

The JEWISH REVIEW

Oregon and SW Washington's Online Jewish Newspaper

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11 am-noon (PDT) today (4/29)
Celebrate on [YouTube](#) or [Facebook](#)

Volume 55, Issue 6

Joy Ride spreads the love



JOY RIDE – Friends and family of Cedar Sinai Park residents turned out for a car parade April 26 to bring a little joy to residents and to share their gratitude for the caregivers. At right CSP CEO Kimberly Fuson welcomed participants to the start of the parade route. About 100 vehicles looped through the senior living campus winding around Rose Schnitzer Manor, the Harold Schnitzer Center for Living and Robison Rehabilitation Center. **See story and more photos on page 8.**

1st Weekly Wednesday Update: Flattening the Curve

BY DEBORAH MOON

Weekly Wednesday Updates launched April 22 with a Zoom presentation to more than 350 people on “Flattening the Curve & the ‘State’ of Oregon.”

“In one short month, all our worlds changed really dramatically,” said OHSU infectious disease specialist Dr. Lynne Strasfeld in the first update.

The Jewish Federation of Greater Portland created the series to keep our community informed on how COVID-19 is affecting us. Future updates will be provided every Wednesday (see box at right). Registration is required: jewishportland.org/events.

Dr. Strasfeld emphasized she was not speaking on behalf of OHSU, and she is an infectious disease specialist, not a COVID-19 expert. She is a member of Congregation Neveh Shalom “and a Jewish mother.”

She presented a brief overview of the

Weekly Wednesday Updates April 29, 2 pm

Agency leaders discuss the state of our Greater Portland Jewish community: How are we doing? What adjustments are we making? jewishportland.org/covid-19-community-health-update-april-29th

May 6, 4 pm

U.S. Senator Jeff Merkley

May 13, 1 pm

U.S. Senator Ron Wyden

coronavirus and its spread, why flattening the curve matters, how we can protect ourselves and others, how and when we might reopen, and how it ends. She also answered common questions and audience questions during a very understandable presentation.

COVID-19 is the disease caused by the coronavirus SARS2-CoV-2. The 19 refers

to the discovery of the first human cases in 2019 (in China). The World Health Organization declared it an emergency on Jan. 30, and then on March 11 declared it a pandemic.

As of April 22, more than 2.6 million cases and 182,000 deaths had been confirmed worldwide. Locally the Oregon Health Authority’s weekly report released April 21 identified 1,928 cases, one-third of whom had known contact with a confirmed case.

Dr. Strasfeld said that Gov. Kate Brown’s March 23 Stay Home, Save Lives order is designed to flatten the curve. “Flattening the curve won’t decrease the number of cases, but it will space out so the number of cases won’t exceed our health-care capacity,” the doctor explained. “We learned a lot from Wuhan and Italy, where the number of cases overwhelmed the health-care system.” In Italy, that resulted in a mortality rate of 10%.

See **WEEKLY**, page 6

Free online subscription: jewishportland.org/subscribe

JCRC virtually checks in with state legislators

BY DEBORAH MOON

Portland's Jewish Community Relations Council leadership has instituted check-ins with legislative leaders to update them on what the Jewish community is doing and to get updates on state action and issues around COVID-19.

In an April 21 Zoom meeting with state Senator Rob Wagner, Community Relations Director Bob Horenstein shared information about the Jewish Federation of Greater Portland's Crisis Campaign, grants from that campaign and Federation's volunteer match program. Horenstein also shared the JCRC's efforts to continue working with legislators and interfaith coalition partners.

Wagner said he was quite impressed with the Jewish community's efforts to meet the needs of communal organizations and individuals.

Wagner told the group that state legislators have a daily corona call with the governor's office to discuss resources and how to manage the flow of money to have the maximum impact. While federal funding is expected, how that money will be directed is still unknown.

"We can't deficit spend," said Wagner. "This hurts."

Though the state has a "rainy day fund" and an "education stability fund," Wagner says



the funds will not be enough to meet the growing needs given the projected shortfall from lower income taxes resulting from the high rate of unemployment.

Once the state has a state economic forecast, Wagner said Gov. Kate Brown is expected to call a short special session of the legislature. Whether legislators will be able to meet and vote virtually is being explored. He said the session will focus on the state's two-year budget, the language regarding federal pass-through funds, and how much to dip into the rainy day and education funds.

"Two months ago we were looking at investments ... in public K-12 education," said Wagner. "Now we are preparing to furlough bus drivers, food service workers, school secretaries..."

"Nobody gets out of this; everyone is impacted," he added.

The group also has met (virtually) with Rep. Andrea Salinas and plans to check in with more state legislators via Zoom in the coming weeks.



Unity Shabbat success means more to come

More than 1,200 people participated in the April 17 Unity Shabbat candle lighting on Zoom to help set a world record for the largest virtual candle lighting.

"To see the pages and pages of faces on the Zoom screen brought a giant smile to my face," says Marc Blattner, President and CEO of the Jewish Federation of Greater Portland, which hosted the event. "And to hear everyone wish each other a 'Shabbat Shalom' at the end of the call was heartwarming."

Here are comments shared by two participants:

• *What a beautiful idea and coming together for our entire Jewish community. Thank you for making us feel we are not alone.*

• *The work everyone is doing to foster community at this time is truly making a difference. Tonight's program was a fantastic show of that – the sense of warmth and community con-*

nection was palpable ... It was very obvious people needed this opportunity to connect and "see" one another.

That warmth and community connection has inspired the Federation to host more virtual Unity Shabbats.

The next Unity Shabbat will be held at 7:30 pm, Friday, May 8, in honor of mothers. Ilene Safyan will lead the music and Community Chaplain Rabbi Barry Cohen will once again lead a brief service.

A special Pride Unity Shabbat is planned for June 12 – the Friday that would have launched Pride Weekend events around Portland. On June 19, the Friday before Father's Day, a Unity Shabbat candle lighting will be held in honor of fathers.

Registration is required for each event. Register for the Unity Shabbat in honor of moms at jewishportland.org/community-unity-shabbat-mothers-day-edition

Song of Miriam brunch canceled; next year's event to honor 2020 & 2021 honorees

With respect for the health and safety of our community, the Jewish Women's Round Table has canceled this year's 28th Annual Song of Miriam Awards Brunch originally scheduled for Sunday, May 31, at the Mittleman Jewish Community Center in Portland.

JWRT invites the community to formally recognize this year's 13 honorees during next year's brunch. The 2020 honorees already submitted by 13 organizations will join next year's women volunteer honorees, which all Jewish organizations in Oregon and Southwest Washington will be invited to submit.

JWRT is a group of women representing organizations and congregations in Oregon and southwest Washington. Its mission is to strengthen our Jewish community by honoring the excellent work of women volunteers and bringing the community together to celebrate Jewish life.

JWRT made the decision at its April virtual board meeting to cancel the brunch based on state and federal recommendations for gatherings of this size. JWRT is eager for a safe and swift recovery so a date can be set for next year's Song of Miriam Awards Brunch to celebrate both 2020 and 2021 honorees.

JWRT offers hearty virtual congratulations to 2020 Song of Miriam honorees:

Beit Am: Joni Plotkin

Beit Haverim: Hannah Berkowitz

Beth Israel Sisterhood: Kathleen Doctor

Cedar Sinai Park: Toinette Menashe

Shir Tikvah: Leora Troper

Neveh Shalom: Liza Milliner

Hadassah Portland: Diana Lindemann

Jewish Federation: Eliana Temkin

Kesser Israel: Sam Perrin

MJCC: Marni Glick

PJA: Carol Ray Richmond

P'nai Or: Sheryl Chomak

Temple Beth Shalom: Robin Ellison

Volunteers reap rewards too

BY DEBORAH MOON

A volunteer match program is reaping big rewards for both recipients and volunteers.

“It was completely rewarding to know something as small as a grocery shopping trip, which took me less than 2 hours, was able to make a difference for her that will last her two weeks,” says volunteer Sami Oberlander.

The Jewish Federation of Greater Portland developed the communitywide resource to match volunteers with those in need of assistance during the COVID-19 pandemic.

As of April 26, hundreds of volunteers have made reassurance calls to more than 1,700 households with seniors, made masks for health care workers and nursing home residents, or gone shopping to purchase groceries and pick-up prescriptions for those unable to leave their home.

Sami was matched with a woman with diabetes and asthma who was not able to leave her home to shop during the pandemic. The woman was also referred to the JFCS Emergency Aid program, which gave her three \$75 gift cards to New Seasons; the cards were part of a donation to JFGP, which distributed the cards to JFCS and synagogues to be given to those in need during this crisis.

“I phoned her and we had a nice long chat,” says Sami. “She was very surprised by the generosity (of the gift cards). The next day she made up a list. ... She opened the door, we were both wearing our masks, and we chatted from a distance of 10 to 12 feet. We talked about her Passover and how grateful she was Federation could do this for her.”



Volunteer Sami Oberlander says the two hours it took her to buy two-week's worth of groceries for a homebound recipient was a very rewarding experience.

In addition to the ground meat and produce the woman requested, Sami bought her a candy bar out of her own money, “so she would have something sweet.”

Sami wore gloves and delivered them to a table the woman had set outside her door. She gave the woman her phone number and also called her to set up a second shopping trip; the woman still has two gift cards for shopping.

To ask for assistance or to volunteer, visit jewishportland.org/jewish-portland-together. For questions, call 503-245-6219 or email volunteer@jewishportland.org.



Grants and resources aid community

The crisis fund campaign launched by the Jewish Federation of Greater Portland and the Oregon Jewish Community Foundation has exceeded \$785,000. As the pandemic continues, additional support is needed; donate at jewishportland.org/covid19relief.

On April 18 the crisis fund made three additional organizational grants bringing our total to date to \$244,748. The first round had awarded 14 grants. New grants are:

- Chabad of Oregon received \$6,000 for payroll support and to mitigate loss of revenue.
- Portland Kollel received \$10,000 for payroll support and to mitigate loss of revenue.
- Tivnu: Building Justice received \$5,400 to mitigate loss of revenue.

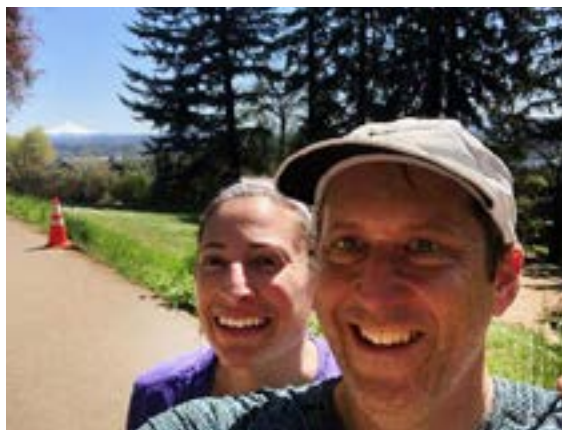
Twelve more grant requests are being considered this week (some of which may be combined).

The Portland Kollel, which received one grant, last week praised the Federation's efforts in an email signed by Rabbi Chanan Spivak, Rabbi Tzvi Fischer and the Portland Kollel Staff:

“While most organizations have been busying themselves with maintaining their very survival, the Federation has managed to successfully launch and implement a number of programs that serve as a safety net and aid the Portland Jewish community as a whole. They have offered numerous aid programs and provide invaluable informational calls, updating us on important regulations and government programs. ... The Jewish Federation of Greater Portland has risen to the task of outstanding leadership that is essential for the continuity of this Jewish community. We are very thankful for their selfless and tireless efforts.”

One of the programs Federation has helped local organizations navigate was the CARES Act, which provided \$349 billion in small business loans that could be turned into grants (Paycheck Protection Program). Many of local Jewish communal organizations applied and have received more than \$2.9 million in funding. Another round of loans was made available on Monday.

NCSY Virtual Run



NCSY held a virtual 5k/10k run April 13. Portlanders David and Trudi Bloom, pictured above right, ran after the deadline so they didn't receive one of the winners badges (left). But Trudi did beat the time of the top woman 10k runner with her time of 57:47. They ran together and David, finishing with the same time, also would have placed in the men's "field." Their oldest daughter Sarah is a member of Junior NCSY. More than 100 runners participated in the virtual event.

Creativity spawns adapted/new businesses

As the pandemic alters our economic landscape, small businesses and individuals are creating new ways to earn a living and provide a bit of novelty to our stay-home lives. Following are some of those new efforts. If you have a business venture you want to share in future issues, please send a press release of up to 200 words plus a photo to editor@jewishportland.org.



ORDER KOSHER MEALS TO GO

Allen Levin of Century Catering & Cafe at the J is preparing kosher meals for people to take home and serve. The meals are prepared under the supervision of Oregon Kosher.

In addition to being kosher, Allen explains that the meals are different from most restaurant takeout in that they are packaged cold with instructions on how to heat them at home. With pickups set for Thursday afternoons, he says that makes it possible for people to pick up dinner for Thursday as well as for Shabbat the next evening.

“It’s all experimental,” says Allen. “I’m trying to figure out what the community wants and to keep my staff paid.”

Currently orders are due by 8 pm Tuesday for pickup 3-5 pm Thursday at the turnaround in front of the Mittleman Jewish Community Center, 6651 SW Capitol Hwy, Portland. The menu, for now, offers soup; entrees including schnitzel, fish, beef, chicken and burger options; and dessert.

If demand warrants, a kosher pizza night may be added. “I just want to see what the demand is,” Allen says.

Payment by check or card will be taken at pickup. Make checks out to Century Catering.

For the coming week’s menu and to order meals, email louiselevin7@gmail.com. If you do not receive a confirmation, please try again to get in touch.

PIANIST CREATES VIRTUAL MUSIC AGENCY



This Passover, many of us connected virtually with our loved ones. Local pianist Kerry Politzer celebrated by performing the Four Questions for relatives via FaceTime, and this gave her an idea: The Virtual Music Agency.

“During these challenging times, birthdays and an-

niversaries still go on – people renew their vows and sing Adon Olam during Shabbat,” says Kerry. “While we can’t leave our house, music can still come to us.”

Contact The Virtual Music Agency to stream live music for a special at-home celebration. You can hear your favorite song on your birthday, or relive that first dance on your anniversary. Many instruments and genres are available, and the music can be delivered via FaceTime, Skype, Zoom or other platforms.

www.virtualmusic.agency



EVENT VENUE SHIFTS TO GRAB N’ GO

Normally a full-service event space in Northeast Portland, Opal 28 has shifted to a new way to connect with the community.

“Since we can’t host events, we want to provide essential supplies to your home,” says owner Margot Feves Pearmine. “Opal 28-GRAB N’ GO is not a grocery store nor restaurant takeout – it’s a hybrid to bring some cheer to your isolation. We provide the essentials like TP, masks and flour but also extras like locally made dessert treats and prepared simple meals.”

“The catalyst of starting Opal 28 in 2014 was my desire to, at the time, expand my dinner delivery service,” says Margot, who grew up at Congregation Neveh Shalom and recently married Adrian Pearmine. “Seems we are coming full circle! Six years since I sold Dinner At Your Door, I am excited to roll out a variety of useful staples to your home.”

Orders submitted by Monday will be prepared and ready for curbside pickup or delivery on Thursday. More details via this link: opal28.com/grab-n-go.

“The dinner meal options might change, but we are still in the early process of figuring out what the community wants during this strange time,” she adds.

This week’s offerings included a fresh produce box, bulk sugar, assembled gourmet cheese & charcuterie boards, and assembled vegetable crudité with dips.

Alicia Jo Rabins creates for National Poetry Month

April is National Poetry Month, and the COVID-19 pandemic has dramatically altered this year's celebration forcing poets to explore new ways to share their art.

Portland poet, musician and Torah teacher, Alicia Jo Rabins, has been writing unfiltered, open-hearted poems that encapsulate her personal experience while resonating widely during these uncertain times.

Like people around the world, Rabins struggles to reconcile our new reality and myriad unknowns with the quotidian elements of sheltering in place: home-schooling her children, balancing work and parenting, connecting to her heritage and ancestors, and managing anxiety. At the end of each long day of navigating these elements, Rabins finds solace in a hot bath – and in poetry, as she writes a daily “bathtub pandemic” to help make sense of this unprecedented time.

Rabins' ongoing series of Bathtub Pandemic Poems has been featured on WBEZ, Chicago's NPR News Source as well as Oregon NPR's daily news show, “Think Out Loud,” which described them as “raw and beautiful and vital.”

She also performed on April 13 for Artslandia's “Happy Hour,” which features live performances, interviews and conversations on arts-related topics at 5 pm Monday-Friday on [Artslandia's Facebook page](#). Founded in 2008, Artslandia offers the Facebook Live events to bring the arts to people in their homes and to give artists a platform, an audience and ability to earn a little money.

Virtual Appearances

Find date, time and links at aliciajo.com/events/

April 29: [My Jewish Learning, poetry sessions](#)



Alicia Jo Rabins. Photo by Shannon Wolf

5:30 pm Fridays: [Kveller family kabbalat shabbat](#)

May 4: [Poetry workshop for Ritualwell](#) – Seven Writing Workshops for the Omer: Poets and liturgists take turns to lead a weekly online writing workshop – one each week during the counting of the Omer. Rabins will lead the May 4 workshop entitled “Poetry as Spiritual Autobiography.”

May 8: The Union for Reform Judaism will host Rabins for a virtual session “Making Art in the Wilderness, Making Sense of Confusing Times.” Rabins will discuss how can poetry and music can help us understand our own experiences. She will read poems written through the pandemic experience, as well as performing songs from her [Girls in Trouble](#) song cycle about women in Torah – focusing on moments when these characters lived through their own challenging situations.

May 27: Soul Spa.

FROM BATHTUB PANDEMIC POEMS

Unfiltered reflections on a worldwide pandemic from a bathtub in Portland.

PASSOVER 5780

*as our ancestors
painted their doorposts
with lamb's blood
stayed inside and held
their children close
we wash our hands
wipe down our shopping carts and keep
our kids
off the playground
for the first time in their lives
in this plague spring
when the leaders fail us
we try to keep each other alive we are
midwives
of solitude and survival
when a baby is born
a mother touches the membrane between
life and death
and is forever changed
as we are changed
by this shadow
which approaches
closer every day
what is there to do
but lift up what we love
chanting pass over us,
angel of death, pass over
us all, turn back into the myth you used
to be before
you became the news*

Read more poems by Alicia Jo Rabins at: aliciajo.com.



STATE SONG REVISITED

At the state Capitol on Feb. 14, local Jewish musician Amy Shapiro sang her contemporized version of the state song at the house opening ceremonies. Amy's new version of “Oregon, My Oregon” features updated lyrics that honor our state with minimal changes to the original song, which includes troubling lyrics. She is one of the founders of a group “Change the Oregon State Song,” which can be found on Facebook. “Oregon, My Oregon” became the official state song by a legislative vote in 1927. In a Sep 14, 2016, Oregonian column, Samantha Swindler wrote: “The entire first verse celebrates white settlers' displacement of native tribes. The line about “free men” hints at Oregon's exclusion laws, which prevented blacks from settling in Oregon and weren't repealed until 1926. At best, the song is culturally insensitive. At worst, it's borderline racist.” On April 15, Swindler's Oregon Lives' podcast (aca.st/04ffd5) covered Amy's efforts to update the song.

WEEKLY

Continued
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To protect yourself and others, Dr. Strasfeld urged everyone to: Stay home, call the doctor if you are sick, maintain physical distancing (she prefers the term to social distancing since “we are learning to socialize in different ways”), practice hand hygiene, clean and disinfect frequently touched surfaces, and mask or cover your face. While N-95 masks are designed to protect medical workers from the infection, the primary roles of public face covering is to protect others if you are an asymptomatic or pre-symptomatic carrier, and to remind yourself not to touch your face.

She said she does not believe it is necessary to wash your groceries, but it is essential to use hand sanitizer when you leave the store and to wash your hands when you return home.

“Our (Oregon’s) case rate is relatively low,” she said. “Provided we continue the measures in place, Oregon is lower risk than many other places.”

She also urged people not to ignore other health concerns. She said telemedicine is a wonderful way for doctors to interact with patients (**see related story, at right**), but that people who need to go to the hospital or clinic should go.

“I feel comfortable that at OHSU and hospitals in Portland, we are quite prepared,” she said. “Go to the ER if you need to.”

The three-phased plan to reopen the country will not be linear or consistent across the country, she said. “Once we open, we may see an increase in infection and may return to social distancing and telework.”

But she said people should expect to resume activities – with accommodations – in the future. “Over time, we will adapt to a new normal and approach it with flexibility.”

The pandemic will not end until we have either sufficient herd immunity or a vaccination so that each ill person transmits the disease to less than one person.

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DISTANCING: Dr. Ellen L. Singer holds a physically safe meeting with her fourth-year medical students and assistant. Dr. Singer designed and leads NW Permanente COVID-19 Homefront, which launched on April 13, 2020, 12 days after it was proposed. The team includes 10 students and about 10 Northwest Permanente retirees who outreach to ambulatory patients with the COVID-19 illness and follow each patient until “end of illness.” Many patients told me, “I felt so alone and scared.”

Telemedicine or telehealth

Virtual medicine important during pandemic (and beyond)

BY DEBORAH MOON

With COVID-19 monopolizing the news, daily lives and medical field, many people are afraid to visit a doctor or hospital for fear of being exposed to the virus.

That fear has its own dangers: unvaccinated children, untreated illness or injury, unfilled prescriptions, and increased death from stroke or heart attacks in people sitting at home with symptoms to name a few.

None of those are necessary.

“People don’t realize what resources are out there,” says Dr. Mark Zeitzer, medical director of acute-care services for Zoom+Care, a chain of clinics in Oregon and Washington.

Telehealth, also called telemedicine or virtual health, offers contact-free care for many conditions and can authorize prescription refills, which can be delivered to your door. A virtual consult can also direct patients to a clinic or emergency room when in-person treatment is required. Hospitals and clinics have safety procedures in place to keep patients and health-care workers safe. Pediatricians have implemented procedures to keep infants and young children coming in for vaccinations separate from ill patients.

“Don’t ignore symptoms; seek care,” says Dr. Zeitzer. He adds doctors nationally are concerned by the drop in emer-

gency room visits, especially due to heart attacks and strokes. “Clearly people are sitting at home with symptoms, which can create worse outcomes.”

“Medicine has changed – we have had our 9-1-1, or our 9/11 moment,” he says. He noted that after 9/11 air travel returned, but now “you never get on a plane without being screened.” Similarly, he says, “After COVID, going to a doctor’s office will be very different. You’ll probably see people wearing masks in medical facilities.”

He noted, however, that telehealth can be complicated. “Operating across state lines” requires a license in both states and complying with regulations in both states.

Interviews with five doctors in our community demonstrate they agree telehealth is here to stay.

“The new face of American health care will necessarily include telemedicine as part of the delivery model,” says Dr. Ellen Singer, who has been active in several of NW Permanente virtual care programs including a new e-visit tool developed last year. In-person care will also change: “I have already purchased a bluetooth-enabled ‘hands free by me’ stethoscope to examine patients who are behind a glass door or who are at least 6 feet away.”

Following are insights and experiences in this new reality from those local doctors.

MARK ZEITZER, M.D.
Zoom+Care: Medical director of acute care services
Member of Neveh Shalom and Kesser Israel

Dr. Zeitzer helped Zoom+Care launch its emergency medicine clinics called SuperClinics, which provide care for serious but non-life-threatening issues. Last year he took the lead on the clinics Chat Care, Zoom’s “defining virtual service.”

Because of the coronavirus, we accelerated video care, too; we got it running in Seattle and Portland over the past couple weeks.

Chat Care is a powerful resource to examine rashes or moles with high-definition images, to refill prescriptions and to assess other conditions. Video visits can be done for orthopedic, pediatric, primary care, urgent care and other specialty needs.

Often patients still need an in-person visit, but we can take care of probably more than half of those things we normally see patients for at Zoom+Care. People appreciate the ability to stay away from medical facilities.

A lot of facilities are doing virtual care. I encourage people to reach out.

If you are instructed to go to a clinic, you can still be very safe: make sure you are wearing a mask and don’t bring a bunch of people with you to the facility.



DR. MARK ZEITZER



DR. ELLEN SINGER



DR. JEFFREY OLENICK



DR. JAY ROSENBLOOM



DR. REBECCA BERZOW

ELLEN L. SINGER, M.D., FAAP, FACP
NW Permanente, PC, Interstate Medical Offices: Director of graduate and undergraduate medical education
Member Congregation Neveh Shalom and MJCC

Dr. Singer developed the NW Permanente COVID-19 Homefront program (see photo previous page). Callers connect with patients, review how they are feeling and coping, teach them about easy ways to assess their breathing, collect information on risks/stresses and provide coping strategies for the next few days.

My medical group pivoted to full virtual care on 3/16/2020. At that time, it was clear that there was imminent risk to patients and to our care teams. We were very concerned about preserving available PPE for our hospital and ER teams and for high-risk clinical situations.

Phone and video visits are really great for discussing options and alternatives with patients. These visits work well for discussing blood pressure and statin medications, treatment of osteoporosis and assessing risk for fracture, management of depression and mood disorders, and initial evaluation of gastrointestinal concerns.

My mother lives at Rose Schnitzer Manor, and she has used a video visit (with my help) to address a new skin concern and to discuss her goals of care related to her heart disease. Taking her to a medical visit requires about 3 hours of my day for a 1-hour appointment. So it is great to use an i-Pad in her apartment and talk to her doctor by video or phone rather than driving her to and from a medical office!

JEFFREY OLENICK, M.D.
Providence Medical Group
Specializing in family medicine; semi-retired; currently part of Providence Virtual COVID Response Team
Rose Schnitzer Manor volunteer

I work at this time as part of the Providence Virtual COVID Response Team,, communicating with patients by phone or online (Zoom), performing COVID-related triage. That is I obtain a history from the caller/patient and then direct them to the most appropriate resource or course of action – isolate at home for the less sick or at risk, or to drive-through testing, tent evaluation or emergency room. I then enter the appropriate action into the computer.

This system was devised by the Providence Administration.

Telemedicine (as I prefer to call it) absolutely protects both patients and medical providers (like me) by limiting need to be seen in person. The advice I am giving is limited in scope but very helpful in preventing unnecessary in-person visits.

Regarding telemedicine post pandemic: *Telemedicine does offer the possibility of working from home, and I feel very sure that, regardless of what may happen with COVID19, telemedicine is here to stay.*

As we have seen recently, medicine continues to change dramatically, and this crisis has greatly accelerated that process. Exchange of medical information now happens on an accelerated time frame. Medicine has become all about this information management. Telemedicine is a part of that transformation.

The old world is not coming back.

Because of this, I am a strong supporter of a single-payer,

health-care system with unified information gathering.

JAY ROSENBLOOM, M.D., Ph.D.
Pediatric Associates of the Northwest
Member of Cong. Beth Israel

Telehealth is an alternative to in-person visits (for many conditions), providing the care they need and reducing the exposure to others that could be ill.

We have been offering telehealth visits for the last couple of years, but few families were familiar with it and it was not highly utilized. Now that people have used the technology, they will continue to find it more convenient and will utilize it more often.

Telehealth has been ideal for behavioral problems. We are able to observe children in their more natural habitat and see them at their most comfortable. Most parents' concerns are able to be addressed on a video visit, but once in a while we still need to have the patient come in to the office after the virtual visit (to look in the ears, check for strep, etc.).

Regarding telemedicine post pandemic: *It is more convenient to open an app than it is to drive to the doctor's office. Not everything can be resolved that way, but if it can, why not?*

We need to use this as a learning opportunity to bring care to people where they are at instead of the old-fashioned model of expecting everyone to come to us. I hope we can build on the telehealth experience and do more with technology in the months and years to come.

REBECCA BERZOW, N.D.
Naturopath in private practice
General medicine, special focus in menopause and fertility

Member Congregation Kesser Israel; attends Ahavath Achim, Chabad and Beit Yosef

We have switched our practice to telehealth to comply with the social distancing guidelines outlined by Governor Brown. We are clear with patients that for things that require a physical exam, this approach is not appropriate, and we are postponing these types of non-urgent exams. Most of my practice is chronic health issues, mental health and hormonal complaints, so thankfully we are able to glean a lot of information from imaging, lab tests and the patient interview.

I honestly did not do much of it (telehealth pre-pandemic), because in some ways it is a compromise. There is no way to completely replace an in-person physical exam.

One of the major issues we are dealing with right now is anxiety; this is followed closely by depression and insomnia. I am also doing great addressing digestive issues, menopausal complaints, fatigue and many other common complaints.

Regarding telemedicine post pandemic: *I think it is high time we started making medicine more accessible. There are many places that struggle to have good health care in this country. I have had patients drive to see me from the coast, southern Oregon, California and other rural parts of Oregon just because they could not get the care they wanted where they live.*

This could be a great tool to increase the state of health care in this country. I do think we should be careful to see patients in person one to three times a year or demand that they have a PCP (primary care physician) for a yearly physical.

Joy Ride: A delightful day for everyone

BY DEBORAH MOON

Love was in the air as about 100 vehicles took a Joy Ride through Cedar Sinai Park on April 26 on an unexpectedly sunny Sunday afternoon.

A steady stream of cars, police vehicles, a fire truck and even a bicycle brought families and friends to the senior living campus to bring joy to the residents and express gratitude to the caregivers who keep our elders healthy and safe. Many cars looped through the parade route multiple times.

Residents and caregivers stood on sidewalks or patios and sat on benches (marked One Mensch Per Bench) outside Rose Schnitzer Manor, the Harold Schnitzer Center for Living and Robison Rehabilitation Center to wave, applaud and smile.

“Yesterday’s Joy Ride around Cedar Sinai Park delighted residents, staff and our community,” said CSP CEO Kimberly Fuson the next day. “What a heartfelt and much needed afternoon of fun! Todah Rabah and shout out to Cedar Sinai Park’s Nancy Heckler, Jewish Federation of Greater Portland’s Caron Blau Rothstein and Nadine Menashe, the Portland Police and Fire Departments, and all of our Portland Joy Riders! At least 100 families and friends of Cedar Sinai Park joined in the festivities!”

People drove by with signs, music, balloons, pets and warm greetings.

While the residents and staff enjoyed the support, the chance for an outing and the ability to see family (even from afar) also



resonated with those driving by.

Grandchildren waved signs that read We Miss You Gram, We (heart) Our Gram and I (heart) Gram. Sorry You’re Alone – I Miss You.

Other signs decorated with hearts and Stars of David included Hello Friends, Together We Will Survive ... Keep Smiling, 3 Cheers 4 Caregivers!, We (heart) RSM & Robison Residents and Staff, Joy Ride, Thank You: Be Safe/Healthy, Stay Safe, Thanks Staff: We (heart) You!, Keep Smiling, Shalom Friends and many more.

“Thank you for the wonderful opportunity today to participate in the car parade,” wrote Michelle Koplan, BB Camp executive director. “What a great mitzvah day! In the car on the way home, Lizzie, my 8-year-old, said, ‘That felt good to make people happy. That was a true mitzvah!’ Ali, my 13-year-old, said, ‘That was awesome! My mouth hurts from smiling so hard.’”

There were plenty of smiles on the faces of residents too (even if they were hidden behind masks).



Moishe House explores programming virtually

BY JAKE SULLIVAN

Moishe House Portland is a home-based young adult Jewish community based in NE Portland. In a typical month, the residents of the house (my four housemates and I) host seven programs for our peers in Portland, ranging from Shabbat dinners to Jewish learning evenings to tikkun olam outings to holiday parties. Gathering in-person is a core part of how we usually build community, so the COVID-19 quarantine has posed challenges for us but also opened up unexpected opportunities.

Moishe House headquarters, which supports houses like ours around the world, has temporarily halted its requirement for us to host in-person programming and is instead supporting us to host as many virtual programs as we want. So far, some of the virtual programs we have put on include a Shabbat candle lighting hosted by two of our community members, a virtual game night and a morning coffee hour.

In May we are planning on a remote dance workout with the community and are considering ideas like virtual Havdalah and live cooking demos. We also maintain a Facebook group where community members can connect, share and pose questions. One of my favorite remarks in the group recently was “Anyone need a shank-bone for Passover? I’ve got four.” We also saw community members helping each other find virtual Passover seders to attend or creating one together. Unlike during a typical month



Above: Moishe House Portland residents are (from left) Marisa Young, Jake Sullivan, Hanna Wolff, Leah Chasin and (front) Max Newfield. Below: Screenshot from Shabbat Space, a virtual Shabbat candle lighting hosted by community members Shayna Sigman and Ahron Bergman (top right).



where our programs take place in our home or in public spaces around Portland, all our programs are currently virtual so participation doesn’t depend on physical proximity. This has allowed certain individuals to engage who wouldn’t otherwise be able to. For instance we recently had a community member who had moved to

California join us for a virtual Shabbat. We also now can host asynchronous programs where people participate over a period of time rather than being together all at once. An example is Show Us Your Quarantine, a program where community members shared day-in-the-life photos and videos over the course of a whole day.

From the conversations I have had with young adults in our community, everyone is experiencing the quarantine differently. Personally my emotions have oscillated from fear, frustration and grief to feelings of peace, presence and gratitude. Some of us are struggling through being sick or losing our source of income, while others are feeling relief at the opportunity to work from home. A few people told me they are enjoying the peace and quiet, or the time and space away from a job or other commitment. I have also heard stories of community members reconnecting with physically distant friends or family, including spending Passover with family (virtually) when they would not have otherwise.

Having a slower and more deliberate pace of life during quarantine has provided an opportunity for the Moishe House residents to connect as friends, outside of our usual role as co-hosts of programs. To me this has been one of the biggest silver linings: daily walks, movie nights and reflective Shabbat dinners together. It’s helped ground me through waves of emotion, and kept our team going in pursuit of creating space for the young adult community to grow and flourish.

For more information about what Moishe House Portland is up to and to see our upcoming programs, check out our [Facebook page](#) or [subscribe to our monthly newsletter](#).

Jake Sullivan has been a resident of Portland’s Moishe House for nearly 3½ years.

Young Adult Book Club begins May 7

The Jewish Federation of Greater Portland is starting a Young Adult Book Club.

We invite you to join other folks in their 20s and 30s in reading our first novel, *The Ice Cream Queen of Orchard Street* by Susan Jane Gilman.

The book encompasses many stories, intertwining the rise of a woman ice cream mogul with an immigrant’s story, the 20th century American Jewish desire to assimilate, women’s rights issues,

poverty, world wars, McCarthyism, the youth movement of the ‘60s, Reagan’s trickle-down economics, and the overreach of government.

The group will engage in stimulating weekly Zoom discussions each Thursday at 5 pm through the end of June. The first meeting will be May 7.

Questions? nadine@jewishportland.org

Ready to join the fun? Register at:

<https://form.jotform.com/201175969990065>





What is your favorite app or online resource to stay connected?

Email your name, city and reply to:

editor@jewishportland.org

Replies (edited to 150 words or fewer) will be included in a future issue of the Jewish Review. All replies may not be published.



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Guest column

Searching for light in dark times

Jathan Janove is an author, columnist, executive coach and organization consultant who has worked with various leaders and organizations in the Greater Portland Jewish community. During this difficult time, Jathan has been interviewing people about their lives, values and priorities. He adapted his questions from Arthur Aron's 36 questions. Several of those interviews have been published on theboymonk.com.

Jathan felt his interview with Rabbi Shmuley Boteach would be of particular interest to readers of the Jewish Review.

BY JATHAN JANOVE

Rabbi Shmuley Boteach is a former client and current friend. He is the founder of the [World Values Network](http://WorldValuesNetwork.com) and author of several bestselling books, including *Kosher Sex*. Recently, we caught up for a 10-question interview.

Given the choice of anyone, whom would you want as a dinner guest and what would you talk about?

Abraham Lincoln. I would ask him about the trials and challenges that he faced during the Civil War. How did he deal with generals who repeatedly let him down? How did he deal with the vicious criticism and attacks he received from every side including from within – “wounded in the house of one’s friends.”

I would want to know the role the Bible played in sustaining him, and why he felt preserving the Union was absolutely essential. I would also want to know how given the many sinful temptations for people in power, he resisted them, maintained his righteousness, and avoided corruption.

What’s something in your life for which you are grateful?

I thank G-d for my family, which I consider the highest blessing – my wife, children, grandchildren and extended family. I’m also grateful for my Jewish faith and possessing a Jewish worldview of life.

If the current you could provide real-time advice to a younger you, what would it be?

Take time. Pace yourself. Don’t be in such a rush.

What would you change about the way you were raised?

My parents would have found a way to stay together and not divorce. I think many of the books I’ve written and much of my work on marriage and relationships are the result of the trauma I experienced with my parents’ divorce.

What’s a treasured memory?

At my bar mitzvah, I had an opportunity for a private conversation with the Lubavitcher Rebbe Menachem Mendel Schneerson. In his office, I stared into his blue eyes that were filled with compassion. He gave me his blessing and exhorted me to be a source of light for others. I will be forever grateful to the Rebbe for this moment.



Rabbi Shmuley Boteach, left, and Jathan Janove at Pittock Mansion last summer.

If you could say something to a deceased friend, relative or colleague, something unsaid during that person’s lifetime, what would it be?

It would be to my grandfather. He fought in the First World War and made a personal pilgrimage from Poland to the United States. Although he didn’t know it at the time, he saved us from the Holocaust.

I only knew him when he was very ill, and he died before my bar mitzvah. By all accounts, he was a remarkable man, a great man. If I had the opportunity, I would say “Grandfather, thank you.”

What’s an embarrassing moment in your life you’re willing to share?

After my book *Kosher Sex* became a bestseller, I was invited as a guest on a prominent Israeli talk show. Other guests included then candidate, and subsequently Prime Minister, Ehud Barak, and his wife. The host thought it would be funny to pepper them with sex-related questions from my book. When he asked the future Prime Minister and his wife if they were members of the “Mile High Club,” (sex on an airplane), they responded by laughing nervously and awkwardly.

I was so embarrassed, I wanted to disappear!

Your house, containing everything you own, catches fire. After saving your loved ones and pets, you have time to safely make a final dash. What would you grab?

I would grab as many Jewish holy books as I could carry, especially a Chumash (The Five Books of Moses) that was used by the Rebbe.

Is there something that you’ve dreamed of doing for a long time that you haven’t yet done?

I would like to travel to Antarctica. From pictures, I have admired its natural beauty. I’d love to experience it in person.

What do you find spiritual in life?

I find many things spiritual: Prayer, reading from the Torah Scroll during Sabbath services, spending time with my wife, children and grandchildren. I also find it very spiritual to visit the grave of the Rebbe.

Rabbis' Corner:

Heeding the call of the Shema

BY RABBI BENJAMIN BARNETT

The Shema, perhaps our central prayer, can be approached as a twice daily reminder of our interconnectedness. YHWH — All that Was, Is, and Will Be — is One: All life is connected.

Have we ever felt this more profoundly than now? Certainly not in such a concrete way. This pandemic demands that we apprehend how each of our lives impact one another's. Of course this goes beyond physical health. Socially, economically and spiritually, our lives are interconnected. In order for us to be well as a society and as a planet, we must attend to everyone's health, safety and freedom. This was just as true before COVID-19 and will be just as true after it. In stark fashion, this crisis is waking us up to this truth and the consequences of neglecting it.

So how would we live if we genuinely understood that our existence is interdependent? Certainly with greater compassion and courage, less concerned with our own health and security alone without addressing others'.

We would live with enhanced appreciation for those doing essential work of any kind. And for all who strive to support themselves and their families, we would

demand just compensation and protections, such as living wages, paid sick leave, access to unemployment insurance, and universal health care and childcare.

We would be much less complacent about challenging the injustice of systems that prioritize wealth, power and whiteness.

We would not stand idly by while anyone was treated as dispensable.

Yes, we can learn from this crisis. We can realize these and other vital lessons. But for those of us invested in doing so, it will take our working together. Because there are many people in power working to squash these aspirations. And this is not new. The fact that, for a wealthy, democratic nation, we were as ill-designed as we were to meet this crisis is not a matter of happenstance. Built into our founding were policies denying rights and protections to large portions of our population. This legacy continues and will only intensify if not challenged.

One of my resources right now is the podcast [Scene on Radio](#). (I highly recommend their amazing second season, "Seeing White.") This season, "The land that never has been yet," explores U.S. democracy from our founding to the present, illustrating how its limited parameters are not coincidental, but the product of intentional policies in every generation. As we move

through and emerge from this pandemic, we will effectively demand enhanced democracy or we will suffer its opposite.

The work is daunting, but possible. I keep returning to Mordechai's challenge in the Book of Esther: "Who knows? Perhaps it was for a moment like this one that you ascended to the crown." Perhaps this is the moment in which we achieve a more inclusive democracy, one aligned with our interdependence. Right now, in solidarity with all who yearn for safety and freedom, let us heed the call of the Shema.

Rabbi Benjamin Barnett has been the rabbi of Havurah Shalom, a Reconstructionist congregation, since August 2017.

Previously he was rabbi of Beit Am in Corvallis. He

received his rabbinic ordination from the Reconstructionist Rabbinical College. Prior to entering rabbinical school, he worked with mentally ill adults, led wilderness expeditions for teenagers, and lived, worked and studied in Israel.



TischPDX tapped for Upstart Sprint cohort

TischPDX, an incubator of new Jewish ideas and Jewish spiritual creativity on Portland's eastside, has been selected by Upstart to be part of their National Entrepreneurial Sprint cohort.

The cohort of nine national early-stage startups will receive immersive training with wraparound support, so they can test and iterate new initiatives.

TischPDX was chosen from a pool of more than 80 national highly qualified applicants to help expand their work to serve as a connection point to Jewish life for individuals seeking alternatives to more traditional institutions.

In 2017, Bikkurim, Joshua Venture Group, the U.S. programs of PresenTense, and UpStart merged into one organization — UpStart. The merger brought together a collective 18 years of experience partnering with the Jewish community's boldest leaders to make Jewish life thrive.

UpStart partners with the Jewish community's boldest leaders to expand the



Rabbi Ariel Stone



Eleyna Fugman

picture of how Jews find meaning and how we come together. UpStart operates from a core belief that Jewish tradition has thrived and evolved for millennia because trailblazing leaders have developed new ways to connect with its enduring value.

TischPDX is a 2-year-old organization based in Portland co-founded by lay leader and community organizer Eleyna Fugman, Rabbi Ariel Stone and organizational consultant Kalyn Culler-Cohen. It focuses on supporting the work and leadership of younger Jewish leaders in Portland who

are focused on making Judaism relevant to themselves and their peers. Any young Jewish leader who is innovating new ways to create Jewish community in Portland is invited to apply for TischPDX's 10- to 16-month leadership cohort. The cohort offers connections to other young Jewish leaders, Jewish learning, political education and resources such as mentorship and financial support.

TischPDX focuses on lifting up the leadership of younger Jews (22-45), queer Jews, Jews from mixed families, Jews raised outside of Jewish communities, Jews with disabilities and Jews of color. In its first two years TischPDX has worked with 11 Jewish leaders from our community, including Annie Rose Shapero (The Alberta Shul), Rachel Stern (Portland Jewish Yoga Collective), and Ilana Cloud-Strunin (At The Well Circle Facilitator).

More details about the first two cohorts and their work can be found at www.tischpdx.org.

Chaplain's Corner

Everyone needs someone to understand them

BY RABBI BARRY COHEN

How are you?

Usually we ask this to move a conversation forward. These days, when a family member or close friend asks me that question, I respond, "Do you really want to know?"

One of my favorite Hasidic stories describes two men at a bar who have been friends all their lives.

"Do you love me?" one asks.

"Yes," the other responds.

"But do you really love me?" he asks again.

"Of course," he replies.

"If you really love me, you would know how I feel," he responds.

We need someone who actually loves us, who truly knows how we feel. During these scary and uncertain times, we depend upon a healthy relationship with someone, anyone.

I am concerned that many of us do not have such a confidant. If

we lack someone who is aware of how we feel, we may keep our emotions bottled up because we don't know what to do with them, or we may express our emotions in unhealthy ways.

At a recent virtual "Community Connections," organized by Jewish Family and Child Service, one of the professionals shared that emotionally, we are now "in process," and we have to determine a healthy way to move through our feelings. He added that this "shared uncertainty" can be comforting, because we are all experiencing it together in our own way.

But we have to be careful. Another point expressed at this event is that we have stresses and strains that we struggled with long before we felt the new reality of COVID-19. Now we are confronted by stress upon stress and are experiencing grief upon grief.

We need one like-minded indi-

vidual who can feel what we feel.

But what about those who are isolated and unprotected during Oregon's "stay at home" order? Particularly, I think of women and children who have been targets of domestic abuse. Right now, they have fewer ways to find safety and security.

Other parents and spouses who have created healthy and functional homes struggle to respond to and express their emotions. They are emotionally overloaded and can barely take care of themselves. This reality bubbles over and affects everyone in the household. Children are particularly susceptible to the emotions felt by the adults in their homes.

Older youth face their own stresses and strains as a result of the COVID-19 pandemic. They can't spend time with friends. They grieve the loss of end-of-year milestones. They have no idea what will happen

with their summer plans.

How are we to respond? My answer is a question: "How are you?" There are people out there who genuinely want to feel what you feel and be by your side.

If you need help or know of someone who needs help, you can contact the Oregon Coalition Against Domestic and Sexual Violence (ocadsv.org/find-help), Jewish Family and Child Service (503-226-7079) or the Portland Women's Crisis Line (888-235-5333).

You can also contact me at chaplain@jewishportland.org or 971-361-6124.

All we need is one person. With that one person, we can navigate our emotional journey together.

As the Community Chaplain for the Greater Portland Jewish community, Rabbi Barry Cohen serves as a resource for all Jews in our community.

Obituaries

BARBARA JOAN COHN

Barbara Joan Cohn passed away on April 17, 2020, in Portland. She was born on March 7, 1934 in Portland to Bernard and Helen Schnitzer.

Barbara was passionate about, and maintained an extensive rose garden that garnered awards through the Rose Society. She was involved in her community, and known for her open heart and generosity.

She loved to travel and spend time with her family. Barbara met her husband Howard Cohn, on a blind date, and was married 64 years. She is survived by her husband, and daughter Susan Cohn. Barbara has two loving grandchildren, Sean and Dylan Savage. Barbara touched many people's hearts. We will all cherish her loving memory.

Donations can be made to: The Social Action Food Fund of Congregation Beth Israel,

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<https://www.bethisrael-pdx.org/support/donation-form/>, and the GoFundMe for supporting Westview High school homeless children, www.gofundme.com/f/westview-community-mutual-aid-network."

MARILYN BIEBIGHAUSER

Marilyn Biebighauser died April 20, 2020. She was the mother of Congregation Kol Ami member Kitra Biebighauser.

Kitra and her wife, Bridget, drove last week to Minnesota to say goodbye to Kitra's mother and were able to spend the last few days of her life with her. Kol Ami held a Zoom shiva minyan as a way to help them mourn this difficult loss on April 23.

RON MEYER

Ron Meyer, z"l, passed away April 15, 2020. Ron is survived

by his wife, Taya, and their children, Rochelle (Jay) Leisner and Larry Meyer.

In keeping with the current guidelines, a private interment was held.

Congregation Neveh Shalom extends our deepest condolences to the Meyer family.

MADELYNE MISHLOFF

Madelyne Misheloff, z"l, sister of Congregation Kol Ami member Stephan Abramson, passed away April 11, 2020. Stephan's family was able to hold a Zoom shiva.

Kol Ami offers condolences to Stephan and Kathy as well as their extended family on this difficult loss.

MARTIN ZELL

Martin (Marty) Zell (z"l), passed away on Tuesday, April 7, 2020. He was 92 years old.

He was the husband of Beverly

Zell; father of Lynda Zell, Cathi Zell-Zerba (David) and Jeff Zell; grandfather of Staci Fajardo (Jason), Caitlin Zerba and Megan Zerba; and great-grandfather of Ruby Lynn.

Congregation Beth Israel sends out condolences to Beverly, Lynda, Cathi, David, Jeff, Staci, Jason, Caitlin, Megan, Ruby Lynn and the extended Zell family

SUBMISSIONS

Obituaries are posted online as they are received. Congregations and families are invited to submit obituaries to:
editor@jewishportland.org

You may also submit information for births, b'nai mitzvah, engagements, weddings and anniversaries to:
editor@jewishportland.org