



At Home with *Selfhelp*

SUMMER 2023 UPDATE

The Selfhelp Home is a non-profit Jewish home with a tradition of caring for more than 70 years.

Matching Grant Offers Music Therapy to All Residents Introducing the Friedmann/Tuber/Hirsch Matching Grant Challenge

In October 2021, The Friedmann/Tuber Program for Cognitive Therapies was launched to provide Music Therapy services for those at The Selfhelp Home. This program was specifically aimed at supporting residents with dementia diagnoses. Since that time, the program has expanded to include residents who do not have a specific dementia diagnosis but have other needs, such as those on our short-term rehab floor and those in assisted and independent living coping with loss.

The Friedmann/Tuber Program for Cognitive Therapies has grown to provide more than double the number of individual sessions.

Overall, there is a noticeable positive difference in affect, mood, alertness, and sociability for those Selfhelp residents participating in Music Therapy with high levels of active engagement via verbal and musical participation. Individuals are also meeting goals related to pain management, coping with diagnoses, decreasing agitation, and



communication. In group therapy scenarios, residents are providing each other with support and accepting support from others.

In order to expand Music Therapy to all residents of The Selfhelp Home, a \$30,000 matching grant challenge is being offered between August and October, 2023. Any donation of any size designated for Music Therapy and received by Selfhelp by October 31, 2023, will qualify for the matching grant, up to \$30,000 in total donations. This generous and inspiring matching grant is courtesy of Phil Friedmann and Craig Tuber, who provided the original seed capital that started Selfhelp's Music Therapy program, in addition to Selfhelp President Austin Hirsch. We could not be more grateful to these amazing gentlemen for their partnership and vision.

To support our efforts to provide Music Therapy for all Selfhelp residents, make your tax-deductible donation to The Friedmann/Tuber Program for Cognitive Therapies at:

<https://selfhelphome.org/music-therapy-matching-grant>, contact Chief Development Officer Beth Ida Stern at 773-596-5862 or bistern@selfhelphome.org, or use the donation envelope included in the center of this newsletter to mail your matching contribution.

Thank you for your partnership in this visionary venture!

MUSIC THERAPY SUCCESS STORIES

Music Therapy + Short-Term Rehab = Recovery!

Every Thursday afternoon, a Music Therapy and occupational therapy co-treatment group called the Music and Movement Group convenes in the short-term rehab floor's dining room. The tables are moved out of the way, the chairs form a circle, and a myriad of musical instruments, big and small, are brought to the space. The purpose of this group is to support rehabilitation goals and build endurance and strength training using music intervention to help structure the exercises while motivating our residents with music. In addition, fostering camaraderie through shared experience also motivates the participants to engage in the interventions.

One Thursday this summer, three Selfhelp residents were working hard to meet their goals for the day. The board-certified music therapist and occupational therapy assistant used various musical instruments in a non-traditional manner. For example, a large drum was placed in front of each resident, and the group members followed the occupational therapist's movements, playing along on the drums in order to focus on specific movement patterns. Residents hit their drum mallets together above their heads, on the drum, on the sides of their drums

at different paces, and in different patterns to exercise their upper extremities (arms and shoulders) and target trunk support (core abdominal muscles) all while following the beat to the famous song, "I Got Rhythm," that the music therapist sang live accompanied by her guitar. Many other exercises were practiced that day, including playing maracas in various ways to continue to work on upper extremity and trunk support and exercising lower extremities (legs, ankles, hips) by holding tambourines and playing the instrument with their knees.

When asked if they could feel the workout, one short-term resident reported, "Oh, yeah, I feel it! You tired me out!" while laughing, after having successfully participated the entire time. Between exercises, residents engaged in conversation about their favorite music and their own musical backgrounds. As the residents departed the therapy session, they discussed when they could eat lunch together the next day! The camaraderie built during the 45-minute session by sharing the music while engaging in occupational therapy, created connections that lasted throughout the residents' time on the short-term rehab floor and enhanced both their recovery and the quality of their time at Selfhelp.

Music Therapy + Assisted Living = Good Mood!

When Bernice (name changed for privacy) first arrived at Selfhelp, she was in assisted living and walked independently to her Music Therapy group on Tuesday afternoons, where she participated in music interventions aimed at providing opportunities for interaction and expression of thoughts and feelings.

After a brief time, Bernice had a severe cognitive and physical health setback that rendered her previous Music Therapy group no longer beneficial. Bernice began receiving individual sessions that allowed the board-certified music therapist to tailor the music interventions to meet her specific needs that seemed ever-changing. Some days, Bernice was extremely lethargic, requiring a lot of targeted cognitive and sensory input. Other days, Bernice appeared comfortable and calm, so the music therapist chose music interventions aimed at sustaining this positive state.

One afternoon, the music therapist stepped off the elevator and was greeted by Bernice's loud cry from down the hallway. Although the music therapist hadn't planned on seeing Bernice until later that day, she immediately took Bernice to a private space and engaged her for the next hour using singing and movement to help bring Bernice to a more pleasant mood state. Bernice sobbed through the first several minutes of the session, while the music therapist matched the

cadence and tempo of Bernice's cries using a song in Hebrew known to be a favorite of hers. This captured Bernice's attention, provided acknowledgement and validation for her feelings, and helped slow her crying. Bernice began to vocalize along with the melody and sing with the lyrics. The music therapist began speeding up the song and shortening the elongated words, deliberately bringing increased energy into the melody. Bernice responded to the increased energy, sat up straighter, and her singing became increasingly strong. Holding hands and swaying together with Bernice, the music therapist picked up the pace and added some cheering in between the Hebrew words. Now the song sounded extremely joyful and celebratory, and Bernice was smiling and laughing! At the end of the session, Bernice said, "I'm so glad you did that," and she was able to rejoin her peers on her floor having been brought to a much better mood state through her experience with Selfhelp's Music Therapy.





Jazz legend Spider Saloff performing

Selfhelp Swingin' Sunday

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AT A GLANCE



Sunday,
June 4
2023



Chicago History Museum's
Chicago Room



182
guests reunited
post-pandemic



26
sponsors



\$75,000
raised



1
Spider (Saloff, jazz legend)



THE RIGHTEOUS MAN FROM FULDA



Ethan Bensinger during a screening

Ethan Bensinger, Selfhelp Board Member and film director of *Refuge*, releases another documentary. The journey continues, but this time with a different message.

In his last film, *Refuge: Stories of The Selfhelp Home*, Ethan focused on Jewish victims, specifically the experiences of six survivors, before, during, and after the Holocaust. Now, ten years later, Ethan has released a new documentary.

"With my new film, we are widening the lens by using a small town to examine how 'the common man' reacted within the framework of the Nazi regime," said Bensinger.

"What we learned was that not everyone was a Jew-hater," said Bensinger.

Fulda had its share of perpetrators and bystanders, but most importantly, at least one upstander. Bensinger shared that it is an especially important message to our audience.

"People were bad, many were indifferent, and yet, some were compassionate and did the right thing. We chose to explore the theme of 'goodness' in the film," said Bensinger.

In the late 1930s, just a few years prior to his deportation and murder, Hugo Sichel gifted two tablecloths to his dear friend Paul Römhild. After eighty years of safe-keeping by the Römhild family in Fulda, Germany, these tablecloths have been returned to Hugo Sichel's great-nephew. This film is a story of compassion during the darkest hours for Fulda's Jewish community and two tablecloths, which, for decades, continued to represent the deep friendship between Paul Römhild and his Jewish friend Hugo Sichel. It is also a story of the creation of an emotional and physical bond between a Chicago family and their relative who had become a victim of the Holocaust. And, it is a tale of happenstance.

You can learn more about the film by visiting righteousmanfromfulda.com. To bring the film to your community, synagogue, or local library, contact Ethan Bensinger at ethanbensinger@gmail.com.

"We chose to explore the theme of 'goodness' in the film," said Bensinger.

MAYOR OF HASSLOCH GERMANY HONORS SURVIVOR'S FAMILY AT THE SELFHELP HOME

This past May, we welcomed the Honorable Mayor of Hassloch, Germany, Tobias Meyer, who honored the memory of Sonja Hene, the sister of Selfhelp resident Vera Heuberger, who was killed at 10 years old during the Holocaust.



A street in Hassloch is named after Sonja. The Mayor shared inspiring words about honoring freedom, working toward peace, not letting ourselves be drawn into hate, and learning to live with each other. A very moving "Shechianu" was said.

Pictured from left to right: Mayor Meyer, Vera Heuberger, Frieda Frick, Assistant to the Mayor, Suzanne Heuberger, Sheila Bogen

Rosh Hashanah 5784 at The Selfhelp Home

שנה טובה ומתוקה

Shanah Tovah U'metukah— A Sweet and Happy New Year to All!



Volunteer in the Spotlight



MEET SELFHELP'S VOLUNTEER

Esther Joy Schwartz

Occupation: Attorney

Hobbies: Music, theatre, Yiddishkeit, healthy cooking and eating, working out, and creative writing and making puzzles.

Esther, who started volunteering in January of this year, is a busy attorney with 40 years of experience and has been playing violin even longer. Up until 2021, Esther played with the USO, University of Chicago Symphony. She also plays guitar and piano. Esther grew up with a strong connection to Yiddish in her home and her father, Selwyn (Shloime) Schwartz, was a Yiddish and English poet. Her love of music, her parents, and her fond memories of her mother at The Selfhelp Home is what drew her in as a volunteer.

After losing her mother last year, Esther's strong connection to the memory of her parents, her love for Yiddishkeit, Judaism, classical music, and a newfound calling to care for elders drew her back to Selfhelp.

Q&A with Esther

How did you hear about The Selfhelp Home?

When my mom, Renee Schwartz, had a hip replacement years ago, she came to Selfhelp for rehabilitation and then again years later when recovering from the flu. I heard about Selfhelp from being in the Jewish community. As soon as I came to Selfhelp, I saw the wonderful programs and the beautiful facilities and I knew this was the place. I was able to visit any time, and Mom loved the food, the soups, the desserts, and Shabbat. We got to know many of the residents, families, and the staff. It was a home away from home, and I knew she was in good hands.

What inspired you to volunteer?

After Mom passed, there was a void. I needed to be with elderly people who needed me, and I needed them. Mom loved going to the Sunday concerts at Selfhelp, and we always attended together. So, I thought, how else to honor her and fill my empty space but to volunteer for Sunday concerts, bring the residents down to the concerts, and spend time with them? I also volunteer for other special events at Selfhelp.

Describe what you do at Selfhelp...

After Mom died, I made some promises to myself and my family about getting involved to help with my grief. One of the things I decided to do was spend my Sunday afternoons as a volunteer at Selfhelp. I work with the staff to help residents come down for the Sunday concert. I encourage residents to come down, especially some of the naysayers and new residents. During the concert, I keep an eye on them and make sure they are brought back to their floors safely. Sometimes I stay with them for a while and attend coffee klatch and visit with some of the regulars. We talk and get to mingle.

What is your favorite part about volunteering?

I love the residents' reaction to all the music and performers. I love watching toes tap and smiles on the faces of the residents. Some are quite musical, and they know so much about the music. This is a well-spent 60 minutes to take their minds off their problems or pains. I feel this is a calling, too.

Something new I discovered about myself is that I am good with older people, especially those with dementia. I want to be helpful to those with and without families. It is just as much of a mitzvah to me as it is to the residents. I am so fond of the staff and value how everyone does his/her job and gives so much more.

Coming back to Selfhelp and seeing old familiar faces of staff who took care of my mom was heartwarming and felt uplifting.

What would you tell somebody who wanted to volunteer here?

Many adolescents volunteer because it looks good on resumes for college or do projects as part of a bar and bat mitzvah, but volunteering for the love of volunteering—simply because you want to give back—is rewarding at so many levels. There are weekends when I feel the loss of my mom, especially around the holidays. Coming for Purim or Passover and spending time at Selfhelp makes me less lonely. I cannot think of a better community than Selfhelp. The staff and residents make everyone feel like family.

Upcoming Events:

- 1 Sukkah Decorating** for Mitzvah Menschen ages 11-17
Decorate The Selfhelp Home sukkah & eat pizza
September 28 | 4:30-6:30 p.m. | Open to all
RSVP to Jessica Katz | jkatz@selfhelphome.org

- 2 Celebrate Sukkot**
Honoring our Volunteers
& Mitzvah Menschen
with **The Maxwell Street Klezmer Band Quintet**
October 5 | 5:45 p.m.
Rooftop Terrace

mitzvah★
mensches

Summer 2023

At Home with Selfhelp is published by The Selfhelp Home and distributed to members and residents four times a year.

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The Selfhelp Home has earned the Joint Commission Seal of Approval for Post-Acute Care and Nursing Care and is the first in the nation to be accredited for Assisted Living.

908 W. Argyle Street | Chicago, IL 60640
773.271.0300 | SelfhelpHome.org

The Selfhelp Home is a not-for-profit Jewish retirement community with a tradition of caring for more than 70 years.

Introducing...The Sybelle Heilbrunn Butterfly Garden at Selfhelp!

Sybelle Heilbrunn, of blessed memory, loved being close to nature. Sybelle was a thirteen-year resident at The Selfhelp Home prior to her death in 2022 and enjoyed participating in planting the roof deck garden beds each spring. In her memory, her daughters Joan Barbakoff and Robin Gordon and Sybelle's grandchildren and their families, are dedicating the Sybelle Heilbrunn Butterfly Garden this summer.

The Sybelle Heilbrunn Butterfly Garden is in front of Selfhelp on the east side of the building (closest to the lake). Until Sybelle's family dedicated the garden, the space was an open grassy area with not much "curb appeal." Now the space is planted with flowers that are known to attract butterflies as well as shrubs and trees. A gate has been installed in the fence in front of the garden so the Selfhelp Gardening Club can maintain the landscaping.

The new garden was originally the vision of resident Fela Dogadko, whose incredible gardening skills and knowledge have informed the plans and execution of the new Sybelle Heilbrunn Butterfly Garden. The Selfhelp Garden Club is one form of horticultural therapy offered to residents at Selfhelp.

Horticultural therapy has been scientifically shown to include the following impacts on participants:

- Decreased restlessness/agitation/anxiety
- Increased opportunities for choice/control
- Increased cognitive engagement
- Decrease in reported pain
- Positive mood change
- Increased socialization/interaction
- Increased communication
- Increased self-expression and self-identity
- More efficacy at coping with loss
- Increased sensory stimulation

The Selfhelp community is so grateful to Sybelle Heilbrunn's family for their partnership in creating this beautiful memorial to a cherished member of our own family. Thank you.



Sybelle Heilbrunn, in the Butterfly Garden for whom it was dedicated, with Carrie Barbakoff

Resident's Love for Gardening Inspires New Garden

The new garden was originally the vision of resident Fela Dogadko, whose incredible gardening skills and knowledge have informed the plans and execution of the new Sybelle Heilbrunn Butterfly Garden.

"I am just getting started," she explains. While looking at her hands, she says, "A good day for me is when I have dirt under my nails."

"It all started with the tree sock," said Selfhelp resident Fela Dogadko who would pass the grassy area in front of the building on her daily walks. "I saw the potential; I knew it could be so much better." For Fela, the inspiration started with her knitting a "tree sock" for a tree stump that stuck out. This colorful sock fit snugly on top of an exposed tree stump and inspired her to continue what would become her mission to transform the area into a happy garden. She saw that a simple tree sock brought smiles and started to draw attention from residents and neighbors. From there, she initiated a major overhaul of the garden, planting many new plants, herbs, adding bird houses and a butterfly garden. Fela is especially thankful to David Sanchez, the Home's Director of Environmental Services, and his team who went above and beyond working in the garden to bring her vision to fruition.



The creative knitted "tree sock" stump



Fela Dogadko, the resident who inspired the new garden

Fela moved to Selfhelp in 2022, leaving her home in West Rogers Park. "Gardening saved my life. During the pandemic, I would spend hours in the garden every day, and people would come over and visit and enjoy the garden. They called it my jungle—now I have a new urban jungle," said Fela.

SAVE THE DATE

Dancing Under the Stars

GRAND OPENING OF THE ROOF DECK TERRACE

Thursday, September 21, 2023 | 6:30 p.m. - 8:30 p.m.

Celebrate the grand opening of our newly renovated Roof Deck Terrace
Live performance by The Elaine Dame Quintet—come ready to dance the night away!

Upscale casual attire | **RSVP** to Bistern@selfhelphome.org by September 12

Mitzvah Mensch Max

THIS SPECIAL MITZVAH MENSCH CONTINUES
TO FIND SELFHELP A PLACE TO VOLUNTEER

Max first volunteered at Selfhelp when he was just 10 years old. As a child, Max visited The Selfhelp Home with his 5th grade classroom from Bernard Zell for an intergenerational program with our residents. Max's class made Purim gift baskets (*mishloach manot*), and they led an art class for our residents where everyone painted together.



Max visited Selfhelp with his choir in 2013 to perform Jewish songs for our community

"I've been visiting residents at The Selfhelp Home by myself since I was a kid. I did my Bar Mitzvah project at The Selfhelp Home when I was 13 years old and visited residents every week. I also came to see residents regularly in high school before COVID happened."

Today, Max still visits residents and says it has been a fulfilling experience for him because he gets to learn about different people's interesting life experiences and offer them comfort when they need it.

"I like being there for people who are more vulnerable and who are going through a difficult time. That's really the reason I want to be a doctor."

Max's lifelong family values of service and *tikkun olam* in Judaism have been a significant influence on his volunteering spirit. Max also dedicates his time to the Center on Halsted, the Midwest's largest community center dedicated to advancing the LGBTQ movement. Being such an empathetic individual, Max is a valuable member of their team assisting the youth and HIV patients. He believes that everyone deserves respect and equal treatment, and he's proud to be part of an organization that advocates for that right.



mitzvah mensches

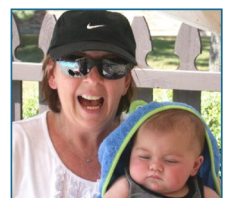
A FAMILY LEGACY AT THE SELFHELP HOME

Fun fact: Max's grandmother, Linda Fine, was the former Executive Director of The Selfhelp Home almost 20 years ago. Even after her passing, she continues to be a great role model for him.

Max says, "I can tell my grandma left a legacy at Selfhelp. Some of the people who work here get so emotional when they see me because I remind them of her."

Max is grateful to continue his grandma's passion for helping people and hopes to inspire others to do the same.

He has formed close bonds with several of our residents and shared how thankful he is for the opportunity to make a difference in their lives. There are a few "regulars" Max visits weekly, including Ira, George, and Rodney.



Max with his grandmother Linda Fine, z"l

CONTINUING A TRADITION OF HELPING HANDS

"My favorite part [about volunteering at Selfhelp] is honestly just connecting with the residents. I can tell how happy it makes them to see me and to have a conversation with me. And it makes my day to see them laughing and smiling."

Max plans to continue spending time at Selfhelp and the Center on Halsted long-term, as he believes that volunteering is a meaningful way to give back. He hopes to bring his younger brother, Myles, with him in the summer.

Max says, "If you have the time, you should definitely volunteer at Selfhelp...it's a great experience! You can make meaningful friendships with the seniors, and I can tell they really appreciate it when someone comes in to talk with them. It's a nice thing to do that I look forward to every week."

Our team knows his grandmother, Linda, would be so proud! We appreciate our incredible community of helping hands (like Max) who make Selfhelp such a special place.

Auf Wiedersehen to Selfhelp German Intern Julia Boecker

Since 1998, The Selfhelp Home has partnered with the Berlin-based Action Reconciliation Service for Peace (ARSP), which works to bridge the gap between the lost older Jewish German generation and the youth in Germany while building trusting relationships and healing painful, historic wounds.

For more than 50 years, ARSP has been committed to fighting racism, discrimination, and social exclusion through reconciliation and peace. ARSP creates global partnerships around the world to offer long-term international peace service programs. Every year, about 180 young adults between 19 and 25 years old participate around the world in 13 countries on a variety of educational, historical, political, and social projects. As the ARSP volunteers engage in understanding the history and other cultures, they strive passionately to make a positive contribution toward a more peaceful, just, and tolerant world. Each year, Selfhelp is host to a young German intern who becomes an integral part of the Selfhelp family, helping residents and warming hearts. (Selfhelp did not have an intern in 2021 due to the pandemic).

Selfhelp welcomed Julia Boecker, our 23rd intern, to join The Selfhelp Home family through our partnership with ARSP in September 2022 from Dortmund, Germany for a one-year internship. As an intern, Julia has been totally immersed in our community and has lived at Selfhelp in a studio apartment while assisting with resident activities. As she ends her year with us, The Selfhelp Home family wishes Julia success, love, and many return trips to Chicago in her future!

As we bid a reluctant and deeply grateful *auf wiedersehen* (goodbye) to Julia, we asked her to reflect on her year with us.

What did you expect from your year at Selfhelp, and what actually did happen during your experience?

As soon as I got accepted to my program, I was incredibly happy and excited. Even though I had been waiting for two years to start due to COVID, I never wanted to give up the idea of coming here. I was a little bit nervous about interrupting my studies at college and starting in a different semester as soon as I was back in Germany, but no matter what is to come, my time here was so worth it. It was one of the best years of my life and offered me so much practical experience—not only work experience, but also life experience. In German, we have a saying which translates to “welcoming someone with open arms.” That is how I felt here as soon as I started. Everybody here is friendly, kind, and caring, and that made everything very easy for me here. I am very grateful and lucky to have called Selfhelp my home during the past year.

What were the top five moments of your year here?

I had a lot of different favorite moments here—one of them included celebrating Sukkot right in the beginning of my year here because that was one of the first Jewish holidays I got to know. I loved crafting decorations with the residents for the sukkah, decorating it, listening to the prayers and seeing people dance and sing inside the sukkah. I loved seeing all the residents happy and celebrating.

Another great moment for me was performing at the talent show with Grace, the former art intern. It was a lot of fun practicing different songs and making music together because that’s one of my favorite hobbies. I loved all the outings we did—from going to the beach to the orchid show to the orchestra.

Something very special for me was when my mother and my brother got to visit in December and when my boyfriend Marcel was here. They felt very welcomed here, and it felt like the residents got to know a big part of me. I always talk with them so much about Selfhelp, and having them finally meeting everybody was a wonderful experience.

And, of course, one of my highlights was talking to the residents each day, before and after the morning exercise, during summer days on the patio or while visiting them in their apartments. I am incredibly grateful for having worked with Benna and Rey—the best team ever! They are absolutely wonderful people and made me feel like being a true team member from the start.



What have you learned about Judaism, aging and Chicago?

I learned so much about Judaism, its traditions, festivities, and history. I got to know the importance of Shabbat, which I celebrated at Selfhelp and sometimes also outside of Selfhelp, due to my new Jewish friends! Despite not speaking Hebrew, I feel like I now know a lot of Shabbat songs by heart. I went to a Shabbat service at Mishkan synagogue with Benna and had a lot of wonderful Shabbat dinners with Jessica, Maya, and Benna. That is something I will miss a lot as soon as I am back home.

I got to know all the different holidays—Sukkot, Rosh Hashanah, Pesach, Chanukah, and many more. I also got to know some phrases in Yiddish and Hebrew. I learned that Judaism is a wonderful religion with many layers—some people are orthodox and others are more secular. Some people see it as a nationality, whereas others believe that it is more like a religion. I got to know a lot of World War II history and how it still affects the Jewish community today. That really enlarged my interest in history and politics. Hearing the stories of Holocaust survivors here was the most emotional and sad part for me, and it is something I will take with me for the rest of my life. I would like to share their stories with my children or grandchildren as soon as I’m the age of the residents here.

I also learned that aging doesn’t define your personality. You can be a super fun person when you are 100 years old or when you are 20 years old, it doesn’t matter at all. The only difference is that an older person has experienced much more than you in life. I learned a lot from the residents, too. It was amazing spending so much time with them. I love all of them and appreciated every talk I had with them. Also, some of the residents always gave me a heads up about what was going on in the city. I tried to do as much as possible during my year here, including visiting all the museums, seeing all the different sports teams of Chicago, going to concerts, farmers markets, or the lake almost every day. I tried to learn about the different buildings downtown and their architecture and the history of Chicago. Every time friends visited me here, they joked about me being their city guide. Chicago has truly become a home for me, and I think it will always feel like a second home to me. I wish I could take Selfhelp and the city back home with me!

What advice would you give for future interns of this program?

I want all the future interns to know that they should come here with a lot of anticipation and excitement. There is no need to feel overly nervous—you will be welcomed and will settle in very quickly. Don’t be afraid to ask for advice because everyone here is very helpful and caring. Try to always say “hi” to everyone, and you will make good friends. Just enjoy your year!

FOURTH OF JULY 2023 AT THE SELFHELP HOME





THE SELFHELP HOME
A TRADITION OF CARING

908 W. Argyle Street
Chicago, Illinois 60640
Address service requested

Mark Your Calendar

The Selfhelp Home is pleased to share the following upcoming events.
You can find out more by visiting our website at www.selfhelphome.org.
*The Sunday concert series is dedicated to Vivian E. and Robert W. Rice through a generous gift from their estate.

September 2023*		*Holiday services are listed in green Families & guests are welcome to all events during the High Holidays
Tues 9/12	3:30 p.m.	CEU Event for Social Workers and Nurses – “Bias in Social Work” with Elderworks and JCORE
Fri 9/15	6:45 p.m.	Rosh Hashanah Evening Service
Sat 9/16	10:00 a.m.	Rosh Hashanah Services and Torah Study
Sun 9/17	10:00 a.m.	Rosh Hashanah Services and Shofar Blowing
Thurs 9/21	6:30-8:30 p.m.	Grand Opening of the Roof Deck Terrace – Dancing Under the Stars with The Elaine Dame Quintet
Sun 9/24	6:15 p.m.	Kol Nidre Evening Service – Cello and piano prelude
Mon 9/25	9:30 a.m.	Yom Kippur Services
Mon 9/25	11:00 a.m.	Yizkor Service
Mon 9/25	4:30 p.m.	Torah Discussion – With Jonathan Schwartz, Director of Jewish Life
Mon 9/25	6:30 p.m.	Neilah and Shofar Blowing
Wed 9/27	7:00 p.m.	Annual Meeting of the Board of Directors – All are welcome
Thurs 9/28	4:30-6:30 p.m.	Sukkah Decorating with Mitzvah Mensches – Open to all kids ages 11-17
Fri 9/29	4:30 p.m.	Shabbat/Erev Sukkot Services
Sat 9/30	10:00 a.m.	First Day of Sukkot Shabbat/Festival Service
October 2023		
Tues 10/3	3:30 p.m.	Music and Memories in the Sukkah – With jBaby, JUF Young Families
Thurs 10/5	5:45 p.m.	Celebrate Sukkot Honoring our Volunteers & Mitzvah Mensches – With The Maxwell Street Klezmer Band Quintet
November 2023		
Mon 11/13	2:00 p.m.	Protect Yourself From Becoming a Victim of Consumer Fraud – John Good

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