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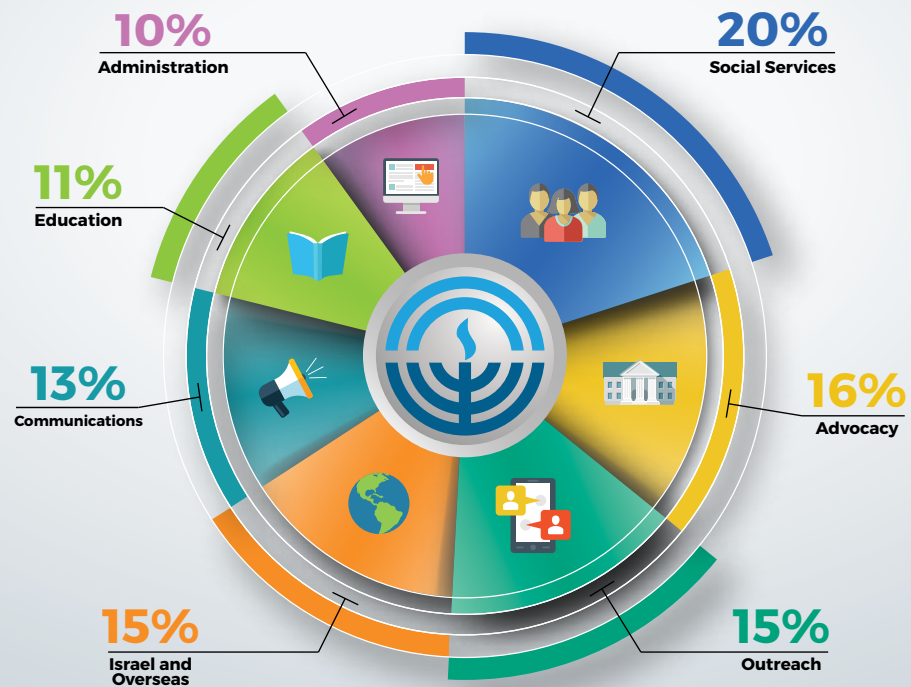
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2015 ANNUAL REPORT

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the VOICE

your source for local and global Jewish news

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Reversing the Downward Spiral

Change is hard. Change can cause discomfort, fear, insecurity— all emotions we would rather not feel or face. But without change, we can't make progress and as the Sacramento Region's umbrella organization, if we don't make progress, we can't be responsive to the ever-changing needs of our community. The funny thing about change, though, is that it's incremental and it's slow, especially if done deliberately and strategically. I believe that is what Federation has done— yet oddly enough, we are seeing a downward trend in our Annual Campaign.

For those of you who are actively engaged in this community, I know you have witnessed the changes Federation has implemented during the past 4+ years. I know you understand that we've had to go through significant changes, many of which go against our nostalgic memories of earlier days. We still have the responsibility for looking at the whole, for being a safety net, for filling in the open gaps, and for being a voice for those who don't have one. But we also have to reverse the downward spiral of engagement and debunk the myths regarding Federation's relevance. We need you to be ambassadors and talk about the impact we have made in this community.

Let people know that we have served nearly 1,000 clients since the re-establishment of Jewish Family Service (JFS) in 2012. Let them know that isolated seniors, hungry families, and people dealing with mental health issues now have a support system in place and can live with dignity. Let them know we are there to face growing anti-Israel and anti-Semitic activity, whether

it is on college campuses, at an elementary school, or on our neighborhood lawns. Let them know we have a steadfast commitment to Israel and will continue to publically show it through a bold full-page ad in *The Sacramento Bee*, a community solidarity gathering, a vigil commemorating victims of terror, and continued financial support.

Let them know we invest in the next generation and offer the only Jewish connection for many of the 850 young families from Reno to Redding to Merced who receive the gift of PJ Library or attend Shalom School. Let them know that we are constantly at work behind the scenes, convening community leaders in our new building, trying to forge stronger connections and create opportunities to work together.

We have a pretty incredible portfolio considering we have streamlined our financials, cutting all unnecessary spending, including making painstaking cuts to our staff. The changes were hard, but all resulted in a balanced budget, a new building, and the return of JFS.

Does all of this not show relevancy? Perhaps the most important thing you need to know is that all of this is being done with a \$450,000 Annual Campaign and a small staff, each of whom does the job of three. That, my friends, is a real Chanukah miracle. Imagine what we could do if we could reverse the downward spiral. Actually, don't imagine. Make it happen. Give. Give more. Give generously. And tell your friends to do the same.

Barry Broad is the President of the Jewish Federation.



Investing in Community

In just three generations we helped transform the world. We helped found and build a nation; freed over a million Soviet Jews; saved communities and brought them to Israel. Here at home we built a school, synagogues, and Hillel; created a network that cared for our elderly and vulnerable; and found ways to connect with one another. This is our legacy.

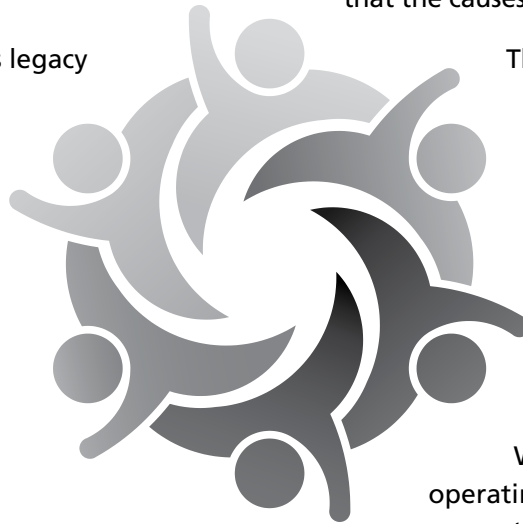
Today, Federation is honoring our commitment to this legacy while also trying to find ways to reconnect a new generation to Judaism. I think we can all agree that offering our youth the tools they need to deal with our new realities is critical. It is an immense challenge to explain the complexities of the Jewish world, but offering opportunities that allow our teens and young adults to fall in love with our history, our vibrancy, and our possibilities creates a foundation for a strong Jewish heartbeat.

I know my own journeys, be they serving food to hungry families in Chicago; exploring the treasures of Israel; delivering medicine to isolated seniors in Ukraine; reading to children at a Day School in Morocco; or walking through the horrors of Auschwitz, not only shaped, but transformed my perspectives, my passions, and my actions.

Your gift to Federation is an investment in the past, present, and future of our community be it through the Annual Campaign or the Life & Legacy program. From birth until the end of life, Federation is there— as we have been for nearly a century— supporting, shaping, and feeding Jewish life. And none of this can be done without your support.

Although we have a fiscal year budget, which runs from July 1, 2014-June 30, 2015 we run an 18-month Annual Campaign cycle, which runs from July 1, 2014-December 31, 2015. So, what exactly does that mean? Not only do we run two campaigns simultaneously for six months, but we have the challenging job of budgeting based on patterns and history rather than actual commitments. Which is exactly why a strong endowment is so important!

It is through endowments that we can secure permanent, consistent sources of income, allowing all of our organizations to breathe easier and be less dependent on the shifting nature of annual campaigns and donations. Consider what mark you want to leave in this world, what message you want to send about your priorities and values. It is simple to leave a legacy and make sure that the causes most important to you have a strong, secure future.



The Life & Legacy program of the Harold Grinspoon Foundation (also our major partner in PJ Library), administered locally by JCFW, has provided the tools to secure more than 300 legacy commitments that will ensure long-term financial strength for our community. Consider this program the 401K of the Jewish community!

At the close of the fiscal year, the 2015 Annual Campaign was at \$380,000, with an ultimate goal of \$450,000 by the close of the Campaign year (December 31, 2015). It currently sits just under \$394,000.

While the Annual Campaign is the lifeblood of our operating budget, we are fortunate to have additional sources of revenue that make up the remaining 30% of our budget (see 2015 Annual Report, pp. 15).

We have been able to streamline our expenses so that every dollar of income is translated into providing a direct service for our local and global community. Your investment provides a full range of services so Federation can be with you every step of the way. Please take a few minutes to read about all the benefits we offer our community.

At this time last year, I shared our pride in overcoming tremendous challenges culminating in the revival of Jewish Family Service, the purchase of our beautiful building, and the hope of a balanced budget in 2015. Well, the Jewish stars certainly aligned and I am thrilled to report that the 2015 Fiscal Year budget is indeed balanced for the first time in many years!

Thank you to our generous donors, our partners, our Board, and our staff for leading us through the desert to this wonderful Promised Land. I know, wrong story for the Festival of Lights, but fitting nonetheless!

Melissa Chapman is the Chief Executive Officer of the Jewish Federation.

The Possibilities of a Community

The Jewish Federation recently welcomed Neil Levy onto its Board. *the VOICE* sat down with Neil to talk about community, teamwork, and the possibilities that lie ahead.

the VOICE: Why did you want to serve on the Federation Board?

Neil Levy: My training (professional life coach) and history (ex-athlete) have given me profound respect for what's possible, both in the area of material accomplishment and shared experience, when a group of people— or a community— truly come together as a team. I believe the Federation represents the best— perhaps the only— possibility for creating teamwork on a communitywide level.

the VOICE: What other organizations are you involved with?

NL: I sit on the Advisory Committee of the Schwab-Rosenhouse Memorial Scholarship Fund and the Trust Fund for The Jewish Elderly. I also worked on the PR Committee for this year's Sacramento Jewish Food Faire.

the VOICE: What do you hope to accomplish as a Board member?

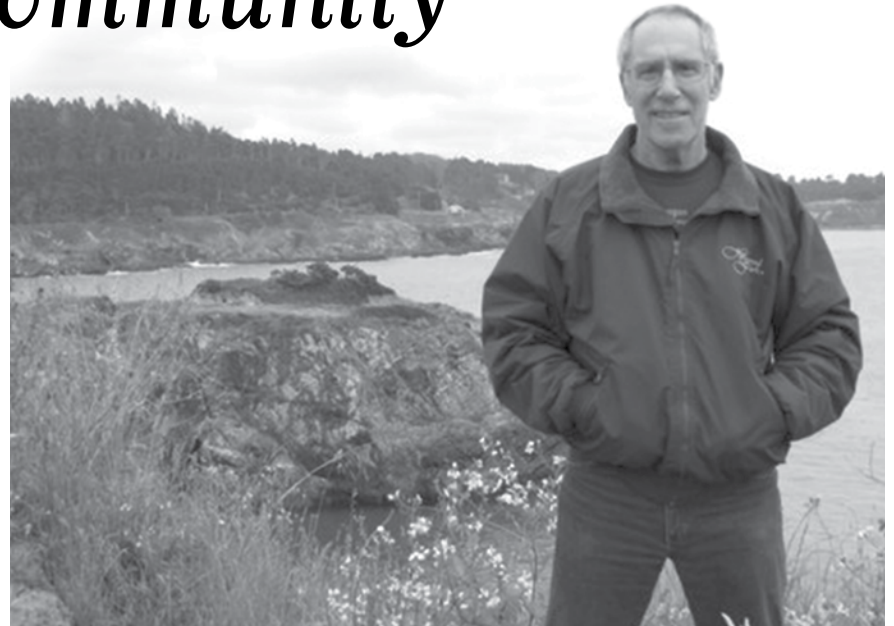
NL: I hope to be part of the Jewish Federation's breaking through to the next level. We have a viable Federation for the first time in years and the opportunity now is to stand on the shoulders of what's been created. A powerfully synergistic relationship between the Federation and its constituency is not beyond the realm of possibility in a community our size. To borrow the Three Musketeers' mantra: "All for one and one for all," the Federation being the "one" and the members of the community being the "all."

the VOICE: What are this community's greatest assets?

NL: I came to town 5 years ago as a total stranger and the community's greatest assets embraced me so quickly, so completely, and so generously that thinking about it moves me to this day. Of course it's the people. Everywhere I look I see superstars. If a critical mass of us ever decides to pull on the same rope at the same time, look out!

the VOICE: Why is a strong Federation important to any Jewish community?

NL: Not to sound "flip," but for me the answer, simply, is because it's the Federation— because it is that which has been specifically created, designed, and positioned to be— when strong— the single most



Neil Levy

important entity in a Jewish community. It has the most say about the content of the community and it mirrors the context. The strength— or weakness— of a Federation very much mirrors how synergistically the people and organizations under its umbrella relate to each other and the community as a whole. You want to get a hit on how vibrant and "together" a Jewish community is? Begin the process by checking out its Federation.

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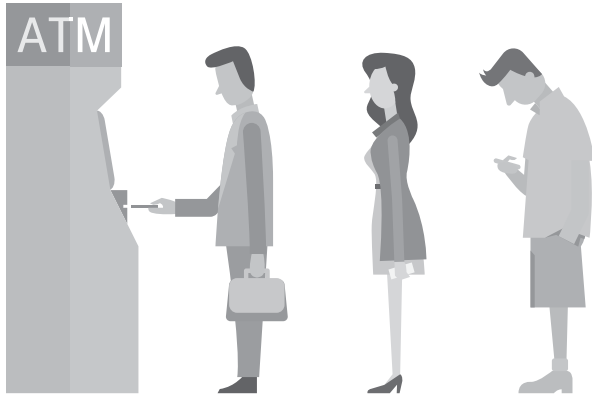
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So has anyone actually walked into a bank lately? I did and honestly, I had to do a double take. Three giant ATM-like machines that kind of looked like pods now stood in front of the counter where a cadre of tellers once stood. It was a little like boarding the Starship Enterprise except Captain Kirk had a larger crew. Now, instead of the usual three or four banking associates (they're probably not called "tellers" anymore, right?), there was one lowly woman helping those of us who actually stood in line.

I found myself engaged in an admittedly unscientific sociological experiment. My eyes darted back and forth as if at a tennis match: To my left, the people who came in to use the pods; to my right, people like me who were using the human services. The pod people stood in front of their respective pods, pressed a bunch of buttons, tore off money or a receipt, and left. The people in line in front of me walked up to the counter when greeted and the beeping noises that are produced by pressing a bunch of buttons were replaced by, "Hey Bill, how are you?" "Oh, I'm good. How's everything with

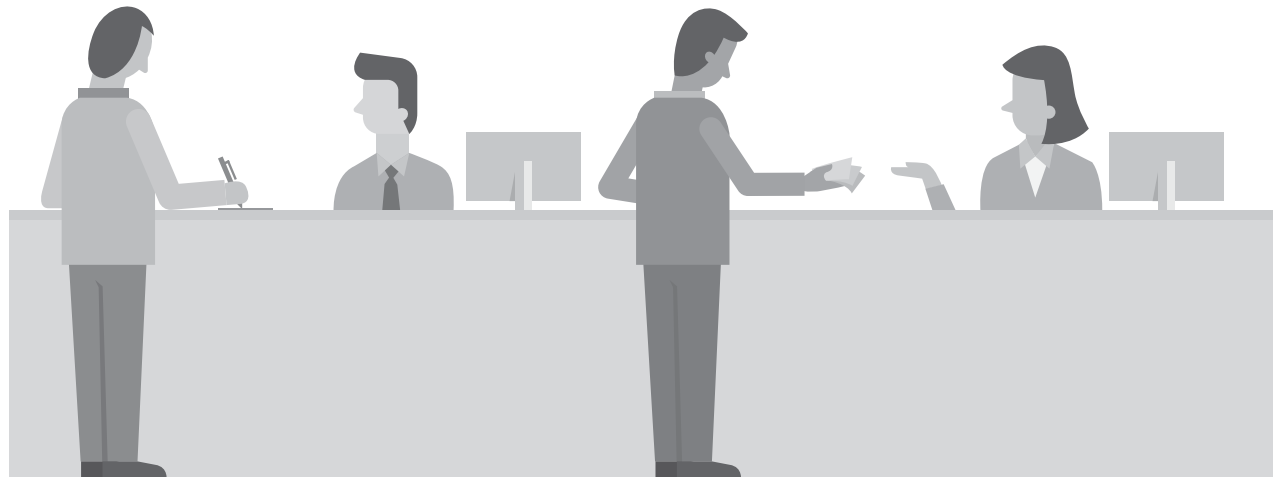
you? How's your family?" "Oh, you know, I got a new job as a security guard so it's going okay."

You get the point. One set of customers was interacting with a machine; the other with an actual person who, remember, no longer had any colleagues behind the counter with her and, therefore, must have been very excited to see people waiting in line just for her. Which interaction was more satisfying, I wondered. Were the pod people really in that much of a hurry? Was it really a matter of convenience? Or have we all, on some level, myself included, accepted the fact that human interaction now takes a back seat to almost everything else. I hate bemoaning technology because I love parts of it, but I worry that we all really are going to be lost in space if we're only able to process sound bites or messages that don't exceed 140 characters.

It's an especially big challenge when you do community work, work that is built and sustained on real relationships, frank discussions,

tough negotiating, and, yes, deep emotions. I wish we could engage with every member of our community to hear about their Jewish journey and what is important to them and to allow them, in turn, to have the opportunity to learn about the work we do, the partnerships we have developed, the people we have met, the lessons we have learned along the way, and the difference we have made in the Jewish world both here and abroad. Alas, that is impossible so we have to rely on e-blasts and clever ads and save-the-dates and flyers and other kinds of bells and whistles that are flat and one-dimensional. It's very frustrating, to be sure, because we have a lot to say. So I'll say this. For those of you who wish to be more engaged, who want to talk about solutions, and who have a desire to help us build community, pop us an email. Or better yet, give us a call and we'll talk.

Elissa Einhorn is the Assistant Director of the Jewish Federation and Managing Editor of the VOICE.



Cooking for Kings



Brett Eisen

Barbequed meat, corn bread, and dumplings. Not your typical Shabbat meal— unless you're Brett Eisen trying to sneak in a little Judaism while cooking for collegiate and professional athletes.

"Brisket is the barbeque, challah is the corn bread, and matzo ball soup is the dumplings," Eisen said matter-of-factly of his decoded menu.

Nowadays, the recently hired Sports Nutrition Chef for the Sacramento Kings— a completely new position— is less surreptitious about his menu, openly preparing homemade shakshouka and hummus for the Kings' #18, Omri Casspi, who did a double take when he was first greeted by Eisen with a hearty "boker tov" (good morning) and a wry smile.

The journey to Sacramento for the 26-year-old Eisen began half a lifetime ago— literally.

"My Bar Mitzvah theme was 'Kicking It Up a Notch' like Emeril Lagasse," he explained. "I asked guests to bring pots and pans that I donated to a local food pantry."

Solomon Schechter-educated in St. Louis and raised in the gymnasium of the local JCC and on the grounds of a Jewish camp in the Ozarks, Eisen has managed to take his trifecta of passions— food, sports, and Judaism— and parlay it into his dream career. When he was a teenager, he heard about a "Chef of the Year" contest sponsored by Johnson & Wales College of Culinary Arts, the theme of which was "Healthy Heritage." Having just returned from a NFTY youth group trip to Israel, the young chef created an Israeli-inspired menu of oven roasted Chilean sea bass, couscous cakes, and fennel salad. His meal garnered him the whole enchilada (or should I say, "blintze") and

he was rewarded a four-year scholarship to Johnson & Wales in Colorado where he earned an Associate's Degree in Culinary Arts as well as a Bachelor's Degree in Nutrition and Science.

"People say, 'Never trust a skinny chef,'" noted Eisen, who countered, "Always trust a fit chef."

While in school, he met a Jewish teacher who worked at the Beijing Olympics. Eisen found himself with a mentor who has guided his career to this day. And that career has included working with the Denver Broncos as their first intern who counseled athletes about their diets and served as a personal chef; moving to the University of Oregon in Eugene where he worked with the head dietician to create all in-house food for the athletes and cooked for all of the incoming freshman football players (and supplied its basketball team with the leftovers), eventually putting food into the mouths of 500 athletes; then off to Berkeley where he worked in the restaurant of a culinary school friend and fellow Jew and eventually began hosting pop-up dinners under the name "Pita Project," where he introduced modern Israeli cuisine or as Eisen described, "Middle Eastern food meets Western flavors."

Two months after he was hired by the Kings, Eisen transformed the players' lounge, adding neatly lined stations around the perimeter that offer a variety of breakfast foods; refrigerated displays of "recovery" drinks such as muscle milk and protein drinks and another with fresh pressed juices and yogurts; and glass bins of every healthy snack imaginable from dried fruit to trail mix. In addition to on-the-go offerings, the chef prepares breakfast and lunch daily. The breakfast menu includes made-to-order omelets, homemade buckwheat blueberry pancakes, and challah French toast; lunch might be a pasta bar with, yes, homemade gnocchi and a variety of proteins as toppings as well as an upscale PBJ sandwich (think sliced strawberries and bananas and a hint of agave). A fresh herb garden grows outside and customized shakes are available for the asking. And

"My Bar Mitzvah theme was 'Kicking It Up a Notch' like Emeril Lagasse. I asked guests to bring pots and pans that I donated to a local food pantry."

although his current oven is a portable outdoor grill, complete with a pop-up canopy for when it rains, Eisen looks forward to the opening of the new arena and the state-of-the-art kitchen that will become his new canvas.

"It's not just about education but about building camaraderie through food," he said.

If his past is any indication of his future, there is no doubt, Eisen will.

"When I entered the Johnson & Wales contest 10 years ago, they asked, 'Where do you see yourself in 10 years?' Eisen recalled. "I said, 'Cooking for a pro-NBA team.' And here I am."



CVHEN

Founder and President Receives Community Service Award

Elizabeth Igra, Founder and President of the Central Valley Holocaust Educators' Network (CVHEN), was a Community Service Award recipient at the 2015 Unity Bar Dinner.

This annual event brings together members of seven local diversity bar associations to bestow awards to community members and scholarships to deserving law students. Participating bar associations are the Leonard M. Friedman Bar Association (LMFBA); the Asian/Pacific Bar Association; Sacramento Lawyers for the Equality of Gays and Lesbians; Women Lawyers of Sacramento; La Raza Lawyers Association; the South Asian Bar Association; and the Wiley W. Manuel Bar Association.

"The genesis of the Unity Bar Association was to develop a network for identification and advancement of minority judges," explained Marc Koenigsberg, LMFBA's President and Master of Ceremonies for the event. With "... serving as an educational resource, voice and forum for Jewish attorneys and judges on issues relating to the practice of law, the courts and the community" as its mission, he said, "LMFBA gives opportunities for Jewish judges to be active in their own legal communities."

In front of 325 people at the October 29th dinner, Igra accepted her award and joined the esteemed club of past LMFBA honorees, such as Judge Judy Hersher, Dan Gorfain,



Elizabeth Igra, left, accepts the Community Service Award from Marc Koenigsberg, Leonard M. Friedman Bar Association President. Photo Credit: Junn Paulino.

and Betty Reuben. Each of these individuals, said Koenigsberg, "are people who have demonstrated a lifelong commitment to service to the Jewish community, or who have dedicated their lives in furtherance of Jewish values."

Igra, a Holocaust survivor and veteran teacher, founded CVHEN, which "is dedicated to supporting teachers in effectively implementing a Holocaust curriculum that meets California Social Studies and Language Arts Standards. With an understanding of the constraints that teachers face, we help them respond to a variety of challenges that this complex curriculum presents. We offer ongoing follow-up training and resources that build upon

the foundation laid by acclaimed programs that offer Holocaust education seminars."

Among its accomplishments since its inception in 2009 are 12 workshops to more than 200 teachers from several school districts; 15 speaking engagements during 2014-2015 alone; the creation of a 2nd Gen Speakers' Bureau; programming events, such as an annual Kristallnacht commemoration; and its newest addition, the CVHEN Library and Resource Center housed at Mosaic Law Congregation.

"Our goal," said Igra, "is to raise the awareness of the importance of knowing and understanding history because it effects every aspect of our lives."

A survivor of the Czorkow ghetto, Igra is focused on helping others understand how the Holocaust could happen within a democratic society. Alluding to the Unity Bar event's keynote speaker, 4th District Court of Appeal Associate Justice Richard Fybel, whose parents escaped Nazi Germany in 1939 and whose presentation was entitled, "Lessons from History: The Failure of the Judiciary in Nazi Germany and the Post-War Nuremberg Trial of Judges," Igra said, "It is not enough to empathize with its victims. In Germany, there was an allegiance to the furor. It raises a fundamental question regarding the role of the judiciary and how it adjudicates laws and how they are prosecuted. The fact that German judges abdicated their responsibility to democratic principles and gave their allegiance to Hitler's laws was of great significance. There is so much to history and to the antecedents of the Holocaust. I think we forget how important the actions of these judges were."

And while she is happy that there is continued interest in the subject of the Holocaust, interest is simply not enough.

"As Jews, we need to think of it as part of our heritage and culture and need to understand and know," Igra said. "I don't want monuments. I want people to be curious and to learn and to ask questions. The stories will be told and the memoirs read, but there needs to be more questions."

For more information about CVHEN, visit cvhen.com. For more information about LMFBA, visit jsaclaw.org.

This Chanukah, DON'T LET THE LIGHT GO OUT...

It's Chanukah. You're in the kitchen frying up latkes. Lighting the menorah. Giving out gifts. Good things you do every year for your family.

While you're enjoying these wonderful traditions, remember your community. Remember the richness of our culture and values. Remember we come from so many different places but are one people. Remember we have disabilities, mental illness, and financial woes. Remember that people are relying on us to help make their lives better.

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Sacramento Supports Israel

On October 26, 2015, the Jewish Federation, Jewish Community Relations Council, and the Sacramento Board of Rabbis organized “Sacramento Supports Israel,” a vigil at the World Peace Rose Garden, to honor the lives lost to recent terror attacks and to send a message of continued support. These recent victims became part of the 1,280 individuals* who have been killed by Palestinian violence and terrorism since September 2000.**

May their memories be for a blessing...

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Avi Karouchi, 25
Yevgeny Reider, 28
Avihai Levy, 17
Aviad Mansour, 16
Rachel Ben Abu, 16
Nofar Horowitz, 16
Julia Voloshin, 31
Anya Lifshitz, 50
Moshe Maor Jan, 21
Dana Galkowicz, 22
Dov Kol, 58
Rachel Kol, 53
Shmuel Mett, 21
Sasson Nuriel, 51
Matat (Rosenfeld) Adler, 21
Kineret Mandel, 23
Oz Ben-Meir, 15
Katy David, 27
Michael Kaufman, 68
Pirhiya Machlouf, 53
Sabih Nissim, 66
Jamil Qa'adan, 48
Ya'acov Rahmani, 68
Genia Poleis, 66
Larissa Grishchenko, 38
Yonatan Evron, 20
Hussam Fathi Mahajna, 36
Haim Amram, 26
Alexandra Garmitzky, 65
Daniel Golani, 45
Elia Rosen, 38
Keinan Tsuami, 20
Nir Kahane, 20
Yosef (Yossi) Shok, 35
Ori Binamo, 21

2006

Kinneret Ben Shalom Hajbi, 58
Eldar Abir, 48
Rafi Halevy, 63
Helena Halevy, 58
Re'ut Feldman, 20
Shaked Lasker, 16
Philip Balhasan, 45
Rozalia Beseneyi, 48
Piro ca Boda 50



Sacramento Supports Israel, *Continued*

2006, *Continued*

Marcel Cohen, 73
 Ariel Darhi, 31
 Victor Erez, 60
 Binyamin Haputa, 47
 David Shaulov, 29
 Lily Yunes, 42
 Lior Anidzar, 26
 Daniel Wultz, 16
 Marwan Abed Shweika, 35
 Hanan Barak, 20
 Pavel Slutzker, 20
 Eliyahu Pinhas Asheri, 18
 Osher Damari, 20
 Daniel Yaakobi, 59
 Angelo Frammartino, 24
 Ro'i Farjoun, 21
 Name Unknown, 44
 Kiril Golenshein, 21
 Fatima Slutsker, 57
 Yaakov Yaakobov, 43

2007

Emi Haim Elmaliah, 32
 Michael Ben Sa'adon, 27
 Israel Zamalloa, 26
 Erez Levanon, 42
 Shirel Friedman, 32

Oshri Oz, 36
 Arbel Reich, 21
 Ben-Zion Haneman, 21
 Ben Kubani, 20
 Ehud Efrati, 34
 Ido Zoldan, 29
 Ahikam Amihai, 20
 David Rubin, 21

2008

Carlos Andrés Mosquera Chávez, 21
 Rami Zuari, 20
 Lyubov Razdolskaya, 73
 Roni Yihye, 47
 Doron Asulin, 20
 Eran Dan-Gur, 20
 Name Unknown, 27
 Liran Banai, 20
 Segev Peniel Avihail, 15
 Neria Cohen, 15
 Yonatan Yitzhak Eldar, 16
 Yehonadav Haim Hirschfeld, 18
 Yohai Lifshitz, 17
 Doron Meherete, 26
 Avraham David Moses, 16
 Ro'i Roth, 18
 Sayef Bisan, 21
 Oleg Lipson, 37
 Lev Cherniak, 53

Menhash al-Banyat, 20
 Matan Ovdati, 19
 David Papian, 21
 Shimon Mizrahi, 53
 Eli Wasserman, 51
 Jimmy Kadoshim, 48
 Shuli Katz, 70
 Amnon Rosenberg, 51
 Elizabeth (Lili) Goren-Friedman, 54
 Batsheva Unterman, 33
 Jean Relevy, 68
 David Chriqui, 19
 Avraham Ozeri, 86
 Beber Vaknin, 58
 Hani al-Mahdi, 27
 Irit Sheetrit, 39
 Lutfi Nasraladin, 38

2009

Yehezkel Ramzarkar, 50
 David Rabinowitz, 42
 Shlomo Nativ, 13
 Gregory Rabinowitz
 Meir Avshalom Chai, 45
 Name/Age Unknown
 Name/Age Unknown
 Name/Age Unknown
 Name/Age Unknown

Name/Age Unknown
 Name/Age Unknown
 Name/Age Unknown
 Name/Age Unknown
 Name/Age Unknown
 Name/Age Unknown
 Name/Age Unknown
 Name/Age Unknown

2010

Ihab Khatib, 28
 Netta Blatt-Sorek, 52
 Manee Singmueangphon, 34
 Eliraz Peretz, 32
 Ilan Sviatkovsky, 21
 Yehoshua (Shuki) Sofer 39
 Yitzhak Ames, 47
 Talya Ames, 45
 Kochava Even Chaim, 37
 Avishai Shindler, 24
 Kristine Luken, 46

2011

Udi Fogel, 36
 Ruth Fogel, 35
 Yoav Fogel, 11
 Elad Fogel, 4
 Hadas Fogel, 3 months

Mary Jean Gardner, 55
 Moshe Talbi, 54
 Daniel Viflic, 16
 Ben-Yosef Livnat, 24
 Aviv Morag, 29
 Pascal Avrahami, 49
 Moshe Naftali, 22
 Flora Gez, 52
 Moshe Gez, 53
 Shula Karlinsky, 54
 Dov Karlinsky, 58
 Yosef Levy, 57
 Yitzhak Sela, 56
 Yossi Shushan, 38
 Eliyahu Naim, 79
 Asher Palmer, 25
 Moshe Ami, 56

2012

Netanel Moshiaashvili, 21
 Said Fashapshe, 35
 Maor Harush, 26
 Yitzhak Kolangi, 28
 Amir Menashe, 27
 Elior Preis, 26
 Kochava Shriki, 44
 Mustafa Kyosov, 36
 Netanel Yahalomi, 20
 Mirah Scharf, 25

Aharon Smadja, 49
 Itzik Amsalem, 24
 Yosef Fartuk, 18
 Alayaan Salem al-Nabari, 33
 Boris Yarmulnik, 28

2013

Adele Biton
 Evyatar Borovsky, 31
 Tomer Hazan, 20
 Gal (Gabriel) Kobi, 20
 Seraya Ofer, 61
 Eden Atias, 19
 Salah Shukri Abu Latyef, 22

2014

65 IDF Soldiers
 Baruch Mizrahi, 47
 Shelly Dadon, 20
 Eyal Yifrah, 19
 Gilad Sha'er, 16
 Naftali Frenkel, 16
 Dror Hanin, 37
 Ouda Lafi al-Waj, 32
 Narakorn Kittiyangkul, 36
 Avraham Walles, 29
 Daniel Tregerman, 4
 Netanel Maman, 21
 Ze'ev Etzion, 55
 Shahar Melamed, 43
 Netanel Arami, 26
 Chaya Zissel Braun, 3 months
 Karen Jemima Mosquera, 22
 Jidan Assad, 38
 Shalom Aharon Badani, 17
 Almog Shilony, 20
 Dalia Lemkus, 26
 Avraham Shmuel Goldberg, 68
 Aryeh Kupinsky, 43
 Kalman Ze'ev Levine, 55
 Moshe Twersky, 59
 Zidan Seif, 30

2015

Shalom Yohai Sherki, 25
 Danny Gonen, 25
 Malachi Moshe Rosenfeld, 26
 Alexander Levlovich, 64
 Eitam Henkin, 31
 Na'ama Henkin, 30
 Aharon Banita-Bennett, 22
 Nehemia Lavi, 41
 Chaim Haviv, 78
 Alon Govberg, 51
 Yeshayahu Krishevsky, 59
 Omri Levy, 19
 Avraham Asher Hasno, 54
 Haim Rothman, 55
 Richard Lakin, 76
 Benjamin Yakubovich, 19

Save The Date!

2016

JEWISH HERITAGE FESTIVAL



CELEBRATING ISRAEL!

May 15, 2016

Raley Field

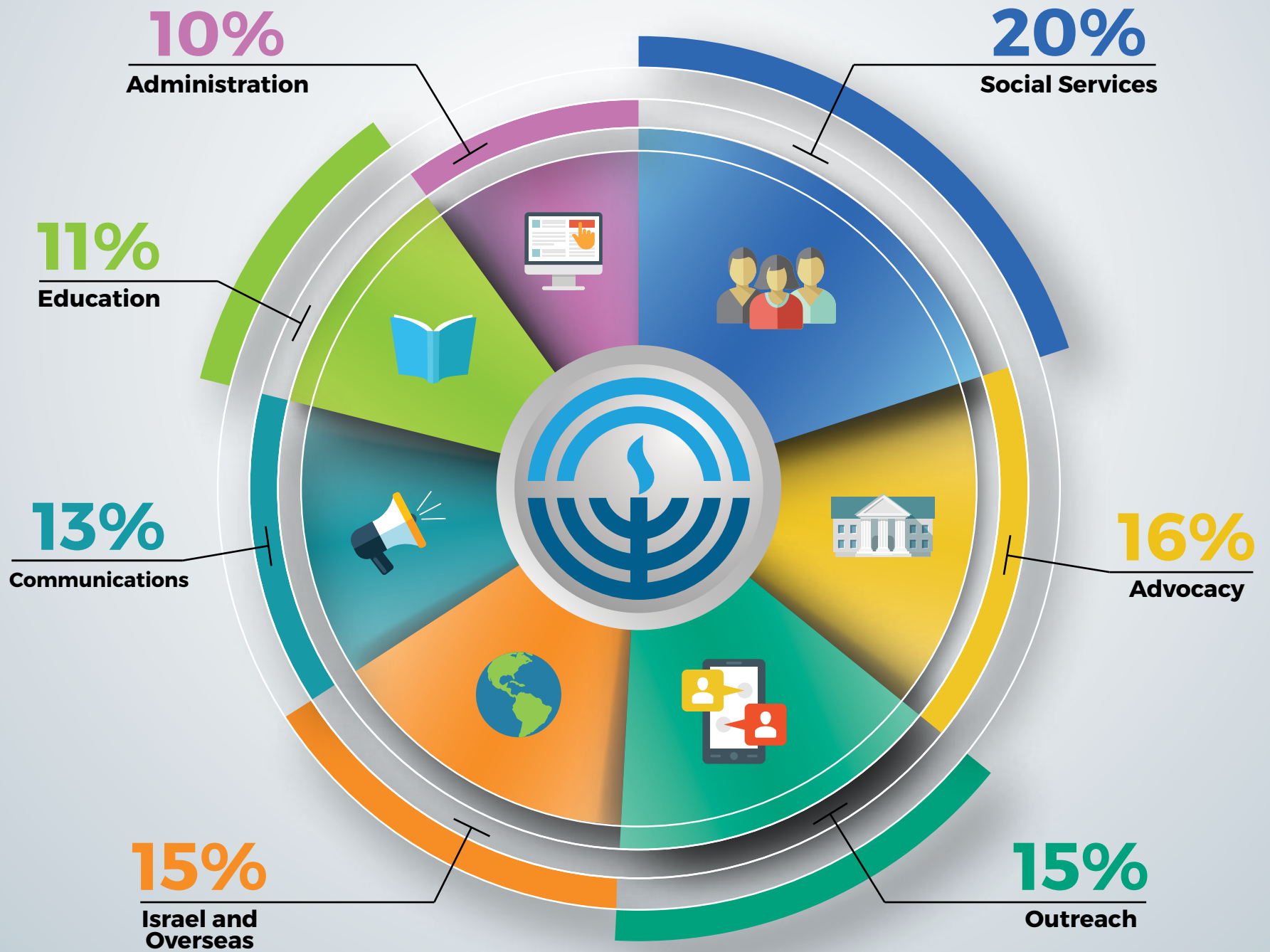
1:00-5:00pm

Featuring Mikey Pauker

Mikey Pauker has shared the stage with Trevor Hall, Matthew Santos, Matisyahu, Idan Raichel, and The Local Natives, among other artists. With captivating performances at SXSW (South by Southwest Conference), a prime time spot at Jacob's Ladder Festival in Israel, and a headliner the Steven Gottlieb Music Festival, Pauker is making big waves that will only get bigger!

THE JEWISH FEDERATION OF THE SACRAMENTO REGION 2015 ANNUAL REPORT

July 1, 2014 – June 30, 2015



SOCIAL SERVICES | 20%



- **Community Social Worker:** Our part-time Community Social Worker conducts home visits, provides community resources, delivers food, and offers sliding scale therapy. During this time period, she provided intake for 586 calls, 123 of them from new clients.
- **Leisure League Senior Programs:** Federation offers two monthly programs, one in Sacramento and one in Orangevale, and a quarterly program in Davis. These programs offer entertainment, a subsidized lunch, and socialization opportunities.
- **Senior Transportation Grant:** During the first year of implementing this grant, 30 seniors accessed this service, which provides taxi gift cards, Paratransit coupons, and/or Regional Transit vouchers.
- **Committee on Inclusion and Disabilities:** The Committee on Inclusion and Disabilities provides public awareness and resources, organizes inclusive programming, and promotes Jewish Disability Awareness Month.
- **Kosher Food Pantry:** Families, seniors, and homeless community members utilize the pantry which provides non-perishable kosher food, toiletries, ritual and Judaica items, and grocery gift cards when available.
- **Holiday Outreach:** In partnership with community volunteers, more than 130 seniors or homebound individuals receive a package and visit during Rosh Hashanah, Chanukah, and Passover.
- **Caregiver Support Group:** A successful Caregiver Support Group has been meeting at Congregation Bet Haverim in Davis since November 2014. One-time programs also ran in Sacramento.
- **Shabbat in a Box:** New this year, the program provides a community volunteer with candlesticks, candles, grape juice, and challah in order to visit a senior facility and make Shabbat with Jewish residents.
- **Volunteer Corps:** Volunteers provide regular telephone or in-person check-ins with seniors, deliver food from the Kosher Food Pantry, and communicate any concerns with the Community Social Worker.
- **Indigent Burials:** We continue to provide support for families who can't afford burial services.

OUTREACH | 15%



- **Jewish Heritage Festival: Celebrating Israel!** This annual celebration of Yom Ha'atzmaut was enjoyed by thousands who came to celebrate at Raley Field.
- **Life and Legacy:** Our Legacy family is a group of committed individuals who want to guarantee that Federation can provide its programs and services for many years to come. By establishing a legacy through a bequest or planned gift, you will plant the seed for future generations.
- **Yom HaShoah:** Federation and JCRC sponsored the annual communitywide commemoration of Yom HaShoah, Holocaust Remembrance Day.

EDUCATION | 11%



- **PJ Library:** Nearly 800 children in our region receive Jewish-themed books and music in the mail at no cost to families. PJ also hosts monthly playgroups, holiday programs, and opportunities for young families to connect.
- **Schwab-Rosenhouse Memorial Scholarship Fund:** Federation administers this Fund, which provides college scholarships of nearly \$100,000 annually to any student attending college within a 100-mile radius of the Sacramento Courthouse.
- **Introduction to Judaism:** In partnership with the Sacramento Board of Rabbis, an 18-week introduction to Judaism class is offered for those who are in the process of converting, or who simply want to learn.
- **Sacramento Area Jewish Educators (SAJE):** SAJE is a group of Jewish community educators who convene monthly meetings for resource development and sharing and organize an annual in-service for Jewish educators.

ADVOCACY | 16%



- **Jewish Community Relations Council (JCRC):** The advocacy division of the Federation, JCRC is active with the U.S. Attorney's Community Hate Crimes Task Force; Sacramento County Sheriff's Interfaith Community Task Force; Interfaith Council of Greater Sacramento; and the Sacramento Regional Coalition for Tolerance. JCRC is also an active member of the Jewish Public Affairs Committee (JPAC), the largest single-state coalition of Jewish organizations.
- **We Stand With Israel Solidarity Gathering:** In July of 2014, Federation and JCRC sponsored a gathering for more than 600 community members during Operation Protective Edge.
- **Stand Up Against Anti-Semitism: Confronting Hate Rally:** More than 500 people joined Federation, JCRC, the California Legislative Jewish Caucus, and the Sacramento Board of Rabbis as well as other faith and community-based leaders, on the Capitol steps to make a public statement in response to a surge of anti-Semitic incidents locally and abroad.
- **Community Impact Partnership:** Federation and JCRC were recipients of a grant from the Israel Action Network of Jewish Federations of North America. The grant's purpose is to build new bridges with interfaith and ethnic communities, especially those who are most vulnerable to the messages of delegitimization of Israel and Boycott, Divestment, and Sanctions.
- **Hillel at Davis and Sacramento and Hillel Chico State:** Both Hillels receive a special allocation from Federation annually. We also supported the Capital Campaign in Davis for its new building.
- **Security Task Force:** Federation and JCRC, in partnership with local law enforcement, the FBI, and the ADL, facilitate an annual security briefing for organizational and institutional leadership and staff.
- **Israel Action Network:** This partnership of the JCPA and JFNA gives local communities the tools they need to combat the Boycott, Divestment, and Sanctions movement.

COMMUNICATIONS | 13%



- **the VOICE:** This quarterly publication reaches nearly 6,000 households and continues to be our community's only resource for everything Jewish in the region.
- **EVoice:** The weekly EVoice, in addition to community and action alert e-blasts, is sent to nearly 4,000 subscribers and includes upcoming programs and events in and around the community.
- **Community Communications Support:** Federation offers synagogues and Jewish organizations free advertising in *the VOICE* and EVoice to assist with finances and to demonstrate partnership and support.

ISRAEL AND OVERSEAS | 15%



- **Sacramento Ashkelon Sister City Project:** More than 100 City and State public policy makers, as well as California's water agencies, non-profit organizations, the private sector, and high-level Israelis, attended *Israel Water Technologies: Opportunities for California*.
- **Teen Israel:** Federation offers \$500 subsidies to B'nai Mitzvah teens toward an organized trip to Israel. To date, we have supported hundreds of teens who have traveled to the Jewish State.
- **Stop the Sirens:** Our community raised more than \$45,000 for "Stop the Sirens," the Israel Emergency Campaign to meet the urgent needs on the ground, including trauma services. 100% of the funds went directly to Israel with all administrative costs absorbed by Federation.
- **Partnership 2Gether:** This program partners global Jewish and Israeli communities. Our region of Kiryat Malachi and Hof Ashkelon neighbors Gaza. More than \$19,000 was sent to our region during Operation Protective Edge.
- **Joint Distribution Committee (JDC):** JDC is a world leader in humanitarian assistance in more than 70 countries. It tackles issues of poverty, disaster response, community development, and social services.
- **The Jewish Agency for Israel (JAFI):** JAFI serves as the official link to the Jewish State and Jewish communities around the globe. For more than 80 years in 80 countries, JAFI has supported Jews with a focus on rescuing those at risk, Aliyah, and immigrant absorption.

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2014-2015**

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Lisa Kaplan
Carol Loew
Jack Mador
David Poisner

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Cliff Berg
Phil Fine
Don Gilbert
Deborah Gonzalez
Ryan Pessah
Sue Sperber
Brian Uslan

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Chief Executive Officer

Elissa Einhorn
Assistant Director/Managing Editor,
the VOICE

Jessica Braverman Birch
Jewish Community Relations
Council Director

Alicia Mittleman
Community Social Worker

Lisa Freeman, Program Associate

Adelita Dizdarevic, Office Manager

Brad Parsons, Accountant

FINANCIAL BREAKDOWN

INCOME:	\$667,081
2015 Annual Campaign:.....	\$379,669*
Rental income from HMR Architects:.....	\$66,960
2014 Annual Campaign:.....	\$62,167*
A program-sustaining anonymous gift for Jewish Family Service:	\$50,000
Stop the Sirens	\$45,709
Miscellaneous income (<i>event payments, program fees, one-time gifts</i>):.....	\$36,855
Sponsorship of the Jewish Heritage Festival:.....	\$21,029
A grant for Leisure League from the Trust Fund for Jewish Elderly:.....	\$10,000
VOICE advertising:.....	\$8,283
Rental income from JCFW:.....	\$4,350
A grant for PJ Library from the Harold Grinspoon Foundation:.....	\$3,860
A grant from the Leff Family Senior Transportation Fund:.....	\$2,551
A grant from the Teen Israel Endowment:.....	\$1,974
Uncollectable (unpaid) pledges:	(-\$26,326)
EXPENSES:	\$646,767**

*These amounts indicate pledges, not payments received.

**This includes a one-time reduction of disproportionate past dues to the Jewish Federations of North America. There was no additional cash or surplus produced, but rather a budgetary "write-off" leaving us with a balanced 2015 Fiscal Year Budget.





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My Israel

by Mort Rumberg



Israel. The International Association of Jewish Genealogical Societies (IAJGS). A dynamite combination.

This year, the IAJGS conference was held in Jerusalem. The international conference rotates to a different country or city each year, so the saying, "Next Year in Jerusalem," rang loud and clear to me. I had to go.

I'd been tracking my ancestry since 1996, and along the way found 22 new first cousins. The more I researched, the greater my discoveries. While I've met several of my new cousins in the States, the IAJGS conference afforded me the opportunity to meet my newest cousin living in Haifa, Israel.

The Sacramento chapter of the JGS (Jewish Genealogical Society) is very active in providing opportunities for research. Monthly meetings, outstanding guest speakers, extraordinarily proficient and helpful genealogists, and an unexcelled Jewish genealogical library of books, tapes, and DVDs, make genealogy an exciting hobby or professional pursuit. So it was with anticipation of new discoveries that my wife, Susan, and I, embarked on our first trip to Israel.

The sights in Israel were as extraordinary as I expected. Jerusalem, Tel Aviv, the Old City, Masada, the Dead Sea, the Palmach Museum, Yad Vashem, the Israel Museum, the Knesset...and so much more.

Meeting other genealogists from around the world at the conference is always exciting and the diversity of lectures so impressive, including: the origins of Jewish names; compiling family trees; new databases; cadastral mapping; Ashkenazi and Sephardic immigration; advances in DNA; and Jewish communities in Hungary, Ukraine, Russia, Germany, Lithuania, Poland, Belarus, Romania, and so many other places throughout the world. My most challenging decision was selecting which lectures to attend because there was so much from which to choose. A wealth of knowledge presented itself and I wanted it all. My cup runneth over.

One researcher succinctly called the present the "golden era of genealogy" because of all the new databases being created to help us find our past and to connect to our families. Genealogy, as we all learn when embarking on a genealogical search, is not just about names, dates, and places. It is also about connecting people, their lives, their hopes, and their families. After all is said and done, it is about learning who we are.

Mort Rumberg is the Immediate Past President of the Jewish Genealogical Society of Sacramento.



**You hold the key
to our future...**

The Jewish Federation of the Sacramento Region connects individuals, organizations, and generations to better care for those in need; to create and nurture Jewish identity; and to ensure no one gets left behind. We help provide a solid future for every step of Jewish life, from PJ Library to vital services for seniors. We ensure the community's philanthropic donations are directed to those who need it most, when they need it most.

Our Legacy Family is a group of dedicated and committed individuals who want to guarantee that the Federation continues to provide its programs and services for many years to come. By establishing a legacy through a bequest or planned gift, you will plant the seed for future generations, doing your part to make sure the Federation and our Jewish community remain strong and vibrant for years to come.

All of us, regardless of age, wealth, or affiliation, have the ability to make a difference for future Jewish generations.

The choice—and the responsibility—is ours alone.

JOIN OUR LEGACY FAMILY TODAY!



The Jewish Federation
OF THE SACRAMENTO REGION

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SOLVING CALIFORNIA'S RETIREMENT CRISIS

When it comes to financial security during retirement, seniors tend to think Social Security or individual savings will be enough to sustain them, or that their children will help take care of them.

Sarah Zimmerman knows better. As the Program Director for the “California Retirement Security for All” program, she recited some of the sobering facts:

- Only 52% of Californians have access to a workplace retirement plan.
- Social Security only covers 44% of a person’s basic life needs.
- In 2008 alone, the average American with a 401k lost 15% of their nest egg.
- California was rated last among all states in overall retirement security.
- 1 in 5 California seniors lives in poverty.

Influenced by her grandfather, who created and chaired the Civil Rights Committee of the AFL-CIO in 1958 and was an organizer for the International Ladies’ Garment Workers’ Union and who, along with her grandmother, an active member of Hadassah, helped to build the State of Israel, Zimmerman recalled hearing stories of the famous Triangle Shirtwaist Factory fire, which shaped her early years and guided her toward a career in public policy.

“I have a heartfelt belief in public service and public institutions,” she said.

A member-at-large at Congregation Bet Haverim, Congregation B’nai Israel, and Congregation B’nai Harim, Zimmerman began working with the SEIU (Service Employees International Union), which assumed

responsibility for the “California Retirement Security for All” program.

Setting the stage to address the growing crisis was the “California Secure Choice Retirement Savings Program,” enacted in 2012 through Senate Bill 1234. The Bill laid out specific employer mandates as well as a requirement for a legal and financial analysis, which has been in motion for the past three years and is slated to be presented to the Legislature this year. Following legislative authorization, the program will be further developed in 2017 and implemented by 2019.

“The idea is to create a plan that would have limited fees and some guarantee of stability so a dedicated stream of income could go along with Social Security and pensions,” Zimmerman explained. “This would amount to a few hundred dollars each month and be a support to other programs.”

Findings from a report commissioned by “California Retirement Security for All” noted there will be more retirees of color, more retirees overall, less savings for people of color, and less access to retirement plans for immigrants. Additional policy solutions to address this crisis, said Zimmerman, are the need to improve Social Security and provide private sector workers access to retirement plans. Additionally, the fastest growing senior population— 80 years old+— will increase 127% by 2035 and that by the same year, the senior population in the Sacramento region is estimated to grow by 300,000 people. “People that tend to be the most fragile and have the lowest income are the fastest growing population,” she said.

Key to the Program’s success is inviting a variety of stakeholders, including labor leaders; health, faith-based, and retirement organizational leaders; and various non-profit leaders, to forums and workshops to educate them about the retirement crisis so they can assist with outreach efforts and advocate for their constituents by sharing stories with the Legislature.

“We want to create a network of organizations and individuals who understand the crisis,” Zimmerman explained. “We have to solve this problem together.”

Two public hearings, January 22nd and January 29th, are being held on this issue. For more information, visit caretirementsecurity.org.

The Jewish Federation of the Sacramento Region is proud to present the first ever *Jewish 36 Under 36* list for 20- and 30-somethings making a difference through their work, giving back in their free time, and earning notoriety in the Jewish community and beyond. The list shines a spotlight on our Jewish future and recognizes the amazing contributions of this generation. These young professionals will be fully featured at www.jewishsac.org/36Under36 in January.

36 Meet the Jewish Federation's
UNDER 36
Young Leaders Making a Difference

Evon Yakar, 36
Rabbi & Educator

Nathaniel Edelstein, 29
North American Director, Israel Outdoors

Irit Winston, 36
Director of Education & Youth, Mosaic Law Congregation

Mickey Zeff, 20
Student

Johanna Wilder, 27
Associate Director, Northern California StandWithUs

Jillian Bar-or, 33
Admissions Coordinator, Shalom School

Lisa Freeman, 31
Program Associate, Jewish Federation of the Sacramento Region

Adam Harris, 31
Regional Director, AIPAC, Pacific Northwest Region

Nathan Weisberg, 23
Graduate student/ Candidate for Secondary Teaching Credential

Justine Dowden, 27
Researcher, Earth Institute, Columbia University

April Baskin, 32
Vice President of Audacious Hospitality

Sofi Hersher, 26
Graduate Student in Religion in Contemporary Society, Kings College, London, England

Michael Weagraff, 30
Development Associate, Sacramento State University

Monica Dean, 28
Senior Program Associate, Energy & Climate, United Nations Foundation

Klari Bates, 31
Blogger, Times of Israel

Daniel Kaufman, 36
Philanthropic Consultant

Daniela Urban, 32
Executive Director, Center for Workers' Rights

Peretz Cohen, 22
Website Designer/ Assistant Rabbi

Jennifer Berg, 29
Development and Events Assistant, American Friends of the Israeli Philharmonic Orchestra

Lindsay Key, 35
Financial Advisor

Sarah Turteltaub, 27
Teacher and Business Owner, Kids Unplugged

Rachel King, 29
4th-Grade Teacher, Shalom School

Melo Taylor, 28
Teacher, Shalom School

Erica Cassman, 35
Judaica Teacher, Congregation B'nai Israel

Kristy Bresette, 33
Executive Director, Hillel at Chico State University

Jessie Lewis, 30
Energy Conservation Consultant, Navigant Consulting

Allie Burger, 22
Production Assistant, ESPN

Hannah Broad, 25
Graduate Student, International Terrorism and Nation Security Studies, Lauder School of Government, Diplomacy, and Strategy

Avi Brotslaw, 27
Procuring Analyst, California Department of Corrections and Rehabilitation

Madeline Owens, 26
Teaching Assistant, Shalom School & Youth Advisor, Temple Or Rishon

Jesse Spector, 33
Policy Officer, Technology and Society Sector for the European Union Delegation to the United States

Arielle Spector, 23
Student/Surgical Assistant, Periodontal Office

Rachel Sabes, 25
Program Director, Hillel at Davis and Sacramento

Ryan Pessah, 27
Staff, California Legislative Jewish Caucus

Caitlyn Shannon, 22
Student, Cantorial Apprentice

Ilana Clay Rub, 25
Narcotics Treatment Program Supervisor, Department of Health Care Services



RSVP TO LISA FREEMAN: lfreeman@jewishsac.org

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Home of Peace is our non-profit Jewish Community cemetery and mausoleum serving all Jewish people in the greater Sacramento area.

Cared for perpetually with the sensitivity, sacredness, and dignity befitting consecrated ground enshrining the mortal remains of our loved ones, Home of Peace offers a variety of interment options.

Individual and double gravesites are available in many different sections of the Cemetery. Sections of the Cemetery have also been set aside for people desiring strict adherence to halachic standards, for interfaith married families, and for cremains. Crypts and double crypts are available in the mausoleum.

Pre-need arrangements are encouraged to ensure that desired final wishes will be carried out, and to ease the burden on surviving family members.

For further information, or for pre-need, please contact

Lew Rosenberg, Executive Director

Ph: (916) 446-1409 E-m: homeofpeace@comcast.net

The Home of Peace Cemetery is a non-profit Jewish Community organization.



New Year Mah Jongg
Sunday, January 31st, 2016
11:30am - 3:00pm
Silverado Design Center
5250 South Watt Ave, Sacramento

Celebrate an afternoon of Mah Jongg, lunch treats, and camaraderie. Proceeds from this event support the Section's activities with the Sacramento community. For more information, contact us at info@ncjwsac.org.

If you have a desire to volunteer and work with a group whose efforts make a difference, we invite you to attend our next event and learn more about us.

NCJWS

National Council of Jewish Women | Sacramento Section

Visit our website at ncjwsac.org to learn how to get involved.



The Central Valley Holocaust Educators' Network offers teachers in the Central Valley introductory and follow-up training in Holocaust and genocide education. We provide in-depth professional development services, curricular resources and ongoing support to educators and students in the areas of history, social studies, and language arts. CVHEN focuses on classroom strategies, resources and lessons that inspire young people to embrace civic responsibility, tolerance, and social action as a way of fostering moral adulthood.

Coming on **November 6, 2016**, a **Day of Learning** for all Sacramento area teachers and students. 7-12th grades.

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BRING YOUR FAMILY AND FRIENDS AND JOIN THE

Chanukah WONDERLAND

DECEMBER 6TH, 2015

2:00-5:00PM AT THE FOLSOM COMMUNITY CENTER

52 NATOMA STREET, FOLSOM

*Carnival games
and crafts!*

*Menorah Lighting
Ceremony*

*Hot latkes and
donuts!*

*Authentic Israeli
food court!*

*Exciting new
Shows!*

*Fantastic face
painting!*

LARGEST CHANUKAH EVENT IN
THE SACRAMENTO REGION!

ADMISSION TO THIS EVENT IS FREE!

For more information:

916.608.9811 | www.JewishFolsom.org/ChanukahWonderland
www.Facebook.com/ChanukahWonderland

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RICK RECHT

Congregation B'nai Israel
Community Concert

01.23.16
7:00PM

Advance Tickets:

\$36 per Adult, \$18 per Child

Door Tickets:

\$40 per Adult, \$20 per Child

Family Ticket Price: \$100



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The “3 Ds” of Senior Mental Health

IF YOU THINK THAT MEDICAL CONDITIONS SUCH AS HEART DISEASE OR HIGH BLOOD PRESSURE POSE THE BIGGEST RISK FOR SENIORS, THINK AGAIN.



Dr. Irving Hellman

“Social isolation,” said Dr. Irving Hellman, “is one of the biggest risk factors.”

One of four presenters at the November 5, 2015 “Mental Health and Aging Conference,” Hellman addressed “Challenging Risks to Longevity: Rapid Screening Tools to Differentiate Depression and Neurocognitive Disorders.” Fellow presenters addressed “The Future of Mental Health: Implications for Aging Baby Boomers;” “Time to Get Agitated About

Agitation: A Geriatrician’s Perspective on Managing Behavior Disturbances in Older Adults with Dementia;” and “Navigating the Emotional Challenges of Aging.” Now in its 35th year, the Conference presents critical topics of importance to public employees who are first responders and who care for the elderly. Past topics have included elder abuse, dealing with death, use of alcohol and medications, sexuality and intimacy, and changing family roles.

Hellman, a licensed Geropsychologist—the only one in the Sacramento Valley—said interventions to avoid isolation in seniors include making sure friends or volunteers are available on a regular basis and making sure they are aware of signs of abuse or neglect.

“Every elder needs at least one advocate,” he said, adding, “Often, marginalized groups get neglected.”

Alicia Mittleman, Federation’s Community Social Worker, who attended the Conference, commented, “We’ve been talking about isolated seniors for 3 years— ever since Federation brought back Jewish Family Service (JFS) and we started collecting data. Now we have a Geropsychologist validating what we were seeing and what we are doing to address it.”

The first Elder Specialist at the former JFS agency in 1985, Hellman said current JFS efforts, such as delivering Holiday Outreach Baskets, Leisure League Senior Programs, and matching volunteers with isolated seniors are right on point and could help mitigate the need for mental health services in the future.

Risks that may lead to what the doctor called the “3 Ds,” Depression, Dementia, and Delirium, include medical and medication mismanagement; poor diet, exercise, and sleep; and, as noted, social isolation. Strategies to address the “3 Ds” include:

- **Improve cardiovascular functioning:** Reduce high blood pressure, cholesterol, or anything that acts as an impediment to blood flow, which is essential to cleaning out the brain.

“We’ve been talking about isolated seniors for 3 years— ever since Federation brought back Jewish Family Service and we started collecting data. Now we have a Geropsychologist validating what we were seeing what we are doing to address it.”

- **Avoid repeated head trauma:** If you have experienced a head trauma or concussion as a result of a biking, skiing, or sports accident, be careful not to suffer another one.
- **Genetic factors:** Assess what predispositions might exist.
- **Weight, diet, and exercise:** Exercise, said Hellman, is the strongest variable to longevity and movement of any kind is essential to a person’s mental and physical health.

“If you treat depression, you reduce the risk of dementia in later years,” noted Hellman, recommending that “People should not have pride about this issue but rather treat it like any other illness, such as diabetes.”

Educated at Yale and the University of California, Davis, with several credentials and professional affiliations to his credit, Hellman has been in private practice as an ElderCare Adviser since 1999, advising legal, health, financial, social service, and law enforcement professionals throughout California. He said his journey to advancing care for the elderly is based on his being the child of a Holocaust survivor and a child of the 60s. He was involved in civil rights in the 1960s, women’s rights in the 1970s, and child abuse in the 1980s.

As he said, “Put those things together and you find someone who is interested in helping oppressed groups.”

For more information, visit eldercareadviser.com.

CALENDAR

GENERAL EVENTS

December 1, 2015. Deadline for Menorah Building Competition. Enter and win prizes! All entries will be recognized and receive a special prize. Two prizes awarded: overall winners and winners for each specific category. \$5 per entry. *For more information, visit www.menorahcompetition.com or contact 916-608-9811 x101 or info@jewishfolsom.org.*

December 3, 2015. Hanukkah Traditions. It's time for a culinary Hanukkah celebration! Join Evie Lieb as she prepares treats both savory and sweet and explores the traditions behind them. Menu includes sweet potato latkes with caramelized onion topping; carrot coins; apple, cheese, and noodle kugel; rugelach pastries; and mini-praline cheesecakes. \$35 Co-op owners; \$45 non-owners. 6:30-8:30pm. Sacramento Natural Food Co-op, 1900 Alhambra Blvd., Sacramento. *For more information or register by phone (weekdays 9:00am-5:00pm or leave a message) at 916-868-6399.*

December 5, 2015. Pirkei Avot: Radical and "Reforming" Rabbis. Rabbi Mona Alfi will help us explore the lives and teachings of the early rabbis, and the legacy they left us, in order to help us understand "modern" Judaism. Wine and cheese reception will follow. Free. 7:00-8:30pm. Congregation B'nai Israel, 3600 Riverside Blvd., Sacramento. *For more information, contact 916-446-4861.*

December 6, 2015. PJ Library Chanukah Celebration at Verge Center for the Arts. Come celebrate Chanukah with PJ Library and Verge Center for the Arts. Hear a PJ Chanukah story read by Sacramento Public Library Youth Librarian, Nate Halsan, nosh, and make an awesome artwork designed and led by artists from Verge Center for the Arts. Free. 10:00-11:30am. 625 S St., Sacramento. *For more information, contact lfreeman@jewishfolsom.org or 916-486-0906 ext. 311.*

December 6, 2015. Chanukah Wonderland! Now in its ninth consecutive year, includes Chanukah-themed games and crafts for all ages, shows, music, hot latkes, authentic Israeli food court, and a Chanukah gift shop. Includes a communal Menorah Lighting ceremony. Free and includes some games and all shows as well as the Menorah Lighting. \$15 all inclusive pass includes all crafts and carnival games. 2:00-5:00pm. Folsom Community Center, 52 Natoma St., Folsom. *For more information, contact 916-608-9811 x101 or info@jewishfolsom.org.*

December 8 and 22, 2015. Jewish Meditation and Mindfulness— Building Your Spiritual Practice. Explores a number of Jewish meditation practices, both ancient and modern, designed to help you have a more personal

relationship with G-d. Includes guided sitting meditations, chanting meditations, and silent meditations, as well as a number of mindfulness techniques to practice at home. Open to long-time meditators and those with no experience. Drop-ins welcome. Led by Deni Deutsch Marshall, LCSW, and Certified Spiritual Director. Additional dates are January 5 and 19; February 2 and 16; March 1, 15, and 29; April 12 and 26; May 31; June 14 and 28, 2016. \$5/session for drop-ins, or \$50 for 11 classes. 6:30-7:30pm. Congregation B'nai Israel, 3600 Riverside Blvd., Sacramento. *For more information, contact Deni at 916-684-5161 or denimmarshall@gmail.com, or Melissa Grand at 916-446-4861 or mgrand@bnais.com.*

December 9, 2015. Celebrate Chanukah with Leisure League at Temple Or Rishon. Chanukah Musical Entertainment. Noon-2:00pm. \$5 includes lunch and entertainment. Leisure League is funded by The Trust Fund for the Jewish Elderly and The Jewish Federation of the Sacramento Region. RSVPs required for food planning. 7755 Hazel Ave., Orangevale. *For more information or to RSVP, contact 916-486-0906 ext. 310 or federation@jewishfolsom.org.*

December 12, 2015. An Evening Celebration of Candlelight and Music at Beth Shalom Congregation. Join us for a magical evening of music from a line-up of talented local artists. 5:00-6:30pm. \$18/person; children 12 and under free. Congregation Beth Shalom, 4746 El Camino Ave., Carmichael. *For more information, contact Evan Drukker-Schardl at drukkerschardl@gmail.com.*

December 12, 2015. Psalms and Poetry with Professor Ron Hendel, UC Berkeley. Brief introduction to biblical poetry and the book of Psalms, with a focus on their use at the Jerusalem Temple. Close readings of selected psalms. Hendel is the Norma and Sam Dabby Professor of Hebrew Bible and Jewish Studies at the University of California, Berkeley. His most recent book is *The Book of Genesis: A Biography*. Supported by the Shirley Seave Scholar-in-Residence Fund. Wine and cheese reception follows. Free. 7:00-8:30pm. Congregation B'nai Israel, 3600 Riverside Blvd., Sacramento. *For more information, contact 916-446-4861.*

December 13, 2015. 30 Years. A Birthday Cake—And the Wrong Family. Jeremy Frankel will describe how he began his genealogical quest and what ended up being his 30-year search for his grandfather's brother's family. The talk will encompass English research, culminating in a family reunion this past April in London. Jeremy has been the President of the San Francisco Bay Area Jewish Genealogical Society for the past 14 years and has been working as a genealogist for the past 15 years. Presented by the Jewish Genealogical Society of Sacramento. 10:00am. The Albert Einstein Residence Center, 1935 Wright St., Sacramento. *For more information, contact Mort Rumberg at mortrumberg1@earthlink.net.*

December 15, 2015. Christians United for Israel: A Bedrock of Support for Israel. Randy Neal, the Western Regional Director of CUFI, the largest pro-Israel advocacy group in the world, will discuss his most recent trips to Israel

and the many things that CUFI is doing to support Israel. Free. 7:00pm. Sponsored by the Israel Matters Committee. Congregation Bet Haverim, 1715 Anderson Rd., Davis. *For more information, contact gmrooks3@gmail.com.*

December 18, 2015. PJ Library Playgroup. Join us for PJ Playgroup Chanukah style with Congregation B'nai Israel. We'll read a Chanukah story, play, snack, and make a fun Chanukah craft. Free. 10:00-11:30am. Jewish Federation, 2130 21st St., Sacramento. *For more information, contact Lisa Freeman at lfreeman@jewishfolsom.org.*

December 24, 2015. Have a Very Jewish Christmas Eve with Leisure League at the Albert Einstein Residence Center. Chinese Food and a Movie. Noon-2:00pm. \$5 includes lunch and entertainment. Leisure League is funded by The Trust Fund for the Jewish Elderly and The Jewish Federation of the Sacramento Region. RSVPs required for food planning. 1935 Wright St., Sacramento. *For more information or to RSVP, contact 916-486-0906 ext. 310 or federation@jewishfolsom.org.*

December 31, 2015. PJ Library and Shalom School at Crocker Art Museum's Noon Year's Eve. This high-energy New Year's party for families is now one of Sacramento's major annual traditions. Join us as we count down to the New Year at noon at this fun and free celebration of global cultural experiences. Free. 10:00am-2:00pm. Crocker Art Museum, 216 O St., Sacramento. *For more information, contact Lisa Freeman at lfreeman@jewishfolsom.org.*

RECURRING EVENTS

■ Sundays

Men's Tefillin Club. Every second Sunday to lay Tefillin, learn Torah, and enjoy breakfast. 9:00-10:00am. Chabad Jewish Community Center, 302 B South Lexington Dr., Folsom. *For more information, contact 916-608-9811 or visit www.JewishFolsom.org.*

■ Mondays

Monthly discussion group led by Rabbi Melamed on the second Monday of every month. KOH Library and Cultural Center, 2300 Sierra Blvd., Sacramento. 1:30-2:30pm. Free. *For more information, contact 916-484-7333 or jacks.dad@att.net.*

Jewish Book Club at Temple Or Rishon. Every fourth Monday at 7:00pm. 7755 Hazel Ave., Orangevale. All are welcome. For our reading list, visit www.orrishon.org, select Programs for All Ages, then Book Club. *For more information, contact Alison Braverman at 916-988-7110 or alcinp1@aol.com.*

Loaves and Fishes. The third Monday of each month, the Jewish community serves lunch to the homeless at Loaves and Fishes. 1321 North C St., Sacramento. Volunteer at 7:30am to help prepare food or at 10:45am to help serve. *For more information, contact mary@mosaiclaw.org.*

Continued

■ Tuesdays

Baby and Me. Program for families with children birth to 2 years. Art, singing, movement, and fun! 10:30am. Temple Or Rishon, 7755 Hazel Ave., Orangevale. For more information, contact 916-988-4100.

Israeli Dancing. For more information about dates and venue, join Israelidancesac-subscribe@yahoo.com or contact Jeanette at 916-799-7213.

■ Wednesdays

Shalom Gan K'ton. For children 18 months-5 years. 10:00am. Temple Or Rishon, 7755 Hazel Ave., Orangevale. \$50/10 sessions with scholarships available. For more information, contact 916-988-4100.

Jessie Yoshpe Hadassah Study Group. "G-d's To-Do-List" by Dr. Ron Wolfson. First and Third Wednesday. 9:45-11:30am. KOH Library and Cultural Center, 2300 Sierra Blvd., Sacramento. For more information, contact Soni Meyer at 916-383-5743.

■ Thursdays

Derech L'Chaim JACS (Jewish Alcoholics, Chemically Dependent Persons, and Significant Others). 10:30-11:30am. 2nd Floor Card Room, Albert Einstein Residence Center, 1935 Wright St., Sacramento. JACS is based on the 12 Steps of Alcoholics Anonymous with a Jewish focus. Confidential and anonymous. Please contact 916-591-8608 before attending for the first time.

David Lubin Lodge, B'nai B'rith. Third Thursday of each month. 8:00pm. Albert Einstein Residence Center Eatery, 1935 Wright St., Sacramento. For more information, contact Bernie Marks at 916-363-0122.

Jewish Women's Support Group. Led by Zalia Lipson. Chabad of Roseville, 3175 Sunset Blvd., Suite 104A, Roseville. 6:45pm. \$40 per session. For more information or to register, contact 916-624-8626 or ZaliaL@aol.com.

■ Fridays

Gan K'ton. For young children 18 months-5 years. Sing, play, create, listen to, and taste all the wonders of being Jewish, along with preparing for Shabbat. 10:00am. \$10/class. Enrollment and fees required. Scholarships available. Temple Or Rishon, 7755 Hazel Ave., Orangevale. For more information, contact 916-988-4100.

Tot Shabbat. Services, Singing, Storytelling, and Oneg for all children, including all who are young at heart. 6:00pm. Temple Or Rishon, 7755 Hazel Ave., Orangevale. For more information, contact 916-988-4100.

■ Saturdays

Taste of Torah. Second Saturday. Learn, laugh, sing, and "taste" the Torah. Free program for families with young children and children of all abilities. 10:30am. Temple Or Rishon, 7755 Hazel Ave., Orangevale. For more information, contact 916-988-4100.

Celebrate
Chanukah 5776
with Chabad of Sacramento

Chanukah Festival at Whole Foods!

Capitol Menorah Lighting

Kings Game and Menorah Lighting with Omri Casspi

Rosh Chodesh Society!

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Check out the full schedule online:
www.SacJewishLife.org/Chanukah



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Cocktails and Dinner
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The 2016 Diller Teen Tikkun Olam Awards will recognize up to five Jewish teens from California and ten from across the United States for exceptional community service and leadership repairing the world.

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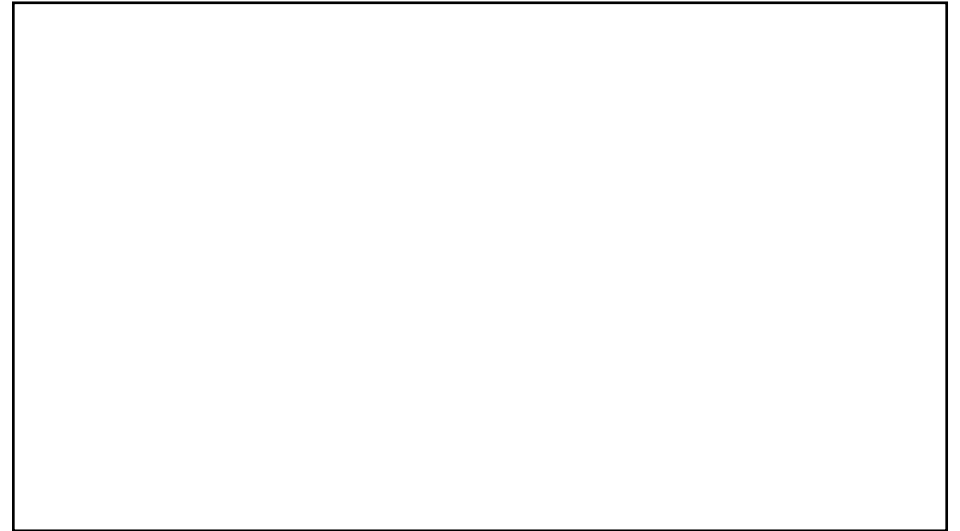
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