

» HAPPY, HEALTHY 2023!

Jewish Observer of Central New York

A publication of the Jewish Federation of Central New York

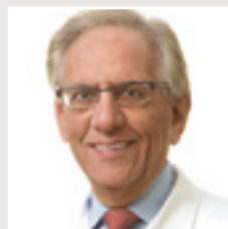
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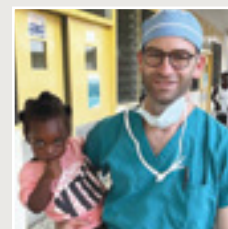
JANUARY 2023 | TEVET-SHEVAT 5783



Jews^{and} Medicine



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January 2023

From the Editor



Barbara Davis

No matter how old you are, you can always learn something new. For example, I just learned that January is known (probably not by too many people) as Circumcision Month. “Why?” you might ask. The answer is that January 2 is the eighth day after December 25. Go figure.

Here are some other interesting January facts:

The Roman New Year was March 15 for hundreds of years. This changed in 153 BCE when Julius Caesar switched it to January 1. But the Julian calendar had serious shortcomings, among them that festivals were migrating throughout the year, much as the Jewish holidays do. People began celebrating the New Year in March again. Then in 1582, Pope Gregory XIII introduced a new calendar with fixed festival dates which reestablished January 1 as New Year’s Day.

In the American south, it’s customary to eat black eyed peas on New Year’s Day as a symbol of good luck. While the origin of the custom is unclear, some believe that it is based on the Sephardic Jewish tradition of eating beans on *Rosh Hashanah* as a symbol of good fortune.

January 1st has historically been a dark day for Jews. On January 1, 1791, Russia’s Catherine the Great established the Pale of Settlement, an area in the western part of her empire which became the only district in Russia where Jews were permitted to live. On January 1, 1798, all Hebrew language books were censored in Russia. On January 1, 1807, Czar Alexander I restricted Jews’ ability to purchase property and the trades which they could pursue. He forbade Jewish children from speaking Yiddish in schools and Jews from holding office and even working as rabbis and other community officials if Yiddish was their sole language. In Nazi Germany, on January 1, 1939, all Jews had to add the names Sarah (for women) and Israel (for men) to their names. They also had to start carrying identity cards with them at all times. A decree also took effect on that day, closing all Jewish-owned businesses. The following year, on January 1, Jews were forbidden to gather for prayer, either in synagogues or in private homes.

But there are some good Jewish connections with January 1. The ball in Times Square, which is watched by millions across the globe, was the invention of *New York Times* publisher Adolph S. Ochs, the son of Jewish immigrants from Germany, who was refused permission to hold a fireworks display at the *Times* building and instead commissioned an enormous ball covered with light bulbs to lower at midnight.

So January, named for the two-faced god Janus, is a month for both good and bad, old and new things. In 2023, our community will likewise look backwards and forward. Temple Adath Yeshurun is celebrating its sesquicentennial. 150 years ago, a house and lot at 75 Mulberry Street were purchased for the newly-formed Congregation Adas Yeshurun. Much has changed since those early days and there is much to celebrate today. 2023 brings new initiatives, new hopes and plans and a new campaign.

It also brings an issue of the *JO* which has as its theme “Jews in Medicine.” The Jewish commitment to saving and preserving life dates back thousands of years. Health and healing are sanctified in the earliest of Jewish writings. “Therefore, choose life” (*Devarim* 30:19) was

the fundamental precept. The Talmud proffered advice on health, hygiene and medicine. The second century BCE scholar Ben Sira advised “Honor the physician,” and the Talmud urged scholars to settle in a town that had a doctor. In the Middle Ages, some rabbis, like Moses Maimonides, were physicians. In many areas of Europe, Jews entered the profession of medicine in disproportionate numbers, and a few achieved high status not only within the Jewish community but in the larger Christian world and became physicians to popes, kings and other notables. Following the Age of Enlightenment in the 17th and 18th centuries, Jews in Europe were allowed to enter medical schools. By the early 20th century, Jewish doctors comprised a high percentage of the medical profession in Germany and Austria.

Throughout history, Jews have been at the forefront of medicine and medical advances. 28% of Nobel Prize winners in medicine have been Jewish, although Jews comprise less than 0.2% of the world’s population. In the modern era, Jewish representation in medicine has been far greater than our percentage of the world population. Jews invented some of the most significant medical innovations of our time, including the pill camera, the Heimlich maneuver and the world’s first 3D printed heart made with actual human cells. Over the past two years, Jewish doctors and scientists have helped lead the way out of the COVID pandemic, the world’s worst public health crisis in a century.

Which is not to say that the Jewish experience in medicine has been all positive. A fascinating article in this issue details the experiences of Jews who fled Nazi Germany and came to Central New York, overcoming tremendous obstacles to do so. Another article describes the challenges aspirant Jewish physicians faced in getting into medical school and medical practice in the last century. And there is an article by a local physician who describes how difficult it is to practice medicine in contemporary America. There are also inspiring stories of local medical professionals who are making a big difference in the world through their work and dedication.

And last, because it is January in Central New York, a wintery month containing what is usually the coldest day of the year (January 29), we included some doctor jokes which we hope will give you a chuckle as we begin a new year. Happy 2023!

Jewish Observer

of Central New York

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Michael Balanoff

President, Jewish Federation of Central New York

You live in the Jewish community of Central New York. We are not a large community. In fact, we are technically an “intermediate” community, but we are also part of a larger collective of communities, the Jewish Federations of North America. As such, you and we are part of a federated system that, for decades, has responded quickly and collectively to respond to a host of urgent needs both in the United States and in Israel and throughout the Jewish world.

Being a member of a powerful collective enables all of us to be part of something bigger than ourselves. Every community, no matter its size, can accomplish collectively what no single community can do on its own. Together you and we can rescue the last remnants of an ancient Jewish community in Yemen, ensure the dignity of elderly Jews living in the former Soviet Union, help Ethiopian and Ukrainian Jews find peace and stability in the Jewish homeland, secure Jewish



institutions around the world and provide transformative Jewish experiences for young people.

The fuel that enables this powerful system to run is the Federation’s annual campaign which, in addition to sustaining our local community, provides funding for our overseas partner agencies: The Jewish Agency for Israel, the American Jewish Joint Distribution Committee and World ORT. This funding enables our partners to be present in more than 70 countries around the globe, navigating across different governments and cultures and meeting Jewish needs on the ground every day. It enables rapid response in times of crisis and allows us to deliver on our core mission – caring for the Jewish community.

When you are asked to donate to the annual campaign, whether in person, by phone or by email or text, please think about how much your gift does, not only for our local Jewish schools, the JCC, Jewish Family Service and all the other agencies and organizations in our community, but for the entire Jewish world.

As Jews, we know how vital it is to be

there for one another. As it is said, *Kol Yisrael Arevim zeh ba-zeh. All Jews are responsible one for the other.*

As Jews, we share a common destiny and must be conscious of our responsibility to care for one another. Federation makes this caring possible.

Your generous commitment to the Federation 2023 Campaign is a concrete and meaningful way for you and your family to connect with the local and the global Jewish community and to participate in *tikkun olam*, the repair of the world.

Caring for one another, for our community, for our global community is what makes us Jews and what makes us strong.

We hope we can count on your support this year to do this important work. Together we are stronger, and we have more in common than what separates us. Thank you for your generosity and best wishes for a 2023 of peace, good health, prosperity and fulfillment.

Notes from the General Assembly



by Ellen Weinstein

Recently, I attended the Jewish Federations of North America’s General Assembly in Chicago with Anick Sinclair and Michael Balanoff. There were dozens of topics examined in numerous breakout sessions over the course of the three-day conference. Space does not permit me to share with the community each and every issue discussed, so I am limiting my reporting to three of the sessions which seemed particularly relevant to us in Central New York.

Combatting Antisemitism While Building Flourishing Jewish Communities.

We have all seen flurries of emails, articles and studies about the rise of hate and division generally, and antisemitism specifically – but how bad is it really? While we might not be able to fix entire systemic issues, we can certainly understand on a much deeper level why members of our community feel unsettled and unsafe. In order for people to combat antisemitism, they must feel safe and proud. Young people crave information, and they rightfully question truths and past history. Therefore, it is imperative that we provide them with accurate information. Education is key. The new generation may not understand or know what Jewish tropes are or what they mean. They may not see antisemitism for what it is. The younger generation wants to be

a part of the global/universal world. One reason identified for why more Jewish youth march for Black Lives Matter rather than march against antisemitism is that it is easier to be someone who stands up for the others but harder to identify as a victim. They also feel that antisemitism is not such a threat on the world stage. Other issues, central to climate change and the environment, are more pressing. Some may even see the manipulation of antisemitism as a fundraising technique or a rallying cry. In order to be relevant, we need to meet them where they are and help them learn. They crave truths, and we must be in a position to provide them with those truths.

The New Jewish Family and How it Will Redefine the Jewish Future

The average PJ Library parent is 39+. 51% of PJ participants were not raised

Jewish. The New Jewish Family is more diverse. We run the gamut from traditional to inter-denominational, inter-racial, single parent head of household and LGBTQ+. We need to recognize and meet each where they are. We need to talk about layers, not fractions (not ½ or ¼ Jewish) and utilize multi-generational approaches, open sources/open safe spaces, including Jewish communities without synagogue identity. The majority of non-Orthodox Jewish families with young children include a parent who wasn’t raised Jewish. And data shows that Jewish marriages and consequently, our young people, are becoming increasingly racially diverse. At the same time, we know that the life stage of forming a family is a transformational moment that often can lead to greater engagement in Jewish life, if the right opportunities exist. The New Jewish Family is seeking community and Jewish experiences but not necessarily Jewish “Life.” We need to adapt to the consumer – with sincerity, honesty and transparency. We need to make Jewish experiences more affordable, especially for single parent households; provide more funding for more open-door spaces and experiences and foster greater collaboration, focusing on people and relationships rather than institutions. It is not a competition. In sum, these trends and others force us to ask whether our institutions are set up to

meet the needs of today’s Jewish families. To respond, we need to understand the Jewish family today and their needs and desires. In doing so, the new Jewish family can help us redefine Jewish life and bring a contemporary meaning to *L’dor V’dor*.

Age Diversity and Creating a Co-Generational Jewish Community.

Many assume that Boomers and older adults are more deeply engaged in Jewish life than other generations. However, emerging data show otherwise. At the same time, the North American Jewish community is the most age-diverse it has ever been, with an equal population of Gen X, Y and Z, who often hold unique approaches to living, work and Jewish life. How can the Jewish community bridge the divide between the young and old, to learn, grow, build and engage with Jewish life and community together? We need to create more co-generational experiences. We must not think in terms of old versus young, rather old versus new. We must identify opportunities for overcoming generational polarity and addressing some of our thorniest communal challenges. What if every Jewish community was integrated across generations, and as a result, left each generation better off? Then we can truly ensure our future - *L’dor V’dor*.

» D'VAR TORAH

The Oath of Physicians

Rabbi Daniel Jezer

A *Jeopardy* question: “The shortest prayer in the Bible.” The answer “*El Na R’fa Na La.*” Dear God, please heal her.” (Numbers 12:13). The Torah relates that Miriam and Aaron, Moses’ sister and brother, out of jealousy, gossiped inappropriately about their brother Moses. God punished each of them. Miriam’s punishment was that her skin turned scaly white, a condition resembling leprosy. Moses forgives her and asks God to cure her from this ailment.

It is not a surprise that concerns about health are widespread in the Torah, as health is a major concern of all peoples. As the Torah itself does not differentiate between body and soul -- we are, in our entirety, creations of God -- emotional and physical health are intertwined in the Torah. The emphasis is on social hygiene, public health measures that will prevent, or at least mitigate, the spread of disease. Although many specific diseases are mentioned, with one exception, magic and incantations are not mentioned. The *kohanim*, the priests who were



responsible for the sacrifices that were offered, did not offer sacrifices for the cure of a disease. Rather, their role in the practice of health concerns was to ensure that the laws of social hygiene were followed, laws regarding cleanliness, laws regarding isolation from contagious diseases, but not magical incantations to cure diseases.

I am sure that there were many people who did rely on magical cures despite the religious teachings to the contrary. This jumping at “magical cures,” even exists in

our modern United States. We can look back at the past few years of COVID and remember how many people wished to believe in magical cures that might even be harmful to them. They set aside medical evidence for a supposed quick magical cure.

As our tradition developed, the role of medicine took on greater importance. In the Talmudic academies of 1500 years ago, the study of medicine was part of the curriculum. Jews became prominent physicians known throughout the world.

Perhaps the most prominent of all was the “super genius” Moses Maimonides (1138 – 1204). Maimonides was the most prominent Jewish philosopher, and arguably is still in our own day. His *Guide for the Perplexed* is a work studied today by all serious Jewish scholars. He wrote commentaries on biblical and other books. He singlehandedly categorized all of Jewish law and wrote a comprehensive law code. His main profession was that of a physician and he worked, according to his letters, from morning until night seeing patients. Born in Spain, he fled to Morocco and then to Egypt. Living in Egypt, he developed a worldwide reputation so that Richard the Lionhearted of England attempted to recruit him as his personal physician.

One of the legacies of Maimonides is an Oath of Physicians that summarizes what he saw and our tradition views as

the role of the physician. This oath is used today in medical schools under Jewish auspices.

“The eternal providence has appointed me to watch over the life and health of Thy creatures. May the love for my art actuate me at all times; may neither avarice nor miserliness nor thirst for glory or for a great reputation engage my mind; for the enemies of truth and philanthropy could easily deceive me and make me forgetful of my lofty aim of doing good to Thy children.

“May I never see in the patient anything but a fellow creature in pain.

“Grant me the strength, time and opportunity always to correct what I have acquired, always to extend its domain; for knowledge is immense and the spirit of man can extend indefinitely to enrich itself daily with new requirements. Today, he can discover his errors of yesterday, and tomorrow, he can obtain a new light on what he thinks himself sure of today.

“Oh, God, Thou has appointed me to watch over the life and death of Thy creatures; here am I ready for my vocation, and now I turn unto my calling.”

Rabbi Daniel Jezer is rabbi emeritus of Congregation Beth Sholom-Chebra Shas.

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Where Is Our Ambulance?

“Whosoever saves a single soul...it is as though they had saved a whole world.”

American Friends of Magen David Adom recently sent our community a letter. “We are most grateful to you for your support of our mutually sacred cause, namely the saving of lives in Israel. Your meaningful gift is very much appreciated.” With the letter came news of “our” ambulance, Chassis #1307204, License Plate: 803-32-502, Operational Code: Gilboa 1608. It is stationed in in the MDA Gilboa Region in the city of Afula.



LUMINARY SOCIETY IS A HIT!



Photos by
Herm Card

Does Medicine Run in the Family?

Fun facts: a group of doctors is collectively called a dose or a doctrine or a panel. It has been said that the best predictor of whether one will become a doctor is having a parent who is a doctor.

A recent study in Sweden found that one in five doctors had a parent who was also a physician, a proportion that had tripled over the past three decades. A similar pattern was not seen in lawyers, suggesting that “occupational heritability” is a characteristic of the medical profession.

“Mysonthe doctor” is a Jewish archetype. One comedian jokes that a Jewish mother tells her son, “You’ve got a choice in life: be a doctor or kill me.” Another tells the story about the Jewish man who fell into a pool and whose mother shouted, “Help! My son the doctor is drowning!” And there is the classic Jewish joke about the first Jewish president’s mother who, attending his inauguration, elbows her neighbor and says, “See that man? His brother is a doctor.” Interestingly, Syracuse University’s first Jewish and first female chancellor Nancy Cantor told the same story about her mother at her installation.

A lengthy and detailed scholarly



article entitled “My Son the Doctor: Aspects of Mobility Among American Jews” by Mariam K. Slater, published in the *American Sociological Review*, reaches the conclusion that Jewish sons became doctors due to “commercial pre-adaptation, opportunity, exclusion and incentive.” The pathway into medicine for Jewish women was infinitely more complicated as they faced barriers related to their gender and their presumed role in society.

Still, Jews enter the medical field in significant numbers. A University of Chicago study found that doctors are seven times more likely to be Jewish than the overall U.S. population (14.1 percent vs. 1.9 percent). Becoming a physician has always been seen in a positive light in

the Jewish community and, until women could enter medical school themselves, marrying a Jewish doctor was the goal of many young Jewish females, occasioning humor such as the following: The plane gets up and shouts, “Is there a doctor in the house?” A nice man stands up and says, “I am! What’s the problem?” The woman replies, “Do you want to meet my daughter?”

There are several physicians in our community who are outstanding examples of occupational heritability. Dr. Irving Raphael’s two sons are both physicians in Central New York. Bradley is a board-certified, fellowship-trained orthopedic surgeon specializing in shoulder, knee, sports medicine, cartilage and

orthobiologics. Brian is a double board-certified dermatologist and Mohs surgeon and is fellowship-trained in surgical cutaneous oncology and reconstruction as well as cosmetic dermatology. Drs. Seth and Brett Greenky are brothers and orthopedic surgeons. Seth’s son Max has joined their Central New York practice. Internist Dr. Paul Cohen has two sons. Ezra is a pediatric rheumatologist and pain specialist affiliated with Boston Medical Center and Boston Children’s Hospital, and Jonah is a gastroenterologist and advanced endoscopist at Mass General Hospital and an associate professor of medicine at Harvard Medical School. Vascular surgeon Dr. Lawrence Semel’s son Marcus is affiliated with Brigham and Women’s Hospital, specializing in vascular and endovascular surgery. His daughter Mara is an anesthesiologist affiliated with Boston Children’s Hospital.

Whether the heritability phenomenon will continue is arguable. Several articles (including one in this issue of the *JO*) raise questions about the desirability of medicine as a profession. “Why So Many Children of Doctors Become Doctors,” published in *The Journal of Human Resources*, alleges that nepotism accounts for the fact that children of doctors are 14% more likely to be admitted to medical school than others. An article in the British publication, *The Daily Mail*, calls medicine “the most ‘inherited’ elite career,” in which a “class ceiling” accounts for the fact that doctors’ children are “24 times more likely than their peers to enter the medical profession.”

More concerning still is recent research that indicates that physicians are now less likely than ever to suggest that their children follow them into the medical profession. A recent poll conducted by Doximity surveyed approximately 12,000 physicians in January 2022. Sixty percent of respondents said they would probably or definitely not want their children to work in medicine. The reasons cited were heavy caseloads, long hours, loss of autonomy, third party intrusions and toxic workplace cultures. It’s not that physicians don’t love their work. According to findings from a new MDLinx survey, nearly 7 in 10 physicians (69%) report they continue to enjoy practicing medicine. In fact, about the same percentage of physicians (70%) would still go into the medical field if they had the choice to do it all over again. But they are not sure they want their children to follow in their footsteps. Only about half of those surveyed (51%) would recommend the profession to their sons and daughters.



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German Physicians Who Emigrated from Nazi Europe To Central New York



by Howard Weinberger, M.D.

In 1939, TIME magazine reported that there were 50,000 physicians in Germany, of whom 6,500 were Jewish. In October of that year, the licenses of all Jewish doctors were revoked. Approximately half of the Jewish physicians left Germany. The rest remained, “helpless and impoverished.” TIME reported that “many of them have committed suicide,

and about 60 are practicing in Britain. Most of those physicians lucky enough to escape have come to the US.”

Some 50 of the physicians came to Central New York. The stories of emigre physicians’ journey from Nazi-occupied Europe to freedom in the United States and settlement in the Central New York area represent “variations on a theme.” Although each story is idiosyncratic, many common aspects emerge.

Leaving Germany was not easy. Discrimination against Jewish physicians began subtly and then became more onerous. Many of the physicians were members of families that had been integrated in German society for generations. As a result, it was the younger physicians who were more ready to move than their older peers and their parents. Once the decision to leave had been made, many had a difficult time getting out. Visas to America were only available on a quota system and the itinerary to the U.S. sometimes

had detours, to Central or South America or even to China. Even with visas, there were strict limits on what one could take, so most reached the U.S. essentially penniless.

Once they arrived, there were efforts to help the Jewish physicians gain acceptance. English language studies were offered, courses were provided to help with passing state medical board exams and modest financial assistance was given for temporary loans and housing.

Relocation to smaller communities, such as the rural towns and cities around Syracuse, was the optimum choice for the communities and the emigre physicians alike. Yet despite the best efforts, many of the emigres and their families experienced an undercurrent of suspicion. Questions were raised about the training of the refugee physicians. Some states required citizenship in order to qualify for a medical license. There were fears of competition by established physicians, especially in larger cities. Refugees were seen by some as potential dangers to the community, a fifth column. At first, the immigrants were not permitted to serve in the

military, although as the war went on, several of the emigre physicians served with valor.

Once settled, the emigre physicians and their families tended to have limited social networks and mainly met with others who had also emigrated from Europe. Many of the emigre physicians and their families had left parents, grandparents and other relatives behind. Many of these families were murdered in the Holocaust resulting in depression and “survivor guilt” among the emigres.

Of the thirteen physicians, four established practices in Syracuse (Hugo Stern and Hans Baura were general practitioners; Julius Voehl was a dermatologist and Kenneth Ruppel a pediatrician); two practiced in Geneva (E.N.T. Erich Hirsch and OB/GYN Hildegard Hirsch) and the rest in various small towns: GPs Henry Townsend, Eugene Alexander, Fritz Schaal, Heinz Hartmann and Hans Hirsch practiced in Solway, Homer, Oneida, Tully and Cortland respectively; Hans Muller opened a practice in Lysander and Gerhardt Steinitz in Fulton.

The “Jewish Problem” in Medicine

Following a period of rapid immigration of eastern European Jews to the United States between 1880 and 1914, Jewish applications for admission to medical school increased sharply. While the proportion of Jewish medical students rose, the increase was not commensurate with the increase in Jewish applications.

Quotas to limit the number of Jewish students were put in place at most U.S. medical schools in the 1920s and were well-entrenched by 1945. In the state-supported medical schools of the South, Midwest, and West, admission of Jewish applicants was limited because of the low number of Jews in the local populations. The schools limited the number of out-of-state applicants accepted because they were established to serve the state’s taxpayers.

But in most other cases, rampant antisemitism was the reason for limiting Jewish enrollment. Many medical school admissions committees rejected Jewish medical students on the grounds that they were more suited for book work than for working with their hands and thus did not do well at clinical work. Dean C. R. Bardeen of the University of Wisconsin Medical School stated that “the chief weakness of the majority of them seems to be a tendency to memorize than show the ability for practical work in

the laboratory and wards.”

The fact that many of the applicants were immigrants was also cited as a reason that they were unacceptable. Dr. A. C. Curtis, secretary of the University of Michigan Medical School wrote that “those Jewish students who come from families in the United States for two or more generations are usually well bred, well cultured, and distinctly high-class people.... Those students who are born in Europe, or whose parents have recently emigrated from Europe, are apt to be an entirely different type, sometimes radical, sometimes asocial, often unstable.”

Pejorative views of Jewish medical school applicants were based on their alleged personalities. Dr. W J. Moss, dean of the University of Georgia School of Medicine noted: “My general impression is that the Jewish students, who are admitted to this and other schools with which I have been connected, stand high on scholarship. I believe that relatively a high percentage



of Jewish students are of a neurotic temperament.” Jewish medical students were criticized for their alleged arrogance. One medical school dean reported that “It has been my experience that Jewish students, on the average, compare favorably with the Nordic type. The only criticism I have is their tendency to develop a superiority complex which at times make them appear to be disrespectful to their superiors.”

Jewish medical students were compared unfavorably with their Christian peers. Dr. H. R. Wall of the University of Kansas School of Medicine felt that “the Jewish student does not have as high ethical standard as the average Christian student; that is, he is more apt to be commercially inclined.” These views were supported by Dr. Worth Hale, Assistant Dean of the Harvard Medical School who felt that “as a member of the committee of admission, I am inclined to believe that it is more difficult to be sure what the Jewish applicant will develop into

than the average Christian applicant.” Dr. H. G. Whitecotton of the College of Medicine at Syracuse University likewise felt that “a proportionately large number of students who we find generally unfitted for the practice of medicine are Jewish rather than Gentile.”

These loathsome attitudes were not restricted to Jews. A.R. Loraine, acting dean of the Chicago Medical School, asserted that he was less worried about Jews than about other (in his opinion) undesirable groups and wrote the following appalling words: “Certainly, from a social and political point of view, we have far greater problems to contend with in the immediate future, such as the procreation and education of the biologically unassimilable races such as the Negro and Asiatic.”

Ultimately, political action was taken at federal and state levels against discrimination, and the quotas began to wane after World War II. New York State established four publicly-supported nondiscriminatory medical schools which took many New York Jewish applicants. Other medical schools simply ignored the quotas. Lastly, attitudes toward Jews changed as Americans learned about the horrors of the Holocaust and over half a million Jewish GIs returned home from service overseas.

Jewish Penicillin

Jewish food often gets a bad rap as being fat-laden and obesity-inducing. But Jewish food is diverse, vibrant and utilizes fresh, seasonal vegetables, herbs, colors and spices. Here are a few healthy, traditional Jewish foods to enjoy with no Jewish guilt.

1.

Tzimmes, loaded with sweet potatoes, carrots and dried fruit, provides fiber, veggies and fruit in one delicious side dish.



2.

Sauerkraut and pickles are not only delicious, but serve an important dietary purpose. The good bacteria they provide help your body digest more effectively.



3.

Chicken soup, the famous “Jewish penicillin,” has earned this name because it has been scientifically shown to help treat colds.



4.

Israeli salad is as good for you as it gets with chopped veggies, herbs and some lemon juice.



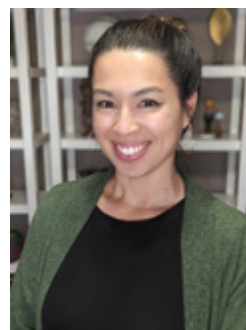
5.

Not only is **shakshuka** uber-trendy right now, but it's good for you – vegetarian, made with lycopene-loaded tomatoes, roasted peppers, eggs and veggies like kale, eggplant, mushrooms or spinach.



» Book Review

BEST OF KOSHER: Iconic and New Recipes from Your Favorite Cookbook Authors



Reviewed by Yolanda Febles

“So what do you think?” I posed this question to my husband, two sons and our guest after making my first recipe, the Rainbow Salad, from the recently released *Best of Kosher* cookbook. “It’s really good, normally I don’t like a sweet dressing (a Maple Lime dressing) with salad but I like this,” says my oldest. The youngest, the pickiest of us all, had not one drop of salad left on his plate and chimed in with “I like it.” And everyone else including me agreed it was addictively tasty.

Not only was this salad beautiful to look at, the sweet and savory blend was perfect, the texture of crunch from the sweet potato chips, shredded red cabbage, romaine lettuce and crispy fried onions to the juiciness of the mango chunks and pomegranate seeds, made each bite delectable. And what I adored most about this recipe is that I would never on my own put these ingredients together. I love cookbooks that encourage me to think outside my culinary box.

Best of Kosher is one of those cookbooks. With 84 recipes curated (including 45 new recipes) from thirteen beloved kosher cookbook authors and their cookbooks, it offers the best of the best recipes that are easy to prepare with just a few ingredients. And for those recipes where the ingredient list is long, the cookbook author promises it’s worth the effort.

This cookbook features unusual takes on dishes like Israeli Parsley Celery Salad which includes the most unexpected ingredient, granola. Another surprise ingredient, miso paste, is used to enhance dishes like Crock Pot Onion and Flanken soup. Wonton wrappers are used as taco shells in Smoked Short Rib Tacos. With the unusual, there’s also the commonly loved kosher dishes like schnitzel, pastrami, and a variety of salmon dishes, which the cookbook authors claim will be some of the best



versions of these you will ever taste.

The pictures are deliciously tempting, and every single recipe features commentary from the respective author along with which cookbook the recipe comes from. One of my favorite parts of this book was the two-page bio of each author and their cookbook author origin story.

My only criticism of the book is that if you’re not familiar with certain ingredients like hawaij, or silan, or certain words like techina or schug, the authors do not describe or offer a way to make your own version of these. All in all, this is an absolutely amazing cookbook, because it truly gives you the best of kosher cookbooks in just one book.

Yolanda Febles is a graduate of the Institute for Integrative Nutrition and loves (mostly) healthy food, curating recipes, and cooking for family and friends.

Operation Walk Syracuse

Operation Walk Syracuse is a non-profit organization that allows severely arthritic patients in countries with underdeveloped health care systems to receive total-joint replacements at no cost. It was founded by Drs. Seth and Brett Greenky. 2022 is the tenth year that orthopedic surgeons, physical therapists, and other health care professionals from Syracuse Orthopedic Specialists (SOS), the Operation Walk Syracuse team, travelled to perform free joint replacement surgeries for patients in need. Operation Walk was founded in 1996 and today has 19 teams, 15 in the United States, two in Canada, one in Europe and one in Thailand. Locally, Syracuse Orthopedic Surgeons

Operation Walk Syracuse's first mission trip was to Kathmandu, Nepal in 2011. Nepal, a country with only one physician per 20,000 people, is in great need of specialized medical care. The fifty-person team included surgeons, medical doctors, nurses, anesthesiologists, and physical therapists. The team traveled with full supplies and medical equipment. The supplies included implants, medications, surgical and post operative supplies. All of this was provided at no cost to the needy individuals. Subsequently, the team went to Panama in 2012 and 2013, Guatemala in 2014 and 2015 and Ghana from 2016-2019. COVID interrupted the missions for two years, but the Greenkys resumed the program in 2022, with orthopedist Dr. Max Greenky, Seth's son, joining the team.

Operation Walk New York built four of their own operating rooms in Nepal so all the surgeons could operate all day for the entire eight-day trip. Medical education was an important component of the mission. Nepalese doctors observed and



assisted in the surgery so that they could gain exposure to the latest orthopedic surgery techniques and technologies. The Operation Walk team also included physical therapists who trained local practitioners to appropriately care for the patients after the team's departure. In Ghana, the team works with colleagues at St. Joseph's Hospital in Koforidua who have welcomed them into their hospital for four years and make it possible for them to restore mobility to as many

people as possible. In 2019, they successfully completed 50 joint replacements on 49 patients in slightly over two days. In 2022, they did 92 operations on 88 patients, the most they've ever done. The work is hard, but as Max explained, "Other than the time that I spend with my family, this is the best week of my year. It reminds me of why we do medicine. We do 340 days of planning for ten days of work but it's medicine at its best."



PORTRAIT OF DEDICATION

Drs. Steinmann Honored by Aurora



Aurora of Central New York honored Drs. Richard J. and Kathy Ann Steinmann at its "Musical Feast for the Eyes and Ears" event on October 27. Aurora serves individuals who are blind, visually impaired, deaf or hard of hearing. The Steinmanns were honored because they have been dedicated supporters of Aurora's mission for many years. Both have served the community through a commitment to the health and well-being of its members: Richard, as associate medical director and vice chief of emergency services at Crouse Hospital and Kathleen as the director of education and professional practice at Crouse.

Rich and Kathleen met as both were pursuing careers in medicine, Rich as a physician and Kathleen as a registered professional nurse. Aurora noted, "Because of their dedication to excellence in patient care they both rose to leadership positions where they remain today. Kathleen is the Director of Education and Professional Practice and Richard is the Associate Medical Director and Vice Chief of Emergency Services at Crouse Hospital, where they have both been serving for over 40 years. Together they represent the best of what our community stands for: strong families, hard work and the commitment to serve others with dignity and respect."

The Federation and the *Jewish Observer* sincerely regret that **Andy Fox and Wendy Meyerson** were not listed in the appropriate donor category in the December *JO*. **Their generous gifts merit placement in the \$6,000 and above category.**

Writing About Jews in Medicine



In the Talmud we read, “Rabbi Yehuda said in the name of Abba Gurya: Most donkey drivers are evil; most camel drivers are righteous; most sailors are pious; the best of doctors is destined for hell....” And yet in another place, it is said, “it is forbidden to live in a city without a physician.” Despite these contradictory statements, Judaism has traditionally sanctioned the profession of doctor, the art of healing, and the proposition that the physician is not the adversary of God but His agent.

While there is no “Jewish medicine” similar to the Chinese or Ayurvedic medical traditions, Jews have always played an important role in the medical field. In the 20th century, in the period between the two world wars, Jews were 50 percent of the physicians in Berlin, 60 percent in Vienna, 66 percent in Warsaw, 74 percent in Vilna and 83 percent in Lodz.

There are several lengthy tomes dealing with history of Jews as physicians. Frank Heynick’s 600-page *Jews and Medicine: An Epic Saga* was published in 2002. *Jews in Medicine: Contributions to Health and Healing Through the Ages* by Ronald L. Eisenberg was published in 2021 and profiles 450 Jewish physicians in its 464 pages.

Central New York physician Mickey Lebowitz wrote *Losing My Patience: Why I Quit the Medical Game* in 2009. Although he believes that the challenges facing clinicians are even greater now than when he wrote the book, he has evolved in how he thinks about the issues. The *JO* asked him to share his views with our readers. Following are his reflections on his medical career.

“In 2007, after 17 years, I left my private endocrinology practice. It was



a gut-wrenching decision that I wrote about in my book, *Losing My Patience*. As I reflect on my decision, sometimes I think it was the wrong decision, feeling guilty that I left behind my patients and colleagues. Most times, however, I feel like it was a wonderful decision. As I wrote in the last chapter of my book, ‘I still want to play for my team of patients and clinicians though on a different place on the field.’ What position, I wasn’t sure, though I knew it would be a place that met my mission and vision of great patient care.

“I began with a ‘tour of duty’ as a medicine hospitalist at our local VA Hospital. I had the opportunity to serve our veteran heroes while also educating new doctors. Next, I became the Senior Medical Quality Director at Crouse

Hospital and continued clinically as an endocrine hospitalist and the leader of our inpatient diabetes program. The position gave me the chance to institute systems and processes to ensure the safety and quality of groups of patients and not just individuals. During that time, I learned about the value of leadership and the qualities that make for great leaders. I helped develop a leadership certification course for physicians who aspired to become leaders and learned how clinician and nurse burnout can impact patient care.

“I then became the medical director of the Le Moyne College Physician Assistant program and the chief medical officer at MAS, a company that arranges Medicaid transportation for over five million NYS citizens on Medicaid. I recognized that if patients can’t get to medical care, they can’t receive medical care. My goal was to also ‘take the pebble out of the shoes of the medical providers,’ and reduce their risk of burnout by making the MAS system more efficient and effective.

“Now, as I reflect on my career, the decision to leave private practice was the correct one for me. It took me on a ‘road less traveled’ by most physicians, and it made all the difference. Had I stayed in private practice, I likely would have missed out on enriching experiences that still allowed me to play for my team while fulfilling my mission and purpose. I also found my patience.”

Rabbis to Discuss American Jewish Transformation at Temple Concord

by Chana Meir

Rabbi Ben Spratt and Rabbi Joshua Stanton will discuss their book, *Awakenings: American Jewish Transformation in Identity, Leadership, and Belonging* on January 23 at 7 pm as part of Temple Concord’s Regina F. Goldenberg Cultural Series.



“The American Diaspora needs a new unifying vision, as a network of individuals harnesses Jewish tradition to realize the human power for good in an increasingly complicated and fractured world,” the rabbis write. “We are on the cusp of a Jewish awakening, inspired by Jewish practice but open to all.”

Steps to achieving this vision, they say, must include clergy ceding power to a broadening cohort of Jewish professionals and lay leaders; the formation of communities based on technology rather than shared neighborhoods; ongoing efforts to enable pluralism to overtake denominationalism; and Israel engaging with the American Diaspora as a respected peer, rather than a vulnerable dependent.

Rabbi Spratt is the senior rabbi at Rodolph Sholom in New York City. Rabbi Stanton is a spiritual leader of East End Temple in New York City and Senior Fellow at CLAL, The National Jewish Center for Learning and Leadership.

The event is virtual and free. To receive the Zoom link, register by clicking the link on the Events Calendar at templeconcord.org. This event is anticipated to be the first in a symposium of discussions about the Temple of the Future.

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Climate Change and Health

by Rhea Jezer, Ph.D, President, Energy21

Several years ago, when we were visiting villages in the remote south of Madagascar, far from any hospitals or health centers, we asked our guide if there was medical care for the villagers. He assured us that there was, but uncomfortably revealed that the population relied on and totally trusted the local “witch doctors.” Called *ombiasi*, or traditional healers, these men were chosen by their god from birth and blessed with exceptional skills to diagnose and treat illnesses. They are guided by their god and the stars to know which medicinal plants and herbs are used as cures. The *ombiasi* are also able to predict weather patterns and advise the villagers which crops to plant and at what time.



Countries with traditional cultures, as in Africa, as well as developed countries, rely on the weather to grow their crops and vegetation for sustenance. To quote *Leviticus*, “I will send you rain in its season, and the ground will yield its crops and trees their fruit.” Now, however, with the effects of the devastation and unpredictability of climate change, livelihoods as well as food sources are seriously at risk. We are seeing more water shortages around the world and more contamination of our water, as well as severe droughts.

We are also becoming less able to control the spread of disease. The *ombiasi* have always used their skills to counteract allergies and reactions, sometimes severe, from insects and allergenic plants. Western medicine also relied on the predictability of weather patterns to track and combat disease. Due to global warming, mosquitos and other vectors have expanded their geographic range. Insects normally not found in certain regions are appearing there and creating vector-borne disease worldwide. In Africa, malaria-carrying mosquitoes are able to infiltrate new areas and spread disease to new populations. Vector-borne diseases are increasing because of milder winters, longer and warmer summers and growing seasons, and expanding geographic ranges for ticks, mosquitoes and other disease-carrying insects. In the United States, Lyme disease has doubled in the past two decades. Changing weather patterns also affect the incidence of diseases transmitted through infected water sources, either through contamination of drinking water or by providing the conditions needed for bacterial growth. The link between global warming and the increased risk of diseases spread by organisms such as viruses and

bacteria, cholera, malaria, Lyme disease, West Nile virus and the Zika virus have already been proven to spread more easily because of climate change.

The effects of human-created pollution has also affected breathing. The number of cases of asthma has increased significantly, as has the intensity of allergy seasons. Increased ozone and particulate air pollution are linked to asthma attacks, cardiovascular disease and premature death. Some population groups are particularly vulnerable to the health effects of climate change, especially women, young children and older people, those with existing health problems or disabilities and poor and marginalized communities.

Extreme heatwaves, melting glaciers, widescale droughts, ruinous wildfires and increasing carbon dioxide levels are just some of the serious side effects of a planet in distress. Our earth has an interdependent ecosystem in which humans, animals, plants and weather work together to sustain life. It is clear that any major shifts in climate trigger a ripple effect of harm to all life forms.

The World Health Organization states that climate change is “the greatest health challenge of the 21st century.” The Pope has called climate change the most important moral issue of our time. The witch doctors in Africa rely on signs from their god to help them heal the population. We can rely on our own teachings, as in *Numbers (B’midbar)*: “You shall not pollute (and defile) the land in which you live in the midst of which I dwell, for I the LORD dwell in the midst of the people of Israel.”

There still is time, but the entire world population needs to act immediately.

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JEWISH DOCTOR JOKES



Doctor, Doctor

A mechanic was removing a cylinder-head from the motor of a Harley motorcycle when he spotted his cardiologist – Dr. Simon Goldstein in his shop. Dr. Goldstein was there waiting for the service manager to come take a look at his bike when the mechanic shouted across the garage “Hey Doc, want to take a look at this?”

Goldstein, a bit surprised, walked over to where the mechanic was working on the motorcycle. The mechanic straightened up, wiped his hands on a rag and asked, “So Doc, look at this engine. I open its heart, take the valves out, repair any damage, and then put them back in, and when I finish, it works just like new.”

“So how come I make such a small salary – and you get the really big bucks? You and I are doing basically the same work!”

Dr. Goldstein paused, smiled and leaned over, then whispered to the mechanic, “Try doing it with the engine running.”

Doctor's Bills

An old Jewish man goes to see one of New York's top medical specialists.

“How much do I owe you doctor?” he asks.

“My fee is \$5000.”

“\$5000!” the man exclaims. “That's impossible.”

“Fine, in your case,” the doctor replies, “I suppose I could make it 3000.”

“3000? Ridiculous.”

“Well can you afford 1000?”

“A thousand dollars? Who has that kind of money?”

Frustrated, the doctor says, “Just give me \$800 and we'll be done with it.”

“I can give you \$200,” says the man. “Take it or leave it.”

“I don't understand you,” says the doctor. “Why did you come to one of the most expensive doctors in New York City if you didn't have any money?”

“Listen doctor,” says the patient. “When it comes to my health, nothing is too expensive.”

Correct Diagnosis

When Dr. Levine opened her practice, her first patient was Yankel.

“Doctor, I hurt all over,” complained Yankel.

“That's not medically possible,” responded Dr. Levine.

“But it's true,” said Yankel. “When I touch my leg, it hurts. When I touch my head, ouch! It hurts. When I touch my chest, ouch! It really hurts.”

“Yankel, I know for a fact that your body is fine,” said Dr. Levine.

“How could you possibly know that?” challenged Yankel.

“Because your finger is broken.”

Doctors vs Lawyers

Dr. Hershy Samuels was known for being an excellent pathologist and having a razor-sharp wit. He was often called upon to testify in court. On one occasion in particular, Dr. Samuels was in fine form.

LAWYER: Doctor, before you performed the autopsy, did you check for a pulse?

DR. SAMUELS: No.

LAWYER: Did you check for blood pressure?

DR. SAMUELS: No.

LAWYER: Did you check for breathing?

DR. SAMUELS: No.

LAWYER: So then it is possible that the patient was alive when you began the autopsy?

DR. SAMUELS: No.

LAWYER: How can you be so sure, Doctor?

DR. SAMUELS: Because his brain was sitting on my desk in a jar.

LAWYER: But could the patient have still been alive, nevertheless?

DR. SAMUELS: Yes, it is possible that he could have been alive and practicing law somewhere.

Doctor's Got Your Nose

Dr. Casey Robinson took up a new position as a pediatrician in Brooklyn. Originally from Wyoming, Dr. Robinson didn't have much experience with the Jewish community. But what she did have was experience with kids, and she always liked to break the ice with her young patients by testing their knowledge of body parts.

On her first day, pointing to little Shmueli Zimmerman's ear, Dr. Robinson asked him, “Is this your nose?”

Immediately Shmueli turned to his mother and said, “Mommy, I think we'd better find a new doctor!”

Dr. Feldman the Kid Whisperer

Because of an ear infection, Little Moishie Rothman had to go see his pediatrician Dr. Feldman. Dr. Feldman directed her comments and questions to Little Moishie in a professional manner. When she asked Little Moishie, “Is there anything you are allergic to?” the little boy nodded and whispered in her ear. Smiling, Dr. Feldman wrote out a prescription and handed it to Moishie's mother. She tucked it into her purse without looking at it.

As the pharmacist filled the order, he remarked on the unusual food-drug interaction Moishie must have. Little Moishie's mother looked puzzled until he showed her the label on the bottle. As per the doctor's instructions, it read, “Do not take with broccoli.”

Is There a Doctor in the House?

It's 10 pm when the phone rings in Dr. Minkofsky's house. “It's Dr. Gold,” says his wife, passing him the phone, “I do hope it's not another emergency.” Dr. Minkofsky takes the phone and says, “Hi, what's up?” “Don't worry, everything's okay,” replies Dr. Gold. “I'm at home with Dr. Lewis and Dr. Kosiner. We're having a little game of poker and we're short one hand and we thought you might like to come over and join us” “Sure yes, of course,” replied Dr. Minkofsky, in a serious voice, “I'm leaving right now.” And he puts down the phone. “What's happened?” his wife asks, with a worried look. “It's very serious,” Dr. Minkofsky replies. “They've already called three doctors.”

The Doctor and the Rabbi

Dr. Goldstein moved into the neighborhood and began attending the local shul. Rabbi Feldman was delighted, and it wasn't long before they were helping each other in their work. Rabbi Feldman referred people to the doctor, and Dr. Goldstein told patients about the shul. One referral from Dr. Goldstein called the shul office asking for a written copy of the Rabbi's last four Shabbat sermons. Rabbi Feldman was most pleased. Then he found out that the patient's problem was insomnia.

The Doctor and The Lawyer

Leventhal the lawyer and Cohen the doctor meet in synagogue on Shabbos. The doctor says, “Leventhal, you don't know how lucky you are. Every time I come here to pray, people hound me with their medical problems. This one has stomach trouble. That one has back pain. Everybody wants free advice. But you? Nobody bothers you with legal questions. How do you do it?”

“Nothing to it. Any time somebody asks me for legal advice, I send them a bill on Monday.”

Cohen loves the idea. Come Monday, he's sitting in his office writing up a bunch of bills when there's a knock on his door.

It's the mailman, with a bill from Leventhal.



Epstein Students Visit SUNY Binghamton Hillel



A group of Epstein students spent Veteran's Day with SUNY Binghamton Hillel students learning about the variety of opportunities for Jewish life on campus. After enjoying a kosher meal in the dining hall, students toured the Binghamton campus with their Hillel tour guide. This program, which includes three Hillel campus experiences, was made possible by a Philip L. Holstein Community Program Fund grant from the Jewish Federation.



Jewish Medicine at the Syracuse Community Hebrew School

by Emily Chelnitsky

On dreary days, most Jews remember the healing scent of matzah ball soup, widely known as Jewish penicillin. The connection between food and health goes back to our earliest days. Since the time of our sages, Jews have been practicing medicine and caring for others. The value of life is so important that we are even commanded to break Shabbos if necessary to save a life. The importance of physical health is clear, but what about spiritual health?

We know that medicine treats the physical body; it is healing and transformative. Spiritual medicine, on the other hand, offers a connection to something larger than ourselves. One of the most transformative scents is the smell of freshly baked challah. It is truly the highlight of each Shabbat and holiday. According to Jewish tradition, the mitzvah of challah is spiritually transformative. When we elevate mundane dough into something holy, we nourish the soul.



This year, the Syracuse Community Hebrew School held its very first Challah Pooza in continuation of their intergenerational programming. Students and seniors gathered to braid their challah loaves. Guest speaker Rabbi Daniel Jezer made a special appearance, teaching the students about the connections between Jewish food and culture. Students were prepared to lead discussions with seniors, ask questions, share insights and learn from the seniors.

While challah is good for the soul, social interactions lead to better mental health and lower the risk of developing dementia. Laughter releases endorphins, which can relieve pain, release stress and improve overall well-being. SCHS is grateful for the continued opportunity to partner with the seniors and contribute to the health and wellness of our community.

Epstein Students Prepare for Teen Taste of Israel Trip

Twenty-one Epstein School sophomores, juniors and seniors and four chaperones are excited to be traveling to Israel on the fourth Teen Taste of Israel trip, sponsored by the Jewish Community Foundation of Central New York. The trip, which will take place February 16 to 26, offers teens a taste of the diversity and dynamism of Israeli culture.

To prepare for their adventure, students have been learning about Israel's challenges, successes, history, diversity, geography and technological advances. Much of the semester's work took place in small groups that rotated to allow the students to develop connections with each other and with their chaperones, Ora Jezer, Scott Miller, Jennifer Satterlee and head of school, Aaron Spitzer. Each week focused on a different topic. Students researched a variety of cities in Israel, from Be'er



Sheva and Sderot in the Negev desert to Tzfat in the Galilee. "I'm looking forward to being in the cities I've been researching at Epstein and to really experience them rather than just reading about them," remarked senior JoJo Cooper. One of the highlights for students this semester was the presentation by Ron Wasserman,

chair of Fuel for Truth, on the history of the Israeli-Palestinian conflict. "At Epstein, I have learned about different places, cultures and traditions in Israel," noted senior Mae Cohen.

In Jerusalem, students will celebrate Shabbat, explore Yad Vashem and the Old City, experience the Kotel and its tunnels and eat and shop on Ben Yehuda Street. Then they will spend time in the Negev desert where they will climb Masada, enjoy Bedouin hospitality, ride camels and hike Machtesh Ramon, the world's largest machtesh/erosion crater. They will visit the Dead Sea before heading to Tel Aviv where they will enjoy all that city has to offer, celebrating Shabbat before heading home.

When asked what they are most excited about, many students remarked on the importance of being with their friends from Epstein. The Epstein School is the only program in Central New York that brings together Jewish teens from all four synagogues. Mae Cooper commented that "it will be exciting to experience the country I've been learning about for so long with the friends I've grown up learning with." While she is "nervous about being so far from home," she is "looking forward to learning about another culture alongside my close friends."

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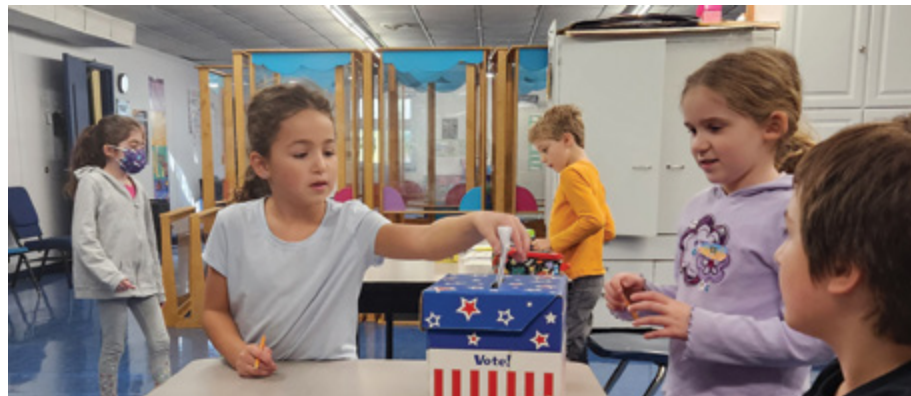
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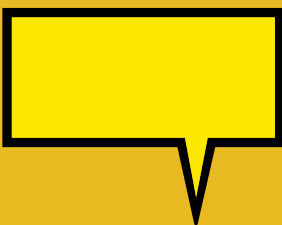
by Melissa Klemperer



Some schools were closed for Election Day, but at the Syracuse Hebrew Day School classes were in session and Election Day was in full force. Candidates for Student Council offices ended their campaigns, having given speeches at assembly detailing their qualifications and their three best ideas for the school. Their schoolmates then entered voting booths to mark and cast their ballots. When the results were tallied, Aya S. had been elected president, Yetta W. had been elected vice-president, Ethan G. was elected treasurer and Phoebe C. was elected secretary. In addition, class representatives to the Student Council were voted into office: Soren, Lucy, Abe and Eliana.



At their very first meeting, the Student Council voted to donate the bottles and cans in their recycling bins to The American Cancer Society. They also created a Thanksgiving Food Drive to collect cans of fruit, vegetables, tuna and soup and boxes of pasta and cereal for Federation's *Matan b'Seter* food pantry at Menorah Park.



Reach out to a friend about their mental health.

Find more ways to help at SeizeTheAwkward.org



Russell D'Amico Named CEO of Menorah Park

Russell M. D'Amico, MHA, LNHA, became the new chief executive officer of Menorah Park of Central New York on December 15, replacing longtime CEO MaryEllen Bloodgood. Bloodgood transitioned to a new role as chief development officer of the Menorah Park Foundation.



Stratton College, teaching courses in healthcare administration. D'Amico earned a master's degree in health services administration from

For more than 16 years, D'Amico has worked in Central New York's senior healthcare community and as an educator in related areas. He most recently served as vice president of administration and long-term care at Auburn Community Hospital's skilled nursing facility. Before that, he was an administrator of several Loretto healthcare facilities. In addition to his work experience, D'Amico has been a faculty member at Bryant &

Strayer University, a bachelors in therapeutic recreation from SUNY Cortland and is a licensed nursing home administrator.

D'Amico and his wife Nina live in Liverpool with their four young children. When not working or teaching, Russ is a Little League coach and a big SU sports fan, usually bringing a child or two to basketball games.

D'Amico is no stranger to the Menorah Park family. "My paternal grandparents were Menorah Park residents – my grandmother at the Jewish Home and my grandfather at the Oaks," said D'Amico. "I was a frequent visitor, got to know the staff and appreciated the kindness and attention my grandparents received. My father, Ronald D'Amico, was the podiatrist at Menorah Park for many years. Menorah Park's continuum of care and its local focus and deep roots in Central New

York are its calling card and what drew me to this position. I'm looking forward to getting to know our residents, our staff members, and collaborating with entire senior executive team, including the board."

Menorah Park board president Fran Ciardullo said that "after a lengthy search, we are so pleased that Russ is joining us. We especially love that he has a history with Menorah Park, shares our deep passion for our mission and brings an infectious enthusiasm to his new leadership role."

Menorah Park's mission is to assure maximum independence and dignity for residents, offering a broad range of the highest quality of health, residential and community services. While committed to maintaining Jewish values and traditions, all are welcome, invited and celebrated at Menorah Park.

Menorah Park Celebrates Long-Term Employees



It is well known that finding good employees is challenging for any organization. Retaining good workers is another challenge. Long-term employees tend to signify employee satisfaction. Employees with longevity know a lot about an organization's culture and services and serve as role models for others.

Employees who have worked at Menorah Park for five years and more were celebrated recently at a special luncheon in their honor. Recognized were Bob Kenna (5), Adam Crandell (10), Patricia Shepardson (10), Bertha Jacobs (10), Patty Mott (10), Marie Ambroise (15), Elizabeth Coutain (15), Bob Hostin (15), Katrina Coleman (20), Vicki Curry (20), Mary Gaffney (20), Hope Murphy (21), Tamba Northrup (22), Terry Jones (23), Helen Stiliadis (23), Kathleen Wilson (24), Raquel Brown (25), Danielle Gunther (26), Christina Paul (26), Bill Hicks (30), Ricky Lee (30), Armino Curral (31), Ramona Williams (31), Gwendolyn Irby (32), Gary Carter (33), Toni Cole (33), Brenda Kellar (33), Mary Ellen Bloodgood (35), Jim Valenson (35) and Art Tracy (36).

Cynthia Mike, known as the employee who steps in with "how can I help?" in any department that could use her expertise and smile, celebrated 41 years with Menorah Park, as did long-time cook and resident-favorite Joaquim Justo, who not only remembers what each resident loves but takes the time to train new hires. Congratulations to all!

The Boys are Back at CBS-CS

by Joanne Villegas

After a few years of hiatus, the Congregation Beth Sholom - Chevra Shas Men's Club is back and reinvigorated. With one gentle tap on the shoulder by CBS-CS president Jarrod Bagatell, CBS-CS member Mickey Lebowitz gratefully accepted the Men's Club presidency and the once-thriving organization was off and running. The CBS-CS Men's Club's mission is "to develop relationships with each other while serving and supporting our shul and community."

In the few short months of the Men's Club return, the group has supported CBS-CS' Back to Shul BBQ, led many events during High Holiday services including ushering, changing the daily *siddurim* to holiday *machzorim* and back, erecting and dismantling the sukkah as well as attending a Syracuse Orange basketball game.

Men's Club President Mickey Lebowitz explained, "It hasn't been all work. Hopefully people saw our 'Boys are Back!' t-shirts. It is important to me we spend time getting to know each other, strengthening our bonds, having enlightening presentations and, of course, enjoying lots of laughs."

During the Men's Club intro meeting, via zoom, over twenty male congregants met to discuss mission, upcoming planned events and goals. The Men's Club has also had a few in-person breakfast events. The first featured Jonathan Epstein, leader from the Federation of Jewish Men's Clubs, who spoke about the value of men's clubs. The second was led by CBS-CS' Rabbi Kunin who discussed his recent trip to Indonesia.

"Going forward, there will be many more events that will serve our mission and purpose. We invite all men, who would like to be part of something special, to attend. Our door is open, so c'mon back!" Lebowitz exclaims.

To learn more about CBS-CS Men's Club program, events or membership, contact the CBS-CS office via email at admin@cbcs.org or call 315-446-9570.



JCC Starts the New Year with a New Fitness Team

The New Year brings new responsibilities and new goals. Whether it be physical health, mental health or a communal feeling, the JCC is excited to help everyone reach their New Year's resolutions and make their experience at the Center even better than before. To accomplish this, the JCC has divided the previous Sports & Fitness Director role across four staff members, creating the Fitness Team.

Sherri Lamanna, Director of Health, Phys Ed and Preschool Gym Classes, will now oversee gym rentals and scheduling for the facility. Nick Finlayson, Membership Director, will be more involved in the day-to-day operations of the Fitness Center. Paula Pacini, Group Exercise Coordinator, will also be more involved in scheduling and communication with members. Will Masiclat, Personal Trainer Coordinator, will oversee the fitness floor and personal trainers.

Lamanna has worked at the JCC for 24 years. She is excited to work with the new fitness team. "I believe we all have a lot to bring to the table to make a great fitness experience for both new and existing members."

Masiclat joins the team with initiative and a passion for the community that

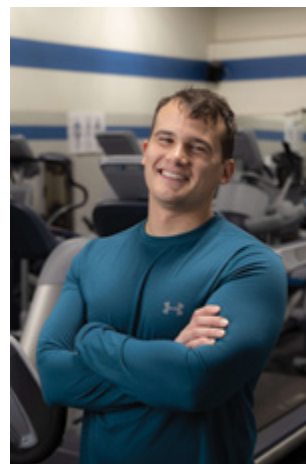
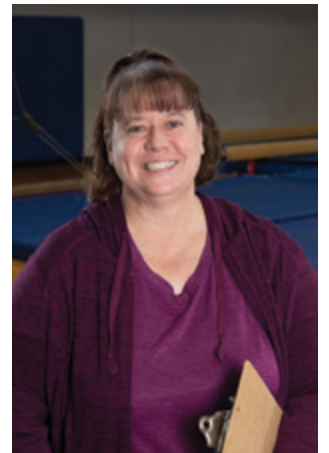
goes beyond employment. He's been in the fitness industry for seven years. "I am most excited to develop more involvement in the JCC Fitness Program," he says. "I hope to educate our members, both new and existing, about the benefits of adding personal training or group fitness into their current workout routine so that they progress past plateaus and continue living long, healthy lives."

Finlayson can't wait to get the ball rolling. "One special thing about us is that customers are not just numbers. They are real people that can find many of our services anywhere but choose to spend time with us.

I feel like a healthy customer experience is something that is often overlooked in today's world. Here at the JCC, we strive to listen and make our members satisfied, which is pretty special nowadays," he explained.

Pacini is constantly looking for new and improved classes to help enhance the member experience at the JCC. "I would like to have better communication with our members about what we have to offer and help spread the word to potential members on what classes and services we provide."

If the team's enthusiasm is any indication, the JCC is on track to see great improvement to an already stellar place. The JCC's upcoming "Dollar and a Dream" promotion is the perfect opportunity to experience at first hand the difference at the JCC. **People can join the JCC in January for just \$1. After their first month, they will receive a 20% discount off their one-year Full-Facility Fitness Membership.**



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COVID and Children at the JCC

Although children generally fared well when infected with COVID, preliminary research suggests that pandemic-related stress experienced by frazzled parents and carers caused changes in the ways they interacted with their young children in ways that could affect a child's physical and mental abilities. Lockdowns, crucial for controlling the spread of the coronavirus, isolated many young families, robbing them of playtime and social interactions

The Children's Department of the Sam Pomeranz Jewish Community Center, comprised of the Early Childhood Development Program, school-age program and summer camps, worked diligently though the pandemic to mitigate the problems they noted in the children in their charge. Each age group had different struggles, and the staff learned to understand them and to alter programming to provide the best possible experience for each age group.



"Throughout the pandemic, people were forced to social distance, wear masks and stay home a lot more. This brought a myriad of problems with our youngest children. From birth to 5 years of age, children are typically exposed to many new things, people, places and experiences. This simply did not happen during the pandemic which led to the term 'COVID Baby,'" said Pam Ranieri, director of children's programming. "There is a whole group of young children who have just started to venture out into the world and are lacking those early experiences. The main issues we now see with young children are a lack of socialization and speech delays. Communication isn't just verbal. Young children learn through facial clues, movement and articulation or speech and reading expressions. When most adults were wearing masks, children could not see that part of their face. This created a



loss in not only reading social cues but their emerging language," explained Amy Bisnett, associate director of children's programming. To address this issue, ECDP teachers are committed to helping the youngest learners broaden their language and help families seek additional help from speech therapists if needed. Teachers speak all day long to the children and help give children their voices. They model appropriate

play with others and engage the children all day.

School-age children also struggled during the pandemic. "These children have a memory of pre-COVID times, which included many social interactions and experiences. Throughout COVID, they were told to maintain social distance. Technology was forced upon them for virtual learning and as a tool for 'social' interaction," noted Ranieri.

"This led to children losing many of their early social skills and forgetting how to interact productively with their peers. When children were able to resume social activities, they were not sure how to communicate and play with each other. The school-age children needed a lot of direction and assistance in how to communicate their needs and wants with peers and how to socially play."



"The JCC is lucky to have many dedicated staffers who stayed with us through the pandemic and worked afterwards with the children to overcome these challenges," said JCC Executive Director Marci Erlebacher. "We see the children where they are and help them expand and develop across the ages. Both within our early childhood classrooms and in our recreational programming there has been an emphasis on group activities, having children work together and remember how to play and just be kids. We are beginning to see improvement from the children and are hopeful for the future. We feel that, with the new emphasis on social skills, children will have the support they need to be successful members of the community, and maybe even teach the adults in their life a thing or two. We are very grateful to be working with the next generation of JCC members and hopeful for continued improvement and success for years to come."

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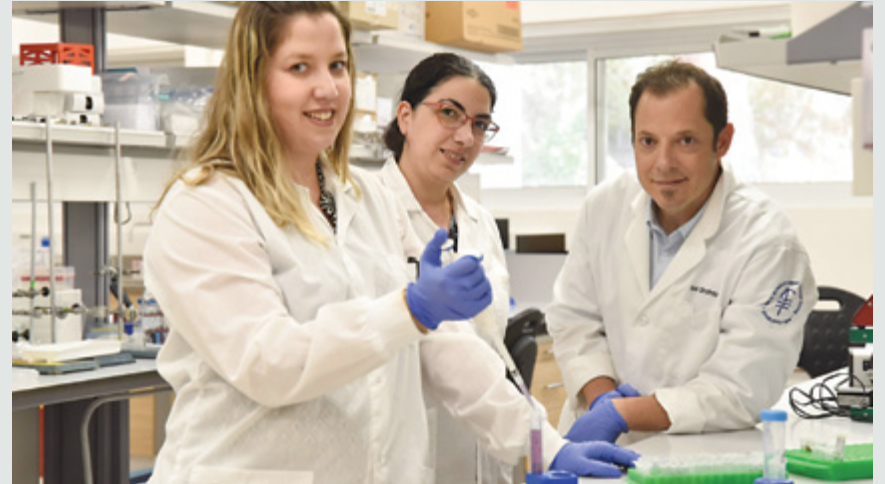
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Jewish Medical News from Israel and Around The World



Nanotech to deliver precision chemotherapy. Scientists at Israel's Technion Institute have developed a nano-material that can deliver different toxic cancer therapies directly to tumors without harming healthy cells. Robot chemistry was used to test different materials. The breakthrough can vastly reduce chemo side effects. <https://www.timesofisrael.com/israeli-tech-can-reduce-side-effects-and-increase-range-of-cancer-drugs-scientists/>

WHO conference in Tel Aviv. For the first time, the World Health Organization came to Israel to hold its 72nd session of the WHO Regional Committee for Europe. 53 nations attended the conference during which Israel signed bilateral health cooperation deals with Germany, Croatia, Cyprus and Kazakhstan. <https://www.jns.org/opinion/heart-of-the-middle-east-israel-a-medical-and-ethical-leader/>

More Ukrainian medical aid. Israel donated more than one million dollars' worth of critical medical equipment to the children's hospital in Kyiv. Israel has also allocated millions of shekels to rehabilitate up to twenty injured Ukrainians and amputees in Israel. Two of the wounded are already at Sheba Medical Center. <https://unitedwithisrael.org/israel-sends-1-million-in-equipment-to-ukrainian-childrens-hospital/>

Diagnosing irregular heart rates in high-risk patients. Prof Mahmoud Saliman of Rambam Health Care Campus is the first in Israel to insert an ultrasound device through a vein (without anesthesia) to safely diagnose a patient suffering from atrial fibrillation. High-risk patients cannot have anesthesia or blood thinners. <https://www.jpost.com/health-and-wellness/article-718736>

European approval for bone augmentation material. The Ivory Dentin Graft™ material from Israel's Ivory Graft has just received the European CE Mark for use in the repair or augmentation of bone defects. Its similarity to bone makes it an ideal grafting material. <https://ivorygraft.com/>

Detecting fetal anomalies. The Hoobari blood test, invented by Tel Aviv University's Professor Noam Shomron, separates the DNA of a 10-week fetus from that of its mother and then checks it for mutations. The procedure is much safer than amniocentesis. <https://www.israel21c.org/new-blood-test-may-detect-fetal-abnormalities-at-week-10/>

HBOT and autism. A new Tel Aviv University study showed that Pressure chamber therapy (Hyperbaric Oxygen Therapy - HBOT) significantly improved social skills in animal models of autism. It also reduced neuroinflammation, which is known to be associated with autism. <https://neurosciencenews.com/pressure-chamber-asd-21737/>, <https://www.mdpi.com/1422-0067/23/19/11077>

10,000+ implants. Israel's Ossio reported that orthopedic surgeons have implanted more than 10,000 Ossiofiber implants since their introduction in 2019. Ossio's biofriendly Ossiofiber, and intelligent bone regeneration technology are designed to solve the shortcomings of conventional metal implants. <https://www.massdevice.com/ossio-closes-38-5m-series-c/>

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ALLA MENAKER
November 24, 2022

Alla Menaker, 85, died on November 24 at St. Joseph's Hospital. Born in the Ukraine on October 22, 1937 to Moishe and Rahil Gerenshtein, she had been a resident of Dewitt since 1997. Alla was an accomplished economist in the Soviet Union. She had many challenges in her life, beginning when she was just three years old. Her family fled the Ukraine by horse-drawn wagon and on foot just steps ahead of the Nazi invasion. It was a miracle that she survived.

But she did and went on to earn advanced degrees at the University in Moscow where she met her future husband Zahar. In spite of doctors' orders that Alla's health history would make a pregnancy dangerous, they were blessed to have a child, their daughter Anna.

In 1997, they were urged to come to Syracuse to join their cousins, the Gersteins, who had made a good life here. The Menaker family, like so many other Russian Jewish families, faced the challenges of leaving the only home they had ever known in search of a better life. They settled in Syracuse, were active in their congregation where they were warmly welcomed and built a new and better life.

Alla is survived by her husband Zahar, their daughter Anna, cousins, and her dear friend Lucy Kleiner. Contributions in Alla's memory may be made to Congregation Beth Sholom-Chevra Shas.

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PETER H. SCHEIBE
November 25, 2022

Peter H. Scheibe, 71, of Syracuse died suddenly at home on November 25. Born in New York City, he had been a resident of Syracuse for more than 40 years. He was a graduate of Harpur College and the University of Wisconsin where he earned his master's degree.

Peter retired from the Syracuse School District as a speech pathologist. His family and many friends will remember him for his willingness to help others, his wit and his generosity of spirit. Over the years, he volunteered with the Syracuse Peace Council, the Syracuse School District, the Westcott Community Center, Parents for Public Schools and the Northside Learning Center. He was on the board of the Cooperative Federal Credit Union for more than 20 years and served on the budget committee.

Peter loved family, chosen family, books and movies, laughing, gardening and talking politics.

He was predeceased by his parents Erich and Kaete Scheibe, stepdaughter Erika Jacobson and sister-in-law Judith Scheibe. He leaves his wife Margaret Gelfuso, brother Robert H. Scheibe, nieces Alexandra Scheibe and Gabrielle (Mike) Rabinovitch and great-niece Julia Scheibe

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HERBERT H. HEIM
November 26, 2022

Herbert H. Heim, 92, longtime resident of Fayetteville, NY, and late of Lake Worth, FL passed away unexpectedly November 26. Born in Germany, Herb lived his first 10 years in Mannheim before fleeing the Nazis with his mother, the late Gertrude Heim.

Herb and his mother traveled on the Trans-Siberian Express followed by a journey across the Pacific, landing in Washington. Herb found safety and happiness in the home of Fayne and Eddie Rose on the east side of Syracuse. Herb fell in love with his adoptive hometown, often referring to Syracuse as God's Country. He graduated from Nottingham High School and earned undergraduate and law degrees from SU, where he also met Esther, his wife of 67 years.

Herb practiced law for 60 years, mostly with Heim, Koldin, Canter and Levine, which later became the Koldin Law Center. His career focused on real estate matters and Elder Law. He served as President of Lafayette Country Club and of the Kimry Moor Homeowners Association.

Herb was known for his amazing kindness, generosity, gentle soul and magnificent sense of humor. He is survived by his daughter Nancy (Victor Reskin), sons, Robert and Edward (Christian Lynch) as well as his beloved grandchildren Nick, Matt, Ben and Ellie.

In lieu of flowers, donations may be made to Temple Concord, 910 Madison Street, Syracuse, NY 13210. www.sisskindfuneralservice.com



Steven L. Sisskind

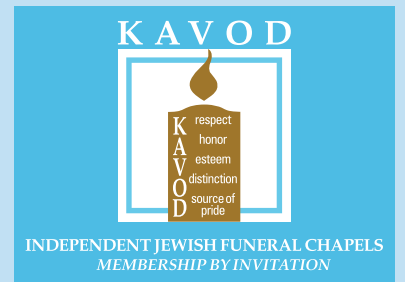
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Please contact Michael Balanoff, Executive Director, at 315-445-0270 or
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