



HESED IN THE TIME OF A PANDEMIC – Summer Ideas

Dear Friends – someone asked since we cannot gather in person and we need to continue to keep social distancing, how can we do Hesed, especially during the hot summer months? Rest assured, Hesed never sleeps! There are many creative activities you and your family can do to continue our mission of creating a loving, connected community – even when we can't be physically together.

The Adas Israel Hesed Committee brings you this list of creative ideas of how you can 'do Hesed' over the summer. It's really easy. You think of someone you want to share some love and connection with and then do something. Here are some ideas of what you can do. If you think of other ideas, please let us know. We want the list to grow. And please share your Hesed stories with us so we can send out an inspirational summary.

Onward with Hesed!

IDEAS FOR HOW TO “DO HESED” OVER THE SUMMER:

Make Phone Calls – Our Hesed phone team is constantly reminded of how important a simple phone call can be. We are all tied to our emails and texts and sometimes we forget that a human voice on the other end of the phone is truly a lovely experience. Call someone you do not regularly talk to. Surprise someone (friend, neighbor, relative) with an unexpected call. Just pick up the phone and think of someone who could use a little loving touch and give them a call. It's easy and it will be very much appreciated. Do this frequently.

Write A Letter – Do you remember snail mail? Receiving an actual letter is a beautiful experience. Again, think of someone you know who could use a little pick-me-up and send them a hand-written note. Bonus points if you teach a young person how to write in cursive.

Become a Hesed Pen Pal – our Adas teens have started a pen pal project to connect with some of the elders in our Adas community. We hope this will lead to a series of oral histories that will be published around the high holidays. If you know a teen, please invite them to join this project. If you want to be contacted as a pen pal, please let us know. For more information, email hessed@adasisrael.org.



Cook a Meal – Hessed cooking is always a go-to strategy for sharing love and connection. Surprise someone with a yummy cake or munchy bag of cookies. If a meal seems like too much, most people love a sweet treat. Make it a surprise. Leave it on someone’s doorstep (contactless delivery, please) either as a surprise or sign your name. Everyone loves a home-made surprise. Just think of the smile on the face of the person who receives it. Bonus points for dropping off food for someone who is living alone.

Drop Off Cookies to First Responders – If you live near a fire station or hospital or police department, the first responders in our community who keep us safe always enjoy a treat. It’s a way to show them how much we appreciate their work.

Read A Book To A Child – If you have a friend or neighbor with a young child, offer to read the child a book over Zoom or Face Time to give the parents a few minutes of relief. If you don’t have a children’s book lying around, you can find them online. Reading to a child is a special experience even if over Face Time.

Plan A Zoom Gathering – Many people are getting tired of Zoom, but there are ways to make it fun. Plan on eating dinner together with friends over Zoom. Light Shabbat candles as a group on Zoom. Arrange for a Zoom bomb party where surprise guests pop in unexpectedly. Create a Zoom watch party to participate in the many wonderful Adas On The Airwaves options. Zoom can be a fun way to create connectivity.

Teach A New Skill – If you can knit, or play an instrument, or speak another language, or have any skill that can be shared, offer to teach that skill to someone to help them learn something new and enjoy connecting at the same time. People have time these days to learn things and it feels good to teach someone a new skill.

Create a Collage – if you have photos of friends or family and have not found the motivation to organize them, now’s the time. Connecting with someone through photos is a treasure. If you do not have photos, you can make a collage from photos in magazines or newspapers. Try to imagine what would make the person you are giving it to happy or laugh.

Find a Study Buddy – look around and see if you can find a person who you can partner up with to learn something new. You can take a class or study a subject together. Bonus points if you form a Chevruta to study Torah.

Take A Socially Distant Walk – Getting outside for fresh air and exercise is a treat as long as you wear your mask and keep at least six feet apart from your walking partner. Ask someone who you normally would not walk with to get to know him/her a bit better. Bonus points if you wear a Washington Nationals mask.

Offer To Help With Groceries (Contactless Delivery) - If you know someone who might need a little extra help with groceries, you can offer to help pick up a few items and do a contactless delivery. Also, many people find it challenging to use the online grocery delivery systems that are available. You could help by offering technical assistance to place the order to have it delivered to their home.



Send Condolences To Someone Who Has Experienced A Loss – If you recognize the name of someone in our community who has experienced a loss, send a condolence note. It means so much to the grieving families to know their community is supporting them during a difficult time. If you need their address, you can email the office at Adas to request it.

Join one of our Daily Minyan Services – Another way to show support to someone who has recently lost a loved one is to join one of our Zoom Daily Minyan services to ensure we have 10 people so those in mourning can recite the Mourner’s Kaddish. Our Morning Shacharit services take place at 7:30am Monday – Friday (9am on Sunday) and our Evening Mincha/Maariv services take place at 6pm Sunday – Thursday. [Click here](#) to find the zoom service links.

Participate in Social Action Committee Activities – our Adas Social Action Committee has provided an extensive list of activities in which you can participate to engage with many important social issues. Hesed and Social Action go hand-in-hand and all participation is welcome. Visit the Social Action webpage [here](#).

What are your ideas? Let us know! Email: hesed@adasisrael.org