

M'Yad L'Yad

Enhancing lives through uniquely personal
yet anonymous giving



SEPTEMBER, 2009

M'YAD L'YAD NEWSLETTER

VOLUME 15

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שנה טובה



Happy New Year from M'Yad L'Yad

The Board of Directors of M'Yad L'Yad wishes all of our
sponsors and supporters a healthy and a happy New Year.

May the New Year bring better times
for our friends and neighbors in need on Long Island.

GLORIA SAFRAN TO BE HONORED

Town of Huntington Woman of the Year

On Thursday October 8, the Town of Huntington will be hosting the 8th annual Women's Networking Day and Awards Ceremony. We are pleased to announce that Gloria Safran, M'Yad L'Yad president, will be honored as Woman of the Year.

The program, entitled "Yes You Can - Modern Solutions to Contemporary Concerns," will take place at the Melville Marriott, 1350 Old Walt Whitman Road in Melville.

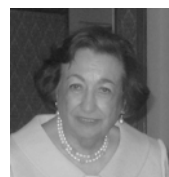
From 1:00-3:00pm, guests will enjoy a luncheon and raffles while having the opportunity to visit more than 50 Informational Booths hosted by Long Island non-profits and other businesses and organizations, including M'Yad L'Yad. At 3:00 the awards ceremony will begin, and we are pleased that Gloria is one of the five women who will be honored for their tireless efforts on behalf of residents of the Town of

Huntington and Long Island. The event is open to the public, and we encourage you to attend. Admission, which includes a buffet luncheon, is only \$8 per person, and \$6 for Seniors. Tickets are available at the door, but it is recommended that you call 631-351-3291 to reserve a spot.

We thank Town Supervisor Frank P. Petrone and Director of Women's Services Rhonda Tillim Shepardson, for their selection of Gloria to receive this honor,

and for presenting this wonderful program, enabling M'Yad L'Yad and so many deserving organizations to be recognized.

Anyone wishing to make a contribution to M'Yad L'Yad in Gloria's honor can do so with the donation form on Page 6, or by visiting our website, www.myadlyad.org. All donations will be used to assist needy Long Island families at a time when the need is great.



M'Yad L'Yad President
Gloria Safran

"No act of kindness, no matter how small, is ever wasted"

Aesop

Reflections From The President



In spite of these very difficult times, you, our sponsors and donors, continue to help M'Yad L'Yad pursue its mission of assisting many in need on Long Island to survive and thrive. We have met the challenge and are helping more families than ever before. The future augers that the needs will grow, requiring us to reach out even more to meet our responsibilities.

As the New Year holidays approach, I am keenly aware that this is a season of reflection, evaluation and hope. I think about what M'Yad L'Yad- Helping Hands' goals should be for the coming year. Good business practices require that we plan for the future by asking questions - questions that are the result of reflection, evaluation and hope.

- How can we better serve our recipients?
- Will we incur more expenses?
- How will we fund increased costs?
- How do we develop our Board and build future leadership?
- How do we recruit more sponsors?
- What can we do to involve more of the community in M'Yad L'Yad- Helping Hands?
- Which other community groups should we partner with to benefit our recipients?
- How do we prioritize this list to be most effective?

As President of M'Yad L'Yad- Helping Hands, all these questions are ever present for me. I know these are concerns of our Board, as well. I am confident that together we will address each and every one

of the items, and, with thoughtful discussion and analysis of ideas and information, deal with them effectively. If any of our readers would like to offer their ideas for this process, please call and let us talk.

In looking ahead, I am certain this will be a banner year for M'Yad L'Yad- Helping Hands because all of us—the Board, our sponsors, our donors—always keep our mission foremost in our thoughts.

In this time of renewal, the M'Yad L'Yad Board and staff want to wish all of you a very healthy, happy New Year filled with joy and peace around the world.

With many thanks,
Gloria Safran

A RECIPIENT'S STORY

Molly

Molly is a 43 year old single mother of two little boys, Justin, age 7, and Simon, age 4. When Simon was 9 months old he was diagnosed with cancer. He has been in and out of the hospital since then, undergoing chemotherapy and other painful treatments. Molly's husband, the father of Justin and Simon, deserted the family. He has stopped paying child support.

Molly is constantly exhausted and suffers from enormous stress.

Her older son, Justin, is dealing with having a little brother with cancer, his father's abandonment, and having his own issues put on the back burner due to the pressing nature of his brother's situation.

Molly is struggling financially, emotionally and physically. She doesn't have the time or resources to take care of herself. Her life is a series of crises.

Molly, Justin and Simon have a generous sponsor who helps them a great deal. They have also benefited

from holiday collections from some of our Synagogue Partners. Molly wrote the following: "Dear Janet, our sponsor, and the synagogue, I am deeply touched by your continued compassion, generosity and support! Please know you have truly made a difference in our lives and have helped to make this a beautiful holiday season! Thank you for caring about us! With love and gratitude, Molly, Justin and Simon."

Janet Zimmerman

IN THEIR OWN WORDS...

"Please thank Jane for us and thank you for continuing to help Sandy. These cards are great.

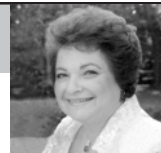
They give her the ability to buy things she wants. I really think it helps her keep a sense of independence and dignity."

- Liz, Sister of a M'Yad L'Yad Recipient

SAVE THE DATE

The M'Yad L'Yad annual Musicale Benefit Concert and Dessert Reception will take place on Sunday evening, April 18. Please add this to your calendar to be assured a seat for an evening of great entertainment and wonderful desserts, to benefit M'Yad L'Yad and our recipients.

SPOTLIGHT ON ... *Susan Lustig*



No one is more deserving of being spotlighted than our own sweet, smart, savvy, socially conscious Susan Lustig. When our current M'Yad L'Yad President, Gloria Safran, envisioned a project which could address the problem of Jewish poverty in our community, she approached the Suffolk Council of Jewish Organizations and its Executive Director, Susan Lustig. The affiliation with COJO and Susan's organizational skills and executive experience greatly benefited M'Yad L'Yad at its inception. Susan expressed her high regard for M'Yad L'Yad and its founders: "It is one of the best volunteer groups I have ever worked with. I give tremendous credit to the founding members, who left nothing to chance and created a solid foundation on which to build."

Susan is currently on the M'Yad L'Yad executive board and she chairs the "Synagogue Partners"

committee, whose goal is involving rabbis and synagogue members in the program. Synagogues are asked to recommend those in need of assistance and to encourage members to become sponsors.

Susan also gets great satisfaction from working with the Conservative Rabbis of Nassau/Suffolk as administrator of the Hillel Institute, which offers classes to people considering conversion to Judaism.

Susan was born in Brooklyn but moved to Freeport before she started kindergarten. She attended Cornell, then transferred to Barnard College to be closer to her future husband, Lenny. "I enjoyed my studies as a chemistry major at a women's college where they regularly preached the need to be independent and self-sufficient," she said. While Lenny attended law school, Susan taught chemistry in Merrick until her first child was born.

When Lenny decided it was time to open his own law practice, he and Susan migrated to Suffolk County. As a couple and individually they have each been recognized and honored for their time and support of many charities and organizations.

When they moved to Stony Brook in 1965, they joined and became active members of the North Shore Jewish Center. They watched the congregation grow from 90 to over 800 families. Since it was the day of stay-at-home moms, Susan joined the newly formed Stony Brook Chapter of Women's American ORT in 1966, and was involved in the organization as a "professional volunteer" for many years. When she was Suffolk Region President, she was chosen to be part of the prestigious National Overseas Delegation in 1984, spending nearly a month visiting ORT schools and Jewish

Continued on Page 4

B'YACHAD: TOGETHER

M'Yad L'Yad Works TOGETHER With The Community

SSDS of Nassau County

The 5th grade students of Solomon Schechter Day School of Nassau County selected M'Yad L'Yad as the beneficiary of their tzedakah collection during the last school year. The students donated their own money, and they also held a car wash and a thermos sale to raise funds. We are pleased that these young people already recognize the importance of helping others, and we thank the students, their teachers, and Dr. Cindy Dolgin, principal, for partnering with us in this meaningful way.

Temple Beth El Religious School

The students at Temple Beth El Religious School in Huntington have demonstrated their commitment to Tikkun Olam, the Repair of the World, by contributing tzedakah money on a weekly basis during the school year. "After hearing about what you do to help save lives," the students selected M'Yad L'Yad as the organization to whom they distributed their funds. We look forward to continuing to work together with the Beth El Religious School and their Director of Education, Diane Berg.

UJA Supplies for Success

For the fourth year in a row, M'Yad L'Yad is pleased to have partnered with UJA-Federation of New York in their annual Connections Supplies for Success program, also known as the Backpack project. UJA volunteers filled brand new backpacks with a variety of important school supplies, including pens, calculators, notebooks, rulers and more. Children in pre-K through 2nd grade received beautiful backpacks known as "Brooke Packs," which were donated by the Brooke Jackman Foundation. Particular thanks goes to this generous foundation which honors the memory of Brooke Jackman, a gifted and caring young woman who was tragically killed in the World Trade Center attack.



Volunteers load the backpacks into Mark Zimmerman's van



Every backpack was filled with needed school supplies

This year M'Yad L'Yad distributed 70 backpacks to our recipient children. The Supplies for Success program is a great example of the way in which M'Yad L'Yad and UJA can partner to help those in need. We thank Supplies for Success chairs Ellen Grossman and Mindy Richenstein for coordinating this project, and look forward to working together with them and UJA on this worthy endeavor in future years.

A MESSAGE FROM OUR SOCIAL WORKER

Resilience—A Triumph of the Human Spirit



Merriam-Webster's Online Dictionary defines resilience as: 1: the capability of a strained body to recover its size and shape after deformation caused by compressive stress, and 2: an ability to recover from or adjust easily to misfortune or change.

In speaking with many of our recipients I often feel awe and admiration for them for being able to persevere despite so much suffering. Somehow they are able to rebound after facing terribly difficult life challenges. They are able to find an inner strength that helps them deal with whatever life hands them. They display amazing courage in the face of incredible trials.

Susan's 21-year old daughter Jane was just admitted to hospice care. When doctors told Susan that there was nothing more they could do for her daughter, they left her on her own to find a place where Jane

could receive appropriate palliative care. Despite her unbearable grief and lack of support, Susan was able to navigate the social service system until she found the right place for Jane. She also found the time to ask me to relay her thanks to her sponsor for all her help.

Pauline just turned 89. In her younger years she worked with handicapped children in a hospital setting. She has been a widow for 33 years. Pauline suffers from severe osteoporosis. She is in constant excruciating pain which medication does little to ameliorate. However, Pauline is grateful to wake up each day. She always tells me, "Janet darling, I thank G-d for my wonderful sponsors who are so good to me. And the delicious food they send me makes me so happy! And I can't tell you how I felt when they sent me flowers!"

Nancy and Peter have 4 children, ages 20, 17, 15 and 5. Peter has

multiple sclerosis and degenerative disc disease. He is unable to work. Nancy has only been able to find part time work. They struggle every day to make sure that the children have enough to eat, clothes and items that they need for school. Yet, every time I speak with Nancy she has a funny story to tell about one of her children, or a joke to share.

Each of these recipients is physically and emotionally exhausted. They have tremendous stress in their lives. But they shoulder their burdens to the best of their ability, and live with dignity and grace.

All of us at M'Yad L'Yad contribute in small ways to easing the lives of our recipients. However, we can also learn and benefit from the examples of resilience shown by so many courageous individuals.

Janet Zimmerman

SPOTLIGHT

Continued from Page 3

communities overseas. This experience solidified her commitment to Jewish community life both at home and throughout the world.

Susan realized a lifetime dream in 1984 when she became a Bat

Mitzvah, showing her children that Jewish learning is a lifelong process. She has always loved spending time with her family, children and grandchildren, playing bridge, and traveling.

You have to agree, Susan is quite

the extraordinary woman! To know her is to love, admire, and respect her. Thank you, Susan, for all you have done and continue to do.

Kaye Pine

M'YAD L'YAD SYNAGOGUE PARTNERS

CHAVURAT EMET	SMITHTOWN	NORTH SHORE JEWISH CENTER	PT. JEFFERSON STATION
COMMACK JEWISH CENTER	COMMACK	PLAINVIEW JEWISH CENTER	PLAINVIEW
THE COMMUNITY SYNAGOGUE	PORT WASHINGTON	SOUTH HUNTINGTON JEWISH CENTER	MELVILLE
DIX HILLS JEWISH CENTER	DIX HILLS	TEMPLE BETH DAVID	COMMACK
EAST NORTHPORT JEWISH CENTER	EAST NORTHPORT	TEMPLE BETH EL	HUNTINGTON
HUNTINGTON JEWISH CENTER	HUNTINGTON	TEMPLE BETH EL OF PATCHOGUE	PATCHOGUE
JEWISH CENTRE OF BAY SHORE.....	BAY SHORE	TEMPLE BETH TORAH	MELVILLE
JEWISH CONGREGATION OF BROOKVILLE	JERICO	TEMPLE CHAVERIM	PLAINVIEW
KEHILLAT CHOVEVEI TZION	SETAUKET	TEMPLE OR ELOHIM.....	JERICO
KINGS PARK JEWISH CENTER	KINGS PARK	TEMPLE SINAI.....	ROSLYN
MIDWAY JEWISH CENTER	SYOSSET		

For information on how to join M'Yad L'Yad Synagogue Partners, please contact our office.

M'Yad L'Yad - Helping Hands



Mission Statement

M'Yad L'Yad-Helping Hands is dedicated to enhancing the lives of the needy in our community. The anonymous pairing of volunteer sponsors with recipients encourages ongoing relationships and provides friendship and dignity, as well as material support.

Our Program

M'Yad L'Yad-Helping Hands makes it possible to give in a way that is personal, yet always anonymous. We match volunteer sponsors with needy recipients, asking sponsors to send packages to their recipients four times per year in order to enhance their lives. Sponsors might send toys, clothing, gift cards, school supplies, or other items that are best suited to their recipient's individual needs. We are a local organization, supporting families on Long Island. To join with us, please call (631) 742-7194 or e-mail us at hands@myadlyad.org.

Our Benefactors Circle

M'Yad L'Yad greatly appreciates the generosity of our benefactors. Thanks to the support of the individuals and corporations listed below, we are able to expand our reach to make a positive impact on the lives of Long Islanders. To add your name to our Benefactors Circle, please see the donation form below.

Benefactors

Anonymous (2)	Rabbi Ian Jacknis, South Huntington Jewish Center	Erika & Richard Safran
Meryl & Stewart Ain	Gail & Gerald Jospa	Gloria Safran
Terry Schimek & Wayne Barnstone	Elizabeth Krulik	Nina Sandler
Cheryl & Rod Brayman	Margery & Larry Kushnick	Michele & Stephen Scheck
The Community Synagogue	Faith & Les Lerner	Roslyn & Jeffrey Sherman
Karen & David Eisner	Susan & Leonard Lustig	Renee & Stephen Steinig
Beth & Alex Finger	Rabbi Susie Heneson	Fran & George Stern
Terry & Irwin Fishberg	Moskowitz	Temple Beth El Religious School
Barbara Safran & Ken Greenberg	North Shore Jewish Center Sisterhood	Diane & Gerald Thurer
Ellen & Stephen Greenberg	Mark Polyocan	Myra & Harry Wagner
Ilene & Jerry Herz	Lesly & Nathaniel Reichel	Robyn & Michael Weiner
Robin & Douglas Horn	Mr. & Mrs. Jack Rosenthal	Weisberg/Epstein Family
	Betty & Sam Roth	Judy Weiss & Jack Zucker

Corporate Benefactors

The Benjamin Companies	PT Squared Physical Therapy
Café Buenos Aires	Rosenberg & Fortuna, LLP
Citi Smith Barney	Salesmaster
Dentists For A Better Huntington	Sterling Floor Design
Fairway	Touro Law Center
Goldstein, Rubinton, Goldstein & DiFazio P.C.	U. S. Luggage
Herman Goldman Foundation	Wachovia Securities
Huntington Bay Dental	
Knockout Pest Control	
Merrill Lynch	

M'YAD L'YAD DONATION FORM

NOTE: Donations Can now be made online at www.myadlyad.org

Name/Company: _____ Telephone: _____

Address: _____ e-mail: _____

I would like: (please check)

- Additional information about M'Yad L'Yad
- To volunteer to sponsor a M'Yad L'Yad family
- To join M'Yad L'Yad as a Benefactor/Corporate Benefactor
(minimum donation of \$500).....\$ _____
- To make a donation to M'Yad L'Yad\$ _____
- To make a donation to the Murray Safran Fund ..\$ _____
(to assist recipients with emergency needs)
- To buy Tribute cards: ___ cards @ \$5\$ _____
- M'Yad L'Yad to send a Tribute card (\$5 each)\$ _____
- To make a donation in honor of Gloria
Safran's selection as Woman of the Year\$ _____

Please make my donation or Tribute Card ...

In Honor of: _____

In Memory of: _____

Acknowledgment to:

Name: _____

Address: _____

Message: _____

A MESSAGE FROM OUR EXECUTIVE DIRECTOR

Mark D. Zimmerman Speaks About Tzedakah



“Tzedakah may not save us, but it makes us worth saving.”

The above words were written by Rabbi Reuven Kimelman in his book, “Tzedakah and Us.” What a beautiful message, and one that seems to fit so well with M’Yad L’Yad’s anonymous approach to Tzedakah, charitable giving. With anonymous giving, one is clearly not doing so for the reward. One who gives anonymously does so because it is right to do so, not because others will offer thanks or praise. Yet Professor Kimelman makes the point that while anonymous givers may be forgoing any rewards, they are in fact the most deserving of being rewarded.

M’Yad L’Yad Sponsors open their hearts throughout the year to help those in need, and they do so quietly, anonymously, and with no expectation of public recognition. So far this year, more than 750 packages have been sent to M’Yad L’Yad Recipients. Read the words of some of our Recipients and you will see what this support has meant to them:

“I just want to thank you so much for your unbelievable generosity with the package you sent to us. Unexpected and wonderful. I was completely in shock when I first opened it up. Your willingness to help us is beyond our dreams.”

“I also want to wish everyone at M’Yad L’Yad a Happy New Year. You are all so wonderful to us throughout the year and you will all be in our prayers.”

An old folk saying says, “The longest road in the world is the one that leads to the pocket.” Every day M’Yad L’Yad supporters demonstrate that this is not so. You willingly open your hands, your pockets, and your hearts to help the needy on Long Island.

In line with Rabbi Kimelman’s words, the giving of Tzedakah is no guarantee that one’s name will be written in the Book of Life during this High Holiday season. But it is quite clear that you, our Sponsors, are among those most deserving of being inscribed and sealed for a good year.

I want to wish all of our Sponsors and Recipients, and all of our supporters, a sweet and healthy New Year.



M’Yad L’Yad – Helping Hands

74 Hauppauge Road
Commack, NY 11725

ADDRESS CORRECTION REQUESTED

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**Gloria Safran chosen as
Town of Huntington
Woman of the Year.
• See story on Page 1 •**