

COVID-19 Update #6  
Wednesday, March 18, 2020

Dear Friends,

I hope this email finds you well. Please take a moment to review this entire email

**I am happy to share a brief video. I hope you find it meaningful.** (Takeaway - UOS is a great family and we will help each other)

**Chessed:** I am so happy to report that our Chessed committee has called dozens of UOS members to check in on them. Thank God, all are well. Our Chessed committee will continue to check in on them as this situation continues.

**For those who are unable or do not want to venture out to the supermarkets due to medical vulnerability, there are UOS volunteers who are willing to shop for members.** Please be in touch with Doreen Lerner at [doreenlerner@sbcglobal.net](mailto:doreenlerner@sbcglobal.net) **or click here to sign up for this service.**

**Emotional Health:** I want to urge everyone, especially those who are spending lots of time at home to exercise, eat right and get fresh air. We do not know how long the current conditions will last and it is really important that we all take care of ourselves.

**Please be aware of how you are feeling and how you are interacting with those around you. We are all living in unusual conditions and this may lead to disagreements and irritability.** Being aware that our behavior is unusual is an important step towards avoiding flare ups. Jewish Family Services is offering a number of ways to manage stress during this time. **Please follow this link for more information.**

**Please be in touch: I also want you to know that I have set up a system for people to arrange for brief (15 min.) checks in with me if you want. This is an opportunity to unload, ask pesach questions, destress about the situation...or anything else. Please use this link to make an appointment.** Once the appointment is made, please contact me at the time you chose. We can do this via video (Zoom or WhatsApp) or tel. call. I look forward to hearing from you.

I am also pleased that so many have participated in the classes and services that we have had so far. **Please join us for virtual davening each weekday morning at 7am and Sundays at 8am.**

**Pesach:** I also want to let you know about some steps we are taking to help with Pesach preparations for those who may not be accustomed to asking Pesach and Pesach Seders.

**Since doing the in person transaction to arrange for the sale of chametz this year is not recommended, please do so online. Arrange for Sale of Chametz via UOS Website**

**Seder In A Box:** I have worked with Jenny Tavor on the creation of a “Seder In A Box” available for those who are seeking assistance in making a seder. The box contains the ritual

items needed to have a halachically proper seder. It will also include a concise guide to making a seder.

Details:

SEDER IN A BOX. \$ 36.00

2 x Seder Plates including: Romaine leaves , Shankbone, Roasted egg, Fresh Horseradish, Parsley , Haroset , Salt Water

2 x 22 ounce bottles of Grape Juice , 2 x boxes of Matzah

**Kosher For Passover Food:** Jenny also offers a Kosher For Passover Catering. [Please click here](#) (Click on Menus and then on Passover 2020). Do not be concerned with minimum amounts. She will work with each customer to meet their needs.

[Genesis SteakHouse](#) is also offering a Pesach Menu

All the best,

Rabbi Gelman