

TULSA *Jewish Review*

Nisan/Iyar 5784

May 2024

Israel's Yoms Remembrances and Celebrations

INSIDE THIS ISSUE:

Yom HaShoah ✧ Yom HaZikaron ✧ Yom Ha'Atzmaut

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Jewish American Heritage Month (JAHM) is held each May to celebrate the contributions and experiences of Jewish Americans and highlight how America's Jewish communities have shaped and been shaped by the cultural, social, and economic fabric of the United States. Join our social media pages to stay connected and learn more.



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JEWISH FEDERATION
OF TULSA
JARED GOLDFARB

Front Cover



Israel's Yoms
Remembrances and Celebrations

JEWISH FEDERATION OF TULSA

MISSION:

The mission of the Jewish Federation is to preserve and enhance Jewish life and well-being in Eastern Oklahoma, Israel, and the entire world. The mission is being addressed by pursuing charitable, humanitarian, cultural, educational, health, and social service needs of the Jewish community as well as by engaging in community relations, outreach, and providing a variety of services to the broader Tulsa community. The Jewish Federation supports the Charles Schusterman Jewish Community Center, The Sherwin Miller Museum of Jewish Art, and Mizel Jewish Community Day School.

VALUES:

Kehila – Community

Fostering a connected and collaborative Jewish community, characterized by respect, empathy, and understanding.

Tzedek – Justice

Continuously improving the quality of life of all Tulsans, as well as our partners in Israel and abroad, through philanthropic giving of our resources and time.

L'Dor V'Dor –

From Generation to Generation

Sustaining the culture, traditions, and collective memory of the Jewish people, through innovative intergenerational programming that is meaningful, educational, and fun.



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JEWISH FEDERATION OF TULSA 2024 BOARD SLATE

The Jewish Federation of Tulsa nominating committee is comprised of the following members: Jared Goldfarb, (Chair), Brian Brouse, Jennifer Joels, Jodi Finer, Mindy Galoob, Barbara Sylvan, and Lynn Goldberg. Per JFT by-laws, the committee includes (4) current board members and (3) non-board members (but members of JFT).

The nominating committee of the Jewish Federation of Tulsa, nominates the following individuals for a 2-year term 2024-2026 on the JFT Board of Directors:

NOMINATED REPRESENTATIVES 2024-2026

Ben Aussenberg

Randee Charney

Ed Kaplan

Matt Katz

Vyacheslav Khrapak

Karen Kiely

Michael Lerner

Jillian Roberts

Yonatan Schmidt

Barbara Winder

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David Patterson

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Ed Sherman

Join us ~

JFT members are invited to please join us for our Annual Meeting & Luncheon where we will elect new board members, review 2023 financials and accomplishments, and honor dedicated volunteers.

Please RSVP by May 17 at: [JewishTulsa.org/AnnualMeeting24](https://www.jewishtulsa.org/AnnualMeeting24) ■

Annual Meeting & Luncheon 2024

Wednesday, May 22, 2024 | 11:30 am



UPCOMING EVENTS



Lunch Bunch | Wednesday, May 8 | 12 pm | Jewish Federation of Tulsa

Please join us as we “learn a bunch in just one lunch!” Our guest speaker Professor Asher Ben-Arieh will be giving a talk titled, *Working on Behalf of the Children of Israel in the Post October 7 World*. Professor Ben-Arieh is the Haruv Chair for the study of Child Maltreatment at the Hebrew University of Jerusalem, a professor of social work and the Dean of the Paul Baerwald School of Social Work and Social Welfare in Jerusalem. He is one of the leading international experts on social indicators, particularly as they relate to children’s wellbeing. As always there is an optional lunch for purchase of \$13.



RSVP at: JewishTulsa.org/lb-may24



Yom HaShoah Commemoration: Standing at the Threshold Thursday, May 9 | 7 pm | Congregation B’nai Emunah

Yom HaShoah is a day dedicated to the memorial and somber reflection in recognition of the millions of lives lost under Nazi persecution. This year’s annual commemoration features Danny M. Cohen, a distinguished professor of instruction at Northwestern University, School of Education and Social Policy and the Crown Family Center for Jewish and Israel Studies. Professor Cohen will present, *Talking with Ghosts: The Possible Futures of Holocaust Memory*. Additionally, composer Rick McKee will perform an original, musical meditation, written as part of the Council for Holocaust Education’s annual Yom HaShoah art competition, during his senior year at Jenks High School.



RSVP at: JewishTulsa.org/yomhashoah2024



Yom HaZikaron | Monday, May 13 | 6:30 pm | Jewish Federation of Tulsa

Please join us at the flag pole outside the CSJCC for a short ceremony remembering soldiers and civilians who lost their lives during the struggle to defend the State of Israel—as well as remembering the victims of terror attacks. This year many more soldiers died while defending Israel from terror, and many families joined the circle of Israeli bereaved families. Join us in remembering them and their stories.

Following the ceremony, we will enter the Barbara and Dave Sylvan Auditorium for a light dinner while listening to stories of two Israeli heroes who were part of the events that took place on October 7.



RSVP at JewishTulsa.org/Yom-HaZikaron24



A Taste of Israel: Israeli Food and Wine Tasting | Thursday, May 16 | 7 pm | Jewish Federation of Tulsa

Calling all community members over 21 to join us for a special Israeli Wine & Food Tasting Dinner for Yom Ha’Atzmaut. We joined forces with the experienced Chef Aaron B. Ware from OSU Institute of Technology Culinary Arts to curate a unique dinner just for you. Every dish will be paired with an Israeli wine along with first-hand stories about its origins. Come savor the vibrant flavors of the region and immerse yourself in the essence of a land abundant with milk and honey. Vegetarian and non-alcoholic options available. \$36 per person.



RSVP at Jewishtulsa.org/Israel-Wine



Yom Ha’Atzmaut Israel Shalom Fest | Sunday, May 19 | 3 – 6 pm | Jewish Federation of Tulsa

Celebrate Israel Independence Day with events for the entire family including arts & crafts, bouncy house, Israeli map room, Israeli short films, and more! Fun Israeli merch and food available for purchase. The first 50 people who register will receive a free Israeli-themed gift! Our two special Israeli heroes will join us for the last time before they head back home. Bring the entire family and come and go as you like between 3 -6 pm. Food includes: falafel or vegan shawarma plate \$8 or kosher hot dog plate \$6. Meals include either water or soda.



RSVP at Jewishtulsa.org/ShalomFest



JFT Annual Meeting | Wednesday, May 22 | 11:30 am | Barbara and Dave Sylvan Auditorium

We invite JFT members to join us for the annual meeting to recap and review the last year. Members will enjoy a luncheon where we will elect new board members, review 2023 financials and accomplishments, and honor dedicated volunteers of the Charles Schusterman Jewish Community Center, the Jewish Federation of Tulsa, and The Sherwin Miller Museum of Jewish Art.



RSVP at: JewishTulsa.org/AnnualMeeting24



PR☆UD TO BE... ISRAEL'S YOMS REMEMBRANCES AND CELEBRATIONS

by Shahaf Feinkuchen, Israeli Emissary

It's that time of the year again. I am not referring to the end of the school year or when the Sharna and Irvin Frank Aquatics Center opens for the summer, it's the Yoms of course (Yom HaZikaron and Yom Ha'Azmaut). The time when we celebrate the existence of the Jewish state, Israel, and remember the price the Jewish people paid to make it happen.

This year the news from Israel is full of pain, tragedies, and hate alongside inspiring stories of bravery, solidarity, and support. Jewish communities in Israel and around the world are pondering the question, "what is the best way to celebrate the Yoms this year?" On one hand, it feels strange to celebrate or go on 'as usual' while the fighting is still ongoing and there are still more than 100 hostages being held in Gaza for over 6 months. On the other hand, what is more important and uplifting than coming together as a community and bringing pride, happiness, and hope in these difficult times?

Here in Tulsa, our Israel Engagement Committee (IEC) debated this question and decided to keep our traditional Yoms events, while also staying mindful of the current situation. We believe it is important for us to commemorate the loss and pain, and also celebrate and show our pride and support of Israel. To say out loud: ***we are Jews, we have the right to a Jewish state and self-determination, we have the right to follow our traditions and faith without fear, we are proud, and we belong.***

Thanks to our partnership with The Jewish Agency, this year we will host two special Israeli heroes, Noam and Ofek, who will join us for our Yoms events. They will share their personal stories and experiences and will bring some of the Israeli atmosphere to Tulsa. It is a great opportunity to hear first-hand testimonies of their experiences in Israel, while also showing them the strength and support of our Tulsa Jewish community to take back home.

We will begin our week of events on Monday May 13 with **Yom HaZikaron** (Israeli Memorial Day). We will meet at the flagpole in front of the Jewish Federation for a ceremony to honor and remember all the soldiers and servicemen and women who died in the Israel wars. Community member Matan Poler, an IDF reservist who went to Israel after October 7, will bring to light his experiences upon returning to his homeland. Following the ceremony, we will have dinner in the Barbara and Dave Sylvan Auditorium and listen to our two Israeli guests telling us their personal stories. Additionally, there will be a special opportunity to write letters to Israeli bereaved families.

Switching from grief to happiness and pride, all community members over 21 are invited to join us on Thursday, May 16 for **A Taste Of Israel**—an evening of Israeli wine and food tasting in celebration of the 76th Yom Ha'Atzmaut (Israel Independence Day). Chef Aaron B. Ware will guide us through the tastings, as we learn about the origins of the Israeli wines and food.

What is **Yom Ha'Atzmaut** without our traditionally celebrated family fun festival! Join us on Sunday, May 19 for **Israel Shalom Fest**—an afternoon of fun for all ages. The whole family will enjoy many Israeli-themed games, crafts, activities, and gifts! This family friendly event runs from 3-6 pm and includes Israeli food and kosher hot dogs available for purchase. I am very excited for this opportunity to celebrate these Yoms together with you for the first time since my arrival in Tulsa, especially now during these difficult times. I hope to see you there to celebrate Israel, our community, and our unique connection during the Israeli National Days. ■



Israel's Yoms Remembrances and Celebrations

Monday | May 13 | 6:30 pm
Yom HaZikaron

Ceremony, dinner, and special guests



Thursday | May 16 | 7-9 pm
A Taste of Israel

Israeli Food & Wine Tasting



Sunday | May 19 | 3-6 pm
Yom Ha'Atzmaut "Israel Shalom Fest"

Family Fun: games, crafts, Israeli merch, and food

***First 50 people to register will receive a free Israeli-themed gift!**

Meet two Israeli heroes all week!



**All events held at the
Jewish Federation of Tulsa**



More information and to RSVP:
JewishTulsa.org/Yoms2024

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THERE'S MUCH TO BE PR☆UD OF JEWISH TULSA!

by Isabella Silberg, Director of Development and Programming



The 2024 Jewish Federation of Tulsa's campaign dinner, featuring keynote speaker Yossi Klein Halevi, illuminated the theme of "Pr☆ud to Be" and truly set the tone for this year's campaign season. This was a special evening where community members and donors gathered for an unforgettable night filled with encouragement, reflection, and a shared celebration of Jewish identity. Yossi's poignant words resonated deeply, serving as a beacon of inspiration and discussion for all who attended. This communal event will surely be remembered as a testament to the strength and unity of the Jewish community in Tulsa. Thank you to the event chairs, Kate Basch and Yonatan Schmidt, JFT Board of Directors, campaign committee, volunteers, and staff for making this evening one to remember. We are so PR☆UD to be Jewish Tulsa! ■

"THIS WAS AN INCREDIBLE EVENT! I CANNOT IMAGINE HOW MUCH WORK WENT INTO THIS, BUT IT DEFINITELY SHOWED."
—KASI SHELTON,
EXECUTIVE DIRECTOR,
OU HILLEL



Top left photo:
Brian Brouse, Jared Goldfarb,
and Betty Lehman

Kate Basch and Isabella Silberg



Congregation B'nai Emunah table



Yossi Klein Halevi and
Lynn Schusterman



Rabbi Kaiman and Ross Heyman



Temple Israel table



Dr. Janice Finer, Mimi Tarrasch, Yolanda Charney, and Alice Blue

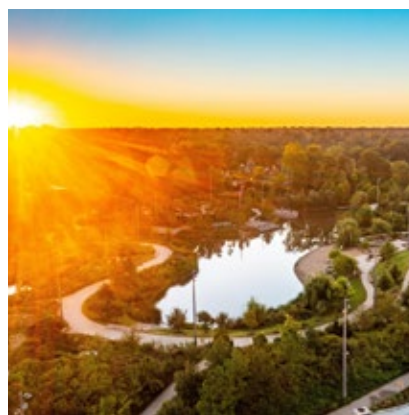
"IT WAS THE BEST FEDERATION EVENT I HAVE SEEN IN YEARS. BRAVO! THANK YOU."
—LOREN BASCH

"THE LARGE ATTENDANCE AND HIGHLY SUCCESSFUL EVENT REFLECTED LOTS OF HARD WORK BY FEDERATION'S STAFF. THANK YOU AND CONGRATULATIONS."
—JERRY SANDLER

UPCOMING EVENTS

**Fitness Challenge: May I Have a Clue Scavenger Hunt**

Discover new things about the CSJCC and get to know your staff by participating in our first ever scavenger hunt! Pick up a scavenger hunt checklist from the fitness desk and use during the month of May to discover clues and find markers to keep you moving and exploring. Take pictures along the way and collect stickers as you race to become the first one to complete the hunt.

**Gathering Place Walk & Social | Friday, May 3 | 10:30 am**

We will meet at Gathering Place Main Lodge to walk on the trails and enjoy some sunshine together. Walk as little or as much as you would like. We will end at the Redbud Cafe located inside the Main Lodge for a sweet treat and fellowship. Want to Carpool? Meet at the CSJCC front desk of the circle drive at 10 am to leave by 10:15 am.

RSVP at: csjcc.org/May-Social

**Featured Class! New Weekly Class: Cardio Drumming Starts Tuesday, May 7 | 11:30 am | Dance Studio**

By popular demand we are now offering a weekly cardio drumming class every Tuesday at 11:30 am, beginning May 7. Cardio Drumming is a full-body exercise class utilizing exercise balls, buckets, and drum sticks. This low-impact class uses movement through drumming to benefit both the mind and body. Cardio drumming is a fun, fast-paced way to get your heart rate up, improve your rhythm, and burn calories. If you enjoy movement, want to improve your hand eye coordination or just love music, join Coach Hannah and try this 45-minute workout. Supplies are limited—arrive early to claim your spot.

**Spring Planting | Wednesday, May 8 and Friday, May 10 | 10:15 am**

Do you have a green thumb or love the idea of beautifying our campus? Join us on one or both days where we will plant spring annuals at the pool and the entrance to the fitness center together. We will provide flowers and soil, please bring gardening gloves and hand shovels (if available). Wednesday, May 8th we will plant at the pool and Friday, May 10th we will plant near the CSJCC entrance.

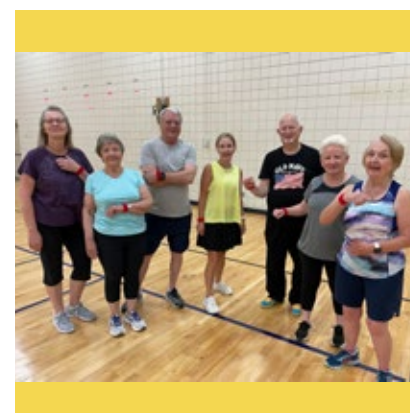
Let us know if you can help by contacting Laura Allen, lallen@jewishtulsa.org, 918-495-1111.

UPCOMING EVENTS

**Tzedek Volunteer Day | Wednesday, May 15 | 12:30 – 3 pm | Food Bank of Eastern OK**

Join your CSJCC community for a volunteer opportunity at The Food Bank of Eastern Oklahoma. We will begin by learning the impact the Food Bank has in Eastern Oklahoma and reflect on our service project. We will then move to the packing room to sort and pack foods. Please plan to be on your feet most of the time and wear comfortable closed toed shoes and clothing. 18 spots available—registration is required. We will carpool from the CSJCC.

RSVP at: csjcc.org/may-volunteer

**Senior Health and Fitness Day | Wednesday, May 29 | 9 – 11 am**

Sign up for your Senior Fitness Analysis! Our fitness staff will walk you through a series of strength, endurance, and balance exercises. You will leave with your individual benchmark score to see how you compare to others in your age category and areas to improve upon. In 6 months, we will retest you to compare your score and identify areas that may need more focus. Your scores are confidential and are for your information only.

Sign up for your 20-minute Fitness Analysis at the Fitness Desk.

CSJCC T-SHIRT

— *Sale* —

MONDAY, MAY 6

9 – 11 AM & 4 – 6 PM

Get your JCC Fitness gear during our clearance sale!

→ T-shirts \$5

→ Long Sleeve \$10

* While supplies last



CSJCC WILL BE OPEN
MAY 27, MEMORIAL DAY

Fitness: 12 pm - 5 pm

Aquatics Center: 12 pm - 8 pm

SHARNA & IRVIN FRANK
AQUATICS CENTER OPENS
SATURDAY, MAY 25

12 pm - 8 pm

Nosh Nook open:

- snacks
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- ice cream



THE TZEDEK PROJECT

by Laura Allen, Director of Outreach and Membership

I feel very fortunate to have been accepted into the 2024 Tzedek: Jewish Service Learning Cohort B. The Jewish Community Center Association (JCCA) of North America partnered with Repair the World to train JCC staff across North America to implement or enhance their service (volunteer) programs. I started this program in January with a Zoom call with 17 other women from 12 different JCCs across North America. In February, they flew us to the JCCA headquarters in Manhattan, NY to have an in person retreat with the participants of the cohort. It was an amazing experience to learn more about how to bring Jewish Service Learning back to our community at the CSJCC. Some of you may be wondering “what is Jewish Service Learning (JSL),” and I had the same question when starting this program. “Jewish Service refers to concrete actions taken by volunteers to meet pressing social needs and create just systems. It is driven by the fact that caring for the vulnerable is a Jewish obligation and that Jewish tradition has powerful and valuable teaching to offer about how we treat people with dignity and how to make lasting change.” Repair the World’s approach to Jewish Service Learning has four main components:

1. Direct Service (serving or volunteering locally in your community and knowing the needs of the community)
2. Issue Area Education (the “why” - what we are doing is important to the community or people that we are serving)
3. Jewish Learning (how does this connect with Jewish values or our JCC’s community values)
4. Reflection (discussion of the project and reflecting)

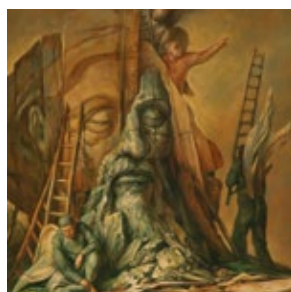
This is where you, the Charles Schusterman Jewish Community Center members and the Tulsa Jewish community come in to play. I need your ideas and your willing hearts to serve. Service days and projects currently scheduled include:

- **Food Bank of Eastern Oklahoma**
Volunteer/Service Learning
Wednesday, May 17, 1 – 3 pm
- **Food Drive at CSJCC**
Drop off canned foods
June 17 – 24
- **Meals on Wheels**
Volunteer/Service Learning
July 17, Time TBD



Far right: CSJCC Director of Outreach and Membership, Laura Allen, sorts books as part of her Jewish Service Learning Project

CURRENT EXHIBITIONS



Jacob's Ladder

Through December 31
Sanditen Gallery



17th Annual Purim Mask Student Exhibit

Through May 6
Mezzanine



Old Country to the Plains: Kosher Pop SK8 Art

Through June 14
Brodsky Gallery

EVENTS & EXHIBITIONS

Member Appreciation Luncheon | Wednesday, May 15 | 12 pm In The Sherwin Miller Museum of Jewish Art Lobby

Members are invited to attend our annual member appreciation luncheon. We will reflect on our 2023 successes and learn about opportunities for our future.

≈ **RSVP required by May 8** to Tracey Herst-Woods at twoods@jewishmuseum.net or 918.492.1818.



Spartan Boys: Tulsa and the Israeli Airforce May 30–September 9 | Mezzanine Gallery

≈ **OPENING RECEPTION: THURSDAY, MAY 30, 6 PM**

In partnership with the Tulsa Air and Space Museum, this historical exhibit is dedicated to the story of The Spartan School of Aeronautics, and the training of 42 technical staff members of the young Israeli Air Force, who in 1949 came to the Spartan College of Aviation and Technology in Tulsa, for a 9-month training. They were known as the “Spartan Boys.” The Spartan Boys were “adopted” by families of the Tulsa Jewish community during their time of study. Upon completion of their training, they returned to Israel as certified aircraft mechanics. One young mechanic, Bob Golan (of blessed memory), originally from Poland who went to Israel after the Holocaust, ended up moving to Tulsa and becoming a docent at The Sherwin Miller Museum of Jewish Art.



★ The Sherwin Miller Museum of Jewish Art
★ twoods@jewishmuseum.net

JOIN US AT MIZEL JCDS

by Amanda Anderson, Executive Director, Mizel Jewish Community Day School

Since 2021, Flo & Morris Mizel Jewish Community Day School has experienced remarkable growth, over doubling in size from pre-K to 5th grade! Our commitment to providing a quality education through a Jewish lens has led to high demand, resulting in accreditation by the State Department of Oklahoma. We are proud to be recognized as a rigorous, growth-model, high-achieving school.

Now is the perfect time to enroll your children at Mizel JCDS. For the 2024-2025 school year, we offer a multitude of benefits for both students and families:

- ◆ Quality Education: Our dedicated staff ensures continuous growth for all students.
- ◆ Jewish Identity and Values: Immerse your children in a nurturing environment that fosters Jewish identity and values.
- ◆ Community and Support: Join a vibrant community dedicated to the success of every child.
- ◆ Holistic Development: We focus on academic, emotional, intellectual, social, and spiritual growth.
- ◆ Small Class Sizes: Experience personalized attention and support.
- ◆ Innovative Teaching Methods: Engage in dynamic learning experiences.
- ◆ Diversity & Inclusion: Embrace diversity and promote inclusion in all aspects of school life.



At Mizel JCDS, we provide an exceptional learning environment for families of all faiths while emphasizing Jewish values, traditions, and Judaic studies. Our vision is to equip students with a strong academic foundation, meaningful learning experiences, and proficiency in Jewish values and the Hebrew language.

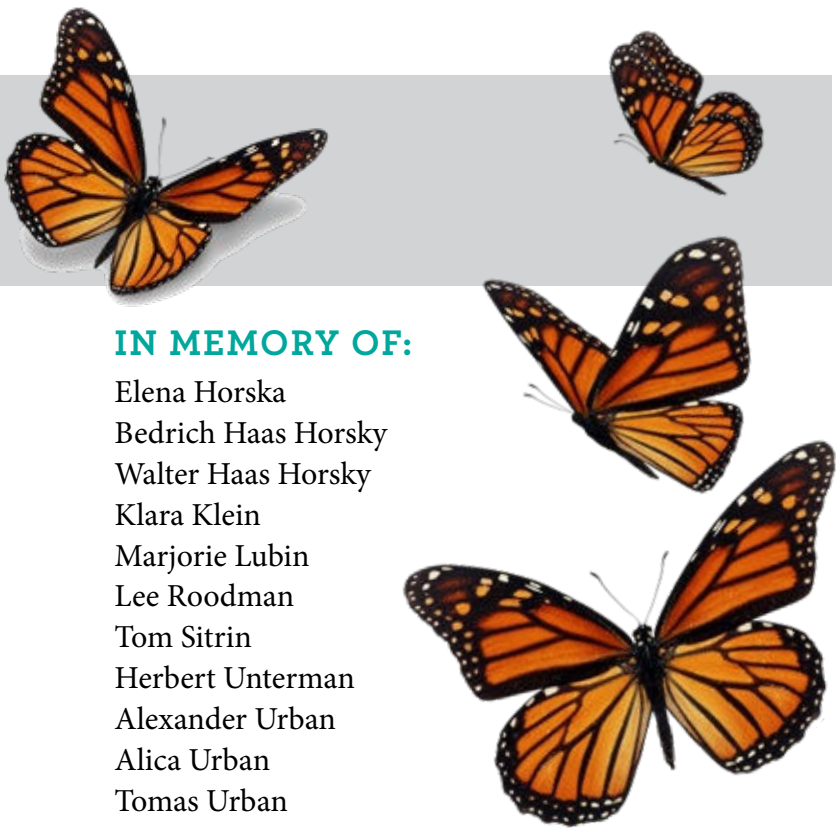
Enrolling at Mizel JCDS for the 2024-2025 school year offers students a transformative educational experience that empowers them to excel academically, grow personally and spiritually, and make a positive impact on the world around them. Schedule a tour today by contacting aanderson@mizelschool.org or calling 918-494-0953 ■



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DOUBLE FEATURE SATURDAY MAY 18 | FILMS AT 4:00p & 7:00p

The critically acclaimed Hot Springs Documentary Film Festival comes to Tulsa sponsored by Arvest Bank! Get info on both films, special guests, and tickets online now at CircleCinema.org/TulsaHotDoks.

Don't miss all the great Circle Cinema films and events this month, scan the code for up-to-date listings and showtimes.

CircleCinema.org | 918.585.3456 | 10 S. Lewis Ave, 74104

TULSA TEENS TAKE A BITE OUT OF THE BIG APPLE

by Conley Bolusky

This was my second time attending the Midrasha sponsored trip over Spring Break, and I can proudly say this year's New York City experience did not disappoint. Midrasha is the combined congregations (Temple Israel and Congregation B'nai Emunah) supplemental education for Jewish teens grades 8 – 12. Each year the Midrasha trip has a topic of focused study. This year the topic was immigration.

My favorite part of the trip was when we went to Ellis Island to learn about immigration. My entire life, my family has shared with me our family's journey to America. So, when I learned that we would be going to Ellis Island, I was excited because I knew I could learn more about my family's history. When we stepped onto Ellis Island, I pictured my own ancestors coming to America, with only one bag carrying all their belongings. We explored the museum and learned about the process people had to go through to seek refuge into the United States. One section of the museum allowed visitors to search their family name and learn about their long journey. When my family came to America their name was "Boguslavsky", which was later changed to "Bolusky". While I could not find any records of "Boguslavsky", I know that at some point they were standing on the same ground as was I.

The topic of immigration was chosen because of how prominent it is to our Jewish identity, and how through immigration we are all connected. We participated in many activities relating to immigration throughout the week, including a food tour through the Lower East Side. We visited places that not only brought light to the Jewish communities but to other immigrant communities that have continued to thrive and educate people on their culture. For example, besides visiting a Jewish deli, we also ate at a Dominican restaurant



Book of Psalms at Ellis Island and learned about their culture and their experiences through immigration.

We also visited the Jewish Museum, and learned about art depicting Jewish culture and identity. We explored amazing exhibits and saw how art can bring people together and educate about our Jewish heritage. Besides learning about the Jewish experiences, we visited the 9/11 Memorial, met with NYU Hillel students and toured the campus, and of course, we all got dressed up to see a show on Broadway!

I will always remember this experience, because I was able to connect to my family's American story in a way that I have never before. Thank you so much to Sara Levitt, Rabbi Jasper, and Karen Hafter for giving the Tulsa teens a trip we will never forget! ■



Midrasha Group at National Museum of Immigration on Ellis Island



CELEBRATE SIMCHAS!

Share your simchas with the entire community! Send us your b'nai mitzvah, wedding announcement, birth of a child, graduation, or other milestone for our "simchas" section each month. Send submissions for the Tulsa Jewish Review to Sandy Sloan, sandy@jewishtulsa.org

Mazel Tov to Alana and Rob Gorden.

They welcomed their first child on Tuesday, March 26, 2024. Noa Isabel was born at 8 lbs 12 oz, and 20 ½ inches long. She received a blessing during the Torah service on Saturday, April 6th at Congregation B'nai Emunah. The whole family is healthy, happy, and are thrilled to begin the next chapter in their lives!



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THE ZARROW POINTE CENTENNIAL CLUB®

by Phil Goldfarb

The word Centennial has its origin in the Latin word centum, meaning 100. In the case of the adjective centennial, the addition of -ennial gives the word its sense of describing a one hundred year anniversary.

Besides good genes, what else can be done to become a centennial? According to Jim Jakubovitz, the Chief Executive Officer of Zarrow Pointe, they are numerous.

For years, the primary goal of many older adults was to remain in their homes for as long as possible. However, as older Americans have learned about the opportunities and advantages offered at independent retirement communities, that philosophy is changing.

Living in a retirement community provides many seniors with a higher quality of life, and studies indicate seniors living in retirement communities may be living longer and stronger, meaning they become frail less quickly than those who remain in their own home. Residents of independent retirement communities enjoy better health and could potentially live longer because of it.

According to research, seniors who move to retirement communities live 7-10 years stronger, not just longer, compared to continuing to live in their private homes. They have less stress because of the maintenance-free, carefree lifestyle. There are opportunities to socialize, which benefit their mental health, and opportunities to take care of their physical health by participating in exercise and wellness programs. Plus, seniors in independent retirement communities have the peace of mind in knowing there are services available if help is needed.

With adult children who work, a senior who is living alone and becomes ill or suffers a fall could go hours or more without being discovered by someone who can help them. In an independent retirement community, optional safety measures are in place. Residents can participate in a daily check program should they desire this service. This service provides peace of mind and a sense of security for the resident.

As we age, we may find our social circle beginning to shrink. When this occurs seniors may find themselves more isolated or lonesome. When living in an independent retirement community, residents have the opportunity to enjoy going out into the community at any time of the day to spend time and socializing with friends. Opportunities to engage with others are literally right outside the doorway. This social aspect of a retirement community adds to overall well-being and successful aging.

Some Advantages of Retirement Community Living:

1. Prepared meals and for better nutrition. All meals are nutritionally balanced.
2. Trained staff members are there to provide information and assistance,
3. Better access to health care with a medical doctor specializing in geriatrics on campus and nurses on call 24/7.
4. Health and fitness programs are available on site.
5. Access to transportation services for trips to the store and doctor's appointments
6. Volunteer and civic engagement opportunities, which give seniors opportunities to stay connected with their community.
7. Social and recreational activities include day trips, yoga lessons, Happy Hours, appearances by professional entertainers, ice cream socials, games, crafts and more.
8. Educational and arts programs
9. Religious services on site or transportation to Temple Israel or B'nai Emunah

While living in a retirement community like Zarrow Pointe, Seniors have access to comprehensive wellness programs that stimulate their minds and help maintain their strength and flexibility. It is no secret that exercise helps to improve overall health and well-being at any age. It's difficult to replicate the sort of comprehensive care seniors can obtain in a retirement community at their private home.

In retirement communities, the residents have many more choices than if they remain in their home. If they decide they want to have a quiet day and stay in their apartment home, they can certainly do that. Having access to wellness programs, nutritious meals sitting with someone to talk to, friends with common life experiences and peace of mind combined with safety and security all help to contribute to the overall health and wellness of the residents. Simple things such as engaging in everyday conversation keeps one's brain working along with a sense of a desire to live

(Continued)



Zarrow Pointe Centenarians - March 2024

Left to right: Fannie Ecker, Isabel Sanditen, Rita Shisler, George Krumme, Nancy Bloomfield, Stacia Fielding

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longer.

Seniors who take part in a comprehensive wellness program maintain a level of independence as well as a more active lifestyle longer than those not participating in a wellness program. The key to a longer and healthier life is addressing all of the needs of seniors together.

Currently, Zarrow Pointe has eight Centennials, which is the largest number that they have ever had at one time. They are Rita Shisler, 102; Isabel Sanditen, 101; George Krumme, 101; Stacia Fielding, 100; Fannie Ecker, 100; Nancy Bloomfield, 100 along with two other individuals who wish to remain anonymous at 101 and 100, with two more coming up this year!

The oldest resident at Zarrow Pointe was Sophia Appel who lived until she was 107! Since Zarrow Pointe first opened as The Tulsa Jewish Retirement Center on April 9, 1986 with their first three residents, (see February 2019 Tulsa Jewish Review “The History of the Tulsa Jewish Retirement Center”) there have been approximately 60 centennials who lived on the campus.

Zarrow Pointe’s mission of “Providing vibrant and inclusive living, learning, and care throughout the progression of life” is certainly a valid one. To that and to all the past, current and future centennials, we say “L’chaim” or “to life.”

My thanks to Jim Jakubovitz for his assistance with this article. ■

Phil Goldfarb is the president of the Jewish Genealogical Society of Tulsa and can be e-mailed at: phil.goldfarb@cox.net.



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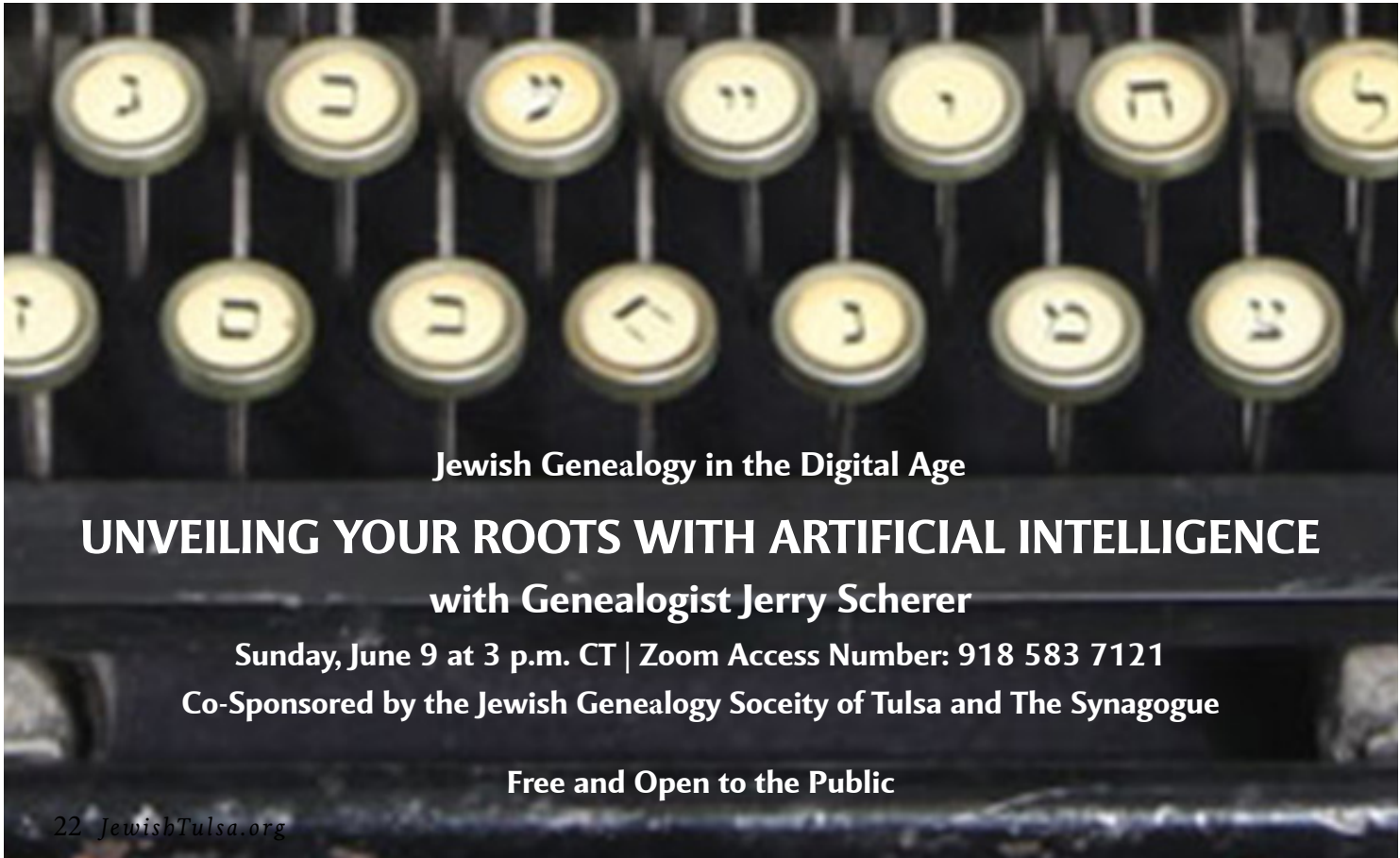
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Northwestern University

Thursday, May 9 at 7 p.m.
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The Sherwin Miller Museum
of Jewish Art,
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Above: the High Synagogue in Krakow

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26th ANNUAL YOM HASHOAH:
AN INTERFAITH HOLOCAUST COMMEMORATION



Family Jewish Cooking Club
Sunday, May 5 | 12:00 p.m.

Join the club and embark on a flavorful, family adventure. The fourth and final edition of the series will meet after ShulSchool at 12:00 p.m. for lunch, schmoozing and a hands-on kitchen session. Each family will leave with their Shavuot themed dish in hand, along with a recipe and instructions to recreate the experience at home.

Booksmart Tulsa presents A.J. Jacobs
Wednesday, May 15 | 7:00 p.m.

Congregation B'nai Emunah is proud to host this Magic City Books event with bestselling author A.J. Jacobs to celebrate his new book, *The Year of Living Constitutionally: One Man's Humble Quest to Follow the Constitution's Original Meaning*. This is a ticketed event, which can be purchased at www.magiccitybooks.com/events.

Shabbat Makers Workshop
Thursday, May 16 | 7:00 p.m.

Uncover the beauty of Shabbat traditions and create your own ritual treasure! Join us at 7:00 p.m. for this quarterly workshop to create your own hand-crafted Shabbat kiddush cup. Secure your spot today by registering at www.tulsagogue.com and let the magic of Shabbat traditions come to life in your own hands!

Shabbat Shalom: Musical Circle
Friday, May 17 | 5:30 p.m.

Experience a musical Shabbat evening with songs and stories,

starting at 5:30 p.m. This event is an ideal introduction to Shabbat traditions, welcoming participants of all ages and backgrounds. This special Shabbat Shalom service will honor graduates, students, faculty and educators on the completion of another school year.

Shabbat Shalom Dinner
Friday, May 17 | 6:15 p.m.

There are few things better than a bountiful Shabbat feast enjoyed with family and friends. Join us for this Passover evening catered dinner filled with conversation and community. We'll do the cooking and cleaning so you can relax and enjoy. Register at www.tulsagogue.com so we can plan for your participation.

Shabbat Talks: Education in Oklahoma
Friday, May 17 | 7:00 p.m.

As the school year concludes, we'll take this opportunity to reflect on the state of Education in our state. Morah Sara Levitt will be joined in conversation with local advocates and experts on Education and policy including David Blatt, Director of Research and Strategic Impact at OK Appleseed. We look forward to honoring educators and students by exploring this vital topic in our state today.

Blatt + Blue: Transparent
Monday, May 20 | 7:00 p.m.

The struggles and enfranchisement of trans-identified citizens is the focus of Jill/Joey Soloway's *Transparent*, the next installment of the Synagogue's long-running series on all things film and television. The series tells the story of the Pfefferman family, drawn into the drama of patriarch-turned-matriarch Maura Pfefferman, played by Jeffrey Tambor. Over four seasons and now in a stage play, it addressed some of the issues of Jewish family life in novel and unexpected ways. A writing team, including Noah Harpster and Micah Fitzerman-Blue, set up discussions that have not lost their relevance since the series was first broadcast. Join us for our conversation on

the first two episodes, available on AmazonPrime, at 7:00 p.m. on Zoom (918 583 7121). Newcomers are welcome to join the dialogue.

Booksmart Tulsa presents Daniel Handler, aka Lemony Snicket

Tuesday, May 21 | 7:00 p.m.

Congregation B'nai Emunah is proud to host this Magic City Books event in welcoming Daniel Handler, also known as Lemony Snicket, to celebrate the release of his new memoir, *And Then? And Then? What Else?* This is a ticketed event, which can be purchased at www.magiccitybooks.com/events.

Holy Hoedown
Thursday, May 23 | 6:00 p.m.

We'll dine on authentic (kosher) Oklahoma BBQ, dance the two-step and spend an evening celebrating the work of our Synagogue. Put on your western chic and get ready for a boot-scootin' good time. Visit tulsagogue.com/hoedown for more information and to register.



Afternoon/Evening Services

Join us on Wednesdays and Fridays at 5:30 p.m. in the Davis-Goodall Chapel for traditional prayer and community Mourner's Kaddish. Both in-person and Zoom participation are available. Please register for in-person attendance on our website.

Shabbat Morning Services

Every Saturday at 9:30 a.m., we celebrate Shabbat through song, Torah study, and fellowship. These services, available both in-person and via Zoom, offer a chance to mark anniversaries, celebrate milestones, and engage in our congregation's ritual life. ■



Finding God in an Age of Reason with Rabbi Weinstein on Zoom • Thurs., May 2, 9, 16, 23 & 30 • 2:00 p.m.

In this course we will spend time studying, learning, and sharing our differing theological expressions. For some, God is a personal god, while for others, God is universal. What if God were merely morality? What of a punishing god, or a god of salvation? How do we, as individuals understand God, and what role does God play in our lives?

Shabbat Learning Through the Ages • Sat., May 4 • 10:30 a.m. Borrowing from our Temple Israel monthly Shabbat morning experience, we will join to study and learn from one another. We will explore Torah and Traditional Rabbinical texts based on themes of this week's Parsha, Torah Reading.

Temple Israel Annual Fundraiser • Sun., May 5 • 3:00 p.m. – 5:00 p.m.

All donors are welcome to join us to enjoy cupcakes, ice cream, charcuterie and champagne in honor of Temple Israel's 110th birthday! Visit www.templetulsa.com/fundraiser to lend your support.

Family Shabbat • Fri., May 10 • 6:00 p.m.

During Family Shabbat Rabbi Jasper creates a sacred space for our young families with songs and prayers. Our service will be followed by dinner. RSVP by Thurs., May 8. Cost is \$10 per family.

Birthday Shabbat Service w/ Torah in person, on Zoom & Facebook Live • Fri., May 10 • 7:30 p.m.

Join us in person or online as we welcome in Shabbat with the chanting of Torah. During this service, we will honor May birthdays. Stay for a sweet oneg afterwards.

Zarrow Pointe Shabbat Service • Fri., May 17 • 6:30 p.m.

We cordially invite all those who wish to join us for this meaningful Friday evening

service with music, held in the Burnstein Auditorium at Zarrow Pointe. We welcome not only Temple members and Zarrow Pointe residents, but all other friends in our community who would appreciate being together on Shabbat.

Shabbat Service w/Torah in person at Temple Israel, on Zoom & Facebook Live • Fri., May 17 & 31 • 7:30 p.m.

Join us as we welcome in Shabbat with the chanting of Torah. Stay for a sweet oneg afterwards.

Music & Meditation • Sat., May 18 • 10:30 a.m.

Join Cantor Weinstein to flex, stretch, and nourish our minds, our bodies, and our souls through song, breath, and movement.

Zamru Anniversary L'Omer in person, on Zoom & Facebook Live • Fri., May 24 • 6:00 p.m.

Join Cantor Weinstein, Cantorial Soloist Jenny Labow, and Elijah's Minor Prophets, as we welcome in Shabbat and celebrate Lag B'Omer with joyous songs! We will also recognize significant May anniversaries. ■

TEMPLE ISRAEL READY FOR A VIBRANT FUTURE; MOVES FORWARD WITH PLANS FOR NEW BUILDING

By Rabbi Michael Weinstein

At an emotional congregational meeting on March 28, 2024, the membership of Temple Israel gave its unanimous and enthusiastic support to a proposal to build a new physical home for the congregation. The new building will be located on a portion of the Temple's East 22nd Place property. (Another portion of the property will be sold to help finance the new building.)

"Our current building is full of wonderful memories," Temple Israel President Jon Stolper noted, "but it just does not meet the needs we have today." "Our building today is too big, lacks modern electrical, plumbing and HVAC systems, and does not fully represent the warm and welcoming type of congregation we are," Stolper continued. Rabbi Michael Weinstein added that "Temple Israel's new physical home will be energy efficient, secure, and accessible to all, including those with disabilities."

The congregational meeting was a critical milestone in the process – named Project NextDor, using the Hebrew word (dor) for generation – that Temple Israel is undertaking to prepare itself for the future. The meeting came after a three-year process of internal discussions about what the congregation is seeking in a new space, a process that included over half the members of Temple Israel in a significant way. As Temple Israel's Incoming President, Brina Reinstein, explained, "it is vitally important that the leadership listened carefully to the desires of as many congregants

as possible." "That input," she continued, "will be essential to ensuring the new building meets our needs today, and for the next 50 years."

Reinstein is also heading up the fundraising efforts for the new building. At the congregational meeting she announced that \$7,000,000 has already been committed for the project, including a transformational leadership gift of \$5,000,000 from the Sanford & Irene Burnstein Family Foundation. The Burnstein Foundation gift is thought to be the largest donation ever to a Jewish institution in Tulsa. "I am honored that the Burnstein Foundation has shown such confidence in the future of Temple Israel," Stolper said, adding "there could not be a better, more appropriate, partner for us in this project."

In designing the Temple's new building, its leadership is being thoughtful about highlighting key elements of its past. It is expected, for example, that the large Ten Commandments sculpture that has been a Tulsa landmark will be moved to the new site. After a nation-wide search, Temple Israel has engaged the Boston-based architectural firm of Feingold Alexander to serve as project architects. Feingold Alexander has extensive experience designing synagogues, including recent, major projects in Omaha, NE and Chicago.

For more information about Project NextDor you can visit its website www.templetulsa.com/next-dor, or contact the Temple Israel office (918/747-1309). ■



Architectural rendering of the new Temple Israel building.



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