



תְּקוּוֹתֵינוּ TIKVATENU



ISRAEL CENTER OF CONSERVATIVE JUDAISM

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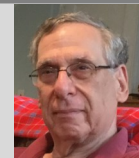
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LET OUR FAMILY WELCOME YOURS



AN UPDATE FROM OUR CO-PRESIDENTS, DAVID SCHWARTZ AND SAM WEISS



Fellow Congregants,

Finally, there appears to be some light at the end of the tunnel as the Covid-19 vaccine is rolled out, even if it is being done on a shaky and uneven basis. To that end, if eligible, we hope all of you are making plans for being vaccinated as quickly as possible. If you are having trouble making an appointment for a shot, don't be discouraged. Persistence will pay off.

As usual, we hope you are all healthy and safe during this dark and dreary period of time. But we want to remind everyone that ICCJ is here for you or some one you know. If we can be of assistance or comfort to any of our members, please let Rabbi Saks, the Chesed Committee or our synagogue office staff know about your needs.

Our physical building remains closed, but synagogue activity continues to flourish. We realize virtual meetings are no substitute for the real things, but they do offer an opportunity for engaging in meaningful worship, participating in educational and social activities, and seeing friends, even if it's on a computer screen. So, please stay engaged with us in whatever way you can.

Regards,

David and Sam



TIKVATENU
is now available to read
online
@ iccj2004.org

FROM OUR RABBI: Rabbi Moshe Saks

Derekh Eretz



Years ago, the controversy regarding the publication of Danish cartoons which depicted the prophet Mohammed in a negative way made its mark in the rest of the World Press, as the decision to publish these cartoons was met

with both derision and approval, depending on who you talked to in the weeks that followed.

I believe that this event presents a perfect opportunity for us to examine more closely the role of Judaism and Jewish values in our lives. The Jewish Tradition is not only filled with rules and regulations concerning religious ritual and life-cycle events; it is a way of life – a lifestyle for understanding everything that we do each and every day. There is not one action that we take that cannot be related to Jewish values and Jewish ethics.

This situation is a perfect example of the approach that I constantly, as your Rabbi, speak about. I would have not published the cartoons in question, knowing that they not only offended Muslims politically, but more important, religiously, as well. Freedom of the Press is crucial to our democratic way of life, but for a Jew, there

is a principle which is more important – *Derekh Eretz* – civility, i.e., the principle which states that

you do not knowingly hurt others, either by word, or deed. It seems to me that a newspaper which is the Jewish expression for our community could have made the same point about Freedom of the Press (and other related issues which were raised) without printing these cartoons, knowing full well the insult they cause to Muslims. Again, we live in a secular society, but we have a responsibility to live our lives according to Jewish ethics and values.

Today, of course, the advent of Social Media is one of the hot-button topics of society. What should social media sites allow, or block? Who determines truth? I would argue, again, that our Tradition upholds the value of *Derekh Eretz*. The Talmud is replete with arguments among the Rabbis, but their respect for each other is never questioned.

At the very least, we should reflect this basic Jewish Value when we talk amongst ourselves. We must model this behavior, not only for us and our families, but for our community, and the Human Family, as well.

Rabbi Moshe Saks

FOOD DONATIONS

ICCJ is once again collecting non-perishable food

Due to Covid 19, many people of all ages and religions have found themselves out of work and unable to feed themselves and their families.

Please do what you can to help our food collection and/or donate to these organizations:

feedingamerica.org mazon.org cityharvest.org and
fundraise.humanityfirst.org/fundraiser/2752794

Many thanks to all who participated in our recent food drive.
126 lbs of non-perishable food was collected for City Harvest.



RELIGIOUS AFFAIRS: Michelle Fouks

Shalom from the Religious Affairs Committee

We hope you are all well, and weathered the snowstorms with success. In addition, we hope you relished the marvelous Purim programs prepared for your enjoyment by the various committees in the synagogue. A special thanks to Rabbi Saks and Cantor Ribowsky for the wonderful services you provided.

It is so delightful to see all of you and celebrate the Holidays with you. We are really trying to keep the momentum in our services and celebrations. Once again, I say to all of you, you know what makes these events successful? When you join us. Please, if you haven't joined before, take the plunge and try the next event you see on the e-blast. You will probably feel sorry thinking of all you missed till now.

Don't fret, we have a whole bunch of services/events coming up for the Passover holiday, which starts on the eve of March 27th. Rabbi Saks will be preparing a special learning session on the Pesach holiday (you can always learn something new). We will have a Siyum B'chorim (Fast of the first born) and you don't have to be a first born to join. There will be services on the holiday. It will be so nice to spend Passover with your ICCJ family. Watch the e-blasts for the dates, times and zoom link.

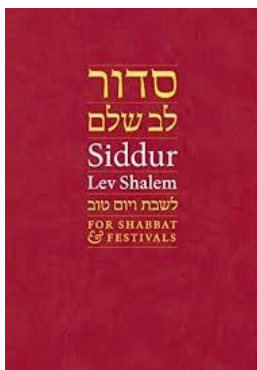


I keep repeating the following, (and I will until I see more of you join). We have our Shabbat Services, Friday evening and monthly Oneg where you can stay after services and enjoy a discussion with your fellow ICCJ friends, a morning service where we have great discussions on the Torah portion and other topics and finally, Havdalah. Surely, one of these services peaks your interest. Best of all you don't have to venture outside in the cold or snow. The Rabbi works hard to get these going, they are participatory and fill you with happiness when you see fellow congregants.

Remember, if you have a yarhzeit coming up, let the Rabbi know the month before so we can include the minyan on our monthly calendar.

Stay warm, safe and most of all healthy.

Yossi and I wish all of you a Chag Kasher V'Sameach!



If you would like to order your own
Lev Shalem Siddur (\$36 each)
and/or
Etz Hayim (\$68) to have at home,
contact the synagogue office
@ 718-591-5353 or
info@iccj2004.org



SAYING KADDISH

If you would like to say Kaddish,
please contact Rabbi Saks @
rabbims@iccj2004.org,
rabsaks@gmail.com or 718-591-5610

MEMBERSHIP: Betty Shaffer

While not a membership sponsored event, on January 27th Rabbi Saks led our members in a Tu B'Shevat Seder to celebrate the New Year of the Trees. We enjoyed eating the first fruits and drinking wine (or grape juice).

On Wednesday February 24th, our Rebbetzin Meira Saks taught a class on making hamentashen. This was open to the entire congregation. Our hope was that all generations would join this fun activity on zoom and we could enjoy the fruits of our labors.



After Pesach, we hope to hold a craft class jointly sponsored by Membership, Sisterhood and Young Families. Watch the eblast and flyers for details

on the date, time, costs and zoom link. There will be a choice of crafts that can be made so perhaps we can add our own talent to our seder table this year.



As you can see, we are actively reaching out to engage everyone by zoom or personal phone calls. Every member is important to our community. With the hope that the COVID-19 vaccine will become more readily available within the next few months, perhaps we can begin to plan on seeing each other in person soon. Until then, stay safe, be well and please contact us if you need help by calling the office or Rabbi Saks.

EDUCATION: Hannah Feldman & Adam Greebler

Join us on
Friday, March 5, 2021
@ 6:00 PM
for Shabbat Across America



and
Sunday, March 7, 2021 @ 11 AM
for a special event
**“Tradition and Change in Biblical Law:
The Laws of Slavery”**
featuring
RABBI BENJAMIN SOMMER

PROFESSOR OF BIBLE AND ANCIENT SEMITIC LANGUAGES
DEPARTMENT: BIBLE, HEBREW UNIVERSITY, TIKVAH CENTER FOR
JEWISH LAW AND CIVILIZATION, SHALOM HARTMAN INSTITUTE

COMMUNICATIONS: Nina Greebler & Linda Korobelnik

YASHER KOACH

The Communications Committee would like to thank our webmaster, Aaron Bodzin, for all the hard work and dedication he has given to the icj2004.org website. Aaron will be leaving us for wonderful new adventures. Yasha Koach and we wish you, Ariella and Rabbi Robyn Fryer Bodzin a fabulous future. We look forward to hearing great things about you.



Please join us in welcoming a new member to our Communications team -- Adam Lepp -- our new webmaster. Many of you

may have heard his name before. This is because, in addition to being our new webmaster, Adam

also manages our Ohr Chadash Religious School website. Adam brings to us many years of knowledge and amazing web techniques. He will truly be an asset to the ICCJ Communications team.

Look for additions to our wonderful icj2004.org website in the next few months. These include more photos, videos, and further informational approaches. You may also notice that an abbreviated version, due to security reasons, of our Tikvatenu bulletin is now being archived on the site. So, if you haven't received your copy, or misplaced an issue that you'd like to refer to, check our website.

Please continue to check the website for all upcoming Zoom programs, JTS/Zeigler/Streiker online classes, Shabbat times and many more exciting things.

SISTERHOOD NEWS: Presidents Hannah Feldman & Lisa Woliner

Neither Covid 19, social distancing, masks, insufficient vaccines or cold wintry weather can deter Sisterhood from keeping our congregation at ICCJ busy.

- In January, Rachel Packer's talk on the subject of Health & Wellness Through a Jewish Lens was interesting and most informative. We look forward to having Rachel back in the future.
- Our monthly Bingo games continue to be very successful with people from other synagogues and States participating. We look forward to seeing you all at the next game on March 15.
- Accolades to Irma Goldman and Betty Shaffer for their efforts on the Shalach Manot project. The results exceeded expectations. Thanks to all who participated.
- Sisterhood and Men's Club gave us "I've Got a Secret" which was very entertaining and enlightened us about the lives of some of our congregants.
- The Scavenger Hunt, presented by Judy Mermelstein, was lots of fun.

Shari Zuber is working on "Name That Tune: Hooray for Hollywood". Watch for details in your eblasts.



On March 8, 2021, Sisterhood will hold its Annual Women's Seder at which we will feature "Jewish Women in Politics". We are pleased to have Assemblywoman Nily Rozic as guest speaker. Our seder will end with not only the words "Next Year in Jerusalem" but, in addition with "Next Year in ICCJ".



H2I YOUTH GROUP: Youth Director Jennifer Gold

A Joint Venture of HJC, HHBJC & ICCJ

Dear Congregants,

We LOVED February! Throughout this month, our H2I members were busy bonding, time traveling and learning some neat art skills! Our USY Chapter Board led a phenomenal program on letting go of stress. They also taught our members how to create cool street art! In March, we plan for some unique programs such as Show and Tails where we will make mocktails and share something near and dear to our hearts. Both groups will be participating in a program where they will immerse themselves in an evening full of summer!

We are looking forward to a great month filled with amazing programs!

Please also take a look at our March programs below!

Beginning March 7th, 5th graders can attend Kadima and 8th graders can attend USY.		
	Kadima (Grades 5-7, 6:15-7:15pm)	USY (Grades 8-12, 7:30-8:30pm)
3/7	<u>Sunday Night Sichas</u> Learn a bit of Torah as we participate in engaging discussions that teach us valuable life lessons!	<u>Show and 'Tails</u> Get ready for a night full of homemade mocktails and a round of Show and Tell with a twist! For this program, bring something you've made or something you're proud of! <i>Stay tuned for the list of ingredients needed for this program!</i>
3/14	Chalutzim & Kadima: <u>C-a-m-p-f-i-r-e S-o-n-g</u> Immerse yourself in an evening full of summer! Let's talk about some of our favorite experiences and enjoy activities that remind us of camp. If you have one, please come in a camp shirt!	<u>C-a-m-p-f-i-r-e S-o-n-g</u> Immerse yourself in an evening full of summer! Let's talk about some of our favorite experiences and enjoy activities that remind us of camp. If you have one, please come in a camp shirt!
3/21	<u>Passover Scavengers</u> Learn about the Passover story through a friendly and enriching Scavenger Hunt!	<u>Sunday Night Sichas</u> Learn a bit of Torah as we participate in engaging discussions that teach us valuable life lessons!
3/28 - 4/4: No Meetings - Spring Recess		

If any questions arise, please feel free to reach out at any time at my email:

H2IYouth@H2Iyouthgroup.org

Thank you



Attention Sports Fans!!

Men's Club is proud to announce a unique program Zooming our way on Tuesday evening, March 23rd at 7:30 PM. At that time we will have as our guest speaker Michael Cragg who is the Director of Athletics at St. Johns University. He will be describing his duties as AD and taking our sports related questions.

We would like to offer this program to your friends and members of Hillcrest, Hollis Hills and Forest Hills congregations as well. This will be a rare treat to meet an Athletic Director from a major university in our neighborhood. If you have friends who might be interested in attending kindly contact me at shaffercharles1@gmail.com or Joel Rothman at joelyr@msn.com.

Look for our flyer with more information about Mr. Cragg.

BELLA M. & HARRY RICHTER LIBRARY NEWS: Librarian Arlene Ratzabi



I think it is fair to say that 2021 has gone in a direction we did not contemplate as we remain at home for the most part binging on Cable TV, Netflix, Hulu, Amazon Prime, and of course reading along the way! The ICCJ Richter Library has been purchasing and receiving some fine books, one of which we shall be discussing in our upcoming Book Café on Sunday, April 18, 2021 at 10:30 AM.

For our Spring 2021 selection, we have selected Nicole Krauss' new book, and her first short story collection, *To Be a Man: Stories*. While we think we know what a short story is: not as long as a regular book..it is actually (according to Wikipedia) a piece of [prose fiction](#) that typically can be read in one sitting and focuses on a self-contained incident or series of linked incidents,

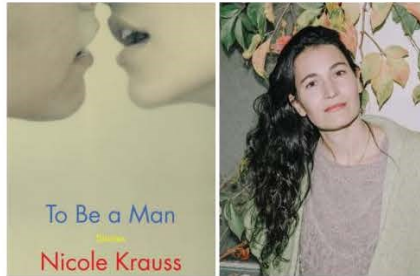
with the intent of evoking a single effect or mood. The short story is one of the oldest types of literature and has existed in the form of [legends](#), [mythic tales](#), [folk tales](#), [fairy tales](#), [fables](#) and [anecdotes](#) in various ancient communities across the world. The modern short story developed in the early 19th century. Nicole Krauss has written about the struggle to understand what it is to be a man and what it is to be a woman, and the arising tensions that have existed in all relationships from the very beginning of time. Set in our contemporary moment, and moving across the globe from Switzerland, Japan, and New York City to Tel Aviv, Los Angeles, and South America, the stories in *To Be a Man* feature male characters as fathers, lovers, friends, children, seducers, and even a lost husband who may never have been a husband at all.

We hope to see you on Zoom if necessary but still holding out hope that we can meet in person soon and enjoy a delicious breakfast together! Let me know if you would like to borrow a book from our library as we are offering curbside delivery. Our catalogue is accessible through our website iccj2004.org.

Stay safe and stay warm!

ICCJ BOOK CAFÉ

JOIN US ON
SUNDAY, APRIL 18, 2021 @ 10:30 AM
WHEN WE WILL DISCUSS



“TO BE A MAN: STORIES” BY NICOLE KRAUSS

THE BOOK

Nicole Krauss plunges fearlessly into the struggle to understand what it is to be a man and what it is to be a woman, and the arising tensions that have existed in all relationships from the very beginning of time. Set in our contemporary moment, and moving across the globe from Switzerland, Japan, and New York City to Tel Aviv, Los Angeles, and South America, the stories in *To Be a Man* feature male characters as fathers, lovers, friends, children, seducers, and even a lost husband who may never have been a husband at all. Echoes ring through stages of life: aging parents and new-born babies; young women’s coming of age and the newfound, somewhat bewildering sexual power that accompanies it; generational gaps and unexpected deliveries of strange new leases on life; mystery and wonder at a life lived or a future waiting to unfold.

THE AUTHOR

Nicole Krauss is the author of the international bestsellers, *Forest Dark*, *Great House*, a finalist for the National Book Award and the Orange Prize, and *The History of Love*, which won the Saroyan Prize for International Literature. She is currently the first Writer-in-Residence at the Zuckerman Mind Brain Behavior Institute at Columbia University. Krauss lives in Brooklyn, New York. She has two children, Sasha and Cy, by her former husband, the novelist Jonathan Safran Foer. She and Foer married in 2004 and divorced in 2014. Krauss enjoys swimming and dancing.



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718-591-5353 aratzabi@gmail.com



OHR CHADASH: Morah Shari Zuber

Tu B'Shevat:

Ohr Chadash Does The Green Thing

Covid-19 or not, the children of Ohr Chadash found innovative ways to safely celebrate Tu B'Shevat, the Jewish New Year for Trees.



On Sunday, January 24, 2021, the students, both at Hillcrest Jewish Center, our current school home, and on Zoom, connected with each other, Nature, and the Land of Israel in a pandemically acceptable manner. Students at home had their own holiday

seder plates, representing the three varieties of fruits; those with an inedible outer shell, those with an internal pit which cannot be consumed, and those which are fully digestible. For libations they had colorful juices which could be combined to represent the changing seasons.



Normally, the in-school students would have three platters, each with multiple representatives of the above mentioned three groupings. This year's limitations required individually contained fruits. For the first group the youngsters had pineapple cups; peach cups satisfied the

requirements of the second category; and boxed raisins fulfilled the qualifications of the third group. Apple, fruit punch, and berry juice boxes were utilized to represent the seasons of the year. Apple juice was substituted for white grape juice, indicative of the snows of winter. Apple and fruit punch, simultaneously sipped, took the place of white and purple, to simulate Spring. Fruit punch alone replaced blush grape juice, duplicating the full bloom of summer, and berry juice replaced dark purple grape juice, which was representative of the lushness of the autumn harvest.

The children initially viewed videos which related the meaning of the holiday and the need for ecology. Also watched was the story of Honi and

how important it was for present generations to replenish trees, even though they might not reap the rewards of their efforts, so that future generations can benefit from their labors, just as those of the present were the beneficiaries of those who planted prior to them. Lastly, Shel Silverstein's poignant book, *The Giving Tree*, was viewed, which was a metaphor of how much is provided for us by nature.



Morah Judy conducted the actual Tu B'Shevat Seder service, during which both in-person and remote students were engaged by reading from the holiday booklet. As a conclusion to the joint program, both the Zoom and the in-building students participated in a Sing-Along about all the contributions of trees to humanity, and the necessity of environmental awareness. By the conclusion the youngsters and the teachers knew how important it is to "Do The Green Thing".



As a final tribute to Tu B'Shevat, the in-person students planted lima beans, which they were able to take home. Carob covered rice cakes, a piece of bokser, from which the carob coating is made, and mandarin oranges were also take-home reminders of the lovely celebration.

Parents at home who participated in the event, with their children, concurred about the enjoyability of the program and the delightfulness of its presentation.

So, the next time you take the fruit of a tree for lunch, say a bracha in appreciation for all that trees provide for us.

67 PRODUCTS THAT DON'T REQUIRE Special Certification FOR PASSOVER

FOOD ITEMS

These 19 food do not require special Passover certification for consumption during the holiday. Some of these products do not require year-round kosher certification, while others are kosher for Passover only when certified year-round. See each product for details.

This list is compiled from the OU 2018 Guide to Passover. If you have any questions, the best person to ask is your rabbi!



1 Baking Soda

Baking soda certified by the OU or Star-K year-round may be used on Passover without KLP certification.



2 Cocoa Powder

Hershey's regular (not special dark) cocoa powder certified by the OU year-round may be used on Passover without KLP certification.



3 Coconut Oil

Virgin coconut oil certified year-round by the OU, including Spectrum, may be used on Passover without KLP certification.



4 Coffee

Unflavored, ground coffee does not require any certification for consumption on Passover. Folger's and Nescafe Taster's Choice Instant coffee, and Folger's Decaffeinated Instant Coffee, which are certified year-round by the OU, do not require special KLP certification.



5 Eggs

Whole and raw eggs, including pasteurized eggs, do not require any certification, but should be purchased before the holiday.



6 Fresh Fruit & Vegetables

Fresh produce never requires a hechsher, but the cRc recommends purchasing pre-washed bagged lettuce, shredded vegetables like cabbage and broccoli slaw, and baby carrots before the holiday.



7 Frozen Fruit

Frozen, unsweetened, additive-free (without syrup, citric acid, ascorbic acid, or vitamin C), whole, sliced or formed fruit never requires a hechsher, including on Passover.



8 Juice Concentrate

OU-supervised unsweetened orange and white grapefruit juice concentrate may be used on Passover with special KLP certification.



9 Lemon & Lime Juice

RealLemon and RealLime Juice (reconstituted) certified regularly by the OU may be used on Passover without special KLP certification.



10 Meat & Poultry

Kosher-certified meat and poultry (fresh or frozen) in its original manufacturer packaging, may be used without special Passover certification but should be purchased before the holiday. Ground meat and poultry require KLP certification, as they may have additives.



11 Milk

White milk, including whole and low fat, never requires certification, but should be purchased before the holiday.



12 Nuts

Raw whole, pieces or chopped nuts or nutmeal, without BHT or BHA, are acceptable without special KLP certification. All forms of pecans, however, require a KLP hechsher.



13 Olive Oil

All extra virgin olive oils with a year-round OU hechsher are permitted for Passover without special KLP certification.



14 Raisins

OU- and Star-K-certified raisins, as long as they do not contain oil, are permitted for Passover without special KLP certification.



15 Salmon

OU-certified Kirkland-brand Frozen Atlantic and Frozen Wild Salmon is acceptable after rinsing with water for Passover. No special KLP certification required.



16 Salt

Non-iodized salt and sea salt are acceptable without KLP certification. Iodized salt requires a KLP hechsher.



17 Sugar

All white, granulated sugar is acceptable year-round without a hechsher. Powdered sugar and brown sugar, however, require KLP certification.



18 Tea Bags

Unflavored black, white and green regular tea bags are acceptable year-round without a hechsher. Decaffeinated and instant tea require a KLP hechsher.



19 Water

All still and sparkling water, plus seltzer, are acceptable year-round without a hechsher and may be used on Passover as well, as long as there are no added minerals.

Cemetery Graves

ICCJ has graves for purchase available in the following **two** cemeteries: (for members of ICCJ only)

New Montefiore Cemetery, **SOLD OUT**

Old Montefiore, Springfield Gardens, N.Y.

Wellwood Cemetery, Farmingdale, L.I.

Please call the office at 718-591-5353 Ext. 2 for additional information.

**Not
feeling
well
today..**

**The Chesed Committee,
headed by Sol Sturm,
is here for you**

**Contact the synagogue office at
718-591-5353 or info@iccj2004.org**



Crisis, stress and coping have shown the importance of a sense of control in preventing illness, disability and deterioration. However, some people can lose

their incentive for effectively exerting control over their lives and may become overwhelmed with a sense of apathy and inertia. Stress, chronic illness and depression in the aged individual will, in time, erode one's self-esteem and induce feelings of "oldness." In these cases it is not uncommon for the old person to seek allies to whom they can safely relinquish control. According to the researchers Linn and Hunter, "Aged people of both sexes with various socio-economic and educational backgrounds, varied degrees of self-esteem and a satisfied life will usually feel young and capable when they set out to manage and maintain their internal control."

A serious decline and a loss of physical health is often a precursor to a loss of control and can signal an inevitable acceptance of oncoming impairments, disabilities, discomfort and old age. An interpretation of independence changes with age. To the young, independence is seen as a newfound freedom; to the middle aged, an achievement of normalcy in life-adulthood and self-worth; and to the adult in late maturity and old age, it is not only an aspect of normalcy but also something to be protected. Health professionals and family members usually expect the elderly to look, feel and portray themselves as sick. Many old people however, are mostly active, creative, involved and to a certain degree, independent, with sufficient resources of their own.

The number of Americans over the age of 85 years is increasing rapidly – a positive sign for a longer existence. However, a longer life span places their independence in jeopardy from unforeseeable accidents, rapid changes in health, financial burden or even the death of a spouse.

Dependence is not necessarily a bad word. There are always the negatives and positives in a dependent posture. We have all experienced feelings of being dependent at one time or another and in various situations. Being self-sufficient is also a matter of degree. To be considered as independent in today's society, one must meet socially defined norms e.g. physical, mental, social, as well as economic. The question that arises is, what about those who continue being dependent and will almost never achieve a state of autonomy? This can occur when the support that is needed is either inadequate or missing during critical stress periods. Dependence can also be "cultivated" by caregivers who consciously or even unconsciously assume a role as protector of the people assigned to them for their daily care. Unfortunately, a problem that frequently happens in understaffed facilities is where staff are giving patient care and must rush through their work due to the constraints of caring for an excessive number of assigned patients. This tends to halt the care that was being rendered as partially unfinished and with a dissatisfied patient. Also, the patient has no means of control for insisting on having the care completed.

Here are several suggestions for combating helplessness and control.

- Identify issues in which the aged individual needs to have control over personal items, selection of clothes for daily wear, etc.
- Provide realistic opportunities for choice of books, music, newspapers.
- Offer information and rationale for situations in which the individual does not have control.

There is a practice known as "symbols of control" and is a substitute for real influence.

The following case study is about Catherine, a resident in a facility where I was employed, where the above-mentioned practice was used.

Catherine owned a cane, a walking cane that for

Continue on page 15

Catherine owned a cane, a walking cane that for her conveyed authority. She kept it near her at all times, even slept with it and threatened to use it to defend herself if and when necessary. Unfortunately it was lost in her transfer to another facility that was closer to her daughter. She commented rather angrily, as she was leaving, "Well I think they've about got me now. I am lost without my cane." That cane was Catherine's symbol of control. My advice to staff and family, when dealing with a vulnerable patient, is to be alert to those symbols of control. They might be family photos, favorite garments, compulsive placement of personal articles, etc. In addition, from my years of working in the long-term care arena, I've noticed nurses and other staff who periodically employ symbols of power and control, such as uniforms that convey prime authority, standing above a bedridden patient instead of bending to eye level while conversing, walking into a patient's room without announcing oneself or asking for permission to enter. The above examples convey an impression of impatience and a lack of courtesy to that patient.

I urge my colleagues to avoid the use of these and other practices that encourage the use of symbols of control while caring for patients who are most vulnerable and can't resist.

The researcher Bokavee states, "Control or the lack of it, i.e. the uncontrollability of negative thoughts and images is a central component of worry." He states further, "Worry has a negative impact on the psychological life; the feelings and events in one's life are as a result of fate, chance or luck that creates worry."

I ask the reader, what are the problems that worry you? Here are several that come to mind.



- Are your vision and hearing getting worse?
- Are you no longer able to get around by

yourself as you used to?

- Are you able to provide care for a spouse if you become sick or disabled?
- Do you have a serious illness or accident that limits your ambulation?
- Are your reflexes slowing down with an increase of physical incidents?
- Do you feel you won't be able to drive your car anymore?

I don't have concrete answers or a solution to these questions. However, if I was asked to design a "how to" plan of action, I would respond in the following manner:

- Discuss with relatives and friends who have similar issues regarding worry and lack of control over their lives and how they dealt with it.
- Seek professional advice from a recognized self-help organization that offers social support and assistance to the elderly population.
- Seek either medical treatment, legal consultation, spiritual guidance or perhaps all three.
- Investigate the possibility of a facility admission. Visit that facility, observe its physical layout, its cleanliness, its recreational activities and how meals are prepared and served.

Final thoughts: My fervent hope is for a brighter tomorrow, a joyful new-new year, a miracle vaccine, and multiple celebrations everywhere.

Stay well, stay safe, stay positive and begin, once again, enjoying the gift we've been given...life!



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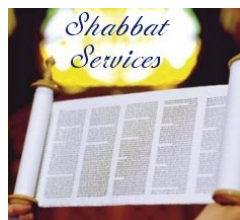
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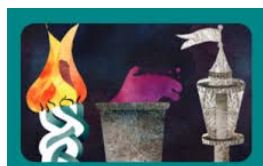
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Please join Rabbi Saks
each week at



and HAVDALAH



CANDLE LIGHTING TIMES



March 2021
SHABBAT

3/5 - 5:33 PM - *Ki Tasa*
3/12 - 5:40 PM - *Vayakhel-Pekudei*
3/19 - 6:48 PM - *Vayikra*
3/26 - 6:55 PM - *Tzav*



PASSOVER

3/27 - 7:56 PM
3/28 - 7:57 PM
4/2 - 7:03 PM
4/3 - 8:04 PM

Wishing you a Happy Passover!



ISRAEL CENTER OF CONSERVATIVE JUDAISM
and
ICJ FAMILY PROGRAMING