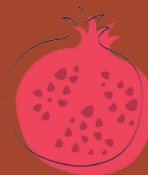


L'Chaim: לחיים

VOLUME 11
FALL 2024 | TISHREI 5785

THE HEALTH
AND WELLNESS
NEWSLETTER OF
THE CLAIMS CONFERENCE
ROSH HASHANAH EDITION



To Our Dear Friends,

As these long precious days of summer turn to the beauty of Fall and as 5784 turns to 5785, we reach out to you, our community of Holocaust survivors and your families. All of us at the Claims Conference send sincere wishes for your good health and much sweetness in the new year ahead.

And this season of holidays is like no other. As we approach the one-year mark since the terrorist attack on October 7th, the largest single attack against Jews since the Holocaust, we hold in our hearts the many families who lost loved ones. We pray for the immediate release of all the hostages, and even as we write this sentence, we hope it will be out of date as you read this and that the hostages will be free and safely back home.

This has indeed been a challenging year, a transformative moment in Jewish history, with

the tragic events in Israel and the unsettling rise in antisemitism worldwide. We understand that you have already lived through unspeakable tragedy. We are grateful to you, the community of survivors, for gifting us with your fortitude and resilience.

One of the messages of the High Holidays, that your presence reinforces, is that however difficult things are today, we remember that we have been through very hard times before – and we have emerged to a new day, filled with hope and promise.

In this issue, we are pleased to write about Super-Agers, which is an apt description for so many of you, seniors who age gracefully and teach us so much. (See photo.) One of the prominent



Viola Baras, a Holocaust survivor, about to throw out the ceremonial first pitch for the Tampa Bay Rays, May 2024. (See story on page 6.)

Дорогие друзья,

Когда долгие, драгоценные летние дни уступают место красоте осени, а 5784 год сменяется 5785, мы обращаемся к вам, нашей общине выживших в Холокосте и вашим семьям. Весь коллектив Claims Conference искренне желает вам крепкого здоровья и много сладости в наступающем новом году.

Этот праздничный сезон особенный: по мере того как приближается годовщина с момента террористической атаки 7 октября — крупнейшего нападения на евреев со времен Холокоста — мы храним в наших сердцах все семьи, потерявшие своих близких. Мы молимся о немедленном освобождении всех заложников и надеемся, что к моменту, когда вы читаете эти строки, заложники уже будут на свободе и в безопасности.

Этот год действительно был трудным, судьбоносным для еврейской истории, полным трагических событий в Израиле и тревожного роста антисемитизма по всему миру. Мы понимаем,

что вам уже пришлось пережить невообразимую трагедию. Мы благодарны вам, общине выживших, за ваш дар — стойкость и жизненную силу.

Одно из посланий Святых праздников, которое вы своим присутствием подтверждаете, заключается в том, что, какими бы трудными ни были сегодняшние времена, мы помним, что уже пережили тяжелые периоды в прошлом — и вышли в новый день, наполненный надеждой и перспективами.

В этом выпуске мы рады написать об активных долгожителях, что является подходящим описанием для многих из вас, пожилых людей, которые стареют изящно и многому нас учат. (Смотрите фото). Один из ведущих докторов, с которым мы беседовали, отметил, что главной чертой таких людей является стойкость.

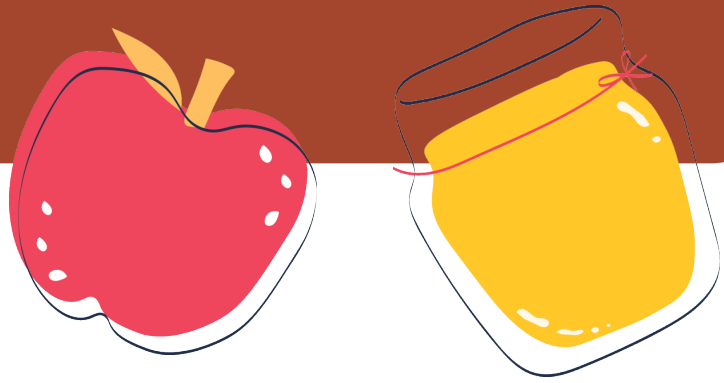
Пожалуйста,

continued on page 2



ועידת התביעות
Claims Conference
Conference on Jewish Material Claims
Against Germany

continued from page 1



doctors we interviewed confirmed that a theme for many of the super-agers is resilience.

Please remain vigilant about Covid-19. Be sure to check in with your physician about keeping up with vaccinations (and flu shots too), and please be sure to eat healthy meals, exercise as best you can (with your doctor's supervision) and maintain social connections, whether in-person, by phone or Zoom. In these pages, you will find much practical advice about healthy living.

We wish all of you a sweet new year, filled

with good health, much happiness, meaningful days, stronger connections to each other and peace – and better times ahead for all of us. May we meet all new challenges with kindness, wisdom and hope.

Sending our warm regards and all very best wishes,



Gideon Taylor
*President,
Claims Conference*



Greg Schneider
*Executive Vice President,
Claims Conference*

продолжайте заботиться о своем здоровье в связи с Covid-19. Обязательно консультируйтесь с вашим врачом о вакцинациях (включая прививки от гриппа), и, пожалуйста, не забывайте правильно питаться, заниматься спортом по мере возможностей (под наблюдением врача), а также поддерживать социальные контакты — будь то лично, по телефону или через Zoom. В этом номере вы найдете много практических советов по здоровому образу жизни.

Мы желаем вам счастливого и сладкого нового года, полного крепкого здоровья, счастья, значимых дней, более крепких

связей друг с другом и мира — и верим в лучшие времена для всех нас. Пусть новый год принесет нам силы и мудрость, чтобы достойно преодолеть все новые вызовы.

С теплыми пожеланиями и самыми наилучшими поздравлениями.

Всегда ваши,
Гидеон Тейлор
Президент, Claims Conference

Грег Шнайдер,
Исполнительный вице-президент,
Claims Conference

L'Chaim
לחיים



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Against Germany

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Gideon Talyor, President
Greg Schneider, Executive Vice President

PO Box 1215, New York, NY 10113
Tel: (646) 536-9100 | E-mail: info@claimscon.org

Meet the Claims Conference Staff: A Conversation with Arie Bucheister

Arie Bucheister, the chief of staff, has been with the Claims Conference since the late 1990s and is involved in most areas of the organization. A lawyer by training, he graduated from Columbia College, was a Marshall Fellow at Oxford University and received his law degree from Harvard Law School. Before joining the Claims Conference, Arie clerked for a federal appeals judge on the United States Court of Appeals for the 8th Circuit, practiced corporate and criminal law, and volunteered for several Holocaust-related organizations. Born in Haifa, Israel, he moved to the United States as a young child and grew up in Omaha, Nebraska. The father of three grown sons, Arie and his wife live in New York.

I understand that you are the son of Holocaust survivors. Where are your parents from?

My birth father died in Israel, where I was born, when I was 8 months old. He was from Jarosław, Poland, which also was my mother's home before the war. When the Nazis invaded Poland, my mother and her family fled to Soviet-occupied territory and were deported to a work camp in Siberia during the war. After the war, she returned to Poland, met up with other survivors in Wrocław and moved to Israel. My stepfather, Josef Bucheister, was from



ARIE BUCHEISTER
CHIEF OF STAFF

Rudnik, a shtetl outside of Krakow. He hid in and around forests and small

Polish villages for six years – undertaking acts of resistance against the Nazis – after the Polish army, in which he and several of his siblings served, was defeated. Josef's parents and eight of his siblings were murdered during the war; he and four of his siblings survived. The five surviving siblings all eventually immigrated to and rebuilt their lives in Omaha. At one point, Josef saw my mother's photo when he visited a niece in Israel – who had befriended my mother in Wrocław – and asked to meet her. My mother was still mourning the death of her husband, my birth father. When Josef returned to Israel a few years later, he asked about her again. They later married, he adopted me, and my mother and I left Israel to join Josef in Omaha.

What was growing up in Omaha like?

I thought it was great. People always left their doors unlocked. I played baseball or whiffleball, it seems daily, with my best friend, a Roman Catholic New York Yankee fan who lived across the street. My memory is that I picked up English on the streets and in the parks of Omaha, playing and talking sports. While we kept kosher – my father operated one of the city's three kosher butcher shops – my best friend's family, it seemed, ate bacon every single meal. Apart from the bacon, I always had a lingering sense of being different. We spoke Yiddish at home. None of my

continued on following page

An Interview with Arie Bucheister

continued from previous page

secular school classmates were at synagogue, which was mandatory for me on Shabbat mornings. My family socialized only with the families of my father's brothers. It was as though that's where they found comfort, that's where they all spoke the same language. Yes, Yiddish and Polish, but more importantly the language of shared experience.

How did you make the shift from the world of corporate law to the Claims Conference? While working for several law firms over the years, I started volunteering with Holocaust-related organizations, including with the American Gathering of Jewish Holocaust Survivors and their Descendants. It was my involvement with the American Gathering that led to meeting Greg Schneider, who brought me on at the Claims Conference, initially as a consultant on various projects. The mission to advocate for and otherwise support Holocaust survivors was clearly in my blood.

What is the nature of the contact you have with survivors?

Compared to my early days at the Claims Conference, I, unfortunately, have much less day-to-day personal contact with survivors, although I always try to make space for that. Some of the most gratifying moments I've had may seem insignificant, involving routine telephone conversations. It's not that I was able to satisfy what a particular survivor wanted or inquired about – that happened, though rarely – but I felt it was essential, in

every conversation, to serve as a genuinely sympathetic sounding board. The profound trauma they endured persists, at some level, and no one can remedy what they were forced to experience. That made it even more important for me to let them know that I was listening carefully and taking to heart what they said. It also didn't hurt that I could speak to many of them in Yiddish.

How would you describe your role as chief of staff?

I always try to make myself available, whatever the issue, to lend a hand or otherwise help with problematic situations. Baseball, my earliest passion, provides an apt metaphor. I'm an everyday player – I have a particular position with specific requirements and obligations, but I also serve as a utility player, ready to address a broader array of matters as they arise, whatever they are, all toward the goal of furthering the organization's mission.

What has this last difficult year been like?

At a personal level, the shocking antisemitism and pure hatred for Israel unleashed by Oct. 7 and its aftermath has been emotionally grueling and difficult. To me, so much of the world's reaction has not only been upside-down, but dangerous. How much worse must it be for survivors who were victims of the worst manifestation of antisemitism. While survivors have clearly exhibited enormous strength, it is also a population whose sense of security and safety may again feel threatened. Claims Conference efforts – to help evacuate Holocaust survivors to less dangerous areas; to provide whatever material and emotional support is called for; to try to be in touch regularly with every one of them – is hopefully helping to minimize the reawakening of trauma and concerns they

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Old Trauma, Triggered Anew by Oct. 7

A CHILD SURVIVOR, PSYCHIATRIST AND HOLOCAUST EDUCATOR TRACES THE FEARS, FROM HITLER TO HAMAS — BUT ALSO THE EMOTIONAL TOOLS TO COPE

One year ago, the world's Jewish communities faced the knowledge of the brutal attacks in Israel. More than 1,200

BY DR. ROBERT KRELL

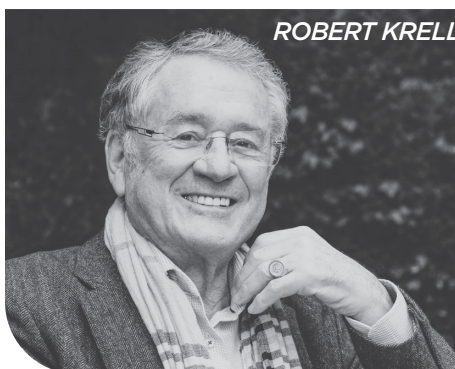
innocent people were murdered while some 250 were taken hostage by Hamas. As I write this, just under 100 are still held in captivity in Gaza. And our world is reeling from rising incidents of antisemitism.

As you read this, you are likely sitting thousands of miles away from Israel, hopefully in the comforts of your home. You may not yet have personal connection to those impacted by the Oct. 7 terrorist attacks. But even if you seem far removed from those attacks, you still may be feeling pain, anxiety and fear. As lovely and secure as your home is, something inside you may feel less safe.

I understand that feeling. What we faced, as child survivors of the Holocaust, is something that will remain with us always.

I was hidden for three years

in The Hague, Holland, with truly righteous people. I suffered little – or so I thought once upon a time. My good fortune was enormous: My parents survived through dangerous and terrible circumstances. We came to Canada. I had good friends, worked hard, became a doctor and psychiatrist. I have a family others envy. Immersed in Holocaust education since 1975, I gathered audiovisual survivor testimonies since 1978, and founded a survivor society in 1985, which opened a Holocaust



ROBERT KRELL

Education Centre in 1994. My Christian parents attended my medical school graduation and my wedding, and I maintained a loving relationship with their daughter, my sister, Nora, now 94 years old.

In 1996, I decided to apply for victim status in Holland and seek reparations. I was

asked to see a psychiatrist or psychologist with experience in Holocaust survivor trauma. I met for two hours with a very competent psychologist/therapist with a background in childhood trauma. Seemingly healthy, well-adjusted me walked into his office, offered one sentence, then cried uncontrollably for one hour and stumbled through my story while crying still for the second.

What was going on? I had it good. Everything turned out alright. I have news for you. It was not good. Which means that the best was not good, and that every other child who survived had it worse.

Allow me to say it simply: The child filled with a good life in their formative years can run on it for many years. The foundation is there, no matter the adversity. The youngest children of the Shoah were filled not with comfort and security, but mostly with terror, with insecurity, with loss, with shame – their identities taken, their religion deformed. I have sat across from some and marveled: How did you make it this far with so little of your entitlement? That is how I have come to view the child survivor – an unfilled vessel, struggling for the sustenance

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The Magic of Aging Well — ‘Super’ Well

BRAIN RESEARCHERS STUDYING ‘SUPER-AGERS’ IDENTIFY RESILIENCE — A QUALITY MANY HOLOCAUST SURVIVORS DRAW ON — AS A CONTRIBUTING FACTOR IN LONG-TERM COGNITIVE ABILITY.

The fisherman was an old man, “thin and gaunt with deep wrinkles in the back of his neck.” He had been working the Gulf Stream for 84 days with-

BY ROBERT GOLDBLUM

out a catch. On the 85th, he felt a pull on his line, and for three days, the old man, alone, struggled to reel in a huge marlin, his hands cramping, the Caribbean sun bearing down. As the long hours passed, he kept his mind nimble; he prayed, he scanned the sky for signs of a storm, he thought of “the great DiMaggio.” And on the third day, when he sailed back into harbor, he lugged the carcass of the biggest marlin anyone had ever seen.

Santiago, the hero of Ernest Hemingway’s “The Old Man and the Sea,” may be literature’s greatest “super-ager.” Hemingway published the acclaimed novel in 1952, more than a half-century before researchers coined the term to describe people over 80 years old who have the cognitive ability of those decades younger. The old fisherman, it turns out, had some of the habits researchers say are common to super-agers, ones that help stave off memory loss. He lived an active lifestyle and continued to challenge himself (two of the four habits cited by Northwestern Medicine), and he practiced patience/perseverance and didn’t let age deter him (two of four cited by Harvard Medical School).

Santiago had nothing on Viola Baras. The 96-year-old Tamarac, Fla., resident looked fit in a Tampa Bay Rays uni-



VIOLA BARAS

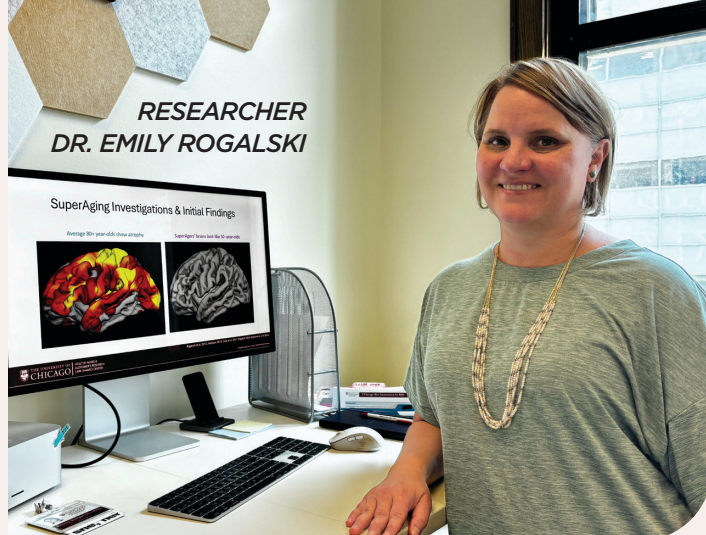
form at Tropicana Field in May. At the baseball team’s Rays Up event to benefit the Florida Holocaust Museum in St. Petersburg, Baras was

surrounded by four generations of her family, and she was there to throw out the ceremonial first pitch.

It was a long way from Munkács, Czechoslovakia, where in April 1944 her family was rounded up by the Nazis, to the manicured grass of the Rays infield. She was in Auschwitz, then Ravensbruck, where she was forced to separate the clothing of those killed in the gas chambers, and then, after liberation, three years stranded in a DP camp. Finally, she arrived in America in 1948 and married two years later. Some photos of a young Baras flashed on the Rays scoreboard as she tossed an underhand one-hopper right into the glove of a Rays catcher at home plate.

She seemed the picture of grit, one of the qualities that researchers are finding that help define super-agers.

“A theme that we’ve seen in many of the super-agers is that of resilience,” said Emily Rogalski, the Rosalind Franklin Professor of Neurology at the University of Chicago and co-author of one of the first studies of super-agers, in 2012. (Several survivors took part in the study.) “So, whether that’s [because of] a traumatic event, such as the Holocaust or losing a child at a young age or experiencing poverty, they tend to bounce back and not let these horrible experiences keep them from persevering.”



RESEARCHER
DR. EMILY ROGALSKI



MIRIAM LITKE

Baras fits the bill. “I was very lucky just to be alive and get out from the concentration camp. One of the things you have to have is a good attitude,” she said. “You have to let certain things go. You can’t dwell on things.”

Jerusalem resident Miriam Litke, 97, fits the bill too. Less than a year after Kristallnacht, she fled Berlin on the Kindertransport, ending up in Hertfordshire, England. She was 12. She never saw her parents again. She sums things up matter-of-factly: “Things happened. I didn’t have much choice,” said the former Oakland, Calif., federation executive who moved to Israel in 1986. “What choice did I have? I left my parents at age 12, and life went on, right?”

Litke is confronting, not burying, her Holocaust experience. “I’m writing a memoir, so my past is very much with me, perhaps too much, because I find it sometimes quite difficult to dig into my memory. But I think it’s a good thing.”

In her study, Rogalski found that super-agers have “significantly thicker” volume in their cerebral cortex, the part of the brain that controls memory, compared to the normal values of those 50 to 65 years old. Lifestyle choices like eating a healthy diet and exercising regularly can help, she said. Baras said she belonged to a Jack LaLanne club back when regular exercise was taking off, has been “a walker” all her

life and is “mostly a vegetarian.”

Rogalski said super-agers tend to be more socially engaged, a factor that beats back the negative consequences of social isolation and loneliness.

Of aging well, Litke said, “I don’t think it has to do with physical activity so much as people activity. My husband was a rabbi, so I was always involved with the congregation.” And her interests are many. “I have an interest in literature [she’s in a book group now reading Natan Sharansky’s “Fear No Evil”], in learning, in Torah.” She’s a regular bridge player as well.

For her part, Baras still has regular games of canasta, bridge and poker. “I just started RummyCue,” a variation of Gin Rummy, she said. “It’s very good for your mind, right?”

Rogalski named a few bold-face names she suspected were super-agers (less than 10% of people make the grade): Betty White, Morgan Freeman, Ruth Bader Ginsburg. Viola Baras might make that list. Her philosophy is simple, but profound. “The thing is, I don’t let things bother me,” Baras said.

They are the words of wisdom that another likely super-ager, Paul McCartney, 82, heard in a whisper from his mother all those years ago: Let it be. 🍷

Robert Goldblum is a writer in New York.

If the Shoe Fits ... and Other Tips for Healthy Living

MEDICAL PROFESSIONALS WEIGH IN ON YOUR SOLES, STAYING HYDRATED AND EATING BRAIN FOODS.

BY FRANCESCA KRITZ

HOW TO MAKE SURE YOUR SHOES FIT WELL

As people age, the length and width of a foot can elongate and widen because of weight gain or swelling in the lower leg and ankle. That can result in previously comfortable shoes becoming too tight. That's why Dr. Alex Kor, a podiatrist in Danville, Ind., recommends that older adults have their shoe size checked at a shoe store once per year, if possible. Other tips for buying shoes:

- Go shoe shopping in the afternoon. Feet are often a bit swollen in the afternoon so shopping for shoes then will make the shoe comfortable at all times of the day. Bring your own socks along on the shopping trip so that you know whether the shoes fit over the socks you usually wear.
- Avoid buying shoes online, if you can, and ask a podiatrist, friends or other caregivers to suggest nearby stores that have trained salespeople who can help you with the right shoe fit.
- When buying shoes, ask the salesperson for shoes with a rigid shank for support, a larger toe box for added comfort and little or no heel or wedge.
- Make sure any shoes you buy don't easily bend in the arch area. That includes avoiding flip-flops or slippers that bend to help prevent trips and falls.
- The shoes you wear should have the ability to absorb moisture to prevent foot infections. Most athletic shoes absorb

moisture well.

- You should have about the width of a thumb between the end of your longest toe and the end of the shoe. Be sure to test the shoe out for comfort in the store, says Kor. If it's not comfortable there, it won't be comfortable at home or when walking.

- When buying gym or athletic shoes make sure they have a removeable insole in case your doctor wants you to add an insert or an orthotic device to support your feet and help improve your posture.

The best material to choose for the sole of the shoe is anything that supports traction. For older adults that ideal material is usually rubber.

GETTING ENOUGH WATER EVERY DAY

At your doctors' visits, talk about how much water you should drink each day. The amount of liquid you should have can be determined by the medications you take and health conditions, as well as how hot the temperature is outside and at home, says Dr. Amy Ehrlich, chief of the division of geriatrics at Montefiore Medical Center in New York City.

One way to tell if you're drinking enough water is if your urine is a pale-yellow color, says Ehrlich. "If your urine is dark yellow or even orange colored this may indicate that you're not drinking enough fluids."

As people age, they may have a reduced sense of thirst and hunger, Ehrlich says, so it's important that older adults keep track of how much water and other fluids they drink. One way is to keep a bottle that measures ounces in your fridge, keep it filled with water and consume each day the amount you and your doctor have discussed. Jot down how much water or other liquids you drink away from home to stay on target.

Other beverages that are also hydrating

include juices and teas.

Ehrlich says that recommendations for daily amounts of water vary depending both on a person's health issues and their weight, but that generally women should have six to nine eight-ounce cups of water, juice or tea each day and men should have 11 to 13 cups per day.

Exceeding that is not recommended, says Ehrlich. "I often see frail older adults who believe they have to drink a lot of water each day but are often losing weight because they are 'filling up' on water instead of healthy food."

Becoming dehydrated can be very serious and can cause weakness and dizziness. Signs include dark urine or no urination. Consuming the number of ounces you and your doctor agree upon can keep that from happening, says Ehrlich.

Worrying about finding a bathroom while away from home can keep some older people from consuming enough liquids on some days. Ehrlich says she encourages older adults to stick to the same liquid level, but plan ahead for bathroom breaks before leaving home and checking to see whether a venue has an accessible bathroom.

And if frequent urination is a problem, talk to your doctor about tests to diagnose medical conditions that could be causing the problem.

Jennifer Bruning, a registered dietitian nutritionist and a spokesperson for the American Academy of Nutrition and Dietetics, says avoiding dehydration is critical for all older adults, because it can lead to confusion and memory lapses and cause urinary tract infections that can cause confusion if not treated quickly.

"If you're thirsty," says Bruning, "you're already low on water, so don't wait until you're thirsty to get a drink."

People who are well hydrated will typically need to urinate every couple of hours. "If you find you don't need to go for many hours, you need to drink more fluids," says Bruning.

FOOD FOR THOUGHT

Now here is something to chew on: What you eat can help your memory.

"Yes, there are foods that support cognitive health, which affects memory," says Bruning.

- Blueberries and other dark red/purple berries. Try to eat at least two servings per week.

- Foods rich in Omega-3 fatty acids, especially fish such as sardines, salmon and herring. Most people benefit from eating fish at least twice a week.

- Coffee or tea. As long as you tolerate caffeine well and don't have a medical need to avoid it, says Bruning, tea or coffee may help boost memory in the short term.

Bruning adds that as people get older, taking in enough calories each day is also important for memory and cognition. "Older adults may not feel hunger as acutely and may eat less than they need as result," says Bruning. "Lower calorie intake can mean that the brain is not firing on all cylinders, leading to potential memory lapses and nutrient deficiencies that are important for brain health." Bruning adds that not eating enough calories also leads to weight loss, often in the form of muscle loss in older adults, which can cause people to be less active. "Moving is good for the brain!" says Bruning. ►

Francesca Kritz is a consumer and health policy reporter based in Jerusalem and Silver Spring, Md. For a decade she was the health reporter for the New York Jewish Week and is a frequent contributor to NPR.org.

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Please note: At this time, the portal does not support Hotmail, MSN or SBCGLOBAL. If you wish to register with the Survivor Portal, kindly use another email provider (such as YAHOO, AOL or GMAIL).

For more information, contact:

CLAIMS CONFERENCE

P.O. Box 1215

New York, NY 10113

Tel: 646-536-9100

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1. Легко создать свой личный кабинет с Клеймс Конференс.
2. Возможность получить информацию о статусе вашего дела, от заявления до предыдущих выплат, в одном месте.

3. Удобно завершить процесс подтверждения нахождения в живых через PANEEM или Свидетельство о нахождении в живых.
4. Легко обновить контактную информацию и даже банковские реквизиты.
5. Доступ к персонализированным документам и информации с учетом ваших потребностей.
6. Возможность быстро скачать необходимые формы.

*Вам нужна помощь в использовании портала?
Позвоните нам по телефону 646-536-9100 или пошлите нам электронное письмо на info@claimscon.org. Наша команда будет счастлива оказать вам содействие.*

Please note: На данный момент портал не поддерживает Hotmail, MSN или SBCGLOBAL. Если вы хотите зарегистрироваться на портале для переживших Холокост, пожалуйста, используйте другой почтовый провайдер (например, YAHOO, AOL или GMAIL).

When Food is a Blessing in Disguise

A honey-roasted carrots recipe for a sweet new year.

As Rosh Hashanah approaches, we are all wishing you and your loved ones a happy and healthy new year. The holiday is a time when we eat traditional foods, called simanim, which symbolize the different blessings that we are praying for in the coming year. The most famous of the simanim is apples dipped into honey, symbolizing our request to G-d that we are granted a sweet new year.

Another siman is carrots. The word shares a root with the word for decrees – gezerot. Carrots symbolize our request that G-d decree for us only good things in the coming year.

The various simanim can be eaten plain or cooked/baked, for dinner or dessert. The recipe below is an example of how to incorporate different simanim into your Rosh Hashanah menu.

Other simanim that you can add to your holiday meal include:

Honey-Roasted Carrots

A quick and easy side dish that contains two of the simanim.

Ingredients:

4 large carrots, or half a bag of baby carrots (if using large carrots, peel and cut into large chunks – you may want to use multicolored carrots for a beautiful presentation)

1 1/2 tbsp. canola or olive oil

2 tbsp. honey

Kosher salt and pepper to taste

Fresh chopped parsley for garnish (optional)

Instructions:

1. Preheat oven to 375 degrees Fahrenheit (190 degrees Celsius).
2. Mix carrots with oil. Add honey, salt and pepper.
3. Put carrots on foil-lined sheet pan in single layer. Bake for 30 to 40 minutes. They should become soft, but not mushy.
4. Garnish with fresh parsley (optional).

For increasing merits:

- Pomegranates - To avoid having to cut one, buy pomegranate juice instead. You can also find the fruit pre-cut, with seeds, or arils, packaged.

- Black-eyed peas - Buy them canned and add to your soups or cook them and sprinkle on your salad.

- Pumpkins or Squash - Buy the seeds for an easy snack or bake the halves of a squash with some honey

For an end to our enemies and suffering:

- Dates

A shehecheyanu fruit: There is a custom to eat a new fruit on Rosh Hashanah, one that you haven't eaten all year, and to say a special blessing. Many stores will have a special section dedicated to unusual fruits just for Rosh Hashanah. Don't be afraid to try something new! The hope is for something new and good in the new year.

Adapted from
thejewishkitchen.com



Old Trauma, Triggered Anew by Oct. 7

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so easily gathered in normal circumstances by children.

When a child survivor reflects, the abyss beckons. It is straight back into a cellar, a cave, multiple moves and separations, a nightmare melding day into night, sometimes for as long as six years. There is no before. And it was not over in 1945. It took up to five to six years more for children to settle into a semblance of permanency and begin to try to recapture an element of security and predictability.

What do we know? We know that child survivors are fragile beings because of a dreadful beginning and yet, having made it this far, also demonstrate a toughness, a resilience, a determination that defies conventional understanding of developmental psychology. After all, most psychological theories would predict a disastrous outcome for children so severely traumatized at so sensitive a time.

More than 400 children and adolescents of the 1,000 or so found at Buchenwald were brought to France to recover. Among them were the then-16-year-old Elie Wiesel; the then-8-year-old Lulek who became Chief Rabbi Israel Meir Lau of the State of Israel; and his older brother, Naphtali Lavie, a former consul general of Israel to New York. There were Buchenwald boys who become physicians and physicists, businessmen and rabbis. I know several in Canada and elsewhere who are admired and loved by both their families and the communities in which they reside. Some may not have fared so well, but the universal pessimism proved unwarranted.

The outside world needs to know us better, although they will never know us completely. And it is not understanding the survivor seeks. No survivor truly expects to be understood. Our need is to be heard. How peculiar that after all these years of progress and sophistication in the therapies it all still comes down to the wounded teller and the healing listener.

Have our experiences and memories prepared us for Oct. 7? My feeling, sad to say, is that the answer is yes. My childhood experiences were magnified by knowledge gained shortly after liberation, of the torture and murder of our people in enormous numbers. I came to know that children specifically had little chance to survive. And that they were gassed and burned. Many were thrown alive into burning pits and others shot into mass graves or simply buried alive. These accounts I heard as a 6-year-old, from Auschwitz survivors who returned to Holland via our living room. As a pioneer in securing audiovisual testimony from survivors, I heard stories that never leave one's mind. One could say, I had some preparation for the gruesome and barbaric attack by Hamas. I believed what had been done. After all, it was done before.

What I could not believe was Oct. 8, the world's response and non-response to this horrific, gruesome crime against the Jewish people. I could not believe how many youngsters at university and their professors celebrated the success of Hamas brutality. And continue to do so. How do we respond these challenges? How do we fight off despair? Elie Wiesel, of blessed memory, comes to mind, "We Jews have every reason to despair, but we cannot. We are commanded to hope."

Generating hope requires that we continue to tell our stories of resilience in the face of

Old Trauma, Triggered Anew by Oct. 7

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adversity, involve our children and grandchildren in defense of their Jewish existence by providing facts and information to counter the lies and distortions of our survival and of Israel's history.

We must shed complacency and double down on our efforts as volunteers and fundraisers to support our people in need. We must not protest through resignations; we must serve on committees that make decisions in institutions or workplaces. We are needed to safeguard our rights.

And above all, remain in touch with one another. Do not operate in isolation. We

must not feel alone. Join others in order to feel secure in learning how to navigate the complexities of the current situation.

Elie Wiesel, in a 1981 lecture on "The Holocaust Patient," faced a question from a doctor following his poignant and overpowering talk: "Professor Wiesel, how shall we treat our survivor patients?" The answer. "Listen to them. Listen to them carefully for they have more to teach you, than you them." ▀

Robert Krell, a psychiatrist, professor and child Holocaust survivor and educator, is the author of *Emerging from the Shadows: Child Holocaust Survivors, Their Children and Their Grandchildren*.

An Interview with Arie Bucheister

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thought were buried in the past.

What is your vision looking ahead, in a world where there are fewer survivors alive?

As first-hand witnesses, survivors can best tell their own stories, serve as a moral authority and keep the memory of what happened alive. The passing of survivors from the scene has had – and will continue to have – a significant impact. That's not just sad, in and of itself, but it comes at a time when our recent Holocaust knowledge studies – in every country surveyed – show a disturbing ignorance of basic facts about the Shoah in key segments of the population.

Tens of thousands of survivors are still with us. It's something of an organization mantra that the Claims Con-

ference's unyielding and passionate focus – whether through compensation, homecare or other services – remains on supporting survivors in need, until the very last survivor.

We simultaneously must address current threats to Holocaust awareness and memory, while we intensify efforts to prepare for a world without survivors. It entails a multi-front strategy that includes gathering, organizing and digitizing Holocaust-related archives; amplifying our presence on social media; using innovative technologies to reach younger audiences; and considering ways of retooling our excellent Holocaust education program to incorporate the ever-evolving challenges that arise and to better engage with future generations. ▀

Sandee Brawarsky, an award-winning journalist and author, is editor of *L'Chaim*.

UNITED STATES

ARIZONA

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

CALIFORNIA

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

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

Jewish Family Service
Los Angeles

City of 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

IF YOU ARE A HOLOCAUST SURVIVOR WHO NEEDS HELP, PLEASE CALL ONE OF THE NUMBERS BELOW. 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. For a full list of Claims Conference funded agencies, please refer to the website at www.claimscon.org/survivor-services/helpcenters/

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*
Miami (305) 576-6550

*Goodman Jewish Family Services
of Broward County*
Davie (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)-843-7456

Jewish Social Service Agency
Rockville (301) 816-2657

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 NJ
Elizabeth (908) 352-8375

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

*Jewish Family & Children's
Service of Ocean County*
Lakewood (732) 363-8010

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

*Jewish Family & Vocational
Service of Middlesex County
North Brunswick (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

*Edith and Carl Marks Jewish
Community House of Bensonhurst
Brooklyn (718) 331-6800*

*Guardians of the Sick/Bikur
Cholim Hesed 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*

*The Marion and Aaron Gural JCC
Cedarhurst (516) 569-6733*

*Selfhelp Community Services
Location Based
Manhattan (212) 971-5475*

Queens (718) 268-1252

Brooklyn (718) 646-7500

*Washington Heights and Bronx
(212) 781-7200*

Nassau County (516) 481-1865

*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 Assoc.
Cleveland (216) 292-3999
or (216) 504-2600*

*Jewish Family Service
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*

WISCONSIN

*Jewish Family Service
Milwaukee (414) 390-5800*

ADDITIONAL RESOURCE

The Blue Card (212) 239-2251

CANADA

*Jewish Family Service
Calgary (403) 287-3510*

*Jewish Family Services
Edmonton (780) 454-1194*

*Atlantic Jewish Counsel
Halifax (902) 422-7491 ext. 226*

*Hamilton Jewish Family Services
Hamilton (905) 627-9922 ext. 26*

*Cummings Jewish Centre for Seniors
Montreal (514) 343-3514*

*Jewish Family Services of Ottawa
Ottawa (613) 722-2225 ext. 311 or 313*

*Circle of Care
Toronto (416) 635-2860 ext. 247
or (416) 635-2900 ext. 247*

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

*Jewish Family Services
Vancouver (604) 558-5719*

*Jewish Family Services
Vancouver Island (778) 405-3300*

*The Windsor Jewish Federation
and Community Centre
Windsor (519) 973-1772 ext. 225*

*Jewish Family & Child Service
Winnipeg (204) 477-7430*

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

ATTENTION HOLOCAUST SURVIVORS

If you are a Holocaust survivor who has not received any compensation payment (either from the Claims Conference or German or Austrian governments), please call us immediately. You may be entitled to receive compensation.

The Claims Conference has negotiated the following liberalizations of criteria to compensation funds with the German government.

HARDSHIP FUND - SUPPLEMENTAL PAYMENT Jewish Nazi victims eligible for the Hardship Fund may be eligible for annual Supplemental Payments through 2027. If you already received a Hardship Fund Supplemental Payment, you do not need to apply again. You will only need to provide Proof of Life. You may either complete the proof of life process electronically using PANEEM (you will need to register with PANEEM every year through 2027) or by submitting a paper proof of life. You will hear from us when to validate via PANEEM. If you have moved, or do not hear from us, please contact us. If you have never applied, the deadline for the specific year in which you are applying is December 31, of that year.

Holocaust survivors who, in the past, were ineligible to receive any Hardship Fund-related payment because they had received one-time German government payments (for example from Länderhärtefonds) are eligible to apply for the Hardship Fund Supplemental payment.

Survivors who receive a German or Austrian pension for persecution during the Holocaust - BEG, Article 2 Fund, Regional Specific Program (RSP), Austrian Victims Pension (Opferausweis) - are not

eligible to receive the Hardship Supplemental Fund Payment.

For detailed information about the Hardship Fund Supplemental payments, please see www.claimscon.org/our-work/compensation/background/hardship/hardship-fund-supplemental-payment/supplemental-hardship-fund-frequently-asked-questions/.

NEWLY APPROVED OPEN GHETTOS:

Jewish Holocaust survivors who were persecuted for at least three months in the open ghettos identified below, may be eligible for a monthly pension, paid quarterly, from the Article 2 or CEE Fund:

- In Romania, survivors persecuted in Bucharest, Adjud, Beiuș, Blaj, Caracal, Dumbrăveni, Făgăraș, Hațeg, Luduș, Mediaș, Nălaț-Vad, Oravița, Păclisa, Pitești, Șărmașu, Sighișoara, Târnăveni, Tinca, Turnu Severin, Arad, Braila, Brasov, Buhusi, Călărași, Deva, Dorohoi, Fălticeni, Huși, Ilia, Lugoj, Ploiești, Podul Iloaiei, Sibiu, Suceava, Târgu Frumos, Timisoara, Turda, Alba Iulia, BaCau. Barlad, Botosani, Buzau, Costanta, Craiova, Focasi, Galatz, Harlau, Iasi, Pascani, Piatra Neamt, Roman, Romanicu Sarat, Stefanesti, Targu Mures, Targu Neamt, Tecuci, and Vaslui, between August 1941 and August 1944;
- In Bulgaria, survivors persecuted in Dobrich, Kazanlık, Kürdzhali, Lovech, Nevrokop (a.k.a. Gotse Delchev), Nikopol, Plovdiv, Popovo, Preslav, Provadiya, Turgovishte, and Yambol (Jambol), between September 1942 and September 1944. In addition, all pension recipients who were in one of the open ghettos in

Romania or Bulgaria named above and born after January 1, 1928, may be entitled to a one-time payment from the Child Survivor Fund administered by the Claims Conference.

Note: Jewish Nazi victims from these open ghettos in Romania and Bulgaria may also be entitled to a pension from the ZRBG (Ghetto Pension). This pension is not administered by the Claims Conference. Please contact a German embassy or consulate near you or <https://www.germany.info/us-en/service/07-Pension/ghetto-financial-compensation/920638>

REGION-SPECIFIC PERSECUTION

(RSP) PENSION A pension program was created for survivors, who currently do not receive pensions who were, for at least three months in: (i) the Leningrad Siege (ii) persecuted in Romania or (iii) hiding in France. Income/Asset criteria of the Article 2/CEE Funds apply. Meeting the RSP persecution criteria shall entitle a survivor to a payment from the Child Survivor Fund if the age criteria is met (born in or after 1928).

For more information, contact:

CLAIMS CONFERENCE

P.O. Box 1215

New York, NY 10113

Tel: 646-536-9100

Email: info@claimscon.org

www.claimscon.org/our-work/compensation/germany-payments/zrbg/apply/

PAYMENT TO SPOUSES OF DECEASED ARTICLE 2/CEE/REGION-SPECIFIC PERSECUTION FUND BENEFICIARIES
The Claims Conference will provide payments to eligible spouses of deceased recipients of the Article 2 Central and

Eastern European (CEE) and Region-specific Persecution (RSP) Funds. A spouse of an Article 2/CEE/RSP Fund recipient may, upon the death of the Article 2/CEE/RSP Fund recipient, be entitled to receive payments for up to 9 months, paid in three quarterly installments, if the following conditions apply:

1. The spouse is alive at the date of the payment; and
2. The spouse was married to the Article 2/CEE/RSP Fund recipient at the time of death of the Article 2/CEE/RSP Fund recipient; and
3. The Article 2/CEE/RSP Fund recipient passed away at any point while he or she was receiving a payment from the program.

The spouse of a Holocaust survivor must be alive at the time of each payment. Other heirs, including children, are not entitled to receive any payment. To download an application from our website, please go to: www.claimscon.org/apply

The German government established a similar program for surviving spouses of monthly Holocaust compensation pensions made under German Federal Indemnification Law, other German federal compensation laws or governmental programs, (sometimes referred to as Wiedergutmachung), for Holocaust survivors who passed away January 1st, 2020, or later. For more information, please check with the BADV or download the application from the BADV website at www.badv.bund.de/DE/OffeneVermoegensfragen/UebergangsleistungenEhegattenNSOpfer/antrag.html.

ВНИМАНИЮ ПЕРЕЖИВШИХ ХОЛОКОСТ

Если вы пережили Холокост и не получили компенсацию ни от Клеймс Конференс, ни от правительств Германии и Австрии, то, пожалуйста, позвоните нам не откладывая - возможно вам полагается компенсация.

Клеймс Конференс добилась следующего смягчения критериев для фондов компенсаций на переговорах с правительством Германии.

ДОПОЛНИТЕЛЬНАЯ ВЫПЛАТА ИЗ ФОНДА HARDSHIP FUND

Жертвы нацизма еврейского происхождения, которым полагается выплата из фонда HARDSHIP FUND, могут получить ежегодную дополнительную выплату до 2027 года. Если вы уже получали дополнительную выплату из фонда HARDSHIP FUND, вам не нужно снова подавать заявление. Вам просто нужно будет предоставить Клеймс Конференс подтверждение о нахождении в живых. Вы можете либо подтвердить нахождение в живых через PANEEM (вам придется регистрироваться в PANEEM каждый год вплоть до 2027 года), либо прислать нам бумажное подтверждение жизни. Мы сообщим вам, когда вам нужно будет воспользоваться PANEEM. Если вы переехали, или не получили от нас корреспонденцию, пожалуйста, свяжитесь с нами. Если вы никогда не подавали заявление, то это можно сделать до 31-го декабря того года, в который вы подаете заявление.

Пережившие Холокост, которые ранее не могли подавать заявление на дополнительную выплату из фонда HARDSHIP FUND в силу того, что получили в прошлом одноразовую выплату от правительства Германии (например от компенсационных фондов федеральных земель Länderhärtefonds),

теперь могут это сделать.

Пережившие Холокост, которые получают пенсию за преследование во время Холокоста от Германии и Австрии (BEG, Article 2 Fund, Regional Specific Program (RSP), Austrian Victims Pension (Opferausweis), не вправе получать дополнительную выплату из фонда HARDSHIP FUND.

Подробную информацию о дополнительной выплате из фонда Hardship Fund можно найти по адресу: <https://www.claimscon.org/our-work/compensation/background/hardship/hardship-fund-supplemental-payment/supplemental-hardship-fund-frequently-asked-questions/>.

НЕДАВНО ПРИЗНАННЫЕ ОТКРЫТЫЕ ГЕТТО

Жертвы нацизма еврейского происхождения, которые подвергались преследованиям в открытых гетто, перечисленных ниже, не меньше трех месяцев, могут теперь претендовать на пенсию из фонда A2 или CEEF::

- Румыния: пережившие преследование в городах Бухарест, Аджуд, Беюш, Блаж, Каракал, Думбрэвены, Фэгэраш, Хацег, Лудуш, Медиаш, Нэлат-Вад, Оравита, Пэклиша, Питешты, Сэрмашу, Сигишоара, Тырнэвени, Тинка, Турну Северин, Арад, Брэйла, Брашов, Бухуши, Кэлэраши, Дева, Дорохой, Фэлтичены, Хуси, Илия, Лудош, Плоэшты, Поду Илоаей, Сибиу, Сучава, Тыргу-Фрумоз, Тимишоара, Турда, Алба Юлия, Бакау, Барлад, Ботошани, Бузэу, Констанца, Крайова, Фокшаны, Галац, Хырлэу, Яссы, Пашкани, Пятра-Нямц, Роман, Рымнику-Сэрат, Стефанешты, Тыргу-Муреш, Тыргу-Нямц, Текуч и Васлуй в промежутке между августом 1941 и августом 1944 года;

- Болгария: пережившие преследование в городах Добрич, Казанлык, Кырджали, Ловеч, Неврокоп (также Гоце-Дельчев), Никополь, Пловдив, Преслав, Провадия, Тырговиште и Ямболь в промежутке между сентябрем 1942 и сентябрем 1944 года.

В дополнение, все получатели пенсии, которые подвергались преследованию в одном из вышеуказанных открытых гетто Румынии и Болгарии, и которые родились после 1 января 1928 года, могут претендовать на одноразовую выплату из фонда Дети Холокоста, который находится в ведении Клеймс Конференс.

Обратите внимание: жертвы нацизма еврейского происхождения из этих открытых гетто в Румынии и Болгарии могут претендовать на пенсию от ZRBG (Ghetto Pension). Обработкой этих заявлений Клеймс Конференс не занимается. Пожалуйста, свяжитесь с ближайшим к вам посольством или консульством Германии или зайдите на сайт <https://www.germany.info/us-en/service/07-Pension/ghetto-financial-compensation/920638>

ПЕНСИЯ ЖЕРТВАМ ОСОБО ЖЕСТОКОГО ПРЕСЛЕДОВАНИЯ В ОТДЕЛЬНЫХ РЕГИОНАХ (RSP)

Эта новая программа выплаты пенсий предназначена для переживших Холокост людей, не получающих в настоящее время пенсию, но которые как минимум три месяца: (i) находились в Блокадном Ленинграде (ii) подвергались гонениям в Румынии или (iii) прятались во Франции. Ваш доход/личные активы должны соответствовать критериям получения выплат из фонда ARTICLE 2 и Фонда Центральной и Восточной Европы (CEE FUND). Пережившие Холокост, которые соответствуют условиям получения пенсии RSP, могут также претендовать на выплату из Фонда Дети Холокоста (Child Survivor Fund) при соответствии возрастному критерию (дата рождения после 1928 года включительно).

Для получения более подробной информации свяжитесь:

CLAIMS CONFERENCE

P.O. Box 1215

New York, NY 10113

Tel: 646-536-9100

Email: info@claimscon.org

<https://www.claimscon.org/our-work/compensation/germany-payments/zrbg/apply/>

ВЫПЛАТЫ СУПРУГАМ УМЕРШИХ ПОЛУЧАТЕЛЕЙ ПЕНСИИ ИЗ ФОНДОВ ARTICLE 2/CEE/RSP:

Клеймс Конференс произведёт выплаты имеющим право на получение супругам умерших получателей пенсии из фондов Article 2, Центрально-европейского фонда (CEE) и фонда RSP.

Супруг/а получателя пенсии из фондов Article 2, Центрально-европейского фонда (CEE) и фонда RSP, после смерти получателя пенсии из фондов Article 2, Центрально-европейского фонда (CEE) и фонда RSP, может претендовать на получение выплат в течение срока до 9 месяцев, выплачиваемых три раза поквартально, если:

1. Супруг/а был/а жив/а на момент получения выплаты; и

2. Супруг/а состоял/а в браке с получателем пенсии из фондов Article 2, Центрально-европейского фонда (CEE) и фонда RSP на момент его/её смерти; и

3. Получатель/ница пенсии из фондов Article 2, Центрально-европейского фонда (CEE) и фонда RSP умер/ла в любой момент после получения пенсии из этих программ.

Супруг/а пережившего Холокост должен/на быть жив/а на момент получения каждой выплаты. Другие наследники, включая детей, не имеют права на получение этих выплат. Скачать заявление с нашей интернет страницы можно здесь: www.claimscon.org/apply

Правительство Германии начало похожую программу для супругов получателей ежемесячных компенсационных пенсий, выплачиваемых на основании федерального закона Германии о компенсациях (иногда называемого также *Wiedergutmachung*), других немецких федеральных законов о компенсациях или правительственных программ - для переживших Холокост, которые умерли после 1ого января 2020 года. Для получения более подробной информации свяжитесь, пожалуйста, с BADV или скачайте заявление с сайта BADV: <https://www.badv.bund.de/DE/OffeneVermögensfragen/Uebergangsleistungen.EhegattenNSOpfer/antrag.html>.

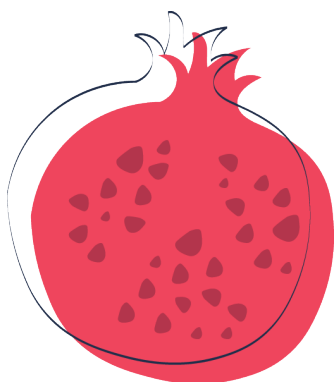


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The Claims Conference wants to be in touch with you during these challenging times. Inside L'Chaim, you will find important information in English and Russian including:

- ▶ An interview with Claims Conference Chief of Staff Arie Bucheister
- ▶ An essay on trauma triggered by October 7th written by a child survivor and psychiatrist
- ▶ Important information on compensation payments
- ▶ A study of Holocaust survivors, resilience and "Super-Agers"
- ▶ Timely health tips
- ▶ A recipe for Rosh Hashanah – and year-round
- ▶ Contact information for our partner agencies around North America



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