

mitzvah mensches

A meaningful mitzvah project can be the highlight of this special milestone in your life.

Learn about yourself while making a difference in somebody's life. There are many ways to connect with Selfhelp through *Tikkun Olam* (helping to repair the world).

Becoming a Mitzvah Mensch looks different for each mensch, depending on your interests and goals.

Here are just a few suggestions; we are always open to your creative ideas!

Restrictions during COVID will limit projects to being virtual.

music

Do you enjoy music, playing an instrument or singing? Put your talents to work and **put on a concert for residents**. Show your talents, incorporate friends and family as well.

arts/crafts

Craft projects for residents are always appreciated. Making jewelry, special keepsakes, paintings or holiday-focused crafts during Purim, Sukkot or Chanukah are just a few ideas. Gather a group together to join in your project.

survivor project

Interview a resident that can talk to you about their life experience during the Holocaust. **Make a documented video or visual project** out of your discussions to help educate others or share the story with your synagogue. What lessons can you learn from their strength and resilience? *Selfhelp is home to a number of survivors, availability will depend on our population.*

hold a fundraiser

Raise money for our survivor fund, the funds go directly to support Holocaust survivors that live at The Selfhelp home. You can organize an online fundraiser, hold a car wash or bake sale to raise the funds, sell bath bombs...the choice is yours!

create your own

Create your own Mitzvah project!
Express yourself with your own creativity to create a meaningful project.

