



תקותינו UNETAVKIT



ISRAEL CENTER OF CONSERVATIVE JUDAISM

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ADAR I/ADAR II

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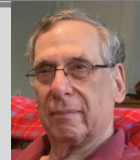
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LET OUR FAMILY WELCOME YOURS

MESSAGE FROM OUR CO-PRESIDENTS

DAVID SCHWARTZ AND SAM WEISS



Fellow Congregants,

Happily, in recent months, we've seen a steady return to normal congregational life made possible by rising vaccination rates and a decline of Covid cases. In December, we were able to restart our pool and recreation program, which now enrolls almost two hundred youngsters, and includes a new water aerobics class for our own congregants. In January, we welcomed Ohr Chadash to ICCJ. This past month, we were able to begin our Shabbat morning Rabbinic Search Auditions in-person and Tot Shabbat returned to ICCJ in-person too.

This month we will celebrate Purim with an in-person Megillah reading on Wednesday, March 16, at 7:15 PM., followed by our traditional Purim Seudah, at Ben's Deli in Bay Terrace, on Thursday, March 17 at 5:30 PM.

For the moment, many events and activities, such as our annual Purim Celebration, will take place virtually on Zoom, but we are hopeful of extending in-person meetings and activities including Shabbat Kiddush Luncheons, Monthly Friday Congregational Dinners, and Board of Trustees meetings in the coming months. Needless to say, we will always be guided by the best available advice from public officials and the medical community in moving forward. As always, health and safety are our primary concerns.

Meanwhile, our search for a new rabbi is nearing what we hope will be a successful conclusion. As of this moment, auditions and membership preferences are being tallied and evaluated by the Rabbinic Search Committee. We will keep you updated on the search on an ongoing basis through our eblast communications.

Our thanks to everyone.

Regards,

David and Sam



JOIN US ON FRIDAY,

MARCH 4, 2022

@ 6:00 PM (via Zoom)

FROM OUR RABBI: Rabbi Moshe Saks



One of the most perplexing problems that we see in the news is the issue of an ill person being on Life Support. What are we to do? I'd like to share the discussion of this topic from the Rabbinical Assembly Law

Committee. If you would like to discuss this issue, using the sources below. I'm happy to convene a class on the topic.

Statement of Conservative Movement on End-of-Life Issues

On Dec. 12, 1990, the CJLS debated two papers submitted by Rabbis Elliot Dorff and Avram Israel Reisner, members of the CJLS' sub-committee on bio-medical ethics, on end-of-life issues. Both papers were adopted by the Committee, Rabbi Dorff's by a vote of 11-2-5, Rabbi Reisner's by a vote of 13-1-4 (members were given the option of voting for both papers). Thus both positions are valid views. The key points of each are summarized below. However, the papers are very detailed and complex, and what follows cannot substitute for careful study of the authors' writings. Both papers, as well as two responses from other sub-committee members, appear in the Spring 1991 issue of *Conservative Judaism*. The Rabbinical Assembly has also published a living will, entitled *Advanced Medical Directives*, which you can order from the United Synagogue Book Service 800-594-5617 or download at <http://www.rabbinicalassembly.org/docs/medical%20directives.pdf>

1.) The key category for dealing with end-of-life issues is the *terefah*.

a. When the patient has an *irreversible, terminal illness*, medications and other forms of therapy may be withheld or withdrawn. Artificial nutrition and hydration may be considered a sub-category of medication in such circumstances, and therefore may also be withheld or withdrawn.

b. The category of *terefah* may also be applied to the person in a permanent vegetative state, and it would be permissible to remove artificial nutrition and hydration.

c. Terminally ill persons may, if they choose, engage in any medical regimen which has the slightest chance of reversing their prognosis. So long as the intention is to

find a cure, they may do so even if they thereby simultaneously increase the risk of hastening death.

d. Jewish law includes permission for the patient to refuse any treatment he/she cannot bear, including forms of therapy which, though life-sustaining, the patient judges not to be for his/her benefit.

e. Terminally ill patients may choose hospice or home care.

f. A patient may reject CPR and/or issue a DNR order when these measures are unlikely to restore the patient to meaningfully healthy life.

g. Pain medication may continue even if its probable effect is to hasten the patient's death. (*Teshuvah* by Rabbi Elliot Dorff, http://www.rabbinicalassembly.org/teshuvot/docs/19861990/dorff_care.pdf)

2.) The critical category for dealing with terminally ill patients is the *goses*.

a. That which is of the body, of natural function, should be allowed to function. Thus, the withholding or withdrawing of medication, nutrition or hydration is prohibited, so long as they are believed to be beneficial for the prolongation of life. That which is not of the body, but rather which mechanically reproduces, supersedes, or circumvents the body's functions (for example, respirators, mechanical pumps, blood purifiers), may be removed as an impediment to death.

b. Feeding tubes may not be removed from those in permanent vegetative states, as they are not terminally ill.

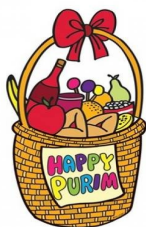
c. The patient has autonomy to choose between treatment options in a situation where risk and uncertain prognosis exist. If, however, a particular treatment guarantees a cure, it may not be refused. The only choice which is barred is the choice to die.

d. Terminally ill patients may choose hospice or home care.

e. A patient may reject CPR and/or issue a DNR order when these measures are unlikely to restore the patient to meaningfully healthy life.

f. Pain treatment should be pursued, but pain medication must be capped at that point at which its probable effect would be to hasten the patient's death. (*Teshuvah* by Rabbi Avram Israel Reisner, http://www.rabbinicalassembly.org/teshuvot/docs/19861990/reisner_care.pdf)

Rabbi Moshe Saks



The jolly Jewish holiday of Purim is celebrated every year on the 14th of the Hebrew month of Adar (late winter/early spring). [Purim](#) 2022 begins on Wednesday night, March 16 and continues through Thursday, March 17, (extending through Friday in Jerusalem). It commemorates the (Divinely orchestrated) salvation of the Jewish people in the ancient Persian empire from Haman's plot "to destroy, kill and annihilate all the Jews, young and old, infants and women, in a single day." Literally "lots" in ancient Persian, Purim was thus named since Haman had thrown lots to determine when he would carry out his diabolical scheme, as recorded in the [Megillah](#) (book of Esther).

The Persian Empire of the 4th century BCE extended over 127 lands, and all the Jews were its subjects. When King Ahasuerus had his wife, Queen Vashti, executed for failing to follow his orders, he arranged a beauty pageant to find a new queen. A Jewish girl, Esther, found favor in his eyes and became the new queen, though she refused to divulge her nationality.

Meanwhile, the Jew-hating Haman was appointed prime minister of the empire. Mordechai, the leader of the Jews (and Esther's cousin), defied the king's orders and refused to bow to Haman. Haman was incensed, and he convinced the king to issue a decree ordering the extermination of all the Jews on the 13th of [Adar](#), a date chosen by a lottery Haman made.

Mordechai galvanized all the Jews, convincing them to repent, fast and pray to God. Meanwhile, Esther asked the king and Haman to join her for a feast. At a subsequent feast, Esther revealed to the king her Jewish identity. Haman was hanged, Mordechai was appointed prime minister in his stead, and a new decree was issued, granting the Jews the right to defend themselves against their enemies.

On the 13th of Adar, the Jews mobilized and killed many of their enemies. On the 14th of Adar, they rested and celebrated. In the capital city of Shushan, they took one more day to finish the job.

Purim means "lots" in ancient Persian. The holiday was thus named since Haman had thrown lots to determine when he would carry out his diabolical scheme. You can pronounce this name many ways. In Eastern tradition, it is called poo-REEM. Among Westerners, it is often called PUH-rim. Some Central-European communities even call it PEE-rim. (WARNING: Calling this holiday PYOO-rim—as English speakers are sometimes wont to do—is a surefire newbie cover-blower.)

COMMUNICATIONS: Nina Greebler & Linda Korobelnik

The Communication Committee is proud of the attendance via Livestreaming, Facebook Live and in person by our entire congregation during our recent Rabbinical Candidate auditions. Over 90% of the congregation participated in at least one or more of the proceedings.

We are asking once again that any and all interaction necessary for the website comes through one of the Communication Committee members. For any questions, compliments, updates and/or suggestions pertaining to the website, please reach out to Nina

Greebler, Linda Korobelnik or Helena Shayer to handle these situations or requests.

If you are having an event, or have a flyer that needs to be posted in the eblast or go into the bulletin, send to Helena Shayer at helena@iccj2004.org.

Please send pictures for the website to: nhgreebler@yahoo.com. Remember, even if the event is on Zoom, please take photos for our photo gallery pages.

Thank you and stay safe.....Chag Purim!!!!!!

RELIGIOUS AFFAIRS: Michelle Fouks

Shalom from Religious Affairs

We hope you are all well, and weathered the winter weather with success. In addition, we hope you have enjoyed the Shabbat Services with our potential Rabbis, as presented by our terrific Search Committee. Yasher Koach for a job well done. Now that you have stated your preference, we plan to continue our regular Synagogue activities.

To that end, we look forward to sharing a most festive Purim with you. As you may or may not know, this year is a Jewish leap year, so we have two months of Adar: Adar Aleph and Adar Bet. Purim is celebrated in Adar Bet, so it is a little late this year. We are reinstituting our Annual Purim Seudah which is the Purim festive meal. Hope you will join us at Ben's Deli on March 17. However, before we get to the meal, please be sure to don your costume and join us for a fun time at the reading of the Megillah (Esther) on Wednesday evening March 16 at 7:15 PM.

It is so delightful to see you all and celebrate 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 attend the next event you see on the e-blast. You will probably feel sorry thinking of all you missed till now.

I keep repeating the following, (and I will until I see more of you join). We have our Kabbalat Shabbat Services Friday evening on Zoom, there is an in-person Shabbat service, that is Livestreamed, with a full Torah Service. Finally, to end Shabbat together, there is Havdalah and Maariv on Zoom. Surely, one of these services peaks your interest. The Rabbi and Cantor work tirelessly. These services are participatory and fill you with happiness when you see fellow congregants.

Remember, if you have a yahrzeit coming up, please inform the Rabbi in advance so we can include the minyan on our monthly calendar.

Remember "Mishenichnas Adar Marbin B'simcha". When the month(s) of Adar enter(s) you should be filled with happiness.

Stay warm, safe and most of all healthy.



SISTERHOOD NEWS: Presidents Hannah Feldman & Lisa Woliner

Sisterhood and Men's Club started February off with laughter and fun with The Not So Newlywed Game - while the snow was melting our ICCJ couples revealed things about them with laughter and some dirty looks. The participation from the audience's laughter made it sometimes difficult to hear the answers.

Our emcee for the evening was Geoff Woliner, son of Lisa & Mel/Jay. Geoff entertained us with his quips about the couples. Sol and Cathie Sturm were our judges. Laughter is the best medicine as we saw from this fun night shared by all. As of this writing the winning couple was Nora and Scott Cohen and the audience members who guessed it were Susan and Robert Losow.

February 20, Sisterhood & The Book Cafe! joined together for a book review on The Rebel Daughter. The author Lori Banov Kaufmann and Dr. Jonathan Price spoke with us via Zoom. The Rebel Daughter was a

thrilling saga of family, faith and forbidden love while blending the story of the Jewish people with a timeless protagonist determined to take charge of her life. This review and book was absolutely wonderful and Sisterhood wants to thank Arlene Ratazbi for bringing it to us.

The cookbook is in full swing and we still would like recipes from our children and grandchildren.

We hope you participated in Sisterhood's Annual Shalach Manot fundraiser and will, once again, join us for our Sisterhood Seder on Zoom.

Be well/stay safe.





This calendar year, 2022, marks the **80th anniversary** of the Torah Fund Campaign, Women's League for Conservative Judaism's dedicated philanthropy, supporting the students enrolled in our Conservative / Masorti seminaries around the world.

I wonder how many of the women who donated \$6.11 in 1942, when the campaign began, imagined that the Torah Fund Campaign would become an 80 years strong annual fundraising effort? And, would any have imagined that over \$100, 000, 000 would be raised by women throughout North America, from generation to generation, since its inception?

Let's continue to invest in our Jewish future, together, by investing in this year's Torah Fund Campaign!

Send greeting cards with a purpose. Use Torah Fund cards to acknowledge life cycle events. They're \$5 each. To buy one at a time, or purchase a custom bundle, please contact **Cynthia Begel, cbegel@gmail.com**.

Fill a Torah Fund tzedakah box. Return it in May as the campaign year comes to a close.

Share that your fashion has a passion. By making a higher-level donation and receive this year's **B'Yachad** pin as a thank you gift.

For more information about donation levels, including tzedakah boxes, Torah Fund pins, and legacy gifts, **please contact Anise Parnes, a.parnes8166@gmail.com**.

Todah rabah, for generously supporting our Torah Fund Campaign!

L'shalom,

Anise

Anise Parnes, ICCJ Sisterhood Torah Fund Chair



MEMBERSHIP: Betty Shaffer



March should be a busy month for ICCJ. At this time, it looks like the congregation will have the important responsibility of voting on which of the candidates for our new Rabbi is their choice. While the Officers and the Board of Trustees can hire and fire the employees of ICCJ, only the Congregation can hire (or fire) the Rabbi. I hope that you have taken advantage of the opportunity to see all the candidates so you can make an informed decision. You have a voice in choosing our next spiritual leader. Please respond when you receive the poll.

Prior to the pandemic, ICCJ had been celebrating Purim with a Seudah at Ben's Deli. We are happy to report that we will be reintroducing this tradition this year. Watch for more information in the eblast.

Everyone should have received the information regarding the Memorial Plaque Dedication to be held in the spring. If you have a loved one that you would like to honor with a plaque in our sanctuary, please notify the office now to make sure that the plaque is ready in time for the Dedication Ceremony.

Always remember that ICCJ is truly a family. We want to be with you to share your simchas as well as support you in times of need. Please keep us informed about what is going on in your life. If you need support, please contact Rabbi Saks so we can help. If you are celebrating a simcha, call the office and let it be announced in the eblast or the bulletin.

H2I YOUTH GROUP: Youth Director Jennifer Gold

A Joint Venture of HJC, HHBJC & ICCJ



Dear Congregants,

This month, members joined the Shark Tank cast by creating the coolest inventions and presenting them to the judges. We also channeled the famous Bob Ross in a wonderful guided paint night! This past week, our members showed off their most brilliant dance moves while competing in Mario Kart! We are excited for more programming to come as we begin the spring in the month of March!

As a reminder, we provide programming for grades 5 through 12. Kadima is for children in grades 5-8 and is every Sunday night from 6:15pm to 7:30pm. USY is for grades 9-12 and is every Sunday night from 7:30pm-9:00pm. Our program locations are on a rotating basis amongst the three synagogues. We are currently holding programming at Hillcrest Jewish Center (Moreida Room).

We are looking forward to a great month filled with amazing programs! Please take a look at our March

programs:

USY & Kadima Calendar

Kadima (6:15pm-7:30pm)

USY (7:30pm-9:00pm)

3/6: Abracadabra! Ever been mesmerized by the world of magic? Join us for a night of enchantment as you learn some new tricks that are sure to amaze your friends!

3/13: Commercial Clash! Don't you just love those cool commercials on TV? Well here is your chance to make an infomercial for your very own product!

3/20: Trip Stay tuned for more details!

3/27: Hit The Buzzer! No need to change the channel as H2I goes through all of your favorite game shows! From Minute to Win It to Jeopardy, who will come out on top

If you should have any questions, please reach out at any time :) h2iyouthgroup18@gmail.com Thank you!

YOUNG ADULTS: Jordan Brantz & Maxwell Greebler

We're off to a great start. Our kickoff event, Havdalah and Movie night was well attended. We started the evening by meeting at ICCJ and we joined the Rabbi and congregation for Havdalah on Zoom. Then, we spoke about the purpose of our group and our future plans, while eating pizza. We ended the evening by watching a movie and bonding. We thank the Sisterhood for treating us to the pizza.

We would also like to thank the Board, various committees, and the congregation for the overwhelming support our group is receiving. The Rabbi Search Committee is letting our voices be heard, by including us in Q & A sessions with Rabbinical candidates who are auditioning. With this being said,

I'm asking all Young Adults to join these sessions and make their voices heard.

We participated with Men's Club and Ohr Chadash at the World Wide Wrap on February 6th. In March, we will be celebrating Purim and then, in April, we will be hosting our first Social Action event. Stay tuned for more details to come. Help us spread the word about the Young Adults group and bring your friends.

Check out our new Young Adults page on www.iccj2004.org and stay tuned for more updated content.

**Not
feeling
well
today..**

**The Chesed Committee,
headed by Sol Sturm, is here for you
Contact Sol: storm454@rcn.com
or Idan Corsentino: idadances@aol.com
or call the synagogue office:
718-591-5353**



SAYING KADDISH

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



YOUNG FAMILIES: Emilee Wyner & Dina Yakar

The month of March and the Hebrew month of Adar II start this week,

*And that means that Purim excitement is at its peak!
There is so much to do, much to prepare,
To decide which Purim costume to wear!*

Hamantaschen, groggers and Mishloach Manot galore,

The story of Purim definitely is no bore.

*Together we will hear the Megillat Esther being read,
If you're Livestreaming or on Zoom, make sure to get out of bed!*

Young Families will be at services on Wednesday,

March 16,

Wearing our costumes, my hair might be pink!

Join us that evening, alone or bring friends,

With proof of vaccinations, so this pandemic can finally end!



Purim plans for Young Families TBD. Check your email for a flyer in the future! If you have any questions, or want to reach out, email Dina Yakar at:

iccyoungfamilies@gmail.com.

Dina Yakar, Young Families Coordinator

Happy Purim!

SPORTS CLINIC: Paul Gorel



Hello Congregation and Sports Clinic Members,

It's hard to believe that the program has been up and running for 3 ½ months.

I want to thank everyone for their assistance in fighting COVID and helping us to remain open. My staff and I appreciate the additional time it takes to check-in, keeping your masks on in the building and keeping your student home when they don't feel well.

Our Congregation Water Aerobics class has welcomed new members and we love the burn we feel at the end of the session. So, if you or a loved one wants to learn how to swim, workout or just enjoy our congregation swim hours, come on down and have fun in your Shul with the Pool.

Contact me with any questions or requests to join our program at 347-502-3612 or sportsclinic@iccj2004.org.

I wish everyone a very Happy and Healthy upcoming Purim. Until Next Time...

Wednesday, March 2 - Rabbi Saks' Movie Discussion Class - The Last Days - 8:00 PM

Friday, March 4 - Shabbat Across America - 6:00 PM

Sunday, March 6 - Why I converted to Judaism - 10:30 AM

Monday, March 7 - Sisterhood Bingo - 7:45 PM

Wednesday, March 9 - Rabbi Saks' Movie Discussion Class - The Operative - 8:00 PM

Saturday, March 12 & March 26 - Tot Shabbat - 10:30 AM

Sunday, March 13 - Purim Carnival

Wednesday, March 16 - Fast of Esther - Erev Purim

Thursday, March 17 - Purim Seudah at Ben's Deli - 5:30 PM

Monday, March 21 - Sisterhood Seder

Sunday, March 27 - Sisterhood "I've Fallen & I Can Get Up" - 10:30 AM



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

SOCIAL ACTION COMMITTEE: Philip Parnes

Hello *Chaverim*,

First, thank you, again, to the entire ICCJ community, for continuing to participate in our ongoing food drive.

I'd also like to thank those who have contributed to our campaign for the January 9th Bronx fire victims. We'll be ending this particular ICCJ effort at the conclusion of *Purim*, Thursday, March 17. What a fitting way to fulfill the *mitzvah* of giving gifts of food to all people including the poor.

Speaking of *mitzvot*, *pikuach nefesh*, the *mitzvah* of saving a life, a foundational Jewish value, motivated me to donate blood recently. Are you aware that

COVID has caused a national blood shortage? Per The Red Cross, we are "experiencing the worst blood shortage in over a decade." My experience at Citi Field prompted me to wonder if we could organize a day for a blood drive here at ICCJ. If you're interested in helping make this happen, please be in touch.

As always, I encourage everyone to please contact me, or one of our Social Action Committee members, with your ideas and suggestions. *Todah rabah*.

Wishing you *Chag Purim Sameach*,

Phil

parnes5657@gmail.com

FOOD DONATIONS

ICCJ is once again collecting non-perishable food for City Harvest

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

Food donations may be brought to the synagogue during office hours



Please help fill this box with food for hungry New Yorkers!

Most Helpful Items:

- Canned fruit and vegetables
- Canned proteins (i.e. tuna or beans)
- Peanut butter (plastic jars)
- Macaroni and cheese (packaged)
- Soups
- Hot and cold cereal (packaged, family-sized)
- Juice packs



OHR Chadash: School Administrator Shari Zuber

GETTING WRAPPED UP IN OUR STUDIES

As the old adage goes, “The best-laid plans of mice and men often go astray.” I guess that also goes for school administrators.

Between inclement weather conditions and Omicron variants causing Covid spikes, several of our planned in-building school sessions were forced to go remote. However, our students and teachers, ever resilient, rose to the occasion and persevered.

On Sunday, January 16th, in commemoration of Martin Luther King Jr. Day, we learned of the Jewish-African American connection in the 1950s-1960s struggle for racial equality in the United States. The children were enlightened about the life of Rabbi Abraham Joshua Heschel, who contended with anti-Semitism in Europe, and who used this experience to instill within him a disdain for bigotry against anyone. When Dr. King put out a plea to all religious leaders to aid in the cause of Civil Rights, Rabbi Heschel joined the fight, marching side-by-side with Dr. King for justice.

Due to unexpected attendance on Zoom on the 16th, our Tu B'Shevat Seder celebration was rescheduled to the following Sunday, January 23rd. Following the holiday's Haggadah, the students went from season to season, watching the grape juice transformation from pure white for winter to light pink in spring, a deep rose for summer, and finally a deep purple to represent the fullness of the autumn harvest. Due to Covid safety measures, instead of partaking of platters from the three different varieties of fruit, the children watched the video categorizing of the fruits and tested one example of each group in individualized portions. They concluded with a taste of bokser, in the form of a carob-covered rice cake. To close out our Happy Birthday wishes to one of nature's great majesties, trees, our children raised their voices in song to *Doin' The Green Thing and Trees*.

Mother Nature's seasonal tirade unleashed a white avalanche upon the East Coast states for the last weekend in January and Ohr Chadash once more was forced to take to remote learning on Sunday, January 30th. Rabbi Saks, our guest rabbi of the week, favored our students with an extensive background about tefillin, which proved to be essential information for the following Sunday, February 6th.

Much appreciation goes out to Howard Isaacs, Sol

Sturm, Zvi Braun, and Marc Plaut of the Men's Club for conducting and being part of the event, and to Jordan Brantz and Benjamin Horn of Young Adults, who all assisted our students in mastering the art of putting on tefillin for the first time.

Howard provided an introduction to tefillin to Ohr Chadash's Opening Assembly and then the members of the Giborim and Gesher classes experienced the wrapping of tefillin on their non-dominant arm and the placing of the phylactery on their “*rosh*”, head, as they recited the appropriate “*brachot*” blessings for each application. Afterwards, all the students retired to the ICCJ ballroom to watch a film about the process of making tefillin, from writing the scrolls which go into the head and arm boxes and constructing the phylacteries, down to the painting and the formation of the straps which hold everything together.

As of this writing we are anticipating the Havdalah program, which celebrates the weekly farewell to Shabbat, which is scheduled for Sunday morning, February 13th. After the Presidents' Week hiatus on Sunday, February 20th, and Sunday, February 27th, our children will continue their lessons about Purim. On Sunday, March 13th, ICCJ will be converted into an amusement park as Ohr Chadash will hold a Purim Carnival, replete with games of skill and intellect to challenge our youngsters.

The Ohr Chadash annual Passover Candy Sale, our school's main fundraiser, is officially in full swing. This sale enables our children to have our special monthly programs. The monies raised also afford us the opportunity to invite authors to visit our students and discuss worthwhile Jewish children's literature with them. When you see the notice about our candy sale in your respective synagogue bulletins or advertised on flyers, please participate. Even if every person at each shul orders one item, that will surely add up to a successful holiday candy drive for our school.

The foundation of our children's future and the assurance they receive from us helps reenforce their positive outlook about our faith.

We wish everyone a joyous Purim and may the happiness of Adar be yours throughout the year.



GOOD FEBRUARY WEEKEND FOR MEN'S CLUB

On Saturday evening, February 5, Men's Club teamed with Sisterhood to sponsor *The Not So Newlywed Game*. Hosted by Geoffrey Woliner, this turned out to be an amusing show, which replicated an old TV show, in which husbands had to guess the answers that their wives gave, and vice versa. Nora and Scott Cohen were the most adept at guessing each other's answers and were rewarded with a gift certificate.

The next morning, February 6, Men's Club sponsored the World Wide Wrap, and several Men's Club

members assisted inexperienced individuals who wrapped tefillin for the first time. Among our new "wrappers" were students of Ohr Chadash, and it was a pleasure to see how curious and enthusiastic they were to engage in this experience. Part of the credit has to go to Rabbi Saks, who the previous week gave the students an introduction to how tefillin were made and what they were used for.

We continue to look for opportunities to bring programs of interest and entertainment to our ICCJ members. Please feel free to contact us, the co-presidents, Joel Rothman at joelyr@msn.com and Sol Sturm at storm454@rcn.com with suggestions.



SENSORY DEPRIVATION & AGING: Sheldon Ornstein Ed.D, RN, LNHA

According to the research, “It is more or less assumed that the aged person who is isolated from adequate stimuli, failing sensory organs or a reduced environmental variation, reacts with the same symptoms as younger adults.” The literature deals with several types of sensory deprivation. The following is used for this article, “Restriction of the environment to a dull monotony which when intensified, can reduce sensory input.”

We’ve witnessed this phenomenon with prisoners of war and astronauts who have made the public aware of the effects of isolation from ordinary environmental stimulation.

The psychologic and physiologic effects from sensory deprivation can be found in numerous studies which express a need for professionals, as well as family caregivers who care for the aged, to understand how the effects of sensory deprivation can cause unrelieved mental disruption in the life of the elderly person.

Certain effects, thought to contribute to “confusion” or “senility” may arise from sensory deprivation. For instance, an elderly individual who is isolated and shut in, living a somewhat barren existence, will in time begin to sense muted and confusing signals.

The common contributors to this problem are enumerated as poor vision, decreased energy, poor hearing, extended periods in bed, a debilitating illness, chronic disorders, loss of pleasant sounds, and absence of meaningful contact with others.

Late afternoons may also aggravate the confused elderly, as daylight is vanishing and indoor lighting is inadequate, causing sensory deprivation to intensify. (Google “sundowning” for further reference regarding this phenomenon.) The following are several practices that can either alleviate and/or reduce sensory loss to a minimum:



- open windows a crack that can allow for the sights and sounds of the outdoors, and that brings an enjoyable breath of air;
- bring flowers, plants and comment on their colors and variation;
- be seated when visiting, listen to the feelings that

are being expressed, observe the elderly’s perception of their surroundings and of your presence;

- find out what the individual’s interests are such as favorite puzzles, frequently watched TV programs, current handicrafts, etc. Above all, it is important to plan with them, not for them!

Case Study – I recall caring for a nursing home resident who became distraught and angry when staff posted a large sign above her bed without her permission, that detailed the special clinical needs ordered by the doctor with directions for the aide who was assigned to assist with the activities of daily living. Thoroughly agitated, she refused to return to her room until the sign was removed and replaced with a more appropriate sign that contributed to her emotional support needed for modesty and privacy.

People are often sensitive to unwanted changes and when they no longer have unimpeded opportunities to exert control of their lives, they may turn away from the day to day realities. This may very well begin that slow but progressive decline known as sensory deprivation.

Incidentally, the nursing home resident with the bed sign issue also began showing signs of self-isolation until she no longer cared or was unable to respond to the verbal cues being given to her by staff. Researchers have commented that following a bout of sensory loss, there still can be a good response with what is called “gradual environmental enrichment,” a technique geared to the individual’s personality and interests. However, it still remains essential to continue practicing basic human contact as a critical element for success.

Following are several held beliefs attributed to the study of sensory deprivation and the negativity it can cause to an elderly individual’s psyche.

Illness that increases perpetual confusion particularly in the aged. Often, confusion can be frightening and dangerous to the person who is attempting to negotiate their physical whereabouts and the “unfamiliar faces” that visit but turn out to be close relatives and friends.

Monotony of the unrelieved kind that can produce a disruption to the individual’s capacity to learn new things or even think clearly. Monotony also may

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cause the elderly individual to engage in embarrassing activities that inevitably will result in an unwanted repercussion.

Sensory Deprivation alters the mechanisms related to an elderly person's mental clarity and their attention to deal with the daily details.

Reliable Testing as a result of sensory overload, the individual may become unable to participate in various reliable testing devices. These tests help in determining whether there is a decline in the level of acuity and an inability to correctly sense their surroundings.

According to the researcher Huxley, "The sensory organs are our window on the world. Our senses protect us from the overwhelming bombardment of environmental messages that are not necessary for human function. They seem to put boundaries and order into our lives and when they are overloaded, the structure weakens and unconscious processes break through." It then becomes the caregiver's challenge to "awaken" the declining sensory practices that the

individual exhibits.

Here are some suggestions for meeting that challenge. Focus on ways of lowering the observed sensory loss being experienced by using a simple give and take response, ie: try uncomplicated jokes even if there is no emotional response, make available specially enjoyed desserts, encourage singing generational songs, make birthdays a warm and inviting event with family and friends invited. Use "therapeutic touch techniques." One that comes to mind is clasping each others hands as a gesture of friendliness and camaraderie.

Here is a final thought. The sensory environment serves the young as well as the old and should be revered and cultivated for achieving a happy and healthy experience. However, to accomplish this may not be so easy but when you strongly believe, it will come to pass! Therefore make every day a special event!

Quotable quote: "If you see a man without a smile, give him yours." Anon.

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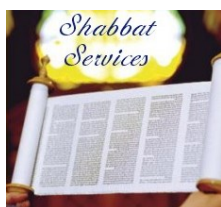
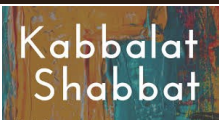
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