



תְּקוּוֹתֵינוּ TIKVATENU



ISRAEL CENTER OF CONSERVATIVE JUDAISM

Volume XVIII - No. 8

MAY 2021

IYAR/SIVAN 5781

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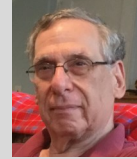
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LET OUR FAMILY WELCOME YOURS



WELCOME BACK FROM CO-PRESIDENTS DAVID SCHWARTZ AND SAM WEISS



Fellow Congregants,

We are pleased to announce that ICCJ will resume holding religious services in the sanctuary on Saturday, May 8. It is a real pleasure to finally say WELCOME BACK EVERYONE! We know how much our members have missed their synagogue friends and all the pleasures of community life afforded by ICCJ.

Since the onset of the current health crisis, which forced the closing of the synagogue last March, we said that the synagogue's Officers, Clergy and Board of Trustees would be guided by the best available evidence as to when ICCJ could resume its normal range of activities. Indeed, we opened for the High Holidays in September, when there seemed to be significant abatement of Covid cases, only to close again when the situation worsened later in the fall.

Now, however, with the pace of vaccinations quickening and signs of a more normal life beginning to take hold throughout the New York region, the Board of Trustees voted last month to fully reopen ICCJ just prior to the celebration of Shavout.

The reopening will not mean an end to all precautions. We will continue to require that everyone entering the building wear masks, maintain proper social distancing, and obey other rules intended to prevent the spread of disease.

Starting this month, all religious services, with the exceptions of weekday evening minyans and shiva minyans, will be held in the synagogue building. Congregants who cannot attend in-person services on Shabbat, or any holiday, will be able to Live Stream them via the ICCJ website or Facebook page. Weekday evening minyans and shiva minyans will continue to be conducted via Zoom links.

We fully expect that the full range of our social, cultural and educational programs and events will return to the ICCJ building in the weeks and months to come. Zoom has been a Godsend, but nothing can replace the joy of personal contact and connection.

Continued on page 3

FROM OUR RABBI: Rabbi Moshe Saks



I write this to you, about to commemorate the 16th anniversary of my attendance on The March of the Living. My experiences in Poland and in Israel deeply affected me. I will be sharing many of these

with you soon. For now, I wanted to present to you one aspect of my trip that was unique. During the entire time, I carried a necklace with me from Meira's family who were survivors from Auschwitz. I will share with you an article Meira wrote about this necklace, so as to give you some perspective of the baggage I carried with me on this amazing journey.

For those who have requested or missed my original post or are interested in learning more about a special necklace that Moshe is carrying with him on the March of the Living, here is the story: I apologize for not being more attentive to detail earlier:

This precious necklace is a coral bead necklace still strung on the same string! (Necklace is at least 75 years old if not more) I can't bear to re-string it despite my mother's encouragement to do so--she says it is meant to be worn. I am not so sure...

The story is that--my mom had lots and lots of aunts and uncles and first cousins who all perished in the Shoah (Holocaust). Her Mom came to the states much earlier because the family could not afford a dowry for her, and so she was sent to NYC to live with distant relatives in the early teens. Anyway---of all the many relatives who later perished, only two survived--Both had been in Auschwitz. One cousin interestingly, was brought out by HIAS to Winnipeg Canada (where he still lives today with his wife whom he met in Winnipeg --he was blessed to have three children with her)---The other went back to what is now Romania. Under a nasty dictator, she and her husband (whom she met in a DP camp) suffered terribly after the war, and eventually emigrated to Israel, (when they applied for a visa her husband was arrested and suffered for many more years till an

agency intervened and his emigration permitted). This cousin of my mom's (first cousin) was left after Auschwitz seriously ill with cardiac disease and was sterilized---I had the privilege of meeting and getting to know her very very well in Israel as a young teenager.---She felt very connected to my grandma, her aunt(whom she managed to visit once in NYC in the sixties) and to me for some reason....-- And so, one day on one of our family visits while living in Israel, she presented me with a gift---she handed me this necklace and said:: "This belonged to my mother of blessed memory--I kept it between my cheek and my gum along the tooth line for four years hidden from the Nazis at Auschwitz". Mouth agape I stood in awe of what I held in my hands--- I am still astounded at how she was able to do this and that it was never stolen or seized from her ---had it been she would not have survived. And so, I almost see it as a miraculous remaining piece of her and our family members who perished. Now, by yet another miracle, Moshe was able to take it with him to Auschwitz keep it in a very special pouch and hold onto it as if to say in defiance we are here--- this time not half dead or dying but alive! No longer needing to keep what remains of our lives between our cheeks and our gums.

I hope this helps you understand the story more--feel free to ask any questions at all. It is amazing for us to see the genetic similarities amongst my children-- My daughter Rachel has Edit's eyes and my daughters Reena and Eliana her nose---very much like my grandma. This cousin Edit, died way before her time (late fifties) from heart disease that was likely caused by starvation-- she could never have children of her own and so, we see ourselves as her children and feel the obligation as "survivors" to continue her legacy.

Perhaps this account by Meira will give you some idea of the awesome responsibility I felt as I marched with some 21,000 others at Auschwitz on Yom Hashoah, 2005.

Rabbi Moshe Saks

Presidents' Message continued from page 1

Finally, we wish to take note that the Board of Trustees voted at its last session to name the synagogue's Ballroom in honor of Mel Kaufman, who passed away in March. The action was clearly a fitting tribute to a member whose hard work and devotion to the ICCJ community, over many years, meant so much to all of us. The Board also approved the naming of the Synagogue Office in honor of Howard and Lillian Kurtz, longtime members, whose estate recently made a generous donation in honor of their memory.

Regards,
David and Sam

RELIGIOUS AFFAIRS: Michelle Fouks

Shalom from Religious Affairs

We hope you are all well, and had a wonderful Passover. We had many events in April, such as the Yom HaShoah Observance, the festivities of Yom Ha'Atzmaut (Israel Independence Day), as well as others. With the Spring here, and people getting their vaccines, we are embarking on opening up the synagogue for services. As this article is being written, before all the decisions and protocols for coming to services in person are made, we are hopeful that we will see as many of you as possible. Simultaneously, with the opening of ICCJ, we will be Live Streaming our Services as well.



As May brings flowers, we will be having our Shavuot Services beginning Sunday evening May 16th-Tuesday May 18. Please mark your calendars and watch for eblasts that will be advising you of all the festivities going on for the Holiday. It is always uplifting to see you and share these events with our Congregational family.

I'm sure you have seen that we have added daily

evening services to the weekly schedule. The Zoom address is in your weekly eblasts. We have a core group that attends daily. It would be so helpful if more congregants could commit to 1 day per week and sign up for the month. It would really help and the service is no more than 15 minutes. If you can commit to one night a week, for a particular month, please email me at fouksm@gmail.com. Thanks so much in advance.

I keep repeating the following, (and I will until I see more of you join), we have our Shabbat Services; Friday evening, where once a month there is an Oneg where you can stay after services and enjoy a discussion or a glass of wine with your fellow ICCJ friends; a Shabbat 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. 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 yahrzeit coming up try to let the Rabbi know the month before so we can include that information on our monthly calendar.

Stay safe and most of all healthy.

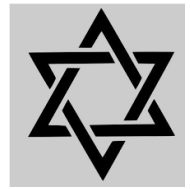
L'hitraot (see you soon)

**Not
feeling
well
today..**

**The Chesed Committee,
headed by Sol Sturm, is here for you
Contact ICCJ at info@iccj2004.org or 718-591-5353**



In Memoriam **MEL KAUFMAN**



“As The Days Dwindle Down”

He traveled the highway of life and fought an uphill battle

He faced precipitous challenges and was successful in his quest

He nurtured many friendships which later resolved into lifelong relationships

He is sorely missed by all.

He was of flesh and bones... with a heart of gold within.

Losing someone, who has been part of your life for so many years, is extremely difficult.

May it help to ease the hurt you feel now, to know that we care

and are thinking of you at this perplexing time

When we look toward heaven we can feel that the ones we have lost are still with us....loving us right back!

They are gone...and will never come back...but they will be at your side for the rest of your of life!

G-d be with you.

...Friends of Mel Kaufman

I would like to thank my congregational family for all of the phone calls, cards, visits and donations made in memory of my beloved Mel. He would have been overwhelmed with the outpouring of love and support my family and I received during this very difficult time. A very special thank you to the Henry Gros Fund, Young Families, my Knit and Schmooze ladies, and Gale, Mady and Helena for the delicious meals sent in. Additionally, a big thank you to David Schwartz for coming to my home to lead my family and I in a shiva minyan every evening, and to Cantor Ribowsky for the evening he came and led minyan. Thank you to everyone who joined the minyan every night in-person or on Zoom.



There were many different sides of Mel Kaufman. There was the doting father, and loving grandfather, super salesman, top notch Mr. Fix It, competitive paddleball player, founder of the ICCJ Scotch Club (which is no longer in existence) and devoted husband.

As many of you know, Mel spent many years as the House Chairman of ICCJ. His dedication and devotion to our synagogue was quite evident due to the amount of time and effort he put into making sure our entire building was running perfectly. If Mel came up against something that he himself could not fix, then he knew the right people to reach out to. The relationships that Mel fostered, with the many vendors and contractors over the years, saved ICCJ thousands of dollars. Even while Mel's health was declining and was housebound due to this awful virus, he continued to keep in touch with Mady and Helena in the office, and Willie, our caretaker, to make sure that everything was running smoothly.

Mel's love of life, his engaging personality, and sense of humor will be missed by many, but none more than his family.

To quote my eulogy at Mels' funeral, "For a man of small stature, he was larger than life".

Marilyn

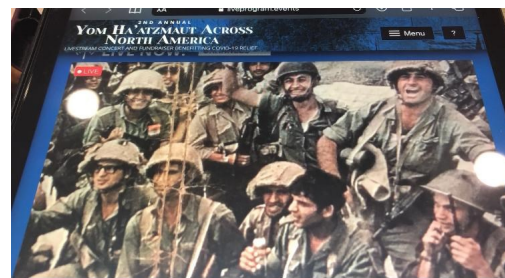
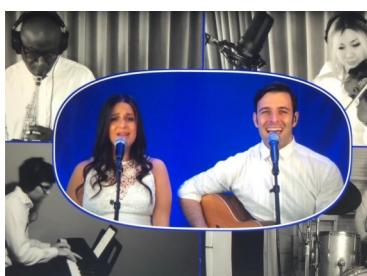
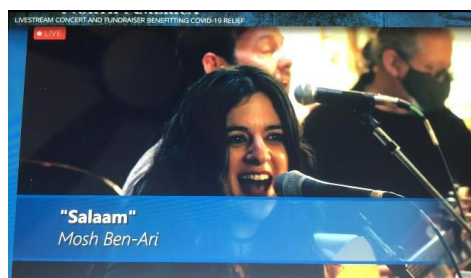
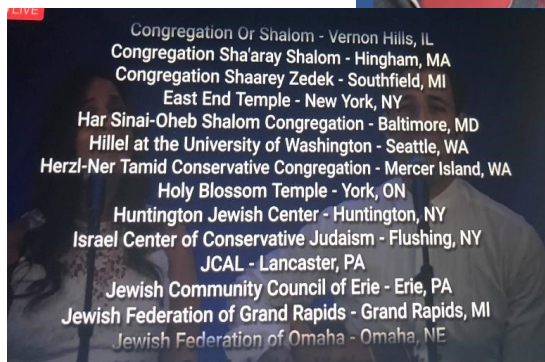
YOM HA'ATZMAUT

On Sunday, April 11, 2021, ICCJ proudly co-sponsored the outstanding LIVE 2nd Annual Yom Ha'Atzmaut Across North America virtual concert. The concert featured some of the most recognizable names in Jewish music and leadership around the world. Our own ICCJ co-Presidents, David Schwartz and Sam Weiss, were highlighted. They spoke about the places they love to visit in Israel and their favorite Israeli foods.



The concert was hosted by Israeli vocalist and performer Hadar Orshalimy and husband Sheldon Low in a celebration of the Great Israeli Songbook, stories from Hadar's upbringing in Israel, and the history behind the songs and their composers.

In addition to a joyous celebration of Israeli music, proceeds from Yom Ha'atzmaut Across America supported Covid-19 relief with proceeds benefitting Mazon—A Jewish Response to Hunger.



If you would like to order your own
Lev Shalem Siddur (\$36 each)
and/or
Etz Hayim Chumash (\$70) 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 @
rabbis@iccj2004.org,
rabsaks@gmail.com or 718-591-5610



TZEDAKAH OPPORTUNITIES

ICCJ has many ways for you to honor or remember the important people in your life.
If you would like to make a contribution, email helena@iccj2004.org or call 718-591-5353

Abraham & Yetta Paletz Memorial Youth Fund - Contributions are used to directly benefit the youth of ICCJ
Education Fund - Contributions are used to support the speakers and seminars for congregational enrichment

Bella M. and Harry Richter Memorial Library Fund - Contributions are used to purchase books and other print or electronic media for the synagogue library

Henri Gros Outreach Fund - This fund helps to serve our fellow congregants in times of joy, need and sorrow

ICCJ Synagogue Fund - Contributions are used to assist with all synagogue financial needs

Rabbi's Discretionary Fund - This fund allows our Rabbi to contribute to institutions or give to individuals in need

Ritual Fund - Contributions are used to purchase and maintain prayer books and other religious material for the synagogue

Youth Fund - Contributions are used to support our youth programs

COMMUNICATIONS: Nina Greebler & Linda Korobelnik

The Communications Committee is once again hard at work getting the bulletin, eblasts, flyers, Facebook page and website updated and running efficiently. It is hoped that it can be available so all of our congregants know what is happening at ICCJ, though virtually.

Adam, our webmaster, is working very hard to make our website more user friendly. These changes include a new calendar which is easier to use and will have flyers available when you click on the corresponding date.



In order for us to attract new members and keep the website updated and fresh we are currently in need of pictures from all the committee heads and members, especially from Social Action, Chaverim and USY. The pictures can be from previous years/events or from any Zoom events you have participated in. Send us as many as you can and please make sure to label the event and year. Of course, Zoom pictures are welcome as well. Please send any and all pictures to ngreebler@gmail.com. Thanks.

Please continue to check the Educational Opportunity tab for new classes from JTS and Streicker.

Wishing you and your families a Happy Memorial Day and Happy Shavuot. Be safe.

MEMBERSHIP: Betty Shaffer

The joint Craft event between Membership and Sisterhood was a huge success. Everyone had a great time and made beautiful art pieces. Thank you to all who attended and a special thanks to Lisa Woliner and Hannah Feldman for sharing this event with Membership.

We are asking for the names of all 2021 Graduates by the end of May, so that we can honor them as

we have done in the past, at Installation, in June. Keep a look out for the form which we will be sending out so we can share your simcha with you and your families.



We wish everyone a happy Memorial Day.



H2I YOUTH GROUP: Youth Director Jennifer Gold

A Joint Venture of HJC, HHBJC & ICCJ

Dear Congregants,

April was so much fun but was definitely a short month! Throughout this month, our H2I Kadima members participated in a Passover Scavenger Hunt and special paint nights. We welcomed our alumni and parents to our USY program where members learned about different careers as they head into the direction of college. Both groups also played the fan favorite, CUPCAKE WARS!

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

Please also take a look at our May programs below!

Kadima (Grades 5-7, 6:15-7:15pm)

USY (Grades 8-12, 7:30-8:30pm)

5/2	Chalutzim & Kadima: Brain Power Learn a new wave of meditation, focus, and physical activities that will get your mind and body flowing!	Create n' Paint: Origami! Take an adventure down the creative road of Origami with various paper objects ranging from fortune tellers and baskets to birds, flowers, and more! Have some paper available, as well as paint or markers for your finished piece to make it as colorful as possible!
5/9	No Meetings – Mother's Day	
5/16	No Meetings – Shavuot	
5/23	Bingo! Join us in our classic Bingo evening! First to fill up all the slots and call "Bingo" wins an Amazon gift card!	Bingo! Join us in our classic Bingo evening! First to fill up all the slots and call "Bingo" wins an Amazon gift card!
5/30	No Meetings – Memorial Day Weekend	

Sunday, May 2 - Fulfillment, Keen-Mindedness and Happiness in an Aging Society - 11:00 AM

Sheldon Ornstein, Ed.D, RN, LNHA

Monday, May 3 - Sisterhood Bingo - 7:30 PM

Saturday, May 8—Synagogue In-Person Services Resume

Saturday, May 8 & 22 - Tot Shabbat - 10:30 AM

Monday, May 10 - Sisterhood Mother's Day Program - Miami Valley Klezmer Ensemble - 8:00 PM

Sunday, May 16 - Erev Shavuot

Monday, May 17 & Tuesday, May 18 - Shavuot—Office Closed

Sunday, May 23 - Education Committee - Murder on the Orient Express - 4:00 PM

Tuesday, May 25 - Semi-Annual Congregation Meeting - 8:00 PM



SISTERHOOD NEWS: Presidents Hannah Feldman & Lisa Woliner

Sisterhood Shabbat was held on April 24 - the ladies of our Sisterhood stepped up to the plate in a fashion of class and style. With too many to thank, Hannah and I were appreciative of their knowledge and commitment. Thank you to Norman Kerman for reading the Torah that morning.

On April 12, we played Scattergories on Zoom with 25 in attendance for a evening of fun and laughter. Prizes were distributed to the top tier. As we start the beautiful month of May, our Mother's Day program, on Monday, May 10, will



bring us a wonderful concert by Richard Begel, son of our member Cynthia Begel. Richard is the founder of the Miami Valley Klezmer Ensemble.

Richard and his ensemble will entertain us with an uplifting musical selection that is so much needed at this time. We look forward to you joining us at this wonderful event. Watch your eblasts and mail for details.

COME AND MEET THOSE DANCING FEET: Shari Zuber

Originally *Name That Tune: Hooray for Hollywood* was slated to debut on March 18, 2021, but due to technological difficulties which were eventually brought under control, on Chol Hamoed Pesach, March 30, 2021, the curtain went up, the screen came down, and the cameras began to roll.



Devoted movie aficionados stepped back in time to the era of the Great Depression, when a song and a dance could temporarily make you forget about your financial woes. There, on the Silver

Screen, Ginger Rogers was trying to teach Fred Astaire how to trip the light fantastic in *Swing Time*, told him to *Pick Yourself Up*, but gave up in disgust, and told him that no one could teach him to dance in a million years (amazing how quickly a million years passed!). Shirley Temple, according to FDR, lifted the spirits of a nation, and took us *On the Good Ship Lollipop* as we smiled and gazed into her *Bright Eyes*. Baritone Paul Robeson transported us onto the *Show Boat* as we watched *Old Man River* keep rolling along. Judy Garland, before she went over the rainbow, sang to a photograph of Clark Gable, before he didn't give a damn, telling him how *You Made Me Love You* in the *Broadway Melody of 1938*. Even Jimmy Stewart could be seen serenading 1930s tap

dancing queen Eleanor Powell in *Born To Dance*, telling her *You'd Be So Easy To Love*.

As World War II approached and musicals became more color-filled and lavish to bolster the spirits of a nation in the midst of a global conflict, Big Band performers, recording artists, and rising stars in the Hollywood firmament all strove to become cinema stand outs. The Andrews Sisters promised *I'll Be With You in Apple Blossom Time* in their second movie, *Buck Privates*. Young Blue Eyes, Frank Sinatra, donned a sailor uniform and crooned *The Charm of You* to a mesmerized Pamela Britton (*My Favorite Martian's* Mrs. Brown) in *Anchor's Aweigh*. Long before the fashion craze, Mickey Rooney dressed in drag, as Carmen Miranda, down to the tutti-frutti hat, and sang *Mama Yo Quiero* in *Babes on Broadway*. For the war effort, even Bette Davis tried out her limited vocal skills, lamenting that *They're Either Too Young or Too Old* in *Thank Your Lucky Stars*.

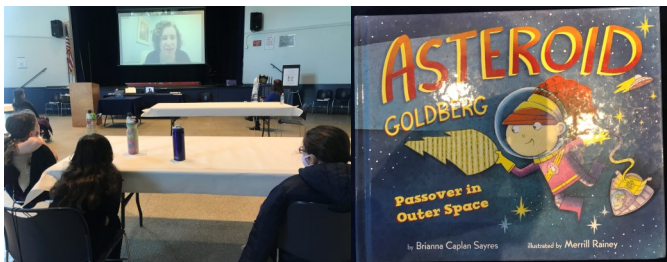
After the bows had been taken and the cameras stopped, Shelly Ornstein, Barbara Hammerling, and Joel Rothman were the top scorers for the evening.

Once again we thank everyone who chose to time travel with us to a more melodic era and hope you'll join us the next time we ask you to Name That Tune.



OHR CHADASH: Rabbi Boaz Tomsky

In March, in honor of the upcoming holiday of Passover, the students at Ohr Chadash were treated to numerous special activities and programs related to the holiday. We began the day by welcoming noted author, Brianna Sayres. We blasted off into outer space for Passover with her fascinating children's book! The premise of the book was about Asteroid and her parent, who got



stuck in outer space for Passover. Asteroid used some creative problem solving to plan a Passover seder for herself and her family that was truly out-of-this-world! After she read the book, the children were given the opportunity to ask her any questions they wanted. The students asked what inspired her to become an author and she concluded by humbly sharing how many times an author's work gets rejected before finally being printed. Her message to the students was not to give up and to keep following their dreams. The sky is truly the limit!

After the presentation, we showed a short video on Moshe and the story of the exodus from Egypt. Afterwards, we began our much anticipated Model Seder. The children enjoyed drinking the four cups of grape juice and other traditional foods during the Seder. In addition to a seder plate at each table, the children had their own seder plates to adhere to COVID protocol. The hard boiled eggs were replaced with chocolate eggs because who doesn't love chocolate at the Seder (or any time for that matter)? We provided gluten-free gefilte fish and matzo crackers for all of the children to enjoy. We thank Morah Shari and her brother Paul for organizing all of the food and drinks for the Seder.

In addition to the delicious food, we went through



an abridged version of the Hagaddah led by Morah Judy. The children each had a chance to read from various sections of the Hagaddah and participate in many of the traditional Passover songs. We sang songs such as Kaddash Urchatz, the Mah Nishtanah, Avadim HaYeinu and the ten plagues. We recited the first paragraph of Birchat HaMazon - grace after meals and concluded with Lashana HaBah BeYerushalyim -next year in Jerusalem and my personal favorite, Echad Mi Yodeya - who knows one? I know one! Overall it was a fun, educational day which the children will not soon forget. We anticipate their broad scope of knowledge of the Passover holiday will be showcased in each of their homes during the Seder and throughout the Pesach holiday.

On behalf of myself, the board and the teachers of Ohr Chadash, we hope you had a very happy, healthy and safe Passover.



YOM HASHOAH - A VIRTUAL TRIBUTE: Shari Zuber

Over the past year the necessity for humanity's resourcefulness has manifested itself in virtual communication and interaction. Developing a growing facility on Zoom made it possible for the Yom Hashoah Committee to coordinate and present a tribute to the victims and the survivors of the Holocaust on Wednesday evening, April 7, 2021.



Since it is essential that the events and lessons of the Shoah are instilled in future generations, the program began with a 2020 recording from the Jewish students of The Virtual Children's Choir of the United Kingdom singing a composition by Stephen Melzack, entitled ***Never Again***.

Opening remarks presented on behalf of the Yom HaShoah Committee members welcomed the more than 250 virtual attendees to the commemoration, informing them that part of the program would examine the historical events of eighty years ago, the fateful year of 1941, when the Nazi war machine still had the upper hand in World War II and the guise of neutrality of the United States would be eliminated with the bombing of Pearl Harbor. Additionally, since the pandemic resulted in the cancellation of 2020's communal observance, tribute was paid to committee member Henry Gerber of Hollis Hills Bayside JC, who passed away in the Fall of 2019, for his invaluable contributions to our yearly commemorations. Also recalled were past Yom HaShoah speakers, survivors Sam Solasz, Irving Roth, and Katheine Griesz (relative of ICCJ member Livia Rothman), whose experiences and inspiration will long be remembered.

In lieu of our in-person six-branched candelabra candle lighting ceremony, Carol Greenberg of Hillcrest Jewish Center enumerated the significance of each of the six lights and encouraged everyone to light a memorial candle at home.

Moti Fuchs, Cantor Emeritus of Hillcrest JC next chanted the hauntingly hopeful Ani Ma-amin. Rabbi Manes Kogan, also from Hillcrest, provided an inspirational invocation and extended a challenge to the assemblage to commit themselves to honoring the Shoah's victims.

Rabbi David Wise of Hollis Hills Bayside JC then read an insightful plea penned by Rabbi Reuven Hammer, a founder of Israel's Masorti movement. This was followed by the heart rending chanting of ***Es Brent*** by Cantor Aaron Katz of Flushing-Fresh Meadows Jewish Center.

A tour-de-force reflection, which was authored by Rabbi Daniel Wolpe of FFMJC, related the story of a survivor and his horrific experiences in the days of Holocaust darkness. After this Cantor Sol Zim of HHBJC appropriately chanted the special El Moley Rachamin for the victims of the Shoah.



As ICCJ's Linda Korobelnik enlightened the gathering of events peculiar to 1941, including the German invasion of the Soviet Union, the formulating of the Final Solution, the expansion of ghettos and concentration camps in Europe, and the Japanese attack on the American fleet in Pearl Harbor, which precipitated the United States entry into World War II, video footage of the events accompanied the oral history.

Keeping with the theme of a retrospective of 80 years ago, Meredith Deckler, co-President of Jewish Center of Kew Gardens Hills, introduced a letter from Kishniev, written in 1941 by Ida Goldis, to her sister, lamenting the course she had taken, and noting that the time left to her and her three-

Continue on page 14

Continued from page 13

Cantor Moti Fuchs gave his full *gezindt* to his rendition of the **Hymn of the Partisans**, which was chanted in Yiddish, English, and Hebrew. This anthem of the Resistance Movement was penned by Hirsh Glik of the Vilna Ghetto, which has become a cry for remembrance.

Robert Grupper of Hollis Hills Bayside Jewish Center recited a reflection by Rabbi Lilly Kaufman, written 30 years ago, on the necessity of prayer during our bleakest hour, the Holocaust. The 23rd Psalm, traditionally read on Shabbat at Seudat Shleesheet, or at funerals, was chanted by Rabbi Moshe Birnbaum of Jewish Center of Kew Gardens Hills. ICCJ's Rabbi Moshe

Saks led the assemblage in the Mourner's Kaddish.

As our program began with children singing, so it concluded. A video of students of the Ronald S. Lauder Foundation throughout the globe singing **Hatikva** provided a fitting message of hope to the evening's commemoration. Rabbi Saks then led Maariv, the evening prayer service, and the seasonal Counting of the Omer.

With statistics showing that more than 60% of our nation's Gen-Xers and Millennials are unaware that six million Jews perished in the Holocaust and, even worse, 11% believe that Jews were to blame for the Shoah, it is crucial that we turn this ignorance into factual knowledge. Only if we empower the unknowing with the truth and the details can we ensure the **Never Again** will be a reality.

MEMBERSHIP, SISTERHOOD & YOUNG FAMILIES CRAFT DAY

In April, several of our ICCJ families came together for a virtual Craft Day. Members of all ages chose between making beautiful mosaic mirrors, butterflies or serving dishes. Each participant was sent their own kit. The instruction was led by Teri Field. As you can see from the pictures, the event was a big success.



CHRONIC ILLNESS & AGING: Sheldon Ornstein Ed.D, RN, LNHA



PART 1

Chronic illness is the hallmark of aging. For many years, elderly individuals with intractable pain from arthritis were advised repeatedly, by their primary physicians, “You must learn to live with it.” But finally, chronic disorders are now being taken seriously as we confront the social and economic costs of impairment. Arthritis is almost universal, but more trouble for some than for others. However, a state of wellness may be achieved if the individual feels capable and motivated to manage the problem with or without assistance.

According to social scientists, “The aged, with one or more chronic conditions who are supported by those concerned, can result in a healthy satisfaction with life and improved self-esteem that can follow.”

Chronic illness requires a reorganization of how society thinks about the physical needs of the aged. The numerous manifestations of a chronic illness should never be the sole determinative factor in understanding the elderly’s state of health nor continued wellness.

Several years ago I was a moderator at a lively discussion with a group of nursing home residents regarding chronic illness and their idea of what was “wellness” and what it can offer them. They questioned how it applied, for instance, to the daily struggles they were experiencing and the medications they were taking for the pain that gave only temporary relief. There were several comments such as, “Let’s get real. We’re too old and nothing we do, whether it be daily meds or exercise, etc., alleviates our permanent pain.”

Another resident replied, “My arthritis is severe

and comes on like a fast moving locomotive, but never stops. I consider myself a perpetual passenger.” He continued, “When will it ever stop?” The anguish in his voice was real, his attitude, desperate.

The elderly don’t graciously accept their chronically painful disorders. They rather tend to mourn their loss.

The researchers Strauss and Glaser, visualized chronic illness as “a trajectory model that is aided by innumerable health care providers toward a clearer understanding of the restrictions that arises from chronic illnesses.”

The researchers Corbin and Strauss, offer their view of chronic illness as “a trajectory that traces a course of illness through several phases which may be either upward, downward or plateaued. In its entirety, a chronic illness may periodically include a preventive phase, a definitive crisis and acute phase, and a comeback phase.”

Chronic illness is difficult to always identify as so many acute disorders have chronic results.

Many of the more commonly identified disorders tend to flare up and subside once again into remission before the next flare up occurs.



- There is a growing recognition that chronic illnesses are a major concern for health practitioners.

Unfortunately, health professionals and the lay public have as yet been unable to fully demonstrate an adequate understanding of the problem. The prevalence of a multiple of chronic illnesses continues to rise in the general population along with the lengthening of the aged individual’s life span. Here are several relevant statistics regarding chronic conditions in the United States, particularly for those over seventy-five and who are female.

Part 2—To be continued in next month’s bulletin

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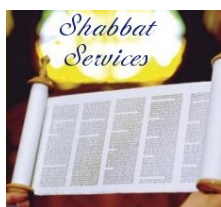
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Please join Rabbi Saks
for



SHABBAT AND SHAVUOT CANDLE LIGHTING TIMES

MAY 2021

5/7—7:39 PM

Behar-Bechukotai

5/14—7:46 PM

Bamidbar

Shavuot

5/16—7:48 PM

5/17—8:55 PM

5/21—7:53 PM Nasso

5/28—7:59 PM

Be'ha'alotcha



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