To Our Dear Friends,

Over the holidays in September, we all had time to contemplate this past year with its many hardships. As we approach Chanukah, the Festival of Lights, we again reflect on this moment, with gratitude. Once again, we are moved by your abilities to adapt to the challenges we have faced.

Even though we are still unable to gather and still face uncertainties, the spirit of our community, and our devotion to you, the survivors, remains robust. May we continue to move forward with new insight, new hope, kindness and a renewed commitment to each other, and may we return before too long to a time when we can see one another in person and resume our activities.

We urge you to continue to remain cautious about Covid infections, and urge all of you to get vaccinated (and get boosters, per your physician’s recommendations) and to continue to wear masks indoors when you are in public spaces, maintain social distance and keep up your habits of healthy living, including exercise, nutritious meals, regular medical check-ups and social interactions (even if by phone).

Inside this newsletter, we offer some helpful ideas about keeping up to date with simple health technology and avoiding scams that target seniors; information on free virtual programs sponsored by Holocaust museums around the country; recipes for easy and healthy dishes you can make prepare at home and more. We also introduce you to a valued member of the Claims Conference team, so that you can better understand how we work to serve you.

We wish all of you a light-filled year, filled with understanding, insight, much sweetness and good health, and better times ahead for all of us. May you continue to teach all of us through your strength and resilience.

Sending our warm regards and all very best wishes,

Gideon Taylor
President,
Claims Conference

Greg Schneider
Executive Vice President,
Claims Conference
IMPROVEMENTS TO HEARING AIDS, EYEGLASSES AND EMERGENCY DEVICES CAN MAKE YOU SAFER. TIME FOR AN UPGRADE?

We’re often proud to say how long we’ve owned something. A book, a painting or a dining room table, for example. But if devices you rely on for your health such as hearing aids and eyeglasses have a few years on them, an upgrade could certainly be in order, says Amy Goyer, national family and caregiving expert for the AARP.

“Technology for many devices has improved over the years and a change, if needed, could improve your ability to enjoy your life,” Goyer tells L’Chaim.

BY FRAN KRITZ

HEARING AIDS

Donna Smiley, chief staff officer for audiology at The American Speech-Language-Hearing Association, says reasons to consider getting newer models of hearing aids — if you have an older one — include better sound for phone calls and video visits, especially now when there are fewer in-person visits. “Newer hearing aid technology has vastly improved,” says Smiley. “The devices can now be connected directly to computers, TVs and phones so you can hear the sound better.”

Smiley says there are major advances to hearing aids every five years or so, including smaller, less noticeable devices as well as devices whose batteries are easier to install, a common pet peeve for hearing aid wearers!

EYEGLASSES

Dr. Richard Rosen, a professor of ophthalmology at the Mount Sinai School of Medicine in New York City, says that after cataract surgery, which many people have had by the time they reach their 80s and 90s, eyeglass prescriptions stabilize. If you find that you have a change in vision, it’s important to tell your primary care doctor because it could be a medical issue, such as high blood pressure.

“Improvements to glasses include lighter weight frames that can be more comfortable on your face, but are also a bit more bendable, so it’s important to have them adjusted by an optician, if needed, to make sure you’re looking through the ‘sweet spot’ of the lenses and that the glasses don’t break,” says Dr. Rosen.

If you have not had cataract surgery, Dr. Rosen recommends seeing your eye-care specialist at least once a year as well as making an appointment if you notice any vision changes even before a year is up.

PERSONAL EMERGENCY DEVICES

If you or someone you love has had a personal emergency response device for several years, there’s a good chance the user could benefit from newer features that many of the devices now include. Newer devices are likely to have a longer transmission range and can be used both inside and outside, a point that is critical for people who go out on their own but are frail, says Goyer. And newer devices also offer options including a 24-hour monitoring service that can call a friend or family member if they’re deployed, as well as a fall-detection sensor that functions even if the wearer has had an emergency and can’t use the device themselves.

“These are very helpful devices that enable people to stay safe and remain in their homes with dignity,” says Hanan Simhon, vice president of the Holocaust Survivor Program at Selfhelp Community Services, in New York City. Other new features in many of the devices that Simhon is enthusiastic about include rechargeable and longer lasting batteries, and GPS tracking technology so that family members and caregivers can track where a senior is, whether in the house or outdoors.

“Some companies have also added some snazzier features to make it more likely that a senior will keep the devices with them,” says Simhon, including phone functions, space for digital photos and a design that can make the device look more like jewelry.

SMART SPEAKER

These are standalone devices (like Alexa or Amazon Echo) that can offer both entertainment and assistance. “Once set up, someone can say, ‘Call granddaughter’ with no need to fiddle with phone buttons,” says Goyer. “The devices can also play a requested song or respond to a request to play the weather report, and since they require only voice, rather than manual dexterity, they are empowering rather than distressing as some technology can be as some people age,” Goyer says. That’s the case for older adults who are visually impaired as well, and the sound can be adjusted for people who are hearing impaired, says Mark Meridy, executive director of DOROT, a social, educational and services organization for older adults in New York City. "It's

Continued on page 10
Miriam Weiner serves as the Assistant Executive Vice President for North America and Director of Allocations. She joined the Claims Conference in 1997 as a Program Officer in the Allocations Department, advancing to Assistant Director and then Director. She now holds a leadership role on the Executive team, overseeing staff in Europe, Israel and New York, and working with partner agencies providing needed services to Jewish Nazi victims in more than 40 countries around the world. She lives with her family in New Jersey.

Do you have a personal connection to the Shoah?
My grandfather was a Holocaust survivor although he never thought of himself that way. He grew up in Brno, Czechoslovakia. When the Nazis came to power, my grandfather and his brother were nearly finished with their Ph.D. studies at the University of Brno. Although it was illegal to grant Jews degrees at the time, their professors arranged a secret ceremony to give them their doctorates. My grandfather was very involved with the Bnei Akiva Youth Movement, and he spoke many different languages. Eichmann pushed him to work in the Nazi emigration office. At the same time, he was involved in illegal emigration, getting false papers to Jews desperate to leave. He and his brother already had exit visas but they didn't want to leave the rest of their family behind, so my grandfather was desperately trying to get his parents and married sister exit papers. One day, an officer in the emigration office told my grandfather that Eichmann knew he was involved in illegal work and that he was going to be arrested the next day. My grandfather immediately went into hiding — he never went home again and eventually made it to one of the last boats to leave Italy going to the United States. Once here in the U.S., he was drafted into the U.S. army, and he was sent to fight the Nazis in North Africa and eventually Europe. His sister and her family were murdered as was his father and most of his uncles, aunts and cousins. His mother survived Theresienstadt as did a cousin, Yehuda Bacon, who is a well-known artist in Israel. So the Shoah is something I knew about from a very young age and is a very intimate part of my family history. Unfortunately, my grandfather did not like talking about the war or his life before it, and I'm saddened that I don't know more about his pre-war life and community.

What is most satisfying about the work you do?
I feel like I am part of a tremendously important mission. The mission inspires me every day, knowing that I can have a positive impact on the lives of survivors and help them remain living at home in safety and security and that I am helping ensure Never Forget is not just a slogan.

Do you have much contact with survivors?
When we were able to travel — before the pandemic — I had more contact with survivors, when we visited communities around the world. Every year, I have had a wonderful opportunity, when we prepare for our negotiations with the German government, to spend time visiting with survivors, along with members of the German negotiating team. We want these senior government officials to understand that we are not talking about money or numbers, but are talking about people and lives. During the pandemic, we held those meetings virtually, with survivors around the world — in Israel, Romania, Hungary, Ukraine, Russia and the United States. It was incredibly inspiring.

Who are your mentors?
My mother [Dr. Karen Bacon, dean of the undergraduate Faculty of Arts and Sciences at Yeshiva University] is my biggest role model. She continues to inspire me every day. She works selflessly with the community with devotion and great intelligence, and it's never about her — that is something I really learn from her. My career mentors have been Rabbi Israel Miller, who was President of the Claims Conference when I...
started working, and Saul Kagan, who was then Executive Vice President. Both were unbelievably sterling role models, people of integrity and passion, with laser-like focus and insight. Greg Schneider is also a tremendous mentor who has encouraged my professional growth.

What are some of the challenges you face in your position?
“The day is short, and the work is plentiful” (Pirkei Avot, 2:15)
“It is not your duty to finish the work, but neither are you at liberty to neglect it” (Pirkei Avot, 2:16)
We all feel that the clock is ticking. There is tremendous pressure, internally driven, that we have to deliver, whether it’s compensation, outreach, social services, education. We feel like it’s so critical and has to be done now. We’re a relatively small staff in Allocations even though it’s grown a lot from when I started and it was just Greg and me.

Also, the nature of the work has changed. Over the years, the amount of money has increased dramatically. That has helped to expand services. However, every day we focus on what else can be done, how can we do better for survivors.

What has been the impact of the pandemic on your work?
It has only made the work more urgent — getting funding out to our agencies, so they could be as responsive as possible. We really tried to streamline some of the processes and speed up our review, allowing some flexibility we didn’t really have before.

Our agencies have been working mostly remotely, still meeting the needs of clients clients and trying to provide quality Shoah education virtually. Survivors are among the most vulnerable population because of their age, their experiences, and the physical and emotional scars. There is a critical need to maintain services, particularly home care services and food services and efforts to keep everybody safe.

Our education partners have become very creative in designing online programs for schools and trainings for teachers. All the organizations have done — and continue to do — an extraordinary job under very trying conditions to keep services going, around the world in more than 40 countries.

Are you and your staff traveling again?
Last month we had our first site visits again, with someone going to Latvia and another going to Skokie, Illinois, for the opening of a museum exhibition on the Shoah in the Soviet Union we helped to fund. While we miss being able to visit agencies in person and meet survivors in different communities, safety is our main concern so travel will start slowly as the situation stabilizes in different countries.

Looking ahead, what are some of your plans and hopes?
We are looking at how to build capacity with our social welfare programs, including how to help our partner agencies bridge the tech divide for older adults, whether helping survivors access food online or learning programs online.

In RED, there are many new efforts — we would like to find ways to engage young adults. Studies have shown that they get most of their information from social media, something we haven’t supported yet but need to think about adding to our funding priorities. We are looking to grow more collaborative partnerships among our educational grantees, to work together on large-scale projects that will have long-term impact and to invest in research and evaluation about what is most effective in Shoah education.

How important is data?
Over the past decade we have become very data driven to understand the needs of survivors, and this has made a big impact in our negotiations with the German government. To be able to quantify needs requires a lot of work by our agencies and by us to work with the data to understand the service gaps between what exists now and what survivors need going forward. We try to be as equitable as possible so that survivors everywhere, whether in Bucharest or Boca, will have the same access to support and the same levels of assistance.

You’ve devoted 20 years of your professional life to helping Holocaust survivors. Why?
I always wanted to do something in my professional life that was meaningful and helped others. When I first got the opportunity to work at the Claims Conference under Rabbi Israel Miller, I assumed the job would only last a few years. I can recall people asking me 20 years ago, “What will the Claims Conference do with the money when all the survivors pass away,” and I had to explain the challenge is what will the Claims Conference do when it doesn’t have any money anymore, but we still have Holocaust survivors to help? The mission of the Claims Conference now is just as urgent and critical as the day I started. That I can play a small part in this work is an opportunity that I am grateful for daily. — Sandee Brawarsky
When Con Artists Come A Calling?

CONSUMER PROTECTION EXPERTS WARN SENIORS ABOUT THE DANGERS OF DECEITFUL CALLERS TRYING TO EXTRACT MONEY OR INFORMATION.

Everyone — especially seniors — needs to be careful not to share any personal information with a stranger on the phone. This includes birthdate, Social Security number, medical records, names of family members, bank accounts, credit card details, insurance information and passwords. The “callers” might be live voices or robocalls, which are phone calls delivering a prerecorded message, as if from a robot.

In an interview with L’Chaim, Lois Greisman, associate director in the division of marketing practices at the Federal Trade Commission (FTC), who serves as the agency’s elder justice coordinator, offers practical advice to protect against phone scammers. She cites two tips, including the simple act of hanging up on unsolicited callers and not picking up when the call is from an unknown number. She acknowledges that pharmacies and utility companies might use robocalls for legitimate reasons, so it’s helpful to note their phone numbers in an easily accessible place.

“Be vigilant. Never feel pressured into acting,” Greisman says. She warns of two different kinds of callers: One who tries to get personal information under the guise of helping you with something; and a second who speaks forcefully with a (false) sense of urgency, whether about something bad that will happen immediately if action isn’t taken, or, on the other hand, about an enormous prize that might come your way.

Greisman, who is trained as a lawyer and has spent much of her distinguished career at the FTC in consumer protection, points to the many dangers of phone scammers, particularly for older adults.

She describes tremendous losses from what consumer protection experts call “romance scams,” when a person persists in a phone or email relationship and insists they are in love and convinces you to share personal information that can result in serious stealing, or “imposter scams,” when someone pretends to be calling from the Internal Revenue Service or from the Social Security Administration. Other common scams involve health care, home repair, fake charities and identity theft — when someone unlawfully collects information about you and uses it to withdraw money from accounts or sets up new accounts and purchases. And, over these past 18 months, criminals have come up with coronavirus scams, whether offering vaccines at a premium price or costly and fake cures, or trying to steal identifying information.

“What we have seen is that older adults tend to lose less money to fraud than those who are under 60, but when older adults lose money, the amount is significantly more than younger people,” Greisman says.

“Knowledge is empowerment,” she emphasizes. Certain things should be red flags, like if someone asks you to prepay for something, or to pay with gift cards or to wire funds. Before taking any such action, she suggests talking to a friend, neighbor or relative to see if what you’re being asked for sounds right to them.

“The government is never asking you to pay with gift cards,” she says. “It’s so important that people communicate and ask questions. If you’ve heard about false calls from the IRS about back taxes, you are much less likely to be duped by it.”

Consumer protection experts also say it’s a good idea to regularly review bank statements and credit card statements and keep a close eye on your money.

Call your bank or credit card company if you see unauthorized charges. The internet also provides many opportunities for scammers, and a simple rule is not to respond to any unsolicited email.

“Everyone is susceptible. Scammers don’t care who they get money from, whether rich or poor, old or young,” says Lois Greisman of the Federal Trade Commission.

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Healthy, Flavorful Cooking With Fruits and Vegetables

For cookbook author and chef Carol Gelles, simplicity is the hallmark of her healthy, flavorful cooking. She emphasizes easy-to-follow techniques and ingredients that many people have at home or are easy to find in local shops. These recipes work for meals over the holidays as well as the rest of the year.

Gelles is a proponent of “cooking more than one meal at a time,” in other words, cooking enough food so that it can be frozen and reheated to last for several meals. “Don’t be afraid of freezing,” she says. She always makes extra portions of soups and other dishes, and stores them in her freezer, in nothing more complicated than a durable plastic bag or container. One food group that should not be frozen is grains because their texture is adversely affected. Cooking ahead and freezing is also very useful at holiday time, to help relieve the pressures of lots of cooking.

Gelles has spent many years creating recipes for a variety of tastes and needs. Her descriptions at the top of the recipes reflect her user-friendly, upbeat approach. Please be sure to check with your physician about any dietary restrictions. –SB

CREAMY CAULIFLOWER AND POTATO SOUP (DAIRY FREE)

This is really a potato leek soup, but I substituted cauliflower for some of the potatoes. In addition to reducing the starchiness, it adds a nice flavor. If you do not have an immersion blender, blender or processor you can just eat it as a chunky soup.

INGREDIENTS:
1 tablespoon olive oil
1 1/4 cups sliced leeks (any part of the leek is fine)
3 cups vegetable or chicken broth
2 cups water
4 cups cauliflower florets
1 cup cubed peeled potato
2 bay leaves
1/2 teaspoon chopped fresh tarragon or 1/4 teaspoon dried tarragon
1/4 teaspoon thyme
1/4 teaspoon ground black pepper or to taste

PREPARATION:
In a 3-quart saucepan, heat the oil. Add the leeks and cook over medium high heat until softened.
Add the broth and water; bring to a boil. Add the cauliflower, potato, bay leaves, tarragon, thyme and pepper. Return to a boil. Reduce heat; simmer 25 to 30 minutes or until the cauliflower and potatoes are tender. Discard bay leaves.
Puree using an immersion blender or place the half the soup in into a blender or food processor and process until smooth. Repeat with remaining half of the soup.


NOTE TO OUR FRIENDS:
We have been sharing favorite recipes with you through L’Chaim, and now we’d like to turn to you and your kitchens. Please send us your favorite recipes (and their stories) and we may be able to include them in a future issue. Please write to us at Claims Conference, L’Chaim, Box 1215, New York, NY 10113.

NOTE TO OUR FRIENDS: These recipes are reprinted with permission, and with much gratitude to Carole Gelles, the author of several award-winning cookbooks including “1,000 Vegetarian Recipes” (winner of a Julia Child Cookbook Award), “The Complete Whole Grain Cookbook,” “Wholesome Harvest” and “The Ultimate Diabetes Cookbook.” Gelles has an MA in food and nutrition, and has been instrumental in leading the free community lunch program at Congregation B’nai Jeshurun in Manhattan.

YUMMY ROASTED Pears

A perfect dessert for any meal. You can get creative and add granola, shredded coconut, chopped nuts or anything crunchy to the topping.

INGREDIENTS:
4 ripe pears
2 tablespoons brown sugar
1/4 teaspoon ground allspice or cinnamon
Pomegranate seeds for garnish, optional

PREPARATION:
Preheat oven to 400°F. Line a 9 x 13 x 2-inch baking pan with aluminum foil.
Peel the pears, leaving the stem on. Cut in half, through the blossom end opposite the stem.

Using a spoon, remove the core and discard; place the pear halves in the prepared pan.

In a small bowl, stir together the sugar and allspice. Sprinkle over the pear halves. Bake 20 minutes or until soft.

Place on serving plates and sprinkle with pomegranate seeds.

Serves 4.
hosts “Stories Survive,” an interview with a Holocaust survivor, unfolding that person’s story. They are always looking for new participants. (Readers who are interested should contact Ari Goldstein, agoldstein@mjhny.org)

They have several book launches planned, including “Snowbirds: A Cultural Phenomenon” featuring Naomi Harris and her book of photographs taken in South Miami Beach, “The Haddon Hall,” on December 16th.

All programs are streamed live and available on YouTube the following day.

Every Monday, the museum sends a newsletter with the week’s offerings. To sign up and to access information on all the programs, see the museum website, https://mjhny.org

For more information and a full calendar of events, visit the museum’s events page: mjhnyc.org/current-events/

One of the positive lessons of the pandemic is that the internet can be a bridge to culture.

The survivors are our best teachers,” says Andy Hollinger, director of communications at the United States Holocaust Memorial Museum in Washington, D.C.

The museum hosts lectures, behind-the-scenes events with historians and curators and “First Person,” a series of monthly conversations with survivors who are volunteers at the museum.

“Hearing their firsthand accounts has never been more important as we see a rise in antisemitism and Holocaust denial and distortion, and as studies show Americans’ knowledge of these events is decreasing,” Hollinger says. “Hearing from those who witnessed this history is a privilege, and we hope that by making these programs available digitally, people from around the country — and the world — will be able to learn from the survivors themselves about this history and its continuing relevance for us today.”

The museum also offers helpful services, which might be of interest to survivors and their families. The staff at the museum’s Holocaust Survivors and Victims Resource Center research the institution’s vast archives to help families learn what happened to their loved ones. The service is offered free of charge for Holocaust survivors and their families. While the center is temporarily closed, research questions can be submitted to the staff. https://www.ushmm.org/remember/resources-holocaust-survivors-victims/individual-research.

In addition, the museum’s Benjamin and Vladka Meed Registry of Holocaust Survivors is a voluntary catalog of Holocaust survivors, victims and their families. Hollinger says that they encourage people to register family members, even post-humously, to build the list of names of those persecuted by Nazi Germany and its collaborators. https://www.ushmm.org/remember/resources-holocaust-survivors-victims/register-a-survivor.

More information is at the museum website, ushmm.org.

Holocaust survivors are at the heart of everything the Illinois Holocaust Museum does,” says Amanda Friedeman, assistant director of education at the Illinois Holocaust Museum & Education Center in Skokie, “In planning our offerings for students, teachers and the general public, we prioritize learning from, about and with survivors to inspire our visitors to remember the past and transform the future.”

The museum holds virtual Lunch & Learn programs, book and author events and lectures, including, on December 7, a talk with Leah Garrett, author of “X Troop: The Secret Jewish Commandos of World War II.”

Please see ilholocaustmuseum.org for more information.

The Museum of Tolerance in Los Angeles sends out weekly e-blasts highlighting what’s happening at the museum, including public programming, both virtual and in-person.

“These programs are of interest to a broad audience,” Liebe Geft, the museum’s director, says. “We welcome the participation of Holocaust survivors. There is always a contact provided if help is needed with registration or technical aspects of the program.”

Please see museumoftolerance.com for more information.
ФОНД ПОМОЩИ (HARDSHIP FUND) – НОВАЯ ДОПОЛНИТЕЛЬНАЯ ВЫПЛАТА
Жертвы Нацистской Германии еврейского происхождения, попавшие в соответствии с критериями ФОНДА ПОМОЩИ (HARDSHIP FUND) могут обратиться за получением двух дополнительных выплат в размере €1200 (приблизительно $1400): первая выплата осуществляется начиная с 1 декабря 2020, вторая выплата — в последующем году, в итоге будет выплачено €2400 (приблизительно $2800) на человека.

В ПЕРВЫЕ ОДОБРЕННЫЕ ОТКРЫТЫЕ ГЕТТО:
Пережившие Холокост евреи, которые подверглись гонениям в перечисленных ниже открытых гетто не менее трех месяцев, могут претендовать на ежемесячную пенсию из Фонда Article 2 и Фонда Центральной и Восточной Европы (CEE Fund):
- Румыния: пережившие Холокост, которые поверглись преследованию в городах Бухарест, Арад, Браиля, Брашов, Бухуш, Дева, Дорохой, Фатихени, Хуша, Ипина, Лугож, Плоешти, Поду-Илоаей, Тыргу-Фрумос, Тимишоара, Турда и Сибиу в промежуток времени между августом 1941 года и августом 1944 года;
- Болгария: пережившие Холокост, которые поверглись преследованию в городах Добрчица, Казанлык, Кырджали, Любеч, Неврокоп (также известный как Гоце-Делчев), Никополь, Попово, Преслав, Провадия, Тургоиште и Ямбол в промежуток времени между сентябрем 1942 года и сентябрем 1944 года;

Внимание: Евреи, пострадавшие от действий Нацистской Германии в одном из открытых гетто Румынии и Болгарии могут также претендовать на пенсию согласно Закону о пенсиях за работу в гетто (ZRBG).

ПЕНСИЯ ЖЕРТВАМ ОСОБО ЖЕСТОКОГО ПРЕСЛЕДОВАНИЯ В ОТДЕЛЬНЫХ РЕГИОНАХ
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 могут быть одним из критериев получения выплат из фонда Article 2 и Фонда Центральной и Восточной Европы (CEE FUND).

Внимание: Блокада Ленинграда (ii) подвергались гонениям в Румынии или (iii) прятались во Франции. Ваш доход/личные активы могут быть одним из критериев получения выплат из фонда Article 2 и Фонда Центральной и Восточной Европы (CEE FUND).

ПОДРОБНАЯ ИНФОРМАЦИЯ: www.claimscon.org/apply
The Claims Conference has negotiated the following liberalizations of criteria to compensation funds with the German government.

**HARDSHIP FUND – NEW SUPPLEMENTAL PAYMENT**

Jewish Nazi victims eligible for the Hardship Fund can now apply to receive two Supplemental Payments of €1,200 (approximately $1,400) — with the first payment to be made from December 1, 2020, and the second payment in the subsequent year for a total payment of €2,400 (approximately $2,800) per person.

Holocaust survivors who were prevented from receiving Supplemental Hardship Fund payments during the COVID-19 pandemic as a result of previously receiving one-time German government payments (for example from Länderhärtefonds) are now eligible for the supplemental payment.

**NEWLY APPROVED OPEN GHETTOS:**

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

- **In Romania**, survivors persecuted in Bucharest, Arad, Braila, Brasov, Buhusi, Deva, Dorohoi, Falticeni, Husi, Ilia, Lugoj, Ploiești, Paul Iloaiei, Târgu Frumos, Timișoara, Turda and Sibiu between August 1941 and August 1944;
- **In Bulgaria**, survivors persecuted in Dobrich, Kazanlûk, Kûrdzhali, Lovech, Nevrokop (a.k.a Gotse Delchev), Nikopol, Popovo, Preslav, Provadiya, Turgovishte, and Yambol, 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.

**CHILD SURVIVOR FUND**

The Child Survivor Fund may provide those who are among the One Thousand Children, a one-time payment amounting to €2,500 (approximately $2,900) per person. Approximately 1,400 children were forced to leave their parents behind when they were rescued from Nazi Germany and Nazi-occupied countries and taken to the United States. Please contact us to learn the details of eligibility.

**PAYMENT TO SPOUSES OF DECEASED ARTICLE 2/CEE FUND BENEFICIARIES**

The Claims Conference will provide payments to eligible spouses of deceased recipients of the Article 2 and Central and Eastern European (CEE) Funds. A spouse of an Article 2/CEE Fund beneficiary may, upon the death of the Article 2/CEE Fund beneficiary, 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 Fund beneficiary at the time of death of the Article 2/CEE Fund beneficiary; and
3. The Article 2/CEE 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](http://www.claimscon.org/apply)

The German government established a similar program for surviving spouses of BEG (sometimes referred to as Wiedergutmachung), for Holocaust survivors who passed away January 1st, 2020, or later. For more information, please check with the BEG authorities.

**LUXEMBOURG FUND**

A new compensation program is now available for Jewish Nazi Victims who are currently living in Luxembourg, and for Jewish Nazi Victims persecuted in Luxembourg by the Nazi regime or their allies during the Shoah and currently living outside of Luxembourg. The Claims Conference is administering the fund for the WJRO. Deadline has been extended to January 31, 2022. For more details and application forms, please visit [www.claimscon.org](http://www.claimscon.org) or send an email to [LuxembourgFund@claimscon.org](mailto:LuxembourgFund@claimscon.org)

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](http://www.claimscon.org)
almost like having a virtual assistant. Imagine having poor eyesight but being able to say to the speaker, “Read me the front page of The New York Times.”

WHAT IS NEEDED?
Goyer suggests making a checklist of devices a person both uses and might need and review one device at a time, to see whether each piece of technology a person has works for them or might need an upgrade, as well as considering which new devices might be appropriate.

WHAT WE KNOW
COVID-19 vaccines are safe and effective at preventing COVID-19, including severe illness and death.

COVID-19 vaccines are effective against severe disease and death from variants of the virus that causes COVID-19 currently circulating in the United States, including the Delta variant.

Infections happen in only a small proportion of people who are fully vaccinated, even with the Delta variant. When these infections occur among vaccinated people, they tend to be mild.

If you are fully vaccinated and become infected with the Delta variant, you can spread the virus to others.

People with weakened immune systems, including people who take immunosuppressive medications, may not be protected even if fully vaccinated.

WHAT YOU NEED TO KNOW
COVID-19 vaccine booster shots are available for individuals 65 and over.

You may choose which COVID-19 vaccine you receive as a booster shot. Some people may have a preference for the vaccine type that they originally received, and others may prefer to get a different booster. CDC’s recommendations now allow for this type of mix and match dosing for booster shots. Please check with your physician about recommendations.

Being fully vaccinated and wearing a mask maximizes protection from the Delta variant and possibly spreading it to others.

You should still get tested if you’ve had close contact with someone who has COVID-19 or if you have symptoms of COVID-19.

VACCINE SCHEDULING AND TRANSPORTATION ASSISTANCE
If you are interested in getting vaccine assistance, such as assistance with scheduling or transportation for the Covid-19 vaccine, please call this toll-free number: 833-478-7844 (833-4SURVI4)

Запись на прививку и помощь в транспортировке
Если вам нужна помощь в записи на прививку, а также в транспортировке для ее получения, свяжитесь с нами по бесплатной телефонной линии: 833-478-7844 (833-4SURVI4)

News From the Centers for Disease Control and Prevention

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ЧТО НАМ ИЗВЕСТНО
Прививка от COVID-19 является безопасной и эффективной в предотвращении заражения COVID-19, а также снижает риск тяжелого течения заболевания и смерти.

Вакцинация от COVID-19 эффективна в предотвращении тяжелого течения заболевания и смерти, в том числе вариантом Дельта, получившим распространение на территории США.

Лишь малая часть вакцинированного населения подвергается заражению, в том числе вариантом Дельта. В случае заражения полностью вакцинированных людей течение болезни, как правило, проходит в слабой форме.

Полностью вакцинированные люди, инфицированные вариантом Дельта, могут заразить вирусом окружающих.

Даже при полной вакцинации людей с ослабленной иммунной системой, в том числе принимающих иммуносупрессорные препараты, уровень защиты остается низким.

ЧТО ВАМ СЛЕДУЕТ ЗНАТЬ
Бустерная доза вакцины от COVID-19 доступна для людей от 65 лет и старше.

Вы можете выбирать тип вакцины для вашей бустерной дозы. Некоторые люди предпочитают тот же тип вакцины, который они получили изначально, можно также выбрать другой тип вакцины для бустерной дозы.

CDC (Центр по контролю и профилактике заболеваний) разрешает подобное комбинирование доз разных вакцин при получении бустерной дозы. Для принятия решения проконсультируйтесь, пожалуйста, с вашим лечащим врачом.

Полная вакцинация и ношение маски повышают защиту от варианта Дельта и возможного заражения им других людей.

В случае близкого контакта с человеком, зараженным вирусом COVID-19, а также при появлении симптомов COVID-19, рекомендуется прохождение теста.
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 of East Bay
  - Berkeley: (510) 704-7475 ext. 275

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

**NEW YORK**
- Jewish Family & Children’s Services of Greater New York
  - Manhattan: (212) 971-5475
  - Brooklyn: (212) 449-5000

**CONNECTICUT**
- Jewish Family Service of Greater Hartford
  - West Hartford: (860) 236-1927

**RHODE ISLAND**
- Jewish Family & Children’s Services
  - Providence: (401) 621-6600

**GEORGIA**
- Jewish Family & Children’s Service of Metropolitan Atlanta
  - Atlanta: (404) 228-2222

**ILLINOIS**
- Jewish United Fund of Metropolitan Chicago
  - Chicago: (773) 528-1044

**INDIANA**
- Jewish Federation of Greater Indianapolis
  - Indianapolis: (317) 536-1476

**MARYLAND**
- Jewish Community Services of Greater Baltimore
  - Baltimore: (410) 466-9200

**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 of Minneapolis
  - Minneapolis: (952) 546-0616

**NEW JERSEY**
- Jewish Family & Children’s Service of Monmouth County
  - Asbury Park: (732) 774-6886

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

**OREGON**
- Jewish Family and Child Service of Portland
  - Portland: (503) 226-7079

**PENNSYLVANIA**
- Jewish Family Services of Greater Philadelphia
  - Philadelphia: (866) 532-7669

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

**CANADA**
- Jewish Family Services of Montréal
  - Montréal: (514) 342-1234

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.

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

THE HEALTH AND WELLNESS NEWSLETTER OF THE CLAIMS CONFERENCE

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:

• A Letter from the Claims Conference Leadership
• Information about Holocaust and Religious Travel
• Helpful tips for avoiding telephone scams
• Guidelines for staying up-to-date with home health devices
• An interview with Claims Conference Assistant Executive Vice President for North America and Director of Allocations Miriam Weiner
• News about vaccines from the Center for Disease Control
• Information about special programs at Holocaust museums
• Recipes for good health
• Contact information for local agencies

FALL AND WINTER EDITION
THE CLAIMS CONFERENCE NEWSLETTER
OF HEALTH AND WELLNESS

L'Chaim