

# SHALOM

GREENSBORO



## Nurturing the Soul

Easy and Inexpensive Ways to Begin Self-care  p6

Best Friends Lead Campaign with Joy and Passion p3

Highlights from the First Hybrid Annual Meeting p10-11

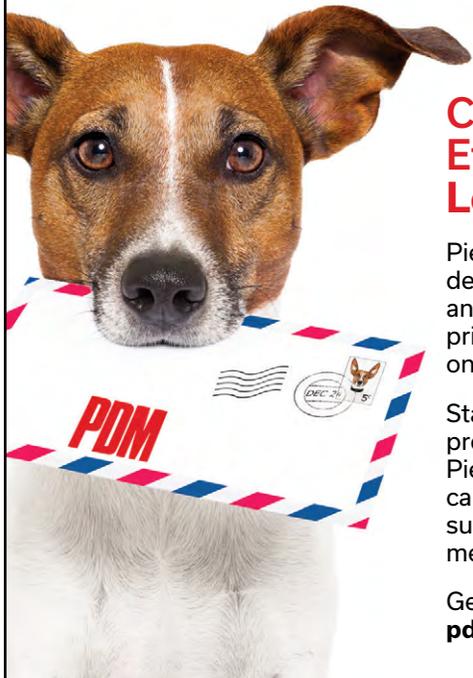
# Congratulations Wendee Cutler!



Thank you for 17 years of dedicated and extraordinary service as Executive Director of Carolina Foundation for Jewish Seniors. Your leadership has made our foundation a treasured partner to all of the organizations serving Jewish older adults in NC and SC.

**Mazel Tov on your retirement!**

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This program is open to the  
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# COME TOGETHER TO DO GOOD



John Cohen

First, let me thank Tom Cone for his service to the community. His generous financial support is only overshadowed by all his given time. It is an honor to serve as President of the Greensboro Jewish Federation. I intend to do my best to build on all that we have accomplished thus far.

In the U.S. Capital there's a painting of the signing of the Declaration of Independence. It is a reminder of the amazing things that can be done when you bring the right group of people together. That's a big part of Federation's success story, having doers and givers. Federation is a place where Jews come together to do good.

My father, Larry Cohen z"l, was involved with Federation until his passing in 2007. Israel was his focus. His world view was influenced greatly by the realities of the Holocaust. He taught me the importance of Israel, not through instruction, but by example - how he spent his time and where he gave his money. In his spare time he raised money for Israel because he believed a successful Israel was the best strategy for the prosperity of the Jewish people in America and around the world. I don't get this opportunity often so bear with me... I want to share a few of his beliefs:

- "It's all commentary until you do something." *you are what you do, not what you say.*
- "If you act enthusiastically, you'll be enthusiastic." *what you think, you become.*
- "It's amazing what you can do when you bring the right group of people together." *people make the difference.*

My father was a goal setter and believed in big, ambitious goals. Over the years others in our community have had ambitious goals. Many families have made great contributions to our Federation in time, money, and energy. A small group of special women started our Lion of Judah program: Joan LeBauer, Joslin LeBauer, Roberta Levin, Debby Miller, Sara Lee Saperstein, and Corky Segal. These doers and givers paved an inspiring path for us to follow. So, today I'm not asking you to lead, I'm asking you to follow. Follow the example of these great doers and givers... there are plenty not mentioned in my short list. There is no task too small or goal too ambitious if it helps strengthen the bond that binds us.

Volunteer to make a solicitation in this year's campaign. Deliver a goodie bag for JFS. Attend a campaign event. Remember: You are what you do. Say yes when asked to get involved and be intentional when participating in our Jewish community.

We hope to inspire the 'Do More' in each of you.

John Cohen, President  
Greensboro Jewish Federation  
2022 - 2024



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# ON MY MIND: Sustaining Mental and Physical Health for our Valued Staff

By Marilyn Forman Chandler, *Chief Executive Officer, Greensboro Jewish Federation*



Marilyn Forman Chandler

Earlier in my career, I worked in the field of mental health; working as a psychiatric social worker at a New York state psychiatric institution. I opened doors with a skeleton key for long-term patients and re-situated them in family care homes. I created self-help groups and a women's support organization under the auspices of a county mental health agency. During my undergraduate studies, I was placed at a teenage alcohol rehabilitation center. Since the creation of Jewish Family Services (JFS), I have supervised our JFS Director who, with her staff, provides mental health support to our community.

I love the mission statement of JFS which ends with "JFS works to build a community where every individual and family receive the support and assistance they need to thrive." It speaks to the positive focus of JFS and to the great work JFS staff perform each and every day to build up everyone in our community. They are fulfilling the mission by "doing good everywhere".

In addition to providing services to our community members, an increased focus at the Federation has been on the well-being of our staff members. Each staff member played a role in holding up our community whilst paying attention to their own health needs and those of their families. In listening to podcasts by nationally acclaimed psychotherapist Esther Perel, she speaks of the prolonged uncertainty caused by COVID-19 which brought us into a world of hopelessness, isolation, sadness, with a lack of spontaneity of movement, despite each of us hungering for touch by another human being. On top of that, we have seen natural disasters and social upheavals - collective traumas - which Perel says require collective healing. It has been hard to process all of this while working through it. "Tragic Optimism," as Perel refers to it, is when we continue to grasp for hope despite so much pain and loss.



On July 22, Federation, Foundation and JFS staff members took a trip to the Cone Family Cemetery. Tom Cone shared the history of his family during the private tour.

and lunch outings and I am excited to see this return so that alongside our community members, our valued employees also feel supported.

In Deuteronomy (4:15), *V'nishmartem Meod L'nafshotachem*, instructs us to watch over ourselves. Let us all take opportunities for bringing wellness opportunities into our lives.

I love the mission statement of JFS which ends with "JFS works to build a community where every individual and family receive the support and assistance they need to thrive."

“JFS works to build a community where every individual and family receive the support and assistance they need to thrive.”

It hasn't been easy for our staff members as boundaries between home and work have been intermingled due to remote work and "the Great Resignation" with team members on the move to new locations, retirements, newly created positions, returning to school and more.

A renewed staff wellness committee has begun to meet to sustain a physically, mentally and emotionally healthy workforce, encourage social engagement, and provide opportunities for community outreach and team work. We have already begun to have field trips, a staff retreat,



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Marilyn Forman Chandler  
Chief Executive Officer

John Cohen  
President, Board of Trustees



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Susan R. Gutterman, JD  
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Sam Cone  
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Betsy Gamburg, MSW, LCSW  
Jewish Family Services Director

Danielle Swick  
Jewish Family Services Chair



## PRODUCTION TEAM

Julia Watkins  
Editor

Dena Kovach  
Design Editor

Nat Bernstein, Ellen Fischer, Jenny Kaiser,  
Jamie Schleuning and Hillary Zaken  
Contributing Writers/Editors

Cover photography featuring  
Mark Gerber  
courtesy of  
Andrew Bowen Photography

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# On The Campaign Trail: Best Friends Return to Leadership

By Alina Spaulding and Emily Kranz, 2023 Campaign Co-Chairs



Emily Kranz and Alina Spaulding at the JFNA General Assembly in 2019 in Washington, DC.

do good  
that goes  
everywhere



The help we provide the Jewish community through our Annual Campaign is dependent on your support.

Please donate now by scanning the code below or by visiting [shalomgreensboro.org](http://shalomgreensboro.org).



Last year, under Ron Yardenay and Elizabeth Strasser's exceptional leadership the Annual Campaign raised \$1.62 million from 659 gifts from people in our community. YOU. DID. THAT! WOW!!!

Congratulations to all of you for once again helping Jews in need all over the world.

Running the Annual Campaign for the Greensboro Jewish Federation is an honor and a labor of love. It is a rewarding and challenging endeavor that leaves much more of a mark on the campaign chairs than they expect when accepting the job. We know because we've both been part of campaign chair teams before - in 2016 and 2018! (A big thank you to Lenny Samet and Brian Ross for being our partners!)

We both have memories of Federation lay leaders making a difference in our community... And each of us thinking at the time, "Maybe someday, I will merit the opportunity to run a campaign, and lead in this way." The truth is, running a campaign is the most fun you can have at Federation, and the result is extraordinary!

What's better than running a campaign? Doing it with your very best friend! We couldn't resist the opportunity to reprise this leadership role together. Part of Federation's mission is building community among the Jewish people of Greensboro and assuring continuity from generation to generation. Our role together is

to raise the money to make that happen! What could be more purposeful and fulfilling?!

On July 1st the 2023 campaign began. We hope that it will be a groundbreaking campaign in many ways. We will lead with joy and passion for the future of Federation. We will break through our \$2 million goal while celebrating the 50th anniversary of Lions of Judah, saying thank you and goodbye to Betsy Gamburg, and welcoming our first *Shinshinot* to Greensboro. We have tons of exciting events and learning opportunities and a few surprises tucked away too. Our community's exceptional response to the crises in Ukraine will need to continue as the needs there will be great... and Greensboro will be great too! Together, we will **do good that goes everywhere** - this is our theme for the year!

We would love to talk to each and every one of you during this campaign year! Please feel free to reach out to us directly (our numbers are available by calling the Federation front desk). Tell us why you are passionate in your support for Federation, or ask how you can help do good that goes everywhere!

We are thrilled to be alongside you for this journey,

Alina & Emily

“We will lead with joy and passion for the future of Federation.”

GREENSBORO JEWISH FEDERATION

major gifts event

JOIN US WEDNESDAY EVENING OCTOBER 12, 2022 FOR

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that goes  
everywhere



MORE INFORMATION AND REGISTRATION CAN BE FOUND AT [SHALOMGREENSBORO.ORG](http://SHALOMGREENSBORO.ORG).  
REQUIRED MINIMUM CAMPAIGN CONTRIBUTION IS \$5,000 PER HOUSEHOLD.

## THREE VOLUNTEERS SHARE THEIR “WHY”

Jewish Family Services (JFS) volunteers do a world of good for others but also use service opportunities to improve their own well-being. Lori Heimann, Michele Haber, and Arlene Henza are three rockstar volunteers who regularly improve the lives of others in our community. Each has a range of volunteer interests that include the food pantry, gift bag deliveries, and the Jewish Community Library at the Greensboro Jewish Federation. Their stories can inspire others to see volunteering as a self-care tool.



Lori Heimann

**Lori Heimann** has dedicated countless hours in the David D. Frazier Food Pantry at JFS. She uses volunteering to structure her days and relieve some of her daily stresses. Many years ago, she was inspired to volunteer and has found strength and comfort in organizing and creating systems that keep the pantry running smoothly. Lori cited her sense of personal satisfaction and said, “It gives me sheer pleasure to know that we are feeding the food insecure.” She sees volunteering as an endeavor that fills her life with engagement, purpose and joy.



Michele Haber

Volunteering to embrace community is a driving force for **Michele Haber**. She has been volunteering her entire life and shared that it is simply part of her routine. Her parents modeled the importance of giving time to one’s community in local hospitals and food banks. Thus, volunteering is also a strong connection to family. When asked about her happiest volunteering memory, she remembered when she and her husband were picking up food donations for A Simple Gesture. A mix up with the route necessitated them driving for an additional 45 minutes but there was a feeling of triumph when they found the address. For Michele, the best part was that she and her husband did it together.



Arlene Henza

**Arlene Henza** dabbled in volunteering for much of her life but discovered its true value once she retired. She started volunteering regularly at the beginning of retirement as a way of trying to find new sides of herself. Arlene has been involved with many different projects including playing a major role in the Jewish Community Library at the Greensboro Jewish Federation. “Try things on, and if they don’t work for you, take them off and try something else,” advises Arlene. Finding new sides of yourself through volunteering can open up new worlds.

Volunteering is about service to others and doing our share of *Tikkun Olam*. But, in a world full of stress where many can feel isolated and unable to find new opportunities to grow, volunteering presents one of the most impactful ways of taking care of yourself. To learn more about volunteer opportunities, call or email Jamie Shapiro, JFS Volunteer and Senior Program Coordinator, (336) 852-4829 x227 or [jshapiro@shalomgreensboro.org](mailto:jshapiro@shalomgreensboro.org).

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Contact Betsy Gamburg at Jewish Family Services (336) 852-4829 ext 225



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*There is hope*

# check it out

The Greensboro Jewish Library



## Bring your Bubbe to Books and Brunch with JFS and PJ Library!

Sunday, October 2 from Noon - 2 p.m.

at the Greensboro Jewish Library in the Federation Building 5509-C West Friendly Ave.

Brunch will be served outside on the patio and an array of books will be available for checkout inside at the Library. Older readers may select a book like *And After the Fire* by Lauren Belfer while younger children may want something more like *Bubbe's Got the Beat!* by Judy Press. Visit [jfsgreensboro.org](http://jfsgreensboro.org) to browse the vast collection at the Greensboro Jewish Library. For more information, please contact Jamie Shapiro at (336) 852-4829 ext. 227 or [jshapiro@shalomgreensboro.org](mailto:jshapiro@shalomgreensboro.org).

Betsy Gamburg has announced her retirement effective January 31, 2023.

Applications are being accepted for Executive Director of Jewish Family Services. Please apply in the job opportunities section at [jfsgreensboro.org](http://jfsgreensboro.org).

## JFS SPONSORS BRITO Food Program

Patients at the Center for Women's Healthcare at Cone Health now have the opportunity to be referred by their doctors to a free food market called the Dr. Miguel and Denese Brito Nutrition & Education Center (Brito). The center provides patients with healthy food, shows how to make better food choices, and connects them with community food resources.



On May 25, 4,400 pounds of food and nearly \$7,000 was donated during the Brito Food Program food drive.

JFS became a sponsor in the hope that more people would learn about food resources in the community. As part of the initiative to be more involved and develop more community partnerships, JFS is excited to participate in the upcoming Brito food drive on Wednesday, November 16.

"Brito teaches women how to make healthy meals that take into account their medical conditions," said Betsy Gamburg who was impressed by the program and thrilled to introduce them as a new JFS partner.

In addition to healthier food alternatives, Brito also offers wellness coaching with a registered dietitian and a financial health class. By providing knowledge to women, Brito will help provide a better future.

## Join VIOLINS OF HOPE Virtual Event



Israeli master violin maker, Amnon Weinstein has spent decades locating and restoring violins that were played by Jewish musicians murdered in the Holocaust. He worked alongside his son, Avshi, piecing the violins back together to hear them played again — thus creating Violins of Hope. This passion project is a private collection of instruments that restores the memory of the nameless millions, including the musicians and artists who were lost during World War II.

Many of the instruments were donated by or bought from survivors of concentration camps while some arrived through family members. Each tells a remarkable story of injustice, suffering and resilience. Today, these instruments serve as powerful reminders of an unimaginable experience — they are memorials to those who perished and testaments to those who survived.

Join JFS on Wednesday, November 2 to hear directly from Avshi Weinstein and learn how the Violins of Hope project is educating communities all over the world. He will share stories about specific violins and how they are connected to a deeper Jewish history. Registration is now open for this virtual presentation at [jfsgreensboro.org](http://jfsgreensboro.org).



Thank you to A Simple Gesture for providing the David D. Frazier Food Pantry at JFS with so much food. Help support A Simple Gesture by signing up on their website at [asimplegesturegso.org](http://asimplegesturegso.org).

## GREENSBORO JEWISH COMMUNITY BLOOD DRIVE IN MEMORY OF MORRY & RUTH JACOBS

Sunday, November 6 10 a.m. - 3 p.m.

Greensboro Jewish Federation 5509-C W. Friendly Ave., Greensboro



Registration coming soon at [jfsgreensboro.org](http://jfsgreensboro.org).

# INVESTING IN

# yourself

BY JAMIE SCHLEUNING

In the last few years we have seen athletes, actors, models and other celebrities publicly discuss their mental health struggles. Some faced criticism, especially athletes as it related to their performances, while others were praised for being so forthcoming and helping to alleviate the stigma associated with mental health issues. One can struggle with poor mental health but never have a mental illness as well as someone with a mental illness can experience mental, physical, and social well-being. The Center for Disease Control says that each year, one in five Americans will

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**“Some of the easiest and most inexpensive ways to begin self-care practices begin at home.”**

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experience a mental illness, and “more than 50% of Americans will be diagnosed with a mental illness or disorder at some point in their lifetime.” With numbers that affect every other person in the United States, it seems that normalizing the topic of mental health and mental well-being should be a priority.

Being proactive about our physical health is something that is ingrained early in life. It begins with visits to the pediatrician, being told to eat our vegetables and participate in recess. When we become stewards of our own health, we get to make the decisions about what we want to fuel our bodies with, how and if we exercise, and also when to see a doctor. There are recommended annual screenings for overall health, skin cancer, and for women, breast cancer. But, what is there to do proactively for mental health? What does mental health investment look like and is it the same for everyone?

Several new phrases have become everyday jargon due to the pandemic. Staycation, plant parent, elbow bump, and social distancing are a few. Self-care is one that became especially prominent on social media, wellness blogs and mainstream media. The term has been around for much longer than the pandemic, but took on a more meaningful purpose in the early months as the world ground to a halt. Collectively, every aspect of life was evolving, or devolving based on point of view. From if we could work, to how we could work, postponed vacations, canceled graduations and weddings, invisible pregnancies, not seeing loved ones, and not being able to be with someone we loved as they died, life seemed unfair. The mental health of many suffered and needed care.

Some of the easiest and most inexpensive ways to begin self-care practices begin at home. Self-care is about

taking time for ourselves, hitting an internal pause button and being mindful. For some, this could be as simple as enjoying a cup of hot tea while watching the birds outside. Plenty of blogs suggest meditation as a way to relax and start a mindful practice. But, meditation doesn't come naturally for everyone and can take many tries. Often, within a few minutes of meditation the mind begins to stray; it can happen so many times that one may feel discouraged or feel a need for assistance. Thankfully, like most things in our modern world, there is an app for that! Calm, Twif, Headspace, Stoic, and Happify are just a few apps available that offer meditation guidance.



Mark Gerber  
Photo courtesy of Andrew Bowen

For some individuals, self-care involves a more hands-on approach. Mark Gerber has been gardening for almost twelve years. An interest in growing his own food was soon realized after a prolific crop of tomatoes. As he began growing more vegetables, he loved being able to give away the bounty of his labor to friends. “Years ago I golfed, and, basically I enjoyed golf because I only thought about hitting the ball. The act of golfing was a stress reliever. In gardening there is a similarity to that. When I put my hands in the dirt and I start planting, I only think about the feel of the dirt and what I am working on at that moment.” Gerber has a daily ritual of examining and tending to his plants, flowers and vegetables. He loves growing his own food for the sense of accomplishment and relishes the joy he derives from working in and seeing his garden flourish.

While Gerber loves to toil in his own yard to relieve stress, some individuals need a sense of community to ignite self-care habits. Whether this is a Torah class, participating in a craft, or joining a running club, simply having a common purpose can be therapeutic.



One communal opportunity is Ahava Collective, a nonprofit Yoga and Meditation Studio founded by Nichol Walters. Walters began her yoga journey after her therapist recommended it to help with anxiety and depression. She



## ON THE COVER:

Mark Gerber gets his hands dirty in his own backyard.

Cover Photo courtesy of Andrew Bowen

was initially skeptical but open-minded enough to try. Soon she was experiencing enough “little triumphs” that she had a deeper desire to practice and eventually teach. “I truly believe that most people I have encountered just want to experience a sense of calm, peace, and feel comfortable in their own skin. Yoga and meditation have helped me experience all of this.” Walters believes that yoga is for everyone because, “it is a practice that allows for spaciousness not only in our bodies, but also in our mind, our emotions, and our ability to show up in the world.” Walters believes, “There is something so powerful about practicing in a community, and finding the support of others that are on a similar path.”



Nichol Walters and her daughter, Rachel, in the Ahava Collective Studio

Like Walters, one of the most common issues for which people seek help is anxiety. Licensed Clinical Mental Health Counselor Paula Katz says, “Most people seek out therapy for the first time because the issues that they are presented with are impacting various areas of their life. It could be affecting their social life, work life, intellectual life or physical, emotional or spiritual well-being.” She acknowledges that it takes a commitment of time and resources. “Ideally, we don’t wait till a crisis to seek out a therapy relationship. If we did a better job of seeing therapy as some part of our wellness instead of our sickness, people would seek it out before a crisis.” She feels most people approach therapy earlier if they know someone in therapy; it has been normalized for them. Therapy doesn’t necessarily have to be a lifetime commitment, some patients will feel the need to continue monthly but some choose to check in annually. Whatever their visit frequency, Katz sees it as an investment when someone says, “I am going to show up, be present even when it will be difficult... I recognize I have to invest in order to experience the benefits.” That investment is the core of self-care.

Self-care is different for everyone. It may be a walk through the park, escaping in a book, learning a new recipe, or Shabbat observation and daily prayer. If it makes the body, mind and soul feel good then it can be whatever you need it to be. Rabbi Plotkin at Chabad Jewish Center of Greensboro shares a Hasidic saying “a small hole in the body is a large hole of the soul.” So whatever you do, be sure to find something that replenishes that hole.

# GILDED:

## CONTEMPORARY ARTISTS EXPLORE VALUE AND WORTH

September 10, 2022 - April 8, 2023



Shinji Turner-Yamamoto, *Pentimenti #120*, 2020. Gypsum plaster mold of 400-million-year-old coral fossil bed, 24k gold leaf, gesso, clay bole, animal glue, and natural resin; 21 5/8 x 13 1/4 x 4 in. Courtesy of the artist and Sapar Contemporary, New York. © Shinji Turner-Yamamoto, photo courtesy of the artist and Sapar Contemporary, New York

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## FINDING THE SILVER LINING During a Stock Market Decline



Steven Woolf

Any stock market decline can be painful for investors, and the current downturn in virtually all of the major market indices is no exception. Although the Jewish Foundation of Greensboro is not in the business of providing tax advice, through a thoughtful conversation with Tax Attorney, Steven Woolf, the Foundation *can* offer some general thoughts that should be discussed in detail with both your tax and financial professional(s) before implementation.

As a general rule, declines in the stock market (and personal investment portfolios) can present some opportunities to help reduce any tax exposure from capital gains through a strategy normally referred to as “tax-loss harvesting.” In short, tax-loss harvesting involves selling selected investments from a portfolio at a loss to help offset the negative tax impact from other holdings that are sold at a profit and would otherwise generate taxable capital gains. Investment assets to review can include stocks or stock funds as well as losses on bonds or other assets.

At the risk of oversimplifying this strategy, consider the following example: Mary holds shares in Stock A which, if sold, even in this down market, would generate a long-term capital gain of \$10,000. Assuming Mary is in the top tax bracket, she would owe 20% capital gain tax (or 23.8 percent if Mary was subject to the net investment income tax). Note that Mary would be subject to either a 37% or 40.8% tax if the stock was held for less than one-year and generated short-term investment income.

Mary reviews her investment portfolio and considers “tax-loss harvesting” by selling both her shares in Stock A, in which she recognizes a gain AND her shares in Stock B bought around the same time which has now declined in value by \$10,000. The result is a tax savings of \$2,000 or \$2,380.

Tax-loss harvesting is a strategy that can be utilized during a stock market decline, but should be reviewed by your tax and investment professional before implementation.



### 4 Conditions and Rules for **TAX-LOSS HARVESTING**

- 1. Tax-loss harvesting applies only to investment assets held in taxable accounts** and not in qualified retirement accounts such as IRAs or 401ks.
- 2. Harvesting losses should not materially affect investment return.** Proceeds from securities that are sold at a loss should be reinvested in similar securities (but not identical to avoid the wash sale rules) in order to achieve a similar investment return.
- 3. Watch out for the so-called “wash sale rule”** that could disallow any loss on the investment if you buy the same security or a “substantially identical” security, within 30 days either before or after the date you sell the loss-generating investment.
- 4. Even if you don’t have any capital gains to realize this year, selling capital loss assets can still provide a limited tax benefit.** A joint filer can deduct up to \$3,000 a year in capital losses to reduce other “ordinary income” such as wages on their 2022 tax return. Any remaining capital losses (after applying them first to capital gains and then to ordinary income), can be carried forward for use in future years.

# BeWell: Helping Teens and Young Adults Thrive



Jewish Federations of North America has launched BeWell, a first-of-its-kind mental health initiative that equips the Jewish community with tools, resources and training to support the mental health and overall well-being of teens and young adults. This \$2.75 million mental health initiative is a partnership of Jewish Federations with the Network of Jewish Human Service Agencies (NJHSA) together with the generous support of Crown Family Philanthropies, Jim Joseph Foundation, and Charles and Lynn Schusterman Family Philanthropies.

BeWell offers a comprehensive, coordinated, system-wide response to the nation's teen and young adult well-being and mental health crisis. It equips dozens of organizations with resources and tools that are infused with Jewish values and trains thousands of professionals, parents and teens to provide the care our youth need. The initiative's focus is on support for teens and young adults between the ages of 12-26, their parents and the professionals that support them.

"The mental health crisis affecting our communities is something we must confront head on," said Jewish Federations President and CEO Eric Fingerhut. "This is a

major investment in our teens and young adults, and not just the future of the Jewish community, but its ability to flourish in the present as well."

The pandemic took a particularly harsh toll on the mental health of young adults. A 2020 study of the Jewish community conducted by the Cohen Center for Modern Jewish Studies in partnership with 10 Jewish Federations found that younger adults reported more difficulty coping with the pandemic than older adults. The disruptions to their lives were dramatic and, in many cases, impacted them more than their older peers. An alarming CDC study published in March of this year reported that 4 out of 10 teens feel "persistently sad or hopeless" while 1 out of 5 have contemplated suicide. A particular focus will be placed on marginalized groups, including LGBTQ+ teens and young adults and Jews of color.

For more information and to sign up to receive the BeWell Newsletter, visit [jewishtogether.org/bewell](http://jewishtogether.org/bewell).

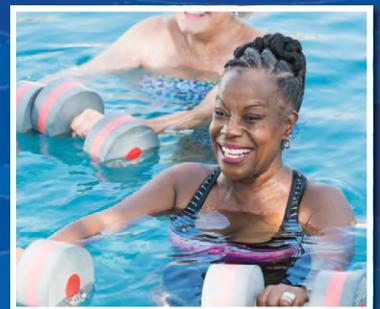
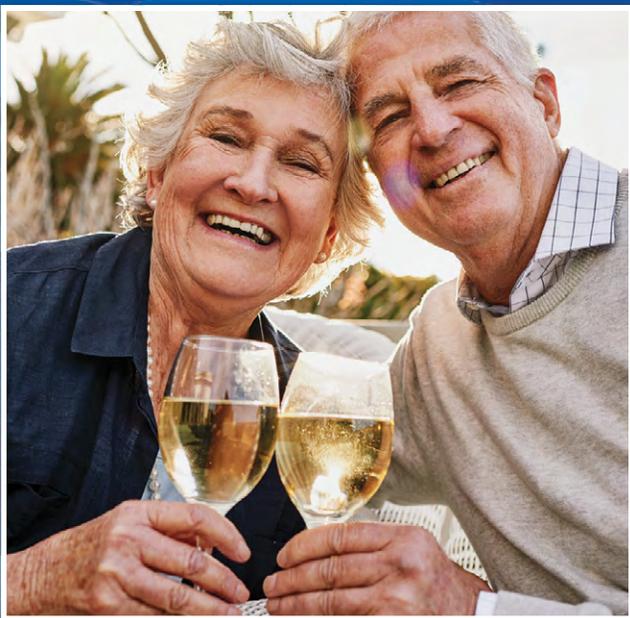
“The mental health crisis affecting our communities is something we must confront head on.”

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# MAKING CONNECTIONS



Jenny Kaiser, Joann Cassell and Jamie Schleuning



Tom Cone,  
Marilyn Chandler,  
Michael Abramson,  
Richard Schwartz,  
Shelly Weiner, and  
Victoria Milstein



Marcus Thomas, Marilyn Chandler, Rene and Tom Cone



Arlene Henza and Simara Levi



Bob and Joyce Shuman and Frandee Woolf



Kerri Citrin and John Cohen

## first hybrid annual meeting: CELEBRATING IN PERSON AND ONLINE



On June 1, 2022, the Jewish community convened in person and online at the first hybrid Annual Meeting of the Greensboro Jewish Federation, Jewish Family Services, and the Jewish Foundation of Greensboro. The meeting included special awards, honored volunteers of the year, and welcomed new leadership.

The evening featured Greensboro Mayor Nancy Vaughan as a special guest speaker who shared insights from her trip to Israel. Campaign Co-Chairs Elizabeth Strasser and Ron Yardenay provided an update to the previous year's campaign. Newly installed President John Cohen outlined goals and shared his vision for the future. Among the presenters were Marilyn Forman Chandler, CEO of the Federation; Sue Simmons, Past President; Frank Brenner, Former President; Michele Gordon, Chair of JFS; Howie Mezer, Chair of the Jewish Foundation of Greensboro; and Shelly Weiner and Victoria Milstein.

In addition, new trustees and board members were inducted and members of the community were recognized for their service. Special congratulations to Arlene and Don Henza, Bea Mandel, Susan Feibelman, and Paula Justice for being JFS Volunteers of the Year and to Michael Abramson and Richard Schwartz for receiving the Benjamin Cone, Sr. Leadership Award.

The hybrid meeting drew over 65 attendees online and 50 people in-person who enjoyed desserts following the closing remarks by outgoing Federation President Tom Cone.



Don Henza, Jamie Shapiro, Michele Gordon, Arlene Henza, Paula Justice, and Susan Feibelman



Mayor Nancy Vaughan



Ron Yardenay and Elizabeth Strasser



Ann Parsons and Jamie Shapiro



Federation President and Past President applaud the two "first ladies." Rene Cone gifts a bouquet of flowers to Sally Cohen.



Shelly Weiner and Victoria Milstein

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In an effort to be both eco- and budget-conscious, the Federation has transitioned the magazine into a quarterly publication, and is streamlining the mailing list.

Donations are vitally important to help offset production and mailing costs. Please consider making a contribution, or if you would like to be removed from the mailing list, email *Shalom Greensboro* Editor Julia Watkins at [jwatkins@shalomgreensboro.org](mailto:jwatkins@shalomgreensboro.org). As always, everyone is welcome to enjoy the digital publication of the magazine which can be found online at [shalomgreensboro.org](http://shalomgreensboro.org).

Please donate now by scanning the code or by visiting [shalomgreensboro.org](http://shalomgreensboro.org).

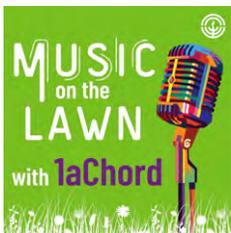


For more information and advertising opportunities, contact Julia Watkins at [jwatkins@shalomgreensboro.org](mailto:jwatkins@shalomgreensboro.org).

# MAKING CONNECTIONS



## A SUNNY SUNDAY at Music on the Lawn



More than 50 people enjoyed a private concert during the afternoon of Sunday, April 24 at the home of Jenny and Brian Kaiser. The entertainment was local music trio, 1aChord, a semi finalist on *America's Got Talent: Season 16*.

"It was wonderful for the Jewish community to get to see local Greensboro students' success. 1aChord not only creates beautiful music, but you can see how special their friendship is," commented Mollie Blafer, a Music on the Lawn attendee.

To close out the year's events before the summer began, attendees also heard from Past President, Sue Simmons and the 2021-2022 Campaign Co-Chairs, Ron Yardenay and Elizabeth Strasser. With food sponsored by Harris Teeter, this unique event was one to be remembered.



From left to right, Mollie Blafer, Samantha Brody and Ethan Weiss cool off with drinks and snacks at Music on the Lawn.



Federation Staff

## JPro22 Going places, together.



In early May, several Federation and Foundation staff members traveled to Cleveland, Ohio for JPro22. The JPro22 national conference brought together more than 1,000 Jewish community professionals across the United States. The conference offered workshops to build skills in finance, technology, marketing, project management, fundraising, storytelling, burnout prevention, and more.

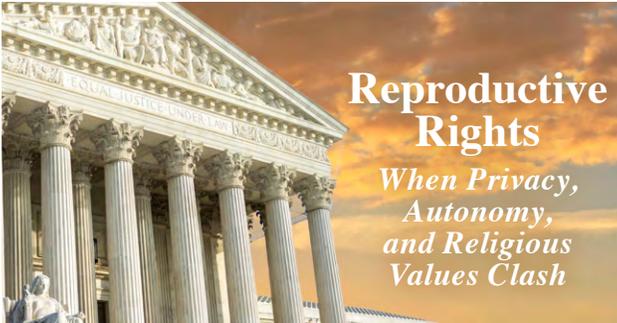
During downtime, staff members experienced Cleveland in many ways including a visit to the Rock & Roll Hall of Fame and a Kosher Chinese meal enjoyed at Carly Dunno's home. On the last day, Dena Kovach and Julia Watkins presented *Shalom Greensboro* magazine as a collaborative piece of the Greensboro Jewish community to conference attendees. Staff members continue to implement new practices that were learned during the breakout sessions at JPro22.



Michele Perrell, Julia Goldsmith and Maya Gurfinkel



Carly Dunno, Dena Kovach and Julia Watkins



## Roe V. Wade Panel Discussion: THREE PERSPECTIVES



Kathy Manning

On June 28, the Jewish Community Relations Committee, along with the Maimonides and Cardozo Societies of the Greensboro Jewish Federation, hosted a hybrid panel discussion on the recent Supreme Court decision overturning Roe v. Wade. Tom Cone and Sue Simmons moderated the event for over 140 participants.

Serving on the panel was Rabbi Libby Fisher, Steve Friedland, and Dr. Kelly Leggett, with special virtual guest, Congresswoman Kathy Manning. The discussion focused on Roe v. Wade from a legal, medical, and Jewish ethical perspective. Rabbi Fisher is the Associate Rabbi at Temple Emanuel, Steve Friedland is a Professor of Constitutional Law at Elon Law School, and Dr. Kelly Leggett is an OBGYN and former Director of Faculty Practice at the Cone Health Women's Hospital. Currently in North Carolina, abortion is permitted up until the 20th week of pregnancy, and with the state's political make up, the Supreme Court decision is unlikely to change that.



Dr. Kelly Leggett



Steve Friedland



Rabbi Libby Fisher



Noa Eckstat splashes around in the fountain at LeBauer Park.



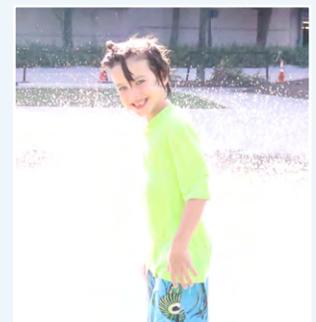
## Splish Splash at Back to School Bash



The sun came out for the Back to School Bash and School Supply Drive at LeBauer Park on Monday, August 8. Six families attended the event and celebrated the value of education. School supplies like notebooks and pencils were brought by families to support the Teacher Supply Warehouse, an initiative of the Guilford Education Alliance. One of their goals is to make sure Guilford County School teachers have what they need in the classroom to provide the best education for students. Younger event attendees splashed around in the fountains, made chalk art, and enjoyed sweet treats with their parents from Lawn Service, a new kiosk by Little Brother Brewing in the middle of the park. Special thanks to PJ Library and Jewish Family Services for sponsoring this fun event. To learn more about PJ Library and activities for kids, join the PJ Library Facebook group @PJLibraryGreensboro.



Marilyn Henner Carrigan and Amethyst Henner



Rafi Eckstat

# TODAH RABAH

We thank the following people for their contributions to Jewish Family Services. All contributions to JFS are used to support JFS programs and services, and those in our community unless otherwise specified by the donor.

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Of: Ellen and Lenny Samet's 50th Anniversary  
From: Ilene and Adrian Grant  
Of: Ellen and Lenny Samet's 50th Anniversary  
From: Ellen and Allan Ross, Arlene and Alan Bardy, Susan and Freddy Robinson, Joyce and Bob Shuman  
Of: Freddy Robinson's 70th Birthday  
From: Ellen and Allen Ross, Arlene and Alan Bardy, Joyce and Bob Shuman, Ellen and Lenny Samet  
Of: Joy Shavitz's Birthday  
From: Phyllis Shavitz

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Mark Davidowitz  
Robert Levin  
Linda Bagish

We apologize if we have missed anyone's contribution. Please call Jewish Family Services at (336) 852-4829 x222 if we missed you, and we will include you in the next issue. The minimum donation for each submission is \$10.00. Thank you.

Of: Chabad Greensboro  
From: Peggy Bernstein

### In Memory:

Of: Farley Fisher, z"l  
From: Polly Strasser, Rochelle Weiner  
Of: Les Hermelin, z"l  
From: Stephen and Lori Morton, Julia Steingass, Sheldon and Nancy Gilman, David and Donna Hudson, Rose Chamblee, James Higgins, Barbara and Leonard Greenberg, Doris and Pete Copeland

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Temple Emanuel  
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Dana Adler Rosen

## JFS VAN FUND

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### In Honor:

Of: Sharon Kaiser's 75th Birthday  
From: Linda and Jerry Wearb  
Of: Kelsey Simmons' Engagement  
From: Steve Shavitz and Judy Frederick  
Of: Allison Issacson's marriage  
From: Steve Shavitz and Judy Frederick  
Of: Steve and Gail Bernstein's Grandson  
From: Steve Shavitz and Judy Frederick  
Of: Mark and Cheryl Davidowitz's Grandson  
From: Steve Shavitz and Judy Frederick  
Of: Jay Winepol (Get Well)  
From: Linda and Jerry Wearb  
Of: Katy Claussen's caring help to the family of Les Hermelin  
From: Marcia Hermelin  
Of: Elizabeth Kaplan's Wedding  
From: Steve Shavitz and Judy Frederick

## GLOBAL EMERGENCY FUND: UKRAINE

### In Honor:

Of: Maddie Selwyns  
From: Beatrice Schall  
Of: Alina Spaulding  
From: Tom Cone  
Of: Linda Schafer  
From: Temple Emanuel

### In Memory:

Of: Judy Wisan, z"l  
From: Elaine Abrams

Of: Michael Tuck's Wedding  
From: Steve Shavitz and Judy Frederick  
Of: Adam Friedman's Engagement  
From: Steve Shavitz and Judy Frederick  
Of: Phyllis Shavitz's Birthday  
From: Joan Samet  
Of: Ellen and Lenny Samet's 50th Anniversary  
From: Steve Shavitz and Judy Frederick  
Of: Simon and Sondra Solomon's 25th Anniversary  
From: Steve Shavitz and Judy Frederick  
Of: Freddy Robinson's 70th Birthday  
From: Steve Shavitz and Judy Frederick

### In Memory:

Of: Farley Fisher, z"l  
From: Steve Shavitz and Judy Frederick, Jeri D'Lugin, Victor and Rose Ackermann  
Of: Judy Weston Wisan, z"l  
From: Jeri D'Lugin  
Of: Laura Michelle Cutler, z"l  
From: Jeri D'Lugin  
Of: Greta Shulack, z"l  
From: Steve Shavitz and Judy Frederick

## ANNUAL CAMPAIGN

### In Honor:

Of: Ron Yardenay and Elizabeth Strasser  
From: Deborah and Jerry Schoenhoff  
Of: Elisheva Cohen  
From: Philip Cohen

### In Memory:

Of: Morton (Moe) and Greta Coleman, z"l  
From: Jim Coleman  
Of: Josephine Citrin, z"l  
From: Kerry Citrin

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Volunteers needed! Please email contact Jamie Shapiro at [jshapiro@shalomgreensboro.org](mailto:jshapiro@shalomgreensboro.org) or call (336) 852-4829 x 227.








# OUR TEAM IS GROWING!

## Welcome New Staff Members



Shirley Lucky

**Shirley Lucky** joined the Jewish Foundation of Greensboro as the Director of Finance and Operations.

Before joining the Foundation, she worked as an Accounting Manager at the Housing Authority of the City of High Point. Her previous work experience includes being a VP of Finance and Controller. Shirley earned a Bachelor of Business Administration from North Carolina Central University in Durham and her Master of Business Administration from Rutgers University in Newark, New Jersey. She is a New Jersey native and moved to Greensboro over 20 years ago. She is married to Miller Lucky Jr., and they have three children. She is also an active member of Delta Sigma Theta Sorority, Inc. In her spare time, she enjoys reading, traveling, and spending time with family and friends. She looks forward to getting to know the Foundation community and can be reached at [slucky@jewishfoundationnc.org](mailto:slucky@jewishfoundationnc.org).



Sami Novick

**Samantha (Sami) Novick** recently joined the Greensboro Jewish Federation as the Event Coordinator.

Sami is originally from Laurel Hollow, New York, on Long Island. She graduated from High Point University in 2022 with a B.A. in Event Management and is currently back in High Point for a fifth year, pursuing a master's degree in Communication and Business Leadership. When she is not completing assignments for school, Sami can be found on hikes with friends at Hanging Rock State Park, watching Netflix, and exploring the Greensboro and High Point areas. Sami is looking forward to meeting members of the Greensboro Jewish community and can be reached at [snovick@shalomgreensboro.org](mailto:snovick@shalomgreensboro.org).



Jamie Shapiro

**Jamie Shapiro** has joined Jewish Family Services as the Volunteer and Senior Program Coordinator.

Jamie is originally from the Metro-Detroit area but has moved to Winston-Salem where she just finished her Master of Communication at Wake Forest University. Previously, Jamie attended University of Tennessee in Knoxville and received a bachelor's in Communication. When she is not at work, Jamie enjoys traveling with her partner, exploring the outdoors with her dogs, and checking out local coffee shops for their pastries and chafalattes. She has hit the ground running with food pantry volunteers and is looking forward to all of the JFS events this fall. To get to know Jamie, send her an email at [jshapiro@shalomgreensboro.org](mailto:jshapiro@shalomgreensboro.org).

**A HISTORY TO BE RECKONED WITH**

# THE U.S. AND THE HOLOCAUST

A FILM BY **KEN BURNS, LYNN NOVICK & SARAH BOTSTEIN**

**PREMIERES  
SUN SEPT 18, 8 PM**

FUNDING FOR THE U.S. AND THE HOLOCAUST WAS PROVIDED BY: BANK OF AMERICA; DAVID M. RUBENSTEIN; THE PARK FOUNDATION; THE JUDY AND PETER BLUM KOVLER FOUNDATION; GILBERT S. OMENN AND MARTHA A. DARLING; THE ARTHUR VINING DAVIS FOUNDATIONS; AND BY THE FOLLOWING MEMBERS OF THE BETTER ANGELS SOCIETY: JEANNIE AND JONATHAN LAVINE; JAN AND RICK COHEN; ALLAN AND SHELLEY HOLT; THE KORET FOUNDATION; DAVID AND SUSAN KREISMAN; JO CAROLE AND RONALD S. LAUDER; BLAVATNIK FAMILY FOUNDATION; CROWN FAMILY PHILANTHROPIES HONORING THE CROWN AND GOODMAN FAMILIES; THE FULLERTON FAMILY CHARITABLE FUND; DR. GEORGETTE BENNETT AND DR. LEONARD POLONSKY; THE RUSSELL BERRIE FOUNDATION; DIANE AND HAL BRIERLEY; JOHN AND CATHERINE DEBS; LEAH JOY ZELL AND THE JOY FOUNDATION. FUNDING WAS ALSO PROVIDED BY THE CORPORATION FOR PUBLIC BROADCASTING AND BY PUBLIC TELEVISION VIEWERS.

# COMMUNITY

## CHABAD GREENSBORO DAILY MINYAN Boosts Mental Health



Having a daily *minyan* is often seen as one of the regular amenities in Jewish communities along with a *mikvah* and kosher food.

Attendees participate or practice these rituals out of a sense of duty to G-d, to their community, or to departed loved ones for whom they chant *kaddish*.

But, many say they are personally enriched by the experience as well. “There is a higher level of spirituality in communal prayer,” believes Marc Tannenbaum, Chabad of Greensboro *minyan* attendee. “There is a shared purpose, belonging, and a connection to heritage that I cannot duplicate on my own.”

Tannenbaum says that he has made friends with fellow attendees, especially those with whom he finds common interests or experiences. “When you expand your social network,” he explains, “you do not feel as isolated.”

As demonstrated by multiple studies, a sense of connectedness has measurable health benefits.

In 2013, a *New York Times* article, titled ‘Shaking Off Loneliness,’ by Jane E. Brody stated, “Social isolation is on a par with high blood pressure, obesity, lack of exercise or smoking as a risk factor for illness and early death.”

And, a study published by the *Journal of Consulting and Clinical Psychology* in 2015 found that prayer provided mental health benefits, calmed the nervous system and made patients less reactive.

“The daily *minyan* has been an anchor for many, especially during the uncertain and isolating periods of the past two years when much of life was disrupted indefinitely and the fabric of social life was strained in so many ways,” said Rabbi Yosef Plotkin.

The Greensboro Chabad *minyan* meets nightly at 7 p.m. and on Shabbat mornings for a larger, communal experience.

“I draw comfort from gathering for a spiritual purpose,” says Tannenbaum. “It is calming, rewarding, and improves my mental health.”



Established outdoors during the pandemic, the Greensboro minyan continues to meet daily.

Rabbi Libby holds up a Facetime with a student reading his Torah portion from home due to COVID-19.



## KESHER: TEMPLE EMANUEL'S Religious Education Connects Youth



When Rabbi Libby Fisher was hired at Temple Emanuel, part of her job description was to evaluate the religious education program for youth. After a year in Greensboro observing the program and beginning planning phases, the time for implementing changes has begun.

This year, Temple Emanuel is rolling out its new religious education program called *Kesher*. The new title, a Hebrew word for “connection,” excited the education committee because connection is the exact focus for Temple Emanuel's Pre-Kindergarten through 12th grade. Students will deepen their connections to the Jewish community here in Greensboro, and will relate their modern lives with Jewish text, tradition, and culture. Additionally, Fisher is excited to have an emphasis on the global Jewish community so students can become engaged Jewish citizens of the world.

At Temple Emanuel, educational programming for youth is guided by the principles of diversity and inclusion. Each student comes with their own unique identity and needs, and each of those students are honored for who they are. Furthermore, each student learns best through a variety of different methods. Some students love movement, others prefer art, and there are some who learn best through reading, to name a few. These interactive learning methods are provided for students throughout all grade levels.

Tammie Geier, a Temple Emanuel parent, said, “I couldn't be more excited about the *Kesher* program. It's the fresh start; the religious school 2.0; the reboot we all needed post-pandemic. I only wish my kids were younger!”

Though many aspects of this educational space will remain familiar, one of the goals of *Kesher* is to bring new and exciting learning opportunities such as family learning programs, national and international Jewish travel experiences, Hebrew learning, and community building outside the walls of Temple Emanuel.

*Kesher* meets on Sunday mornings and Tuesday afternoons, similar to the previous program.

“I couldn't be more excited about the *Kesher* program.”

# GREENSBORO HOSTS ISRAELIS FOR LEADERSHIP2GETHER PROGRAM



The Greensboro Jewish Federation is part of a consortium that connects ten communities in the Southeast United States with the Hadera-Pardes Chana region of Israel. The partnership runs a variety of programs targeted to different age cohorts and interests. One of the most successful programs of the partnership is the joint leadership study program called Leadership2Gether (L2G).

Over the course of a year, young leaders from Hadera and the Southern communities in the consortium meet on Zoom to connect and develop their leadership skills. The capstone event for the program is a leadership retreat hosted by one of the partner communities. This year the retreat was in Charleston, South Carolina.



Sam Cone talks to the L2G group about the history of Jewish Greensboro and philanthropy.

Prior to the retreat, L2G members who travel overseas are hosted by one of the communities for a week-long pre-retreat. This year, Greensboro served as host to seven Israeli young leaders from Hadera.

This pre-retreat in Greensboro was a mixture of adventure, shopping, dining, and most importantly, meeting the Greensboro Jewish community. The group

attended the B'nai Bash in addition to both Lag B'omer barbecues held at Temple Emanuel and Beth David. They were treated to an impromptu concert by Rabbi Andy Koren and went for a hike around Lake Brandt with a Torah discussion led by Rabbi Joshua Ben Gideon. They took in the history at the Civil Rights museum, visited the Science Center, and learned about Jewish Greensboro and philanthropy. In addition, they attended a G-FLI session and visited the "She Wouldn't Take Off Her Boots" monument in the studio.

Liat Vardi, an Israeli participant put it best, "I had to go to the other side of the world in order to see the beautiful side of Judaism and to experience the ability of religion to be a connecting element in people's lives. Greensboro melted me down. We met inspiring entrepreneurs, powerful women organizers, and we saw how ideas become reality and have power to affect change."

Registration is now open for 2022-2023 L2G with potential for a retreat in Israel next year. Contact Rabbi Eli Sneiderman for more information at [esneiderman@shalomgreensboro.org](mailto:esneiderman@shalomgreensboro.org).



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# COMMUNITY

## Social Emotional Learning in B'NAI SHALOM DAY SCHOOL



B'nai Shalom Day School's (BSDS) commitment to developing emotionally resilient children is reflected in the work of its school counselor, Perri Hoyt. At BSDS, the role of the school counselor is to provide individual student and family support but also to teach Social-Emotional Learning (SEL) classes and foster overall emotional well-being throughout the school.

During the 2021-2022 school year, BSDS introduced a school-wide SEL curriculum. Utilized across all grade levels, this new program emphasizes positive character traits that align with the school's mission and values and helps students develop positive coping strategies. "From a very young age, our students become really comfortable talking about hard things," Hoyt said. "They are used to talking about big feelings, and using the tools largely supported by our curriculum, to not only have the language to talk about the hard things but also strategies to cope with them."



Perri Hoyt, school counselor, spoke with teachers about the Social Emotional Learning curriculum.



The curriculum helps students develop appropriate language to articulate complex feelings. To demonstrate the importance of empathy, Ms. Perri read a book to Pre-K students. While she was reading, students passed around a paper heart and each time the students believed the main character experienced hurt or sad feelings they bent the paper heart. At the very end of the book, students were able to see how creased the heart was and how moments of sadness left their mark, showing how actions and words can impact others. A parent shared that, while in a disagreement with a sibling at home, a Pre-K student told their sibling, "You've bent my heart!"

Moments like this one demonstrate how social-emotional learning permeates B'nai Shalom classrooms and even the homes of B'nai Shalom families.



Reverend Greg Ferrand, Rabbi Joshua Ben-Gideon and Andra LeBauer

## BETH DAVID SYNAGOGUE Begins Mindfulness Workshop



Self-care and mindfulness are buzzwords used in everyday language. Can one use intentionality to relieve stress, anxiety, and negativity? According to experts, yes. However, it takes time to learn.

Mindfulness is defined as a technique in which one focuses one's full attention only on the present, experiencing thoughts, feelings, and sensations but not judging them. Being fully present allows time to be thoughtful, and being thoughtful allows space to gain control over yourself and the changing world.

COVID-19 saw more people becoming overwhelmed and anxious. In March 2022, the World Health Organization published a news release indicating that the pandemic triggered a 25% increase of incidents of anxiety and depression worldwide. Experts say those feelings are the result of disruptions in the brain. "Neurologists say 'neurons that fire together, wire together' which means that through mindfulness techniques, we can literally rewire our brains to be calmer and more resilient," said Rabbi Joshua Ben-Gideon.

During the pandemic, he met with congregant Andra LeBauer and Executive Director of Second Breath, Reverend Greg Ferrand, about the practice of mindfulness, and the idea for the Mindfulness Workshop was born. "As an Integrative Health and Wellness Coach, Massage Therapist, Yoga Teacher, and Mindfulness Meditation Instructor, I try to weave all of these rich modalities together to have intention, reclaim peace, space, and to remember again how to thrive in the present moment," said LeBauer. To thrive in the present is to see it as it is, without judgment. It can be easier said than done.

Rabbi Ben-Gideon first studied mindfulness with Rabbi Alan Lew, z"l. "Since I first learned of the practice, I have sought ways to incorporate the wisdom into my spiritual practice," he said. He sees now is the time to bring it to the community.

The Beth David Mindfulness Workshop will teach how to intentionally use body, heart, and mind to leave tension, anxiety, and negative emotions behind. Rabbi Ben-Gideon, Reverend Ferrand, and Andra LeBauer will explore how science informs and improves mindfulness practices. The entire community is welcome to participate. Information is available at [bethdavidsynagogue.org](http://bethdavidsynagogue.org).

## J-TRIAD Board Alumna Practices Boundary Setting During Holidays



The High Holidays can be challenging in various ways. For many, these holidays are spent with family, either the one G-d

gave us or the one we choose ourselves. Preparing for Jewish holidays can take people out of their routines, and differing opinions can flow freely through the air, sometimes causing hurt feelings and resentment. Boundaries, or rules an individual sets with themselves and loved ones to protect their own well-being, are important for young adults to establish in order to become healthy, fully functioning, and independent. They are also integral to enjoying holidays with family.



Dr. Rebecca Levy

Dr. Rebecca Levy, a JTriad Board alumna, is from New York and found herself struggling with changing family dynamics after she moved to North Carolina in 2012. She was developing new relationships with friends and colleagues so, naturally, she had less time to talk to her family on a daily basis and keep them posted on every decision she made. Her family noticed these changes, and it was difficult for them to cope.

The most difficult boundary Levy set was traveling home for every Jewish holiday. "It took time, but with open and honest conversations, I was able to help my parents understand the mental toll that traveling home was taking on me," commented Levy.

Now, as a Licensed Psychologist, the most common issue Levy sees with adults is lack of boundaries. She teaches and models how to set parameters to have the healthiest relationships with colleagues and loved ones.

"It is important for Jewish parents to acknowledge and respect boundaries their adult children set, and also critical for Jewish young adults to understand that by setting boundaries, they are changing their family dynamics," said Levy. She encourages young adults to be patient with their parents as it may take time for them to understand the new boundaries.

For help in learning how to set boundaries, Levy suggests looking for a mental health professional on [psychologytoday.com](http://psychologytoday.com), asking your Primary Care Practitioner for a recommendation, or calling your insurance company to learn which practitioners take your insurance.

JTriad is a Jewish group for young adults in the Triad area sponsored by Beth David Synagogue, Greensboro Jewish Federation, Temple Emanuel of Greensboro, and Temple Emanuel of Winston-Salem. To learn more about JTriad, visit [jtriad.com](http://jtriad.com).

## A New Chapter for CAROLINA FOUNDATION FOR JEWISH SENIORS



After 17 years, Wendee Cutler is retiring as the Executive Director of Carolina Foundation for Jewish Seniors (CFJS). She brought her financial and organizational

management strengths to the foundation, and leaves with a "deep love and affection" for Jewish seniors.

"My time with CFJS has been a journey filled with honor and pride as the foundation has grown within the Jewish communities of North and South Carolina. Seeing the joys from the seniors reminds me of my relationship with my grandparents and makes the years all worthwhile," said Cutler.



Wendee Cutler

CFJS President Ari Medoff said, "During Wendee's tenure with the foundation, we've created partnership programs for smaller Jewish communities that lacked services for their Jewish seniors. What's more, she has helped keep an open mind and remain focused on changing needs in various communities."



Rachel Wolf

Rachel Wolf is the newly hired Executive Director of CFJS. Having worked as a Jewish nonprofit professional for the majority of the last 25 years, Rachel brings extensive fundraising, community engagement, and grant writing experience with her to the organization. Most recently, Rachel was the Director of Development at B'nai Shalom Day School. Rachel

has also worked for the Greensboro Jewish Federation, BBYO, Inc., and the Leo Yassenoff JCC. Rachel has happily called Greensboro home for the last 17 years with her husband Dan, and her children, Jonah and Lily.

In 2022, CFJS continues to be proactive with funding, especially transportation and case management. "As always, our board needs to be attuned to identifying good, focused grant opportunities," said Cutler.

CFJS helps enrich the lives of Jewish seniors residing in North and South Carolina by distributing grants to organizations providing activities, services and programs for Jewish seniors in accordance with Jewish values and beliefs. CFJS also raises funds to increase the resources for their endeavors on behalf of Jewish seniors in the Carolinas. CFJS has awarded more than 300 grants, totaling almost \$4 million. To learn more about CFJS, visit [carolinajewishseniors.org](http://carolinajewishseniors.org).

# SHANAH TOVAH HIGH HOLIDAY SCHEDULE 2022 • 5783

## ROSH HASHANAH

## YOM KIPPUR

## SUKKOT

			 TEMPLE EMANUEL	B'nai Israel Synagogue
SEPTEMBER SATURDAY 17:	Selichot with Rabbi Bradley Artson 8 p.m.	Selichot Midnight	Selichot Program and Service 9 p.m.	
SEPTEMBER SUNDAY 25:	Erev Rosh Hashanah Service 6 p.m.	Erev Rosh Hashanah Service 6:45 p.m.	*Erev Rosh Hashanah Service 6 p.m.	Erev Rosh Hashanah Service 8 p.m.
SEPTEMBER MONDAY 26:	First Day Rosh Hashanah Service 9 a.m. Young Adults Blessing 10 a.m. Jr. Congregation (Grades 2 - 7) 11 a.m. B'Yachad/Together - Parents & Little Ones 4:30 p.m. Shofar/Tashlich 6 p.m. Mincha/Ma'ariv	Rosh Hashanah Day 1 9:30 a.m. - 12:30 p.m. Interactive Children's program begins at 10 a.m. Morning services will be followed by a Rosh Hashanah lunch. All are welcome. Membership and tickets not required.	*Rosh Hashanah Service 10 a.m. Educational Program (Grades K - 3) 10 a.m. Babysitting (Ages 1 - 5) 10 a.m. Family Outdoor Service 3 p.m. JTriad RH Schmooze 6 p.m.	Rosh Hashanah 9 a.m.
SEPTEMBER TUESDAY 27:	Second Day Rosh Hashanah Service 9 a.m. Baby Blessing 10 a.m. Jr. Congregation (Grades 2 - 7)	Rosh Hashanah Day 2 9:30 a.m. - 12:30 p.m. Interactive Children's program begins at 10 a.m. Morning services will be followed by a Rosh Hashanah lunch. All are welcome. Membership and tickets not required.	<div style="border: 1px solid black; padding: 5px;">                     All are welcome to attend Temple Emanuel High Holiday Services. Tickets are required for safety and security. You must register to receive your ticket. Call (336) 292-7899 or go to <a href="http://www.tegreensboro.org">www.tegreensboro.org</a> for more information or to request a ticket.  <b>*Services marked with an asterisk will also be livestreamed.</b> </div>	
SEPTEMBER FRIDAY 30:	Kabbalat Shabbat 5:45 p.m.			*Shabbat Shuvah Service 6:30 p.m.
OCTOBER SATURDAY 1:	Shabbat Shuvah Services 10 a.m. Service followed by a Kiddush luncheon.	Shabbat Shuvah Services 10 a.m. Service followed by a Kiddush luncheon.		
OCTOBER SUNDAY 2:	Community Memorial Service at the High Point Hebrew Cemetery 11 a.m. Community Memorial Service at the Greensboro Hebrew Cemetery 1 p.m.	Tashlich Cruise 2 p.m.	Tashlich at the Creek 11 a.m. Community Memorial Service at the Greensboro Hebrew Cemetery 1 p.m.	Community Memorial Service at the High Point Hebrew Cemetery 11 a.m.
OCTOBER TUESDAY 4:	Kol Nidre Service 6:30 p.m.	Kol Nidre Service 6:30 p.m.	*Kol Nidre Service 8 p.m.	Erev Yom Kippur (Kol Nidre) 7 p.m.
OCTOBER WEDNESDAY 5:	Yom Kippur Service 9 a.m. Jr. Congregation (Grades 2 - 7) 10 a.m. B'Yachad/Together - Parents & Little Ones 11 a.m. Mincha 5:15 p.m. Neilah followed by Ma'ariv 6:45 p.m. Havdalah 7:39 p.m.	Yom Kippur Morning Services 10 a.m. Interactive Children's program begins at 10:30 a.m. Mincha 5:45 p.m. Neilah 6:30 p.m. Break the Fast 7:35 p.m.	*Yom Kippur Service 10 a.m. Educational Program (Grades K - 7) 10 a.m. Babysitting (Ages 1 - 5) 10 a.m. Congregant Hour 1 p.m. Study Sessions 2 p.m. Family Service / Healing Service 3 p.m. *Afternoon Service 4:15 p.m. *Yizkor Service 5:15 p.m. *Neilah Service 6:15 p.m. Break Fast 7:30 p.m.	Yom Kippur 9 a.m.
OCTOBER SUNDAY 9:	Erev Sukkot & Sukkot Dinner 5:45 p.m.	Sukkot Dinner Under the Stars 6:30 p.m. RSVP required. Call (336) 617-8120 or visit <a href="http://ChabadGreensboro.com">ChabadGreensboro.com</a> .	Newcomers Sukkah Decorating Party 3 p.m. Shake the Lulav & Etrog under the Sukkah! 6 p.m.	
OCTOBER MONDAY 10:	Sukkot Services 10 a.m. Service followed by a Kiddush luncheon.	Sukkot Service 10 a.m. Followed by Kiddush in the Sukkah		
OCTOBER TUESDAY 11:	Sukkot Services 10 a.m. Service followed by a Kiddush luncheon.	Sukkot Service 10 a.m. Followed by Kiddush in the Sukkah		
OCTOBER SUNDAY 16:	Erev Shmini Atzeret 5:45 p.m.	Hakafot Dancing 7 p.m.	Sukkot Yizkor Service 4 p.m. Simchat Torah Shehecheyanu Party 6 p.m.	
OCTOBER MONDAY 17:	Shmini Atzeret 10 a.m. Yizkor 6 p.m. Simchat Torah Dinner 6:45 p.m. Simchat Torah Services	Shmini Atzeret Service and Yizkor 10 a.m. Hakafot Dancing 7 p.m.		
OCTOBER TUESDAY 18:	Simchat Torah 10 a.m.	Simchat Torah Service 10 a.m.		
	<a href="http://bethdavidsynagogue.org">bethdavidsynagogue.org</a>	<a href="http://chabadgreensboro.com">chabadgreensboro.com</a>	<a href="http://TEgreensboro.org">TEgreensboro.org</a>	<a href="mailto:bnaisraelhp@gmail.com">bnaisraelhp@gmail.com</a>

Please note that the High Holiday Schedule is subject to change. For up-to-date information, contact the organizer of the specific event, or refer to the Community Calendar section of [shalomgreensboro.org](http://shalomgreensboro.org).



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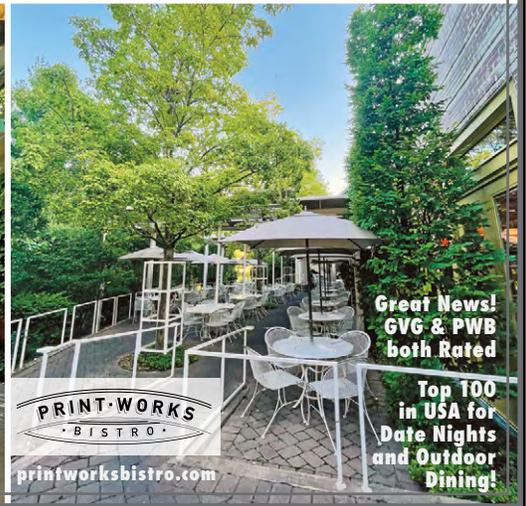
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