



THE FLAME

*The Federation of Jewish Women's Organizations of Maryland
Lighting the Way for Jewish Women Leaders • Established 1916*

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The Real Story Behind Israel's Headlines



Speaker: Neil Rubin, Ph.D.

*Chair, Department of Jewish History
Beth Tfiloh Dahan High School*

Dinner Meeting

Thursday, November 30, 2017

6:00 pm

Kosher dinner and program

Temple Oheb Shalom

7310 Park Heights Avenue 21208

For your Reservation: Send your check of \$20 to:
Ann Fishkin, 6501 Trotwood Court Baltimore, MD 21209

Message from our President Helene H. Waranch



My grandmother used to say: "The older we are, the faster time goes." She was so right. It is hard to believe that over a year has passed since I became president of Federation, and there is still a great deal to do to accomplish the goals that the officers set:

- Become a stronger voice of the Jewish women of Maryland
- Partner with other community organizations
- Develop better communications
- Expand membership
- Build a stronger leadership team

To date I am proud to say Federation has worked hard to become a stronger, more recognized voice for 5000-10,000 Jewish women by working with our government officials, visiting with members of the General Assembly in Annapolis and by joining with the Maryland Legislative Agenda for Women on issues of our mutual concern. Federation has become more visible by collaborating and cooperating with local Jewish and/or women's organizations to create cooperation and collaborations: Associated Women, Jewish Community Services, Associated's Center Community Engagement and Leadership (CCEL), CHANA, Baltimore Jewish Council and MLAW. Federation has individuals who represent us on the Baltimore County Commission for Women, Baltimore Jewish Council and MLAW.

Federation has developed greater communication with our organizational members and the greater

community. This past year you received three Flames (our newsletter) with information on programs and legislative issues. Announcements of timely organizational events have been placed in the newsletter and on our website. Also each officer has been assigned three organizations with whom to build a calling relationship. Thanks to Marcia Bornfriend, a power point presentation was created to explain Federation's history and programs.

To accomplish the last 2 goals, **Federation needs your help:**

- We need you to **identify any Jewish women's group** in the greater Baltimore area that you know about and does not belong to Federation.
- We need you to **get involved in Federation:** serve on a committee; help plan the 102nd Annual Convention for 2018 or participate in the resolution process. Call me at 410-602-1210 or email me at info@jewishwomensfed.org to get involved. Federation is only as strong as the members and leaders who work together to increase involvement and recognition. Therefore, as Rabbi Tarfon said: "It is not up to you to finish the work, yet you are not free to avoid it."

Yes, time does go so fast. As we begin 5778, may all of us in Federation have a meaningful and successful year. May you and your families have a healthy, peaceful new year.

Come Hear Dr. Neil Rubin Speak



As an experienced educator, editor and reporter on international and national issues, particularly as they impact Jewish life, Neil Rubin is the perfect person to discuss the latest Israeli issues that effect the Jewish people throughout the world. For many years he was the senior editor of the Baltimore Jewish Times and received his Doctor of Philosophy from Baltimore Hebrew University in Modern Jewish History. Join Federation for a kosher dinner and Dr. Rubin's presentation, "The Real Story Behind Israel's Headlines" on Thursday, November 30, 2017 at 6 pm at Temple Oheb Shalom. RSVP by

sending a check for \$20 to: Ann Fishkin, 6501 Trotwood Court, 21209.

101st Convention 2017 In Review

The 101st Annual Convention of The Federation of Jewish Women's Organizations of Maryland, entitled "Changing Times: Adapting for the Future," was held on Thursday, May 11, 2017 at Temple Oheb Shalom. The outstanding morning program, "Being Jewish Women in Today's Changing World," included Jayne Miller, WBAL-TV reporter as moderator and a panel of dynamic women: Lara Franks, certified health coach and partner in a food service company; Liz Minkin Friedman, director of development and strategic planning at Krieger Schechter Day School; and Rina Janet, general chair of Israel Bonds Maryland, who talked personally about the topic and had wonderful insights. After lunch the keynote speaker, Sammie Moshenberg, grassroots independent consultant, talked about "Jewish Women's Organizations: Relevant or Relic" and what we need to do to stay viable. Debra S. Weinberg, community leader, was the recipient of the E.B. Hirsh Lifetime Achievement Award followed by The Embracer of Change Award which was given to one person from each member organization.

This successful day would not have been possible without the leadership of the co-chairs, Karan Engerman and Linda Roedel, and the dedicated and capable women who served on the committee and handled all the aspects. Todah Rabah.



SAVE THE DATE:
On Thursday, May 24, 2018 the 102nd Annual Convention will take place at Baltimore Hebrew Congregation.

The Chosen Genes? Genetics and the Jewish Community

For Federation's opening meeting, the program was "The Chosen Genes? Genetics and the Jewish Community. Miriam Blitzer, Ph. D., professor and head of the Division of Human Genetics for the Department of Pediatrics at University of Maryland School of Medicine, spoke about how our DNA works and how specific genetic diseases are inherited. She talked about medical discoveries and the importance of having young people

tested to know their options when they are ready to start a family. Dr. Blitzer was most informative and knowledgeable. We are most grateful for her willingness to come.

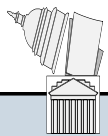
The meeting was held in the Wilson Hall at North Oaks. Their generosity in providing the space and the delicious continental breakfast was most appreciated.

All-in-all, the opening meeting was a great success.



SERV-A by Betty Samuels Seidel

Apples! Honey! Kugel! Gefilte Fish! Jewish holidays are enhanced by delicious traditional dishes. Rosh Hashanah brings the joy of gathering with family members and friends! Missing from our celebrations and our houses of prayer are the Jewish men and women in the United States Armed Services, who are courageously protecting us throughout the world. Federation's famous SERV-A project makes sure they know that they are not forgotten. The funds we send to the Chaplain's Council of the Jewish Welfare Board provide prayer books, ceremonials and kosher holiday goodies. To accomplish this mitzvah, we depend upon the annual contributions from each of our affiliated organizations and sisterhoods. Many wonderful individuals also donate to SERV-A on happy or sad occasions. All gifts are gratefully acknowledged. Please send contributions to our devoted treasurer Ann Fishkin, 6501 Trotwood Court, Baltimore MD 21209, or 410-484-9604.



Legislative
Update by
Jo-Ann Orlinsky

Written on the 80th Day of the 90-day Session

In English Common Law, women were the chattels (property) of their fathers or their husbands. If they were raped, they were damaged goods and their “owner” could seek damages. In Maryland, the penalty for a conviction of rape was punishable by death. As a result, very few cases were brought to court by the state and very few convictions were found by juries. Rape was considered “an easy charge to make and a difficult charge to prove.”

Since 1976 many bills have been enacted which have changed the definitions and the punishments and evidentiary requirements. Over the years there have become three theories to prove rape: age (statutory rape), diminished capacity (intoxication, physical helplessness, or cognitive disabilities) and force or threat of force. Threat of force requires resistance on the part of the victim: how hard she fought and her physical injuries. For years women have been given mixed messages: fight the rapist or don't fight and don't get killed. HB 429/SB217 clarify that resistance is no longer legally required. After returning to both houses, the bill was passed by the General Assembly and goes to the Governor for his signature.

A recent case in Baltimore County became the impetus for a statewide study of the handling, destruction and testing of rape kits (evidence). The survey revealed that each Maryland jurisdiction has different requirements, and many rape kits are never tested. Delegate Shelley Hettleman has introduced HB255/SB349 which would require that a rape kit (evidence) may not be destroyed or disposed of for 20 years and requires the Maryland Attorney General to adopt regulations for uniform statewide implementation. This bill has passed the House. SB 349 was substantially amended and passed the Senate. It was returned to the house, which agreed to the changes and now goes to the Governor for his signature.

Medical Minute by Harriet Meier, M.D.



MEDICATION ADHERENCE

Years ago, I was told that the reason acne medicines don't work...is because they are not used. Or as C. Everett Koop, M.D. said, “Drugs don't work in patients who don't take them.”

We're living longer and good habits go a long way to keep us healthy. But, even a good diet and exercise cannot hold back time. With age, the immune system weakens, some values such as blood pressure naturally go up, and the effect of heredity catch up with us. Few of us will escape having to take a statin, blood pressure meds, etc. Medication non-adherence is a growing concern to clinicians, healthcare systems and other stakeholders because of the mounting evidence that it is prevalent and associated with adverse outcomes and higher costs of care.

After hospitalization for an acute myocardial infarction, almost one fourth of patients did not fill their cardiac medication by day 7 after discharge. Within 1 month of hospital discharge, 34% stopped at least 1 medication and 12% stopped all 3 discharge medications. There appears to be a progressive decline in adherence over the next 6 to 12 months and by 2 years after hospitalization, only about 40% of patients of the myocardial infarction patients were still taking their statin medication.

The World Health Organization has categorized potential reasons for medication non-adherence into 5 broad groupings: (1) patient-younger age, nonwhite race and depression, (2) condition-asymptomatic conditions and those that are chronic in nature and require long-term therapy, (3) therapy-complexity of the regimen and perceived or experienced side effects, (4) socioeconomic-lower education level and low health literacy, and (5) health system related factors. Medication non-adherence remains common even when cost is less of a factor such as the US Veterans Health Administration.

How can we improve adherence? Get into a habit of taking your medication at a certain time, or with a certain activity like eating. You can get weekly medicine boxes from your pharmacy to help you organize your meds, and it lets you check if you have taken them. I have a box for my mother with an alarm that will keep saying “Take your medicine” until you push the button. If you are having a side effect from a medication, notify your physician. There may be alternative medicines, or there may be an alternative schedule that may reduce the effects.

So, keep up your good diet and exercise, but if your physician has prescribed a medication, find out what it is for, educate yourself about the medicine and any potential side effects, notify your physician if you are experiencing side effects and together come up with a plan. Never stop a medication abruptly as this could cause a serious problem.

Modern medicine is a miracle!



Under Our Umbrella

The Flame is happy to highlight your organization's events. Submit your information to Elissa Ness, easelthew@aol.com. Bring your flyers to the November meeting so they can be placed on a table.

ADAT CHAIM

Sunday November 19, 10 am -noon - Join us when we do our pre-holiday shopping at this venue, offering unique ideas for gifts, home and self. 5 Wacky Women, Scotts Corner, 10255 York Road Cockeysville, MD 21030. Come, browse and shop in comfort when the store is open just for us! \$5 contribution, refreshments served. Contact Adrienne Frager 410-526-0681 or adriennesl@aol.com.

BALTIMORE HEBREW SISTERHOOD

Wednesdays, 10:30 am Want to learn how to play Mah Jongg? Join a group of beginners at the home of Harriet Stulman. We are coached by Linda Litofsky. Bring along your Mah Jongg set, if you have one. In order to play, you will need a current Mah Jongg card. Reservations requested to ensure adequate playing room. INFO & RSVP: Harriet Stulman, 410-484-4043 or hstulman@gmail.com.

Sunday, November 5, 9am-4:30 pm & Monday, November 6, 11 am-5 pm.

Baltimore Hebrew Congregation Sisterhood's 23rd Annual Holiday Boutique & Silent Auction. Visit your favorite vendors, new and old, and discover something extraordinary. (Make sure you stop by the E.B. Hirsh Early Childhood Center Book Fair booth.) Cafe with delicious food open daily. Free Admission and Parking. Great Silent Auction items. Visa & Master Card. INFO: Sisterhood Office 410-764-15798 ext 270 or Rachel Lederman bhsholidayboutique@gmail.com

November 10th and 11th

Baltimore Hebrew Congregation Sisterhood will hold a Women's Retreat at the Mt. Washington Conference Center. INFO: Karan Engerman, karansander@comcast.net 443-352-3928.

BETH EL SISTERHOOD

November, 2017

Beth El Sisterhood will host a general meeting/ luncheon on Monday, November 6. Our guest presenter will be Jim O'Hara, a retired professor at Loyola University Maryland, who specializes in the history of the Supreme Court. A member of the Board of the Supreme Court Historical Society, his presentation will focus on Supreme Court Justice Louis Brandeis as a lawyer, judge, ardent Zionist and a proponent of free speech.

December, 2017

Beth El Sisterhood will host a general meeting/ luncheon on Monday, December 4. The presentation will be a panel discussion on Islamophobia with panelists: Rabbi Steven Schwartz, Senior Rabbi, Beth El Congregation; Dr. Rosann Catalano, Roman Catholic Scholar and Dr. Homayra Ziad, Islamic Scholar from the Institute for Islamic, Christian and Jewish Studies (ICJS).

Janaury, 2018

Beth El Sisterhood will host a general meeting/ luncheon on Monday, January 8. The presentation will be connected to Beth El's Soul Center with Rabbi Dana Saroken and Julie Reisler.

BETH TFILOH SISTERHOOD

October 24, 2017 Day of Games and Lunch, 12 noon to 4:00 pm. Call Ellen Karp 443-660-7690 or email ellenkarp@hotmail.com or Brenda Pariser 410-363-8903 or parisb@juno.com.

October 29, 2017 - 3rd Annual Mega Boutique from 10am to 5 pm in the Zimmerman Multipurpose Room.

November 11, 2017 Annual Sisterhood Brotherhood Bingo Night. Call Roselyn Kalb 410-486-3456 or Harry Kessler, 410-653-0085 for information.

BRANDEIS NATIONAL COMMITTEE, BALTIMORE CHAPTER

Thursday, November 16 - Opening Meeting; Speaker TBA

Thursday, January 18 - January Book Review and Discussion; the book is Citizen, by Claudia Rankine

Thursday, April 19 - Second Open Meeting; Speaker TBA

Thursday May 17 - Closing Meeting and Luncheon with Guest Author; Speaker TBA

All open meetings convene at 1 pm in the Hadassah Meeting Room, [3723 Old Court Road, Suite 205](#).

For more information, contact Suzanne Strutt swstrutt@verizon.net.

HADASSAH

November 1st at 6:30pm- Hadassah is pleased to invite the entire community to **P (INK)**, an event in recognition of breast cancer awareness month at the Woodholme Country Club where there will be a dairy dessert reception. The featured speakers will be Rabbi Dana Saroken, Dr. Ronald Shuster and Mr. Vinnie Myers. The cost is \$36 for Hadassah members and \$45 for non-members. Please register by either emailing baltimore.chapter@hadassah.org, calling the Hadassah office at 410-484-9590 or registering online at: <http://hadassah.org/events/pink> - [Click Here for Flyer](#).

ISRAEL BONDS

Thursday, November 9, 2017

2017 Israel Bonds Fashion Show and Luncheon 11:00 am at Beth Tfiloh Congregation Honoring Shellye Attman Gilden and Her Special Family Circle of Women.

KAPPA GUILD, INC.

Sunday, October 29, 2017- Fashion Show and Lunch at Zamoiski Auditorium at Sinai Hospital, 11:30 am until 3:30 pm. Fashions by Taylor Marie. Cost \$30. For more information contact Sheila Mentz 410-484-8215, morahsheila@aol.com or Miriam Stern at 410-602-0175, bubbysternmail@aol.com.

May 30, 2018 Donor luncheon celebrating our 65th Anniversary year. More info to follow.

LEVINDALE AUXILIARY, INC.

October 29, 2017—All That Jazz...and more is this years Fundraiser honoring Levindale Auxiliary Past President Eve Vogelstein at Temple Oheb Shalom. Time: 6:00 pm. Music by Freddie Stevens, a silent auction, and food by Yaffa. Funds will be used to upgrade audio/visual equipment in the Levindale Town Center. For tickets to the event, contact fbrand@lifebridgehealth.org or call the office at 410-601-2378.

****Note:** Eve Vogelstein is the Past President of The Federation of Jewish Women's Organizations of Maryland.

Federation is Available to Visit You

Each member organization can invite a Federation officer to visit one of your meetings to learn about Federation and what we can do for you. Call President Helene Waranch for more information at 410-602-1210.

Special Announcement

Sheila Mentz is being honored for her philanthropic work through Lifebridge and Kappa Guild at a luncheon at the Baltimore Marriott Waterfront Hotel on November 17, 2017. This is sponsored by the Association of Fundraising Professionals Maryland Chapter as part of their National Philanthropy Day. She will receive an Unsung Hero Award which publicly honors those who do so much to enhance philanthropic support in our community through their exceptional commitment and volunteer and fundraising projects in years or hours benefiting their chosen charitable organization and who may not otherwise gain recognition.



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Federation Calendar

Save the Dates:

November 30, 2017, Dinner Meeting

January 25, 2018, Mid-Winter Conference

March 15, 2018, March Meeting

May 24, 2018, 102nd Annual Convention

NOTE: All Federation meetings are held on Thursdays.

Become a Friend of Federation



Send check for \$18 to Ann Fishkin.
Remember to designate "Friend" on your check and complete the form on your right.

FRIEND OF FEDERATION FORM

Your contribution of \$18 a year allows you to receive all Flames, the annual directory and all mailings. You also help to underwrite Federation's meetings. Thank you for becoming a Friend of Federation.

Name _____

Address _____

City _____ State _____

Zipcode _____ Phone _____

Email _____

Organization _____

Make your check payable to:
The Federation of Jewish Women's Organizations of Maryland
Please mail check to:
Ann Fishkin, Treasurer, 6501 Trotwood Court ,
Baltimore, Maryland 21209

Visit us at www.jewishwomensfed.org
Email: info@jewishwomensfed.org • Office: 410-602-1210



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