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לחיים

THE HEALTH
AND WELLNESS
NEWSLETTER OF
THE CLAIMS CONFERENCE

Fall and Winter EDITION



To Our Dear Friends,

Over the holidays in September, we all had time to contemplate this past year with its many hardships. As we approach Chanukah, the Festival of Lights, we again reflect on this moment, with gratitude. Once again, we are moved by your abilities to adapt to the challenges we have faced.

Even though we are still unable to gather and still face uncertainties, the spirit of our community, and our devotion to you, the survivors, remains robust. May we continue to move forward with new insight, new hope, kindness and a renewed commitment to each other, and may we return before too long to a time when we can see one another in person and resume our activities.

We urge you to continue to remain cautious about Covid infections, and urge all of you to get vaccinated (and get boosters, per your physician's recommendations) and to continue to wear masks indoors when you are in public spaces, maintain social distance and keep up your habits of healthy living, including exercise, nutritious meals, regular medical

check-ups and social interactions (even if by phone).

Inside this newsletter, we offer some helpful ideas about keeping up to date with simple health technology and avoiding scams that target seniors; information on free virtual programs sponsored by Holocaust museums around the country; recipes for easy and healthy dishes you can make prepare at home and more. We also introduce you to a valued member of the Claims Conference team, so that you can better understand how we work to serve you.

We wish all of you a light-filled year, filled with understanding, insight, much sweetness and good health, and better times ahead for all of us. May you continue to teach all of us through your strength and resilience.

Sending our warm regards and all very best wishes,



Gideon Taylor
President,
Claims Conference



Greg Schneider
Executive Vice President,
Claims Conference

Дорогие друзья,

Во время сентябрьских праздников у всех нас было время оглянуться на уходящий год со всеми трудностями, которые он принес. В преддверии светлого праздника Хануки мы также подводим итоги года, но уже с благодарностью. Нас не перестает восхищать ваша способность адаптироваться ко всем вызовам, которые преподнес уходящий год.

Хоть и не настал еще момент, когда мы вновь сможем собраться вместе, и не все трудности еще преодолены, дух нашей общины и наша преданность всем пережившим Холокост остается нерушимой. Пусть новые открытия, надежда, добро и неиссякаемая преданность друг другу сопровождают нас в достижении целей, а время личных встреч и общения не заставят себя долго ждать.

Мы призываем вас продолжать соблюдать меры предосторожности, защищающие от заражения Коронавирусом, а также настоятельно рекомендуем сделать прививки (а при возможности получить бустерную дозу вакцинации, предварительно проконсультировавшись с врачом), продолжать ношение масок внутри помещения в общественных местах, соблюдать дистанцию, а также продолжать вести здоровый образ жизни: заниматься спортом, правильно питаться, регулярно обследоваться у врача и общаться с другими людьми (пусть даже по телефону).

В этом письме вы найдете полезную информацию о современных технологиях в области здоровья, а также рекомендации как не стать жертвой мошенников, мишенью которых являются люди пожилого возраста; информацию о бесплатных виртуальных программах, предлагаемых музеями Холокоста по всей стране, рецепты простых и полезных блюд, которые можно приготовить дома, и много другое. Также здесь мы рассказываем о ценных сотрудниках команды Claims Conference, чтобы вы были в курсе нашей работы по защите ваших интересов.

Мы желаем, чтобы следующий год был наполнен светом, взаимопониманием, осмысленностью, счастливыми моментами и крепким здоровьем, а впереди нас ждали лишь хорошие времена. Пусть ваша сила и стойкость продолжают быть уроком всем нам.

С наилучшим пожеланиями,

Всегда ваши,
Гидеон Тэйлор
Президент,
Клеймс Конференс

Грег Шнайдер
Исполнительный Вице Президент,
Клеймс Конференс



New Technology Transforming Everyday Devices

IMPROVEMENTS TO HEARING AIDS, EYEGLASSES AND EMERGENCY DEVICES CAN MAKE YOU SAFER. TIME FOR AN UPGRADE?

We're often proud to say how long we've owned something. A book, a painting or a dining room table, for example. But if devices you rely on for your health such as hearing aids and eyeglasses have a few years on them, an upgrade could certainly be in order, says Amy Goyer, national family and caregiving expert for the AARP.

"Technology for many devices has improved over the years and a change, if needed, could improve your ability to enjoy your life," Goyer tells L'Chaim.

BY FRAN KRITZ

HEARING AIDS

Donna Smiley, chief staff officer for audiology at The American Speech-Language-Hearing Association, says reasons to consider getting newer models of hearing aids — if you have an older one — include better sound for phone calls and video visits, especially now when there are fewer in-person visits. "Newer hearing aid technology has vastly improved," says Smiley. "The devices can now be connected directly to computers, TVs and phones so you can hear the sound better."

Smiley says there are major advances to hearing aids every five years or so, including smaller, less noticeable devices as well as de-

vices whose batteries are easier to install, a common pet peeve for hearing aid wearers!

EYEGLASSES

Dr. Richard Rosen, a professor of ophthalmology at the Mount Sinai School of Medicine in New York City, says that after cataract surgery, which many people have had by the time they reach their 80s and 90s, eyeglass prescriptions stabilize. If you find that you have a change in vision, it's important to tell your primary care doctor because it could be a medical issue, such as high blood pressure.

"Improvements to glasses include lighter weight frames that can be more comfortable on your face, but are also a bit more bendable, so it's important to have them adjusted by an optician, if needed, to make sure you're looking through the 'sweet spot' of the lenses and that the glasses don't break," says Dr. Rosen.

If you have not had cataract surgery, Dr. Rosen recommends seeing your eye-care specialist at least once a year as well as making an appointment if you notice any vision changes even before a year is up.

PERSONAL EMERGENCY DEVICES

If you or someone you love has had a personal emergency response device for several years, there's a good chance the user could benefit from newer features that many of the devices now include. Newer devices are likely to have a longer transmission range and can be used both inside and outside, a point that is critical for people who go out on their own but are frail, says Goyer. And newer devices also offer options including a 24-hour monitoring service that can call a friend or family member if they're deployed, as well as a fall-detection sensor that functions even if the wearer has had an emergency and can't use the device themselves.

"These are very helpful devices that



enable people to stay safe and remain in their homes with dignity," says Hanan Simhon, vice president of the Holocaust Survivor Program at Selfhelp Community Services, in New York City. Other new features in many of the devices that Simhon is enthusiastic about include rechargeable and longer lasting batteries, and GPS tracking technology so that family members and caregivers can track where a senior is, whether in the house or outdoors.

"Some companies have also added some snazzier features to make it more likely that a senior will keep the devices with them," says Simhon, including phone functions, space for digital photos and a design that can make the device look more like jewelry.

SMART SPEAKER

These are standalone devices (like Alexa or Amazon Echo) that can offer both entertainment and assistance. "Once set up, someone can say, 'Call granddaughter' with no need to fiddle with phone buttons," says Goyer. "The devices can also play a requested song or respond to a request to play the weather report, and since they require only voice, rather than manual dexterity, they are empowering rather than distressing as some technology can be as some people age," Goyer says. That's the case for older adults who are visually impaired as well, and the sound can be adjusted for people who are hearing impaired, says Mark Meridy, executive director of DOROT, a social, educational and services organization for older adults in New York City. "It's

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FRAN KRITZ is a consumer and health policy reporter based in Jerusalem and Silver Spring, Md. She is a frequent contributor to NPR.org and the Washington Post.



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ועידת התביעות
Claims Conference

Conference on Jewish Material Claims
Against Germany

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Driven to Help Survivors

‘THE MISSION INSPIRES ME EVERY DAY,’ SAYS
THE CLAIMS CONFERENCE’S MIRIAM WEINER

Miriam Weiner serves as the Assistant Executive Vice President for North America and Director of Allocations. She joined the Claims Conference in 1997 as a Program Officer in the Allocations Department, advancing to Assistant Director and then Director. She now holds a leadership role on the Executive team, overseeing staff in Europe, Israel and New York, and working with partner agencies providing needed services to Jewish Nazi victims in more than 40 countries around the world. She lives with her family in New Jersey.

Do you have a personal connection to the Shoah?

My grandfather was a Holocaust survivor although he never thought of himself that way. He grew up in Brno, Czechoslovakia. When the Nazis came to power, my grandfather and his brother were nearly finished with their Ph.D. studies at the University of Brno. Although it was illegal to grant Jews degrees at the time, their professors arranged a secret ceremony to give them their doctorates. My grandfather was very involved with the Bnei Akiva Youth Movement, and he spoke many different languages. Eichmann pushed him to work in the Nazi emigration office. At the same time, he was involved in illegal emigration, getting false papers to Jews desperate to leave. He and his brother already had exit visas but they didn't want to leave the rest of their family behind, so my grandfather was desperately trying to get his parents and married sister exit papers. One day, an officer in the emigration office told my grandfather that Eichmann knew he was involved in illegal work and that he was going to be arrested the next day. My grandfather immediately went into hiding — he never went home again and eventually made it to one of the last boats to leave Italy going to the United States. Once here in the U.S., he was drafted into the U.S. army, and he was sent to fight the Nazis in North Africa and eventually Europe. His sister and her family were murdered as was his father and most

of his uncles, aunts and cousins. His mother survived Theresienstadt as did a cousin, Yehuda Bacon, who is a well-known artist in Israel. So the Shoah is something I knew about from a very young age and is a very intimate part of my family history. Unfortunately, my grandfather did not like talking about the war or his life before it, and I'm saddened that I don't know more about his pre-war life and community.

You are trained as a lawyer. How did you become interested in international Jewish communal work?

I graduated college with a deep interest in international affairs and Jewish Studies. I took a year off and spent it in Israel, studying and doing a journalism internship. That Passover, I had an opportunity to help run a Passover program in Kyrgyzstan. It was quite an adventure — it was truly eye-opening and invigorating to connect with the Jewish community in the former Soviet Union and try to provide any kind of assistance and support they might need. I was already planning to go to law school the following year, but this experience gave me a newfound commitment. I did go to law school and in my final year I started a master's degree from New York University's Wagner School of Public Service. My first full-time job was at the Claims Conference, assisting Greg Schneider, then head of the department, with allocations work.

Can you explain what “Allocations” refers to?

The Claims Conference Allocations Program funds organizations and institutions, not individuals. (The individual funding goes through our compensation programs.)

When people ask me what I do, I like to say that it's really like a foundation: We review funding requests from organizations around the world and make recommendations to our Allocations Committee and Board of Directors about how those funds should be distributed.

For this year, 2021, the Claims Conference will distribute over \$600



Miriam Weiner

million to its programs around the world, and will distribute \$9 million for Shoah Research, Education, Documentation (RED).

What is most satisfying about the work you do?

I feel like I am part of a tremendously important mission. The mission inspires me every day, knowing that I can have a positive impact on the lives of survivors and help them remain living at home in safety and security and that I am helping ensure *Never Forget* is not just a slogan.

Do you have much contact with survivors?

When we were able to travel — before the pandemic — I had more contact with survivors, when we visited communities around the world. Every year, I have had a wonderful opportunity, when we prepare for our negotiations with the German government, to spend time visiting with survivors, along with members of the German negotiating team. We want these senior government officials to understand that we are not talking about money or numbers, but are talking about people and lives. During the pandemic, we held those meetings virtually, with survivors around the world — in Israel, Romania, Hungary, Ukraine, Russia and the United States. It was incredibly inspiring.

Who are your mentors?

My mother [Dr. Karen Bacon, dean of the undergraduate Faculty of Arts and Sciences at Yeshiva University] is my biggest role model. She continues to inspire me every day. She works selflessly with the community with devotion and great intelligence, and it's never about her — that is something I really learn from her. My career mentors have been Rabbi Israel Miller, who was President of the Claims Conference when I

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Miriam Weiner

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started working, and Saul Kagan, who was then Executive Vice President. Both were unbelievably sterling role models, people of integrity and passion, with laser-like focus and insight. Greg Schneider is also a tremendous mentor who has encouraged my professional growth.

What are some of the challenges you face in your position?

“The day is short, and the work is plentiful” (Pirkei Avot, 2:15)

“It is not your duty to finish the work, but neither are you at liberty to neglect it” (Pirkei Avot, 2:16)

We all feel that the clock is ticking. There is tremendous pressure, internally driven, that we have to deliver, whether it's compensation, outreach, social services, education. We feel like it's so

critical and has to be done now. We're a relatively small staff in Allocations even though it's grown a lot from when I started and it was just Greg and me.

Also, the nature of the work has changed. Over the years, the amount of money has increased dramatically. That has helped to expand services. However, every day we focus on what else can be done, how can we do better for survivors.

How do you spend your time outside of work?

Outside of work, my family is my priority. Whenever I'm not working, I am with them. I'm blessed with a wonderful family – my immediate family of my husband and children, my parents, siblings and their families. My family knows all about my work. And I feel like they're part of it as well.

What has been the impact of the pandemic on your work?

It has only made the work more urgent — getting funding out to our agencies, so they could be as responsive as possible. We really tried to streamline some of the processes and speed up our review, allowing some flexibility we didn't really have before.

Our agencies have been working mostly remotely, still meeting the needs of clients and trying to provide quality Shoah education virtually. Survivors are among the most vulnerable population because of their age, their experiences, and the physical and emotional scars. There is a critical need to maintain services, particularly home care services and food services and efforts to keep everybody safe.

Our education partners have become very creative in designing online programs for schools and trainings for teachers. All the organizations have done — and continue to do — an extraordinary job under very trying conditions to keep services going, around the world in more than 40 countries.

Are you and your staff traveling again?

Last month we had our first site visits again, with someone going to Latvia and another going to Skokie, Illinois, for the opening of a museum exhibition on the Shoah in the Soviet Union we helped to fund. While we miss being able to visit agencies in person and meet survivors in different communities, safety is our main concern so travel will start slowly as the situation stabilizes in different countries.

Looking ahead, what are some of your plans and hopes?

We are looking at how to build capacity with our social welfare programs, including how to help our partner agencies bridge the tech divide for older adults, whether helping survivors access food online or learning programs online.

In RED, there are many new efforts – we would like to find ways to engage young adults. Studies have shown that they get most of their information from social media, something we haven't supported yet but need to think about adding to our funding priorities. We are looking to grow more collaborative partnerships among our educational grantees, to work together on large-scale projects that will have long-term impact and to invest in research and evaluation about what is most effective in Shoah education.

How important is data?

Over the past decade we have become very data driven to understand the needs of survivors, and this has made a big impact in our negotiations with the German government. To be able to quantify needs requires a lot of work by our agencies and by us to work with the data to understand the service gaps between what exists now and what survivors need going forward. We try to be as equitable as possible so that survivors everywhere, whether in Bucharest or Boca, will have the same access to support and the same levels of assistance.

You've devoted 20 years of your professional life to helping Holocaust survivors. Why?

I always wanted to do something in my professional life that was meaningful and helped others. When I first got the opportunity to work at the Claims Conference under Rabbi Israel Miller, I assumed the job would only last a few years. I can recall people asking me 20 years ago, “What will the Claims Conference do with the money when all the survivors pass away,” and I had to explain the challenge is what will the Claims Conference do when it doesn't have any money anymore, but we still have Holocaust survivors to help? The mission of the Claims Conference now is just as urgent and critical as the day I started. That I can play a small part in this work is an opportunity that I am grateful for daily. — Sandee Brawarsky

CHANUKAH GREETINGS

The 5th Annual INTERNATIONAL HOLOCAUST SURVIVORS NIGHT,

held (virtually, this year) on the third night of Chanukah,

TUESDAY, NOVEMBER 30TH
Honored survivors and celebrated the light you bring to the world.

YOUR LIVES EXEMPLIFY THE POWER OF LIGHT OVER DARKNESS.

To view a recording of the event,
www.claimscon.org/survivorsnight2021/



When Con Artists Come A Calling?

CONSUMER PROTECTION EXPERTS WARN SENIORS ABOUT THE DANGERS OF DECEITFUL CALLERS TRYING TO EXTRACT MONEY OR INFORMATION.

Even the wisest and most sophisticated among us can get tricked by scammers.

It's no secret that many scams target seniors, by way of the telephone. Many seniors rely on their landlines for communication, are accustomed to picking up the phone without checking caller ID and may have less experience with telemarketers and other deceitful callers trying to extract information.

BY SANDEE BRAWARSKY

Everyone — especially seniors — needs to be careful not to share any personal information with a stranger on the phone. This includes birthdate, Social Security number, medical records, names of family members, bank accounts, credit card details, insurance information and passwords. The “callers” might be live voices or robocalls, which are phone calls delivering a prerecorded message, as if from a robot.

In an interview with L'Chaim, Lois Greisman, associate director in the division of marketing practices at the Federal Trade Commission (FTC), who serves as the agency's elder justice coordinator, offers practical advice to protect against phone scammers. She cites two tips, including the simple act of hanging up on unsolicited callers and not picking up when the call is from an unknown number. She acknowledges that pharmacies and utility companies might use robocalls for legitimate reasons, so it's helpful to note their phone numbers in an easily accessible place.

“Be vigilant. Never feel pressured into acting,” Greisman says. She warns of two different kinds of callers: One who tries to get personal information under the guise of helping you with something; and a second who speaks forcefully with a (false) sense of urgency, whether about something bad that will happen immediately if action isn't taken, or, on the other hand, about an enormous prize that might come your way.

Greisman, who is trained

SANDEE BRAWARSKY, an award-winning journalist and author, is editor of L'Chaim.



as a lawyer and has spent much of her distinguished career at the FTC in consumer protection, points to the many dangers of phone scammers, particularly for older adults.

She describes tremendous losses from what consumer protection experts call “romance scams,” when a person persists in a phone or email relationship and insists they are in love and convinces you to share personal information that can result in serious stealing, or “imposter scams,” when someone pretends to be calling from the Internal Revenue Service or from the Social Security Administration. Other common scams involve health care, home repair, fake charities and identity theft — when someone unlawfully collects information about you and uses it to withdraw money from accounts or sets up new accounts and purchases. And, over these past 18 months, criminals have come up with coronavirus scams, whether offering vaccines at a premium price or costly and fake cures, or trying to steal identifying information.

“What we have seen is that older adults tend to lose less money to fraud than those who are under 60, but when older adults lose money, the amount is significantly more than younger people,” Greisman says.

“Knowledge is empowerment,” she emphasizes. Certain things should be red flags, like if someone asks you to prepay for something, or to pay with gift cards or to wire funds. Before taking any such action, she suggests talking to a friend, neighbor or relative to see if what you're being asked for sounds right to them.

“The government is never asking you to pay with gift cards,” she says. “It's so important that people communicate and ask questions. If you've heard about false calls from the IRS about back taxes, you are much less likely to be duped by it.”

Consumer protection experts also say it's a good idea to regularly review bank statements and credit card statements and keep a close eye on your money.

“Everyone is susceptible. Scammers don't care who they get money from, whether rich or poor, old or young,” says Lois Greisman of the Federal Trade Commission.

Call your bank or credit card company if you see unauthorized charges. The internet also provides many opportunities for scammers, and a simple rule is not to respond to any unsolicited email.

“Everyone is susceptible. Scammers don't care who they get money from, whether rich or poor, old or young,” Greisman says.

Greisman, who grew up in Manhattan and is now based in Washington, D.C., says, “I love what I do. Consumer protection touches every single person. It's such a changing area. Fifteen or 20 years ago, no one was buying things on the internet, nobody had a mobile phone, robocalls were unheard of. The marketplace has evolved: You don't have to go from store to store; you can shop from your dining room table. That's great, but it has also created a whole new world of opportunities for fraud.”

“The scammers are very good at what they do. Don't underestimate them,” Greisman warns. At the FTC, they are always hearing about new scams and about criminals reinvigorating old scams.

Greisman refers readers to check the FTC website (ftc.gov) for information on reporting fraud and new FTC initiatives.

The FTC receives millions of reports of fraud every year and the agency maintains a database. While the agency can't respond to every case, with tens of thousands of reports filed every week, the data helps fraud investigators pursue those committing these crimes. ■

Healthy, Flavorful Cooking With Fruits and Vegetables

For cookbook author and chef **Carol Gelles**, simplicity is the hallmark of her healthy, flavorful cooking. She emphasizes easy-to-follow techniques and ingredients that many people have at home or are easy to find in local shops. These recipes work for meals over the holidays as well as the rest of the year.

Gelles is a proponent of “cooking more than one meal at a time,” in other words, cooking enough food so that it can be frozen and reheated to last for several meals.

“Don’t be afraid of freezing,” she says. She always makes extra portions

CREAMY CAULIFLOWER AND POTATO SOUP (DAIRY FREE)

This is really a potato leek soup, but I substituted cauliflower for some of the potatoes. In addition to reducing the starchiness, it adds a nice flavor. If you do not have an immersion blender, blender or processor you can just eat it as a chunky soup.

INGREDIENTS:

- 1 tablespoon olive oil
- 1 1/4 cups sliced leeks (any part of the leek is fine)
- 3 cups vegetable or chicken broth
- 2 cups water
- 4 cups cauliflower florets
- 1 cup cubed peeled potato
- 2 bay leaves
- 1/2 teaspoon chopped fresh tarragon or 1/4 teaspoon dried tarragon
- 1/4 teaspoon thyme
- 1/4 teaspoon ground black pepper or to taste

YUMMY ROASTED PEARS

A perfect dessert for any meal. You can get creative and add granola, shredded coconut, chopped nuts or anything crunchy to the topping.

INGREDIENTS:

- 4 ripe pears
- 2 tablespoons brown sugar
- 1/4 teaspoon ground allspice or cinnamon
- Pomegranate seeds for garnish, optional

PREPARATION:

Preheat oven to 400°F. Line a 9 x 13 x 2-inch baking pan with aluminum foil.

Peel the pears, leaving the stem on. Cut

of soups and other dishes, and stores them in her freezer, in nothing more complicated than a durable plastic bag or container. One food group that should not be frozen is grains because their texture is adversely affected. Cooking ahead and freezing is also very useful at holiday time, to help relieve the pressures of lots of cooking.

Gelles has spent many years creating recipes for a variety of tastes and needs. Her descriptions at the top of the recipes reflect her user-friendly, upbeat approach.

Please be sure to check with your physician about any dietary restrictions. –SB



Salt to taste

Pinch nutmeg

PREPARATION:

In a 3-quart saucepan, heat the oil. Add the leeks and cook over medium high heat until softened.

Add the broth and water; bring to a boil. Add the cauliflower, potato, bay leaves, tarragon, thyme and pepper.

Return to a boil. Reduce heat and simmer 25 to 30 minutes or until the cauliflower and potatoes are tender. Discard bay leaves.

Puree using an immersion blender or place the half the soup in into a blender or food processor and process until smooth. Repeat with remaining half of the soup.

Makes 6 cups. Serves 4.



in half, through the blossom end opposite the stem.

Using a spoon, remove the core and discard; place the pear halves in the prepared pan.

In a small bowl, stir together the sugar and allspice. Sprinkle over the pear halves. Bake 20 minutes or until soft.

Place on serving plates and sprinkle with pomegranate seeds.

Serves 4.

MEDITERRANEAN EGGPLANT

This dish will add sparkle to any plain roasted meat or make it into an entrée by serving it over rice or couscous with a nice salad on the side. I use the eggplant unpeeled because I like the color and chewy texture the skin adds, but you can peel it if you prefer.

INGREDIENTS:

- 1/4 cup extra virgin olive oil
- 3 cups cubed eggplant
- 1/2 cup chopped bell red pepper
- 1 tablespoon minced garlic
- 1 (15-ounces) can diced tomatoes
- 3 tablespoons tomato paste
- 1/2 teaspoon ground cumin
- 1/4 teaspoon red pepper flakes, or to taste
- 1/8 teaspoon dried thyme
- 2 teaspoons balsamic vinegar
- Salt to taste



PREPARATION:

Heat the oil in a 10-inch skillet over high heat. Add the eggplant, red pepper and garlic. Cook, stirring, until eggplant is softened.

Add the tomatoes, tomato paste, cumin, red pepper flakes and thyme. Bring to a boil; reduce heat and simmer, covered, 30 minutes or until all the eggplant is very soft.

Stir in the balsamic vinegar. Cook uncovered until mixture is thick and oil has begun to separate out.

Makes 2 cups.

NOTE TO OUR FRIENDS: We have been sharing favorite recipes with you through L'Chaim, and now we'd like to turn to you and your kitchens. Please send us your favorite recipes (and their stories) and we may be able to include them in a future issue. Please write to us at **Claims Conference, L'Chaim, Box 1215, New York, NY 10113.**

These recipes are reprinted with permission, and with much gratitude to Carole Gelles, the author of several award-winning cookbooks including “1,000 Vegetarian Recipes” (winner of a Julia Child Cookbook Award), “The Complete Whole Grain Cookbook,” “Wholesome Harvest” and “The Ultimate Diabetes Cookbook.” Gelles has an MA in food and nutrition, and has been instrumental in leading the free community lunch program at Congregation B'nai Jeshurun in Manhattan.

Culture and Memory, Only a Click Away

From the comfort of your kitchen table or easy chair, you can ask an author about a new book, listen to a full-length concert or preview a new exhibition. One of the positive lessons of the pandemic is that the internet can be a bridge to culture.

BY SANDEE BRAWARSKY

Throughout the fall and winter seasons, museums and other cultural institutions around the country are continuing to offer virtual programming, much of it free.

Several of the museums dedicated to preserving the memory of the Holocaust offer programs and interactive events – book launches, interviews with survivors, commemorations of events, films, adult education classes and more — of particular interest to survivors and their families.

At the **Museum of Jewish Heritage-A Living Memorial to the Holocaust** in New York City, there have been multiple virtual events every week since the beginning of the pandemic, with more than 250,000 people attending, according to Joshua Mack, vice president of marketing. He says that going forward, the museum will continue to do “robust virtual events” as well as in-person events and some that are hybrids.

The institution recently initiated a series of virtual walking tours, in which a live guide takes viewers through a major European city, pointing out Jewish neighborhoods and historical highlights. They have conducted tours of “Jewish Berlin,” “Jewish Amsterdam” and others, and more are in the works. While the tours require a modest fee, Mack is enabling survivors to participate for free.

“We want to go beyond the walls of the museum and have virtual experiences,” Mack says.

“We are a ‘Living Memorial to the Holocaust.’ We think about survivors sharing their stories, and we want to celebrate their lives and engage their families. We see the museum as a home and community.”

About once a month, the museum

hosts “Stories Survive,” an interview with a Holocaust survivor, unfolding that person’s story. They are always looking for new participants. (Readers who are interested should contact Ari Goldstein, agoldstein@mjhny.org)

They have several book launches planned, including “Snowbirds: A Cultural Phenomenon” featuring Naomi Harris and her book of photographs taken in South Miami Beach, “The Haddon Hall,” on December 16th.

All programs are streamed live and available on YouTube the following day.

Every Monday, the museum sends a newsletter with the week’s offerings. To sign up and to access information on all the programs, see the museum website, <https://mjhny.org>

For more information and a full calendar of events, visit the museum’s events page: mjhny.org/current-events/

One of the positive lessons of the pandemic is that the internet can be a bridge to culture.

“The survivors are our best teachers,” says Andy Hollinger, director of communications at the **United States Holocaust Memorial Museum** in Washington, D.C.

The museum hosts lectures, behind-the-scenes events with historians and curators and “First Person,” a series of monthly conversations with survivors who are volunteers at the museum.

“Hearing their firsthand accounts has never been more important as we see a rise in antisemitism and Holocaust denial and distortion, and as studies show Americans’ knowledge of these events is decreasing,” Hollinger says. “Hearing from those who witnessed this history is a privilege, and we hope that by making these programs available digitally, people from around the country — and the world — will be able to learn from the survivors themselves about this history and its continuing relevance for us today.”

The museum also offers helpful services, which might be of interest to survivors and their families. The staff at

the museum’s Holocaust Survivors and Victims Resource Center research the institution’s vast archives to help families learn what happened to their loved ones. The service is offered free of charge for Holocaust survivors and their families. While the center is temporarily closed, research questions can be submitted to the staff. <https://www.ushmm.org/remember/resources-holocaust-survivors-victims/individual-research>.

In addition, the museum’s Benjamin and Vladka Meed Registry of Holocaust Survivors is a voluntary catalog of Holocaust survivors, victims and their families. Hollinger says that they encourage people to register family members, even posthumously, to build the list of names of those persecuted by Nazi Germany and its collaborators. <https://www.ushmm.org/remember/resources-holocaust-survivors-victims/register-a-survivor>.

More information is at the museum website, [ushmm.org](https://www.ushmm.org).

“Holocaust survivors are at the heart of everything the **Illinois Holocaust Museum** does,” says Amanda Friedeman, assistant director of education at the Illinois Holocaust Museum & Education Center in Skokie. “In planning our offerings for students, teachers and the general public, we prioritize learning from, about and with survivors to inspire our visitors to remember the past and transform the future.”

The museum holds virtual Lunch & Learn programs, book and author events and lectures, including, on December 7, a talk with Leah Garrett, author of “X Troop: The Secret Jewish Commandos of World War II.”

Please see ilholocaustmuseum.org for more information.

The **Museum of Tolerance** in Los Angeles sends out weekly e-blasts highlighting what’s happening at the museum, including public programming, both virtual and in-person.

“These programs are of interest to a broad audience,” Liebe Geft, the museum’s director, says. “We welcome the participation of Holocaust survivors. There is always a contact provided if help is needed with registration or technical aspects of the program.”

Please see museumoftolerance.com for more information.

ВНИМАНИЕ ВСЕМ, КТО ПЕРЕЖИЛ ХОЛОКОСТ

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

ФОНД ПОМОЩИ (HARDSHIP FUND) – НОВАЯ ДОПОЛНИТЕЛЬНАЯ ВЫПЛАТА

Жертвы Нацистской Германии еврейского происхождения, попадающие под критерии ФОНДА ПОМОЩИ (HARDSHIP FUND) могут обратиться за получением двух дополнительных выплат в размере €1200 (приблизительно \$1400): первая выплата осуществляется начиная с 1 декабря 2020, вторая выплата — в последующем году, в итоге будет выплачено €2400 (приблизительно \$2800) на человека.

Все пережившие Холокост люди, которым не удалось получить дополнительные выплаты Фонда помощи (Hardship Fund) на период пандемии COVID-19 по причине получения предварительной единовременной выплаты от правительства Германии (на пример, от Фонда помощи Länderhärtefonds) сейчас могут обратиться за этой дополнительной выплатой.

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, Фэлгичени, Хуши, Илия, Лугож, Плоешти, Поду-Илоаей, Тыргу-Фрумос, Тимишоара, Турда и Сибю в промежутки 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 промежутки 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.

ФОНД ДЕТИ ХОЛОКОСТА (CHILD SURVIVOR FUND) Фонд Дети Холокоста (Child Survivor Fund) занимается выплатой единовременной компенсации в размере €2500 (приблизительно \$2900) 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 территории 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 Протокола 2 и Фонда Центральной и Восточной Европы (CEE) 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 жертв Холокоста, которых уже не стало, 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.

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 могут быть одним из критерием 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).

ЛЮКСЕМБУРГСКИЙ ФОНД

Новая программа выплаты компенсаций, на которую могут претендовать евреи, пострадавшие от нацистов, проживающие в настоящий момент в Люксембурге, а также евреи, подвергшиеся преследованиям Нацистской Германии или её союзниками в Люксембурге, которые в Люксембурге уже не проживают. Клеймс Конференс осуществляет управление фондом от лица Международной Еврейской Организации по реституции частной собственности (WJRO). Крайний срок подачи заявления был продлен до 31 января 2022 года. Вы можете получить дополнительную информацию и скачать анкету по ссылке www.claimscon.org или отправив нам электронное сообщение на адрес LuxembourgFund@claimscon.org

За дополнительной информацией обращайтесь по адресу:

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

The Claims Conference has negotiated the following liberalizations of criteria to compensation funds with the German government.

HARDSHIP FUND - NEW SUPPLEMENTAL PAYMENT

Jewish Nazi victims eligible for the Hardship Fund can now apply to receive two Supplemental Payments of €1,200 (approximately \$1,400) — with the first payment to be made from December 1, 2020, and the second payment in the subsequent year for a total payment of €2,400 (approximately \$2,800) per person.

Holocaust survivors who were prevented from receiving Supplemental Hardship Fund payments during the COVID-19 pandemic as a result of previously receiving one-time German government payments (for example from Länderhärtefonds) are now eligible 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, Iliia, 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.*

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 \$2,900) 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 BEG (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.

REGION-SPECIFIC SEVERE PERSECUTION (RSP) PENSION

A new 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.

LUXEMBOURG FUND

A new compensation program is now available for Jewish Nazi Victims who are currently living in Luxembourg, and for Jewish Nazi Victims persecuted in Luxembourg by the Nazi regime or their allies during the Shoah and currently living outside of Luxembourg. The Claims Conference is administering the fund for the WJRO. Deadline has been extended to January 31, 2022. For more details and application forms, please visit www.claimscon.org or send an email to LuxembourgFund@claimscon.org

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

VACCINE SCHEDULING AND TRANSPORTATION ASSISTANCE

If you are interested in getting vaccine assistance, such as assistance with scheduling or transportation for the Covid-19 vaccine, please call this toll-free number:

**833-478-7844
(833-4SURVIA)**

Запись на прививку и помощь в транспортировке
Если вам нужна помощь в записи на прививку, а также в транспортировке для ее получения, свяжитесь с нами по бесплатной телефонной линии:
**833-478-7844
(833-4SURVIA)**

New Technology Transforming Everyday Devices

continued from page 2

almost like having a virtual assistant. Imagine having poor eyesight but being able to say to the speaker, "Read me the front page of The New York Times."

WHAT IS NEEDED?

Goyer suggests making a checklist of devices a person both uses and might need and review one device at a time, to see whether each piece of technology a person has works for them or might need an upgrade, as well as considering which new devices might be appropriate. ▸

News From the Centers for Disease Control and Prevention

WHAT WE KNOW

- COVID-19 vaccines are safe and effective at preventing COVID-19, including severe illness and death.
- COVID-19 vaccines are effective against severe disease and death from variants of the virus that causes COVID-19 currently circulating in the United States, including the Delta variant.
- Infections happen in only a small proportion of people who are fully vaccinated, even with the Delta variant. When these infections occur among vaccinated people, they tend to be mild.
- If you are fully vaccinated and become infected with the Delta variant, you can spread the virus to others.

▸ People with weakened immune systems, including people who take immunosuppressive medications, may not be protected even if fully vaccinated.

Новости от Центра по контролю и профилактике заболеваний

ЧТО НАМ ИЗВЕСТНО

- Прививка от COVID-19 является безопасной и эффективной в предотвращении заражения COVID-19, а также снижает риск тяжелого течения заболевания и смерти.
- Вакцинация от COVID-19 эффективна в предотвращении тяжелого течения заболевания и смерти в случае заражения вариантами вируса, вызывающими COVID-19, в том числе вариантом Дельта, получившим распространение на территории США.
- Лишь малая часть вакцинированного населения подвергается заражению, в том числе вариантом Дельта. В случае заражения полностью вакцинированных людей течение болезни, как правило, проходит в слабой форме.
- Полностью вакцинированные люди, инфицированные вариантом Дельта, могут заразить вирусом окружающих.
- Даже при полной вакцинации людей с ослабленной иммунной

WHAT YOU NEED TO KNOW

- COVID-19 vaccine booster shots are available for individuals 65 and over.
- You may choose which COVID-19 vaccine you receive as a booster shot. Some people may have a preference for the vaccine type that they originally received, and others may prefer to get a different booster. CDC's recommendations now allow for this type of mix and match dosing for booster shots. **Please check with your physician about recommendations.**
- Being fully vaccinated and wearing a mask maximizes protection from the Delta variant and possibly spreading it to others.
- You should still get tested if you've had close contact with someone who has COVID-19 or if you have symptoms of COVID-19.



системой, в том числе принимающих иммуносупрессорные препараты, уровень защиты остается низким.

ЧТО ВАМ СЛЕДУЕТ ЗНАТЬ

- Бустерная доза вакцины от COVID-19 доступна для людей от 65 лет и старше.
- Вы можете выбрать тип вакцины для вашей бустерной дозы. Некоторые люди предпочитают тот же тип вакцины, который они получили изначально, можно также выбрать другой тип вакцины для бустерной дозы.
CDC (Центр по контролю и профилактике заболеваний) разрешает подобное комбинирование доз разных вакцин при получении бустерной дозы. Для принятия решения проконсультируйтесь, пожалуйста, с вашим лечащим врачом.
- Полная вакцинация и ношение маски повышают защиту от варианта Дельта и возможного заражения им других людей.
- В случае близкого контакта с человеком, зараженным вирусом COVID-19, а также при появлении симптомов COVID-19, рекомендуется прохождение теста.

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

Jewish Family & Children's Services
Phoenix (602) 279-7655

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
North Miami (305) 899-1587

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 (410) 466-9200

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

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.

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

NEW YORK

Guardians of the Sick / Bikur Cholim Hased 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

Selfhelp Community Services
Manhattan (212) 971-5475

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

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

CANADA

Jewish Family Services
Edmonton (780) 454-1194

Cummings Jewish Centre for Seniors
Montréal (514) 342-1234

CORONAVIRUS HOTLINE
(514) 734-1441

Jewish Family Services of Ottawa
Ottawa (613) 722-2225 x 311 & 312

Circle of Care
Toronto (416) 635-2860

Jewish Family & Child Service
Toronto (416) 638-7800

Jewish Family Services
Vancouver (604) 558-5701

CORONAVIRUS HOTLINE
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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 TChaim, you will find important information in English and Russian including:
- ▶ A Letter from the Claims Conference Leadership
- ▶ Helpful tips for avoiding telephone scams
- ▶ Guidelines for staying up-to-date with home health devices
- ▶ An interview with Claims Conference Assistant Executive Vice President for North America and Director of Allocations Miriam Weiner
- ▶ News about vaccines from the Center for Disease Control
- ▶ Information about special programs at Holocaust museums
- ▶ Recipes for good health
- ▶ Contact information for local agencies

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