



# *Jewish Residents of Leisure World*

Silver Spring, Maryland

January, 2012, Tevet – Sh'vat, 5772

Newsletter Editor: Bernice F. Cohen 301-598-0192

Website: <http://www.jrlw.org>



## **JRLW President's Message**

I can't believe it's the beginning of a new year! I know we have all made New Year Resolutions. I hope that one of yours is to become more active in the Jewish Residents of Leisure World.

All committees are busy making plans for the coming year, such as educational courses, speakers of interest, musical programs and trips to fun places. We are planning getaways to Atlantic City, Cape May and Ocean City for your enjoyment. Transportation will be included in the price of these trips. Any of your suggestions for activities for the coming year are welcome.

Our Nominating Committee is looking for a slate of officers and committee chairs to serve our organization for the coming year. If you are interested in serving, please contact Fred Shapiro, Chairman of the Nominating Committee.

Each month I would like to acknowledge one of my committee chairpersons. This month I have chosen to recognize Sue Rudo, Membership Chairperson. Sue has worked above and beyond in bringing new members into our organization. Each month she has been successful in doing just that. The Membership Tea that she chaired was a huge success. Thank you, Sue, for a job well done.

I want to wish each of our members a healthy and happy New Year.

Shalom,  
Dolly Solomon

## **Upcoming JRLW Events**

- Mon 2 JRLW Board – 7:00 pm CH II
- Wed 4 – Hadassah Board – 10:00 am CH I
- Wed 4 Na'Amat Meeting – 12:30 pm CH I
- Fri 6 Friday Evening Services – 8:00 pm Interfaith Chapel
- Mon 9 CofA - "FDR and Four Freedoms" – 11:00 am CH I
- Wed 11 JWW Meeting CH I
- Sat 14 Saturday Services – 9:00 am CH II
- Sun 15 JRLW Breakfast Forum – 10:00 am CH I
- Mon 16 Hadassah Bible Study Group – 1:30 pm CH I
- Mon 16 Martin Luther King Services – 10:00am Interfaith Chapel
- Tues 17 Na'Amat Board – 10:00 am CH I
- Wed 18 Hadassah Meeting and Program – 12:30 pm CH I
- Thur 19 JRLW Singles Lunch at Tyson's Chinese Restaurant – 12 noon
- Mon 30 Film "Sholem Aleichem" – 1:30 pm CH II

**DEADLINE FOR THE FEBRUARY  
NEWSLETTER IS MONDAY,  
JANUARY 9th.  
ARTICLES RECEIVED AFTER THE  
DEADLINE WILL APPEAR IN THE  
MARCH ISSUE.**



## SHOLOM ALEICHEM



### FILM "SHOLEM ALEICHEM: LAUGHING IN THE DARKNESS"

*By Fred Shapiro  
JRLW Community Liaison*

One of the great writers of the Jewish world will be the featured subject in the film "Sholem Aleichem: Laughing in the Darkness," to be shown here in Leisure World January 30th. The film is co-sponsored by JRLW and the JCCGW Coming of Age Program in the auditorium of Clubhouse II at 1:30 PM. Tickets are available from E&R. Checks for \$6.00 per person should be payable to JRLW.

"Sholem Aleichem: Laughing in the Darkness" is much more than a documentary biography of "the Jewish Mark Twain," as the creator of Tevye the Dairyman, Menachem-Mendl and other beloved folkloric characters has been called. It is a rich, beautifully organized and illustrated modern history of Eastern European Jewry examined through the life and work of the author, born Sholem Rabinovich in Pereyaslav (near Kiev) in 1859. The film, directed by Joseph Dorman, explores the history and dissolution of Eastern European Jewish culture and the conflicting desires of later generations to remember and to forget. In the late 19th century Jews were second-class subjects in czarist Russia

and convenient scapegoats in times of social and political unrest; any dreams they had of assimilation were shattered by periodic pogroms.

The rural Jewish culture of the shtetl was further eroded by the Industrial Revolution and World War I and finally wiped out by the Holocaust. One of the film's central themes is Sholem Aleichem's personification of the tug of war between nostalgia for the past and the impulse to leave it behind.

The movie reveals that Sholem Aleichem was every bit as colorful a figure as the characters in his stories. In his stories, his fantasy of riches, voiced by Tevye, boiled down to a five-word wish, "If I were a Rothschild." In "Fiddler on the Roof," the hit 1964 Broadway musical based on the Tevye stories, it became the song, "If I Were a Rich Man." Many of his stories, which turned difficult situations into high comedy and farce, were tales of generational conflict told from the parents' point of view.

Sholem Aleichem's work explored one question "How to adopt to modernity and yet not lose the continuity of a civilization that was Jewish. Clearly the answers given by Sholem Aleichem 100 years ago cannot be the answers today. But what we can learn from him is how to negotiate an answer. Or even how to ask the question.

## FDR AND FOUR FREEDOMS, THEN AND NOW



*Professor Allida Black*

*By Fred Shapiro  
JRLW Community  
Liaison*

**FDR and the Four Freedoms** will be the highlighted subject of the program by Professor Allida Black scheduled for January 9th at 11:00 am in Clubhouse I. The “Four

Freedoms” - freedom of speech, freedom of worship, freedom from want and freedom from fear - gave the Allies, and eventually the world, a new vision that empowered them to oppose fascism, communism, dictatorship and economic tyranny. This vision spurred the creation of the United Nations, the Universal Declaration of Human Rights, as well as social and political movements at home and around the world. Professor Black’s presentation is co-sponsored by JRLW and the Coming of Age program of the JCCGW. Tickets are available in the E&R office for \$6.00, payable to JRLW.

Franklin Roosevelt was elected president for an unprecedented third term in 1940. Much of Europe had fallen to the advancing German Army and Great Britain was barely holding its own. A great number of Americans remained committed to isolationism. In his Annual Message to Congress on January 6, 1941, Franklin Roosevelt presented his reasons for American involvement, making the case for continued aid to Great Britain and greater production of war industries at home. President Roosevelt stated that the United States was fighting for the universal freedoms that all people possessed.

The “Four Freedoms” - the freedom of speech, the freedom of worship, the freedom from want

and the freedom from fear - symbolized America’s war aims and gave hope in the following years to a war-wearied people because they knew they were fighting for freedom.

Join in the discussion of the steps FDR and Eleanor Roosevelt took to develop the concept, what shaped their commitments to it and assess its impact on our lives today.

Professor Allida Black is Executive Editor of the FDR4Freedoms Digital Initiative, an education and advocacy program dedicated to the “Four Freedoms.” In addition to being Research Professor of History and International Affairs, Black serves as Founding Editor and Editorial Advisory Board Chair of The Eleanor Roosevelt Papers, a project designed to preserve, teach and apply Eleanor Roosevelt’s writings and discussions of human rights and democratic politics. She is a director of the Roosevelt Institute and its Four Freedoms Center. Professor Black is also a member of the Board of Directors of the Eleanor Roosevelt Legacy Committee.

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## Welcome New Members

We welcome the following new members to Jewish Residents of Leisure World:

Beverly and Lee Rosenblatt - 3100 N. LWB

Paul Roberts - 3360 Gleneagles

Sue Simons - 3100 N. LWB

Jesse and Marian Kaiser - 3100 N. LWB





## TORAH MAINTENANCE AND PRAYER BOOK FUND

Individuals can be honored and loved ones memorialized with a contribution to the JRLW Torah Maintenance Fund or Prayer Book Fund for a minimum donation of \$25.00. Contact Ellen Zweig at 301-598-2144 between 9:00 am and 9:00 pm.

Lucy & Ernie Pollack in honor of Ziva Israeli's 80th birthday.

Sonya Korenblit & Hy Hirschberg in honor of Dr. Robert & Marcia Rosenberg on the birth of their Granddaughter Sadie Bella Green.

Elaine Schenberg in honor of Susan & Jerry Weiss on the birth of their Granddaughter Emily May.

Carolyn & Arnie Gross in honor of Mort Rudo's 80th birthday.

Joan & Gerald Sommer in honor of Mort Rudo's 80th birthday.

Joan & Gerald Sommer in memory of Barbara Firestone's sister Helen Winchester.

Ellen Hamburg in honor of Abe Hamburg for his High Holiday honor.

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## **CONDOLENCES**

We offer our sincere sympathy to the families of the following:

**Adolph Sandler**  
**Shirley Rodes**  
**William Eisenberg**  
**Marvin Berkowitz**  
**Saul Kruger**  
**Ralph Zorn**  
**Albert Mapou**

May their memory be a blessing.

## JRLW SINGLES

*Anita Van Grack*

I would like to thank everyone who attended the Chankah Party/meeting in December. A good time was had by all.



Our luncheon in January will be held Thursday, January 19, at Tyson's Chinese Restaurant on Randolph Road at 12:00 noon. Please call Anita Van Grack at 301-438-

1431 to make your reservations.

I want to wish everyone a very Happy New Year.

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## GOOD AND WELFARE

Our good wishes for a quick recovery go to:



Hy Hirschberg who is currently recuperating in Bedford Court.

Several of our grandchildren have spent a college semester abroad. Molly Friedman, my granddaughter is one. She is studying in London and has taken the opportunity to visit other countries in Europe. What a wonderful opportunity.

Leonard and Marilyn Teitelbaum have a granddaughter who is in the Israeli Army. They must be very proud of her.

Marilyn and George Kessler will be travelling to Israel in February for the Bar Mitzvah of their youngest grandson. They have many grandchildren who live in Israel.

Sheila Myers and Joy Podolsky both underwent surgery on the same day on December 14. We wish them both a successful surgery and a good recovery.

A speedy recovery to Deborah Letow from her recent surgery.

# January 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Tevet 6	2 Tevet 7 JRLW Board Meeting 7PM CH 2	3 Tevet 8	4 Tevet 9 Hadassah Board Meeting CH 1 Na'Amat Board Meeting CH 1	5 Tevet 10	6 Tevet 11 Candle lighting 4:43PM Friday Evening Cons Services Interfaith 8PM	7 Tevet 12
8 Tevet 13	9 Tevet 14	10 Tevet 15	11 Tevet 16 JWW Meeting	12 Tevet 17	13 Tevet 18 Candle lighting 4:50PM	14 Tevet 19 JRLW Cons Svcs CH 2 9:15AM
15 Tevet 20 JRLW Breakfast Forum 10AM CH 1	16 Tevet 21 Hadassah Bible Study Gp CH 1 MLK Services Morning	17 Tevet 22 Na'Amat Board CH 1	18 Tevet 23 Hadassah Mtg and Prog CH 1	19 Tevet 24 JRLW Singles Lunch	20 Tevet 25 Candle lighting 4:57PM	21 Tevet 26
22 Tevet 27	23 Tevet 28	24 Tevet 29	25 Sh'vat 1	26 Sh'vat 2	27 Sh'vat 3 Candle lighting 5:05PM	28 Sh'vat 4
29 Sh'vat 5	30 Sh'vat 6	31 Sh'vat 7				



## JANUARY SERVICES

The next Friday evening services will be held January 6 at 8:00 pm at the Interfaith Chapel. Services will be lead by Rabbi Gary Fink. Ed Laskin will lead the Choir.

Saturday Services will be held on January 14, at 9:15 am in Clubhouse II. Services will be lead by Cantor Michael Kravitz. Preliminary Service will be lead by Justin Kramer. Hymie Rosenberg will chant the Haftorah and Bernice Blumenthal will give the D'Var Torah.

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## JRLW BREAKFAST FORUM



The January JRLW Breakfast will be held on Sunday, January 15, 2012, at 10:00 am in the Crystal Ballroom in Clubhouse I.

Our presentation will be made by Rabbi Kenneth

L. Cohen, a writer, speaker and pastor whose topic will be "Lies My Bubbie Told Me: Myths and Common Mistakes About Judaism." Make your reservation by sending your check made payable to JRLW for \$5.00 members (\$8.00 non-members) to Bella Rapaport, 3005 S. Leisure World Blvd., #301, Silver Spring, Maryland 20906.

## Mt. Scopus Hadassah

On Wednesday, January 18, the film "Bubbe Meises: Bubbe Stories" will be shown. This 75 minute movie is a one-person musical tribute starring Ellen Gould who recalls wise and witty anecdotes she heard from her two Jewish grandmothers. It will bring a smile to your face and touch your heart. The meeting will be held in Clubhouse I. Socializing begins at 12:30 pm and the meeting starts at 1:00 pm. Everyone is welcome to attend.

Mah-jongg cards are now being sold for March of 2012. The price is \$7.00 for regular print and \$8.00 for large print. Send your check payable to Hadassah to Janet Lazar, 15311 Beaverbrook Ct. #1B, Silver Spring, MD 20906, by January 13. If you have any questions, please call Janet at 301-598-4066.

The Mt. Scopus Bible Study Group will discuss the Wise Woman of Tekoa from Samuel II on Monday, January 16 at 1:30 pm in Clubhouse I. New participants are welcome.



### Recipe Corner



Winter is the time for a good pot of soup. Here is Shirley Greenberg's recipe for a hearty, good soup.

#### **CABBAGE/GARLIC BORSHT**

2 or 3 cloves minced garlic  
3 bunches of beets, grated  
1 head of cabbage, shredded  
Marrow bones  
Sour salt or lemon juice to taste  
Salt, pepper and sugar

Salt down shredded cabbage; let stand for about ½ hour and then squeeze out liquid and drain. Place cabbage and marrow bones in bottom of heavy pot. Cover with water and cook for 1½ hours. Skim film from liquid. Add grated beets and all seasonings. Cook for another ½ hour. Season to taste. Soup always tastes better when reheated.



# **TZEDAKAH & ONEG/ KIDDUSH DONATIONS**

## **TZEDAKAH DONATIONS**

For information about Tzedakah donations or Oneg/Kiddush donations, please call Susan Weiss at 301-460-6030. Checks should be made out to JRLW and mailed to Susan Weiss, 3739 Glen Eagles Drive, Silver Spring MD 20906.

Walter Packer in honor of Sandy Budman's birthday.

Carole Jason wishing a speedy recovery to Saunnie Hochhauser.

Susan and Jonas Weiss in honor of the birth of Barbara Miller's grandson Caleb James Zimmet.

Beverly Itzkowitz in honor of Ziva Israeli's special birthday.

Eleanor Prissman in memory of Ann Loeb's husband Manfred Loeb.

Lucy and Ernie Pollak in honor of Ziva Israeli's birthday.

Ann and Lester Sussman for Yiskor in memory of Simon and Leah Miller and Jack and Fae Sussman.

Leonard Bosin in appreciation to JRLW for his Aliyah for chanting the Haftorah on the 73rd anniversary of his Bar Mirzvah.

Elaine and Jerry Daniels in honor of Mort Rudo's 80th birthday.

Gloria and Alvin Bernstein in honor of Mort Rudo's 80th birthday.

Susan and Jerry Weiss in honor of Mort Rudo's 80th birthday.

Roma and Marvin Sohn in memory of Lilli Kawer's beloved husband Leon.

Shirley and Manny Collier in honor of Mort Rudo's 80th birthday.

Abbey and Fred Brahin in honor of Mort Rudo's 80th birthday.

Sheila Chodorov in memory of Barbara Firestone's sister Helen Winchester.

Sheila Chodorov in honor of her recovery from recent surgery.

Carole Jason – get well wishes for Lenore Kalen.

Naomi and Steven Kline in honor of Mort Rudo's birthday.

Naomi and Steven Kline in memory of Adolph Sandler.

Ecille and Ralph Shapiro in memory of Jeanne Eisenberg's beloved husband William.

Gloria and Alvin Bernstein to Suzie Offit in memory of Dr. Harry Pitt.

Sandra Sager in memory of Dr. Harry Pitt, friend of Suzie Offit.

## **KIDDUSH DONATIONS**

Barbara and Jerry Miller in honor of their 22nd anniversary in February.

Sonya Korenblit and Hy Hirschberg in honor of Hy's 88th birthday.

Kiddush donation by Barbara and Jerry Miller in honor of their 22nd anniversary in February



## PHYLLYS HUTT'S CORNER: "ME AGAINST THE WORLD"

Each year during the holiday season I engage in a verbal battle with family and friends. This has occurred ever since I was a very young child and first found out about Santa Claus. The subject of Santa sounds strange appearing in a Jewish publication, but, nevertheless I must contradict the world's interpretation of Clement Moore's ageless poem, A Visit from St. Nicholas.

What is wrong with people? Can't they understand what is plainly written? Could it be that I am the only one who "gets" the magical existence of Santa Claus? A fact to bear out my theory is this: Santa is little, and THAT is how he is supposed to fit down the chimney! Every street-corner Claus should be a little person, not a full grown average guy!

Let's take it step by step. To quote the poem: "...When what to my wondering eyes should appear than a MINIATURE SLEIGH and eight TINY REINDEER, with a LITTLE old driver so lively and quick..." Another clue to prove my theory: "...I heard on the roof the prancing and pawing of each LITTLE hoof." And how about, "He was chubby and plump, a right jolly old ELF." And what about "...and a round LITTLE BELLY that shook...etc., etc."

The beauty of the poem is that Santa was not a large grown-up that children might even be afraid of, but a little guy who was not much bigger than they are!

I will continue to espouse this theory and even try to amend the famous letter written to a little girl many years ago by the Editor of the New York Times (or was it The News?) so that it says, "Yes, Virginia, there is a LITTLE Santa Claus."

For those who care to dispute this belief, all I can answer is, "Put up your dukes! The proof is in the writing!"

## HAR TZEON-AGUDATH ACHIM JANUARY PROGRAMS

### MORNING PROGRAMS

10:00am Tai Chi with Leonard Gross.  
11:00am Exercise with Mim Parizer.

### AFTERNOON PROGRAMS – 1:00 PM

1:00pm Yiddish Class with Marcia Levinsohn.

Thursday, January 5 - Fast Day, no program.

Thursday, January 12 - Charlie Brotman, former announcer for the Washington Senators: "Career Highlights from The Voice of Washington."

Thursday, January 19 - Rosa Weinstein, Director of Himmelfarb University: "The History and Culture of Humor."

Thursday, January 26 - Bob Lachin at the Piano: "An Afternoon of Beautiful Music."

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Call Bedford Court today for more details and to schedule an appointment with Elena Price at 301-438-6607. Don't delay, winter will be here before you know it! Come enjoy life at Bedford Court and save BIG today!

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# Debunking the Myths of Older Adult Falls

*Adapted from the  
National Council on Aging  
by Beth Shapiro*

JSSA Senior Services  
Coming of Age in Maryland Social Worker  
(301) 816-2665 • CoAmd@jssa.org



Many people believe that falls are a normal part of the aging process. This is fact more myth than reality. Most falls can be prevented – and you have the power to reduce your risk. Exercising, managing medications, having your vision checked, and making your living environment safer are all steps you can take to prevent a fall. To promote greater awareness and understanding about older adults and falls below are 10 common myths – and the truths – about older adult falls. This is the first half of a 2-part article. The second half will appear in next month's Newsletter.

**Myth 1: Falling happens to other people, not to me.**

**Reality:** Many people think, "It won't happen to me." But the truth is that 1 in 3 older adults – about 12 million – fall every year in the U.S.

**Myth 2: Falling is something normal that happens as you get older.**

**Reality:** Falling is not a normal part of aging! Strength and balance exercises, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall.

**Myth 3: If I limit my activity, I won't fall.**

**Reality:** Some people believe that the best way to prevent falls is to stay at home and limit activity. Not true. Physical activities will actually help you stay independent, as your strength and range of motion benefit from remaining active. Social activities like participating in Com-

ing of Age in Maryland are good for your overall health.

**Myth 4: As long as I stay at home, I can avoid falling.**

**Reality:** Over half of all falls take place at home. Inspect your home for fall risks. Fix simple but serious hazards such as clutter, throw rugs, and poor lighting. Make simple home modifications, such as adding grab bars in the bathroom, a second handrail on stairs, and non-slip paint on outdoor steps.

**Myth 5: Muscle strength and flexibility can't be regained.**

**Reality:** While we do lose muscle as we age, exercise can partially restore strength and flexibility. It's never too late to start an exercise program. Even if you've been fairly inactive your whole life, becoming active now will benefit you in many ways – including helping to prevent falls.

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## NA'AMAT NEWS

### **Farewell 2011....welcome 2012!**

Na'Amat looks forward to all the nice things we have planned for this coming year.

At our open meeting on Wednesday, January 4, in the Clubhouse I Ballroom, we will have Kevin Sterling, acupuncturist, who will be our guest speaker. We will hear all about the technique and benefits of acupuncture. Many of our members are patients of his and will be happy to tell us of their experiences and Mr. Sterling will answer any and all questions we may have.

### **There will be no open meeting in February.**

On Thursday, February 9, we are going to the Kennedy Center to see the delightful "La Cage aux Folles" featuring George Hamilton. It is a matinee performance. For more information contact JoAnn Cadeaux (301) 438-0737.

In March we are doing something different: an overnight to the Dover Downs Hotel & Casino in Dover, Delaware. We leave on Wednesday, March 28, and return on Thursday, March 29. The hotel is fabulous, many restaurants, a shopping arcade, slots and live harness racing. At night there is the "fire & ice" lounge where you can spend time with friends. Contact Trudy Stone (301) 438-0016 for more information.

### **Mark your calendars and save these dates:**

Tuesday, January 17, 10 am – Na'Amat Board.

Wednesday, March 7 - open meeting with Liz Crenshaw NBC News (Clubhouse I).

Tuesday, April 17 - Spiritual Adoption Luncheon (Clubhouse I).

Thursday, May 24- Donor Luncheon (Manor Country Club).

Wednesday, June 6- End of the Year Meeting (Clubhouse I).

## IDF IN CONCERT

On Tuesday, December 13, we had the privilege of attending a concert given by young adults who are part of the Israeli Defense Forces. Those of us who attended were treated to singing, playing and dancing by these young people.

This was a fund-raiser for the Friends of the Israeli Defense Forces. Although we know what danger the people in the IDF face – in fact the danger that the whole country of Israel – faces daily, these young people sang most of the songs so joyously, you forgot the danger of their real mission for a few hours. One of the young men, just age 23, was depicted in a short film. He was in charge of a platoon of 18-year olds. It is hard to imagine the responsibilities that young man has to shoulder. Then this soldier came on stage and told us of a friend who was killed while they were patrolling a border town. The whole audience was overwhelmed. What impressed me the most was how much courage these young people must have.

In Israel all 18-year olds (except for the ultra Orthodox) must serve 3 years in the Defense Forces. Then, if they can afford it, they attend college. The Friends of the IDF collect funds so they can support these men and women. They do this by providing the combat soldiers facilities in which they can relax and forget, for a few days, what they have been through, perhaps a week of vacation, helping with scholarships and in many other ways. As we were told: the Israel Defense Forces support the people of Israel and the Friends of the IDF support the Defense Forces.

The concert ended with the soldiers and others who joined in dancing and singing their way up and down the aisles of the auditorium. If you didn't know better, you could have been celebrating at a wedding or a Bar Mitzvah. What a joyous ending to the evening. Those of you who chose not to go really missed out on a very special event.

Many thanks go to Fred Shapiro and Theda Rosenblum for making this evening possible.



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