gibbs by her side and an oxygen tank carried on the dog's back, Alida is able to run and play. Alida's family is so grateful that they call Mr. Gibbs Alida's "four-legged lifeline."

When a wildlife park became overcrowded with animals, Casey Anderson stepped in to save a baby grizzly bear. Little did Anderson know that the bear, named Brutus, would grow to be one of his best friends and even be the best man at his wedding! Anderson's love of grizzlies led him to found the Montana Grizzly Encounter sanctuary. When Brutus isn't roaming the park, he may be found cuddling with Anderson or eating at the dining room table.

An eight-year-old girl from Seattle befriended an entire flock of crows. As a four-year-old, she often spilled food in her yard, attracting the birds. Over the years she began to intentionally feed them. The crows, one of nature's cleverest animals, were so grateful that they began to bring her gifts in return: buttons, toys, dead fish, rocks, even a plastic heart, which, the girl says, proves "how much they love me." Animals may not be human, but they often bring out the best in us, so during Pet Week make sure you do your part to thank the animal that has given you so much.

Any Way the Wind Blows

The Netherlands is famous for its windmills, which are celebrated on May 12, Windmill Day. As part of Europe's "Low Countries" (so named because of their location below sea level), the Netherlands was prone to flooding. Dutch windmills were created to drain the water from the land. At one point, 10,000 windmills were in operation across the country. Today, windmills in the form of massive wind turbines are making a comeback as generators of electricity.

Wind turbines are often grouped in "wind farms," or arrays of windmills strategically placed in windy areas such as hilltops, open plains, or even offshore. As the wind turns the blades, a rotor spins a generator, which creates electricity. The major advantage of this type of electricity is that there is no dangerous waste created as a byproduct. The main disadvantage, of course, is that these windmills create energy only when the wind blows. However, advancements in technology are creating batteries that can store power for later use. Windmills, it seems, are not merely for tourists anymore but will become part of the power grids of the future.

Lucky Lindy



On May 20, 1927, Charles Lindbergh pointed his *Spirit of St. Louis* airplane down the runway of Roosevelt Field, Long Island, and 33 1/2 hours later he landed in Paris, France. A crowd of 100,000 greeted him as a hero. Lindbergh had become the first person to fly solo across the Atlantic Ocean. Before becoming a national hero, Lindbergh was a mail pilot. He had heard of a promotion, offered by a New York hotelier: the first person to fly from New York to Paris would be awarded a prize of \$25,000. Many attempted the flight and failed, but Lindbergh would succeed. He supervised the building of a custom plane. With four sandwiches, two canteens of water, and 451 gallons of gas, he made the flight and etched his name into the history books.

Menorah Park of CNY
Hodes Way
4101 E. Genesee St.
Syracuse, N.Y. 13214

Postage
Information

Menorah Park May Birthdays

Please wish the following residents happy
May birthdays:

Pauline F. 5/2
Joan C. 5/5
Bernadine T. 5/5
Francine M. 5/8
Richard U. 5/11
Vincent G. 5/12
Mary B. 5/12
Margaret F. 5/13
Adrienne K. 5/16
Rose L. 5/18
Victoria U. 5/21
Winifred L. 5/22
Harold S. 5/27
Irving N. 5/27
Maria A. 5/29

Famous May Birthdays

In astrology, those born between May 1–20 are Taurus' Bulls. Bulls are hardworking, ambitious, honest, and dedicated to finishing tasks with a dogged persistence. Once the work is done, a Taurus expects to enjoy the fruits of their labor. Those born between May 21–31 are Gemini's Twins. They have two distinct and alluring sides to their personality: sociable and ready for fun, or serious and thoughtful. Sometimes they feel as if one half is missing, so they forever seek new friends.

Benjamin Spock (pediatrician) – May 2, 1903
Sugar Ray Robinson (boxer) – May 3, 1921
Sigmund Freud (psychoanalyst) – May 6, 1856
Fred Astaire (entertainer) – May 10, 1899
Yogi Berra (ballplayer) – May 12, 1925
George Lucas (film maker) – May 14, 1944
Cher (singer) – May 20, 1946
Bob Dylan (songwriter) – May 24, 1941
Walt Whitman (poet) – May 31, 1819