



# THE NEW JEWISH VOICE

A PUBLICATION OF UNITED JEWISH FEDERATION

## JFACT Victories in the State Legislature

**BY SHARON LEWIS  
JEWISH COMMUNITY RELATIONS  
COUNCIL DIRECTOR**

United Jewish Federation of Greater Stamford, New Canaan, and Darien and its Jewish Community Relations Council (JCRC) participate in the Jewish Federation Association of CT (JFACT), a consortium of seven Connecticut Federations. JFACT's 2023 legislative agenda advocated for priorities important to the Federations across Connecticut and included organizing an Advocacy Day in Hartford on May 10.

The JCRC is pleased to report that many of its legislative priorities are now included in the state budget. Just before the close of the Legislative Session on June 7, funding for the Curriculum Coordinator for Holocaust and Genocide Studies was included in the budget. This was a very high priority for JFACT, and members of the Stamford delegation advocated for this when they

met with Representative Hubert Delaney during the Advocacy Day In Hartford. After this meeting, Delaney agreed to co-sponsor the bill. JCRC is thankful to him and all of the Federations for helping to push this legislation through.

JFACT had other victories as well. Specifically, in terms of funding for refugees, \$1 million will be sent to JFACT and two other organizations to pay for a variety of services to integrate refugees into our communities. This represents new funding for JFACT and our agencies, which will hopefully yield hundreds of thousands of dollars for our programming. Additionally, \$150,000 is now in the budget for programs to help new immigrants become citizens. This funding will go through JFACT to Jewish Federations, three Jewish Family Service agencies and other organizations across the state. The legislature also approved \$3.25 million for "Migrant Support" which will

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## Prioritizing Security

**BY MICHAEL SHANBROM,  
REGIONAL SECURITY ADVISOR,  
UNITED JEWISH FEDERATION**

For just over a year and a half, I have had the honor of serving as the first Jewish Community Regional Security Advisor for Southern and Western Connecticut, including the catchment area of United Jewish Federation of Stamford, New Canaan and Darien.



Michael Shanbrom

Across America, we have witnessed alarming increases in mass attacks and crimes targeting our Jewish communities. In 2022, there were nearly 1,000 more antisemitic incidents reported in the United States than in 2021 according to the Anti-Defamation League (ADL). In real numbers, the year-over-year increase represents a jump from 2,717 incidents to 3,697. This is the highest number of incidents recorded since the ADL began collecting data in

1979—and the third time a year-end record has been set in the last five years. Incidents of harassment, vandalism, and assault—three major categories the ADL tracks—all also increased individually by more than 25%, with antisemitic vandalism incidents spiking a whopping 51% over the last year. Specific numbers for the State of Connecticut are even worse, with a total increase in the number

of reported statewide incidents up over 100% in 2022 from the year prior.

These threats are very real, and Jewish communities in Southern and Western Connecticut, including the Greater Stamford area, are not immune. There is much more that we can and should do to prepare and help protect one another. That's why it is imperative that we work together to identify threats, make our

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## Celebrating Israel @75 BCHA Marches Down 5th Ave



(Courtesy of Bi-Cultural Hebrew Academy) Approximately 150 Bi-Cultural Hebrew Academy students, parents, faculty, and staff proudly marched up 5th Avenue with thousands of others at the Israel Day Parade on Sunday, June 4, in New York City. (PHOTO CREDIT: PAUL SILVERFARB)



## From UJF's Chief Executive Officer Graduations - Just the beginning!

BY DIANE SLOYER

Graduations bring about mixed feelings--a sadness as a certain period of our lives ends, but also an optimistic look to the next chapter and what the future holds.

My social media feeds are filled with delightful photos of graduations from preschool to college and beyond. These beautiful, smiling faces are our future, and I am excited and hopeful that they will make a lasting impact on the future of our Jewish community.

In the vibrant and close-knit Jewish communities of Stamford, New Canaan and Darien, the importance of our local United Jewish Federation (UJF) cannot be overstated. And just recently, UJF held two graduations of its own - The Kuriansky Teen Tzedakah Corps and The Behrend Institute for Leadership.

The Kuriansky Teen Tzedakah Corps is an annual teen leadership program funded by the generosity of the Kuriansky family. Teens learn the importance of Jewish values and philanthropy. (See page 14). The Behrend Institute for Leadership has just graduated its most recent cohort, training future leaders for all agencies and religious institutions in our community. Both graduating classes are ensuring our Jewish future.

United Jewish Federation is at the forefront of communal initiatives that enrich Jewish identity and foster a love for Jewish heritage. Building a strong future will be our legacy. And this will be accomplished as UJF invests in initiatives like NextGen, PJ Library and its related programs, our Jewish Community Relations Council, our Israel emissary, and all efforts pertaining to the LIFE &

LEGACY initiative.

Our Federation creates spaces for Jews to gather, connect, and celebrate their shared faith and heritage, fostering a strong sense of belonging and pride. These efforts can only continue with your help!



Diane Sloyer, UJF CEO

The power of collective giving lies in its ability to magnify individual contributions, making a profound impact on the growth and vibrancy of our Jewish community. Every dollar donated to UJF is

strategically utilized to support a myriad of initiatives that uplift and sustain Jewish life. It is this collective effort that allows us to tackle challenges, embrace opportunities, and build a brighter future for generations to come.

Philanthropy goes beyond writing a check, but that is important too. It is about understanding the needs of our community and actively engaging with the causes we care about. It is about being knowledgeable about the issues at hand and working together to find sustainable solutions. It is about being compassionate and empathetic...extending a helping hand to those in need.

Every one of us matters. And just like the hope that graduations bring for the future, please know that your involvement and donations can change someone's life! The Jewish value of one Jew helping another Jew, whom they may never meet, is at the core of a gift to United Jewish Federation. Our annual giving opportunities will arrive in your mailbox soon. Please be on the lookout and know that you and your generous support continue to make a valuable difference.

## UJF President's Message Passionate Times

BY MICHAEL SCHLESSINGER

"Passion" seems omnipresent. Whether the advice comes from a graduation keynote speaker or a retirement advisor, we are implored to "find our passion." Charity Navigator suggests passion should drive our philanthropy with the search field tag line: "find and support a charity that aligns with your passions." Yet the word passion is conspicuously absent from Federation's mission and vision statements.



Michael Schlessinger, UJF President

I reflect on passion as the protests in Israel over judicial reform continue. The controversy can be hard for US citizens to grasp, since our checks and balances are largely spelled out in a 235-year-old written constitution. But there is no denying the passion when so many people take to the streets so regularly for so long. It is still difficult to predict the outcome but some firsthand accounts from the front lines have been reassuring to those who fear the worst. The protests have been almost entirely peaceful and many protesters express respect for the counter protesters and vice versa. Despite the most passionate disagreement, activists like Gadi Taub and Anat Naschitz (from the right and left respectively, as featured in a recent *Tablet* magazine webinar entitled *Israel at a Crossroads: A State for Jews or a Jewish State?*) each strives to remember that the passion of the other is ultimately for the sustainable future of the country they both love.

At a recent Federation Board meeting, we discussed a controversial topic. As we went around the table, the hallmarks

of passion - intense enthusiasm, strong emotions, and a deep connection to something or someone - emerged. In the aftermath, many Board members weighed in with me personally. Some worried the topic had been too divisive, while others thought it was precisely the kind of discussion we should be having more often. Like the most responsible advocates on judicial reform, people felt strongly about their opinions, but felt even more strongly about preserving collegiality in search of common ground within our diverse group.

The most central part of our mission at Federation is convening our local community. Given our diversity, with underlying divisions on religious practice, politics and Israel (among other things), the conflict associated with passion cannot and should not be avoided. Avoiding our differences just magnifies them, particularly in the age of social media "outrage" and like-thinking "bubbles." When those differences blow up, whether on the streets of Tel Aviv or in the crucible of a Board meeting, they can seem threatening. It is incumbent on organizations like ours to foster an environment in which we can continue to advocate our strongly held views, without losing sight of the underlying shared values that likely animate them.

Seen in this context, we, at Federation, are not deficient in passion after all. It is just that our overriding focus on convening community tends to redirect and disguise that passion... as a perhaps oxymoronic passion for moderation.

## Correction

The New Jewish Voice sincerely apologizes for incorrectly captioning the photo for the Schoke Jewish Family Service article on **The Importance of Good Home Care** in the June issue. The correct captioning follows to the left of the photo.



Schoke JFS Administrative Assistant Vanessa Butler, Schoke JFS Consultant for Senior Services Joyce Riemer, Schoke JFS Program Assistant Lysa Cannon, and Schoke JFS Director of Senior Services Isrella Knopf.

### CANDLE LIGHTING TIMES

July 7.....	8:11 pm
July 14.....	8:08 pm
July 21.....	8:03 pm
July 28.....	7:57 pm
August 4.....	7:49 pm
August 11.....	7:40 pm
August 18.....	7:31 pm
August 25.....	7:20 pm

### UPCOMING DEADLINES

September 2023 – Rosh Hashanah/Yom Kippur Issue  
Deadline: Monday, August 7, 2023

Email submissions to [sandy@ujf.org](mailto:sandy@ujf.org)

You should receive notification that your submission was received!

## Finding Comfort in Aaron's Place

(Courtesy of UJF) United Jewish Federation of Stamford, New Canaan and Darien, Stamford Health, and the extended Sichel Family dedicated "Aaron's Place: A Kosher Comfort Room" at Stamford Hospital on June 12. The opening of such a room was years in the making, and through the efforts of many, especially family member and Stamford resident Ronnie Sichel, the vision became a reality.

Aaron Zvi Sichel, z"l, died of cancer and while in treatment found comfort and a sense of community around rooms like this in the many hospitals he frequented.

His parents Sarit and Ken, and siblings Ilana and Jared felt creating this

Aaron's place will provide continued comfort to families in need, just like it did for Aaron's family," shared Diane Sloyer, UJF CEO. "After four years and some



Aaron's mother, Sarit Sichel and brother, Jared Sichel in Aaron's Place.



The family of Aaron Sichel, z"l, affixes a mezuzah to the doorway of Aaron's Place.



The entrance to Aaron's place.



UJF leadership, hospital administration and members of the Sichel family gathered for the dedication of Aaron's Place: A Kosher Comfort Room at Stamford Hospital.

space was a fitting tribute to keep his memory alive.

Deborah Fedeli, Director, Patient Centered Services, Rev. ReBecca Sala, Manager of Pastoral Care, and Joe Hines, Acting Director of Facilities, along with an extended group of Stamford Hospital staff, worked tirelessly to bring this project to fruition. In addition, the Hospital has committed one elevator in each elevator bank to be set as a Shabbat elevator each week. President and CEO of Stamford Health, Kathy Silard addressed the group along with UJF CEO Diane Sloyer and members of the Sichel family.

"United Jewish Federation is about community and we are humbled to work with both the extended Sichel family and Stamford Hospital to facilitate this important project. We are confident that

bumps in the road, we stand here today to dedicate the grand opening of Aaron's Place: A Kosher Comfort Room, here at Stamford Hospital. Mazal Tov to all of us! May Aaron's memory be for a blessing and may his legacy live on through this comfort room."

UJF board members, community leaders, hospital administration and extended members of the Sichel family and friends gathered for the dedication and a reception in Aaron's memory. The Sichel family provided the seed money to get this room stocked and up and running. Donations can be made and earmarked for this initiative at [www.ujf.org/aaronspcace](http://www.ujf.org/aaronspcace). Volunteers are needed and can contact [Ronsichel@aol.com](mailto:Ronsichel@aol.com) to learn how they can get involved.

For additional information, contact [Dianesloyer@ujf.org](mailto:Dianesloyer@ujf.org).

## JHSFC Celebrates 40 Years

(Courtesy of Jewish Historical Society of Fairfield County) Save the date for the Jewish Historical Society of Fairfield County's (JHSFC) 40th Anniversary Celebration Gala. The event will take place on Sunday, October 22, 2023 at 5:00 pm at Congregation Agudath Sholom.

The number "40" has great significance in the history of the Jewish people, representing transitions, renewal and beginnings. It holds special meaning this year for the Jewish Historical Society of Fairfield County as the organization marks 40 years of telling the community's stories.

This year's Heritage Awards Guests

of Honor are immediate Past President Elissa Kaplan, Ed.D., and her husband, Lieutenant Colonel David M. Kaplan, US Army, Retired.

The "Lifetime Achievement Award" will be presented to Past President Fred Golove and his wife Sandy Golove, longstanding JHSFC Board Member.

To learn more about JHSFC's 40th Anniversary Gala or to become a sponsor, please contact Sima Broza at [sima@jhsfc-ct.org](mailto:sima@jhsfc-ct.org). To volunteer or visit JHSFC Archives, please visit the JHSFC website at [jhsfc-ct.org](http://jhsfc-ct.org) or email [info@jhsfc-ct.org](mailto:info@jhsfc-ct.org) or call (203) 359-2196.

## Summer Fun with Chabad of Stamford

(Courtesy of Chabad of Stamford) Chabad of Stamford invites the community to take part in their engaging and fun summer activities.

For women, Chabad offers an array of programs during the summer, starting with their JWC (Jewish Women Connected) Summer Soiree on July 11 at 6:30 pm. (See article below.) Next is JWC's Torah and Tea Summer Edition on July 18 at 10:30 am, to be held poolside at a private home in Revonah Woods, where women can engage in meaningful discussions, sip on refreshing tea, and deepen their connection to Torah. On July 25 there will be a women's trip to the Ohel (the gravesite of the Lubavitcher Rebbe) in Queens. Transportation will

be provided, and after visiting the Ohel, enjoy a delicious kosher lunch before returning to Stamford.

Men can join together for the Men's End-of-Year Barbecue on July 13 at 7:15 pm at the home of Rabbi Moshe Shemtov, where they can relax, socialize, and enjoy a fantastic summer evening with the guys.

For children aged six weeks to three years Chabad presents "Tiny Treasures - Got Summer?" The Mommy and Me summer classes are offered on three Fridays - July 7, July 14, and July 21 at 9:30 am. Children will delight in singing, story time, challah baking, and more.

## Annual BBQ and Barachu

(Courtesy of Temple Beth El) The Temple Beth El Annual BBQ and Barachu will be held on Friday, August 25 at 5:00 pm followed by outdoor services on the new outdoor patio under the pergola at 7:00 pm. The kosher BBQ will feature hotdogs,

hamburgers, veggie burgers and salads. Musical guests will join Cantor Katie Kaplan and Rabbi Joshua Hammerman. The community is invited to join in this special free event. Reservations are required. [www.tinyurl.com/BBQ23](http://www.tinyurl.com/BBQ23).

## JWC Summer Soiree

(Courtesy of Chabad of Stamford) Chabad of Stamford invites all women in the community to an enchanting summer garden party at a private residence in Stamford on Tuesday, July 11 at 6:30 pm for its annual JWC (Jewish Women Connected) Summer Soiree. It promises to be an unforgettable evening filled with friends, new connections, delicious cocktails and hors d'oeuvres.

The summer soiree allows women across Stamford to seize the opportunity to unwind with

friends, forge new relationships, and explore the possibilities of personal growth, learning, and connection that the summer holds. Set amidst the picturesque surroundings of a private residence, the event offers a unique outdoor experience.

For further information and registration, please visit Chabad's official website at [www.stamfordchabad.org](http://www.stamfordchabad.org) or reach out to [programs@stamfordchabad.org](mailto:programs@stamfordchabad.org) for additional details.

# Civil Rights Journeys: Two Opportunities to Visit the South

*“For We Were Once Strangers in a Strange Land”*

Members of the Greater Stamford Jewish community will have two opportunities to travel to iconic sights important to the history of the civil rights movement in America, including

the history of Jewish involvement in that struggle, with Etgar 36.

Etgar 36 is an independent, pluralistic, nonpartisan, and nonprofit Jewish educational venture which organizes 36-

day civil rights journeys for teens and also short trips for adults.

The Stamford Jewish Community Center plans to offer a trip in partnership with Etgar 36 in October 2023. United

Jewish Federation of Stamford, New Canaan and Darien has joined with UJA-JCC Greenwich to offer a trip in partnership with Etgar 36 in late January 2024. (See articles below.)



Rosa Parks Memorial, Montgomery, AL

## Civil Rights Journey Planned for January 2024

BY SHARON LEWIS, DIRECTOR, UJF JEWISH COMMUNITY RELATIONS COUNCIL

If you are looking for a meaningful and interesting journey through recent history early next year, join United Jewish Federation of Stamford, New Canaan and Darien (UJF) and UJA-JCC Greenwich on a civil rights journey to Georgia and Alabama in January 2024. This will be a small-group trip staying at 4-star hotels and reservations will be accepted on a first come, first served basis. The group's small size will allow for meaningful interactions at site visits and between participants.

Stamford chair Robert Hoff is excited to lead this meaningful trip along with Greenwich co-chairs Jane Batkin, Joan Mann and Sally Mann. "Visiting places crucial to the civil rights movement should be a 'must see' on every American's list. Like any other historic event, actually being in the place where it happened makes the history come alive," said Hoff.

UJF's Jewish Community Relations Council (JCRC) first began working on this trip just before the pandemic shutdown and

is thrilled that it has been rescheduled for this coming January. The itinerary focuses on sights important to the civil rights and Voting Rights movements of the 1960s and is being planned with the Etgar 36 educational initiative.

The trip begins in Atlanta with visits to Ebenezer Baptist Church and the surrounding area. A tour guide will point out and contextualize the sights as the group travels by bus to Montgomery, home of Rosa Parks and the beginning of the civil rights movement. A stop at the Rosa Parks Museum will educate the group on the Montgomery Bus Boycott.

The group will travel to Selma, the starting point for three pivotal marches in support of African-Americans' right to vote. These marches (the first being called Bloody Sunday) were crucial to the eventual passage of the Voting Rights Act of 1965, signed into law by President Lyndon B. Johnson. The act prohibited racial discrimination in voting, protecting the right to vote for racial minorities in the U.S. The group will visit the Edmund Pettus Bridge, crossed during the Bloody Sunday March, and hear from a

march participant.

In Birmingham, the group will visit the 16<sup>th</sup> Street Baptist Church, a sight which is so much more than a religious institution. In the 1960s, the 16<sup>th</sup> Street Baptist Church became the center of the Children's Crusade where young people gathered to receive instructions in peaceful protest. Because of its centrality to the civil rights movement, the church was targeted by terrorists and bombed on Sunday, September 15, 1963 (just a few weeks after the March on Washington and the famous "I Have A Dream" speech at the Lincoln Memorial). Four young black girls were killed and a fifth was blinded by this attack. The bombing of this church shifted the mindset of Americans and led to the signing of the 1964 Civil Rights Act by President Johnson.

The cost of the trip will be \$1,850 per person for single occupant and \$1,500 for double occupancy, which includes hotels, breakfasts, lunches, luxury bus, admission fees, guide, and tips. Airfare is not included. If you are interested, please contact Sharon Lewis, JCRC Director, at [slewis@ujf.org](mailto:slewis@ujf.org).

### THE NEW JEWISH VOICE

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## A Civil Rights Trip with the Stamford JCC

(Courtesy of JCC) Civil rights is not an issue that only impacted a specific people in the 1950s and 60s but is an ongoing relevant issue today and being fought for by diverse groups of people. It is an issue that transcends cultures and ethnicities, religion, race, sexual orientation and identity. It has played a significant role in Jewish heritage, and historically Jews have been at the forefront of social justice initiatives.

Community members drawn to this issue and looking to carry the gauntlet of social justice forward can join the Stamford JCC this

October for a civil rights trip where travelers will be further educated, become inspired, and empowered to make a difference. On this three-day trip, participants will meet with and hear firsthand accounts from Reverends who worked and strategized with Rev. Dr. Martin Luther King Jr. as well as people who participated in the march from Selma to Montgomery. Included is a visit to the Equal Justice Initiative to learn how the legacy of the inequities of the past pervade the social systems of today. The group will discuss Jewish involvement in the Movement and how the

fight for civil rights is a shared legacy.

The Stamford JCC is partnering with Etgar 36 who will be guiding the tour. Etgar 36 is an independent, pluralistic, nonpartisan, and non-profit Jewish educational organization.

The proposed dates are Thursday, October 12 - Sunday, October 15 or Sunday, October 15 - Tuesday, October 17. The full itinerary and cost can be found at [www.stamfordjcc.org/JSAC](http://www.stamfordjcc.org/JSAC). If you are interested, please contact Joy Katz at [joyakatz@yahoo.com](mailto:joyakatz@yahoo.com) with the dates that work best for you.

## Twilight Zone and Torah

(Courtesy of Chabad of Stamford) Back by popular demand, Congregation Agudath Sholom (CAS) presents a four-week "Twilight Zone and Torah" series on Monday evenings, July 3, 10, 17 and 31 at 7:00 pm at the synagogue,

301 Strawberry Hill Avenue.

Whether new to the Twilight Zone or a long time fan, come watch an episode of the Twilight Zone, chosen from a selection of the years that it ran. The showing will be followed by a lively discussion led by Rabbi

Moshe Kurtz, assistant rabbi at CAS, on some of the ethical/moral/religious themes found in the programs. Free popcorn and soft drinks will be provided to all. Special thanks to Toby Schaffer and Eytan Sosnovich for organizing this event.



## BCHA Upper School Commencement

(Courtesy of Bi-Cultural Hebrew Academy) Bi-Cultural Hebrew Academy Upper School graduates pose with Upper School principal Rabbi Shimmy Trencher at Commencement Exercises on June 5. (PHOTO CREDIT: PAUL SILVERFARB)



## Moving Up Day

(Courtesy of JCC) On Thursday, June 1, The JCC Preschool at Greenwich Reform Synagogue held its first-ever Moving Up Day Ceremony. (PHOTO CREDIT: FRANCISCO COSTA AND HALEY BLAU).



## BCCHA Eighth Grade Graduation

(Courtesy of Bi-Cultural Hebrew Academy) Bi-Cultural Hebrew Academy Middle School principal David Giver speaks during the 8th Grade Moving Up Ceremony on June 8. (PHOTO CREDIT: PAUL SILVERFARB)



## Graduation Day at Gan Yeladim

(Courtesy of Chabad of Stamford) Gan Yeladim commemorated the graduation of their Pre-K class on June 7, marking the culmination of their years of growth and progress at Gan.



## Moving Up Day at the JCC

(Courtesy of JCC) From tiny steps to big dreams, The JCC Sara Walker Nursery School celebrated their Moving Up Day Ceremony with boundless joy and endless possibilities! (PHOTO CREDIT: FRANCISCO COSTA AND HALEY BLAU).



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[mozaicconciergeliving.org](http://mozaicconciergeliving.org)



## NextGen Talks Israel in “Weekday Wine Down”

BY MELANIE VORM

The NextGen community came together for the second in its inaugural series of “Weekday Wine Down” last month with an intimate gathering held at the private home of Shushannah and Ari Yasgur in Stamford.

The recently launched series aims to discuss meaningful topics amongst friends over wine and cheese, and featured Stephanie Hausner, chief operating officer of the Conference of Presidents of Major American Jewish Organizations, as its second guest speaker.

Hausner discussed Israel’s relations with the US, anti-BDS, and anti-Zionism, and explained that while some steps towards countering national antisemitism are underway, such as the White House’s new 60-page document entitled “*The U.S. National Strategy to Counter Antisemitism*”, more needs to be done as a community.

She emphasized the need for individuals such as NextGen to forge relationships with friends and foe, and

educate them on the positives of Israel and its culture.

“It’s up to us as Jews to be the educators. Oftentimes people have a very narrow view of Israel from what they see on TV, and it’s down to us to connect with them to help them understand what Israel’s really all about,” Hausner said.

Hostess of the evening Shushannah Walshe Yasgur also expressed her thoughts on the “Weekday Wine Down,” “It’s not always easy to understand the current and often-complex relationship between Israel and the US, but Stephanie did so in an easy and compelling way that sparked great conversations amongst us all.

“It was also fun to get together with old friends and new to discuss this critical issue and hear about Israel from an expert, and we were thrilled to host,” said Yasgur.

NextGen’s next “Weekday Wine Down” is planned for Wednesday, September 20, and will be on the topic of Mindfulness. Until then, mark your calendars for NextGen’s family-friendly summer hike and picnic on Sunday, July 31.



NextGen community discusses Israel over wine and cheese with Stephanie Hausner.

## Young Israel Celebrates Youth

(Courtesy of Young Israel of Stamford) On June 1, Young Israel of Stamford held its annual youth fundraiser. The outdoor comedy night featured comedian Talia Reese, specialty cocktails by Mixcraft Mixology and decadent desserts from Beldotti’s Bakery. Local aspiring comedians, Jeff Mosenkins and Elliot Safar, warmed up the crowd.

The event included a raffle with prizes such as a week-long meal train, dinner and babysitting, and an array of desserts for third prize. The raffle, giving tree, and the event itself accounts for much of the funding for Young Israel’s youth programming, which is free and open to the community.

The Young Israel Youth Department has been transformed this year by Ro Wexler. Attendance at weekly Shabbat groups has more than tripled. Every week, groups do an edible craft, Parsha review, *tefillah* (prayer), games, and more. “Mitzvah mile” rewards are given for *tefillah* and *Middot Tovot* (positive character traits), which can be traded in at the end of groups for prizes. A large number of teen youth leaders volunteer to work every Shabbat, and new teen volunteers are signing up as well. The pilot teen *Shabbat Mevarchim Oneg* (celebrating the new month) has been a huge success, growing each time. Youth and teen event programming has had high attendance and success as well.

## Friendship Day Draws a Crowd

(Courtesy of Friendship Circle) Sunday, May 21 was a bright and sunny day. Over 500 friends and participants of Friendship Circle of Fairfield County came out to Westhill High School to support the organization’s biggest fundraiser of the year. At the time of this article over \$111,000 had been raised.

Adult volunteers helped to run the bumper-ball station, as well as face-painting, carnival games and sports.

Crowd favorite “Inventor Mentor” returned once again with his variety of live science experiments. “Critter Caravan,” beloved at both Children and Adult Circles



The Friendship Walk begins.

This is a new record for Friendship Day!

The day’s festivities bookended the traditional walk around the track, with the starting line marked by a red ribbon-cutting ceremony under the Friendship Circle arch. Both before and after the walk, families and friends enjoyed a wide variety of entertainment, as well as lunch catered by Kivi Attar from Kosher World. Many of the activities were run by Friendship Circle volunteers.

Participants were greeted by firemen offering tours of a firetruck, with the opportunity to sit in the cab. Teen volunteers enjoyed the fun day out with their special friends, participating in the different events together. Some teens even sat in the dunk

during the year, came for the afternoon, and puppies put on a show and were available for cuddling as well. Everyone was able to learn their Hebrew birthday and decorate a cupcake, and “superhero laser tag” was open to all.

Friendship Circle Director Malya Shmotkin said, “What an uplifting and exciting day! It was amazing to meet so many of the new families that have moved to Stamford and are supporting the Friendship Circle community. I was deeply touched to see some of our teen alumni at the event, now volunteering as adults. It is so beautiful to see our Circle grow and flourish as we continue to expand our mission of inclusion.”

To learn more about the Friendship Circle and how you can become involved, please contact Director Malya Shmotkin at [malya@friendshipct.com](mailto:malya@friendshipct.com)



Firefighter Melchionno poses with David Aryeh and Mihal Spitzer and their children.



Dovi Zucker walks the track with Jared Casden.



Guests enjoy Young Israel’s comedy night.

# Community Women Mix Fun and Philanthropy

(Courtesy of Nancy Schulaman) More than 100 community women recently celebrated the season at United Jewish Federation's (UJF) Women's Philanthropy's annual Spring Dinner, a highly anticipated evening every year.

This year's event, which was held at Temple Beth El, featured guest speaker Lisa Barr, a New York Times bestselling author of *Woman on Fire*, *The Unbreakables* and the historical thriller *Fugitive Colors*. Guests enjoyed learning about Barr's

personal life and professional background, along with her significant interest in the artwork stolen from Jews in World War II, which is highlighted in many of her books.

This beautiful evening, created by a

wonderful event committee, was complete with a buffet catered by W Kosher events, a silent auction, musical entertainment by Elizabeth Swan, and festive decor by Aviva Maller, who was also the event photographer.



UJF Staff: Taly Farber, Sharon Lewis, Hildy Parks, Diane Sloyer, Lenore Fogel, and Wendell Maxey.



Sheila Schlier wins a prize.



Audrey Waldstreicher, Stacy Mintz, Ivy Schildkraut, Dinah Miller-Marlowe, Rhonda Schaffer-Maron, Karen Berk, and Shara Israel.



Monica Smyth introduces guest speaker Lisa Barr.



Cheryl Bader Goldblum and Alix Field-Eben.



Audrey Waldstreicher with her daughter-in-law Sandi Waldstreicher.



Fran Ginsburg and Meryl Gordon.



Stacy Ferber, Claudia Kraut and Eileen Springer.



Jessie Brand and Rachel Waldstreicher.



Attendees in the festively decorated room listen to author Lisa Barr.



Nancy Schulman and Heidi Ganz.



Trisha Hoff and Jen Rosenfeld.



Diane Cohen and Renee Manger.



Stephanie Bilenker, Amanda Shapiro and her daughter Madeline Shapiro.



A family gathering: Liat Greif, Rhonda Greif, Heather Greif, and Tal Hamami.



Marsha Shendell and Phyllis Heller.



Nancy Fahey and Terry Bernard.



Linda Spilka and Kayla Hanna.



Diane Sloyer, Marlyn Agatstein, Caryl Ferber Poser, Ariel Poser, Nancy Mimoun, Jill Kaplan, Stacy Ferber, and Cathy Satz.



Robin Madan wins a prize.



Melanie Vorm, Jessie Brand, Robin Fischel, Alex Olsen, and Leah Shemtov.

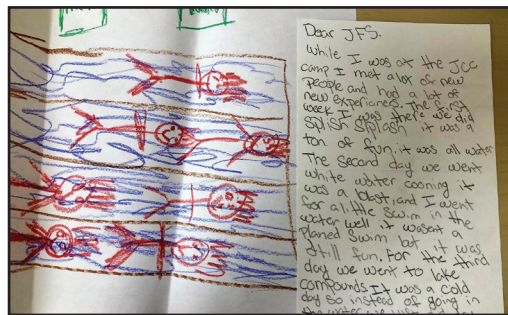


Guest speaker and author Lisa Barr (second from left) with Lori Ratner, Nancy Mimoun, and Gayle Rothman.

(ALL PHOTO CREDIT: AVIVA MALLER PHOTOGRAPHY)

## Camp Thank You

(Courtesy of Schoke JFS) Schoke Jewish JFS was thrilled to send 40 children to Jewish camp this summer. The Joan and Ben Zinbarg – Schoke Jewish Family Service Camp Scholarship Fund is supported by the Zinbarg Family, United Jewish Federation of Stamford, New Canaan and Darien, the Jewish Federation of Greater Fairfield County, and generous donors.



A happy camper!

## UConn Hillel Celebrates Year

(Courtesy of UConn Hillel) UConn Hillel completed a successful year of programming, engagement, learning and connection.



UConn Homecoming football game

Nearly 800 students participated in a Hillel program, the highest engagement numbers ever! Students were able to experience and learn about Israel through meaningful programming initiated by Hillel's Jewish Agency Israel Fellow. They also participated in popular Israel cooking classes, the Israel Learning Fellowship

and Israel Fest. In addition, they had opportunities to travel to Israel through Birthright and the first ever Maccabee Task Force Israel Discovery interfaith trip.

In connecting students to their Jewish roots, UConn Hillel offered the return of the popular Jewish Learning Fellowship which engaged students in exploring Judaism's "Big Questions" in a dynamic setting.

Student-led Shabbat services and themed Shabbat dinners were also very popular, with between 50-80 students participating each week. UConn Hillel is already looking ahead to the 2023/2024 academic year with plans for the High Holidays, the FYSH (First Year Students of Hillel) initiative, alumni mentoring and networking programs, and new learning cohorts. More information about Hillel programs is at [UConnhillel.org](http://UConnhillel.org).

## Farmers Market at Gan Yeladim

(Courtesy of Chabad of Stamford) The pre-Shavuot "farmers market" organized by Gan Yeladim was a tremendous success this year. Rooms *Chet* and *Tet* were bustling with activity as they showcased and sold a variety of flowers and produce generously donated by local stores. In addition to the fresh offerings, delicious muffins and cookies were baked, and refreshing iced tea and lemonade were prepared with care. The market also featured adorable handmade trinkets for sale.

The highlight of this event was not only the joy it brought to the attendees but also the noble cause it supported. All the proceeds from the market were dedicated to Chabad of Stamford's Loaves of Love project. Every purchase made contributed towards enhancing the Shabbat experience of many individuals and families in the community.



(l-r) Audrey Speter is helped by her daughter, Amira, as well as Eli Adelman, Noa Ariyeh, Hudson Schlissel and Rahm Soffer, at Gan's Farmers Market.

The Gan Yeladim farmer's market truly embodied the spirit of community, celebrating the upcoming Shavuot holiday while fostering a sense of unity and giving back.

## An Evening with Schoke JFS

(Courtesy of Schoke JFS) Schoke Jewish Family Service held its annual gala, An Evening with Schoke JFS: Feeding the Community, on May 21. Warmest thanks and appreciation to all the donors, sponsors, event committee, volunteers, board members, and staff who made the evening a tremendous success.

Once again, Schoke JFS congratulates Mimi Cohen and Rhoda and Avi

Freedberg, the 43rd Annual Mitzvah Award recipients, United Jewish Federation of Stamford, New Canaan, and Darien and Jewish Federation of Greater Fairfield County, the Community Service Award recipients, and the Mitzvah Match families including the Bradley, Fischel, Gradman, Katz, Sperber, Speter, Tobin, Yasgur, and Zizmor families, the Volunteer of the Year Award recipients.



Avram and Rhoda Freedberg, 43rd Annual Mitzvah Award recipients, pose with their children and grandchildren. (l-r) Tamar Prager, Hanan, Arielle Freedberg, Jozy, Avram and Rhoda Freedberg, and Jonathan and Maren Freedberg.



Mimi Cohen (center), 43rd Annual Mitzvah Award recipient, with her daughter and son-in-law, Josh and Rena Kopelman.



Connie Freeman and Jillian Klaff, An Evening with Schoke JFS Co-chairs.

(PHOTO CREDIT: AVIVA MALLER PHOTOGRAPHY)

## Rose Rosner Award Presented

(Courtesy of Temple Beth El) On Saturday, May 13, at Sisterhood Shabbat, Eileen Rosner was presented with the Rose Rosner Award.

Eileen, like her mother, has made significant contributions to the work of Sisterhood and to the synagogue overall. She has held many pivotal leadership roles and continues to do so.



Juli Harris, Sisterhood board member, Eileen Rosner, award recipient, and Karen Resnick, Sisterhood past president.

Rose Rosner, z'l, was an active member of Temple Beth El (TBE) and its Sisterhood since joining the synagogue in 1949. She served as Sisterhood treasurer, ran the Sisterhood Gift Shop for many years, assisted with countless onegs and kiddushes, and worked as choir mother when her daughters Eileen and Joyce became members of the Junior Choir. The Rose Rosner award was created in 1988 by Sisterhood in Rose's memory to recognize women who have served Sisterhood and TBE over a long period of time.

As a Past President of TBE, Eileen is currently on the Executive Committee of the Board of Trustees as an advisor. She previously chaired the Ritual Committee, has chaired the Cantor's Concert Committee since 2013, and has served on the Sisterhood Board, Garden Committee, High Holy Days Committee, Board of Education, and the Fundraising Committee. In honor of her father, Frank Rosner, z'l, Eileen organizes the daily *minyans*.

In the community, Eileen has served as the president of the Friends of The Ferguson Library (running the Literary Competition for several years) and has been a member of the executive committees or boards of the Jewish Historical Society of Fairfield County, the Stamford Historical Society, the Beth El Cemetery Association and the Ballet School of Stamford. She also enjoys being a part of the New World Chorus. She presently serves as the Executive Director of the Beth El Cemetery Association.

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# Celebrating LIFE & LEGACY

In mid-June, the Greater Stamford, New Canaan, and Darien community celebrated the successful completion of United Jewish Federation and the Harold Grinspoon Foundation's LIFE & LEGACY program.

LIFE & LEGACY assists communities across North America, through partnerships with Jewish Federations and Foundations, to promote after-lifetime giving to build endowments that will provide financial stability to Jewish day schools, synagogues, social service organizations, and other Jewish entities. Through training, support and monetary incentives, this 4-year partnership

program motivates Jewish organizations to secure legacy gifts, steward donors, and integrate legacy giving into the philanthropic culture of the Jewish community.

"It is by design and brilliance that the visionary mind of Harold Grinspoon works with local individual Federations across North America to fund, coordinate and host the LIFE & LEGACY initiative. The program is about community convening, community building and sustaining the community... at its core," said Diane Sloyer, UJF CEO.

The evening was chaired by Connie and Alan Freeman and Beverly and David

Stein. Over 130 community members were entertained by comedian Joel Chasnoff. This annual gathering is a thank you event for those leaving a legacy gift to the community through this innovative program.

In just three short years, the collective community has \$14,577,801 in legacy commitments, 521 Letters of Intent, 191 of these Letters of Intent have been formalized, and \$358,800 has already been realized.

LIFE & LEGACY is designed for everyone. It's a way to commit to securing a strong Jewish future for the next generation and beyond.

(ALL PHOTO CREDITS AVIVA MALLER PHOTOGRAPHY)





## Bits & Pieces



**BY SANDY GOLOVE**  
To submit information to Bits and Pieces, call (203) 912-9945 or email [sandy@ujf.org](mailto:sandy@ujf.org).

Sandy Golove

### MAZEL TOV TO GROWING FAMILIES:

**Adrienne & Michael Alexander** on the birth of a granddaughter, Ayelet Rachel.  
**Rachel Chao & Nick Hyman** on the birth of a daughter, Luna Sylvie; and to grandparents **Elissa & James Hyman**.  
**Chanie & Rabbi Yossi Kamman** on the birth of a son.  
**Elisheva & Matthew Lempel** on the birth of a daughter.  
**Caroline Marciano & Mark Svartz** on the birth of a daughter, Madeline Harper Svartz.  
**Michelle Michelson Ordway & Matthew Ordway** on the birth of a daughter, Ayla Rose Ordway; and to grandparents **Laura & Harry George**.  
**Tina and Yossi Notik** on the birth of a daughter, and to grandparents **Judy & Nick Contente, Leah & Mendel & Notik and Leah & David Yaniv**.  
**Molly & Adam Rafalowicz** on the birth of a son, Jack Nelson Rafalowicz; and to grandparents **Karen & Joseph Rafalowicz, Howard Schrag, Jonah Schrag & Valerie Warmflash**.  
**Shira & Yoni Schwartz** on the birth of a son.  
**Tzivy & Seth Steinmetz** on the birth of a daughter, Sarah Claire Steinmetz; and to grandparents **Liba & Steven Steinmetz**.

### MAZEL TOV ON ENGAGEMENTS/ MARRIAGES:

**Lynne & Steven Frenkel** on the marriage of their son, **Jared Frenkel** to **Meora Bitton**  
**Shara & Rabbi David Israel** on the engagement of their son **Yoni Israel** to **Shoshana Rosenzweig**, daughter of **Stacey & Kenneth Rosenzweig**.  
**Monica & Eric Jankelovits** on the engagement of their daughter, **Lauren Jankelovits** to **Kevin George**.

**Liz & Scott Krowitz** on the engagement of their son, **Zachary Krowitz** to **Sydney Cohn**.

**Deborah & Neil Metviner** on the marriage of their son, **Aaron** to **Amanda Mondre**, daughter of **Mila & Steven Mondre**.

**Doreen & Howard Nusbaum** on the marriage of their daughter, **Leah Nusbaum** to **Asher Mandel**, son of **Lynn & Ed Mandel**.

### MAZEL TOV B'NAI MITZVAH:

**Elan Bernstein**: son of **Heidi & Evan Bernstein**.

**Sophie Hager**: daughter of **Rachel & Jeremy Hager**.

### WE MOURN THE LOSS OF:

**Rita Auman**: mother of **Rabbi Kenneth Auman**, former Rabbi of Young Israel of Stamford.

**Gary Block**: brother of **Myles Block**.

**Rae Cohen**: mother of **Jeff Cohen**.

**Charles "Chuck" Donen**: husband of **Ellen Donen** and father of **Steven Donen** and **Cindy Goldstein**.

**Heidi Steinberg D'Acosta**: aunt of **Michael Bernstein**.

**Ben Evans**: husband of **Bobbe Evans**.

**Lionel Fisch**: husband of **Ruth Fisch** and father of **Judy Goldstein, Joseph Fisch, Charles Fisch** and **Carol Handelman**.

**Larry Horowitz**: brother of **Belle Horowitz**.

**Vivian Miller**: mother of **Arthur Miller, Glenn Miller, Laura Lewis** and **Barbara Mileikowsky**.

**Sari Pearson**: mother of **Richard Pearson, Jerold Pearson** and **Clifford Pearson**; and sister of **Rita Gold**.

**Rhoda Pearlman**: mother of **Susan Foster, Joe Pearlman** and **Karen Shapiro**.

**Chana Roskam**: sister of **Izzy Lustig**.

**Joan Blum Rubenstein**: mother of **Patti Rubenstein Becker**.

**Fran Schwartz**: mother of **Gregg Schwartz**.

**Robert Zagoria**: brother of **Helene Vinnick**.

Crimes Advisory Council, but JFACT secured the money.

JFACT lobbied for Senate Bill 970 which requires a domestic terrorism prevention plan in local emergency operations plans for every town in Connecticut. This is important legislation because we have seen the threat that domestic terrorists specifically pose to the Jewish community, and all communities in general.

JFACT also successfully lobbied the Labor Committee to study the issue of equitable holidays. It is hoped that these meetings

will lead to allowing state employees to have two floating holidays. JFACT has already accepted the invitation to join the study committee along with the Department of Administrative Services, State Employee

Unions, legislators, and other organizations.

Also, thanks to JFACT's lobbying efforts, the state budget now includes \$15,000 for the Freedberg Kosher Food Pantry at Schoke Jewish Family Service of Fairfield County.

### Rose Rosner Award Presented to Eileen Rosner

CONTINUED FROM PAGE 8

In 2011, Eileen was honored by the Volunteer Center as the Outstanding Senior Volunteer. In 2013 she was the honoree for the Temple Beth El Cantor's Concert and

was also honored by the Ballet School of Stamford for her dedication to its students and the Stamford community.

It is evident that Eileen is indeed a most worthy recipient of the Rose Rosner Award.

## A Message from UJF's Community Shaliach One Last Trip with BCHA Seniors

BY YOAV YARON

As we move from spring to summer, this is the season for transitions. Usually during this time of year in Israel, many people explore their options by moving in and out of new places. It is as if the warm weather wakes us up from our comfortable slumber and pushes us to go and search for brand new spaces and adventures. It's one of the first thoughts that came to mind as I had the privilege to be part of Bi-Cultural Hebrew Academy High School senior's graduation trip to Lake George, New York for three days.

The time together provided a reunion of sorts, as I met the students initially a few months ago when we began preparing for an unforgettable trip to Israel, where I was privileged to meet and know such a wonderful group of young adults. When Rabbi Trencher asked me to join their trip to Lake George, I was thrilled. From



Yoav Yaron

spending time on the water to our insightful conversations in the countryside, it was a great opportunity to spend time with one another, travel, and hear all about their plans (including my promises to visit some of them in Israel next year) for this summer and their futures.

I learned so much from these BCHA students, about new musicians, their views of Israel, American politics, excitement, and concerns for next year, and much more.

It was a fun and fantastic experience and one I won't soon forget. I not only saw firsthand their own personal growth but I also saw the world from their eyes. We are lucky to have this amazing group of young adults as the next generation of our communities. They will keep questioning, challenging, and pushing us to become much more. *Derech Tzlecha* (דרך צלחה - Godspeed) to all of the newly graduated!

## The Hebrew Corner

### A Monthly Primer by Robert Abrams, UJF Education Committee Chair

We know how good we feel when we can understand something quickly and apply and integrate that understanding. But what do we do when the idea or understanding seems beyond our reach or distant? We research. We inquire. We investigate.



Robert Abrams

The Hebrew word for "far" is "Rah-CHohK". It is a word that is used for actual distance when something is located far from us, but it can also be used for something difficult to grasp or understand. The root letters of this word are Raysh, Chet, and Kuf. So, the notion of something that appears beyond our ken is also considered Rah-CHohK.

Now, though, we're going to change the order of the root letters of "Rah-CHohK", and have the letter Raysh move to the last position instead of it being first. The letters are now in the order of CHet, Kuf, and Raysh. "CHah-KayR" in Hebrew means to investigate,

to make an inquiry, to search for something. So, by simply altering the order of the same root letters of the word for far/Rah-CHohK, we can now investigate a previously distant notion and seek to understand an idea. And we use this word not only to search for the meaning of an idea or in an experiment, but we also use it to investigate ourselves, our souls, and our intentions.

### JFACT Victories in the State Legislature

CONTINUED FROM PAGE 1

provide a wide array of services for individuals potentially coming from the southern border. There is a chance our agencies could see some of this funding as well.

JFACT has also prioritized a Hate Crimes database and advocated for and helped to secure \$150,000 in funding to the Institute for Municipal and Regional Policy at UConn. The Institute will develop a hate crimes database. This request was made on behalf of the Hate

# Holiday Preparation Starts 90 Days in Advance

(Courtesy of Schoke JFS) The fireworks for Fourth of July celebrations haven't even started yet, and Schoke Jewish Family Service is already stocking grape juice and honey in preparation of Rosh Hashanah and the fall festivals.

Each fall, the Freedberg Family Kosher Food Pantry provides over 450 households with kosher food for the Jewish holidays. This includes thousands of pounds of grocery items, 450 dozen eggs, and over 500 prepared individual meals. And new this year, the Kosher Mobile Food Pantry will be on the road distributing food for the holidays. To make this possible, planning begins at least 90 days before Rosh Hashanah.

Here's how it happens. In June, Schoke JFS identifies clients who need food assistance to celebrate the holidays. Schoke JFS identifies community partners and vendors who will help to collect, donate, and provide holiday-specific food items. Throughout July, Schoke

JFS is busy - collecting food, stocking the pantry, and taking an inventory - making sure there is enough for every client.



Jen Bernstein, Schoke JFS Director of Senior Services, and Sharon Lewis, UJF Jewish Community Relations Council Director, with Rosh Hashanah pantry bags.

By mid-August, Schoke JFS opens the doors of the Freedberg Family Kosher Food

Pantry and the Kosher Mobile Food Pantry to clients. To be sure they meet each client's needs, all the holiday items need to be fully stocked by then.

To provide for all of the families who will rely on Schoke JFS, the agency needs over 400 bottles of honey, 500 packages of kosher chicken, 450 dozen eggs, 400 bottles of grape juice, hundreds of apples, and many other holiday items by August 15.

From July 15 to August 15, Schoke JFS will be collecting food for Rosh Hashanah. There are three ways you can help!

1. Drop off items any time between 9:00 and 4:00 pm at 196 Greyrock Place.

2. Help stock the shelves and shop the Schoke JFS Virtual Grocery Store: [www.ctjfs.org/virtualgrocerystore/](http://www.ctjfs.org/virtualgrocerystore/)
3. To make special arrangements for a donation email Jen Bernstein at [jbernstein@ctjfs.org](mailto:jbernstein@ctjfs.org).

Schoke JFS will deliver holiday packages to homebound clients between September 7 and September 15. On Sunday, September 10 and Wednesday, September 13 there will be Mobile Food Pantry distributions in Norwalk, Bridgeport and Stamford. To volunteer and make deliveries, email Elizabeth Hinds at [ehinds@ctjfs.org](mailto:ehinds@ctjfs.org) or sign up at [www.ctjfs.org/volunteer](http://www.ctjfs.org/volunteer).

Their work doesn't end there. By September 1, Schoke JFS begins the same 90-day cycle so clients will have what they need for Thanksgiving and Hanukkah. Schoke JFS is grateful for the community's support in helping to ensure everyone can get what they need to celebrate many different holidays.

# TBE Presents Tikkun Olam and Volunteer Awards

(Courtesy of Temple Beth El) At the recent Temple Beth El (TBE) Annual Meeting, the Fred Weisman Memorial Tikkun Olam award was presented to Sharon and Jeff Turshen, and the Volunteer of the Year award was presented to Stan Friedman.



Stan Friedman

Sharon and Jeff received the Fred Weisman Tikkun Olam award from Joan Weisman, the wife of Fred Weisman, z'l. Fred Weisman, z'l, husband, father, grandfather and community leader, believed that the purpose of life was to live a life of purpose, and he did by devoting himself to making the world a better place. The Fred Weisman Memorial Tikkun Olam Award represents what one can do to repair the world and pay it forward, just as this year's honorees Sharon and Jeff Turshen do.

Sharon and Jeff have been TBE members

since 1989. Jeff earned his undergraduate General Engineering degree from The Johns Hopkins University, and a master's degree in systems Engineering and a Ph. D. in Biomedical Engineering from the University of Virginia. He worked in a variety of public, corporate, and academic positions and, prior to his retirement, Jeff was an independent math tutor working with many children from TBE. Sharon received her undergraduate degree from Ohio State University in special education and regular education, and a master's degree from the University of Virginia in educational administration/supervision. She worked as a special education teacher, and administrator of special education and student support.

Their many volunteer activities have included joining other TBE members serving

Christmas meals at the New Covenant Center. They are also proud to be on Eileen Rosner's short list for "volunteers" when she needs help with mailings, serving food, or set-up/clean-up of events.

In addition, Jeff coached over 24 seasons of youth sports, and served on the Board of the Hycliff Neighborhood Association for 10 years. Jeff joined the TBE Board of Trustees in 2020 and has been active on the Fundraising Committee. He also currently serves on the Rabbinical Search Advisory Committee.

Sharon served as co-chair of Merkaz (former Hebrew High School) and as a Westhill Band Parent. She is the TBE liaison for the Schoke JFS Passover Food Drive and coordinated TBE's High Holiday Food Drive for the last three years. She currently serves on the Cantor's Concert Committee.

The Volunteer of the Year award was

presented to Stan Friedman. Stan serves in every area of TBE. He is Chair of the Marketing and Communications Committee, a member of the Technology Committee, and serves as an advisor to the president. This year he did the lion's share of the work in preparing two congregational surveys, and is now doing all of the planning for the Focus Groups as part of the Rabbinical Search Committee.

Scott Krowitz, President of TBE stated, "It is with immense pleasure and gratitude that we honor Stan Friedman as our Volunteer of the Year. Volunteering is not just about giving our time and resources; it is about leaving a lasting legacy for generations to come. It is about embracing the needs of others and extending a helping hand without expecting anything in return. That is Stan Friedman."



(l-r) Joan Weisman, Sharon Turshen, Jeff Turshen and Scott Krowitz, Temple Beth El President



## Let's talk about film

Join UJF Shaliach Yoav Yaron in exploring Israeli films from Ma'aleh Film School in Jerusalem

**DATES: JULY 17 | JULY 24 | JULY 31**

**1 PM - 2 PM**

**TEMPLE BETH EL**  
350 ROXBURY ROAD STAMFORD

**RSVP: WWW.UJF.ORG/SUMMERFILMS**

**FOR MORE INFORMATION: YOAV@UJF.ORG**



## UJF Invests in the Future

(Courtesy of UJF) In June, the 2022-2023 cohort of the Kuriansky Teen Tzedakah Corps wrapped up another successful year with a presentation by teens and a graduation ceremony at Restaurant Six Thirteen in Stamford. Each teen received a certificate of achievement, presented to them individually by Jonathan Fass, Director of the Kuriansky Teen Tzedakah Program, and Dinah Miller-Marlowe, United Jewish Federation board member and past director of UJF's Teen Tzedakah Program.

"The Kuriansky Teen Tzedakah Corps has been an annual integral part of United Jewish Federation's (UJF) programming for over fifteen years. The program explores leadership skills while participating teens learn the importance of community and

philanthropy. Federation is so grateful to the Kuriansky family for investing in our Jewish future," shared Diane Sloyer, UJF CEO. "We are blessed to have a skilled Jewish educator, Jonathan Fass, facilitate this program for the past four years".

The teens are empowered to explore their passions and interests and dive deep into researching charities where their collective giving can make an impact. This year, the teens allocated \$3,500 to the following organizations in the US and Israel: ADL, Yad Sarah, Jewish On Campus, Mental Health America, Yad Ezra V'Shulamit, Stop Anti Semitism, Jewish Addiction Awareness Network, NAACP, Big Brothers Big Sisters of CT, and Sandy Hook Promise.



Evan Bilenker (center)



Sarah Berk (center)



Gidon Teitel (center)



Zachary Shapiro



Nathaniel Morgulis



Richard Baer (center) receives his certificate of achievement from Dinah Miller-Marlowe and Jonathan Fass.



Solomon Green (center)



Gavin Daniel



Bennett Schindelman

## Teacher Appreciation

(Courtesy of Chabad of Stamford) At Gan Yeladim, the teachers were honored and celebrated during Teacher Appreciation Week. The families and children came together to create a memorable and eventful week filled with gifts, treats, and tokens of gratitude for their beloved educators.

Each day brought a new and fun surprise for the teachers. The week started with a warm gesture as the teachers were treated to coffee and danishes, accompanied by flowers brought in by each child from their own home. The appreciation extended beyond the classroom, as the teachers had an opportunity to showcase their own creativity by creating beautiful dried flower resin trays to take home. They were also treated to a catered lunch which gave them an opportunity to spend time connecting and relaxing. Gan and the parents also arranged a beautiful display of spa and pampering items for the teachers to choose from, helping them feel nurtured.

On the final day, the *morahs* (teachers) were treated to Shabbat dessert chocolate soufflés, and to keep the appreciation going, they were able to order a challah of their choice to take home for Shabbat. Gan extends a heartfelt thanks to all the parents who generously sponsored the gifts and experiences, ensuring that the teachers at Gan Yeladim felt cherished, nurtured, and truly appreciated.



Shira Ashkenas (left) and Michal Rosenblit (right) help honor Morah Boni Cohen (center).

## Volunteers Honored

(Courtesy of UJF) In June, children's author and illustrator Lizzy Rockwell was the featured guest speaker at Temple Sinai to celebrate 24 years of United Jewish Federation's Herbert and Sarah M. Gibor Reading Partners program and this school year's volunteers.

Lenore Fogel, Director of Reading Partners, and UJF President Michael Schlessinger welcomed attendees, after which Rockwell shared her experiences growing up as the daughter of children's book authors and illustrators. Her previous work includes *The All-Together Quilt*, *How Do You Feel, Am I A Frog?* and *I Love Insects*. She also applauded Reading Partners volunteers, liaisons, and team leaders from 12 local schools and one afterschool

program for investing their time and efforts in helping young readers to grow in school and life. Following a brief Q&A with Lizzy Rockwell, Joan Wexler was also recognized by UJF for her generous support and years of service with Reading Partners.



Author Lizzy Rockwell signs a book for Reading Partner Rhonda Greif



Michael Schlessinger, UJF President, addresses the volunteers.



Lenore Fogel, Director of Reading Partners, welcomes guests.

## Special Persons Day

*(Courtesy of Chabad of Stamford)* The theme of this year's Gan Yeladim Grandparents and Special Persons Day was Shabbat, and over 230 Bubbes and Zaides, Grandmas and Grandpas, Sabas and Savtas, and special friends gathered together for a Shabbat celebration with each class.

The energy was palpable in the building and in the words of Morah Hillary Isaacs, "It was such an honor and a delight to be able to swing open the doors of Gan and invite everyone back inside for a true flavor of Gan after a long break of three years not having our special visitors inside!"



Grandparents and special friends enjoy a Shabbat party at Gan Yeladim.

For Morah Leah Shemtov, Co-Director of Chabad of Stamford, "The feeling of love and joy of Yiddishkeit and our heritage was felt by all".

Each class was excited to share their Friday routine with their special guests, from shaping challah (with the dough the children make from scratch each Thursday), to setting up and celebrating a full "Shabbat Party", just as they do every Friday at Gan.

Following a fun time in the classroom, Gan's special guests got to enjoy a delicious brunch and a chance to chat, connect and enjoy the energy of Gan. Each guest took home gifts that included Chabad's signature "Loaves of Love" challah, Shabbat candles, a Gan Yeladim wine opener and a personalized vase with their child's photo, all items to enhance their Shabbat table and Shabbat experience.

## Receiving the Ten Commandments

*(Courtesy of Chabad of Stamford)* Gan Yeladim gives children the opportunity to immerse themselves in the spirit of Shavuot, a holiday commemorating the giving of the Ten Commandments.

This year, one of the highlights was the chance to take part in a reenactment of the event at Mount Sinai. The children had the experience of "seeing" Mount Sinai and learning about the giving of the Ten Commandments. They decorated a representation of the mountain with

flowers, adding their own colorful touch to this symbolic gesture. The children also had the privilege of seeing a real Torah scroll with Rabbi Moshe Shemtov.

By engaging in these activities, the children at Gan Yeladim were able to deepen their understanding and connection to the holiday of Shavuot, enriching their knowledge but also fostering a sense of appreciation for the giving of the Ten Commandments.



Gan Yeladim children take part in a reenactment of the giving of the Ten Commandments on Mount Sinai.

## Learning Fire Safety at Gan Yeladim

*(Courtesy of Chabad of Stamford)* Room Tet ventured into the open-air learning space at Gan Yeladim, where they gathered twigs and wood fragments for a bonfire while also learning about the process of fire formation and fire safety.



## The Mosaic That Is Israel

*(Courtesy of Temple Sinai)* In June, the "Staying Connected" program at Temple Sinai had an inspiring and insightful get-together with Yoav Yaron, United Jewish Federation's Community Shaliach (emissary) from Israel. The participants

learned, through Yoav's presentation and videos, about several diverse communities within Israel including Druze, Bedouin, and Ethiopian. The event included a sampling of signature dishes such as falafel, hummus, and injera (Ethiopian bread).



"Staying Connected" program at Temple Sinai with Yoav Yaron Shaliach, UJF Shaliach (front row center, kneeling).

UJA-JCC Greenwich & United Jewish Federation of Stamford, New Canaan, and Darien

# Civil Rights Journey

Saturday, January 27 - Tuesday, January 30, 2024

**Highlights**

- Ebenezer Baptist Church
- Rosa Parks Museum
- Edmund Pettus Bridge
- Equal Justice Initiative's Legacy Museum
- 16th Street Baptist Church and more!

**\$1,500 - double occupancy**  
**\$1,865 - single occupancy\***

\*Price subject to change depending on number of participants; additional costs include airfare, ground transportation from airport, dinners

**INCLUDES**

- Deluxe Coach Bus
- Tour Guide
- Admission Tickets
- Hotels for 3 nights
- Breakfast & Lunches

**Register By September 1, 2023**

Arrive in Atlanta on Saturday, January 27, journey begins on Sunday, January 28!

**FOR MORE INFORMATION CONTACT**  
Sharon Lewis (slewis@ujf.org)

**UJA-JCC Greenwich Chairs**  
Jane Batkin, Joon Mann, and Sally Mann

**United Jewish Federation Chairs**  
Rob Hoff, Beverly and David Stein

UJA-JCC greenwich THE CENTER FOR JEWISH COMMUNITY CULTURE & CARING

United Jewish Federation of Stamford, New Canaan, and Darien Serving Greater Fairfield County

## Eighth Graders Visit Israel

(Courtesy of Bi-Cultural Hebrew Academy) Members of the Bi-Cultural Hebrew Academy 8th grade had the experience of a lifetime as they spent nearly three weeks touring everything Israel has to offer!



BCHA 8th graders visit the Western Wall in Jerusalem.



BCHA 8th graders rode camels through the desert at Chan Hashayarot, a Bedouin camp in Sde Boker.

## Children Enjoy Shavuot at Temple Sinai

(Courtesy of Temple Sinai) Children and teachers at the Early Childhood Education Center (ECEC) at Temple Sinai had so much fun making and tasting cheesecake for Shavuot!



## BCHA Engineering Team Takes Top Honors

(Courtesy of Bi-Cultural Hebrew Academy) The Upper School Engineering Program at Bi-Cultural Hebrew Academy has done it again! On May 23, BCHA traveled to the American Dreams Mall in New Jersey for the 2023 Center for Initiatives in Jewish Education's Innovation (CIJE) Day and came home with two top prizes.

"It really is amazing," said Rabbi Tzvi Bernstein, Head of School at BCHA. "Our engineering students continue to win top prizes in every competition they enter. We are so pleased that our student's interests, creativity, and knowledge base are being nurtured by our science faculty. It is truly a wonderful partnership."

Ben Steiner, Erez Fass, and Dvir Frish finished with a first-place award in the category of "Engineering for Workplace Solutions."

"Our Engineering program is one of our Upper School's 'crown jewels,' not only because of our engineers' stellar achievements in competitions but also because the program trains our students in the 4 Cs of 21st-century learning: Communication, Collaboration, Critical Thinking, and Creativity," said Shimmy Trencher, Principal of the BCHA Upper School.

Not to be outdone was the team of Jake Brenner, Lilah Gordon, and Joseph Bildner who grabbed the "Best Pitch" award.



The BCHA Engineering Team of Ben Steiner, Erez Fass, and Dvir Frish pose after winning the top prize at the 2023 CIJE Innovation Day.

"This was the culmination of our best work," said sophomore Joseph Bildner. "We put our hearts and souls into our capstone projects, and it felt great to win the Best Pitch Award."

In the past four years, the BCHA Engineering Team, led by teachers Dr. Paul Castle and William Berson, has won 15 prizes in a variety of engineering competitions!

All the accolades for the Honors Engineering program are due to the program being intense and demanding. Students at BCHA must demonstrate exceptional effort, creativity, and teamwork. Students also must have a strong natural curiosity and creativity tempered by the ability to focus on a technical problem and diligently work to translate good ideas into practical solutions.

## BCHA Hosts Special People Day

(Courtesy of Bi-Cultural Hebrew Academy) On June 2, Bi-Cultural Hebrew Academy Pre-K through 2nd graders hosted Grandparents and Special People Day. After mingling, the guests were treated to songs performed by the students. After that, grandparents and special friends visited their loved one's classroom and participated in a fun activity.

"It was such an amazing morning at BCHA," said Rabbi Tzvi Bernstein, Head of School. "I get to see all of these smiling faces every day, and it was wonderful for all of the grandparents and special friends here today to see what makes BCHA such a magical place. Thank you to our Early Childhood Director Nicole Makovsky, Lower School Principal Tricia Hoff, and to Susan Mark, Alissa Frager, and Judith Lupatkin Bernstein for making this event such a warm, meaningful experience."



BCHA students in Pre-K through 2nd grade sang to their special friends during Grandparents and Special People Day.

### PJ Library

presents

## Popsicles in the Park

### With UJF Shaliach, Yoav Yaron

**4:15-5:00pm**

July 6 Barrett park	July 20 Barrett Park
July 13 Chestnut Hill Park	August 3 Chestnut Hill Park

Adult supervision required!

Join UJF and PJ Library for popsicles, story time, games and fun!

Registration preferred at [www.ujf.org/popsicles](http://www.ujf.org/popsicles)

CELEBRATING UJF AT 50  
SERVING COMMUNITIES SINCE 1976

United Jewish Federation  
of Stamford, New Canaan, and Darien  
Serving Greater Fairfield County

PJ Library

## Lori Baden, Temple Sholom Executive Director

Temple Sholom in Greenwich is pleased to announce the appointment of Lori Baden as the Temple's next Executive Director effective July 1, 2023.



Lori Baden

Baden, a Connecticut native and Stamford resident, has been with Temple Sholom for almost 15 years and has been instrumental in overseeing the areas of membership, programming, marketing and fundraising. In 2014, she was promoted to Temple Sholom's Associate Executive Director and has succeeded in developing

strong connections within the congregation, its leadership, and many local community organizations. Baden is a graduate of the University of Connecticut and holds a certificate in nonprofit management. She currently serves as the President of the Board of Trustees for the University of Connecticut Hillel.

"I am thrilled to step into the role of Executive Director of this vibrant and inclusive community. Temple Sholom has been my home for so many years and I am honored," said Baden.

## Janet Wainright, Schoke JFS Manager, Operations and Development

Janet Wainright joins Elayne & James Schoke Jewish Family Service of Fairfield County as Manager, Operations, and Development of the new Fairfield Office. Before joining Schoke JFS, Janet worked for the Jewish Federation of Greater Fairfield County and the Jewish Center for Community Service in Bridgeport. Janet brings experience in development, operations, and marketing, along with



Janet Wainright

a wealth of knowledge of the upper Fairfield County community and its people. She believes her purpose in life is to help others, and comes to work daily striving to contribute to Schoke JFS' mission to the best of her ability. "It is a privilege to work in an environment with a team so passionate about the care of others. Having the ability to support the community through our work is a great reward."

### Prioritizing Security

CONTINUED FROM PAGE 1

Jewish community facilities harder to target, and to prepare for and train to survive any attack.

In the Regional Security Advisor role, I administer a security program that provides consultations, organizational threat assessments, training and drills, and incident management to our Jewish community organizations, including schools, daycare centers, synagogues, and camps. I serve as a conduit between area Jewish community organizations, law enforcement, and the Secure Community Network's 24-hour National Jewish Security Operations Command Center.

To reduce the risk of violence and terrorism to our community, I have been working closely with local law enforcement, as well as federal and state partners, to

ensure that we are collaborating and sharing threat information.

During the first eighteen months of the regional security program, I conducted 55 formal facility security assessments and trained approximately 3,000 people in core security topics including Situational Awareness, Countering Active Threats, Stop the Bleed®, and Camp Security. I have worked closely with community agencies on the Federal Nonprofit Security Grant Program, helping them receive nearly \$3 million in federal grants in 2022, in order to improve their security infrastructure.

I have formed and convened regional security working groups comprised of community members who meet to discuss security topics and share concerns and best practices. In addition, we have built a one-stop online Jewish community security resource website at [www.securejewishct.org](http://www.securejewishct.org).

It is my honor to work with UJF's CEO Diane Sloyer and the leadership of UJF to keep the community safe. UJF has received a Live Secure Grant from Jewish Federations of North America. This grant will be matched by security dollars raised by UJF to cover security personnel and community necessities like Stop the Bleed

kits and other items.

It continues to be my pleasure to serve as the region's first Jewish community Regional Security Advisor, and I look forward to working with each of you to make our community as safe and secure as it can be. I may be reached at [mshanbrom@securecommunitynetwork.org](mailto:mshanbrom@securecommunitynetwork.org).

**United Jewish Federation**  
of Stamford, New Canaan, and Darien  
Serving Greater Fairfield County

**BACK BY POPULAR DEMAND**

**Tapestry:**  
**A Night of Communal Learning**

**Save the Date: Saturday night, November 18**  
**Israel @ 75: The Past, Present and Future**

More details to come...

Contact [Dianesloyer@ujf.org](mailto:Dianesloyer@ujf.org)  
to get involved in the planning and for more information.

**THIS IS REAL AND YOU ARE COMPLETELY UNPREPARED** CONGREGATION **Shir Ami**

The Book of Alan Lew

**with Rabbi David Evan Markus**

**a seven-session runway preparing for the High Holy Days**

**sessions via zoom, starting July 11 at 7:30pm**

**free for Shir Ami members, \$140 for non-members**

**Join Shir Ami's new rabbi, David Evan Markus, for a seven-session online class** exploring the heart and soul of the High Holy Day journey from early summer through Rosh Hashanah, Yom Kippur and Sukkot. Members and registered guests will have access to recordings in case you miss a class. Participants are strongly encouraged to purchase Rabbi Alan Lew's book, *This is Real and You Are Completely Unprepared* (available from any online bookseller), which we'll read together.

**Rabbi David says,** "This book changed my whole understanding of spiritual time and the layers of teshuvah (returning to our best selves, each other, and the One we call God). The book is such a masterpiece that I read it anew every year as part of my own High Holy Day preparations. My copy has become so weathered by love and notes that I'm holding it together with paper clips and rubber bands. I am certain this book will touch you, too."

**For more details, dates, topics and to register please visit**  
[www.congregationshirami.org](http://www.congregationshirami.org)

## LIFE & LEGACY Honor Roll

United Jewish Federation is proud to partner with the Harold Grinspoon Foundation to bring the Stamford, New Canaan and Darien community the Harold Grinspoon LIFE & LEGACY Program. Through communal efforts, the following individuals have made a commitment to one or more Jewish communal institutions to secure our Jewish future. The names in blue indicate that formal actions have been taken.

For more information, contact Lenore Fogel at [Lenore@ujf.org](mailto:Lenore@ujf.org), or Diane Sloyer at (203) 321-1373 or [dianesloyer@ujf.org](mailto:dianesloyer@ujf.org).

Anonymous (31)  
 Adrienne & Michael Alexander  
 David Amsellem  
 Alice & David Andersen  
 Jeri Appel  
 Mark Appel  
 Ricky Snow Arbron  
 Suellen Bache  
 Monica Becker & Edieal Pinker  
 Rachel Tyd & Robert Beldock  
 Gayle & Mitchell Bell  
 Debra & Michael Berg  
 Dina & Paul Berger  
 Devra Jaffe- Berkowitz & Parry Berkowitz  
 Berkun Family  
 Daron & Rabbi Tzvi Bernstein  
 Jen & Andy Bernstein  
 Melody & Claude Bernstein  
 Bruce Blasnik  
 Judith Block  
 Ilana Springer Borkenstein & Daniel Borkenstein  
 Jodi & Richard Boxer  
 Amy Bubel  
 Henry Bubel  
 Blake & Daniel Bueckman  
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 Malerie Yolen-Cohen & Jeff Cohen  
 Judy & David S.\* Cohen  
 Mimi Cohen  
 Rachel & Ephraim Cohen  
 Saul Cohen\*  
 Marsha Colten  
 Tracy & Nahum Daniels  
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 Michael Gold  
 Abby Goldberg  
 Cyndy & Eric Goldberg  
 Marilyn & Irving Goldblum  
 Alicia & Jason Goldstein  
 Caryl & Melvin Goldstein\*

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 Sharon & Bruce Goldstein  
 Meryl & David Gordon  
 Nan & Paul Gordon  
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 Lorelee & Philip Granowitz  
 Shira & Ethan Green  
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 Grecia & Ron\* Gross  
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 Kayla & Leon Hanna  
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 Wynd Harris  
 Jacqueline Herman  
 Shara & Rabbi David Israel  
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 Dallice & Ian Lazarus  
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 Robin Evans & Jeffrey Perry  
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 Joan Zinbarg\*  
 Renee Zinn  
 Navah & David Zizmor  
 Shira & Mitchell Zucker

\*Of Blessed Memory  
 This is the list provided to UJF at time of publishing. We apologize for any names that have been omitted. Please let us know and the missing names will be added to the next issue of the paper. Names in blue have finalized their commitment at the time of publication.

## LIFE & LEGACY Testimonials

Each edition of the New Jewish Voice features the testimonials of community members just like you who have declared their intent to leave a legacy gift to a Jewish organization in the Stamford, New Canaan and Darien Jewish community. This program is funded by United Jewish Federation and the Harold Grinspoon Foundation.

Learn why they look to secure our Jewish future and discover your reasons to join them. Together, we can all work to guarantee the future of the Greater Stamford Jewish community we love. For more information, contact Lenore Fogel at (203) 321-1373 or at [lenore@ujf.org](mailto:lenore@ujf.org)

### JEFFREY AND SHARON LEWIS TESTIMONIAL

We decided to leave a LIFE & LEGACY gift to Schoke Jewish Family Service because of its importance to the entire Jewish community of Stamford and most of Fairfield County. Jeff was born in Stamford, as was his mother, and is part of a large extended family, many of whom still live here. Jeff's grandparents, Isaac and Pearl Davidoff, arrived in Stamford in the early 20th century and established a successful business. They



Jeff & Sharon Lewis

were able to do this with the help and support of family and the knowledge that our community was a safety net for all in need. Once they had established themselves, they were always willing to help others and knew the importance of doing that, long before a community agency was established to do this. LIFE & LEGACY allows us to ensure that even after we are gone, the community can continue to help those in need and perpetuate the cycle of giving started by Jeff's grandparents.

## Can Headbands and Thimbles Cure Insomnia?

*Two promising wearable solutions could change sleep medicine forever and provide much-needed relief to insomniacs.*

**BY BRIAN BLUM/ISRAEL21C**

I have suffered from chronic insomnia since the start of the second intifada in Israel, in the fall of 2000.

As military helicopters flew over my home in southern Jerusalem, night after night, my anxiety grew each time I heard the propellers whir. Racked with dread, I became completely unable to fall asleep and my doctor recommended a short course of sleeping pills.

That short course lasted more than 20 years.

During that time, as I've developed tolerance to the sleeping meds, I've repeatedly searched for non-pharmacological alternatives to help me get to sleep and stay snoozing the whole night.

I'm hardly alone: The Sleep Foundation estimates that between 10 and 30 % of American adults struggle with chronic insomnia. For older adults, the rate jumps to as high as 48%.

Two Israeli startups, IntoSleep and NYX, are working on promising solutions that could change sleep medicine forever and provide much-needed relief to insomniacs like me.

Haifa-based NYX is further along, having already raised close to \$4 million for its EEG-studded, sleep-promoting headband incubated at Joy Ventures.

IntoSleep hasn't raised any cash yet but has some big names in Israeli sleep-tech as cofounders and advisers for its biofeedback-based approach.

### GODDESS OF THE NIGHT

NYX (named after the Greek goddess of the night) developed a headband that you just have to put on, and that's it.

"We don't care what your gender or age is, if cognitively you're in good shape or not, if you take meds or not. You just have to want to sleep," CEO Eyal Lewin tells ISRAEL21C.

The headband uses tACS (transcranial alternating current stimulation, a form of neuromodulation to treat disease or enhance brain function) and EEG, which Lewin describes as "the language the brain understands."

"We are just amplifying your own biology," Lewin explains. "If we help you fall asleep in a good way, without pills or meds; your overall sleep cycles will be better."

When you first don the headband, it checks your brain's theta waves via the EEG connection. To fall asleep, you need theta waves that are about 60% higher than normal.

NYX's goal is to use tACS "to get you to N1, the gateway to falling asleep," Lewin says.

"You're training your brain in how to

create more theta waves to fall asleep. From time to time, you'll need to train again. But you won't need us every day."

A short "threshold test" asks you to indicate when you feel a tickle. "Once you say you feel it, it's taken down so that the currents used by the device will always be below the level that can be sensed by human beings," Lewin reassures us.

After a night of stellar sleep, the headband downloads all the information from the night into the NYX mobile app. The data is then uploaded to the cloud, so that it can be compared with other insomniacs "to set the right program for your next night," Lewin says.

The headband's stimulation is personalized to the user. "Ten people will likely get 10 different kinds of stimulation," Lewin points out.

The idea is not to use the headband forever. You don't even need to wear it the entire night, although you probably will since you'll be asleep before you realize it.

The company tested the headband in 300 sessions on people with insomnia due to Parkinson's disease. These tests showed lasting results, Lewin tells us. Currently, NYX is running a double-blind clinical trial with 100 insomniacs at Tel Aviv Sourasky Medical Center.

Lewin hopes a commercial product, available by prescription with FDA approval, will be out by the end of 2024.

### BIOFEEDBACK TO THE SLEEPY RESCUE

IntoSleep's approach also involves a wearable, although not on your head but on your finger. The company's techno "thimble" monitors respiration rate, blood pressure, heart rate, sweat gland activity and skin temperature to put together a program tailored for you based on biofeedback.

Biofeedback is a technique that bypasses the thinking mind to address the autonomic nervous system. According to Harvard Medical School, biofeedback teaches you "to control automatic body functions [in order to] relieve chronic pain, reduce stress, or improve your physical or mental performance."

In traditional biofeedback, sensors detect changes in your pulse, brain waves and other physiological functions. These changes trigger a visual or auditory signal. Over time, you can learn to alter the signal by taking conscious control of your automatic body functions.

IntoSleep's original idea was to have users watch images or patterns of lights and dots projected onto their bedroom ceiling. The images changed based on the feedback from the finger sensor.

But asking people to lie in bed with their eyes open was kind of antithetical to the goal, so the projected images were transformed into audio tones that guide users, with the help of the thimble, toward increased relaxation.

You can listen using your device's speakers or wear headphones to sleep. IntoSleep CEO Carmit Lev-Solash says that once you've used IntoSleep for a while, you'll be able to achieve the same calming just from the thimble's tactile biofeedback vibrations.

Biofeedback and sleep training have long gone together, but it's always required the insomniac to visit the therapist's office during the day and be hooked up to electrodes.

"It's not done at night, which is when you want to go to sleep!" Lev-Solash points out.

"We take what organizations like the Cleveland Clinic have done with biofeedback and convert it to in-bed use, with no electrodes required, just an app and a finger sensor. We don't need an expensive clinician, either. In the future, we'll add live chat."

The next step is clinical trials, once funds have been raised.

Lev-Solash has a business background and formerly was marketing manager for The Kitchen FoodTech Hub. Her CTO and cofounder, Noam Hadas, is an engineer and serial entrepreneur who has been building sensors to investigate sleep disorders for 30 years. He founded SLP (SleepSense), whose sensors track apnea.

"This is his first startup to solve insomnia," Lev-Solash notes.

Also on the IntoSleep scientific dream team: Dr. Arnon Rolnick, "one of the pioneers of biofeedback in Israel," Lev-Solash says. Rolnick established the Israeli Association for Applied Psychophysiology and Biofeedback and has served on the board of the American Association for Applied Psychophysiology and Biofeedback.


Neither IntoSleep's Lev-Solash nor NYX's Lewin suffer from insomnia, by the way. As for me, I'm already losing sleep waiting for the next generation of Israeli-made sleep-soothing wearables to come to market.

UNITED JEWISH FEDERATION INVITES YOU TO

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WITH YOAV

UJF'S COMMUNITY SHALIACH



Learn how to brew beer and enjoy great company!

Two dates: Thursday July 6 OR Tuesday August 29  
7:00 PM in a private home

\$25 per person; Limited spots available

Each participant will leave with 2 homemade freshly brewed beer

Register today: [www.ujf.org/beer](http://www.ujf.org/beer)

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# United Jewish Federation

of Stamford, New Canaan, and Darien  
Serving Greater Fairfield County

*Celebrating*

50

YEARS

SAVE THE DATE

THURSDAY EVENING, SEPTEMBER 7TH, 6:00 PM  
TEMPLE BETH EL, 350 ROXBURY RD

Federation is Celebrating  
its **50th Anniversary!**

Recognizing the leadership of former UJF Executive Directors  
and community members, Sheila Romanowitz and Edith Samers  
and celebrating the future of our Jewish community!

**EVENT CHAIRS:**

Stephne & Kerrin Behrend, Arlene & Carl Rosen,  
and Tara & Richard Shapiro

**COCKTAILS, DINNER, LIVE MUSIC, DANCING & MORE!**

INVITATIONS COMING SOON

For sponsorship information and to find out more, contact  
Diane Sloyer at [dianesloyer@ujf.org](mailto:dianesloyer@ujf.org)