



CONGREGATION
BETH TORAH

Tekiah

ISSUE 342
NOVEMBER 2019
CHESVAN / KISLEV 5780

Thursday, November 14th

- Rabbi Lunch and Learn

Sunday, November 17th

- Small Group Sign-Up Luncheon
- Gift Shop Sale
- Plots & Plaques and Planned Giving & Punch

Wednesday, November 20th

- Blood Drive

Visit

<https://tinyurl.com/y4afmt3z>

for the complete

Beth Torah

November calendar

Shabbat Schedule

- Erev Shabbat
 - Nosh: 6:00 p.m.
 - Worship: 6:30 p.m.
- Shabbat morning
 - Sichat Shabbat: 9:00 a.m.
 - Worship: 10:30 a.m.

Beth Torah Office Hours

- Monday: Closed
- Tuesday: 9:00 a.m.–6:00 p.m.
- Wednesday: 9:00 a.m.–8:00 p.m. (6:00 p.m. when there is no TAG school)
- Thursday: 9:00 a.m.–6:00 p.m.
- Friday: 9:00 a.m.–3:00 p.m.

If you know of a member that would like a home visit from the rabbi, please contact the office.

A Note from Rabbi Javier Cattapan



May Their Merit Protect Us

It is our tradition that before we read the Kad-dish on Shabbat, we use the phrase *zichronam liv'rachab*, meaning “may their memory be for a blessing.” This is a sort of honorific attached to the name of the person who has passed away. In Hebrew, it’s *zain*”lamed, Z”L, which means *zichono/nah liv'rachab*. But there is more. In traditional Jewish circles, there are honorifics reserved for the Holy and the righteous. One is *zekhuto yagen aleinul*, “May his merit shield us.” It is based on the belief that a righteous person who passes to the next world can serve as an advocate before God for his remaining community.

It is based on someone’s judgment. A person or a group has passed judgment on the life of another individual, usually a great rabbi or leader. The disciples and followers of a rabbi take it upon themselves to add as many honorifics as possible. Perhaps we should use some of the honorifics traditionally reserved for holy men and rabbis for our own loved ones.

I am drawn to *Zechutam yagen aleinu*, “may their merit protect us.” It would imply passing judgment on the actions of those before us, something most of us do regularly if not in public, in private. *Zechutam yagen aleinu*, “may their merit protect us,” focuses on the positive, on their *zechut*, their merit, that is, a praiseworthy quality, the good that was in their lives.

As we remember our loved ones, I invite you to think about a person in your life that you would want to honor. Think about what is worthy of praise in their life, find their *zechut*, something in their character or conduct deserving praise. And one more thing: Think about a quality in their

character or their actions that has helped us become who we are. While your mind wanders in search of their merit, let me share with you the merit of my father, Julio A. Cattapan.

Growing up, my father, like most of our parents, wanted me to excel in life. Although he did not complete high school, he believed that I should become a career diplomat. He thought that my love for languages could be put to some good use. It is funny that usually what our parents want for us is not what we want and, in some cases, it makes us want exactly the opposite.

As you can see, I didn’t become an officer of the foreign services; although come to think of it, diplomacy should play a role in every rabbi’s career. I mean, you notice when it doesn’t... Diplomatic or not, there are many things in my character that are entirely my father’s doing: gardening, ballroom dancing, and my love for music and trains. He tried other things on me that did not take, and God knows I tried: fishing (I talk too much and scare the fish), electrical work (just not my thing), and drawing (it just doesn’t come naturally to me). And then, there are things that our parents try to teach us and, in no small measure, have made us who we are.

From an early age, my father wanted me to be independent. Now, how do you teach a child to be independent? I’m not sure, but I can tell you about the “Cattapan way,” but first, you need to know some background. Growing up, we lived in a part of town with good public transportation. Fun fact: during

Continued at the top of page 2

Our Pillars

We are a vibrant, modern
Reform Jewish congregation
where everyone matters.

Congregation Beth Torah:

Embraces Energizes
Illuminates Inspires
Responds Connects

OFFICERS

President..... Scott Franklin
First Vice President..... Brandi Fisher
Vice President..... Boyd Bolter
Vice President..... Stephen Steigman
Secretary Lauren Aaronson
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Senior Rabbi..... Rabbi Javier Cattapan
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Director of Finance Tara Hyder
Director of Lifelong Learning.... Rabbi Monica Kleinman
Music Coordinator Lezlie Revelle Zucker
Office Manager Alyssa Schildhorn
Bookkeeper..... Barbara Kitt
Administrative Assistant Sharon Altman
Tekiah Editor Laura Bolter

FOR MORE INFORMATION

Phone: 913-498-2212
Fax: 913-498-1071

6100 West 127th Street
Overland Park, KS 66209

Email: info@beth-torah.org

Website: beth-torah.org

Facebook:

[facebook.com/CongregationBethTorah](https://www.facebook.com/CongregationBethTorah)

Continued from page 1

my elementary school years, I took the public bus home regularly. Also, my father was always fixing something for us or for a neighbor: a toaster, a vacuum cleaner, an iron; so, he often needed parts. Finally, we did not have a phone at home—no land-line phone or cell phone. So, here's how the training works:

I must have been 6 or 7 years old when he decided that I was going to go to the electrical parts store to get something he needed. He could have gone himself, of course, but it was time for me to learn to be independent. So, he wrote down, in great detail, what he needed, and which bus I should take, which was the easy part, as long as I did not lose the piece of paper or the money... The issue, as I see it now, is how does a child know where to get off the bus?!

Needless to say, I came back with the right part, and at a reasonable hour. Success! This early success began my career as the errand boy of the family. My father would send me on more complex errands, farther away and with more complications—two buses or a bus that went on one street and came back on a parallel street—lots of one-way streets where I lived. I admit I have a bit of a talent for not getting lost, but he surely saw and sharpened it.

I think we did more: He allowed me, his son, to feel independent at a very early age; to feel what it means to be trusted with a “serious job” at age 7. For me, knowing that I could do it was liberating; no other second-grader I knew did this sort of thing. His lesson had a long-lasting effect.

Fast-forwarding to my mid-20s, I was faced with finishing my ordination “in the closet” or leaving Argentina and be “out” publicly. My decision to pursue my rabbinical studies abroad was not an easy one. It meant leaving behind everything I knew so well, to say goodbye to everyone who had been part of my life until then. Thinking back, I have no doubt that I could not have done it without my father's lessons on how to be independent and how to trust in yourself. My father died 19 years ago and when I remember him, I think about this training and how it shaped me; his conduct deserves a reward. I would not

hesitate to add the words, *zechuto yagen aleinu* to my father's name. It is through his merit, his vision, and his teaching, that I can be here today, and that you can be his beneficiaries, to some degree, too.

Now, you have heard about the *zechut*, the merit of my father, which is his alone. Yet, each one of us has a loved one who's *zechut* protects us, whose teachings and legacy continue to help us to this day. This moment of remembrance is both a time shared in community, and a very personal time. We think about *zecher* and *zechut*, memory and merit. For each of us, they refer to someone different, to our relationship with them, and to how they touched our lives. May their merit continue to come to our help when we most need it; *Zechutam yagen aleinu*. Their lives and legacy are a source of our strength and resilience, a reservoir of trust and self-assurance. A blessing now as always.

(Based on Rabbi Cattapan's Sermon for Yizkor 5780)

In Memoriam:

Jo-Ann (Jody) Weiner
Mother and mother-in-law of
Cindy and Jack Garfinkle

Esther Bergh
Mother and mother-in-law of
Jackie and Phil Hermanson

Ana Maria Cattapan de Amato
Aunt of Rabbi Javier Cattapan

Betty Barbara Decker
Mother and mother-in-law of
Jim and Lainie Decker and
grandmother of Isaac and Gabriel

Rita Olsen
Wife of Harold Olsen

Torah Portion

November 1/2 | 4 Cheshvan
Noach

November 8/9 | 11 Cheshvan
Lech Lecha

November 15/16 | 18 Cheshvan
Vayera

November 22/23 | 25 Cheshvan
Chaye Sarah

November 29/30 | 2 Kislev
Toldot



Yom Kippur Reflection

On Yom Kippur morning I had the pleasure of sharing some thoughts about Beth Torah's second Congregational Appeal and the continued support we need from membership. If you have not yet completed a pledge card, please consider this opportunity to do so. Excerpts of my remarks follow.

Beth Torah is a generous and compassionate congregation. That's something I first noticed after my wife and I joined this synagogue 25 years ago. Those barrels you see in our ulam will be filled with more HHD food contributions than all other synagogues in this community combined. Social action is embedded deeply into the DNA of this synagogue and that tradition now continues. And with some new twists. We want our synagogue to reflect the vision of relational Judaism in all aspects of synagogue life.

This is a concept our scholar-in-residence Ron Wolfson spoke about last year. For our social justice initiative, this means developing different ways to select and carry out projects. We'll place a greater emphasis on building relationships with each other and expanding our personal interactions throughout the community. We'll continue many of our signature social action projects such as the High Holy Day food collection and our quarterly blood bank, but with a different approach.

We are also identifying projects that can be continued, rather than one and done efforts, and we've come across some good ones. One project involved clipping coupons that military families could use for everyday purchases. During a two-hour period, we clipped over \$2,000 worth of coupons. I thought that was a one and done project, but the coupons kept coming and the project's coordinator, Sheila Goldberg, kept clipping. Today we have raised nearly \$30,000 for our veterans and their families throughout the United States. Join Sheila and her friends for

coffee and clipping at Beth Torah.

Our biggest project is Larry Myer's Tikkun-KC project that he invited Beth Torah to support. Larry is a longtime urban renovator who had a dream of restoring neighborhoods and promoting homeownership for low-income families. Twenty-four of us joined Larry in late June where we demolished the interior of the home. Pretty soon we will return to paint. With double-digit homes waiting to be remodeled, this certainly qualifies as a continuous project. Thank you, Larry, for allowing Beth Torah to support you in this dream.

As you can tell, our commitment to social action is broad, effective, and energizing. Our results are impressive. And the best part is that you, as a Beth Torah member, made all this happen.

Never underestimate the physical structure that we sit in today, your support, and its importance to our congregational actions. Our synagogue is not just a building. It's a space for study, prayer, services, meetings, celebrations, and in times of sorrow, comfort. Visitors compliment us on the beauty of the building. Our sanctuary generates warmth. This is our home. I believe that when we gather at Beth Torah, a sense of commitment, caring, and inspiration is created. It encourages us to dream and more importantly to act on that vision. Thank you, Beth Torah members.

Oh, one more thing. All the social action projects we undertake barely cost the congregation anything. The operation is handled by volunteers, and expenses are often picked up by project sponsors. What does cost money is maintaining our building and grounds, and payment for our staff.

We reduced costs last year by making deep budget cuts. Our challenge is not managing expenses but bolstering revenues. As Board President I can tell you that we are acting and exploring every conceivable way to increase our membership and bring in more non-dues revenue.

In our first Congregational Appeal last

year we raised approximately \$55,000. Thirty percent of our congregation participated. This year we would like to increase the participation rate to at least 75%. Suggested donations start at \$18.

We are not asking or expecting anyone to give beyond their means—but it's our sincere hope that everyone will give something. That "something" you give will reflect your connection and ownership of Beth Torah based on what you can afford.

One of my favorite movies is, "It's a Wonderful Life." Banker George Bailey (played by Jimmy Stewart) questions the value of his existence. With the help of an angel, George is able to see his despair as he witnesses the contributions he made to the community of Bedford Falls.

As we begin the New Year, we may reflect on the same question George Bailey confronted. As a congregation what have we done? I have no idea how the family that moves into one of the Tikkun homes will fare. But I bet that children living in that home will not have to change schools several times a year as the family constantly searches for safe and affordable housing.

Our coupons are circulated in military bases throughout the country. Perhaps they allow a military spouse enough extra money to make a birthday cake for a child whose only wish is to see a parent brought safely home. And we know our blood donations will allow hearts to keep pumping through long surgeries or protracted waits for an organ transplant.

This morning and in the coming days you might have a George Bailey reflection and wonder what our community might be like if Beth Torah never existed. From a personal standpoint you might also ask, "What would my life be like without Beth Torah?" and "What would Beth Torah be without me?" May this year bring us health, wisdom, and compassion. Shanah Tovah and Thank You, Beth Torah.

November 17th: Beth Torah will be hosting three events that day that you won't want to miss

"We can all agree, it is our families, friends and fellow congregants that create a deep sense of belonging to Beth Torah. It is all about relationships; one may add, it's all about good, healthy relationships with God and with other human beings. Relationships are what make or break any organization, and synagogues are no exception. It is that space between each of us, the sacred realm of the in-between that keeps us engaged and feeds our passions." – From Rabbi Cattapan's Erev Rosh Hashanah message

1

Small Group Sign-Up Luncheon

CONGREGATION
BETH TORAH
connectTorah



Whether you stayed for lunch and learning about small groups or not on Rosh Hashanah afternoon, **please join us for a free lunch on Sunday, November 17th, at 12:30 p.m.**, to hear the news about what small groups will be launched in 5780 and how you can be a part of one (or more). We will have information not only on what groups are forming, but dates and times for meetings. Be sure to bring your calendar and your Beth Torah friends to this next step on Beth Torah's connectTorah journey. **Please RSVP for lunch by November 10th to Paula Becker at becker1958@yahoo.com**

2

Beth Torah Gift Shop Sale

Just in time for your Hanukkah shopping. The entire store is slashing prices and will have inventory overflowing into the ulam.

Bring a friend and shop from 10:00 a.m.–2:00 p.m.

3

Plots, Plaques, Planned Giving and Punch Event

Join us on Sunday, November 17th, from 11:00 a.m.–noon, in the Beth Torah Library for this unique event.

There will be a representative from the Beth Torah section of the Mt. Moriah cemetery to discuss with you how to go about purchasing a plot in our cemetery. Our own Barry Katz will show you a way to ensure Beth Torah's future by remembering us in your planned giving.

AND, with every plot that you purchase, you will receive a plaque in our Memorial Room at no charge (a \$500.00 value).

We will also have information on how to donate to the future Beth Torah community using your Planned Giving plans.

This opportunity is only available until January 31, 2020 and you could wait, but if you join us on the 17th you will be treated to a delicious nosh of kugel, some sweet desserts and mimosas.

No RSVP necessary, just show up.





Hello, Beth Torah families!

Now that the holidays are behind us, we can get into the swing of things in the Weiner Religious School! This year one difference you will notice is that we will not have Sunday morning Family School as in the past. Instead, each class will have the opportunity to gather together on Shabbat and be part of our day of rest in “real time.”

Some classes will have a Saturday evening Havdalah service, and others will join the congregation on a Friday evening. Please mark your calendars for Friday evening, November 8th, when the third grade class will share the *bima* with Rabbi Cattapan and me. They will lead us in worship and song as we welcome Shabbat together.

As we explored together on Yom Kippur morning, measuring time is not intuitive - it must be learned. That morning we thought about the seasons in the year behind us and anticipated what we’re looking forward to next summer, fall, winter, or spring. When it comes to Shabbat, we discuss it so often out of context on a Sunday morning that it sometimes seems out of reach. This change of time and venue will help us better experience Shabbat rather than merely talk about it out of context.

This family experience will also help model what Friday night observance can look like at home. Welcoming Shabbat at home can be intimidating for families who are not accustomed to this tradi-

tion, but walking through it together can make it seem easy!

I hope that whether or not you have a current connection with the Weiner Religious School you will join us on November 8th for a fantastic worship service!

Mazel Tov to Members of the Beth Torah Community

Shanny Morgenstern was recently installed as the Chair of the Jewish Community Center for a two-year term. She has held various leadership positions for The J and has been a member of Congregation Beth Torah for nearly 30 years. The J is expanding and evolving as it serves as the place where Jewish values live every day.

Samantha Hammontree has the pleasure of continuing to serve the Jewish community as Chief Operating Officer of the J. She says, “My learnings and connections while being a member of Congregation Beth Torah are one of the many blessings I hold dear which have certainly prepared me for this role! I look forward to bridging my professional and spiritual life together to make a difference!”

Blood Drive

Wednesday, November 20th | 2:30 – 6:30 p.m.

YOUR DONATION MATTERS!



Upcoming Blood Drive

SIGN UP TODAY

Enter sponsor code: BethTorah

An Announcement from the President

We are pleased to announce that Boyd Bolter will serve as Beth Torah’s interim Director of Operations. Boyd will start immediately. We anticipate that he will hold this interim position for 3-4 months until we are able to find a permanent successor for Laura Intfen. Boyd’s skills are numerous and deep. His kind demeanor, enthusiasm, professionalism and competence will provide a smooth transition.

Boyd’s skills and experience at Beth Torah ensure that our office will continue to function at a high level during this transition. All your concerns and questions that used to be channeled to Laura will be handled by Boyd and our office staff. When you visit the synagogue in the next few months, please feel comfortable to drop in and see Boyd. If you have

any questions about the transition, call Boyd at the office or email him at director@Beth-Torah.org.

Boyd has been a member of Beth Torah since 1991 and currently serves as a vice president on our Board of Trustees. He is married to Laura Bolter and they have two grown daughters, Hannah and Rachel, who grew up at Beth Torah. They have one granddaughter, Amelia. You may have seen Boyd as a past youth adviser, or a member of the Adult and Men’s Choirs.

We are fortunate to have someone of Boyd’s caliber to step in and help us to seamlessly move forward.

Sincerely,
Scott Franklin, President, Board of Trustees
Congregation Beth Torah

Music Program

Lezlie Revelle Zucker, Music Coordinator
lzucker@beth-torah.org



It is November, and the marathon-sprint that is our High Holy Day season has finally drawn to a close. This month always reminds me to pause and take stock of what I'm grateful for. And right now I am most grateful for the many musicians who gave so much time and energy to bless our holidays with music. My heartfelt thanks goes out to those who sang in choirs, played instruments for Rosh Hashanah and Yom Kippur, and participated in the intergenerational Simchat Torah band (with a shout out to Howard Pitler

for directing!), and especially to the many Beth Torah volunteers.

Susie Adams, Gail Altman, Ron Altman, Maury Antoniewicz, Ray Antoniewicz, Shaun Antoniewicz, Elizabeth Appelbaum, Jim Appelbaum, Boyd Bolter, Kathy Coenen, Gabriel Decker, Sarah Derks, Estelle Edelbaum, Larry Figg, Jill Fine, Mike Fine, Vic Finkelstein, Henri Goettel, Kris Gray, Barbara Gustin, Fred Gustin, Louise Hipsh, Tim Intfen, Jim Kaplan, Julie Kaplan, Joel Krichiver,

Anna Latman, Larry Myer, Michael Oshiver, Robert Pherigo, Howard Pitler, Jamie Powers, Nina Shik, Warren Sickel, Shafer Spizman, Tom Teller, Shari Womack, Andrea Zwibelman.

I look forward to making more music together!

Shalom,
Lezlie

**Come sing with us for
Hanukkah Shabbat!**

**If you would like to join
the choirs for the
Hanukkah Shabbat on
December 27th,
email Music Coordinator,
Lezlie Zucker, at
lzucker@beth-torah.org.**



**Hanukkah Shopping?
Remember to Support Beth Torah
Every Time You Make an
Amazon Purchase. It's Easy!**

- Go to smile.amazon.com and sign up choosing "Congregation Beth Torah"
- After you sign up, your future purchases (minus shipping, gift wrapping, etc.) automatically contribute .05 percent to CBT.
- Just bookmark the smile.amazon.com site and start all of your purchases from there. You don't have to do anything special and there is no cost to you.

amazonsmile



**It's Not Too Late to Sign-Up
for a Pick-A-Party!**

beth-torah.org/pickaparty-round-2

or email Jeff Antoniewicz at jeffwicz@gmail.com



Special Thanks to Our 5780 Pick-A-Party Hosts:

Jim & Lainie Decker
Linda Zappulla & Jo-Ann Harris
Sarah Derks & Ellen Merrill
Linda & Barry Katz
Kris Gray & Rabbi Javier Cattapan
Margie & Steve Cooper

Stan Osman
Debbie & Neil Bass
Stephen Steigman & Tamara Falicov
Rabbi Mark & Kacy Levin
Philip Meltzer & Lauren Aaronson
Emily & Andrew Kerstein

Relational Social Action

One volunteer leader

30+ volunteers (Beth Torah,
Centro Hispano, and others)

72 individuals sold more than
600+ Tamales that raised more than
\$2,000 for DACA student scholarships



The congregational sukkah was put up
by a great team of volunteers fueled by
hot apple cider and donuts.



• TRIBUTES •

Beth Torah General Fund

Tina & Kevin Shea
Paul Wacknov
Joe Levy
Ellie Penner
John Lantos & Martha Montello
Vaysfligel Family
Rabbi Javier Cattapan & Kris Gray
Barbara (Jene) Fisher
Jim & Kelly Kaplan
Linda Zappulla

In Memory Of:

Everett Evnen

Elaine Rae Sherman Evnen

Judith Evnen

Martha Levy

Joe Levy

Mark Brown

Rhonda Brown & Family
Jay & Lillian Edwards
Richard & Barbara Atlas

Bud Weneck

Rhonda Brown & Family
Richard & Barbara Atlas

John Esser

Glenn Esser & Estelle Edelbaum

Emery Taylor

Jimmie Taylor

Barry & Linda Katz

In Honor Of:

Mark & Vicki Herman going above and beyond

Carol Ducak

Judy & Marshall Weingarten

Brenda Safer

Rabbi Cattapan Discretionary Fund

In Memory Of:

Frank Ginson

Ron & Jo Ann Ginson

Pearl Beyer

Dianne & Martin Lustig

Jack Razafsky

Bertha Spector

Janet & Jeff Razafsky

Rabbi Levin Discretionary Fund

In Memory Of:

Bud Weneck

Channing Stice Smith

Arden Jay Hagen

Valda Hagen

Barry & Chris Shapiro

CBT Fund for Families in Need

In Memory Of:

Marianne Allen

Bob & Cathy Wylan

Mark Brown

Elizabeth Haden
Linda & Chris Gallagher

Ben Rothstein

Ruth & Mike Worthington

Hunger Fund:

In Memory Of:

Morris Litvien

Sheila Goldberg & Lisa Levine

Camp Scholarship Fund

In Memory Of:

Esther Bergh

Genna Stowe

Music & Choir Fund:

In Honor Of:

Lezlie Zucker and creating a wonderful HHD experience

Susan & Valery Tokar

Amy Dennis Pierron Music Fund

In Memory Of:

Everett Evnen

Evnen/ Benson Family

Beth Torah Gift Shop

As our New Year is just one month old, The Gift Shop at Congregation Beth Torah wishes to say, "Thank You Very Much for Your Support" to all of our customers. It is through your support of our Gift Shop that our motto, "where shopping turns into a mitzvah," really comes to life.

Looking toward the New Year, we hope to see you soon and we look forward to helping you to find the perfect gift! The committee and our loyal volunteer staff ask, how can we earn/keep your support? We recognize that you have many choices when you plan to make a purchase.

Need a gift for a simcha? We know that everyone buys cards, anniversary gifts, birthday gifts, hostess gifts and other presents. Please come to the Gift Shop at Congregation Beth Torah and register for any of your upcoming simcha. It is always nice for your family and friends to know they have found a gift you will truly treasure. It is our goal to be the one stop shop for all your gift buying needs. Did you know we offer free gift wrap?

Don't forget our HUGE sale on November 17th (see ad on page 4)! This is the perfect time for you and your friends to do all of your Hanukkah shopping.

How can we improve our service? We not only offer regular shop hours, but we offer the option of shopping by appointment. We realize the important service we provide for our community. Please feel free to send an email to cbtgiftshop@gmail.com or call Kelly at 913-498-1474 with any suggestions for improving the Gift Shop.

Congratulations to Bonnie Swade! Bonnie was the winner of the "Sweet New Year Raffle."

Shalom, Kelly Kaplan
Manager of the Gift Shop

SHABBAT HANUKKAH CELEBRATION on the SIXTH NIGHT, DECEMBER 27TH!

Latke Nosh at 6:00 p.m. Worship at 6:30 p.m.

Come to Beth Torah for:

Special Music

Latkes

Light up the night with your Menorah

Cake

Social Justice Project

Stay tuned for additional information!



• COMMUNITY NEWS •

November Learn Laugh & Love Program

The Learn, Laugh & Love program series continues to bring programs that educate and encourage us to take an active role to enhance our quality of life.

The November 14th Learn Laugh & Love program will focus on arthritis and other rheumatic conditions, which are the second most common musculoskeletal disease among adults in America. Amber R Keller, BSN, RN from AdventHealth Shawnee Mission will present the latest research and share practical strategies to take control of arthritis. She will update those attending on the role of the patient in disease management and the role of nutrition and exercise in disease management.

All Learn Laugh & Love programs are free, but reservations are requested by calling The Heritage Center reception desk at 913-327-8044. Both programs are from 1:00–2:00 p.m. in the MAC Room, Jewish Community Campus.

Noted Parenting Expert Barbara Unell to Share Insights at November 14th Program

Active Inspired Moms (AIM) at The Jewish Community Center and Jewish Family Services are hosting a free presentation by author and parenting expert Barbara C. Unell on Thursday, November 14th, 7:00–8:30 p.m. The event is open to the public and includes one complimentary copy of Barbara's new book, *Discipline with Love and Limits*, co-authored with psychologist Jerry L. Wyckoff, Ph.D., for each attendee (one per family).

Unell will share the groundbreaking "Five Big Discoveries" about discipline that lower stress and increase good health, learning, and behavior for both parents and children. Parents with children of all ages are encouraged to attend.

Reservations are requested by Monday, November 11th. Complimentary books and seating are limited.

Adopt a Family for Hanukkah and Make the Festival Bright for Everyone

Through Jewish Family Services' annual Hanukkah Holiday Project, more than 300 families will receive gifts and gift cards during the Festival of Lights.

From now until November 11th, "adopt" a family or a *bubbe* or *zayde* in need and shop for them from a wish list provided by JFS. Gift cards are needed from places such as Target, Walmart, and area grocery stores such as Hy-Vee and Price Chopper; increments of \$25 are suggested.

If you would like to adopt an individual or family, please email volunteer@jfskc.org or visit www.jfskc.org for links to sign up.

Those adopting families should drop off their gift purchases the week of December 2-5 at JFS offices at the Jewish Community Campus. Gift cards and financial donations may also be mailed to 5801 W. 115th St., Suite 103, Overland Park, KS 66211

with "Attention: Hanukkah Project" on the envelope.

The Hanukkah Wrapping Party will be held Thursday evening, December 12th, 5:30–7:30 p.m. at the Jewish Community Campus. It's a perfect time for families to lend a hand.

For more information about the Hanukkah Holiday Project, please contact Taly Friedman, JFS Volunteer Engagement Director, at tfriedman@jfskc.org.

Jewish Family Services Offers Free Consultation for Medicare Open Enrollment

Schedule a free consultation during Medicare open enrollment, now through December 6th, with Kelly G. Loeb, Jewish Family Services Care Manager. Last year, Loeb met with 80 Medicare beneficiaries during open enrollment. Loeb's counseling and expertise led to savings of more than \$54,000 on prescription drug and healthcare costs. The average annual amount saved per beneficiary was \$1,364.05, while the maximum saved by one individual was \$9,874.68!

Consultations are free, and you need not be a JFS client. Appointments are available at JFS offices in Kansas or Missouri. For more information, please contact Loeb at kloeb@jfskc.org or 913-327-8278.

Kesher KC Bags Available Helping Those in Need

[Kesher KC Care Bags](#) are an extension of the food pantry program at Jewish Family Services. The Care Bags were intended for people seeking food assistance from the JFS Food Pantry without an appointment ("walk-in" clients). The bags allow JFS to meet the immediate food needs of potential clients while setting up an appointment to connect them with JFS' full array of services.

Kesher KC Care Bags are now available for people to assist others they encounter who may be experiencing homelessness and/or need a meal. Each bag contains food for a day that is relatively easy to heat, serve, and eat as well as a guide to local community connections that provide hot meals and other resources.

Keep Kesher KC Care Bags in your car or take them with you on foot to give out whenever the opportunity arises. Giving a Care Bag is an opportunity to provide food for another person who is struggling while treating them with dignity and respect.

Kesher KC Care Bags are available for \$20 for three bags and may be purchased online through the [JFS website](#).

THANK YOU...

...for bringing a bag of food and/or paper products to donate EVERY time you enter the building.

