

To Our Dear Friends,

As we approach the New Year, we are aware that this year's season of holidays — from Rosh Hashanah to Yom Kippur, and then Sukkot and Simchat Torah — will be drastically different for all of us. For reasons of safety related to the pandemic, many of us will shelter alone in our homes instead of gathering in synagogues for services, and many of us will be apart from our extended families. And still, we will celebrate the beginning of the New Year, 5781, and share our prayers for good health, much sweetness and lasting peace for all of humanity.

The holidays are a time of renewal and optimism that the coming days will be better, and that we will have the opportunity to better our own lives and our world.

We know that these last months have been challenging; many people have faced health issues, isolation, sadness and loss. We at the Claims Conference continue to emphasize that we can get through this together. Always, we appreciate your resilience and strength, which are especially inspiring at this time of year. **You teach us so much, by the example**

Приближаясь к Новому Году,

мы понимаем, что праздники в этом году - от Rosh Hashanah до Yom Kippur, а потом Sukkot и Simchat Torah - будут для всех нас совсем другими. Из соображений безопасности, связанных с пандемией, многие из нас останутся дома, вместо того, чтобы пойти в синагогу; многие будут вдалеке от своей семьи. И все же, мы будем праздновать наступление нового года, 5781, и будем молиться вместе о крепком здоровье, благополучии и мире для всего человечества.

Праздники это период обновления и веры в то, что наступающие дни будут лучше, и что у нас есть возможность исправить наши жизни и мир вокруг.

Мы знаем, как тяжелы были эти последние месяцы для многих из нас; так много людей были вынуждены иметь дело с ухудшением здоровья, изоляцией, печалью и потерями. **Мы, работники Клеймс Конференс, продолжаем подчеркивать, что мы можем вместе это пережить.**

Мы подтверждаем нашу верность вам, гарантируем, что крайне необходимые услуги, а также выплаты компенсаций будут сохранены и продолжены.

of your lives.

We renew our commitment to you, to ensure that the delivery of critical services and compensation will be preserved. Please do not hesitate to contact your local agencies (see the list on page 6) if you need help.

In these pages we offer practical and spiritual suggestions, based on the advice of professionals, for making the holidays meaningful, for reflecting on traditions and for staying healthy.

On behalf of the Claims Conference community — our lay leaders and staff, as well as our extended family of social workers, care managers, home care workers and volunteers — we send our heartfelt best wishes for a *shana tova u'metuka*, a sweet New Year, filled with many blessings.

As always,



Gideon Taylor
President,
Claims Conference



Greg Schneider
Executive Vice President,
Claims Conference

Пожалуйста, обращайтесь в агентства по месту жительства, если вам нужна помощь (список на стр. 6-7).

На этих страницах вы найдете практические и духовные рекомендации, основанные на советах профессионалов, - как наполнить праздники глубоким смыслом, как размышлять о традиции, и как оставаться здоровым.

От имени и по поручению общины Клеймс Конференс - нашего руководства и сотрудников, а также большой семьи социальных работников, менеджеров по обслуживанию, работников по обслуживанию на дому и волонтеров - мы посылаем наши искренние наилучшие пожелания с *shana tova u'metuka*, благословенным и плодотворным новым годом.

Неизменно ваши
Грег Шнайдер

Гидеон Тейлор



Holidays at Home

The beautiful, awe-inspiring High Holidays are a time of remembrance and celebration, the sounds of the shofar and the sweetness of honey cake.

It's also a time to reflect upon this past year and its challenges — and how we have made it through together — and to look toward a brighter future. We have the

By Sandee Brawarsky opportunity to begin anew.

This holiday may not feel as isolated as last Passover did — when many families were only able to gather remotely via zoom because of the pandemic — but many facilities, synagogues and community centers that usually host services and holiday meals are still not able to do so. For those who follow the tradition of visiting cemeteries at this time of year, Covid-19 restrictions may make things more difficult. But rabbis, social workers and communal leaders agree that in this very different year, there are many opportunities to mark the holidays and New Year. Be kind to yourself and find traditions that have meaning for you. Listen to the music of the holidays at home and sing along, even if only your heart can hear.

Rabbi Stephanie Dickstein, LMSW, who serves as chaplain for the Jewish Federation of Greater MetroWest's Seniors at Home program, is finding that many of the clients she visits (virtually, these days, with a few distanced in-person visits) are becoming more and more comfortable with technology, and are now able to do things they weren't able to do previously.

For those comfortable using technology on the holidays, Rabbi Dickstein says there are many options for viewing synagogue services via livestream, or listening to music that might be comforting — many people may still have records or taped recordings of hazzanut, cantorial music, or they can find music, like Richard Tucker

SANDEE BRAWARSKY, the longtime culture editor of *The Jewish Week*, is editor of *L'Chaim*.



L'Chaim
לחיים



chanting Kol Nidrei, on YouTube. She notes that those who are not yet comfortable with the technology can get help from their agencies or from relatives. Those who don't want to use technology on the holiday might want to watch pre-recorded services, either before or after the holiday.

"One of the things I find among survivors is that many of them are having a very hard time, several months into the pandemic," Rabbi Dickstein says. "Some say, 'I survived Auschwitz and now I can't go out of my house.' The longer this goes on, the more of a theological crisis evolves."

"Where do we find hope?" she continues, "Some of it is in their own stories, some of it is in the idea of continuity. Many of my clients are comfortable with the fact that they are not going to live forever, and for many, the questions of life and death are very strong at this time of year. It's helpful to be open to talking about what mortality means. We find hope in not denying what is difficult and challenging"

For information on joining Selfhelp's Virtual Senior Center, call (212) 947-8701. You will need a computer and internet access. Selfhelp's home page (accessible to members) offers links to synagogues livestreaming services.

Many Conservative, Reform, Reconstructing Judaism and unaffiliated synagogues are livestreaming their services for Rosh Hashanah and Yom Kippur, and many are open to the public. Check with your local synagogue — or even a synagogue you have a connection to in a different city — for service times. If you need help using technology, be in touch with your local agency (see page 6).

Some Orthodox synagogues are hosting outdoor minyans, if you are comfortable attending, and others have limited seating indoors.

The Hampton Synagogue in Westhampton Beach, N.Y., has pre-recorded holiday services,

She explains that others might say, "What will be, will be. This is in God's hands," and that saying so helps them relax a little. That too, she says, is good to talk openly about.

"And it's good to talk about what is sweet. Honey is a symbol of this season. It's not simple — it comes from a non-kosher insect; the people who try to harvest it can get stung; we 'steal' it from the bees. We have to ask, 'How do we get sweetness out of that which is difficult? How can we transform what is difficult into something sweet?'"

"We Jews always have hope," she adds.

"Whether you are religious or not, whether you are a believer or not, Rosh Hashanah and Yom Kippur inevitably make us think about life and death," says Dr. Eva Fogelman, an author, filmmaker and psychologist who works with many Holocaust survivors and has pioneered therapeutic treatment for survivors and their descendants.

"It is also a time we reflect on what we have accomplished in life and what regrets we are carrying, and we remember all our loved ones who were murdered in the Holocaust and the others we have lost more recently," she says. "We each have the capacity to focus our thoughts on the good we have done in our lifetime, and not to dwell on our disappointments."

Dr. Fogelman also has very practical suggestions, for those who are spending the holidays alone. "Set the table with a beautiful tablecloth, maybe flowers. Try to have

Continued on page 5

which can be viewed on the Jewish Broadcasting Service, jbstv.org. You can find details on the synagogue website, thehamptonsynagogue.org.

You can also check with local synagogues to see if there will be an outdoor shofar blowing in your neighborhood, or whether someone may be able to visit you at home to blow the shofar for you.

There are several mahzors available for free online.

The Marlboro Jewish Center, Congregation Ohav Shalom, a Conservative synagogue in Marlboro, N.J., compiled *The New Contemporary Mahzor*, edited by Rabbi Allan Sugarman, mjcny.com/hhmachzor.

The Orthodox Union has a copy of the Yizkor service, at ou.org/torah/tefillah-series/yizkor/#?

Sefaria offers several editions of the mahzor, sefaria.org/texts/Liturg.



ועידת התביעות
Claims Conference

Conference on Jewish Material Claims
Against Germany

**©Conference on Jewish Material Claims
Against Germany, Inc. (Claims Conference)**
Gideon Talyor, President
Greg Schneider, Executive Vice President

PO Box 1215, New York, NY 10113

Tel: (646) 536-9100 | E-mail: info@claimscon.org

How to Protect Yourself and Others

TAKE EVERYDAY PREVENTATIVE ACTIONS

- ▶ Wash your hands frequently, with soap and water, for at least 20 seconds. (If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol. The FDA warns against using products with 1-propanol or methanol.)
- ▶ Avoid touching your eyes, nose and mouth with unwashed hands.
- ▶ Stay at least 6 feet (about 2 arms' length) from other people.
- ▶ Stay home when you are sick.
- ▶ If you attend activities, the safest ones are those held outside.
- ▶ Avoid contact with others who are sick.
- ▶ Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- ▶ Clean and disinfect frequently touched objects and surfaces.
- ▶ Wear a mask when you go out in public and around people who don't live in your household.
- ▶ If you have a fever, cough or other symptoms, you might have COVID-19. If you think you may have been exposed to COVID-19, contact your healthcare provider. If you have an emergency warning sign (including trouble breathing), get emergency medical care immediately.

From the Centers for Disease Control and Prevention.

КАК ЗАЩИТИТЬ СЕБЯ И ДРУГИХ

ЕЖЕДНЕВНО ПРИНИМАЙТЕ ПРОФИЛАКТИЧЕСКИЕ МЕРЫ

- ▶ Часто мойте руки водой и мылом как минимум 20 секунд. Если вода и мыло недоступны, очищайте руки санитайзером, содержащим как минимум 60% алкоголя. FDA не рекомендует использование продукции, содержащей 1-пропанол и метанол.
- ▶ Не трогайте глаза, нос и рот невымытыми руками.
- ▶ Соблюдайте дистанцию в 6 футов (приблизительно две вытянутые руки) с другими людьми.
- ▶ Оставайтесь дома, если вы заболели.
- ▶ Если вы хотите посещать мероприятия, то помните, что самые безопасные из них те, что проводятся на улице.
- ▶ Избегайте контактов с заболевшими людьми.
- ▶ Закрывайте нос и рот салфеткой, когда кашляете или чихаете, салфетку выбрасывайте в мусор.
- ▶ Очищайте и дезинфицируйте предметы и поверхности, которые часто трогают.
- ▶ Носите маску при встрече с людьми, которые не живут с вами.
- ▶ Если у вас температура, кашель, или другие симптомы, возможно у вас COVID-19. Если вы думаете, что могли контактировать с COVID-19, свяжитесь с лечащим врачом. Если у вас опасные симптомы (включая затрудненное дыхание), немедленно обратитесь в неотложную помощь.

The annual life certificate process for Article 2 pension recipients typically starts in April. To

be as cautious as possible, during the pandemic, the mailing has been postponed. Of course, payments continue at the beginning of each quarter. This life

ANNUAL LIFE CERTIFICATES FOR ARTICLE 2 FUND

certificate process will begin during the first 2 weeks of September 2020. If you do not receive your life certificate in the mail by September 30, 2020, please contact us at (646) 536-9100 / Email: Info@claimscon.org

Recipes For The Holiday Season

PARSNIP SOUP

Makes 8 - 10 servings.

I have recently discovered parsnip, a neglected vegetable which is full of nutrients and has a touch of sweetness. This soup is easy to prepare. It's creamy without any addition of cream, and it also freezes very well. I like to serve it warm or cold.

INGREDIENTS:

3 shallots
2 cloves garlic
3 leeks
2 pounds parsnips
3 tablespoons extra virgin olive oil
7 cups vegetable broth
Kosher salt
Freshly ground black pepper
Parsley for garnish

PREPARATION:

Peel the shallots and slice. Peel the garlic



and slice. Cut off and discard the roots and tough dark green leaves of the leeks. Cut the white part into thin slices. Place in a sieve and rinse thoroughly under cold running water to remove any sand.

Peel the parsnip, trim the ends and slice thickly.

Heat the olive oil in a large saucepan. Add the shallots, garlic and leeks. Sauté over low heat for a minute. Add parsnips and 6 1/2 cups of the vegetable broth. Bring to a boil over high heat. Then lower the heat and cook, covered, for about 25 minutes or until the parsnips are tender.

ROAST CHICKEN

Makes 4 servings.

I like to roast the chicken with nothing more than a few herbs and a lot of lemon. The chicken is moist enough that if you wish you can serve it with or without the pan drippings.

INGREDIENTS:

One 3 pound organic chicken (broiler)
Small bunch thyme
2 cloves garlic, quartered
1 1/2 lemons
3 tablespoons extra -virgin olive oil
Kosher salt
Freshly ground black pepper

PREPARATION:

Preheat oven to 400F.

Rinse and dry the chicken inside and out. Discard any fat or hanging skin.

Place the thyme, garlic and half of a cut up lemon into the cavity.

Grease a roasting pan with 1 tablespoon olive oil and place the chicken in it.

Grease the chicken with the remaining olive oil and brush with the juice of 1 lemon. Season with salt and pepper.

Tie the chicken legs together, tuck the wing tips up and under the back of the neck.

Roast the chicken breast side up for 20



minutes (if you find that the bottom of the roasting pan is beginning to burn add 1/4 cup of water). Turn the chicken over and roast breast side down for 20 minutes.

Turn the chicken over again, breast side up and roast for the final 20 minutes.

To test for doneness, pierce the leg joint with the tip of a knife, the juices, should run clear, not pink.

Remove the chicken to a carving board and let it rest for 15 minutes before carving.

While the chicken is resting, prepare the pan drippings. Discard all of the particles from the cavity. Tilt the chicken so that all the juices will pour into a small pan. Also when carving the chicken, collect all of the juices released from the bird and add to the pan juices. Place the juices in the freezer for a short while to allow the fat to rise to the top. Discard the fat. Heat the juices and pour over the chicken if you like.

Cool the soup a little. Puree in a blender, in batches, until very smooth.

Return the soup to the saucepan and adjust the consistency as needed with the reserved 1/2 cup of broth. Season to taste.

Please enjoy these recipes for delicious and healthy special dishes for the holidays. While you might be serving a meal for just one or two, you can freeze leftovers in small portions for future use (and save yourself trips to the store or time waiting for deliveries) and keep enjoying them.

For those who can't cook, we don't want you to miss out on celebrating the holidays; please be in touch with your local agency (see page 6) to inquire about the possibilities of arranging for meal delivery.

Essential Freezing Tips

▶ Before freezing, label foods with the date and contents (on the plastic bag or container).

▶ Divide the food you would like to freeze into small portions, and wrap each portion separately.

▶ Use heavy-duty plastic bags or plastic containers — not glass.

▶ When freezing soups, remember that food expands when frozen, so be sure to leave space in your container to avoid bursting. You might consider freezing soup in an ice cube tray, so that you can take out as many cubes as you would like at a time.

▶ Thaw frozen foods by placing them in the refrigerator the night before or the morning of the day you will use them.

▶ Foods that freeze well: Raw and cooked meats and poultry, cooked pasta and noodles, soups, casseroles, bread and baked goods. You can freeze blueberries on a cookie sheet separately and place the sheet in the freezer for about half an hour and then transfer to a bag, so the berries won't all stick together in a clump.

▶ Foods you cannot freeze: Produce including melons, apples, pears, lettuce, potatoes.

▶ Try to use the food in your freezer within a few months. And follow this rule: When in doubt, throw it out.

Holidays at Home

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honey and apples and a round, sweet raisin challah. Prepare enough food for the holiday so you do not have to cook for a few days and can just enjoy the moment.”

“If you are in shape to walk outside and the weather is nice, take a walk, wearing a mask,” she suggests.

“Before the holiday,” Dr. Fogelman continues, “call someone you haven’t spoken to in a long time to wish them a Happy New Year. Don’t wait for people to call you. Don’t stand on ceremony. Just call!”

“If you have a prayer book for the holidays, take it out and read the prayers. If you know the tunes sing out loud. If you prefer to have your own communication with the Almighty, do so.”

Rabbi Laura Geller, Rabbi Emerita of Temple Emanuel of Beverly Hills, Calif., and author of the new book, “Getting Good at Getting Older,” says that one of the challenges this year these days is creating community when people are social distancing. She suggests that those who are willing to use electronics on the holiday might enjoy having a holiday meal with a friend or family member via Zoom, or getting together with a friend in the same building to watch services together online.

She emphasizes that to appreciate the holidays most fully, people should prepare ahead of time in some way, perhaps reading the mahzor or some poetry. To prepare for the Yizkor service on Yom Kippur, people should light the yahrtzeit candle before the holiday begins, and although there is no specific prayer, she says it is good to pause and remember the people who have passed away.

“One of the powers of Yizkor is to recognize that you are part of the rest of the world who have also experienced loss,”

Rabbi Geller says. “Think of ways to remember the person or people, perhaps write a journal, or talk to others. In advance, I would call up others who are also remembering the same people and spend time remembering together.”

And for those who are remembering people whom no one else remembers, find a friend or social worker to talk with and share memories of parents or others.

Rabbi Dickstein underscores that there has been so much loss this year, and, as a result, a lot of grief that must be acknowledged. She suggests that when people light yahrtzeit candles, they especially think of the people in whose memory they are lighting for the first time.

“For those who find religion comforting, Judaism provides good tools to cope and connect with others,” says Dr. Steven Tzvi Pirutinsky, assistant professor in the Touro Graduate School of Social Work. “We have a very rich Jewish tradition. There are many ways of connecting with tradition and with God. Sometimes you have to find alternatives that work for you. Instead of shul, you might do some studying or listen to some tapes of lectures or music.”

Dr. Pirutinsky is also a licensed clinical psychologist whose research focuses on the intersections between spirituality, religion, culture, mental health and well-being, particularly within the Orthodox Jewish community.

“In terms of remembrance, it doesn’t have to be formal through the Yizkor service. You might have a conversation, look at photos, or, if you are creative, exercise some creative expression. Everyone needs to find a meaningful way to commemorate the people they have lost, to feel their presence.”

The grandson of four Holocaust survivors, Dr. Pirutinsky enjoys taking his children to visit his grandmother, and has of late

been doing those visits outside. With his wife’s grandmother, who is also a survivor, the family keeps in touch via video chat (facilitated by his wife’s sister).

“Even if you can’t do it the way you’d ideally want to, there are options, whether phone calls or different activities to stay in touch, like exchanging photographs.”

Sandy Myers, vice president of external relations at Selfhelp Community Services, notes the complexities of this particular High Holiday season.

“The holidays are a uniquely meaningful time, and this year, because of the pandemic, they can also be a difficult time because of isolation,” she says. “Our Virtual Senior Center (see sidebar for access information) can provide the fulfillment that people might otherwise get from sitting around the table with family and friends.”

The Virtual Senior Center is an online, interactive platform, via Zoom. For this season, the center is planning a class in English about the holidays taught

by Rabbi Paulette Posner, a question-and-answer session in Russian and other programs.

This is also the season of forgiveness: extending forgiveness to our loved ones, to ourselves and, for some people, to God. Like every year, some will find comfort and strength in Nobel laureate Elie Wiesel’s “Prayer for the Days of Awe,” a 1997 opinion piece in The New York Times. The author and Holocaust survivor addresses God directly: “As we Jews now enter the High Holidays again, preparing ourselves to pray for a year of peace and happiness for our people and all people, let us make up, Master of the Universe. In spite of everything that happened? Yes, in spite. Let us make up: for the child in me, it is unbearable to be divorced from you so long.”

For all of us, as we celebrate the holidays, recall earlier days and share our prayers and blessings for the New Year with each other, this is the season to affirm the Jewish teaching of choosing life. ▀

Recapture the Joy of Reading through The JBI FREE Library for visually impaired and blind individuals.

JBI is the world’s largest library of Jewish interest for people of all ages and backgrounds who cannot read standard print, offering fiction, history, biographies, periodicals, a concert and lecture series and much more, in Audio, Large Print and Braille, all provided free of charge and delivered to your home. **JBI Talking Books** are available in English, Russian, Yiddish and other languages. Liturgical materials are available in all formats.

Email aarfe@jbilibrary.org or visit JBI’s website at www.jbilibrary.org, or call 800-433-1531, JBI, since 1931, connecting blind and visually impaired individuals to the Jewish world.

If you are a Holocaust Survivor who needs help, please call one of the numbers below.

UNITED STATES

ARIZONA

Jewish Family & Children's Services of Southern Arizona
Tucson (520) 795-0300

Jewish Family & Children's Services
Phoenix (602) 279-7655

CALIFORNIA

Jewish Family & Community Services of East Bay
Berkeley (510) 704-7475 ext. 275

Jewish Federation and Family Services of Orange County
Irvine (949) 435-3460

Jewish Family and Children's Service
Long Beach (562) 427-7916

Jewish Family Service
Los Angeles Location-based San Fernando Valley (818) 984-1380

West Hollywood (323) 851-8202

City of Los Angeles (323) 937-5900

Jewish Family Services of Silicon Valley
Los Gatos (408) 556-0600

Jewish Family Service
San Diego (858) 637-3210

Jewish Family and Children's Services
San Francisco (415) 449-3700

COLORADO

Jewish Family Service of Colorado
Denver (303) 597-5000

CONNECTICUT

Jewish Family Services of Greater Hartford
West Hartford (860) 236-1927

FLORIDA

Ruth & Norman Rales Jewish Family Services
Boca Raton (561) 852-3333

Gulf Coast Jewish Family & Community Services
Clearwater (727) 479-1800

Jewish Family & Community Services
Jacksonville (904) 448-1933

Jewish Community Services of South Florida
North Miami (305) 899-1587

Goodman Jewish Family Services of Broward County Plantation (954) 909-0800

Ferd & Gladys Alpert Jewish Family & Children's Service
West Palm Beach (561) 684-1991

GEORGIA

Jewish Family and Career Services
Atlanta (770) 677-9300

ILLINOIS

Jewish United Fund of Metropolitan Chicago
Chicago (773) 508-1004

INDIANA

Jewish Federation of Greater Indianapolis
Indianapolis (317) 536-1476

MARYLAND

Jewish Community Services
Baltimore (410) 466-9200

Jewish Social Service Agency
Rockville (301) 838-4200

MASSACHUSETTS

Jewish Family and Children's Service of Greater Boston
Waltham (781) 647-5327

MICHIGAN

Jewish Family Service of Metropolitan Detroit
Detroit (248) 592-2313

MINNESOTA

Jewish Family and Children's Service
Minneapolis (952) 546-0616

NEW JERSEY

Jewish Family & Children's Service of Monmouth County
Asbury Park (732) 774-6886

Samost Jewish Family and Children's Service of Southern NJ
Cherry Hill (856) 424-1333

Jewish Family Service & Children's Center
Clifton/Passaic (973) 777-7638

Jewish Family Service of Central New Jersey
Elizabeth (908) 352-8375

Jewish Family Services of Metrowest
Florham Park (973) 765-9050

Jewish Family & Children's Service of Ocean County
Lakewood (732) 363-8019

Each agency listed below is funded by the Claims Conference to help support a designated Holocaust Survivor Assistance Program. If you know a survivor who needs aid or if you would like to volunteer to help a survivor, please contact any of the agencies below.

Jewish Family Service of Atlantic County
Margate City (609) 822-1108

Jewish Family & Vocational Service of Middlesex County
Milltown (732) 777-1940

Jewish Family & Children's Service of Greater Mercer County
Princeton (609) 987-8100

Jewish Family Service of Somerset, Hunterdon & Warren Counties
Somerville (908) 725-7799

Jewish Family & Children's Services of Northern New Jersey
Teaneck (201) 837-9090

NEVADA

Jewish Family Service Agency
Las Vegas (702) 732-0304

NEW YORK

Guardians of the Sick / Bikur Cholim Hased Organization
Brooklyn (718) 438-2020

Jewish Community Council of Greater Coney Island
Brooklyn (718) 449-5000

United Jewish Organizations of Williamsburg
Brooklyn (718) 643-9700

Selfhelp Community Services
Manhattan (212) 971-5475

Bikur Cholim of Rockland County
Monsey (845) 425-7877

Community Improvement Council
New Square (845) 354-4100

Rockland Jewish Family Service
West Nyack (845) 354-2121

Westchester Jewish Community Services
White Plains (914) 761-0600

OHIO

Jewish Family Service of Greater Cincinnati
Cincinnati (513) 469-1188

Jewish Family Service Association
Cleveland (216) 292-3999

Jewish Family Services
Columbus (614) 559-0379

OREGON

Jewish Family and Child Service
Portland (503) 226-7079

PENNSYLVANIA

Jewish Family and Children's Service of Greater Philadelphia
Philadelphia (866) 532-7669

Jewish Family and Community Services
Pittsburgh (412) 422-7200

TEXAS

Jewish Family Service of Greater Dallas
Dallas (972) 437-9950

Jewish Family Service of Houston
Houston (713) 667-9336

WASHINGTON

Jewish Family Service
Seattle (206) 461-3240

CANADA

Jewish Family Services
Edmonton (780) 454-1194

Cummings Jewish Centre for Seniors
Montréal (514) 342-1234

CORONAVIRUS HOTLINE
(514) 734-1441

Jewish Family Services of Ottawa
Ottawa (613) 722-2225 x 311 & 312

Circle of Care
Toronto (416) 635-2860

Jewish Family & Child Service
Toronto (416) 638-7800

Jewish Family Services
Vancouver (604) 558-5701

CORONAVIRUS HOTLINE
(604) 558-5719



If you live in the United States or Canada outside the listed areas, please call the **Claims Conference for assistance (646) 536-9100.**



Physical Exercises

FOR IMPROVING MOBILITY,
BALANCE, STRENGTH AND
SECURITY OF MOVEMENT



All exercise programs should be initiated only after consultation with your physician.

Please be careful and, if possible, don't exercise alone; always wear your Medical Alert button. Have a phone nearby in case of a fall.

During the performance of the exercises, please be sure to be next to a wall, furniture or a prop. When you are seated, please hold both sides of the chair seat.

These exercises were prepared for you by Konstantin Ostetov, Rehabilitation Specialist, OEB Shalom, Bulgaria.



From a sitting position raise your toes, then raise the heels of your feet. *Repetition: 7 -10 times*



From a sitting position with bent knees, stretch one leg forward first, then bring it back and stretch the other forward. When the first leg gets back to initial position, the second leg goes forward. *Repetition: 7 - 10 times per leg.*



Stand with your hands propped on the back of the chair and march in place by bending the knees high, slowly alternating legs. Do this for 30 seconds, then go a little faster for 10 seconds and then slow down again.



Now, alternate the movement of the two feet, so that when you are raising the left toe, you are raising the right heel. *Repetition: 20-30 times*



Stand with hands propped on the back of the chair, then squat slightly and stand. This is not a deep squat; bend the knees slightly. *Repetition: 5 - 7 times*



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- Contact information for local agencies
 - Guidelines for protecting yourself and others
 - Exercises to practice at home
 - Culinary treats for the High Holidays
 - Suggestions for meaningful holidays at home
 - A Letter from the Claims Conference Leadership
- Inside T'Chaim, you will find important information in English and Russian including with you during these challenging times. The Claims Conference wants to be in touch

High Holiday Edition

THE HEALTH AND WELLNESS NEWSLETTER OF THE CLAIMS CONFERENCE

T'Chaim
 VOLUME 2
 SEPTEMBER 2020 | TISHREI 5781
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