

# L'Chaim:

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לחיים

THE HEALTH  
AND WELLNESS  
NEWSLETTER OF  
THE CLAIMS CONFERENCE

Passover EDITION

## To Our Dear Friends,

Soon we will be celebrating the holiday of Passover, recalling the exodus of the Israelites from Egypt. On this holiday that commemorates freedom, our hearts, thoughts and prayers are with the people of Israel - hostages and their families, fallen soldiers, wounded, those serving and all of their loved ones - whose lives have been upended by recent horrific events.

Just as the Passover seder, when we gather with families and enact the traditional rituals around our tables, is a moment when we teach our children, so too are these days a time of teaching. You are our teachers. Every day, we learn about hope and resilience from you, our community of survivors, who have seen the darkest of times and manage to look ahead with hope. This is a crucial lesson for all of us.

## Нашим дорогим друзьям,

Скоро мы будем праздновать Пасху, вспоминая исход израильтян из Египта. В этот праздник, посвященный свободе, наши сердца, мысли и молитвы обращены к народу Израиля - заложникам и их семьям, павшим солдатам, раненым, служащим и всем их семьям, - жизнь которых была омрачена недавними ужасными событиями. Точно так же, как пасхальный седер, когда мы собираемся с семьями и проводим традиционные ритуалы за нашими столами, это момент, когда мы учим наших детей, так же и эти дни - время обучения. Вы наши учителя. Каждый день мы узнаем о надежде и стойкости от вас, нашего сообщества выживших, которые видели самые мрачные времена и умудряются смотреть в будущее с надеждой. Это важный урок для всех нас. Мы продолжаем работу с примерно 5000 выжившими на периферии Газы, с тем чтобы у них было все необходимое для поддержания их здоровья и безопасности

We continue our outreach to the roughly 5,000 survivors in the Gaza periphery to make sure they have items to keep them healthy and safe in this time of war, including food and hygiene packages as well as access to psychological trauma care.

We have provided social work coordinators for Holocaust survivors who have been evacuated from their homes and are living long-term in hotels. We have provided direct cash assistance to evacuees. And, we have provided a small one-time payment of solidarity to every Holocaust survivor in Israel. We have both made trips to Israel since Oct. 7 and met with survivors, which you can read about on page 4, and our staff and partner agencies remain vigilant about special needs Israeli survivors are experiencing in light of the conflict in the region. We hope that you'll find the articles in these pages informational and helpful. With

во время войны, включая продукты питания и гигиенические комплекты, а также доступ к психологической помощи. Мы предоставили координаторов социальной работы для тех, кто пережил Холокост и был эвакуирован из своих домов и долгое время проживает в гостиницах. Мы предоставили прямую денежную помощь эвакуированным. И мы предоставили небольшую единовременную выплату солидарности каждому пережившему Холокост в Израиле. Мы оба совершали поездки в Израиль с 7 октября и встречались с выжившими, о чем вы можете прочитать на странице X, и наши сотрудники и учреждения-партнеры по-прежнему бдительно следят за особыми потребностями, которые испытывают выжившие израильтяне в связи с конфликтом в регионе. Мы надеемся, что вы найдете статьи на этих страницах



you in mind, we report on healthy living. One of themes running through this issue of L'Chaim relates to the importance of human connection, especially in these challenging times. Our article on page 7 describes thoughtful efforts by several of our agencies to arrange convivial in-person gatherings again, now that the pandemic seems under control. (Please be in touch with your agencies for more information about programs in your area.)

Passover heralds the arrival of spring, and we hope that you are enjoying the increased daytime light. If you are able, spend time outside to appreciate the glorious colors and fragrance of spring, as flowers come into bloom and fruit begins to ripen. You'll find several references to fruit and its healing qualities; see page 5 for some details about citrus

and 13 for a simple and lovely recipe. And you'll find a profile of Labor of Love - also known as the Fruit Ladies - a project that all of us at the Claims Conference admire and respect (page 10).

Just after Passover, we'll commemorate Yom HaShoah, Holocaust Remembrance Day, on May 5 to 6/ Nisan 27. We commit ourselves again to remembering - and to ensuring that the Holocaust will not be forgotten.

All of us at the Claims Conference join others around the world in praying for freedom for all and lasting peace. Have a sweet and healthy Passover holiday.



**Gideon Taylor**  
*President,  
Claims Conference*



**Greg Schneider**  
*Executive  
Vice President,  
Claims Conference*

информативными и полезными. Ради пользы для вас мы рассказываем здесь о здоровом образе жизни. Одна из тем, пронизывающих этот выпуск L'Chaim, относится к важности человеческих связей, особенно в эти сложные времена. Наша статья на странице 7 описывает продуманные усилия нескольких наших агентств по организации дружеских личных встреч снова, теперь, когда пандемия вроде бы под контролем. (Пожалуйста, свяжитесь с вашими агентствами для получения дополнительной информации о программах в вашем районе.)

Пасха предвещает приход весны, и мы надеемся, что вы наслаждаетесь удлинением светового дня. Если вы в состоянии, то проводите время вне дома, чтобы насладиться яркими цветами и ароматами весны, когда цветы зацветают и начинают созревать плоды. Вы найдете несколько ссылок на фрукты и их целебные качества; ищите некоторые подробности о цитрусовых на странице 5 и простой

и прекрасный рецепт на странице 13. Вы также найдете профиль Труда Любви - также известный как Фруктовые Дамы - проект, которым все мы в Клеймс Конференс восхищаемся и который уважаем (страница 10). Сразу после Пасхи, мы будем отмечать Йом ха-Шоа, День памяти Холокоста, с 5 по 6 мая/ нисан 27. Мы вновь обязуемся помнить о Холокосте и сделать так, чтобы он не был забыт. Все мы в Клеймс Конференс, вместе с другими странами мира молимся за свободу для всех и за прочный мир.

**Гидеон Тейлор**  
*Президент, Клеймс Конференс*

**Грег Шнайдер**  
*Исполнительный вице-президент, Клеймс Конференс*



# Meet the Claims Conference Leadership: A Conversation with Gideon Taylor

*Gideon Taylor has served as the volunteer president of the Claims Conference since 2020. Born in Dublin, Ireland, he moved to New York City in 1990 and has spent much of his career serving the international Jewish community. In a number of roles including as assistant executive vice president of the American Jewish Joint Distribution Committee (JDC), the overseas humanitarian arm of the American Jewish community, he worked on programs in Arab countries and Ethiopia as well as the Middle East, and Europe, and spent a year, together with his family, living in Israel. He also serves as the president of the World Jewish Restitution Organization and is an adjunct professor at Fordham Law School. He and his family live in New York and are active members of their synagogue*

## ***What was life like for you in Dublin?***

My grandfather left his family in Poland in about 1920 and traveled to England and then Ireland, where he settled. He later tried to bring some of his family from their shtetl, Janow, in northeastern Poland, but Ireland wasn't letting in foreigners then. Every family member who remained in Poland was killed in the Shoah. At its height, the Dublin Jewish community numbered 5,000. My father, the child of immigrants, became an attorney and was the first Jewish minister in the Irish government. When I was growing up, the Jewish community was very small and closely connected – about 2,000 people. I attended a Jewish school until I was 12. Later, I studied law at Trinity College in London and earned a Master's degree in Law from Oxford University. I was a Jewish student activist and became involved in the European Union of Jewish Students.

## ***You've had a really interesting career trajectory. Can you tell us about your work history.***

After university, I began a fellowship with the

American Joint Distribution Committee (JDC) or Joint as so many people call it, which has a remarkable history of saving Jews and helping Jews. This was my first significant exposure to the wider Jewish community. I went back to Dublin and qualified as an attorney. (I qualified in both England and Ireland although I never practiced). I returned to the JDC. It was a significant time in Jewish history. I had the opportunity to work on rescue operations in Ethiopia as well as Syria and Yemen. After Operation Solomon, the airlift that brought almost 15,000 Ethiopian Jews to safety in Israel, I stayed in Ethiopia with some Jews who were left behind, those who didn't make it the airlift in time. I remember meeting a *kes*, a religious leader, and we used to sit together outside the mud hut that was my office. When I asked, he told me he had heard of the Holocaust from an Italian soldier. The *kes* said, "The soldier told me about the evil King Hitler." He paused and then said, "Why did he do it?" This could have been the question of a child, yet it was also the question of a deep philosophical thinker. I still think about that and its impact on my own involvement with the Shoah.

**There are 245,000 Holocaust survivors in the world, and each one is at the core of what we do.**

I moved from the JDC to the Claims Conference, and succeeded Saul Kagan as executive director. He stayed on with an office down the hall from me, and I sought out his wise counsel. Saul was a real giant of the Jewish people. He was brilliant and deeply caring with incredible foresight and led the Claims Conference in his soft-spoken way. It was never about himself but about the issues – about how to make the world better for Holocaust survivors.

Since then, I've been involved with the Claims Conference in many capacities

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# Gideon Taylor

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ities. For me, it has been a blessing. I had the chance to learn from really great people, like Julie Berman and Rabbi Israel Miller. Now, Greg Schneider is a fearless leader for the organization.

***Did your experience of moving to America as a young adult inform your outlook about world Jewish affairs? About the needs of Holocaust survivors?***

Moving to America broadened my vision. It gave me a fresh perspective on Jewish history. There's nowhere else in the world like New York, with its diversity of Jewish life. There are more Jews on one block here than in the whole of Ireland.

There were few Holocaust survivors living in Dublin, as Ireland didn't accept many Jews either immediately before the Shoah or after. I made most of my connections with survivors when I came to New York and got to learn about the range of their experiences and circumstances.

Holocaust survivors are some of the most inspiring figures I have ever met. They have been through events unimaginable to comprehend for those of us who weren't there. Some struggled, some thrived; many had a mix of difficulties and success in their lives. These are people who carry with them decency, dignity and history that is inspirational for so many of us. They are real heroes of the Jewish people.



***What has your experience been like in the negotiations between the Claims Conference and the German government?***

On the one hand, you are negotiating over financial terms and categories, and on the other, you are negotiating over history. One of the major roles of the Claims Conference is to make sure that the German government continues to be engaged in the needs of survivors.

When I was first involved with the Claims Conference, there was a generation of prominent survivors who played leading roles, including the late Ben Meed, Roman Kent, Sam Bloch and from Israel, Noach Flug and Moshe Sanbar. Sadly, none of them are with us. Today, we are fortunate to have as members of our Board other survivor leaders such as Jehuda Evron, Stefanie Seltzer and Ambassador Colette Avital, who are, as their predecessors were, powerful voices on behalf of Holocaust survivors.

***Can you tell us about your visit to Israel soon after Oct. 7th?***

I felt that it was important that our Leadership Council meeting take place in Israel in November. People traveled from across the world to get

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# Tips for Healthy Living

ADVICE FROM DOCTORS ON AVOIDING FALLS, EATING HEALTHY FOODS AND GETTING READY FOR A PHYSICIAN'S VISIT.

## TIPS ON IMPROVING BALANCE

Having good balance can be the difference between staying standing or taking a fall, says Dr. David Taragin, a neurologist in Silver Spring, Md. "There are several systems in our bodies that control balance," says Dr. Taragin. Those include vision, to see where you are walking; the inner ear, which tells our brain in which direction we are moving and the orientation of

BY FRANCESCA KRITZ

our bodies; and the sensation of our feet and the rest of our body, which is carried by the nerves to the spinal cord and then brain.

As we get older, Dr. Taragin explains, these systems are not as quick and effective. In addition, health issues, including Parkinson's disease or a stroke as well as the side effects of medications, also increase your risk of losing your balance. "That's why working on balance as you get older is so important," says Dr. Taragin.

### TIPS FOR KEEPING YOUR BALANCE INCLUDE:

- ▶ Keep the path you walk through at home and outside of home clear of any objects you might trip over.
- ▶ Take care of your vision. Since cataracts can impact vision, regular eye tests are important to see if surgery is needed. Consider cataract surgery if it's recommended.
- ▶ Wear supportive shoes that can help keep you steady, should you lose your balance.
- ▶ Exercise regularly to keep joints limber and muscles strong to promote balance.

If you have your doctor's approval, you might consider specific exercises to help improve balance. Your doctor will let you know if you can do them on your own, with a caregiver or with a physical therapist.

One exercise Dr. Taragin recommends to some of his patients is to balance on one leg with assistance and hold for as long as you can, then repeat with the opposite leg. "For older people, I suggest holding on to a kitchen counter top or high dining-room chair with two hands while doing the exercise," Dr. Taragin says. He suggests "setting goals to move to holding on with just one hand, if you can, and then not holding on at all but keeping a hand over the chair in case you need to grab on." Dr. Taragin, however, recommends people talk to their doctors about this or other exercises first before trying it.

## THE HEALTHY BENEFITS OF CITRUS FRUIT

Citrus fruits have multiple health benefits. They are rich in vitamin C, which helps to boost the immune system, and fiber that helps keep the gastrointestinal tract healthy and can also lower cholesterol.

Citrus fruits also have antioxidants, says Jessica Sylvester, RD, a dietician in Boca Raton, Fla., and a spokesperson for the American Academy of Dietetics and Nutrition. Antioxidants can help clear cell damage caused by normal activity in the body and from external factors like air pollution.

"Eating the actual fruit is usually recommended," says Sylvester, because you get more nutritional benefits such as fiber. However, there are times when it's appropriate to drink citrus juice, for example, if your doctor has recommended that when you experience low blood sugar. Make sure that citrus doesn't interact with any medications you take - for example, grapefruit can interact with some cholesterol-lowering drug - and limit juice to one glass per day.



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# Tips for Healthy Living

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Please check with your doctor to see how citrus fruit fits into your diet.

All citrus fruits are part of the Rutaceae flowering plant family. To be considered a citrus fruit, the fruit must be encased in a thick leathery rind and have a pulpy segmented flesh. Some lesser-known citrus fruits are yuzu (similar to lemons), pomelos (like large grapefruits), and Buddhas hand (no fruit inside, only rind, which is used for baking, dressings, marinades and drinks). Also consider tiny kumquats, which have a bittersweet flavor, and key limes, famous for the robust flavor they give to key lime pie. The more unusual fruit can be found in specialty markets.

Consider new ways to serve citrus fruit. Segments of citrus fruit can be placed on a plate for a pretty dessert. Lemon slices can be cooked with chicken cutlets or fish, or wedges can be squeezed on after cooking for extra flavor.

For more on fruit, please see the story and recipes on [Page 13](#).

## PREPARING FOR A VISIT TO THE DOCTOR

Whether you're headed to your physician for an annual checkup or a follow-up visit, taking a few steps to get ready for the appointment is very important.

Dr. Amy R. Ehrlich, MD, the chief of the division of geriatrics at Montefiore Health System in New York City, offers the following helpful tips to consider when visiting the doctor:

- ▶ If there is anything bothering you, bring it up at the beginning of the visit to give the doctor plenty of time to discuss it.

- ▶ Bring someone with you to the visit so they can write down important information and instructions. If no one is available to come with you, ask if someone

you trust can call in during the visit and what the best number is.

- ▶ Ask what tests to expect.
- ▶ Bring the names of all doctors you see. "We can avoid some duplicate tests by being in touch with our patients' other doctors," says Ehrlich.

Dr. Angela Cavanna, DO, clinical associate professor of medicine at Touro College of Osteopathic Medicine in New York, offers additional suggestions to keep in mind before your appointment:

- ▶ Make sure you have your insurance card (to verify payment), credit card (for any copays) and photo I.D. Without them, the doctor's office may have to reschedule the visit.

- ▶ Prepare a list of every medication you take, including prescription medications, nonprescription products and supplements. That lets your doctor consider any possible interactions, drugs that may need a dose change and products you may no longer need to take.

- ▶ Jot down any questions you have for the doctor and any changes you've had since the last visit, such as major weight changes, illnesses or injuries.

Dr. Cavanna also advises letting the doctor's office know about any special needs you might have, such as challenges with vision, hearing, language or mobility so the doctor's staff can prepare for your visit.

Additionally, be sure to dress comfortably for your visit. In case you need to undress, you may want to wear something that is button-down, rather than something that has to be pulled over your head. ▶

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*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.*

# 'This Club Keeps Older People Alive'

SOCIAL SERVICE AGENCIES' OUTREACH TO HOLOCAUST SURVIVORS — ESPECIALLY FACE-TO-FACE GATHERINGS — HELPS BEAT BACK THE GROWING PLAGUES OF LONELINESS AND ISOLATION.

It's the old songs — “Sunrise, Sunset” from “Fiddler on the Roof,” the theme from “Dr. Zhivago” and Naomi Shemer’s “Jerusalem of Gold” — that bring the Russian-speaking Holocaust survivors from all over Brooklyn to a Midwood banquet hall for a monthly gathering, even when getting there isn't always easy. It's the teal tablecloths, too, and the napkins folded in the shape of a fan sprouting delicately from the drinking glasses, the quiet elegance of it all. And it's the tender roast chicken and new potatoes, and the dancing, a slow spin to the Yiddish melody, “You've Got to Have a Little Mazel.”

BY ROBERT GOLDBLUM

But most of all, the gathering, called Club 2600 and sponsored by the Jewish Community Council of Greater Coney Island, is about personal, face-to-face contact — “socialization” is the term of art in social work circles — at a time when loneliness and isolation are growing plagues for seniors. It's about getting out of the house. “I live alone,” says Berta Finkelstein, who emigrated from Moldova 46 years ago. The club, which is supported by the Claims Conference, “helps me to be with people,” she says. Of the social workers who run the program, Finkelstein says, “They care about you somehow.”

It's that social connection, experts say, the weaving of a thick social fabric, that helps beat



back loneliness and isolation, and, research shows, improves health. “For our older seniors, many of whom are Holocaust survivors, their villages, so to speak, are smaller,” says Dr. Allison Golden, a clinical psychologist who runs the Jeff Masarek Behavioral Health Center at the Goodman Jewish Family Services of Broward County, Fla., a Claims Conference partner. “Their kids have moved away and they have limited capacity for transport. ... The results of that loneliness can lead to depression, anxiety. We are social beings and we are made for connection, for community.”

U.S. Surgeon General Dr. Vivek Murthy, in his call last year for a national framework “to rebuild social connection and community in America,” warned in a New York Times op-ed of “measurable levels of loneliness” reaching “about one out of every two Americans.” Rami Spiegel, the assistant director of the JFS Broward's Holocaust Survivor Assistance Program, refers to a “tsunami of loneliness” for survivors, one exacerbated by the Covid-19 pandemic. “This generation finds it difficult to express their emotions, the PTSD was not treated for so long,” she says. “Some of them have no family. Some are willing to talk to therapists. We've found that some say they miss their nuclear family, that everyone perished in the Shoah. Sometimes we have to remind them that they have sons and grandchildren.”

Gail Belfer, who directs Holocaust survivor services at the Samost Jewish Family and Children's Service in Cherry Hill, N.J., also a Claims Conference partner, describes her organization's outreach to survivors as creating “different kinds of touches to remind them that they're not alone.” Its “Hope and Healing” project, where Russian-speaking survivors can hear a lecture on Chagall or get caught

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# 'This Club Keeps Older People Alive'

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up on the latest news from an Israeli shliach, or emissary, is just one such "touch." At the Shorefront Y in Brooklyn there's the Puppy Party, where survivors can interact with furry friends, and at the Broward JFS' Centenarian Club, 100-year-olds gather to reminisce. Technology can help for those who can't easily get around, with some agencies using livestream services connected to survivors' TVs so they can access fitness classes, play memory games and watch operas and ballets.

But face-to-face contact is the best medicine, so to speak. "We're their local contacts, we're their people," Zehava Birman Wallace, the program director for socialization at the Coney Island JCC. She relates a story about a survivor who suffers from mental health issues and who mostly stays put in her apartment. But when it comes to the monthly gathering, "She puts on makeup, she dresses to the nines," Birman Wallace says. "She wants to see people's faces, despite the struggles."

In her new book, "The Amen Effect: Ancient Wisdom to Mend Our Broken Hearts and World," Rabbi Sharon Brous, founding spiritual leader of the IKAR

community in Los Angeles, argues that a sense of community can be a saving grace for the lonely.

"We now know that walking together, singing together, seeing and being seen by each other — all of these things enhance our emotional health and deepen our sense of connectedness," she writes. "They alter the physical and psychological landscape of a group and the people in it."

**Face-to-face contact is the best medicine, so to speak.**

Which may be why, back in Midwood, Isabella Blustin ventured out on a cold February day to take a seat at the table at Club 2600, joining some 180 other Russian-speaking survivors. Her social workers were surprised to see her. Her husband of 58 years had died only two weeks prior, but there she was. "I have to be here. It's the light of life. This club," she says, "keeps older people alive."

With that, Blustin returned to her table and picked up the conversation where it left off. Some of the survivors were singing along to the old songs. A few couples were dancing close. And the seltzer was still flowing. ▸

*Robert Goldblum is a writer living in New York City.*

## Accentuate the positive in wake of Oct. 7

The rising antisemitism stemming from the Oct. 7 Hamas attacks and the war in Israel has been traumatic for us all. It's good to remember helpful tips for coping with any stress and anxiety you might be feeling.

Don't be afraid to seek professional support if you are experiencing several of the symptoms, if the severity increases or if the symptoms interfere at home, in relationships or with your personal health, says Dr. Allison Golden, director of behavioral health at Goodman Jewish Family Services of Broward County, Fla. Speak with your case manager if you are unsure if you might benefit from additional help.

### HEALTHY COPING TIPS INCLUDE:

- limiting exposure to the news and not watching within four hours of bedtime
  - engaging in mindfulness exercises, like deep breathing, tightening and relaxing muscle groups intentionally, and imagery of a safe or happy place
  - focusing energy on things you can control, such as how you can keep yourself safe, how you can advocate or how you can provide support from afar.
  - noticing and seeking good things, such as people coming together for good, heroic stories and other daily things to be grateful for
  - increasing time spent with loved ones, social supports or even pets
- Some agencies are offering additional socialization programs aimed at easing post-traumatic stress. Please reach out to your local agency to get involved.

# A Conversation with Gideon Taylor

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there. We wanted to send an important message of solidarity with Israel, with Holocaust survivors. We wanted to hear from them firsthand. The whole country suffered, how much more so the survivors.

In Ashkelon, we met a remarkable man, 96-year-old Yosef Winner, who lives six miles from the Gaza border. We went to the old age home where he lives because years ago, the Claims Conference helped build the reinforced rooms there to protect Holocaust survivors like Yosef. He shared with me his story – as a teenager during the Shoah and the horrors of Oct. 7th. Tragically, he lost two grandchildren on Kibbutz Aza on Oct. 7th. His grandson, Yahav, was murdered while protecting his wife and their baby daughter, and his granddaughter and her husband were slaughtered as they tried to protect their baby twins. Yahav had just finished making a powerful film, *The Boy*, about the experience of living near the border. When we got back, we arranged to have the film shown at the Marlene Meyerson JCC Manhattan and to hear about this family and their experience, from the

**Holocaust survivors are some of the most inspiring figures I have ever met. They have been through events unimaginable to comprehend for those of us who weren't there.**

Shoah to today. The screening was sponsored by the Claims Conference along with synagogues of all denominations. It

was a powerful evening.

My visit with Yosef in Israel showed me the intertwining of the deepest pain along with the strongest resilience of Holocaust survivors. They faced the Shoah at the beginning of their lives and now, in their later years, are facing this in pain but with remarkable strength.

## ***In what ways do you see the Claims Conference moving in new directions?***

I feel passionately about the importance of Holocaust education. These days there are fewer and fewer Holocaust survivors to tell their stories and fewer young people who have knowledge about the Shoah. We need to continually find new ways to reach young people. That means using technology, smartphones, social media, video games, artificial intelligence and more. One of our big challenges ahead is finding new ways and new tools to tell the story. And at the same time, we must still engage in teacher training and supporting museums and archives. Still, caring for Holocaust survivors: food, medicine, home care and compensation payments are at the core of what we do and where we spend 98% of our annual budget today.

## ***What are some of most significant moments of your tenure with the Claims Conference?***

There are few things that I've done in life as moving as visiting Holocaust survivors.

Last year, I went to visit a survivor who was evacuated from Ukraine through the efforts of the Claims Conference, together with many other organizations such as JDC, ZAKA, etc. He had been in the hospital in Ukraine when the war broke out and told me he thought that he was going to

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# The Fruits of Their Labor

THEY LOVINGLY CUT KIWIS AND CANTALOUPE AND GRANNY SMITHS, AND PACKAGE THEM UP FOR DELIVERY TO HOSPITALS, PRACTICING THE ETHIC OF 'GIVING BACK': MEET THE FRUIT LADIES.

Cutting fruit is an act of love. Parents carefully slice fruit for their children; adults tenderly cut fruit for their elders. In a community room in Brooklyn, a group of Holocaust survivors gathers weekly to cut piles of fruit, which they later package beautifully in small containers to be distributed in the hospitality rooms of nearby hospitals. The group, under the auspices of Bikur Cholim/Guardians of the Sick, a Claims Conference partner, is called Labor of Love.

BY SANDEE BRAWARSKY

On an afternoon bright with the first hints of spring, I took the subway out to Boro Park to the headquarters of Bikur Cholim/Guardians of the Sick to meet the Fruit Ladies, as they are known. Five members of the group were already busy at work when I arrived: One was cutting pineapple into bite-sized pieces, another was peeling and slicing oranges, and the others were doing their masterful handiwork with Granny Smith and Cortland apples, honeydews, cantaloupes and kiwi. Each

wears plastic gloves and an apron with images, of course, of fruit slices, working with her own cutting board and knife, each at her own pace, hands steady. As they cut, they talk about fruit and Brooklyn and the world. Sometimes they reminisce.

"Fruit is pleasure," Inel Baytman, a retired nurse, says. "When you're cutting, you relax. Fruits always bring happiness."

"You do this with love. The people who are going to get the fruit will feel that."

Each participant is addressed respectfully with Mrs., and one is called Rebbetzin, which means rabbi's wife. Mrs. Baytman, who was born in Ukraine, remembers picking apples as a child before they were ripe - and before others picked them. But neither she, nor the other four participants that day, all born in Poland, had seen or tasted these other types of fruit when they were young. No kiwi in Poland.

Ahuva Jacober, who spent the war years in Siberia and later lived in Israel where she worked as a draftsman on water irrigation projects, recalls that she enjoyed all of this fruit in Israel.

When asked about why she enjoys cutting, Hannah Nagelblatt says, "I like to help." Mrs. Nagelblatt, who retired after working in a doctor's office, seems to speak for the others, who enjoy being on the giving side.

"Here we provide opportunities for social interaction and support to our most vulnerable survivors, many with limited-to-no family involvement," Esther Schlesinger, program director for the Project for Holocaust Survivors, explains.

"This also allows for the staff at Bikur Cholim/Guardians of the Sick to check up on their clients and be able to get updates on what is going on in their lives."

The program was founded 15 years ago by Yaffa Fettman, a social worker. Schlesinger explains that back then these women were invited to a lot of parties and events, but many preferred a quiet more intimate place.

"And they wanted to be able to give back to the community. 'Why do I need another party?' they would ask and then say, 'I want to give back.'"

Before the women arrive, Shlomis Bloxenheim, and Basi Karasik, the case workers who orches-





trate the project, cut the melons into large slices to make it easier for the women to handle them. Bikur Cholim/Guardians of the Sick buys the fruit every week. Each participant seems to have her specialty fruit and cuts with agility.

Given a cutting board, small knife and a cheery apron with lime slices, I join the effort. My own cutting is uneven, and it's kindly suggested that I make the pieces smaller. I'm trying to listen to the conversation and cut the fruit, while taking precautions not to cut my fingers. A few years ago, Claims Conference staff members brought German government officials involved with the Claims Conference negotiations to this office in Brooklyn, in order to meet survivors firsthand. Some of the German officials sat down and did some cutting too.

Usually, Bloxenheim, group coordinator of the program, leads a discussion, sharing an update on current events, while the women peel, cut and slice. On this day, there's talk of family (they're interested in mine), health, the gorgeous weather and warnings about scams they have heard about. There's little talk of the Shoah or of the war going on in Israel. One woman, whose children and grandchildren are all in Israel, spoke quietly of both: "I was born when there was fighting, and now, again, there's fighting. It's very hard."

When I ask how they all stay so healthy, Mrs. Baytman advises: "Eat healthy foods. Avoid too many sweets. Eat more fruit and vegetables." And how does she stay so positive and smiling? "Say thank you, Hashem." She adds, "When you

smile, it comes back to you."

The program was paused during COVID-19, and the participants were eager to get back. The organizers say that the group - other participants are from Hungary, France and Belgium - shows up in all weather.

"It's so important for them to feel useful," Karasik says.

After all the fruit is cut, it is placed into giant bowls and mixed together, and then poured into tins in front of participants. Then the packing begins: the women then spoon it into small containers, insert a wrapped toothpick and seal the containers - each has a label that reads "Packed especially for you" with the first name of a woman in the group. I am gifted two to take home, and the rest - about 100, from this day's efforts - are picked up to be delivered to Maimonides and Methodist hospitals.

Their days' work completed, the women then enjoy decaffeinated coffee, tea, sugar-free cookies and other treats served on color-coordinated pretty paperware. I was there on Rosh Hodesh Adar, the opening day of the month of Purim. We all enjoyed hamantaschen, cheesecake and savory pastries, and everyone was given some to take home. So much kindness and thoughtfulness in this room.

Rabbi Ari Fishof, the CEO of Bikur Cholim/Guardians of the Sick, says "We are very honored and proud to host this program. Usually, these women are sitting at home, alone. Every Monday, they are very excited to come in; they feel like they are really contributing something, and they are. Our program helps bring meaning to their lives, and happiness."

Everyone loves this project - the people who work there, the survivors who are happily volunteering their efforts, the people who enjoy the fruit of their labors. Bloxenheim says it's her favorite part of the week. I love it too after spending some time in this unusual cutting room, splashed with color and fragrant with the scents of fruit.

I'd like to return, to listen to their stories, take in their hope and their love. I just liked being around them. ▀



**Sandee Brawarsky, an award-winning journalist and author, edits L'Chaim.**

# A Conversation with Gideon Taylor

continued from page 9

die. "I was born in a war and I was sure I was going to die in a war," he said. In Israel, he was in a sunlit room in a nursing home, in a new wing built by the Claims Conference, surrounded by nurses and doctors caring for him. When I left, I encountered a group of elderly people sitting in a circle, including an aging Ethiopian in traditional garb. What a country Israel is! One person was rescued from the jaws of death in Ukraine, and another who was rescued from Ethiopia, their paths intersecting in one place, in one moment. I feel very privileged to have had a small role in my life as a witness to pivotal moments of Jewish history.

There are 245,000 Holocaust survivors in the world, and each one is at the core of what we do. ▶



Gideon Taylor visiting Holocaust survivors in Ashkelon, Israel, after October 7th.

## Your Personalized Claims Conference Account

Experience the convenience of the Claims Conference's personal account using our new Survivor's Portal. Designed exclusively for Holocaust Survivors, this website allows you to create an account with the Claims Conference where your personalized information and dedicated services will be available 24/7. This tool will transform the way you interact with us.

Access the Survivor's Portal today at Survivor's Portal or visit our website at <https://www.claimscon.org/> to embark on this extraordinary journey.

Discover the Benefits of the Survivor's Portal:

1. Effortlessly create your personal account with the Claims Conference.
2. Stay informed about the status of your claim, from applications to previous payments, all in one place.
3. Complete proof of life process, Life Certificate or PANEEM, conveniently.
4. Easily update your contact information or even your bank details.
5. Access personalized documents and information tailored to your needs.
6. Quickly download necessary forms.

Need assistance with the Portal? Call us at 646-536-9100 or send us an email at [info@claimscon.org](mailto:info@claimscon.org), and our team will be happy to help.

**Register now for the Survivor's Portal and embrace a future of accessible support designed with you in mind.**

## Do you know a survivor or witness of the Holocaust with a story to tell?

The USC Shoah Foundation is recording full interviews with witnesses and survivors of the Holocaust about their lives before, during and after the war. Volunteers are also being sought to conduct interviews, serve as videographers, and support survivors through the application and interview process.

For more information go to

<https://sfi.usc.edu/new-survivor-testimonies>  
or call 213-821-1205.

# Why is This Fruit Salad

A KIWI-BASED CONCOCTION FOR **PASSOVER** OFFERS A TASTE OF SWEETNESS AND A SHOT OF ANTIOXIDANTS.

For Passover, think fruit! All fruit is kosher-for-Passover, and the warmer weather means that more varieties of delicious fruit will be ripening and available in local shops.

In addition to being full of wonderful flavor, fruits are an excellent source of essential vitamins and minerals, and they are high in fiber. These recipes are inspired by the Fruit Ladies (see page 10).

## Passover Breakfast Bowl

For an excellent Passover breakfast, mix one banana and a handful of frozen berries, along with a cup of plain yogurt (or flavored, if you prefer). You can add a tablespoon of almond butter. Mix well and enjoy. This can be enjoyed all year. After Passover, you might substitute peanut butter for the almond butter.

## Passover Berry Kiwi Fruit Salad

This recipe is an alternate version of the Fruit Ladies' Fruit Cups. As they like to do, we are including a lot of kiwis in our salads. The brown fuzzy-skinned fruit has a delicious sweet and tart green interior. Kiwis are high in Vitamin C and dietary fiber; they can provide a variety of health benefits related to heart health, digestive health and immunity.

According to nutritionist, psychiatrist, chef and bestselling author Uma Naidoo (as she writes in her weekly email), research has also shown that kiwis can help calm the mind "because they are loaded with carotenoids and polyphenols, forms of antioxidants that help to reduce neuroinflammation as well as symptoms of depression." Dr. Naidoo, who describes her work as Nutritional Psychiatry, writes, "Many people like to have kiwi as an evening snack or 'dessert' because they are naturally rich in serotonin, a neurotransmitter that helps to regulate the sleep cycle."

### NOTES:

*Leftovers can be refrigerated.*

*Feel free to vary the fruit: You can also add strawberries in addition to or instead of some of the other berries.*

*Fresh fruit is best, especially at this time of year, but frozen berries will work too. Please thaw well before beginning.*



*This Berry Kiwi Spring Fruit Salad is not only refreshing and delicious, but is beautiful to look at. It can be served with any meal, any time of the day.*

## INGREDIENTS

½ cup	blueberries
½ cup	raspberries
½ cup	blackberries
1 cup	diced kiwi
1 cup	diced honeydew
1	orange
2	handfuls green grapes
10	fresh mint leaves (optional)
2 teaspoons	honey
3 teaspoons	lemon juice
2 teaspoons	lime juice

1. Wash the berries and set aside.
2. Peel and cut the orange, honeydew and kiwi into ½-inch slices. Slice the grapes in half the long way.
3. Place the cut fruit – except for the raspberries – into a large bowl and mix delicately. Add raspberries to the top.
4. Mix the lemon juice, lime juice and honey together to make a dressing.
5. Drizzle on some of the dressing and add the mint leaves.
6. *Serve and enjoy.*

# 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.

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 have been approved for annual Supplemental Payments of approximately €1,250 in 2024 through 2027. If you already received a Hardship Fund Supplemental Payment (meaning payments over the two years of €2,400), you don't have to apply again. You will only need to provide Proof of Life. Please register with Paneem for the 2024 payment (you will need to do this every year through 2027). You will hear from us to validate via Paneem. If you have moved, or don't hear from us, please contact us. If you have never applied, the deadline for the 2024 payment is December 31, 2024.

Holocaust survivors who were previously ineligible to receive the Supplemental Hardship Fund payments because they received one-time German government payments (for example from Länderhärtefonds) are now eligible to apply for the 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.

## **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, Adjud, Beiuș, Blaj, Caracal, Dumbrăveni, Făgăraș, Hațeg, Luduș, Mediaș, Nălaț-Vad, Oravița, Păclisa, Pitești, Șarmașu, Sighișoara, Târnăveni, Tinca, Turnu Severin, Arad, Braila, Brasov, Buhusi, Călărași, Deva, Dorohoi, Fălticeni, Huși, Ilia, Lugoj, Ploești, Podul Iloaiei, Sibiu, Suceava, Târgu Frumos, Timisoara, Turda, Alba Iulia, BaCau. Barlad, Botosani, Buzau, Costanta, Craiova, Focasni, 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, Kürdzhalı, 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

*continued from previous page*

(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>

**CHILD SURVIVOR FUND** In addition to the other eligible applicants listed above, the Child Survivor Fund may also provide a one-time payment to those who are among the One Thousand Children amounting to €2,500 (approximately \$2,500) 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, CenThe Claims Conference will provide payments to eligible spouses of deceased recipients of the Article 2, 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 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 <https://www.badv.bund.de/DE/OffeneVermoegensfragen/UebergangsleistungenEhegattenNSOpfer/antrag.html>.

### **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 (born in or after 1928) is met. We are pleased to announce that monthly payments for Article 2 and CEEF pensions will increase to €667 from €600. RSP pensions will increase to €417 from €375 per month. These payments will be retroactive to December 2023 and will be sent to survivors starting in the April 2024 transfer.

**For more information, contact: CLAIMS CONFERENCE**  
**P.O. Box 1215, New York, NY 10113**  
**Tel: 646-536-9100**  
**Email: [info@claimscon.org](mailto:info@claimscon.org) [www.claimscon.org](http://www.claimscon.org)**

## 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*  
San Fernando Valley (818) 984-1380

West Hollywood (323) 851-8202

City of Los Angeles (323) 937-5900

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

*Jewish Family Service*  
San Diego (858) 637-3210

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

### COLORADO

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

### CONNECTICUT

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

### FLORIDA

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

**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 <https://www.claimscon.org/survivor-services/helpcenters/>

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

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

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

*Jewish Community Services  
of South Florida*  
Miami (305) 576-6550

*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*  
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* (513) 469-1188

*Jewish Family Service Association*  
Cincinnati (216) 292-3999  
or (216) 504-2600

*Jewish Family Services*  
Columbus (614) 559-0379

## OREGON

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

## PENNSYLVANIA

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

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

## TEXAS

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

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

## WASHINGTON

*Jewish Family Service*  
Seattle (206) 461-3240

## 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.

# 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, получают ежегодную дополнительную выплату в размере приблизительно €1,250 с 2024 по 2027 год. Если вы уже получали дополнительную выплату из фонда HARDSHIP FUND (имеется в виду выплата в размере €2,400 в течение двух лет), то вам не надо подавать заявление снова. Вам просто нужно будет предоставить подтверждение о нахождении в живых. Пожалуйста, зарегистрируйтесь через PANEEM на выплату за 2024 год (вам придется делать это ежегодно до 2027 года). Мы свяжемся с вами для подтверждения через PANEEM. Если вы переехали, или мы с вами не связались, пожалуйста, дайте нам знать. Если вы никогда не подавали заявление, то крайний срок подачи заявления на выплату за 2024 - 31 декабря 2024 года.

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.

## 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-Фрумос, 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 вышеназванных 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>

## ФОНД ДЕТИ ХОЛОКОСТА

В дополнение к уже вышеперечисленным категориям, этот фонд может выплатить одноразовую компенсацию в размере €2,500 (приблизительно \$2,500 на человека) тем, кто был среди "Тысячи Детей" (One Thousand Children). Приблизительно 1,400 детей были вынуждены покинуть своих родителей и перебраться в США. Их спасли из нацистской Германии и стран, оккупированных нацистской Германией. Пожалуйста, свяжитесь с нами, чтобы узнать подробности..

## ВЫПЛАТЫ СУПРУГАМ УМЕРШИХ ПОЛУЧАТЕЛЕЙ ПЕНСИИ ИЗ ФОНДОВ ARTICLE 2/CEEFF

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

Супруг/а получателя пенсии из фондов Article 2 и Центрально-европейского фонда (CEEFF), после смерти получателя пенсии из фондов Article 2 и Центрально-европейского фонда (CEEFF), 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 и Центрально-европейского фонда (CEEFF) на момент его/её смерти; и
3. Получатель пенсии из фондов Article 2 и Центрально-европейского фонда (CEEFF) умер 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](http://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/OffeneVermoegensfragen/UebergangleistungenEhegattenNSOpfer/antrag.html>.

## ЕНСИЯ 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).

Мы рады сообщить, что месячные выплаты по пенсионным программам Article 2 и CEEFF вырастут до €667 с €600. RSP пенсия вырастет до €417 с €375 в месяц. Выплаты будут производиться задним числом до декабря 2023 года и начнутся в апреле 2024 года.

Для получения более подробной информации свяжите.

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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:
- ▶ A letter from the Claims Conference Leadership
- ▶ An interview with Gideon Taylor, president of the Claims Conference
- ▶ Report on Claims Conference emergency efforts in Israel
- ▶ Advice for coping with trauma, post October 7th
- ▶ Important information on compensation payments
- ▶ Profiles of innovative programs bringing survivors together
- ▶ Timely health tips
- ▶ A recipe for Passover – and year-round
- ▶ Contact information for our partner agencies around North America

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