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Volume 81, Number 4 • January 14, 2015 • 23 Tevet 5775

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Cover art by Jackie Olenick
(see About the Cover, p.IN3).



May God Bless and Keep You
May God Shine on You and Be Gracious to You
May God Shine Within You and Bring You Peace

Simcha Announcements

Mazel Tov to...

Lev and Pam Rothenberg on the birth of their granddaughter **Hadley Rae Rothenberg** (below) born Nov. 22, 2014 to their son and daughter-in-law **Steve and JoAnna Rothenberg** of Pittsburgh. The maternal grandparents are **Laurel Isaacson Hecht** of Gastonia, N.C., and **Joe and Cheryl Short** of Myrtle Beach, S.C. Great-grandparents are **Jerry Greenberg** of Minneapolis, **Jill and Robert John, Bill and Rita Isaacson**, and **Richard and Florence Short** all of Charlotte, N.C.



Edith Garfield on her 100th birthday Dec. 10.

Great-grandparents **Bebe** and, the late, **Bill Weinstein**, maternal grandparents **Gayle Garber** and **Bruce Loewenthal**, paternal grandparents **Bruce** and **April Lafferman** of Los Angeles, and parents **Dani** and **Brandon Lafferman** on the birth of their son **Crew Jaxon** (below) born on Dec. 15 weighing 7 lbs. 4 oz.



Michelle Cotlar (below), daughter of **Dr. Jack and Sally Cotlar** who got engaged to **Evan Kracoff** at *Hanukkah*. He is the son of **Wendy and Howard Kracoff** of Manalapan, N.J. They met in August of 2013. Michelle works for the Jewish Federation and Evan works for Brightstar, a wireless distributor. Both reside and work in Chicago.



Great-grandparents **Mark and Anna Ruth Hasten**, maternal grandparents **Michael and Shulamit Hasten**, parents **Dina and Itamar Cohen** on the birth of their son **Yehuda Eli** (below) born Dec. 29. Michael and Shulamit have another new grandson from their son and daughter-in-law in Israel, **Dov and Tali Hasten. Shlomo Zalman** was born Jan. 6, 2015.



On Jan. 4 **Simcha (Eddie) Margolis** of Indianapolis and the former **Sarah Feldman** of Toronto became the proud parents of a son (below) born in Jerusalem.



Grandparents are **Mary Ann and Samuel (z"l) Margolis** of Indianapolis and **Joseph and Ann Feldman** of Toronto. Maternal great-grandparents are **Joseph and Helen Morgan** of Toronto. The baby has three older brothers, **Shmuel Chovev Tzion, 5, Yitzhak Chaim Annaniel, 3,** and **Aryeh Matanya Margolis** age 21 months.

Scott and Tina Levine are the proud parents of a son **Gilad Nachman** (below) born on Jan. 13. He weighed 9 lbs 3 oz., and was 22 inches long. He is the grandson of **Steven and Randi Geneman** of Crystal Falls, Mich., and **Norman and Cynthia Levine** of West Bloomfield, Mich. His older brother is **Jack**. ✨



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Editorial

For this our 18th special Focus on Healing edition, I am reviewing a new CD on the topic. A joint project of the Cantor's Assembly and The United Synagogue of Conservative Judaism, its title describes it well. *The Spirit of Hope & Healing* is from The Spirit Series Volume 12, Voices of the Conservative Movement.

Twenty-one different songs, many familiar, are each sung by different cantors and an honorary one. They are mellow and pleasing to the ear as one would desire when not feeling well. The honorary cantor is Debbie Friedman, of blessed memory, whose *Mi Sheberach* has become an anthem of today's healing services in many synagogues and temples. This is the first song and the CD is dedicated to her.



On the insert of the CD, before the first song it is written:

"Whereas prayers for healing have an ancient Jewish history with venerable texts that extend back to the Bible, communal healing services have developed in the Jewish community only during the last three decades – coinciding with the prolific musical and liturgical career of the late singer-songwriter Debbie Friedman (1951–2011). We dedicate this album to Debbie's memory and to her legacy in our lives as Jews and as *Hazzanim*." Sam Weiss and David Propis

Also on the insert, besides listing information on the performers, arrangers and creators of each song, an explanation or summary introduces it, giving it more meaning.

Since I am not a musician, but I work words, I feel more comfortable commenting on lyrics. Several of them resonated with me but one stood out. Titled "I'll Be Here for You," it is performed and arranged by *Hazzanim* Alisa Pomerantz-Boro & Leon Sher and the music & lyrics are by David Roth.

One of the verses is: "Well, I don't really have any answers, / And I don't always know what to do. / But if shoulders were meant to be leaned upon, / Then I'm putting one out here for you." Sung with beautiful harmony, I found this especially comforting.

This reminds me of a message from Dr. Gerald Jampolsky and Diane Cirincione in the book *Change Your Mind, Change Your Life*. They found that when visiting the sick, frequently it was not necessary to say or do anything. Simply sitting with the person was all that was needed. Also in

About the Cover

"Priestly Blessing"

By Jackie Olenick

This piece portrays the oldest recorded blessing ever found and is one of our most beloved blessings. The three-prong and four-prong "shins" in the hands remind us of the ultimate unity between man, woman and the Source of all Blessing.



Jackie Olenick

*May God Bless and Keep You
May God Shine on You
and Be Gracious to You
May God Shine Within You
and Grant You Peace*

Jackie Olenick is a Judaic artist and jewelry designer residing in Boynton Beach, Fla. Her work can be seen on her website: www.jackieolenickart.com. ✨



the time-honored Jewish tradition of *Bikkur Cholim* (visiting the sick), it is said when one visits someone who is ill, it takes away one sixtieth of their illness.

If loud music is what you prefer, then you might not like this CD, but it does an excellent job fulfilling its purpose. I recommend it!

The power of art therapy

After reading "Herron art professor in the healing business" on page IN11, I was reminded of my editorial from Nov. 26, 2008. I wrote about American art educator Maureen Kushner, who spoke and presented a slide show at our annual Ann Katz Festival of Books. As part of a traveling exhibit, "Peace Through Humor," she came with artwork from Israeli children – Jewish, Arab, Bedouin, and Druze as well as Ethiopian and Russian immigrants. She had worked in 27 schools in Israel between 1992 and 1996 by invitation of the Israel Ministry of Education.

The exhibit had been to 174 cities in the United States and Canada. The murals and paintings were on the theme of war and peace. As Kushner clicked through a slideshow of artwork, she described the experiences of the children that led to their creative works of art.

After listening to the presentation and seeing the artwork, I could see their paintings were like art therapy. Later she affirmed what I thought when she said that doing the artwork is cathartic for the children. It gives them an opportunity to talk about upsetting experiences while they are working. Here is one example of

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The Jewish Post & Opinion
Jewish News and Opinion since 1935.

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Indianapolis, IN 46260
email: jpostopinion@gmail.com
phone and fax: (317) 405-8084
website: www.jewishpostopinion.com
publisher & editor: Jennie Cohen
graphic designer: Charlie Bunes

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Simchas Welcome! Had a recent joyous occasion in your family or Jewish organization? *The Jewish Post & Opinion – IN Edition* welcomes your announcements for placement in our *Simcha* section (see page 2). Submit photos and text to: jpostopinion@gmail.com. **Next Deadline: Feb. 2, 2015.** All decisions on publishing, date of placement, size of photo, and length of announcement are at the sole discretion of the publisher.

the stories she told.

Georgie, a four-year-old Armenian boy from Jerusalem was brought to Kushner to see if she could help him. He was catatonic. He had stopped speaking after he witnessed a grenade explode near him and saw some children he knew blown up.

(see Editorial, page IN 10)

Community Events

New Jewish Learning Institute class

This class titled “The Art of Parenting” started Jan. 11 and is being held on Sundays Jan. 25, Feb. 1, 8, and 22, and March 1 from 11:15 a.m.–12:45 p.m., at the Arthur M. Glick JCC. There will also be two Tuesday options starting Jan 20 at 10:30 a.m. at 1112 Oakwood Trail 46260 or 7 p.m., at 1037 Golf Lane 46260. For more information call (317) 698-6423 or email jliindiana@gmail.com.

As parents, we worry about the well-being of our kids; about their future, and about our role in shaping it. How do we keep them safe, while encouraging their independence? When should we motivate them by incentive, and when by establishing firm consequences? And how do we build their self-esteem to prepare them mentally and emotionally for the long road ahead?

In “The Art of Parenting,” we scale the challenges that face us as parents and explore timeless insights from Jewish wisdom to instill values, foster independence, and ensure the long-term success and emotional well-being of our children. Accreditation available.

Young Leadership Division (YLD) Jews Night Out

Sat., Jan 17 at 9:30 p.m., Brick House Dueling Pianos Bar in Broad Ripple, 6235 Guilford Ave. Make sure you mention YLD to get in without a cover. RSVP on Facebook: <https://www.facebook.com/events/1378249272475233/>

Hadassah Book Club

This month’s Book Club will be held on Sun., Jan. 18 at 3 p.m. The book is *The Goldfinch* by Donna Tartt. Hostess: Phyllis Kaplan. Facilitator: Shirley Aprison. For more info call 317-475-4278 or email Indianapolis@hadassah.org.

Israeli Movie afternoon

On Mon., Jan 19 at 1 p.m., the movie *Beneath the Helmet* will be shown at the Hasten Hebrew Academy Cultural Arts Center. This movie is an inspiring coming-of-age story about five Israeli soldiers. There will be a Q&A session following the movie with Shaliach Roy Swisa. For more information call 251-1261 or contact Roy at shaliah@jfgi.org or 317-800-9350.

Israeli Lunch and Learn

On Thurs., Jan. 22 from noon to 1 p.m., at the Arthur M. Glick JCC, Room A17, join Community Shaliach Roy Swisa for a discussion about the upcoming elections in Israel. Bring your lunch and participate in engaging conversation. RSVP at www.

jewishindianapolis.org. For more info contact Roy at shaliah@jfgi.org or 317-800-9350.

Yuval Ron Ensemble Live in Concert

On Thurs., Jan 22 at 8:30 p.m., at the Christian Theological Seminary, 1000 West 42nd St. Hosted by The Center for Interfaith Cooperation, this internationally renowned music and dance group creates musical bridges between people of all faith traditions. Tickets are available at www.centerforinterfaithcooperation.org, \$25 in advance/\$30 at the door.

Great Voices Parlor Concert

Sat., Jan. 24 at 7 p.m., at Congregation Shaarey Tefilla’s Great Voices Parlor Concert. Please join us for this intimate and casual program. Singing classical world music and art songs performed by Dana Goot, Giora Sharon, Evelyn Johnson, Jeffrey Ballard, Judith Gibson, Gregory Gibson, Jill Birch, and Emily Block. Admission is free. Tzedakah box will be available for donations. RSVP to the CST office, 317-733-2169.

JCC Winter Blast Triathlon

Sun., Jan. 25, from 8 a.m. – noon. For non-competitive participants as well as competitive athletes, this indoor triathlon is 20 minutes each of swimming, biking and running. For details, go to: jccindy.org/event/jcc-indoor-triathlon/. Or email organizer Katherine Matutes at kmatuses@JCCindy.org. \$35/\$30 JCC members.

The Mother’s Circle

Sundays Jan 25, Feb. 8 and Feb. 22 from 9:30–11 a.m. at the JCC. Are you raising Jewish children but you’re not Jewish? You’re not alone! Join us for a free mini course on creating a Jewish home. This is a wonderful opportunity to learn the basics, ask questions, and meet other parents in a relaxed environment. Register at www.jewishindianapolis.org. Contact Patti Freeman Dorson, Mothers Circle Facilitator, at pdorson@JFGI.org or 715-9273.

Jewish Writers Group

Sun., Jan. 25, 11 a.m.–12 p.m. If you are seriously engaged in the process of writing and are interested in meeting with other Jewish writers, you’re invited to come to the inaugural meeting of a Jewish Writers Group hosted by Congregation Beth-El Zedeck. We’ll discuss Jewish themes, generate ideas, and share our work. We’ll meet once a month, and our hope is to produce an in-house publication annually. If you’d like to join or if you have any questions please contact Rabbi Sandy Sasso at ssasso@bez613.org or Jennifer Hodes at jhodes@bez613.org.

YLD Wine and Canvas

Get in touch with your artistic side on Sun., Jan. 25 2–5 p.m., at Wine and Canvas, 3969 E. 82nd Street. Cost \$35, must be 21 or older. RSVP www.jewishindianapolis.org. Please arrive 15 minutes early to find a seat. Questions? Contact Inna Kolesnikova-Shmukler: YLD@JFGI.org or call 715-9264.

pARTy at Our Live Art Auction!

Sat., Jan. 31 at Congregation Beth-El Zedeck, preview at 7:30 p.m.; auction at 8:30 p.m. An exciting variety of custom framed art will be on display and available for auction. Visit www.bez613.org to purchase tickets: 1 for \$15 and 2 for \$25. For more information contact Jennifer Hodes at the synagogue office at 253-3441 ext. 209 or jhodes@bez613.org or contact any auction committee member: Annette Doherty, Marlo Katz, Jane Morrison, and Sue Russell with any questions.

YLD Shabbat Dinner

Fri., Feb. 6 at 7 p.m., pitch-in dinner at home of Mary and Jacob Gorden. RSVP at www.jewishindianapolis.org with the dish you plan to bring. Questions? Contact Inna Kolesnikova-Shmukler: YLD@JFGI.org or call 715-9264.

Mr. Blair’s Open Mic Group

Mr. Blair Karsch and the On Your Level Youth Project will once again host Indianapolis’s premiere youth open mic events, which have produced standing-room-only crowds at previous events. This is the largest all-city event with a focus on youth expression through spoken word. There’s even room for adult performers as the evening allows. Come one, come all. This event will be an open stage for all ages to perform and practice any form of spoken word entertainment. Poetry, prose, comedy, hip-hop, rap, acoustic music and more are some of the most popular forms. Get there early to have a snack, drink, get a good seat and meet the artists.

On Sat., Feb. 7 from 7–9 p.m. at BRICS “The place to chill in Broad Ripple” on the Monon Trail, 901 East 64th St.

JFGI Super Sunday – Feb. 8

Help to raise funds to support the important work the Federation and its agencies do in Indianapolis, Israel, and overseas! Be a super hero. Change the world. Volunteer. Answer the call. Sign up to volunteer or make your donation before Super Sunday at www.jewishindianapolis.org. Contact Keren Ayalon at kayalon@JFGI.org or 715-9261 with questions.

15th Casino Night & Silent Auction

Sat., Feb. 28 at 7:30 p.m. at Congregation Shaarey Tefilla. Black Jack,

Poker, Roulette and Craps. Hors d'oeuvres, desserts, wine and beer with admission. Fastic auction items! Tickets available now: \$15/individual, \$20/couple; \$25/person at the door. For tickets contact Phil Lande 317-863-2356 or the synagogue office 317-733-2169.

Chabad Center for Jewish Life

Dedication of the Chabad Center for Jewish Life will take place on *Purim*, **Thurs., March 5**, in conjunction with the annual Purim Seudah. Details to follow.

Libby Fogle Lunch Bunch

Meets at noon at the Arthur M. Glick JCC **every Tues. and Thurs.** except on holidays. Suggestion donation for kosher lunch is \$2. Reservations not required except for special holiday lunches. Transportation available within a limited area at a minimal cost. For more info call Ruthie Gal 557-2265 or Christy Morris 259-6822.

Winter Farmer's Market Indoors at the JCC

Sundays from 10 a.m.–1 p.m. Shop with us for fresh local produce, baked goods and dairy products throughout the winter and early spring. You can find our

indoor farmer's market between the East and West lobbies every Sunday though March 2015.



Pickleball at the JCC

Tues. and Thurs. from 1–3 p.m. in the Schloss Gymnasium (small gym) Stop by for open play to try out this latest sport. It's a cross between table tennis, tennis, and badminton. We'll go over the rules and some preliminary teaching. Feel free to bring your own paddle and balls. Some will be available for checkout at the East Desk.

Burn Your Carbs Cycling Meet Up at CST

Sun., April 12 at 9:30 a.m., in the Shaarey Tefilla parking lot, 3085 W. 116th St., Carmel. 5, 20 and 40 mile suggested routes provided. Ride open to adult and children. Helmets required. ★

Purdue University Jewish Studies Program lectures

Spring 2015:

Wed., Feb. 18 ~ Stewart Center, Room 313 ~ 12:30 p.m., Aaron Hoffman, Associate Professor, Department of Political Science, Purdue University, "The Effectiveness of Israel's Use of Social Media to Publicize Its Counterterrorism Efforts."

Wed., March 11 ~ Beering Hall, Room 1222 ~ 12:30 p.m., Rabbi Levi Tiechtel, "Chabad: Its History and Journey from White Russia, 1773 to West Lafayette, Ind., 2014"

Wed., April 15 ~ Stewart Center, Room 313 ~ 12:30 p.m., Lynn Parrish, Graduate Student, Philosophy and Classical Literature, Purdue University, "In the Abundance of Thy Lovingkindness': The Portuguese Synagogue of Amsterdam"

All members of the Purdue University community and the public are cordially invited to attend these free events offered by the Jewish Studies Program. (www.cl.purdue.edu/jewish-studies) ★

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★ A FOCUS ON HEALING ★

Prayers for healing



BY ALDEN SOLOVY

Quick Prayer for Healing

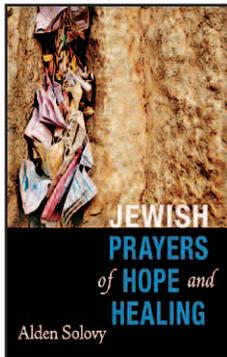
G-d of love,
Cast the light of health and well-being
On the injured, the infirm and the insecure,
All who yearn for Your healing hand.
Bless them with healing of body
Healing of soul
And healing of spirit.
Grant all in need a full
and complete recovery.
Blessed are You, *Adonai* our G-d,
Source of Life.

R'fuat HaNefesh

G-d of the spirit,
G-d of the soul, the breath and the wind,
Look with kindness and favor on
_____, (name)
My [father /mother / sister / brother / son /
daughter / friend / husband / wife / partner]
Whose heart aches,
Crushed and fallow,
Whose heart yearns,
Empty and broken.
G-d of the *nefesh*, *ruach* and *neshama*,
Guide his / her soul
Back to wonder and mystery,
Sacred moments and glorious days,
So that he /she knows the power of Your love
And the wisdom of Your word.
May his / her soul shine,
A light and blessing
For our people Israel.

"Quick Prayer for Healing" and "R'fuat HaNefesh" are ©Jewish Prayers of Hope and Healing, Alden Solovy and tobendlight.com. Used with permission. All rights reserved.

Alden Solovy spreads joy and excitement for prayer. A poet and liturgist, his work has been used by people of all faiths throughout the world, in private prayer and public ceremonies. He's written nearly 500 pieces of new liturgy, offering a fresh new Jewish voice, challenging the boundaries between poetry, meditation, personal growth and prayer. He's a teacher, a writing coach and an award-winning essayist and journalist. Solovy has



Two great tribes



BY RABBI DAVID WOLPE

There are two great tribes in the world – the sick and the well. This is why I think spirit unites both.

A faint dark scar runs down my arm. It is a reminder of the day the chemo line split and the poison ran free.

Sitting in the chair at the center I was constantly struck by the radical break between our sense of ourselves as bodies and our sense of ourselves as spirits. The cancer was, after all, my own cells multiplying inside myself, as if seized by a wild urge to grow beyond my own bounds. So it would seem to be all about the body. And yet illness often spurs us to consider our souls, as if in the act of being sick the body becomes somehow less important. As my hair fell out and the weight slid off, I felt more like a spirit than sinew, essence overriding anatomy.

I prayed but for strength. I've never been one to believe in the magic potency of prayer, as though mouthing certain formulas spares you from tragedy and the poor guy in the hospital in bed six, who neglects to say anything, is swept away. Rather, prayer for me is what was beautifully described by the 17th-century rabbi Leona Medina: If you watch a man out on a boat grab a rope and pull his boat to shore, you might think that he was really pulling the shore to his boat. People have the same confusion about spiritual

been named 5th Liturgist-in-Residence at the National Havurah Committee's Summer Institute 2015 taking place August 3–9, at Franklin Pierce University in Rindge, New Hampshire. Go to: <http://havurah.org/institute>.

Originally from Chicago, Alden has led writing workshops for adults, teens and pastoral care counselors in the United States and in Israel. He would love to come to your synagogue. For more information, check out his website: www.tobendlight.com.

Also join the To Bend Light Facebook page and follow To Bend Light on Twitter to get announcements about new prayers and stories posted, as well as (almost) daily mini-prayers. Here's a link to find out more about his book, *Jewish Prayers of Hope and Healing*: <http://tobendlight.com/book-jewish-prayers-of-hope-and-healing>. (Watch for JPO's upcoming review of this book.) ★

weight and motion. In prayer, some believe that you are pulling God closer to you. But in fact, Modena taught that prayer pulls you closer to God.

However you conceive of God, in sickness God can be thought of as the source of that strength that helps you endure. There is more to the trial than pain and fear. Sickness brings with it boredom, the condescension and confusion of others and the indignities of a thousand pokes and prods. The sameness of each day is allied to its uncertainty. You need to be as strong for the mundane as you do for the moments of drama.

I have undergone two neurosurgeries (for a brain tumor and then to fix a problem with the original surgery, six years later) and chemotherapy for lymphoma. This is what I have learned: There are two great tribes in the world, the sick and the well. We cannot completely understand each other. Each has its frustrations and fears. But for moments, in meditation, in prayer, in tears, we can join across the divide and see that each is part of the inevitable human fate. We have all been well and will all be sick. A universal cord binds us all, and sickness' twitch upon that string ripples through the whole. One more thing I have learned: The wretchedness of the body need not lead to impoverishment of the spirit.

So in prayer, in fellowship, in friendship, in community and in self-realization, sickness carries its blessings. They are blessings we do not choose, blessings we would not choose. But there are human angels of healing and large-hearted people whose empathy and goodness renew one's faith in our ability to transcend division. There are resources in the soul – in your soul – that you cannot begin to imagine if you have not been seriously ill. But we are more than we imagine.

Whether we call it God, Spirit, Oneness, what you will, we can reach beyond ourselves to whatever exists. If we are blessed on our journey we will grow closer to others, to what is best in ourselves and to whatever mystery rolls through the universe, touching our lives in scary yet sacred moments.

Voted #1 rabbi in America by Newsweek (2012) and named one of the 50 most influential Jews in the world by The Jerusalem Post (2012), Rabbi David Wolpe is the senior rabbi of Temple Sinai in Los Angeles and author of several books including most recently *David: The Divided Heart*. From *Reimagine, The Magazine*: <https://reimagine.me/magazine/> March 26, 2014. More by him at www.facebook.com/RabbiWolpe. ★

Our health, our future



BY LISA E. HARRIS, M.D.

The following is an excerpt of a speech given from the pulpit of Congregation Beth-El Zedeck in Indianapolis on Sept. 6, 2014 at the Bat Mitzvah of Ella Eskenazi.

I have always admired the Jewish tradition for its focus on social responsibility, for the deep sense of personal obligation and humanity's shared responsibility, encompassed in the Hebrew phrase *Tikkun olam*, to heal, repair and transform the world, leaving it a better place for our brief presence in it.

So, though I had certainly heard the rhetoric – “if not us, who, if not now, when,” – I wasn't surprised to learn from the Rabbis Dennis and Sandy Sasso that it originated with Hillel the Elder, one of the most important leaders in Jewish history, who put it like this:

“If I am not for myself, who will be for me? If I am for myself alone, what am I? And if not now, when?”

When Rabbi Dennis Sasso spoke these words as he and Sandy explained to me how the *Bat Mitzvah* signals the age of moral discernment and therefore moral responsibility – of higher obligation and accountability for one's actions – he sent chills up my spine.

These words resonate powerfully with me from many perspectives. The one I want to focus on this morning, though, is not only the notion of personal responsibility for one's own health, but our responsibility for the health and vitality of all those living within our community – and the good that can transpire from taking on that responsibility.

Because good health provides the foundation for everything else we aspire to individually and collectively.

If I am not for myself, who will be for me?

The notion of personal responsibility for health and the powerful impact that personal decisions and behaviors have on health and wellbeing is at the core of our approach to care at Eskenazi Health. Because we know that if we wait until the point at which we're treating chronic disease, we have only a 10% opportunity to reduce the risk of premature death.

That's right. 10%.

The biggest opportunity, 50%, lies in personal lifestyle – good nutrition, and regular physical activity, but also connection to nature, social connection, and strong ties to family, friends and community.

Another 20% lies in the environment – clean air and water, certainly, but also safe workplaces, homes and roads, a built environment that enables good health behaviors, for example, easy access to healthful foods and sidewalks that are in good repair.

The remaining risk lies in the genetic blueprint we're born with. However, only about 2 percent of deaths in the US can be attributed to purely genetic disease and even for a problem like obesity, for which almost two-thirds of the risk may be genetic, the risk is almost entirely controllable by lifestyle choices.

So close to 90% of the responsibility for health is on us. The biggest opportunity for living a long, vibrant life lies in our daily habits.

And to give you a sense of the power that lies with the personal choices we make:

A while back we were part of a national study that randomly assigned half of a group of patients to 30 minutes of daily exercise and a low-fat diet and the other half to a drug used to treat diabetes, to see which approach was most effective in reducing the risk of diabetes. The study was stopped early because it would have been unethical to continue, given that the participants receiving the medication were not benefitting from the dramatically better outcome experienced by the group receiving the lifestyle intervention: exercise and diet reduced the risk of developing diabetes by 60%!

“The biggest opportunity for living a long, vibrant life lies in our daily habits...good nutrition, and regular physical activity, but also connection to nature, social connection, and strong ties to family, friends and community.”

There really isn't much we can do in terms of treating disease that has anything close to this powerful an effect.

This is why we see it as our responsibility not just to take care of you when you're sick or injured, but to do everything we can to help you stay well in the first place. And it's why we spend a lot of time working to help create and support the kind of environment here in Indianapolis that makes good health possible for everyone living in our community.

It's why we offer free personalized health coaching throughout our primary care practices and it's why, within a few months, we'll have the capacity to download the data from personal fitness tracking devices right into our patients' medical records, so that physicians can monitor not only the usual weight, blood pressure and heart rate, but also physical activity, one of the most important contributors to health.

But it isn't only about being active and

eating right, it's about connection to nature, a rich cultural and spiritual life and, perhaps most important, social connection – caring for each other.

To have the kind of effect we need, though, if we're going to have a community that supports the quality of life we all want, that connection, that caring, has to extend beyond the familiar network of family and friends, it has to reach across the breadth of our community.

“If I am for myself alone, what am I?”

We are also responsible for the well-being of our neighbors.

Over the past several decades, though, there's been a widening gulf between the “haves” and the “have not's.”

And that's a big problem, not only for those who are left behind, but for everyone living within our community, because we are all affected by the consequences of poverty; increasing crime, resources directed toward a growing burden of chronic disease and away from education and creating the kind of environment that enhances quality of life for all.

Rather than allowing the social separation that can come with widening income inequality, we need to stick together, engaged in dialogue, reaching across social and economic divides in the interest of greater mutual understanding and support. We can't very well repair the world if we're oblivious to where it's broken.

By way of example, let me tell you what played out at Eskenazi Health: Blackburn, one of our inner-city health centers, a couple of weeks ago.

It was 7:00 in the evening; everyone had left for the day, when the burglar alarm went off. One of our security guards responded, finding a young black male with a tablet computer under his arm at the back door.

As he approached the young man, an older brother ran out of a house across the street, accompanied by several of his friends.

There was a lot of posturing.

Our officer called for back-up, and soon there was quite an assembly. Tensions were high in that parking lot.

This could have gotten ugly, and if it had, you likely would already have heard the story. But that's not what happened. As it turned out, one of the individuals responding to the call for back-up was Kelley Hayworth, a member of our security staff, who was on his way home when he got the call. He recalls that the thought on his mind, as he turned his car around was: “this can't go bad.”

It didn't.

What ensued was an interaction between Kelley and the young man's older brother, in which Kelley worked first to defuse the tension and then orchestrated

a dialogue that acknowledged mutual concern for the safety and well-being of those living in the neighborhood, appreciation and respect for all those working in the interest of the neighborhood and the need to understand the importance of the roles each played. Eventually, everyone went home.

And what do you think the young man was doing with a tablet computer outside our health center?

His homework.

His home didn't have internet access, so he was tapping into our wi-fi. (We're working to amp up the signal so it reaches a little farther.)

Kelley and I talked about this after I'd heard the story several days later. One of his main reasons for wanting to make sure things went well is that he didn't want anyone in the neighborhood surrounding Blackburn to feel as though they couldn't turn to us in the future for care and understanding. I love how, as a security guard, he unassumingly embodies the most important values we hold as an organization.

This capacity for compassion and understanding is especially important to us because of one of the singular roles we play in our community. Yes, we care for faculty members and their families, business leaders and philanthropists. But, as a level 1 trauma center, we also care for victims of violent crime.

And, in the past, it was the case that if an individual survived being shot or stabbed the first time (as most do), there was a 32% chance that they would return within 2 years, again a victim.

We thought it was a problem that these individuals were on first-name basis with our trauma surgeons, so we started Project Prescription for Hope, hiring a couple of individuals, who had themselves at one time been caught up in the web of violence, but who had done the hard work of putting themselves on another path.

They began working with these victims in the context of their social milieu, their families, their gangs, to address the factors that got them headed down this self-and-community-destructive path and, within a couple of years, we had reduced the rate of violence recidivism from over 30% to less than 5%.

The program has many components, one of which is a group-based anger management program similar to the alcoholics anonymous sponsorship approach. When the first group of individuals had managed 9 months without an outburst of violence among them, we asked them what they wanted to do to celebrate. Within reason, pretty much anything was on the table.

What did they want to do? They wanted to go to King's Island.

They're not thugs. They're kids.

They don't need to be locked away. They need our understanding and our help "If not now, when."

Well, getting back to the notion of personal responsibility for health, Ella, for you and all of your friends, though it's never too late, now is the best time to establish those daily habits.

Eat your fruits and veggies, stay away from the junk (you know what that is!) – get moving! Find ways to get out into nature – spend time with your family and friends, get these habits set now and they will help you all through your life.

(That's not to say, though, that you all shouldn't enjoy the Candy Bar at the Children's Museum tonight – a party, after all, is a party!)

For that notion of our broader responsibility, there's a sense of urgency.

We're faced with an epidemic of obesity and related chronic illness that's consuming enormous resources, resources that could otherwise be spent on education, on investment in the public infrastructure that enhances life for all of us. Just this week, the IJB reported that Indiana is spending \$585 more per person annually on health care than is spent, on average, across the US.

Indianapolis was recently ranked #2, behind Seattle, among US cities in terms of cultural activities and attractions per capita, but everything we've achieved in recent years is at risk because of the alarming upsurge in violence that has its roots in poverty, lack of investment in early education, and the social support necessary throughout childhood and adolescence, without which the result is social drop-out.

At the same time, though, positive momentum builds within our city.

Think of the cultural trail, all the yellow bikes out there, the urban agriculture initiative. You have a great example, Ella, at the Legacy Center where the Patatruck is based. What a great opportunity the Patatruck project and the urban gardens that are springing up around Indianapolis offer for bringing us together in the interest of broader engagement and understanding across the breadth of our community.

Who knows where what you're doing to help the children there might lead?

The SkyFarm on top of our outpatient care center, where we're now harvesting over 100 pounds of produce a week, had its roots in a greenspace on our old campus where employees tended small plots of ground. Who would have imagined?

We developed our entire campus to contribute to the positive momentum growing within our community.

Because we believe that our campus,

with patients, staff, faculty and medical students coming from all corners of the globe and all walks of life, represents one of our community's most diverse intersections. So we developed the Commonground at the heart of our campus as a space where all are welcome and all are celebrated, a space that increase the likelihood of coming together across the broad social landscape.

And we are grateful to your family and so many others across our community for the generous gifts that allow us to carry on our long legacy of caring for everyone within our community, and now in an environment deliberately designed to lift the spirits both of our patients and those who care for them.

Central to this healing environment is a public art program, one of my favorite pieces of which is a sculpture comprised of intertwining ladders made of Indiana maple. The artist, Aaron Stephan, named it "Paths Crossed," for the ways our lives intersect on our various paths from health to the challenges of illness and back to health again.

The message that Aaron is conveying with his art is the same message that Kelley delivered in the parking lot behind Blackburn: the business of caring and support doesn't go just one way – we all bring resources to the mix – we all have something to give and to learn.

Ella, you come from a religious tradition that asks big questions, questions that are as important today as they were nearly 2,000 years ago.

"If I am not for myself, who will be for me? If I am for myself alone, what am I? And if not now, when?"

And you are fortunate to come from a family that strives to live by example the answers to those questions.

Take good care of yourself. Figure out what you can do to take good care of your world and do it. It's waiting for you.

Dedicating her career to improving health care for vulnerable and underserved populations, Lisa E. Harris, M.D., has practiced medicine for 30 years at nationally recognized Eskenazi Health (formerly Wishard Health Services). Today, Dr. Harris serves as Eskenazi Health's chief executive officer (CEO). In addition, Dr. Harris is engaged in research and teaching as the John F. Williams, Jr., M.D. scholar; associate professor of medicine; and associate dean for the IU School of Medicine.

Annabella Morris Eskenazi (Ella) is the daughter of David and Julie Eskenazi, and the granddaughter of Sidney and Lois Eskenazi and Sally and Jerry Sussman. In June 2011 Sidney and Lois Eskenazi provided a \$40 million gift to the Eskenazi Health Foundation to build new hospital facilities in downtown Indianapolis. ✨

Vital Conversations

By DENNIS ROSEN, M.D.

Excerpt from Vital Conversations: Improving Communications Between Doctors and Patients



I was about three hours into call at the neonatal intensive care unit (NICU) in Kaplan Hospital, Rehovot, Israel, when my pager went off. Marina, the obstetrics resident covering the delivery room, was calling to let me know that there was a twenty-five-year-old woman who was six months pregnant with twins and now in active labor who would probably deliver within the next hour.

"You'd better call your attending at home and tell her to come in," she said. "I'm sorry, Dennis. You're not going to get much sleep tonight."

She was right.

Forty minutes later my attending and I received the twins, immediately inserting straw-sized endotracheal tubes into their windpipes right there in the delivery suite, and spraying surfactant into their immature lungs to help them breathe. We then placed them inside the pre-warmed incubators and rolled them back to the NICU for further care. After we had transferred the babies to the open-air incubators in the NICU, we worked on stabilizing them for the next ninety minutes or so, until I felt comfortable stepping away to provide an update to the family waiting outside.

Stepping through the accordion-like partition that served as the door between the NICU and the Newborn Unit, I saw about fifteen people. Half a dozen men were deep in conversation, their *tzitziyot* (ritually prescribed fringes) dangling down from under their white shirts and the black velvet *kippot* (yarmulkes) on their heads identifying them as orthodox Jews. On the other side sat a group of women engaged in animated conversation about their own birth experiences and about whether or not they'd be able to celebrate a *brit mila* for the boy in eight days.

"*Heenay hadoktor higi'a!*" [The doctor has arrived!], exclaimed one of the women, and then, all at once, three of them stood up and made their way toward me. The other women and the men followed, forming a half-circle around me. A midsize woman who looked to be in her mid-forties wearing a dark kerchief on her

head, a red cardigan, and long patterned skirt (the twins' grandmother, it turned out) took center position, and asked me how the babies were.

It felt really good, standing there and telling them about all that my attending and I had done for the infants. I described how we had received the babies, intubated and ventilated them, and stabilized their breathing. I explained how we had given them medicines to keep their blood pressures steady. I reviewed with satisfaction the head ultrasounds we'd done, which did not show evidence of bleeding. I informed them that the girl had a heart murmur and that while we'd get an ECHO cardiogram to confirm, it was likely the result of a blood vessel that might close on its own, and that if it didn't, we might need to give her medicine to do that or even consider surgery. I felt so smart and important standing there and was really enjoying showing off my command of medicine to these people whose newest family members my attending and I had just saved.

For at least ten seconds after I finished speaking, they all just stood there, staring at me silently with unreadable expressions on their faces. Even now, I'm not sure what I was expecting to hear from them. Fawning admiration? A grudging concession that science was more powerful than religion, that Fanaroff's neonatology textbook trumped the Talmud? Applause? Whatever it might have been, that wasn't what I got. I was completely taken aback by the grandmother's next question:

"*Aval doktor, kama hem shoklim?* [But doctor, how much do they weigh?]"

The more time I've spent with patients and their families, the more I understand what it says about much of the "dialogue of the deaf" that all too often passes for communication between physicians and patients. These people weren't stupid or disengaged from the modern world surrounding them. However, they were in no position to make sense out of the myriad data and facts I had just bombarded them with. The one measure of the newborns' well-being that they could relate to, the single most important piece of information they needed in order to contextualize the infants' condition within their personal and collective experiences and that they could share with others, was exactly that which I had neglected to provide them with: the infants' birth weight. If the babies weighed less than four pounds – and in fact, they weighed less than two pounds each – the *brit mila* would need to be postponed. All the rest could have been science fiction as far as they were concerned.

Dennis Rosen, M.D. is a pediatric pulmonologist practicing in Boston, and



Psalm 23

By REB ZALMAN SCHACHTER-SHALOMI, z"l

A David Song

Yah, my shepherd, you supply my needs; I don't ever feel deprived.

You feed me in the meadows; I am led to quench my thirst by a quiet stream.

You stir my soul and guide me gently through the thicket of right action; such is Your Fame.

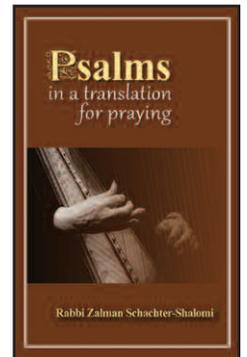
At times, I must make my way through dark and dangerous gullies, but because You are with me, I won't panic if I have to face evil.

Both Your rebuke and Your bracing support give me comfort.

In the presence of adversity, You set me a feast at which my anxious head is soothed and my thirst is amply slaked.

[Because You have invited me,] I affirm that only goodness and graciousness will manifest for the rest of my life, in which I will be always at home with You.

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author of *Vital Conversations: Improving Communication Between Doctors and Patients*. This excerpt is from pages 155–159. Copyright (c) 2014 Dennis Rosen. Used by arrangement with Columbia University Press. All rights reserved. ✨

Obituaries

Steven L. Weisman, 55, of Stoughton, Mass., passed away Nov. 29. He was born Nov. 7, 1959. The son of the late Herbert and Marilyn (Lurinsky) Weisman, he is survived by his sister June L. Weisman, his nephew Evan Foxlow and his wife Leslie, grand nephew and niece all of Indianapolis. Graveside services were held Jan. 19 in Indianapolis Hebrew South Cemetery on Kelly Street. Arrangements by **Aaron-Ruben-Nelson Mortuary**.

Dr. Harry Cohen Wolf, MD, 82, was born Dec. 29, 1931 and passed away Dec. 4, 2014. He was the son of Sam and Ruth Wolf of blessed memory. Harry is survived by his wife, Jacqueline Scofield Wolf; son, Dr. David A. Wolf; daughter, Anne Wolf Berggren (Steve); grandchildren, Amanda and Michael Berggren; step children, Dan Scofield and Kathryn Scofield; sister-in-law, Bonnie Wolf; nephew, John Wolf (Ann); great nephew, Isaac; and great niece, Evelyn; and former wife, Dorothy Wolf. His brother, Ed Wolf, preceded him in death.



Dr. Wolf graduated from Indiana University in 1953 with a B.S. in the School of Business. He proudly served as an officer in the U.S. Army from 1953–1955. Forty years after his discharge, he joined in a reunion with his fellow officers; and for the next 10 years, he met with his fellow soldiers at various venues around the country. He loved getting together with his fellow officers and telling stories of past escapades in the Army. Harry loved serving in the Army.

He worked for his father at Sam Wolf Auto, until entering medical school. He graduated from IU Medical School in 1966 and set up practice in the “new” Greenbriar area at 86th & Ditch. After

several years, he moved his family medicine practice to Naab Road, across from St. Vincent’s Hospital.

Dr. Wolf taught in the St. Vincent’s Family Medicine Residency Program for many years. He received many honors for his exemplary teaching, including teacher of the year and distinguished physician of the year from St. Vincent’s Hospital.

Dr. Wolf also taught “How to Take Patient Histories” for freshman medical students in the IU School of Medicine, Indianapolis. He was fond of telling his students if you listen carefully to your patients, they will tell you what is wrong with them and allow you to make a correct diagnosis. Dr. Wolf retired from his private medical practice in July 1997, but he continued to teach in the St. Vincent’s Family medicine Residency Program for several more years.

He was a member of Congregation Beth-El Zedeck, their Men’s Club, Zeta Beta Tau Fraternity at Indiana University, American Legion, American Medical Association, and a life member and diplomate of the American Academy of Family Medicine.

The family expresses its deepest gratitude to the caregivers and administration of the Memory Care Unit of the Barrington of Carmel. Through their combined efforts, they enhanced the last years of Harry’s life. Funeral services were held Dec. 7 at the **Aaron-Ruben-Nelson Mortuary** and burial followed in the Congregation Beth-El Zedeck North Cemetery.

Robert D. Kahn, 94, of Indianapolis, passed away Dec. 29, 2014. He was born on Nov. 3, 1920 to Carroll and Nannette Kahn. Robert served his country in the United States Army during World War II. He graduated from Purdue University with an Engineering degree and became treasurer of Capital Paper Co., a family owned business which was founded by his family in the 1890’s.

Robert was a member of Indianapolis

Hebrew Congregation (IHC), their Brotherhood, and Northside Kiwanis. He was the former president of the Midwest Paper Association and a former member of the Board of IHC.

He is survived by his daughter, Caryl Shideler; son, James (Debra) Kahn; grandchildren, Kim (Doug), Lisa (Dave), Lauren (Mitch), Adam and Aliza; and six great-grandchildren. Robert was the beloved husband of the late Rose Doris Kahn and the late Myra Kahn, and the dear friend of the late Dottie Resnick.

Funeral services were held in the chapel at IHC on Jan. 4. Burial followed in the IHC South Cemetery. Memorial contributions may be made to IHC. Arrangements entrusted to **Aaron-Ruben-Nelson Mortuary**.

Marvin E. Sablosky 93, passed away peacefully in Sarasota, Fla., on Dec. 3, 2014. Marvin was born in Indianapolis on May 11, 1921 and graduated from Indiana University with a degree in Business Administration. He served in the United States Navy during WWII where he was a Lieutenant on the USS Fogg in the Atlantic theatre. Marvin married Idamae Trockman (aka “Ann”) on March 15, 1944 and had three children. Along with his grandfather, father, and son, he owned and operated Sablosky’s Department Stores in Indianapolis.

Marvin enjoyed golf, all sports, fishing, boating, stock car racing, conquering the computer, and his time as a docent at Mote Marine Aquarium in Sarasota. He was an accomplished bowler, teaching many of Indianapolis’ youth the fine points of bowling and even scored a perfect 300 himself. In other words, he loved any activity that involved a ball or wheels!

As a published author, he wrote many short stories and was most proud of his book, *Another Time, Another Place*. Marvin was active in the Jewish community serving as President of Hooverwood and as a member of the Indianapolis Hebrew Congregation (IHC) Brotherhood.

His parents, Minnie and David Sablosky, and his son, Dean, preceded him in death. His surviving family includes his son, Larry Sablosky (Lisa) and his daughter, Marcia Klipsch (Richard); four granddaughters, Dana Renay, Karen Leavitt, Lara Elliott, Kate Elengold, seven great-grandchildren, and his brother, Irving Sablosky (Juliet).

A memorial service was held at IHC on Dec. 9, and a celebration of life will be held at the Glenridge in Sarasota at a later date. Contributions in Marvin’s memory can be made to the Dean Sablosky Scholarship at IHC, 6501 N. Meridian, Indianapolis, IN, 46260, the Sarasota Humane Society at

(see Obituaries, page IN 8)



**Aaron
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just north of I-465



OBITUARIES

(continued from page IN 7)

2331 Fifteenth Street, Sarasota, FL 34237, or The Make-A-Wish Foundation Advertisement, 1223 S. Tamiami Trail, Sarasota, FL 34239. Arrangements entrusted to **Aaron-Ruben-Nelson Mortuary**.

Dr. Sidney Ochs, 90, prominent neurophysiologist died on Dec. 12, 2014. Born on June 30, 1924 in Fall River, Mass., he spent most of his formative years in Chicago. He qualified for the WWII ASTP program, earned his PhD at the University of Chicago, and was a Postdoctoral Fellow at the California Institute of Technology. Appointed to the Department of Physiology at the University of Texas in Galveston, he subsequently joined the Department of Physiology at Indiana University Medical School in Indianapolis in 1958.



After becoming Emeritus Professor of Physiology and Biophysics in 1993, he continued his work and maintained an active laboratory for many additional years. During his career he contributed over 300 publications on various aspects of the nervous system, including three books. The text book, *Elements of Neurophysiology* was published in 1965, his seminal monograph, *Axoplasmic Transport and its Relation to Other Nerve Functions* came out in 1982 and *A History of Nerve Functions: From Animal Spirits to Molecular Mechanisms* (affectionately known in the family as THAT'S SOME NERVE!) was published in 2004.

His scientific discoveries spanned from cortical spreading depression to his groundbreaking work on axoplasmic transport, showing how materials move through the axon of the nerve cell.

Other accomplishments during his distinguished career at the Indiana University Medical School include co-initiating and chairing the Medical Biophysics Program, founding the *Journal of Neurobiology* in 1969, where he acted as Editor-in-Chief for the first nine years, and serving as President of The John Shaw Billings Society for the History of Medicine in Indiana for many years. In his position at the medical school, Dr. Ochs taught thousands of students who became doctors and professors.

Outside of scientific endeavors, he studied history, world culture, languages (Latin, Greek, Russian, Yiddish, French, a smattering of Spanish, many augmented with a formidable collection of foreign language comic books such as Asterix and Tin Tin), and most deeply, history of medicine. A lifelong learner and scholar,

he cherished the knowledge contained in his comprehensive library. In recent years, he immersed himself in the study of the subconscious, and was framing a treatise to present his hypotheses.

Family members have been touched when doctors, colleagues, and other friends shared memories of his positive influence on their lives and careers. In addition to a keen intellect, he had a deep understanding of human nature and chose to see the best in everyone. Those that knew him well, know his was a life well lived in the service of others.

The family would like to thank some of the many doctors and friends who have been invaluable over the years, including, but in no way limited to Dr. Richard Bihrl, Dr. Eric Williams, Dr. Michael Johnson, Dr. Timothy Sutton, and many others on the staff at University Hospital; also Richard and Francine Friedman, CS Hui, Steve Kempson, Dick Bolin, Liz Markey, and Amber Wolverton.

He was preceded in death by his loving wife of 58 years, Bess (Ratner) Ochs and his son-in-law, Curtis Ross. Survivors include his loving children, Rachel Ochs-Ross, Raymond Ochs and wife Jessica, Susan Ochs Panfil and husband David, and loving grandchildren Meredith Witten, Michael Panfil, Rebecca Ochs-Mercer, Matthew Panfil and Sarah Panfil, and great-grandson Conner Witten. He is also survived by his loving sister Shirley Simon and her husband Norbert and their sons Fred and Mark.

A calling was held Dec. 18, 2014 at the **Aaron-Ruben-Nelson Mortuary** with funeral services on Dec. 19.

Leah Weiner, 89, of Noblesville, passed away Dec. 14. She was born in Detroit to Harry and Helen Abrams on March 26, 1925. Leah is survived by her husband, Bernard; and children, Joseph Weiner and Debra Goldfarb.

Funeral services were Dec. 18 at **Aaron-Ruben-Nelson Mortuary**, and burial followed in Congregation Beth-El Zedeck North Cemetery. Memorial contributions may be made to St. Vincent Hospice, 8450 N. Payne Rd, Ste 100, Indianapolis, IN 46268 in Leah's name. Friends may leave a memory or message of condolence by visiting the online obituary at www.arn-mortuary.com.

Muriel Tadman Romer, 86, a force of nature in the Indianapolis Jewish community for over 50 years, passed away on Dec. 28. She was a lifelong member of the Indianapolis Hebrew Congregation (IHC) from the time she moved to Indianapolis in 1948.



She also began her professional career at IHC, serving first as a teacher, then as Director of Education for over 18 years, then as Executive Director for over 20 years. For her children, the Temple was their second home. Even after retirement she worked on the Temple's archives for several years. Many knew her as "Mrs. Temple" and although her desk was usually piled with papers, Muriel always seemed to know where everything was placed.

Despite her full-time work at the Temple, raising a family and running the household, Muriel always seemed to find time to volunteer for one worthy cause after another. She was a member of Sigma Delta Tau Sorority, the Hooverwood Guild, the National Association of Temple Educators, the IHC Sisterhood, Hadassah and the National Council of Jewish Women. She volunteered and planned holiday parties for senior citizens at Park Regency Apartments and volunteered at Thrifty Threads thrift store.

It was felt her unbridled enthusiasm and boundless energy could have lighted a good portion of the homes in Indianapolis. She also earned her Master's Degree in Education at Butler University, attending part-time. Even after retirement, her volunteer work continued and she and her husband Bob travelled extensively – and Muriel loved garage sales.

Muriel's husband, Robert F. Romer, owner for many decades of Romer Lighting, both downtown and later in Carmel, passed away in 2010. She was also preceded in death by her brother, Jack Tadman. Muriel is survived by her three children, Steve, Sunny and Karyn, two grandchildren, Noah Soloman-Oblath and his wife, Naomi, and Aron Oblath, as well as Bob's brother and his wife, Billy and Joyce Romer.

Muriel was born in Chicago on April 7, 1928 to Sam and Dorothy Tadman and raised in Crown Point, Ind. Sam worked for the C&O railroad and later, in Indianapolis, Dorothy worked for Wasson's Department Store. They were members of Temple Israel in Gary, Ind. Muriel attended Indiana University, where she majored in Business and where she met Bob, the love of her life; they were married on June 22, 1948.

Lastly, for Muriel, family came first and that came through in everything she did for her parents, her in-laws, her children, and her grandchildren. Daughter Karyn took care of both her parents in their later years until their passing. Grandson Aron talked about losing the "Romer Family Matriarch," his grandma. Daughter Sunny added she was the quietest matriarch and only needed to raise an eyebrow or smile her beautiful smile for us to know what she was thinking.

The family is very grateful to the dedicated caregivers who gave their love and support to Muriel and the family over the past several years. They brought much joy to her life every day. Also, the family is very thankful to the very caring staff at the Barrington of Carmel and Gentiva Home Health and Hospice for end of life care.

A funeral service was held at the IHC on Jan. 2, 2015 and burial followed in the IHC South Cemetery. Memorial contributions may be made to the IHC, the National Council of Jewish Women, Hooverwood Guild, Sigma Delta Tau or a charity of choice. Arrangements entrusted to **Aaron-Ruben-Nelson Mortuary**.

Marjorie Helman Bradford, 87, passed away peacefully in her home surrounded by her family on Jan. 1, 2015. She was born on July 31, 1927 to Odessa Budd Helman and Jack J. Helman. Husbands Floyd R. "Bud" Beitman and Earl F. Bradford preceded her in death. She is survived by her sister, Betty Carlin; and children, Bruce J. Beitman (Helen) of Cape Canaveral Fla., James A. Beitman (Candy) of Noblesville Ind., and Nancy B. Hertzog (David) of Seattle. Marjorie also leaves adoring stepchildren, nieces and nephews, grandchildren, great-grandchildren and special friend, Maurice Peltz of London, England.



She was a member of the Sigma Delta Tau sorority at Indiana University and began her career as an early childhood educator at the Kirshbaum Center, predecessor to the Jewish Community Center. Marjorie was a longtime member of the Indianapolis Hebrew Congregation (IHC) where she established the kindergarten program and taught religious school. She developed her management career as an apartment rental manager and served as a regional property manager for the Gene. B. Glick Company. Marjorie was a founding member of the Indiana Apartment Association, and was an advocate for women in business. She later formed her own successful consulting and management firm for the apartment industry.

Marjorie selflessly served in leadership and volunteer roles in many civic, charitable, and Jewish organizations including the local chapter of Hadassah, the National Council of Jewish Women, ORT, IHC Sisterhood, Crossroads, Civic Ballet, Park Regency, Hooverwood, and the Jewish Federation of Greater Indianapolis. She was known for her quick wit and humor and loved travel, art, theater, symphony, mah jongg, flowers, wintering in Palm Springs, Calif., and Cocoa Beach, Fla., and spending time with loving family and devoted friends.

The family wishes to express sincere gratitude to St. Vincent's Hospice Care and to Toni Triplett for her wisdom and leadership; Senior Home Companions for their dedication to individualized compassionate care; and to Marjorie's gifted and devoted caregivers: Debbie Carter, Kayla Woods, Anastacia Simpson, and Patience Calvert.

A memorial service to celebrate her life "well lived and well loved" will be held at the **Aaron-Ruben-Nelson Mortuary** on Sun., Jan. 18 at 2 p.m., with burial to follow in the Beth-El Zedeck North Cemetery. In lieu of flowers, contributions may be made to the Dr. Morris Stoner Religious Education Fund at IHC, the Hooverwood Guild, or your favorite charity.

Marvin Herman, PhD, 87, passed away on Jan. 2. He was born on March 2, 1927 in New York City. He received his undergraduate degree in engineering from Drexel University and his masters and doctorate in metallurgical engineering from The University of Pennsylvania. It was there that he met his beloved wife of 59 years, Lola Starer. He worked for the Detroit Diesel Allison Division of General Motors and also taught several engineering courses at IUPUI.

Marvin was preceded in death by his wife, Lola (2010). He is survived by three brothers; four children: Marc (Sarah), Michael (Kelli), Debbie (Alon), and Shelley (Vern); six grandchildren: Avigal, Jamie, Guy, Sydney, Gil, and Shai.

Services were held at **Aaron-Ruben-Nelson Mortuary** on Jan. 5. Donations may be made to Riley Hospital for Children, in memory of Marvin and Lola Herman.

Gladys Dorman Cornfeld, 95, died on Jan. 3, 2015 in Indianapolis where she had lived at MorningSide for several years. Gladys was formerly of Owensboro, Ky., where she was an active member of Temple Adeth Israel. Gladys had served as the Temple's Secretary and Treasurer. She was an avid golfer and bridge player and member of Owensboro Country Club.

Gladys is survived by her beloved children; Michael (Melissa) Cornfeld of Huntington, W.V., Arthur (Haydee) Cornfeld of Atlanta, and Rickie (Eugene) Star of Indianapolis; five grandchildren: Aaron, Joel and Daniel Cornfeld, Esther Daigneault and Jennie Colburn; eight great-grandchildren and brother, Jerome Dorman. Her husband, Nathan, preceded her in death in 1991. Graveside funeral services were held in New York.

Memorial contributions may be made to Temple Adeth Israel of Owensboro or Congregation Beth-El Zedeck of Indianapolis. Arrangements entrusted to **Aaron-Ruben-Nelson Mortuary**.

Yelizaveta "Liza" Brodskaya, 87, passed away Jan. 5. She was born on Nov. 20, 1928 in Krivoy Rog, Ukraine to Chatzkel and Luba Pekar. Liza worked in a chemical plant and later as a hair stylist. She was a member of B'nai Torah Congregation. Liza is survived by her son, Iosif Brodsky; three grandchildren; and two great grandchildren. A graveside service was held in B'nai Torah Cemetery on Jan. 6. Arrangements by **Aaron-Ruben-Nelson Mortuary**.

Arlene Goldhamer, 78, of Indianapolis, passed away Jan. 6. She was born in Cleveland to Maurice and Florence Gordon on Nov. 29, 1936. After graduating from Ohio State University in 1957, Arlene worked as a substitute teacher in Cleveland for several years. Later, she became an administrative assistant for Campus Sportswear, where she met her husband, Stanley Goldhamer. Arlene was a member of Indianapolis Hebrew Congregation (IHC) and its Sisterhood.



She is survived by four daughters, Linda (Ernie) Hann of Indianapolis, Julie (Jim) Winkle of Chesterfield, Mo., Tracey (Matt) Pendlum of Fishers, and Jennifer (Clay) Coulter of Carmel; a son, Dale (Ruthann) Scherl of Lawrence, Kansas; and 11 grandchildren. Arlene was preceded in death by her husband, Stan.

A funeral service was held at IHC on Jan. 11, and burial followed at the IHC North Cemetery. Memorial contributions may be made to the American Cancer Society or the Jewish Federation of Indianapolis. Arrangements by **Aaron-Ruben-Nelson Mortuary**.

Morris Katz, 90, passed away Jan. 6. He was born in Koshelevo, Ukraine to Yitzhak and Etya Katz on March 25, 1924. He was a member of Congregation B'nai Torah. A funeral service was held Jan. 8 at Congregation B'nai Torah and burial followed in B'nai Torah Cemetery.

He is survived by his wife Sarah, children Simon, Etelka, Dora, and Halya, their spouses and grandchildren. Memorial contributions may be made to Congregation B'nai Torah or Hasten Hebrew Academy. Arrangements by **Aaron-Ruben-Nelson Mortuary**.

Recent deaths of two who lived many years in Indianapolis are **Ruth Nitsun** on Jan. 4 in St. Louis, and **Rabbi Reuven Stafford** on Dec. 30 in Ann Arbor. ✨



Open voting for World Zionist Organization



BY RABBI AUDREY S. POLLACK

From Jan. 15 through April 30, 2015 the World Zionist Organization (WZO) will hold open voting for all Jews to help shape its agenda, including issues affecting both Jews in the Diaspora and within the state of Israel. What is the World Zionist Organization?

The WZO is a worldwide democratic organization which brings Jews together to strengthen Jewish life in Israel and around the world, through the allocations of Jewish communal funds and work of its own agencies. The WZO was founded at the First Zionist Congress in 1897 by Theodor Herzl. It is mainly supported by the Jewish Agency for Israel, the Jewish National Fund and United Jewish Appeal.

Elections are held every five years and allow Jews around the world to have a voice in the future direction of Israel and world Jewry. The elections determine policy, direction and budget allocations. The World Zionist Congress makes decisions as a result of these elections that have a major impact on the future direction of Israel and across the world. The outcome of these elections influence policy and hundreds of millions of dollars in funding which affect the status of Reform and Progressive Jews in Israel and also the funding available to Progressive Jewish congregations.

Israeli citizens are represented in the elections through political parties in Israel; Jews worldwide are represented through international Zionist political parties that they are members of. There are 30 countries represented in the WZO and the Reform movement has constituent organizations in 14 countries, through Arzenu (known as ARZA in North America). As with any elections, whoever receives the most votes receives the most important positions and control of the budget allocations.

In the last elections, ARZA US gained 56 representatives (out of 145 for the US). The entire ARZENU political party received 83 delegates worldwide out of 500. By joining forces with its faction partners, ARZENU became the leader of the largest faction in the WZO with a combined total of 159 representatives. As a result, ARZA was able to pass three resolutions calling on the Israeli government to implement the establishment of egalitarian prayer at the Wall, to pass a marriage and civil divorce law and to prosecute Israelis who incite racism. And

today the Reform Movement in Israel receives allocations of \$4.5 to \$5 million each year from the Jewish Agency, Jewish National Fund and United Jewish Appeal.

Voting in the upcoming WZO election is the strongest way for you as a Reform Jew in North America to encourage our progressive values of social justice, equality and democracy in Israel. If you care about the Reform Movement in Israel, and want to help build a Jewish state that respects religious pluralism, stands up for women's equality, promotes democracy, and a peaceful solution to the ongoing conflicts in Israel this is your opportunity to make your voice heard loud and clear and to make a difference in Israel.

ARZA and its partners are working for religious equality, for the right of Reform rabbis in Israel to have religious authority over marriage, divorce, burial and conversion. They are working to support women's rights in Israel, to support egalitarian prayer, and to promote Progressive Judaism (Reform) in Israel through the financial support of Reform congregations, rabbis, and schools.

Any US resident who is Jewish and over the age of 18 by June 30, 2015 is eligible to vote. Voting occurs from Jan. 15 through April 30, 2015. A processing fee is \$10.00

(see Pollack, page IN 11)

EDITORIAL

(continued from page IN 3)

He was practically motionless and he was simply looking down with his mouth open. His mother told Kushner that before the bombing, he had enjoyed painting. The other children in the room with him were his age and they were all busy painting.

On the first day Kushner put some beautiful colors of paints in front of him with a blank piece of paper. After an hour he gradually started putting his fingers in the paint and then putting them onto the page. He painted a grenade that filled the page and all around it were body parts. Through the artwork he was able to express himself and the next day he painted again, but this time the grenade was much smaller and flowers were around it. After that Kushner said he was running around making as much noise as the other children.

This story demonstrates how powerful art therapy can be in healing Post Traumatic Stress Disorder (PTSD) and other conditions. I applaud art therapist Julie King and others who do this kind of work.

Jennie Cohen, January 14, 2015 ✨



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Herron art professor in the healing business bringing hope to veterans and others

Juliet King has never spent a day in military service during war or peace times. But the Herron School of Art and Design assistant professor and licensed art therapist has taken up the fight to improve the lives of veterans facing emotional adjustments after their time on the battlefield.



Juliet King

Most recently, King, director of Herron's art therapy program, signed on as the point person for the "Veterans Coming Home" campaign at the art school on the Indiana University-Purdue University Indianapolis campus. The school has joined forces with WFYI Public Media and the Kurt Vonnegut Memorial Library for the yearlong multimedia, arts-focused awareness campaign to support Indiana's veterans and their families.

"Veterans Coming Home," (wfyi.veteranscominghome.org) was funded with a \$25,000 Corporation for Public Broadcasting grant and includes WFYI broadcasts of the stories of veterans such as Andrew Schneiders, Kris Bertrand and others.

In a Richard L. Roudebush Indianapolis VA Medical Center pilot group art therapy project spearheaded by King and Dr. Brandi Luedtke of the Veterans Affairs, Schneiders has found healing power in "illustrating his troubled Iraq experiences with art" and then talking with fellow vets, according to a WFYI report.

And as part of an arts intervention program, Bertrand, who was sexually assaulted while serving in the Navy 25 years ago, found an emotional salve in throwing clay on a potter's wheel. "That's because art is inherently therapeutic," King said in a "Veterans Coming Home" broadcast, now available online (wfyi.veteranscominghome.org)

"Engaging in the creative process is something that typically is going to be a life-enhancing experience for you," King said. "It gets your blood moving; it gets your brain working in different ways. It helps you relax, it helps you get distance from what it is that you might be living with in your life at the time."

King's hope is that the success stories of Schneiders, Bertrand and others will raise the awareness of the value of art therapy in helping soldiers and others deal with trauma.

The ultimate goal is to draw the support

of lawmakers and service providers who can both advance the licensing of art therapists across the state and promote the employment of such professionals as clinical counselors. Female veterans would in particular benefit from an expansion of art therapy services since they have traditionally voiced a reluctance to attend co-ed therapy groups and cited the lack of art therapy services for women.

Art therapists hold master's degrees in art therapy and are eligible for licensure as clinical mental health counselors who are trained to use art to help clients find ways to express things they might not be able to say with words, King said. Art therapy is an effective treatment intervention for helping anyone facing issues such as post-traumatic stress disorder, which can affect not only war veterans but also victims of rape, torture, child abuse, car accidents and natural disasters, she said.

"We need more licensed art therapists," King said. "('Veterans Coming Home') is one way we are going about raising awareness. Hopefully people at the state level will pay attention and see the need."

About Indiana University-Purdue University Indianapolis: As one of seven Indiana University campuses, IUPUI is known as Indiana's premier urban research and health sciences campus and is dedicated

to advancing the intellectual growth of the state of Indiana and its residents through research and creative activity, teaching, learning and civic engagement. Nationally ranked by U.S. News & World Report, Forbes and other notable publications, IUPUI has more than 30,000 students enrolled in 17 schools, which offer more than 250 degrees. IUPUI awards degrees from both Indiana and Purdue universities. IUPUI – What matters. Where it matters. This story was submitted on Nov. 5, 2014. ✨



POLLACK

(continued from page IN 10)

USD (\$5.00 USD for anyone under 30) and goes directly to offset the cost of conducting the election (not to ARZA). For more information about how to vote in the upcoming WZO elections, visit www.reformjews4israel.org, pick up a pledge card here at Temple Israel or contact ARZA at 633 3rd Ave, 7th Floor, New York, NY 10017.

Rabbi Pollack has led Temple Israel in West Lafayette, Ind., since 2002. ✨



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The Robert A. and Sandra S. Borns
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Lectures and Performances:

Wed., Jan. 28 at 5:30 p.m., “Ancient Israel, Modern Identities”. Lecture by Michael Press, 2014-15 Borns Jewish Studies Program Visiting Scholar, IU Oak Room, IMU, IU-Bloomington, Ind.

Thurs., Jan. 29 at 5:30 p.m., “Medieval Convivencia? A Jewish Philosophical Perspective”. Lecture by Professor Aaron Hughes, Philips S. Bernstein Chair of Jewish Studies, University of Rochester, Maple Room, IMU, IU-Bloomington, Ind.

Mon., Feb. 2 at 4 p.m., “The Foreign Mother Tongue”. Lecture by bestselling author Sayed Kashua, Ballantine Hall 310, IU-Bloomington, Ind.

Wed., Feb. 11 at 7:30 p.m., “Pharaoh’s Daughter Unplugged: World Music from the Jewish Diaspora” Concert by Basya Schechter, Dorit & Gerald Paul Program in Jewish Culture & the Arts, John Waldron

Arts Center Auditorium, Ivy Tech Community College, Bloomington, Ind.

Feb. 12 & 13 “From Babel to Brooklyn: Jewish Languages, Culture, and Identity” JSGSA Conference. *Conference Schedule to be announced.*

Feb. 12 Conference keynote by Professor Chana Kronfeld, Professor of Modern Hebrew, Yiddish, and Comparative Literature, University of California, Berkeley, *time & location to be announced.*

Sun., March 29 at 7:30 p.m., “When Yom Kippur was a German Holiday: On the

Miracles of Jewish Spa Culture”, Dorit & Gerald Paul Lecture for the Study of Germans and Jews, by Professor Mirjam Zadoff, Alvin H. Rosenfeld, Chair in Jewish Studies, IU-Indianapolis, Ind.

Wed., April 1 at 5 p.m., “The Red Sheep of the Family: Jews and the Left” Dorit & Gerald Paul Lecture for the Study of Germans Jews and installation of Professor Mirjam Zadoff as the Alvin H. Rosenfeld Chair in Jewish Studies, IU University Club, Presidents Room, IU-Bloomington, Ind. ✨



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