



Beth Israel Bulletin

TEMPLE BETH ISRAEL
MARCH EVENTS

ON-LINE SERVICES AT
7:00 PM

PASSOVER SEDER
MARCH 27TH @
5:30 PM
(ZOOM)



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FROM THE RABBI

Passover rolls around again beginning the evening of March 27. As we were last year, we will once again be celebrating over Zoom.

At 5:30 we will be gathering on Zoom. We will begin the evening with the opportunity for those who wish to show off their seder plates (as we did with Hanukkah Menorahs in December). If you wish, you may briefly mention its history or why it's special to you. We will then conclude the first part of our evening with candle lighting and the first kiddush. At that point, those who wish may sign off to continue the seder on their own. I am guessing this will be at about 6:15 PM.

For those who wish to continue with a congregational seder, we will continue on Zoom as we did last year. It will be a somewhat abbreviated version of the traditional seder we hold in the social hall. We will be using the same haggadah we normally use. If you need to pick up one or more haggadot, the ritual committee will be sending out instructions over email to arrange for pickup (pickup will be the morning of March 21st).

I know that for many of you, our communal Passover seder is a highlight of our congregational year. It is for me as well. That we are once again unable to gather physically together is a source of sadness to me.

At the same time, I am reminded that the Torah tells of the first Passover, when the Israelites huddled in their homes while the Angel of Death passed over their houses. This mythic moment which we recreate each year was not a gathering for extended family, but rather for each household in their own homes. It was a night of watchfulness to keep out the death which roamed without.

We, too, are in a time when there is a threat outside in the form of COVID-19. We, also, look forward to a liberation from the precautions we have been taking for almost a year now. With the deployment of vaccines, we come ever closer to making that a reality.

This year has been unimaginably longer than we thought it would be last March. Many of our lives have been embittered with losses, whether of loved ones, opportunities or experiences.

Last year we finished the seder with the wish that this year we would be back in the temple. At the time, we had no good data, the science was new, the answers changing day by day. Once more this year we will express the hope that next year we will gather in-person. I believe we have a firmer basis for that expectation this year. Even so, the last year has taught all of us to be cautious with our expectations. None of us knows what the year ahead will bring, but it is once more my fervent hope that next year we will celebrate with all of us in the same room together.

I wish us all a meaningful and joyous Passover.

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Schedule of Shabbat Services

Mar. 5, Friday, 7:00 pm Shabbat Service on-line (Zoom)
Ki Tisa (Ex. 30:11 - 34:35)

Mar. 12, Friday, 7:00 pm Shabbat Service on-line (Zoom)
Vayakhel-Pekudei (Ex. 35:1 - 40:38)

Mar. 19, Friday, 7:00 pm Shabbat Service on-line (Zoom)
Vayikra (Lev. 1:1 - 5:26)

Mar. 26, Friday, 7:00 pm Shabbat Service on-line (Zoom)
Tzav (Lev. 6:1 - 8:36)

Mar. 27, Saturday, 5:30 pm Passover Seder (Zoom)



Y A H R Z E I T S

March 5, 2021

Samuel Baker
Charlotte Selig
Monique Sarnow
Fanny Levites
Leo F. Schiff
Louis Cohen
Pearl Lichtig Kaplan
Lillian Goldstein
Robert Gitlin
Rachel Harrison
Samuel Kobel
Samuel Mendelsohn
Samuel B. Michaelson
Jakob Lifshitz
Christopher Haley
Phyllis Kabat
David Schreiber

March 12, 2021

Rose Goldstein
Mark Steven Lichtig
Caroline Scheier
David Sr. Merkel
Lillian Reinstein
Emanuel Goldenberg
Irving Abrams
William Charney
Joseph Lipschutz
George Allen Duskes
Hannelore Weller Cintron
Irving D. Bernstein
Samuel Luria
H. Leonard Schlesinger
Pearl Liebowitz
Lillian Zohn



March 19, 2021

Hannah Sorscher
Donald H. Burrell
Edna Salzberg
Isaias Scheier
Carol Gross
Joseph Merkel
Harry Cohen
Jack Davis
Abraham Merkel
Tillie Kleinberg
Herbert L. Lewis
Sidney Balkan

March 26, 2021

Peter Kriff
Dorothy Weisburgh
Lottie Hartoch
Shaye Trunk
Jack (Jacob) Lipshultz
Dr. Philip Livingston
Pessa Segalowitz
Samuel S. Goldman
Kenneth Sarnow
Alfred Achouche
Shirley Gordon
Jacob London
Ann Kennedy

FROM THE PRESIDENT

*Notes from the prez.....*If you were following the news over the last year (and who hasn't), you may be wondering what in the world is going on! Have we fallen down a rabbit hole? We've witnessed our capital being stormed, a pandemic bringing death on a grand scale, social isolation, a most bizarre weather pattern with frigid temperatures where they should not be, extreme heat and drought, massive fires on several continents, and depression-era unemployment with its tragic toll on people.

We look at all this and wonder what are we seeing? Under all the smoke and haze, I've seen examples of remarkable courage under fire. To clarify what I thought I saw, I looked up the word "courage". Definitions are always a good place to start.

Merriam-Webster defines courage as mental or moral strength to venture, preserve and withstand danger, fear and difficulty. Wikipedia says courage is a choice and willingness to confront agony, pain, danger, uncertainty or intimidation.

We've all witnessed courage on the big screen: e.g. soldiers going into battle, patients facing unbearable pain, families making heartbreaking decisions, firefighters and police running toward danger rather than sensibly away from it.

There are also examples of courage that are not on the big screen. They don't get as much coverage but can be very impactful: e.g. speaking up when someone uses a racist or derogatory term in a joke or conversation, asking someone to please wear a mask or wearing one yourself, admitting a mistake and apologizing to someone we've offended, or even just going to work where you are potentially exposed to the virus because you are an essential worker.

Real courage develops from a firm sense of right and wrong and doing right. The right thing is pretty much spelled out in the Ten Commandments and in the Golden Rule: "do unto others as you would have them do unto you".

We all know this. We learned it as children. Share your ball and you'll have more fun. Work together and you'll get the job done faster. Take care of others, the earth, and those in need and the world will be a better place.

So, why do we see so much "Uncourage" (my own word) in this world? People not doing the right thing for wealth, power, status, misguided beliefs, fear, and even laziness.

It makes me wonder: just how much wealth, power and status, etc. must someone acquire that enables one to silence their conscience and quiet the voice of righteousness in their soul?

Following our conscience feeds our souls. It supports our sense of morality. It reestablishes and strengthens our connection with the spiritual. Without connection to a higher power, our humanity withers and our souls die of malnourishment. Without a soul we are less than human. Like animals, we live only to survive.

In the future, how will our generation be looked upon? Will we be remembered as courageous, moral people, doing the right thing, or as animals existing only to acquire and survive? Or, will we find personal and collective courage today to make the world a better, safer, and saner place?

The choice is up to us. May we have the strength to be courageous.

Ba'ruch HaShem

Beth B.

WILL YOU NEED HAGGADOT FOR PASSOVER?

This year, we again will be celebrating Passover over Zoom. Rabbi David will be using the Haggadah we traditionally use for our in-person Seder. If you need one or several copies of the Haggadah for your family, please let Miriam Worthington know by sending an email to worthington.miriam@gmail.com.

The pick-up day will be Sunday, March 21, between 10 and 12:00 am. You must let us know if you intend on borrowing one or several copies. If no one replies, the scheduled pick-up will be cancelled.

Managing Possible or Confirmed COVID-19 at Home/in a Dorm

This guideline is written for ages 14 and older

INTRODUCTION:

If you have an underlying medical condition such as asthma, diabetes, congestive heart failure, lung disease or kidney disease, you must be under the care of a medical provider.

The CDC (Centers for Disease Control and Prevention) has a website titled [*What to Do If You Are Sick, if you have possible or confirmed COVID-19*](#). This is very good for isolation procedures and when to seek medical attention. It provides minimal advice for taking care of yourself at home.

Simple early measures taken at home or in a dorm will make you more comfortable and can help most bronchial infections. If you can keep your body and lungs healthier, there is the possibility it may help you mount a stronger challenge to this virus. These measures have no side effects, so there is no downside to following them.

When to seek emergency medical attention

- *Trouble breathing or significant shortness of breath on exertion*
- *Severe, persistent pain or pressure in the chest*
- *New confusion*
- *Inability to wake or stay awake*
- *Bluish lips or face (can indicate low oxygen levels in your blood)*

PATIENT PROTOCOL:

1. **Rest and Stay in Quarantine/Isolation as instructed.**
2. **Stay Hydrated.** Drink 6-8 glasses fluids daily—juice, water, soups. Avoid alcohol. Fluids keep you healthier and thin your pulmonary secretions. Your urine should be colorless or a very light yellow. **If the urine is becoming darker, you are getting dehydrated.**
3. **Do Not Smoke or Vape. Any smoke is an irritant, including cannabis.**
4. **Deep Breathing Exercises during the day.** When you are ill and breathing with shallow breaths, some lung tissue can collapse (atelectasis). This makes you more prone to pneumonia.

A London hospital doctor, Dr. Sarfaraz Munshi describes a breathing technique that could have significant preventive value. He urges patients to begin practicing the breathing technique at the start of your infection. His following pulmonary program is backed up by the chief medical officer of the American Lung Association.

The video of this program can be seen on youtube at <https://www.youtube.com/watch?v=HwLzAdriec0>

Dizziness can occur so do this pulmonary program safely sitting.

- a. **Take 5 deep breaths in and each time hold the breath for 5 seconds.**
 - b. **On the 6th deep breath, you will take it in and do a big cough, covering your mouth. This is one cycle.**
 - c. **Now repeat a second cycle.**
 - d. **Then lay on your stomach on the bed with a pillow under your chest taking slightly deeper than normal breaths for the next 10 minutes.** Most of your lung tissue is towards your back so laying in the prone position helps keep the smaller airways open.
 - e. **Repeat this several times a day.**
- Purpose of this technique:** The initial deep breaths help all the airways to open up. You want any mucus to dislodge and be removed by the big cough at the end of the 6th breath.
5. Simple **leg exercises** can be helpful. When you are ill and weak and not moving too much, the leg muscles get very weak. Two exercises to keep your legs stronger and improve circulation are:
 - a. Lying flat on your back on the bed, push a knee down against the bed. This causes the thigh muscle

(quadriceps) to contract. Hold the contraction for 10 seconds. Do 5-10 repetitions and repeat with the other leg. Do this 3-4 times daily.

b. Flex your feet towards and away from you 10-20 times. Do this 3-4 times daily or anytime you think of it.

6. **Steam inhalations may be helpful to help healing and loosen mucus in the upper and lower airways.** There are no controlled research studies. Check with your medical provider. **Steam 3 times daily for 10-15 minutes each time. This recommendation is for patients who are 14 years and older.**

Do not use boiling water from a stove or microwave.

Ways to get steam:

- A facial steamer is simple.
 - You can sit at the sink and put on the hot water. Put a towel over your head to capture the steam.
 - You can sit in the bathroom with the hot shower on. You do not want to stand for a long time in a hot shower when you are ill with fever, because blood can pool in your legs and you can get faint.
7. **Gargles** are very helpful if your throat is sore. Put a very small amount of salt ("a pinch") in glass of warm (not hot) water. Gargle periodically during the day. Steaming will also help your sore throat and can replace a gargle.
8. **Humidification**-A small (1 to 1.5 gallon) steam vaporizer or cool mist humidifier is very helpful when the heating systems are on and the air is very dry. Air conditioning can cause dryness in the room. **A steam vaporizer should be safely kept away from children to prevent them from tipping it over and burning themselves.**

Saline nasal spray-use this at any time to help humidify the nose.

For Fever, Headache, and Muscle Aching

Currently, acetaminophen (Tylenol) is the preferred medication to reduce COVID-19-related fever.

Acetaminophen comes in 325 mg and 500 mg tabs; take as directed and do not exceed 3,000 mg (six 500 mg tablets) in a 24-hour period. If you have an underlying medical condition, check the dose with your medical provider.

If a nonsteroidal anti-inflammatory drug (NSAID) such as ibuprofen (also known as Motrin or Advil) is needed to relieve symptoms, or you are already using ibuprofen to relieve your symptoms, use the lowest effective dose.

Harvey Hurwitz, MD, general internal medicine, college physician

Craig Hurwitz, MD, kidney specialist

Sabieli Kabeli, MD, pulmonary disease specialist

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*Thank
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Gayle Ratner:

- In memory of my Grandfather Albert Greenfield;
- In memory of my Grandmother Gladys Kalofsky;
- Thank you for the Souper Shabbat Recipe Book.

YENTA

Hal and Becky Rubin have a new addition to their family, "Woody" a Beradoodle. He is VERY active and Very Cute!

Sarah Davis, (daughter of Janet & Jerry) was recently interviewed for a NY Times article about the legal situation in Minneapolis as the George Floyd trial approaches.

Interestingly, the interviewer was



from Essex Junction, VT.

Michelle Zelkowitz is sending pertinent letters to the editor. The Ritual Committee's "Souper Shabbat Cookbook" is a hit. Additional copies are available by contacting Mona Goldenberg.

Prayers for healing go to Jerry Resnik and to Steve Cahill. Steve will have his 4th hip surgery on 9 March 2021.

Oh, how forgetful, thanks and congratulations to Beth Brumfield for stepping up as our President.

Yenta

TEMPLEGRAMS

APRIL

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- 4/Jeanot Cao-Ba
- 5/Henry Davis
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Tarbut (Jewish Culture & Enrichment): Diane Fine, 518-562-2099, finedc@gmail.com

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