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בס"ד

May 10, 2020

Dearest Friend,

Chaya and I hope that you had a meaningful Mother's Day. Especially for those who have been working so hard caring for children home from school these last two months, you certainly earned it.

And, likewise, for those grandmothers who have wanted nothing more than to give the grandkids a hug for these last two months, you earned it as well.

This past Motzaei Shabbat, we had a very important preventive health seminar with Dr. Margit Kaufman, an anesthesiologist and critical care specialist at Englewood Health, and Dr. Mort Fridman, a psychiatrist practicing in Bergen County for the last thirty years. Their message was unambiguous.

The data is clear that our physical and mental health is a critical factor in outcomes related to this terrible virus. While it is always important to eat right, sleep right, and exercise (of course, under the guidance of your health care provider), it has never been more important than it is right now. If you missed the seminar, please email rabbi@jcot.org.

In addition, Dr. Kaufman has reminded us that, out of fear of contracting the virus, individuals with critical health events, such as heart attack or stroke, are not coming to the hospital, as they must. Likewise, both the CDC and the American Association of Pediatricians released statements over the weekend noting a troubling decrease in vital vaccinations for children. It is vital that, even as we continue to be vigilant about this pandemic, we do not lose sight of the bigger picture and neglect our health, more generally. Please see this video released by Englewood Health <https://www.youtube.com/watch?v=eId7SbX-pvU&app=desktop>.

We wish everyone a safe and healthy week.

Daniel Fridman
Rabbi, Jewish Center of Teaneck

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I. Davening Schedule

Shacharit (New Time) 8:00 AM
Mincha/Maariv 7:45 PM

Zoom ID is 484 416 0645, and the call number is 1-646-876-9923 (followed by meeting ID).

II. JCOT Torah

Sign up for our WhatsApp group here
<https://chat.whatsapp.com/GPxU0XVWzqEJTCA9WLA0iW> for daily ten minute studies of one mishnah of Pirkei Avot and a reflection on one chapter of Tehillim, as a source of spiritual strength for these challenging days.

III. Children's Book Club- A Favorite Book for our Children

Our new children's book club is underway. Any member of the shul may sign up to read a book to our children any night of the week. To sign up for a night, please click here.

<https://docs.google.com/document/d/1BSsos0XF387rgyH90bDd9he9z2CZJlns8kfnKMhNfg/edit>

Simply video record yourself reading the book and send the video to our JCOT Family WhatsApp group by 5 pm on the night that you have chosen. To join the WhatsApp group, click here:

<https://chat.whatsapp.com/FM6a2aS20hs5MwOcZHGa11>

IV. Interest Free Loans

Please contact rabbi@jcot.org for information regarding our interest free loan program for those who have been unable to work during the pandemic. To contribute, please click here.

V. JCOTNetwork: Inquiries and Opportunities

Please contact jcotnetwork@gmail.com for inquiries regarding access to financial benefits, employment, and professional guidance. Please also email the same address if you hear about employment opportunities. Thank you Rena Barta, Michele Cooper, Adira Hilbig, Maury Litwack, Bob Rabkin, Ryan Richmond, and Neal Yaros for your service to our community.

VI. Upcoming Community Events

Tuesday, May 19th, 8:00 PM, Relationships During a Pandemic with Tova Warburg Sinensky, Yoetzet Halacha, Women Only

Motzaei Shabbat, May 23, 9:45 PM JCOT Comedy Night

Wednesday, May 27th, 9:00 PM Erev Shavuot Siyum HaTorah in Honor of Shavuot

