



Community During Corona

Marni Vyn, Board Chair, JFGR



Marni Vyn

It's an understatement to say that the outbreak of COVID-19 has turned our world upside down. We are all adapting as best we can to this "new normal" of social distancing, wearing masks when going outside, shifting our work to home offices, and for navigating home-based schooling for our children.

We are also finding new ways to connect with and support one another. Last month many of us celebrated Passover with friends and loved ones across the country or even down the street using Zoom rather than celebrating in person. Social distancing doesn't have to mean social isolation.

Now and always, the Jewish Federation is here for our community. We have strengthened our efforts to fulfill our mission of building and sustaining the local and global Jewish community.

I'd like to share one recent example of our community coming together in support. Since the outbreak of the coronavirus in mid-March, Nicole Katzman and I from the Jewish Federation have been meeting weekly by Zoom with Rabbis Krishef, Schadick, and Weingarten, as well as Edie Landman and Barb Wepman, board presidents of Congregations Temple Emanuel and Ahavas Israel. These meetings provide the opportunity for us to share critical information and allow us to best care for our community.

I encourage you to check out the Jewish Federation's Facebook page, where you can find a short video message from all of us.

Also, while you're online, visit our recently updated website at jewishgrandrapids.org with many, new virtual resources for both adults and children.

An intrinsic part of the Jewish Federation's core mission is "Kol Yisrael Arevim Zeh B'zeh" (each of us is responsible for one another). In spite of the need to cancel or postpone our spring programming, the Federation remains very much open for business while our staff and volunteers work remotely to serve our community.

We are stronger together!

Stay healthy and stay home,

Marni Vyn
Board Chair

Like Jewish Federation of Grand Rapids on Facebook!

Our Mission:

Jewish Federation of Grand Rapids unites the local Jewish community to sustain and strengthen Jews locally, in Israel, and around the world.

This mission is accomplished by providing services to the community and through fundraising and allocation efforts.

Inside this issue:

Campaign	2
Guest Columnists	3-4, 6-13
JFGR Program Update	5
Community Calendar	14-16
Endowment	17



Jewish Federation of Grand Rapids

2727 Michigan Street NE
Grand Rapids, MI 49506
p. 616-942-5553
f. 616-942-5780
info@jfgr.org
www.jfgr.org

Officers

Chair

Marni Vyn

Vice Chairs

Dan Hurwitz
Judith Joseph
Greg Kaufman
Karen Padnos

Treasurer

Claude Titche

Past Chair

David Alfonso

Executive Director

Nicole Katzman

Board of Directors

Davida Dennen
Leigh Rapaport
Daren Shavell
Audrey Sundstrom
Lanny Thodey
Erica Wikander
Michele Young
Chad Zagel

Ex-Officio Members

Congregation Ahavas Israel
Rabbi David Krishef
Barbara Wepman, President

Temple Emanuel
Rabbi Michael Schadick
Edie Landman, President

Chabad House
of Western Michigan
Rabbi Yosef Weingarten



GOAL: \$500,000.00
369 Donors
\$427,000.00

**Campaign 2019,
ended March 31, 2020.**
**Thank you to the community for
your support!**

Campaign 2019 has raised just over \$427,000. We received donations from 369 donors. In addition, any increased amount and any new pledges were matched by a generous grant from the Louis and Helen Padnos Foundation up to \$30,000, and for donors age 50 and younger, that amount was also matched by a generous grant from the Hy and Greta Berkowitz Foundation, up to \$5,000.

Our goal for this year's campaign was \$500,000. On behalf of the Federation, thank you for your generous gift and for supporting our Jewish community. In May, our Board of Directors will begin the allocation process to provide funds that make a difference for Jews right here in Western Michigan and around the world.

Even though Campaign 2019 has ended, you can always make a gift to support our community. During these uncertain times, your support is needed more than ever.

Thank you.

Nicole Katzman, Executive Director, Nicole@JFGR.org ext. 207

Marisa Krishef, Director of Programming, Markay@JFGR.org ext. 205 | Arad Okanin, Campaign Coordinator, Arad@JFGR.org ext. 204

Dafna Kaufman, Film Festival, Dafna@JFGR.org ext. 217 | Jessica Gillespie, PJ Library, Jessica@JFGR.org ext. 218



***I'd like to support my community
and make a gift***

Jewish Federation of Grand Rapids
2727 Michigan St. NE
Grand Rapids, MI 49506
(616) 942-5553 email: info@jfgr.org
www.jfgr.org

*Please cut out this pledge card, fill it in and send it to
the Federation office.*

I HEREBY PLEDGE TO THE FEDERATION ANNUAL

CAMPAIGN THE SUM OF: \$ _____

Donor's Signature

Method of Payment: Check Stock (Please Identify)

Please charge my: Mastercard Visa
 Discover American Express

Card Number

Exp. Date

Live Generously.

Name(s) _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____



MY NAME IS EVE RIDER: THIS IS MY STORY

By Eve Rider

My name is Eve Rider, I am 83 years old, and a member of Temple Emanuel of Grand Rapids. Here is my story.



*Berlin - November 1941
My Mother, Edith
Gleichmann and Eve,
5 years old*

I am very grateful for the support I receive from the Jewish community, specifically from the Chabad of Western Michigan. They send visitors who bring Challah bun's. Their kindness is very much appreciated.

I live in Kentwood with my husband, who I met in Germany and have been married to since 1962. I am perhaps one of two remaining

child survivors of the Sachsenhausen concentration camp near Berlin, Germany.

I was born in 1936 in Berlin, Germany to a blended family (grandmother Jewish and grandfather Protestant) and lived with my mother, her siblings, and my Jewish grandparents, in a Jewish neighborhood until the Royal Airforce destroyed our home with phosphorous bombs. Due to Hitler's Jewish laws forbidding mixed marriages, my parents were not allowed to marry. My parents requested to be married and were denied multiple times. I have the Nazi administration denial letter.

I was in hiding during the war twice because of my Jewish heritage, first, with a family I did not know and then with distant relatives, away from Berlin. It was here where I contracted Tuberculosis. I may have been intentionally exposed. Following this diagnosis, the physician contacted my mother, who brought me back to Berlin, where my mother found a hospital bed. On November 2, 1944, two days after my 8th birthday, I was delivered by her to a Tuberculosis sanatorium.

In December of 1944, I was taken by one of the sanatorium doctors for a walk. Four hours later I found myself at a new place that I identified years later as the Sachsenhausen concentration camp. Both the camp doctors and the Sanatorium doctors were

connected to the Kaiser Wilhelm Society (renamed the Max Planck Society in 1948), a scientific umbrella organization established in Germany in 1911, that oversaw many research institutes and testing stations. Sachsenhausen was the model training camp for all SS guards near Berlin, Germany.

At Sachsenhausen I was subjected to inhumane experiments and surgical procedures until my liberation by the Red Army in April 1945. My time at Sachsenhausen has been corroborated by university researchers as well as physical evidence in the form of photos from the April 1945 liberation. During my time in the camp, I was kept with girls my own age. We were forbidden to speak. It was the nurses who helped me to stay alive between and during multiple experiments, where I was exposed to unknown drugs, chemicals, and procedures. Injections and biopsies caused nerve damage and paralysis from the neck down for a while. I was left with pain, which significantly limits my mobility and ability to take care of myself now.

Following liberation, I was sent back to the TB

(Continued on page 4)



*Concentration Camp Sachsenhausen, near Berlin
2 days after liberation of 4.27.1945
Polish Officer, part of the Liberation army, holding his arm
around Eve 8 years 6 month old, left 2 Polish female inmates,
right 2 female inmates possible German.*



Eve Rider *(continued from pg. 3)*

Sanatorium and reunited with my mother and family. My family was shocked to see me as they were sure I had perished once the authorities became aware of my Jewish heritage. After the war, my parents were now free to marry. When I left the sanatorium in August 1945, the releasing doctor threatened, "If you speak of your time, you will instantly be delivered to the next hospital and experience all the pain again." So I spoke no further about these events, and blocked it from my memory for the next thirty two years.

At the age of forty, I "came out" to my family as a Sachsenhausen camp survivor, the Nazi child experiments, and my connection to the Kaiser Wilhelm Society. Since this time, German university researchers have helped me to research, corroborate, and document all of my experiences. The camp library was able to find photos of me, and with the help of therapists, I have been able to recount my experience step by step. As far as I have been able to identify, I am one of two remaining survivors/witnesses of the connection between the prestigious Max Planck

Institute and Adolf Hitler's "final solution."

Where has this left me, you might ask? With the help of Rabbi Al Lewis, I was able to reconnect with my family's history and religious heritage as a Jew, and my family came along for the ride! My mother and brother converted back to Judaism. My son Thomas who says he never felt "at home" until he was part of the Jewish Community, has a beautiful Jewish family with wife Tracy and two lovely daughters Riley and Sadie, raised here in our community at Temple Emanuel.

This year marks 75 years since liberation. Regardless of what was done to me in Sachsenhausen, I was able to have three sons. One of my sons passed away twenty years ago, but he is in my memory as fresh as the day. My son, Stefan, is our helper as much as he can. I have five grandchildren, and one great grandchild. L'chaim to another generation!

April 20th was Yom Hashoah
(יום הזיכרון לשוא)

Holocaust Remembrance Day



*Wildemann, Harz Mountain, Germany - 1944
Eve, early summer. Picture taken by my father who was visiting me. He was on leave from the FRONT/ France -Normandy I had to pretend and call him Uncle, as other visitors were high Nazis.*



DESIGN • SERVICE • INSTALL

Electrical
Audio/Video
Networking
256 Knapp St NE
Grand Rapids
Contact Mike Rozzano
for a free consultation
(616) 356-2660



2020 Virtual PJ Library International Conference Experience

Marisa Krishef, Director of Programming



Marisa Krishef

What was supposed to be my first PJ Library International conference, like everything else during these social distancing times, was cancelled. PJ Library facilitators rushed to convert the conference to a virtual one on the days originally scheduled, March 30 - April 1, 2020. I attended online from my home along with Jessica Gillespie, our PJ Library Professional.

As Jamie Light, Director of Conferences and Events for the Harold Grinspoon Foundation wrote, "It was three days of gratitude, connection, community, skill-building, music, celebration, and inspiration! Throughout the conference, we created a collage of *keshet*- connection." Even though we were scattered all over the world, we were connected as a PJ Library family. We listened to uplifting live concerts with Rick Recht and Shira Kline, we mediated with Rabbi Sam Feinsmith, Jewish Mindfulness Expert, and we learned about engaging, or not engaging, our PJ Library local families during these difficult times from our Engagement Officers and other special speakers.

One theme of the conference was "putting on your own oxygen mask before you assist others" like you are told to do before an airplane flight. The conference helped us all to share our personal concerns and anxieties for ourselves, our own families, and our PJ Library local families.

Jessica and I are here for our PJ Library families if you need any ideas for crafts, times of online Jewish children's concerts, virtual playdates with other PJ families, or whatever ideas you may have. Most families with children are inundated with online things to do right now for virtual homeschooling. Perhaps you need a break from PJ Library right now and that's just fine, too. Your PJ Library books will continue to arrive and our Facebook page and JFGR website will be there with suggestions and ideas if you choose to check it out. Please stay healthy and safe!

ACADEMY
for JEWISH
RELIGION



HONORING

CANTOR MARISA KRISHEF

FOR 25 YEARS OF SERVICE TO THE JEWISH COMMUNITY

*Congratulations to Marisa Krishef for
being named a 2020 AJR Honoree!*

INVITES YOU TO

A VIRTUAL CELEBRATION
OF OUR 2020/5780 HONOREES

TUESDAY, MAY 12, 2020 7:00 PM EDT

5780 AWARD RECIPIENTS

RABBI SID SCHWARZ — MARBEH SHALOM COMMUNITY SERVICE AWARD
CANTOR MEREDITH GREENBERG — ALUMNI AWARD
RABBI ENID LADER — SPECIAL RECOGNITION

HONORING THE CLASS OF 2007 FOR 13 YEARS OF SERVICE TO THE JEWISH COMMUNITY

RABBI YECHIEL BUCHBAND, RABBI/CANTOR ANNE HEATH,
RABBI DONNA MESITE-LEVY, RABBI DANIEL PRICE

MEHADRIN CLASSES OF 1993-1995 FOR 25 YEARS OF SERVICE TO THE JEWISH COMMUNITY

CANTOR SUSAN ALCOTT, RABBI ARIEL BEN MOSHE, RABBI JUDITH FRANKLE BARDACK, CANTOR LESLIE FRIEDLANDER, RABBI RAFAEL GOLDSTEIN, RABBI CHERIE KOLLER-FOX, RABBI TAMARA MILLER, RABBI JONATHAN PEARL, RABBI GLORIA RUBIN, RABBI BONITA TAYLOR



Staying Healthy in Times of Stress

by Dr. David Alfonso, Past Chair, JFGR



David Alfonso, MD

Over the past month we have faced some of the most stressful events in many of our lifetimes due to the Covid-19 pandemic. Many of us are adjusting to being home-bound and not working. It is easy to fall into the trap of depression, anxiety, and poor health habits in times of stress. Below I will outline some of the basic elements of staying healthy and actually improving one's health in a time of crisis. I hope you will find them helpful and be able to adopt many of them in your daily routine

Exercise- simple right? We all know about the benefits of exercise. Many of us have more time than we would like to enhance our routine. You don't need a gym membership to make big improvements. It is important to exercise daily, this can include walking, jogging, and resistance exercise. These cardio activities help keep our heart and lungs in shape. It also allows for a release from the house and a time to tune out the news and tune in nature. Resistance, or weight training is extremely important, especially as people enter their 40's and beyond. Our bodies naturally lose muscle mass in our forties and this increases into our fifties and beyond. Weight training helps to strengthen our bones, muscles as well as tendons and ligaments. Strong bones help minimize the risk of hip and other fractures which are a major cause of hospitalization in the elderly population. Find some old weights in the basement and start using them again. You can look up a basic routine online and if you don't have weights pushups and planks are great activities that require no equipment and help with balance, posture and strength. I also suggest finding a basic yoga routine online and incorporating this as well. Yoga has been shown to help with high blood pressure and improve flexibility.

Sleep-It may not surprise you that most Americans are chronically sleep deprived. Now, more than ever, good sleep habits are critical to maintain your health, especially your immune system. Try to achieve at least 8 hours of quality sleep per night. Key points to remember are avoiding caffeine and alcohol after dinner, these are some of the

most disruptive chemicals to quality sleep. In addition, avoid electronics prior to bedtime as well. Try reading for an hour before you plan to fall asleep. Minimize distractions and keep your room on the cooler side as well as this facilitates better sleep. During quality sleep our bodies secrete hormones and chemicals that help us heal and strengthen our immune systems. In addition to disrupting sleep, excess alcohol has also been shown to impair our immune systems

Diet-Many people on social media are already commenting on weight gain while being at home. It doesn't have to be that way. View this time as a great opportunity to really improve your diet since you have the time to really focus on what and how you are eating. First, focus on what you are eating. Ample evidence shows that societies that have the best health and longevity share some common themes. First off, they eat minimal to no animal products. Yes, you heard that correctly, they eat virtually no red meat, white meat, and minimal dairy products. The vast majority of their calories come from plant-based eating. Try to incorporate some of these aspects into your diet. Substitute plant-based milk and increase your consumption of dark green and colorful vegetables, as well as legumes such as beans. Start out by limiting animal products to three meals per week and go down from there and see how you feel and how your weight is responding. If you choose to go completely vegan make sure to supplement your diet with vitamin B-12 as this can be lacking in vegan diets. Avoid processed foods such as cookies, donuts, crackers, salad dressings as well as canned soups. These foods are high in unhealthy oils and poly-unsaturated fats as well as sodium. There are many resources that discuss good food choices and recipes for those considering this option. This website is one of the best. www.forksoverknives.com

Fasting- we are all familiar with that right? We

(Continued on page 7)

Staying Healthy *(continued from pg. 6)*

struggle through the traditional fast on Yom Kippur. New research has shown significant benefits to intermittent fasting. What this means is keeping your eating confined to a certain number of hours during the day. A simple one that I use is eight hours on sixteen off. I eat from noon to eight pm. During the non-eating times you are allowed to drink non fatty and non-sweetened drinks such as black coffee, tea, and sparkling water. This style of eating has been shown to help the body decrease inflammation, increase weight loss, and improve blood sugar control, and improve risk of cancer. There are many resources online to help find the best regimen for you. I also encourage talking with your Doctor if you are planning on implementing these changes.

Mental exercise- In times of stress the brain can become overwhelmed with anxiety and fear. This can lead to depression and anxiety in our personalities. Focus on specific tasks for your day. Don't overwhelm yourself with projects that are

too big to complete. Focus on small goals such as cleaning out a neglected closet or improving your home. Use some of this time at home to catch up on some hobbies or create new hobbies that you have always had an interest in learning about. Our local health care systems have expanded their resources for mental health counseling for patients that may need to speak to a professional. Focus on getting through your day with reachable goals. Don't stress over things you can't control, empower yourself to get through the day and reset your goals for tomorrow.

I hope some of these ideas will appeal to you and you can take advantage of this time to focus on making some changes that will help your health and perhaps lead to life-long changes that improve the quality and quantity of life.

Dr. Alfonso is a board-certified plastic surgeon specializing in cosmetic surgery and has an interest in nutrition, and its role in health, healing and recovery after surgery.



Stephanie Hurwitz Realtor®

stephanie.hurwitz@gmail.com
cell 616.443.9559
office 616.575.0118
1555 Arboretum Dr. SE,
Grand Rapids, MI 49546



KELLERWILLIAMS.
GRANDRAPIDS

each office independently owned and operated

Stephanie's clients know that they are her top priority. She has lived in Ada and East Grand Rapids over the past 27 years and is your local expert willing to share her knowledge and expertise about the Greater Grand Rapids area. Her professionalism, attention to detail, and pride in her work ensures each client receives the height of service. Stephanie prides herself on being efficient, knowledgeable, and responsible while going above and beyond any expectations her clients have. She was selected as one of *Grand Rapids Magazine's REAL ESTATE ALL STARS* for 2019 which recognizes the top 5% of real estate agents in the greater Grand Rapids area. Stephanie helps both buyers and sellers achieve their real estate goals and specializes in everything from modest living spaces to luxury homes.

Call Stephanie today and let her help you make your real estate goals a reality.



JewishTogether.org

by Karen Padnos, JFGR Board, Vice Chair



Karen Padnos

When Nicole asked me to write an article for May, I was not thinking about a pandemic. I was thinking of Yom HaShoah, Holocaust Remembrance Day on April 21-22; Yom Ha'atzmaut, Israel Independence Day

on April 28-29th; the annual Jewish Film Festival in Grand Rapids planned for the first week of May. Instead I am searching for the right words to comfort and assure our community that we will be healthy, safe and not inextricably altered when this unprecedented time in our lives ends.

From staying connected with family and friends we know that all of our daily lives have significantly changed. Many young families with preschool

and school age children are trying to learn online. Younger adults have flocked home in droves to take advantage of the security of spaciousness and maybe a parent's comforting cooking and traditions. Older community members are learning how to connect virtually and even ordering groceries online to avoid as much public contact as possible. There is no question we have all had to adapt. And we are concerned about the future; economic, social and cultural. What will change?

At this moment we are fortunate that counties in West Michigan have had a low rate of infection relative to other areas and we must be mindful of continuing to help our community remain as healthy as possible. The Grand Rapids Jewish Federation is here to help you. We have a list of resources on the website: www.jewishgrandrapids.com.

Dreaming Up the Ideal Retirement Is Your Job. Helping You Get There Is Ours.

To learn more about why Edward Jones makes sense for you, call or visit my office today.



Chad E. Zagel, CFP®, AAMS®
Financial Advisor

705 Bagley Avenue Se
East Grand Rapids, MI 49506
616-233-9472

edwardjones.com
Member SIPC

Edward Jones®
MAKING SENSE OF INVESTING



[org](#). If you prefer to speak with someone, our wonderful staff, led by Executive Director Nicole Katzman will help you find a referral for assistance.

Our community has instituted weekly calls with Clergy and Staff to coordinate and not duplicate efforts. They are discussing how to best reach the most vulnerable members of our Jewish community and to keep our community strong. Members of each organization have been making calls, sending notes and staying in contact with many in the community.

During this time Mary Kaneti and her team at the Temple Emanuel Food Bank are finding safe and creative ways to continue to provide for food insecure families that need this service now more than ever.

Jewish Federation of North America has launched a program *JewishTogether.org* helping local and national agencies connect to community services, seniors, health care workers and the SBA Loan program. They will also continue to advocate for it in Congress for continued assistance and SBA funds. That information can be accessed online <https://www.jewishtgether.org/> or our JFGR Staff will help connect you to available resources.

As you may be aware the Jewish Federation of Grand Rapids is unique in the JFNA system because we raise our funds during the annual campaign and then allocate the dollars locally, nationally and to Israel. This year it is possible allocations may look different and there may be more local needs than ever. If you want to support the local efforts please do so; I am guessing the conversation about how and where to allocate funds may look a bit different this year.

I would like to leave you with the words of Mark Wilf, Chair of the Board of Trustees of the JFNA.

While working tirelessly to keep the community afloat, our Federations have also led countless acts of chesed, delivering food to those shut in and personal protective gear to healthcare workers, increasing mental health services to the isolated, and much more. And we have collectively created [JewishTogether.org](#), which has helped all Jewish nonprofits and synagogues learn how to access the new Small Business Administration Paycheck Protection Plan and connect to many more spiritual and practical resources to get us all through this crises.

People ask me “What is to become of our community?” or “What will our community look like when this is over?” And I always say the same thing. This is what our community looks like – organized, caring and ready to tackle any challenge.

Together, collectively, we will continue to lead a community that never loses its purpose or its way. Though our world and our community are facing an unprecedented challenge, we know what to do and we know how to do it. To everyone who needs help in this crisis, please reach out to your local Federation and let us know. We will be there.

And to all those who can offer help, please reach out to your local Federation to join the effort.

B’chol dor vador. From generation to generation, the work of community goes on, and the work of the Federation system goes on. This pandemic is but one of our generation’s challenges. We do not yet know the full extent of the harm that COVID-19 will cause, but we will continue to meet this crisis head on, as our predecessors met the challenges of their day.

Karen Padnos currently serves on the executive committee of the JFGR board and is a past chair of the board. She is on the Temple Emanuel board serving as Secretary on the operating committee. Before retiring two years ago Karen was a city planner in Holland, Michigan for 30 years. She lives with her family and two dogs in Holland.



Wisdom of the Young

by Rob Franciosi, Professor of English, GVSU

Throughout these dark COVID-19 days many of us have found solace by recalling the experiences of a teen-aged girl who died seventy-five years ago. Here's a typical internet meme: "To put things in perspective for those of us feeling a bit stir crazy already—Anne Frank and seven other people hid in a 450sq. ft. attic for 761 days, quietly trying to remain undiscovered to stay alive. We can all do our part to keep everyone safe and spend a few weeks at home."

During online class sessions with students in my "American Culture and the Holocaust" seminar we discussed this statement in light of what they already knew about the Holocaust's best-known victim. They had read the 1952 diary, studied the 1955 play and its 1997 update, and also considered a host of other materials regarding how Anne Frank has been interpreted by American audiences.

They were also freshly launched on their own diaries.

Although Otto Frank had raised the issue of hiding with Anne, her diary reveals that when it came, she was not mentally prepared. My students and I felt in a similarly uneasy position. For all the talk about the pandemic during our last face-to-face session, few of us expected matters to move so quickly—or to last so long.

They know enough about the Holocaust to resist facile analogies, to note the difference between a public health crisis and one that challenged the very idea of "humanity." But because they had earlier read Anne's diary, they were in a unique position among their peers, with a ready model to help them cope with sudden upheaval, with a sense of exile, of



uncertainty, of fear about the future.

So, I asked them to chart their impressions in the manner of Anne Frank, bringing the same level of seriousness she displays in her late entries to the circumstances they now faced—and with a similarly public purpose.

When in March 1944 the Dutch government-in-exile urged ordinary citizens to preserve letters and diaries written under occupation, Anne set about rewriting her entire diary with an eye toward publication. And it is only because she began imagining her work as something to be read by others that we have it at all.

During the raid on the Secret Annex, Anne's writings were dumped on the floor and fortuitously retrieved by Miep Gies. But a year's worth of original entries was never recovered. Only by rewriting much of her diary, then, had Anne guaranteed its later life in the world.

Anne Frank learned that writing can be a lifeline in a time of crisis, and can save one from going under, both mentally and spiritually.

Just after the D-Day invasion she expressed "the feeling that friends are on the way," a line my students and I linked to our own liberators, the healthcare workers and research scientists in whom we place our hopes. Anne followed these words, though, with some of the most heartbreaking in the entire diary: "Maybe, Margot says, I can even go back to school in September or October."

She would never return to school and many have judged her hope for the future as naïve, as too easy to embrace. Yet on this cold and cloudy April morning her words move me to tears. Not for our current predicament, which will pass in time, but for the depth of wisdom of one lost so young.

Rob Franciosi is a professor of English and Honors at GVSU where he teaches courses on the Holocaust and American Literature. Rob welcomes questions or comments about his article. You may contact him at francior@gvsu.edu



Rob Franciosi



You know

she loves her morning walk,
struggles to take her medicine on
time, and is fiercely independent.
We'll know that, too.



Home Care Services Provided:

- Meal preparation and light housekeeping
- Bathing and dressing
- Medication reminders
- Transportation to errands and appointments

Start home care today.

hwcg.com/grand-rapids

616.975.1980

**Homewatch
CareGivers®**

Sue and Jeff Swain, proprietors



Financial Focus

Watch Out for Financial Scams Related to Virus

By Chad Zagel, JFGR Board Member



Chad Zagel
JFGR Board Member

On one hand, the coronavirus has brought out the best in us. People across the country are pitching in to help others, from providing protective masks to health care workers to holding video chats with confined residents of assisted living homes to simply buying gift cards to support local businesses. On the other hand,

a small number of bad actors are taking advantage of the situation to try to defraud people. How can you guard against these virus-related scams?

For starters, be aware of three common scams connected to the coronavirus:

- *Websites claiming to help and track the pandemic*
Look out for websites that claim to help you work remotely or provide financial resources to the afflicted. These sites may try to trick you into giving up personal information, donate money or load malware onto your computer. Don't trust information technology (IT) "helpdesk" agents you don't know. And check out any obscure organization claiming to help virus victims. You can easily find many legitimate groups that actually work to alleviate suffering, and that deserve your support. To find these reputable organizations, go to an online clearinghouse, such as charitynavigator.org, which rates thousands of groups on their financial health, accountability and transparency.
- *Products claiming to prevent or cure the disease*
When there's a real treatment or vaccination for COVID-19, it will be big news, and you will hear about it. Until then, ignore any claims for pills, potions, prescriptions or other products that promise "miracle" cures. Not only will they waste your money, but, if you click on attachments from "phishing" emails advertising these fake treatments, you could end up supplying crooks with sensitive data, such as your online account

logins, passwords, and credit card and bank account details. You can find a great deal of health information on the virus at the Center for Disease Control website (www.cdc.gov), of course, but if you or your loved ones are feeling ill, please contact a physician.

- *"Risk-free" or "guaranteed" investments*
The coronavirus has caused two separate, but related, areas of stress. The first is the health concern, and the second is the financial/investment component. The enormous volatility of the financial markets has caused much concern among investors, and scammers are seizing the opportunity to offer "risk-free" or "guaranteed" investments "perfect" for this particular time. Again, responding to these types of offers can bring you nothing but trouble. All investments carry risk of one type or another, and they typically don't come with guarantees, although some do offer significant protection of principal. In these turbulent times, your best move is to stick with a long-term investment strategy based on your goals, risk tolerance and time horizon.

Here's one more suggestion: Warn your elderly relatives about the increased potential for scams. The elderly are always the most susceptible to fraud, and now, when they may be more isolated than before, they may well be even more vulnerable. So, make sure you're talking to these loved ones, and urge them not to make any sudden, out-of-the-ordinary financial moves.

Even in normal times, it's regrettable that we have to be on the alert for scam artists – and it's even more unfortunate during a period of national crisis. However, by being reasonably vigilant, and by taking the proper precautions, you can avoid taking on the "collateral damage" that can occur in this environment.

Chad Zagel, AAMS, is a financial advisor with Edward Jones, a University of Michigan graduate, and in his free time, Chad enjoys spending time with his family and volunteering.



Adjusting to Life: Six Thousand Miles Away from my family

by Liat Okanin

Shalom, my name is Liat Okanin. My family and I relocated to Grand Rapids in 2013 as my husband, Assy, accepted a new position in Grand Rapids. My nineteen year old son, Arad, works for the Jewish Federation of Grand Rapids as the Campaign Coordinator and my fifteen year old daughter, Stav, is a freshman at East Grand Rapids High School. I own a spa that specializes in skin care in Saugatuck. I love my job because I get to interact with my clients, and I can't wait to go back to work when social distancing ends.

Moving to the United States was not easy since my extended family, parents, mother-in-law, and siblings, remained in Israel. When the COVID-19 pandemic began, it was very challenging for me to be so far away from the people I am closest to. In Grand Rapids, the fear of catching the virus has changed our daily routines dramatically. These changes include practicing better hygiene, social distancing, absence from school or work, and only leaving the house for essential items like groceries or medications.

In my case, the pandemic has affected me emotionally. I never expected to be separated by such a long distance from my family. I never thought there would be a time when the threat of illness took away my ability to visit Israel. I know there is nothing I can do about the situation but I can't help but wonder if things would be different for my family if I had not moved. This year, we planned a trip to Israel to spend Passover with our family. We had big plans and were very excited that the holiday coincided with spring break. Just like other families, we had to cancel our trip for everyone's safety. Instead of celebrating together by sitting around a big Passover table with thirty family members, we ended up sitting at a small table with my two kids and husband while Facetiming our family in Israel as they celebrated Passover by themselves. It was heartbreaking to see my parents spend the holiday without their children and grandchildren.

You may be wondering how quarantine is different in Israel than America? In Israel, the rules and regulations on quarantine are stricter. In my opinion, this gives citizens more security and a feeling that their safety is being taken very seriously. For example,

Israeli citizens are required to stay within 350 feet from their home and wear a face mask every time they leave their house, even if it's just to walk the dog. During mid-April, there were around 12,000 sick and around 100 deaths, Israel's Population is about 8.5 million, which could be a result of earlier quarantine regulation in comparison to Michigan that has 24,638 confirmed cases, 1,487 deaths and a population of about 10 million.

The most important message that Passover teaches is that the people of Israel will have the freedom to do as they wish. I hope that soon enough we'll all have the freedom to get back to our lives, just like they were before the pandemic.



Liat Okanin

Liat Okanin is the owner of a spa in Saugatuck, Michigan. She is the mother of two awesome kids, Arad and Stav, and enjoys cooking, spending time with friends and traveling the world.



CPA for Seniors
— Rivertown Finance —

"We do more than pay bills & balance checkbooks. We're senior advocates!"



- Skilled CPAs & Senior specialists with the highest code of ethics
- DAILY money management services
- Virtual or in-home service available
- Free or discounted services for low-income seniors

www.CPAforSeniors.com
(616) 528-8128



CHABAD OF WESTERN MICHIGAN

FACEBOOK: @CHABADWM | **PHONE:** 616-957-0770
EMAIL: CHABADWESTERNMICHIGAN@GMAIL.COM

All events are subject to change. Please stay safe and reach out if there is anything we can do for you.

CHECK FACEBOOK @CHABADWM FOR VIRTUAL ZOOM LINKS AND PASSWORDS OR TEXT RIVKA AT 616.206.9654!

The New, Jewish Trivia Game for Adults in Western Michigan!!

It's new, it's fun, it's quick, it will stimulate your mind- and best part is?

YOU ARE COMPETING TOGETHER WITH OUR COMMUNITY AND FRIENDS!

The 7th player to answer correctly will win a FREE bottle of Kosher wine delivered straight to your doorstep!

ARE YOU GAME?

Keep reading.

HOW DOES IT WORK?

Sunday & Wednesday at

7:00PM SHARP you will receive TRIVIA question via text message!

Reply with the number you think is correct. The 7th participant to answer correctly wins!

It is amazing watching our community unite together to play, connect, and learn.

To Join: text "CHABADWM" to 616-207-1218!

JTEXT ~ JEWISH TRIVIA for Teens!

EVERY MONDAY & THURSDAY AT 7:00PM.

Be the 7th to answer correctly and win a \$20 AMAZON GIFT CARD straight to your phone!

Are you a Jewish teen (grades 6-12) in West Michigan and would like to join?

Text "CTEENGR" to 616-207-1218 to be let in on the fun!

Virtual Torah & Tea

For the connection we all need right now.

A Torah Study for Woman with Nechamy Weingarten.

MONDAY EVENINGS ON ZOOM AT 8:00PM

Virtual CKids Club/Mini Chefs:

For Jewish boys & girls, ages 5-11

TUESDAY, APRIL 28TH ON ZOOM AT 4:30PM

Lag B'omer Celebration

TUESDAY, MAY 12TH | 5:00PM

Join us for a Lag B'omer Celebration. Celebrate Jewish

BENGTSON CENTER

A PLACE THAT FEELS LIKE

home

Call to Schedule Your
Cosmetic Consultation
Today!



DAVID ALFONSO, MD, FACS



BRAD BENGTSON, MD, FACS



Bengtson Center
for AESTHETICS & PLASTIC SURGERY



Pride and Unity!
Fun for the whole family!

Virtual CTeen Grand Rapids:

The place for ALL Jewish high school teens!
Part of the Fastest Growing Teen Network in the World!
SUNDAY, MAY 17TH ON ZOOM 2:00PM
CTeen Day - "Loaves of Love"

The Jewish Women's Circle invites you to an evening featuring

The Five Love Languages of Marriage

Gain insights and tips into enhancing your most important relationship by learning about the different love languages featuring renowned speaker **Goldie Plotkin** from Toronto For Men and Women

MONDAY, MAY 18TH | 7:30 PM

For more information or to RSVP Nechamy at nechamy8@gmail.com

Gan Israel Day Camp -Register Today!!

Camp Gan Israel is designed to make your child's summer vacation fun, stimulating and entertaining!

The Camp Gan Israel experience is a unique combination of Jewish pride and fun!

DATES: JUNE 22ND- JULY 10TH 2020

9:00AM - 3:30PM

Kiddy Camp: Ages 3-5 | **Main Division:** Ages 6-10 | **Pre - Teen Division:** Ages 11-12

Gan Yiladim Preschool – Kindergarten

New!! This upcoming 2020/2021 school year - We will be offering full day program option!!

Gan Yiladim is a licensed preschool for Jewish children ages 2-6 open to the entire Jewish community, regardless of background or affiliation.

For over 40 years, Gan Yiladim has been serving the Grand Rapids and nearby Jewish communities, offering a joyful and enriching educational experience to our students while fostering a love for their Jewish heritage.

Gan Yiladim takes the best of both worlds – secular and Judaic – and blends them into a program that is at once rich, fulfilling, and stimulating.

The Gan believes in nurturing children with the SPICES of life - focusing on their Social, Physical, Intellectual, Creative, Emotional and Spiritual development.

Our students are given tools to find expression in art, music, dance and drama. Through teamwork and friendship-building, the children learn skills for life as they explore and play in a loving and nurturing environment, guided by experienced and dedicated staff.



If we resume Shabbat services in May ...

Shabbat Lunch and Pirke Avot

May 2, 9, 16, 23

Following Shabbat services, please join us for a light lunch, prepared by master Israeli caterer Michal Ravid, along with study and conversation about Pirke Avot. Pirke Avot is a tractate of Mishnah presenting a variety of ethical teachings from the first two centuries of the common era.

Note: There will be no early Torah study and abbreviated service in May.

Ahavas Israel Book Group

Our next meeting of the Ahavas Israel Book group will be Monday, May 18, 7:00 p.m. We'll be discussing, "The Last Watchman of Old Cairo" by Michael David Lukas.

A college student receives a mysterious package that ignites a historical investigation that exposes incredible aspects of his family history and its ties to the Ibn Ezra Synagogue in Old Cairo. Winner of the American Library Association's Sophie Brody Award, the National Jewish Book Award, and the Sami Rohr Prize for Jewish Literature.

~The book group will meet in person, if possible; otherwise, we will send out information to connect via zoom.

If we resume services by the end of May ...

The Festival of Shavuot - Thurs. evening, May 28 - Sat., May 30

Mark your calendar for a potluck dinner and a series of Tikkun Leil Shavuot study session, on Thursday, May 28, 6:30 p.m. Sign up for a main dish, a side, or a salad using signup genius here:

<https://www.signupgenius.com/go/30E0A45A9AB2DA31-shavuot>

Shavuot Yom Tov services -

Friday and Saturday, May 29 and 30, 9:30 a.m.
Friday - Torah Reading - "The 10 Commandments"
Saturday - Service includes the Yizkor Memorial service. Also on Saturday we welcome guest Cantor Nina Fine who will lead the service and introduce us to some new melodies.



Cat Finney is changing her hours at the Temple Office. Starting tomorrow she will be in from 2 PM until 3 PM on Mondays, Wednesdays and Fridays. If you are dropping off or picking up, she will be glad to let you in. If you need access to the Temple at a different time, send her a message at Cat@grtemple.org and she will work with you to find a convenient time.

Interfaith and Interwoven is not meeting at the Temple on Tuesdays right now, but they are still working on several community service projects. Current projects include making Ear Savers--tabs with buttons to hook the elastic straps of face masks on to save the ears of medical and other essential workers who wear masks all day and all night. Also they are continuing to create mittens, hats and scarves for children in need at Godfrey Lee Elementary, and for the women of Masjid At Tawheed to distribute to the homeless next winter. The weather may be warming now, but the need will still be great when it turns cold again. Contact Deet Newman at deetnewman@gmail.com

The next Temple Food Bank distribution will be Wednesday, May 20th from 9 AM to 11 AM. Due to the continuing shutdown and the fact schools are closed until September, we expect an increased demand for food. Items for children's lunches such as peanut butter, tuna, Mac n Cheese, breakfast or snack bars, small boxes of raisins would be much appreciated. Your support during these difficult days make a big difference to our clients. Drop off donations at the Temple Monday, Wednesday & Friday between 2 PM and 3 PM, or by appointment with Cat@grtemple.org. Thank you!

Check In and Chat: A chance to connect with each other during these days when we are at home Rabbi Schadick will host a very informal chat every week when our members can check in with him--and each other. Please join us with your news, a joke, questions, or just to see other people on Wednesdays at 3:00 PM.

Join Zoom Meeting at: <https://zoom.us/j/217204839?pwd=MSs4azBaZkFjMVB2ZVdiNDVRdU5OUT09>

Meeting ID: 217 204 839 Password: TECHAT

Shabbat Services: Join us to welcome in Shabbat together on Fridays at 6:00 PM. On Friday, April 24th there will be a special Yom Hashoah observance during our service.

Join the Zoom Meeting: <https://zoom.us/j/795261435?pwd=NW9VSDRJTG9DaGVxS2RURFJqcTJUQT09>

Meeting ID: 795 261 435 Password: Challah18
One tap mobile
+16468769923,,795261435# US (New York)
+13126266799,,795261435# US (Chicago)
To follow along in the prayer book during services you can read the Mishkan T'filah for Shabbat online at: <https://www.ccarnet.org/publications/mishkan-tfilah-for-shabbat/>

Shabbat Morning Torah Study Saturdays at 9:30 AM. Take a look at the weekly Torah portion and related commentary with Rabbi Schadick.

Join Zoom Meeting: <https://zoom.us/j/947929885?pwd=UnZxOEIzQXJQMxNBaE1ISXNOaS81UT09>
Meeting ID: 947 929 885 Password: Parashah
One tap mobile
+16468769923,,947929885# US (New York)
+13126266799,,947929885# US (Chicago)

Temple Emanuel Food Bank

The Mitzvah is called ha'achalat re'veim. It means feeding the hungry. During these unprecedented times battling the Covid-19 virus, there are growing numbers of people in our community that are food insecure. The Temple Emanuel Food Bank provides a box full of groceries once a month to local individuals and local families who are in need.

As the rate of unemployment skyrockets in the short term our client base continues to grow. We humbly ask the members of the greater Grand Rapids Jewish community to assist us in this sacred endeavor. As you count your blessings this Passover season please consider making a donation to the Temple Emanuel Food Bank in honor of or in memory of loved ones or friends.

You can send a check to Temple Emanuel or you can use the following link to donate to Temple's Food Bank:

www.squareup.com/store/temple-emanuel-grand-rapids

Thank you for this Mitzvah!





Thank you for supporting the Grand Rapids Jewish Community

JFGR General Endowment/L’Dor Vador Fund

Julian and Judith Joseph Endowment Fund

Louis & Louise Weiner Fund

Jerry & Judy Subar Endowment Fund

Charles and Maxine Shapiro Endowment Fund

Woman of Valor Endowment Fund

Leven Family Endowment Fund

David & Susan Samrick Youth Scholarship Fund

Lois and Sheldon Kahn Health Help Fund

Donna G. Boorstein Memorial Fund

In honor of Cathy Winick for her invaluable service
to the Federation

From Bill Boorstein

Sam and Jane Kravitz Social Services Fund

Life cycle times, both happy and sad, are traditional times to make donations to Jewish causes. You can make a donation of \$10 or more to the Jewish Federation of Grand Rapids in honor or in memory of members of our community.

We then will acknowledge that donation with a card to that individual or family. This is a wonderful way to send your good wishes and be able to fulfill the mitzvah of tzedakah.

Please be sure to indicate what the occasion is and who is to receive the card. Please specify which of the following funds you would like your donation to be credited to:

Woman of Valor Fund To honor the women in our lives who have made a difference personally, locally or nationally.

Federation General Endowment/L’Dor Vador Fund To help ensure the continued work of the Jewish Federation of Grand Rapids for now and the future.

Julian and Judith Joseph Fund To provide for local programming and events through the Jewish Federation of Grand Rapids.

David and Susan Samrick Youth Scholarship Fund To provide scholarships to Jewish sleep away camps and experiences.

Charles and Maxine Shapiro Fund To help ensure long-term aid to Israel and Jews around the world.

Louis and Louise Weiner Fund To help ensure local programming for seniors in the Grand Rapids Jewish community.

Jerry and Judy Subar Fund To help ensure funding for overseas Jewish communities’ needs.

Leven Family Fund To establish and provide Jewish facilities, and support for cooperative programming among the congregations that support Jewish education for our youth.

Sam and Jane Kravitz Social Services Fund To support Jewish social services in Grand Rapids.

Donna G. Boorstein Memorial Fund To help ensure funding for Jewish arts, culture and history in Greater Grand Rapids.

Lois and Sheldon Kahn Health Help Fund To support health services for Jewish community members not covered by other financial resources.

Make a tribute gift to
Thank, Honor, Memorialize
friends and loved ones.

JFGR Endowment Fund Donation Form

Donation from: Name _____

Fund (pick from list) _____

Donor Address _____

In honor of _____

Donor City/St/Zip _____

In memory of _____

Send card to: Name _____

Notes: _____

Send card to address _____

Send your donation and this form to:

Send card to City/St/Zip _____

2727 Michigan NE, Grand Rapids, MI 49506

The Shofar

A monthly publication issued 12 times a year.

Jewish Federation of Grand Rapids
2727 Michigan NE
Grand Rapids, MI 49506-1240

Send article text to: info@JFGR.org
Phone: 616.942.5553
www.jewishgrandrapids.org
Email: info@JFGR.org

Next Issue's Information Deadline:
May 15, 2020

Non-Profit Org.
U.S. Postage
PAID
Grand Rapids, MI
Permit # 973

ADVERTISE IN THE SHOFAR

The Shofar is delivered to nearly 700 subscribers, 12 times a year. Space is limited.
Place your ad today! Contact Nicole at 616.942.5553 or Nicole@jfgr.org

At the Jewish Federation of Grand Rapids, the health and safety of our employees and community are our number one priority. With cases of coronavirus (COVID-19) now emerging in West Michigan, we remain committed to playing our part in slowing the spread of this virus.

As a result, we have closed our office, and all employees are working remotely. We're confident in our ability to continue our operations without interruption. Please continue to call and email, we are here to serve the community.

Kol Yisrael arevim zeh b'zeh— each of us is responsible for one another. We appreciate your ongoing patience and understanding.

For more information visit www.jewishgrandrapids.org.