



Miracle on the Fourth Floor

Written by Marion Lyons

Weaving has flourished this year at Council House with the arrival of Jamie Boyle, the new teacher of this esoteric craft. The weaving room is abuzz with enthusiastic members. Nine students have warped (threaded) looms and started to weave very individualized and handsome fabrics. Some are experienced weavers but most are beginners, who under Jamie's guidance, are creating unique designs.

Jamie is a teacher at the Textile Arts Center and one of her students there told her about the opening for a weaving teacher at NCJW NY's Council Lifetime Learning Program. She loves teaching, and was delighted by this new opportunity. After meeting Naomi Skop Richter, Director of Community Programs a year ago, she took a month "to get to know the looms" and prepare them for the Fall Term. She says, "The weavers who have joined us truly enlivened the looms."

A native of Pittsburgh, Jamie comes from an art-oriented family – her mother was a ceramist and a calligrapher. Jamie arrived in New York after doing graduate work at Ohio State University and has lived here for eight years, starting out in the dance community. She admits that she took a circuitous route to get to weaving and today her specialty is ikat, which involves plotting out the pattern on unwoven, white yarn and then tie-dyeing the yarn before weaving it. Once she started weaving, she says with humor, she was "totally hooked." Jamie loves the planning and improvising: "Doing twills feels like dancing," she exclaims.

Jamie notes that there is great diversity among the students in her class, which makes for lively mornings keeping up with everyone. "It's great to see the possibilities," she acknowledges. She loves providing assistance and guidance to her eager students. "Friday mornings," she says with a smile, "are now my favorite part of my week."



NCJW NY AND REPRODUCTIVE RIGHTS: AN EVENING OF LEARNING AND ACTION

Where: National Council of Jewish Women New York Council House

When: January 30th, 2020

Across the country, reproductive rights and access are under attack. Meet fellow advocates who care about this important issue, learn about what is happening here in New York to protect and expand reproductive rights, hear about NCJW NY's Pro-Truth Campaign against crisis pregnancy centers and take action to make your voice heard! [Registration information to come in January.](#)

PHYLLIS CHESLER: A POLITICALLY INCORRECT FEMINIST

The NCJW NY Eleanor Leff Jewish Women's Resource Center (JWRC) is pleased to welcome a pioneer of Second-wave feminism, Phyllis Chesler. Her new book chronicles the women who changed the world and became major players in history.

Thursday, March 5, 2020 from 1 PM to 3 PM
Council House, 241 West 72nd Street, New York, NY 10023

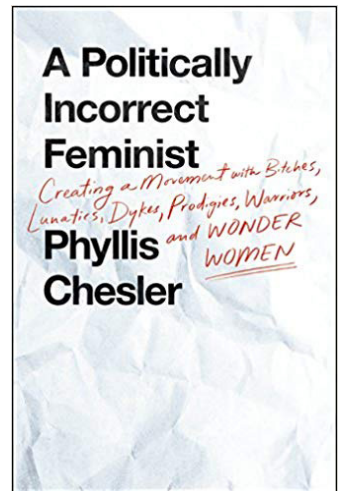
Between 1972 and 1975, these women integrated the want ads, brought class action lawsuits to fight economic discrimination, opened rape crisis lines and shelters for battered women, held marches and sit-ins for abortion and equal rights, famously took over offices and buildings, and pioneered high-profile speak-outs.

These women began the first-ever national and international public conversations about birth control and abortion, sexual harassment, violence against women, female orgasm, and a woman's right to kill in self-defense.

*Phyllis Chesler is an American writer, psychotherapist, and professor emerita of psychology and women's studies at the College of Staten Island. She is known as a Jewish, feminist psychologist, and is the author of 18 books, including the best-seller *Women and Madness*.*

*Light refreshments will be served. This **FREE event** is offered through a partnership of the JWRC and Gerson Cultural Arts Series.*

RSVP is suggested. RSVP online at ncjwny.org/event/chesler



HEALTHY LIVING

Occurs from 12 PM - 1 PM in the First Floor Cafe

January 24th - Brain Health: How to Maintain What You've Got

Are there things you could be doing (or taking) to maintain your cognitive abilities? Please join Dr. Zaib Khan, Geriatrics Fellow at the Icahn School of Medicine at Mount Sinai, to discuss every-day strategies that can help you remain sharp as you age.

February 21st - Pills Everywhere: Tips for Medication Safety

Have you ever wondered if you are taking too many medications? Medications can be hard to keep track of and confusing. Join Dr. Kavya Sreevalsan, Geriatrics Fellow at the Icahn School of Medicine at Mount Sinai, to hear practical tips on how to manage your medications safely, how to keep track of medication changes, and what to do with old pills lying around at home.

**MEL HABER,
LECTURER**

Funny Songs from Stage &
Screen
January 2nd

THE BROOKLYNAIRES

Barber Shop Quartet
January 16th

**THE CHILDREN'S
CHORUS**

January 30th

**ROSIE ROUNDS &
CHAMELEON**

Latin American Music &
Song
February 13th

LISA TANNEBAUM

Harpist with a Piano
Accompanist
February 27th

PHYLLIS CHESLER

A Politically Incorrect Feminist
(co-sponsored by the JWRC)
March 5th

VALERIE LEMON

A Song in my Heart: The Music
of Jane Froman
March 12th

JENNY LYNN STEWART

A Tribute to Richard Rodgers
March 26th

**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.*



**ELEANOR LEFF
JEWISH WOMEN'S RESOURCE CENTER**

BOOK GROUP

THURSDAYS AT 11 AM

GOOD HARBOR

by Anita Diamant
January 30th

THE OUTSIDE WORLD

by Tova Mirvis
February 27th

**SINGLE JEWISH MALE
SEEKING SOUL MATE**

by Letty Cottin Pogrebin
March 26th



**HEALTH INSURANCE
COUNSELING**

NCJW NY continues to provide free 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. Our HIICAP counselor will be here on **1/9, 1/23, 2/20, 3/5 and 3/19.**

*Please contact Letitia Maun at (646) 884-9471 or
Imaun@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) on **1/13, 2/10 and 3/9**. The Mobile Center's staff are bilingual and provide free legal assistance on civil issues including housing (tenants only), foreclosure, public disability and health benefits, identity theft, debt management, consumer credit immigration, domestic violence, divorce, custody and visitation, child support, employment, Superstorm Sandy and advance planning.

To schedule your appointment, please contact Letitia Maun at (646) 884-9471 or Imaun@ncjwny.org.

THE HELEN BLOOM LINC PROGRAM EXPANDS TO A FOURTH DAY, NAMED “SOLOMON SUNDAYS”

The Helen Bloom LINC (Lunch, Interaction, Nurturing, & Companionship) Program is an innovative day program designed for adults with memory loss along with their caregivers. Held in an intimate and controlled environment, LINC engages participants and encourages positive self-expression, improving their mood and function. Participants come together for an afternoon of stimulating activities geared to their interests and capacities, like arts and crafts, music, movement, and more.

For one year, the program has been operating Monday, Wednesday, and Fridays here on the second floor of Council House. Recently, when one long-time participant's family thought he could benefit from an extra day at the program, they generously made a donation that has allowed us to expand LINC to four days a week, providing another afternoon of the program for participants and their caregivers. We are so grateful, proud, and excited to announce “Solomon Sundays” at the Helen Bloom LINC Program, and invite you to read the beautiful testimonial from the Solomon Family below:

About five years ago, we thankfully found our way to the LINC program at NCJW NY. We met with Letitia Maun, NCJW NY's Social Worker to better understand the range of offerings and it became clear that LINC was and is a one-of-a-kind program in the City for people who need routine, stimulation and caring interaction with others and professionals who know how to bring the joy and happiness into a few hours of every day for those who don't have the social circle or skills they once did.

LINC has only gotten better and better with each year and each new staffer that the NCJW NY team under Executive Director Andrea Salwen Kopel's leadership has been able to recruit and attract. When our dad, Irwin “Cookie” Solomon is there he is happily tapping on the table, stimulated by music. And, when he was able to get up and dance in the early years, as he walked into the program only with the use of a cane, today he moves his feet as he enjoys the same motion and music, though seated in his chair. A nutritious lunch enjoyed with others bring all of us joy. And a shared meal is a great part of LINC as well. We owe so much to this wonderful gem of a program nestled in the NCJW NY building on West 72nd. Social workers, art therapists, musicians, several of whom Andrea and the team have recruited from performing careers, know exactly how to show care, interest and bring out the best in all who come. A special highlight for our dad are the days that Topper – the therapy dog pays a visit. They are old friends by now and recognize each other joyfully.

When Cookie turned 95, our family wanted to do something special to note this milestone. While on Dad's 90th, we dedicated his favorite bench in Riverside Park, for this birthday, the choice was clear. And we proudly, happily with great admiration for LINC and all who support it, chose to make a donation that would enable the team to create a fourth day. We are happy to be able to share this gift with the entire community, and look forward to a day when LINC is offered every day! Thank you again to all that have made this precious program a critical centerpiece of our dad's years.

*Helene Solomon and Bill Stein
Jonny and Deborah Solomon
Beverly Solomon*



Irwin “Cookie” Solomon at his 95th birthday celebration at the LINC Program



The Solomon Family celebrating Cookie's 92nd Birthday

WINTER 2020 CLL GROUPS & CLASSES

Begins Monday, January 6 and ends Friday, March 13

ART CLASSES

OPEN STUDIO

Mondays, 10 to 12 | Jan 6 to Mar 9 | \$35

Thursdays, 1 to 3 | Jan 9 to Mar 12 | \$35

BEADING

Mondays, 10 to 12 | Jan 6 to Mar 9 | \$45

Rena Rappaport

POLYMER JEWELRY 2 DAY WORKSHOP

***This class is full**

Monday, Jan 27 to Tuesday, Jan 28 | \$100 | 1 to 4

Sheila Gladstein & Nili Baider; Materials Included

MIXED MEDIA COLLAGE

Tuesdays, 10 to 12 | Jan 7 to Mar 10 | \$80

Donna Levinstone; Materials included

STAINED GLASS

Tuesdays, 10 to 12 | Jan 7 to Mar 10 | \$70

Thursdays, 10 to 12 | Jan 9 to Mar 12 | \$70

Yvette Bendahan; Materials included

PAINTING IN ALL MEDIA

Wednesdays, 10 to 1 | Jan 8 to Mar 11 | \$130

Wednesdays, 2 to 5 | Jan 8 to Mar 11 | \$130

***This afternoon section is full**

Gene Wisniewski

WATERCOLOR

Thursdays, 1 to 3 | Jan 9 to Mar 12 | \$70

Al Bukszpán; Materials Included

WEAVING

Fridays, 10 to 12 | Jan 10 to Mar 13 | \$150

Jamie Boyle

PASTELS

Fridays, 10 to 12:30 | Jan 10 to Mar 13 | \$100

Donna Levinstone; Materials included

FIGURE DRAWING

Fridays, 1 to 3 | Jan 10 to Mar 13 | \$70

Jon Rettich

ZUMBA GOLD

Mondays, 3 to 4 | Jan 6 to Mar 9 | \$50

Roger Puckett

FELDENKRAIS

Tuesdays, 10:30 to 11:30 | Jan 7 to Mar 10 | \$55

Margot Townsend

PILATES

Tuesdays, 3 to 4 | Jan 7 to Mar 10 | \$70

Mike Lesser; Bring your own mat

DISCOVERING CHI

Wednesdays, 11 - 12 | Jan 8 to Mar 11 | \$50

Roger Puckett

EXERCISE

DANCE EXERCISE

Wednesdays, 3 - 4 | Jan 8 to March 11 | \$100

Meli Zinberg

NIA WISE MOVES

Thursdays, 11 to 12 | Jan 9 to Mar 12 | \$55

Ellen Zimmerli

YOGA

Fridays, 10:50 to 11:50 | Jan 10 to Mar 13 | \$55

Agnes Atwood

TECH SOUP 101

Mondays, 10 to 12

Volunteers from Engage at the JCC

SHORT STORY

Mondays, 11 to 12

Ruth Taller & Betty Feldman

CONVERSATIONS ACROSS TIME

***Resumes 1/27**

Mondays, 1:15 to 2:15

Susan Matthias

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

CURRENT EVENTS

Thursdays, 11 to 12

Jeffrey Zadoff

EMOTIONAL ASPECTS OF AGING

Thursdays 2:15 to 3:15

Howard Fischer

INSTRUCTIONAL VOICE

Tuesdays, 3 to 5 | Jan 7 to Mar 10 | \$110

William Lyons Lee

ACTING

Wednesdays, 3 to 4:30 | Jan 8 to Mar 11 | \$115

Scott Klavan

ELLIE RESSLER MUSICAL THEATRE

Fridays, 1 to 2:30 | Jan 10 to Mar 13 | \$50 for 11 classes

Mark York; *Schedule May Change

DISCUSSION

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

PERFORMING ARTS

***Please note that CLL will be closed on 1/20 for Martin Luther King Day and 2/17 for Presidents Day**

Sign up online at <https://www.ncjwny.org/event/wintercll2020/>, by phone at (212) 687-5030 x 0, 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.

SAVE THE DATE

The Eleanor Leff Jewish Women's Resource Center invites you to a
**Women's Seder: An Alternative Seder that Brings
Womens' Voices to the Table**

Tuesday, March 31, 2020

5:30 PM

Everyone is welcome



\$18 contribution. Registration will open in February

Join NCJW NY's 125th Anniversary Bequest Challenge

Now through June 2020

A group of generous donors has committed a total of \$40,000 for a Bequest Challenge Fund to match 10 percent of bequest pledges.

Bequests include gifts from wills, trusts, retirement plans, investment accounts, and life insurance policies.

For more information on how you can leave or notify us about a legacy gift and join the Bequest Challenge, please contact our Director of Development, Sarah Waldbott, at (646) 884-9462 or swaldbott@ncjwny.org.

**You can help us achieve another
125 years of service.**

For example:

**You document a bequest
of \$10,000**



**Ten percent (10%) of the
amount of your bequest
pledge is immediately
matched out of
The Bequest Challenge
Fund.**



**\$1,000 supports
programs now**



**MAKING CHANGE HAPPEN
THEN & NOW**

241 West 72nd Street
New York, NY 10023

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SIGN UP AND CONTRIBUTE

Class (fill in name and price)	Price	Total
Total		

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 _____