

## **TO YOUR GOOD HEALTH BREAKFAST SERIES 2019-2020**

Health and wellness programming has always been an important part of the Beth Shalom Men's Club. Every year we would have one two programs in this area. This year just like our Special Program Breakfast Series, we developed a six-session health and wellness series we call "To Your Good Health". The sessions in this series are as follows:

### **November 3, 2019 – The Health Benefits of Medical Cannabis and CBD**

With the State of Illinois passing a bill allowing the use of recreational cannabis effective January 1, 2020, we thought it would be very timely to bring in speakers from Compassionate Clinics of America to educate us on the use of cannabis.

The presentation included the various ways that medical cannabis can help those suffering from a qualifying condition as listed on the State of Illinois list of qualifying conditions. The medical properties of cannabis were discussed in detail. They also focused on the differences between medical and recreational cannabis and the differences in access. Please see the Program series flyer attached under "Marketing".



Above Left – Speaker Jessica Harshbarger, Center - Participants and, Right - Rep from Greenhouse a Medical and Recreational Cannabis Provider

### **December 8, 2019 – Personalize Your Nutrition for Better Health**

Clinical Nutritionist Marcy Kirshenbaum from Enhance Nutrition, during her presentation stated that one size fits all diets do not work. Each person's nutritional requirements are different, and your diet should accommodate those differences.

She stated that conventional wisdom says that weight gain, fatigue and chronic disease are part of the natural aging process. In reality, many of these symptoms are simply the result of your body giving up after consistently defending itself against poor nutrition, stress, and environmental toxins over the course of your lifetime.

She went through the basic components of a typical diet and how minor changes can make a big difference. Please see the Program series flyer attached under "Marketing".



## Personalized Nutrition for Better Health

December 8, 2019

Marcy Kirshenbaum, MS, CCN, CNS, LDN

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Above – Speaker Marcy Kirshenbaum and Her Opening Slide

### **January 12, 2020 – Keeping the Rhythm: Sleep and Circadian Wellness as We Age**

This presentation was provided by Sarah Squires-Doyle from CJE SeniorLife and Dr. Kathryn Reid, from Northwestern’s Feinberg School of Medicine.

They reviewed new research that has given us a better understanding of the relationship between the sleep and circadian systems with health and safety. They also discussed the basis and treatment of circadian rhythm sleep disorders, the effects of sleep loss on performance and safety, and the relationship between sleep and risk for metabolic and cardiovascular disease. They concluded by describing several tips on how to create better sleep habits.

Please see the Program series flyer attached under “Marketing”.

### **March 15, 2020 – Jewish Genetics – It’s Not Just Tay-Sachs Anymore**

This was the first program to get canceled due to COVID-19. The program was successfully rescheduled to May 24, 2020 as our first ZOOM Presentation, which is described under the heading, “Then Came COVID-19 and Everything Changed” below.

Unfortunately, the following two programs had to be canceled due to COVID-19 and were not rescheduled due to speaker unavailability to do ZOOM programming.

### **April 5, 2020 – Chiropractic, Nutrition and Stress Reduction**

### **May 17, 2020 – Men’s Health and Fitness**

The flyer prepared for this program series is attached under “Marketing”.

### **LOX BOX 2020**

March 1, 2020

Our annual Lox Box fundraiser is our largest and most successful fundraiser each year. What started as just a “breakfast box” sale to raise money for our Club has turned into a project which has supported many different initiatives. Many years ago, we realized that not everyone ate the items in the Lox Box. We turned those non lox eaters into customers by selling boxes to benefit The Ark and Council for Jewish Elderly, two local organizations who provide meals for those in need. In recent years, sales of charitable boxes have exceeded physical box sales.

The Lox Box fundraiser requires “all hands-on deck”. Along with the committee who plans the logistics of purchasing the items included in the box, Board Members reach out to previous and potential purchasers via email or direct phone calls. Days before the actual pickup and delivery date, Men’s Club Board Members assemble the boxes and store them until Saturday night – packing night.

On Saturday night, over 100 Men’s Club and synagogue members come together to assemble boxes, pack chotzkes (ad specialty items), stuff bagels into bags, and review last minute changes and driver routing. On Sunday morning, an early morning crew packs the final few frozen/refrigerated items, in time for individual pick-ups and Men’s Club Members to deliver Lox Boxes to the greater community. Average box sales reach 1300-1400 boxes, which is a mix of pick-ups, delivery and those sold for The Ark and CJE.

Funds from the Lox Box contribute to the operations of the Men’s Club, providing complimentary meals for events, gifts to the synagogue, and sponsorship of the youth group activities.

See the Sponsorship, Recognition and Coupon book attached under “Detail Program Documents”, and the flyer prepared for this Program is attached under “Marketing”.



Above – Packing Donated Ad Specialty Items into Bags and Preparing the Bags for Packing into the Lox Boxes



Above Left – Packing 7,200 Bagels into Half Dozen Bags, Right – Lox Box Contents





Above – Packing the Dry Goods into Boxes Saturday Evening, and Closing the boxes after Packing the Refrigerated Items and Getting Them Ready for Delivery at 5:30 AM Sunday Morning

**PURIM CARNIVAL**

March 8, 2020

Every year our Men’s Club enthusiastically works at the Purim Carnival, cooking and serving hot dogs, chips, falafel, hamantaschen, and soda. We help set-up and run the carnival games and man the prize booth in shifts. We donate our time and the food to support this important fun afternoon for our young families with young children and introduce them to the Men’s Club in action.



Above Left - Men’s Club Serving Lunch, Center - Falafel and More Falafel, Right – Incoming Co-President Andy Wagner and his son Brandon working the prize booth



Men's Club Members Serving the Food, Preparing the Food, and the Menu For the Day



A Full House With the Men's Club Running the Inflatables and Game Booths

### **YOM HA'SHOAH YELLOW CANDLE PACKING**

March 11, 2020

Each year we participate in the Men's Club Yellow Candle program sending candles to all of our congregants and college students. About 25 members helped us pack over 1,200 candles. This requires the following steps:

1. Put the mailing boxes together
2. Collate the literature, which includes a letter from the Rabbi, a letter from the President of the Club and Yellow Candle Chairman, a prayer to be said upon lighting the candle and a donation remittance envelope.
3. Wrap the literature around the candles with a rubber band.
4. Put the candles in the boxes and close.



5. Seal the boxes, apply the mailing sticker and place in the mailing bags.

This is done in an assembly line fashion and everyone has their favorite task to do.

Seven years ago, we made a \$10,000 commitment to the Illinois Holocaust Museum's Youth Opportunity Scholarship Fund, which enables schools lacking field trip budgets to experience the Museum. After we completed that commitment, we continue to fund the program with the annual donations we receive from this program.

## **Then Came COVID-19 and Everything Changed**

After our Yellow Candle Packing Event, nothing else happened in March and most of April. Was this short term or long term? Were we to postpone programs or cancel them all together? Someone in the Synagogue Administration mentioned this thing called ZOOM.

We held our first ZOOM combined Executive Committee and Board Meeting on April 22, 2020. All regular business was put aside and all we did was brainstorm as to how we were going to proceed in an uncertain future. We decided we needed to be the Men's Club we have always been, and that the Congregation expected. We just needed to find our way differently.

Later, at our July Executive Committee meeting, where we finalize the plans for the 2020-2021 calendar year, we affirmed our commitment as stated above by doing the following:

1. We are going to focus on what we **can do** and **not** what we **cannot do**.
2. We will maintain flexibility to modify planned programs as needed to address changing circumstances and protocols.
3. We will go beyond what is expected to make ZOOM programming special and different.

### **MEN'S CLUB CHAT**

End of April 2020 through early August of 2020

Until we could get regular programming going again, we came up with a casual program we called "Men's Club Chat". These were non-structured ZOOM Programs held every two to three weeks just so the membership could see each other share stories and give advice. Each session was hosted by a different Past President whose job it was to keep the conversations going.

### **JEWISH GENETICS – IT'S NOT JUST TAY-SACHS ANYMORE**

May 24, 2020 (Rescheduled from March 15, 2020)

Our "To Your Good Health" Sunday breakfast series was interrupted by COVID-19. Once everyone got the hang of virtual meetings through Zoom, one of the topics that was previously planned and unfortunately cancelled was able to be presented. This Sunday program was the first one for the Congregation Beth Shalom membership that was held over Zoom.

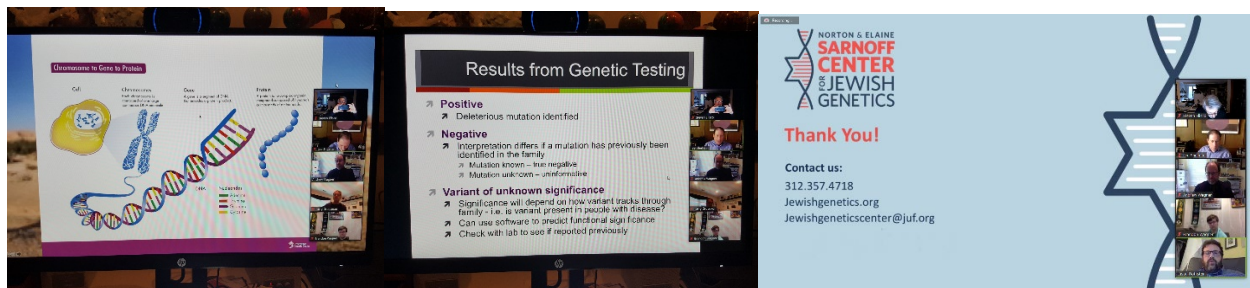
This particular talk was specific to healthy living, preventative care, and Judaism. Two of our synagogue and Men's Club members are on the faculty at the Northwestern University Feinberg School of Medicine and practice reproductive genetics. Along with a representative of the Sarnoff Center for Jewish Genetics from Chicago, we presented a group of talks discussing a brief lecture on genetics and Jewish history and its relevance to now, cancer predisposition testing, and carrier screening.

This program attracted synagogue members of all ages. The carrier screening portion was relevant to younger members who are just starting families. The cancer genetics portion was relevant to everyone with and without a personal or family history of cancer as these predispositions are more prevalent amongst Ashkenazi Jews.

Additionally, late May 2020 was a time when all of us, stuck at home, were seeking out interaction and familiarity with normal events. This program gave our Men’s Club and synagogue membership just that. It also showed our synagogue that a successful program could happen virtually beyond religious services fulfilling a role that synagogue membership gives. Please see the Program series flyer attached under “Marketing”.



Above – Slides from the ZOOM Presentation



Above – Slides from the ZOOM Presentation

## **NIGHT OF RECOGNITION**

August 12, 2020

With the FJMC Midwest Region Man and Youth of the Year Dinner cancelled and our own Men’s Club Shabbat, where we bestow our Kavod Award cancelled, we needed a way to recognize our Honorees. We developed the “Night of Recognition”, where each honoree could be properly introduced by the Men’s Club President, they could each give an acceptance speech and the Clergy can express personal words to each honoree and their families. The Men’s Club provided dinner in each Honoree’s home prior to the event. See the Itinerary for the evening attached under “Detail Program Documents”.



Above - Youths of the Year Anat Pissetzky, left and Rebecca Jacobson, right



Above Left - Man of the year Donald Pike, Right - Kavod Award Recipient Raymond Rokni, right

## YOM BETH SHALOM

August 30, 2020

In 2020 things were done differently. To be consistent with synagogue COVID-19 protocols, Yom Beth Shalom became a drive through pickup event in two phases. School families came by from 9:00 AM to 11:00 AM to meet and greet their teachers and pick-up school supplies, and High Holiday packets & prayer books. The remaining congregants came by from 11:00 AM to 2:00 PM to pick up High Holiday packets and prayer books.

The Men's Club was instrumental in all aspects of this event by contributing as follows in shifts:

1. The week before the event, Men's Club members came to the synagogue To assist with the packing of the High Holiday packets including our Club's brochure and school supply boxes.
2. At the event we handed out the High Holiday packets and School Boxes and prayer books.
3. An Ice Cream truck was on hand and we handed out individually wrapped ice cream bars to each car.
4. We assisted in traffic control in the parking lot to maintain the established drive-up lines.

See our Club's Brochure attached under "Marketing".





Above Left- Men's Club members assist with handing out the High Holiday and School Boxes and prayer books, Center – School Boxes Packed the Week Before, Right - Cars Line Up



Above Left – Ice cream for all!, Right – Men's Club members Assist with Traffic Control in the Parking Lot

**BUILD THE CONGREGATIONAL SUKKAH**

September 13, 2020

In 2020, things had to be done differently. In an exceedingly difficult year, Past President Scott Rogoff was able to organize the Men's Club Members into small groups in shifts to successfully construct the Sukkah, all the while following the established protocols. Since the building was closed and there was no COVID-19 safe way to use an indoor Sukkah, it was not built.



Above – Building the Sukkah in Shifts, Wearing Masks and Socially Distant During COVID-19.