



RABBI'S MESSAGE

Few phenomena wreaked such havoc as Covid-19. By the time this debilitating and even deadly virus has run its course, potentially millions of people throughout the four corners of the world will have been diagnosed with this condition. Many have been treated in hospitals. Many more have gone through either self-quarantine or mandatory quarantine. There have been thousands upon thousands of deaths as well. So far, New York State has suffered the brunt of this pandemic.

The worldwide economy, including our own, has taken a huge hit. Most businesses have been shut down. Millions of Americans have filed for unemployment benefits. Families that live paycheck to paycheck have been put in dire straits. The New York Stock Exchange has been volatile during the past several weeks. Personal portfolios and pension plans have been seriously eroded. The prospect of either a severe global recession or even a depression is entirely within the realm of possibility.

Although the High Holy Days are several months away, I think of the central prayer which is recited on both Rosh Hashanah and Yom Kippur, *Unetaneh Tokef*. Most of the text seems to suggest that God predetermines our fate. In these scary and uncertain times, most of us are unnerved by the phrase, "On Rosh Hashanah it is inscribed, and on Yom Kippur it is sealed - how many shall pass away and how many shall be born, who shall live and who shall die..."

However, we forget the most central statement of *Unnetaneh Tokef*: prayer, repentance, and charity modify or even annul the severity of the degree. This concept can be directly applied to how we respond to the coronavirus.

With regard to prayer, we must recognize that it cannot be confused with magic. We cannot expect a good outcome by reciting a special formula of words. What prayer can do is put us in touch with God. Even more important, prayer can put us in touch with one another. The buzzword of the past several weeks is "social distancing." At a fearful time when people long to come together, religious establishments are forced to close down and worshippers are forced to isolate themselves within their homes to prevent the further spread of Covid-19. At Hebrew Tabernacle and at many other congregations, we have responded to this obstacle by holding Zoom study sessions, Zoom meetings, Zoom services, and even a Zzoom seder. By the time that you read this article, I will have already performed a Zoom wedding based in Brooklyn. Indeed, communal solidarity softens the psychological impact of our current crisis.

Repentance or modifying undesirable patterns of behavior can certainly alter the severity of the plague. The most important principle is to stay at home unless absolutely necessary. When we circulate into

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Dear Members and Friends of Hebrew Tabernacle,

Who would have thought...?

We would do a virtual Seder and have folks pick up their Seder meals?

Do holiday and Shabbat services on Zoom?

Hold virtual Shiva minyan?

It is hard to believe how life has changed since the last Bulletin went out.

Few, if any of us, have escaped knowing about the death of a family member or friend or not worried about our own health and that of loved ones. Some of us are alone at home; others are crowded with large families, often with children home from school. Some are working from home; others have been furloughed or laid off from work. Several of our Hebrew Tabernacle family are health care and/or first responders and we thank them daily at 7 PM. In short, it is a strange and difficult time for almost all of us. But as our ancestors (and for many of us our parents) survived, so will we.

I am so grateful to those who have helped us move forward despite the fact that gatherings cannot generally be held in the building right now. Shelly Koy, our Hebrew School Principal and Administrator, seems to be working seven days a week to keep us going (even coordinating virtual Hebrew School classes.) Rabbi Gale and Student Cantor Robby Wittner and Student Rabbi Rebecca Hecht have led beautiful services and special classes. The officers, the full Board of Trustees, and committees have met regularly on-line or by phone. The office staff has been working remotely for the most part. Somehow the building is maintained, leaks fixed and cleaned up. Even the Chesed committee makes phone calls instead of visits. In short, we continue our work, albeit in a different manner.

Soon we will be saying goodbye to Student Cantor Robby Wittner, Student Rabbi Rebecca Hecht, and social work intern Decsiree Gonzalez. Next year, our plans are to again have a student rabbi, student cantor, and student social worker. As they learn from us, we learn from them.

As this pandemic continues to hit NYC stronger than the rest of the world, we can anticipate longer periods of staying home, with loss of income for many, loss of hugs from friends, and continued isolation. But together we can make it a little easier.

Please join us for services, classes, and the book club. Please offer to lead a class or a regular discussion group. Please offer to make a friendly call to someone who needs it. Let us know if you need something or if you can help someone who does. Call the synagogue at 212-568-8304 and leave a message or email me joanhtpres@gmail.com.

Thank you all for your continued support. Please take good care of yourselves.

With best wishes,

Joan



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*A Liberal Congregation &
Progressive Community Center*

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Join us for **SHABBAT and HOLIDAY SERVICES** *in our on-line Sanctuary.*

Zoom meeting information
will be provided each week by email.

**Friday Evening Services begin at 7:15 PM,
and
Saturday Morning Services begin at 10:00 AM.**

Services for Shavuot will take place as follows:

May 29th – Shavuot Day 1 Services 10:00 AM

**May 29th – Kabbalat Shabbat/Second Evening
of Shavuot services 7:15 PM.**

**Student Rabbi Rebecca Hecht & Student
Cantor Robby Wittner will be honored
for their service to Hebrew Tabernacle.**

May 30th – Shavuot Day 2 with Yizkor.

A Prayer for This Pandemic

Offered by Desma Holcomb

I have found the Hashkiveinu prayer moving and comforting dur-
ing Friday night services:

Grant, O God, that we lie down in peace,
And raise us up, our Guardian, to life renewed....
Shield and shelter us beneath the shadow of Your wings.
Defend us against enemies, illness, war, famine and sorrow....
Guard our going and coming, to life and to peace, evermore.



*"Months ago, these daffodils were planted on 185th Street by some of our
Hebrew School children, with assistance from Diana Douglas.
In the midst of the pandemic, hope springs eternal."*

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society, we risk not only our own health, but also the health of our neighbors. Considerable evidence points to the fact that asymptomatic people can easily spread the virus to others and potentially endanger the lives of the more vulnerable elements of our society. If it is necessary to go out to purchase food or medicines, individuals should sneeze with a tissue or cough into their sleeves. Handshaking should be avoided. Face coverings are now being required in many places. Frequent washing of hands should be encouraged and public facilities should have adequate soap and towels. Buildings should be cleaned more rigorously.

Repentance is also about modifying our attitudes. While we seek the emotional comfort which comes by worshipping with fellow congregants, we can no longer afford to be insular. The coronavirus is an equal opportunity virus. While New York State, particularly New York City, has been the epicenter of the virus for several weeks, it has impacted nearly two hundred countries throughout the world. What initially impacted a country halfway around the world eventually came to our own backyard. The solution to problems in a global age can only be global--better information, communication and coordination across the world. No one country can stop a pandemic by itself; international collaboration is crucial.

When confronting the coronavirus crisis, another attitude that must totally disappear is scapegoating. During the Middle Ages, Jews were once scapegoats for the bubonic plague. In 2020, Jews are also blamed for the coronavirus. We can add the Chinese, migrants, and minorities to this list. Just as Covid-19 is a sickness, so is hate. It is not a virus, not a microbe, not a germ, but a sickness nonetheless. Like Covid-19, hate is highly contagious and often deadly in its effects. International cooperation reduces the severity of the virus; hate and suspicion increase it.

Tzedakah and *gemillut chasadim*, charity and acts of lovingkindness, certainly modify the severity of the "Covid-19 decree." The building of a large hospital at the Javits Center, the donation of ventilators to New York from California, Oregon, and Washington State, the brutally honest, but loving briefings from Governor Cuomo, and the selfless devotion of so many health professionals and other first responders, certainly falls in this category.

On a smaller scale, I salute the restaurant establishments who provide a free delivery service to customers. It is a win-win situation. Those individuals who still have steady income have the opportunity to support an industry that is severely hurting and to make a difference in their local communities. Food deliveries enable customers, particularly the more vulnerable, to receive meals without leaving home.

In modifying the impact of the coronavirus pandemic, I would add one more item to the prayer, repentance, and charity and *gemillut chasadim*--gratitude. A spirit of gratitude will help all of us get through this pandemic. Gratitude enables us to look upon those who provide a helping hand as being created *b'tzelem Elohim*, in God's image.

To that end, I would like to thank my two colleagues, Student Rabbi Rebecca Hecht and Student Cantor Robert Wittner, for not only assisting me throughout the year, but also for reaching for something extra in helping me to provide a religious response to what is going on around us. Just as I have mentored them, so they have been a source of strength and inspiration. Over a period of ten years, I have worked with a total of four student cantors, and this past year with a student rabbi as well. While I hope that they have learned from me, I have also learned from each and every one of them. In the years which lie ahead, I pray and hope that their careers will blossom.

The truth of the matter is that natural disasters and pandemics affect all individuals. Bad things happen to good people. The righteous do not get a pass for good behavior. In Albert Camus's novel, *The Plague*, Father Paneloux explains the epidemic that hits a small town in Algeria as the result of moral transgression. When an innocent child perishes, he revises his views and rationalizes it as a test of faith. The fallacy of his views is exposed as he soon succumbs to illness not related to the plagues.

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Tot Shabbat and Student Life at Home

We've been continuing Tot Shabbat virtually (see below). Ezra and Amos have been fantastic collaborators/co-facilitators. – Laurie Slodounik Aaron and Addy loved the Tot Shabbat that they attended on Zoom! – Kate Sussman

It is kind of different at Tot Shabbat, because we are zooming. Well, it is nice to see some of our friends on the computer. We started making challah at home for the first time, which has been nice. And you can try it too! I don't really know if I like school at home. It is very different and there are a lot of changes. For example, a couple of days they cancelled the zoom meetings. - Ezra

THANK YOU

תודה רבה!

תודה רבה!



WE GRATEFULLY ACKNOWLEDGE THESE RECENT CONTRIBUTIONS:

2/15/20 –4/14520

AIR CONDITIONING RENOVATION FUND

received a donation from...

Bernard Crystal

Donation covering Air Conditioner

CLERGY ASSIST FUND

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Hebrew Tabernacle Sisterhood

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Desma Holcomb

Permanently enter the name of Peter Janopaul into the Book of Life

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In memory of the Yahrzeit of Ada Speyer

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In memory of the Yahrzeit of Eugenia Seligsberg

Bernard Crystal.

In memory of the Yahrzeit of Harry Crystal

Fred Fields

In memory of the Yahrzeits of Martha & Ignatz Dingfelder

Arthur & Joanne Frank

In memory of the Yahrzeits of the entire Levite/Frank family

Barry & Irene Gilbert

In memory of the Yahrzeit of Nathan Maier

Barbara Gonzo

In memory of the Yahrzeits of David Harris, Irene Danziger and Ruth Krautman

Mark & Rita Hamburg

In memory of the Yahrzeits of Salo Hamburger, Rivka Zemet, & Bernard Weissman

Allen Hirsch

In memory of the Yahrzeit of Helen Hirsch

David & Linda Horowitz

In memory of the Yahrzeit of Gertrude Horowitz

Howard Kayne

In memory of the Yahrzeit of Renee Obermeier

Ruth Koesterich

In memory of the Yahrzeit of Walter Lesser

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Carolyn Kohlman

In memory of the Yahrzeit of Emma Norman & Herman Kohlman

Helga Kramarsky

In memory of the Yahrzeit of Thilla Suessel

Michael & Polina Kruk

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Michael Melzer

In memory of the Yahrzeit of Joseph Melzer

Ellen Oppenheimer

In memory of the Yahrzeit of Julius Katzenstein

Yona & Stanley Schloss

In memory of the Yahrzeit of Martha & Sol Light (to be dedicated for use in Coronavirus Relief)

Louise & Sylvia Alice Schulman

In memory of the Yahrzeits of Gunther Ehrlich and Ruth Wolf Ehrlich

Lawrence Suran

In memory of the Yahrzeit of Ludwig Suran

Vicki Tobar

In memory of the Yahrzeit of Hans David Tobar

Pauline & Lawrence Ungar

In memory of the Yahrzeit of Fred Hamburger

Dr. Ruth Westheimer

In memory of the Yahrzeits of Fred Westheimer, Else Westheimer, Max Hanauer

Gerald Zobel

In memory of the Yahrzeit of Max Zobel

GENERAL FUND – MISC.

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Maria Brown

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In Honor of Regina Gradess' mom, Mrs. Rosenzweig's 101st Birthday

Rose Ellen Neidish

Donation to show appreciation of keeping the HT community together"

RABBI'S DISCRETIONARY FUND

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Cheryl & Shmuel Gold

Donation with many thanks for including us in your outstanding virtual seder

THANK YOU

תודה רבה!



SEDER FUND

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Contribution to support the annual community seder



Allow us to identify some of the cast of characters from Rabbi Gale's most recent delightful work,
"The Phantom of the Opera: A Musical Adaptation of the Purim Story."

Dr. Denny Kelk did an admirable job as the Narrator. King Amadeus/Instrumentalist was played by Dr. Ralph Selig. The Phantom: Rabbi Jeffrey Gale.
Student Cantor Robby Wittner played Raoul. Christine: Student Rabbi Rebecca Hecht. Antonio Salieri/Special Effects: Shelly Koy. Guavdrds:
Jamie Authers and Josie Levin. Jester: Hilary Zatz (with applause reinforcement courtesy of the Zatz family).

Phantastic photography provided by Dr. Aliza Holtz.

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The hero, Dr. Rieux, realizes that there are no explanations. The plague comes and goes in spite of his best efforts to treat the suffering humanity around him. He is not concerned whether or not the plague is part of some Divine Plan. He continues to work around the clock simply because caring for others is the right thing to do. My wife, Tsiporah, is Dr. Rieux. Although her field is not infectious diseases, she is prepared to step in if the hospital is short-staffed in helping to alleviate the additional stresses that New York hospitals are facing.

Finally, while I do not believe in Divine Punishment, I do believe that human beings have been punishing each other in response to the coronavirus pandemic. In the hospital, people rip soap dispensers off the walls or steal rubber gloves. Others go to stores in order to buy up and hoard such items as toilet paper, basic food products, wipes and Pirell soaps. Online merchants jack up the price of certain items to exploit desperate people and to fill their pockets.

The worst form of punishment that human beings have inflicted upon each other is prejudice. Just as Jews were once scapegoats for the bubonic plagues in the Middle Ages, so minority groups are held accountable for the recent scourge of coronavirus.

A few weeks ago, Fareed Zakaria wrote in the Washington Post: *Almost everywhere, the populist right is trying to blame the contagion on*

open borders and migrants. In reality, the disease has been spread internationally by travelers and tourists — impoverished asylum seekers don't usually board cruise ships. But that hasn't stopped politicians from trying to exploit the crisis. Italian firebrand Matteo Salvini railed against the government for continuing to allow in migrants from Africa, though there are few cases of coronavirus on that continent. Far-right parties in France, Germany and Spain have all called for tighter border controls.

In the United States, the attacks have been directed mostly against China. A Fox News host explained that the world was suffering from this epidemic because the Chinese Communist Party cannot feed its people, who have resorted, he claimed, to "eating raw bats and snakes." Really.

Today we are observing Shabbat Hagadol, the great Sabbath before Pesach. The Haphtarah provides a vision of the Passover which is yet to come. Malachi envisions a just world in which wickedness is rooted out and in which the hearts of the children are turned towards the parents and the hearts of the parents are turned towards the children. In time, science will step in and antidote will be provided to curb the coronavirus. However, we still have a long way to go before we curb the virus known as hate. In the words of Rod Serling:

A sickness known as hate. Not a virus, not a microbe, not a germ—but a sickness nonetheless, highly contagious, deadly in its effects. Don't look for it in the Twilight Zone—look for it in a mirror. Look for it before the light goes out altogether.

ing, so they can go home, with assistance.

There are two driving forces for me from Judaism right now:

- Tikkun Olam—to repair the world—I consider caring for the sick and preparing them to return to their lives to be part of healing the world.
- And connection to community is so important to me —at Hebrew Tabernacle, the Columbia community or our neighborhood—whether I am receiving emotional support or helping people heal.

Dr. Eileen Scigliano left direct patient care, where she had specialized in bone marrow transplants at Mt. Sinai, one and a half years ago to join the World Trade Center [survivors] Health Program at Sinai as an administrator and medical educator. But all of Sinai's healthcare professionals were redeployed for COVID. She was on one of 45 teams of a doctor plus two staff (Physician's Assistant or Resident), each of which were responsible for 12 patients for 4 12-hour days (followed by 4 days off). In her case the patients were sick but not yet critical, but had to be treated and closely monitored, in case they needed to move to intensive care.

It was challenging to work out of my area of expertise, after 1½ years away from the bedside, and to be guiding a pediatric resident who had never treated adults before! But our colleagues advised and supported us and everyone was pitching in, no matter how menial the task.

It is inspiring to see the amazing amount of research, innovation and collaboration across specialties and between front line staff and researchers, as we all scramble to find the most beneficial treatments

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Experiences of Some Hebrew Tabernacle Healthcare Professionals During the COVID19 Pandemic

By Desma Holcomb

Rita Hamburg, PT, MA, has been the Site Director at New York-Presbyterian Hospital/Columbia for Rehabilitation Therapies—which includes Physical and Occupational Therapy. But during the pandemic, she has had to adjust and innovate to serve the hundreds of COVID patients who dominate all the hospital's floors (and two temporary field hospitals).

Her saddest assignment was to supervise staff in the giant refrigerated trucks on how to use a safe-patient-handling mechanical lift to lift dead bodies to the upper shelves inside these mobile morgues. It is depressing to see so many patients die from this terrible disease. But she is inspired to see her therapists helping on two fronts:

- As part of RN/PT-OT Proning Teams that safely turn patients on ventilators from their backs to their fronts every 12 hours, all day long (a technique which has been found to help impaired lungs to function and heal) and

- In the pre-discharge area where COVID19 survivors rebuild their strength and improve their skills in walking and activities of daily liv-

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and techniques and to deepen our understanding of how this disease progresses and can be treated.

I got my commitment to medicine from my Judaism, whose core values are to be a good person and make the world a better place. I am seeing those values in action among my diverse co-workers—from the staff cleaning the floors to the nurses and doctors.

Dr. Denny Kelk is a dentist in the BronxCare Health System (formerly Bronx Lebanon) at the MLK. Jr. Health Center Dental Services on the Grand Concourse, down the street from the main hospital. Routine and non emergency dental care been suspended and the department is closely following the hospital and ADA guidelines. The clinic is handling emergencies only, but is one of the few places open in the area. All hospital workers are considered 'essential'. It is eerily quiet and distanced, compared to the usual hustle and proximity. She is handling emergencies only, including for the clients of regular dental offices that are closed in the community. Patients come in with dental pain, infection and trauma.

All patients and staff are screened with temperature checks, and she wears a mask and extensive protective gear when she treats a patient because anyone could have COVID (even without a temperature). Some emergency dental care may create a lot of aerosol of saliva and tooth structure, directly into the face of the dentist and dental assistant. And that is the most efficient way that the virus can be spread from one person to another.

Her connection to Tabernacle throughout all of this has kept her mind occupied with the intricacies of running a synagogue while sheltering in place. It helps keep her from dwelling on the daily briefings she gets at work about this terrible disease.

Nurse Practitioner Dara Herman normally works at a public school-based health clinic, which provides comprehensive primary

Dr. Melissa Stein is a doctor of Internal Medicine at Montefiore Hospital, and is a specialist in Addiction Medicine. She has generously granted us permission to reprint a Facebook post she recently wrote.

I'm finally home after finishing my eight days attending on a covid floor (they're all covid floors now) at Montefiore Hospital. Mostly I feel tired, but there are lots of other feelings too.

I feel dumbfounded, in the worst possible way, at the magnitude of this tragedy. It's unimaginable.

In my 8 days, my team cared for about 25 patients and three of them died. The ones who died had significant health problems and two were elderly(ish). None of the deaths was surprising. The young person's death was particularly tragic because her mother died a few days before she did, leaving a devastated 24 year old sister/daughter to manage without them.

The saddest moment for me was when I learned that one of my clinic patients died, preceded by her sister days before. I was their primary care doctor for about 10 years and I will miss them both.

care for 1,100+ students from Kindergarten to 8th Grade.

She has been on a real rollercoaster ride. First, the clinic closed because the school was closed. Then the school and the clinic reopened to serve the children of first responders, hospital staff and other essential workers. But when those parents did not pivot their childcare to that center in the first week, the school was closed down again. Next, Dara was assigned by her clinic to a neighborhood clinic in a different part of the Bronx where all the patients were adults, not children. Two weeks later, she was furloughed—to be precise her agency phoned during the Passover Seder to tell her she was being laid off! She would lose her pay immediately and her insurance by the end of April.

Her union, 1199 SEIU and her colleagues got organized and fought back. Surely the agency could think of something for healthcare professionals to do during a pandemic! She just heard she will be reinstated soon, with back pay and no interruption of health benefits.

She is still worried about "her kids," those 1,100 students, since she has been cut off from her work email and phone at the school. So she has not been allowed even to call and check in on them and their health.

And like many other parents, she is dealing with

- a 5-year-old who was in the Y Nursery School who is seeing his classmates only on Zoom and
- an 11-year-old who is doing tons of schoolwork remotely.

In these times, Dara has been inspired by her union and by her older daughter's teachers, who have been amazing. Her neighbors who make noise at 7pm, sew masks and cook meals for the local hospital staff touch her. She has been sustained by Judaism in the Tabernacle community—they all attend Virtual Tot Shabbat, and her daughter loves to see her Hebrew School friends at the Zoom classes on

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I have to say that in addition to the sad feelings there are positive ones as well. I took Mr. Rogers advice and looked for the helpers, who were all around me. I worked with amazing house staff including two radiologists-in-training who volunteered to be on the covid floor. The commitment, competence, and compassion of the young doctors I worked with was inspiring. As were the old doctors - my Department of Medicine colleagues of 20 years who are working incredibly hard organizing, supporting, advocating, and also seeing patients! In my role in the Department of Psychiatry I witnessed a huge effort to move patient care to phone and video with as little disruption as possible and the speedy creation of several channels for health care workers at Montefiore to access emotional support. My colleagues at Port Morris (my clinic) and all of our division did an amazing job of taking care of the patients and keeping things working smoothly. Giant institutions will be giant institutions, but I am glad that Montefiore is mine.

I am especially grateful for the personal support I have received. Texts and calls from friends have been plentiful and my neighbor-

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Mondays. Dara thought the Zoom Tabernacle Seder was wonderful—despite the lay-off call. Her family is close to other Hebrew School families and they are in touch by phone and online.



DENNY KELK



EILEEN SCIGLIANO



RITA HAMBURGH

Chesed—The Compassion and Lovingkindness We All Need Now More Than Ever

By Hilary Zatz

So many chesed acts of love, dedication, and round-the-clock efforts are being accomplished by health care professionals in our own congregation, community, throughout the country, and around the globe.

I have reached out by phone to a variety of congregants and friends of Hebrew Tabernacle over these many unlike-any-other days. While it is not possible to make visits together that are so special, we can talk, share feelings, know that we are there for each other.

It has been a remarkable experience for me and my family to be at our virtual worship services. Encouraging worshippers I speak with to take part in the Zoom togetherness, even simply by phone-in, has been a special time for all of us.

The Zoom experience took on a particular poignancy several weeks ago when family and friends came together during Kabbalat Shabbat services that marked the first Yahrzeit of our beloved Rita Rosenthal. I was honored to take part and remembered the wonderful visits we'd made together. It made me wonder what Rita might have thought of the emergency situations we all face today. In my heart I know she would have experienced these challenges with her trademark pluck and resiliency.

Recently, amid all the calls I have been making, I received a delightful call from our senior senior (no misprint!) Eva Feist. Eva wanted to double-check a Passover matter, and also asked about my husband's ongoing recovery from eye surgeries, which I deeply appreciated. We also took the time to share our mutual love for the Haggadah, enjoying some favorite passages together.

Who knows one...

Who knows wonderful?



HILARY ZATZ



DESMA HOLCOMB

By Miriam Frank

Desma Holcomb retired this year after eight years with the New York State Nurses Association (NYSNA). She worked in the union's Political, Research and Labor Education departments.

During her last months of service at NYSNA the COVID pandemic began hitting hard. Working first in the office, then remotely from home, Desma helped lead the union's campaign to obtain a strong supply of protective masks for all nurses who needed them.

"Until the State of New York and the federal government bought and/or manufactured masks by the millions, nurses were being forced to re-use single-use masks, sometimes for a day, sometimes for a week. This dangerous practice caused preventable illnesses and death among front-line nurses. It was horrible," said Desma, "and we still don't have enough masks. That is why you will see nurses in the news every day pleading for basic protection as they work their 12-hour shifts and try to save the lives of their patients."

"I leave this job feeling proud of the labor education that prepared our nurse members for this hard battle."

Question: Is your Judaism and the connection to Tabernacle helping you in this crisis, and how?

My faith and my social involvement with the congregation have been important supports during this critical time, both morally and spiritually.



Insights From a Mental-Telehealth Practitioner

Laurie Gruenberger, Psy.D.

Despite the physical distance that Covid-19 has forced us to maintain from one another, in many ways we are all more interconnected than ever. Not only does the contagion connect us, we are all sharing the common experience of adjusting to this unfathomable new way of life together. For many, the transition has been relatively smooth and, in fact, many silver linings have been identified. For others, settling into a life in quarantine has been fraught with anxiety, depression, grief, helplessness and feelings of loneliness and isolation. While many families are enjoying their time together, for some families there has been an increase in tension and, in some cases, domestic violence. At the same time, while many are concerned about contracting the virus, the most common complaints from child and adolescent patients in my psychotherapy practice are boredom and missing their friends and school. The most common stressors reported by the adults center on parenting issues, including concerns about screen time and education as well as job security, job intensity, and the challenges of working from home.

As a mental health professional, I feel grateful that technology affords me the opportunity to connect with my patients through telehealth. Prior to Covid-19, I occasionally did phone sessions, but I had had no experience with video sessions. Thankfully, there are various HIPAA-compliant video platforms and none require a high level of tech savviness from either the provider or patient. While many of my pre-existing patients have opted to connect by phone, some prefer face-to-face sessions. I do not consider either modality better—it is up to the individual practitioner and patient. For anyone starting with a new therapist, however, I do believe video sessions offer a better opportunity to develop a connection and determine if the therapist is a good match.

I regularly check in with my patients regarding their feelings about

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DARA HERMAN

Post-Covid 19

by Marissa Piesman

I spent the second half of March coughing and running to the bathroom. The cough, by the way, is unique. It makes you sound like you are starring in a monster movie and you are the monster. My husband and daughter remained asymptomatic during our fourteen day quarantine. When I was released at the end of the month, life was so different. It was as if I had moved to a small town. The neighborhood was my universe. Sitting six feet away from a friend on a park bench was an exciting social encounter. Walking up to Fort Tryon Park was thrilling. Everything was in riotous bloom—the tulips, the Japanese cherry trees, the magnolias—they had all blossomed simultaneously.

I had a pretty mild case of Covid19; no terrible difficulty breathing. The whole thing was over fairly quickly, for which I am grateful. And I am grateful that I live in such a beautiful neighborhood with such intelligent and empathetic people who wave hello, presumably smiling behind their masks.

It's only recently that the conversation about the residual effects of this virus has begun. I would be prevaricating if I claimed to be suffering from pronounced cognitive deficits. I am not drooling or wetting my pants, but the other day I did forget the word for coaster. And my hair is falling out. But the most poignant and tragic loss is my recent inability to read a book. I have gone through something like fifteen first

pages of both fiction and non-fiction and have been unable, so far, to even get to page two. I ultimately found a copy of Alice's Adventures in Wonderland coupled with Through the Looking Glass. I knew the landscape of the two novels so well (having been an Alice fanatic since I learned how to read back in the mid-Fifties) that I had no doubt that I would be able to navigate such familiar terrain.

And it worked. I am now happily ensconced in Lewis Carroll's magical world. Perhaps I will have to spend the rest of my days reading children's literature. That doesn't sound so bad. I would hate, however, to have to drop out of Hebrew Tabernacle's monthly book group. This is the first time that I have been unable to read the monthly assignment. I have been in various book groups over the past decades, but this one is a marvelous combination of intelligence and outspokenness. I have tremendous respect for the members and look forward to seeing them again soon, hopefully not on a screen but in situ.

Dr. STEIN

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hood community stepped up in a major way to cook and deliver home cooked meals to the Montefiore house staff. Bringing the food to the conference room each evening was a positive ending to my workday.

And most grateful for Elena (and the boys) who held down the home front, supporting me with love, yummy dinners, and time together.

So as terrible as it was, it could have been worse, and there were bright spots. And miraculously, as I left the hospital after a day of crazy stormy rain, there was a beautiful rainbow over the Bronx.

#Montestrong #Montepride #MonteDGIM #westillneedppe

SAVE THE DATE

HEBREW TABERNACLE
ANNUAL
CONGREGATIONAL
MEMBERSHIP
MEETING

Sunday, May 31, 2020

10:00 am - 12:00 pm

*Note: Meeting be by Zoom
and all Voting will be by proxy*

INSIGHTS FROM A MENTAL-TELEHEALTH PRACTITIONER

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the telehealth sessions and have gotten a positive response all around. In terms of my youngest patients it has required a whole new level of creativity to keep their attention and typically the sessions are split between them and their parents. Working with parents has always been an essential part of my practice and during this crisis our partnership is even more critical. It is important for parents to understand the magnitude of the adjustment for their children and to understand that many of the concerning behaviors, including an increase in explosiveness and a decrease in motivation for school come from a place of grief and the challenge of adjustment. There is a great deal of literature available on these topics. Most therapists are offering telehealth and referrals can be obtained from a family pediatrician/internist. Psychologytoday.com is another helpful resource.

“This Time Next Year”

by Loren Christian

“This time next year...” was something I said a lot.

“This time next year I will be running a children’s playspace”,

“I’m still working on a business plan, but this time next year I’ll have something running”,

“I’ve been doing some research but haven’t had a chance to really act on anything, but this time next year...”.

There were many years of “This time next year.”

When it comes to opening your own business especially in New York City, the hurdles can feel more like insurmountable walls. I was never going to have what the text book said I should. I didn’t have a year’s worth of capital, investors, an 8 year financial plan, or the financial stability to dedicate the hours needed to start a successful new business.

And realistically, I was not going to. It was that realization that made me decide that “This time next year” had to be now! I didn’t know how or where but I knew that I was going to be ready when I saw the opportunity, and I wasn’t going to wait another year!

On January 7th, 2020, thanks to Joan Laufer and the Hebrew Tabernacle Executive Board, **Gotham Kids NYC Playspace** opened its doors for the first time inside Hebrew Tabernacle. I stood behind the long table that I had placed at the entrance. There were 100 “sign-in sheets” printed and neatly stacked, 4 pens ready and fanned out. The sound of the huge bouncy house motor was a whirl in the background and kids music filled the large, empty Social Hall. It took me 4 hours to set everything up the way I wanted. Every toy, doll, the ball pit and blown-up plastic animals on the shiny new blue mats were all where I had specifically put them. Gotham Kids was finally ready. Was finally my reality. And I waited.

And waited. I sat behind the long table. I adjusted the “sign-in

sheets” and re-fanned out the pens. I was sure I could hear the tic tic of the wall clock, and the high-pitched song playing was overly loud for the empty room. It was 25 minutes before the first family walked in. A mom, dad and one child.

By 3pm the room was filled with children, parents and one very happy me.

The next month was non-stop. Both my husband and I worked our regular jobs, held down our two-child household and spent countless hours setting up, running and then breaking down the playspace again and again. But for those hours in between, children came and played and parents who had become familiar faces laughed, socialized or took a much-needed moment to sit down and relax. I was in heaven.

Looking around the Hebrew Tabernacle Social Hall turned indoor playspace was a representation of our community. Children of diverse backgrounds, socioeconomic levels and ages enjoying themselves. The most common comments I heard were “I’d always seen this big building but never came inside” or “Washington Heights really needed this!”

Unbelievably, by the end of our second month, we were close to breaking even. Let me explain. It is common that a brand-new business will lose money for the entirety of its first year. The expectation is that a new business will not start to “break even” which means bringing in enough money to pay for all its expenses for many months. But with the support of Hebrew Tabernacle and the enthusiasm of the community, we were within sight of just that.

March 22nd, New York Governor Andrew Cuomo put all of New York state on “PAUSE”. Which was his fancy word for shutting down the city. The Covid-19 virus had begun intense community spread. The only way to protect the population and stop the spread of this virus was by mandating strict social distancing. And within 2 months of our opening day, Gotham Kids shut its doors for what we imagined would be a bit of a hardship, but a short and temporary one. It was not. Starting Gotham Kids was a leap of faith, and we knew that our financials would balance on the head of a pin. Maybe the business textbook was right. Without enough money in the bank and no income, how would any business survive?

Like all of New York we wait to see what the future holds.

Hebrew Tabernacle has given us so much support. Together we are exploring the best ways to keep “Gotham Kids” a part of our community.

Would I have chosen to start a business two months before the first global pandemic in a century? Of course not. Would I have sunk money and all my heart into such a large leap of faith knowing what I do now? No. Do I regret it? No. No, I do not regret it. I am excited for the future, whatever shape that takes.

This time next year, we will see you at Gotham Kids, and everyone is invited to play!

IN MEMORIAM

In grateful memory of the departed whose names are taken from the records of Hebrew Tabernacle and Beth Am and which appear on a separate weekly Yahrzeit list. It is our minhag to read Yahrzeit names at the Shabbat services following the date. **If you would like a name read, please call the office in the preceding week.**

YAHREIT LIST

May 3-9, 2020

Moses Barth
Max Buchdahl
David Davis
Margaret Falk
Moritz Felsenthal
Max E. Fischler
Lilli Friedman
Trude Goldsmith
Franziska Goldstrom
Solomon Hamburger
Siegfried Herrmann
Ludwig Hertz
Allison Krause
Mildred Kutell
Moshe Levin
John J. Loebmann
Herbert Marcus
Kathe Marcus
Ida Marx
Sessy Mayer
Jeff Miller
Babette Oppenheimer
Max Regensburger
Erna Rubel
John Rubino
Sandy Scheuer
Bill Schroeder
Maurice Silverstein
Leah Sommers
Max Stadthagen
Minna Steinberg
Ludwig Steinmetz
Hilde Stern
Kurt Stern
Annie Stiefel
Sally Stiefel
Bertha Strauss
Ruth Strauss
Amelia Wallach
Ray Weigert
Irene Rebecca Weiss
Jean Wolf

May 10 – 16

Gunther Baum
Dr. George Benson
Walter Berliner
Amy Breth
Theresa Cohen
Fred F. Duhan
Bertha Feist

Mary Katz Frankel
Dorothy Gabriel
Julius Gabriel
Roberta Maxine Gold
Minnie Goldwater
Louis Gottfried
Israel Grinstein
Jenny Hamburger
Salomon Heiman
Ida Herz
Elsie Hess
Flora Himmelweit
Robert Hoffman
Emanuel Horowitz
Josef Israel
Paul Klopfer
Albert Knoepfler
Dora Kohon
Rolf Kramme
Minnie G. Lessler
Kurt Levi
Isaac Linden
Samuel Marshall
Della Michael
Max Michel
Helen Morris
Doris Weisberg Naftulin
Julius Oettinger
Dorothy Oppenheimer
Alfred Regensburger
Leopold Rubel
Lotte Samuel
Kurt Schifftan
Ilse Schloss
Johanna Schueller
Leonore Schulz
Ross Secunda
Mildred Shultz
Rose Solow
Helen Sommer
Adolph Stern
Joan Stern
Richard Sternheimer
Judith B. Turiel
Miriam Ullman
Anna Weigert
Sophie S. Weill
Alex Weinheim
Olga Wellisch
Ruth Zizmor

May 17 – 23

Irving Blumenkranz
Jacob Cohen

Irwin Stutz Ebel
Feigenbaum Florence
Sarah Fox
Willi Frenkel
Julius Friedman
Henry Fromm
Abraham J. Golieb
Alma Gutman
Gertrude Haas
Ann Hamburger
Hilda Hamburger
Adolph House
Ellen Kahn
Dr. Benno Kastan
Henry C. Kellman
Benno Korpner
Clara Gerda Kronenberger
Martin Levin
Annie Leysersohn
David Lomnitz
John Loscocco
Pauline Lubetzky
Catherine Mable
Paul Marx
Harry Metz
Sally Pollack
Fred Popper
Helen Reiner
Hannah Rosen
Herbert Rosenbaum
Harry Rothschild
Edith Rubino
Albert Schaye
Lotte Schwarzschild
Rose Seaman
Jean Stern
Rita Stern
Trude Lorch Weinberg
Marion Weindling
Lina Wolf

May 24 – 30

Berthold Adler
Arthur Anshel
Lily Bielitz
Howard Russell Bloom
Benjamin Blum
Helena Brandis
Leo David
Martha Ehrmann
Nanny Eichenberg
Sylvia Fein
Hansi Fraenkel
Johanna Frank
Suzanne Hirsch Galimir
Hilde Goldstrom
Loucele Horowitz
Morris Imbrey
Gussie Israel
Jules Jacobs
Samuel Jacobson

Fred Kaumheimer
Jacob Klopfer
Fred M. Kulb
Herbert Lehmann
Gerd Leven
Abraham Levy
Erika Levy
Lilly Levy
Simon Marx
Max Mayer
Elaine Neuburger
Eva Neufeld
Hilde Neuggass
Justin Neumann
Justin Neumann
Helene Ochs
Iwan Pels
Margot Reis
Ernst Riess
Walter Riess
Eva Rothschild
Jesse Rothschild
Joseph C. Samuels
Arno Saul
Rose Schachter
Leo Schiff
Richard Schorsch
Moses Schott
Maurice Silver
Larry Steiner
Erich Suran
Clarence H. Teller
Maier Uhlfelder
Herman Wallstein
Birdie Wohlgemuth
Adele Wolf
Rosa Moritz Wolf

May 31 – June 6

Alfred Adam
Elizabeth Alexander
Maya Altshuler
Sophia Arndt
Ida Baer
Else Bloch
Mina Blum
Dora Dahlberg
Morris Dessauer
Alice Federmann
Fred Fried
Nathan Gordon
Henny Hamburger
Fred Hamlet
Jacob Jacob
Celia Klein
Alice Koppel
Richard Kracko
Henry Lauer
Elsie Lazarus
Gerta Levy

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YAHREZEIT LIST

Continued from page 11

Lena Levy
Robert Alan Levy
Sylvia Marcus
1st Lt. Herbert Jos. Marks
Fritz Marso
George Meseritz
Fannie Mode
Belle Nadelman
William Nadelman
Dr. Eric Allen Nordlinger
Annie Oberst
Norbert Pollack
Auguste Pomper
Dr. Bruno Reinemund
Ilse Reinemund
Sigmund Rosenberg
Melie Roth
Benjamin Salinger
Harold Salmon
Benjamin Schachter
Berta Schachter
Julia Schwarzbaum
David Silverman
Ilse Stern
Dr. Eric Stoerger
Carrie L. Straus
Emma Strauss
Sallie Teller
Gretel Thalheimer
Louis Wiersch
Berthold Wolff

June 7 – 13

Joseph Richard Baschkopf
Beatrice Bernstein
Max Blumenthal
Augusta Collin
Alfred B. Cornell
Lawrence Roger Elliot
Julius Erle
Fred Fels
Gertrud Frank
Sophie Freimark
Sally Glauber
Nelly Goldschmidt
Ruth Grunewald
Curt Herz
Lore Kadden
Rabbi Dr. Robert L. Lehman
Robert Ward Levy
Leopold Maxamin
Ilse Mayer
Anna P. Meyers
Nathan Morgenroth
Herta Nathan
Sophie Ottenheimer
Lilly Popper
Noel Robert Rubinstein

Emil Simon
Erna Speier
Artie Stanford
Rosa Stiefel
Eli Swidler
Leonard Teller
Joan Toggitt
Caroline Ullmann
August Wolf
Irene Wolf

June 14 – 20

Alfred Altstaedter
Herbert Austern
Elli Baer
Anna Balicera
Jacob Benwitt
Gerda Berlin
Henrietta Boehm
Bess Briskie
Samuel Charig
Theresa Diamant
Rose Dominic
Alan M. Freedman
Martha Freudenberger
Karl Friedman
Isidore Greenberg
Susi Grunfeld
James Haines
Rosa Heimann
Lore Hertz
Caroline Herzog
Charlotte Hesse
Frederic Hirsch
Esther Horowitz
Gertrude Katz
Max Kleinbaum
Ellen Leipzig
Eugenie Levite
Matvei Magasiner
Kurt Marchfeld
Mark Martinez
Anna Marx
Alfred Mendel
Dora Meyer
Charles Ockun
Esther Pepper
Adele Polak
Julius Roos
Regina Salomon
Martha Schlesinger
Rosa Selinger
Frieda Uhfelder

June 21 – 27

Lothar Adler
Reuben Batt
Claire Biermann
Artur Bodenheimer
Fred Brinitzer

Louis Brunnegger
John Coster
Betty David
Harry Dlugatch
Flora Duhan
Peter I. Engelhart
Sol Gersch
Joseph Gold
Caroline Gretzer
Isaac Carl Heidenheimer
Rosel Herz
Frederick Hoexter
Minnie Israel
Augusta Jacobs
Gerda Jakobsberg
Isidor Kahn
Julius Kahn
Auguste Kastan
Theodore Leiser
Harry Major
Toni Meyer
Samuel Nemlich
Martin Neuburger
Theodore Ochs
Max Salomon
Ernest Schlein
Aida Schneider
Sara Schonholtz
Gerda Schuster
Sarah Ethel Simon
Susi Smith
Alfred Stern
Ernie Feitler Stern
Dora Stokes
Julius Strauss
Stella Teichner
Ludwig Weingarten
Willy Wurzburg

June 28 – July 4

Joseph Barber
Rosa Buchdahl
Lena H. Cirker

Emanuel Collin
Hattie E. Davis
Alice Dreifuss
Bertha Elias
Henry Gerstle
Nathan A. Greenberg
Martha Gruenewald
Gerard J. Hagen
Eugene Hamburger
Carla Heilbut
Dr. Hans Hesse
Alfred Himmelweit
Ella Hirsch
Robert S. Hirschler
Theodore Israel
Nathan Jerome
Bernard Jonas
Louis Kirchheimer
Erwin Koppel
William Koy
Esther Leise
Leo Lesser
Lottie Maienthau
Alfred Marx
Isabel Medina
Hugo Miller
Elsa Moses
Greta M. Pick
Benno Reutlinger
Lore Reutlinger
Louise F. Roos
Bertha Rosenberg
Dr. Tobias Rosenbluth
Deborah Rothschild
Erich Scheibe
Deborah Slosser
Dr. Alice Spiegel
Fanny Steinharter
Fannie Ullmann
Marcel Weil
Sigl Wertheimer
Fred Wittner
Lothar Zander

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