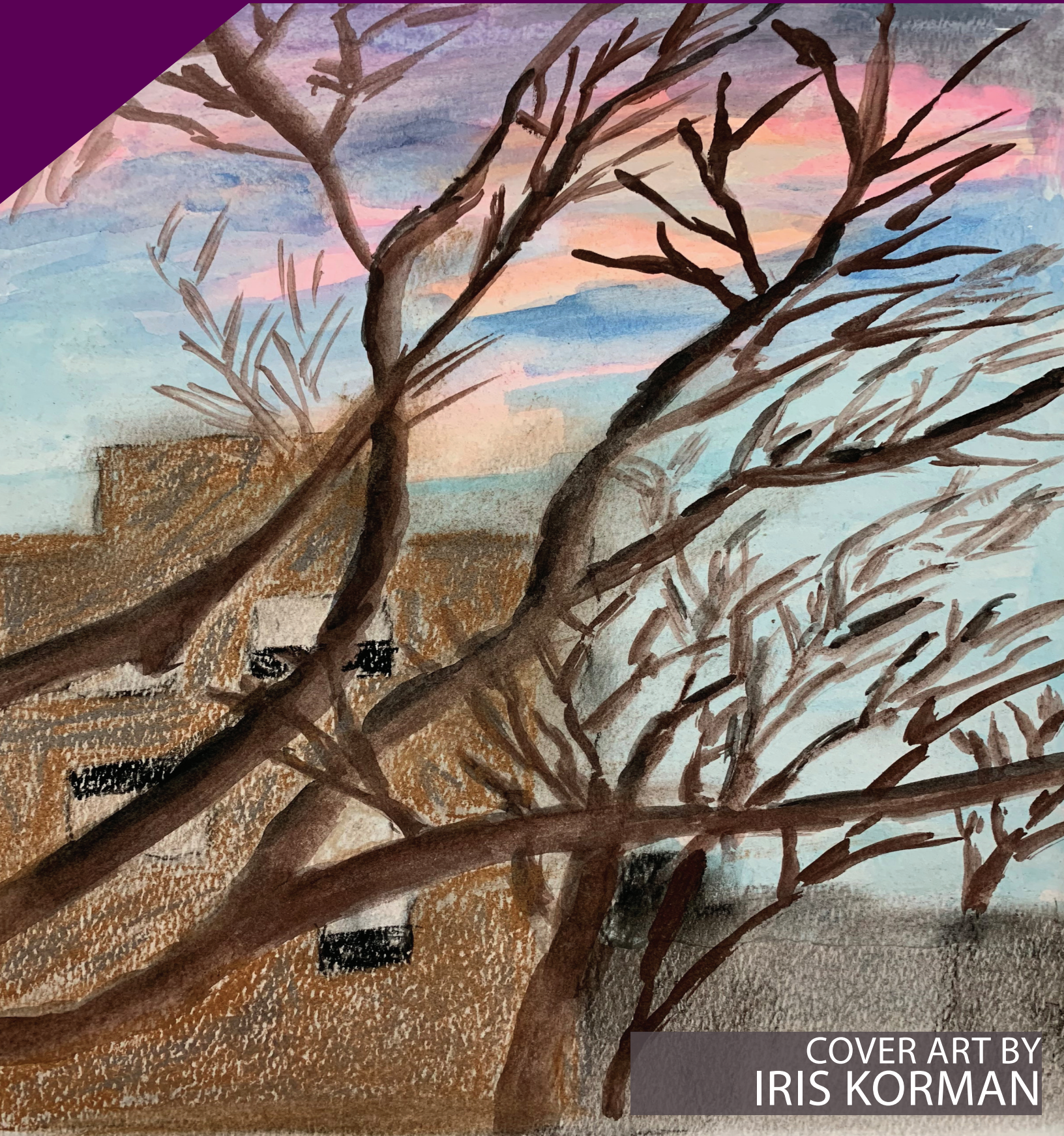


NCJΣ<sup>®</sup>|NY

National Council of Jewish Women New York

the bulletin  
winter 2019



COVER ART BY  
IRIS KORMAN



# MEET THE PRESIDENT

*Written by Marion Lyons*

Susan Siegel, the friendly, affable president of the Board of Directors of NCJW NY, recently took on the responsibility and finds it both rewarding and stimulating. She says that getting to be knowledgeable about all aspects of the organization has been very educational. Susan especially enjoys strategizing about the future with the members of the Board. And she adds, "Meeting so many new people is wonderful."



The principle function of the Board is to ensure the proper governance and financial health of the organization. The Board participates in fundraising and oversees spending. It also ensures that programs are achieving the mission. Susan works closely with Executive Director Andrea Kopel, whom she feels is really her partner.

The Board is aware of moving forward while maintaining what brings people to Council. NCJW NY has always had two arms: one is community service and the other advocacy. "As President, I feel it is my responsibility to be involved in all aspects of the organization and to meet with our membership," Susan says. She believes it is important to hear what people have to say, good or bad. To attract new members, Susan believes that we need to have more evening programs. We also have to find new ways to raise money. Susan noted that NCJW NY is always open to new programs, such as the Back 2 School Store, which was a huge success.

Susan came to Council about five years ago when she started volunteering in the Wednesday Community Kitchen. For more than 30 years she had a career in marketing and advertising, at first working in big agencies, then moving to the client side. She and her husband raised two sons in New Rochelle, but now live in Manhattan, which she loves.

"I would urge all the people who love this organization to spread the word to family and friends," Susan says. "Invite them to participate and to donate as well."

If you would like to contact Susan, feel free to email her at [ssiegel@ncjwny.org](mailto:ssiegel@ncjwny.org).

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## HEALTHY LIVING

We are excited to welcome fellows from the Department of Geriatrics and Palliative Medicine Icahn School of Medicine at Mount Sinai to Council Lifetime Learning:

December 7th: Alcohol in Older Adults with Maanit Kohli, MD

January 11th: Exercise and Sleep with Erika Narvaez, MD

February 22nd: Brain Health in Older Adults with Steph Schmitz, MD

March 22nd: Advance Care Planning with Laura Belland, MD

April 12th: Falls/Fall Prevention and Strengthening Balance with Kelly Cummings, MD

Healthy Living programs take place from 1-2 PM in the Cafe. Please contact Letitia Maun @ 646-884-9471 or [lmaun@ncjwny.org](mailto:lmaun@ncjwny.org) for further information

***Every day, women are being lied to about their bodies and their health.***

Fake women's healthcare centers, also known as "Crisis Pregnancy Centers," exist all over this country, including here in New York City, with the sole mission of keeping women from accessing abortion care. These fake clinics are the new front lines of the anti-choice movement, and they brazenly manipulate, deceive and mislead patients about their pregnancy options.

**JOIN US to learn more about this danger to reproductive health and what you can do to stop it!**

## **Exposing the Lies of "Crisis Pregnancy Centers": A Film Screening of Lifehouse and discussion**

**January 14th, 2019**

**6:30 - 8:30 pm**

**Scandinavia House**

**58 Park Ave**

**(Between 37th and 38th St.)**

**Refreshments will be served**

Lifehouse is a powerful short documentary that takes viewers behind the scenes of these fake clinics, putting you in the room as volunteer recruits are taught how to trick women.

The film will be followed by a discussion and Q&A with the filmmaker, Heba Elorbany, along with Danielle Castaldi-Micca, Director of Governmental and Political Affairs at the National Institute for Reproductive Health.

Registration Fee is \$10.00. To RSVP, visit [www. http://weblink.donorperfect.com/lifehouse](http://weblink.donorperfect.com/lifehouse) or call Aviva Zadoff at 646-884-9466.

Students and Seniors (over 60) can use the code "Lifehouse" at checkout to waive the registration fee.

**JENNIFER KEISHIN  
ARMSTRONG**

Lecture on "The Mary  
Tyler Moore Show"  
January 3rd

**THE PEACE OF  
HEART CHOIR**

January 17th

**LISA TANNENBAUM**

Harpist  
January 31st

**CONCERTS IN  
MOTION**

February 14th

**TBD**

February 28th

**TBD**

March 14th

**JAZZ WITH THE  
MANHATTAN  
SCHOOL OF  
MUSIC**

March 21st

**TBD**

March 28th

**GERSON  
CULTURAL  
ARTS**

THURSDAYS AT 1PM

These events are  
free and open to  
the public, thanks  
to a generous grant  
from the Gerson  
Family Foundation.  
Refreshments are  
served.



**JEWISH WOMEN'S RESOURCE CENTER**

**BOOK GROUP**

THURSDAYS AT 11 AM

**FASCISM**

by Madeline Albright

January 31st

**SO BIG**

by Edna Ferber

February 28th

**ONCE WE WERE  
BROTHERS**

by Ronald H. Balson

March 28th



**HEALTH INSURANCE**

NCJW NY continues to provide free bi-weekly health insurance counseling from the Health Insurance Information Counseling and Assistance Program (HIICAP). Bring your questions regarding Medicare enrollment or coverage, Medicare Advantage plans, Medigap plans, Medicare prescription drug plans and/or meeting the costs of long term care.

**Upcoming session will be on January 3rd.**

Please contact Letitia Maun at  
(646) 884-9471 or [hmaun@ncjwny.org](mailto:hmaun@ncjwny.org) to  
schedule an appointment

**LEGAL COUNSELING**

We are hosting free legal counseling through the Mobile Legal Help Center of New York Legal Assistance Group (NYLAG) in March, April and May. The Mobile Center's staff are bilingual and provide free legal assistance on civil issues. To schedule your appointment, please contact Letitia Maun at (646) 884-9471 or [hmaun@ncjwny.org](mailto:hmaun@ncjwny.org).

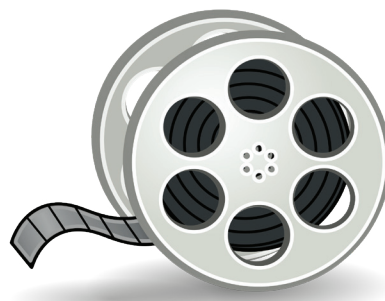
NCJW NY thrives on the work of volunteers like YOU!

## Join our Core Council Lifetime Learning (CLL) Volunteer Leaders and Facilitators this Spring.

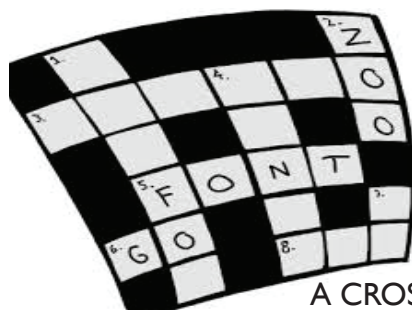
*We are looking for:*



A CURRENT EVENTS  
DISCUSSION GROUP  
LEADER



A MONTHLY FILM  
COORDINATOR



A CROSSWORD  
PUZZLE EXPERT  
FACILITATOR



RETIRED PROFESSORS/  
EDUCATORS/EXPERTS TO  
TEACH IN SUBJECT AREAS  
INCLUDING HISTORY,  
LITERATURE, PHILOSOPHY,  
PSYCHOLOGY, THE ARTS, OR  
ANOTHER COLLEGE LEVEL  
TOPIC

**Bring your skills and expertise to CLL!**

*Facilitators/Teachers are expected to make a weekly commitment for the term and to develop their own course. Previous experience is a plus.*

Contact Naomi at [nsr@ncjwny.org](mailto:nsr@ncjwny.org) or 646-884-9461

## Save the Date for our Annual Gala!

### Tuesday, April 30th, 2019 | Tribeca 360



# Winter 2019 CLL GROUPS & CLASSES

## ART CLASSES

### OPEN STUDIO

Mondays, 10 to 12 | Jan 7 to Mar 18 | \$35  
Thursdays, 1 to 3 | Jan 10 to Mar 21 | \$35

### BEADING STUDIO

Mondays, 10 to 12 | Jan 7 to Mar 18 | \$35  
Rena Rappaport; Materials included

### CERAMICS

Mondays, 2:45 to 4:45 | Jan 7 to Mar 18 | \$130  
David Hollingsworth; Materials included

### MIXED MEDIA COLLAGE

Tuesdays, 10 to 12 | Jan 8 to Mar 19 | \$90  
Donna Levinstone; Materials included

### STAINED GLASS

Tuesdays, 10 to 12 | Jan 8 to Mar 19 | \$70  
Yvette Bendahan; Materials included

### PAINTING IN ALL MEDIA

Wednesdays, 10 to 1 | Jan 9 to Mar 20 | \$115  
Wednesdays, 2 to 5 | Jan 9 to Mar 20 | \$115  
Gene Wisniewski

### WATERCOLOR

Thursdays, 1 to 3 | Jan 10 to Mar 21 | \$70  
Al Bukzspan; Materials included

### WEAVING

Fridays, 10 to 12 | Jan 11 to Mar 22 | \$150  
Jamie Boyle

### PASTELS

Fridays, 10 to 12:30 | Jan 11 to March 22 | \$120  
Donna Levinstone; Materials included

### FIGURE DRAWING

Fridays, 1 to 3 | Jan 11 to Mar 22 | \$70  
Jon Rettich

### ZUMBA GOLD

Mondays, 3 to 4 | Jan 7 to Mar 18 | \$65  
Roger Puckett

### FELDENKRAIS

Tuesdays, 10:30 to 11:30 | Jan 8 to Mar 19 | \$50  
Margot Townsend

### PILATES

Tuesdays, 3 to 4 | Jan 8 to Mar 19 | \$65  
Mike Lesser

### NIA WISE MOVES

Thursdays, 11 to 12 | Jan 10 - Mar 21 | \$50  
Ellen Zimmerli

### YOGA

Fridays, 10:50 to 11:50 | Jan 11 to Mar 22 | \$55  
Agnes Atwood

## EXERCISE

## DISCUSSION

### ESL

Mondays, 10 to 11  
Demetrios Siatos

### TECH SOUP 101

Mondays, 10 to 12  
Volunteers from Engage at the JCC

### SHORT STORY

Mondays, 11 to 12  
Ruth Taller & Betty Feldman

### WOMEN'S GROUP

Mondays, 12:10 to 1:10

### CLL COLLEGE: HISTORY

Mondays, 1:15 to 2:15 | \$10

### CLL COLLEGE: MUSIC

Tuesdays, 2 to 3 | \$10

### MEN'S LIFE GROUP

Tuesdays, 12:10 to 1:10  
Howard Fischer

### ASTRONOMY

Tuesdays, 12:35 to 1:35  
Laird Whitehill

### MEDITATION

Wednesdays, 11 to 12:15  
Richard Goldberg

### SHORT READS, LONG CONVERSATIONS

Wednesdays, 1 to 2  
Ruth Taller and Arlene Kossoff

### EMOTIONAL ASPECTS OF AGING

Thursdays, 2:15 to 3:15  
Marcia Ostwind

### INSTRUCTIONAL VOICE

Tuesdays, 3 to 5 | Jan 8 to Mar 19 | \$110  
William Lyons Lee

### ACTING

Wednesdays, 3 to 4:30 | Jan 9 to Mar 20 |  
\$110 for 10 weeks  
Scott Klavan

### ELLIE RESSLER MUSICAL THEATRE

Fridays, 1 to 2:30 | Jan 11 to Mar 22 | \$45 for 10  
classes  
Mark York; \*Schedule May Change

## PERFORMING ARTS

Unless otherwise noted, Discussion groups are free to members, and are offered year-round.

\*Please note that CLL will be closed on the following dates:  
1/1, 1/21, 2/18

**THE WINTER CLL TERM BEGINS MONDAY, JANUARY 7TH.**

Sign up online at <https://www.ncjwny.org/event/winter-2019-ctl-classes/> or by phone at (212) 687-5030 x 0 between 9:30 AM - 2:30 PM or by mailing in the form on the back of the bulletin.

Classes are open only to Members in good standing. Scholarships are available to those in need.

# Rebekah's Legacy

## *Safeguard the Future with a Planned Gift*

You can support the vital work we do by joining **REBEKAH'S LEGACY**, our exclusive society for members and donors in memory of NCJW NY's first president, Rebekah Kohut, whose legacy of public service lives on in our diverse programming and dedication to our community.

***Help us achieve another 125 years of service.***

**For more information on how you can give back, please contact our Director of Development, Sarah Waldbott, at (646) 884-9462 or [swaldbott@ncjwny.org](mailto:swaldbott@ncjwny.org).**

HAVE YOU RENEWED YOUR MEMBERSHIP FOR 2018 YET?

You can renew your membership by filling out the form on the back of this Bulletin or by visiting [www.ncjwny.org](http://www.ncjwny.org).

Membership Rates for the 2018-2019 year are:  
\$72 for seniors over 60, and Emerging Leaders under 35  
\$125 regular price

In 2019, NCJW NY will be celebrating our 125th anniversary. Since 1894, we have been empowering women as leaders, giving them the skills and the tools to serve their community, pursue social justice, and make progressive change.



While the times have changed, the need for our work has not.

Please consider making a special gift now to help us kick-off this milestone year.  
Make a gift of \$125, \$250, or more to support NCJW NY.

National Council of Jewish Women New York Section  
241 West 72nd Street, New York, NY 10023  
212-687-5030 www.ncjwny.org



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## SIGN UP AND CONTRIBUTE

Class (fill in name and price)	Price	Total
End of Year/125th Anniversary Campaign		
Membership (\$72 for Seniors 60 yrs or older; \$72 for Emerging Leaders 35 yrs or younger; \$125 regular)		
<b>Total</b>		

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

☐ My check in the amount of \$ \_\_\_\_\_, payable to NCJW NY, is enclosed.

☐ Please charge my credit card \$ \_\_\_\_\_. ☐ Visa ☐ MasterCard ☐ AmEx

Card # \_\_\_\_\_ Expiration Date \_\_\_\_\_ Security \_\_\_\_\_

Signature \_\_\_\_\_