



HADASSAH

the power of women who **DO**TM

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Sequoia Chapter of Hadassah
3921 Fabian Way
Palo Alto, CA 94303

CHANGE SERVICE REQUESTED

President's Message:

2016 has started off with a bang! We have installed a full Board and are all looking forward to an exciting year.

We are anticipating programs on Mental Health, Financial Empowerment, Authors and Art as well continuing Leah Bernstein's superb Educational Programs. Watch for upcoming events in your snail mail as well as email boxes. Please keep your addresses, etc. up to date, especially your email addresses. You can email me at President@Sequoia-Hadassah.org. Feel free to phone me on my cell at 310-721-1562 with any questions you may have.

If you need a copy of our roster, please let me know.



HADASSAH CLASSES

THURSDAY,
FEBRUARY 25TH

Location: Kol-Emeth
4175 Manuela Avenue
Palo Alto, Ca., 94306

Time: 10:30 - Noon
Cost: \$10 to Hadassah

ROMAN VISHNIAC PHOTOGRAPHY

Roman Vishniac (1897-1990), an extraordinarily versatile and innovative photographer, created the most widely recognized record of Jewish life in Eastern Europe between the two World Wars.

A docent from the Contemporary Jewish Museum will give us an historical background while showing us his photographs.

Contact Leah:

education@sequoia-hadassah.org

UPCOMING EVENTS:

08
FEB

Evening Book Group:

MY BRILLIANT FRIEND by Elena Ferrante

at Sharoan Jeung, 7:30p.m. RSVP with President@Sequoia-Hadassah.org.

10
FEB

Teatime Readers:

TOO MUCH HAPPINESS by Alice Munro

at Tammy Yedidia, 1:00p.m. Please RSVP with President@Sequoia-Hadassah.org.

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FEB

Special Evening:

On Saturday Evening from 7:30-10:00 pm at Etz Chayim Synagogue,
4161 Alma St, Palo Alto, CA 94306

Invitations will follow, we will be honoring our Awardees Julia Kossack (Woman of the Year) & Lois Blank (Chapter Leadership), as well as all Donors and Associates.



Personal Investing in a Global Capital Market:

Tali Alon* will discuss:

- The current economic and market outlook
- Strategies for today's market environment
- Opportunities in the global marketplace

You will get answers to the following pressing financial questions:

1. How do the economic conditions of the U.S. and international markets affect investment decisions?
2. How do interest rates and inflation affect the bond market?
3. Where are the potential investment opportunities outside of the U.S.?

*Tali Alon, MBA, APMA®, CFP® is a Financial Advisor, Associate Vice President with Ameriprise Financial Services with over 14 years' experience in the industry. Tali's areas of concentration include personal financial planning for wealth accumulation and preservations strategies, retirement income strategies, investments, estate planning strategies and education funding.

The event will be underwritten by Ameriprise Financial Services.



Nutrition Series by Chen Ben Asher:

February, we will be having the third part of a three-part Nutrition and Health Series given by our very own Holistic Board Certified Nutritionist.

There will be a \$15.00 program charge. Sample foods to taste will be served.

Session Three - February 29th:

Wake up Your Thyroid! 10:30 - Noon. At the home of Vered Gotlieb

In between Hypo and Hyper Thyroidism. Use nutrition to BALANCE your thyroid gland and your body as a whole. Come and explore alternative nutritional adjustments before committing to a lifetime of medications. Nutrition can boost your energy levels, metabolism, and lead to better sleep and weight control. For more information please email Michelle at Programming@Sequoia-Hadassah.org

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FEB



Regional Meeting: Bubbies, babies, boardrooms and bedrooms:

CPCR Presidents, Board Members and Leaders,

Have we sparked your interest? Our CPCR Winter Meeting should be the best ever. We're not kidding. Not only will we introduce our 2016 CPCR Board and keep you abreast about what is happening with Hadassah, we are presenting a program that speaks to each of us: How Today's Jewish Women Bring Balance to Their Lives.

Couvert: \$45 (includes breakfast and lunch)

Register online at www.hadassah.org/events/2016cpcwp or call Sue 310/721-1562 for the address to send the check.