

To Our Dear Friends,

With summer turned to fall and the season of Jewish holidays upon us, we are pleased to be in touch, once again, with you, the community of Holocaust survivors and your families.

As David Arnow writes eloquently in his article (see page 3), hope is very much part of Jewish tradition. The rituals and themes of the High Holidays, or Days of Awe, help us to choose hope over despair and stay actively engaged with shaping our future. His words about the late psychiatrist, author and Holocaust survivor Viktor Frankl encourage all of us to keep choosing life.

In the Claims Conference community, we are looking forward to an exciting new year. We have concluded negotiations with the German government, which will allow us to provide more home-care and services to those survivors who need them

most. Further, in 2023, we are pleased to be able to make another one-time payment of €1,200 to Hardship Fund recipients. Initially these payments of €1,200 were only to be two years, but now we are able to provide a third one-time payment. If you already received a previous payment, you don't have to do anything to apply. We will contact you at the same address as before. Only contact us if you have moved.

In these challenging times, we still must remain vigilant about Covid-19, as much as we would all like this to be behind us. We urge you to keep up with vaccinations and maintain healthy living habits including exercise, nutritious meals and regular medical check-ups. And remember that social interactions with family members and friends – whether in person, by phone or by Zoom – are also important for your on-

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Дорогие друзья,

Лето заканчивается, наступает осень, приближается сезон Еврейских праздников, и мы рады снова приветствовать всех, кто пережил Холокост, и их семьи.

Как Давид Арнов убедительно пишет в своей статье (см стр. 3), надежда это существенная составляющая еврейской традиции. Ритуалы и тематика Осенних Праздников, или Дней Трепета, помогают нам выбирать надежду, а не отчаяние, и позволяют оставаться активно вовлеченными в формирование своего будущего. Его рассказ об ушедшем от нас психиатре, писателе Викторе Франкле, пережившем Холокост, вдохновляет всех нас продолжать выбирать жизнь.

Мы в Клеймс Конференс, рады наступлению нового многообещающего года. Мы завершили переговоры с правительством Германии, которые позволят нам увеличить объем ухода на дому для тех переживших Холокост, которые больше всего в этом нуждаются. Кроме того, мы рады, что будем иметь возможность предоставить еще одну одноразовую выплату в размере €1,200

тем, кто получил выплату от фонда Hardship Fund. Изначально планировалось предоставить выплаты в размере €1,200 в течение только двух лет, но теперь мы можем предложить еще одну одноразовую выплату. Если вы ранее уже получали выплаты, то никаких действий от вас не требуется. Мы свяжемся с вами по тому же адресу. Пожалуйста, свяжитесь с нами, если вы переехали.

В это сложное время мы все по-прежнему должны сохранять бдительность в отношении Covid-19, как бы нам ни хотелось, чтобы это все уже было позади. Мы настоятельно рекомендуем вам делать прививки вовремя, придерживаться полезных привычек, таких как физические упражнения, правильное питание и регулярные осмотры врача. Так же, пожалуйста, помните, что общение с членами семьи и друзьями – лично ли, по телефону ли, или по Zoom'у – важная часть вашего продолжающегося

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IMPORTANT NEWS FOR ALL

Recently the Claims Conference introduced a better, faster and more secure way for applicants to verify their identity, Paneem. This new system replaces the old paper process that was cumbersome, time-consuming and required a visit to a notary.

You may access the new system at

paneem.claimscon.org

on a computer or laptop with a camera or you can download the app to a smartphone or use via the browser on your smartphone.

To complete the registration, survivors need a government-issued ID and their registration number. In most cases the registration can be completed in just a few simple steps.



**If you have any questions, please call
(+1 (646) 536-9100)**

going well-being. You'll find much practical information about leading healthy lives in these pages.

We wish all of you a sweet new year, filled with good health, much happiness, new insight, stronger connections to each other and peace – and better times ahead for all of us.

хорошего самочувствия. На этих страницах вы найдете много полезной информации о том, как вести здоровый образ жизни.

Мы желаем всем вам сладчайшего нового года в добром здравии, большого счастья, нового видения, крепких связей друг с другом и мира - чтобы впереди нас всех ждали еще лучшие времена.

Sending our warm regards and very best wishes,



Gideon Taylor
*President,
Claims
Conference*



Greg Schneider
*Executive
Vice President,
Claims Conference*

Тепло вас приветствуем и желаем всего наилучшего,

Всегда ваши,
Гидеон Тэйлор
Президент,
Президент,
Клеймс Конференс

Грег Шнайдер
Исполнительный Вице
Клеймс Конференс

L'Chaim
לחיים



ועידת התביעות
Claims Conference

Conference on Jewish Material Claims
Against Germany

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On Viktor Frankl and Hope

Sept. 2 marked the 25th *yahrzeit* of Viktor Frankl (1905-1997), the Austrian psychiatrist who was an inmate of Theresienstadt, Auschwitz, Kaufering III and Türkheim and lost his parents, brother and wife in the Shoah. *Man's Search for Meaning*, published in 1946 and the second of what would be his 33 books, chronicled Frankl's observations of life in the camps. It has been translated into 24 languages and some years ago the Library of Congress ranked it among the 10 most influential books in the United States.

BY DAVID ARNOW, PH.D.

Frankl's work is permeated by themes of hope and the belief that our personal decisions are ultimately responsible for what we become as human beings. In Auschwitz, he noted that inmates who held onto hope and a sense of purpose, even in the most challenging circumstances, managed to hold on to what he called "the defiant power of the human spirit." At one particularly difficult period, Frankl was summoned by the leader of his barracks to address his fellow inmates:

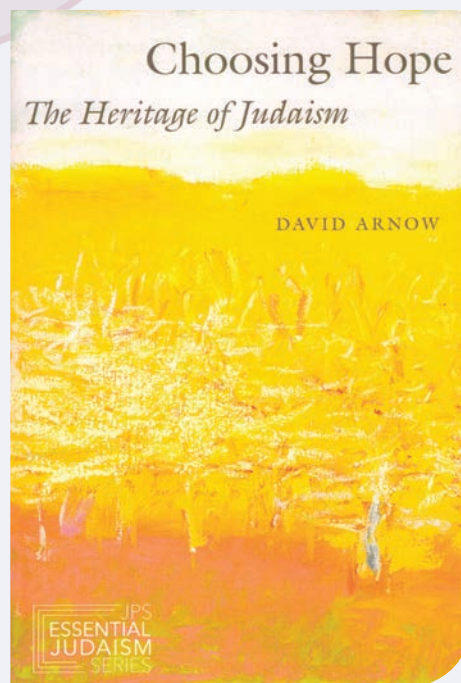
I spoke about the future. I said that to the impartial the future must seem hopeless. ... But I also told them, in spite of this, I had no intention of losing hope and giving up. For ... [no one] knew what the future would bring, much less the next hour... They must not lose hope but should keep their courage in the certainty that the hopelessness of our struggle did not detract from its dignity...

When the electric bulb flared up again I saw... my friends limping toward me to thank me with tears in their eyes.

For Frankl, hope is not about happy endings but the struggle to meet difficult situations with ultimate responsibility.

Today, researchers who study hope think of it as your ability to envision a future you desire, belief in the power of your own actions, and your willingness to develop new strategies to reach your goal. When despair gains the upper hand, efforts to reach goals cease. Cynicism and apathy grow. Seen this way, hope is a way of thinking that can be learned and with practice, strengthened. Hope and optimism shouldn't be confused. Optimism is the tendency to forecast a brighter tomorrow; hope is acting to make it so.

The crises we are living through — climate change, the pandem-



Hope and optimism shouldn't be confused. Optimism is the tendency to forecast a brighter tomorrow; hope is acting to make it so.

ic, the rise of authoritarianism, a resurgence of antisemitism and more — certainly put hope to the test. But if despair wins out, there's little chance we'll meet the challenges that beset us.

As we approach Rosh Hashanah and Yom Kippur, it's a good time to sample a few seasonal resources in Judaism that can strengthen our commitment to choose hope over despair in these troubled times. It's worth noting that this choice arises throughout the life cycle. For example, researchers have concluded that in the later stages of life, the ability to choose hope and to stay actively engaged with shaping one's future is associated with more successful aging.

Teshuvah: The work of teshuvah, repentance, rests on the commitment to improving ourselves as human beings. But the underlying premise is Judaism's hope that human beings can change. What

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On Viktor Frankl and Hope

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are its roots? In the book of Exodus, when Moses wants to know God's name, God responds, Ehyeh-Asher-Ehyeh, "I will be what I will be." God's future is open, undetermined by the past. And because we are created in God's image, our future too remains open. With hope pushing us onward, we too can be what we will be.

Frankl believed that "each life situation confronting us places a demand on us, presents a question to us — a question to which we have to answer by doing something about the given situation." In the process of teshuvah we assess the worthiness of our answers to this question. If we've fallen short, hope supplies the vision of better possibilities and the energy to pursue them.

The Shofar: During the month of Elul, the shofar is blown every morning at daily services. Long associated with the ram Abraham sacrificed in place of his son in the story of the Binding of Isaac, the shofar was a common image on Jewish tombstones, where it symbolized hope for individual and national restoration. During the Holocaust, Jews in Bergen-Belsen took great risks to smuggle in a shofar on Rosh Hashanah. In a subsequent interview, the daughter of the man who blew the shofar there recalled:

Nothing had changed. The barbed wires remained fixed in their paces. Only in the heart

Like hope, humor enables us to see beyond whatever painful reality stares us in the face.

did something stir ... hope ... hope that someday freedom would bring down the barbed wire fences of Bergen-Belsen and of humanity.

Prayer: Frankl was deeply spiritual but questioned many of the claims of organized religion. He believed that "[we] cannot speak of God but [we] may speak to God. [We] may pray." Yet the words of most prayers express a traditional theology of hope that many find difficult: If we keep God's commandments, sooner or later God will fulfill our deepest hopes.

But many contemporary Jewish theologians argue that because we are created in the Divine image, we have the capacity and responsibility for realizing our hopes. This perspective radically transforms the meaning and experience of prayer. Instead of praying that God will satisfy our hopes, prayer becomes a private dialogue with the One of Being about whether our hopes are truly worthy — because often they are not — and a plea for renewed strength in the struggle to realize our better hopes.

Humor: You might feel hard-pressed to locate a reference to

laughter in the Rosh Hashanah service, but it's hiding in plain sight. In the Torah reading for the first day, we read about the birth of Isaac, the fulfillment of God's promise to Abraham, age 100, and Sarah, 90, that the couple would bear a child. Imagine the rich flow of hope and humor as this couple resumed long abandoned but newly necessary activities. Following Isaac's birth, "Sarah said, 'God has brought me laughter; everyone who hears will laugh with me'" (Genesis 21:5). Isaac, in Hebrew Yitzchak, means "he will laugh."

Even in the camps, humor and laughter survived. Frankl called them one of "the soul's weapons in the fight for self-preservation," allowing one to "rise above any situation, even for only a few seconds." Like hope, humor enables us to see beyond whatever painful reality stares us in the face.

Man's Search for Meaning was originally published with a German title that Frankl seems not to have liked: *Ein Psychologe erlebt das Konzentrationslager*, "A Psychologist Experiences the Concentration Camp." He later retitled it with words that offer a profound summary of his thought and commitment to hope: *Trotzdem Ja zum Leben Sagen*, "Nevertheless, Say Yes to Life." ▸

DAVID ARNOW is a psychologist and scholar of the festival of Passover. He is the author of *Creating Lively Passover Seders*, co-editor of *My People's Passover Haggadah* and co-author of *Leadership in the Bible: A Practical Guide for Today*. His most recent book is *Choosing Hope: The Heritage of Judaism*.



Evacuating Survivors from War-torn Ukraine:

Torn from their homes by the Nazis when they were children, they are again fleeing their homes more than 70 years later as fighting rages again.



ABOVE/TOP RIGHT: Medics in Germany assist a Holocaust survivor evacuated from the conflict zone in Ukraine.

RAFAEL HERLICH

Since the beginning of the conflict in Ukraine, the Claims Conference and our partners have organized medical evacuations for survivors to Germany and to Israel. We have been focused on medical evacuations of the most vulnerable survivors – those without families, who are homebound and, in many cases, bedbound – ensuring that those who want to leave

the war-torn areas of Ukraine are able to do so. These complex medical evacuations – often requiring dozens of people to facilitate – continue to take place via coordination with the Jewish Joint Distribution Committee (JDC), ZWST, United Hatzalah, ZAKA and many other partners as well as local governments. Once the survivors arrive in any city, the first step is to ensure

BELOW: A Holocaust survivor being evacuated from the conflict zone in Ukraine to Frankfurt, Germany.

RAFAEL HERLICH



ABOVE: A caregiver providing assistance to a Holocaust survivor recently evacuated from the conflict zone in Ukraine as they prepare to settle into a care facility.

SVEN STOLZENWALD

they have a place to call home and receive appropriate care. In some instances, they are taken to a senior home and in others more extensive care is needed. We work to assure that they maintain their dignity and know that they are not alone.

Better With Age

A major new study of older Americans finds that “many expect their lives to improve as they grow older.”

Many older Americans are feeling very good about their lives and defying stereotypes about aging, according to a new major study. The findings may be of particular interest to Holocaust survivors and others looking for advice on how to steer the aging process in positive directions.

In January 2022, AARP and National Geographic teamed up to observe how older Americans perceive aging, as the country is emerging from the Covid-19 pandemic. Their report, “AARP Second Half of Life Study: In Collaboration with National Geographic Partners,” covers timely issues and concerns including health

and finance and attitudes about happiness, home, family, independence, optimism and dying. A total of 2,580 adults participated in the 15-minute survey.

“The research shows that increased happiness is bolstered by a focus on quality of life over quantity of years,” the researchers Vicki Levy and Patty David write in a June 2022 article about the study, “Life is Good, Especially for Older Americans,” on the AARP website.

The study’s Executive Summary begins, “While people recognize some of the challenges that come with aging, many have an optimistic outlook and expect their lives to improve as they grow older.”

One older participant, as quoted in the AARP article, explained that she felt age was just a number assigned to her and that she wanted to live as long as possible, while enjoying life. She also expressed concern about being old and not being able to function.

Significantly, about 8 out of 10 survey participants in their 80s were living with more

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Meet the Claims Conference Staff

A Conversation with Chen Yurista

Claims Conference Chief Experience Officer Chen Yurista works to improve the Claims Conference's interactions with survivors in more than 45 countries. The grandson of Holocaust survivors from Poland and Germany, he is an attorney licensed to practice in Israel and in the United States. Previously, Chen served as the executive director of the Israeli office of the Claims Conference and was the CEO of the Foundation for the Benefit of Holocaust Victims in Israel. A graduate with honors from the faculty of law and the faculty of economics at Tel Aviv University, Chen holds an MBA from the Kellogg School of Management at Northwestern University. He was born in Israel, served in the IDF, and now lives in Connecticut with his wife and three children.

You have an unusual title: chief experience officer. How do you describe what you do?

I evaluate the practices, methods and strategies we use in our work with survivors, always trying to improve their experience. I review and write the answers to many of the questions that survivors who contact us ask – and look at some aspects of our application processes, which we are always trying to make more user-friendly. I review letters, emails, forms, our website, etc., trying to make our information readily accessible and ensure that the survivors' interaction with us is a very positive one. Sometimes it's a simple change in wording that can make a big

difference. Survivors tend to call us when something goes wrong – we try to resolve those issues in a timely way. I try to adopt the point of view of the survivor and verify that we, as an organization, provide appropriate responses.

What was the background to your childhood in Israel?

We lived in Kiryat Yam, a suburb of Haifa, a small town by the Mediterranean. In the '80s, many immigrants from the former Soviet Union settled in Kiryat Yam. Many of the people I shared my childhood with are the people we work with today.

Did your parents and grandparents talk much about the Shoah?

I grew up very aware of family history. My grandmother, who was in a concentration camp, never spoke about it. As a child, I was obsessed with, and read every book I could find about the Shoah. It was incomprehensible to me that pure evil existed in our world. Back then, Holocaust Remembrance Day was very different from today, more history in graphic details. Today, we tell the stories very differently.

For many years, others I knew would travel to Poland to visit the camps. I never wanted to see the camps in color – for me, the images needed to remain in old black-and-white film footage. I did not want to see the camps in spring or in the summer; they are etched in my memory as cold and snowy.

What were your early career goals?

Growing up, I wanted to become an attorney. I liked the idea of



Chen Yurista

attorneys pleading for their versions of the truth. In reality, I didn't like practicing law.

I worked for the Claims Conference in Israel and in New York, from different positions from 2002 to 2014. Thereafter, I moved to the U.S. to manage a high-tech company. I felt unfulfilled working solely to make money. When I decided that I wanted to get back into the nonprofit world, I was fortunate to help create this position at the Claims Conference. When I worked as the executive director of the Israeli office, I was dealing with processes, budgets and human resources. I missed the direct interaction with survivors. We came up with the title and position of chief experience officer.

You initiated a great 100th birthday project. Can you describe that?

At the beginning of the Covid pandemic, I asked members of my staff to call survivors in the U.S. on their birthday, to congratulate them. We weren't sure if they were celebrating as most were at home, alone. These calls were very different from our regular calls, where the survivor calls us when they need information or want to update their details. These were sweet and remarkable conversations. In these calls, I allowed my team to speak for as long as the

survivor wanted to stay on the line. Some stayed on the phone for a couple of minutes, others for more than an hour. For some survivors, I have no doubt that these calls were the highlight of their day. The same was true for my staff members. When the word about this project spread, volunteers from other departments joined and made these birthday calls. It was very rewarding.

In thinking some more about how to celebrate people who not only survived the Shoah but lived to be 100, we came up with an idea to make the celebration even more official. We asked the senators of the states where the centenarians lived to fly a flag for them at the Capitol building in Washington, D.C., and then send that flag to the survivor. Each person gets a personal letter on their birthday and the flag comes later on. We continue to celebrate and commemorate these milestone birthdays for approximately 100 survivors every year.

What are some of the ways you improve the survivors' experience in their interactions with the Claims Conference?

The Claims Conference has introduced a digital verification software, Paneem, which means "face" in Hebrew and Yiddish, in order to help survivors complete the annual verification process, which allows them to continue to receive their compensation payments. During the pandemic, we were mindful of not wanting to expose survivors to the outside world, where exposure could be dangerous. The Claims Conference looked for a way to complete the verifications safely. Through a photo of the survivor and of an identification card, the software



Holocaust survivor, William S. with the U.S. flag flown over the U.S. Capitol in honor of his 100th birthday. On the occasion of a Holocaust survivor's 100th birthday, the Claims Conference sends a letter to each survivor letting them know that we will ask their Senator to fly a flag over the U.S. Capitol in their honor. The flag is then mailed to the survivor.

can verify the identity of the survivor, which is sufficient.

We continue to improve the software. Many survivors are extremely happy with it. Some are eager to do it themselves, others are asking their children and grandchildren to help. For those struggling with the technology, some of the agencies that we work with can help. For others, we collaborate with local agencies to create open houses to help survivors complete this verification. The process only takes a few minutes. At open houses many ask, "Is that all?" They come in weary and leave with a smile. That's what I was hired for. That's what we are striving to accomplish – a smile.

Additionally, we are trying to use technology to make information available to survivors, for example, a simple internet tool, the Hardship Fund Tracker, for checking on the status of their claim – similar to logging onto Amazon and tracking the shipment of an order. Since we introduced this Tracker, we've been getting more than a thousand hits a week (more than 1,000 people checking our website each week). We are currently working on creating a portal

for survivors, where they can log in and see all their relevant information or request, for example, a change of address. We know that many would love to do this and also realize that this isn't for everyone. For those who prefer to receive letters in the mail, we will continue to do that. If people have questions, they can always call us.

You also arranged for survivors to participate in the Celebrate Israel Parade this year.

We had our first Holocaust survivors' float in the Celebrate Israel Parade in New York City this year. I was touched. Survivors and their companions were driven on the float, and dozens of people from our staff and the staff of the agencies that work with us walked alongside. The survivors were celebrating their love of Israel and felt the love of the people in the crowd. It was a great day that allowed all of New York to show our appreciation to survivors.

How do you explain what you do to people outside of the Claims Conference?

I say that I work for an organization that is allocating more than a billion dollars a year to Holocaust survivors in over 40 countries around the world. It doesn't matter who I talk to, what their backgrounds is, they always want to know more.

Can you reflect on your career and your return to the Claims Conference?

The number of survivors is decreasing every year. These people, resurrected from the ashes, are now in the winter of their lives. They deserve the best we can offer. When I wake up in the morning, that's what I'm thinking about. ▮

Sandee Brawarsky

serious or chronic health conditions, such as arthritis, cancer, diabetes or heart disease. And despite living with at least one of these conditions, 78% to 83% of respondents in various age groups rated their health good, very good or excellent.

As the study points out, “Health is a mindset; even as serious health conditions increase with age, people’s perception of their own health improves.”

The study underlines the importance of relationships. As the researchers Levy and David write, “Friends, family and community are the hallmarks of finding happiness.” Participants recognize that all relationships require nurturing, even as they can be a source of joy.

In an interview with L’Chaim, Dr. Peter Lichtenberg, director of the Institute of Gerontology and Merrill Palmer Skillman Institute at Wayne State University, said, “As with any age, social and personal connections are important because it is a basic human need — the need for affection and for confirmation that who we are and what we contribute is important.”

He continued, “Older age, like all stages of life, is not the same for all older people. People have different experiences throughout their lives and there is a great deal of heterogeneity among people. That said, many older people find a great deal of satisfaction in their interpersonal relationships with family and friends and want to convey that.”

The survey finds that relationships are connected to choices

about housing, as people prefer, when possible, to live independently, while close to those they love.

Focus on self-care increases over the second half of life, with many seniors making efforts to exercise, keep up with their medical appointments and staying up to date about healthy eating. The survey finds that reading nutritional labels, avoiding fried foods and taking vitamins is key for those who are older. Among respondents, 44 percent of people 80 or older were doing strength training, as they equate muscle strength with mobility and independence. Many are particularly concerned about remaining mentally sharp.

“Health is more of a dynamic concept than a standard — expectations are driven by experience and experiences evolve with age,” the Executive Summary states.

According to the study, “Those in the best health (self-reported) are also the most concerned about their health.”

Happiness, the survey finds, grows with age. One participant, who is in her 90s, said she doesn’t look forward to anything new but does just more of what she already loves doing, such as watching birds, swimming and playing Ping-Pong. About two out of three adults age 80 and over said they are living their best possible life by focusing on the positive and letting go of the negative as they age.

“One of the advantages older people have is built-up expertise in specific areas they have focused on throughout their lives,” Lichtenberg says.

According to the study, “Resilience and acceptance in later life becomes key.” And, furthermore, “Optimists expect and want to live

longer than pessimists.”

Survey responses show that when people reach their 60s, attitudes about longevity, relationships, well-being and wealth can shift. Concerns about life expectancy drop, while worries about stamina, cognitive skills, diminishing eyesight and memory loss peak.

One participant in the study explained that growing old is all about attitude. “Aging is aging,” she said. “It’s something that happens. It can be good if you have the right attitude. It can be terrible if you resent it and think of all the aches and pains you acquire, which you didn’t use to have.”

“Unfortunately, ageism has been rampant during Covid-19,” Lichtenberg said. “From assuming that all older people are frail to resentment of older adults who got the vaccine first. Older people showed more, not less, emotional resilience during Covid-19 even before there were any vaccines.”

In these challenging times, many older Americans, as the study points out, are recognizing that they still have opportunities to make positive changes in their lives and that even with the inevitable health issues, they can enjoy their days. While the aging process can’t be stopped, individuals can influence how well they age.

The best advice: Stay positive, eat well, exercise, pursue interests, enjoy relationships with friends and family, keep up with your medical and wellness care. Keep in mind the title of this newsletter: L’Chaim. To life.

Note: The ideas expressed in this article are general in nature. Any specific change or activity should be done in consultation with your doctor. ▸

Claims Conference
Communications Team

When Holocaust Memory Comes to Your Living Room

The power of an intimate project that brings survivors and young people together in a salon-like setting.

At Yad Vashem, the World Holocaust Remembrance Center in Jerusalem, there's a sign quoting the words of the Baal Shem Tov, the Jewish mystic who is the founder of Hasidic Judaism: "Forgetfulness leads to exile while remembrance is the secret of redemption."

BY SANDEE BRAWARSKY

The act – and art – of remembrance evolve over time, as do our memories. New ways of inspiring and keeping memory of the Shoah alive add to our communal and personal lives.

An Israeli-inspired project, Zikaron BaSalon, "Memory in the Living Room," with the support of the Claims Conference, seems on the surface like a simple idea, but it is having profound impact around the world.

The idea was the brainchild of a young Israeli woman who found herself in Tel Aviv on Yom HaShoah in 2010, embarrassed that she had forgotten about the day, with no plans to commemorate it. Adi Altschuler, then 24, quickly arranged to go to a municipal ceremony, but found little there that connected to her life, and no one there her age. But she was ever aware that the remaining survivors were aging. She then decided that the following year she would do something different, and came up with the idea of inviting friends to her home, for an intimate evening with a survivor.

The next Yom HaShoah, she gathered a small group of friends in her Tel Aviv apartment and invited

a survivor to tell her story. Someone brought along a guitar. They listened to the survivor's testimony, asked questions, sang together, spoke about the Shoah. Each person in attendance committed to hosting a similar event in their own home the following year. From that one event, the evening, now called Zikaron BaSalon, has grown exponentially. In 2022, there were similar events in 64 countries around the world, including the United States, Canada, Nigeria, Australia, Turkey, China and Japan, as well as all over Europe and Latin America, held on or around Yom HaShoah.

Since the founding of Zikaron BaSalon, more than 2 million people have participated in these programs. With the cooperation of the Claims Conference, volunteers help organize the events, connecting hosts and survivors and providing guidance to adapt the event to any community.

Sharon Buenos, global director of Zikaron BaSalon, who related the founding story in an interview, credits the Claims Conference for its efforts in helping to recruit, accommodate and assist the survivors in participating.

Last year, in response to outreach efforts done by the Claims Conference, more than 300 survivors showed interest in sharing their experiences and memories.

Tony Rodriguez, project manager in research, education and documentation of the Holocaust for the Claims Conference, explains that the organization reached out to its large network of survivors

and were pleased that so many responded with interest. Ultimately, hundreds of survivors agreed to participate in this global program.

"Zikaron BaSalon provides an important local and personal lens to the Shoah. It is so easy to get lost in the enormity of what happened. You need that personal connection to understand, in the smallest details, what the survivors went through by hearing their stories – and then one can begin to understand the vast amount that was lost – the world that was lost," Rodriguez says.

Rodriguez says that the Claims Conference reached out to states in the U.S. where, according to a recent Claims Conference survey, knowledge and awareness of the Holocaust was lowest. The Claims Conference then reached out to survivors beyond the original 10 states due to the great interest in the program.

Buenos explains that some survivors they've encountered are modest and feel that if they weren't interned in a concentration camp, then their story wasn't worthy.

"We realized that we have to expose the population to all of these narratives, not only those who survived Auschwitz or Sobibor. Every survivor went through their own Holocaust."

"This is about us remembering those who survived and those who didn't and to remember the life before, how this tragedy is about lives lost and also about lost culture, music, art, communities that were completely wiped off the face of the earth. When we gather and hear testimony, we can connect to that."

Buenos continues, "The war ended in 1945 but the lives of survivors didn't end there. We are celebrating the survivors, what they've accomplished and drawing energy and

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When Holocaust Memory Comes to Your Living Room

continued from page 9

learning lessons from what they've done with their lives, building the State of Israel and building communities everywhere in the world and building their own families."

Buenos, who is the granddaughter of survivors, says, "We challenge ourselves that this encourages us to be better, to be kinder, to not turn a blind eye when we see something terrible happening."

For many years, many survivors didn't have a space to speak. Buenos explains that at Zikaron BaSalon, the survivors are not only telling their stories.

"We are very clear about giving testimony. The person on the other side is not just listening, but receiving. It is then part of the listener's responsibility to make sure it is passed on from generation to generation. It becomes part of you."

Last year on Yom HaShoah, Ilana Yaari, participated in Zikaron BaSalon as a speaker. Yaari, who was born in Warsaw, spent three years in the Warsaw Ghetto as a young child and was saved and smuggled out of the Ghetto by her Polish nanny, addressed a small group of Israelis living in New York City. She has spoken all over the world about her experience (including Poland), but this was the first time that she told her story in Hebrew (she left Poland for Israel and later moved to the U.S.). She explains that she had served as a soldier in the IDF and understood these young people.

"I made sure to tell them what I wanted them to hear. It was interesting to see them get excited,"

L'Chaim
לחיים

10

she says. She did the session interactively, in order to get a sense of their questions and answer them.

Yaari brought along her granddaughter, who had heard her story many times, but wanted her to hear it among Israelis.

When Shanie Reichman, a young Jewish professional, was asked by someone she didn't know very well to host Zikaron BaSalon in her Upper East Side home, she didn't hesitate.

"It's not the type of thing you say no to," she says. "I'm 27, part of the last generation to know survivors. I feel the weight of that."

Reichman, who is not the child or grandchild of survivors, posted a note about the event on Instagram and got far more interest than she anticipated.

That evening, on the eve of Yom HaShoah, she had about 20 people in her apartment listening intently to a French-born woman tell her story of survival. People asked questions and a young Israeli man played a French song on his guitar that the survivor remembered. Their conversation tied together past, present and future.

"You can't compare this to attending a lecture," she said, noting that those gathered fully appreciated the intimacy of the event and the opportunity to ask questions.

Reichman says that she would definitely participate again.

Buenos says that Zikaron BaSalon partners with many organizations, including the Claims Conference as well as Jewish federations, museums and Holocaust museums. While Zikaron BaSalon has been holding events on Yom HaShoah, they may also plan events on other days of commemoration, like Kristallnacht and International Holocaust Remembrance Day.

"Now more than ever," says Chen Yurista, chief experience officer of the Claims Conference, "It is

vital to personally meet survivors and hear their testimonies. Years from today, when the last of the survivors will reach the age of 120, the memory of the Holocaust will be carried on by those who have heard the testimonies. Zikaron BaSalon creates witnesses who will in turn share their experience with their children, and the memory will last through the generations."

Buenos adds, "We want to allow every survivor who wants to give testimony to do so, to give it to the younger generation. We know that's an important part of their well-being. They are worried about food and medicine and paying bills – they are also concerned about who is going to remember them. This gives them peace of mind. At every salon, a new group of people are taking responsibility for remembering."

"We are not leaving remembrance for historians and institutions," she continues. "We want everyone to be responsible." For Buenos, the program is a tool for Holocaust remembrance and to fight antisemitism.

She told a story about a recent student delegation of Israelis, Germans and Bahrainis touring concentration camps together, and one Israeli student was bothered that the tour guide didn't speak of the Holocaust but only of the Cold War. One participant in the group from Germany was a Holocaust denier. So the Israeli student, who had attended a Zikaron BaSalon session, decided to host an impromptu session for the group. He told them the story of a survivor he knew well, then had a conversation with the group. One of the Bahrainis was so moved that he said he wanted to host Zikaron BaSalon in Bahrain.

"Look at the circles of impact," Buenos says. ▀

Any survivors who would like to participate in Zikaron BaSalon on Yom HaShoah (Monday April 17 to Tuesday April 18, 2023), please contact Global@zikaronbasalon.org.

Striking a Balance on Nutrition

Nutritionist Tanya Rosen offers some easy-to-prepare dishes for the High Holidays.

For nutritionist Tanya Rosen, eating healthy and staying fit are all about balance and moderation. She encourages people to eat a variety of foods they like, that are good for them, while being mindful of their doctors' specifications.

Born in Israel, Rosen is the granddaughter of a Holocaust survivor; her great-grandparents were murdered by the Nazis. She moved to the U.S. when she was 10 and grew up in Brooklyn, where she was sent to a Jewish religious outreach school, Be'er Hagolah. She assumed that she would go to law school and practice law, but she got

sidetracked by a growing interest in health and nutrition — and a desire to lose weight after pregnancy. She achieved her goals and more.

Sixteen years ago, she founded her company, Nutrition by Tanya. She's especially proud of the fact that she helps seniors find nutritional balance through healthy food and being more active — and she never argues with medications advised by medical professionals. She also recommends fitness classes and personal training, and produces a line of healthy food products under the label TAP (Tanya Approved Product). Committed to giving back to the community, she donates a percentage of TAP purchases to support Jewish education, at Be'er Hagolah.

The author of two cookbooks, she shares several simple-to-make recipes for the High Holidays with the Claims Conference community. All of these dishes can be prepared and then frozen in small portions. She hopes you enjoy them!



APPLE CHICKEN SALAD

INGREDIENTS:

- 4 – 6 ounces cooked chicken breast, cubed
- 1 whole apple, diced
- 3 tablespoons lemon juice
- 1/8 teaspoon cinnamon
- 1 pinch nutmeg
- 1 pinch sea salt (optional)
- 1 cup lettuce leaves or shredded lettuce

PREPARATION:

Combine chicken, apple and celery in a bowl.

Add lemon juice, cinnamon, nutmeg and salt (optional). Mix well and serve over lettuce.

This salad keeps well in the refrigerator 24 to 48 hours.

VEGETABLE KUGEL

INGREDIENTS:

Cooking spray

- 1 32-ounce bag frozen vegetables, defrosted (or select a variety of fresh vegetables and cut into small pieces)
- 5 egg whites
- 2 tablespoons whole wheat flour
- 1/4 cup light mayonnaise

PREPARATION:

Preheat oven to 350 degrees F. Spray a 9 x 13-inch pan (or two 5 x 7-inch pans) with cooking spray or line with parchment paper.

Combine all ingredients in a bowl and mix well. Pour the mixture into the prepared pan or pans. Bake uncovered for 45 minutes.

APPLE OR BLUEBERRY COBLER

INGREDIENTS:

- 3/4 cup oat bran
- 1 tablespoon sugar (optional)
- 1 dash cinnamon
- 1 cup diced apple, or
- 1 cup fresh blueberries
- 1 drop fresh lemon juice

PREPARATION:

Preheat oven to 350 degrees F. Mix oat bran with cinnamon and sugar (if using) to make a crumble. Place apples or blueberries in a small baking pan and top with crumble and lemon juice. Bake covered (with tin foil) for 40 minutes, then an additional 5 – 10 minutes uncovered.

Adapted from Cooking With Tanya by Tanya Rosen.

ВНИМАНИЕ ВСЕМ, КТО ПЕРЕЖИЛ ХОЛОКОСТ

Вы пережили Холокост, но еще не получили компенсационную выплату (от Клеймс Конференс или правительств Германии или Австрии)? Если это так, то незамедлительно с нами свяжитесь. Возможно, у вас есть право на получение.

Путем переговоров с правительством Германии Клеймс Конференс добился смягчения следующих критериев предоставления компенсационных выплат:

ФОНД ПОМОЩИ (HARDSHIP FUND) – НОВАЯ ДОПОЛНИТЕЛЬНАЯ ВЫПЛАТА

Жертвы Нацистской Германии еврейского происхождения, попадающие под критерии ФОНДА ПОМОЩИ (HARDSHIP FUND) были одобрены на получение дополнительных выплат на сумму 2400 евро (приблизительно \$2400). Крайний срок подачи на сумму 2400 евро - 31 декабря, 2022 года. Еще одна выплата на сумму 1200 евро будет доступна в 2023 году. Если вы уже получили выплату от ФОНДА ПОМОЩИ (HARDSHIP FUND) вам не надо снова подавать заявление. Мы свяжемся с вами посредством системы подтверждения Rapem. Если вы никогда не подавали заявления, то крайний срок подачи заявления на выплату за 2023 год - 31 декабря, 2023 года.

Все пережившие Холокост люди, которым не удалось получить дополнительные выплаты Фонда помощи (Hardship Fund) по причине получения предварительной единовременной выплаты от правительства Германии (например, от Фонда помощи Länderhärtefonds) сейчас могут обратиться

ВПЕРВЫЕ ОДОБРЕННЫЕ ОТКРЫТЫЕ ГЕТТО

Пережившие Холокост евреи, которые подверглись гонениям в перечисленных ниже открытых гетто не менее трех месяцев, могут претендовать на ежемесячную пенсию из Фонда Article 2 или Фонда Центральной и Восточной Европы (CEE Fund):

- **Румыния: пережившие Холокост**, которые подверглись преследованию в городах Бухарест, Арад, Брайла, Брашов, Бухуши, Дева, Дорохой, Фэлтичени, Хуши, Илия, Лугож, Плоешти, Поду-Илоаей, Тыргу-Фрумос, Тимишоара, Турда и Сибиу в промежуток времени между августом 1941 года и августом 1944 года;
- **Болгария: пережившие Холокост**, которые подверглись преследованию в городах Добрич, Казанлык, Кырджали, Ловеч, Неврокоп (также известный как Гоце-Делчев), Никополь, Попово, Преслав, Провадия, Турговиште и Ямбол в промежуток времени между сентябрем 1942 года и сентябрем 1944..

В дополнение к этому получатели пенсии, предусмотренной для людей, находившихся в вышеперечисленных Румынских и Болгарских гетто, которые родились после 1 января 1928 года, могут претендовать на единовременную выплату из Фонда Дети Холокоста (Child Survivor Fund) от Клеймс Конференс.

Внимание: *Евреи, пострадавшие от действий Нацистской Германии в одном из открытых гетто Румынии и Болгарии могут также претендовать на пенсию согласно Закону о пенсиях за работу в гетто (ZRBG). Эта пенсия не регулируется Клеймс Конференс. Для ее оформления свяжитесь с вашим местным посольством или консульством Германии. или <https://www.germany.info/us-en/service/07-Pension/ghetto-financial-compensation/920638>*

ФОНД ДЕТИ ХОЛОКОСТА (CHILD SURVIVOR FUND)

Фонд Дети Холокоста (Child Survivor Fund) занимается выплатой единовременной компенсации в размере €2500 (приблизительно \$2500) на человека тем людям, которые были частью операции «Тысяча детей». Около 1400 детей были вынуждены оставить своих родителей во время спасательной операции по их вывозу с территории Нацистской Германии и оккупированных фашистами стран на территорию США. Свяжитесь с нами, чтобы узнать условия для получения этой выплаты. детей были вынуждены оставить своих родителей во время спасательной операции по их вывозу с территории Нацистской Германии и оккупированных фашистами стран на территорию США. Свяжитесь с нами, чтобы узнать условия для получения этой выплаты.

ВЫПЛАТЫ СУПРУГАМ УМЕРШИХ ПОЛУЧАТЕЛЕЙ ВЫПЛАТ ИЗ ФОНДА ARTICLE 2/ФОНДА ЦЕНТРАЛЬНОЙ И ВОСТОЧНОЙ ЕВРОПЫ (CEE FUND).

Клеймс Конференс осуществит выплату супругам умерших получателей компенсаций из фонда ARTICLE 2 и Фонда Центральной и Восточной Европы (CEE FUND). Супруг/Супруга получателя выплат из фонда ARTICLE 2 и Фонда Центральной и Восточной Европы (CEE FUND) после смерти этого получателя могут рассчитывать на выплаты на протяжении 9 месяцев, произведенные тремя квартальными выплатами, при соблюдении следующих условий:

1. Супруг/Супруга живы на момент произведения оплаты; и
2. Супруг/Супруга состояли в браке с получателем выплат из фонда ARTICLE 2 и Фонда Центральной и Восточной Европы (CEE FUND) на момент смерти получателя выплат из фонда ARTICLE 2 и Фонда Центральной и Восточной Европы (CEE FUND); и
3. Получатель выплат из фонда ARTICLE 2 и Фонда Центральной и Восточной Европы (CEE FUND) умер в период, когда выплаты по указанной программе уже совершались. Супруг/Супруга получателя компенсации должны быть живы на момент совершения каждой выплаты. Другие законные наследники, в том числе дети, на выплаты претендовать не могут. Для скачивания анкеты на нашем сайте перейдите по ссылке: www.claimscon.org/apply

Правительство Германии создало аналогичную программу для супругов умерших жертв Холокоста, которые получали пенсию под названием BEG (так же известную под названием Wiedergutmachung) при условии даты смерти получателя после 1 января 2020 года включительно. За дополнительной информацией вы можете обратиться к ведомству, занимающемуся выплатам BEG или скачать заявление с BEG интернет страницы <https://www.badv.bund.de/DE/OffeneVermögensfragen/UebergangleistungenEhegattenNSOpfer/antrag.html>.

ПЕНСИЯ ЖЕРТВАМ ОСОБО ЖЕСТОКОГО ПРЕСЛЕДОВАНИЯ В ОТДЕЛЬНЫХ РЕГИОНАХ

Эта новая программа выплаты пенсий предназначена для переживших Холокост людей, не получающих в настоящее время пенсию, но которые как минимум три месяца: (i) находились в блокадном Ленинграде (ii) подвергались гонениям в Румынии или (iii) прятались во Франции.

Ваш доход/личные активы должны соответствовать критериям получения выплат из фонда ARTICLE 2 и Фонда Центральной и Восточной Европы (CEE FUND). Пережившие Холокост, которые соответствуют условиям получения пенсии жертвам особо жестокого преследования в отдельных регионах, могут также претендовать на выплату из Фонда Дети Холокоста (Child Survivor Fund) при соответствии возрастному критерию (дата рождения после 1928 года включительно).

CLAIMS CONFERENCE

P.O. Box 1215
New York, NY 10113
Тел: 646-536-9100
Электронная почта: info@claimscon.org
www.claimscon.org

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), then 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 Supplemental Payments totaling €2,400 (approximately \$2,400). The deadline for the €2,400 payment is December 31, 2022. Another payment of €1,200 will be available in 2023. If you already received a Hardship Fund, you don't have to apply again. You will hear from us to validate via Paneem. If you have never applied, the deadline for the 2023 payment is December 31, 2023.

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

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

- **In Romania**, survivors persecuted in Bucharest, Arad, Braila, Brasov, Buhusi, Deva, Dorohoi, Falticeni, Husi, Ilia, Lugoj, Ploesti, Paul Iloaiei, Targu Frumos, Timisoara, Turda and Sibiu between August 1941 and August 1944;
- **In Bulgaria**, survivors persecuted in Dobrich, Kazanluk, Kurdzhali, Lovech, Nevrokop (a.k.a Gotse Delchev), Nikopol, Popovo, Preslav, Provadiya, Turgovishte, and Yambol, between September 1942 and September 1944.

In addition, all pension recipients who were in one of the open ghettos in Romania or Bulgaria named above and born after January 1, 1928, may be entitled to a one-time payment from the Child Survivor Fund administered by the Claims Conference.

Note: *Jewish Nazi victims from these open ghettos in Romania and Bulgaria may also be entitled to a pension from the ZRBG (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

The Child Survivor Fund may provide those who are among the One Thousand Children, a one-time payment 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 and Central and Eastern European (CEE) Funds. A spouse of an Article 2/CEE Fund beneficiary may, upon the death of the Article 2/CEE Fund beneficiary, be entitled to receive payments for up to 9 months, paid in three quarterly installments, if the following conditions apply:

1. The spouse is alive at the date of the payment; and
2. The spouse was married to the Article 2/CEE Fund beneficiary at the time of death of the Article 2/CEE Fund beneficiary; and
3. The Article 2/CEE Fund recipient passed away at any point while he or she was receiving a payment from the program.

The spouse of a Holocaust survivor must be alive at the time of each payment. Other heirs, including children, are not entitled to receive any payment. To download an application from our website, please go to: www.claimscon.org/apply

The German government established a similar program for surviving spouses of monthly Holocaust compensation pensions made under German Federal Indemnification Law (sometimes referred to as Wiedergutmachung), for Holocaust survivors who passed away January 1st, 2020 or later. For more information, please check with the BEG authorities or download the application from the BEG website at <https://www.badv.bund.de/DE/OffeneVermoegensfragen/uebergangsleistungenEhegattenNSOpfer/antrag.html>.

REGION-SPECIFIC SEVERE 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.

For more information, contact:

CLAIMS CONFERENCE

P.O. Box 1215

New York, NY 10113

Tel: 646-536-9100

Email: info@claimscon.org

www.claimscon.org

**If you are a Holocaust Survivor
who needs help, please call
one of the numbers below.**

UNITED STATES

ARIZONA

Jewish Family & Children's Services of Southern Arizona
Tucson (520) 795-0300

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 Location-based 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

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

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

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

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

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 (301) 816-2657

Jewish Social Service Agency
Rockville (301) 838-4200

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 New Jersey
Elizabeth (908) 352-8375

Jewish Family Services of Metrowest
Florham Park (973) 765-9050

Jewish Family & Children's Service of Ocean County
Lakewood (732) 363-8019

Jewish Family Service of Atlantic County
Margate City (609) 822-1108

Jewish Family & Vocational Service of Middlesex County
Milltown (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

**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: claimscon.org/helpcenters

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*
Cincinnati (513) 469-1188

*Jewish Family
Service Association*
**Cleveland (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

WISCONSIN

Jewish Family Service
Milwaukee (414) 390-5800

ADDITIONAL RESOURCE
The Blue Card (212) 239-2251

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*
Montréal (514) 343-3514

*Jewish Family Services
of Ottawa*
Ottawa (613) 722-2225 x 311 or 313

Circle of Care
Toronto (416) 635-2860 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.**



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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 Claims Conference Chief Experience Officer Chen Yurista
- ▶ An update about our efforts in Ukraine
- ▶ A profile of a new program, connecting survivors with new audiences to tell their stories
- ▶ Results of a recent AARP study of aging Americans
- ▶ An essay about "Choosing Hope"
- ▶ Nutritional recipes for the holidays
- ▶ Information about our new tool, Panem
- ▶ Contact information for our partner agencies around North America

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 THE HEALTH

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