

# L'Chaim:

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לחיים

THE HEALTH  
AND WELLNESS  
NEWSLETTER OF  
THE CLAIMS CONFERENCE

CHANUKAH EDITION



## To Our Dear Friends,

Soon, the days of early winter will gradually become longer again with more daylight. The eight-day holiday of Chanukah begins on the 25th of Kislev, which falls this year at sundown on Thursday, Dec. 7. Each night, we light the menorah, increasing the light with an additional candle.

In this season of Chanukah, the Festival of Lights, we hope that together we can spread the light.

Chanukah is also a holiday recalling those who stood up against tyranny and fought for freedom. We remember those who lost their lives so tragically in the Shoah, fighting for freedom. And we salute all of you, the survivors, who are also distinguished fighters.

We stand in solidarity with our friends in Israel, including the many Holocaust survivors, in these challenging times. We, too, have been

## Дорогие друзья,

Скоро короткие зимние дни начнут удлиняться и дневного света постепенно снова станет больше. 8-ми дневный праздник Хануки начинается на заходе солнца 25-го числа еврейского месяца кислева, который в этом году приходится на четверг, 7-ое декабря. Каждый вечер, зажигая еще одну свечу на меноре, мы увеличиваем количество света.

Во время Хануки, Праздника Света, мы надеемся, что вместе мы можем распространять свет.

Ханука также праздник, во время которого мы вспоминаем тех, кто сопротивлялся тирании и боролся за свободу. Мы вспоминаем также тех, кто трагически погиб во время Холокоста в борьбе за свободу. И мы приветствуем всех вас, выживших, которые также являются выдающимися бойцами.

Мы солидарны с нашими друзьями в Израиле, включая многих людей, переживших

devastated by the news of the horrific attacks on Oct. 7. Our staff has found some comfort through action: We established a call center to reach out to Holocaust survivors living in the Gaza periphery to hear firsthand what their needs are. Additionally, we set aside \$7.5 million to address those needs, which include care for psychological trauma. You, too, may be feeling trauma from news of the attacks. Please know that we and our partner agencies are here to help you process these emotions.

Please join us virtually for International Holocaust Survivor's Night. Our theme is remembrance. We will remember the Shoah and, at the same time, celebrate your radiance and resilience - and all that you have accomplished - as we mark the fifth night of Chanukah, on Monday, Dec. 11. The word Chanukah means dedication. International Holocaust Survivors' Night is a time when we can

Холокост, в это сложное время. Мы также были поражены известием о чудовищных нападениях 7 октября. Наши сотрудники нашли некоторое утешение в действии: мы создали телефонный центр, чтобы связаться с людьми, пережившими Холокост и живущими на периферии сектора Газа, чтобы узнать из первых рук, в чем они нуждаются. Кроме того, мы выделили 7,5 миллионов долларов для удовлетворения этих потребностей, включая оказание помощи в связи с психологической травмой. Вы тоже, возможно, травмированы новостями о нападениях. Пожалуйста, знайте, что мы и наши агентства-партнеры готовы помочь вам справиться с этими эмоциями.

Мы надеемся, что вы присоединитесь к нам виртуально в Международный Вечер Памяти Переживших Холокост. Наша тема - память. Мы будем вспоминать



rededicate our efforts to helping you. We will be joined by many special guests including Billy Crystal, Rob Reiner, Mayim Bialik, Barry Manilow and Paul Reiser. Please see page 9 for details about how you can join.

Inside these pages, you will find practical health and wellness advice, recipes, an article about a Claims Conference-supported program on art therapy, updated information about compensation and improved methods for staying in touch with us for your needs. We also include a profile of a valued longtime staff member who has been a key player in our negotiations with the German government. As we approach the winter solstice on Dec. 21, and the days of early winter gradually become longer again with more

daylight, we think you'll be particularly interested in the item on page 8.

We wish you good health in this season. Please continue to take good care of yourselves as winter arrives and heed your doctor's advice about staying up to date with all vaccinations.

All of us at the Claims Conference join others around the world in praying for lasting peace.

May you have a joyful and light-filled Chanukah,

With our best wishes,



**Gideon Taylor**  
*President,*  
*Claims*  
*Conference*



**Greg Schneider**  
*Executive*  
*Vice President,*  
*Claims Conference*

Холокост и в то же время праздновать ваше сияние и стойкость - и все, чего вы достигли - отмечая пятую ночь Хануки, в понедельник, 11-ого декабря. Слово Ханука означает самоотверженность. Международный Вечер Памяти Переживших Холокост это время, когда мы можем вновь приложить усилия для помощи вам. К нам присоединятся многие именитые гости, в том числе Билли Кристалл, Роб Райнер, Майим Биалик, Барри Манилов и Пол Райзер. Подробнее о том, как присоединиться, смотрите на странице 9.

На этих страницах вы найдете практические советы по здоровью и хорошему самочувствию, рецепты, статью о программе арт-терапии при поддержке Клеймс Конференс, обновленную информацию о программах компенсации и улучшенные способы связи с нами для ваших нужд. Мы также включили краткий биографический очерк о ценном давнем сотруднике, который был ключевым игроком в наших переговорах с правительством Германии.

По мере того, как мы приближаемся к зимнему солнцестоянию 21 декабря, и дни ранней зимы постепенно становятся длиннее с увеличением дневного света, мы думаем, что вы будете особенно заинтересованы в пункте на странице 8.

Желаем Вам крепкого здоровья в этом сезоне. Пожалуйста, продолжайте заботиться о себе по мере приближения зимы и прислушайтесь к совету врача о том, чтобы не отставать от всех прививок.

Все мы, сотрудники Клеймс Конференс, вместе с другими людьми по всему свету молимся о прочном мире.

Желаем радостной и наполненной светом Хануки.

С наилучшими пожеланиями,

Всегда ваши,  
Гидеон Тэйлор  
Президент,

Грег Шнайдер  
Исполнительный Вице  
Клеймс Конференс

**L'Chaim**  
לחיים



**ועידת התביעות**  
**Claims Conference**  
Conference on Jewish Material Claims  
Against Germany

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# Meet the Claims Conference Staff A Conversation with Karen Heilig

*Karen Heilig serves as the Claims Conference Assistant Executive Vice President and General Counsel. She grew up in Sydney, Australia, where she studied law. In 1999, she left corporate law to join the Claims Conference and broke ground as one of the first female representatives in negotiations between the Claims Conference and the German government. With the experience of more than 20 years at the negotiating table, including encounters with those who negotiated the historic Luxembourg Agreements, she served as producer of the recent film "Reckonings," directed by award-winning filmmaker Roberta Grossman. Heilig lives with her family in New York.*

## ***I understand that you are the child of Holocaust survivors. Can you tell us about your parents' stories?***

My mother and her parents fled Nazi Germany and were able to get visas to Australia and arrived there in March 1939. My father, who grew up in what was then Czechoslovakia, was sent by his parents to Israel with Youth Aliyah after the German annexation of Czechoslovakia. His parents and sister stayed and were deported to Theresienstadt. My aunt and my grandmother survived; my grandfather did not. My father fought with the Haganah during the 1948 war of Independence and later moved from Israel to Australia in the 1950s, where he met my mother, and I was born in Sydney.

## ***Did you grow up in a community of survivors and their children?***

Sydney, and Australia in general, has a high concentration of survivors relative to the general population, and all my parents' friends were survivors. The question was not whether you were a survivor, but where you were a survivor from, how you survived. Throughout my entire life, I have been connected to survivors and their stories.

## ***Were you active in the local Jewish community?***

In the 1980s, I became very involved on



campus with the movement to free Soviet Jews and with the Australian Union of Jewish Students. That is how I first met Gideon Taylor (now president of the Claims Conference).

## ***What inspired you to shift from working for a law firm to the Claims Conference?***

I was living in Israel and working for a law firm in Tel Aviv that had an exchange program with law firms in America. I was spending one year at a law firm in New York City, and Gideon Taylor had just taken over as the executive vice president of the Claims Conference. Given my background, the fact that I speak Hebrew and German, and my connection to survivors, it sounded like a job at the Claims Conference was meant for me. I always had a commitment to help survivors.

## ***How did your career at the Claims Conference evolve?***

I joined as director of special projects when we began negotiations for the Slave Labor Fund. In those early years, there were many well-known survivors on the negotiating team, like Roman Kent, Ben Meed, Ben Helfgott, Noach Flug, Karl Brozik, and of course, Saul Kagan.

The meetings have been held in Berlin in a building constructed in 1938 on the orders of Hermann Goering, who was one of the most powerful people in the Nazi Party. He was head of the Luftwaffe, the German Air Force, and designed the building so that a plane could land on it. This building houses the



*Continued on page 4*



German Finance Ministry. It is more than a little “spooky” to walk into the building.

Noach Flug said that if he told people at Auschwitz he’d be walking around Goering’s headquarters, they would have thought he was mad. When I told my Opa [my own grandfather who was from Berlin] where we were meeting and gave him the address, he said that “Jews don’t go there. And if they do, they don’t come out.” He had to process the idea of his granddaughter being in that place.

### *What is it like for you to participate these days?*

Even though 70 years have passed, we still feel the burden of history. Saul Kagan, the late executive director of the Claims Conference, said in 1952 that he felt the souls of the 6 million in the room during those initial negotiations in Wassenaar outside the Hague. In some ways, we still feel the “souls of the 6 million.” We feel what we are doing is “holy work.”

As staff, you have to be professional, focused and keep the emotions at bay. This is particularly difficult as every item for discussion reaches the deepest layers of human suffering. During these moments in the negotiations, the survivors have a critical moral role. I recall a discussion on the German government requirement that to be eligible for the Article 2 Fund pension, each eligible survivor must have endured six months in a concentration camp. I recall Roman Kent stating that was unacceptable – as even one day in Auschwitz was a lifetime.

### *What has changed during the last 20 years?*

Some aspects, such as the composition of the Claims Conference negotiating team, has changed over the decades, including now having survivors from Eastern Europe and women on the ne-

gotiating committee. But with the passing of time, some things stay the same. There’s a consensus, even as we have negotiated with governments representing different political parties, that Germany is committed to providing compensation to Holocaust survivors. This doesn’t mean that the negotiations are easy, nor do they give us an open checkbook. We must comprehensively and forcefully present our case and press our points. But the overarching German commitment that has been there for over 70 years still exists.

One important aspect that has changed since I commenced in 1999 is that the Claims Conference is prioritizing funding to pay for home care so that the survivors can age in their own homes. The Claims Conference saw, as the survivors aged, that this was a pressing need and started to push for it. We started with a small commitment in 2004 of less than \$10 million, but funding for home care will be over \$800 million in 2024. Another new development, in the last few years, is that we have asked for funds to support worldwide Holocaust education. Survivors desperately want the world, and in particular younger generations, to learn about the Holocaust so that it can never happen again to Jews or to others.

One of the most important aspects in our interactions with the German government – that we commenced just over 10 years ago – is to invite the German Finance Ministry negotiating team to meet survivors in their homes or at social welfare programs. Those visits have a lasting effect on these officials and has enabled German government officials to really understand the impact of these funds.

### *What was your role in the film “Reckonings”?*

Greg Schneider had the idea to do a documentary to mark the 70th anniversary of the signing of the Luxembourg Agree-

*Continued on following page*

# Claims Conference Allocates Emergency Funds for Israel

\$7.5 MILLION TO DATE FOR TRAUMA  
TREATMENT AND FOOD PACKAGES

The Claims Conference set aside \$7.5 million so far in emergency assistance to Israel while staff have been working tirelessly to meet the critical needs of Holocaust survivors in the wake of the Oct. 7 Hamas attacks.

“We are all devastated by the shocking news in Israel,” Claims Conference President Gideon Taylor explains. “We will do all we can to ensure our partners are also able to continue their work during these difficult times. Holocaust survivors face unique challenges in coping with this extremely volatile environment — the Claims Conference is focusing on addressing those needs.”

Claims Conference staff established a call center in an effort to speak directly with the roughly 5,000 Holocaust survivors who live in the Gaza periphery to understand their needs.

Claims Conference Executive Vice

President Greg Schneider said funding has been provided as follows:

- ▶ Amcha, for additional psychological trauma treatment hours
- ▶ LATET, for food packages for Holocaust survivors and relief and hygiene packages for Holocaust survivors
- ▶ Foundation for the Benefit of Holocaust Survivors in Israel, for food packages for Holocaust survivors

Schneider said the Claims Conference is committed to meeting the needs of Holocaust survivors during these difficult times.

“As the situation unfolds, we will continue to provide additional assistance,” he said.

## ▶ — *Staff Report*

ments, the historic meeting between the Federal Republic of Germany, the State of Israel and the Claims Conference on to discuss issues of compensation – a mere seven years after the end of the Holocaust.

I got involved as the producer, and I started working with Roberta Grossman – the film’s writer, director and producer – on the script. I identified academics and survivors to be interviewed, found researchers who could gather historical and archival material, and focused on the messages we wanted to convey to the audience. I also

reviewed and edited many cuts of the film. I’ve never done anything like this before.

## *What keeps you inspired at this challenging work?*

I totally believe that what we do at the Claims Conference fundamentally impacts people’s lives. Survivors have been through so much. To make their lives better in their old age drives me. I feel privileged that I have a job that I love. It motivates me every day to give 150% to my job. As a wise Saul Kagan z”l once

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**Beginning in 2024, the Proof of Life process will take place during the first quarter of the year, specifically from January through March.** Starting the first week of January 2024, compensation payment recipients will be able to access Paneem using their registration number and date of birth by downloading the Paneem app on a smart phone (you can find it by searching for 'Paneem' in the Apple or Google App Store); or by going to the website <https://paneem.claimscon.org> on a computer or laptop with a camera and via the browser on your smartphone.

Each year going forward, we will request all compensation payment recipients to complete Proof of Life electronically through Paneem, or alternatively by requesting and submitting a paper Proof of Life (Life Certificate). Once the Proof of Life is approved, payments will continue uninterrupted for the remainder of the year.

**PLEASE NOTE NO IMMEDIATE ACTION IS REQUIRED: THERE IS NO NEED TO TAKE ANY ACTION AT THIS MOMENT. IN DECEMBER, WE WILL SEND ALL COMPENSATION PAYMENT RECIPIENTS A REMINDER ABOUT THE UPCOMING PROOF OF LIFE PROCESS TO ENSURE A SMOOTH TRANSITION.**



**IMPORTANT NEWS:** Change in Schedule for Proof of Life (Paneem and Life Certificates)

**ВАЖНО!  
ОБРАТИТЕ  
ВНИМАНИЕ:**

Изменение расписания для подтверждения нахождения в живых (PANEEM и Сертификат о нахождении в живых)

**Начиная с 2024 года процесс подтверждения нахождения в живых будет проходить в первом квартале, а именно с января по март.** В течение первой недели января 2024 года, получатели компенсационных выплат смогут зайти в мобильное приложение PANEEM, используя свой номер регистрации и дату рождения. Для этого PANEEM надо скачать на мобильный телефон (вы можете найти его в магазине мобильных приложений Google или Apple), или зайти на сайт <https://paneem.claimscon.org> с компьютера или планшета, имеющего камеру, или через браузер вашего мобильного телефона.

С этого момента каждый год мы будем просить всех получателей компенсационных выплат подтверждать нахождение в живых электронным способом через PANEEM, или как вариант, запрашивать и отсылать нам бумажное подтверждение о нахождении в живых (Сертификат о нахождении в живых).

Как только подтверждение нахождения в живых будет нами получено и одобрено, выплаты будут происходить без перерыва в течение всего года.

**ВНИМАНИЕ: В ДАННЫЙ МОМЕНТ НИКАКИХ ДЕЙСТВИЙ ПРЕДПРИНИМАТЬ НЕ ТРЕБУЕТСЯ. В ДЕКАБРЕ МЫ ВЫШЛЕМ ВСЕМ ПОЛУЧАТЕЛЯМ КОМПЕНСАЦИОННЫХ ВЫПЛАТ НАПОМИНАНИЕ О ПРЕДСТОЯЩЕМ ПРОЦЕССЕ ПОДТВЕРЖДЕНИЯ НАХОЖДЕНИЯ В ЖИВЫХ, ЧТОБЫ ОБЕСПЕЧИТЬ ПЛАВНЫЙ ПЕРЕХОД К НОВОЙ СИСТЕМЕ.**



# Introducing the Survivor's Portal: Your Personalized Claims Conference Account

Experience the convenience of your Claims Conference personal account using our new Survivor's Portal. Designed exclusively for Holocaust Survivors, this website allows you to create an account with the Claims Conference where your personalized information and dedicated services will be available 24/7. This tool will transform the way you interact with us.

Access the Survivor's Portal today at <https://survivorsportal.claimscon.org/> or visit our website at <https://www.claimscon.org/> to embark on this extraordinary journey.

Discover the Benefits of the Survivor's Portal:

1. Effortlessly create your personal account with the Claims Conference.

## *Представляем интернет-портал для переживших Холокост: ваш личный кабинет с Клеймс Конференс*

Убедитесь в удобстве личного кабинета с Клеймс Конференс, зайдя в наш новый портал для переживших Холокост. Созданная исключительно для переживших Холокост, эта интернет страница позволит вам создать личный кабинет с Клеймс Конференс, в котором ваша личная информация и специализированные услуги будут доступны 24 часа в сутки. Это изменит способ вашего взаимодействия с нами.

Не откладывая на потом зайдите в портал для переживших Холокост по этой ссылке <https://survivorsportal.claimscon.org/> или посетите нашу интернет страницу по этой ссылке <https://www.claimscon.org/>, чтобы отправиться в это удивительное путешествие.

Преимущества использования портала для переживших Холокост:

1. Легко создать свой личный кабинет с Клеймс Конференс.

2. Stay informed about the status of your claim, from applications to previous payments, all in one place.

3. Complete proof of life process, Life Certificate or PANEEM, conveniently.

4. Easily update your contact information or even your bank details.

5. Access personalized documents and information tailored to your needs.

6. Quickly download necessary forms.

*Need assistance with the Portal? Call us at **646-536-9100** or send us an email at [info@claimscon.org](mailto:info@claimscon.org), and our team will be happy to help.*

2. Возможность получить информацию о статусе вашего дела, от заявления до предыдущих выплат, в одном месте.

3. Удобно завершить процесс подтверждения нахождения в живых через PANEEM или Свидетельство о нахождении в живых.

4. Легко обновить контактную информацию и даже банковские реквизиты.

5. Доступ к персонализированным документам и информации с учетом ваших потребностей.

6. Возможность быстро скачать необходимые формы.

*Вам нужна помощь в использовании портала?*

*Позвоните нам по телефону **646-536-9100***

*или пошлите нам электронное письмо на [info@claimscon.org](mailto:info@claimscon.org). Наша команда будет счастлива оказать вам содействие.*

*Зарегистрируйтесь в портале для переживших Холокост и вас ждет в будущем доступная поддержка, разработанная с учетом ваших нужд.*



# Tips for Healthy Living, From Head to Toe

## *Advice from doctors on hoarseness, foot problems and beating back the winter blahs.*

### **Take Care of Your Voice**

If you find it painful to use your voice fully after a day or so of speaking, it's time to see the doctor and make sure everything is OK, said Dr. Michael Goldrich, an otolaryngologist (ear, nose and throat specialist) in Somerset, N.J.

Many people experience a loss in how loudly they can speak as they get older. That's caused by a loss of strength in the vocal cords, Dr. Goldrich said. "As with all muscles in our body, we lose muscle tone over time unless we exercise that muscle group, so vocal exercise can help." Dr. Goldrich said vocal exercises can be as simple as regularly reading to grandchildren or a more formal program of exercises prescribed by a speech pathologist.

Sounding hoarse can indicate a problem, and that problem can often be dehydration - solved by drinking more water - or acid reflux, which may require medication. "Tell your doctor about any problem so they can find the cause and recommend a solution," Dr. Goldrich said. If drinking more water after a day or two doesn't fix the hoarseness, that's when it's time to call the doctor. If the problem persists you may be referred to an otolaryngologist who has special equipment to examine your vocal cords.

And protect your voice. If you're somewhere noisy, like on a busy city street, avoid talking much, Dr. Goldrich said. "That's because when it's hard to hear, we inevitably raise our voices, which can strain your vocal cords."

Voice problems and swallowing problems often can go together, Dr. Goldrich said. Staying hydrated can help but be sure to report any issues with swallowing to your doctor right away.

### **Get More Light This Winter**

Winter brings shorter days and less light. That might also explain why you could be more likely to feel down this winter.

Light is an important part of our well-being, said Dr. Norman Rosenthal, a clinical professor of psychiatry at Georgetown Medical School in Washington, D.C. "It's not easy to go out when the weather is cold, so that can mean even less light exposure in daytime hours," said Dr. Rosenthal, who led the team that developed light therapy to treat seasonal affective disorder (SAD), a form of depression some people suffer because of winter's reduced light hours.

"Many people have difficulty with shorter days and less light, and if you are one of them, there are ways to handle it and improve your mood," says Dr. Rosenthal, whose recent book, "Defeating SAD: A Guide to Health and Happiness Through All Seasons," details many strategies for helping people with winter depression.

"If it's a day that isn't cold and icy, going outside for just a little while in natural light is a mood booster for most people," said Dr. Rosenthal. "But if you can't do that, then bright indoor light becomes very important."

Rosenthal suggests setting aside a particular room that has more light than the others. "I call it the bright room," he said. "If possible,



ask someone to paint the walls a bright color, scatter brightly colored cushions and make that an enjoyable place to sit,” Dr. Rosenthal said. He also suggests having the windows cleaned in that room to let in even more light.

Some people find it harder to get going in the morning when it’s still dark out, Dr. Rosenthal said. If they get up later, “before they know it, it’s dusk,” he said. One good idea is to use a SAD lamp, a light box that mimics outdoor light. The thinking, Dr. Rosenthal said, is that the light causes a chemical change in the brain that lifts your mood and eases other symptoms of SAD, such as being tired most of the time and sleeping too much.

### **Take Care of Your Feet**

Circulation problems are common issues that can affect the feet and legs of older adults, said Dr. David Alper, a podiatrist in Boston. Because of those circulation problems, people can find that they feel cold, hair may stop growing on the tops of feet and lower legs, skin becomes thinner and the nails harden and become difficult to cut. “It also means that any type of wound may take longer to heal and may be more likely to get infected,” Dr. Alper said. He encourages older adults to wear socks to keep feet warm, even in the house, not to walk bare-

*continued from page 5*

reminded me, working at the Claims Conference, it is not a job but a “mission.”

Whenever I am in Berlin, I make sure to visit the street where my grandparents used to live, even if it’s not on the way. The building they lived in is no longer standing, but the place is meaningful to me. My grandparents never went back to Berlin after the war, but they were very proud of the work I am doing.

foot to avoid wounds and to have a caregiver or podiatrist trim toenails.

“Keep in mind that it’s not the norm that feet hurt, so if they do, you should see a podiatrist to identify the problem and find solutions,” Dr. Alper said.

Signals for seeing a foot specialist include loss of feeling in your feet and toes, and swollen ankles, which can indicate a circulation problem. Any type of pain or discomfort should be checked as to why it is occurring.

And, said Dr. Alper, “I can’t understate the need for foot cream.” Cold weather dries skin, as do circulation changes. Cream can keep the skin on feet from cracking, bleeding and possibly becoming infected.

Dr Alper advises a foot moisturizer that includes lanolin as the key ingredient for best protection.

But Dr. Alper advises against putting cream between toes. “That is where sweat pores are, and you don’t want to clog them.”

Taking extra steps to keep feet healthy will add to your overall well-being.

*Francesca Kritz is a consumer and health policy reporter based in Jerusalem and Silver Spring, Md. For a decade she was the health reporter for the New York Jewish Week and is a frequent contributor to NPR.org.*

### **CHANUKAH GREETINGS**

**Please join us virtually for the 5th Annual INTERNATIONAL HOLOCAUST SURVIVORS NIGHT on the fourth night of Chanukah, Monday, Dec. 11 at 1:30 p.m. Eastern Time.**

**Honored survivors, we vow to always remember you and your stories.**

**YOUR LIVES EXEMPLIFY THE POWER OF LIGHT OVER DARKNESS.**

**To view a recording of the event, [www.claimscon.org/survivorsnight2023/](http://www.claimscon.org/survivorsnight2023/)**

# Art Therapy's Healing Touch

AN ART-MAKING PROGRAM FOR SURVIVORS AWAKENS THE SENSES AND SPARKS A SENSE OF EMOTIONAL CALM.

**G**itu Weiss knows what her talents are. Painting, she claims, isn't one of them.

BY SUSANNE CERVENKA

But she wouldn't pass up an opportunity to join the art program at Pesach Tikvah, a Brooklyn-based nonprofit organization that provides community services. The Claims Conference is proud to partner with Pesach Tikvah: The Door of Hope, funding programs to offer home visits, home-based mental health services and emergency assistance for Holocaust survivors in need.

"I come to paint, but I'm not a painter," said Gitu Weiss, a smile spreading across her face. "I like it. It relaxes me."

But the relaxation, rather than the art, is the point of the program, said Rachel Weinberger, who launched the art program for Holocaust survivors at Pesach Tikvah about three to four years ago.

Art therapy is a branch of mental health treatment that blends art-making and creative processes with psychological theory, according to the American Art Therapy Association. The therapist helps clients express emotions that are too difficult to talk about through their art.

Weinberger is clear to point out she is not a certified art therapist. But she incorporates the healing principles of art in the classes at Pesach Tikvah.

Initially, the Pesach Tikvah program began with only one-on-one sessions for homebound survivors, but eventually Weinberger expanded it to offer painting a group setting as well as home visits.

In one-on-one



sessions, Weinberger speaks to the survivor about their lives – their homes, their parents, siblings and children. And, in the process, she helps them paint.

"Something will happen, and they will express their emotions through art," she said. "It definitely brings the best out of them. Cognitively, it is very good for them. It stimulates their minds."

Weinberger leads the group – typically about a half-dozen survivors, most often women – through a project with non-traditional art tools. Paint brushes are replaced with items like toothbrushes, cotton balls, steel wool and crumpled foil.

At a recent class, five women sat around a table, turning plastic container lids and cotton balls into a painting of a floral wreath.

On an ordinary session, the participants would walk away with paintings they can hang on their walls and a sense of accomplishment, a boost to their self-esteem and bit of confidence in themselves, Weinberger said.

Making art also brings a calming effect that allows the group to talk about their pasts, their childhood homes in Europe and their own experiences in the Holocaust.

"We are together and sharing what is happening in our lives," said Eva Iliovits, who tries to attend the art therapy program as much as possible.



“It lifts you up.”

And as they painted and relaxed, the women were able to talk about what was happening in Israel and their own experience in the Holocaust.

Miriam Frankel neatly dotted blue flowers onto her canvas, the skills she learned from taking art classes in her youth showing through. Frankel moved to Israel in 1948 and lived there much of her life.

“From war to war,” she said.

Weinberger said the current events weighed on all – both the survivors and the staff helping them paint. But the painting gave them the space to talk about what they were feeling if they chose.

“When people express their emotions and they don’t keep them suppressed, they just become healthier human beings,” she said.

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*Susanne Cervenka is a senior communications & PR specialist at the Claims Conference.*

## Do you know a survivor or witness of the Holocaust with a story to tell?

The USC Shoah Foundation is recording full interviews with witnesses and survivors of the Holocaust about their lives before, during and after the war. Volunteers are also being sought to conduct interviews, serve as videographers, and support survivors through the application and interview process.

For more information go to <https://sfi.usc.edu/new-survivor-testimonies>.



# Coping with Trauma from Attacks in Israel

EXPERTS SAY THE FEELINGS ARE NORMAL AND OFFER TIPS FOR DEALING WITH TROUBLING EMOTIONS.

The Oct. 7 Hamas attacks can be causing traumatic stress for people even if they or their loved ones weren't in Israel at the time. Experts say that can be normal to feel negative emotions, but there are ways to cope so those feelings don't worsen.

Human brains are designed for survival and store information from past experiences to better recognize threats in the future, said Dr. Allison Golden, director of Behavioral Health at Goodman Jewish Family Services of Broward County, Fla.

When someone has a history of threat to survival, they can experience triggers – such as images, sights, smells, sounds – that remind their brain of their last threat, Golden said. This can initiate a heightened survival brain response, which can occur even if the new triggering event is not the same as the original trauma, she said.

Dr. Golden and Eric Troy, director of the Holocaust Survivor Assistance Program at Goodman JFS, offered some signs and symptoms of traumatic stress to look out for:

- ▶ changes in sleeping or eating patterns
- ▶ withdrawal from family, friends or previously enjoyed activities
- ▶ difficulty concentrating, remembering or problem-solving
- ▶ obsessive worry or fear
- ▶ hypervigilance or constantly looking for threats
- ▶ high startle response, increased anger or irritability
- ▶ increased feelings of sadness, helplessness or hopelessness

- ▶ difficulty regulating one's mood
- ▶ changes in cardiovascular or respiratory functioning, increased muscle tension
- ▶ unexplained aches and pains
- ▶ feeling “numb”

People should not be afraid to seek professional support if they are experiencing several of the symptoms, if the severity increases or if the symptoms interfere at home, in relationships or with their personal health, Golden and Troy said. If survivors are unsure if they would benefit from additional help, they are encouraged to speak to their case managers who can guide them.

Golden and Troy also offered the following healthy tips to cope with any emotions people may be feeling.

- ▶ limiting their exposure to the news and not watching within four hours of bedtime
- ▶ engaging in mindfulness exercises, such as deep breathing, tightening and relaxing muscle groups intentionally, and imagery of a safe or happy place
- ▶ focusing their energy on things they can control, such as how they can keep themselves safe, how they can advocate, or how they can provide support from afar
- ▶ seeking and noticing good things, such as coming together of people, the heroic stories, and other daily things to be grateful for
- ▶ increasing their time spent with loved ones, social supports or even pets
- ▶ engaging in self-care behaviors such as eating, sleeping, taking their medications, journaling, enjoyable activities such as reading, knitting, cooking, gardening (and if they can't physically do it, talking to people about them or reading things related to the activity)

▶ *Staff Report*

# The Fry That Binds

A RECIPE FOR LATKES, THE OIL-RICH, SYMBOL-LADEN CHANUKAH STAPLE.

## Traditional Latkes

Many home cooks have a latke recipe that was passed along to them. Some can make latkes from memory, no recipe needed. For many, the memory of braising their knuckles while grating potatoes is part of the tradition.

The symbolism of the holiday of Chanukah – the miracle of the oil in the Temple lasting beyond expectations, for eight days – is remembered in the kitchen by preparing foods fried in oil, like potato latkes. Other latke variations – layering tradition with new flavors – can be made with sweet potatoes, zucchini, apples, beets and more; some cooks like to make cheese latkes.

A favorite Chanukah specialty, latkes might be served as an appetizer or side dish. Traditionally, they are accompanied by either sour cream or applesauce, but unflavored yogurt is also delicious. Latkes can also be enjoyed alongside a cup of tea, with a bit of cinnamon and sugar on top.

These latkes can be prepared ahead of time. (The challenge is not to eat them at once!) To serve, just place them on a baking sheet and reheat in a 350-degree oven for about 8 to 10 minutes, then drain on paper towels. They will regain their just-fried goodness.

## Ingredients

2 eggs  
4 cups coarsely shredded potatoes (if you don't peel them, be sure to scrub well)  
1/4 cup matzah meal, crumbled matzah, or crumbled water biscuits  
2 tablespoons grated onion  
1/4 teaspoon salt, or to taste  
1/8 teaspoon pepper  
Oil for frying



1. In a medium bowl, beat the eggs. Add the potatoes, matzoh meal, onion, salt and pepper, stir until combined.
2. Pour the oil 1/4 inch deep into a large skillet. Heat the oil over medium-high heat until it bubbles when a little of the potato mixture is dropped in. Drop the batter by tablespoonful into the oil and flatten slightly with the back of the spoon. Cook until golden at bottom; turn and cook until golden on second side, about 3 minutes per side. Drain on paper towels.

Please enjoy these recipes for delicious and healthy special dishes for the holidays. While you might be serving a meal for just one or two, you can freeze leftovers in small portions for future use – save yourself trips to the store or waiting for deliveries – and keep enjoying them.

*For those who can't cook, we don't want you to miss out on celebrating the holidays; please be in touch with your local agency (see pages 6-7) to inquire about the possibilities of arranging for meal delivery.*

*These recipes are reprinted with permission and with much gratitude to Carol Gelles, the author of several cookbooks including "1,000 Vegetarian Recipes" (winner of a Julia Child Cookbook Award and a James Beard Foundation Award for Excellence), "The Complete Whole Grain Cookbook," "Wholesome Harvest" and "The Ultimate Diabetes Cookbook." Gelles has a master's degree in food and nutrition and has been instrumental in leading the free community lunch program at Congregation B'nai Jeshurun in Manhattan.*

# 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), 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 annual Supplemental Payments of approximately €1,200 in 2023 through 2027. If you already received a Hardship Fund Supplemental Payment (meaning payments over the two years of €2,400), you don't have to apply again. You will only need to provide Proof of Life. Please register with Paneem for the 2023 payment (you will need to do this every year through 2027). You will hear from us to validate via Paneem. If you have moved, or don't hear from us, please contact us. If you have never applied, the deadline for the 2023 payment is December 31, 2023.

Holocaust survivors who were previously ineligible to receive the Supplemental Hardship Fund payments because they received one-time German government payments (for example from Länderhärtefonds) are now eligible to apply for the supplemental payment.

Survivors who receive a German or Austrian pension for persecution during the Holocaust (BEG, Article 2 Fund, Regional Specific Pro-

gram (RSP), Austrian Victims Pension (Opferausweis)) are not eligible to receive the Hardship Supplemental Fund 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, Adjud, Beiuș, Blaj, Caracal, Dumbrăveni, Făgăraș, Hațeg, Luduș, Mediaș, Nălaț-Vad, Oravița, Păclisa, Pitești, Șărmașu, Sighișoara, Târnăveni, Tinca, Turnu Severin, Arad, Braila, Brasov, Buhusi, Călărași, Deva, Dorohoi, Fălticeni, Huși, Ilia, Lugoj, Ploești, Podul Iloaiei, Sibiu, Suceava, Târgu Frumos, Timisoara, Turda, Alba Iulia, BaCau. Barlad, Botosani, Buzau, Costanta, Craiova, Focasni, Galatz, Harlau, Iasi, Pascani, Piatra Neamt, Roman, Romanicu Sarat, Stefanesti, Targu Mures, Targu Neamt, Tecuci, and Vaslui, between August 1941 and August 1944;

- In Bulgaria, survivors persecuted in Dobrich, Kazanlük, Kürdzhali, Lovech, Nevrokop (a.k.a. Gotse Delchev), Nikopol, Plovdiv, Popovo, Preslav, Provadiya, Turgovishte, and Yambol (Jambol), 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

*continued on following page*



*continued from previous page*

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** In addition to the other eligible applicants listed above, the Child Survivor Fund may also provide a one-time payment to those who are among the One Thousand Children 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, 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](http://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, other German federal compensation laws or governmental programs, (sometimes referred to as Wiedergutmachung), for Holocaust survivors who passed away January 1st, 2020 or later. For more information, please check with the BADV or download the application from the BADV website at <https://www.badv.bund.de/DE/OffeneVermoegensfragen/UebergangsleistungenEhegattenNSOpfer/antrag.html>.

#### **REGION-SPECIFIC 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](mailto:info@claimscon.org) [www.claimscon.org](http://www.claimscon.org)**

## 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*

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 <https://www.claimscon.org/survivor-services/helpcenters/>

**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 Ser-  
vices*  
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)-843-7456

*Jewish Social Service Agency*  
Rockville (301) 816-2657

### 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) 363-8010

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

*Jewish Family & Vocational  
Service of Middlesex County*  
North Brunswick (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

*Edith and Carl Marks Jewish  
Community House of Bensonhurst*  
Brooklyn (718) 331-6800

*Guardians of the Sick/Bikur  
Cholim Hessed 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 Location-based

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

## ADDITIONAL RESOURCE

The Blue Card (212) 239-2251

## CANADA

*Jewish Family Service*  
Calgary 403) 287-3510

*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*  
Montreal (514) 343-3514

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

*Circle of Care Toronto*  
(416) 635-2860 ext. 247  
or (416) 635-2900 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.**



# ВНИМАНИЮ ПЕРЕЖИВШИХ ХОЛОКОСТ

Если вы пережили Холокост и не получили компенсацию ни от Клеймс Конференс, ни от правительств Германии и Австрии, то, пожалуйста, позвоните нам не откладывая - возможно вам полагается компенсация. Клеймс Конференс добилась следующего смягчения критериев для фондов компенсаций на переговорах с правительством Германии.

## ДОПОЛНИТЕЛЬНАЯ ВЫПЛАТА ИЗ ФОНДА HARDSHIP FUND

Жертвы нацизма еврейского происхождения, которым полагается выплата из фонда HARDSHIP FUND, получают ежегодную дополнительную выплату в размере приблизительно €1,200 с 2023 по 2027 год. Если вы уже получали дополнительную выплату из фонда HARDSHIP FUND (имеется в виду выплата в размере €2,400 в течение двух лет), то вам не надо подавать заявление снова. Вам просто нужно будет предоставить подтверждение о нахождении в живых. Пожалуйста, зарегистрируйтесь через PANEEM на выплату за 2023 год (вам придется делать это ежегодно до 2027 года). Мы свяжемся с вами для подтверждения через PANEEM. Если вы переехали, или мы с вами не связались, пожалуйста, дайте нам знать. Если вы никогда не подавали заявление, то крайний срок подачи заявления на выплату за 2023 - 31 декабря 2023 года.

Пережившие Холокост, которые ранее не могли подавать заявление на дополнительную выплату из фонда HARDSHIP FUND в силу того, что получили в прошлом одноразовую выплату от правительства Германии (например от компенсационных фондов федеральных земель Länderhärtefonds), теперь могут это сделать. Пережившие Холокост, которые получают пенсию за преследование во время Холокоста от Германии и Австрии (BEG, Article 2 Fund, Regional Specific Program (RSP), Austrian Victims Pension (Opferausweis)), не вправе получать дополнительную выплату из фонда HARDSHIP FUND.

## НЕДАВНО ПРИЗНАННЫЕ ОТКРЫТЫЕ ГЕТТО

Жертвы нацизма еврейского происхождения, которые подвергались преследованиям в открытых гетто, перечисленных ниже, не меньше трех месяцев, могут теперь претендовать на пенсию из фонда A2 или CEEF:

- Румыния: пережившие преследование в городах Бухарест, Аджуд, Беюш, Блаж, Каракал, Думбрэвены, Фэгэраш, Хацег, Лудуш, Медиаш, Нэлат-Вад, Оравита, Пэклиша, Питешты, Сэрмашу, Сигишоара, Тырнэвени, Тинка, Турну Северин, Арад, Брэйла, Брашов, Бухуши, Кэлэраши, Дева, Дорохой, Фэлтичены, Хуси, Илия, Лудош, Плоэшты, Поду Илоаей, Сибиу, Сучава, Тыргу-Фрумос, Тимишоара, Турда, Алба Юлия, Бакау, Барлад, Ботошани, Бузэу, Констанца, Крайова, Фокшаны, Галац, Хырлэу, Яссы, Пашкани, Пятра-Нямц, Роман, Рымнику-Сэрат, Стефанешты, Тыргу-Муреш, Тыргу-Нямц, Текуч и Васлуй в промежутке между августом 1941 и августом 1944 года.

- Болгария: пережившие преследование в городах Добрич, Казанлык, Кырджали, Ловеч, Неврокоп (также Гоце-Дельчев), Никополь, Пловдив, Преслав, Провадия, Тырговиште и Ямболь в промежутке между сентябрем 1942 и сентябрем 1944 года.

В дополнение, все получатели пенсии, которые подвергались преследованию в одном из вышеназванных открытых гетто Румынии и Болгарии, и которые родились после 1 января 1928 года, могут претендовать на одноразовую выплату из фонда Дети Холокоста, который находится в ведении Клеймс Конференс. Обратите внимание: жертвы нацизма еврейского происхождения из этих открытых гетто в Румынии и Болгарии могут претендовать на пенсию от ZRBG (Ghetto Pension). Обработкой этих заявлений Клеймс Конференс не занимается. Пожалуйста, свяжитесь с ближайшим к вам посольством или консульством Германии или зайдите на сайт <https://www.germany.info/us-en/service/07-Pension/ghetto-financial-compensation/920638>

## ФОНД ДЕТИ ХОЛОКОСТА

В дополнение к уже вышеперечисленным категориям, этот фонд может выплатить одноразовую компенсацию в размере €2,500 (приблизительно \$2,500 на человека) тем, кто был среди "Тысячи Детей" (One Thousand Children). Приблизительно 1,400 детей были вынуждены покинуть своих родителей и перебраться в США. Их спасли из нацистской Германии и стран, оккупированных нацистской Германией. Пожалуйста, свяжитесь с нами, чтобы узнать подробности.

#### **ВЫПЛАТЫ СУПРУГАМ УМЕРШИХ ПОЛУЧАТЕЛЕЙ ПЕНСИИ ИЗ ФОНДОВ ARTICLE 2/CEEFF**

Клеймс Конференс произведёт выплаты имеющим право на получение супругам умерших получателей пенсии из фондов Article 2 и Центрально-европейского фонда (CEEFF).

Супруг/а получателя пенсии из фондов Article 2 и Центрально-европейского фонда (CEEFF), после смерти получателя пенсии из фондов Article 2 и Центрально-европейского фонда (CEEFF), может претендовать на получение выплат в течение срока до 9 месяцев, выплачиваемых три раза поквартально, если:

1. Супруг/а был/а жив/а на момент получения выплаты; и
2. Супруг/а состоял/а в браке с получателем пенсии из фондов Article 2 и Центрально-европейского фонда (CEEFF) на момент его/её смерти; и
3. Получатель пенсии из фондов Article 2 и Центрально-европейского фонда (CEEFF) умер в любой момент после получения пенсии из этих программ.

Супруг/а пережившего Холокост должен/на быть жив/а на момент получения каждой выплаты.

Другие наследники, включая детей, не имеют права на получение этих выплат.

Скачать заявление с нашей интернет страницы можно здесь: [www.claimscon.org/apply](http://www.claimscon.org/apply)

Правительство Германии начало похожую программу для супругов получателей ежемесячных компенсационных пенсий, выплачиваемых на основании федерального закона Германии о компенсациях (иногда называемого также Wieder-

gutmachung), других немецких федеральных законов о компенсациях или правительственных программ - для переживших Холокост, которые умерли после 1ого января 2020 года. Для получения более подробной информации свяжитесь, пожалуйста, с BADV или скачайте заявление с сайта BADV <https://www.badv.bund.de/DE/OffeneVermoegensfragen/Uebergangsleistungen/EhegattenNSOpfer/antrag.html>. **ЕНСИЯ ЖЕРТВАМ ОСОБО ЖЕСТОКОГО ПРЕСЛЕДОВАНИЯ В ОТДЕЛЬНЫХ РЕГИОНАХ (RSP)**

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 RSP, могут также претендовать на выплату из Фонда Дети Холокоста (Child Survivor Fund) при соответствии возрастному критерию (дата рождения после 1928 года включительно).

Для получения более подробной информации свяжитесь:

**Claims Conference**  
**PO Box 1215**  
**New York, NY 10113 USA**

**Tel: +1-646-536-9100**  
**Fax: +1-212-679-2126**  
**Email: [info@claimscon.org](mailto:info@claimscon.org)**

**<http://www.claimscon.org>**



PO Box 1215, New York, NY 10113

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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 Karen Hellig, Claims Conference Assistant Executive Vice President and General Counsel
- ▶ Report on Claims Conference emergency efforts in Israel
- ▶ Advice for coping with trauma, post October 7th
- ▶ Important information on compensation payments
- ▶ A profile of an innovative art therapy program in Brooklyn
- ▶ Timely health tips
- ▶ A guide to our new tool, Panem, and the Survivor Portal
- ▶ Contact information for our partner agencies around North America

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