Temple Beth Hillel's Chanukah Party

Sunday, Dec 15
2pm–4pm

A festival of food, games, art, music, social action, and of course a party for all ages. Come to TBH and share in the joy of increasing light!

FREE Fun for ALL ages!
TBH Youth
by Rabbi Keara Stein

Temple Beth Hillel has a vibrant youth program for kids beginning in grade 2, all the way through high school. Through our four different youth groups, children and teens begin making positive Jewish memories at a young age. By engaging with their peers in a Jewish setting such as youth groups, retreats and camps, Jewish children and teens are more likely to engage in Judaism throughout their adult lives.

This year at Temple Beth Hillel we have an exciting calendar of Youth Events, led by our new Youth and Family Program Coordinator, Aviva Eagle.

Aviva was born in Israel and has lived in Los Angeles most of her life. She is energetic and creative, and believes in making positive Jewish memories through fun and engaging Jewish social and educational experiences.

HRTY Katan
Our youth group for 2nd and 3rd graders, HRTY Katan, is an introduction and sneak peek to our youth group programming. Its goal is to give our youth a chance to socialize outside of the classrooms and with other students.

HRTY
HRTY is our senior youth group for 9th–12th graders. HRTY members develop leadership skills and run their own program of social and educational activities with the guidance of an adult supervisor. This program is an opportunity to engage and inspire teens as they prepare to go out into the world with a strong Jewish identity and community.

Youth Group Events for November and December:

November 10–HRTY 45 event at TBH
November 16–JR HRTY event off campus
November 22–NFTY SOCAL Social Justice Kallah in Irvine
December 7–NFTY SOCAL 678 event in Long beach

Email Aviva at aeagle@tbhla.org for more information about these events.

Welcome, Aviva!
SHABBAT & HOLIDAY OBSERVANCES

November

SHABBAT, NOV. 1-2
Torah Portion: Noach, Genesis 6:9–11:32
Friday, November 1
6:00pm
Tot Shabbat: Noah's Ark
Bring in Shabbat with our clergy Rabbi Hronsky and Song Leader Stein. Bring your favorite stuffed animal and wear your PJs.
7:00pm
Erev Shabbat Services
Join us as we celebrate Shabbat services led by Rabbi Hronsky, Cantor Rhodes, and the Cantor's Chanters. Oneg to follow.

SHABBAT, NOV. 8-9
Torah Portion: Lech L'cha, Genesis 12:1–17:27
Friday, November 8
7:00pm
Erev Shabbat Services
Shabbat services led by Rabbi Hronsky, Cantor Rhodes, and the Adult Choir. Birthday blessings will be shared. Oneg to follow.
Saturday, November 9
4:00pm
Moses Program: S'udah Shlissheet
A special outreach to Jews with disabilities to celebrate Chanukah. RSVP to tobianne63@gmail.com.

SHABBAT, NOV. 15-16
Friday, November 15
7:00pm
Erev Shabbat Services
Welcome in Shabbat with services tonight led by Rabbi Hronsky and Cantor Rhodes. Oneg to follow.
Saturday, November 16
9:00am
Shabbat Morning Minyan
Join us for Shabbat with our clergy Rabbi Stein and Song Leader Stein.

SHABBAT, NOV. 22-23
Torah Portion: Chayeil Sarah, Genesis 23:1 - 25:18
Friday, November 22
6:00pm
Erev Shabbat Services
Shabbat services led by Rabbi Stein and Song Leader Stein. K-3 Religious School will be joining.
7:00pm
Shabbat Dinner
Meet us in the Sands Mallet Social Hall for Shabbat Dinner. RSVP and pay for dinner at bethhillei.info
8:00pm
Speaker and Panel from Sharsheret
Special guest speakers Jessica Jablon and Nimmi S. Kapoor, MD, discuss finding resources and community when facing breast or ovarian cancer with a discussion about bikkur holim. See more on page 11.
Saturday, November 23
9:00am
Shabbat Hike
Join Rabbi Hronsky at Franklin Canyon Park for a level, 1 mile, loop, hike around a beautiful lake. Take Coldwater Canyon Boulevard south to the intersection of Coldwater Canyon and Mulholland Drive. Make a 90 degree right turn onto Franklin Canyon Drive. There is no street sign “Franklin Canyon.” We will meet in the parking lot.
5:00pm
Bar Mitzvah of Jacob Kautzky

SHABBAT, NOV. 29-30
Torah Portion: Tol'dot, Genesis 25:19–28:9
Friday, November 29
6:00pm
Erev Shabbat Services
Welcome in Shabbat with services tonight led by Cantor Rhodes.

December

SHABBAT, DEC. 6-7
Torah Portion: Va'yeizti, Genesis 28:10 - 32:3
Friday, December 6
6:00pm
Tot Shabbat: Drumming Shabbat
Bring in Shabbat with Rabbi Hronsky and Song Leader Stein. Art activity and oneg to follow.
7:00pm
Scout Shabbat
Welcome in Shabbat with services tonight led by Rabbi Hronsky, Cantor Rhodes, Cantor’s Chanters, and the Scouts. Oneg to follow.

SHABBAT, DEC. 13-14
Torah Portion: Vayishlach, Genesis 32:4–36:43
Friday, December 13
7:00pm
Erev Shabbat Services
Bring in Shabbat with our clergy Rabbi Hronsky, Cantor Rhodes, and the Adult Choir.
Saturday, December 14
10:00am
Bar Mitzvah of Aaron Schneider

SHABBAT, DEC. 20-21
Torah Portion: Vayeishev, Genesis 37:1–40:23
Friday, December 20
7:00pm
Erev Shabbat Services
Join us as we celebrate Shabbat services led by Rabbi Hronsky and Cantor Rhodes. Oneg to follow.
Saturday, December 21
9:00am
Shabbat Morning Minyan
Bring in Shabbat with our clergy Rabbi Hronsky and Song Leader Stein.

SHABBAT, DEC. 27-28
Torah Portion: Miketz, Genesis 41:1–44:17
Friday, December 27
6:00pm
Kabbalat Shabbat
Bring in Shabbat with our clergy Rabbi Stein and Song Leader Stein.

Mazal Tov to our November & December B’nei Mitzvah!

November 23
Jacob Kautzky, son of Doug and Beth Kautzky

December 14
Alexa Schensul, daughter of Mike and Meredith Schensul

December 21
Aaron Schneider, son of Scott Schneider and Candace Stern

Temple Closures for Nov and Dec
Please be advised that the main office and schools will be closed on:

Mon, Nov. 11 - Closed
Thu & Fri, Nov. 28 & 29 - Closed

Tues, Dec. 24 - 12:00pm Closure
Weds, Dec. 25 - Closed
Tues, Dec. 31 - 12:00pm Closure

Tot Shabbat 2019 -2020
Join us Fridays at 6:00pm:
November 1 - Noah's Ark Shabbat
December 6 - Drumming Shabbat
The Legacy Gift of Dr. Hershel and Nora Burston

Temple Beth Hillel is grateful to longtime congregants, and friends of TBH, Hershel and Nora Burston of blessed memory. Having supported TBH across their many years, they made certain to leave a continued impactful legacy gift to their congregation.

Hershel and Nora believed deeply in philanthropy and caring for the Jewish community. They supported the Jewish Federation and hoped to ensure a strong Jewish future for all. While raising their two children, Bradley and Lani, they identified quite early the increasing rate of inter-faith families. The two held a deep desire to make certain that TBH would be a warm welcoming community that embraced all families. So together they committed to a generous yearly gift providing membership support specifically for inter-faith families.

Hershel was born in Antopol, and moved to LA at the age of 11. He would become an outstanding doctor and teacher known for his deep character. Hershel would stay committed to learning and self-growth, and taught well into his 90’s.

Hershel would meet his bride, Nora, while he was at UCLA pre-med. After a few years, they wed, and were married for 72 years. Nora was a beautiful person inside and out. Born in Chicago and having moved to Los Angeles. She was a talented pianist and classical opera singer. Nora performed in benefits for the local Workmen’s Circle, sang on the radio, and even cut some records. Nora never stopped singing, and she loved a visit from Rabbi Jim with his guitar in hand. The two would sing and increase the joy of her days. Hershel and Nora were immensely proud of both of their children. Bradley made aliya to Israel several years ago and became a well-known journalist at Ha’aretz. And many of our TBH crew know their daughter, Lani, of Lani’s Needlepoint in Studio City.

Hershel and Nora were present for their family, for their Jewish community, and the Valley community all the days of their lives, both living to over 100 years of age. Their generosity of spirit continues forward in the lives of everyone they shared time with and who had the privilege of being cared for or taught by Hershel. Temple Beth Hillel appreciates deeply their philanthropic legacy gift of $150,000. Their gift is meant to enhance Temple programs ensuring continued vibrant Jewish life and accessibility at our congregation. We are grateful to the Burstons for their longstanding support of TBH and their dedication to the Jewish community.

We hope you will consider designating a legacy gift to TBH. To discuss how to do this or to vision ways your gift might ensure a strong TBH and Jewish future, please reach out to Executive Director, Kami McClure and Rabbi Hronsky at kmcclure@tbhla.org or rabbisarah@tbhla.org.

Every gift, no matter big or small, makes a difference.
Oh Chanukah, Oh Chanukah
by Laura Ex

Please join us at our Boutique
We’ll have a great time
And all dance with Laura.
Gather ’round the tables
and shop ’til you drop

Latkes and hot dogs and sweets
in Cathy’s Bake Shop.
And while you are browsing for the
presents you seek on your list,
To finish your shopping before that
first candle will surely bring great joy
and bliss.

December 8 is the date. There will be
new vendors, favorite vendors from past
years and most everything you’ll need to
complete all your gift-giving needs. Grab
a nosh at the food court for sustenance
while you continue to shop. And don’t
forget those mouth-watering homemade
treats at Cathy’s Bake Shop.

Women of TBH are looking forward
to many new and exciting events in the
year 2020, so stay tuned!!!!

We hope to see you all on December
8. I will dance with you, but just don’t ask
me to sing. LOL

Chanukah Boutique
Sunday, December 8
9:00am-3:00pm

•Gift Shop Specials
•Jewelry, Art Glass, Pottery
•Food Court, Hot Dogs,
Latkes, & More!
•Clothing, Soaps, Candles
•Gourmet Bake Shop
•Specialty Foods & Jams
•4 Kids Only Shop

Your one-stop shopping experience!
tbhla.org/community/sisterhood
Our Cub Scout year is in full swing and it couldn’t be better. This fall, we kicked off with a visit to Irwindale Speedway to watch a good old–fashioned demolition derby! We camped two nights in Frazier Park, with nighttime lows into the 30s. Looking forward to 2020, we’re headed to camp at the Santa Barbara Zoo, and for the first time, in February we’ll go to Winter Camp in Lake Arrowhead. Hopefully, there will be snow while we “camp” in cabins.

Through the generosity of the Temple Beth Hillel community, we have over 120 Cub Scouts this year, learning about leadership, citizenship, and themselves. Our program has evolved over many years and through the dedication of many who have come before us. Pack 311 has become a model and an incubator for other new Cub Scout packs. Our leaders are in high demand to visit other Packs in the area to share our experiences. In a very real way, Temple Beth Hillel is serving young people well beyond Valley Village.

This Thanksgiving and during the holiday season, I’ll be giving thanks for the kindness and support shown to us by the Temple Beth Hillel community.

Cubmaster Phil Connery

To find out more about Cub Scouts for your K–5 child, contact me at cubmaster@cubpack311.com

Anachnu Shir and the Cantor’s Chanters

The awe and beauty of the High Holy Days were so greatly enhanced by Temple Beth Hillel’s adult choir, Anachnu Shir! Yet, it is just the beginning of the season for our choirs.

On the second Friday evening of each month, Anachnu Shir will continue to elevate spirituality in our services with their engaging voices, energy, and harmonies that fill the sanctuary when leading our Shabbat services.

Additionally, for the first Friday evening of each month, Temple Beth Hillel’s newly reestablished junior choir, the Cantor’s Chanters, will join us on the bimah in leading Shabbat services with their cheerful voices and exciting repertoire. Please mark your calendars because you definitely don’t want to miss experiencing either of these two sensational Temple Beth Hillel choirs!
Just as one round of holidays has finished, a new one is starting! Moving to the last two months of the year, Brotherhood is, as you’ve seen on our t-shirts, IN ACTION!

Our annual Feast of Caring is Brotherhood’s signature event, and it is one that we look forward to every year. This event, for which we have won a national award, is our chance to give back to the entire community and we invite you to participate. For the 19th consecutive year, we will serve hundreds of people and families not only a meal, but a warm environment on Thanksgiving Day. Along with those served on our campus, meals are also distributed throughout the community.

We can’t do this alone, and there are many ways you can be a part of this great holiday celebration. We prepare the meals from Sunday night to Tuesday night, November 24 to the 26. The camaraderie among the cooks is great, and we even provide dinner by our master chefs, Scott Tessler and Chris Dwyer. Of course, Thursday, November 28 is the big day, and everyone is invited to serve our guests. If you haven’t been part of this before, please join us.

Being part of the Feast of Caring is something that will make you feel as good as it makes our guests feel. It is truly the definition of Tikkun Olam!

If you are away for Thanksgiving week, you can still help Brotherhood’s efforts by contributing to offset the cost of the food, including over two dozen turkeys, side dishes, and gift bags for each attendee. Your donation of $18 will help feed ten people! Please contact us at brotherhood@tbhla.org to see how you can help with the Feast of Caring. If you can arrange a direct donation-in-kind of personal care products for our guests, that would also be very much appreciated.

Also in November, Brotherhood is hosting a very informal Poker Night on November 14. If you are a player, or even just a novice, join us for a fun night and put the tension of the times aside for a night. We’re looking forward to more of these types of events during the year and hope you will join us for our initial outing.

Remember to watch the weekly email blasts for more details ahead for all Brotherhood events as they get closer. As always, we welcome your participation and input as to how we can bring everyone together. Contact any of the Brotherhood members or email us at: brotherhood@tbhla.org.

Yes! I want to feed the hungry! Here is a Thanksgiving gift of:

- $10 to feed 5 people
- $20 to feed 10 people
- $40 to feed 20 people
- $______, a donation that is meaningful to me, to feed as many people as possible.

Please return this form to:
Temple Beth Hillel
Brotherhood,
12326 Riverside Drive,
Valley Village, CA 91607
Donate online at: tbhla.org/donate
Volunteer via email at: brotherhood@tbhla.org
November
Friday, November 1
Elementary and ECE
Parent Teacher Conferences
Sunday, November 3
Religious School
5th Grade Family Education Day
Tuesday, November 5
ECE
8:50am Community Assembly
9:15am Speaker Series
"Minimizing Family Anxiety"
Tuesday, November 12
Elementary School
Parent Association Meeting
Thursday, November 14
Elementary School
9:15am Admissions Parent Tour
Sunday, November 17
Religious School
6th Grade Family Education Day

Wednesday, November 27-
Friday, November 29
Elementary and ECE
No School

December
Sunday, December 1
Religious School
No School
Tuesday, December 3
ECE
Community Assembly
and Parent Meeting
Friday, December 6-
Sunday, December 8
Elementary and Religious School
4-6 Grade Retreat
Tuesday, December 10
Elementary School
Parent Association
Thursday, December 12
Elementary School
9:15am Admissions Parent Tour
Sunday, December 15
2:00pm Temple Beth Hillel's
Chanukah Party

Thursday, December 19
Elementary School
Generations Day
6:30pm Evening Performance
Friday, December 20
Elementary School
Generations Day
11:45am ECE Dismissal*
12:00pm Elementary School Dismissal*

Sunday, December 22-
Tuesday, January 11
Religious School
Winter Break
(Religious School resumes 1/12)
Monday, December 23-
Friday, January 3
Elementary and ECE
Winter Break
(School resumes 1/6)

*No Aftercare Available

Mazal Tov
Mazal Tov to
Lillian Burkenheim Silver
on being selected as an
honoree at the WRJ
Women's Empowerment
Dinner at the Marriot
Marquis Chicago!

Lillian Burkenheim Silver works
for Eco-Rapid Transit helping
Environmental Justice communities
to expand their economic viability,
sustainability, and equity. Before
that, she worked for the Community
Redevelopment Agency of the City of
Los Angeles. During that time she
developed and implemented urban
revitalization strategies for under-
served neighborhoods. Lillian, a
current WRJ Board Member, has
taken on many leadership roles
in her community, including
being president of WTBH and our
congregation, and Area Director of
the WRJ Pacific District. Lillian is
receiving this award for lifting up the
voices of women through her work
on affordable housing and economic
justice, including her recent role as
moderator for the "Food, Housing,
and Wages" workshop at WRJ’s Social
Justice Conference. Lillian was also
instrumental in the planning of that
conference, which provided crucial
advocacy training to other women.
In the last issue of the Omer, we (your presidents) introduced you to some of the members of our Board of Trustees. These are the men and women who have chosen to take part in the important role of being a leader of our congregation. You’ve seen them around though you might not know them by name. They come to events, spend lots of time in meetings and are there when asked to chair committees, help make important fiduciary decisions and have the backs of your Co-Presidents.

In this issue we continue to introduce you to our Board. As a reminder, we asked Board members to provide us their answers to three questions:

1. When you’re not volunteering your time at TBH, what do you do in your other life?
2. What is your connection to TBH, i.e., children in our schools, family history with TBH, etc?
3. What made you decide to become a leader and serve on the board?

Here’s what they told us:

ERIC GOLDMAN – IMMEDIATE PAST PRESIDENT
• I am a Senior Mortgage Analyst for a Mortgage Servicer
• The Temple has done so much for my entire family with education, ethics, and a social circle, since joining over 15 years ago (looking forward to my Chai year).
• I started out my “career” at TBH by being asked to serve on the Budget and Finance Committee. Since then I’ve learned a lot about how to run this mid-size organization that we all cherish. In particular I’ve learned that TBH is not “the Temple,” but our Temple, a place where people with experience can offer the Temple assistance with that expertise.

BARBARA MOTZ – PAST PRES., PERSONNEL COMMITTEE, CONSTITUTIONAL REVISIONS COMMITTEE
• I was a Supervising Deputy Attorney General in the California Department of Justice until I retired in 2009. Now that I’m retired, I tutor in the Adult Literacy Program of the LA Public Library, participate in the Advocacy Table of NoHo Home Alliance, and travel.
• We joined TBH in 1981 right after we moved to the San Fernando Valley. My husband had an adult Bar Mitzvah here and for many years we were members of a havurah, named the Matzoballers. Both of our children were B’nei Mitzvah and were Confirmands.
• I had originally joined the Personnel Committee way back in the 1990’s. I joined for two reasons: first, I was asked; and second, I wanted to show my children the value of participating in and supporting community organizations – the value of “getting involved.” Now that my children are grown, my motivation has broadened. I still enjoy supporting an organization that I believe in, but even more, I appreciate getting to know other Temple members and the staff and helping to make the Temple the best it can be.

MARK SINGER – EXEC. COMMITT., FINANCIAL SECRETARY
• I am a retired attorney of 42 years. I enjoy sports, theater, traveling, and singing.
• I have taught in the TBH Religious School continuously since 1971. I am very involved in TBH Brotherhood and the Adult Choir. We have been members since 1980. My wife Barbara is a Jewish Chaplain and has served as a para-Rabbi here as well as a leader in the Women of TBH. Our three children went through TBH religious school and Confirmation—I know where their sets of pictures are located—and all had their b’nei mitzvah ceremonies here at TBH.
• I have served on the Board as Brotherhood President on a number of occasions. In more recent years I have served in other capacities and I have appreciated the dedication and good will of the members of the Board.

GLenn BLOCK – BOARD MEMBER, CHAIR PERSONNEL COMMITTEE
• I am an eminent domain lawyer.
• My wife Nickie’s grandparents were longtime members and involved in Temple leadership; both of our kids went through the ECE program; my daughter Maddy was Bat Mitzvah at TBH and my son Beckett attends the Religious School.
• I first got involved with the Board to contribute to our community. It has been rewarding to have the opportunity to establish deeper relationships with other Board members and gain greater appreciation for Rabbi Sarah and the other Clergy and Senior Staff.

Darren Turbow – Exec. Committ., Recording Secretary
• I have been working in production in the entertainment industry for nearly 30 years. Currently, I am the VP of Production for Beachbody, overseeing all aspects of their video production.
• We have been members of TBH for 16 years, since our oldest child was in Parent and Me. Both of our kids went through the ECE and Religious School programs, and they both had their Bar/Bat Mitzvahs at the Temple.
• Both my wife, Jeanne, and I have been active members at Temple and on the Board for many years. TBH has been so important to our family, especially when the kids were young. We both believe in giving back and helping contribute to its continued growth.

Our Unsung Heroes, Part II
by Margie Meadow
TBH Co-President with Freddie Goldberg

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DANIEL TARICA – BOARD MEMBER
• I am the Assistant General Manager for the City of Los Angeles Department of Cultural Affairs.
• We started at TBH when our children entered ECE and they are now in the Religious School.
• I chose to become a member of the Board because I wanted to participate in the leadership of the synagogue and help build the TBH community.

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Dreidel Game
You will need “tokens” or “pieces” for each person such as: plastic chips, pennies, small candies like chocolate gelt, M & M’s or Hershey Kisses. One dreidel is also needed per group. Distribute equal number of “pieces” to each player.

Begin play by having each of the players ante up one or two “pieces” to the common pot. Take turns spinning the dreidel and take the action determined by the letter your spin lands upon:

<table>
<thead>
<tr>
<th>Hebrew</th>
<th>English</th>
</tr>
</thead>
<tbody>
<tr>
<td>nun</td>
<td>none</td>
</tr>
<tr>
<td>gimel</td>
<td>take everything from the middle</td>
</tr>
<tr>
<td>hay</td>
<td>take half of everything in the middle</td>
</tr>
<tr>
<td>shin</td>
<td>put some in the middle</td>
</tr>
</tbody>
</table>

Chanukah at Home: Candle–Lighting Times and Blessings
Chanukah begins at sunset on December 22 and the last night to light candles is December 30.

Lighting:
Candles are added from right to left, but lit from left to right—the newest candle is lit first.

First light the shamash (helper candle); then use it to kindle the rest of the Chanukah lights. On Shabbat, light the Chanukah candles first followed by the Shabbat candles.

The Blessings:
Baruch atah Adonai, Eloheinu Melech ha’olam asher kid’shanu b’mitzvotav v’tzivanu ladlik ner shel Chanukah.
We praise You, Eternal God, Sovereign of the universe; You make us holy with Your mitzvot and command us to kindle the Chanukah lights.

Baruch atah Adonai, Eloheinu Melech ha’olam she’asah nisim la’avoteinu ul’imoteinu bayamim haheim baz’m’an hazeh.
We praise You, Eternal God, Sovereign of the universe; You showed wonders to our fathers and mothers in this season of days of old.

On the first night only, we add:
Baruch atah Adonai, Eloheinu Melech ha’olam shehecheyanu v’kiy’anu v’higianu laz’m’an hazeh.
We praise You, Eternal God, Sovereign of the universe; for giving us life, for sustaining us, and for enabling us to reach this season.
Thank you to all of those who engaged in prayer with our sacred community throughout the High Holy Days. Your presence made our worship experience powerful and meaningful.

My additional gratitude to all our service leaders:
• Rabbi Keara Stein, Cantor Lance, Rabbi Emeritus Jim Kaufman, and Cantor Emeritus Alan Weiner
• Thank you to our Choir director and Pianist extraordinaire Diane Lindsay, the choir, and the magnificent band from Rosh HaShanah evening services. Our violinist, cellist, and all the musicians....
• Thank you to Matt Boehm for his incredible assistance with our sound needs.
• We respect the anonymity of our 12-step service leaders but thank them for arranging this special service.
• Thank you to Executive Director Kami McClure
• Thank you to Janessa Brooks, head of our Maintenance crew, and to our entire maintenance team.

I extend my deepest thanks to all the volunteers and staff who made the High Holy Days season extraordinary:
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• Thank you to Executive Director Kami McClure
• Thank you to Janessa Brooks, head of our Maintenance crew, and to our entire maintenance team.

Thank you to all who participated in our High Holy Day Annual Campaign. Your support allows our congregation to serve our Jewish community in the East San Fernando Valley. Wishing all a good 5780.

Shanah Tovah,
Rabbi Sarah Hronsky

Speaker and Panel from Sharsheret
Friday, November 22 at Temple Beth Hillel
6:00pm – Services
7:00pm – Dinner (rsvp at bethhillel.info)
8:00 pm – Speaker Panel

Nimmi S. Kapoor, MD
Jessica Jablon

Join us for a special evening as we hear about helping yourself and your community when facing breast or ovarian cancer, with a discussion about bikkur holim.

Speaker: Jessica Jablon is the Valley Outreach Program Coordinator for Sharsheret, a national organization that supports Jewish women and families facing breast and ovarian cancer. Whatever their diagnosis or treatment, stage of life, or connection to Judaism, Sharsheret offers free and confidential resources and support. In her role, Jessica partners with synagogue communities to raise awareness about breast and ovarian cancer, and its prevalence in the Jewish community. Visit sharsheret.org for more information.

Nimmi S. Kapoor, MD, a Cedars-Sinai physician, is a fellowship-trained, board-certified oncology surgeon who specializes in breast and thyroid cancer. Dr. Kapoor graduated summa cum laude from UCLA, and then attended the prestigious Weill Cornell Medical College in New York City, graduating with honors in research. She is also a member of the Alpha Omega Alpha honor society. She completed both a general surgery residency and an endocrine cancer research fellowship at New York Presbyterian Hospital–Cornell. During this time, she received advanced Breast Surgical Oncology training as well as Head and Neck training at the world renowned Memorial Sloan–Kettering Cancer Center. Dr. Kapoor also completed a Breast and Thyroid Surgical Oncology Fellowship at both John Wayne Cancer Institute and Cedars-Sinai.
Who Is a “Highly Sensitive” Person, and How Can They Be Helped?

by Gussie Sitkin, MFT,
Clinical Director of TBH Community Counseling Center

A highly sensitive person has an innate temperament trait referred to as a “sensory processing sensitivity.” Parents will often say “My child is so sensitive. Everything is a big deal. Why is he/she like this?” The answer is that they were born this way. The sensitivity is innate to the child or adult.

What we should know about this type of sensitivity is that highly sensitive people can get overwhelmed and overstimulated more easily when a lot is going on around them. They don’t have attention–deficit/hyperactivity disorder but they are highly sensitive to the environment around them. Typically, they are able to concentrate in the right environment – when alone in a quiet room, perhaps, when a person with ADHD might not.

People with this high sensitivity trait tend to have a survival advantage in some situations because it allows them to process information more thoroughly and it increases their responsiveness to the environment and social stimuli. The other side of this is that they are more likely to have higher levels of stress, anxiety, and depression. However, it is possible for these negatives to change when the person is not in an overstimulating environment.

As well as having a survival advantage, there are more positives for the highly sensitive person. Highly sensitive people tend to think more about the meaning of life. In an environment where they are not overstimulated and their ideas are valued, they have the ability to describe all facets of problems and generate potential prevention steps or solutions. They are observers, not the ones to make quick decisions.

Highly sensitive persons are able to make changes so that their lives are more compatible with this trait and can readily cope with the challenges posed by living in an often insensitive and overstimulating world. One suggestion is to carve out one or two hours of alone time per day – with children it might be less – where they can read, do art projects, etc. It has been found that when people have been able to do this, they have more energy and were more focused, calm and balanced.

Also, adopting a ritual before bedtime has been very helpful – doing the same 5 things such as taking a warm bath, reading a non–stimulating book, listening to soft music, meditating, and shutting off all electronics, helps the brain realize sleep is coming.

For additional information on the subject call the Counseling Center at (818) 762–4817.
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Please visit tbhla.org/donate to contribute. Thank you.

In Our Community...

Refuah Shleimah
Wishing a full and speedy recovery to...

• John Vacca
• Audrey Berkley
• Phil Raucher
• Jean Pearlstein

Condolences To...

• Alan Schlaifer on the passing of his mother, Margaret Schlaifer
• The family of Joyce Adler
• Lisa Thomas and the Thomas family on the passing of her father, Jerry Shanks
• Susan Goldman and the Goldman family on the passing of Susan’s Aunt Elaine Rotter

Mazal Tov

• Carol and Rob Haymer on the birth of their granddaughter, and Max and Amy Haymer on the birth of their niece, Charlotte Boigun
• Lucy and Steve Asbell on the birth of their son, James
• Jonathan and JoAnne Evans on the birth of their grandchildren, Alexander and Samuel

Mazal Tov on These Special Wedding Anniversaries

• Darren Ross and Jennifer Garrison Ross – 15th
• David Malkoff and Lesley-Anne Stone – 10th
• Robert Perkins and Shelley Rosenberg – 10th
• Adam and Sarah Grabinick – 10th
• Jason and Linda Coller – 10th
• Brandon and Alison Brown – 5th

Please note that all contributions listed are through September 19, 2019 Please visit tbhla.org/donate to contribute. Thank you.

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