



**PLAN of Northeast Ohio**  
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**PLAN STAFF**

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**December Photos**



Bowling At Roseland Lanes



Museum of Illusion

PEOPLE, PLACES  
 & Plan  
 A Newsletter for Members of Plan

VOLUME 17, ISSUE 1 | JANUARY 2025

**Special January Activity**

**PLAN Annual New Year's Gala**

The New Year's Gala will be held at the Kindness Center at 4:30pm on Monday, January 13<sup>th</sup>.

A Kosher meal of heavy hors d'oeuvres (appetizers) will be served, along with non-alcoholic drinks.

There will be games, prizes, and surprise entertainment!

Dressy attire is optional. The cost is \$5 per member.

Some transportation is available. Party goers can be dropped off by Paratransit or other rides as early as 4pm and picked no later than 7pm.

**An RSVP is required for all in-person PLAN activities (NO EARLIER THAN 7 DAYS BEFORE THE ACTIVITY)**



[planofjfsa.org](http://planofjfsa.org)

**What's the PLAN in 2025?**

*By Becky Rinaldi*

It's hard to believe that we are heading into a new year already! I'm sure many of you feel the same way. We've had so much exciting and unique programming this year it seems hard to top!

Brent and I have been talking about events and activities for the new year with each other and with PLAN members at various activities. There have been lots of amazing suggestions from nature walks to museums to beach trips to outdoor concerts to photography classes to writing comic books....and so much more!

Our first special event will be the New Year's Gala on Monday, January 13<sup>th</sup>. You can read more Gala details in the column to the right.

Creatively, we have Ohio Arts Council funds designated for a 6-8 week-long late winter project with Cleveland Sews, an education and workforce sewing program, where participants will learn basic sewing skills (anyone missing a button?) as well as create some fun projects on sewing machines.

Some of you may have heard that JFSA is restarting Cognitive Enhancement Therapy (CET) after a several year hiatus due to the pandemic. CET is an Evidence-Based Practice designed to help people with schizophrenia and related cognitive disorders improve brain and cognitive development, social cognition, and increase vocational capabilities. Several PLAN members will be participating in the 2025 CET group, and I will be training to be a CET coach.

Finally, JFSA has a big year coming up with a 150<sup>th</sup> Anniversary! The Jewish Family Service Association was established as the Hebrew Aid Society in 1875, and since then (and under several different names) JFSA has provided individuals and families with solutions to face life's challenges with confidence. PLAN is an important part of JFSA, as are each and every one of you. We will celebrate the 150<sup>th</sup> anniversary in many ways this coming year!

Happy New Year to everyone. Here's to a great 2025!

*PLAN (Planned Lifetime Assistance Network) of Northeast Ohio promotes friendships, connections to community and improved quality of life for members through its Holistic Recovery Program, and creates peace of mind for families with its Lifetime Planning Services.*

For more information about a group or to RSVP for any activity, please call Becky Rinaldi at 216.509.8685 or email at [rrinaldi@jfsa-cleveland.org](mailto:rrinaldi@jfsa-cleveland.org)

# 2024: The Year in Pictures

From January to December, A Year to Remember!



So many amazing memories: Journeys, day trips, picnics, parties, the eclipse and just hanging out with friends!

**Your physical health impacts your mental health!  
Lessen your chance of severe illness from Covid-19 with a vaccine and booster!**



**You are never too old to set another goal or to dream a new dream. –C.S. Lewis**

# January Thinking Games

Here are some word, number, and thinking games for you. Keep your mind sharp!  
If you have access to a computer, you can also create your own word searches at [www.thewordsearch.com](http://www.thewordsearch.com).

## A New Year Word Search

O	H	W	R	F	N	A	I	C	H	E	E	R	S
O	S	C	O	U	N	T	D	O	W	N	S	E	M
E	T	H	G	I	N	D	I	M	D	N	T	A	T
E	C	A	L	E	N	D	A	R	M	T	A	H	N
F	I	R	E	W	O	R	K	A	T	O	V	T	T
T	W	E	N	T	Y	F	I	V	E	K	U	A	A
A	E	B	N	O	I	T	U	L	O	S	E	R	N
K	Y	E	X	O	D	E	X	U	T	A	A	N	L
Y	I	N	C	H	A	M	P	A	G	N	E	V	E
T	T	S	O	B	A	L	L	D	R	O	P	D	N
S	N	P	S	D	T	L	E	A	F	R	N	I	I
A	D	Y	T	R	A	P	A	I	A	S	K	N	T
O	E	N	Y	S	G	N	A	L	D	L	U	A	C
T	R	N	O	I	S	E	M	A	K	E	R	E	P

CHAMPAGNE  
FIREWORK  
AULD LANG SYNE  
KISS  
TOAST  
TWENTY FIVE  
CALENDAR  
BALL DROP  
MIDNIGHT  
EVE  
COUNTDOWN  
PARTY  
RESOLUTION  
NOISEMAKER  
TUXEDO  
CHEERS

Play this puzzle online at : <https://thewordsearch.com/puzzle/7894577/>

## Months of the Year

J	N	V	R	E	B	M	E	T	P	E	S	E	M
A	Y	C	B	Y	R	A	U	R	B	E	F	H	E
A	B	P	G	Y	P	F	A	P	R	I	L	C	J
N	O	V	E	M	B	E	R	E	P	S	E	M	A
I	A	O	C	T	O	B	E	R	M	J	M	E	N
M	E	M	A	A	U	F	R	C	R	U	N	S	U
A	A	H	A	U	G	U	S	T	B	N	E	Y	A
Y	A	O	U	N	I	O	J	E	N	E	S	R	R
C	U	P	E	Y	B	R	E	U	O	R	B	C	Y
B	P	S	A	A	R	R	P	Y	L	C	M	E	U
R	A	T	E	T	U	U	E	V	N	Y	A	R	A
A	E	J	A	T	E	U	N	Y	U	B	R	O	E
R	Y	C	D	E	C	E	M	B	E	R	C	U	Y
P	M	B	P	C	B	U	R	E	R	U	H	A	E

SEPTEMBER  
NOVEMBER  
AUGUST  
MARCH  
OCTOBER  
DECEMBER  
JANUARY  
JULY  
APRIL  
MAY  
JUNE  
FEBRUARY

Play this puzzle online at : <https://thewordsearch.com/puzzle/109/>

## Brain Teasers

New for 2025, this space will feature brain teasers and word problems to help stretch your mind! The first PLAN member to call with a correct answer will win a \$10 gift card to Walmart. You can only win one problem a month!

### Problem #1

CAN YOU SPOT  
SPOT THE MISTAKE?

123456789

What is the mistake?

### Problem #2

#### A Winter Word Problem:

Though I have no wings, I soar with cheer, signaling the end of another year. What am I?

### Problem #3

O, T, T, F, F, S, S..

What is the next letter?

# 2025: The Year Ahead

PLAN Writing Group Members Morton and Joyce Reflected on the Upcoming New Year



Not knowing which way to go or what this place was all about. Now I have an idea, maybe it will be a blast, maybe it won't. I know I would love to see myself grow more as a person. PLAN has stunned me by planting some new and releasing existing ideas in my head of art, poetry, painting, among others. If I think about going forward, it will mean to me more enhancement of skills.

So, I might grow and improve among the areas I already mentioned, and maybe start and continue to grow. We grow in new and different directions. To one and all, have a happy and creative New Year!

Writing by Morton Cohen (left)

I feel as though I am continually learning new art skills, writing skills, and interpersonal skills. Dealing with a wide spectrum of personalities has opened my eyes to how closed off I was starting to let myself be.

I am looking forward to participating in more workshops and going on a few more expeditions. I would like to go to the Polka Museum in Euclid, and then find some local restaurant that's not part of a chain to have a meal or a snack afterwards.

I hope that PLAN can talk some of our foundation into donating supplies for projects like weaving, potholder making, friendship bracelets, or even knitting and crochet kits.

I would also be happy to learn a new craft or technique from whoever is willing to teach us. I'm also looking forward to meeting the next generation of interns.



Joyce Baskind

## Martin Luther King Jr. Day

Submitted by Shira Josefovitz

We have a holiday for Martin Luther King Jr. for being a giant in the civil rights movement.

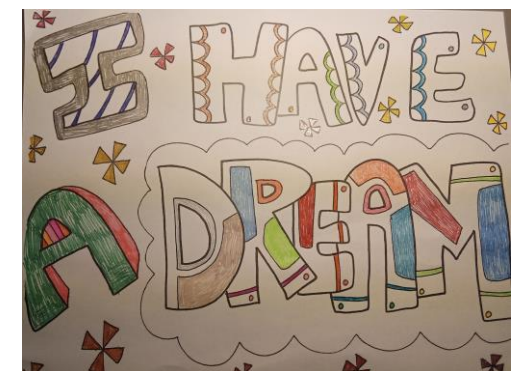
Listen to every word. Google his letter and read it. Imagine you and your family being denied human rights because of the color of your skin. Imagine not being able to drink from a white drinking fountain, eat at a restaurant, stay in a hotel.

Imagine you're an African-American. How would you feel saying you were pulled over by the police because you were "driving while colored?"

Our country has an ugly history dealing with people of color. Martin Luther King shined a light on injustice.

Study this man. I hope once you do, you'll embrace this day in honor of this giant of a man.

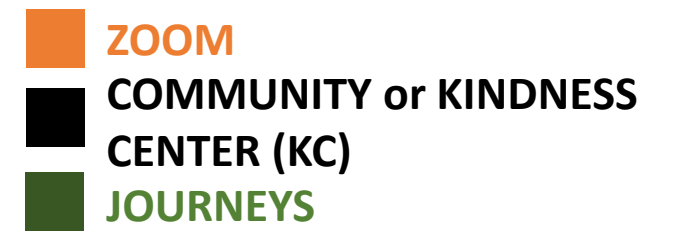
The Dream is a good one for America, the America we could be if only our ideals and principles were there for ALL our people. We need reminded of how far we have come and how far we have to go.



Text pictures of your artwork to 216-509-8685 and it will be included in upcoming People, Places, & PLAN publications!

An RSVP is required for all in-person PLAN activities (NO EARLIER THAN 7 DAYS BEFORE THE ACTIVITY) Call Becky at 216-509-8685.

# January 2025 Holistic Recovery Schedule



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Tuesday and Thursday activities listed in ORANGE are on Zoom. If you do not have access to video technology, you can still participate in the virtual activities by calling from any phone. Links are sent in the weekly PLAN email. Contact Becky at 216-509-8685 for help!</p>			<p>1 New Year's Day Office Closed</p>	<p>2 11am Coloring Club, Beachwood Place  ZOOM: 3pm Sports Talk ZOOM: 3:30pm Musical Moods</p>	<p>3 11am Popcorn &amp; Movie in the PLAN Lounge</p>	<p>4 11am Coffee &amp; Conversation, Van Aken Market Hall (\$)</p>
<p>5 Journeys: Popcorn &amp; Movie in the PLAN Lounge</p>	<p>6 3pm Art Exploration, KC Art Room  6:15pm Zumba, KC (\$)</p>	<p>7 10am Weekly Walk, JCC Indoor Track  12pm Community Volunteers: JFSA Day Program, KC  ZOOM: 3pm Trivia Hour</p>	<p>8 4:30pm Writing Group, KC Art Room  5:30pm Art Exploration, KC Art Room</p>	<p>9 11am Coloring Club, Beachwood Place  ZOOM: 3pm Sports Talk ZOOM: 3:30pm Musical Moods</p>	<p>10 11am Coffee &amp; Conversation, Van Aken Market Hall (\$)</p>	<p>11 11am Natural History Museum (\$)</p>
<p>12 Journeys: Lunch at Arova (\$)</p>	<p>13 4:30pm PLAN New Year's Gala Dinner and Comedy Night (\$)</p>	<p>14 10am Weekly Walk, JCC Indoor Track  12pm Community Volunteers: JFSA Day Program, KC  ZOOM: 3pm Trivia Hour</p>	<p>15 4:30pm Writing Group, KC Art Room  5:30pm Art Exploration KC Art Room</p>	<p>16 11am Coloring Club, Beachwood Place  ZOOM: 3pm Sports Talk ZOOM: 3:30pm Musical Moods</p>	<p>17 11am Cleveland Museum of Art, Picasso Exhibit (\$)</p>	<p>18 11am Coffee &amp; Conversation, Van Aken Market Hall (\$)</p>
<p>19 Journeys: Cleveland History Center (\$)</p>	<p>20 Martin Luther King Jr Day Office Closed</p>	<p>21 10am Weekly Walk, JCC Indoor Track  12pm Community Volunteers: JFSA Day Program, KC  ZOOM: 3pm Trivia Hour</p>	<p>22 4:30pm Writing Group, KC Art Room  5:30pm Art Exploration KC Art Room</p>	<p>23 11am Coloring Club, Beachwood Place  ZOOM: 3pm Sports Talk ZOOM: 3:30pm Musical Moods</p>	<p>24 11am Coffee &amp; Conversation, Van Aken Market Hall (\$)</p>	<p>25 11am Shopping at Old Time Pottery, Parma</p>
<p>26 Journeys: Try-It Pie Iron Cooking with the Cleveland Metroparks, Look About Lodge (\$)</p>	<p>27 3pm Art Exploration, KC Art Room  6pm Zumba, KC (\$)</p>	<p>28 10am Weekly Walk, JCC Indoor Track  12pm Community Volunteers: JFSA Day Program, KC  ZOOM: 3pm Trivia Hour</p>	<p>29 4:30pm Writing Group, KC Art Room  5:30pm Art Exploration KC Art Room</p>	<p>30 11am Coloring Club, Beachwood Place  ZOOM: 3pm Sports Talk ZOOM: 3:30pm Musical Moods</p>	<p>31 11am Lunch Group, Location TBD (\$)</p>	