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# PEOPLE, PLACES & Plan

A Newsletter for Members of Plan

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## Beyond the Cherry Blossom: 5th Annual Client Art Show

This year, we received support from three different sources to fund art therapy and the traveling art shows within JFSA, including: the newly created Fran & Jules Belkin Family Creative Arts Program at JFSA, The Michael Talty & Helen Talty Charitable Trust, and in part by the residents of Cuyahoga County through a public grant from Cuyahoga Arts & Culture.



are looking forward to the creation of beautiful art. After the CMA visit, we created beautiful lanterns.

If you have an interest in art, now's the time to join the groups with all the new excitement.

The public art exhibitions will begin in the month of May, as part of the National Mental Illness Awareness Month, and end in September, as part of National Recovery Awareness Month. Locations and dates will be announced as soon as they are finalized. Stay tuned!



The exhibit is titled *Beyond the Cherry Blossom*. The Ascentia and PLAN art therapy groups will be studying Asian art and culture. This year's theme will open up more opportunities for our performance night and we will bring to you a spectacular show.

We kicked off this year's theme with *A Journey to Asia*, when the Cleveland Museum of Art (CMA) came to us with artifacts and ancient art for us to see without the glass and even got to hold some of the pieces. One piece was over 2000 years old. It was an inspiring and informative event, and we



**Marcie's  
CORNER**

**A REVIEW OF: THE  
STAR WARS: THE  
FORCE AWAKENS**

Unfortunately, Marcie was unable to attend our movie group this month, but she'll provide a full sports report. She is still keeping up to date on Cleveland sports.

Skywalker's whereabouts. Skywalker disappeared after the fall of the Republic. Since then, the First Order has risen and will not rest until Skywalker is dead.

The story takes a turn when a map of Skywalker's possible whereabouts is put into a droid called BB-8. BB-8 makes its escape and is rescued from scrap by Rey. A Stormtrooper, Finn, who escaped from the First Order, runs into Rey while some bullies are trying to take BB-8 from her and the two become allies with a plan to get BB-8 to its owner. Go see the movie if you want to know if Skywalker is found.

I had a hard time rating the movie, so I asked Marieo. He stated he would rate it an 8/10. The first reason, there were not enough lightsaber fights. The second

reason, there wasn't much more to the story; they just leave you hanging again.

**A SPORTS REVIEW**

Well folks, it's time for a sports report.

Well, Johnny Manziel sure let us down this season. Thank God they got rid of Pettine and they've hired Hugh Jackson as the new head coach. Maybe he can get something done!

The Cavs are doing ok. Kyrie and LeBron are playing out of their heads.

Be sure to watch the Super Bowl on Sunday, February 7th.

I miss seeing you all, but for health reasons, it just isn't possible right now.

Until next month, this is Marcie Rosenthal signing off!

Happy Super Bowl watching!

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.

## A Sad Loss for PLAN

By George Julien



The PLAN family has suffered loss with the death of Mr. Gerry Conway. Gerry Conway was one of the founding families of PLAN and served on the PLAN board for many years.

Being well educated and having inherent leadership qualities, Mr. Conway developed himself as a self made man. More important than any form of success was his concept of family.

Mr. Conway was the type of guy that would look you square in the eye and speak the simple truth. I would listen and learn with the words he spoke. In

my mind I can hear the tone in his voice, the sound of his laughter and the compassion he expressed in so many ways.

With his legacy in tact, Mr. Conway lives on within us. God speed, Gerry.



## Pen Pals

Have you ever had a pen pal? A pen pal is a friend from another part of the city, state, or even country that you share thoughts and experiences with through letter writing.

PLAN members have been offered the opportunity to become pen pals with elementary and middle school students (grades 4-8) in the Cleveland Heights area. As a pen pal, you will write letters

to the students and get letters in return. PLAN can provide paper, envelopes, and stamps if you are unable to attain your own.

This unique opportunity will help students with reading, writing, and social skills. If you enjoy reading and writing and getting to know new people, this program is for you!

Please contact Becky Rinaldi for more information at 216-504-2609 or [rrinaldi@jfsa-cleveland.org](mailto:rrinaldi@jfsa-cleveland.org).



## Attendance Incentive Winner



Drum roll please...

The November winner of the monthly attendance drawing is Jim Valenti.

Jim chose a Red Robin gift card, which he was able to use at January's Supper Club. Jim stated, "My favorite activity is swimming with the PLAN pool time, but I also like the Supper Clubs." You can often find Jim at the YMCA pool,

dinner clubs and picnics. Here's hoping for some picnic weather soon!



Make sure you attend an activity to get your name in the drawings. Each activity you attend is an entry into the drawing. The more you attend, the better your odds of winning. The prizes you can choose from include a \$10 gift

card to Giant Eagle, IHOP, Red Robin, or iTunes.

Congratulations!

**Bonus:**  
**Check out page six for the Featured Activity of the month and receive an extra entry in the drawing each time you attend.**

## New Year's Gala on 1/7/16

Everyone came with a hearty appetite and the only leftover was one piece of cake!  
The food was good, and the arcade games were a blast!!



## Office Volunteers

All PLAN Members are welcome to join this volunteer corps. It's a great way to get acquainted with more people and to help out many non-profit groups at the same time. Please contact Jacquie Houser if you are interested 216-504-6483. Neil Heller organizes and facilitates the work. Over the past few months our hard working volunteers included: Neil Heller, Gary Goldberg, and David Kendrick. Volunteers meet from 2:00pm-4:00pm on Mondays, Tuesdays and Thursdays to work on a variety of projects including the preparation of our newsletter, People, Places & PLAN. In an effort to help sustain the Office Volunteers Program, we are opening up our services to local businesses. If you know of any businesses or non-profits that can benefit from free mailing services and other projects, please contact Jacquie Houser at 216-504-6483 or email at [jhouser@jfsa-cleveland.org](mailto:jhouser@jfsa-cleveland.org).

## GO GREEN SAVE PAPER:

If you have an email address and would like to receive your newsletter via email or you need to update your address, please email [jhouser@jfsa-cleveland.org](mailto:jhouser@jfsa-cleveland.org)

## PLAN of NORTHEAST OHIO

### Holistic Recovery Program Descriptions

**ART APPRECIATION:** This group explores and discusses the different forms and modalities of art. All you need to bring is an open mind. The group meets on select Mondays in the art room. Call Becky for more info 216-504-2609.

**ART STUDIO:** This group meets on Mondays and Wednesdays in the art room. No prior experience is necessary to have fun and develop the artist inside you! This is a stress free experience in a comfortable setting and it's **FREE!**

**COMIC BOOK CLUB:** Do you like comic books? Join us and bring in your favorite comics to share with the group. The group meets in the art room on select Fridays. Call Gary for more info at 440-232-2075.

**CURRENT EVENTS:** This group meets on select Mondays in the conference room. Bring your opinions and let's discuss what's relevant in our world. Call Becky for more info 216-504-2609.

**ES BOWLING:** This group meets once a month on a Friday, at Roseland Bowling Lanes in Oakwood Village. The cost of 2 games and shoes is \$8.00. To sign up or for more information call Gary at 440-232-2075.

**ES CHESS & BACKGAMMON CLUB:** Come and play or just come to watch and socialize. Feel free to bring a board game, book and/or just enjoy a nice hot cup of java! This group meets at Coffee Phix, on Mayfield Rd., on the 1st & 3rd Saturdays. Call Greg for info at 216-731-8091.

**\*ES MOVIE:** This group meets once a month on a Tuesday, at Richmond Mall Regal Cinemas. Tickets are \$5.50. Call Jacquie for movie choice and time at 216-504-6483.

**\*ES WALK/HIKE:** We meet on Saturdays at various destinations chosen for a relaxing and enjoyable walk. The paths change periodically; be sure to call Greg at 216-731-8091 to find out where to meet.

#### FEATURED ACTIVITY FOR FEBRUARY

**\*ES SUPPER/LUNCH CLUBS:** Groups meet to enjoy food and friends at a variety of restaurants in the area. Check out the calendar for times and locations. RSVP to Jacquie at 216-504-6483.

**GAME NIGHT:** This group meets on a Wednesday evening at different locations including a member's home, Barnes & Noble, Coffee Phix and more to play different board games. Call Greg for more info at 216-731-8091.

**INDOOR TENNIS:** Beginners and tennis pros can participate in this fun indoor activity on Sundays at Mayfield Village Racquet Club! Just bring your shoes and yourself; racquets and balls are provided. Call Greg at 216-731-8091.

**JOURNEYS:** This group is for young adults who are looking for a younger peer group to hang out with. We meet every other Saturday and every Sunday to do activities around Cleveland. Call Jacquie for more info at 216-504-6483.

**MOVIE AT THE OFFICE:** Join us on select Mondays at the office, to watch a movie and eat popcorn. Call Jacquie for more info at 216-504-6483.

**MUSICAL MOODS:** Do you like music? Do you find yourself humming while working on something? Then this group is for you! Meets on select Mondays in the conference room. Call Jacquie for more info at 216-504-6483.

**OFFICE VOLUNTEERS:** All PLAN Members are welcome to join this volunteer corps, led by Neil Heller. It is a great way to help out non

profit groups as well as meet others. The volunteers meet on Mondays, Tuesdays and Thursdays in the conference room. Call Jacquie for more info. at 216-504-6483.

**PLAN POOL TIME:** NO YMCA MEMBERSHIP IS NEEDED! You can enjoy this group for FREE and participate on Tuesdays and Thursdays. Call Gary for more info. 440-232-2075.

**STAR TREK CLUB:** Calling all Star Trek fans, old and new! This group meets in the art room on select Fridays. Call Matt Maier for more info. 216-571-2435.

**\*WS SOCIAL:** Enjoy hanging out at a coffee shop, join us for a meal at a Supper Club and/or Lunch Club, a movie at Regal Cinemas in Middleburg Heights (\$5.50), or Bowling at Parma Freeway Lanes (\$2.25/game & shoes are free). Check calendar for times and locations. Call Jacquie for more info 216-504-6483.

**\*WS WALK/HIKE:** We meet on Wednesdays for a walk in one of the beautiful west side parks. Call Jacquie for more info 216-504-6483.

**Wii GAME HOUR:** This group meets on select Mondays to play the various Wii sports games. Call Jacquie for more info 216-504-6483.

**WRITING CLUB:** This is a group for those who like to have fun with writing. NO EXPERIENCE NECESSARY! Group meets on select Fridays in the art room. Call Gary at 440-232-2075.

**YOUNG ADULT DINNER:** This is a group for members 45 years old and younger. This activity is for both east and west side members and meets at centrally located restaurants. Call Jacquie for more info at 216-504-6483.

#### PLAN MEMBERS BORN IN

## February

When you see these PLAN members be sure to wish them

### HAPPY BIRTHDAY!!

Ryan Neill 2/17

Will Lin 2/20

Farah White 2/26



## Holistic Recovery FREE EVENTS

### INDOOR TENNIS

Every Sunday at 5:00pm

At Mayfield Village Racquet Club

Call Greg for more info 216.731.8091

All skill levels welcome!!

### Melissa's Cooking Basics

Monday, February 22nd 3:30pm-5:30pm

PLAN Conference Room and Kitchen

We'll make some soups to warm up.

Call Jacquie for more info 216.504.6483

### JOINT ART STUDIO

At JFSA

Wednesday, February 3rd

10:00am-12:00pm

DROST BUILDING 24075 COMMERCE PARK BEACHWOOD, OH 44122

Call Jacquie for more info 216.504.6483

### POOL TIME

Every Tuesday & Thursday

2:00pm-2:30pm

At the Hillcrest YMCA

You do not need a YMCA membership to attend this group!!

Call Gary for more info 440.232.2075

### East Side Walk/Hike

Every Saturday 2:00pm

At 3:00 pm the 1st & 3rd Saturdays is Chess/Backgammon at Starbucks on Cedar Rd.

Call Greg to find out which park and the location to meet 216.731.8091

## GAME NIGHT PARTY

Thursday, February 11th

5:00pm

PLAN Conference Room

Cost is \$5.00 for dinner.

Bring your favorite game. We're not sure what we'll play, but we'll put it to a vote that night!

RSVP is required to attend. Call Jacquie at 216-504-6483.

## RETURN OF THE DRAGON

An Asian Art exhibit at Oberlin College

Wednesday, February 17th

At 9:30am

No Cost

After the exhibit, we'll go to Subway for Lunch.

RSVP is required to attend. Call Jacquie at 216-504-6483.

## LAKE ERIE MONSTERS

### HOCKEY GAME

Wednesday, February 25th

7:00pm

Quicken Loans Arena

Tickets are free, but only 8 available.

RSVP is required to attend. Call Jacquie at 216-504-6483.

YMCA Memberships discounted for PLAN Members!

For more information, call Jacquie at 216.504.6483

RSVP is REQUIRED for all events

marked with an \*

at least 2 days in advance!!!

All other events have contact numbers

# February 2016 Holistic Recovery Schedule

EAST SIDE 

WEST SIDE 

JOURNEYS 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 2:00 Office Volunteers 2:00 Movie at the Office 4:30 Art Appreciation 5:30 Art Studio	2 2:00 *West Side Social: Coffee Hour at Dunkin Donuts* 2:00 PLAN Pool Time 2:00 Office Volunteers	3 10:00 Joint Art Studio at JFSA 2:00 Indoor Tennis 4:00 WS Walk/Hike	4 1:00 *ES Lunch Club at Stone Oven, Lee Blvd.* 2:00 PLAN Pool Time 2:00 Office Volunteers 5:00 *West Side Social: Supper Club at Applebee's, Pearl Rd.*	5 2:30 Star Trek Club 3:30 Comic Book Club	6 2:00 ES Walk/Hike 3:00 ES Chess/Backgammon Club at Coffee Phix, Mayfield Rd.	
7 1:00 *Journeys* 5:00 Indoor Tennis	8 2:00 Office Volunteers 2:00 Wii Game Hour 3:00 Current Events 4:30 Art Appreciation 5:30 Art Studio	9 11:00 *ES Movie, Richmond Mall* 11:00 *West Side Social: Movie at Middleburg Hts. Regal Cinemas* 2:00 PLAN Pool Time 2:00 Office Volunteers	10 <b>Ash Wednesday</b> 10:30 Art Studio 4:00 WS Walk/Hike	11 2:00 PLAN Pool Time 2:00 Office Volunteers 5:00 *Game Night Party*	12 2:30 Star Trek Club 3:30 Writing Club	13 1:00 *Journeys* 2:00 ES Walk/Hike	
14 <b>Valentine's Day</b> 1:00 *Journeys* 5:00 Indoor Tennis	15 <b>President's Day</b> 2:00 Office Volunteers 2:00 Movie at the Office 4:30 Art Appreciation 5:30 Art Studio	16 1:00 *West Side Social: Lunch Luna's Deli, York Rd.* 2:00 PLAN Pool Time 2:00 Office Volunteers	17 9:30 *The Return of the Dragon Art Exhibit, at Oberlin College* 2:00 Indoor Tennis 4:00 WS Walk/Hike 7:00 Game Night at Coffee Phix	18 2:00 PLAN Pool Time 2:00 Office Volunteers 6:00 *ES Supper Club at Hunan, Greens of Lyndhurst*	19 1:00 ES Bowling at Roseland Lanes	20 2:00 ES Walk/Hike 3:00 ES Chess/Backgammon Club at Coffee Phix, Mayfield Rd.	
21 1:00 *Journeys* 5:00 Indoor Tennis	22 2:00 Office Volunteers 2:00 Wii Game Hour 3:30 *Melissa's Cooking Basics* 5:30 Art Studio	23 1:00 *West Side Social: Bowling at Brook Park Freeway Lanes* 2:00 PLAN Pool Time 2:00 Office Volunteers	24 10:30 Art Studio 2:00 Indoor Tennis 4:00 WS Walk/Hike 5:30 *Young Adult Dinner at The Corner Alley, E. 4th St.*	25 2:00 PLAN Pool Time 2:00 Office Volunteers 7:00 *Lake Eire Monster Hockey Game at Quicken Loans Arena*	26 2:30 Star Trek Club 3:30 Writing Club	27 1:00 *Journeys* 2:00 ES Walk/Hike	
28 1:00 *Journeys* 5:00 Indoor Tennis	29 2:00 Office Volunteers 2:00 Musical Moods 3:00 Current Events 4:30 Art Appreciation 5:30 Art Studio	<b>Upcoming March Events</b>					
		 <p>**City Music Cleveland on Sunday, March 20th at 4:00pm located at Fairmount Temple in Beachwood.</p> <p>**CAVS Game on March 23rd, tickets are \$25.00, the balance of the tickets is generously being covered by the Peter Hoke Memorial Fund. Only 8 tickets available; call quickly to reserve your ticket.</p> <p>**St. Patrick's Day Party, Date is TBD.</p> 					