

October 18th and beyond

Sunday, October 18th, 9-11am- Communities Confronting Substance Abuse and Refa'enu will be presenting conversations about behavioral addictions, alcohol and Jewish ritual, ADHD medications and the link to SUDs (substance use disorders), mood disorders, substance addiction and recovery, and self-harm/suicide. Each group will include a clinician and someone with personal experience with the issue who will share their unique perspectives. For more information go to: <https://www.time2talkaddiction.org/events>.

Wednesday, October 21st, 8pm- Yavneh Academy cordially invites prospective parents to a dynamic Virtual Open House program. Join us to learn about our stimulating Judaic and General studies programs, and warm and inspiring environment. Please RSVP at www.yavnehacademy.org. For more information, please email jennifer.hooper@yavnehacademy.org.

Sunday, October 25th, 9:30am- Ma'ayanot Yeshiva High School for Girls invites all 8th grade girls and their families to join us at our Virtual Open House. Come experience our warm environment and the vast opportunities our school offers both in and out of the classroom, fostering individualized learning along with personal and religious growth. Register at maayanot.org/admissions. For more information contact Mrs. Dena Block, Director of Admissions at admissions@maayanot.org.

Sunday, October 25th, 8pm- Please join us at our 4th annual event in support of NechamaComfort, which educates communities and supports families touched by infant and pregnancy loss. Join us as we remember the children who only live in our hopes and dreams. Join our Free Livestream at NechamaComfortevent.com. You will gain valuable insights in how to help yourself and others deal with life challenges. Visit our website NechamaComfort.org for more information and sponsorships.

Motzei Shabbat, October 31st, 7:45pm- Rae Kushner Yeshiva High School invites all 8th graders and their parents to join us at our Virtual Open House. Experience RKYHS during an inspirational evening as we highlight the vast opportunities for students, demonstrate our values, and define our difference. Learn about the dynamic and innovative academic and Judaic programs, first-rate educational initiatives and co-curricular opportunities. School transportation available for Bergen County families. Please register at www.rkyhs.org/RKYHSOpenHouse by October 26th to receive Open House materials. For more information, please contact Allison Lyons at alyons@rkyhs.org.

Motzei Shabbat, October 31st, 8:30pm- Shalva Presents Saturday Night At The Movies - Renowned Israeli mentalist Lior Suchard will be hosting a virtual event to benefit Shalva's programs for children and adults with disabilities in Israel. The event will include special performances by Lior Suchard and the Shalva Band followed by a classic "oldie" comedy. All to be enjoyed with gourmet popcorn shipped directly to you! Studio contract prevents us from publicizing movie title. Here is a hint. "New England", "Vodka" and "Submarine". To RSVP and reveal the feature film, go to www.shalvamovienight.com or email alexis@shalva-usa.org.

Sunday, November 1st- RYNJ invites all prospective parents to two events. Please join us with your family at 10:30 AM for a car parade in the RYNJ parking lot - "Get into Gear - Prepare for Next Year." At 7:30 PM that evening, join us from your home for our virtual Open House where you will meet our Head of School, see classes in action, hear a parent's perspective and so much more! Please register for either or both events at RYNJ.org. For more information, please contact Mrs. Tamar Kahn, Director of Admissions, at tkahn@rynj.org or 201.986.1414 x338.

Sunday, November 8th, 8am– 1pm– The third annual Dash for Dignity, which supports Yad Leah, will take place a bit differently this year. To keep this event safe, healthy, but still super fun, we have several new ways to participate. Runners can choose between 4 beautiful parks, run in their own neighborhoods, or even at home on a treadmill. With options for either a 5K run or 1 mile family walk, there is something for everyone! All participants will receive an event t-shirt, official race bib, snack pack and more! With your help, we can provide hundreds of struggling families in Israel with warm clothing just in time for the winter. For more information, registration, or to form a shul team please visit www.yadleah.org/dash.

Wednesday, November 11th- Lubavitch on the Palisades Preschool (Daycare- Kindergarten), Springboard School (Special program for bright children ages 3-6 with learning challenges) and Tenaflly Chabad Academy (Grades 1-8) invite you to an open house at our spacious facility (11 Harold Street, Tenaflly, NJ). Groups will be limited and times will be assigned based on registration in order to ensure proper physical distancing. Masks are required. Please RSVP to sonya@lpsnj.org.

Congregation Bnai Yeshurun's Beis Medrash Committee is proud to present its 16th year of Yitzchak Yaakov Koller Boker. Shiur by YU Rosh Yeshiva Rav Zvi Sobolofsky. **Tuesday, Wednesday, and Friday mornings at 7:10 am.** This year we will be learning Gemara Pesachim. The shiur is approximately 40 minutes and is on zoom: <https://yeshiva-university.zoom.us/j/8097026562>. For further detail, please contact henryo@654plaza.com. z". Download the publication for free at <http://www.yutorah.org/togo/roshhashana>.

JScreen is a non-profit initiative providing easy, affordable, at-home testing on saliva for over 200 genetic diseases, including those most common in people with Ashkenazi, Sephardi, and Mizrahi backgrounds. Genetic carrier testing helps individuals and couples understand their genetic risks and plan ahead for the health of their future families. It's essential for all couples to get tested before eventually starting or expanding their families. To learn more, request a kit, or purchase one for a loved one, visit www.JScreen.org

During these unique times, Main Event Mauzone has been trying to make the *Yom Tovim* as easy as possible for our community. In that vein, last Pesach they assembled an affordable pre-fixed package so that their customers didn't have to give a second thought in planning any of their meals throughout the *Chag*. Coming off the overwhelmingly positive feedback from Pesach, they'll be offering the same pre-fixed, stressless menu this Rosh Hashanah. They also take great pride in giving back to the communities we call home, especially our local schools, shuls and other non-profits; with whom they've celebrated so many catered affairs over the years. They're excited to reach out to let you that they **will contribute \$10 back to you for each box** that is ordered from your school, shul or organization. Make sure to mention that you belong to your congregation at the time of your order. To find the complete menu, go to <https://www.rinat.org/caterers>. Also, don't hesitate to reach out to catering@maineventmauzone.com with any questions or for more information.

Shabbos Take out is available again this week. We offer Shabbos Specials/Packages and a full line of items. Please order thru our website Koshereperience.net. Orders must be in by Thursday at noon. Thank you to all of our customers for your support during these difficult times.

To celebrate the 20th anniversary of TeaneckShuls, there was only one thing to do— try to help people in need with the powerful reach of the listserve & our fabulous membership! We have chosen two organizations to be the beneficiary of ALL the monies raised here— Leket Israel and Tomchei Shabbos of Bergen County. All donations will be split evenly between both of these worthwhile organizations. We are giving away a free mask with any donation, featuring a TeaneckShuls 20th anniversary logo designed specifically for this fundraiser. We will be delivering them ourselves locally so please indicate on the donation page if you want a mask. For more information, go to <https://my.israelgives.org/en/campaign/teaneckshuls>.

The Simon Wiesenthal Center's dedicated experts and researchers are working around the clock to find, expose and combat anti-Semitism and hate. Please partner with the SWC by reporting anti-Semitic or other coronavirus-related hate activity online or impacting your community by contacting the Simon Wisenthal Center at SWCNY@Wiesenthal.com. For updates on developments every day, follow the Simon Wiesenthal Center at Facebook: facebook.com/simonwiesenthalcenter/.

Talleisim for Burial—Jewish men are generally buried in a tallit. There is currently a campaign by the Hebrew Free Burial Association to collect talleisim for the burial of Jews whose talleisim can't be located or did not have their own. The HFBA arranges respectful levayaot and burials for Jews whose families can't afford to do so. There is a bin in front of 1136 Korfitsen Road, New Milford, where talleisim can be dropped off. Here is a video that demonstrates what they are facing with Covid-19: <https://youtu.be/cRw63XDcyMs>.

There are many community resources (financial, food, and mental health) aimed to help those affected by the Coronavirus pandemic. Please refer to the links below for more information and for ways for you to help. We will update this page as new information becomes available. Please email office@rinat.org to add a new resource.

Food and Mental Health Services

- [Jewish Family and Children's Services](#) - JFCSNJ is a great resource for kosher meals on wheels, Food Pantry, and mental health services. The Kosher meals on wheels program could really use your help delivering boxes of frozen Kosher meals to homebound seniors in our community. Please call 201-837-9090 for more information. Ask for Francine, or the volunteer coordinator, Patrick.
- [Tomchei Shabbos of Bergen County](#) - Occasionally, families are faced with unexpected events that put a tremendous financial strain on them. These financial challenges can last 2 weeks, 2 months or even 2 years. Tomchei Shabbos is here to help by providing shabbos meals to community families regardless of how short or long it is required. Help is offered for as long as help is needed. Please contact info@tomcheishabbosofbergencounty.org if you are in need of shabbos meals or would like to volunteer to pack meals for others.
- [CDC](#) - Managing Stress and Anxiety during Crisis.
- [UJA Federation](#) - Under Resources for Individuals and Families find information ranging from how to access food (including a list of kosher food pantries) and financial support to engagement activities and other services.
- Amudim Anonymous Support Hotline - Mental health professionals are volunteering with the Amudim Anonymous Support Hotline, offering guidance and support to people struggling to cope with issues beyond anything they've ever experienced before. The call center can be reached at 888-726-8346, 718-972-3000 or support@amudin.org between 8:00 am and 11:00 pm.
- [Open Restaurants During COVID-19](#) - This app will make it easier for us to help our local businesses by providing the correct information on which of them is open during the COVID-19 crisis and when they are open. The app will be constantly updated with store hours of operation and the latest protocols restaurants are using.
- [Alone, Together](#): A Directory of Resources to aid the community during COVID-19

Financial Assistance

- [Hebrew Free Loan Society](#) - Coronavirus Financial Impact Loan
- [Project Ezra](#) - Project Ezra has developed a special fund to assist Bergen County community members who have been financially impacted and are in need of assistance. The program provides a one time pre-sach distribution of up to \$2,000 per eligible family. Complete the form at: <http://tinyurl.com/project-ezrah-covid-19>
- [Division of Unemployment Insurance \(NJ\)](#) - File for Unemployment Insurance benefits in New Jersey.
- [COVID-19/Novel Coronavirus Information for New Jersey Businesses](#) - Information about applying for the Small Business Emergency Assistance Grant

- [OU Advocacy Center](#) - With the passage of the most recent round of COVID-19 stimulus response legislation (CARES Act), which includes help for day schools, synagogues and other nonprofit organizations, the federal government is providing critical relief for these institutions in the form of forgivable Small Business Administration (SBA) loans up to \$10 million and an assortment of other significant relief opportunities. OU has created a center for all this information.
- [Nonprofit Loans through the CARES act](#) - Information on loan options, eligibility criteria, terms, and application information.

Healthcare

- [COVID Testing Sites](#) - Up-to-date information about COVID-19 Testing Centers in NJ.
- [Teaneck Today](#) - Up to date statistics about COVID related cases in Teaneck.
- [TVAC](#) - The Teaneck Ambulance Corp is run solely by volunteers and is available to respond 24/7. Call 911 for emergencies. TVAC relies on donations to continue helping the community. Visit their [COVID-19 page](#) to see what supplies and monetary donations they need at this time.

Ways to Help

- [Rabbi's Discretionary Fund](#) - Donations to the discretionary fund will be used to assist members of our community.
- [Rinat Assistance](#) - Join Rinat volunteers to help check in on our community members or assist with their shopping needs.
- Drop off any gloves, masks, surgical or N95, (even opened boxes) for Holy Name Hospital staff at 88 Chadwick (dropbox outside, no need to enter building or interact with anyone). Donations can be made to ANY local hospital by simply calling their main line and asking where you can drop supplies off.
- Stop by the curb at 727 Dearborn St., Teaneck, to donate unexpired snacks and drinks to our local hospital staff at Holy Name Health and Hackensack Meridian Health who have requested snacks and drinks because they do not have time to eat.
- [Jewish Federation of NNJ](#) - Donate to the Coronavirus Relief fund.
- [Orthodox Union](#) - Join the Orthodox Union community for the recitation of Tehillim ([chapters 20, 27 and 130](#)) and divrei chizuk (words of inspiration) from our rabbanim each afternoon at 1:00PM EDT. To participate, please dial 773-377-9170 or 480-210-2150. Due to call congestion and those who have had issues connecting in the past, please dial either phone number to connect to the call.
- [Coronached.org](#) - Are you in quarantine in your home? Do you know someone quarantined? AM YISRAEL vs. COVID-19 has hundreds of volunteers who want to help you get what you need from outside your home without direct contact.

All the above organizations are providing great resources for our community. Please consider donating to their programs when possible so they can continue to service the community and help those in need.