

AHAVAS ACHIM NEWSLETTER

MARCH 13, 2020

כ"ה תשא' פָּרָה

י"ח אדר תש"פ

SYNAGOGUE NEWS

מזל טוב

Mazel Tov to **Eli and Laura Weiss** on the birth of a daughter.

Mazel Tov to **Rachel Lefkovits** on the Bar Mitzvah of her great-grandsons, **Dani and Yoni Posner**.

המקום ינוחם

The Congregation extends its condolences to **Melissa Mann** on the loss of her father, **Marvin Flohr z"l**. Melissa and her family will sit Shiva at her home, **18 Brookfall Road, Edison**, from **Motzei Shabbat** through **Wednesday night**. Shiva hours until **10:30 p.m.** on **Motzei Shabbat** and **9:30 p.m. Sunday-Wednesday nights**.

In light of the corona virus outbreak in our region, we ask all those who are experiencing respiratory symptoms to refrain from visiting, and instead fulfill the mitzvah of Nichum Aveilim through a phone call at **732-236-2676**. Additionally, those well-meaning community members who do not have a relationship with the family but might have visited anyway, are encouraged to express their words of comfort via phone or text in order to reduce large crowds.

May she and her family be comforted among the mourners of Zion and Jerusalem.



AHAVAS ACHIM 131ST ANNIVERSARY DINNER Sunday, April 26, 2020

Guests of Honor
Steven and Ann-Sheryl White
Robert Rosner Memorial Young Leadership Award
Ari and Teri Sofair-Fisch
Keter Torah Award
Edward Epstein

THANK YOU

We thank **Rebbitzin Devorah Hilsenrath** and family for having requested to sponsor kiddush in memory of **Rabbi Yakov Chaim Hilsenrath z"l** on his yahrzeit, and in appreciation of Ahavas Achim. We also thank **Barry and Rosa Katz** for sponsoring a virtual Seudah Shlishit in memory of Barry's mother, **Arline Katz z"l** on her yahrzeit.

AHAVAS ACHIM'S 131ST ANNIVERSARY JOURNAL DINNER

We are thrilled to invite you to join us on **Sunday, April 26** at **Congregation Ahavas Achim** as we celebrate 131 years of Torah, Tefillah, and Gemilut Chasadim and salute the leadership and commitment of our outstanding honorees: **Steven and Ann-Sheryl White**: Guests of Honor, **Ari and Teri Sofair-Fisch**: Robert Rosner Memorial Young Leadership Award and **Ed Epstein**: Keter Torah Award.

The journal dinner is a special

You are cordially invited to Netivot's Gala Dinner

Inscriptions

March 29, 2020

The Imperia, Somerset NJ

Honoring

Yosef (Jeff) and Marsha Schreiber

Michelle Pincus

Margalit Gottlieb

[RSVP at mynetivot.com/gala2020](http://mynetivot.com/gala2020)

Place a journal ad for an honoree!

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opportunity to express Hakarat Hatov through the purchase of journal ads and the solicitation of ads from local businesses. There are two ways to submit ads to our dinner journal: via our user-friendly online portal: www.aafundraising.org, or through a paper ad blank (available in the racks in the shul lobby and in the back hallway) submitted to the shul office.

Soliciting ads for our Journal is a wonderful opportunity to raise funds for our Congregation beyond our membership population. We hope you will join us in making this year the most successful celebration in Ahavas Achim history. For questions, please contact **Eric Wallenstein** at **973-727-9321** or eric.wallenstein@gmail.com or **Rob Haarburger** at **908-770-8394** or robert.haarburger@gmail.com. Thank you.



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President



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SALIT AUTO REPAIR

1855 Woodbridge Avenue Edison, NJ 08817
732-246-4811 info@salitaautosales.com

Salit Auto Repair now has a late night!

We will be open on Tuesdays from 8am-7pm

We will still have our regular hours

Mon 8am-5pm

Wed & Thurs 8am-5pm

and Fri 8am-4pm

Please patronize our sponsors!

רפואה שלמה

Please include the following cholim in your tefilah.

בת-שבע בת מלכה

קלמן בן רחל

הנדיה בת ריבייל

אסתר בת לאה

ראובן סורה הלווי בן אסתר

מינדל בת תמיימה

ביילה ליבה בת חוה פרל

ליבה שיינDEL בת חוה

מאיר בן חנה ריטה

צבי דוב הלווי בן שרונה

זיבקה שרה בת חנה תקווה

Rabbi Dovid Adlin - הרב דוד בן פנינה -

Janette Arnold - שרון בת לאה -

Candi Feinberg - חנה בת נחלה -

Michael Greenberg - משה יעקוב בן צביה -

Rebetzin Devorah Hilsenrath - דבורה בת חייה ביליה

Jaklin Rozen - א'קלין בת רחל

Anny Safier - אופירה חייה בת רבeka צביה -

Yussie Weiss - יוסף חיים בן בעשיה

Alan White - אלרן יוסף בן פרידע

Please note: The Cholim list has been refreshed. If you would like to resubmit a name for the cholim list, please call the Shul office: 732-247-0532 or email: secretary@ahavasachim.org.

SHARE PESACH WITH OTHERS

Pesach provides opportunity to add to your celebration by sharing meals with others. Whether you will be home and are interested in having others join you, or you are ready to join others, you can contact Hospitality Committee Chair **Mark Abraham** at abraham839@gmail.com or **732-545-6639** and identify whether you are interested in being a host or a guest.

MEALTRAIN

Ahavas Achim is cooking for **Michael Greenberg** as he has injured his foot and is awaiting surgery to take place in April. We are cooking for Shabbat meals only as per his request: 1 adult. Delivery to: **124 Montgomery Street, Apt. 1L**. Sign up on the mealtrain: <https://tinyurl.com/sqfrkqx>.



ISRAEL MAY MISSION 2020

Join the **Blum, Diskind, Frank, Goldberg, Kessel, Kornmehl, Leitman, Quint, Schilowitz, Schwartzbard, Spodek and Wolf** families on Congregation Ahavas Achim's first **Israel May Mission** from **May 19-June 1, 2020**. The mission will include roundtrip nonstop flights on El Al Israel Airlines from Newark, 8 nights at the Leonardo Plaza Hotel, 3 nights at the Carlton Hotel in Tel Aviv, 3 day touring excursion with experienced guides, full Israeli breakfast daily, three dinners in Tel Aviv, Friday night and Shabbat lunch on both Shabbatot, lunch and dinner meals on Shavuot, tips, transfers, and handling.

The cost per person (based on double occupancy) is **\$4858**. Sign up at: arieltours.com/aamission. Please email aamission@arieltours.com with any questions.

Levinson, Maza family, Nagel family, Elena and Nathan Orgel, Ostrin family, Ostroff family, Heather Ross, Howie Sherman, Turansky family, Wallenstein family

Thanks to all who volunteered to write postcards.

BOOK CLUB

The next AA Sisterhood Book Club meeting will take place **this Wednesday, March 18 at 8:00 p.m.** at the home of **Marsha Wasserman, 24 Grant Avenue, Highland Park**. The book we will be discussing is ***It All Comes Back to You*** by Beth Duke. We hope you can join us!

COMMUNITY NEWS

SHAIMOT COLLECTION THIS SUNDAY

Ohr Torah will hold this year's community Shaimot Collection this Sunday, **March 15** from **9:30 a.m.-6:00 p.m.** The cost is **\$20** per large garbage sized bag. Please make all checks out to **Congregation Ohr Torah**. For questions, email **Barry Siegel** at siegeldad@gmail.com.

Seforim Sale: There will also be a used Seforim sale at this time featuring great bargains! Come find your hard-to-find and/or out-of-print books and stock up your home libraries.

RUTGERS CHABAD NATIONAL FOUNDERS DINNER POSTPONED

In recognition of the challenges and fluidity of the COVID-19 situation, and with the recommendation of health officials to minimize social interactions and avoid crowds, **Rutgers Chabad** has decided, out of an abundance of caution, to postpone their 41st **National Founders Anniversary Dinner** from **this Monday, March 16** until **Thursday, June 11**. For Gala sponsorship and ticket information, please call the Chabad office: **732-296-1800** or visit: www.chabadnj.org.

They pray for a complete recovery for everyone with the virus and that those individuals who have been quarantined and all of us remain healthy.

SISTERHOOD NEWS

MISHLOACH MANOT FUNDRAISER

We thank all of our participants and sponsors who made this year's Mishloach Manot fundraiser a success! The money we raised helps support year-round Kiddush supplies as well as our youth programming.

The following families participated in this year's Mishloach Manot fundraiser in addition to all the families whose names were listed on the cards attached to your baskets: *Gideon Arnold—Sponsor, Michael and Roslyn Beberman—sponsors, David and Malka Friedman—sponsors, Gizella Gottesman, Leila Guzman, Mikey and Cheryl Kornfeld, Jonas and Jill Schulman, Howie Sherman.*

A special thank you to all those who volunteered and helped make this year's program a resounding success!

Organizers: Susan Frank, Jackie Kelin, Elena Orgel, Leslie Ostrin, Rachel Weintraub

Packers: Susan Frank, Hava Freidenreich, Malka Grinkorn, Susan Haber, Jackie Kelin, Debra Levenstein, Rachael Levin, Esther Levin, Marcia Levinson, Lori Nagel, Elena Orgel, Ayelet Ostrin, Sigal Ostrin, Tobi Schilowitz, Rachel Stein, Debbie Turansky, Sharon Zavodnick

Deliverers: Fran and Jeff Ackerman, Mollie and Yossi Davis, Freidenreich family, Caren and Jim Friedman, Gary and Elise Gonzales, Peri Horowitz, Kornblum family, Levin family, Barry and Marcia

HAT SHOW

A pre-Yom Tov beautiful Hat Show for women by **Helen Baker of Hats Incredible** will be held next Wednesday, **March 25** from 6:30-8:30 p.m. at the home of **Michelle Schanzer, 14 Ryan Road, Edison**. A portion of the proceeds will benefit, **Ohav Emeth, the Sisterhood of Ohr Torah and Amit**. For more information, please email **Sharon Lowinger** at shcl18@aol.com.

BIKUR CHOLIM SEEKING VISITORS TO NURSING HOMES

Have a loved one in a local nursing home, such as **Regency, Arista Care, Gardens of Monroe**, or at a different local facility? Family members can partner together to visit each other's relatives. Non-relative volunteers are also needed to visit the nursing homes. (*Note: many nursing homes are currently off limits to visitors due fear of the Corona Virus. Visitation would start when deemed safe.*) If you would like to volunteer, know a resident that would like visitors, or are a family member that would like to partner with other family members, contact **Aviva** at siegelmom@gmail.com or 732-672-7104.

JEWISH FEDERATION WOMEN'S PHILANTHROPY MAIN EVENT

The Jewish Federation in the Heart of NJ's Women's Philanthropy invites you to The Main Event on Wednesday, May 13 at 6:30 p.m. at the Marlboro Jewish Center, 103 School Road West. **Sababa** is cookbook author, **Adeena Sussman's**, acclaimed new ode to the fresh, sunny flavors from her Israeli kitchen. Lose yourself in Sussman's love affair with modern Israeli cuisine and take inspiration from all that inspires her in the spirit of "sababa," the Hebrew word meaning everything is awesome. Enjoy the camaraderie of Jewish women from across Monmouth and Middlesex counties, dinner featuring delicious Israeli cuisine, and receive your own signed copy of **Sababa**. Call **732-588-1800** or email: lisaa@jewishheartnj.org for questions.

SHIETLES AND TICHELS/ SNOODS/HATS GEMACH

Donate and/or take previously owned sheitels, tichels, snoods and/or hats. Kallas welcome. Please contact **Gittel Tonkonog** at dimantgina@gmail.com or 347-615-3294 for location.

AHAVAS YISRAEL CLOTHING GIVEAWAY

Next Sunday, March 22 from 10:00 a.m.-3:00 p.m. all are welcome to the annual **Ahavas Yisrael Clothing Giveaway**. Come shop "new to you" clothing in excellent condition. Clothing is collected prior to this event and set up at the event for people to take; donation to the Shul optional. For more information or to drop off clothing in excellent condition, contact **Ida Scheiner** at 917-439-6163 or **Rivka Jaffe** at 732-762-0490.

JCC TRIP TO SEE "STUDIO 54: NIGHT MAGIC" AT THE BROOKLYN MUSEUM

Join the **JCC of Middlesex County** next Thursday, March 26 for a trip to the **Brooklyn Museum** for a guided tour of "Studio 54: Night Magic" their new exhibit which traces the radiant history, social politics, and trailblazing aesthetics of the most iconic nightclub of all time. Bus leaves the JCC at 9:00 a.m.; returns approximately 4:00 p.m. Cost is \$69 for a JCCMC member, \$79 for a non-member and includes transportation, admission, guided tour. Lunch is on your own. Please register by **this Sunday, March 15**. Call **Diane Mael**, Director of Adult Services at 732-494-3232 for more information.

BEREAVEMENT GROUP WITH RABBI BRYAN KINZBRUNNER

Rabbi Bryan Kinzbrunner will facilitate a Bereavement Group from on 8:00-9:00 p.m. on Tuesdays, March 31 and April 21. The group meets at **Highland Park Conservative Temple—Congregation Anshe Emeth**. Please use the parking lot doors to enter the building. Open to all; there is no fee. *There is no need to "go it alone".* Contact **Linda** at the Temple office, **732-545-6482** if you have any questions.

ARYEH MARGOLIN LEARN-A-THON TO SUPPORT OURPLACE

Aryeh Margolin will be helping to raise money for OurPlace in an All-Night Learn-a-Thon. OurPlace is our community's largest network of drop-in centers for at-risk Jewish youth struggling with drug & alcohol addiction, past trauma & sexual abuse and criminal behavior. Please help to support him at: <https://ourplacelearnathon.org/Aryehmargolin>.

YAHRZEITS

3/14	Sharon Bershader	Father
	Rebbitzin Devorah Hilsenrath	Husband
	Aviva Rappaport	Father
3/15	Lori Caplan	Father
	Bernice Chefitz	Father
3/17	Barry Katz	Mother
	Abby Prince	Mother
3/18	Harriet Adelson	Father
	Mitchell Berlin	Mother
3/19	Michael Rosenberg	Mother

OHAV EMETH PRE-PESACH BOUTIQUE

Ohav Emeth will hold a **Pre-Pesach Boutique** this Tuesday, March 17 from 8:00-10:00 p.m. They will be hosting **Hedy's Hats, Margalita Designs, Swirl Gifts, Tablecloth Direct NY and Take It Personally**. Please contact **Miriam Dobin** at miriamdobin@gmail.com for more information.

CHILDREN'S CLOTHING GEMACH

Children's Clothing Gemach, l'iluy nishmat Yisroel ben Chaim Yitzchak and Chaim David ben Yisroel, is now accepting donations of new or gently used, freshly laundered children's clothing (boys and girls). Contact **Yisraela Joran** at 973-473-0831 with questions.

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NAMES, NOT NUMBERS© AT RPRY

One of the most unforgettable experiences for Rabbi Pesach Raymon Yeshiva 8th graders is their participation in a unique program called *Names, Not Numbers*©. *Names, Not Numbers*© is an interactive, multi-media, Holocaust oral history film documentary project, created by educator Tova Rosenberg. Find out more about this program at: www.namesnotnumbers.org.

The opportunity to meet and interview Holocaust survivors is itself a privilege and a memorable event. However, participation in *Names, Not Numbers*© offers RPRY students the additional rich experience of learning new skills to enable them to capture their interviews on film. In preparation, students learn interviewing skills from a professional journalist, filming skills from a professional filmmaker and film editing skills from their teachers. In addition to learning from the professionals, students prepare for the interviews by researching the biographies of "their" survivors and creating a list of questions to use at the interviews.

The results of the process produces a unique film on DVD: *Names, Not Numbers: A Movie in the Making*©. This film is a chronicle of the entire process, showing the students learning and making the documentary, with their reflections and key parts of each survivor's story embedded in the film. This film is screened at the culminating dessert buffet event to which the entire community is invited. It is scheduled to take place at RPRY on **Monday, May 11 at 7:30 p.m.**

Sponsorship opportunities for the 2019-2020 RPRY *Names, Not Numbers*© program are available. Please contact the school office at **732-572-5052** for more information.

RPRY PLUS DINNER PARTY

RPRY PLUS invites one and all to their community-wide **Dinner Party** on **Wednesday, April 1** from **6:00-8:00 p.m.** at **RPRY!** Carb-load before Pesach and keep your house clean. Enjoy a buffet from **Giddy's** that will include pastas, salads, sides, desserts and more! Sign up: <https://rpry.forms-db.com/view.php?id=41173>. Rather eat-in? Pre-order pizzas from Giddy's for pickup at RPRY.

WOMEN'S LEARNING INITIATIVE

Tuesday Parsha class by Miri Cohen will resume after Pesach.

LEFKOVITS FAMILY PARK MIKVAH HOURS

- **Sunday-Thursday:** 8:30-10:30 p.m.
- **Motzei Shabbat, March 14, 21, 28:** 9:00-11:00 p.m.
- **Motzei Shabbat, April 4:** 9:15-11:15 p.m.
- **Motzei Shabbat, April 11, 18, 25:** 9:30-11:30 p.m.
- **Motzei last day Pesach, April 16:** 9:45-11:30 p.m.
- **Friday nights and April 8, 9, 10 & 14, 15 (first & last days of Pesach) by appointment only:** Appointments should be made by emailing hpmikvah@gmail.com, calling 732-221-8155 or online at: www.parkmikvah.org.

JFS PASSOVER DRIVERS NEEDED

Can you help ensure that needy families have enough to eat this Passover? **Jewish Family Services of Middlesex County** urgently needs volunteer drivers to deliver Passover groceries on **Sunday, April 5 at 9:00 a.m. at Congregation Beth Ohr** in Old Bridge. Last year, more than 500 individuals received groceries, so your help is crucial.

VOLUNTEERS NEEDED FOR KOSHER MEALS ON WHEELS

Do you have a couple hours free in the morning? Can you help ensure that homebound seniors have fresh, nutritious meals to enjoy? The **Jewish Family Services of Middlesex County Kosher Meals on Wheels** program needs volunteers for Edison and Avenel on **Mondays**. Please call 732-777-1940 or email office@jfsmiddlesex.org.

CHICKS WITH STICKS

Chicks with Sticks, sponsored by **Raritan Valley Hadassah**, will hold their next meeting on **Wednesday, April 29** from **1:00-3:00 p.m.** at the home of **Phyllis Pollak, 209 N. 4th Avenue, Highland Park**. They knit baby hats and baby blankets, which are donated to infants in our local hospitals. If you have any questions or need to pick up more yarn for your projects, please call **Phyllis at 732-246-7366 or 732-853-6058** or email phypollak@yahoo.com.



GET COUNTED: CENSUS 2020

Important programs such as senior services, transportation, nutrition programs, and many more depend on federal investments. Your Census response is absolutely essential in ensuring that New Jersey is accurately counted. Funding for the next decade is at stake. Visit: <https://2020census.gov/en/what-is-2020-census.html> to learn more!

MOTHER-DAUGHTER GLOW DANCE PARTY

RPRY PLUS is pleased to partner with **Mekor Fitness** to offer a **Mother-Daughter Glow Dance Party** next **Sunday, March 22 at 4:00 p.m.** at **RPRY**. The program is open for women and girls of all ages and all fitness levels and a portion of the proceeds supports **RPRY**. Register online at <http://ow.ly/roQE50yB5eh>. Questions about the program or sponsorship inquiries should be directed to rpryplus@gmail.com.

REMNANTS OF JEWISH LIFE IN INDIA

The **American Jewish Experience Lecture Series**, presented by the **Jewish Historical Society of Central Jersey**, continues with a presentation by **Dr. Nathan M. Reiss**, entitled: "**A Visit to Southern India: Life Among India's People and Remnants of Jewish Life There.**" The lecture will be held on **Wednesday, April 22 at 10:30 a.m.** at the **Highland Park Conservative Temple**. A donation of \$2 is requested at the door.

This talk was developed from an amazing trip through the southern tip of India, beginning in the large city of Chennai (formerly Madras), then traveling southwest across mountains to Cochin. The presentation will have lots of photos, showing some of the beautiful terrain and contacts with people and their varied ways of life. For more information, email: info.jhscj@gmail.com or call the JHSCJ office at 732-249-4894.

DIABETIC SUPPLIES GEMACH

A new **Diabetic Supplies Gemach** provides insulin, test strips, meters etc. It is intended for those who ran out, are waiting for insurance approval or for guests who left supplies at home. Please contact the **Deutsch family** at **646-683-7394** if you are in need.

TIFERES

Weekly teleconferences with topics such as shalom bayit and parenting are available to Tiferes members. The current teleconference is: **"Purim and Pesach: The Pressure or the Pleasure"** with **Dina Schoonmaker**. For more information or to become a member, contact **Aviva** at siegelmom@gmail.com. The Highland Park/Edison group of Tiferes is *l'zecher nishmat Malka bat Shalom*.

EMPLOYMENT NETWORK OF RARITAN VALLEY

Looking for work? We can help. Email **Bob Lansey** at ENRVInfo@gmail.com if you would like to receive our job postings and/or would like help with your resume and search strategies.

Please help: If you know of any professional, part-time, or temporary job openings, email the information to ENRVInfo@gmail.com.

LOCAL SHAATNEZ TESTING OPTIONS

Shatnez testing is available at the following locations: The testing is done on the premises once a week.

*Rainbow Cleaners, 705 Raritan Ave,
Highland Park 732-572-3896*

*The Clothing Center, 645 Highway 18
East Brunswick, 732-254-0870*

For more information, contact **Yosef Sayagh** at **732-330-4103**.

RIDES AND DRIVERS FOR SHOPPING

Susan Kollmar is starting a new community service to match people who need a ride to go shopping to people who are going to that store. If you need a ride to a store, call **732-501-1409** and leave a message with your name, phone number, store where you need to go. Susan will send a message out asking if anyone is going to that store. The driver will contact you to make arrangements. This service is for people who can be independent in the store. Please realize that she will attempt to find a driver for you, but is not guaranteeing that she will be able to do so. Drivers, please call or text **732-501-1409** to be added to the list of drivers. You will get a message when a driver is requested. You will not be expected to make a special trip to the store, just to drive someone if you need to go for yourself.

COLLECTING SHEITELS: KEREN KOL KALLAH

Keren Kol Kallah was established to provide orphans and destitute kallahs in Israel with essential needs. Donated custom sheitels, some brand-new, some gently worn, are sold to women in Israel who would not otherwise have the funds to buy a quality wig. All the money raised at the sale goes towards a hachnasat kallah fund which helps needy brides in Eretz Yisrael. Sheitels can be dropped off by **Aviva Siegel, 16 Edgemount Road, Edison**. For more information, please contact **Aviva** at siegelmom@gmail.com or **732-572-4408**.

NEED A SHIDDUCH?

A group of volunteer matchmakers, representing various Shuls in our area, would like to help singles of all ages and various Hashkafa levels find appropriate matches. If you'd like the group to contact you, please text **908-616-3023** with your name, cell phone number and email address or you can email MsRachelKaplan@gmail.com. Also, please create a profile at: the website: www.shulsconnect.com. All information is kept strictly confidential.

RPRY SHOE RECYCLING

Drop off used shoes in decent condition (except for snow boots, slippers, crocs and flip flops) to the donation box at **RPRY** located right in the front entrance, in the lobby by the elevator. They send the shoes in and receive money!

REBBITZEN EICHENSTEIN

For status of classes **this Sunday, March 15** and **Monday, March 16**, contact **Aviva** at siegelmom@gmail.com or **732-672-7104**.

HATZOLAH OF MIDDLESEX COUNTY

If you have a medical emergency, call **732-456-6666**. Seeking additional responders and dispatchers. Free EMT training will be provided. To volunteer, please email: info@hatzolahmc.org, call **732-993-8645** or visit: www.hatzolahmc.org.

EDISON/HP COMMUNITY DIRECTORIES

We still have plenty of **Edison/Highland Park community directories** available in the Ahavas Achim office. They cost \$2 each. To purchase, contact **Rachel** at secretary@ahavasachim.org or **732-247-0532**.

HARVEY PARETZKY MEMORIAL SCHOLARSHIP FUND

The Paretzky family is proud to announce the inauguration of the **"Harvey Paretzky Memorial Scholarship Fund,"** which will award scholarships for high school seniors who will study in Israel. Please help make this initiative a great success, *l'ilui nishmat Rafael Yisrael Chaim ben Harav Mordechai Aryeh z"l*. Donate before the end of 2019 to maximize your 2019 tax deduction. Checks should be made out and mailed to: **Associated Talmud Torahs of Chicago, 3531 Madison St. Skokie, IL 60076** with memo: **"Harvey Paretzky Memorial Scholarship Fund"** or can be given to **Robert and Dr. Riki Kreitman**. Online contributions can be made at att.org/donate and type: **"Harvey Paretzky Memorial Scholarship Fund"** in the donations section. For more information, email paretzkyscholarship@gmail.com.

PLEASE HELP FILL THE JFS KOSHER FOOD PANTRY!

It seems more people in the community are coming to the **Jewish Family Services Food Pantry**. Their shelves are nearly empty. They need help from the people who support JFS to provide for children, families and women, to put food on their tables and help with essential needs.

The following items are most needed: *canned vegetables, tuna, pasta, pasta sauce, tomato sauce, rice, beans, canned potatoes, juice, peanut butter, jelly, mayonnaise, cereal (hot and cold), soup, baby wipes, diapers, sanitary supplies*. Call today **732-777-1940** to schedule a drop-off.

BIKUR CHOLIM OWLS

Bikur Cholim OWLS (Overnight Women Labor Support) is a complimentary service for maternity situations whereby volunteers will come to stay with your kids during the night. For more information on receiving this service or becoming a volunteer, please contact **Rikki** at **732-249-5116**.



JFS NEEDS ITEMS FOR THEIR "PERSONAL CARE CLOSET"

Jewish Family Services of Middlesex County is dedicated to providing essential basic items for dignity through their **Food Pantry**. Their **Personal Care Closet** provides the items needed to maintain that dignity for those they help. These items are not covered by funding or grants. They are calling on you to support the community with the following items: *baby ointment, tooth brushes, soap, baby wipes, women's personal care products, toothpaste, shampoo, deodorant, body wash.* Can you spare, buy or somehow provide any of these products? Call **732-777-1940** and say you have a donation for the Pantry.

VOLUNTEERS NEEDED FOR BIKUR CHOLIM

Bikur Cholim is in need of more drivers to be able to serve everybody. If you are able to help out, please visit: bikurcholimrv.com/volunteers/become-a-volunteer. You do not have to be available all the time. Even if you are free for part of one day each week or only for the summer, your help is still appreciated. For more information, contact **Susan Kollmar** at rsdmk@yahoo.com.

In addition, they are seeking adults and students 11th grade and up to visit homebound people in our community. For more information, please call **Bikur Cholim** at **732-572-7181**. They are also seeking volunteers to visit at the Regency nursing home on DeMott Lane in Somerset. For more information, contact **Rachel Baruh** at **732-672-4673** or rbaruh@yahoo.com.

Bikur Cholim is also looking for **Mother's Helpers** to help with a special needs five year old girl. Volunteers are needed for any time, Monday through Friday. They are looking for girls 10th grade and up. If you can help, even for a few hours, please call **Rivka Teresh** directly at **347-598-9448**.

TEHILLIM INITIATIVE

Infertility is not discussed as much as the shidduch crisis but sadly it is still something that plagues our people. Therefore, **Peninah Elmekies** started a **40 day Tehillim initiative**. This initiative breaks up Sefer Tehillim over 40 days to pray for couples who are struggling to have children. Please WHATSAPP **Peninah Elmekies: 347-391-1741** or email: tehillimforinfertility@gmail.com for more information.



JFS SEEKS VOLUNTEERS

Jewish Family Services of Middlesex County is looking for volunteers to assist in various community centered programs and office work. Programs include:

- Assisting the elderly community including: support for programming, home visits for friendship and companionship, money watch/bill pay assistance, Medicare navigation as well as education to prevent Medicare fraud, waste and abuse
 - Tutoring English as a second language
 - Serving as instructors at the Women's Center
- please contact: MichelleB@j fsmiddlesex.org for more information.

JFS COOKING COMPANIONS NEEDED

Home-bound seniors often feel isolated and disconnected from the world. Thanks to a grant from the Robert Wood Johnson Foundation, Jewish Family Services is beginning a brand new **Cooking Companions Program**. Volunteers will prepare and share lunch with home-bound seniors. All supplies will be provided, as well as training and supervision by JFS social workers. The food is important, but of equal importance is a chance to have a conversation and brighten someone's day! To learn about volunteer opportunities or for more information, contact **Michelle Beley-Bianco**, Volunteer Coordinator, at **732-777-1940** or michelleb@j fsmiddlesex.org.

WILENTZ SENIOR RESIDENCE ON THE WILF CAMPUS FAMILY VOLUNTEER CORP

Are you a musician, singer or a poet? Do you enjoy gardening or have another hobby? Do you like to play Mah Jongg, bingo, scrabble or other games? Perhaps you would like to lead a current events discussion, art instruction or a trivia game? The **Wilenz Senior Residence** can always use an extra pair of hands! Don't see your talent on this list but want to get involved? Give them a call! They also need greeters for the front desk to help continue making their building a welcoming environment. Good Chesed project—hours can be confirmed. Good resume experience for work or college.

You can volunteer a few times a year, once a month, every other week, or weekly, whatever fits your schedule. They would love to have you. For more information on how you can enrich the lives of the residents, please call **732-873-3888** or email **Michelle Abreu** at mabreu@wilfcampus.org or **Marnie Kean** at mkean@wilfcampus.org.



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