

MAKING BEAUTIFUL MUSIC TOGETHER THROUGH COVID 19

When Joyce Mizrachi and Bonnie Meadow, began writing a song together in October of 2019, Joyce, a Holocaust Survivor was reticent. She told Bonnie, a songwriter, "I was just a baby, why do a song about me?" The song Bonnie and Joyce are developing together has its roots in Joyce's family story. This song, along with nine other songs co-written by Holocaust Survivors, will be shared during a performance planned for the spring of 2021. This performance will be a culmination of songs of Survivors who have been taking part in programs to support Holocaust Survivors through Jewish Family Service of Orange County.

Joyce was born in an internment camp in France. A nurse in the camp helped Joyce and her older sister, and the rest of their family escape. After escaping to Belgium the family moved to Brooklyn, NY and then eventually Joyce and her sister moved to Middletown, New York. Bonnie, a talented songwriter with SageArts, uses a supportive method called Person Centered Trauma Informed Practices. Bonnie emphasizes to Joyce that what Joyce experienced as a baby and what her sister experienced as a toddler was not normal, and that Joyce's whole family was traumatized. The lasting effects are part of who Joyce is today. Bonnie says, "Joyce really didn't think she experienced trauma and hadn't realized she had missed anything. When the COVID 19 social distancing started we stayed in touch through numerous phone conversations and we continue to speak by phone regularly. The song is almost complete. Joyce takes the songwriting process very seriously and is extremely engaged. I receive clear direction from Joyce musically."

The songwriting experience is just one of four creative opportunities provided by JFS of Orange County that Joyce has engaged in over the past two years. "Creative programs, like the songwriting experience, provide social and emotional support and a sense of well being, while honoring our most precious survivors," says Paula Blumenau, Coordinator of the JFS Programs to Support Holocaust Survivors. Prior to COVID 19, all of the programs were provided as one-on-one in home experiences. Now all programs are conducted using social distancing while continuing to be customized to meet each participant's needs. Other programs that Joyce has participated in are; Holistic self care, which focuses on relaxation techniques and body wellness, a creative arts program, and currently, Joyce and 20 other participants throughout Orange, Dutchess and Ulster Counties are participating in the newest program, called "Soup's On." This program provides home delivered fresh soups or ingredients every two weeks, accompanied by nutritional tips and recipes. Following each delivery the participants receive phone calls from nutritional educator Lynne Snyder, who prepares the recipes and cooks the food in the kosher kitchen at Temple Sinai. During these phone visits Lynne and the participants discuss the recipes, nutritional education and chat about healthy meal options.

Sean Gerow, Executive Director of JFS of Orange County shared, "We train all consultants that provide services through JFS to Survivors in Person Centered Trauma Informed Practices (PCTIP). PCTIP is a holistic approach to service provision that promotes the dignity, strength, and empowerment of trauma victims by incorporating knowledge about the role of trauma in victims. We welcome Holocaust Survivors throughout Orange, Ulster, Dutchess, Sullivan and Rockland Counties to participate in these valuable programs at no cost, thanks to a grant from Jewish Federations of North America, Center for Advancing Holocaust Survivor Care."

For more information about these valuable programs please contact Paula Blumenau at JFS of Orange County, 845-341-1173 ext. 305 or email pblumenau@jfsorange.org. **Jewish Family Service of Orange County is a recipient agency of Jewish Federation of Greater Orange County.**



ONE LAST LOOK AT OUR WONDERFUL VOLUNTEERS OF THE YEAR

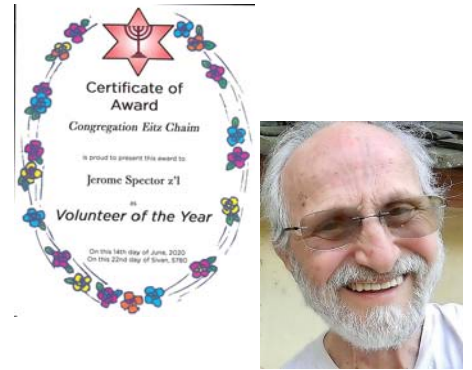
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HERE'S TWO UNIQUE WAYS TO SUPPORT YOUR COMMUNITY

A Rosh Hashanah Tradition Honey From the Heart

Order Kosher 100% pure clover honey to give for Rosh Hashanah. Not only do you share sweet greetings with your family, friends and business associates, but you support the work of the Jewish Federation of Greater Orange County.

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For the low price of only \$10 you will receive 2 of each card, postal approved size and ready to be mailed to friends and family. What could be easier? Simply complete the secure form here: <https://jewishorangeny.org/2020-rosh-hashana-postcards> and your cards will be mailed to you.

LOOKING FOR A WORTHWHILE PROJECT?



Knitting For Kindness

Join the Jewish Federation, the Newburgh JCC, and No Hate Here to Knit for Kindness!

What better way to spend this time at home than to craft to bring a smile to someone in need.

Knitters, crocheters, quilters, and crafters of all kind are welcome! For beginners and experts alike.

Create on your own or join us at our weekly Zoom every Wednesday at 3PM to schmooze and craft together. Register here for the Zoom link: jewishorangeny.org/knittingforkindness

For questions or to donate yarn or a finished project, email rachel@jewishorangeny.org

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