

## March 6th and beyond

**Motzei Shabbat, March 6th**—Ma'ayanot Yeshiva High School Annual Scholarship Dinner on March 6th. Honoring Rinat member Dr. Howie Friedman who has been an integral part of Ma'ayanot since its inception and continues to remain active on the Board and most recently on the Ma'ayanot Medical Committee and Reopening Task Force. Additional honorees are members of the Ma'ayanot Medical Committee. Donate on line [www.MaayanotDinner.com](http://www.MaayanotDinner.com). Questions? Call Beth Nussbaum at 201.833.4307 ext. 215 or email [nussbaum@maayanot.org](mailto:nussbaum@maayanot.org).

**March 6th– 10th**— Save the date! The Global Family Health & Halacha Virtual Conference. 5 days, 25 plus communities, 40 plus lectures, 90 plus speakers. Featuring world-renowned experts, Nishmat's Yoetzet Halacha, Rabbis, doctors and therapists. More details to follow.

**Tuesdays, March 9th and 16th, 7:45pm**— Beth Aaron welcomes Rabbi Allen Schwartz, lecture series on Conflict and Resolution in the Early Prophets. Meeting ID: 986 2570 1367. Passcode: 983311.

**Tuesday, March 9th, 8:00pm**— Ben Porat Yosef's Annual Dinner: A Virtual Celebration thanking BPY's faculty and staff, and Medical Committee members Nurse Dara Silverstein, Dr. Maureen Nemetski and Dr. Jennifer Chester. Go to [BPYdinner.org](http://BPYdinner.org) to RSVP/support/donate. For information or questions, please contact Blake Bradford at [giving@benporatyosef.org](mailto:giving@benporatyosef.org).

**Sunday, March 7th, 10am-1pm**— The 14th Annual YU Student Medical Ethics Society Conference, "From Darkness to Light: A Panoramic View of the Pandemic." Contact [mes@yu.edu](mailto:mes@yu.edu) for more information.

**Thursday, April 8th, 7:30pm**— The Jewish Community Council of Greater Teaneck presents a virtual program to mark the 82nd anniversary of the start of the Shoah. The centerpiece of the one-hour event will be a memorable video from Yad Vashem in Jerusalem, entitled *That's What I Hope: The Story of Hannah Pick-Goslar*. The video tells the compelling story of survivor Hannah Pick's life before, during, and after the war. Before the war, she was a friend of Anne Frank, and she later saw Anne at Bergen-Belsen. To become a supporter of this event and to have your name appear at the close of the program, e-mail Felicia Grossman at [felicia0221@optonline.net](mailto:felicia0221@optonline.net) or go to [www.teanekyomhashoa.org](http://www.teanekyomhashoa.org).

### MARCH IS KEYLIM MIKVAH AWARENESS MONTH.

Every family in Teaneck, Bergenfield and New Milford benefits from the keylim mikvah all year round, but especially during the busy month before Pesach. Please help us recognize its importance by financially supporting the mikvah during KEYLIM MIKVAH AWARENESS MONTH. Funds collected will be used exclusively for the daily operational expenses of the mikvah including insurance costs, supplies, and equipment. Suggested amount is \$36 per family, but of course, any contribution is appreciated. Payments may be made online at [www.teanekmikvah.com](http://www.teanekmikvah.com).

### \*\*\*MITZVAH OPPORTUNITY - Volunteers Needed for Bikur Cholim Hospitality Suites\*\*\*

Bikur Cholim Bergen County is currently looking for more volunteers to help us maintain our Hospitality Suites/Apartments in the Hackensack area. Volunteers are only asked to give a few hours a month to ensure the rooms are ready for our guests who have family members in local medical facilities.

For more information kindly contact:

Esther Perl [h82bl8ejp@gmail.com](mailto:h82bl8ejp@gmail.com)

Hana Katz [Hanamkatz@gmail.com](mailto:Hanamkatz@gmail.com)

Beth Abraham will be **collecting your extra 5-pound free matzas from the local supermarkets**. The matzos primarily go to Tomchei Shabbos and any leftovers go to other Tzedakas in the community. Please drop them off on the STEPs by the side entrance near the driveway of 421 Churchill Road (corner of Sussex). If it is raining, please ensure the matzas are in a bag or drop them off when it's not raining. Matza can also be brought to the Tomchei Shabbos warehouse at 13 Foster Street on Wednesday 3/10 and 3/17 between the hours of 8 am and 7 pm (can be left outside).

JEMA, a virtual free tutoring service, is seeking community volunteers for all subjects from grades K–8 including math, English, Hebrew, Science, Social Students and Judaic Studies to study with and support Yavneh students. JEMA volunteers are not required to have any formal teaching experience and can volunteer for as little as one-half hour per week. To volunteer, contact Dr. Brecker-Blum at [hr@thehrca.com](mailto:hr@thehrca.com) or Yavneh Academy at [yavnehoffice@yavnehacademy.org](mailto:yavnehoffice@yavnehacademy.org).

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](http://www.JScreen.org).

Shabbos Take out is available. We offer Shabbos Specials/Packages and a full line of items. Please order thru our website [Koshereexperience.net](http://Koshereexperience.net). Orders must be in by Thursday at noon. Thank you to all of our customers for your support during these difficult times.

An update from the Teaneck-Bergenfield Tzedakah Committee: The Tzedakah office and our new website, [www.tbtedakah.org](http://www.tbtedakah.org) is now open and available to you. The web site is a new resource for our community and will: provide you with information regarding the meshulachim that we have approved to collect in our community. It will also communicate news and updates on how we can safely distribute tzedakah to individuals and organizations in need. Here are our new process and procedures:

*Due to safety precautions of COVID, we are no longer giving out paper teudot.* Instead, you can now ascertain our up-to-date approvals of any solicitor by visiting the website. In order to find someone in our system, visit our website [www.tbtedakah.org](http://www.tbtedakah.org), and click on "Confirm approval". Enter the password "613" (we suggest you save the password for quick access from your device in the future). In the field "Search content," enter the name or approval ID that will be provided by the meshulach. We suggest you search by the approval code to overcome spelling mistakes. It is important that you compare the photo on the web site to the person at your home. If the meshulach is unable to provide you with an "approval ID" number, they are not approved to collect. Please give them the Tzedakah office phone number (201-343-5190) and encourage them to call us. On our website homepage, you will find a printable information sheet to give to the meshulachim that do not have an "approval ID" number.

**A request to the community:** We deeply encourage you to overwhelmingly prioritize giving to the meshulachim that have been approved - as per your Rav's instructions. Our ability to be effective, and achieving our goal of providing you with the comfort and joy of helping others, in a safe manner, largely depends on your support of our system. **Safety is our #1 concern.** Please do not allow the meshulachim in your home. We have no way of monitoring if government quarantine rules are being followed. Many of the meshulachim are traveling to our community, often in crowded vehicles where masking and social distancing is not being respected. Suggestions to ensure safety in your interactions with the meshulachim: Always ensure masking and social distancing is being respected. Consider having envelopes available outside your door and request the meshulach provide his/her address in order to mail a donation. This eliminates any personal contact and you can then go to our website, confirm their approval status and mail them your contribution to the address on our website. (If local address is available.) Many in the community are using their porches, garages and other outside areas to meet. Again, we must respect social distancing and masking in these face-to-face discussions.

We will continue to review our new system and keep the community informed of enhancements in the process. As always, we encourage your comments and suggestions which can be texted to 201-906-5443 or via email [TZtedakah@gmail.com](mailto:TZtedakah@gmail.com)

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](mailto: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](mailto: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](mailto: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.