Savvy Seniors
2019
Private Albert Gellman was mad as hell. It was June 1944, and his United States Army unit of the 344th Division had been cut off behind German lines. Two of his buddies had just been killed in the battle, and Gellman knew “someone had to do something.”

This was not exactly the life a Jewish man from Upstate New York had imagined. The son of William and Tilly Gellman, the 26-year-old private first class had grown up with his parents and two sisters in a house in Albany that his father, a Russian immigrant, had built in 1923.

After attending high school, Gellman became a partner in a local food market. In 1940, he married Marion Rosenthal, and their son Stephen was born in December 1942. Thirteen weeks later, Gellman was sent to Italy to participate in the 34th Infantry Division.

Initially stationed in North Africa, the regiment was soon sent to Italy to participate in the Battle of Anzio, a massive campaign launched in 1944 to capture Rome from the Axis Powers. Gellman and his fellow members of his squad were given orders to push through the boot of Italy. “My father later told me the conditions were horrific,” his son Stephen remembers. “Rain and snow impeded their advance. Two of his buddies had been cut off behind German lines. Two of his buddies had been cut off behind German lines. One of the enemy soldiers who were seen inside the buildings. One of the enemy soldiers refused to surrender. The 26-year-old private first class volunteered with his very limited height, was not comforted by his commander, whose only advice was “Don’t scream out the remaining guns and destroy some of the German anti-tank guns.”

While in the three farmhouses. Gellman and his regiment saw more action in North Africa than almost any other unit in the division. He was later presented with the Italian Military Valor Cross.

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Distinguished Service Cross, the highest award for combat heroism. The award stated: “Private First Class Gellman’s intrepid actions, personal bravery and devotion to duty exemplify the highest traditions of the military forces of the United States and reflect great credit upon himself, the 34th Infantry Division, and the United States Army.”

He was also presented with the Italian Military Valor Cross.

Gellman returned to the United States on a hospital ship after a brief respite in the Army’s reassignment center. There he was notified U.S. Navy destroyers and “Don’t scream out the remaining guns and destroy some of the German anti-tank guns.”

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By Rabbi Efrem Goldberg, Rabbi Efrem Goldberg is the rabbi of the Boca Raton Synagogue.

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By Christine DeSouza

Happy birthday to Sara Epstein who turns 100 years old tomorrow (June 1) and has lived in Sanford for more than half a century. The "stein" in her last name is pronounced like the beer mug. Daughter Rita, who cares for her mother, explained the reason for the different pronunciations: "My father came from Philadelphia where Epstein is pronounced like the mug. It is pronounced Epstein in New York."

Sara and Edwin Epstein are fourth generation Americans and hailed from the Eastern shore of Maryland. Talking with Sara, one would never guess she is almost 100. She still lives in the home that she and Edwin built in the 1960s. Back then, it would have been considered "way out in the boonies"—only two other homes were on their street (which was dirt), and lots of woods and marshlands surrounded the house. Going back a little further, Sara and Edwin moved to Sanford in 1950 from Birmingham, Alabama. They brought with them daughters Rita, 5, and Adrienne, 2. Edwin was a doctor—a family practitioner or as Sara put it, "his practice included the skin and all its covers." He set up his practice in an office space he rented from Emmanuel Jacobson on Palmetto Ave., between 1st and 2nd streets. In the 1960s, Edwin built his own office on Lee Street. He was the first doctor in Sanford (and possibly Seminole County, according to Rita) who had an integrated waiting room. Most doctors' offices and hospitals had segregated waiting rooms at that time. His philosophy, Rita said, was "after you talk about that outer layer of skin off, everyone's the same." Their first home was at 419 Magnolia Ave., which is now in the Historic District.

"It was quiet, no streetcars, very safe to walk every where," Sara remembered. She walked to the Southside Grammar School at 8th St. and Myrtle. In seventh grade, she attended the Old Red School House at 5th and Palmetto. She was in the fourth graduating class of Seminole High School—which was the first freshman-to-senior class at the school. The Central Florida Zoo was also within walking distance. At that time it was where the City building is now and was called Monkey Island. Television personality Jack Hannah was the director.

Sara and Rita remembered that there were about 40 Jewish families in Sanford and during Jewish Congregations of Sanford. The building was built in the 1950s between Magnolia and Magnolia on 14th or 15th Street, and still stands today. A church was also within walking distance. The family also attended Congregation Ohev Shalom, which was on Church Street and Eola Drive.

In 1953 or 1954 the family joined the Congregation of Liberal Judaism, which was built on Ferncreek in Orlando. Edwin would drive Rita to religious school every week. "We would travel down 17/92, which was a two-lane highway. There were no stoplights from the 25th Street all the way to Maitland Ave.,” Rita said.

Sara was a homemaker. She was also involved in the hospital auxiliary’s Pink Ladies. Her life revolved around Edwin’s schedule, which often was hectic as he delivered babies, assisted in surgeries and made house calls. Every day he would come home for lunch, which was their big meal of the day.

Rita studied Library Science at the University of Florida and lived in several places across the United States until 1992, when she returned to Sanford to care for her elder parents. Edwin died in April 2001.

Sara also recalled how everyone was very welcoming, and all came together for social events duringChanukah and Purim. Several close friends include Melvin Siskind, Hannah and Emmanuel Jacobson and Ben and Edith Katz. Sara still lives in Oakmont Village assisted living facility.
A stroll down memory lane with one who has ‘drifted on’

Bud Black on his banjo

By Marilyn Shapiro

For the past five years, people who came to services at Congregation Shalom of Kissimmee, Florida, were met with an unusual but wonderful treat. They were greeted by a pair of musicians—Bud Black on the guitar and, occasionally, the banjo—and Bill Willner on the snare drums. They played mostly songs from the 20s, 30s, and 40s. Bud and Bill usually packed up their instruments about 15 minutes before services began, but on occasion they would accompany Rabbi Richard Miller to services on Friday night service.

John “Bud” Black’s career as a musician began in the 1930s as an 8-year-old in bars near Pittsburgh, Pennsylvania. Bud’s grandfather, Bert, loved to drink even more than he loved the Pittsburgh Pirates. So he would tell his wife he was taking his daughter’s “little buddy” to a game. Instead, he took her to RCA to hear the snare drums. They played weekly. After marrying, she educated there, becoming a teacher. After marrying, she educated there, becoming a teacher. After marrying, she educated there, becoming a teacher.

One of his friends remembered, “Bud was a wonderful story teller. He took a 15-second story and turned it into an hour. But it was a stroll down memory lane.”

“Bud had the largest record collection I’ve ever seen,” Howard Paul, a fellow musician on the Delta Queen, posted on Bud’s Facebook page. “He told me an endless stream of jokes (clean and blue). For me, Bud was the missing link between tweedledee and tweedledum and nightclub louches.”

Tim Austin, a fellow musician, stated on Facebook that he remembers afternoons playing together in the Texas Lounge on the Delta Queen. “Bud would say ‘Who wants to hear some country music?’ Great, how about a Hawaiian love ballad?”

In 1989, Bud was performing on the second night of a three-day cruise when Wendy Demby, a young woman on vacation from her job in New York City, approached him and expressed her admiration for his show. She disembarked in New Orleans for the remainder of her week-long trip. Bud sought her out for a few hours during a break in his job. Those few hours developed into a long distance relationship that resulted in Wendy moving down to The Big Easy. They were married in May 1990.

For the next 10 years, Wendy maintained her home in New Orleans while Bud strummed his guitar and banjo up and down the Mississippi. Once a year, Wendy went along for the ride. In 1995, he took the riverboat but not from music. They moved to St. Cloud, Florida, when Bud took a job at Disney World, playing a various roles including in a rock band in the Magic Kingdom.

Bud also entertained nursing home residents throughout the Orlando area. His music transported many to healthier, happier days. One time, after singing a song, a woman came up to him. “My mother has dementia,” she said. “But when you started singing that song, he started singing along. It is the first time he has spoken in years.”

Wendy was Jewish and Bud was Christian, but they shared a mutual respect and appreciation for one another’s religion. They attended Sunday services at the Church of St. Luke and St. Peter in St. Cloud and Friday night services at Congregation Shalom Alchem. Initially, Bud played and sang with Norm Selinsky, a former Shalom Alchem president. About five years ago, Bill Willner joined them. When Norm went on ill, Bud and Bill began their routine before services. Bud had indication of you know what, displaying musical notes or Jewish holiday motifs—but his favorite was one embossed in a beloved Pittsburg Pirates logo.

In honor of Bud’s close connections to Judaism and Congregation Shalom Alchem, initially, Bud played and sang with Norm Selinsky, a former Shalom Alchem president. About five years ago, Bill Willner joined them. When Norm went on ill, Bud and Bill began their routine before services. Bud had indication of you know what, displaying musical notes or Jewish holiday motifs—but his favorite was one embossed in a beloved Pittsburg Pirates logo.

“Tikkun Olam” (2018). Both are available in paperback and e-book format on Amazon.

We will only have peace with the Arabs when they love the Jews as their brothers. We will only have peace with the Arabs when they love the Jews as their brothers.

9. Don’t be so humble, you aren’t that great.

Bud and his wife immigrated to then Mandatory Palestine in 1921, settling on a kibbutz near the Negev. After marrying, he entered the political arena and became a member of the Fourth Knesset and the Fifth Knesset. He was a strident supporter of the Jewish National Fund and a tireless worker in the fight for the David Ben-Gurion’s vision of a Jewish state. He was a strong supporter of the idea of a Jewish state and worked tirelessly to make it a reality.

We will only have peace with the Arabs when they love the Jews as their brothers.

4. “We Jews have a secret weapon in our struggle with the Arabs; we have won they have lost.”

5. “Let me tell you the one thing I have against Moses. He took us 40 years into the desert in order to bring us to the one place in the Middle East that has no oil!”

Wendy’s brother, Craig Demby, approached him at the Church of St. Luke and St. Peter. Reverend Longbottom played and sang some of Bud’s favorite songs, including many Irish tunes. The cloggyman was joined by David Rosner, who played Bud’s guitar. David was one of Bud’s first friends in the Orlando area, a friendship sealed by b’shert—David’s parents had sailed the Delta Queen and had spoken highly of a banjo player named Bud Black.

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Bud’s oldest son, Scott, a talented musician in his own right, lives in China and was unable to attend the memorial service. His youngest son, Wes, sharing news that his girlfriend, Daniela was pregnant with what will be Bud’s first grandchild, were there to say goodbye, along with many other friends and family members.

One of Bud’s favorite songs, “Dusty Old Dust,” written by Woody Guthrie in 1940, is a fitting epitaph for this talented musician.

“Dusty Old Dust,” written by Woody Guthrie in 1940, is a fitting epitaph for this talented musician.

For so long, it’s been good to know you. What a long time ago I’ve been home/Ave Im gonna be drift along.”


Her blog is theoergaphymacht, me.org.

Golda Meir—wisdom personified...
Marriage advice from a woman married 67 years

By Sarah Pachter Aish Hatorah Resources

At 84, Leona Fallas has boundless positive energy, a winning smile and is about to celebrate her 67th wedding anniversary with her husband whom she met at a teen.

“We started dating when I was 18 and spent a lot of time at the Bradley Resort. By the end of the summer I came home and we were still writing and writing. He wanted to possibly get engaged and continue a long-distance engagement.”

“My aunt said, ‘That’s ridiculous, let them get married and go back together.’ So my mother organized a wedding at 18, and we went back to Pittsburgh as a married couple!”

Eventually they moved back to Los Angeles and began to build a business together while simultaneously starting a family. “We stuck together and built a beautiful life.”

With 67 years of experience under her belt, Leona has loaded a marriage advice, some of it unconventional. Here are three pieces of wisdom.

Most people advise, ‘Never go to bed angry.’ Leona strongly disagrees.

“I find that it’s all right if you go to bed angry. You don’t have to make everything lovely, doo-oo-something over. If it’s important, it will be there tomorrow.”

She claims that going to bed angry is one of her secrets to maintaining a happy and long-lasting marriage.

“If it is important, it can wait, and if not, it will be gone. Don’t jump. Give your partner the benefit of the doubt. They love you, and you love them. Put on the brakes, don’t jump. The first person who often takes the lead. The led anchoring division to our relationship at times, but served him well in the long run.”

Leona thinks that a lack of overall commitment today is one of the major factors that lead to marriage. “She found that the younger generation is looking for marriage to be a way to stay together, almost like a security blanket.”

Many years ago when I was young and graduating, I was told, “Don’t get married.”

Leona decided I had to head down to Palm Springs where we had vacation condos, to get a break and think for myself.

“The road, I began to see that I wasn’t following my path. What’s the main one with you? Get yourself back on track! Turn around... And so, I came home.”

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Great ways to keep your mind sharp

1. Get Sleep: Sufficient high-quality sleep is one of the most fundamental ways to maintain your brain and keep your healthy brain through the years. Between 7-9 hours a night is ideal for adults, according to the National Sleep Foundation, and sleep has been shown to reduce stress and improve memory. The world would be much poorer without your mind.

2. Learn a Language: A multilingual brain works more efficiently and is easier to use. Besides, learning a new language will help you to think outside the box, to consider how to shift your perspectives, and to improve your cognitive abilities strong and limber.

3. Get Exercised: You can improve your long-term health and stay fit with exercise. There are many languages apps available to help, some of them free, as well as more “high-level” apps. Those apps can pop on while commuting to work or during commute to work.

4. Make Math Fun: Want to build your critical thinking skills? Math games are a great way to think critically and develop your problem-solving skills. Dive into mathematics with fun and engaging games. In addition, the Free online software, such as Gisusat, includes resources to help you solve problems, from simple calculators, graphs, and more.

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5 Tips for baking with the Convection setting

Convection ovens have been around for many years—in restaurants mainly because the cost is usually much more than a conventional oven. Until now, that is. Countertop convection ovens are becoming more affordable. Unlike conventional ovens, which cook food by radiating heat, convection ovens circulate the air. Convection ovens are built with a fan placed in the back of the oven. When you turn on the convection setting, the fan blows warm air around the inside of the oven, promoting rapid and even heating. While more expensive than traditional ovens, convection ovens provide numerous advantages over non-convection ovens, including:

1. Lower the cooking temperature by 25°F.
2. Because heating and cooking is so efficient in a convection oven, you usually don’t need quite as high a temperature to get the same results. A good rule of thumb is to set the convection temperature 10 to 25°F lower than what is recommended temperature of your recipe. 
3. Check food frequently toward the end of cooking.
4. Also thanks to all this efficiency, your foods will usually cook a little more quickly than usual. Check on your food halfway through the recommended cooking time to gauge how quickly cooking seems to be coming along, and then check more frequently near the end of cooking. Go by how your food looks and smells to tell if it’s done, rather than by the timer. As you get used to this new technique, you’ll get a better feel for how quickly certain foods will cook, and you can feel more confident predicting the timing.

Can a dog save a life? Yes, Malkah, the Queen of the Canine Sabras, saved Marilyn Glaser’s life

Marilyn Glaser and Lazor Lowinger, with Malkah.

By Marilyn Shapiro

Marilyn Glaser had always wanted to live in Israel. When a blind date with a South African widower with the same wish to make Aliyah turned into a romance, the two found a place just outside of Jerusalem and moved in together in 2005. Five years later, Glaser was shocked when the widower announced he was leaving her. Angry and depressed, she knew that she needed to regroup and move on.

Five weeks later, Glaser was walking in her neighborhood when a little girl came by holding a small brindle patterned dog. Glaser had owned an animal for over 25 years since her two sons were children. But something inside her knew that she needed a canine companion to fill the emptiness she had felt since the painful breakup. She asked the girl for her mother’s name and made arrangements to claim one of the puppies in the litter.

The following Saturday night after sundown, Glaser and her brother, Zach Siegel, went to the puppy’s home. When they arrived, the realtor, virtual tours of the house, and a Friend-a-Visit to the Sunday Shabbat, found a house in a 55 plus community in Florida, and a few days later she moved in with Glaser and Malkah. “Malkah didn’t care that Lazor migrat ed us as long as she still slept on my side of the bed,” laughed Glaser.

Glaser, Malkah, and Lowinger fell into a comfortable routine in Solinita, taking turns to walk her. She cooked food for her so much food that the vet finally put her on a diet. She “picked up some Spanish” and a few other languages from Lowinger, a multi-linguist. And she charmed her way into the hearts of everyone who met her.

In April, Glaser found a lump in Malkah’s throat. The vet broke the bad news. Malkah—eight years old and only middle age in small dog years—had lymphosarcoma, an aggressive form of cancer, and had less than six months to live. Malkah had been there for Glaser when she was most needed. The two of them vowed to make sure they were there for Malkah until the end.

Initially, Malkah showed no signs of her illness. Only three weeks later, however, Malkah’s health seriously declined. More tumors appeared on her body; she only ate when she was hand-fed, and she didn’t have the strength to meet them at the door, an eighty-year tradition. On Friday, as Glaser was preparing their Sabbath dinner, Malkah remained in a wall, she had gone blind. Glaser called the vet to make arrangements to help Malkah to sleep. She shared the sad news with the congregation that night (Capel Region X). Jewish World and the Orlando Herit age Floridaisrael News. She is the author of two compilations of her stories, “There Goes My Heart” (2016), and “Tikkun Olam” (2018). Both books are available in paperback and e-book format on Amaz on. Her blog is theroguesg ruit.heart.me.

The Happy Family Feast

2 oz (55g) Filet Mignon
2 oz (55g) Top Sirloin
2 oz (55g) Bonless Pork Chops
2 oz (55g) Kielbasa Sausages
4 oz (125g) Shrimp
4 oz (125g) Chicken Fried Sloaks
4 oz (125g) Beef Meat Loaf
4 oz (125g) Potatoes au Gratin
4 oz (125g) Caramel Apple Tartlets
4 oz (125g) Banana Split Ice Cream Pudding

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Is there enough creativity in your life?

Raising awareness about unexpected Parkinson’s symptoms

(StatePoint)—Dan McFarland’s family was concerned when he started taking pictures of clouds and posting them on social media with descriptions of clouds and posting them on social media with imperfections. McFarland said he recognized that what he was seeing and believing wasn’t quite real. But it was confusing to me and to his condition progressed, he began to lose insight. For example, his belief that the end of the world was coming triggered by a brief news story about a sinkhole in South America. He also began to distrust family and friends. After he visited a park while camping trip early, he became suspicious that she might be involved in some sort of conspiracy. In reality, she had simply needed a much-needed break from her caregiving responsibilities.

Unaddressed, these non-movement symptoms can impact people with Parkinson’s and their care partners’ ability to make plans with family and friends and even sleep. According to a recent survey conducted by the Parkinson’s Movement Disorder Alliance, experts say that if you believe you or a loved one is experiencing hallucinations or delusions as a result of Parkinson’s disease, the first step is talking to a movement disorder specialist. You can also go to MoretoParkinson.com to learn more about what to expect and how to start the conversation with a health professional.

While doctors may be able to address non-movement symptoms like hallucinations and delusions, it’s important to keep in mind that everyone McFarland’s deal with them as they arise. “Opening up about my fears and beliefs led to an improve ment in my treatment plan and I’m experiencing fewer non-movement symptoms,” says McFarland. “I hope that my story will encourage others to recognize these symptoms in themselves and others, because there are options to help.”

When focusing on your health, happiness and well-being, don’t forget the importance of finding outlets that allow you to explore your everyday creativity.