

L'Chaim:

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להיים

THE HEALTH
AND WELLNESS
NEWSLETTER OF
THE CLAIMS CONFERENCE

Chanukah 2024 Edition

To Our Dear Friends,

These last months have been among the darkest days in recent Jewish history. Into these days of shadow – that are also the shortest days of the year – comes the holiday of Chanukah, the Festival of Lights, a time when we find ways to increase the light in our homes and in the world around us. We remember that even in shadow, there is light. Now more than ever, we all need light and hope.

We are reminded in this season that we are all connected to the people who came before and to each other. The late distinguished historical sociologist Helen Fein, who studied trauma and, in particular, the Holocaust, wrote about

the “universe of obligation.” She coined this phrase to describe a society’s moral obligation to help and protect circles of individuals and groups. We at the Claims Conference never forget our obligations to the community of Holocaust survivors around the world.

In this issue of L'Chaim, you'll find information about the healing qualities of meditation, practical tips for healthy living and advice about elder law. In our ongoing series of interviews with members of the Claims Conference team, we feature an interview with our esteemed associate executive vice-president for Israel, Tziona Koenig-Yair. We continue to pray for peace in Israel and work to ensure that our community of survivors there are safe and well cared-for.

Нашим дорогим друзьям,

Последние месяцы были одними из самых мрачных в недавней еврейской истории. В эти темные дни, которые также являются самыми короткими днями года, мы празднуем Хануку, Фестиваль Света, время, когда мы стараемся усилить свет в наших домах и в мире вокруг нас. Мы помним, что даже в тени есть свет. Сейчас больше, чем когда-либо, нам всем нужны свет и надежда.

В это время мы вспоминаем, что мы все связаны с теми, кто был до нас, и друг с другом. Ныне покойная выдающаяся

историк и социолог Хелен Фейн, которая изучала геноцид, права человека и травмы, и, в частности, Холокост, написала о “вселенной обязательств.” Она придумала эту фразу, чтобы описать моральное обязательство общества помогать и защищать круги отдельных лиц и групп. Мы в Клеймс Конференс никогда не забываем о наших обязательствах перед обществом выживших жертв Холокоста во всем мире.

В этом номере L'Chaim вы найдете информацию о целебных качествах медитации, практические советы по здоровому образу жизни и информацию

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We also report on International Holocaust Survivor's Night, which happens on the fifth night of Chanukah – we hope that many of you will be able to join us virtually at the Kotel in Jerusalem on Dec. 29. We dedicate that night to you. That evening, together, we will say the blessings over the kindling of the candles, honoring the community of survivors, celebrating your resilience and the lights you bring to all of us.

We wish all of you a happy Chanukah, and hope there are opportunities to share a holiday celebration and festive foods with family, friends and the professionals at your local agencies and at the Claims Conference. (Please see page 14 for a list of agencies and contact information.)

May the lights of Chanukah illuminate better days ahead for all.



Gideon Taylor

President,
Claims
Conference



Greg Schneider

Executive
Vice President,
Claims Conference

о правах пожилых людей. В рамках наших постоянных бесед с членами команды Клеймс Конференс, мы представляем интервью с нашим уважаемым заместителем исполнительного вице-президента в Израиле Ционией Коениг-Яир. Мы продолжаем молиться о мире в Израиле и работать над тем, чтобы наша община выживших там была в безопасности и получала хороший уход.

Мы также освещаем Международную ночь жертв Холокоста, которая проходит в пятую ночь Хануки - мы надеемся, что многие из вас смогут присоединиться к нам виртуально около Стены Плача в Иерусалиме 29 декабря. Мы посвящаем

эту ночь вам. Этим вечером мы вместе благословим зажигание свечей, почтим сообщество выживших, будем праздновать вашу стойкость и свет, который вы несете для всех нас.

Мы желаем всем вам счастливой Хануки и надеемся, что у вас будет возможность разделить этот праздник и праздничные блюда с семьей, друзьями и работниками ваших местных агентств Клеймс Конференс. (Пожалуйста, смотрите страницу 14 для списка агентств и контактной информации.)

Пусть светлые огни Хануки освещают лучшие дни впереди для всех.



Meet the Claims Conference Staff: A conversation with Tziona Koenig-Yair

By Sandee Brawarsky



Tziona Koenig-Yair
Associate Executive
Vice-President
for Israel

Tziona Koenig-Yair, Associate Executive Vice-President for Israel, was born in Brooklyn, N.Y., and made aliyah at the age of 11 with her family in 1981. She received her law degree from Hebrew University and a master of public administration from Harvard University's Kennedy School of Government. Her varied career in public service includes work as prosecutor with the Tel Aviv District Attorney's Office, director of the legal department and later the CEO of the Israel Women's Network, the first national commissioner for the Equal Opportunities Commission in the Israeli Ministry of Economy, vice president of the Shalom Hartman Institute and director general of the Israeli Ministry of Diaspora Affairs. She joined the Claims Conference in 2023. Tziona, who served as an officer in the Israel Defense Forces (IDF), lives on Moshav Bnei Darom near Ashdod, Israel, with her husband. Her son, two daughters and son-in-law serve in the IDF.

Please tell us about your unusual name, Tziona.

My parents, who were born in America and are both the children of survivors of Auschwitz, met while they were studying in Israel. They returned to America and always planned to make aliyah. I am their firstborn and was named for their dream of returning to Zion. I attended the Yeshivah of Flatbush and learned Hebrew; we sang Hebrew songs at home. Our family narrative was that we would be making aliyah. When I was 11, we moved here, first to an absorption center near Jerusalem, then to Ra'anana. It was challenging at first as I had to fully learn the language and culture.

Can you talk about the shift in your interesting career – between government, human rights groups and other nongovernmental organizations.

My entire career has been a public career. I never aspired to be in the business sector. I wanted to do better for the Jewish people, in Israel in particular. I have worked on human rights advocacy, legislation and enforcement, and have done a lot of global Jewish identity work. The common denominator in every job has been that my job is way beyond a job – it is a deep commitment to the values of the organizations I work in – pluralistic Jewish identity, women's rights, human rights and the connection with the global Jewish community.

What inspires your ongoing deep interest in Jewish identity and peoplehood?

Jewish pluralism is a major part of my life. My father was the champion of Jewish identity in our family. He was a mathematician, and his passion was Jewish history and the Jewish people. Commemorating the Shoah and our family history and tradition were a big part of what he brought to the family. My past roles have been very connected to that legacy.

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Tziona Koenig-Yair started at the Claims Conference just before the Oct. 7 attacks. These are images from a food distribution the Claims Conference staff and leadership hosted for Holocaust survivors.

How would you describe your own Jewish identity after living in Israel for more than 40 years?

I grew up Modern Orthodox in North America and then moved to Israel, where religious life is different. My husband, who also grew up Modern Orthodox in Israel, and I raised our kids on a religious moshav, an agricultural community with 100 families. If I had to define who I am today, I would say that I'm a liberal Jewish woman. I'm deeply connected to the traditions of the Jewish people.

What was your experience like working in government?

When a new government came in in 2021, led by [then-Prime Minister] Naftali Bennett, I was offered the opportunity to join them. It was a monumental moment – a government of eight political parties coming together, including people I'm affiliated with. I knew that this would be very hard work, with a lot of pressure, but I knew it was a privilege to be part of one of the most groundbreaking governments in Israel's history. As director general of the Israeli Ministry of Diaspora Affairs, I was able to combine skills I learned in

my previous jobs, as I was involved in intense efforts to bring together diaspora communities, to strengthen bonds and promote Jewish pluralist identity around the world. Then, one year and nine months later, when a new government was formed, no one stayed on. When I thought about what I wanted to do next, I felt drawn to do some sort of work commemorating the Shoah. That's when I came to the Claims Conference.

How have you and your staff at Claims Conference worked with survivors in Israel over this past year?

I began at the Claims Conference in August 2023, then came the holidays. Then Oct. 7 happened. It feels like I have been here for much more than a year. I have met so many survivors and we have had so many activities during this emergency period.

Soon after Oct. 7, our whole team gathered to pack food packages, and when Greg Schneider and Gideon Taylor were here, we distributed them to Holocaust survivors in their homes and to those who have been evicted from their homes and are staying in hotels. We sat with



Tziona Koenig-Yair started at the Claims Conference just before the Oct. 7 attacks. These are images from a food distribution the Claims Conference staff and leadership hosted for Holocaust survivors.

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Recipe for Winter: Lean Meats and Lean Muscle

A balanced diet to combat metabolism changes and plenty of exercise – just what the doctors order.

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News You Can Use By Francesca Kritz

Keeping a Healthy Weight as Your Metabolism Slows

Metabolism can slow as you age because you lose muscle mass, which causes the body to burn fewer calories when resting. That can lead to weight gain if your eating habits don't change and you don't keep up with strength training, such as using weights at least twice each week, says Theresa Gentile, a registered dietician in New York and a spokesperson for the Academy of Nutrition and Dietetics.

There are also hormonal shifts that can impact metabolism, including a decrease in testosterone in men and estrogen in women, both of which cause reduced muscle mass and a redistribution in body fat. Gentile says thyroid hormone levels may decrease as we age, which can lower the metabolism rate. Insulin sensitivity also may decrease, which could also lead to potential weight gain.

Despite these changes, it is possible to maintain a healthy weight, says Gentile. A healthy and balanced diet is the first step.

“Balancing every meal with lean proteins, complex carbohydrates, fruits and vegetables ensures that you'll feel satisfied,” she says.

It's also important to remember that our need for calories drops as we get older, but our protein needs increase. You can address this by adding protein to your diet, but check with your doctor first.

While weight-loss drugs have gotten a great deal of attention in recent years, taking them is not necessarily a good idea for older adults, Gentile says.

“While the drugs could improve blood glucose levels, decrease cardiovascular disease risk and decrease weight, some of the drugs' common side effects such as nausea, vomiting, diarrhea and constipation are even more intense in older adults,” says Gentile. “That could exacerbate an underlying chronic condition or cause acute kidney injury.”

Staying Fit as You Get Older

Yes, you need exercise as you get older to keep both your body and brain fit.

As we age our body composition changes, says Dr. Barbara Capozzi, clinical dean and assistant professor at the Touro College of Osteopathic Medicine in New York City. Muscle and bone mass decrease, which impacts our strength and the ability to function optimally, and can lead to limited mobility, falls or fractures. Our ability to walk, run, bend or lift also are impacted by chronic conditions related to aging.

How much exercise you get should be tailored to how fit you are and medical conditions you might have, such as heart or lung disease. It's best to check with your doctor to discuss the amount and types of exercise that is right for you, Capozzi says.

“There is no ‘one size fits all,’” Capozzi says.

“You may want to tell your doctor the types of exercises you have done in the past or are interested in doing, such as walking, running and using weights to see what type of exercises are advisable based on your current status/conditions,” Capozzi says.

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Questions to ask the doctor about exercise:

- Do I need balance and gait training?
- Can you give me a very specific exercise prescription?
- Should I work with a physical therapist?

Capozzi also advises telling your doctor and anyone you work with on exercise about any assistive devices you use, such a cane for walking. Also discuss any injuries, dizziness, shortness of breath, recent surgeries, new conditions or concerns you have as well as your medications.

If you haven't exercised in a while, Capozzi advises starting slowly and making small changes, creating a realistic schedule and not being overzealous.

Follow up with your doctor about exercise modifications if you have a new injury, new medication or any new concerns or questions.

It's a Good Idea to Keep COVID-19 Masks Handy this Winter

With COVID-19 cases expected to rise again this winter, it's a good idea to have masks handy to help protect you from that virus as well as from others that see cases rise in winter months like flu, colds and RSV, or respiratory syncytial virus.

Thanks to COVID-19 vaccines, we're better protected than we were at the start of the pandemic five years ago. Older adults – especially those with health conditions like diabetes and heart disease – are at increased risk even with the vaccine, says Dr. William Schaffner, an infectious disease expert at Vanderbilt University.

“If you have a chronic illness, it's a good idea to wear a mask when you will be with others this winter, such as welcoming visitors or going out shopping, to help protect you from a COVID infection,” he says.

You can still buy masks online and in pharmacies, says Schaffner. The best options are N-95 or KN-95 masks that can fit snugly against your face. Use surgical masks if that's all you have at home and you plan to go out or entertain at home, but consider ordering some N-95s.

“Make sure any mask you use covers your face and your nose, and that you are breathing through it and not around it,” says Schaffner.

You can take a mask break for a minute or two every so often but make sure you're outdoors with no one around you or in a room on your own, Schaffner says.

Even if other people tell you masks are not necessary, make it your choice, says Dr. Aaron Glatt, associate rabbi of Young Israel of Woodmere, N.Y., and chief of infectious diseases at Mount Sinai South Nassau in Oceanside, N.Y.

It's up to you to ask people visiting you to wear a mask, especially if you're at high risk, Glatt advises. “Certainly, do not be embarrassed to ask them to. Or, meet with them outside weather permitting,” he says.

Francesca Kritz is a consumer and health policy reporter based in Jerusalem and Silver Spring, Md. For a decade she was the health reporter for the New York Jewish Week and is a frequent contributor to NPR.org.



IMPORTANT NOTICE:

Upcoming 2025 Proof of Life Process

The 2025 Proof of Life process will occur again during the first quarter of the year, from January 1 to March 15. Beginning on January 1, 2025, compensation payment recipients will be able to complete the process using the Paneem app or website. **Please note:** completing the Paneem process via the app prior to January 1, 2025 will not satisfy the Proof of Life requirement for 2025.

How to Complete the Proof of Life:

- 1. Digital Option:** Access Paneem with your registration number and date of birth by:
 - Downloading the Paneem app from the Apple or Google App Store (search for “Paneem” to find it).

- Visiting <https://paneem.claimscon.org> on a computer, laptop, or smartphone with a camera.

- 2. Paper Option:** If preferred, request a paper Proof of Life form and return the signed and certified document to our office.

Once the Proof of Life is approved, payments will continue without interruption for the rest of the year.

No Action is Required prior to January 1, 2025:

In December, we will send all recipients a reminder about the upcoming Proof of Life process.

ВАЖНОЕ СООБЩЕНИЕ:

Предстоящий в 2025 году процесс подтверждения нахождения в живых

Процесс подтверждения нахождения в живых за 2025 год будет повторен в течение первого квартала года, с 1 января по 15 марта. С 1 января 2025 года получатели компенсаций смогут завершить процесс с помощью приложения или веб-сайта PANEEM. **Обращаем ваше внимание:** завершение процесса PANEEM через приложение до 1 января 2025 года не будет соответствовать требованию о подтверждении жизни на 2025 год.

Как Подтвердить Нахождение В Живых:

- 1. Цифровой Вариант:** Зайдите в PANEEM с вашим регистрационным номером и датой рождения. Это можно сделать:
 - Загрузив приложения PANEEM из магазинов приложений Apple или Google (поиск “ PANEEM “ для его поиска).

- Посетив <https://paneem.claimscon.org> на компьютере, ноутбуке или смартфоне с камерой.

- 2. Бумажный Вариант:** Если вы предпочитаете, то вы можете запросить бумажную форму “Подтверждение нахождения в живых” и вернуть в наш офис подписанный и заверенный документ.

После того, как подтверждение нахождения в живых будет получено и утверждено, выплаты будут продолжаться без перерыва в течение оставшегося года.

До 1 января 2025 года не требуется никаких действий:

В декабре мы направим всем получателям напоминание о предстоящем процессе подтверждения нахождения в живых.

Ever Present: The Power of Mindfulness to Improve Health

Meditation and other living-in-the-moment techniques, experts say, can help survivors avoid being ‘victims of the past.’

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By Robert Goldblum



Dr. Sandi Mann
University of
Central Lancashire

In an age marked by the frenzied pace of change, stillness is everywhere.

Oprah meditates. So do actor Hugh Jackman and rock stars Paul McCartney and Lady Gaga. Some companies even offer meditation rooms in their offices. U.S. Surgeon General Dr. Vivek Murthy joined Calm, a smart phone meditation app, last year and offers two-minute guided meditations. The message, as Simon & Garfunkel sang more than 50 years ago: “Slow down, you move too fast.”

The lesson isn’t lost on those who deal with the health and welfare of Holocaust survivors. At a Claims Conference session this past spring in Greece, Dr. Sandi Mann, senior psychology lecturer at the University of Central Lancashire and the director of the MindTraining Clinic, taught those who work in caregiver agencies based in Europe a technique called “progressive muscle relaxation.”

The technique pairs breathing exercises with muscle relaxation in a method that has been

proven to lower blood pressure and is used in the U.K. National Health Service and on various smart phone apps, Mann said.

“When we get tense, our breathing often increases. We produce adrenaline and our muscles tense, and we often get these symptoms of stress and tension in our bodies without realizing it,” she said. “We’re going through a kind of process where we’re tending to relax each body part in turn and at the same time. We’re slowing our breathing, and that’s really key to reducing the amount of adrenaline that we produce. And I think the meditation or mindfulness aspect is that we become very aware of our breathing, sounds in the room, things that we can feel, and that’s a kind of mindfulness.”

Meditative techniques like muscle relaxation can work for survivors of trauma, including Holocaust survivors, Mann said.

“Yes, they can be helpful, but they’re not enough on their own. They are especially good for people who have physical symptoms, and they’re less good for people who have intrusive thoughts and flashbacks and nightmares,” Mann said. “But they’re a nice way to aid relaxation. And if people who’ve had trauma get panicky, it can be a nice way to calm that, or if you wake up in the night with nightmares, it can be a nice way to sort of calm down and help you sleep.”

Along with the lowered blood pressure that comes with this kind of relaxation, researchers have identified many other health benefits of meditation and mindfulness exercises. Among them: reduced stress and anxiety; the ability to better manage depression; a strengthened immune system; better memory; and better sleep.

As the CEO of the Philadelphia-based Institute of Jewish Spirituality, Rabbi Josh Feigelson has been on the front lines of the mindfulness practice for years, and he readily ticks off some of health benefits that follow in its wake.



He points to a study from American Heart Association published in 2019 that found a high correlation of meditation and reduced heart disease. The study cites “reduced levels of pro-inflammatory molecules,” which can lead to cardiovascular disease. Feigelson also noted correlations between anxiety and stress reduction.

‘So, there’s a lot of scientific evidence at this point that’s shown the ways that meditation can help to reduce inflammation and lead to all kinds of good positive outcomes, whether physical or mental health,’ he said.

As for Holocaust survivors, Feigelson said, the mindfulness techniques provide a way for them “to not become victims of their trauma.

“If you can be fully present in the present, then you’re not a victim of the past, or you don’t have to be afraid of the past in the future.”

Sandi Mann also sees many benefits to that notion of being “fully present.”

“Being mindful of your surroundings and the pleasure you’re getting from life can be really helpful,” she said. “It’s the difference between gobbling down a bar of chocolate and savoring one piece of chocolate. You’ll actually get more pleasure from licking, smelling, enjoying, savoring that one piece of chocolate. That’s a kind of mindfulness.

“The other thing about mindfulness,” Mann continued, addressing Holocaust survivors, “is it’s quite grounding. So, if you do get very stressed, being mindful of what’s in the here and now, as opposed to what might be the future or what has been in the past, that can really help.”

Robert Goldblum is a writer in New York.

Calming Meditation – Full Body Scan

This meditation takes about 10 to 15 minutes

This is an example of a simple meditation called a “full body scan” that you can try at home.

- Find a comfortable position. This can be either sitting with your feet flat on the ground or laying down. Relax your body.
- Start with a box breath. A box breath is when you breath in deeply to a count of four, hold the breath in for a count of four, then let the breath out to a count of four.
- Breathe in...2...3...4 Hold...2...3...4 Exhale 2...3...4
- Do this two times to get your body into a rhythm.
- On the third box breath, close your eyes. Complete another box breath with your eyes closed focusing on each phase of the breath: Breathe in...2...3...4 Hold...2...3...4 Exhale 2...3...4

Continue breathing in this fashion while focusing on your body. Start at your toes –

relax them, moving them as necessary. Then move to your feet, moving them and allowing them to relax. Do the same with each part of your body, moving up your legs to your knees and hips, into your torso making sure that your back is relaxed. Then focus on your shoulders down your arms to your elbows and out to your wrists, hands and fingers. Finally, move your focus to you chest, then your neck and end on the crown of your head allowing your face to relax including your mouth, cheeks and eyes.

As you focus on each body part, take time to feel the part, notice any discomfort and move it as needed to relax it. All the while, continue your box breathing.

Once you’ve finished your full body scan, continue the box breathing for another 2 breaths, allowing your eyes to open slowly and become aware of your space once again. Take your time before moving from your position as your body will have relaxed during the meditation. It is a good idea to have a glass of water, warm tea or even crackers waiting nearby for when your mediation is complete.

Introducing the Survivor's Portal: Your Personalized Claims Conference's Account

Experience the convenience of the Claims Conference's personal account using our new Survivor's Portal. Designed exclusively for Holocaust survivors, this website allows you to create an account with the Claims Conference where your personalized information and services will be available 24/7.

Access the Survivor's Portal today at <https://survivorsportal.claimscon.org/> or visit our website at <https://www.claimscon.org/> to create a personal account.

Benefits of the Survivor's Portal - Enables you to:

1. Create a personal account with the Claims Conference.
2. Stay informed about the status of your claim, from applications to previous payments, all in one place.

3. Complete proof of life process, Life Certificate or PANEEM, conveniently.
4. Easily update your contact information or even your bank details.
5. Access personalized documents and information tailored to your needs.
6. Quickly download necessary forms.

Need assistance with the Portal? Call us at 646-536-9100 or send us an email at info@claimscon.org, and our team will be happy to help.

Please note: At this time, the portal does not support Hotmail, MSN or SBCGLOBAL. If you wish to register with the Survivor Portal, kindly use another email provider (such as YAHOO, AOL or GMAIL).

Представляем интернет-портал для переживших Холокост: ваш личный кабинет с Клеймс

Убедитесь в удобстве личного кабинета с Клеймс Конференс, зайдя в наш новый портал для переживших Холокост. Созданная исключительно для переживших Холокост, эта интернет страница позволит вам создать личный кабинет с Клеймс Конференс, в котором ваша личная информация и специализированные услуги будут доступны 24 часа в сутки.

Зайдите в портал для переживших Холокост по этой ссылке <https://survivorsportal.claimscon.org/> или посетите нашу интернет страницу по этой ссылке <https://www.claimscon.org/>, чтобы создать личный кабинет.

Преимущества использования портала для переживших Холокост:

1. Легко создать свой личный кабинет с Клеймс Конференс.
2. Возможность получить информацию о статусе вашего дела, от заявления до предыдущих выплат, в одном месте.

3. Удобно завершить процесс подтверждения нахождения в живых через PANEEM или Свидетельство о нахождении в живых.
4. Легко обновить контактную информацию и даже банковские реквизиты.
5. Доступ к персонализированным документам и информации с учетом ваших потребностей.
6. Возможность быстро скачать необходимые формы.

Вам нужна помощь в использовании портала? Позвоните нам по телефону 646-536-9100 или пошлите нам электронное письмо на info@claimscon.org, Наша команда будет счастлива оказать вам содействие.

Please note: На данный момент портал не поддерживает Hotmail, MSN или SBCGLOBAL. Если вы хотите зарегистрироваться на портале для переживших Холокост, пожалуйста, используйте другой почтовый провайдер (например, YAHOO, AOL или GMAIL).

Shining a Light on Survivors

International Holocaust Survivors Night honors survivors for their courage and resilience in the face of darkness.

World leaders, celebrities and other dignitaries will join together on December 29, the fifth night of Chanukah to honor Holocaust survivors.

The 8th annual International Holocaust Survivors Night (IHSN) is a celebration of survivors and a time to honor their strength and perseverance in the face of evil as well as the hope they inspire in us all.

IHSN will be hosted by Claims Conference Executive Vice President Greg Schneider and journalist and television host Chuck Todd.

German Chancellor Olaf Scholz will once again speak to survivors. In 2023, Scholz offered a powerful promise to survivors that Germany would always remember their legacy.

“We will ensure that the crime against humanity of the Shoah committed by Germans will never be forgotten,” the German leader said in his 2023 message to survivors.

The event includes Chanukah messages to survivors from celebrities like Barbra Streisand, Debra Messing, Rob Reiner, Billy Crystal, Adam Arkin, Steve Guttenberg, Tovah Feldshuh, BeBe Neuwirth and Steven Skybell.

The event will culminate in a livestream of the menorah lighting in honor of survivors at the Kotel in Israel.

IHSN started in 2017 as the only date on the calendar celebrating Holocaust survivors and honoring them for their sacrifice and continued contributions to the world. Initial ceremonies were held in Israel, the United States and in Germany. In subsequent years, the celebration has gone virtual and grown to include participants from more than 15 countries across six continents.

For more information on the event and to watch, go to www.claimscon.org/survivorsnight2024

Your Health Questions Answered!

The team behind L'Chaim works hard to find relevant and interesting health news for each edition. We want to make sure we are meeting your expectations and would love your feedback. Are there health topics you'd like us to feature or health questions you want answered? Let us know! Send your questions or comments by email to susanne.cervenka@claimscon.org or call 646-485-2051.

Отвѣты на ваши вопросы о здоровье!

Команда, стоящая за L'Chaim, прилагает все усилия для того, чтобы найти актуальные и интересные новости по вопросам здоровья для каждого издания. Мы хотим убедиться, что мы отвечаем вашим ожиданиям и будем рады получить ваши отзывы. Есть ли определенные темы здоровья, которые вы бы хотели, чтобы мы освещали и есть ли у вас вопросы о здоровье, на которые вам нужны ответы? Дайте нам знать! Отправьте ваши вопросы или комментарии по электронной почте susanne.cervenka@claimscon.org или позвоните по телефону 646-485-2051.

them, some for five or 15 minutes, some for longer, listening to their stories. Recently, we did an event in Beersheva, where about 400 survivors came for an informal breakfast and coffee, to hear music and interact throughout the morning.

We initiated a hands-on projects at the hotels where some of the evacuated survivors are staying. Our people have helped to map out their needs and provide medications and whatever supplies are necessary. This is managed from my office.

We have been able to secure emergency funds from the German government for every survivor in Israel, with additional funds for those who have been evicted (about 20,000 people). These funds were not previously budgeted and I am working closely with the global Claims Conference team.

In Israel, we have between 100,00 and 115,000 survivors.

Their situation is very diverse and wide-ranging. There are survivors who have seen their grandchildren murdered on the Gaza Strip. What do you say to a survivor when he loses two grandchildren to a massacre? They are really no words. We sat with them.

And for those who haven't experienced personal loss, they are still totally horrified by what is happening. Some will not leave their homes. "I will die at home, I'm not moving," they say. Some who have been relocated to different cities are still not back home and won't go back while there is still fighting. We are there for all of them.

What is your day-to-day work life like?

This year has been such an abnormal year; it is so tense. I start my day with a quick update from the news and from the IDF, to see if there are any new regulations. I need to know if anyone is getting bombed, if anyone can't make it into the

office, who needs support, what adaptations we have to make. Some days we have had to close our offices. Colleagues have been evicted from their homes, and we have an employee whose son was badly injured. I try to keep up with everyone.

We have offices in Jerusalem and Tel Aviv, with 95 people on staff. Some days I am engaged meeting partner organizations and board members, going to the Knesset for meetings and special sessions related to survivors. There's also public engagement, where I am asked to speak at conferences and at Yad Vashem. And I'm also sitting with my colleagues, hearing what's going on their departments, how and where we need to move forward. This is so much more than a job for me.



Tziona Koenig-Yair started at the Claims Conference just before the Oct. 7 attacks. These are images from a food distribution the Claims Conference staff and leadership hosted for Holocaust survivors.

You're such a positive person. Can you share some hope with our readers.

I think of the last stanza of Hatikvah: Our hope is not yet lost/It is two thousand years old/ To be a free people in our land/The land of Zion and Jerusalem.

Sandee Brawarsky, an award-winning journalist and author, is editor of L'Chaim

A Lighter Take On Latkes

Recalling the oil that, according to tradition, lasted miraculously for eight days, many traditional foods for Chanukah are fried in oil. The Ashkenazim favor potato latkes, or pancakes, that can be sweet or savory, while some Sephardic Jews like to eat bimuelos, fried dessert fritters, and other treats.

Here's a healthy and easy alternative to potato latkes. Swap out the white potatoes

for the more nutritious sweet potato, and roast with a small amount of oil. Still delicious. Sweet potatoes are a good source of potassium, fiber to help digestion, vitamins and other essential nutrients.

Like traditional potato latkes, these roasted sweet potato can be served with applesauce, sour cream or yogurt. For a Middle Eastern variation, try a drizzle of tahina.

Roasted Sweet Potatoes

Ingredients

- 3 or 4 sweet potatoes (not peeled)
- 2 tablespoons olive oil
- Pinch of salt
- ¼ teaspoon pepper
- Handful of fresh parsley leaves (optional)



Instructions

1. Preheat oven to 400 degrees.
2. Line a sheet pan with parchment paper or tin foil.
3. Wash potatoes under running water.
4. Slice potatoes into ½ inch rounds.
5. Spread the potatoes out on the sheet pan in one layer.
6. Sprinkle the potatoes with olive oil and mix them around.
7. Sprinkle the salt and pepper.
8. Let bake for 30 minutes until potatoes are soft and the edges slightly browned.
9. Be careful taking the sheet pan out of the oven. Place the potatoes on a dish and serve. Sprinkle with parsley (optional).

If you are a Holocaust survivor who needs help, please call one of the numbers below.

Each agency listed below is funded by the Claims Conference to help support a designated Holocaust Survivor Assistance Program. If you know a survivor who needs aid or if you would like to volunteer to help a survivor, please contact any of the agencies below. For a full list of Claims Conference funded agencies, please refer to the website at <https://www.claimscon.org/survivor-services/helpcenters/>

UNITED STATES

ARIZONA

Jewish Family & Children's Service

Phoenix..... (602) 762-7319

Jewish Family & Children's Services of Southern Arizona

Tucson..... (520) 795-0300

CALIFORNIA

Jewish Family & Community Services of East Bay

Berkeley... (510) 704-7475 ext. 275

Jewish Family and Children's Service

Long Beach (562) 427-7916

Jewish Family Service

Los Angeles..... Location-based
San Fernando Valley.....(818) 984-1380

West Hollywood (323) 851-8202
City of Los Angeles (323) 937-5900

Jewish Family Services of Silicon Valley

Los Gatos..... (408) 556-0600

Jewish Family Service

San Diego..... (858) 637-3210

Jewish Family and Children's Services

San Francisco..... (415) 449-3700

COLORADO

Jewish Family Service of Colorado

Denver (303) 597-5000

CONNECTICUT

Jewish Family Services of Greater Hartford

West Hartford (860) 236-1927

FLORIDA

Ruth & Norman Rales Jewish Family Services

Boca Raton..... (561) 852-3333

Gulf Coast Jewish Family & Community Services

Clearwater (727) 479-1800

Jewish Family & Community Services

Jacksonville..... (904) 448-1933

Jewish Community Services of South Florida

Miami..... (305) 576-6550

Goodman Jewish Family Services of Broward County

Davie..... (954) 909-0800

Ferd & Gladys Alpert Jewish Family & Children's Service

West Palm Beach .. (561) 684-1991

GEORGIA

Jewish Family and Career Services

Atlanta (770) 677-9300

ILLINOIS

Jewish United Fund of Metropolitan Chicago

Chicago (773) 508-1004

INDIANA

Jewish Federation of Greater Indianapolis

Indianapolis (317) 536-1476

MARYLAND

Jewish Community Services

Baltimore (410)-843-7456

Jewish Social Service Agency

Rockville (301) 816-2657

MASSACHUSETTS

Jewish Family and Children's Service of Greater Boston

Waltham (781) 647-5327

MICHIGAN

Jewish Family Service of Metropolitan Detroit

Detroit..... (248) 592-2313

MINNESOTA

Jewish Family and Children's Service

Minneapolis (952) 546-0616

NEW JERSEY

Jewish Family & Children's Service of Monmouth County

Asbury Park..... (732) 774-6886

Samost Jewish Family and Children's Service of Southern NJ

Cherry Hill..... (856) 424-1333

Jewish Family Service & Children's Center

Clifton/Passaic (973) 777-7638

Jewish Family Service of Central New Jersey

Elizabeth..... (908) 352-8375

Jewish Family Services of Metrowest

Florham Park (973) 765-9050

Jewish Family & Children's Service of Ocean County

Lakewood..... (732) 363-8010

Jewish Family Service of Atlantic County

Margate City (609) 822-1108

Jewish Family & Vocational Service of Middlesex County

North Brunswick.... (732) 777-1940



**Jewish Family & Children's
Service of Greater Mercer County**
Princeton (609) 987-8100

**Jewish Family Service of
Somerset, Hunterdon & Warren
Counties**
Somerville (908) 725-7799

**Jewish Family & Children's
Services of Northern New
Jersey**
Teaneck (201) 837-9090

NEVADA

Jewish Family Service Agency
Las Vegas (702) 732-0304

NEW YORK

**Edith and Carl Marks Jewish
Community House of
Bensonhurst**
Brooklyn (718) 331-6800

**Guardians of the Sick /
Bikur Cholim Hesed
Organization**
Brooklyn (718) 438-2020

**Jewish Community Council of
Greater Coney Island**
Brooklyn (718) 449-5000

**United Jewish Organizations of
Williamsburg**
Brooklyn (718) 643-9700

The Marion and Aaron Gural JCC
Cedarhurst (516) 569-6733

Selfhelp Community Services
Manhattan Location-based
Manhattan (212) 971-5475
Queens (718) 268-1252
Brooklyn (718) 646-7500
Washington Heights
and Bronx (212) 781-7200
Nassau County (516) 481-1865

Bikur Cholim of Rockland County
Monsey (845) 425-7877

**Community Improvement
Council**
New Square (845) 354-4100

Rockland Jewish Family Service
West Nyack (845) 354-2121

**Westchester Jewish Community
Services**
White Plains (914) 761-0600

OHIO

**Jewish Family Service of
Greater Cincinnati**
Cincinnati (513) 469-1188

**Jewish Family Service
Association**
Cleveland (216) 292-3999
..... or (216) 504-2600

Jewish Family Services
Columbus (614) 559-0379

OREGON

Jewish Family and Child Service
Portland (503) 226-7079

PENNSYLVANIA

**Jewish Family and Children's
Service of Greater Philadelphia**
Philadelphia (866) 532-7669

**Jewish Family and Community
Services**
Pittsburgh (412) 422-7200

TEXAS

**Jewish Family Service of
Greater Dallas**
Dallas (972) 437-9950

**Jewish Family Service of
Houston**
Houston (713) 667-9336

WASHINGTON

Jewish Family Service
Seattle (206) 461-3240

WISCONSIN

Jewish Family Service
Milwaukee (414) 390-5800

ADDITIONAL RESOURCE

The Blue Card (212) 239-2251

CANADA

Jewish Family Service
Calgary (403) 287-3510

**Jewish Family Services
Atlantic Jewish Counsel**
Edmonton (780) 454-1194

Halifax (902) 422-7491 ext. 226

**Hamilton Jewish Family
Services**
Hamilton (905) 627-9922 ext. 26

**Cummings Jewish Centre for
Seniors**
Montreal (514) 343-3514

**Jewish Family Services of
Ottawa**
Ottawa (613) 722-2225 ext. 311
..... or 313

Circle of Care
Toronto (416) 635-2860 ext. 247
..... or (416) 635-2900 ext. 247

Jewish Family & Child Service
Toronto (416) 638-7800

**Jewish Family Services
Jewish Family Services**
Vancouver (604) 558-5719

Vancouver Island ... (778) 405-3300

**The Windsor Jewish Federation
and Community Centre**
Windsor ... (519) 973-1772 ext. 225

Jewish Family & Child Service
Winnipeg (204) 477-7430

*If you live in the United States or Canada outside the listed areas,
please call the Claims Conference for assistance (646) 536-9100
PO Box 1215 New York, NY 10113 | Email: info@claimscon.org |
Web: www.claimscon.org | Facebook: [/claimsconference](https://www.facebook.com/claimsconference) |
Phone: 646-536-9100*

Attention Holocaust Survivors

If you are a Holocaust survivor who has not received any compensation payment (either from the Claims Conference or German or Austrian governments), please call us immediately. You may be entitled to receive compensation.

The Claims Conference has negotiated the following liberalizations of criteria to compensation funds with the German government.

HARDSHIP FUND – SUPPLEMENTAL PAYMENT

Jewish Nazi victims eligible for the Hardship Fund may be eligible for annual Supplemental Payments through 2027. If you already received a Hardship Fund Supplemental Payment, you do not need to apply again. You will only need to provide Proof of Life. You may either complete the proof of life process electronically using PANEEM (you will need to register with PANEEM every year through 2027) or by submitting a paper proof of life. You will hear from us when to validate via PANEEM. If you have moved, or do not hear from us, please contact us. If you have never applied, the deadline for the specific year in which you are applying is December 31, of that year.

Holocaust survivors who, in the past, were ineligible to receive any Hardship Fund-related payment because they had received one-time German government payments (for example from Länderhärtefonds) are eligible to apply for the Hardship Fund Supplemental payment.

Survivors who receive a German or Austrian pension for persecution during the Holocaust – BEG, Article 2 Fund, Regional Specific Program (RSP), Austrian Victims Pension (Opferausweis) – are not eligible to receive the Hardship Supplemental Fund Payment.

For detailed information about the Hardship Fund Supplemental payments, please see <https://www.claimscon.org/hfs>.

NEWLY APPROVED OPEN GHETTOS:

Jewish Holocaust survivors who were persecuted for at least three months in the open ghettos identified below, may be eligible for a monthly pension, paid quarterly, from the Article 2 or CEE Fund:

- In Romania, survivors persecuted in Bucharest, Adjud, Beiuș, Blaj, Caracal, Dumbrăveni, Făgăraș, Hațeg, Luduș, Mediaș, Nălaț-Vad, Oravița, Păcliaș, Pitești, Șărmașu, Sighișoara, Târnăveni, Tinca, Turnu Severin, Arad, Braila, Brasov, Buhusi, Călărași, Deva, Dorohoi, Fălticeni, Huși, Ilia, Lugoj, Ploești, Podul Iloaiei, Sibiu, Suceava, Târgu Frumos, Timisoara, Turda, Alba Iulia, BaCau. Barlad, Botosani, Buzau, Costanta, Craiova, Focasni, Galatz, Harlau, Iasi, Pascani, Piatra Neamt, Roman, Romanicu Sarat, Stefanesti, Targu Mures, Targu Neamt, Tecuci, and Vaslui, between August 1941 and August 1944;
- In Bulgaria, survivors persecuted in Dobrich, Kazanlük, Kürdzhalı, Lovech, Nevrokop (a.k.a. Gotse Delchev), Nikopol, Plovdiv, Popovo, Preslav, Provadiya, Turgovishte, and Yambol (Jambol), between September 1942 and September 1944. In addition, all pension recipients who were in one of the open ghettos in Romania or Bulgaria named above and born after January 1, 1928, may be entitled to a one-time payment from the Child Survivor Fund administered by the Claims Conference.

Note: Jewish Nazi victims from these open ghettos in Romania and Bulgaria may also be entitled to a pension from the ZRBG (Ghetto Pension). This pension is not administered by the

Claims Conference. Please contact a German embassy or consulate near you or <https://www.germany.info/us-en/service/07-Pension/ghetto-financial-compensation/920638>

REGION-SPECIFIC PERSECUTION (RSP) PENSION

A pension program was created for survivors, who currently do not receive pensions who were, for at least three months in: (i) the Leningrad Siege (ii) persecuted in Romania or (iii) hiding in France. Income/Asset criteria of the Article 2/CEE Funds apply. Meeting the RSP persecution criteria shall entitle a survivor to a payment from the Child Survivor Fund if the age criteria is met (born in or after 1928).

For more information, contact:

CLAIMS CONFERENCE

P.O. Box 1215

New York, NY 10113

Tel: 646-536-9100

Email: info@claimscon.org

<https://www.claimscon.org/zrbgapply>

PAYMENT TO SPOUSES OF DECEASED ARTICLE 2/CEE/REGION-SPECIFIC PERSECUTION FUND BENEFICIARIES

The Claims Conference will provide payments to eligible spouses of deceased recipients of the Article 2 Central and Eastern European (CEE) and Region-specific Persecution (RSP) Funds. A spouse of an Article 2/CEE/RSP Fund recipient may, upon the death of the Article 2/CEE/RSP Fund recipient, be entitled to receive payments for up to 9 months, paid in three quarterly installments, if the following conditions apply:

1. The spouse is alive at the date of the payment; and
2. The spouse was married to the Article 2/CEE/RSP Fund recipient at the time of death of the Article 2/CEE/RSP Fund recipient; and

3. The Article 2/CEE/RSP Fund recipient passed away at any point while he or she was receiving a payment from the program.

The spouse of a Holocaust survivor must be alive at the time of each payment. Other heirs, including children, are not entitled to receive any payment. To download an application from our website, please go to: <https://www.claimscon.org/apply>

The German government established a similar program for surviving spouses of monthly Holocaust compensation pensions made under German Federal Indemnification Law, other German federal compensation laws or governmental programs, (sometimes referred to as Wiedergutmachung), for Holocaust survivors who passed away January 1st, 2020, or later. For more information, please check with the BADV or download the application from the BADV website at <https://www.badv.bund.de/DE/OffeneVermögensfragen/UebergangsleistungenEhegattenNSOpfer/antrag.html>.



ВНИМАНИЮ ПЕРЕЖИВШИХ ХОЛОКОСТ

Если вы пережили Холокост и не получили компенсацию ни от Клеймс Конференс, ни от правительств Германии и Австрии, то, пожалуйста, позвоните нам не откладывая - возможно вам полагается компенсация.

Клеймс Конференс добилась следующего смягчения критериев для фондов компенсаций на переговорах с правительством Германии.

ДОПОЛНИТЕЛЬНАЯ ВЫПЛАТА ИЗ ФОНДА HARDSHIP FUND

Жертвы нацизма еврейского происхождения, которым полагается выплата из фонда HARDSHIP FUND, могут получить ежегодную дополнительную выплату до 2027 года. Если вы уже получали дополнительную выплату из фонда HARDSHIP FUND, вам не нужно снова подавать заявление. Вам просто нужно будет предоставить Клеймс Конференс подтверждение о нахождении в живых. Вы можете либо подтвердить нахождение в живых через PANEEM (вам придется регистрироваться в PANEEM каждый год вплоть до 2027 года), либо прислать нам бумажное подтверждение жизни. Мы сообщим вам, когда вам нужно будет воспользоваться PANEEM. Если вы переехали, или не получили от нас корреспонденцию, пожалуйста, свяжитесь с нами. Если вы никогда не подавали заявление, то это можно сделать до 31-го декабря того года, в который вы подаете заявление.

Пережившие Холокост, которые ранее не могли подавать заявление на дополнительную выплату из фонда HARDSHIP FUND в силу того, что получили в прошлом одноразовую выплату от правительства Германии (например от компенсационных фондов федеральных земель Länderhärtefonds), теперь могут это сделать.

Пережившие Холокост, которые получают пенсию за преследование во время

Холокоста от Германии и Австрии (BEG, Article 2 Fund, Regional Specific Program (RSP), Austrian Victims Pension (Opferausweis), не вправе получать дополнительную выплату из фонда HARDSHIP FUND.

Подробную информацию о дополнительной выплате из фонда Hardship Fund можно найти по адресу: <https://www.claimscon.org/hfs>.

НЕДАВНО ПРИЗНАННЫЕ ОТКРЫТЫЕ ГЕТТО

Жертвы нацизма еврейского происхождения, которые подвергались преследованиям в открытых гетто, перечисленных ниже, не меньше трех месяцев, могут теперь претендовать на пенсию из фонда A2 или CEEF::

- Румыния: пережившие преследование в городах Бухарест, Аджуд, Беюш, Блаж, Каракал, Думбрэвены, Фэгэраш, Хацег, Лудуш, Медиаш, Нэлат-Вад, Оравита, Пэклиша, Питешты, Сэрмашу, Сигишоара, Тырнэвени, Тинка, Турну Северин, Арад, Брэйла, Брашов, Бухуши, Кэлэраши, Дева, Дорохой, Фэлтичены, Хуси, Илия, Лудош, Плоэшты, Поду Илоаей, Сибиу, Сучава, Тыргу-Фрумос, Тимишоара, Турда, Алба Юлия, Бакау, Барлад, Ботошани, Бузэу, Констанца, Крайова, Фокшаны, Галац, Хырлэу, Яссы, Пашкани, Пятра-Нямц, Роман, Рымнику-Сэрат, Стефанешты, Тыргу-Муреш, Тыргу-Нямц, Текуч и Васлуй в промежутке между августом 1941 и августом 1944 года;
- Болгария: пережившие преследование в городах Добрич, Казанлык, Кырджали, Ловеч, Неврокоп (также Гоце-Дельчев), Никополь, Пловдив, Преслав, Провадия, Тырговиште и Ямболь в промежутке между сентябрем 1942 и сентябрем 1944 года. В дополнение, все получатели пенсии, которые подвергались преследованию

в одном из вышеназванных открытых гетто Румынии и Болгарии, и которые родились после 1 января 1928 года, могут претендовать на одноразовую выплату из фонда Дети Холокоста, который находится в ведении Клеймс Конференс.

Обратите внимание: жертвы нацизма еврейского происхождения из этих открытых гетто в Румынии и Болгарии могут претендовать на пенсию от ZRBG (Ghetto Pension). Обработкой этих заявлений Клеймс Конференс не занимается. Пожалуйста, свяжитесь с ближайшим к вам посольством или консульством Германии или зайдите на сайт <https://www.germany.info/us-en/service/07-Pension/ghetto-financial-compensation/920638>

ПЕНСИЯ ЖЕРТВАМ ОСОБО ЖЕСТОКОГО ПРЕСЛЕДОВАНИЯ В ОТДЕЛЬНЫХ РЕГИОНАХ (RSP)

Эта новая программа выплаты пенсий предназначена для переживших Холокост людей, не получающих в настоящее время пенсию, но которые как минимум три месяца: (i) находились в Блокадном Ленинграде (ii) подвергались гонениям в Румынии или (iii) прятались во Франции. Ваш доход/личные активы должны соответствовать критериям получения выплат из фонда ARTICLE 2 и Фонда Центральной и Восточной Европы (CEE FUND). Пережившие Холокост, которые соответствуют условиям получения пенсии RSP, могут также претендовать на выплату из Фонда Дети Холокоста (Child Survivor Fund) при соответствии возрастному критерию (дата рождения после 1928 года включительно).

Для получения более подробной информации свяжитесь:

CLAIMS CONFERENCE

P.O. Box 1215

New York, NY 10113

Tel: 646-536-9100

Email: info@claimscon.org

<https://www.claimscon.org/zrbgapply>

ВЫПЛАТЫ СУПРУГАМ УМЕРШИХ ПОЛУЧАТЕЛЕЙ ПЕНСИИ ИЗ ФОНДОВ ARTICLE 2/CEEFF/RSP:

Клеймс Конференс произведёт выплаты имеющим право на получение супругам умерших получателей пенсии из фондов Article 2, Центрально-европейского фонда (CEEFF) и фонда RSP.

Супруг/а получателя пенсии из фондов Article 2, Центрально-европейского фонда (CEEFF) и фонда RSP, после смерти получателя пенсии из фондов Article 2, Центрально-европейского фонда (CEEFF) и фонда RSP, может претендовать на получение выплат в течение срока до 9 месяцев, выплачиваемых три раза поквартально, если:

1. Супруг/а был/а жив/а на момент получения выплаты; и
2. Супруг/а состоял/а в браке с получателем пенсии из фондов Article 2, Центрально-европейского фонда (CEEFF) и фонда RSP на момент его/её смерти; и
3. Получатель/ница пенсии из фондов Article 2, Центрально-европейского фонда (CEEFF) и фонда RSP умер/ла в любой момент после получения пенсии из этих программ.

Супруг/а пережившего Холокост должен/на быть жив/а на момент получения каждой выплаты. Другие наследники, включая детей, не имеют права на получение этих выплат. Скачать заявление с нашей интернет страницы можно здесь: www.claimscon.org/apply

Правительство Германии начало похожую программу для супругов получателей ежемесячных компенсационных пенсий, выплачиваемых на основании федерального закона Германии о компенсациях (иногда называемого также Wiedergutmachung), других немецких федеральных законов о компенсациях или правительственных программ - для переживших Холокост, которые умерли после 1ого января 2020 года. Для получения более подробной информации свяжитесь, пожалуйста, с BADV или скачайте заявление с сайта BADV: <https://www.badv.bund.de/DE/OffeneVermoegensfragen/UebergangsleistungenEhegattenNSOpfer/antrag.html>.

PO Box 1215, New York, NY 10113



- A letter from Claims Conference Leadership
 - An interview with Tziona Koenig-Yair, Associate Executive Director of the Claims Conference in Israel
 - An article on the health benefits of meditation
 - Important information on compensation payments
 - A preview of 2024 International Holocaust Survivors Night
 - Timely health tips
 - A guide to our new tool, Paneem, and the Survivor Portal
 - Contact information for our partner agencies around North America
- The Claims Conference wants to be in touch with you during these challenging times. Inside *L'Chaim*, you will find important information in English and Russian including:

Chanukah Edition

THE HEALTH AND WELLNESS NEWSLETTER OF THE CLAIMS CONFERENCE

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