

# THE SHOFAAR

A Publication of the Jewish Federation of Greater Chattanooga

Volume 30 Number 5 January 2018

## Annual Meeting is January 18; Volunteers of the Year to Be Recognized



Speaker Jeannie Smith

The Federation will hold its annual meeting on Thursday, January 18 at 7 p.m at the JCC. Jeannie Smith will be the featured speaker. The 2017 Volunteers of the Year for each of the congregations, Federation, Hadassah, Machanooga, and Aleph Bet will be formally announced and recognized. See below for a list of this year's Volunteers of the Year.

Jeannie Smith is the daughter of Polish rescuer Irene Gut OpDyke who passed away on May 18, 2003. A brave and inspiring figure, Irene received international recognition for her life-saving actions during the Holocaust when working for a high ranking German official. Irene's life story was recently told each night on Broadway in the nationally acclaimed play "Irena's Vow," starring Tovah Feldshuh. Irene's book, *In My Hands: Memories of a Holocaust Rescuer*, published by Random House, relays the detailed account of her life during the years of WWII, and is used in classrooms around the country.

The Israeli Holocaust Commission named Irene one of the Righteous among the Nations, a title given to those who risked their lives by aiding and saving Jews during the Holocaust. She was presented with the Israel Medal of Honor, Israel's highest tribute, in a ceremony at Jerusalem's Yad Vashem Holocaust Memorial. The Vatican has given Irene a special commendation, and her story is part of a permanent exhibit in the United States Holocaust Memorial Museum in Washington D.C. In 2008, Irene was presented posthumously with the Commanders Cross, the Polish medal of honor, given by the president and First Lady of Poland and, in 2009, with the Courage to Care award by the Anti-Defamation League in a special ceremony in Washington DC. Both of the awards were accepted by Jeannie Smith, who is Irene's only child.

Jeannie resides in Woodland, Washington with her husband Gary. She is the mother of two and the grandmother of three. She is part of a new generation of Holocaust speakers called 2nd Generation who share their parents' first-hand experiences. She is a member and speaker for the Oregon & Washington Holocaust Speakers Bureau, a regular speaker for the Anti-Defamation League's Bearing Witness Program, Jewish Federation groups, Lion of Judah events, and Hadassah groups. She tells her mother's story at schools, churches, camps, organizations, fund raising groups and clubs throughout the United States.

## 2017 Volunteers of the Year Announced

Volunteers of the 2017 year have been chosen! Below is the list of generous volunteers who were invaluable to their congregations and programs. VOYs will be recognized and honored at the Annual Meeting January 18 at 7 p.m.

- Aleph Bet:** Ashley Stein
- B'nai Zion:** Barbara Oxenhandler
- Chabad:** Hadassah Shulkin
- Hadassah:** Millie Lander
- Jewish Federation:** Max Brenner
- Machanooga:** Trent Center
- Mizpah:** Richard Zachary

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## Inspiring Hearts and Minds

By Austin Center  
Incoming Board President



Serving as the Campaign Chair of the Jewish Federation of Greater Chattanooga for the past two years has been a blessing that has instilled in me a greater passion and appreciation for the work our community, our volunteers, and our staff do each day. Having the opportunity to travel on behalf of our community has given me an understanding of the impact we make and the people we help here and around the world. I have seen firsthand how our donor dollars are spent and what it means to those it is spent on.

Traveling in Israel, I had the great pleasure to meet new *olim*, whose lives have been changed because of our generosity. Just this past year at a restaurant in Jerusalem, Michael Spector, Michael Dzik and I were waited on by a young *olah* named Olga. Olga is Ukrainian, and she had made aliyah to Israel just six months earlier with the help of our campaign dollars and the Jewish Agency! How inspiring it is to see the life-changing impact we have.

Here in Chattanooga, we also have great impact. It is heartening to see the volunteers in our community come out when called upon to help. We have a social services committee of volunteers and staff who make sure anyone who needs medical support, a ride to a doctor's office, a home visit, a meal, or emergency treatment gets it. *Please see page 6*

## "New Year, New You" and "Healthy Choices": Making a Difference in 2018

Join our shlichah Chen Dahan Monday, January 8th at 7 p.m. for "New Year, New You," a fun and informative kick-off to the New Year. Seven women from the community will lead discussions about how we can lead a healthier lifestyle. Cocktails and appetizers will be served. Cost to attend: \$10.

Sunday, January 21st the Federation in conjunction with Hadassah will present "Healthy Choices," a panel discussion about how you can help yourself feel better and live longer and safer without prescriptions. See page 17 for more. Cost: \$5. Please RSVP to both at [RSVP@jewishchattanooga.com](mailto:RSVP@jewishchattanooga.com), 493-0270. or on the website at <http://www.jewishchattanooga.com>.

## Chai Nite Returns to JCC February 10 to DAZZLE



Chai Night, the Federation's answer to cold, bleak winter nights, returns to the JCC for its bi-annual dinner, open bar, and dance party Saturday, February 10th at 7:30 p.m. Attire is cocktail, formal, black tie

optional; cost \$36 per person. See page 11 for more information and how to become a sponsor of this DAZZLING event!

## Jewish Community Mission to Israel in 2018



Be a part of something big! Join the Federation on a community mission trip to Israel next December 5-17. More information to come. Contact Michael Dzik at 493-0270 ext. 15. Cost \$3,000 per person, land only, double occupancy. Federation subsidies will be available.

## SAVE THESE DATES

- February 10 Chai Nite
- February 19 New Season of Foreign Policy Supper Club
- February 22 Community Trivia Night

# NOTES FROM LEADERSHIP



## The State of Our Federation

**Lee Brouner**  
**Federation Board Chair**  
[boardchair@jewishchattanooga.com](mailto:boardchair@jewishchattanooga.com)

Two years ago at this time I assumed the role of Board Chair of the Federation. I remember thinking about the opportunity that I was assuming as a key representative of the leadership of our Jewish community. I thought about the challenges that our community faced and ways that I felt that I could help. I also remember back then thinking about the state of our Federation.

At that time, the state of our Federation was very strong. We were led by an engaged Board and an energetic group of volunteers. Our Executive Director and his staff were experienced and doing an outstanding job for the community. Our campaign fundraising efforts were strong, led by dedicated volunteers who raised funds from our annual campaign well above the standards set by other similar-sized Jewish communities. Our Social Services program was remarkable for a community our size, able to serve our elderly and disadvantaged population in ways other communities simply could not match. Our Aleph Bet preschool was rated among the top in our area and was embarking on a major effort to increase enrollment.

So what could/should I do to improve on the Federation?

I decided at that time that my best course of action was to apply my efforts toward helping the Federation continue to do what it has been doing so successfully – and to stay out of the way as much as possible! One of my main priorities became the documentation of our Federation’s long-range plan. Several volunteers and staff members worked on this Planning Document over several months, and the Planning Document was approved by the Board at the April 2017 Board meeting. My hope is that this strategic plan will be referred to often by future Boards and updated often so that it can continue to serve as a vital roadmap for our future.

We did face several challenges during the two years of my tenure, including the replacement of our Aleph Bet director and the turnover of our director of Social Services. In each of these cases, the Federation did an outstanding job continuing to provide valuable services to our community during the transition periods and in finding new, energetic and talented replacements. I am pleased to say we are excelling both at Aleph Bet with increased enrollment and at Social Services, with our new director, Erricka Hill, meeting (and usually exceeding) the needs of our community.

I was also pleased to see the Federation play a key role in addressing the changing needs for Jewish education in our area, working with staff and volunteers from B’nai Zion, Mizpah, Chabad and the CJCRS in the establishment of our new Machanoga program. Likewise, the Federation played a key role in helping to set up mechanisms at the Federation and at each of our congregations for endowment solicitation and giving, and I am proud of our successful efforts in this vital area.

Long story short, our Federation is impressive and will only get better with the leadership talent that is lined up to take my place. Austin Center, your next Board Chair, has done a remarkable job as our Campaign Chair for the last two years. His passion and love of the Federation and our community is remarkable. I am so pleased to be able to hand this role to Austin and believe that the immediate future of the Federation is in great hands.

The state of the Federation is good and our future is bright.

Lastly - THANK YOU for allowing me to serve as Board Chair for our Federation for the last two years. I have truly enjoyed the experience, and I have learned a lot and made many new friends during this period. This was an experience that I will appreciate for years to come, and I will continue to serve the Federation when needed.



able to work, learn, and live together. Being together on a mission allowed us to understand each other better, and brought us closer together for the mutual success of our Federation and Jewish community. Welcome, Mike, to your new role.

We also welcome many new faces to the Federation Board of Directors. Owen Allen rejoins the board after many years in other community leadership positions. Owen brings a wealth of Jewish community knowledge and experience. Kathy Raisin joins the Board this January as well. Kathy, who resides in Dalton, has always been involved in Federation, most recently through her daughter Rachel who interned with the Federation this past summer. Nicole Berger joins the Federation after just completing the YESOD Jewish Leadership program. Nicole has been involved in the Federation for years, as her son Quinn attended Aleph Bet. Finette Winer has been a long-time Chattanooga resident, Federation cheerleader, and great campaign volunteer. I know Finette will add energy, ideas and her southern charm to all aspects of Federation.

Lastly, I’m thrilled to welcome Jed Mescon to the Board as well. Jed and I have many close and personal bonds. We attended the same university, Arizona State, and although we were there many years apart, we had the same Hillel Rabbi. Jed was my Chattanooga BBYO advisor, and most recently, his daughter graduated from Elon University, which is where my oldest daughter is in school now. Welcome to all of you, along with the many returning board members as well (see page 6 for full list).

And of course, a big thank you to our three Board members who have served their terms and will be rolling off this year: Julie Cowan, Caroline Kaplan and Lauren Lebovitz. Each of you add something special and unique to the Federation Board and the Jewish community. I know that you will remain involved in the Jewish community and find wonderful opportunities to participate, engage and lead.

We are always looking for volunteers for social services, Aleph



Bet, Israel and other programs, and so much more. Federation has a place for everyone. Still searching for your role? Give us a call, and we’ll brainstorm together.

**Austin Center, Michael Dzik, Mike Spector, in Israel**

## So Many Thank-You’s, So Little Time

**Michael Dzik, Federation Executive Director**  
[mdzik@jewishchattanooga.com](mailto:mdzik@jewishchattanooga.com)



It is hard to believe that another calendar year has come and gone. It was an amazing year. There are so many volunteers to thank, from our Board of Directors and committee chairs/members to event hosts and project volunteers. We’ve had volunteers read to our Aleph Bet students and we’ve had volunteers help create and implement programming. We would not be the Federation or Jewish community we are today without volunteers. Thank you!

This month we also say thank you to Lee Brouner, the Federation’s outgoing Board Chair. Lee has always been an active member of the Federation (he was for many years (maybe decades!) our Treasurer). Lee attended a mission to Israel and Tblisi, Georgia to see first hand our overseas work, and has attended the Federations’ annual meeting, the General Assembly. In short, Lee has been “all in”. He has truly been my partner for the past two years; we meet often and speak by phone or email even more frequently. Lee has been a passionate steward of the Federation while also providing strong leadership and direction. Thank you, Lee, for your service, leadership and friendship. You’re leaving the Federation in an even stronger position today than when you took over two years ago.

***We would not be the Federation or Jewish community we are today without volunteers.***

As Lee takes on a new role at the Federation, I’m thrilled to be welcoming Austin Center into the Board Chair role. Little did any of us know that Austin’s first taste of Federation, a national young leadership conference called TribeFest, would lead us to today. TribeFest was just the beginning, as Austin has been on three Federation missions and has also attended a General Assembly. What I love most about Austin is his enthusiasm, his desire to learn more and his passion to help others. After leading the Federation’s Annual Campaign for the last two years, I know that Austin is ready, willing and able to lead the Federation to even more success. Thank you, Austin, for your dedication, and I look forward to continuing to build a strong and united Jewish community together.

Also taking on a new role beginning in January is Mike Spector, who takes over the annual campaign leadership responsibilities. Mike is a native Chattanooga and has become more and more involved over the years. Mike was on the most recent Israel and Ukraine mission with Austin and me where we were

# 2018 Annual Campaign Honor Roll

## King David \$100,000+

Lebovitz Family Charitable Trust  
Charles Lebovitz

## Jerusalem \$75,000 - \$99,999

Anita and Julian Saul

## Chalutzim \$50,000 - \$74,999

Michael Lebovitz

## Maccabi \$25,000 - \$49,999

Alan Lebovitz  
Alison Lebovitz  
Betty Lebovitz  
Lauren Lebovitz  
Helen Pregulman  
Pris Siskin  
Robert Siskin

## Kadima \$10,000 - \$17,999

Claire Binder  
Chazen Family Foundation  
Ernie Kresch  
Joe Lipsey  
Jackie and Roy Rosenfeld

## Lion/Herzl \$5,000 - \$9,999

Anonymous  
Dalton Jewish Community  
Dana and Sam Banks  
Kandy Berke  
Marvin Berke  
Gail Cohen  
Paula and Michael Dzik  
EMJ Corporation  
Lynn Hochman  
Peggy and Norman Hoffermand  
Susan and Hyman Kaplan  
Ira Kraus  
Milton Ratner Foundation  
Judi and Irv Pressman  
Fuz Spector

## Hatikvah \$3,600 - \$4,999

Anonymous  
Owen Allen  
Jeff Balser  
Andy Berke  
Austin Center  
Marilyn and Morton Center  
Herb Cohn  
Gail and Stanley Dressler  
Fran and Joe Dzik  
Cora and Ted Feintuch  
Monique and Jeffrey Gefter

Doris and Ival Goldstein  
Lynn and Micheal Herman  
Gary Lander  
Lisa and Stephen Lebovitz  
M.J. and Howard Levine  
Susan and Dennis Matzkin  
Pam and Richard Schulman  
Sheila and Jerry Sear  
Jim Shire  
Linda and Mike Spector  
Elaine and Sanford Winer  
Carol and Larry Young

## Pomegranate \$1,800-\$3,599

Monique Berke  
Ronnie Berke  
Jane and Bob Berz  
Betsy and Lee Brouner  
Erin and Tal Cohen  
Beverly and Steve Coulter  
Julie and Rob Cowan  
Dot and Rueben Dubrow  
Valorie and Eron Epstein  
Jan and Michael Hanan  
Colman Hochman  
Andy Hodes  
Jill and Jim Levine  
Shirley and Richard Krause  
Jen and Rabbi Craig Lewis  
Judy Monen  
Rebecca and Jordan Parker  
Barbie and Steve Potts  
Judy Richelson  
Fern Shire  
Lance Silverman  
Shelley and Martin Simms  
Lynn Whisman and Stuart Bush  
Donna White-Dropkin and  
Warren Dropkin  
Richard Zachary  
Sandy and Larry Zuckerman  
Sylvia Zuckerman

## Ben Gurion \$1,000 - \$1,799

Anonymous  
Donna and Jeff Alper  
Robin Balser  
Bonnie and Stephen Black  
Susan and Max Brener  
Amy and Jon Cohen  
Ross Cohn  
Susan and David DiStefano  
Sandy and Bill Dittus  
Karen Diamond and Clark White  
Izzie Frumin  
Barry Gold  
Sheldon, Ethan and Taylor Goldblatt  
Jan and Ken Goldsmith  
Barry Hoffman  
Jennifer and Martin Redish  
Lynn Howard and Alan Richelson  
Laura and Scott Israel  
Krissy and Charles Joels  
Karen Kruesi  
Louise Kushner  
Brenda and Paul Lefkoff  
Ruth Longway  
Beth and Rob Lowe  
Carolyn and Bob Palermo  
Janice and Clayton Rhodes  
Cassie and Kevin Rose  
Jacqueline and Marty Scheinberg

## Mensch \$500 - \$999

Beth Backer  
Merle Backer  
Nora and Bob Bernhardt  
Alexis and Barry Bogo  
Jerry Bohn  
Amy and Gene Boulware  
Rita and Bob Brook  
Ruth and Manny David  
Carolyn Drake and Keith Reisman  
Rabbit and Jerry Finkle  
Sheldon Gelburd  
Laura and Howard Grody  
Jacob Myers Deli  
Myrna and Howard Kaplan  
Dot Kaset  
Millie Lander  
Vicki and Art Lewis  
John Miles  
Pam and Frank Miller  
Erica and Brandon Newman

## Aliyah \$250 - \$499

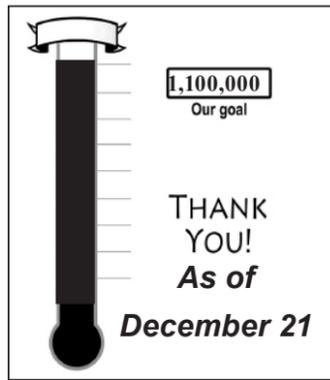
Iris and Lee Abelson  
Jennifer and Robert Backer  
Merav and Tom Balazs  
Lindsay and Isaac Barukh  
Carol Berz and Charles Dupree  
Brenda Hodges-Binder & David Binder  
Rosalee and Jerry Bogo  
Jenny and David Brodsky  
Deena and Louis Brody  
Erika Brouner  
Trent Center  
Yogi Center  
Susan and Bill Ferguson  
Ellen Freiberg  
Cristine Goldberg  
Marjorie and Issi Goldberg  
Meghan Graybeal  
Esther and Julius Greenwald  
Yetta and Howard Gropper  
Ellen and Ken Hays  
Susan and Bill Hillner  
Lindy and Ron Johnson  
Marian Kern and John Beck  
Gene Kleiman  
Marilee and Joseph Kodsi  
Irwin Koplan  
Sherie and Bill Lefton  
Anita Levine

## Chavarim \$1 - \$249

Anonymous (2)  
Shannon Adams  
Kem Alexander  
Debby Alper  
Carole and Joe Blass  
Ellen and Uzi Boyangu  
James Brown  
Marty Brown  
Sarah Brook  
Donna Butler  
Ronni and Chaim Charyn  
Daniella Cohen  
Gay and Larry Cohen  
Daya Cohen  
Dean Cohen  
Sadie Cowan  
Arlene and Les Goins  
Rachel Dzik  
Rebecca Dzik  
Susan and Jonathan Dzik  
Donnajeanne and Larry Etkin  
Marty Fanburg  
Rita and Leroy Fanning  
Debbie and Gary Fassino  
Vivian Fine  
Fifi Ginsburg

Barbara Oxenhandler  
Rachel Privett  
Malia and Jeffrey Rothenberg  
Melinda and Chuck Rosenthal  
LeeAnn and Joe Rubenstein  
David Sachsman  
Judith Sachsman  
Elwynn Schwartz  
Michael Seeber  
Janet and George Sivils  
Sylvia and Norman Slovis  
Diane Stoller  
Joel Susman  
Mary Susman  
Ann Treadwell  
Trudy and Tom Trivers  
Cara Weiner and J.R. Hill  
Jennifer and Danny Waxenberg  
Dana and Richard Waxler  
Terry and Norton Wheeler

Bea Lurie and David Eichenthal  
Bonnie and Richard Marcus  
Nona Martini and Mark Issenberg  
Annette McJunkin  
Leslie McWilliams  
Judie and Spencer Misner  
JoAnn Morris  
Pamela O'Dwyer  
Rose and Ken Opengart  
Kathy and John Raisin  
Eric Richelson  
Leonard Richelson  
Beth Roberts  
Patricia and David Rose  
Sande Schulman  
Sandra and Mark Shapiro  
Yuppie and Harold Shavin  
Carla and Charles Smith  
Helen and Stanley Smith  
Judy and David Solovey  
Doris and Bob Streiter  
Gail Susman  
Kathleen Tice  
Kelley Nave-Tucker and Alex  
Tucker  
Susan and Alan Waxenberg  
Bruce Weiss  
Eddie and Josh Weiss  
Joseph Winick



**CURRENT TOTAL**  
**\$1,053,719**



# 2018 ANNUAL CAMPAIGN

## Chavarim (continued) \$1 - \$249

Kary Klein and Stephen Gordon  
 Judy and Jerry Kleinstub  
 Ezra Lander  
 Donna Lawson  
 Carol and Bruce Lebovitz  
 Deborah Levine and Earl Berkun  
 Merrill and Harold Levine  
 Bobby Levine  
 John Lewis  
 Gail Lindsey  
 Eileen and Neil Loeffler  
 Ira Long Jr.  
 Pamela and Sam Lowy  
 Linda Lutin  
 Tracy and John McCarley  
 Doetje McFadden  
 Courtney McKenzie  
 Nora and Gene McNeill  
 Teddi Mendel  
 Phyllis and Jed Mescon  
 Frances Mogul  
 Judy Mogul and Tom Farnam  
 Elizabeth Monson  
 Alice Morgan  
 Marcia Noe and Robert Marlowe  
 Barbara Paper  
 Stephanie Paradise  
 Rosemarie and Pat Park  
 LeNe't Solomon-Parker  
 Cecile Parris  
 Andrea Pitkow and Raymond Pyter  
 Susie and Phil Pollock  
 Deborah and Charlie Poss  
 Warren Posternack  
 Rochelle Prigoff  
 Leo Procise  
 Elizabeth Raisin  
 Emalee Reardon  
 Eddie Reel

Elizabeth and Irv Resnick  
 Beverly and David Rice  
 Liga Richelson  
 Valdis Richelson  
 Elliott Rose  
 Muriel and Sy Rosen  
 Katheryn and Arthur Rosenberg  
 Janiece and Jim Rosenbloom  
 Debra and Mike Royal  
 Harriett and Alan Ruderman  
 Rachel Sadowitz  
 Sylvia Saloshin  
 Bethany and Josh Schklar  
 Lynn and Martin Schuster  
 Phyllis Schwartz  
 Lisa and Gregg Shander  
 Dana Shavin and Daryl Thetford  
 Jason Shuman  
 Marion Shuman  
 Jack Silberman  
 Ellen and Phillip Smith  
 Sheila St. Aubin and John Reis  
 Gail and Tim Stadfeld  
 Judy and Robert Stahl  
 Paul Stahl  
 Roslynn Steinberg  
 Bonnie Stoloff and Bruce Shaw  
 Betsy and David Temple  
 Joyce Thomas  
 Lester Votava  
 Ruth Votava  
 Beth and Johnny Walling  
 Randi and Jeff Weiss  
 Stacey and Kevin Whited  
 Cherie and Billy Wise  
 Cindy Wood  
 Charlene and Sid Wugalter  
 Samuel Wyner  
 Sonia Young

## Join the Jewish Federation Legacy Society

The Legacy Society is made up of individuals who, in the tradition of our Jewish faith, wish to share their blessings with others by providing for the future needs of the Jewish community. There are a number of ways to contribute to the Jewish Federation's Endowment through estate planning: a bequest in a will, contribution of the remainder of an IRA or other retirement plan, a life insurance policy, charitable remainder trust, donor advised fund, charitable gift annuity, piece of real estate, securities or other property, or the donation of other assets. However they choose to contribute, Legacy Society members can be sure that their planned gift will turn their dreams for a strong future Jewish community into a reality. Join today.

Allen, Amelia (Deceased)	Fairchild, David	Parker, Rebecca
Alper, Maxine (Deceased)	Frank, Estelle (Deceased)	Pregulman, Helen
Balser, Jeff	Hanan, Rachel	Privett, Rachel
Balser, Robin	Hill, J.R.	Richelson, Alan
Berz, Bob	Hochman, Colman	Rosenfeld, Jackie
Binder, Claire	Hochman, Lynn	Rosenfeld, Roy
Black, Bonnie	Hodes, Alvin	Siskin, Pris
Black, Stephen	Hodes, Andy	Sivils, Janet
Bogo, Jerry	Hodes, Melody	Spector, Mark (Deceased)
Bogo, Rosalee	Howard, Lynn	Spector, Mike
Brooks, Ellyn	Israel, David	Susman, Gail
Brooks, John	Israel, Scott	Susman, Joel
Brouner, Betsy	Jaffe, Dot	Weiner, Cara
Brouner, Lee	Jaffe, Sam (Deceased)	White Dropkin, Donna
Center, Austin	Lebovitz, Alison	Winer, David
Center, Marilyn	Lebovitz, Alan	Winer, Elaine
Cohen, Tal	Lebovitz, Betty	Winer, Finette
Cohn, Herb	Lebovitz, Charles	Winer, Sanford
Cohn, Sue (Deceased)	Lebovitz, Lauren	Zachary, Richard
Cowan, Rob	Lebovitz, Michael	
Diamond, Karen	Levine, Lawrence (Deceased)	
DiStefano, David	Lowe, Beth	
DiStefano, Susan	Lowe, Rob	
Dittus, Sandy	Malsh, Rebecca (Deceased)	
Dropkin, Warren	Nash, Ike (Deceased)	
Dzik, Michael	Oxenhandler, Barbara	
Dzik, Paula	Parker, Jordan	

**It's never too late to  
 pledge! Call Michael Dzik  
 493-0270 ext. 15 or donate at  
 jewishchattanooga.com.**

**See how easy it is to join  
 the Legacy Society!  
 Call Michael Dzik at 493-0270  
 extension 15**

## Breaking News!

You can now update your contact information for the Directory by going to the website! Simply go to [jewishchattanooga.com](http://jewishchattanooga.com) and click on Contact us > Directory Updates.



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## I Am Woman, Hear Me Roar

**Ann Treadwell**  
Program Director atreadwell@  
jewishchattanooga.com

*I am woman, hear me roar  
In numbers too big to ignore  
And I know too much to go back an' pretend  
'cause I've heard it all before  
And I've been down there on the floor  
No one's ever gonna keep me down again  
(Helen Reddy, 1972)*

Do people really think that sexual harassment is anything new? The current media focus on sexual harassment by men in power suggests that sexual misconduct--and women defending themselves against it--is a new phenomenon. And that it only happens to people in the public eye.

I vividly remember an incident just after graduate school. I was newly married, living in Detroit; my husband and I were, like many newly married couples, working "real" jobs as well as odd jobs to make ends meet. In addition to making cold calls for product research for Ford Motors, I was putting together an exhibit of Master Artists for a small arts organization. My husband was working as a contractor on a large project for a "highly esteemed" individual in the community. Who knew that our work lives would intersect in a most negative way?

One day I went to visit one of the artist's studios suggested to me by the then- Director of Education of the local museum. The artist was older, prominent, and well-respected in the region. He taught at the local art school and was considered by many to be a mentor--a perfect fit for my exhibit.

At his studio we looked at his work, and talked art. When we were through he said, in all seriousness, "Should we have sex or go out to lunch?"

Stunned, I blushed and voted for food. That very evening I discovered that this artist was the "highly esteemed" individual who had contracted my husband to renovate his house.

My husband finished the job for him without incident. But the artist never finished paying for the work, telling my husband that I had not "completed the deal". We all knew what he meant. We sued; and although we received a positive judgement, my husband was never paid.

What does this have to do with January's programs at the Federation? I believe that a woman's positive self-esteem is really important. To this end the Federation has put together several activities in which both young and mature women can participate (although many upcoming activities are not exclusively for women).

- The first week in January, middle school students (boys and girls) can participate in the Philanthropy Leadership Academy.
  - On Monday, January 8 Chen Dahan will help present a "New Year, New You" women's program.
  - Hadassah and the Federation will bring the "Healthy Choices" program to you on Sunday, January 21.
  - On Thursday, January 25 female Israeli Chef Avivit Priel Avichai will be coming to Chattanooga to present to and work with Young Leadership.
- Join us, won't you?

### How to Have Fun Without the Food



Want to come to a meal-time program but don't wish to eat? Now you can, at half the cost. (If lunch program is \$10, you'll pay \$5.) Why is there still a cost? Fees pay not just for the meal but for labor, marketing, and other associated expenses. **Regardless of whether or not you eat, you will still need to RSVP in order to reserve a seat.**

Note: Please do not bring outside food or beverages into the Federation. If you would like to suggest a beverage or food to be served at an event, please contact Ann Treadwell. She and Alice Goss-Morgan, Kitchen Supervisor, will consider your suggestion. Food allergies or restrictions? Please contact Ann Treadwell. We will do our best to accommodate you. Atreadwell@jewishchattanooga.com or 493-0270 ext. 13.

Your R.S.V.P. means we can be sure to have enough food, meet special dietary needs, and have enough seating.

There are three easy ways to RSVP:

1. On the website at <http://www.jewishchattanooga.com>.
2. Via email at [RSVP@Jewishchattanooga.com](mailto:RSVP@Jewishchattanooga.com)
3. The old fashioned telephone, at 493-0270 ext. 10.

### No Meat? No Problem!

If you prefer a vegetarian meal at one of our events simply RSVP to the Federation AT LEAST three work days prior to the event. **We are happy to accommodate you but must have advance notice.**



### Tuesday Cafe

Tuesdays at noon, January 2, 9, 16, 23, 30. RSVP. Alice Goss-Morgan is back and menus will be listed in the community email.

### Philanthropy Leadership Academy

Tuesday, January 2-5, 9-4pm. For more information call Ann Treadwell at 493-0270 ext. 13.

### Women's Night: New Year, New You

Monday, January 8 @ 7pm. See front page for details. \$10 per person. RSVP.

### Jewish Archives Meeting

Wednesday, January 10 @ 10 am.

### Annual Meeting

Thursday, January 18 @ 7pm. See front page for details. RSVP.

### Healthy Choices: Joint Federation/Hadassah Program

Sunday, January 21 @ 2pm. See front page for details. RSVP. \$5 includes coffee and healthy desserts.

### Cafe Dilemma with Chen Dahan

Monday, January 22 @ 5pm. See page 8 for details. Dutch treat.

### Jewish Archives Photo ID Event

Wednesday, January 31 @ 2 pm at Mizpah. Van service available.

## Have You Lost Touch?

No longer getting weekly e-mails from the Federation? Please call Courtney at 493-0270 to make sure we have your correct e-mail address. If we do, but you're still not getting them, you may have accidentally unsubscribed. It is very easy to get you back in touch. Just let us know.

## News You Can Use

You can now update your contact information for the Directory by going to the website! Simply go to <https://www.jewishchattanooga.com> and click on Contact us>Directory Updates.

## Who Do You Know?

Each month we hope to feature a photograph from the Jewish Archives of Chattanooga and solicit your help in identifying the people. Do you know anyone in the photograph below? If so, please contact Max Brener at [9westover@gmail.com](mailto:9westover@gmail.com). Want to help ID photos January 31, at 2p.m. at Mizpah? We'll have snacks too! RSVP atreadwell@jewishchattanooga.com or 493-0270 ext. 13.



# FEDERATION NEWS

## Inspiring Hearts and Minds

*continued from front page*

We at the Jewish Federation impact peoples lives here in Chattanooga and around the world. On one of my visits to Israel I met a man named Gideon, who was a former tank commander and works for our Joint Distribution Committee. He is the first person representing us, the Jewish Federations, and his job is to go to places around the world where natural disasters have hit. He is sent by us to see where we can help. He spoke of the impact we had a few years ago when Haiti was hit by an earthquake. He realized we could help Haitians who had lost limbs. The doctors in Israel that we partner with were sent to Haiti to fit them with prosthetics limbs. Many can now walk again and live a productive life. Why send our resources to Haiti? Because we can make a difference to change and inspire the hearts and minds of people everywhere. Judaism teaches the act of Tikkun Olam, to heal the world. Our actions inspire others to action.

As I see the difference we make in so many people's lives, I am energized and enthusiastic to continue to build on the great work we've been doing for generations. It is because of you and your support for our Jewish Federation of Greater Chattanooga that together we make such a difference in so many people's lives here in Chattanooga and around the world. Thank you for your continued support of our Federation. I look forward to being your new Board Chair.

*Jewish-style food, haimisha atmosphere*

*Catering for all events!*

**OPEN 7 DAYS**

**Sun.- Fri. 10:30-3:00**

**Sat. 10:30 to 5:00**

**tel 756-3354 (DELI)**

**fax 266-8646 (TOGO)**



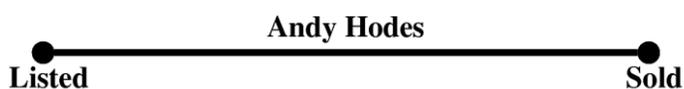
151 River Street  
across from Coolidge Park

**riverstreet-deli.com**

**Check our website for our daily menu**



## The Shortest Distance Between Listed and Sold



It is important to choose a real estate professional who understands the value of a straightforward approach. That's why people work with Andy.

With his dynamic marketing abilities, his extensive network, and his relentless energy, Andy can get your home sold. Period. End of Story.

**Don't take a winding path down the road of frustration. Choose the shortest distance between listed and sold - Andy Hodes!**



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**423-664-1600 (Office)**

**Andy@AndyHodes.com**

**www.AndyHodes.com**



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## 2018 Board of Directors

### TERMS EXPIRING JANUARY 2021

Owen Allen Nicole Berger Kathy Raisin

Roy Rosenfeld Joel Susman

### TERMS EXPIRING JANUARY 2020

Ken Goldsmith Barbie Potts Rachel Hanan

Alan Richelson Edie Weiss Elaine Winer

### TERMS EXPIRING JANUARY 2019

Stephen Black David Israel Rob Lowe

Erica Newman Cara Weiner Fern Shire

### ONE YEAR BOARD CHAIR APPOINTMENT

Tal Cohen Karen Diamond

Jed Mescon Finette Winer

### **THANK YOU TO OUR BOARD MEMBERS ROLLING OFF**

Julie Cowan Caroline Kaplan Lauren Lebovitz

### EXECUTIVE COMMITTEE MEMBERS

Austin Center Board Chair

Mike Spector Vice Board Chair

Scott Israel Co-Treasurer

Kevin Rose Co-Treasurer

Robin Balser Secretary

Alison Lebovitz Member-at-Large

Lee Brouner Immediate Past Board Chair

## Did We Goof?



Sometimes, we make mistakes. And sometimes, you catch them. What should you do if you find an error in *The Shofar* or on the website or our Facebook page? Go to the source! Email Communications Director Dana Shavin at [dshavin@jewishchattanooga.com](mailto:dshavin@jewishchattanooga.com) and she will fix it. Thanks for paying attention.

**STAY IN THE LOOP! Our website is <http://www.jewishchattanooga.com>. Our Facebook page is Jewish Federation of Greater Chattanooga (JFGC)**



About PJ Library:

PJ LIBRARY IS A JEWISH FAMILY ENGAGEMENT program implemented on a local level throughout North America. Participants receive high-quality Jewish children's literature on a monthly basis. Families raising Jewish children from age six months of age eight years (depending on the community) are encouraged to enroll at [www.pjlibrary.org](http://www.pjlibrary.org). PJ Library in Chattanooga is sponsored through the generosity of the Harold Grinspoon Foundation, the Jewish Federation of Greater Chattanooga and Aleph Bet Children's Center.

# COMMUNITY NEWS & EVENTS

## Mizpah Congregation Rabbi Lewis to Be Installed January 12



Rabbi Craig Lewis will be formally installed as Rabbi of Mizpah Congregation January 12 during the 6:00 p.m. Shabbat service. Conducting the ceremony will be Rabbi Ken Kanter, former Mizpah rabbi and current Dean of Academics at the Reform rabbinic seminary in Cincinnati.

## Mazel Tov

- to Erlanger Health System CEO Kevin M. Spiegel, who was named one of "183 nonprofit hospital and health system CEOs to know in 2017" by Becker's Hospital Review.
- to the 2017 YESOD leadership graduates: Nicole Berger, Chen Dahan, David Fairchild, Cara Weiner and Josh Weiss.

## Condolences

*We mourn the passing of the following beloved friends and family:*

- Rose Doris Kaufman Chawkin, wife of Louis Chawkin z'l, mother of Beverly, Sam, and Helen
- Roger Locke, father of Julie (Rob) Cowan and grandfather of Sadie and Max Cowan.
- Mildred Shapiro, husband of Harold Shapiro, mother of Nancy S. Feierstein, on Dec. 2.
- Paul Stahl, husband of Alena Stahl, z'l, father/father-in-law of Robert and Judy Stahl and Dr. Richard and Barbara Stahl, on December 6.

*Although the Shofar deadline is the 8th of the month, mazel tovs and condolences are accepted at any time. Contact Dana Shavin at 493-0270, ext. 12 or dshavin@jewishchattanooga.com.*

## Tributes

### In Memory of

**Paul Stahl**, Helen Pregulman  
**Bob Sylar**, Evelyn Sylar; Skip and Barclay Brown; Frank Miller; Ron and Andrea Johnson; Judith Pounder and Kolee Hoyt.

### Tribute to

*Alice Goss-Morgan's speedy recovery*, Izzie Frumin

\$10/  
person

JANUARY 8 7 p.m.

## NEW YEAR NEW YOU

(WOMEN - JUST FOR YOU!)



# TED

7 women will share with us their expertise relating to healthy and mindful living.

~ Join us for cocktails and appetizers

PLEASE RSVP AT [FEDERATION@JEWISHCHATTANOOGA.COM](mailto:FEDERATION@JEWISHCHATTANOOGA.COM)

## Take Home Chef Alice Goss-Morgan's "Bowls of Love"

Purchase matzo ball soup or chili for just \$4 for a one-bowl container or \$8 for a two-bowl size. **Call ahead to reserve; we do run out.** Contact Ann Treadwell (do not call the kitchen) at 493-0270, ext. 13; or [atreadwell@jewishchattanooga.com](mailto:atreadwell@jewishchattanooga.com) to get your order packaged and ready to go!



## By the numbers

# 375

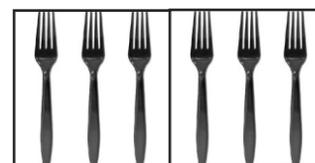
Number of potato latkes fried for community Chanukah candle lighting event & Mizpah Meals. *Special thanks to Andy Hodes, Vicki Lewis, and Richard Zachary*

## Mitzvah Meals Suggested Donations

- \$8 per meal
- \$90 per month based on 3 meals/week
- \$125 per month based on 4 meals/week
- 160 per month based on 5 meals/week
- 190 per month based on 6 meals/week

Meals are available for pick-up or delivery. To-go orders from any/all community programs will be charged the *program* fee (\$10-\$12) as opposed to the Mitzvah Meal fee.

*All Mitzvah Meal recipients must be pre-approved by the Director of Social Services. Menus are set by the Kitchen Supervisor and Director of Social Services.*



A gift for you... that will last a lifetime!

Your child may be eligible to receive a gift voucher up to \$2,400 to attend Aleph Bet!\*

The Jewish Early Childhood Initiative - Chattanooga funding generously provided by the Lebovitz Family Charitable Trust and private donors. The Jewish Right Start Program matching funding provided by the National Jewish Right Start program, an initiative of the Jewish Federation of Metropolitan Chicago, made possible through the generosity of local donors.

Apply at [www.aleph-bet.com](http://www.aleph-bet.com) or call 893-5486 for more information.

\*must meet eligibility requirements



# SHLICHIM PROGRAM



## How Do I Explain Jerusalem?

**Chen Dahan, Federation Shlichah**  
[Israel@jewishchattanooga.com](mailto:Israel@jewishchattanooga.com)

Shalom! In order to relate to the recent events concerning Jerusalem, I want to share a spoken word song, translated from Hebrew to English. It is by Yonatan Blumenfeld, a young Israeli poet, and it explains my emotions about Jerusalem.

*How do you explain something to someone?*

*How do you even communicate with someone that is not from the same place as you are? Or the same land? That he is a different combination of cases? How do you explain to a child an adults matter? How do you explain sounds to the deaf? And appearances to the blind? How do you explain Jerusalem to strangers?*

*How do you sing Jerusalem? How do you sing feelings that are so mixed? And they mix into each other. Love and hate - so strong and and so angry - that rise with in me like waves, and she is burning inside me - Jerusalem -so burning. She goes away from me at the same time she goes along with me. How do you explain Jerusalem?*

*Jerusalem is a profiterole to a diabetic man. She is a magnificent and beautiful pyramid - that was built on the backs of slaves. She is the glance into the eyes of a cheating couple - and continue to love. No, that's not a good enough explanation, it is not comprehensive enough, and it does not touch everyone - How do you explain Jerusalem overseas?*

*She is not in the metaphors - she is under the words.*

*Jerusalem is hiding in between the utterances and the sounds because she is poetry. She is the sound Laaa as in Life, as in slay, as in Allah - No No.*

*How the hell can you describe her? Each and every one sees her as something different. So if the metaphors and the sounds were not enough - maybe colors? Jerusalem is a green oasis in the heart of a wilderness. Green - as being alive. Green as the IDF, Green as Hamas. Green as a rotting thing. Green as some lines. Ok - If not colors, than maybe facial expressions.*

*Jerusalem is a pair of closed eyes and mouth wide open. Wide open as "Open the gates" in the end of Yom Kippur. When you see a person, lying like that - what do you see? Serenity? Or maybe a prayer? Destruction? Divinity? Maybe death?*

*Jerusalem is the truth.*

*She is Postmodernism - e-v-e-r-y-b-o-d-y in Jerusalem knows the truth. And those who do not know the truth do not belong. And I do not know anything and therefore I am never present. Like everybody else, I know people who died in a terror attack, and there was shooting towards my house every day of the week. I was in two military funerals five graves away from each other at the same line. The truth is Gray as it can be.*

*In the army I saw a few things that I later saw differently. I am standing in front of my city confused- but she only changed her looks.*

*And THEY say to me that THEY know the TRUTH! BUT, isn't it all of her glory?*

*In the restaurant I used to work in, we were Arab's and Jews. We loved each other but voted as enemies. We wrapped our self's in a kufiyah and a tallit when you (Jerusalem) hang us with our feet and put our eyes in the darkness as we all bow down in you.*

*And in the Via Delarosa, our legs will forever walk, like it's an artery. From your dust we raise, we are made out of it. We all your pieces of land.*

*To every place here in Jerusalem there are thousands of names, that was given to then by your lovers because all of us is you - and you are me.*

*We covered our hearts in a Jerusalem stone, as required by the Municipal Law. Jerusalem is a city without inhibitions. She is beating like countless hearts.*

*She is a city with a wall in her heart. She is a city and the wall is in our hearts. The heat of Jerusalem. She is warm and it is hard to explain. The friendships in her are warm and the war is warm as well. And she needs some more fuel to burn. She swallows intifadas, conquests, crusades, first destruction, second one and it is going on.*

*And so, only when it is snowing in Jerusalem, She rests, and the snow makes her pale. Sometimes, Jerusalem is like a black hole that attracts lots of light, but nothing reflects. How did our sadness grow over our joy? Wake up my city and sleep as well. And me? I stand up here like an idiot and ask how it is possible to explain all of this. No matter, if you translate this song into English or French and then to Hebrew again - you would not know it. So I'll travel all the way to France (or Chattanooga), just to find out, that this song is for me.*

### DID YOU KNOW?

**The Shaliach Program is made possible through your donations to the Jewish Federation Annual Campaign.**



CAFE DILEMMA 40 YEARS TO CAMP DAVID 01.22.17  
 \*DETAILS WILL FOLLOW\*

## Cafe Dilemma: Forty Years Since Camp David

Join us for a discussion and dinner (Dutch treat). Location TBD. 5 p.m. For more information contact Chen at [Israel@jewishchattanooga.com](mailto:Israel@jewishchattanooga.com).

## Young Jewish Leadership Special Event: Israeli Chef Avichai Demonstration and Nosh at JCC

Jewish Federation of Greater Chattanooga invites Young Jewish Leadership to:

### AN EVENING WITH CHEF AVIVIT PRIEL AVICHAH

January 25  
 Thursday | 6 pm | JCC  
 10\$ per person  
 Save the Date



RSVP to Chen at [Israel@jewishchattanooga.com](mailto:Israel@jewishchattanooga.com) or [RSVP@jewishchattanooga.com](mailto:RSVP@jewishchattanooga.com)



Want to ask Chen for Shabbat, coffee, lunch, or dinner? Her numbers are  
 Office - 423-493-0270 ext 31  
 Cell - 423-385-0098  
[israel@jewishchattanooga.com](mailto:israel@jewishchattanooga.com)



**Win an Israeli dinner at the home of your shlichah, Chen Dahan!**

Participate in #IsraelTrivia every Friday @ noon on the weekly e-mail/my Facebook page!

### Congratulations November #IsraelTrivia winners:

Tal, Erin, Danielle, Din and Daya Cohen;  
 Sandy Chambers & Bill Dittus  
 Becca Sadowitz;  
 Rob, Beth, Hannah, & Rachel Lowe.



### Chen's host families:

Beth and Rob Lowe  
 Dr. Dennis and Susan Matzkin  
 Chuck and Melinda Rosenthal

# SOCIAL SERVICES



## How Can I Help You Today?

*Erricka Hill, MSW*  
*Social Services Director*  
*ehill@jewishchattanooga.com*  
*893-9241*

What does a Care Manager do and when do you need one involved?

A Care Manager is either a social worker (me) or nurse (Edie Redish, RN) in the community or health care setting. Our job is to help you and your family navigate the resources available to you and empower you towards self sufficiency. Many times we think we can handle our changing life situations on our own but it then becomes apparent we need help.

Here are some questions to ask yourself:

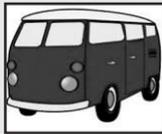
- How quickly is my daily living situation changing?
- Am I aware of the resources available to help me?
- Am I asking my physicians all the right questions?

If you feel your situation is changing faster than you can stay on top of it, call me. If you need help understanding the resources available to you, call me. If you need help talking to your physician, call me. When you contact me, we will assess your situation together. This will allow me to understand what's happening and how to best advocate for you and your family.

Whether it's coming up with a game plan to help you live life in your own home as safely and independently as possible, or helping you make a lifestyle transition to assisted living, I can help. I can also help you maximize your Medicare, Medicaid, or Veterans benefits, so that savings can be used effectively.

In short, when you need assistance regarding medical, financial, and legal resources, I'm the one to call for help. I can be reached at 423-893-9241.

## Need a Ride? Tips for Van Travelers



Please book trips at least 48 hours in advance by contacting the appropriate driver **during office hours** (9:00 a.m. to 5:00 p.m.)

Mondays-Rick

Tuesdays-Eddie and Jason

Wednesdays-Rick

Thursdays-Eddie

Jason Shuman: 423-320-1480

Rick Jacobs: 423-432-2222

Eddie Reel: 423-298-7169

--Contact the office or driver as soon as possible if unable to take the trip.

--Please schedule all possible location stops with your driver while making your appointment to accommodate your needs.

--We are more than happy to stop at an unexpected location for you but we cannot guarantee to accommodate you because of other scheduled trips with passengers.

### But first. . .

Contact the Social Services department for approval to receive transportation services. Once you have been approved, you may call the appropriate driver for the day you need transportation.

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## Do This, Not That: Top 10 Recommended (Do-able!) Resolutions for Older Adults

With a new year upon us, many of us are eager to make new, healthier choices for ourselves. What follows are ten top recommended resolutions for older adults from Healthinaging.org, but many of them are just as appropriate for younger adults (and even kids!) Don't just read them--implement as many as you can! We promise, you'll feel better, and you'll set an example for those around you.

--**Eat fruits, vegetables, whole grains, fish, low-fat dairy and healthy fats.**

In later life, you still need healthy foods, but fewer calories. The USDA's Choose My Plate program (choosemyplate.gov), and your healthcare provider, can help you make good choices.

--**Eat at least five servings of fruits and vegetables daily.** Choose a variety with deep colors: dark green, bright yellow, and orange choices like spinach, collard greens, carrots, oranges, and cantaloupe are especially nutritious. Include nuts, beans, and/or legumes in your daily menu. Choose fiber-rich whole grain bread, brown rice, and whole grain pasta. Pick less fatty meats like chicken or turkey. Have heart-healthy fish, like tuna, salmon, or shrimp, twice a week. Include sources of calcium and Vitamin D. Use healthier fats, such as olive and canola oils, instead of butter or lard. Use herbs and spices to add flavor when cooking, which reduces the need to add salt or fat.

--**Consider a multivitamin.** Consult your healthcare provider about any nutrition issues that may need over-the-counter vitamins or nutrition supplements.

--**Be Active** Physical activity can be safe and healthy for older adults — even if you have heart disease, diabetes, or arthritis! In fact, many of these conditions get better with mild to moderate physical activity. Exercises such as tai chi, water aerobics, walking, and stretching can also help you control your weight, build your muscles and bones, and improve your balance, posture, and mood. Check with your insurance plan to see if you are eligible for the SilverSneakers program, which can provide access to local fitness centers.

--**See your provider regularly** You should schedule an annual Medicare wellness visit with your healthcare provider around your birthday month to discuss health screenings and any changes in your advance directives. Screening tests might include checking your vision, hearing, and for other conditions such as breast cancer, colon cancer, or osteoporosis. At each visit, talk to your provider about all the medications you're taking, and whether or not you still need them. Find out if you should be getting any new or booster immunizations/shots.

--**Toast with a smaller glass** Excessive drinking can make you feel depressed, increase your chances of falling, cause trouble sleeping, interact with your medications, and can contribute to other health problems. One drink = 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of hard liquor. The recommended limit for older men is 14 drinks per week and for older women, 7 per week.

--**Guard against falls** One in every three older adults falls each year — and falls are a leading cause of injuries and death among older adults. Exercises such as walking or working out with an elastic band can increase your strength, balance, and flexibility and help you avoid falls. Also ask your healthcare provider to check that you're not taking any pills that can make you more likely to fall. Eliminate items in your home that are easy to trip over, like throw rugs. Insert grab bars in your bathtub or shower, and install night lights so it's easier to see at night.

--**Give your brain a workout** The more you use your mind, the better it will work. Read. Do crossword puzzles. Try Sudoku. Socializing also gives your brain a boost, so join a bridge club or a discussion group at your local library or senior center. Or take a course at your local community college — some offer free classes for adults 65 and older.

--**Quit smoking** Did you know that cigarette smokers are twice as likely to develop heart disease as non-smokers? It is never too late to quit. You can still reduce your risk of many health problems, breathe easier, have more energy, and sleep better if you quit smoking. You can access the National Cancer Institute's website (www.smokefree.gov) for resources. Additionally, ask your healthcare provider for help.

--**Speak up when you feel down or anxious** About 1 in 5 older adults suffers from depression or anxiety. Some possible signs of depression can be lingering sadness, tiredness, loss of appetite or pleasure in doing things you once enjoyed. You may also have difficulty sleeping, worry, irritability, and wanting to be alone. If you have any of these signs for more than two weeks, talk to your healthcare provider and reach out to friends and family.

--**Get enough sleep** Older adults need less sleep than younger people, right? Wrong! Older people need just as much — at least 7 to 8 hours of sleep a night. Avoid daytime naps, which can keep you up in the evening. Visit the National Sleep Foundation's website (www.sleepfoundation.org) for more tips on how to sleep better. *Reprinted from Healthinaging.org*

# JEW CREW

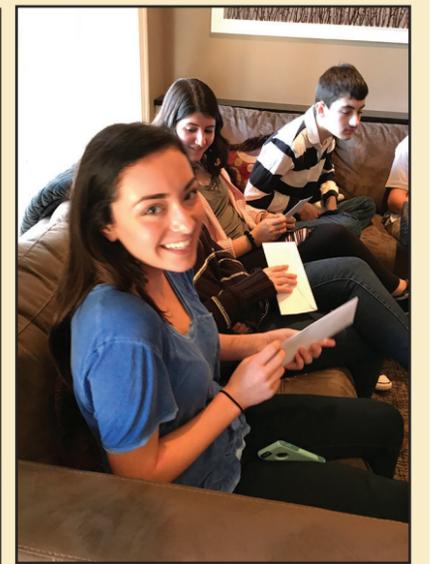
## We Love the Jew Crew a Latke

For the Jew Crew's annual Chanukah Party, fifteen teens gathered at the Lebovitz home to play games, shmooze, and, of course, enjoy Chef Andy Hodes's world-famous homemade latkes. The other party highlight was the game of "Dirty Chanukah" where everyone brought a wrapped gift, chose numbers and then got to beg, borrow or steal their way to a wonderful prize. The top coveted item? A pink mermaid blanket, of course. Abe Lebovitz was just happy to take home the gift his brother, Arthur, had brought - a musical Chanukah Llamakah that sings "Llama Nagillah." (We can't make this stuff up.)

As we welcome 2018, we are looking forward to more fun Jew Crew programs ahead. We are especially excited about our annual Jew Crew retreat at Camp Ramah Darom the weekend of February 23-25. Mark your calendars if you haven't already!

See you soon,  
*Alison, Andy and Chen*

**DID YOU KNOW?** Your campaign dollars help fund Jew Crew!



# YOUNG LEADERSHIP



Thank you to everyone in Young Jewish Leadership who came to the Casino-Gelt Chanukah party December 17th. Special thanks to Caitlin Gardner, Leo Procise, and Becca Sadowitz for volunteering to help make it happen! -Chen

**PS: See page 8 for a special invitation Chef Event for YJL members only!**

