



Jewish Residents of Leisure World

Silver Spring, Maryland

January 2015—Tevet/Shevat 5775

PRESIDENT – MORTON DAVIS - 240-242-3742

Newsletter Editor – Bernice Cohen - 301-598-0192

PLEASE VISIT OUR WEBSITE – <http://jrlwmd.org>

PRESIDENT'S MESSAGE



It seems strange to be writing a message for 2015 and realizing what a fast year 2014 was. JRLW had a very productive year. In recalling our many activities, I am proud to have been your President. We enjoyed trips to the National's Game, the Naval Academy and Atlantic City. Our monthly religious

services have been well attended; speakers and programs have been successful; our Health Expo and Jewish Community Center activities and our breakfasts have all been successful.

Sue and I are getting ready to leave for Florida. During my absence, our organization will be led by our very capable Vice President Larry Sperling. He will be available to all.

Wishing everyone a warm winter and no snow.

Shalom,
Morton A. Davis

January Dates 2015

- 2 Fri – JRLW Shabbat Svcs Interfaith Chapel 7:30 pm
- 3 Sat – Study with Rabbi Samber CH II 9:15 am
- 6 Tue – JRLW Bd CH II 7:00 pm
- 7 Wed – JWV Mtg CH I 10:00 1am
- 7 Wed – Hadassah Bd – CH I 10:00 am
- 10 Sat – JRLW Shabbat Svcs 9:15 am
- 17 Sat – Study with Rabbi Samber CH II 9:15 am
- 18 Sun – JRLW Brunch CH I 10 am
- 19 Mon – Hadassah Study Grp CH I 1:30 pm
- 20 Tue – N'AMAT Bd CH I 10 am
- 22 Thu – Preplanning Workshop CH I 2 pm
- 24 Sat – Study with Rabbi Samber CH II 9:15 am
- 28 Wed – JRLW/CoA Movie CH II 1:30 pm
- 31 Sat – Study with Rabbi Samber CH II 9:15 am

Please patronize our advertisers. Tell them you saw their ad here in the JRLW Newsletter. Their ads help pay the cost of this Newsletter

DEADLINE: THE DEADLINE FOR THE FEBRUARY NEWSLETTER IS JANUARY 10. ANY ARTICLES SENT IN AFTER THAT DATE WILL APPEAR IN THE MARCH NEWSLETTER.

JRLW BRUNCHES

Evelyn Dickman

JRLW has very interesting and entertaining programs for the upcoming brunches. Be sure and make your reservation for the brunch to be held January 18, 2015. David Fishback will speak to us on a very important subject: the Jewish involvement with the Civil Rights Movement. David is most knowledgeable about Dr. Martin Luther King and the events that took place at that time.

We look forward to hearing more information on the Jewish involvement during such an important time in our Country's history.

Please mail your checks for \$10.00 per person, payable to JRLW, to Shirley and Jerry Gordon, 15311 Beaverbrook Court, #3A, Silver Spring MD 20906.



SHTETEL

Sit down for a few minutes and enjoy this poignant and beautifully crafted URL site.

<https://www.youtube.com/embed/Ttqfoq8BdyA>

NEWSLETTER STAFF

Bernice Cohen – Editor
 Shirley Griffin - Asst. Editor
 Shirley Rosenhaft – Asst. Editor
 Fred Shapiro – Business

JRLW/CoA PROGRAMS

Please note the following procedures for paying for JRLW/CoA Programs:

Based on discussions with E&R (Dee), the JRLW representatives, and the JCC here are the new registration procedures:

Any JRLW/CoA Program held in Clubhouse I: Program registration & payment will be paid directly to the JCC (E&R will **not** accept checks or issue tickets)

JRLW/CoA Movies held in Clubhouse II: Registration & payment will continue to be made at E&R office in CH I. **Checks for these movies will continue to be made out to JRLW.**

Starting January 2015, if you are registering for a CoA/JRLW program in Clubhouse I, use the Registration Form on page 10 of the booklet that you will receive in the mail. PLEASE DO NOT bring your payment to E&R - No tickets will be issued.

WE GET LETTERS!

Dear Allan Firestone,

Thank you so much for all your support bringing together the shiva services for my mother Cynthia. It gave my sister and me great comfort to be able to honor my mother's memory this way.

Sincerely,

Jeff Kramer
 6239 Cheryl Drive
 Falls Church, VA 22044



JRLW WOMEN'S SHABBAT SERVICE

Saturday, May 9, 2015

The JRLW Women's Shabbat Service is providing an opportunity for individuals to honor all women. A special program will be distributed. The program will include the names of the donors along with the names of those whom we wish to honor.

JRLW needs your support to purchase a new Torah. This year it is requesting members to contribute \$5.00 for each honoree name listed below. Donations should be included with your application. **Please include this entire page with your payment.**

Our Deadline For Your Donation Is MARCH 1, 2015!

Please complete the application below. The names should be listed in the order you wish them to appear in this program. Additional names may be added on an additional page.

Please **PRINT** each name to be honored below.

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

Honored by – Please fill in your name below.

_____ Phone Number _____

**PLEASE MAKE YOUR CHECKS PAYABLE TO JRLW.
(IN THE MEMO LINE PRINT "TORAH FUND" AND YOUR PHONE NUMBER.)**

DONATION IS \$5.00 PER NAME OF HONOREE.

**THE TOTAL ENCLOSED CONTRIBUTION TO THE
JRLW WOMEN'S SHABBAT SERVICE PROGRAM IS \$_____.**

NOTE: This form with your check should be returned to:

Marcia J. Hahn
2901 S Leisure World Blvd., #136
Silver Spring, MD 20906

Attention: Women's Shabbat Service Program

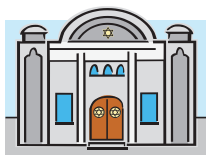
Should you have any questions or comments, please contact Marcia Hahn at 301-438-3225.

RELIGIOUS COMMITTEE

One of the services provided to members of JRLW is ensuring that a Shiva Minyan is available to the family of a member who has passed away.

The family of a deceased member should contact Herb Hodes at 301-476-4377 to organize a Minyan when a Shiva is required.

In the even Herb can not be contacted, the family should call Allan Firestone at 301-598-7311 for assistance.



JANUARY RELIGIOUS SERVICES

Friday Evening Conservative Shabbat Services will be held on January 2. Rabbi Gary Fink will conduct Services. Ed Laskin will lead our Choir. Oneg will follow Services.

Saturday Morning Conservative Shabbat Services will be held in Clubhouse II on January 10. Cantor Mike Kravitz will conduct the Service. The Haftorah will be chanted by Jerry Miller. The D'var Torah will be given by Sidney Sussan. Join us at Kiddush following Services.

Beginning Saturday morning, January 3, 9:15 am, in Clubhouse II, Rabbi Samber will be conducting a weekly abbreviated Shabbat Service and study. These sessions will be held on the Saturdays that we do not have a regular Shabbat Service. If enough people are interested in attending, these classes will continue.

COMMUNITY BULLETIN BOARD



A listing of interesting things happening in our community.

Each Thursday, there is a day-long program, including

lunch, held at **Har Tzeon-Agudath Achim**, a satellite program of the JCCGW:

January's spotlight will be on Thursday, January 29 featuring Bob Lachin at the piano. For more information contact Linda Wechsler at 301-348-3893.

Beth Torah Synagogue is arranging an Educational, Religious and Humanitarian Mission and Enrichment Program to Cuba, May 11– May 20, 2015. Highlights include:

- Educational presentation of the history of Jews in Cuba, a visit to the Jewish cemetery in Guanabacoa, and a visit to the first Holocaust Memorial in the Western Hemisphere.
- There will also be enrichment programs with the Santa Clara/Trinidad Jewish Congregation and with the Cienfuegos Community Jewish Congregation,
- Shabbat services and dinner with the community of Patronato and Saturday morning Shabbat Service at a Synagogue in the Vedado Neighborhood are included.

For a more detailed itinerary and further information, please contact Judy Milbach @ 410-480-4374.

SAVE THE DATES FOR TWO SENIOR WORKSHOPS

CLUBHOUSE I, JANUARY 22 AND FEBRUARY 18

Fred Shapiro, Community Relations

The Community Liaison/Education Committee has arranged for two workshops on subjects that are of vital interest to our senior community. The January workshop will address preplanning for end of life issues. The February workshop will address memory issues. Both workshops will take place in Clubhouse I at 2:00 pm. There will be no charge to attend either of these workshops.

The January 22 workshop will host Jamie Arthurs, Preplanning Advisor for Dignity Memorial/Hines Renaldi and a prominent attorney to discuss wills, trusts and other related legal documentation required for resolving end of life issues. JRLW has a working agreement with Dignity that will provide considerable savings if preplanned. Mr. Arthurs will also clarify the very unclear situation that has been created in the media by the acquisition of Hines Renaldi by Dignity and the forced sale of Sagel/Danzansky by Dignity as required by the Federal Trade Commission.

The February workshop will feature noted physician Dr. Majid Fotuhi, MD, Ph.D., founder and chief medical officer of

NeurExpand Brain Center, who will address issues of memory loss and how to combat this degeneration of one's ability to remember the present as well as the past. Title: Is it Alzheimer's? How to Boost Your Memory, at Any Age.

In his "How to Boost Your Memory at Any Age" presentation, Dr. Fotuhi shares the new science and research behind improving cognitive performance and memory. Attendees will learn which parts of the brain are important for memory, what happens to the brain with aging, and how to reverse age-related brain atrophy while literally growing your brain. Dr. Fotuhi will discuss simple changes in one's lifestyle that can make a lasting difference to your brain for years to come and how you can sharpen your memory for names today. Dr. Fotuhi is one of the world's foremost authorities on memory, cognitive performance and aging, and is founder of the NeurExpand Brain Center, a neurology practice that focuses on improving memory and cognitive function. Dr. Fotuhi obtained his PhD from Johns Hopkins and his MD from Harvard Medical School.

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. Send your check, made out to JRLW, to Annette Cooper at 15107 Interlachen Drive, Apt. 812, Silver Spring MD 20906.

TORAH FUND DONATIONS

Joan & Gerry Sommer - Mazel Tov & love to Lorraine & Sandy Gerson on the Bat Mitzvah of their grand daughter Madeline.

Joan & Gerry Sommer - Mazel Tov & love to Linda & Shelly Starr on the Bar Mitzvah of their grandson Jack.

JoAnn Cadeaux in memory of her beloved father, Morris Gross.

WE REMEMBER...

Our condolences to the families of

Max Klueger

(Tilden) Ted Crystal

Martin Epstein

Harriet Gravitz

Richard Pomerantz

Harold Eidlin

Ruth Kreizman

May their memory be as a blessing.



GOOD AND WELFARE

At the Junior State of America Mid Atlantic Conference (JSA), two Best Speaker awards were presented to Cole Cooper (JDS class of '16) for a debate regarding drone strikes against terrorist groups of American citizens plus a talk on US/Iran relations. He is the grandson of Annette Cooper.

Our wishes for a speedy recovery to Madeline Shapiro following hip surgery.

Congratulations to Jacky Goldberg who is to become a great-grandmother for the second time!

We were sorry to learn that Dolly Solomon fell again in her condo. She is currently in rehab at Brook Grove. Hope she will be able to return home soon.

Rhoda Krens was hospitalized briefly for bronchitis. We wish her a speedy recovery.

Trudy Stone has been through a rough time. We want her to know that we think of her often and that she is in our prayers.

We wish a speedy recovery to Claire Bloom who is recovering from surgery.

Shirley Rosenhaft had a lovely visit with her 2-month old great-granddaughter. It was the first time she got to meet her.

ANNE MAZOR COHEN

First Woman President of Jewish Residents of Leisure World

By Shirley Griffin

Anne Mazor Cohen and her husband Morton Mazor bought their Rossmore home in 1975 before it was actually built. When they moved here in 1977 there was no shopping center nor were there very few homes in North Leisure World. However, Jewish services were already established and held in Clubhouse I. Anne became the first woman president of JRLW IN 1985. She has taught Hebrew at B’Nai Israel Synagogue and here in Leisure World throughout the years.

She was born in Baltimore and after high school started college classes, but stopped to help her family. She worked in a lawyer’s office until 1949 when she married Morton Mazor who was in the insurance business. They came to Washington, D.C., and after working for a short time for the Government, Anne got a job working for two lawyers whose practice represented oil and coal companies. Later on, she became an office manager for Israeli Bonds for 12 years. She recalls with great pleasure meeting many stars of stage and screen during those years, including Jack Benny, Sophie Tucker and Sammy Davis, Jr. She says that during a trip to England it was a wonderful experience meeting the Chief Rabbi of England who invited her and her husband to his home for a delightful visit.

In 1986 Morton Mazor died. Anne continued her participation in JRLW and was reelected President in 1990 – 1992 and again in 1999 – 2001, the only person elected to this position three times.

From 1966 to 1993 she worked for Jules Cohen, an electrical engineer who was chairman of the committee responsible for putting HDTV into existence and who helped develop it in this country. On March 6, 2005, Anne and Jules were married and shared 7 ½ happy years before he died on November 13, 2012.

Anne Mazor Cohen continues her independent life with her usual spirit and alertness. She has an astounding memory for names and dates and recalls with a laugh an incident that occurred during her childhood. She had entered a contest which advertised a “live baby” for the prize. Anne thought this was a doll and was thrilled when she won the prize. To her amazement she discovered the “live baby” was a piglet. She was terrified to think what her father, who was an Orthodox Jew, would say if she brought this animal into their kosher home. Her father settled the problem by offering the piglet to a neighbor who gave him \$1.00 for it.

Anne continues to travel and is looking forward to a cruise in April 2015 to San Juan Islands.

NA'AMAT NEWS

Ruth Reid

Welcome 2015! If you made any New Year's resolutions, hopefully you will be able to keep them. We hope that one of them is your continuing support of NA'AMAT USA which continues to support NA'AMAT Israel and the women and children there.

Our December card party was a huge success. Everyone enjoyed it. The kugels were a big hit. We thank the "kugel ladies": Charlotte Eskin, Bernice Kisliuk, Bella Rapaport, Barbara Rothenberg, June Kessler, Natalie Cohen, Helen Fried and Ruth Reid.

Our New Year's Eve unique experience of seeing the new musical "Diner" at Signature Theater in Virginia, than coming back to Leisure World for light refreshments and ringing in the new year was a sell out. JoAnn Cadeaux and Harriet Moore did a great job with the details and made a nice idea a reality. They deserve a lot of credit.

Our tribute card lady Harriet Chaikin was at the card party and sold many cards. Harriet does a terrific job all year long and we appreciate all her hard work. The cards are a wonderful fund raiser. When you buy a card you get full donor credit. The Donor Luncheon will be at the Manor Country Club on Tuesday May 19 with "Shades of Polynesia" as our entertainment..

Our annual Spiritual Adoption luncheon will be on Wednesday, April 1, in the Clubhouse I Ballroom. Leslie Milk of the Washingtonian Magazine will be the guest speaker.

January and February open meetings have been canceled. The next open meeting will be on Wednesday, March 4, when we will have a very interesting program.

There will be a Board Meeting Tuesday, January 20, at 10:30 am in Clubhouse I. All board meetings are on the 3rd Tuesday of the month.

REMEMBER: THINK ISRAEL, THINK NA'AMAT!!

MT. SCOPUS HADASSAH

Barbara Eisen

The Chapter-wide 2015 opening meeting of Hadassah will be held on Sunday, January 11, from 11 am to 1 pm at the Microsoft Building, 5405 Wisconsin Avenue, Chevy Chase. A tasting of kosher, vegan soups by Soupergirl will precede the program. Guest speakers include Rhoda Dermer, wife of Israel's Ambassador to the United States; Sarah Hurwitz, Special Assistant to President Obama; Sara Polon, Soupergirl entrepreneur and comedian and Judy Erdheim, 2015 Chapter President. The cost of \$18 must be paid by January 5 either online at www.dc.hadassah.org/openingmeeting or by mail to Hadassah, 11900 Parklawn Drive, Rockville, MD 20852. Janet Lazar (301-598-4066) will be coordinating transportation. Please let her know if you can drive or you need a ride.

The Mt. Scopus Judaic Study Group will meet on Monday, January 19 at 1:30 pm in Clubhouse I. New members are welcome. The group is doing a series of studies called "Parsha of the Week." For further information call Joan Lees (301-598-3768).

Your last opportunity to buy mah jongg cards from Mt. Scopus Hadassah is by our deadline date of January 9. The 2015 standard cards are \$8 and large print cards are \$9. Make your check payable to Hadassah and indicate how many cards of which size that you wish to order. Send your check, payable to Hadassah, to Carol Wendkos, 14805 Pennfield Circle #212, Silver Spring, MD 20906. Be sure to tell all your mah jongg friends to buy their cards from Carol. If you have any questions, call Carol at 301-598-1745 or email her at carolwendkos@gmail.com.

The next "Lunch and Learn" program will be held on Wednesday, January 14 at the chapter office, 11900 Parklawn Drive, Suite 350,

(continued on page 9)

REHABILITATION PHYSICIAN NOW PROVIDING SPECIALTY CARE AT MEDSTAR NRH OUTPATIENT CENTER

By Emily Turk

MedStar NRH Rehabilitation Network (MedStar NRH) Outpatient Center at Leisure World has expanded services with the addition of Lori Nelson, MD. Dr. Nelson is board certified in Physical Medicine and Rehabilitation (PM&R) with fellowship training in interventional spine and pain and specializes in the non-surgical treatment of musculoskeletal and spine problems.

“I provide thorough evaluation of issues that cause debilitating pain, which can limit a person’s ability to do the things they enjoy,” she explains. “This can include a variety of conditions including arthritis, injury and spinal disc issues. And because every patient is unique, I develop individualized treatment plans to help improve their ability to function day-to-day,” she adds.

“Today, pain often can be treated without surgery—there are number of treatment options we can utilize including physical

therapy, and injections of anesthetics and anti-inflammatory drugs near structures in the spine. Sometimes patients aren’t candidates for surgery or have chosen not to have surgery,” she explains. “We can now offer alternatives that may not be a cure, but that can help improve the quality of their lives.”

When patients require surgery, Dr. Nelson can refer them to the MedStar Health orthopaedic experts at MedStar Montgomery Medical Center. Following surgery, patients can continue their recoveries with MedStar NRH physical and occupational therapists at the Leisure World Outpatient Center.

Dr. Nelson provides services every Wednesday from 7 a.m. to 3 p.m. The outpatient center at Leisure World provides physical and occupational therapy, and speech-language pathology services Monday through Friday, from 8 a.m. to 5 p.m., and is located at 3305 North Leisure World Blvd, Suite 200, Silver Spring, Maryland, 20906.

TZEDAKAH, ONEG & KIDDUSH 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.

KIDDUSH AND ONEG DONATIONS

Kiddush donation by Barbara and Jerry Miller in honor of their 25th wedding anniversary in January.

TZEDAKAH DONATIONS

Yiskor donation by Lucy and Ernie Pollack. Larelda Gruber in honor of her Alliyah at Shabbat Services.

MT. SCOPUS HADASSAH

(continued from page 8)

Rockville from 11:30am to 1:00 pm. The speaker will be Lindsay Jenkins from UN Refugee Agency’s Regional Office for the USA and the Caribbean. Lindsay will discuss the situation of the children and families who recently entered the USA claiming protection from the violence in their countries. Bring a dairy or parve lunch. The program is free and open to the public. The Scholar Series program on the “Iron Dome” that was canceled has been rescheduled to February 17 at 7:30 pm at Ohr Kodesh Congregation, 8300 Meadow Brook Lane, Chevy Chase.

RECIPE CORNER

SARAH SCHECKER'S CARROT MUFFINS



Sarah Schecker

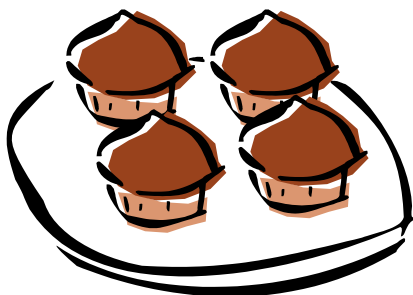
1 cup sugar
 1 cup flour
 ¾ cup canola oil
 11.5 oz can whole or sliced carrots
 1 tsp baking soda
 1 tsp cinnamon
 2 large eggs

Preheat oven to 350°. Place drained carrots in a food processor with sharp blade and puree. Add sugar, flour, oil, baking soda, cinnamon and eggs. Mix in food processor until completely blended.

Place muffin cups in a cupcake tin. Using a measuring cup to pour, fill muffin cups almost to the top.

Place in oven and bake for 30 minutes. Test one or two for doneness. Remove from oven and cool.
 Makes 12 muffins
 Parve

(Sarah is the 12th grade granddaughter of Julia Schecker)



JRLW/Co A Movie Matinee: NICKY'S FAMILY

96 minutes – English; Discussion to follow

When: Wednesday, January 28, 1:30 - 3:30 pm. RSVP by January 20

Where: Clubhouse II Auditorium

Cost: \$6; check made out to JRLW. Tickets may be purchased at the CH I E&R Office.

NICKY'S FAMILY is an emotional retelling of the remarkable efforts one man took to rescue 669 Czech children from death during WWII.

The directors use archival footage with vivid reenactments to tell the remarkable story of heroic Englishman Sir Nicholas Winton, who coordinated the rescue of more than 650 Jewish Czech and Slovak children in the turbulent days before World War II, and whose efforts may have gone unnoticed had it not been for a curious discovery made by his wife in their attic 50 years later.

The greater value of director Matej Minac's work is the exploration of where the survivors are now. Winton's legacy is one of self-sacrifice and humility that touches far more lives than anyone could ever have hoped.

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Shown above: "Abraham" is one of many art works created by artist P. Ratner for Judean

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Jewish Residents of Leisure World
Silver Spring, Maryland 20906

Washington Jewish Week

JANUARY 2015 TEVET/SHEVAT 5775

S	M	T	W	TH	F	S
				1	2 Shabbat Evening Svc.	3 Study with Rabbi Samber
4	5	6	7	8	9	10
		JRLW BD	Hadassah Bd. JWV Mtg.		4:39	Shabbat Morning Svc.
11 Chapter-wide Mtg- Hadassah	12	13	14	15	16	17
					4:46	Study with Rabbi Samber
18	19	20	21	22	23	24
JRLW Brunch	Hadassah Study Group	NA'AMAT BD		Preplanning Workshop		Study with Rabbi Samber
25	26	27	28	29	30	31
			JRLW/CoA Movie/talk		5:01	Study with Rabbi Samber
					5:09	

Jewish Residents of Leisure World

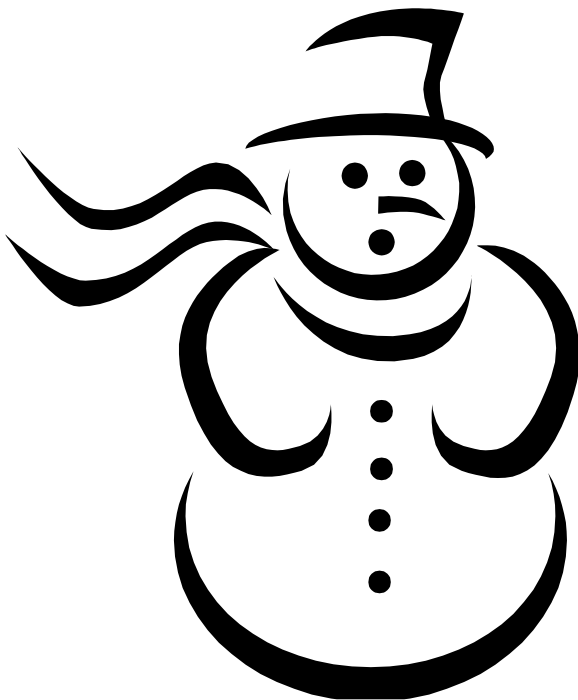


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SPRING WILL BE HERE SOON!!!