



October 2021

Hazak Newsletter

Below, read about our October 19th Birdwalk and registration link featuring our guest writer, Harvey Leifert! Be sure to read the research from Penn State about housing via the link below. I hope you can enjoy the Fall weather!

I hope you were able to join our Sukkah Brunch with Rabbi Helfand pictured [here](#). About 40 Hazak members and the Rabbi were in the Social Hall on September 23rd getting to know each other and thinking about programs ahead. The morning weather was rainy so we relocated to the Social Hall. By brunch time the weather had cleared. So some took bagels to the Sukkah for a quick bite.

Bird Walk at Woodend Scheduled! Register and join us October 19th

Everyone has wondered at some point, what is that bird over there? It's true of experienced bird watchers, or birders, and of those who can barely identify a pigeon in the park. Wherever you fit on that spectrum, you can increase your avian literacy, and have a lot of fun, by joining fellow Hazak members on October 19 at Woodend, home of the Audubon Naturalist Society.

Founded in 1897, ANS is the area's oldest organization devoted to environmental protection. In fact, its 40 acre oasis, almost in Ohr Kodesh's backyard, (8940 Jones Mill Road in Chevy Chase, MD) has just undergone a complete overhaul, with new accessible trails, revitalized streams and ponds, woods, and meadows. The grounds reopen to the public October 6, and Hazak will be among the first groups to visit the restored habitats.

Led by a naturalist, we will have the opportunity to see—and identify!—some of the hundreds of bird species that are passing through Montgomery County on their way south for the winter. Which species? We can't say in advance, as they vary day by day. Of course, we will also see some of the year rounders that make Woodend their home.

So, wear comfortable clothes and sneakers or hiking shoes, and take your binoculars, if you have a pair. (They are also available for purchase, in a wide range of prices, at the ANS store on the grounds.) Registration is required with a \$25 fee. Enjoy getting close to nature with Hazak and ANS. Here is the registration link for our group's tour!
<https://anshome.org/woodend-tour-private-ok/>

Looking forward to it! Harvey

Of course we have members still in the workforce. We want to remind them of their rights via the Age Discrimination in Employment Act

Actions Prohibited By the ADEA

Under the ADEA, it is unlawful to discriminate against a person because of his or her age with respect to any term, condition, or privilege of employment, including hiring, firing, promotion, layoff, compensation, benefits, job assignments, and training. Harassing an older worker because of age is also prohibited.

It is also unlawful to retaliate against an individual for opposing employment practices that discriminate based on age or for filing an age discrimination charge, testifying, or participating in any way in an investigation, proceeding, or litigation under the ADEA.

The ADEA permits employers to favor older workers based on age even when doing so adversely affects a younger worker who is 40 or older.

Thank you! Thank You!

Hazak Grandparent Outreach started off well for High Holidays 2021. Our thanks to Norman's Farm Market for Coupons, Thank you for arranging for the books in the bags to Wilhelmina Gottschalk! Thanks for the clever map developed by Hazak members Janet Yoskowitz and Susan Eisen showing great places to share with kids. 12 Grandparents signed up and several asked to be added to our mailing list to keep current on our programs. Thanks for phone calls to members completed by Saradona Lefkowitz and David Dratch and others who volunteered to reach out with seasonal greetings and open dialogue with OKC members. Volunteering for these projects keeps us connected and provides valuable service to our congregation! Lets keep it going.

October Advisory Group Meeting via Zoom

Our Hazak Advisory Group meetings are open to all. During these meetings we talk about programs and evaluate completed projects. You can join the fun via Zoom. October 5th in our next meeting. Here is the link and the agenda:

Topic: Hazak at Ohr Kodesh Advisory Group

Time: Oct 5, 2021 07:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/85750626359?pwd=Q2NYR2ZLbTB0Zk5IMFJGWURPVnJGUT09>

Meeting ID: 857 5062 6359

Passcode: 503754

One tap mobile

+13017158592,,85750626359#,,,,*503754# US (Washington DC)

+16465588656,,85750626359#,,,,*503754#US (New York)

Dial by your location

+1 301 715 8592 US (Washington DC)

+1 646 558 8656 US (New York)

+1 312 626 6799 US (Chicago)

+1 346 248 7799 US (Houston)

+1 669 900 9128 US (San Jose)

+1 253 215 8782 US (Tacoma)

Meeting ID: 857 5062 6359

Passcode: 503754

Find your local number: <https://us02web.zoom.us/j/kM3DQHE4o>

On our agenda will be:

1. During August I had the opportunity to speak with OKC congregant Shana Zucker who has an exciting proposal for our Hazak members! I've invited Shana to talk with us about it.

2.. A discussion about developing an ongoing study group Led by Rabbi Helfand. In advance of the meeting I will ask each of you to think about preferred days and times and subject matter. I had a chance to talk with him and he enthusiastically suggested a regular weekly or biweekly study group for us. I love the idea. During the Sukkah Brunch the following study group topics were floated: **Medical Ethics**, **Ethics related to Science**, **Who wrote the Bible?** **Should we rebuild the Temple?** **Literary conflicts**, **How will Judaism Survive?** **The Jewish Calendar**. **Should conservative Jews Learn to Accept Intermarriage?** **Historical Experiences of the Prophets** and the impact of their writings. **The Rabbi will join us for this Advisory Group meeting!**

3. Usually in November we honor Veterans in some form (Shabbat dinner, concert, at services with an aliah). Last year we had to move our celebration to May. We are back on track now. Ideas? Also in November a movie night at OKC! In person with snacks and discussion. Should be fun and interesting. More to come on the movie!

4. Want to discuss some changes to communications on Facebook (from none to some), as well as the OKC website.

5. Finally, let's evaluate the September programs (Grandparent Outreach Project, Sukkah Brunch).

Being Healthy

Here is a link to some fascinating and compelling research from Penn State about intergenerational housing and the benefits to designing living spaces for all ages.

<https://aese.psu.edu/outreach/intergenerational/articles/intergenerational-contact-zones/residential-cohousing-communities>