



To support the Jewish community spiritually, provide opportunities for religious and additional experiences, and encourage social interaction. To nurture respect, understanding and friendship among all residents and faith groups at Ann's Choice.

April 2024
Adar II/Nissan 5784

Monday, April 1: Joe Shrager Memorial *Torah* Study, Liberty Commons Art Room 2 p.m. Class-led discussion.

Tuesday, April 2: Jewish Heritage—Judaism Today, Liberty Commons Music Room, 1 p.m.

Friday, April 5: Shabbat Services—In the Chapel 4 p. m. *Torah* portion: *Shemini*. Rabbi Sandra Berliner of Congregation Shaar Shamayim will be davening with us.

Monday, April 8: Joe Shrager Memorial *Torah* Study, Liberty Commons Art Room 2 p.m., with Rabbi Kohn

Wednesday, April 10: NO YIDDISH CLUB

Thursday, April 11: General Meeting, 7 p.m. in the PAC, with entertainment by Bill Turner and Blue Smokes

Friday, April 12: Shabbat Services—In the Chapel 4 p. m. *Torah* portion: *Tazria* Susan Sultanik delivering *D'var Torah*

Monday, April 15: Joe Shrager Memorial *Torah* Study, Liberty Commons Art Room 2 p.m., with Rabbi Kohn

Wednesday, April 17: JRC Lecture, 2 p.m., PAC, “The Jewish Tradition of Preparing an Ethical Will,” with Robert Seltzer of the Jewish Federation of Greater Philadelphia.

Thursday, April 18: Hadassah meeting, 1 p.m., Village Music Room, Israeli Guide Dogs with Gail Androphy, United States Executive Director of Israel Guide Dogs

Friday, April 19: Shabbat Services—In the Chapel 4 p. m. *Torah* portion: *Metzora* Jeanne Kushner delivering *D'var Torah*

Monday, April 22: *EREV PESACH*, FIRST SEDER No *Torah* Study

Tuesday, April 23: *PESACH*, SECOND SEDER

Thursday, April 25: JRC COMMUNITY PASSOVER *SEDER*, by PRIOR reservation only

Friday, April 26: Shabbat Services—In the Chapel 4 p. m. *Torah* portion: *Shemot* 33:12 – 34:26 Rabbi Aaron Gaber of Brothers of Israel will be davening with us.

Tuesday, April 30: *YIZKOR* SERVICES, IN THE CHAPEL 2 P.M.

THANK YOU TO THE FOLLOWING FOR THEIR VERY GENEROUS DONATIONS TO THE

JEWISH RESIDENTS' COUNCIL:

BY

Barbara Stone
Joan Freedman
Sandi Spivack
Zelda Stern
Judith Borochnan
Sandra & Burt Kline
Meryl Doxer
Florence Gendler
Shirley Horowitz
Sheila Richman
Phyllis Halpern
Joan Winokur
Judith Tashman
Shoshana Gruen
Officers and Members of JRC
Florence Gendler
Meryl Doxer
Marilyn Bartikowsky
Ruth Visnov
Kate and Burton Korn
Thelma Krefetz
Gloria Ceaser
Anne and Harold Brown
Shoshana Gruen
Arthur Fentin
Diana Hellinger
Rochelle and Saul Jacobs
Judy Spangler
Judith Tashman
Rochelle Pilzer
Ann Kalmanor
Faith and Mark Braverman
Phyllis Halpern
Joan Garber
Mimi Travis
Phyllis Halpern
Janet and Richard Alexander
Joan Winokur
Betty Chary
Eileen Baskin

IN MEMORY OF

Gloria Bernstein, dear friend
Robert Boyer, beloved brother
my wonderful husband, Marvin
Gloria Bernstein
beloved husband, Norty Borochnan, all our loved ones' yahrzeits at this time
Zerauld (Jerry) Zlotnick
Zerauld (Jerry) Zlotnick
Zerauld (Jerry) Zlotnick, Gloria Bernstein
Gloria Bernstein
Phyllis Coopersmith Roberts, beloved sister
Fran Zicherman, an inspiration to all who knew her
Fran Zicherman
Rachel Friedman, beloved mother
Elimelech Kofman, beloved father
Ellen & Martin Sperber's daughter, Susan Barbara Parnes
Michelle Assaraff
Michelle Assaraff
Frances Zicherman
Frances Zicherman
Irene Korn
Joseph Goldberg, beloved father
Freda Molitz, beloved mother, Kurt Schoen, dear friend
Seth P. Brown
Esther Kofman, beloved mother
Ruth Fentin
Len Hellinger
Theodore Jacobs, Samuel Katz, Jessie Jacobs, Jacqueline Rosen
Fran Zicherman
Marvin Friedman
Libby and Benjamin Blank
Marvin Friedman
Benson J. Horowitz, MD, beloved brother
Benjamin Blank, Marvin Friedman
Gertrude Solkov
Gertrude Solkov, my dear and loving Link Sister and friend
Gertrude Solkov
Alvin Lipitz, beloved brother, Jennie Lipitz, beloved grandmother
Gertrude Solkov
Herbert Chary
Marvin Friedman

THANK YOU TO THE FOLLOWING FOR THEIR VERY GENEROUS DONATIONS TO THE

JEWISH RESIDENTS' COUNCIL:

BY

Florence Gendler
Phyllis Halpern

Mimi Travis
Alice Forman
Joan Winokur
Officers and Members of JRC

Vivian Spector and Dave Heuscher
Jacqueline Matlow
Phyllis Halpern

Barbara Steiner

Mimi Travis
Fischel Myers
Zelda Stern
Linda Pressman
Laurie and Stephen Capin

Alice Forman
Ann Kalmanor
Roslyn Katz
Ann Kalmanor

IN HONOR OF

great grandchild of Sondra Heller (mazel tov!)
Gertie Solkov
a speedy recovery for Rose LaKier
a speedy and complete recovery of Mimi Travis
all for messages relating to my complete and speedy recovery
René Stein
a speedy recovery to René Stein
a complete and speedy recovery to René Stein
a complete and speedy recovery to Bernie Roseman
René Stein for a speedy recovery
a speedy recovery to René Stein
a complete and speedy recovery to René Stein
a complete and speedy recovery to Bernie Roseman
get well wishes to Gert Solkov
get well wishes to René Stein
René Stein for a speedy recovery
René Stein
René Stein
Bob Brodsky for a very speedy recovery
get well wishes to Irene Gordon, Robert Brodsky, Susan Sultanik, Lois Sherman, Rona and Lester Altman, Ronald Rosenberg, Burton Korn, and Lela and Donald Seidel
get well wishes to Susan Sultanik
get well wishes to René Stein
Bernice and Robert Chast's 70th anniversary
Bernice and Robert Chast's 70th wedding anniversary

****HAPPY BIRTHDAY****

Marlene Rubenstein, Tammie Sailer, Carole Goldstein, Janice Edelman, Harriet Baum, Janice Goldberg, Elinor Pressel, Madeline Berkof, Edie Davis, and Sylvia Ziserman.

If your name is not on the list, please let me know your birth date and you will be included next April.

***MISHEBERACH ***

WE PRAY FOR HEALING

For all our residents who are ill, in the hospital or in RG or other nursing homes.

****YARHZEITS****

During the months of **22 Adar II – 22 Nissan**, with great sadness, we remember our family and friends whose yarzeits are observed.

Isaac Seidel, Eva Berenbaum, Shelley McAlack, Evelyn Shapiro, Katie Weiner, Neal Capelman, Max Tellem, Michael Berman, Lawrence Pincus, Charles Levy, Jacob Shemin, Albert Schwartz, Marvin Abrams, Kurt Goldstein, Irving Karpf, Esther Newman, Herbert Wesler, Herman Carman, Elana P. Stein, Max Berman, Max Carman, Rosalind Goldman, E. David Hochberg, Mollie R. Friedman, Frank Karpf, Blanche Eleff, Rachel Grindlinger, Esther Kofman, Saul Litt, Dorothy Wolfe Sparber, Myrtle Goodrich, Mollye Rippa, Samuel Visnov, Bessie Feinstein, Anna Myers, Sarah Rachael Feinman, Jack Gelb, Joan Shelikoff, Raiza Gitle Tellem, Murray Cooper, Joseph Goodrich, Sonia Adler, Allan R. Freidman

If there are errors or additions, please put a note in Phyllis Halpern's cubby—WP 108.

May all their memories be for a loving blessing, and their lives be an inspiration to us all.

PRESIDENT'S MESSAGE

We are looking for someone to perform a *mitzvah* one day a month, usually on Wednesday, but not always. If you have a reserved parking space near the front door of Liberty Commons Club House, the JRC would like to use it for our once-a-month guest speaker from 1 p.m. to 4 p.m., usually the last Wednesday of the month. Contact Phyllis Halpern at 215-675-3637 or Gary Weisser at 973-214-9661. Thank you very much.

Just a reminder: When sending money for any reason to the JRC, please send a **check** made out to **JRC** or **Jewish Residents' Council**. Please do **NOT** send cash. Thank you from me and Mimi.

B'Shalom



HELP WANTED

Looking for A FEW GOOD PEOPLE

To help with *Shabbat* Services

Do you love to sing or play the piano and know the *Shabbat* service?

We would love your help

IT WOULD BE ON AN OCCASIONAL BASIS

PLEASE call Phyllis Halpern at 215-675-3637

or

Barbara Steiner at 215-206-8417

The JRC Board Members

President—Phyllis Halpern, WP 108

Vice-President, **Liberty Commons Rep**—
Barbara Steiner, BC 419

Treasurer, Entertainment—Mimi Travis, MC405

Recording Secretary—Sandy Heller, PV 118

Corresponding Secretary—Barbara Josephs, TC 108

Education Chair—Amiram Amitai

Membership—Sandy Sham, HR 403

Fund Raising Chair, **Keystone Rep**—
Sylvia Ziserman, HV 406

Publicity Chair—Bernie Roseman, HR 109

Religious Chair—Steve Capin, TC 507

Village Rep—Joan and Marty Freedman, DT 315

At Large—Saul Jacobs, BR 513

**If you meet new residents who are interested in joining us, please refer them to
Sandy Sham, Membership Chair.**

What's Happening in the JRC

SAVE THE DATE!
BINGO IS BACK
JUNE 9, 2024



(WATCH FOR MORE INFORMATION)



Christy and Pete entertained us at the February General Meeting. Everyone enjoyed there singing and the songs they selected.

(OVER) ⇨



Rav Shai Cherry from Adath Jeshurun spoke to us about his visit to Israel with the Jewish Federation of Greater Philadelphia after October 7, 2023. His presentation was interesting and riveting. He had so much information for us about what is going on in Israel.



**A KASHER
V'ZISSEN PESACH**

(OVER) ⇨

DON'T BITE ME UNLESS I'M KOSHER!

By Nina Haydel

I was raised in a kosher home. **Impossible!** I grew up in a Kosher family? **What?** How can a house or family, itself, be kosher? I never really knew what Kosher meant until long after I became an adult. Let me explain in my “*kosher way*”: In Hebrew, *kosher* means “fit and proper, genuine,” and refers **primarily** to food. Yet, the term, over the years, often morphed into something that means truthful, definitely appropriate, decidedly so, such as “... this sounds like a Kosher way to introduce my ideas.” So, now you can appreciate that what I am about to reveal is **indeed** KOSHER!

Primarily, to be **Kosher** represents the concept that a person follows dietary laws generated thousands of years ago as the epicenter of consumption by Jewish people the world over. The Torah, the first part of the Old Testament, actually details what foods are considered kosher as well as those that are not. This primarily refers to which animals are killed for ingestion, how they are killed, how the food is prepared, how and when it is served. The dietary rules themselves are called *kashrut*, and present not only the selected foods but also how to combine, cook, and serve them. Jews throughout the world who “keep kosher” and observe the strict rules of *kashrut* consider this as their way to make a connection to their faith and to show reverence to God. Many practicing Jews feel that following a kosher diet is following the will of God. My grandmom, the family cook (she lived in our home) made sure of that!

My current research revealed that approximately 22% of American Jews have kosher homes. Orthodox Jews, who have adopted the title Modern Jews, reported keeping kosher homes at the rate of 98%, while only 31% of Conservative Jews and 7% Reform Jews report maintaining kosher homes. In Israel, of those who consider themselves non-orthodox, 52 % have kosher homes, compared to those in the USA. Regarding consumption of pork or pork products, 20% of Israeli Jews confess they eat it, where-as 65% of American Jews admit they eat pork (Shimoni, 2019). (Please don't tell Grandmom!)

If you grew up in an environment like mine, you would have assumed, since your world was Kosher, everyone lived and ate the way you did. Not until my world unlocked restaurants and dining halls at college, did I fully understand what “being Kosher,” really meant.

Contents of a Kosher Diet: Rules of *kashrut* determine categories that create the Jewish diet and how to produce and handle the food. There is no such thing as Kosher-style. Laws actually divide the groups as **Meat** (adjectives **in Yiddish: *fleishadic***), anything made from meat or poultry; **Dairy: (in Yiddish: *milchadic*)**, anything made of or with milk, cheese, butter, yogurt; **Pareve: (Foods considered neutral)**, fish, eggs, plant-based foods, which can be combined with either meat or dairy.

Meal Separation Rules: One of the major rules requires establishing a meal's classification as either meat or dairy. In strict kosher kitchens meat and dairy utensils, pots, dishes, towels, and if possible, sinks or sink racks within sinks must be used separately. If using the same sink, meat and dairy implements cannot be washed in the same water. This separation of foods continues into the body, even after a meal. Following a meat meal, dairy should never be mixed at the end of the same meal. That eliminates ice cream sundaes after a delicious steak dinner. Parva foods can be mixed with either meat or dairy with one exception, fish: it stands alone. Parva foods have the fewest restrictions. This category consists of fruits, vegetables, grains, nuts, seeds, fish, and eggs from a kosher animal.

Meal Preparations:

Meat: To be considered Kosher, the animal must be an herbivores mammal that chews its own cud and has cloven hooves. That includes cows, goats, slaughtered by a certified *schochet*, a specific trained professional who uses the procedure known as, *shechita*, which slaughters the animal in the less stressful, least painful, most humane way. Kosher meat includes only the forequarters of the

permitted animals which must be properly soaked to rid the meat of any blood. These cuts of meat include sirloin, flank, short loin, round steak and shank. The animals considered kosher include mammal that are herbivores and have cloven hooves, such as antelope, bison, cow, deer, gazelle, goat, sheep. Of course, any meat from pigs, rabbits, squirrels, camels, kangaroos, horses, as well as hind quarters of animals (this includes sirloin, flank steak, round steak, short loin, shank) are considered *treif*.

Poultry: Only the chicken, turkey, duck, and goose are considered kosher. Twenty-four kinds of birds are listed in the Torah as forbidden by kosher law. Avoid the following: Birds of prey and scavenger birds such as eagles, owls, hawks, and sea gulls.

Fish: Seafood is not considered kosher as it does not fit the requirements; Kosher fish must have fins and scales. Popular fish are anchovies, bass, carp, cod, flounder, herring, mackerel, tuna, salmon, trout.

Fruit and Vegetables: If fruit and vegetables come in contact with meat and dairy during processing, they are not considered kosher.

Definitely Not Kosher: Insects of all kinds, especially those clinging to fruit that has not been washed. Advice: Don't eat any!

Information for Dieters: Kosher and Plant-based Diets: Many of these diets are pareve in their pure form, so they may be included as kosher, but others have lost the capacity to be kosher because they have added ingredients such as butter in bread rather than animal shortening. Careful reading of ingredients is necessary to determine the kosher or non-kosher content.

To those who embrace a Kosher Diet:

Following the dietary rules delivered by the Torah is a gift supported by one's pride in being a Jew and conquering the challenges of following kosher requirements in our fast-paced, technologically wild world. In a sense, Jewish Orthodoxy believes that specific species can enter our spiritual bloodstream if we eat certain foods. If the animal chews its cud, that symbolizes peace and contentment; If the animal has cloven hooves, that reveals it is not a beast of prey, not a predator that tears its victims apart. Ultimately, these qualities seep into the blood of Jews as positive spiritual qualities, part of the Jewish temperament.

Having experienced a childhood of kosher food, I look back and appreciate the wonderful meals provided by my grandmother in her little kitchen with twin sinks and her multitude of pots, dishes and flatware to accommodate a family of seven. I never knew what Kosher meant; I just ate the food, varied and delicious. As I reached adulthood and moved into an international society that in most cases had no participation in any dietary laws, I examined and understood the concepts behind the rules of Kashrut and appreciated what Kosher represents to a significant element of the Jewish society.