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PJ LIBRARY CONNECTS WITH PASSOVER AND SPRING
Learn about resources for little ones to connect to Jewish values in the springtime PAGE 11

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Holocaust survivor Esther Geizhals spotlighted and Yad Vashem leads global name-reading effort PAGE 10

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WORKING FROM HOME AND STAYING HEALTHY
8 steps to take to live a healthier life while combating challenges presented by working from home PAGE 5
A New Collaborative Effort for Those on the Front Lines

SHALOM NEW HAVEN

On March 1 to find out that this has all been a type of cruel joke. Yes, we are free to enjoy the offerings and connect with others, but we are also fearful for that which is most precious, our health and the health of our loved ones.

In these uncertain times, our Annual Campaign has been deployed to help with urgent needs in our sister communities of Afula/Gilboa in Israel. As part of the Southern New England Consortium, we helped to purchase essential equipment for Emek Shavei. This consortium partners are providing food to the elderly and needed sanitary equipment for the Arab villages in the Golan. They are also supporting the efforts of the Halls Rape Crisis Center as some women find themselves homeless with their rapists. Our brothers and sisters throughout the globe that are encountering this horrific pandemic are also being helped by our partners The Jewish Agency for Israel, the American Jewish Joint Distribution Committee and World ORT.

Our researchers have been asked to turn on a dime to deliver quality content virtually without prior experience. They have taken their learning online in fun, innovative ways. We continue to be a beautiful mosaic of Jewish life. Together we will persevere and overcome this horrible pandemic. I hope that your Passover is filled with joy and the comfort of ritual even if it happens in a totally different way than we could have imagined. May we experience redemption at the end of this story as we overcome the COVID-19 crisis.

‘All Jews are responsible one for another’

The Jewish Federation and the Jewish Foundation of Greater New Haven have launched the COVID-19 Response/Maimonides Fund, the initial $200,000, to support immediate needs of those most vulnerable. Distributions of $27,000 each to Jewish Family Service of Greater New Haven and The Towers at Tower Lane were immediately released to help with urgent needs in our community.

Your support of this fund will enable us to make grants to our Jewish agencies and synagogues to help provide critical services related to food insecurity, unemployment, and mental health support.

We are facing unprecedented times.Untited as one Jewish community we will meet the rising needs in our community and overcome the great challenge before us.

www.jewishnewhaven.org/response
8 Steps to Working from Home and Staying Healthy

By Susan Donovan
Director of Fitness & Wellness Services
JCC of Greater New Haven

With all its perks and pleasures, working from home can also present some unique challenges when it comes to keeping a healthy lifestyle. Your home office can make it difficult to stick to your fitness and diet goals. The lack of social interaction and the absence of daily walking can lead to overeating. Leave your workspace to eat at your designated meal space, and avoid wrapping up at your desk without stopping until the sun goes down.

1. Create a routine. We all thrive on routines. Try to get up and ready for your day just as if you were leaving for work. Schedule your lunch break and quitting time, allowing for short activity breaks.

2. Wear casual or workout clothes and sneakers. Dressing this way can make you feel like moving more. When you’re dressed for the part, you are more likely to feel like moving. When you’re dressed for the part, you are more likely to feel like moving. When you’re dressed for the part, you are more likely to feel like moving.

3. Get a timer. Make it a point to stand up and walk around, or take a short stretch break once every hour. Studies have shown that sitting for long periods of time may decrease your metabolism, and can be harmful to your body especially your back and neck. Making it a priority to get up and move once per hour can also help boost emotional well-being.

4. Set boundaries. It’s easy to fall into a pattern of overworking. There’s no commute and no co-workers to remind you it is lunchtime; it’s easy to get lost in your work.

5. From nature can boost health and decrease stress. Whether you take a walk on your lunch break or spend a conference call walking instead of sitting, simply stepping outside of your workspace for a few minutes can reap great health benefits.

6. Stock your kitchen well. Healthy, fresh foods that are easy to prepare for lunch and snacks will help. Limiting the supplies of simple carbohydrates and snack foods will make it easier to avoid the temptation.

7. Get outside! It’s good for the mind, body and soul. Studies show that being out in nature can boost health and decrease stress. Whether you take a walk on your lunch break or spend a conference call walking instead of sitting, simply stepping outside of your workspace for a few minutes can reap great health benefits.

8. Stay connected with others. When you’re working from home, especially while practicing social distancing, it’s easy to feel isolated and alone. Reach out to others, whether it’s a work buddy or a friend, to connect with through social media or video chatting.

9. Avoid casual or work clothes and sneakers. Dressing this way can make you feel like moving more. When you’re dressed for the part, you are more likely to feel like moving.

For more information on joining a virtual class or an online healthy coaching session, contact susan@jccnh.org.
SPECIAL ONLINE EDITION Page 6

Security grants available for synagogues, camps and day school

Monday, April 13, and we will accept applications until midnight on June 30, 2020.

The Jewish Foundation. This will be an annual grants initiative. This year, the awards will be made on a rolling basis.

There is $130,000 available in grants for the Jewish elderly. These monies are from funds from the Jewish Home Building Fund Corp, which were recently transferred to the Jewish Foundation and are made in memory of Arthur and Yvette Eder.

The first applications may be submitted beginning on March 9. The deadline for applications will be June 30, 2020.

In addition to the aforementioned special initiative, the Jewish Foundation will be allocating $36,000 to Jewish Family Service (for food assistance and social services) and to The Towers at Tower Lane (for food assistance).

Security grants for synagogues, camps and day school

GRANTS

To apply for any Jewish Foundation grant, go to jewishnewhaven.org/grants for online applications and descriptions.

For the Jewish Elderly

The Coronavirus has affected many lives very rapidly around the world, said Tal in a recent interview with the Jewish Foundation of Greater New Haven.

Tal is a young emissary in the Jewish community in Greater New Haven. Tal is in Israel on an extended leave because of the coronavirus pandemic. Tal was previously a part of the Jewish Agency for Israel’s Lehitraot, Not Goodbye program.

They are heartbroken having to leave so suddenly. If you would like to send them some words of love, please post them to the Jewish Foundation of GHF Facebook page.

Lehitraot and Tal shared their experiences upon returning to Israel.

“Lehitraot has affected many lives very rapidly around the world,” said Tal in a recent interview with the Jewish Foundation of Greater New Haven.

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Lehitrao...
Jewish Family Service of Greater New Haven:

JFS has always been the eyes and ears of our community,” says Jewish Family Service of Greater New Haven’s (JFS) Program Director, Judy Alperin. “We’re uniquely positioned to provide a full range of critical social services. Now, at this moment of unprecedented need, our community is turning to JFS for assistance. Although our physical presence may be closed, our staff is working tirelessly to make sure we are here, today, to help those who need it most.”

BARBARA JACOBS

The obligation of feeding the hungry is woven into our Torah and Jewish tradition; it is a commandment with a clear obligation. Our current situation is a defining moment.

As a JFS board member, a Rabbi, and community member, I testify, “What happens to our more than 280 clients who depend upon our JFS food pantry? And what happens to those who, through no fault of their own, will lose their jobs as a result of the world out there in the present crisis? We are facing a community tragedy.”

The answer is coming together to pool our Jewish human resources. JFS is spearheading collaborative efforts with our synagogues, Jewish Federation and interfaith community. Rabbi Babad is matching our donations with funds while contemporaries, fulfilling tzedakah through donations and gift cards. As far as distributing the pantry food, this has not been reached out yet. But I’m hopeful that, with resources on hand, this would be facilitated. The JFS pantry will find a way to provide, at least symptomatically, kosher-for-Passover food for those who need it most. Celebrating our historic redemption can give us all hope and courage for the present.

ELIZABETH DAVENPORT (CASE MANAGEMENT SERVICE ADMINISTRATOR)

Our clients are of all ages and are facing challenges. We deliver emergency food, medical supplies, and other resources in the community, including food delivery for emergency use. I would like to encourage everyone to call our clients to enable them to stay connected to their community, offer to pick up groceries or pharmacy items, and deliver items by their door.

THE TOWERS AT TOWNER LANE, NEW HAVEN:

We are grateful to the volunteers who have stepped up to call our residents for regular check-ins. We thank the donors who have contributed additional items, such as puzzles, adult coloring books, pantry items, and other supplies. We are coordinating with our clients to maintain a sense of community, as well as helping our clients stay connected to their loved ones.

Do you or someone you know have a story about the impact of COVID-19 in Greater New Haven? Send us your story at info@jewishnewhaven.org.

Jewish Federation of Greater New Haven and The Towers at Tower Lane’s work is made possible in part due to emergency grants from the Covid 19 Response/Maimonides Fund.
The Russians were starting to close in. She was then moved to Bergen-Belsen for over a month, then to Rochlitze concentration camp in Czechoslovakia and, ultimately, walked in the Death March.

When they disembarked at Auschwitz, she was immediately separated from her family. When she walked into the camp, there was no water, and it was August. People were dying around us... the stench was overpowering. It was a miracle that she did not die.

When they disembarked at Auschwitz, she was immediately separated from her family. She, with her uncle and later her father, who ended up marrying her grandmother, were able to escape and join another group of children. Esther did fall in love again and remarried for another 12 years before her second husband passed away.

"You have to associate with people who are upbeat. I belong to the JCC in New Haven. We do a lot of things together. I love to go to the theater. We have a lot of fun together. This is the beauty of America. If you work hard and you love the country, you get places." Esther did fall in love again and remarried for another 12 years before her second husband passed away.

"You have to associate with people who are upbeat..."
It will not be as easy to celebrate this year as it was in the previous years. How this month, we will be celebrating Pesach. These are difficult times for the world.

With the support of the international Jewish community, 163,000 exit visas were granted in the late 1960-1970s. Starting from the mid-1980s, Soviet Jews were able to the public for Jewish holidays. However, Jewish orga...
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**THE JEWISH FOUNDATION**

**COVID-19 RESPONSE FUND**

In memory of Joel Teitel, brother in law of Jeffrey Katz
Michelle Zucker
In memory of Ray Kaplan and Sanford Blackman
David and Cynthia Greenblatt

JCC

In memory of Sydney White
Ameny McLaughlin
One Lincoln-Mercury

NEW HAVEN OPERATING FUND

In memory of Steve, Patient
welcoming, and our facilities are comfortable,
anyone looking
welcoming, and our facilities are comfortable,

*All consultations are complimentary! Call today to schedule yours!*
Like many interfaith couples, Joanna Romberg and Michael Bletchley have built their family’s traditions around elements from their respective childhoods as well as new multicultural traditions. Finding a community where both felt comfortable was challenging; they ultimately found it at Ezra Academy and at the JCC of Greater New Haven. Joanna, who was born in Israel, is grateful for the opportunity to bring Israeli culture, Jewish holidays and the Hebrew language to 10-year-old Eli and six-year-old Ari’s lives. “It’s like having a [Jewish] family outside of Israel and a home away from home. That has been a life-changing experience for us,” Joanna said. She and Michael are expecting another child. “When the new baby arrives, she will be welcomed by a caring and supportive Jewish community.”

Your support of the Jewish Federation of Greater New Haven powers Jewish life in our community. Across towns and across oceans, your support impacts innumerable moments that build, ensure and enrich Jewish life. No organization powers more Jewish moments than the Jewish Federation.

www.jewishnewhaven.org/give