



May was Mental Health Awareness Month, and this year, more than ever before, it's important that we focus on maintaining our mental wellness, helping those around us, and continuing to reduce the stigma that prevents so many from getting help. COVID-19 has turned our world upside down and has left many people feeling anxious, isolated or depressed.



Nicole Katzman

In recent weeks as people all over the world have been sheltering at home, we've all done our best to adapt to a strange, new 'normal.' We're unable to visit with family and friends, attend synagogue or otherwise connect in ways that have always given us joy and solace. For many of us, this break in the rhythms and routines of our daily lives—along with a heightened sense of uncertainty—is taking a toll on our mental wellness.

The Jewish Federation of Grand Rapids has been leading a community-wide effort to ensure that the needs of every member of our community are met during this difficult time. Staff and volunteers have been checking in by phone and mail to our community members, addressing any need an individual or family has, supporting our synagogues and temples, and creating safe and meaningful opportunities for connection.

On a personal note, doing Mitzvot, "good deeds", keeps me grounded and focused during this uncertain time. When you help others in ways big or small, it not only *feels* good, but it also *does* us good. Research has shown that doing good for others reduces depression and increases our own well being.

I encourage you to get involved and contact the Federation to volunteer your time and make a difference in the life of another person.

Finally, and most importantly, if you or someone you know is struggling with food insecurity or loss of employment please call the Federation, as we are here to assist you. If you are depressed or struggling with mental health issues, please call the National Suicide Prevention Lifeline at 800-273-8255 or text the Crisis Text Line at 741741.

On behalf of the Jewish Federation, we hope that you and your loved ones remain healthy and well during this difficult time.

With love and gratitude for the entire Jewish community.

L'Shalom,

Nicole

Like Jewish Federation of Grand Rapids on Facebook!

Our Mission:

Jewish Federation of Grand Rapids unites the local Jewish community to sustain and strengthen Jews locally, in Israel, and around the world.

This mission is accomplished by providing services to the community and through fundraising and allocation efforts.

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**Campaign 2019
ended
March 31, 2020.**

**We raised \$429,000
from 369 Donors.
Thank you to the community
for your support!**

Campaign 2019 has raised just over \$429,000. We received donations from 369 donors. In addition, any increased amount and any new pledges were matched by a generous grant from the Louis and Helen Padnos Foundation up to \$30,000, and for donors age 50 and younger, that amount was also matched by a generous grant from the Hy and Greta Berkowitz Foundation, up to \$5,000.

Our goal for this year's campaign was \$500,000. On behalf of the Federation, thank you for your generous gift and for supporting our Jewish community. In May, our Board of Directors began the allocation process to provide funds that make a difference for Jews right here in Western Michigan and around the world.

Even though Campaign 2019 has ended, you can always make a gift to support our community. During these uncertain times, your support is needed more than ever.

Thank you.

Nicole Katzman, Executive Director, Nicole@JFGR.org ext. 207
Marisa Krishef, Director of Programming, Markay@JFGR.org ext. 205 | Arad Okanin, Campaign Coordinator, Arad@JFGR.org ext. 204
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The Jewish Federation is Here for You

The unsettling, fast-moving and unpredictable world of life with COVID-19 is upon us. As we're all discovering, a worldwide pandemic disrupts everyone on an unprecedented scale. COVID-19 represents a challenge to all of us to varying degrees. For some, it is frustrating and a grave inconvenience. For others, it is life changing, scary and a very real threat. For all of us, it represents the opportunity to ensure that our community does what we do best—come together and support one another.

The Jewish Federation of Grand Rapids is here for you, here's how we have been supporting our community:

1. Our Programming Director's role has changed and is now working on the delivery of social services.
2. Our staff and volunteers have made hundreds of phone calls to members of our community to check in on individuals and families and make sure that their needs are being met. Check-ins for seniors and those most vulnerable are made weekly.
3. We have sent dozens of handwritten messages to

community members weekly.

4. We are making certain that those in need are able to purchase food and are connected to the local food pantry.
5. We have partnered with our community agencies in Grand Rapids to support local needs. We meet regularly to discuss the impact of COVID on our community.
6. We have made the website a useful tool for people to connect to virtual Jewish programs, referrals for local services for assistance with rent, unemployment issues and health and get up to date information on COVID-19.

The Federation is dedicated and committed to serving the community. We closely monitor the needs of individuals, families and local organizations. If you or someone you know is in need, please don't hesitate to contact Marisa or Nicole at 616-942-5553.

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Leah, age 12, Dovid, age 3, Avraham, age 6, and Chana, age 4 all work on an art project together at home. They are the children of Nechamy and Rabbi Manes W.



Katerina at home, age 5 months.



Mitchell, age 5, and Cordelia, age 3, bake cupcakes at home. Mitchell, Cordelia, and Katerina are the children of Jennifer and Abe C.

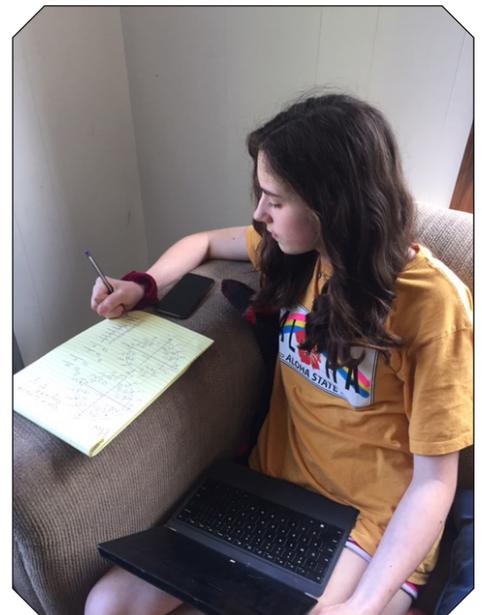
In our local Jewish community, just like all over the world right now, parents of children of all ages are striving to keep their children active and engaged. Three local Jewish families shared some pictures with us of what their children are up to during the quarantine.



Emma, age 15, lifts weights in her garage.

Molly, age 15, works on her Math homework.

Both girls are in the 9th grade and are the children of Cherri and Eric J.



Special to the Shofar: Interview with Sammi Hurwitz, RN

by Nicole Katzman



Sammi Hurwitz, RN

Nicole Katzman: Tell me about yourself, where you live and work?

Sammi Hurwitz: “My name is Sammi Hurwitz and I am originally from Grand Rapids. My parents are Stephanie and Dan Hurwitz. In 2017, I moved to Boston to pursue my nursing degree. I am currently employed at Beth Israel Deaconess Medical Center (BIDMC). BIDMC is located in Boston, Massachusetts and is a teaching hospital to Harvard Medical School. It was

formed out of the 1996 merger of Beth Israel Hospital and New England Deaconess Hospital.”

NK: How long have you been a nurse and why did you choose this career?

SH: “I have been a nurse for a year and a half. One of the reasons that I decided to become a nurse is because I am passionate about helping people and making a difference in this world. Growing up my brother Nate was diagnosed with Duchenne Muscular Dystrophy and through my time with him, I had a different perspective on the world and putting other people before myself. In 2012 Nate passed away and ever since I have wanted to find a career that I could continue to be passionate towards others. I truly think my experience with Nate shaped my career path and contributed to my decision to work as a nurse.”

NK: Describe the unit in the hospital you are working in.

SH: I work on a medical-surgical floor that recently transitioned to a COVID unit given the current pandemic. Unfortunately, many units throughout the hospital and medical center have had to divert their work and tend to COVID patients. In my unit, I help patients that are in stable condition. Some of them have recently been extubated from ventilators and come from the intensive care units. Other patients on the unit are very sick and are monitored to make sure they remain comfortable. Majority of patients on my floor have tested positive for COVID or are being tested.

NK: How has patient care changed since the pandemic?

SH: “Patient care has changed a lot since COVID. Nurses in general are spending less time with patients to protect their own health. Patients are isolated and spend more time

alone. Currently to keep employees, patients and families as safe as possible, we are not allowing visitors to the medical center. The only exception to this rule is that the hospital is allowing patients who are in critical condition to have two visitors for a limited period of time. The visitors must be wearing protective gear.

Additionally, nurses can communicate with families with daily updates via phone, but more recently my unit has received iPad donations where families are able to connect with their loved ones via FaceTime. Despite more limited interactions with my patients, I try to go out of my way to communicate with families as I understand how important for everyone to be updated on the patient’s condition.”

NK: How have you been able to protect yourself and stay safe at work?

SH: “I am very careful to follow the hospital protocol and wear protective gear. I wear a N95 mask, scrub cap, gown and gloves in the hospital. I try to limit my time in patient rooms for my safety. Even with the precautions in place, over 200 staff members have tested positive. Trust me when I get home, I go straight to the shower!”

NK: Do you have any regrets becoming a nurse?

SH: “I still very much enjoy what I do and the career that I picked. Sadly, what I am doing now though is definitely different than what I learned in training and in school. A lot of what I was taught no longer applies because a lot of the nursing practice has changed due to the pandemic. Unfortunately, at this time I’m not sure I see an end in sight. I’m afraid that we have a long road ahead of us as Boston has the third highest reported cases in the United States. While we wait for this virus to run its course, it is important that we remain safe and follow any precautions that are in place. We have to take this matter seriously and no matter how tough the times may be right now; I promise that we will get through this!”

Sammi Hurwitz is a Registered Nurse. She attended Hobart & William Smith colleges for her undergraduate degree and received her Bachelors of Science in Nursing at the MGH Institute of Health Professions in 2018. Sammi is currently working on the front lines during the COVID-19 pandemic at Beth Israel Deaconess Medical Center. Sammi loves to spend time with her family and friends (obviously when social distancing is not a thing!) and spending time outdoors. She also adores her Golden Retrievers Teddy and Brady!



Reinventing Our Labs in the Time of COVID

by Alison Bernstein and Allyson Strauss



Allyson Strauss, MS



Alison Bernstein, PhD

February seems like a lifetime ago - when we started seeing reports in the news of COVID-19 moving closer to our shores. We are scientists in

the Department of Translational Neuroscience at MSU's College of Human Medicine so we also started seeing academic papers from doctors on the frontlines in Wuhan, China. One paper, in particular, caught our attention and inspired our department to get to work. Our neuroscience labs were sitting mostly idle, but we could reinvent our labs to develop an in-house test for the novel coronavirus, SARS-CoV-2.

The authors of this paper compared testing patient samples with conventional PCR and droplet digital PCR (ddPCR) and found that ddPCR is 500 times more sensitive. Being thoroughly familiar with both technologies, we knew that we could quickly and easily adopt and run this test in our labs. The sensitivity of digital droplet PCR might allow us to find asymptomatic/presymptomatic people with low viral loads that could be spreading COVID-19 to others. After getting the green light from our department chair, Allyson Strauss and other department staff got to work at the lab bench. Within five days, we had a fully optimized and validated test and we have made the protocol publicly available for all scientists to use. Shortly after, our department chair, Jack Lipton, and associate chair, Caryl Sortwell, published an OpEd about our test in the Wall Street Journal ([We Have a Coronavirus Test - Let Us Use It, April 15, 2020](#))

As has been reported in the news, many of the kits needed for these tests are in short supply. To get around this problem, the team started working on validating the test with typical reagents and supplies that labs have on hand to bypass the need for these kits. This is like baking a cake from scratch instead of a boxed cake mix. In this way, we "MacGyver-ed" the entire process from sample collection to results using ingredients that we, and many labs, have on hand.

While we are unable to perform clinical or diagnostic testing because we lack the required CLIA certification, our department is now currently running two clinical research

trials. One is testing patients in a neighborhood clinic that serves uninsured patients. The other tests MSU employees in our building to facilitate work reentry, with the hope that we will eventually be able to scale up to include additional MSU labs to screen the entire MSU community. We have also partnered with the Kent County Health Department and Spectrum Health so that anyone who tests positive in our study can be referred for clinical testing and treatment. We hope to create a model for how academic labs and research scientists can play a role in closing the gap in our national testing shortage. We are also talking to politicians and leaders about policy changes that would allow academic labs like ours to help ramp up testing.

It's crazy to think that in just two months, we have reinvented our neuroscience labs to help with COVID-19.

Allyson Strauss, MS is a Research Associate in the Department of Translational Neuroscience at MSU's College of Human Medicine and works part time in the Bernstein Lab. Alison Bernstein, PhD is an Assistant Professor in the same department. Outside of the lab, they serve as the Co-Chairs of the United Jewish School Board.

Alison Bernstein is also a co-founder of [SciMoms](#), a non-profit education organization that aims to promote evidence-based parenting and policy.

The SciMoms' articles about coronavirus can be found here (<https://scimoms.com/tag/covid-19/>) and Alison's 2019 article in the Detroit-based SEEN Magazine, "How to Finding Reliable Health Information Online", can be found here (<https://seenthemagazine.com/how-to-find-reliable-health-information/>).





Lisa Rose becomes a Pomegranate

by Lisa M. Rose

Many of you know I am passionate about food - you know me as the Pickle Lady or Acorn Lady, or as someone to call if you need a hand in the kitchen preparing for a Shabbat oneg or cooking for one of our many holidays. Food has been central to my life's work as an avocational herbalist and forager, and in my career in public health.

My academic training in ethnobotany and anthropology has taken me across the United States and into Central and South America to learn about people, plants and their connection to place in areas including the Yucatan, mainland Mexico, Nicaragua, Puerto Rico, Colombia and Brasil. In Europe, I lived and studied plants and food in France and travelled across the Netherlands, England, Scotland, and Italy to learn their agricultural and food traditions. And in Asia, Japan and China.

But it wasn't until 2019 that I finally stepped foot onto our own promised land: Israel. Back to where it all began - not just the beginnings of what we now know as agriculture, but the beginnings of the Jewish people. All our people.

You can imagine, of course, HOW FREAKING HAPPY I WAS to taste the fruits of the earth in Israel. Everything they say about the land of milk and honey is true - words seem to be inadequate when describing any of the flavors I tasted along the route. The olive trees, the pomegranate trees, the grapes. The stands in the shuk filled with spices, pastries, meats and cheeses.

What brought me there, though, wasn't a journey focused on food. No - this was a journey about faith, a spiritual pilgrimage with 12 other Jewish mothers from our community made possible in part by the generous sponsorship of our own federation.

I knew that the journey would be life changing; but how life changing - well, that continues to unfold. Last November while in Israel with my Jewish sisters, I had no idea what would be ahead. My son was living in South Korea, and our entire family was prospering. 2020 was looking bright - alas. We all know now where the road would lead us.

By April, my family - though still prosperous by Covid standards, had experienced the effects of the virus physically, economically, and geographically. My son ended his student exchange in South Korea early only to return to the US on complete lockdown. A portion of our family contracted the illness and still battle lingering side effects. I remain the only earner across multiple households with a full-time income. My partner, my children's father, and my children's grandfather all have lost significant parts

of their earnings from furloughs and the lockdown. Our story isn't unique. It's shared by many families across the community.

In reflecting on my annual gift to the Federation's campaign, I remembered my responsibility as a cook and a gardener - we plant seeds now so we may eat in the fall. We draw people in to share our abundance when - even if that abundance is depleted - to ensure no one goes without and people remain strong and healthy.

My responsibility as a Jew - we give tzedakah, perform acts of chesed and tzedek because these are the tenets of our faith. And at no other time has our tzedakah, chesed, and tzedek been more needed that during this time of Covid.

As a Jewish cook and gardener, it's my hope that this Pomegranate gift will bear fruit for many, and wish blessings for all those in our Jewish Community. And may each of you find your own ways to offer tzedakah, chesed, and tzedek. The world needs all of us to plant seeds for the future we want to have for our Jewish community.

For more information on Jewish Women's Philanthropy visit: <https://jewishgrandrapids.org/womens-philanthropy>



Tsfat, Israel - Gathering the seeds of the olive tree

Picture by Amy Ostrow



History Repeats Itself

by Michael Chesman, Guest Columnist



Michael Chesman

We are living in extraordinary times. Despite strong faith and the bonds we have with family and friends, most of us, especially those of us who are older or have health issues, wonder what would happen if we were to catch the virus. Would we survive? Would we be left with debilitating side effects? And for

those of us who live alone either by chance or choice, the idea of being sick and possibly dying alone is yet another reason for anxiety.

About seventy years ago, when I was a five year old, there was another plague-polio. I can remember the fear and one of my cousins being placed in an iron lung for a year. My parents were afraid to send me to kindergarten. There was a media frenzy putting fuel to the fire.

History repeats itself.

So what happened seventy years ago? A medical wizard, Jonas Salk, developed a vaccine to stop polio in its tracks (and, proud to say Dr. Salk was Jewish.)

The best and brightest medical wizards around the world are searching for a vaccine and treatments. And they will find them sooner rather than later. Life will return to normal and our fears will evaporate.

History repeats itself.

So let your faith in G_d, in mankind, in science and the ingenuity of man get you through these dark days. There is light at the end of the tunnel.

Michael Chesman is the Senior Vice President and head of Tax at The Hartford Insurance Company in CT.

He is the father of Nicole Katzman. During his free time he enjoys antiquing, travelling and spending time with his grandchildren.

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Sacred Grounds at Ahavas Israel

by Diane Rayor

Good news! In March, Congregation Ahavas Israel and our long-term renters All Souls Community Church of West Michigan successfully applied for the National Wildlife Federation's new Sacred Grounds project in Grand Rapids. Sacred Grounds facilitates the development of native plant areas on the grounds of houses of worship. Our participation will include a workshop by Plaster Creek Stewards for an overview of the program, a site assessment at Ahavas with recommendations, and a grant for \$1500 in native plants!

Due to the COVID19 pandemic, NWF had to cancel the March workshop, but are hoping to offer it this summer for the eight houses of worship in the spring cohort.

In February, the Sacred Grounds planning group from Ahavas and All Souls proposed that the area around the back patio might be a good starting place. Or it might be wonderful to grow a pollinator or butterfly garden right out front.

Tikkun olam, our responsibility to repair or heal the world, includes the need to protect God's creation from the climate crisis. At Ahavas, we started the process of *tikkun olam* outdoors with our Corners of the Field vegetable garden, leaving more areas unmowed, and sowing milkweed.

Native plants help us sequester carbon and create a more sustainable and beautiful sacred space.

Sacred Grounds offers us a wonderful opportunity for interfaith collaboration. People from Ahavas, All Souls, Temple Emanuel, and the broader community have expressed interest in the joyous work ahead of us. Together we will figure out what kind of garden habitat we want and consider possibilities for community outreach and education.

Can you join us in any part of the planning, design, digging, planting, care, education, or sharing this invitation? For an hour or a regular commitment or anything in between? If you are interested or for more information, contact Diane Rayor (project initiator and Ahavas Board trustee) at 616-791-8929 or rayord@gmail.com.

For more from the National Wildlife Federation: <https://www.nwf.org/SacredGrounds/> *(Continued on page 4)*
<https://www.nwf.org/garden-for-wildlife>

For families: [Nature Play at Home](#) and <https://rangerrick.org/>



Diane Rayor,
Ahavas Board Member

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The Golden Age of Jewish Genealogy

by Rob Franciosi, Professor of English, GVSU

Sometime in the late 1980s I entered a store in Ames, Iowa, specializing in travel items—luggage, maps, guide books, jackets and hats that could be folded to fit into your pocket. The shop also had an excellent collection of genealogy books.

When I asked about a guide to tracing Jewish family roots, the clerk could not recall having ever seen one.

I remembered that moment with some bemusement the other night as I dug into some online family history sources. Two decades into the twenty-first century, we are now living in a Golden Age of Jewish genealogy.

I confess to being a dabbler in the field, knowing there are many experts in the Grand Rapids community. Yet Jewish genealogical resources have been quite valuable to me, both personally and professionally, and this period of social isolation seemed like an excellent time to revisit them.

Beyond advances in digital technology, or in the DNA-based inquiry that is highlighted on the PBS show *Finding Your Roots*, however, what explains the surge of interest in Jewish genealogy? I suspect two circumstances have contributed to its rise: the passing of the immigrant generation and the opening of Eastern Europe.

For those like my grandparents, born either in Poland or in the wake of their parents' journey to this country, finding and celebrating their roots would have been an alien concept. They were devoted to the melting pot, not the salad bowl, which my grandmother demonstrated every July 4th when, in her Kate Smith voice, she belted out "God Bless America" at the family barbecue. Even late in her life, when I asked her about family history, she rejected any nostalgia for stories of the old country. Nor did my grandfather ever say a word about childhood memories of Warsaw.

More than time and the ocean separated Old and New Worlds then, as travel to Eastern Europe before the collapse of the Soviet empire was exceedingly difficult. And even if you could venture to the Galician village outside of Rohatyn where my great grandfather was born, what

could you hope to find except evidence of devastation?

Yet the fall of the Iron Curtain and the rise of the digital age has opened new worlds of possibility, allowing us not only to travel to the sites of our ancestors, but to do the essential research from home. Do you know the village or town name connected to your family? Try the KehilaLinks at JewishGen. Your loved ones may not see you for hours.

But tread carefully. In 2010 my wife and I lunched in Krakow with a woman who just two years before had first visited Rohatyn. Marla Raucher Osborn, a California lawyer, and her Silicon Valley husband have since devoted the last decade not just to researching this lost shtetl, in which generations of her family once lived, but to restoring its neglected Jewish cemetery and to making its archival materials available online. And since 2016 she and Jay have lived full-time in Lviv, Ukraine. They are riding out the pandemic in California, but it's only a matter of time before the Yiddish-inflected song of Rohatyn calls them home.

Rob Franciosi is a professor of English and Honors at GVSU where he teaches courses on the Holocaust and American Literature. Rob welcomes questions or comments about his article. You may contact him at francior@gvsu.edu



Rob Franciosi

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Mitzvah Corner

A celebration of the good deeds that are happening in Grand Rapids



Judith Joseph has been sewing masks for our community since the beginning of the COVID pandemic. Her designs are unique and incorporate thick fabric with a string tie for extra protection against germs. If you need a mask or would like to sew contact judysew@sbcglobal.net

Lindsey Katzman, age 14, assisted JFGR with a recent garden themed community mailing. She designed butterflies and crafted origami tea bag holders. Lindsey also stuffed over 200 envelopes.



Jim Siegel and Michal Ravid each turned their kitchens into matzoh ball soup and seder food factories to serve 89 meals to our Jewish community!



Michal and Jim's dedication to providing Passover meals to everyone who ordered them, sparked joyous observance that would otherwise have remained a dream for next year.

If you'd like to share a mitzvah please send to nicole@jfgr.org. Let's celebrate all of the good deeds that we are doing! Yasher Koach (good job) to all!

At the Jewish Federation of Grand Rapids, the health and safety of our employees and community are our number one priority. With cases of coronavirus (COVID-19) now emerging in West Michigan, we remain committed to playing our part in slowing the spread of this virus.

As a result, we have closed our office, and all employees are working remotely. We're confident in our ability to continue our operations without interruption. Please continue to call and email, we are here to serve the community.

Kol Yisrael arevim zeh b'zeh— each of us is responsible for one another. We appreciate your ongoing patience and understanding.

For more information visit www.jewishgrandrapids.org.



Financial Focus

Are You a Mindful Investor?

By Chad Zagel, CFP®, AAMS®, JFGR Board Member



Chad Zagel
JFGR Board Member

Recently, we've seen an increased interest in mindfulness, although the concept itself is thousands of years old. Essentially, being mindful means you are living very much in the present, highly conscious of your thoughts and feelings. However, being mindful doesn't mean acting on those thoughts and feelings – it's just the

opposite. With mindfulness, your decision-making is based on cognitive skills and a rational perspective, rather than emotions. As such, mindfulness can be quite valuable as you make investment decisions.

Two of the most common emotions or tendencies associated with investing are fear and greed. Let's see how they can affect investors' behavior.

- When investors are fearful ... Investors' biggest fear is losing money. So, how did many of them respond during the steep market decline from late 2007 through early 2009? They began selling off their stocks and stock-based mutual funds and fled for "safer" investments, such as Treasury bills and certificates of deposit. But mindful investors witnessed the same situation and saw something else: a great buying opportunity. By looking past the fear of losing money, they recognized the chance to buy quality investments at bargain prices. And they were rewarded for their patience, long-term perspective and refusal to let fear govern their decisions, because 10 years after the market bottomed out in March 2009 (as measured by the Dow Jones Industrial Average), it had risen about 300 percent.
- When investors are greedy ... We only have to go back

a few years before the 2007-09 bear market to see a classic example of greed in the investment world. From 1995 to early 2000, investors chased after almost any company that had "dot com" in its name, even companies with no business plans, no assets and, in some cases, no products. Yet, the rising stock prices of these companies led more and more investors to buy shares in them, causing a greed-driven vicious circle – more demand led to higher prices, which led to more demand. But the bubble burst in March 2000, and by October 2002, the technology-dominated Nasdaq stock index had fallen more than 75%. And since some of these companies not only lost value, but went out of business, many investors never recouped their investments.

To avoid the dangers of fear and greed, take these steps:

- Know your investments. Make sure you understand what you're investing in. Know the fundamentals, such as the quality of the product or service, the skill of the management team, the state of the industry, whether the stock is priced fairly or overvalued, and so on. The better informed you are, the less likely you'll be to chase after "hot" investments or to bail out on good ones.
- Rebalance when necessary. If you've decided your portfolio should contain certain percentages of stocks, bonds and other vehicles, stick to those percentages and rebalance when necessary.
- Keep investing. Ups and downs are a normal feature of the investment landscape. By continuing to invest over time, rather than stopping and starting, you can reduce the effects of volatility on your portfolio.

It's not always easy to be a mindful investor and to avoid letting emotions drive your decisions – but it's well worth the effort.

Chad Zagel, CFP®, AAMS®, is a financial advisor with Edward Jones, a University of Michigan graduate, and in his free time, Chad enjoys spending time with his family and volunteering.





Beit Sefer B'yahad United Jewish School

1715 Fulton St E | Grand Rapids MI 49503
616.459.5976

On behalf of UJS, thank you to our outstanding teachers, madrichim: *Willow Cook, Steven Katzman, Ben Levitt, Abby Rapoport, Brandon Singer, Rachel Strauss, Arend Vyn* and the security team, for making 2019-2020 a fantastic year.

Thank you to Melissa Weinhaus, former Assistant Director who recently moved to Washington, DC. We wish Melissa and her family the best of luck in the future.

A special thank you and goodbye to teachers Danielle Flaumenhaft and Rhonda Pappas for their dedication to UJS. We wish them all the best and will miss them next year.

Thank you to Congregation Ahavas Israel, Temple Emanuel and the Jewish Federation of Grand Rapids. Without their spiritual and financial support our school would not be such a great success!

For more information or to enroll your child in religious school for Fall 2020, contact Rabbi Schadick, rabbi@grtemple.org or Rabbi Krishef, rabbi@ahavasisraelgr.org

CHABAD OF WESTERN MICHIGAN

FACEBOOK: @CHABADWM | **PHONE:** 616-957-0770

EMAIL: CHABADWESTERNMICHIGAN@GMAIL.COM

All events are subject to change. Please stay safe and reach out if you need anything.

CHECK FACEBOOK @CHABADWM FOR VIRTUAL ZOOM LINKS AND PASSWORDS OR TEXT RIVKA AT 616.206.9654!

Jewish Trivia Game for Adults in Western Michigan!!

It's new, it's fun, it's quick, it will stimulate your mind- and best part is?

YOU ARE COMPETING TOGETHER WITH OUR COMMUNITY AND FRIENDS!

The 7th player to answer correctly will win a FREE bottle of Kosher wine delivered straight to your doorstep!

ARE YOU GAME?

Keep reading.

HOW DOES IT WORK?

Sunday & Wednesday at 7:00PM SHARP you will receive TRIVIA question via text message!

Reply with the number you think is correct. The 7th participant to answer correctly wins!

It is amazing watching our community unite together to play, connect, and learn.

To Join: text "CHABADWM" to 616-207-1218!

JTEXT ~ JEWISH TRIVIA for Teens!

EVERY MONDAY & THURSDAY AT 7:00PM.

Be the 7th to answer correctly and win a \$20 AMAZON GIFT CARD straight to your phone!

Are you a Jewish teen (grades 6-12) in West Michigan and would like to join?

Text "CTEENGR" to 616-207-1218 to be let in on the fun!

Virtual Torah & Tea

For the connection we all need right now.

A Torah Study for Woman with Nechamy Weingarten.

MONDAY EVENINGS ON ZOOM AT 8:00PM

Virtual Pre-Shabbat L'chaim

Let's connect and wish each other a "Shabbat Shalom" with spirits and spirituality.

Join us for a Virtual Pre-Shabbat L'chaim and Blessing

EVERY FRIDAY ON ZOOM AT 6:30PM

BYOL- Bring Your Own L'chaim

Virtual CKids Club/Mini Chefs:

For Jewish boys & girls, ages 5-11

TUESDAY, JUNE 23RD ON ZOOM AT 4:30PM

Virtual CTeen Grand Rapids:

The place for ALL Jewish high school teens!

Part of the Fastest Growing Teen Network in the World!

SUNDAY, JUNE 14TH ON ZOOM

Gan Israel Day Camp – UPDATE:

NEW CAMP DATES: AUGUST 3RD - 14TH 2020

Please note: We are monitoring closely all updated CDC guidelines for camps and we will keep you posted! Stay tuned!

Camp Gan Israel is designed to make your child's summer vacation fun, stimulating and entertaining!

The Camp Gan Israel experience is a unique combination of Jewish pride and fun!

Kiddy Camp: Ages 3-5 | **Main Division:** Ages 6-10 | **Pre-Teen Division:** Ages 11-12

Gan Yiladim Preschool – Kindergarten

New!! This upcoming 2020/2021 school year - We will be offering full day program option!!

Gan Yiladim is a licensed preschool for Jewish children ages 2-6 open to the entire Jewish community, regardless of background or affiliation.

For over 40 years, Gan Yiladim has been serving the Grand Rapids and nearby Jewish communities, offering a joyful and enriching educational experience to our students while fostering a love for their Jewish heritage.

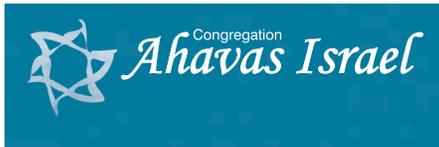
Gan Yiladim takes the best of both worlds – secular and Judaic – and blends them into a program that is at once rich, fulfilling, and stimulating.

The Gan believes in nurturing children with the SPICES of life - focusing on their Social, Physical, Intellectual, Creative,



Emotional and Spiritual development.

Our students are given tools to find expression in art, music, dance and drama. Through teamwork and friendship-building, the children learn skills for life as they explore and play in a loving and nurturing environment, guided by experienced and dedicated staff.



Mazal Tov on your graduation!

- ... to Rachel Strauss on her graduation from East Grand Rapids High School. Rachel is going to DePaul University in Chicago.
- ... to Vance Cook, on his graduation from Michigan Tech University.
- ... to Megan Shibley, on her graduation from the University of Michigan.
- ... to Ben Strauss, on his graduation from the University of Michigan.

Rabbi Krishef's study groups

Our study groups are meeting online. See the synagogue calendar or contact the rabbi for the zoom link. We hope to begin meeting in person sometime this summer, but we'll maintain the zoom link until the coronavirus danger has completely passed.

- Thursday Tanakh study, 1:00 - 2:00 p.m., Schuler Books and Music, 28th St. (in the studio in the back of the store). We have recently begun the book of Joshua, examining one or two chapters a week. Join us.
- Jewish mysticism/Zohar study group, Mondays, 12:00 - 1:00 p.m., Ahavas Israel library. We are reading through Daniel Matt's translation and commentary of the Zohar.

Ahavas Israel's Corners of the Field Garden

The garden will open for general workers when the quarantine is lifted. No experience is needed to work in the garden. You bring some gloves and your energy. Please email Allyson Cole-Strauss at garden@AhavasIsraelGR.org, or Mary Kaneti at mcubed4300@gmail.com for information about helping to feed the hungry. Thank you!

New Security Measure

For security purposes, beginning in 2020, everyone attending Rosh Hashanah and Yom Kippur services at Ahavas Israel will need to show a ticket with their name on it as identification. The ticket will serve as a name tag (on a lanyard that we will provide). It will be nice to put names to faces!

- All members in good financial standing with up-to-date

dues will receive tickets. Since everyone sets their own dues level, no member should be left out: Members with any concerns can make confidential arrangements with the Finance Committee to adjust their dues.

- Non-members may receive tickets by contacting our office in advance as they have done in the past.
 - Non-member residents of Grand Rapids may attend High Holiday services without charge for one year. After that, they may either become a member or purchase a ticket for \$1000 (using a sliding scale).
 - Out of town visitors who request tickets in advance AND who are members of conservative congregations will not be charged.
 - Out of town visitors who are not members of conservative congregations must purchase tickets in advance for \$50.

As this is a change from recent practice, we will publicize the policy in the eVoice, Voice, and Shofar. If you have confidential financial questions, please contact Finance Committee member Lanny Thodey, 616-956-6161 thodey@comcast.net For membership questions, contact Membership Chair Diane Rayor, 616-791-8929 rayord@gmail.com.



June Service Schedule

We are hoping to be able to live stream our Shabbat Services from the sanctuary this month. Whether via Zoom or via Live Stream, all information will be included in our weekly emails.

Join the Shabbat Service Zoom Meeting:

<https://zoom.us/j/795261435?pwd=NW9VSDRJTG9DaGVxS2RURFJqcTJUQT09>

Meeting ID: 795 261 435

Password: Challah18

Friday, June 5

Shabbat Services at 6:00 PM

Celebrating our Graduates

Friday, June 12

Shabbat Services at 6:00 PM

Celebrating June Birthdays and Anniversaries

Friday, June 19

Shabbat Services at 6:00 PM

Celebrating Dads and Grandfathers



Friday, June 26

Shabbat Services at 6:00 PM

Shabbat Morning Zoom Meetings Link

<https://zoom.us/j/947929885?pwd=UnZxOEIzQXJQMxNBaE1ISXNOaS81UT09>

Meeting ID: 947 929 885 Password: Parashah

Shabbat Morning Story with the Rabbi

Kids of all ages are invited to log in to Zoom to listen to a story for Shabbat every Saturday morning in June at 9:00 AM. Come say, "hey" to Rabbi Schadick, wish him a Shabbat Shalom, and listen to a story in honor of the 7th Day. Rain or shine, warm or not so warm, come and connect with the Rabbi.

Shabbat Morning Torah Study

We will continue to gather via Zoom for Torah study this month. We invite our members to join us at 9:30 AM for an hour-long discussion (or so) of some of the wisdom from the Torah portion of the week.

June 6- Naso
June 13- Beha'alotecha
June 20- Shelach
June 27- Korach

Check In and Chat: A chance to connect with each other during these days when we are at home

Rabbi Schadick will host a very informal chat every week when our members can check in with him--and each other. Please join us with your news, a joke, questions, or just to see other people.

Wednesdays at 3:00 PM

Join Zoom Meeting at: <https://zoom.us/j/217204839?pwd=MSs4azBaZkFjMVB2ZVdiNDVRdU50UT09>

Meeting ID: 217 204 839 Password: TECHAT

Schmooze Over the News

The rabbi is seeking members who would like to talk about the news of the day via Zoom throughout the month of June. There are so many things happening in our world that are worthy of discussion. Join him on Thursday mornings at 10:00 AM.

June 4
June 11
June 18
June 25

Join Zoom Meeting

<https://us02web.zoom.us/j/88368647335?pwd=NGI0OTFuUWxCe2JRYXN0S0VZL0diUT09>

Meeting ID: 883 6864 7335 Password: Schmooze

Men's Mussar Study Continues

We are continuing our study of Mussar on Tuesday nights at 7:00 PM via Zoom throughout the month of June. The text

we are using is entitled, The Mussar Torah Commentary: A Spiritual Path to Living a Meaningful and Ethical Life. It is published by the Central Conference of American Rabbis.

Participants are encouraged to read the selection for the week in advance of the class.

June 2- Zerizut-Doing What Ought to Be Done, pages 219-223

June 9- Anavah-Humility, pages 225-228

June 16- Savlanut-Patience, pages 229-233

June 23-Zerizut-Every Moment Counts, pages 235-240

June 30-Chutzpah-Audacity and Courage, page 241-244

Join Zoom Meeting: <https://zoom.us/j/91198472775?pwd=WXRHeKpsWIFZTkF1MnBkb2dmSWluQT09>

Meeting ID: 911 9847 2775 Password: Mussar36

Summer Women's Mussar Study Group

We invite our female members to join Kreenah Yonkers and Elisheva English via Zoom for a weekly Mussar discussion. Mussar is the study and practice of how we enhance our inner selves by embracing Jewish virtues, known as middot.

The group will use the text of the Mussar Torah Commentary: A Spiritual Path to Living a Meaningful and Ethical Life, published by the Central Conference of American Rabbis. The book weaves together values from the Torah portion of the week with corresponding virtues. This is the same book that our Men's Mussar Group has been using since the middle of the winter.

The first three meetings of the women's group will be on Thursday evenings this month at 7:00 PM. It would be most helpful to read the chapter in advance of the discussion.

June 11-B'haalot'cha-Anavah/Humility-pages 225-228

June 18-Shelach-Savlanut/Patience-pages 229-233

June 25-Korach-Zerizut/Zeal-pages 235-240

Join Zoom Meeting

<https://us02web.zoom.us/j/89754824728?pwd=SXkyQkFjWmgxRXRrWnZWMDBuVWVhUT09>

Meeting ID: 897 5482 4728 Password: 210166

Congregation-Wide Book Read

Looking for a new Jewish book to read this summer? Please consider Rabbi Steven Bob's recent work, "Jonah and the Meaning of our Lives", published by the Jewish Publication Society. The story of Jonah is often read on the afternoon of Yom Kippur. Jonah's story is filled with questions and wisdom for our time and place. During the months of August and September Rabbi Schadick will lead a multi-week discussion of this book via Zoom as we move toward our High Holy Day Season. Details of the day and time will be forthcoming.



*Thank you for supporting the
Grand Rapids Jewish Community*

JFGR General Endowment/L’Dor Vador Fund

Julian and Judith Joseph Endowment Fund

Louis & Louise Weiner Fund

Jerry & Judy Subar Endowment Fund

Charles and Maxine Shapiro Endowment Fund

Woman of Valor Endowment Fund

Leven Family Endowment Fund

David & Susan Samrick Youth Scholarship Fund

Lois and Sheldon Kahn Health Help Fund

Donna G. Boorstein Memorial Fund

Sam and Jane Kravitz Social Services Fund

Life cycle times, both happy and sad, are traditional times to make donations to Jewish causes. You can make a donation of \$10 or more to the Jewish Federation of Grand Rapids in honor or in memory of members of our community.

We then will acknowledge that donation with a card to that individual or family. This is a wonderful way to send your good wishes and be able to fulfill the mitzvah of tzedakah.

Please be sure to indicate what the occasion is and who is to receive the card. Please specify which of the following funds you would like your donation to be credited to:

Woman of Valor Fund To honor the women in our lives who have made a difference personally, locally or nationally.

Federation General Endowment/L’Dor Vador Fund To help ensure the continued work of the Jewish Federation of Grand Rapids for now and the future.

Julian and Judith Joseph Fund To provide for local programming and events through the Jewish Federation of Grand Rapids.

David and Susan Samrick Youth Scholarship Fund To provide scholarships to Jewish sleep away camps and experiences.

Charles and Maxine Shapiro Fund To help ensure long-term aid to Israel and Jews around the world.

Louis and Louise Weiner Fund To help ensure local programming for seniors in the Grand Rapids Jewish community.

Jerry and Judy Subar Fund To help ensure funding for overseas Jewish communities’ needs.

Leven Family Fund To establish and provide Jewish facilities, and support for cooperative programming among the congregations that support Jewish education for our youth.

Sam and Jane Kravitz Social Services Fund To support Jewish social services in Grand Rapids.

Donna G. Boorstein Memorial Fund To help ensure funding for Jewish arts, culture and history in Greater Grand Rapids.

Lois and Sheldon Kahn Health Help Fund To support health services for Jewish community members not covered by other financial resources.

Make a tribute gift to
Thank, Honor, Memorialize
friends and loved ones.

JFGR Endowment Fund Donation Form

Donation from: Name _____

Fund (pick from list) _____

Donor Address _____

In honor of _____

Donor City/St/Zip _____

In memory of _____

Send card to: Name _____

Notes: _____

Send card to address _____

Send your donation and this form to:

Send card to City/St/Zip _____

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www.jewishgrandrapids.org

Email: info@JFGR.org

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GRAND RAPIDS

each office independently owned and operated

Stephanie's clients know that they are her top priority. She has lived in Ada and East Grand Rapids over the past 27 years and is your local expert willing to share her knowledge and expertise about the Greater Grand Rapids area. Her professionalism, attention to detail, and pride in her work ensures each client receives the height of service. Stephanie prides herself on being efficient, knowledgeable, and responsible while going above and beyond any expectations her clients have. She was selected as one of *Grand Rapids Magazine's* **REAL ESTATE ALL STARS** for 2019 which recognizes the top 5% of real estate agents in the greater Grand Rapids area. Stephanie helps both buyers and sellers achieve their real estate goals and specializes in everything from modest living spaces to luxury homes.

Call Stephanie today and let her help you make your real estate goals a reality.