

*The Indiana Jewish*  
**Post & Opinion**

Volume 76, Number 18 • July 14, 2010 • 3 Av 5770 Two Dollars  
[www.jewishpostopinion.com](http://www.jewishpostopinion.com)

*Mi Sheberach*  
*a focus on healing*

SOURCE OF HEALING  
MY HEART IS BROKEN  
I CRY OUT TO YOU:

MY GOD WHO HEALS  
THE BROKENHEARTED  
AND RESTORES THEIR BODIES

BRING HEALING AND  
CONSOLATION TO ME.  
DO NOT HIDE YOUR PRESENCE  
FROM ME!  
MY GOD DO NOT TARRY!  
STRENGTHEN MY HEART  
AND GIVE COURAGE TO MY SOUL.

SPREAD OVER ME  
THE SHELTER OF YOUR PEACE,  
THAT I MIGHT RESIDE THERE  
THROUGH THIS JOURNEY  
OF SADNESS AND PAIN  
THAT I MIGHT SOME DAY  
FIND THE STRENGTH TO RETURN  
TO LIFE AND ITS BLESSINGS

Art by Irene Konig

# The Wellness Community becomes Cancer Support Community

*Indianapolis nonprofit provides support to those affected by cancer*

The national offices of The Wellness Community and Gilda's Club Worldwide joined forces in 2009 to become "Cancer Support Community," a national organization that supports the mental, physical, emotional, social and spiritual health of those affected by a cancer diagnosis. The Indianapolis affiliate (at 5150 W. 71st St.), formerly known as The Wellness Community, officially became Cancer Support Community in January of this year.

"We are the same great organization dedicated to

ensuring that no one in the Central Indiana area faces cancer alone," said Kathleen Spears, PhD, executive director of Cancer Support Community Central Indiana. "We look forward to being a part of what will likely be the largest network of cancer support in the world, and to bringing our members the new and improved resources our network is committed to developing."

At Cancer Support Community's northwest Indianapolis location, cancer patients and their loved

ones find the comfort and support they need to battle cancer. The organization's programs – all of which are completely free – specifically address obstacles to recovery, including isolation, loss of control and feelings of hopelessness. Resources include:

Patient, caregiver and family support groups led by licensed psychotherapists

Educational workshops, such as Cancer 101, Ask the Doctor, and Cooking for Wellness

Mind/body programs, including relaxation/visualization, yoga, creative expression, and healing portraits

Social networking events, such as book clubs and movie nights

Special programs for kids, teens, African-Americans, Latinos, men and women

Wellness library (Blue Cross Blue Shield Resource Center)

Cancer Support Community is also open to those who simply wish to enjoy their gardens, read in their libraries and sitting rooms, or utilize their state-of-the-art kitchen.

"We see ourselves as a place for cancer patients, their caregivers and loved ones to gather and find comfort, support and strength," Spears says. "Because all of our programs are totally free, we are accessible to everyone and anyone who wants help in their fight against the disease. We want them to know they're not alone."

Cancer Support Community will be part of Lee National Denim Day, the country's largest single-day breast cancer fundraiser occurring Fri., Oct. 8, 2010. The program encourages employees to wear jeans on that Friday in exchange for a \$5 donation to support breast cancer research and services like those provided at the Cancer Support Community. ABC's *Desperate Housewives* star Felicity Huffman has been named the ambassador for the 2010 Lee National Denim Day. Further

details on the fundraiser and Cancer Support Community of Indianapolis' involvement will be announced later this summer.

*Cancer Support Community (CSC) was founded as The Wellness Community-Central Indiana in 1995. Approximately 200 individuals were served during 1995 and that number has increased to nearly 900 individuals during 2009. Operating from the Paulsen Family Center, 5150 W. 71st St., Indianapolis, the mission of Cancer Support Community is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community. Cancer Support Community is a member of a national movement of over 60 facilities worldwide and part of the largest provider of fee-free, psychological and emotional support in the world. CSC's services include support groups and stress management programs for individuals and their families affected by cancer. CSC is not an alternative to medical treatment – it is an integral part of a comprehensive approach to treating cancer. For more information and the programming schedule, call Cancer Support Community at 317-257-1505 or visit [www.cancersupportindy.org](http://www.cancersupportindy.org).*



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## AUGUST CALENDAR

**NOW OPEN! CHEETAH: THE RACE FOR SURVIVAL**  
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**BUTTERFLIES** presented by Citizens Energy Group Open through September 7.

**AUGUST 3 - COMMUNITY TUESDAY** \$7 admission!

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**AUGUST 12** HEATHER AND BLAIR  
**AUGUST 19** THE MICHAEL HOUSTON GROUP

**AUGUST 24 - Milk Mustache Mobile "Milk the Moment"**  
Tour presented by Dean's

**AUGUST 26 - NATURALLY INSPIRED PAINTOUT RECEPTION** in partnership with The Great Frame Up of Indianapolis. Pet an elephant, meet the artists & bid on their zoo artwork. Call (317) 630-2046 to RSVP.

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(USPS 262-180)  
Published biweekly by  
The Spokesman Co., Inc.  
\$2 per copy  
\$36 per year  
**Advertising Sales**  
Barb Lemaster  
Mary Herring  
**Editors**  
Grechen Throop

**Graphic Design**  
Crystal Kurz  
Charlie Bunes

All publicity material must be in the office of The Indiana Jewish Post & Opinion, 1111 East 54th Street, Suite 119, Indianapolis, IN 46220, by Wednesday one week prior to the Wednesday publication date. E-mail: [jpostopinion@gmail.com](mailto:jpostopinion@gmail.com).

All Circulation correspondence should be addressed to The Indiana Jewish Post & Opinion, Subscription Dept., 1111 East 54th Street, Suite 119, Indianapolis, IN 46220.

Known office of publication: 1111 East 54th Street, Suite 119, Indianapolis, IN 46220.

Periodical Postage paid at Indianapolis, Indiana, Postmaster. Send address changes to the The Indiana Jewish Post & Opinion, Subscription Dept., 1111 East 54th Street, Suite 119, Indianapolis, IN 46220.

## Spa experience in Broad Ripple

The Spa at French Pharmacie offers an affordable luxury day spa experience for women and men. Located near Petite Chou restaurant in the heart of Broad Ripple at 823 1/2 E. Westfield Blvd., they offer a personal approach to services and hospitality.

With over 1,800 sq. ft. of space, the feeling is airy and inviting. The Spa also boasts an outdoor courtyard, an upstairs for quieter services like massage, facials and waxing, and a livelier downstairs that features a nail bar and pedicure station, hair stations and an evolving unique selection of retail items, such as Ambre

Blends, Skin Medica, Sonya Dakar and Moroccan Oil. Gift certificates and private party accommodations are available.

All summer long The Spa is featuring three express services Tuesday thru Friday. Each express service is \$30 for 30 minutes each and offers an express pedicure, express facial, and an express massage. Appointments are recommended, but walk-ins are accepted. The Spa at French hours of operation are Tuesday through Friday 9:30 a.m.-8 p.m., and Saturday, 10-6 p.m., Sunday, 12-4 p.m. For information or to make an appointment, call 317-251-9182.



# Healthy Summer Eating

By Alix Litwack and Deb McClure-Smith

Thank God It's Summer – TGIS! We couldn't ask for a better time to improve on our eating habits, because the key to being a healthy eater is to eat a wide variety of colorful fruits and vegetables.

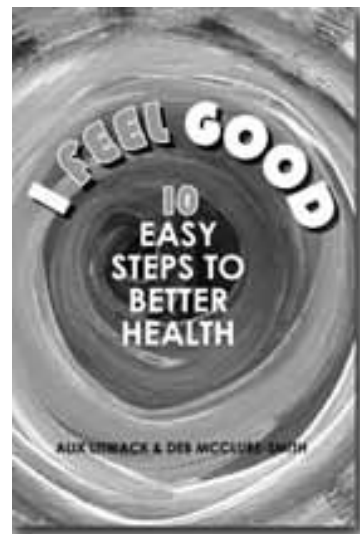
Fresh vegetables and fruits are plentiful during the summer season at the grocery store, farmer's market or roadside stand. We recommend choosing organic if possible and locally farmed produce if available. The fewer pesticides and herbicides sprayed on your food the better. Our bodies need healthy foods that are filled with phyto-

nutrients and flavanoids not foods that have absorbed chemical toxins. The "Dirty Dozen" are the foods that contain the highest pesticide residue and are most important to buy as organic. This list includes: strawberries, cherries, grapes, nectarines, peaches, celery, sweet peppers, spinach, lettuce, potatoes and green beans.

The more colorful the food, the more nutrients offered, and each color contains its own health benefits. The blue in blueberries and grapes has resveratrol, a powerful anti-oxidant and anti-aging nutrient. The red

in pomegranates and tomatoes has lycopene that is helpful to your heart and your prostate. The orange in carrots and sweet potatoes has beta-carotene that helps your eyes and your mucous membranes. Dark greens like spinach, broccoli and kale have lutein that is beneficial to eye health and indoles that are potent anti-cancer fighters. Tan and white foods, such as onions and garlic, contain allyl sulfides that help fight cancer and boost your immune system.

It is a wonderful opportunity to challenge yourself and your family to try as



many new colorful foods as possible while the options are so varied. If you are a picky eater and only like a few vegetables or fruits then now is the time to try to expand your palette.

It is not a difficult task. Go to the produce section at your favorite store or spend some time at the farmer's market and select at least two vegetables and one fruit that you have never tried or didn't think you liked. Instead of preparing the vegetables the way you tried them before, consider other options.

First, rinse the first vegetable you want to try and have it raw with a little hummus or

salsa. If that doesn't suit, then decide whether you want to steam, sauté or roast the vegetable. For those of you who like to grill, it is a wonderful way to cook vegetables. Simply rinse, slice, toss with a high-heat oil like grape-seed or canola and place directly on the grill. Asparagus, broccoli, zucchini, carrots, mushrooms, onions, peppers, tomatoes, eggplant and many more are so tasty when cooked this way.

Every week you can choose two new vegetables and one new fruit so that by the time summer is over you will have a whole new group of foods that you have incorporated into your daily diet. Remember that it may take four or five times of trying a new food before your taste buds like it so don't give up too soon. Our motto for eating more colorfully is definitely: "If at first you don't succeed, try, try again."

Have a happy, healthy and colorful summer!

*Alix Litwack and Deb McClure-Smith are the co-authors of I Feel Good: Ten Easy Steps to Better Health and work at The Good Earth Natural Food Store in Broad Ripple.*

## Good Health Classes at the JCC

The Indianapolis JCC at 6701 Hoover Rd. always has classes and events to help improve your health. For more information about fees and activities, call 251-9467 or visit [www.jccindy.org](http://www.jccindy.org).

### Chair Pilates

For active adults 55 and up. Members only; included in your membership. Instructor Denise Kolts uses basic Pilates principles to guide you through gentle, non-aerobic exercise that will focus on improving balance, flexibility and core stability. Ongoing. Wednesdays, 11:45 a.m. –12:15 p.m.

### JCC Massage

Schedule appointments by calling 251-9467, ext. 2226. JCC offers Swedish massage for men and women, specialty hot stone massages for ladies only, deep tissue massages, and aromatherapy massages.

### Arthritis Foundation Aquatic Programs

Deep water aerobic workout while working on range of motion. All instructors certified by the Arthritis Foundation. Fit Joints Plus. *Therapy Pool.* Mondays/Wednesdays 10:45–11:30 a.m. and Fridays 1–2 p.m.

### Aquajoints

Range-of-motion workout with gentle exercise in shallow water. *Therapy Pool.* Mondays–Thursdays 10–10:45 a.m.; Mondays/Wednesdays 9–9:45 a.m.; Tuesdays/Thursdays 10:45–11:30 a.m.; Tuesdays/Thursdays 6:30–7:30 p.m. Fridays 8:30–9:15 a.m.

### Aqua Therapy & Rehab

Sally Brindle, ATRIC\*, offers aqua therapy and rehab for individuals recovering from many conditions. Please check with your insurance company regarding reim-

bursement.

### Hope and Healing Bereavement Support

Open to the entire community—all are welcome. Please contact community social worker Julie Sondhelm at [jsondhelm@jfgi.org](mailto:jsondhelm@jfgi.org) or at 259-6822. No fee.

### Living With Cancer

If you are dealing with cancer and would like to speak with someone in our community who has shared a similar experience, please contact community social worker Julie Sondhelm at [jsondhelm@jfgi.org](mailto:jsondhelm@jfgi.org) or at 259-6822. No fee.

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### From the book *I Feel Good: Ten Easy Steps to Better Health*

#### Summer Quinoa Vegetable Salad (serves 6)

##### Ingredients:

1 cup quinoa  
1 cup fresh corn cut off the cob  
1 cup diced zucchini  
1 bunch scallions, chopped (both white and some of the green stalk)  
1/4 cup chopped cilantro  
2 Tblsp. fresh mint, chopped  
1/4 cup roasted sunflower seeds  
1 Tblsp. orange zest

##### Dressing:

3 Tblsp. extra virgin olive oil  
2 Tblsp. orange juice  
1 Tblsp. fresh lemon juice

Rinse quinoa well in a mesh colander and drain.

Bring 1 3/4 cups of water or broth to a boil and add the quinoa. Cover, turn heat to low and simmer for 25 minutes. Let stand for 5 minutes and then stir in the zucchini and corn. Transfer this to a large bowl. (You may prepare this ahead of time and store in the refrigerator. Bring to room temperature before preparing the rest of the salad.)

Add the green onions, cilantro, mint and zest to the quinoa mixture.

In a jar add the oil and juices and shake well. Pour the dressing over the salad and toss to blend. Stir in the sunflower seeds and serve at room temperature.

# COMMUNITY EVENTS

## Jewish Bereavement Group

The Albert & Sara Reuben Senior and Community Resource Center began a bereavement group in partnership with Community Home Health Services, a part of the Community Health Network. This bereavement group, which has a Jewish perspective and is facilitated by Rabbi Bruce Pfeffer, is open to all. Questions should be directed to Julie Sondhelm at 317-259-6822 x6. Meeting dates and times are: Third Monday of each month from 10 a.m.–11:30 a.m. and the First Thursday of each month from 7 p.m.–8:30 p.m.

## JCC Business Network

July 14 (this is the second, not the usual third Wednesday of the month). At the JCC, 6701 Hoover Rd. RSVP to Larry Rothenberg [lrothenberg@jccindy.org](mailto:lrothenberg@jccindy.org) or call 317-715-9233.

**Welcome Rabbi Krichiver**  
Join Indianapolis Hebrew Congregation in worship on Fri., July 16 at 6 p.m. as they welcome Rabbi Brett Krichiver into their congregational family as IHC's new associate rabbi. IHC is at 6501 N. Meridian St.

## JCC Adult Event – Turkey Run State Park

The deep canyons, sandstone cliffs and peaceful groves of Turkey Run State Park harbor some of the most beautiful trails in the state. Spend a day away from the city recharging your sense of wonder. Price includes transportation, snacks on the bus and entry to the park. Lunch at Turkey Run Inn is not included. Limit: 15. Sun., July 18, 9 a.m. – 5 p.m. \$32 nonmembers / \$21 JCC Members. For more information about other adult programs, call Larry

Rothenberg, 317-251-9467, ext. 2233, or email at [lrothenberg@jccindy.org](mailto:lrothenberg@jccindy.org).



## An Evening with Abraham Infeld

Noted Jewish educator Abraham Infeld will be presenting "Being Jewish in a Confused World". The evening will include light refreshments and is hosted by members of the 2009–2010 ATID class. Wed., July 21 at 7 p.m. at Broadmoor Country Club, 2155 W. Kessler Blvd. The event is free of charge, but requires an RSVP to attend. You

can also call the Federation at 317-726-5450.

## Jewish lawyers

A new group for Jewish lawyers is forming. They have been meeting for lunch on the third Wednesday of each month. The next meeting is July 21 at Shapiro's downtown at 12:15 p.m. Presently the group's leaders are Irwin Levin, Zeff Weiss and Elliot Levin. For more information contact Elliot at [edl@rubinlevin.net](mailto:edl@rubinlevin.net).

## Fall Soccer Registration

JCC fall soccer season begins Aug. 29. Only 4 players on the field at a time, which means more fun for everyone! Sign your little Beckham up today; ages 4.5 yrs – grade 3. JCC, 6701 Hoover Road. 317-251-9467

## Fiddler on the Roof Community Sing-along

Sun., Aug. 8, 6:30–9:30 p.m. at the Arthur M. Glick JCC. "Without our tradition,

our lives would be as shaky as a fiddler on the roof!" Start a new tradition – bring your friends, family, parents, grandparents, kids! Raise your voice "To Life!" at the first annual *Fiddler on the Roof* community sing-along. Experience the movie *Fiddler on the Roof* like you never have before. Become part of it; sing, and even dress up as your favorite Fiddler character if you'd like! Larry Rothenberg, 317-251-9467, ext. 233 [orlrothenberg@jccindy.org](mailto:orlrothenberg@jccindy.org).

## Richard Glazier Salutes the American Pop Song

Sun., Aug. 22, 2 p.m. at the Arthur M. Glick JCC. Award-winning pianist and master storyteller Richard Glazier takes you on a musical tour of the 20th century in this fascinating program dedicated to the American popular song. Richard, who virtually grew up at our JCC, will soon be featured on 90 public television stations around the coun-

*See Events next page*

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# SHABBAT SHALOM

**June 4, 2010, Sh'lach L'cha  
(Numbers 13:1–15:41), 22 Sivan 5770**

**By Rabbi Jon Adland**

This Shabbat is about a member of our IHC family who is winding down her four years of service to this congregation during this month in June. Tonight, during the Erev Shabbat service, we say farewell to Rabbi Bryna Milkow. As most of you remember, Rabbi Milkow joined the IHC staff in July of 2006. During these four years, Rabbi Milkow has become involved in IHC in many areas, including religious school, Derech Torah, social action, bar/bat mitzvah, adult education, including her Saturday morning Torah study and Second Shabbat Second Service, counseling, life cycle events, and worship. I am sure that I am leav-

ing some things out. Though Rabbi Milkow's plans for next year aren't quite firm, I know that wherever she ends up as a rabbi, she will serve her congregation and community with love, passion, and devotion. I know that I speak for all of IHC when I say that we wish her well.

During these four years, Rabbi Milkow has taught me so much as she is filled with knowledge about Jewish life and wisdom, is constantly bringing new books to my attention, and never takes anything for granted without a probing question or two. My interaction with each clergy member I have worked with has done nothing but make



*Rabbi Bryna Milkow*

me a better rabbi. My hope is that with each rabbi who has served IHC that this congregation is better than it was before the clergy person began his or her tenure. Every rabbi or cantor is unique in his or her talent, strengths and vision. Each clergy person has weaknesses that can always be improved. Both the strengths and weaknesses are a part of the interac-

tion between clergy and congregant. Hopefully, both areas grow and improve through a healthy dialogue and strong relationships.

The obvious and exposed area for any clergy is on the bimah at Shabbat. Over Bryna's four years, her bimah presence has grown and strengthened, her teachings have moved all of us to thought, and her special words, not found in the siddur, have nurtured our souls. Bryna, we thank you for this.

Bryna, we hope that your memories of IHC will inspire you on your journey and may you always be a light to those who follow you, join with you, learn from you, and are inspired by you.

When you light your Shabbat candles tonight, light one for Rabbi Milkow, and may this light always keep her connected to her friends at IHC. Light the other as a beacon to help lead Bryna as she goes from strength to strength.

*Rabbi Adland is senior rabbi of Indianapolis Hebrew Congregation.*

## Events

*Continued from prev. page*  
try. For more information, call Larry Rothenberg, 317-251-9467, ext. 233 or lrothenberg@jccindy.org.

### Etz Chaim Celebration

Etz Chaim Sephardic Congregation and its Deborah Sisterhood announce plans to celebrate their fifth year anniversary in their new synagogue. The event will take place the weekend of Oct. 9–10, 2010. Beginning with Shabbat on Sat., Oct. 9, services will be open to the community, followed by a special oneg with many of the Sephardic delicacies to be enjoyed by all. On Sun., Oct. 10, the building will be open to the public starting with a speaker on Sephardic culture to begin at 3:00 p.m. After the speaker until 5:30 p.m., attendees will have an opportunity to tour the building, enjoy a wonderful slide show about the Indianapolis Sephardic heritage, and partake of many Sephardic sweets.

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# Hadassah's road to the future

By Cindie Harp

The Indianapolis Chapter of Hadassah looked to the future on Sun., May 16 when they celebrated the 74th Annual Donor Lunch with the theme "Celebrate the Road to 100!" This event was held at Broadmoor Country Club.

Helaine Herman, Donor Day chairperson, provided an informative and entertaining event. Dr. Yochai Shoshani was the guest speaker and shared exciting developments in treatment for Ophthalmic diseases. Dr. Shoshani is a graduate of the Hadassah Medical School in Israel and is currently in the U.S. on a fellowship established by both the Hadassah Medical School and Indianapolis philanthropist and Hadassah life member Marilyn Glick, through the Glick Fund of the Jewish Federation of Greater Indianapolis. Following lunch, the North Central High School King's Court Singers performed.

Also on the Donor Day Committee were Chapter President Jennifer Hodes, as well as Shirley Aprison, Mary Jo Erdberg, Joan Katz, Debbie Ornstein and Diana Shapiro.

Cindie Harp lives in Indianapolis. She can be reached at [cindie-harp@gmail.com](mailto:cindie-harp@gmail.com).



**Photos** First row (l-r) Indianapolis Chapter President Jennifer Hodes welcomes over 75 women to the 2010 Hadassah Donor Brunch; Marilyn Glick with daughter Arlene Grande, seated, Pearl Joffe with daughter Diana Shapiro. Second row (l-r): Rosalie Gussow, Harriet and Bob Glazier; Donor Day Chairman Helaine Herman with daughter Jodi Freedman. Third row: Past President Myrna Fang with husband Leo Fang.

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# Students shine at HHAI Women of Valor Celebration





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Photos first row (l-r): Courtney Tuchman, 1st Place Essay Winner; Nathan Meyers, 3rd place essay winner; Anna Ruth Hasten, Esther Epstein, Andrea Solomon and Sophie Solomon. Second row (l-r): Dina Hasten Cohen and Simona Hasten. Third row: Sue Prince, Sigal Tavel and Aviva Tavel; Fourth row (l-r): Anat Berday Sachs, 2nd place essay winner; Courtney Tuchman, 1st place winner and Naomi Farahan, honorable mention. *See story pg. IN 8.*



# Students shine at HHAI Women of Valor Celebration

Story and photos on page IN7 by Cindie Harp

"Just as feathers let loose in the wind can never be regathered, so too can words, once they are dispersed, never be completely regathered."

The age-old story about the dangers of gossip was given a modern re-telling at the Hasten Hebrew Academy of Indianapolis on May 27, 2010. The Jewish tenet against *lashon harah*, literally "evil words," was the theme of the evening and the play "Feathers in the Wind," for the annual Woman of Valor event.

So named after the program's benefactor, Thelma Kulwin, of blessed memory, was a robust Jewish leader during her long life in Indianapolis. Her friend, Rhoda

Israelov, paid tribute to Mrs. Kulwin, who was not only president of Hadassah many times over, but also began investing in the stock market long before most other women did. Indeed, it is this nest egg she accrued that laid the foundation for her generous endowment to HHAI.

Mrs. Eleanor Bartkey, HHAI middle school counselor, directed the play. Mrs. Esti Rotstein was the dance and music coach. She is the school's kindergarten Judaic teacher.

Principal Miriam Gettinger and HHAI President Monica Hasten Rosenfeld briefly introduced the evening, then graciously

stepped back to let the students shine.

While the play and music were integral parts of the evening, the main part of the event is to showcase the essay contest, A Woman of Valor. This year's overall winner was Courtney Tuchman, who will be a freshman at North Central High School next year, and Naomi Farahan, who will be an eighth grader at HHAI.

Other essay winners were: Second Place, 7th grader Anat Berday-Sacks, and Third Place, 8th grader Nate Meyer. Rounding out the top honors with Honorable Mentions were Galit Farahan (6th grade), Clara Fridman (7th grade) and Rachel Meyers (8th grade).

Cast and crew of *Feathers in the Wind*:

Leah – Moriah Atlas  
Avi – Mina Shirazi  
Adena – Naomi Farahan  
Tzipora – Mira Shere  
Miriam – Anat Berday-Sacks  
Tzvia – Zoe Law  
Sara – Haviva Landis  
Ruth – Sabrina Khalilova  
Principal – Kayla Avisror  
Counselor – Rachel Meyers  
Miss Koenig – Evelin Arriaza  
Mr. Sherman – Audrey Fretzin  
Isaac Gordon – Rebecca Fogel

Photo on right: Rhoda Israelov.

Cindie Harp lives in Indianapolis. She can be reached at [cindieharp@gmail.com](mailto:cindieharp@gmail.com).



## Cheetah: The Race for Survival

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# Living without Language

By Etelka Froymovich, RN, BSN, MHA

"I did not have the ability to think about the future, to worry, to anticipate, or to perceive it. . . I simply existed." These are the words of clinical psychologist Scott Moss, describing being temporarily struck without the power of language after suffering a stroke. According to Moss, being without the power of speech effectively destroyed his power to think in abstract terms. Essentially, he was unable to communicate not only with others, but also with himself.

Scott Moss was suffering global aphasia. Aphasia, which afflicts one million people nationwide, according to the National Aphasia Association, is an impairment of language skills, usually caused by a stroke or head trauma. Receptive aphasia is an inability to comprehend language,

whereas expressive aphasia is an inability to use language to communicate. Global aphasia is a combination of receptive and expressive aphasia. The conventional wisdom is that severe aphasia destroys a person's sense of self, often requiring that the person be institutionalized for the rest of his or her life.

Case studies show, however, that aphasia is not necessarily the end to an individual's personality or social life. Nor do all people suffering from even severe global aphasia need to be institutionalized. In fact, a long-term care facility may be counterproductive to making progress. Dr. Oliver Sacks writes, in *The New Yorker*, of aphasics in nursing homes and long-term hospitals: "A vital social dimension of their lives is missing, and aphasics frequently feel in-

tensely isolated and cut off." He further describes the feeling of entering a hospital for the chronically ill, full of "incurable" people and how demoralizing that must be for a new "inmate."

Instead of placing a loved one with aphasia into a long-term care facility, a more appropriate alternative may be home health care. The good news is that in a proper setting like the home, many aphasics have been able to regain their former, fulfilling lives. Though recent studies show that the brain can repair itself better than previously thought and that different areas of the brain can take over some functions lost by other areas, improvement is mostly through learned compensation for lost language skills. With intensive speech therapy and, in some situations, physical and oc-

cupational therapy, many can get around aphasia by learning new ways to communicate.

Those with receptive aphasia compensate by learning to read the subtleties of peoples' tones, facial expressions and body language to interpret what the person is saying. In fact, a study at Massachusetts General Hospital showed that aphasics tend to be much more capable of detecting lies about emotion. Compensating for expressive aphasia is most commonly achieved through adept use of gestures. Some people with aphasia can still recognize single words and use categorized phrasebooks to communicate. Others can sing along with recordings of songs and then regain use of some of the words.

Speech therapists are not only able to help aphasics learn all of these new skills, but can teach family members how to help. Families affected by aphasia can be coached in how to best help their new relative

get around this challenge at home. Keeping someone with aphasia involved in social settings and active in general can help tremendously in keeping their mood up and, possibly, in learning to compensate for lost language skills. Many activities, like playing cards, going shopping, going out to eat, visiting a beauty salon, playing sports and visiting art galleries require little or no language, especially when a companion comes along. If progress in understanding language is made, then even movies and theaters are an option for an afternoon outing. Many people, however, are often too busy to keep an aphasic family member or friend active. Home health care agencies can provide staff to fill in on a regular or temporary basis. With all the care options available, no one with aphasia should be left feeling alone or unable to continue leading a fulfilling life.

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## Welcome Rabbi Sendrow to Shaarey Tefilla

The Board of Directors of Congregation Shaarey Tefilla recently announced that Rabbi Benjamin Sendrow will be their new rabbi. Rabbi Sendrow will official begin his role as the synagogue's spiritual leader on Aug. 1, 2010.

Rabbi Sendrow was ordained in 1992 and has been part of the Rabbinical Assembly since 1997. He has also held chair positions in the Southeast Rabbinical Assembly Council. Rabbi Sendrow was previously at Temple Judea in Fort Myers, Fla. For Temple Judea, Rabbi Sendrow's Friday evening services varied from musically enriched to children's services. Besides Torah, Talmud and Midrash classes, Rabbi Send-

row has taught many classes and workshops for adults, seniors, and children of his congregation as well as the community at large. Rabbi Sendrow also served the Ft. Myer's community as a member of the Lee Memorial Health Systems' Ethics Committee and Clergy Credentials Committee. He has written numerous articles in a variety of publications including his essay entitled "Here I Am" in the book, *Chicken Soup for the Jewish Soul*.

Rabbi Benjamin Sendrow was born in Philadelphia and grew up in the Philadelphia suburb of Cherry Hill, N.J. There he was active in Boy Scout Troop 18 based in Congregation Beth El. One of Rabbi Sendrow's earliest and

strongest Jewish memories is of Havdalah services at Beth El with Rabbi Harry B. Kellman, when Beth El was still in Camden. As a Boy Scout, Rabbi Sendrow earned the Ner Tamid Award. That experience established his relationship with Rabbi Howard Kahn and ultimately led to Rabbi Sendrow's decision to study for the rabbinate.

Rabbi Sendrow's college career began at Northern Illinois University as a music major, with a scholarship in euphonium performance and an emphasis in symphonic conducting. He ultimately earned his BA with honors in Jewish Studies from Gratz College in Philadelphia. He then studied at the Reconstructionist Rab-



Rabbi Benjamin Sendrow

binical College, also in Philadelphia. He was ordained in

June of 1992, and received a master's in Hebrew Letters.

He blogs and podcasts on various subjects at [www.rabbiben.org](http://www.rabbiben.org). Rabbi Sendrow continues his musical career on euphonium and is at home with his guitar. He also manages to find time for reading, photography, and sports.

Rabbi Sendrow is married to Arlene Sendrow, and they have three children, Evan, Sammy and Rachel.

## Nursing collaboration assists health care research

The Honor Society of Nursing, Sigma Theta Tau International and

the Caring International Research Collaborative announce collaboration

To further its vision to create a global community of nurses who lead in using knowledge, scholarship, service and learning to improve the health of the world's people, the Honor Society of Nursing, Sigma Theta Tau International (STTI), board of directors recently approved a proposal that the Caring International Research Collaborative (CIRC) become part of STTI's international professional community.

As an STTI community, CIRC will network online through a platform that will allow members to dialogue, share documents and connect with others who have similar interests and goals. CIRC members are scientists, educators, administrators and direct-care providers, who work in "sharing groups" to research how caring, healing, relationship-based care and organizational variables influence patients and their families.

"We welcome CIRC members to our global community and in doing so we strengthen our commitment to advancing nursing science," says STTI President Karen Morin, RN, DNS, ANEF. "Together we will facilitate interaction and participation of talented individuals who make exemplary, diverse contributions to health care in order to transform the experiences and outcomes of

patients around the world."

"The coming-together of STTI and CIRC provides another and broader road to improving health care," says John W. Nelson, president of Healthcare Environment. "It allows like-minded colleagues, collectively and in service to each other, to pursue a short- and long-term trajectory of research that integrates multiple methods of mathematics, statistics and qualitative data as it relates to the caring treatment of patients."

To learn more about STTI and CIRC, e-mail Teresa Ransdell at [teresa@stti.iupui.edu](mailto:teresa@stti.iupui.edu) or John Nelson at [jn@hcenvironment.com](mailto:jn@hcenvironment.com).

The Honor Society of Nursing, Sigma Theta Tau International, is a nonprofit organization whose mission is to support the learning, knowledge, and professional development of nurses committed to making a difference in health worldwide. Founded in 1922, STTI has inducted more than 400,000 members in 86 countries. Members include practicing nurses, instructors, researchers, policymakers, entrepreneurs and others. The honor society's 469 chapters are located at 586 institutions of higher education throughout Australia, Botswana, Brazil, Canada, Colombia, Ghana, Hong Kong, Japan, Kenya, Malawi, Mexico, The Netherlands, Pakistan, Singapore, South Africa, South Korea, Swaziland, Sweden, Taiwan, Tanzania, the United States and Wales. More information about STTI can be found online at [www.nursingsociety.org](http://www.nursingsociety.org).

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## Indy JCC wins 9 Awards at the JCCs of North America Biennial in Atlanta



Ron Katz (left), JCCA board member and former JCC board president; Sheldon Hirst, board president-elect; Alan Nelson, board member; Bob Stedron, director of facility operations; Ira Jaffee, executive director; and Len Birnbaum, board vice president-elect.

JCC Indianapolis sent a delegation of six lay leaders and key staff members to the JCCs of North America Biennial held May 2-5, 2010, in Atlanta, Ga. Nearly 1,000 people from the U.S., Canada, Israel, and countries in Latin America and Europe attended the meeting of JCC leaders and volunteers.

The JCC was honored for its communications and programming efforts with nine separate awards. JCC Association recognizes the JCCs of North America's outstanding achievements in communications, marketing, and public relations at each Biennial Convention. JCC Association Program and Practice Awards honor outstanding work in the following categories: Leadership development, membership development, professional development, programs and services, Jewish living and learning, and financial resource development. Innovative Program and Practice Awards are presented to JCCs that develop new and creative programs and services. Exemplary Program and Practice Awards

recognize a groundbreaking service model on which other JCCs may base future programming.

JCC Association is the leadership network of, and central agency for the Jewish Community Center Movement, which is comprised of more than 350 JCC, YM-YWHA, and camp sites in the U.S. and Canada. JCC Association offers a wide range of services and resources to strengthen the capacity of its affiliates to provide educational, cultural, social, Jewish identity-building, and recreational programs to enhance the lives of North American Jews of all ages and backgrounds. Additionally, the movement fosters and strengthens connections between North American Jews and Israel as well as with world Jewry. JCC Association is also a U.S. government-accredited agency for serving the religious and social needs of Jewish military personnel, their families, and patients in VA hospitals through JWB Jewish Chaplains Council.

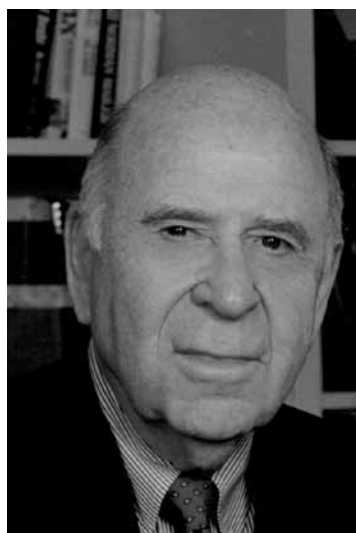
**About the JCC Indianapolis**  
For almost 100 years, the

JCC has been the place where families and individuals from all backgrounds and faiths have come to unwind, care for their bodies, expand their minds, and know that when they leave they'll feel better than when they came in. With facilities and programs to serve all ages and interests, the JCC has long been a hub of activity on the north side of Indy.

JCC members enjoy the bright, state-of-the-art fitness center; splash and play in the water park; participate in group exercise classes and ball leagues; achieve goals with personal trainers and certified Pilates instructors; and dance, stretch and train their way to better fitness. Three generations have grown up in the JCC's licensed childcare and camp programs. The JCC's youth departments engage children in activities to promote socialization and skill development, and the adult continuing education program offers classes and experiences for life-long learning. The JCC is open to everyone with something for everyone.

## OBITUARIES

Leonard M. Berkowitz, 89



Leonard M. Berkowitz of Indianapolis died July 7, 2010. He was born March 25, 1921, in Indianapolis to the late Nathan and Esther Berkowitz. Leonard graduated from Indiana University School of Business in 1947 with a BS in accounting.

Leonard worked as assistant controller at William H. Block Co. from 1947-1950. In 1950, he went to work for Indiana Knitwear, where he worked for more than 50 years, serving as president, CEO and chairman of the Board.

Leonard went into the U.S. Army in 1942. He served as an antitank platoon sergeant during 1944-1945 in the European theater. During the Battle of the Bulge, he received

the Combat Infantry Medal, which is given for 48 hours of uninterrupted battle.

His memberships include Congregation Beth-El Zedek, where he served as a former board member for 40 years and chairman of Beth-El Zedek Foundation for three years; Temple Beth Israel Synagogue, Longboat Key, Fla.; Jewish War Veterans; Jewish Federation of Greater Indianapolis Campaign co-chairman in 1981; and Monument Masonic Lodge.

Survivors include his beloved wife, Alice Rosenfield Berkowitz; loving children, Nancy (Gene) Bate, Ellen Berkowitz, William (Gina) Berkowitz; grandchildren, David (Barri) Bate, Elizabeth (Eric) Brown, Marie Lea and Angela Berkowitz; sister, Helen Myers; and great-granddaughter, Yael Brown.

A funeral service took place Fri., July 9, at Aaron-Ruben-Nelson Mortuary, 11411 N. Michigan Rd. Burial followed at Beth-El Zedek North Cemetery. Memorial contributions may be made to Congregation Beth-El Zedek of Indianapolis, Temple Beth Israel Synagogue of Longboat Key, or I.U. Cancer Research in care of Larry Einhorn. Online condolences: [www.arnmortuary.com](http://www.arnmortuary.com).

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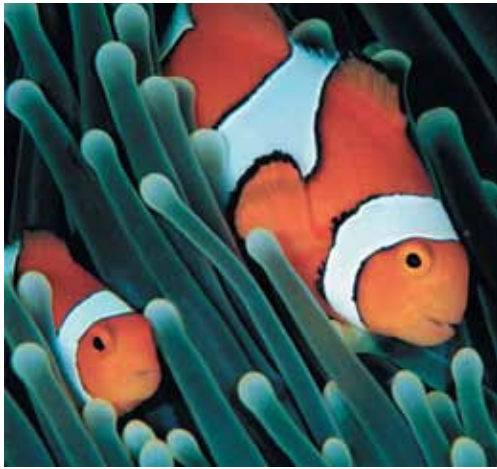
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## Mickey Maurer:

### Watercolors in the JCC Art Gallery



seen even by scuba divers. While most divers enjoy a panoramic view of the reef, Maurer chooses to focus his lens less than 6 inches away from magnificent fish. He concentrates his artistry on the smallest of reef creatures with their vibrant colors and nuanced hues.

Don't miss a new exhibit by Mickey Maurer at the Arthur M. Glick JCC, 6701 Hoover Rd. The exhibit runs through August 27 and is free and open to the public during regular building hours.

Mickey's spectacular photography takes viewers to an underwater world seldom

Maurer is neither a professional diver nor professional photographer. He has pursued his hobby throughout the world, traveling to the Galapagos Islands, New Guinea, Fiji, the Solomon Islands, Belize and Bonaire in pursuit of some of the world's most magnificent dive locations.

## Mazel Tov Benjamin and Elise!



*Benjamin Lipson Walker and Elise Katzif Walker*

Benjamin Lipson Walker and Elise Katzif Walker were married on Saturday evening, May 15, 2010 at the Marriott Country Club Plaza Grand Ballroom in Kansas City, Mo. Rabbi Rachel Crossley Sapphire, assistant rabbi of Temple Beth Elohim, Wellesley, Mass., officiated.

Elise Rebecca Katzif Walker is the daughter of Stephanie and Larry Katzif of Prairie Village, Kan. She is the granddaughter of Natalie and the late Herb Holland, of St. Louis, Mo., and Joanne and Arnold Bryer of Sacramento, Calif., and the late Authur Katzif of St. Louis. In 2006 Elise earned a BFA from the University of Kansas in painting and history of art. A graduate student in interior design at the New England School of Art and Design at Suffolk University, this fall, she is transferring to the MFA program in Interior Design at The George Washington University.

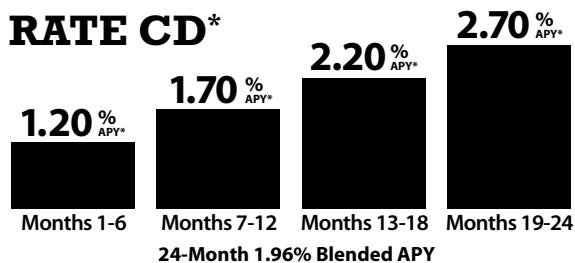
Benjamin Lipson Walker is the son of Carolyn Lipson-Walker and George Walker, of Bloomington, Ind. He is the grandson of the late Miriam Lipson and Dr. Harry Lipson, formerly of Tuscaloosa, Ala., and the late Alma and G. Lorimer Walker, formerly of Bloomington, Ind., and Valhalla, NY. In 2004 Benjamin earned a BA in politics from Brandeis University. He has served as the director of Federal Finance for the State of Massachusetts Medicaid. As of late June, 2010, he is working in the new Office of Health Insurance Exchanges within the new Office of Consumer Information and Oversight at the U.S. Department of Health and Human Services.

The couple met in the summer of 2002 when they were both unit heads at Goldman Union Camp Institute. Elise and Benjamin lived in Somerville, Mass., until recently when they moved to Washington, D.C.

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