

## UPCOMING EVENTS: MAY 2018

### BOOK CLUBS



#### TEA TIME READERS:

THE UNDERGROUND RAILROAD by Colson Witthead

Wednesday, May 9th at 1:00p.m.,  
Hosted by Jeanette Goodman.



New members always welcome. RSVP with [SequoiaChapterRSVP@Hadassah.org](mailto:SequoiaChapterRSVP@Hadassah.org)

#### EVENING BOOK GROUP:

THE BOOK SMUGGLERS by David Fishman

Monday, June 11th at 7:30p.m.,  
Hosted by Carol Tannenwald.



01  
MAY

#### BOARD MEETING:

Tuesday, May 1st at 7:30PM - Open to all.

It will be held at the Moldaw Residences, 899 E. Charleston Rd., Palo Alto, 2nd floor conference room.

08  
MAY

#### JOINT PROGRAM OF SEQUOIA CHAPTER WITH THE JCC PALO ALTO

Prevent Cancer by Eating Better with Chen Ben Asher

Tuesday, May 8, 2018 6:30P.M. **Oshman Family JCC**, 3921 Fabian Way, Rm E104

You will gain practical knowledge on what kinds of foods can affect and prevent cancer growth and how to strengthen your immune function to destroy cancer-causing substances before they cause more harm.

Free to all Life Members of Hadassah, \$25 for Center Members and \$40 General Public



17  
MAY

#### THURSDAY NIGHT LOCAL AUTHORS SERIES

What if Gluten Free is not Enough, by Chen Ben Asher

Thursday, May 17, 2018 7:30P.M. - 9:00P.M. **BETH AM**, 26790 Arastradero Rd, Los Altos Hills, 94022

Going on a gluten-free diet is very often only the beginning of your healing journey. Discovering what your body needs to heal and balance your systems is a process that requires knowledge, experimentation, and diligence. In this exciting presentation, Chen Ben Asher, will explore the science behind the gluten free diet and how it challenges our six bodily systems. With the right direction, you too can achieve balance, vitality and weight loss.

Chen is a Board Certified Nutritionist and leading authority on weight, women's health and gluten sensitivity. As a functional clinician she provides a holistic approach by looking at root causes of body system imbalances.

RSVP at [SequoiaChapterRSVP@hadassah.org](mailto:SequoiaChapterRSVP@hadassah.org) - donation \$10 (collected at the door)



15  
JUNE

#### STEERING COMMITTEE BOARD MEETING:

Friday, June 15th at 12:30PM - Contact Bee Cherkas.

It will be held at the Moldaw Residences, 899 E. Charleston Rd., Palo Alto, 2nd floor conference room.

Contact the **STEERING COMMITTEE** at  
[sequoiachapter@hadassah.org](mailto:sequoiachapter@hadassah.org)

## ANNOUNCEMENTS

### BOARD ANNOUNCEMENT

Retirement: Avital Hazon will no longer be able to keep up with the Treasurer duties now that she is working full time and continues to have a personal client list as well. Thank you, Avital, for all your hard work. We will miss you. Fran Bennett will take on the Treasurer position. As Fran will be busy as Treasurer, Lois Weil will take over the Certificates. Thank you, ladies.

**Fran Bennett: Treasurer • Lois Weil: Certificates**

### DEAR SEQUOIA MEMBERS:

Have you given a Hadassah membership to a child whose primary address is different from yours, such as a child who lives at college, has moved away from home, or lives with family at a different address?

If yes, please send that child's NAME, ADDRESS AND E-MAIL ADDRESS to [SequoiaChapter@Hadassah.org](mailto:SequoiaChapter@Hadassah.org) so Hadassah can keep in touch through mail and email. College students and young adults move often – an e-mail address will help us stay in contact through the moves.

### DID YOU KNOW?

\* 2018 is the 100th Anniversary of Hadassah Medical Organization (HMO) and the Hadassah Nursing School.

\* 50% of all Research in Israel is taking place at our very own Hadassah Hospitals and Medical Centers

\* Hadassah's Dr. Benjamin Reubinoff is one of the two foremost stem cell researchers in the world. <http://www.hadassah-med.com/about/news/new-stem-cell-research>

### HADASSAH CERTIFICATES

#### Mazal Tov to

Ellen & Marvin Schwartz on their 50<sup>th</sup> wedding anniversary

Lois Blank

Sue Hartenbaum

Carol Tannenwald

Bobbie & Jerry Wagger

#### In Memory of

David Meir-Levi's mother  
Leah & Ralph Bernstein

Ronald Kaye, husband of  
Toby Kaye

Leah Bernstein

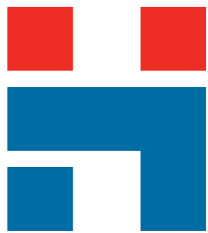
Sue Hartenbaum

There will be no **LUNCH BUNCH** in May due to traveling.

Mark your calendars for the Lunch Bunch return June 11th at Max's.



HADASSAH  
Sequoia



# HADASSAH

the power of women who **DO**<sup>TM</sup>

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Palo Alto, CA 94303  
[SequoiaChapter@Hadassah.org](mailto:SequoiaChapter@Hadassah.org)

CHANGE SERVICE REQUESTED

## OPPORTUNITIES

Charitable deductions are allowed to the extent provided by law. Hadassah intends to respect your wishes regarding these gifts, however in accordance with US tax law requirements regarding deductibility of contributions, Hadassah shall have full dominion, control and discretion.

**Hadassah Greeting Cards** – Cards for every occasion available at \$3 per card. Contact Bobbie Waggoner 650/223-7174.

**Associates** – Men of all ages become lifetime affiliates for a one time gift of \$250 which is invested in an endowment fund for research in Hadassah medical programs. For more information, call Phil Spiegel at 650/369-8155.

**Membership dues** – Life Membership for 2018 is \$250. Annual Membership remains at \$36. eMembership is \$100. You can also apply directly online at [Hadassah.org](http://Hadassah.org). For more information, call Eileen Shaine 650/888-4518.

**Keepers of the Gate** – This annual giving program sets the standard for action-oriented philanthropy with emphasis on healing. By making an annual gift of \$1000, contributors are creating a world free of life-threatening diseases. To become a KEEPER OF THE GATE or to join CHAI SOCIETY for either \$180 or \$360 per year, please contact Bee Cherkas at 650/223-7143.

**Young Judea Camp Scholarships** – A donation will help send a child to summer camp or on an Israel summer or gap year program.

**CALENDAR / AD BOOKS** – The books are out. If you made a donation to the Calendar/AD Book, you should have received your copy in the mail. If you haven't received yours, please call Sue Hartenbaum 310/721-1562.

**Certificates** – Hadassah certificates (min. donation of \$18 for an 8.5" x 11" certificate and/or a donation of \$5 or more for a 5.5" x 8.25" certificate (IN MEMORY OF or IN HONOR OF) can be ordered and sent for all occasions. Mail check made payable to *Hadassah* with pertinent information to Lois Weil 408/730-5181 (call for address).

**Youth Aliyah** – These programs prepare disadvantaged youngsters who move to Israel to become productive citizens. Certificates start at \$30; please add \$1.00 for postage. Please call Eileen Shaine at 650/888-4518 to donate or for more information.

**JNF Tree Certificates** – Support the Jewish National Fund and acknowledge an occasion by sending a JNF Tree Certificate. Each tree is \$18. Please send your check made out to *Hadassah* with pertinent information to Dina Skuratov 650/823-4987 (call for address).

**JNF Blue Boxes** – Call Janet Teman at 650/364-3925 for more information.

**Take a look at our new chapter website! It includes chapter announcements, information about upcoming events, and Bulletin newsletters:**

<http://www.hadassah.org/regions/central-pacificcoast/chapters/sequoia/sequoia.html>



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