

The JEWISH REVIEW

Oregon and SW Washington's Online Jewish Newspaper

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"Be there" for your community

You don't need to show up – in person or virtually – in order to be there for your community.

As the pandemic continues down an unpredictable path, the Jewish Federation of Greater Portland decided to focus on keeping everyone safe physically – by forgoing an in-person event – and emotionally – by not adding a Zoom commitment to busy online schedules.

The Jewish Federation of Greater Portland's first-ever "Please Don't Show Gala" is a fund-raising "event" that will enable donors to give their support as one community even when

it is not possible to gather.

"As much as we want to hug and engage and bring people together, we can't," says JFGP Campaign Director Wendy Kahn.

"The Don't Show Gala is not a synchronous gathering of our entire community, but we encourage the community to celebrate where we have come from and where we are heading in a way that is meaningful for them," says Jessica Zutz Hilbert, who co-chairs the Federation campaign with Ted Nelson.

See **DON'T SHOW GALA**, page 4

CSP brings back old favorites

BY DEBORAH MOON

They're back! "They" being animals, smiles and Jennifer Feltberg, all of which returned to Cedar Sinai Park this fall.

The pandemic has seriously limited both human and animal visitors to senior living campuses for nearly 18 months. As much as residents have missed seeing family and friends, the loss of animal visits also has been felt keenly.

"Animals play a huge role in curbing depression and loneliness – especially in a skilled nursing and assisted-living setting," says Jennifer, who returned to CSP in early September to serve as Director of Community Life.

When Jennifer previously worked at CSP, she oversaw a "very active animal therapy program that helped people." She recalls one woman in hospice who was greatly calmed when a therapy cat curled up with her for her final two hours.

See **RETURNING TO CSP**, page 7

Benito the therapy llama brought joy and smiles to residents at Rose Schnitzer Manor and Harold Schnitzer Center for Living on his first visit to Cedar Sinai Park's senior campus since the pandemic began.



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Refael Shamir, right, presents his Letos physiological monitoring technology at a conference in Lisbon. Now Shamir is working with University of Oregon graduate students and Ph.D. candidates to adapt his technology for U.S. markets.



Israeli visiting scholar at UO

BY DEBORAH MOON

Israeli innovator Refael Shamir arrived in Eugene early this month as a visiting scholar at the University of Oregon, where he will work with graduate students and Ph.D. candidates to adapt his physiological monitoring technology for the U.S. market.

Shamir, 31, is the founder of Letos, a computer software start-up that specializes in behavioral sciences, affective-neuroscience and well-being technologies. In Oregon, he will work on adapting the technology for which he developed the hardware in Israel before moving the company to Germany in 2018 to continue the development of software.

Unlike cardiac monitors used in hospitals or head or wristband monitors, the Letos monitor does not require skin contact and can be worn comfortably on the outside of clothes to accurately monitor respiration rates and pulse. A recent study by the University of Potsdam showed the technology provided data consistent with more intrusive monitors.

"We provide a remote, discrete solution ... to monitor physiological parameters (such as heart and respiratory rates) for the purpose of objectively assessing user comfort and well-being," says Shamir.

"Together with UO, we wish to adapt the solution for the U.S. market to provide early signs of a developing infectious disease (such as COVID) from the comfort of our homes, while maintaining the highest levels of security and privacy standards."

The original premise of the technology was to offer the field of psychology an assessment of stress levels. But Shamir says stress-related acceleration of heart and respiration are also early indicators of infection.

"An early reaction that manifests via the increase of resting heart rate over 24 hours is an early prediction of infection, which manifests a few days before symptoms of fever and cough for COVID or other diseases," he says.

Letos offers a consumer-oriented approach with at-home monitoring of heart

and respiratory rates throughout the day.

"The device can be attached to clothing and allows a robust measurement to allow people to give to their family doctor an objective, rather than the usual subjective assessment, when they ask questions like 'how do you feel'," says Shamir. "It is an aid for diagnostics for doctors."

Shamir has already spent a couple of months working with UO remotely and will be in Eugene for two months.

His project with UO is part of the NGI Explorers program, which provides Europe's top researchers and innovators an immersive experience in the United States.

"NGI connected me with UO and financed the process," he says. "NGI is a consortium of three organizations in Europe. Together, they use a pot of funding to connect European researchers with U.S.-based universities."

Born in Jerusalem, Shamir was just 17 when he began his studies at the Jerusalem College of Engineering while still in high school. He was able to continue his studies during his military service. Following graduation, he worked in Israel in industry and startups for five years, including work on medical devices supporting diagnosis, specifically cervical cancer.

"When you work for start-up companies, large corporates come to the start-ups and offer them some of their next-generation developments to see if the start-ups can help find uses for such technologies," says Shamir. "During my last year working for that start-up, I came across a very specific technology that was initially aimed at long-term monitoring of patients in clinics and hospitals to replace the 12-lead electrocardiogram that might be used for overnight observations."

Shamir founded Letos to use the technology in a more consumer-oriented approach.

This is his second time in the United States. In 2018, he was invited as a speaker to discuss wearable technology at a NVIDIA GTC conference

For more information on Letos, visit crunchbase.com/organization/letos.

Shuly Wasserstrom to serve as Mayor's social media specialist

Shuly Wasserstrom was recently hired as Communications and Social Media Specialist to Portland Mayor Ted Wheeler.

Shuly attended Portland Jewish Academy through 8th grade. She spent time in Israel during and after college, getting her start in journalism at the Jerusalem Post as a Breaking News Editor, Newscast Host



and Features Writer. She spent over six years in the newsroom at KOIN 6 News, rising to Social Media Manager, before taking this new role. She was also a freelance writer for Oregon Jewish Life magazine.

Her mother, Judy Margles, is the Executive Director of the Oregon Jewish Museum and Center for Holocaust Education, and her father, Steve, is a professor of Judaic Studies at Reed College.

Volunteers sought for mobile vaccine unit

The Congregation Neveh Shalom COVID-19 Outreach and Services team is launching its own mobile vaccine unit. Under the leadership of CNS board member Dr. Michelle Alberts, CNSCOS will host its own COVID-19 vaccine events and work with partners around the greater Portland area. This program will give CNSCOS new flexibility to reach as many people as possible. As booster shots become available and children become eligible to receive a COVID-19 vaccine, it's imperative that we have more available vaccinator teams.

We need a pool of volunteer medical professionals (currently working or retired) who are trained to administer vaccines. We're looking for volunteers who would be able to work one to two vaccine events per month at various times of day. If you're not a medical professional, we also need volunteers to work at our vaccine events in other ways.

If you'd like to be a vaccinator, or other volunteer role to help with events, fill out the interest form at tinyurl.com/CNSVaccineTeam. In the next couple of weeks, you'll receive a more detailed form with questions about your availability. For questions, email covid19@nevehshalom.org.

YOUR SUPPORT IS REQUESTED AT THE
JEWISH FEDERATION OF GREATER PORTLAND'S
FIRST-EVER

PLEASE
DON'T
SHOW
Gala

jewishportland.org/pleasedontshowgala



The Jewish Federation of Greater Portland's First-Ever Please Don't Show Gala is a fundraising "event" for these challenging and unpredictable times. It is for donors like you who support our community's vital work and understand that even though we cannot come together in person, we can give our support as one community.

Solomon's Legacy to explore climate change

BY DEBORAH MOON

Solomon's Legacy will explore climate change from a legal perspective on Zoom at 11:45 am, Oct. 27.

"Climate Change and the Public Trust" will feature University of Oregon Professor Mary Wood and Nigel Savage, founder of Hazon, the Jewish Lab for Sustainability. Solomon's Legacy is the Jewish Federation of Greater Portland's affinity group of local Jewish attorneys, judges and law students.

Wood is a Philip H. Knight Professor of Law and the Faculty Director of the law school's nationally acclaimed Environmental and Natural Resources Law Center. Savage led Hazon from 2000 to 2021, during which time it became the largest faith-based environmental organization in North America.

Professor Wood will focus on "the role of law and the courts in this climate emergency." For example, she plans to explore a case filed in 2015 by 21 youth plaintiffs challenging the entire U.S. fossil fuel system in federal district court in Oregon. She also will draw on the legacy of great judicial figures in Oregon who have paved the way for judicial remedies in times of ecological crisis.

Savage stepped down from his post as Hazon CEO to spend the *Shmita* year in Israel. Commonly translated as the sabbatical year, *Shmita* is the seventh year of the seven-year agricultural cycle, when the Torah dictates the land of Israel be left fallow and debts be forgiven. Savage says the *Shmita* is a reminder that "We're overconsuming our world."

"It has never been more important for every Jewish community to start to take serious steps to address the climate crisis – and I'll talk about that in my session," says Savage. He also plans to share a Talmudic text about the commons (land and natural resources) to lead into a discussion about "the relationship between Jewish tradition and the world around us."

The Solomon's Legacy committee, chaired by Marshal Spector,



Professor Mary Wood



Nigel Savage, in striped tallit, led a Hazon group at a climate march in Washington, D.C., in 2019. He will talk about climate change at the Oct. 27 Solomon's Legacy program.

chose to address climate change because, "There is much we can learn from our tradition as to how we can be stewards of our planet ... Education and awareness can lead to action."

"Being a steward is about doing in the present to help ensure a better, healthier future," says Spector. He adds that Solomon's Legacy shares "the wisdom of our sages" and information about "what is occurring in the legal arena" in order to "inspire action for us as Jews and lawyers."

Solomon's Legacy is named for the late, longtime Oregon U.S. District Court Judge Gus Solomon, the first Jewish federal judge for Oregon, and for the biblical King Solomon, who was renowned as a wise judge. Judge Solomon was well known for welcoming new Jewish lawyers to the community.

The first 10 to 15 minutes of the Oct. 27 Zoom program will give participants the opportunity to gather in small breakout rooms to network before the presentation begins at noon.

Register at jewishportland.org/solomons-legacy-event

DON'T SHOW GALA (continued from page 1)

"I think it goes without saying that what JFGP did in terms of COVID relief was nothing short of extraordinary," says Jessica. "To have raised nearly a million dollars (in addition to our Annual Campaign) to buoy our community during an incredibly difficult time of darkness and uncertainty will be something I will be proud to have been associated with for the rest of my life. But all of that effort was, to some degree, to maintain a stasis."

The 2022 Campaign for Community Needs can provide even more critical services for seniors, children and everyone in between that JFGP has supported for more than a century, while also looking forward to the next 100 years.

"We believe we are at a turning point, straddling the line between pandemic life

and looking forward to a world where COVID doesn't dominate every decision we make," says Jessica, whose family increased its contribution this year. "I do think that our needs are greater than ever at this time. I personally am witnessing that our community is alive and poised for future growth."

Wendy adds, "We want to inspire the Jewish community through our collaborative work and keep Jewish life flourishing. And once again we have a wonderful

donor who will match all increases of 10% or more."

From the French phrase *Répondez s'il vous plaît* meaning "Please respond," RSVP takes on new meaning this year. This year, it is a request to respond with a donation rather than attendance – to be there for your community, while staying safely apart. The RSVP card in the invitation includes three ways to donate: returning the card, scanning the QR code or going online at Jewishportland.org/pleasedontshowgala

Happenings

Oct. 15: Eastside Jewish Commons Open House

Eastside Jewish Commons invites the community to visit its Jewish community space from 1 to 2:30 pm, Oct. 15.

This upcoming open house will be the 10th that Executive Director Cara Abrams has hosted since she began her position in July. Cara and EJC Board members offer tours of the Commons' 13,000-square-foot building, winding through the many spaces available for rent, including its co-working space called the Hive. In addition to checking out the facility, the open houses have been nice opportunities for people to learn about the EJC's mission of creating and sustaining a thriving hub of Jewish community on the eastside.

Cara looks forward to meeting visitors and hearing ideas and dreams for a community building on the eastside.

EJC is located at 2420 NE Sandy Blvd. Come to the far-left entrance and ring the doorbell if no one is waiting to greet you. If eligible, vaccination is required. Thank you for wearing a mask upon arrival.

For more information, visit ejcpdx.org.

Oct. 15-16: Shabbat Shebang with NCSY

Portland NCSY invites 8-12th graders for a Shabbat Shebang weekend with two events in one weekend.

On Friday, enjoy a free Shabbat dinner 7:30-9:30 pm, Oct. 15. Dinner will be at the NCSY Building, 6688 SW Capitol Hwy., Portland.

On Saturday, get lost at the corn maze with us at Bella Organic Farm on Sauvie Island. There are approximately 2.7 miles of start-to-finish pathways in Bella Farm's 7-acre Sauvie Island corn maze, and it takes intrepid visitors an average of one hour to figure their way out. Cost is \$10 per person.

NCSY is dedicated to connect, inspire and empower Jewish teens and to encourage passionate Judaism. For more information, contact Meira Spivak at 503-757-3037 or meira@ncsy.org.

Register for one or both events at oregon.ncsy.org.

Oct. 17: Class on Shmita and mental health

Havurah Shalom will present a virtual class, "A Shmita for Hearts and Minds: Building Our Mental Health Resilience While Doing Climate and Social Justice Work, and Our Personal Healing," at 7-9 pm, Sunday, Oct. 17. The *Shmita*, or sabbatical, year has foundational teachings to nourish our mental health. Join Harriet Cooke and others for a presentation and discussion on how we can build mental and emotional resilience inspired by *Shmita* and other teachings. We will explore the four kabbalistic worlds to better understand and practice what contributes to our mental health.

Registration is available on havurahshalom.org. To get access to

Havurah Zoom rooms, call the Havurah office at 503-248-4662, ext. 2, or email info@havurahshalom.org to set up a time to answer some basic security questions. If you are a nonmember, a \$10 per class donation is suggested at havurahshalom.org/payment.php.

Havurah also plans to hold *Shmita* events during 5782. One of the first is a collection drive of clothing and housing necessities for NE homeless camps. Tikkun Olam's Poverty & Homelessness Committee member, Jenn Louis, has been supplying food and more to those on the streets. Jenn posts regularly on Havurah's Facebook page "News from the Streets."

Oct. 20: Israeli-Ethiopian activist Ashager Araro

Israeli-Ethiopian activist Ashager Araro will share her story and the contributions of Ethiopian Jews in Israel in an 8 pm, Oct. 20, Zoom program presented by Neveh Shalom's Israel360 and PDX Hillel.

Araro was born on an Ethiopian roadside while her parents were escaping to Israel through Operation Solomon – a covert military mission that airlifted nearly 15,000 Ethiopian Jews to Israel over 36 hours in 1991.

As one of eight siblings, she grew up in central Israel and went on to excel in the Israel Defense Forces, where she rose to the rank of lieutenant in the prestigious Paratroopers Brigade. Following her military service, Araro pursued a career in diplomacy and social advocacy, visiting countries around the world to engage audiences as a proud Black, Jewish, Israeli woman.

She is active on social media and uses a strong presence on Twitter/Instagram to speak on crucial topics and shed light on the diversity of the Jewish people. Alongside her fulfilling work in public diplomacy, Araro built Battae, a center for Ethiopian Israeli heritage. Through educational programs, the center enables Israelis and members of the global Jewish community to explore the unique story and contributions of Ethiopian Jews in Israel.

To register for the free program, go to <https://bit.ly/2YrF0uk>

Oct. 23: Next Generations hosts child survivor

The Next Generations Group will host child survivor Rosalyn Kliot on Zoom at 3 pm, Oct. 23.

Rosalyn will speak about her family's history, her parents' daring escape from a concentration camp, and their resistance, resilience, endurance and strength. She'll also reflect on her own experience and survival growing up as an "inheritor of a genocidal legacy."

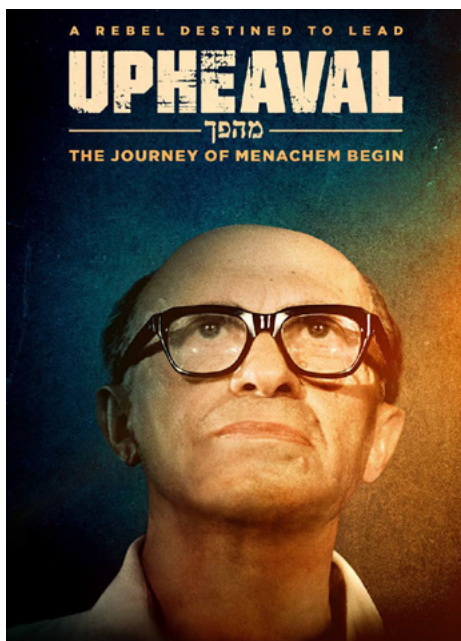
"This is a story not only about the tragedy of war but is also a love story about her parents who met and fell in love at Klooga Concentration camp in Estonia," says Rosalyn. "It's a story about miracles and healing, and in Rosalyn's words, 'that trauma is the crack that lets in the light, and that anything is possible – that good can come out of anything.'"

Rosalyn is an award-winning artist as well as an occasional writer, and her art, poetry and essays have been published in various journals and books. She is a longtime member of NGG, and her art has been featured in many of the group's holiday greeting messages. Creating art has been a personal lifetime-sustaining force for her. She has been speaking out against hatred, discrimination and anti-Semitism to students and community groups for almost 30 years and is a member of the OJMCHE Speakers Bureau. Rosalyn grew up in Chicago and Skokie, Ill., and has lived in Oregon nearly 40 years.

To attend and receive the Zoom link, email NGG co-coordinator Sue Wendel at suwendel@gmail.com.

See more online and in-person events at jewishportland.org/community-calendar





Free screening of “Upheaval: The Journey of Menachem Begin”

Congregation Neveh Shalom, Israel 360 and the Jewish Federation of Greater Portland invite you to a free online screening of the documentary “Upheaval: The Journey of Menachem Begin” to be enjoyed anytime between Oct. 31 and Nov. 5. A free Zoom discussion with the film’s director, Jonathan Gruber, will be at 7 pm, Nov. 4.

Watch the incredible life story of former Israeli Prime Minister Menachem Begin – imprisoned by the Soviets, orphaned by the Holocaust, crowned Peacemaker by the Nobel Prize Committee – in this captivating documentary. With evocative imagery, rarely seen archival materials and revealing interviews with those who knew him, Upheaval portrays the life and essence of this brilliant, tough, complex, loving and proud man, who never compromised when the survival of Israel and the Jewish people were at stake. View a trailer for the movie at youtube.com/watch?v=dVhgEpeEJrg

Jonathan Gruber has been directing, writing and producing award-winning documentary films for more than 20 years. His documentaries include “Miriam Beerman: Expressing the Chaos,” “Follow Me,” “Life Is a Banquet,” “Jewish Soldiers in Blue & Gray,” “STU” and “Pola’s March” He was also the co-creator and executive producer of the MSNBC series “The Story of Cool.”

To reserve your space for the Zoom discussion and receive the links to the movie, please register at jewishportland.org/movie.

For questions, contact Rachel Nelson at rachel@jewishportland.org or 503-892-7415.



Lisa T. Sarasohn wrote *Getting Under Our Skin: The Cultural and Social History of Vermin*.



David Sarasohn and Gregg Coodley co-authored *The Green Years, 1964-1976: When Democrats and Republicans United to Repair the Earth*.



Three locals pen two books on vermin and the environment

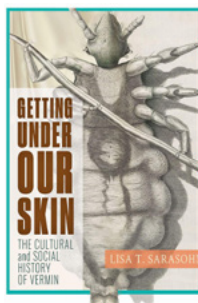
Two new books written by members of Portland’s Jewish community were published in September.

Lisa T. Sarasohn’s *Getting Under Our Skin: The Cultural and Social History of Vermin* was published by Johns Hopkins University Press Sept. 21. Lisa is Professor Emerita of history at Oregon State University.

Lisa’s husband, David Sarasohn, and Gregg Coodley co-authored *The Green Years, 1964-1976: When Democrats and Republicans United to Repair the Earth*, which was published by University Press of Kansas Sept. 30, 2021. After a stint as a history professor at Reed College and a magazine editor, David joined the Oregonian in 1983. When he retired, he was the newspaper’s Associate Editor. Gregg is a physician and the Medical Director at the Fanno Creek Clinic.

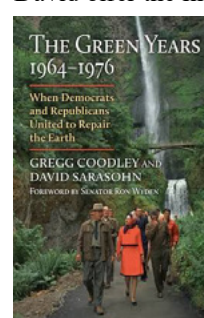
David recently finished his second term on the board of Congregation Beth Israel, where all three authors have been members.

In *Getting Under Our Skin*, Lisa tells the fascinating story of how vermin came to signify the individuals and classes that society impugns and ostracizes. How did these creatures go from annoyance to social stigma? And how did people thought of as verminous come to be considered almost a species of vermin themselves? Focusing on Great Britain and North America, Sarasohn explains how the label “vermin” makes dehumanization and violence possible. She describes how Cromwellians in Ireland and the U.S. cavalry on the American frontier both justified slaughter by warning “Nits grow into lice.” Nazis not only labeled Jews as vermin, they used insecticides in the gas chambers to kill them during the Holocaust.



From eighteenth-century London merchants anointing their carved bedsteads with roasted cat to repel bedbugs to modern-day hedge fund managers hoping neighbors won’t notice exterminators in their penthouses, the studies in this book reveal that vermin continue to fuel our prejudices and threaten our status. *Getting Under Our Skin* will appeal to cultural historians, naturalists and to anyone who has ever scratched – and then gazed in horror.

In *The Green Years, 1964-1976*, Gregg and David offer the first comprehensive history



of the period when the United States created the legislative, legal and administrative structures for environmental protection that are still in place over 50 years later. They tell a dramatic story of cultural change, grassroots activism

and political leadership that led to the passage of a host of laws attacking pollution under President Johnson. With Stewart Udall as secretary of the interior, the Wilderness Act, the Wild and Scenic Rivers Act and other land-protection measures were passed, and the department shifted its focus to broader national conservation issues. The fast-paced story the authors tell is not only about the Democratic Party; in this era, there was still a vital Republican conservation tradition. In both the House and Senate and in the Nixon and Ford administrations, Republicans played vital roles. President Nixon established the Environmental Protection Agency and signed into law the 1970 Clean Air Act, revisions in 1972 to the Clean Water Act and the 1973 Endangered Species Act. Under Nixon, actions were taken to protect the oceans, forests, coastal zones and grasslands while regulating chemicals, pesticides and garbage.



Joan Dobbs



Ellen Michaelson



Daniel Pollack-Pelzner



Willa Schneberg



Amy Shapiro

Oregon Jewish Voices returns Oct. 26 on Zoom

Now in its 22nd year, Oregon Jewish Voices will feature prominent Oregon Jewish poets and writers reading selections from their work at 7 pm, Oct. 26, on Zoom.

Started in 1999, this annual event organized by writer Willa Schneberg features readings by prominent Oregon Jewish poets and writers, whose work spans a range of genres, including fiction, poetry, nonfiction and essays. The free program is sponsored by the Oregon Jewish Museum & Center for Holocaust Education. Oregon Jewish Voices was co-founded by Willa and OJMCH Director Judy Margles.

This year's featured writers are Joan Dobbie, Ellen Michaelson, Daniel Pollack-Pelzner, Willa Schneberg and Amy Shapiro.

Poet Joan Dobbie was born to refugee parents in Trogen, Switzerland, and grew up in a small town in New York. She holds an MFA in creative writing from the University of Oregon. Despite her many small press publications, chapbooks and two full-length poetry collections, her greatest claim to fame is that she was actually *at* Woodstock. Joan resides in Eugene and co-hosts the River Road Reading Series.

Novelist Ellen Michaelson is a physician in Portland and an MFA graduate from Pacific University. An assistant professor of medicine at OHSU and vice president of the board of the NW Narrative Medicine Collaborative, she was an NEH Fellow in Medical Humanities and attended the Bread Loaf Writers' Conference. *The*

Care of Strangers, winner of the 2019 Miami Book Fair de Groot Prize, is her first book.

Essayist Daniel Pollack-Pelzner grew up in Portland and taught literature at the American School of Paris, Kehillah Jewish High School in California, Harvard University and Linfield College. He is a visiting scholar at Portland State University, scholar-in-residence at the Portland Shakespeare Project and Shakespeare scholar for the Oregon Psychiatric Physicians Association. Daniel last appeared onstage as Mordechai in Havurah Shalom's adults-only Purim spiel.

Poet Willa Schneberg is a poet, essayist, visual artist, curator and psychotherapist in private practice. She has authored five poetry collections including *In The Margins of The World*, which received the Oregon Book Award, and her latest volume, *Rending the Garment*. A new manuscript, *The Naked Room*, was a runner-up for the Sally Albiso Award.

Singer/songwriter Amy Shapiro was born in Madison, Wis., in 1952 and now lives in Portland with her husband, Jeffrey Olenick. She is a Jewish music performer, songwriter, teacher, lay cantor and community activist. In June of 2021, Amy achieved her 30-year goal of getting the Oregon State Legislature to officially change the offensive lyrics in Oregon's state song, "Oregon, My Oregon," to her updated lyrics.

Register at ojmche.org/events/oregon-jewish-voices-2021/

RETURNING TO CSP (Continued from page 1)

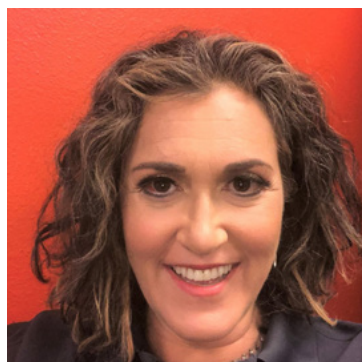
"I can't imagine not having had that," Jennifer says.

Jennifer worked at CSP for eight years before leaving four years ago to work with her sister at Applied Curiosity Lab, "where we had a podcast and performed corporate trainings on how to use curiosity as a strategic tool for business." She then sold tile and stone for two years before CSP CEO Kimberly Fuson asked her if she wanted to "come back home."

"Of course I did, because I love the community here," Jennifer says.

Jennifer wasted no time getting animals back on campus. Mtn Peaks Therapy Llamas & Alpacas used to bring a llama to visit the seniors about every three months. During Sukkot, Benito the Llama came to the campus to bring smiles to many seniors.

Jennifer hopes to have a llama or alpaca on campus about every three months.



"We are excited to bring back therapy dogs, cats, bunnies, etc., like we did BC (before COVID)."

**~ CSP Director of Community Life
Jennifer Felberg**

"We are excited to bring back therapy dogs, cats, bunnies, etc., like we did BC (before COVID)," says Jennifer. "We had a yearly visit from the Portland Traveling Zoo that would even bring a snake."

She also hopes to bring back "our dog birthday parties with music – think 'Who Let the Dogs Out' and 'I Wanna Be Your

Salty Dog' – and cake."

With her return to CSP, Jennifer's primary focus is to ensure staff, volunteers, residents and the community understand CSP's culture as a community with Jewish values where people love and support each other.

For more information on the senior living campus, visit cedarsinapark.org.

Chaplain's Corner

Restore Our Comfort Zones

BY RABBI BARRY COHEN



Rabbi Barry Cohen is the Jewish community chaplain of the Greater Portland area.

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Upcoming issues

Issue date	Deadline
Oct. 27	Oct. 21
Nov. 10	Nov. 4
Nov. 24	Nov. 18
Dec. 8	Dec. 2

Submit news, photos
and obituaries to
editor@jewishportland.org

The days are getting shorter. The nights are getting longer. The skies are dreary. The mist and fog are returning ... and with it the rain.

Fall has knocked me out of the comfort zone of summer. Granted, at times the heat was brutal. But I enjoyed the blue skies, the long sun-filled days and plenty of opportunities to get outside.

For nearly two years, how many times have we been knocked out of our comfort zones?

Pre-pandemic, I had settled into a comfortable rhythm. Consistently, I met face-to-face with individuals, families and groups. We shared quality time, whether in private homes, retirement community residences, communal meeting rooms, the MJCC lobby or coffee houses scattered throughout Portland. Hospitals were wide open for visits. There were also hospice interactions at various locations. I enjoyed in-person teaching in retirement communities, high schools and synagogues.

I spent more time away from my office than in my office.

Cue the pandemic-imposed screeching of tires. COVID completely disrupted my rhythm and your rhythm.

Then the tease. I thought we turned the corner in the summer as we began systematically to lift restrictions. Cue the Delta variant. We were knocked out of our comfort zones again.

The High Holidays offered me some solace. At least I was able to gather at Congregation Beth Israel for worship. Even though we were outside ... even though we were masked ... it beat the alternative of another virtual experience on my Microsoft tablet.

The High Holidays were a valuable time to reflect and to get in touch with my emotions. I now clearly understand what knocks me out of my comfort zone. It's just one word. It's four letters long.

F-E-A-R.

I fear that everything will be shut down again. I fear a breakthrough case of COVID for me or my children. I fear schools becoming virtual again. But fear is just an emotion. That word is not reflective of reality. It's only reflective of a possible reality ... a reality that is inside my head.

What knocks you out of your comfort zone?

After we answer that question, we face the next one: How can we find a way to get back into our comfort zone?

We can transform our indulgences into regular self-care. Why not spoil ourselves more often ... guilt-free?

We can embrace the beauty of the changing season. The day I look at the natural setting that surrounds us and take it for granted will be a sad, soulless day.

We can slow down. We all know how strange time can be. Sometimes it crawls. Sometimes it flies by. I believe we play a part in dictating the pace of time. We can be proactive. We can frame portions of our day. We can set clear boundaries, not to be violated. Then we can be open to what happens next.

We can devote portions of every day of the week to our passions: hiking, reading, coffee, cooking, music or podcasts. We can make connections with people, nature, art, religion or spirituality.

Being in our comfort zone is not always about what we do. It is not dependent on productivity or on accomplishments. Often, we can be in our comfort zone when we are in the moment, when we are connected, and when we are in relationship with someone, something, some power beyond ourselves.

We can do this. We can rediscover our comfort zones and develop strategies to protect and preserve them. The beautiful result will be the healing of our bodies and spirits.

Rabbi's Corner

In addition to the Chaplain's Corner, the Jewish Review offers space for a Rabbi's Corner each issue. Our community's rabbis are invited to share their thoughts on the week's parsha or current events. The Oregon Board of Rabbis organized the project.

Rabbis are invited to schedule a date to submit a 500- to 600-word piece.

For more information, email editor@jewishportland.org.

CEDAR SINAI PARK

CSP is a nonprofit, community-based, residential senior living, skilled nursing and long-term care organization with a dedicated workforce. Check out all CSP available positions and apply at cedarsinainpark.org/careers/

Director of Development and Communications

The primary purpose of this position is to develop, organize and execute all fund-raising and development programs managed by the Cedar Sinai Park Foundation on behalf of Cedar Sinai Park, its subsidiary entities and their associated programs.

Duties include maintaining accurate and current donor records, potential donor lists, accounting records and minutes relevant to development work. This person creates and approves all correspondence and develops appropriate marketing materials, and assists in determining goals and establishing short- and long-range strategic fund-raising plans that will realistically help to meet those goals in a pre-determined time period (i.e., planned giving program, newsletter). This person creates a campaign calendar; develops an annual budget and specific budgets for all fund-raising activities in collaboration with the CEO and CFO; works with the Foundation Board and boards of subsidiary entities to identify strategic goals and policy issues and to develop fund-raising plans; and develops and oversees conformity and compliance of all marketing collateral with either contractor and/or on-staff marketing support and internal marketing committee.

Medical Billing and Collections Specialist

The primary purpose of this position is to prepare billing and collection for internal and external customers.

Commitment to superior customer service.

Quality, care, and concern for internal and external customers.

Accurate and timely billing, data entry, charge corrections, adjustments, and invoice corrections.

Electronic billing of Medicare, Medicaid and third-party carriers.

Accurate use and maintenance of medical billing and collections software/portals including Point Click Care (PCC).

Adherence to best practices for billing and collection protocols.

Generates monthly aging reports and is prepared to comment on aged accounts.

Other Open Positions

Other available positions include CNA, Communications & Events Manager, Infection Preventionist, IT Helpdesk Technician, Life Enrichment Coordinator, LPN, RN, cook and server.

B'NAI B'RITH CAMP

For full job description and to apply for any of these three full-time openings, visit bbcamp.org/employment/

Salary: \$37,000-\$40,000 DOE. Benefits: Employer paid medical, dental and vision; employer contribution to retirement fund; generous paid vacation, sick leave and holidays, plus other benefits.

Assistant Director – Portland Area BB Day Camps

The Assistant Director – Portland Area Day Camps is responsible for assisting in the implementation of Portland Area BB Day Camps and Year-Round youth and family engagement programs. This includes (but is not limited to) camper recruitment, program development, and implementation, hiring and supervising of staff; building a vibrant Jewish community for campers and staff; program budget development and management; and planning for future improvement and growth.

Assistant Director – Community Care and Inclusion

The Assistant Director – Community Care and Inclusion is responsible for camper recruitment, screening, intake and orienta-

tion; case management, program development and implementation; caring for the well-being of campers and staff including evaluation and intervention; developing and implementation of MESH and inclusion staff training; and parent communication, reporting, record keeping and information collection.

Assistant Director – Programming

The Assistant Director – Programming will include camper recruitment, hiring and supervising B'nai B'rith Camp program summer staff; day-to-day summer camp program; budget development and management; and planning for improvements and growth. This position is also responsible for the development, execution, and logistic implementation of current and new Family Camps, family program and new Camp Initiatives. As a key person on the summer camp team, this position will serve to help with all camp-related events.

MITTLEMAN JEWISH COMMUNITY CENTER

Senior Manager of Operations and Programs

Salary range: \$60,000 - \$68,000

The Senior Manager of Operations and Programs provides daily oversight and supervision of the staff and programs in the fitness and camp departments. The Senior Manager of Operations and Programs is responsible for the development and implementation of programs in those areas that meet the needs and interests of the diverse membership of the Mittleman Jewish Community Center (MJCC). This position is responsible for ensuring that programs and services are delivered by staff with a strong commitment to customer service and in facilities that are clean, well-maintained and appropriately equipped. The Senior Manager of Operations and Programs actively assists the Assistant Executive Director with the overall operational needs of the entire MJCC, as well as actively promotes membership through a variety of means, including program development and special events. This position will directly oversee the fitness and camp departments, with the potential to shift and grow as we rebuild our membership.

For the full job post, visit oregonjcc.org/about-us/employment. For questions, email Human Resources Director Miriam Stroud at mstroud@oregonjcc.org.

OREGON JEWISH MUSEUM AND CENTER FOR HOLOCAUST EDUCATION

Part-time Guest Services

The Oregon Jewish Museum and Center for Holocaust Education explores the legacy of the Jewish experience in Oregon and teaches the universal lessons of the Holocaust. Through exhibitions, programs, educational resources and opportunities for intercultural conversation, OJMCHE challenges our visitors to resist indifference and discrimination and to envision a just and inclusive world.

We are seeking a dynamic individual to work in Museum Guest Services each Saturday between 11 am and 4 pm. Responsibilities include welcoming and greeting museum visitors; collecting admission fees and providing tickets; directing people to exhibitions; sales activities in the gift shop; answering telephone; and extending a positive image of the museum. The position also includes Concierge activities: providing information about the museum, neighborhood, transit, etc.; Docent activities: providing specific information about the exhibitions – specialized training will be provided as exhibitions change; and Membership activities: answering membership questions, welcoming and soliciting new members, and providing the extra touch for members.

To apply, please send cover letter and resume to OJMCHE Administrator Heather Brunner, hbrunner@ojmche.org.

Life-cycle events



WEDDING

Laura Worley-Joel Spiegel

Larry and Corinne Spiegel are delighted to announce the recent marriage of their son, Joel, to Laura Worley. Joel is the grandson of the late Gloria and Albrecht Bacharach, z"l, and the late Sidney and Eloise Spiegel, z"l, and is brother to Sam, Nathan and the late Jasmine Spiegel, z"l. Laura is the daughter of Stuart and Sherrie Worley of Lake Oswego.

The happy newlyweds live in Tualatin with their dog Abigail.

Submit births, engagements, weddings, anniversaries and landmark birthdays to editor@jewishportland.org.

Obituaries

LILLIAN FOX

Lillian (Horowitz) Fox, z"l, passed away Sept. 26, 2021, at Cedar Sinai Park in Portland, where she'd been living since moving from south Florida five years ago. Lillian is survived by her sons, Leonard, Gary and Dennis; nine grandchildren (three of whom held her hands and stroked her hair as she breathed her last breath); and 13 great-grandchildren scattered from Milwaukee to Rotterdam to Jerusalem.

Lillian was born in Brooklyn, N.Y., on May 17, 1926. Brooklyn is where she went to school, got married to her first love Al (who passed away 10 years ago), and had three sons and the first few of her eventual nine grandchildren. She focused her time, love and attention on her husband and children, with enough left over to touch the hearts of a large and always expanding extended family. At various times, she worked part time or short term in offices ranging from the Brooklyn Navy Yard during World War II to a dentist's office, a hospital and the Brooklyn College Registrar's Office. She had close friendships that lasted all her life, enjoyed family summers in the Catskills, and traveled around the United States and eventually abroad.

After Lillian and Al moved to Florida on his retirement, the life-long couple continued to travel, often on cruise ships where Al was the on-board square dance caller. Lillian and Al became accomplished dancers and attended square dance conventions around the country.

At her funeral in Brooklyn, family and friends gathered to appreciate her life. She would have been very pleased to see everyone together.

Submit obituaries to: editor@jewishportland.org.



Kol Shalom members stopped by throughout the day Oct. 10 to say farewell to the rental space the group has used since 2004. From left are Walt Hellman, Roberta Hellman, DeBi Strode, Richard Lazere, Myra Himmelfarb, Karen LaMorticella, Randy Splitter, Karen Hyatt, Mary Raskin and Robert Rubenstein.

Kol Shalom joins EJC, leaves Hillsdale

Kol Shalom, Community for Humanistic Judaism, has become a community partner of the Eastside Jewish Commons. With its new partnership providing an option for meeting space, Kol Shalom will move out of its rental space in Hillsdale, where it has been since 2004, on Oct. 31.

As with virtually all organizations, the pandemic greatly changed how Kol Shalom operated.

"All our activities went online, and members have found that, in many cases, online is more convenient than in-person attendance," says Kol Shalom Newsletter Editor Walt Hellman. "Kol Shalom expects many of its activities to continue online and so is giving up its physical space in Hillsdale. Of course, many activities, especially holiday observances and social activities such as Havdallah dinners, will resume in person. We expect in-person activities to resume at rental spaces as needed, homes and, of course, the Commons."

Kol Shalom's new mailing address is Kol Shalom, 2420 NE Sandy Blvd., Portland, OR 97232.

kolshalom.org

Public Service Announcement



We can help with...

- Housing such as hotels or motels
- Food / Meals
- Health care and self-monitoring supplies that are not covered by insurance
- Transportation related to individuals in isolation or quarantine (ambulance, taxi, etc.)
- Communications such as cell phones
- Cleaning services
- Grocery shopping
- Childcare

Have you
or a loved
one been
affected by
Covid-19?
CNSCOS is
here to
help!

covid19@nevehshalom.org
nevehshalom.org/covid19/