STORIES OF PASSOVER: Remembering Our Journeys to America pages 15-17

TACKLING COVID DEPRESSION IN TEENS
Jewish Family Service forms new therapy group to help struggling youth PAGE 28

SUPPORTING AQUATICS AT THE JCC
Generous donors Make a Splash! with new aquatics campaign PAGE 21

YOUR DONATIONS HELPED CHILDREN IN ISRAEL
Laptops given at Beit Alpha Absorption Center thanks to Annual Campaign funds PAGE 4
In the Fullness of Time

by Rabbi Yisrael Yocheved Charlow, Chabad of the Shoreline

“Rabbi, do Chabad have any extra Passover cards available?”

Helen sounded_headers, almost apologetically, I was shocked. We lived seven miles apart, Helen and her husband Michael for over 20 years. They had a simple life, work two jobs each and pay their bills. They have never asked for anything. If anything, they made an effort to look after us, they insist on paying in full; they do not accept my offer of a reduced rate or no fee at all. “Please,” they said, “You are just doing your job.”

Before Passover, a woman approached the village rabbi with a question: “Rabbi, can I use milk instead of wine to fulfill my obligation to drink four cups?” The rabbi answered, “My dear friend, we must read between the lines. Kosher law forbids eating milk and meat together. If this woman and her family are ready to honor the commandment of drinking four cups?” The rabbi answered, “My dear friend, we must read between the lines. Kosher law forbids eating milk and meat together. If this woman and her family are ready to honor the commandment of drinking four cups? This is our simple life, work two jobs each and pay their bills. They have never asked for anything. If anything, they made an effort to look after us, they insist on paying in full; they do not accept my offer of a reduced rate or no fee at all. “Please,” they said, “You are just doing your job.”

In the world of Chabad Halachah, every law has a counter-law. A person who has experienced difficulty in fulfilling one law cannot fulfill another law. This is our simple life, work two jobs each and pay their bills. They have never asked for anything. If anything, they made an effort to look after us, they insist on paying in full; they do not accept my offer of a reduced rate or no fee at all. “Please,” they said, “You are just doing your job.”

In the world of Chabad Halachah, every law has a counter-law. A person who has experienced difficulty in fulfilling one law cannot fulfill another law. In a clear, timely manner. Your generosity provides for those who are struggling. You lift them up with your kindness and care. Thank you!

In order to protect the dignity and privacy of those in need, we have changed names and obscured the details of different cases in our examples. To learn more, visit jfnewhaven.org/covid-19-maimonides-response-fund.

COVID-19 Maimonides Response Fund Impact

Providing for critical human needs:

$538,290 in grant awards

As of January 25, 2021

COVID-19 MAIMONIDES RESPONSE FUND

Monies raised for critical human needs

$567,000

March 2020—December 2020

Since the pandemic began, the Jewish Federation and Jewish Foundation’s COVID-19 Maimonides Response Fund has awarded $567,000 to support organizations serving older adults, families, and community members who are at increased risk for the virus.

The program has provided significant financial assistance to help ensure New Haven’s older adults can purchase food and personal protective equipment and receive transportation, telehealth, and emergency food assistance.

The Federation and Foundation have made $538,290 in grants to support organizations providing critical needs, including food, personal protective equipment, and transportation to those experiencing food insecurity.

The program has awarded money to 23 organizations, which have served 500 families, and has served 963 people.

As of January 25, 2021

1. Food for Seniors

2. Hebrew Academy

3. Towers at Towers Lane

To learn more, visit jfnewhaven.org/covid-19-maimonides-response-fund.

Jewish Federation of Greater New Haven

Jewish Foundation for Greater New Haven

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For more info: 203.393.3999 ext. 110
www.jfnewhaven.org

SHALOM NEW HAVEN

HALCHEMTZ Press April 2021

Leading by example, I had a clear picture of how much we would need to update their monthly deficit and surmount these challenges. I found some potential job opportunities for Helen that she was able to accept and provide some supplemental income. But it wasn’t enough — and a $50 food card was not going to do the trick.

Then I reached out to the COVID-19 Maimonides Fund of the Jewish Federation and Jewish Foundation of Greater New Haven and described the situation. Within days, they supplied funds that allowed Helen and Michael to close the gap and cover groceries, medicine, and rent.

Nothing feels better than helping people in need. And nothing hurts more than seeing people in need and being unable to help. The Jewish community has supported the Greater New Haven Jewish Federation and Jewish Foundation’s COVID-19 Maimonides Response Fund, and the Jewish community has supported the Greater New Haven Jewish Federation and Jewish Foundation’s COVID-19 Maimonides Response Fund, and the Jewish community has supported the Greater New Haven Jewish Federation and Jewish Foundation’s COVID-19 Maimonides Response Fund, and the Jewish community has supported the Greater New Haven Jewish Federation and Jewish Foundation’s COVID-19 Maimonides Response Fund.
JEWISH FEDERATION OF GREATER NEW HAVEN'S Women's Philanthropy Launches New Community-wide Program

Women's Philanthropy is thrilled to share that we are launching a local chapter of Dignity Grows, a program founded by the Jewish Federation of Greater Hartford’s Women’s Philanthropy. It has now grown into a national initiative chaired by its founder, Jessica Zachs. Dignity Grows provides monthly personal and menstrual hygiene products to homeless girls and young individuals assigned female at birth who cannot afford them. Dignity Grows embodies the Jewish values of Tzedakah (righteousness) and Tikun Olam (repairing the world). Through this program, we hope to provide our neighbors and remove obstacles to better self-care and health by providing access to these products as women pass the critical years of menstruation every month. Dignity Grows mobilizes volunteers to organize, collect and distribute free, reusable zip-top totes filled with a month’s supply of soap, shampoo, deodorant, toothbrush and toothpaste, along with menstrual products. Federal government programs do not cover these items, and people often don’t think to donate them to food pantries.

Dignity Grows was one of the programs featured in our recent International Judaism of Lubavich conference. We have no doubt that Federations across America will plan to launch their own chapters as well. Volunteers are needed to help pack the totes and financial support will enable us to purchase the contents for the totes (and the totes themselves). Just $20 will fill a Dignity Tote for a neighbor in need.

For more information on how to get involved and for more details, please contact Amy Hutz at ahutz@jewishnewhaven.org or visit Jewishnewhaven.org/womens-network/dignity-grows.

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Congratulations to Sherri Hauer

Sherri Hauer, whose father George Hauer still lives on the Shoreline and is an active member of Temple Beth Tikvah, received the inaugural Mary Gross Social Justice Award at the Women’s Philanthropy Awards dinner. Sherri was recognized for her work organizing community programs with her husband and her other group members—Martha Ruffman and Bill Saenz—helped raise funds through legal aid services and direct donations of money and household items for families in need in Southern California, where she resides. After visiting the ICE Processing Center in Adelanto to personally see the conditions of refugees, Sherri made an unaccompanied immigrant child into her ward while he was waiting to be reunited with his family.

Learn more about Ari Zvi at jdc.org/about/our-people.

New JDC CEO Ari Zvi

Ari Zvi, who previously led the Safe Horizon social service agencies as CEO for 12 years, began in January as CEO of the American Jewish Joint Distribution Committee (JDC). JDC is a global Jewish human rights organization in 70 countries and a partner agency of the Jewish Federations of North America. Ari Zvi joins JDC at a challenging time as the global impact of the COVID-19 pandemic is felt around the world.

Her career in the human and public service sectors spans her tenure as executive director of New York City Department of Homeless Services, where she was responsible for over 22,000 shelter beds. In addition, Ari Zvi has served as the chief program officer at United Nations Secretariat, the global founder of the Jewish Community Relations Council at the American Jewish Committee in New York, Jewish Coalition for Service and New York Community Foundation for the Manhattan Hillel.

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Your Donations Helped Belt Alpha Absorption Center Children

Because of your generous donations to the Jewish Federation’s Annual Campaign, the children at Belt Alpha Absorption Center in Israel now have 15 new laptops for educational purposes. Belt Alpha, an absorption center run by the Jewish Agency for Israel (JAFI), and funded in part through Jewish Federations, is home to about 450 Ethiopian orim (immigrants). The absorption center creates a bridge to newcomers, helping them adjust to the Hebrew language and life in modern Israeli society. Operation Rescue of Israel, launched this writer, will be bringing much needed medical services to the area for the first time in decades and closed and the border sealed off to lower COVID-19 infections.

This donation was made possible through the Southern New England Consortium (SNEC), a partnership of 11 Jewish Federations, of which the Jewish Federation of Greater New Haven is one, and the Jewish Federations in Israel-Gl恼ria region of Israel, creating a significant impact in the lives of children, women and young people at risk.

Your donations to the Annual Campaign of the Jewish Federation of Greater New Haven make this possible.

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Are YOU Paying TOO MUCH for LIFE INSURANCE?

You already know life insurance can help provide financial security for you and your family. But you may have found the cost of insurance to be more than you can pay…especially if the premiums keep increasing year after year.

Transamerica Life Insurance Company

If you are looking for a no obligation quote, you may want to contact us. Transamerica Life Insurance Company can help. They are competing to provide life insurance policies which guarantee that the premiums you pay will remain level for 10, 15, 20, or 30 years. Call the Leibowitz Group TOLL FREE for a no obligation quote.**

Trendsetter Super 10, 15, 20, and 30 from Transamerica Life Insurance Company can help.

They are competing to provide life insurance policies which guarantee that the premiums you pay will remain level for 10, 15, 20, or 30 years. Call the Leibowitz Group TOLL FREE for a no obligation quote.**

The Leibowitz Group

1-908-233-1900

TOLL FREE

1-800-523-3980

888-448-LEBO (5326)

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tikkun olam


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10-Year Level Premium Policies**

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20-Year Level Premium Policies**

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**Based on a term policy for a non-smoker. If you are a smoker, your rates will be higher. For more information, please call 1-908-233-1900.

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Call the Leibowitz Group at 1-908-233-1900 for a no obligation quote.

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Her career in the human and public service sectors spans her tenure as executive director of New York Mayor’s Office of Mitchell-Lama Housing, White House Fellow in the Department of Housing and Urban Development, vice president at the Women’s Housing and Economic Development Corporation in the Bronx, and chairman of the New York City Board of Directors of the Jewish Federations of North America. With the JDC, Ari Zvi has served her Jewish community as a leader for the Manhattan Community Relations Council and for a year as global chief program officer at the Federation of New York, Jewish Coalition for Service and New York Community Foundation for the Manhattan Hillel.

In Fall 2023, Temple Beth Shalom (TBS) is celebrating its 75th anniversary. Temple Beth Shalom will have a wonderful celebration of a variety of events. Programming includes Friday night Shabbat services, weeklong congregant events who joined during each decade, a special recognition of past Temple presidents and much more. It will lead up to a culminating event in November 2023. Details will be available on sholem.org.

Sukkah/Memories about TBS: If you or your family were members of Temple Beth Shalom—or anyone knew a special event at Temple Beth Shalom—they would love to hear from you. Email your Temple Beth Shalom story to shalemhndt75@gmail.com. They will be compiling memories for a tribute book.
New Haven Sends Delegates on Virtual Mission to DC

by Derek Holodak
Shalom New Haven Staff

This February, 15 members of the Greater New Haven Jewish community joined delegates from the United States for the Jewish Federations of North America’s (JFNA) first-ever Virtual Mission to Washington, DC.

The goal of the mission was to allow participants to hear from political leaders and policymakers who will fight anti-Semitism, ensure a strong U.S.-Israel relationship, and address Israel-related priorities of the Jewish community. “I was so impressed with the large assortment of legislators from both sides of the aisle,” reflected Jewish Federation of Greater New Haven CEO Judy Alperin. “Rosa steals the floor every time!” remarked Congresswoman Rosa DeLauro in her new role as House Appropriations Chair introduced “First 100 Days,” which saw New Haven’s own Rosa DeLauro come during the February 2 session, “What to Expect in the First 100 Days,” seen in Washington D.C., who has worked productively with the Jewish community for the past two years.

Attendees were also among the first in the nation to virtually meet with members of the new administration and observe Congressional leaders, such as Congressmen Thompson, leads on nonprofit security to advocate for the Jewish community.

For those who were unable to attend the Virtual Mission, recordings are available on the Jewish Federation of Greater New Haven’s website at jewishnewhaven.org/jcrc.

Local Ties to Biden Administration

Congratulations to Jewish appointees in the Biden Administration with ties to our Greater New Haven community!

(JSF) Jewish Federations has been named as Chair of the Federal Communications Commission. She is a native of West Hartford, where she went to Hall High School.

Respondent: “The Virtual Mission provided even greater opportunities to partner on a single message of how anyone who can participate in future missions do so.”

The program included shlichah (female Israeli emissary) in Washington D.C., who has worked productively with the Jewish community over a long period.

A Bridge Between Ethiopian Israelis and American Teens

A new partnership that was launched this past year as people engaged in more online activities during the pandemic is building connections and understanding as people engaged in more online activities during the pandemic brought Americans and Israelis together. “It’s great to see how the pandemic is building connections and understanding as people engaged in more online activities during the pandemic brought Americans and Israelis together. “Before the program, some of the American teens hadn’t really heard of or met Ethiopian Israelis. They didn’t know about Ethiopian Jewish culture…” said one of the teens.

ShinShinim (teenage gap-year Israeli emissaries). The third cohort kicked off in early 2021. Over two months, Bridges Buddies participants gathered on Zoom every other week. About 20 teens in 20th and 11th grades from the paired Partnership2Gether cities of Baltimore and Ashdod were part of the final summer cohort. Fall 2020’s expanded second cohort included about 20 teens each from Baltimore, Michigan, and Migdal Emek, including the Detroit suburb of Grosse Pointe.

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Shalom Baby Continues to Make a Great Impression

Shalom Baby is building community with personal gift bag deliveries, stroller-walking groups, socially distant suckling programs and virtual programs for parents. New, isolated and safely visit families at their homes to bring them gifts has been a beautiful point of connection for parents feeling especially isolated at this time. Families are also connecting online in a closed Shalom Baby Families Facebook Group.

A FEW MESSAGES FROM SHALOM BABY PARENTS:

“Thank you for the Shalom Baby bag, Evan loves it!”—Sophie

“Just got the Shalom Baby bag and it is amazing, thank you!”—Natalie

“Thank you again for the wonderful Shalom Baby bag!”—Caitlin

My name is Nicki Golos, I grew up in this community (formerly as Nicki Polonsky) and am so proud to be a part of the Women’s Philanthropy Shalom Baby effort. I have two little ones whose births straddle the pandemic, a two year old boy and a five month old girl. Firsthand, I can tell you that it’s a very different experience to have a baby during the pandemic. I don’t get to see my little girls’ peers, meet their parents, or show her off the way I did with my son. I don’t get to feel the warmth of strangers’ smiles and coos over her. From my experiences with my son, I’m lucky enough to know that this isn’t the norm. But I want to make sure that new parents, who might be feeling a little bit lonely, also know that child-rearing really does take a village, and that we are here for them. To me, Shalom Baby is for them. It’s a brief moment of relief and a reminder that new parents, and especially those who might be feeling a little bit lonely, also know that child-rearing really does take a village, and that we are here for them. To me, Shalom Baby is for the Women’s Philanthropy effort. I have two little ones whose births straddle the pandemic, a two year old boy and a five month old girl. Firsthand, I can tell you that it’s a very different experience to have a baby during the pandemic. I don’t get to see my little girls’ peers, meet their parents, or show her off the way I did with my son. I don’t get to feel the warmth of strangers’ smiles and coos over her. From my experiences with my son, I’m lucky enough to know that this isn’t the norm. But I want to make sure that new parents, who might be feeling a little bit lonely, also know that child-rearing really does take a village, and that we are here for them. To me, Shalom Baby is bringing families a taste of what it will one day feel like again. When I do a socially distant drop-off, it’s a check-in, a time when I can ask families how they’re doing and celebrate their baby, and let them see how happy our community is for them. It’s a brief moment of relief and a reminder that normalcy will return one day. It’s a total privilege to be a part of it, and I want to thank the Federation, Women’s Philanthropy, and our professional staff of Kayla and Amy for making it happen.

THANK YOU TO OUR GENEROUS SPONSORS

Shalom Baby

PARENTS:

Gayle & David Slossberg

JONATHAN PERKINS

THANK YOU

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NEW ENGLAND JEWISH ACADEMY

2021 Gala & Awards Event

New England Jewish Academy (NEJA) honored its faculty and Upper Division Principal at their virtual 2021 Annual Gala & Awards Event on February 20. NEJA’s Class of 2022, student council, parents, staff, administrators, board members, and volunteers joined together to create a virtual showcase celebrating the 33 faculty members who inspire and educate students as young as two years old, throughout their elementary, middle, and high school years. The event also paid tribute to Dr. Richard Nabel, a seasoned school administrator who served New England Jewish Academy as its Head of General Studies, and filled the role of Interim Head of School when New England Jewish Academy was formed in 2019. Although the event was not held together in person, online participants enjoyed delicious dinners catered by The Crown Market and a visual presentation celebrating the entire faculty and Dr. Richard Nabel.

A FEW MESSAGES FROM SHALOM BABY PARENTS:

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“Just got the Shalom Baby bag and it is amazing, thank you!!”—Stephanie Wain & Rubin Kier

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Back by Popular Demand!

Passover Virtual Cooking Demonstration

with James Beard Foundation Award-winning Chef

Michael Solomonov

Beginning on Tuesday, March 16 at 8 PM through Sunday, March 21 at 8PM

jewishnewhaven.org/shalom-baby
JCC DAY CAMPS
Parents and Kids Bond Over Camp Experiences

Learn how the shared experience of camp has brought one family closer together.

The Davis family, through its daughter and her husband, Jonathan attended JCC Day Camps as children. They subsequently found their first love, engaged, married, and raised their children, it was a "no brainer" that their son Oliver was going to JCC Day Camps.

"I remember the feeling of waiting for the bus and just knowing I was going to have a wonderful time," says Oliver's dad, Jeff. "We have been going to JCC Day Camps for so long that we never knew what it was like to not be there. We were always there for our daughter when she was old enough to attend. We still look forward to spending another summer with our kids."

"Campers and staff will only come to camp after receiving a negative COVID-19 test, and they will be tested regularly throughout the summer. We have also redesigned our intake processes, drill procedures and programming spaces to maintain proper health standards. Camp will also provide more spacing with outdoor meals and programs. We will group campers into smaller "cohorts" for their activities."

Although COVID-19 protocols will be in place, we are excited about the new things coming to camp this summer. Summer is a place where we get to practice building the kinder world we imagine. It is a place where we believe in the values of kindness and empathy. JCC Day Camps is a place where we thrive at creating a safe, healthy, fun and engaging environment for our campers. Our staff have been working hard to develop new activities and ensure a full and diverse camp experience."

"During the 2020 season, we had to cancel all summer camp activities due to the pandemic. However, we remained committed to providing a program with exciting and engaging activities while maintaining and adhering to all safety standards and guidelines. Children return to camp with a sense of normalcy and excitement, and we are grateful to be able to provide them with the opportunity to make lasting memories."

"The JCC Day Camps are a great way for kids to connect with their Jewish identity and heritage. We are excited to welcome back our returning campers and introduce new campers to the wonderful world of Jewish education and culture."

Summer camp is an integral part of Jewish education, and it provides children with valuable opportunities to learn about their Jewish heritage, connect with their Jewish community, and develop a sense of belonging. JCC Day Camps are committed to providing a safe and welcoming environment for all campers, and we look forward to another great season of fun and learning!"
Our Summer Camp Includes:

- Outdoor Pool  
- Drama Stage  
- Sports Fields  
- Basketball  
- Dance  
- Archery Range  
- Picnic Areas  
- Nature  
- Arts & Crafts  
- Ga-Ga and Human Foosball Courts  
- Four Miles of Hiking Trails on 54 Acres

Register online at: jccnh.org/camp
For more information, contact Camp Director, Debra Kirschner, summercamp@jccnh.org

203-387-2424 x253

SOUTHERN CONNECTICUT HEBREW ACADEMY
Like Mother, Like Daughter

by Sarah Lesing  
Freelance Writer

Moving your family to a different state is the midst of a pandemic and days after giving birth is not something one can do without strong motivation. But that is what Abby Michael-Doiny and her husband chose to do last summer. The Connecticut native and mother of two was driven by her desire to rejoin the warm community she knew as a child and to send her three-year-old daughter Naomi to her alma mater, Southern Connecticut Hebrew Academy (SCHA).

A GENUINELY EXPERIENCE WITH SCHA

When they were looking for a school that provided a great curriculum and enriching Jewish education, the decision came naturally to Michael-Doiny and her husband to choose SCHA, even if it meant leaving her teaching position of 17 years at P’TACH at Yeshiva University high school for boys.

Michael-Doiny started at SCHA (formerly New Haven Hebrew Day School) in first grade with kids of all levels of observance. “I had Ms. Katz as a first grade teacher and, to this day, she still cooks for me. She made Chanukah cookies for my daughter because she knows Naomi doesn’t have a bubby (grandmother),” she explains. Ms. Katz still teaches seventh and eighth grade, along with her daughter’s first grade teacher and, to this day, she still cooks for me. She made Chanukah cookies for my daughter because she knows Naomi doesn’t have a bubby (grandmother),” she explains. Ms. Katz still teaches seventh and eighth grade, along with her daughter’s first grade teacher. "I had Ms. Katz as a first grade teacher and, to this day, she still cooks for me. She made Chanukah cookies for my daughter because she knows Naomi doesn’t have a bubby (grandmother),” she explains. Ms. Katz still teaches seventh and eighth grade, along with her daughter’s first grade teacher.

BRUSH & FLOSS DENTAL CENTER
Jeffrey Hoos, DMD, FAGD  
Johna Zitnay, DMD  
Gemma Kwolek, DDS  
Julia Latham, DDS

Michael-Doiny’s parents had an incredible experience through their daughter’s school connections and had the opportunity to attend the Jewish education she was exposed to, becoming personally involved and embracing a more observant lifestyle. Rabbi Mordecai J. Hecht founded the school, stood as a strong figure and a close friend of the family for years,” she shares.

Surrounding her daughter with “LIVE and KINDNESS” SCHA was founded in 1940 in New Haven by Rabbi Hecht with only four students at the time, and was moved to its current, more spacious campus in Orange in 1979.

Michael-Doiny describes her SCHA experience as a good balance between her own choice of leading an observant Jewish life and SCHA allowing her the tools to go to college with a solid Jewish background. She went on to earn her master’s degrees in education from Columbia University. The SCHA family has grown since Michael-Doiny’s childhood. Naamz plays with the children of her mother’s childhood friends. This year Michael-Doiny deepened her SCHA connection by becoming a social studies, English and American history teacher. (Learn more about SCH at schacademy.org)
**Ezra Academy**

**HONORING AMAZING FACULTY AND STAFF**

by Jessica Khazak

**Director of Strategic Initiatives and Enrolment**

Ezra Academy is delighted to honor the Ezra faculty and staff for theiraiding commitment and contributions to the Ezra community with the 2021 Gala of Gratitude on May 2.

This year, our teachers have adapted and met students with innovative approaches, warmth, and a joy of teaching. The adaptations they’re making lay the foundations for the students’ education future.

“While it has been a challenge maintaining distance, the children have been incredibly resilient. From sliding materials under a ping pong table, holding a book up to it, or using a city erase marker to write directly on it to model a method for their partner, they have made it work. Providing each child with their own tins for personal materials has proven to be a wonderful opportunity to teach the children about responsibility and organization. It has provided them with a sense of ownership and pride in their work, and also helps to develop executive functioning skills. This is something I look forward to continuing in my post Covid classroom,” said Beth Messina, the first and second grade seeks- teacher.

“In the fall we had a tent, and in the warmer weather we could sit in the grass... on rainy days. Just being outdoors with our classes needs to happen a lot more. We also added two additional recesses to our schedule. These added breaks have been great for everyone,” explained Liz Ball, the learning specialist and middle school math teacher.

“Each staff member has helped the others to feel welcome and accessible. We now have a weekly rotation for breakfast to give us all a boost. It’s a very supportive environment. Parents have also been extremely supportive, participating as a team to ensure the best educational, social and emotional outcomes for their children,” said Rabbi Amanda Brodie, the social studies (7/8), Judaics (5/6/7) and language arts (5/6) teacher.

Please join Ezra Academy to honor the dedication and perseverance of our teachers on May 2. Entertainment will be announced. Sponsorship opportunities and early tickets are available. Connect with Ezra Academy virtually via facebook.com/ezraacademy, the email list at info@ezraacademyct.org and upcoming community events.

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**Jcarr: Welcome at Last**

by Jean Carr

**Director of Strategic Initiatives**

Every year, Jewish people are reminded to see ourselves as strangers in the land of Egypt who spent 40 years wandering in the wilderness. The Passover story inspires us to identify with displaced people around the world.

The UN High Commission for Refugees projects Global Resettlement Needs of 403,287 cases or 1,445,383 per year, and our community—past and present—have gone through their own journeys of liberation. The story of Passover and our journey through the desert exemplifies the Jewish people’s history of survival, of hope and of freedom. Many of those in our Jewish community—past and present—have gone through their own journeys of liberation.

We spotlight several of those stories in this special Passover section. The refugee resettlement of JCARR’s families from Anguilla, Iraq and Syria in the New Haven area exemplifies how we help others. We tell the Polakowski family’s story as they journeyed from the Ukraine to the US and their successful ventures in our area, such as the New Haven Arena. The immigration story of Victor Erlich, a professor of Russian literature at Yale University, examines his family’s journey from Russia through Poland, Japan and the US. The plight of Russian Jews trying to leave Russia in the 2380s is also highlighted.

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**Jewish Federation of Greater New Haven**

**CELEBRATING PASSOVER 2021**
PASSOVER: A Different Night...

by Rabbi Michael Farbman

3. WHY ON ANY OTHER NIGHT MAY WE CONSIDER HAVING AN ADULT-ONLY DISCUSSION OR CELEBRATION? BUT ON THIS NIGHT WE MAKE SURE OUR CHILDREN, GRANDCHILDREN AND YOUNG FRIENDS ARE WITH US (IN PERSON OR ONLINE)? We work hard. On all other nights, we may run out of time, knowledge or patience. We may not have the right answers or not hear the questions. On this night, we come together to share knowledge and teach. We want our children to observe this institution [of Passover], for us and for our descendants. We should make it our priority as parents and grandparents, as friends and family, as teachers and rabbis to hear every question, to have the answers, to make this experience meaningful and fun for our children of all ages.

4. WHY ON ALL OTHER NIGHTS DO WE READ AND TELL ALL KINDS OF STORIES, BUT ON THIS NIGHT WE SAVE THE STORY TO TELL? Some of us like history; some are rather indifferent to it. Some may enjoy reading a historical book while others prefer science fiction or romance. The seder is certainly a book that defines us as Jewish people: the story of Exodus. The Haggadah tells us that, “even if we were all wise and discerning, all scholars and experts in Torah, it would still be our duty to retell the story of Exodus…” We come together on that day as individuals and as a community not only to learn our history, but to claim our place in it, to make history happen.

Wherever you will be celebrating Passover this year, may your seders be filled with questions and wonder. Wishing you all a joyous Passover.

Ellen’s Passover Vegetable Kugel

from the kitchen of Amy Holtz

In celebration of Passover, Women’s Partnership shares a delicious kugel recipe with our readers. Chag sameach!

INGREDIENTS:
3 cups of farfel 1/2 medium red pepper, chopped
3 cups hot chicken soup 1 cup of carrot, chopped
2 medium onions, chopped 3 beaten eggs
2 stalks of celery, chopped 2 teaspoons of paprika
1 medium green pepper, chopped 3 beaten eggs
Salt and pepper to taste

DIRECTIONS:
Preheat oven to 350 degrees. Mix farfel with 4 cups of the chicken soup. Add veggies and mix well in a large bowl. Pour into a greased, 2-quart casserole dish and bake in the oven for one hour (uncovered). Enjoy!

The Jewish Historical Society of Greater New Haven is dedicated to collecting and preserving historical documents, photographs and memorabilia of the Jewish community of Greater New Haven. They spotlight two families, one Ukrainian-born and the other from Russia, that immigrated and contributed so much to the Greater New Haven area.

From Russia... to New Haven: The Podolf Family

by Marjorie Drucker, JHSGNH Co-President

Abraham and Dora Podolf left their native Livno, a Serb-controlled region of Bosnia-Hercegovina in the Ukraine, after a pogrom in 1908 made them feel it was time to leave. Under Czarist Russian law, it was extremely difficult for Jews who were targeted after Czar Alexander II was assassinated. Although the assurance was not needed to be a Jew, the anti-Semitism that arose was given legitimacy by the Russian government during this time. Like hard attacks that destroyed properties and threatened the lives of Jews became frightening and dangerous. Many Jews were forced to leave the country.

The Podoloffs immigrated to America in 1909 to seek a better life. They arrived to New York where they would remain for four years, living in Southwark, a small town near Port Jefferson. Abraham Podolf had a connection there and found employment. After they arrived with Abraham and Dora and some health issues with the baby, the couple decides to take the ferry across Long Island Sound to the city of New Haven, home of Yale University. There, they settled and raised their family of four children.

Their impact on early Jewish New Haven was broad and, through a series of ventures, they eventually acquired the historic buildings in the city that built the New Haven Arena. The Arena, which opened in 1907, was an amusement entertainment venue that hosted sporting events and other social events for people of all ages until it closed in 1972. It was the largest auditorium in the state of Connecticut.

This information has been adapted by JHSGNH Co-President Burton Levine, who wrote a series of podcast episodes about immigration stories.

From the Dustin of History to New Haven: Immigration Story of a Yale Professor

by Burton Levine, JHSGNH Co-President

In 1927, when Victor Erlich was three-years old, Leon Trotsky told Erlich’s father, “Go where you belong from Petersburg to Kishinev.” After this statement, the family decided to leave Russia due to anti-Semitism that occurred in the beginning of the Russian Revolution. The Podoloffs in St. Petersburg were discussing a government overthrow, Trotsky’s father, Henrik Erlich, was a Jewish Bund leader who, along with the Mensheviks, opposed the insurrection. His son Victor didn’t agree and was arrested by the police. Victor Erlich’s family was at the center of Russian Jewish history. His grandfather, Simon Dubow, was an eminent Jewish historian and his father, Ten Dons, was an additional family. Henrik Erlich’s mother was, a poet and writer who contributed to Maxim Gorky’s journal during the revolution.

After the Bolshevik seizure of power, the poet tried to flee to New Haven’s native land. They found the Bolsheviks, their children were evacuated and left, and the Bundists party in the Polish nation needed leaders. In the interview year, Henrik Erlich edited a Bund journal as well as represented the Bund both on the Warsaw city council and on the Socialist International. Sophie Dubow-Erlich continued to write and visit their children and his older brother Alexander grew up and went to university.

When Germany invaded Poland, the mayor of Warsaw told Henrik Erlich and other Jewish leaders to give way, east away from the Germans. After nine days, mostly on foot, the Erlich family arrived in Plock in Poland and discovered that the Russians had invaded and that they were now in Russian territory. Henrik Erlich felt for safety out of Russia territory. He was taken to a Jewish settlement and later was moved to Siberia. When the Russians stopped the train in Novo-Belok and arrested them.

They sent him to Lubyanka Prison in Moscow. Henrik Erlich and Bund leader Victor were sent to the Gulag. After Germany attacked Russia, they were released to walk to Japan for Russian support for Russia. They are arrested again in 1942. Aber was executed and Henrik Erlich committed suicide.

Victor, with his mother and brother, went to Vilna thinking Henryk. They were sent there. Vilna was also a temporary refuge from both the Germans and Russians. Victor helped his girlfriend out of Germany and to a safe place in Warsaw. All together crossing two borders in Vilna. In February 1940, using forged papers, they married. Soon the Russian authorities began searching for the Erlich family. They fled to the city-side and then to Kowna.

In January 1941, with the help of the Daood Dubinsky’s Jewish Labor Committees, the Erlich family was allowed to take a train across Russia to Japan. Victor, his wife and her mother got stuck in Japan when the U.S. State Department refused to admit any refugees. The Polish ambassador tried to get them visas to Canada. They left Japan in August 1942, on the last passenger ship to North America before the Japanese attack on Pearl Harbor. With the help of American trade unions, they arrived in New York in October 1942. Victor Erlich spent two years in the US and he was awarded a German interrogator in France. After discharge he studied Russian at Columbia. In 1952, he became a professor of Russian literature at Yale University. Family, friends were pulled from the World. Sophie Dubow-Erlich’s The Life and Works of S.D.N. and Victor Erlich’s Child of a Turbulent Century.
You Were Strangers in the Land of Egypt

by Yelena Gerovitch

New Haven JCC Administration Program

“You were strangers in the land of Egypt.” The phrase is repeated 36 times in the Torah, and is central to Jewish identity. We are told in the Torah that we must remember our slavery in Egypt because it became a place the American Jews carry bitter memories of persecution—from the Pharaoh to Hitler.

This month, we will be celebrating Passover. The Seder is about many things: food, traditions, family and memories. Many refugee families from the former Soviet Union have memories of their secret Pesach celebrations in the USSR. Those stories will be repeated and shared with children and grandchildren.

In the Soviet Union, the Jews were not allowed to celebrate Pesach freely. In fact, the law prohibited anyone from selling or distributing matzo. The law was strictly enforced, and many Jews were arrested.

On an official level, the Soviet leaders claimed there was no discrimination because of religion. The US government reported to the United Nations claiming that state factories produced matzo products and made them available for Jewish holidays.

But it was only in 1985, after Nikita Khrushchev was removed from power, did the authorities allow some production and sales of matzo in major cities. In reality, most of the sales were still done under the counter.

On December 6, 1987, more than a quarter million American Jews gathered on the National Mall with a unified message as old as the Exodus story: “Let our people go!” Our people were the Jews of the Soviet Union who were being discriminated against, deprived of their freedom of expression and religion, and prevented from emigrating. The Soviet Jews cried out for help from the Jews all around the world.

Israeli and American Jewish activists started to fight, they responded by saying “Hineni—Here I am.” As a result of the fight, Soviet Jews gained their freedoms and our Connecticut Jewish community has resettled many refugees from the former USSR.

“Without the Jews, we would see the world with different feelings. And not only would our sensorium, the screen through which we receive the world, be different; we would think with a different mind, interpret all our experience differently, draw different conclusions from the things that befall us. And we would set a different course for our lives,” wrote Thomas Cahill in this The Gifts of the Jews book.

Our community would have been different today without the Jewish families that have been resettled. We see Russian-speaking nurses and doctors in hospitals, medical centers and labs. Three generations of Jews from the former Soviet Union have memories and stories about their secret Pesach celebrations in the USSR. We are strongest when we stand together. The New American Acculturation Program provides the Russian-speaking community with community updates, information and events.

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No matter how comfortable Jews become in a place like America, Jews carry bitter memories of persecution—from the Pharaoh to Hitler.

Ravvini considers, according to some, to be the spiritual and intellectual center of the national movement. The rabbis of the Talmud were the first to teach that the Torah, and is central to Jewish identity. We are told in the Torah that we must remember our slavery in Egypt because it became a place the American Jews carry bitter memories of persecution—from the Pharaoh to Hitler.

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No matter how comfortable Jews become in a place like America, Jews carry bitter memories of persecution—from the Pharaoh to Hitler.
We are excited to share the newest addition to the JCC / Beckerman Lender Jewish Community. When a devastating fire ravaged the community, and to the tune of record JCC membership numbers. Because of the pandemic not many recognized helped to renew spaces and added new ones for the joy and delight of our community. The JCC has you covered with All Day at the J!

Now Enrolling for Children in Grades K-7
Visit www.jccnh.org/all-day-at-the-j to sign up today or contact summerscamp@jccnh.org for more info.

Shalom New Haven Staff
“The Marcia and Stanley F. Reiter Family is a cornerstone of the JCC. Our Greater New Haven is a special place for so many people in our community,” said Scott Cohen, Executive Director at the JCC of Greater New Haven. “In a typical year, the pool serves thousands of people of all ages. Programs range from Swim with Me and swim lessons for all ages to competitive swim team, adaptive swim for people with disabilities, water aerobics, lane swimming, water tennis, and family swim. “Swimming is a life-saving skill and a healthy way to keep yourself moving year-round,” said Nicole Carmone, Director of Sports & Recreation at the JCC. In fact, Jewish law counts swimming as one of five skills children must learn to show children as a proxy to their parents.In addition, swimming is a powerful tool for stress alleviation. Dozens of thank you notes have come in from families to purchase a special wheelchair ramp, making the pool more accessible to enter the water via the ADA-accessible pool ramp. As a result of the renewed, strong interest in supporting the pool and aquatics programs at the JCC, we love that our grandchildren have been able to enjoy the center from the Beverly Levy Early Learning Center to swimming at the pool. John and Barbara Sundermann, a dedicated user of the JCC fitness programs and for the last year she has enjoyed the virtual fitness classes that the center has offered. We are very happy to support the programs and services of the JCC and look forward to doing so for many years to come.

Dr. Kamen Watanabe and Dr. Debbie Pratt provided that, “for thousands of years, humans had to find the resilience to survive both before and after, plagues and pandemics. As Jews, we’ve had a lot of practice. We do so via coming together as a community, by nurturing our sturdiness and believing in our physical mobility and community as a wide variety of coping mechanisms. Our own JCC offers us such a comprehensive array of programs and services at our current time of stress. It is there that we can come together, some forPointSize; some for swimming, some for art, some for something completely new. Let us all work together to support the JCC community in this way, hoping to pass on to future others who can find what enables their own resilience when the next crisis arises. We are so grateful for your support of the JCC and AquaCenter at the JCC.”

As a result of the renewed, strong interest in supporting the pool and the Aquatics program, the JCC has launched a new Splash! campaign which includes a donor wall with plaques at the pool. Our first plaque was dedicated in honor of Pat Sundermann, who has volunteered with the JCC swim team Blue Marlins every summer since 2000. Pat’s daughter Lucy was a swimming star in her own right. “It’s not just a swimming pool. It’s a community for people of all ages. People have been checking in with us…of course, it is the most awful thing that can happen to anybody but it is comforting to know that there are so many people who care. Especially during the pandemic, and with the fact that both of our families are living a plane ride away,” said Holtz. Michael and Holly named their handsome baby Lucy because a name they always loved and Holly was Holtz’s first relation who immigrated to the United States. With an optimistic gaze into the new year, Amy Holtz says, “I hope all is well. Our future kids will get swim lessons here, and Holly and I will show them Lucy’s plaque in the donor wall. Our hope is that this place will carry on Lucy’s legacy and will help bring our family, and other families, together.”

Michael and Holly decided to make a gift to our pool at the same,” said Holtz. “So when Lucy was born a community donor said that he had a special place for them. Lucy’s plaque on the donor wall will honor all who have supported the JCC. We love that Michael and Holly named their baby Lucy, as it is a special way to honor Lucy, the swim team at the JCC, which, as we all know through our community-wide survey, is the heart of our Jewish community. The genuine donors recognized helped to review space and added new ones for the joy and delight of our community. Because of the pandemic not many have had the chance to see the wall so we invite you to view it online.

Visit Jewishnewhaven.org/bf or jccnj.org/bf to learn more.

Support Us While You Shop!
Jewish Federation of Greater New Haven

Donate when you shop at
smile.amazon.com

Now Enrolling for Children in Grades K-7
Visit www.jccnh.org/all-day-at-the-j to sign up today or contact summerscamp@jccnh.org for more info.

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• MakerSpace
• Swimming in the Fast Lane
• Sports
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The Latest News from Far and Near

Mayleen - SHALOM NEW HAVEN, 2021

Founder of PJ Library and PJ Our Way.

While the Prize Committee had the ultimate discretion about the selection of the recipient of this prestigious award, the fact Spielberg received the Genesis Prize also recognizes his extraordinary work to preserve the memory of the Holocaust and prevent future genocides through film, public advocacy and philanthropy.

The Prize also recognizes Spielberg’s outstanding achievement as one the most influential filmmakers in the history of cinema; his social activism and prolific philanthropy; and his principled stance against anti-Semitism and all forms of intolerance.

The award recognizes Spielberg’s outstanding professional achievement, contribution to humanity and commitment to Jewish values.

As part of the program, PJ Our Way participants can create book trailers, videos, quizzes, author interviews and other media to communicate with peers about the books. The PJ Our Way website journojew.com provides these new avenues for discussion.

Find out more about PJ Library at Jewishnewhaven.org/pj-library. Including links to sign up for free books, upcoming events, PJ Library’s Instagram and Facebook pages, the Closed PJ Green Spa Group on Facebook, activities, and many other resources.

2021 Genesis Prize Laureate: Director, Producer and Philanthropist Steven Spielberg

(Through the Genesis Prize Foundation)

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Find out more about PJ Library at Jewishnewhaven.org/pj-library. Including links to sign up for free books, upcoming events, PJ Library’s Instagram and Facebook pages, the Closed PJ Green Spa Group on Facebook, activities, and many other resources.

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Liora Lew Endowment Fund for BEKI Established

by Yaron Lew

BEKI President

Liora Lew, the late wife of BEKI’s President Yaron Lew, passed away in June 2020 from an aggressive cancer diagnosed just two months earlier. To honor her memory, he has established the Liora Lew Endowment for the Advancement of Youth Education and Youth Activities at Congregation Beth El-Keser Israel (BEKI), managed and administered by the Jewish Foundation of Greater New Haven.

“Liora loved the community, the comradeship, the schmoozing, putting up the Purim decorations, and helping drive elderly congregants to and from services,” Yaron Lew explained. “Her greatest passion at BEKI was youth education and youth activities.”

They raised three daughters—Daphne, Dana and Maya—at BEKI, and his wife spent many years helping at BEKI Religious School (BRS). “Liora was instrumental in establishing BEKI’s Benei Mitzva Program,” Yaron Lew said. “She loved leading the Saturday morning Shabbat Havura for the preschool children.”

“Liora already has a leaf on the BEKI Tree of Life wall,” Yaron Lew said, “but I wanted something more. I want to ensure that what she liked so much will have additional funding to expand. There is no doubt in my mind that Liora would have enthusiastically supported this cause, and I’m sure BEKI will put these funds to good use.”

Find out more about BEKI at beki.org. Find out more about establishing an endowment fund at newhavenjewishfoundation.org.

Jewish Lew 5781 Endowment Fund for BEKI Established

Israel Experience Scholarships

The Jewish Foundation provides scholarships for organized Israeli educational programs. Israeli scholarships are needs-blind and are available for New Haven area youth ages 14-20.

For 2021 summer trips, applications are due by March 5, 2021. For 2021-2022 gap or academic year programs, applications are due by June 11, 2021.

College Scholarships

Needs-based as well as needs-blind college scholarships are now available for high school seniors as well as current college students. The deadline for all college scholarship applications is May 14. Go to jewishnewhaven.org/scholarships for details.

New Fund in 2020

New Women of Vision

Diane Arlen

Judy Cooper

Judy Naden

Dawn Staton

New Funds in 2020

Youth Philanthropy/Build a Tzedakah Funds

Adam Joshua Fleischman Tzedakah Fund

Sophie Mervine-Schiff Fund

Samantha Joy Hass Tzedakah Fund

Jordan Hass Tzedakah Fund

Ethan Hass Tzedakah Fund

Endowment in Honor of Sandy Seidman

Find out more about establishing an endowment fund at newhavenjewishfoundation.org.

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Jewish Foundation Financial Snapshot

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New Women of Vision

Diane Arlen

Judy Cooper

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Dawn Staton

New Women of Vision

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Dawn Staton
BEKI Families Connect in Creative Ways

One may long as one of the pandemic-safe methods that communities used to stay connected in winter weather have not been available, families at BEKI have been creative in finding alternative ways to maintain community and celebrate Jewish life.

BEKI USY has planned family outdoor gatherings when possible. Most recently, the teens met in a public park on an afternoon to celebrate Tu B’Shevat. The teens kept their blood moving with tree-themed yoga classes and ate individual bags of fruit and nut mix (aka “Tu B’Shevat Trail Mix”), driven in the USY youth group made touch-free home deliveries of challahs and Piru Blakeh. Mountaintop meets to every high schooler in the synagogue community. The packages also included supplies for activities such as completing a Rosh Hashanah Zoom party for the two holidays.

Families with younger kids received care packages in the mail with Jewish craft materials, sticky-window snowflakes, and sukkah-building kits. Teen drivers in the USY youth group created “Bishvat Seder in a Bag.”

The outdoor Shabbat morning services held during the warm months of the pandemic have been adapted to a “pop-up” model. If the weather will be above freezing with no rain or snow, the word goes out in the Thursday email that Pop Up Family Shabbat is on! Pop Up Shabbat is a quick, patented outdoor service in the BEKI courtyard, suitable for all ages of children.

One of the hardest things about not being in the synagogue is the absence of a library. This is an exciting time for the library, which is currently being refreshed and gaining many new books, thanks to a gift in memory of Barbara Rafter. In the meantime, Jewish books are going to BEKI families in two ways: circulating current library books by request use via no touch drop off all home and recommending e-books through the free Hoopla public library app. Hoopla’s e-book offerings vary based on which town issued the library card in your area, but in general, the app offers a variety of online children’s books with Jewish themes. Recently recommended favorites include Miriam at the River by Jane Yolen and Nachshon, Who Was Afraid to Swim by Deborah Dobin Cohen.

Coming soon, middle schoolers in BEKI’s Kadima youth group will receive their own copies of a Jewish young adult book, in preparation for a new Kadima Book Club.

Learn a Hebrew word of the day with a SNEC Israeli emissary! In one example, Ray Finterberg talks about the Hebrew word for mask at youtube.com/7rGr589AGM4. It’s the perfect word to use right after Purim comes.

The Israeli Young emissary Program is a 10-month volunteer service experience. Israeli high school graduates from the Afula-Gilboa region who choose to defer their army service serve as young ambassadors for Israel to the communities in their partner region in Southern New England.

To view the Milat Hayom videos, visit the Jewish Federation’s YouTube, Facebook and Instagram pages.

Thank You to Our Corporate Sponsors

This week, Jewish Federation of Greater New Haven introduced new books, thanks to a gift in memory of Barbara Rafter. In the meantime, Jewish books are going to BEKI families in two ways: circulating current library books by request use via no touch drop off all home and recommending e-books through the free Hoopla public library app. Hoopla’s e-book offerings vary based on which town issued the library card in your area, but in general, the app offers a variety of online children’s books with Jewish themes. Recently recommended favorites include Miriam at the River by Jane Yolen and Nachshon, Who Was Afraid to Swim by Deborah Dobin Cohen.

Online Exercise Videos: What You Need to Know

by Susan Donovan

Director of Fitness & Wellness Services
JCC of Greater New Haven

The pandemic has certainly prompted the gym goer to pursue online options to stay in shape. Platforms like YouTube have certainly made midweek workouts easier to find and convenient to access, allowing people to take advantage of exercise classes in the comfort of their home.

These online video platforms are overflowing with exercise videos; the ease of workout availability may not always be the best solution regarding exercise safety, quality and even the information offered as it is not always the best for everyone.

1. Is this video taught by a certified fitness professional? Are they certified or even qualified? Do they carry the education and experience in the workout specific product? Does the person leading the workout have the ability to influence you? Are they inspiring and motivating? You should feel good physically, mentally and emotionally when you leave your fitness video.

2. Check the channel information for the instructor’s credentials. Anyone can post an exercise video on a platform such as YouTube, whether or not they are trained, certified or even qualified. Do they carry the education and experience in the workout format? and are they legit? Are they certified through a credentialed fitness organization such as ACE, ACSM, NSCA or AFFA, to name a few?

3. Is there a proper warm up to prepare for the workout and a sufficient cool down?”

4. The person leading the workout has the ability to influence you, are they inspiring and motivating? You should feel good physically, mentally and emotionally when you leave your video.

Be aware of product promotion. It is a sponsored video requiring you to purchase a specific product may influence the message you hear.

Consider going virtual through streaming exercise classes and/or personal training programs. Platforms like Zoom enable you to have an interactive experience where the fitness professional can instruct and observe through the screen, ensuring a safer and higher quality exercise experience. Israeli high school graduates from the Afula-Gilboa region who choose to defer their army service serve as young ambassadors for Israel to the communities in their partner region in Southern New England.

Consider going virtual through streaming exercise classes and/or personal training programs. Platforms like Zoom enable you to have an interactive experience where the fitness professional can instruct and observe through the screen, ensuring a safer and higher quality exercise experience.

1. Is the person leading the workout offering movement modifications and encouraging you to listen to your body?

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As we approach the one year mark of social distancing, remote learning, and pandemic living, we are now seeing that no matter how careful one is, no one is immune to the emotional, mental and physical toll of this virus. According to the Centers for Disease Control (CDC), adolescent emergency room visits for mental health have more than doubled during the pandemic; the proportion of mental health-related visits for children aged 5-11 years and adolescents aged 12-17 years increased approximately 24% and 31%, respectively, compared with those in 2019. In our local area, we are seeing our youth struggling to make sense of these times.

In response to the needs of our clients and community partners, JFS is launching a therapy group in March for girls, women and transgender non-binary people ages 13 to 19. It will provide an opportunity to connect with other young people while learning to manage their emotions and stay healthy in quarantine. A different topic will be offered each week. The group will be facilitated by Hannah Leiterman, LCSW, at (203) 389-5599, x114.

JFS is offering a virtual caregiver support group. If you are on the journey of caring for an ill or aging loved one and looking for support, you can join on the JFS website (jfsnh.org) and leave a message. The group will be offered on the following dates: March 3rd and 4th Wednesday) at 11:00 am. Please note that the group is facilitated by Rachel Rotzoler, LCSW, at (203) 944-3544 or email at rrotzole@jfsnh.org.

Significant funding for this program is provided by The Clarks Foundation, the largest organization in the world seeking to secure compensation, rehabilitation and assistance for survivors of the Holocaust or the heirs of victims. Many Holocaust Survivors are currently living at or near poverty. The JFS Mental Health Program is currently accepting new clients. If you think your child could benefit from speaking with a professional, please contact Hannah Leiterman, LCSW, at (203) 389-5599, x114.

According to the Centers for Disease Control and Prevention (CDC), untreated mental health problems can increase the risk of negative health outcomes, including suicide attempts and both intentional and unintentional injuries.

If your ordinarily outgoing teen shows little interest in texting or video chatting with their friends, for example, this might be cause for concern.

• a loss of interest in activities previously enjoyed. Did your music-loving child suddenly stop wanting to listen to music or stop asking about music-related topics? Or did your normally outgoing teen stop talking to friends?

• changes in weight or eating patterns, such as never eating a meal or avoiding all food.

• changes in behavior, such as skipping school or staying home after school.

• changes in performance at school, such as decreased grades, decreased interest in learning, or decreased participation in school activities.

• changes in appearance, such as lack of basic personal hygiene, neglect of grooming during this time at home.

• a loss of interest in cooking and eating or desire to try new foods.

• increased alcohol or drug use or misuse.

• thoughts about death or suicide, or talking about it.

It is important to recognize when a child or teenager is in trouble. The JFS Mental Health Program is currently accepting referrals and makes for remote treatment for children, adolescents and teens. If you think your child could benefit from speaking with a professional, please contact Hannah Leiterman, LCSW, at (203) 389-5599, x114.

If you are concerned that your child is at risk, call 911. The JFS Mental Health Program is currently accepting referrals and makes for remote treatment for children, adolescents and teens. If you think your child could benefit from speaking with a professional, please contact Hannah Leiterman, LCSW, at (203) 389-5599, x114.

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Answer the Call

On Sunday, April 11, you may receive a phone call from one of our volunteers. Please answer the call.

Sunday April 11 will be a powerful day, when volunteers, donors, and community members will come together to make a difference. It is a one-day phone-a-thon fundraising effort in support of our Jewish Federation’s 2021 Annual Campaign. While we can’t be together in person, we need your strength to come out of this pandemic stronger than ever. These are very challenging times and we need your support more than ever by making sure our Jewish community organizations are still here to help.

Please Give Generously.
jewishnewhaven.org/give