

FROM THE RABBI



Dear Friends,

Of the many things that happened this past month, one reminded me of an important lesson.

There is the idea in Jewish thought of the importance of one's good name. That idea

in the Book of Kohelet is stated clearly (Ecclesiastes), where it says "a good name is

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Kayruv means "Welcoming."

better than good oil¹". In Pirkei Avot the importance of a good name appears in full force: "Rabbi Shimon says: There are three crowns: the crown of Torah, the crown of priesthood and the crown of monarchy - but the crown of a good name rides on top of them all.2"

The commentary of Bartenura³ explains that there are three crowns that are explicit in the Torah: "the crown of Torah" comes from Leviticus 19:32. "and you shall respect the face of the elder (zaken) - the one who has acquired wisdom⁴ "; "the crown of priesthood" comes from (Leviticus 21:8), "And you shall sanctify him - that is, the Kohen is holy to you" and "and the crown of the monarchy" comes from (Deuteronomy 17:15), "Surely place upon yourself a king" - that his fear should be upon you."

But in Rabbi Shimon's teaching, a fourth crown is present: the crown of the good name. And Bartenura tells us that, "Whoever has in his hand good deeds and a good reputation because of his deeds - we have not found a crown for him in the

² 4:13

¹7:1, the usual translation 'fragrant oil' misses the interplay of good/good; and most translations miss the play between shem (name) and shemen (oil).

³ R' Ovadiah ben Abraham of Bartenura (c. 1445-c.1515) wrote a commentary of the Mishnah that has been printed in almost every edition of the Mishnah since it was first published in Venice in 1548.

⁴ the first letters of these words, *zeh* [*she*]*kanah chochmah*, spell out zaken

Torah such that one is obligated to honor him, but that crown rides on top of them all, as all three of the crowns require it. Since if he is a Torah scholar and his reputation is hateful, it is permissible to disgrace him. And if he is the high priest, we say in Yoma 71b, 'Let the children of the nations come in peace who are doing the deeds of Aharon and let not the sons of Aharon come in peace who are not doing the acts of Aharon.' And if he is a king, it is written (Exodus 22:27), 'and a prince among your people you shall not curse' - when he does the actions of your people."

It was that teaching that came to mind when reading the reactions of my Reform colleagues to the sudden death of rabbi Aaron Panken z"l'. He was the president of Hebrew Union College-Institute of Religion. Jewish the Reform movement's rabbinical school who was killed while piloting a small airplane near New York City this past weekend. Flying was his hobby. He was only 53 years old. I have never met him, but reading the innumerable sad tributes and eulogies on Facebook and Jewish press in general, it became clear that he was a mensch, not just a rabbi. He touched many lives and was passionate about bringing Reform Judaism to the next generation⁵.

In times when we feel we have no control about what is happening to the world or the country, when our fears and disappointments are stoked daily, it is important to remember that there is one thing we can control: our own actions. Bartenura in his commentary reminds us that the crowns of Torah, of priesthood and of kingship are not indisputable, that they are actually dependent of the crown bearer's actions. The Torah scholar that acts despicably can be disgraced, as can the priests and the king. But the crown of a good name is available to all, and is basic to all the other crowns.

Warmly, Rabbi Nelly Altenburger

RABBI'S OFFICE HOURS

Rabbi Altenburger invites you to meet with her and will be available any day except Wednesday and Shabbat. Please feel free to call or stop by.

Donations for CBI's Year Long Food Drive



Our ongoing food donation program continues to be a success. Don't stop now! There are people in our Danbury community that need our help. This is a monthly donation program. Please bring a little something whenever you can.

⁵ <u>http://jewishweek.timesofisrael.com/reform-movements-</u> sweet-prince/;

http://www.tabletmag.com/scroll/261713/rememberingrabbi-aaron-panken and

https://www.jta.org/2018/05/07/news-opinion/rabbiaaron-panken-remembered-joyful-leader-embodied-bestreform-movement

FROM THE PRESIDENT



Dear Friends,

As I am writing this, my windows are open and the scent of flowers is permeating my room. While I have not seen my first robin, I have seen my first Mister Softee truck so I know spring is in the air. The semester is about to end at Western

Connecticut State University and there are smiles on the faces of many of my colleagues. The end of April was rough with the norovirus outbreak and the Danbury City water main break. I can now return my focus to our *shul*.

I want to thank Chris Kimball and Henry Tritter for installing new shelves in the coat closet. This will enable us to add more storage to the closet and move some items from the kitchen to make the kitchen more functional. On April 20th, volunteers from WestConn helped clean up our parking lot as part of the university's Day of Service.

Joel Levitt coordinated a fantastic Tots program for families on April 29 as part of our outreach efforts. Thank you Joel for securing the grant and all your hard work to make that program a success.

Barbara Levitt arranged member pricing for those of us who attended the Violins of Hope the Holocaust program at the JCC in Sherman. After the movie, our own Isaac Ohring performed some of his own compositions.

Barbie Steinberg is organizing the Savers Fundraiser. Please review the email that was sent and the flyer in this issue. This is a win for all of us; you clean your closets and CBI is paid by Savers. Barbie continues to coordinate our ink cartridges recycling fundraiser.

Finally, thank you to our Hebrew school children for the stone "wall" and the decorative fencing along the north end of our driveway to protect our lawn and to stop the flow of snow melting chemicals down to our little fir tree.

Many exciting programs are coming up and I hope you will be able to join us.

May 20: The *Shavuot* service begins at 9:30am. Our Hebrew school children will be leading the service. *Shavuot*, which means "weeks" marks the completion of the seven-week counting of the *Omer* which started on the second day of Passover. It is an exciting holiday because the Torah was given to our people on Shavuot more than 3,300 years ago. The students led the second day of Passover service and I smiled the entire time as I marveled at the quality of our students. Kuddos not only to our Hebrew school parents, but also to the Rabbi and our religious school team for a job well done.

June 9: Join the Takken family as we celebrate the *Bat Mitzvah* of Laura and the following week, on the **16**th, join the Graber family as we celebrate the *Bar Mitzvah* of Isaac. Both of our b'nai mitzvah students have worked hard to reach this milestone.

The annual congregation meeting will be held on **June 24, 2018** beginning at 10:00 A.M. This is your opportunity to review the activities of your shul and review the budget for the coming year. As part of our 120th Anniversary Celebration a continental breakfast will be served.

At the annual meeting we vote in our new officers and board members. I am tired of writing about the importance for you to get involved and I am sure you are tired of reading it. This is your opportunity to step up. I am usually asked about the time commitment. As in anything in life, you get out of it what you put in. This year board meetings have been held about every 6 weeks and have lasted just one hour. Committee work takes a few hours more for the year. I get a great sense of accomplishment knowing what I have done for my fellow members and I know the other officers and board members feel the same way. I ask you to join me. I ask you to answer my phone call or not walk away from me when I approach you concerning your involvement.

As Winston Churchill wrote "*The price of greatness is responsibility*". It is everyone's responsibility to continue Congregation B'nai Israel's greatness into the next 120 years.

Thank you, Paul

MAY EVENTS

May 16th at 7:00 PM in Celebration of Israel's 70th Anniversary come hear retired Israeli Ambassador Arthur Kol discuss with us his experiences over "35 Years of Making the Case for Israel: A Personal Perspective"



Ambassador Koll retired from the Ministry of Foreign Affairs in 2016, after close to 35 years of service as a career diplomat.

His last position was Deputy Director General, head of Public Diplomacy and Media (Strategic Communication), from 2012 - during that time operations "Pillar of Defense" and "Protective Edge" were carried out against the Hamas in Gaza.

Mr. Koll was Ambassador of Israel to Serbia and to Montenegro (2007-11). During his term the relations between Serbia and Israel significantly developed, both in the political and the economic spheres. He also served as Councilor in the Israeli Embassy in London and as Consul in Atlanta U.S.A.

Among his assignments, Ambassador Koll directed the International Department in the Center for Political Research, the Projects Department in the Jewish Affairs Bureau, was political advisor to the Foreign Minister and a member of the Israeli delegation to the Washington peace talks following the Madrid conference.

Please /RSVP ~ <u>cbi193clap@gmail.com</u> or 203-792-6161



ON ISRAEL AT 70

Editor's Note: The following comments were excerpted from an essay by David Harris for the World Jewish Congress in honor of Israel's 70th birthday.

92 92 92

In just 70 years, Israel has established a thriving democracy, unique in the region, including a Supreme Court prepared, when it deems appropriate, to overrule the prime minister or the military establishment (and even jail ex-presidents and prime ministers who have violated the law), a feisty parliament that includes every imaginable viewpoint along the political and social spectrums, a robust civil society, and a vigorous press.

It has built an enviable economy increasingly based on mind-blowing innovation and cuttingedge technology, whose per capita GNP far exceeds the combined total of its four contiguous sovereign neighbors – Egypt, Jordan, Lebanon, and Syria. It has joined the OECD (Organization for Economic Cooperation and Development), become a global hub of research and development, and is a magnet for foreign direct investment.

It is home to universities and research centers that have contributed to advancing the world's frontiers of knowledge in countless ways, and has won a slew of Nobel Prizes in the process.

It has created one of the world's most powerful militaries - always under civilian control, I might add - to ensure its survival in a rough-and-tumble neighborhood. It has shown the world how a tiny nation, no larger than New Jersey or Wales, can, sheer inaenuity. will. courage. bv and commitment, defend itself against those who would destroy it through conventional armies or armies of suicide bombers. And it has done all this while striving to adhere to a strict code of military conduct that has few rivals in the democratic world, much less elsewhere - and confronted by an enemy prepared to send children to the front lines and [to] seek cover in mosques, schools, and hospitals. Apropos, faced with the spread of terrorism, many countries are seeking to learn from Israel's response strategies and national resilience models.

It has achieved a quality of life that ranks it among the world's healthiest nations and with a particularly high life expectancy, indeed, higher than that of the U.S., not to mention a consistently high ranking in the annual "happiness index" for countries.

It has forged a thriving culture, whose musicians, writers, artists, and, most recently, television fare, are admired far beyond Israel's borders. In doing so, it has lovingly taken an ancient language, Hebrew, the language of the prophets, and rendered it modern to accommodate the vocabulary of the contemporary world.

Notwithstanding a few extremist voices of intolerance that deserve unalloyed condemnation, it has built a climate of respect for other faith groups, including Baha'i, Christianity, and Islam, and their places of worship. Can any other nation in the area even begin to make the same claim?

It has built an agricultural sector that has had much to teach developing nations about turning an arid soil into fields of fruits, vegetables, cotton, and flowers.

Step back from the twists and turns of the daily information overload coming from the Middle East and consider the sweep of the last 70 years. Look at the light years traveled since the darkness of the Holocaust, and marvel at the miracle of a decimated people returning to a tiny sliver of land – the land of our ancestors, the land of Zion and Jerusalem – and successfully building a modern, vibrant state, against all the odds, on that ancient foundation.

In the final analysis, then, the story of Israel is the wondrous realization of a 3,500-year link among a land, a faith, a language, a people, and a vision. It is an unparalleled story of tenacity and determination, of courage and renewal. And it is ultimately a metaphor for the triumph of enduring hope over the temptation of despair.

Sunday, June 24th at 10:00 A.M. Annual Congregational Meeting

SAVE THE DATE and plan to attend our annual congregational meeting. This year our meeting is scheduled for **Sunday**, **June 24th at 10:00 A.M.** at CBI.

A Continental Breakfast will be served by the 120th Anniversary Committee!



We need one-third of our membership present in order to pass our slate and our budget. Our president, Paul M Simon, will present the State of the Synagogue report, sharing our accomplishments, successes, and the stumbling blocks we face.

The annual congregational meeting is also your opportunity to be heard. Please be there and let us know what's on your mind. We need to hear what you can suggest on how to build the best possible synagogue community. Help us to keep on growing and advancing as the vital, stimulating, exciting religious "home" we have become for our members.

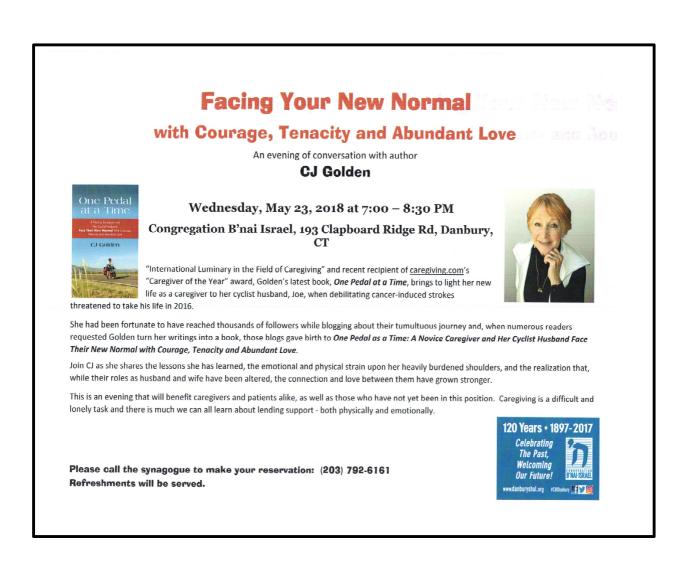
We will email the Slate of Officers and Trustees as soon as we have them.

Wednesday, May 23, 2018 from 7:00 – 8:30 PM an evening of conversation with CJ Golden

CJ Golden (known to many as Caryn) and her husband, Joseph, have been long-time members and generous supporters of CBI.

Caryn has authored several inspirational books which have been well received by critics and readers. She is a sought after motivational speaker to a variety of groups.

In her most recent book, **One Pedal at a Time,** she chronicles her experience as a caregiver to husband Joe after he experienced life threatening strokes as a result of cancer. The book is filled with humor, pathos and the enduring triumph of love



OUR UPCOMING BAT MITZVAH

June 9th Laura Takken is called to the Torah

Asya and Todd Takken invite you to share in their *simcha* as daughter Laura is called to the Torah as a *Bat Mitzvah*.



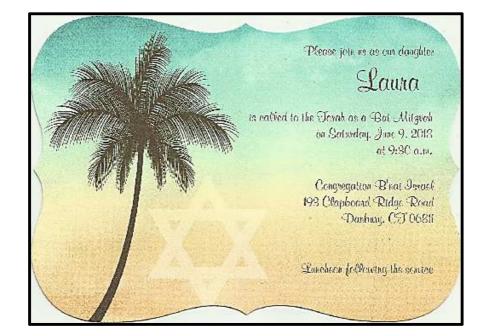
ON BEING A JEW

It's hard to explain what being Jewish means to me. It is many things, but one of the most important things it is my community. It is amazing how much Judaism can link people together. The *Havurah* Institute-- and B'nai Israel, of course-are places where I feel part of a whole, like I'm a piece of that puzzle. Also, Judaism is womanfriendly, at least more than many other religions, not only those that started around the time of Judaism. For example, it is the religion of the mother that decides the child's religion, not the father's.

Also, one other thing that I really like about Judaism is that some basic rights are taken into account for animals. To be kosher, an animal needs to be killed by getting its head sliced off quickly by a very sharp knife. This was, at the time, the most humane and painless way to kill. Also, even animals get to rest on Shabbat. There are some other laws to help animals, like the law that if you see a donkey that is struggling under a heavy burden, you must help the donkey, even if it is your enemy's.

There are many reasons why I like being Jewish. They include community, rights for women and rights for animals, but there are many more.

Laura Takken



MEET LAURA TAKKEN

Laura Takken recently celebrated her twelfth birthday—a date that the *Kabbalah* (book of mystical interpretation of the Torah) tells us that a young woman achieves greater maturity and spiritual awareness.

In a recent interview with Laura, it was apparent that this energetic and intellectually curious young woman possesses the intellectual maturity to grapple with the values that her Torah portion presents.

She spoke with enthusiasm about Rahab, the heroine of her *haftarah* portion, who, at great personal peril, saved the lives of the two Hebrew spies who came to scout the city of Jericho for future conquest. She especially admires Rahab's strength and decisive qualities which had a meaningful impact on her family and history.

A student in the North Salem Middle School, Laura excels in math, science and French. She also enjoys social studies not only because she learns about other civilizations but because it challenges her to think in ways that differ from math and science. She describes the fun and challenge of participating in an online problem solving game AOPS (Art of Problem Solving) where she interacts with students from all over the world.

Other hobbies that engage Laura's interest include horseback riding. Riding is by far her favorite pastime and she has a deep connection with each of the horses in the stable, sensitively observing their individual personality traits. Her love of animals is reflected in her choice to have "residents" of a petting zoo (including a kangaroo) brought to her home for a party in honor of her *Bat Mitzvah*.

This summer, Laura hopes to return with her family to the *Chavarah* (Fellowship) camp in West Hartford where a group of Jewish families meet annually as a large community to share a wide range of interests and activities. Here, she looks forward to water skiing and hiking, relishing the opportunity to have a good deal of freedom in choosing her activities. In addition to working with Rabbi Altenberger in preparation for her *Bat Mitzvah*, Laura is also grateful for the tutoring she receives from her brother, Mark, who became a *Bar Mitzvah* just two years ago. The two siblings share a close and respectful relationship.

CBI members, many of whom have known Laura from her early years look forward to sharing her special day with the Takken family and grandparents, Gesya and Eli Rabinovich and Ed and Pat Takken.

Pat Goldman

OUR UPCOMING BAR MITZVAH

June 16^{th} Isaac Graber is called to the Torah

Gretchen Kennedy-Graber and Ross Graber invite you to share in their *simcha* as son Isaac is called to the Torah as a *Bar Mitzvah*.



ON BEING A JEW

I think the main goals of being a Jew are being a better person and worshipping God. In my opinion the Torah is a book on how Judaism originated and it shows the errors and accomplishments of our ancestors, and how we can learn from them. Then there are the Ten Commandments which are rules like respect your mother and father and don't steal. All of these rules are life rules to follow because they make you the better person and not the one causing the problems. If we do right as Jews, then the world could be a better place and we could contribute to helping our planet in a healthy and good way. I think if we all do our best then the world would be a better place.

Isaac Graber



MEET ISAAC GRABER

Isaac Graber is an engaging young man with an easy smile and friendly manner. In a recent meeting with Isaac, I was not surprised to hear him comment that, on moving to Ridgefield two years ago with his parents, Gretchen and Ross and brother, Pierce he had no difficulty in making friends in his new community. A student at Scotts Ridge Middle School he is especially interested in his science classes.

Sports have always been a focus of interest for Isaac, and hockey at this point consumes the greater part of his free time. He hopes to someday become certified to referee youth hockey. However, once his Bar Mitzvah obligations have been fulfilled and he can look forward to a relaxing summer, he would like to also take on the challenge of mastering the art of paddle boarding. In addition to sports, Isaac has a diversity of hobbies including building with legos, playing nerf ball, collecting bugs and organizing the neighborhood children in building forts.

Isaac is grappling with a particularly challenging Torah portion, Korah, and he vividly described the harsh punishment that Korah and his sons received, i.e., being swallowed up by the earth in fire and brimstone for attempting to overthrow God's appointed leaders, Moses and Aaron. Isaac is enjoying his discussions with Rabbi Altenburger as he develops the comments on this portion that he will deliver at time of his Bar Mitzvah. Perhaps his the connection with the CBI Hebrew school will continue with his interest in assisting with the younger students in the Fall.

The party following Isaac's Bar Mitzvah will present an exciting opportunity to celebrate with his extended family and friends, many of whom he has not seen for many years.

CBI is delighted to have the Grabers as part of our synagogue family and to share Isaac's special day with them.

Pat Goldman

LOOKING AHEAD



GOOD TIMES WE SHARED IN THE COMMUNITY

OUTREACH TOT TOWN EVENT

If you had asked me what I was going to get out of spending a damp and chilly Sunday afternoon with two dozen young children running around an indoor playground, my answer would have been...."a headache". Instead, my response was pure joy, as B'nai Israel's Outreach Event at Tot Town in Brookfield was a big success.

This free event on April 29, was co-sponsored by PJ Library and fully supported through a generous grant that CBI was awarded from the Jewish Federation of Western Connecticut. Attendance far exceeded expectations, as those adorable children came with about twenty parents to an event that was targeted at welcoming Interfaith and (synagogue) unaffiliated families with young children.

The families were warmly greeted as they entered Tot Town and the children quickly got to work; the work, that is, of running amok among the myriad slides, climbing walls, riding toys, dress-up areas, dolls, instruments and nooks and crannies, all under the supervision of Tot Town staff. That gave the parents an opportunity to attend two consecutive workshops in an adjacent room.

The first, "Exploring the Jewish Holiday Calendar" was expertly hosted by Rabbi Altenburger and Lisa Levi, the PJ Library Coordinator for Western Connecticut. Parents enjoyed this interactive workshop, which was shorty followed by, "Reading, Telling and Creating a Jewish Story", hosted by Leslie Elias of the Grumbling Gryphons Children's Theater. Leslie, who was recently named a, "Connecticut Arts Hero" by the state Arts Commission is no stranger to B'nai Israel as she brought her delightful Chanukah play to the synagogue this past December. Leslie is like a Pied Piper for adults, as well as children, and she began her talk with a welcoming song on the flute.

At the same time the adult workshops were going on and the little tykes were gleefully engaged in "controlled chaos." Barbara Levitt of FABRACADABRA, had group of a half-dozen older siblings (ages six and over) involved in creating marbled silk challah covers, all of which came out looking great.

The parents and children expressed their thanks as they left Tot Town, toting gifts of PJ Library books and neon-colored lunch bags (A B'nai Israel flyer was tucked into each one!). Yes, it was damp and chilly outside, but for two hours at least, a large group of children and adults were enthusiastically embraced by Jewish warmth and welcoming.

> Joel Levitt Outreach Committee Chair

















Photos courtesy of Joel Levitt

VIOLINS OF HOPE

B'nai Israel's own Isaac Ohring, son of Mary Ohring and the late Peter Ohring was the featured performer at a poignant and inspiring program on April 14 at the Jewish Community Center in Sherman. As a Holocaust Remembrance tribute, JCC sponsored the showing of the the documentary, "Violins of Hope". The film, narrated by Academy Award winning actor Adrien Brody, tells the stirring story of Amnon Weinstein, a second-generation Israeli master craftsman, who painstakingly (emotionally, one might add, as well as physically) restores violins that were rescued after the Holocaust. Some had been played by prisoners in the concentration camps and some belonged to Klezmer musicians during the prewar period.

More than the story of Amnon, it is a story of resistance and renewal and the deep human need to express emotion and transcend tragedy through music.

A recurring theme was how bringing these damaged violins to life also brought the memories of those who played them to life. Life, it is noted, is the ultimate triumph (or revenge).

Following the film, Isaac strode on stage to perform Klezmer tunes that were original compositions save one, written by his Klezmer teacher in NYC, Alicia Svigals. With deft musicianship, Isaac took us on a musical tour with compositions such as, "Off to the Catskills," "Back to the Lower East Side" and "Dancing on the Upper West Side," among others.

It should be noted that through a prior arrangement, B'nai Israelites pay the member price at all Sherman JCC events. In fact, CBI folks were about a quarter of the well-attended audience; there to support Isaac, as well as learn a new chapter in the story of our people's resilience in the aftermath of tragedy.

Joel Levitt



Photo courtesy of Joel Levitt

SCHEDULE OF SHABBAT SERVICES

Shabbat, 27 Iyar, May 12, B'har-B'hukotai: The blessings and the curses "If you walk in My ways or not." *Haftarah*: Jeremiah 16:19-17:14

Shabbat, 5 Sivan, May 19, Bamidbar: The camp of Israel organizes itself in the desert. Hafarah: Hosea 2:1-22

Shabbat, 12 Sivan, May 26, Naso: The princes of Israel bring their offerings: The laws of the *Nazir* and the *Sotah* are explicated. *Haftarah:* Judg. 13:2-25

♦ Shabbat, 19 Sivan, June 2, B'Ha'Alotekha: The lighting of the Menorah each day in the Tabernacle by Aaron and his sons. The Israelites begin their travels and complaints through the desert, and Moses despairs in his burden of leadership. *Haftarah*: Zechariah: 2:14-4:7

Shabbat, 26 Sivan, June 9, Shelah-Lekha: Scouts are sent out to the land of Canaan and bring back a fearful report which results in forty years of wandering in the desert. *Haftarah: Joshua* 2:1-24

Shabbat, 3 Tammuz, June 16, Korah: Korah and his band challenge the leadership of Moses and Aaron The earth opens up and swallows them. *Haftarah*: 1 Sam. 11:14-12:22

CANDLE LIGHTING

May May May May June June	11, 2018: 18, 2018: 19, 2018: 20, 2018: 25, 2018: 1, 2018: 8, 2018: 15, 2018:	Shavuot Shavuot	7:44 PM 7:51 PM 9:00 PM 9:01 PM 7:57 PM 8:03 PM 8:08 PM 8:11 PM
June	15, 2018:		8:11 PM
June	15, 2018:		8:11 PM

YAHRZEITS

<u>6 Sivan, May 20, 2018</u>
Elsie Steinberg (Jeffry Steinberg)
<u>8 Sivan, May 22, 2018</u>
Haim Victor Maya (Alan Maya)
<u>12 Sivan, May 26, 2018</u>
Golda Haller (Phyllis Cooper)
<u>19 Sivan, June 2, 2018</u>
David Weiner (Jay Weiner)
<u>21 Sivan, June 4, 2018</u>
Martha Hindin (Allen Hindin)
<u>30 Sivan, June 13, 2018</u>
Harry Nackman (Joyce Shenker)
<u>4 Tammuz, June 17, 2018</u>
Harry Kaplan (Barry Kaplan)

THANKS! THANKS!

For the General Fund

 Fran and Chris Kimball in memory of Joyce and Martin Shenker's daughter Cynthia
 Susan and Henry Tritter in memory of Sarah

Namer's mother Blanche Goldblatt

✿Pat and Alvin Goldman in memory of Sarah Namer's mother Blanche Goldblatt

✿Nada Adler in memory of her father Manny Ashkenas

Fran and Chris Kimball in memory of Sarah Namer's mother Blanche Goldblatt

Sarah and Joe Namer in appreciation of Gerry Hecht's assistance

✿Gail and Abe Boms in memory of Sarah Namer's mother Blanche Goldblatt

✿Nancy and Steven Lerner in honor of Joyce Shenker's special birthday

For The Kay and Harry Robinson Children's Book Fund

Barbara and Joel Levitt in memory of Joyce and Martin Shenker's daughter Cynthia; in memory of Sarah Namer's mother Blanche Goldblatt

For Their Generous Kiddush

✿Paul M Simon for all the delicious food during our Passover celebration

IN THE COMMUNITY



Tired of being kept on hold when dialing 211 or using other search engines? Unable to find help but don't know where else to go?

JEWISH FAMILY SERVICES OF GREATER DANBURY/PUTNAM is your answer. We're here when you need us at (203) 794-1818 or through e-mail at <u>ifsdanbury@gmail.com.</u> A live service provider will respond within a 24 hour period, Monday through Friday. Personal meetings can be arranged by appointment.

Please find us on Facebook: Jewish Family Services of Greater Danbury/Putnam. **PLEASE ALSO CHECK OUT OUR WEBSITE:** <u>www.ifsdanbury.weebly.com</u>

Who are we? **JEWISH FAMILY SERVICES** is an independent social service organization for the Greater Danbury/Putnam area. We offer resource and referral information on a confidential, no-fee basis to all individuals and families residing in Bethel, Brookfield, Danbury, New Fairfield, New Milford, Newtown, Redding, Ridgefield and Sherman, CT, as well as Putnam County, NY. We are overseen by a 10-member volunteer board and administered by a dedicated, caring professional.

How have we helped? Here are some examples of the help we have provided:

1. Homecare resources provided to an adult daughter whose father has Alzheimer's disease and requires assistance with walking and daily living skills.

2. Furnished elder law referrals for children seeking conservatorship.

3. Disability resources furnished to a family caring for a disabled young person.

4. Assisted living and long-term care options supplied to children of aging parents.

5. Mental health counseling referrals for individuals, couples and families.

NOW LET US HELP YOU!

We are a 501(c)3 organization. Your support is tax deductible.





Program to Feature Brain Power!

(SOUTHBURY) The Jewish Federation of Western CT is hosting a special program for Caregivers. The topic for this session, titled Cognition Ignition, will be featured on Tuesday, May 15 at 1:00 PM at the Walzer Family Jewish Community Campus, <u>444 Main Street North, Southbury</u>.

Cynthia Hamel from the Lutheran Home will present Cognition Ignition. This session focuses on self-care for the Caregiver. It is a brief educational piece on keeping your brain active. All attendees will also take home a large print puzzle book. The program is designed to provide information for caregivers who are responsible for the care of others, as well as tips for staying healthy themselves. Even if you are not a caregiver, you are welcome to come and challenge your brain! This program is free, however, reservations are required. 203-267-3177, x340.

We host on-going programs, support groups and workshops designed for individuals who are looking to educate themselves on topics related to enhancing their lives. Expect to create a network of friends with whom you can enjoy life. Open to the public.

POA Updates and Aid for Veterans

(SOUTHBURY) The Jewish Federation of Western CT is hosting a new speaker. On Thursday, May 17 at 1:30 pm a subject matter expert will be on hand to educate and to answer questions on law updates. The program is hosted by the Life, Love and Friendship group at Federation led by community volunteer, Linda Buffa.

The Life, Love and Friendship meeting on May 17 from 1:30 to 2:30 will feature a guest speaker, Steve Rubin from the Drazen Law Group. The two main topics will be the new CT Laws regarding Power of Attorney and Aid for Veterans and their families. The session is free and open to all with a new speaker each month! Light refreshments are served. The talk will take place at the Jewish Federation of Western <u>CT</u>, 444 Main Street North in Southbury. Please call 203-267-3177, Ext 340.

We host on-going programs, support groups and workshops designed for individuals who are looking to educate themselves on topics related to enhancing their lives. Expect to create a network of friends with whom you can enjoy life. Open to the public.



Pathways for Older Adults

Please

join us for the first program in the Engaging Aging Workshop Series:

Widening Our Lens on Aging – Tuesday, May 22, 2018 from 9:00 AM to noon Jewish Federation of Western Connecticut, 444 Main Street North, Southbury CT*

*Note: the location is one mile from I-84 with plenty of parking available

Widening Our Lens on Aging will begin with a screening of <u>"Coming of Age in Aging</u> <u>America."</u> With compelling stories and insights, this public television documentary explores the question "What will it mean for us all to grow up, live and age in a society where a third of the population is over age 65?"

Following the film, Gerontologist Donna Fedus will help us explore new programs and ideas that are taking root in Connecticut to help older people thrive – Disrupt Aging, Aging 2.0, and others. Donna will discuss the LGBT Moveable Senior Center with senior center expert Dianne Stone. Finally, we will talk about bringing these new perspectives into own our communities and organizations.

Engaging Aging workshops combine new ideas, effective programs worth sharing and key concepts in gerontology. Workshops:

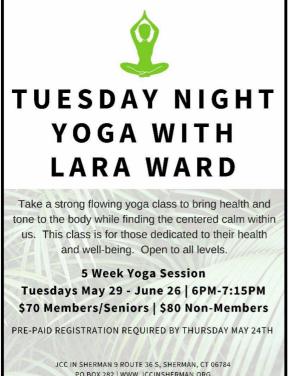
- Are free and open to professionals working with older people and to gerontology students
- Require advance registration
- Include breakfast beginning at 9:00 AM
- Are offered in partnership with Borrow My Glasses and the Jewish Federation of Western Connecticut

Learn More and Register

Connecticut Community Foundation, 43 Field Street, Waterbury, CT, 06702 For more information, please email Deborah Stein at dstein@conncf.org







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