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תשעה באב

Tish'a B'Av

August 12

**Self Care & The Art of Saying "No"**



Join Jacksonville Hadassah as Hilary Rotenberg, MSW, Director of Jewish Services at JFCS, will present an interactive, educational program on **Tuesday, August 13<sup>th</sup> at 11:30 a.m.**, at the Athenian Owl Restaurant, 9551 Baymeadows Road, Jacksonville.

“Self-Care & The Art of Saying No” will remind us how easy it is to fall into the habit of saying, “yes” and that sometimes it is better to say, “no”. Recognizing that helping others is one of the best parts of life, this program will explore how it can sometimes impose on our own well-being. Learning how to say no when you’re overburdened is a great self-care tool. Come

learn ways to recognize when you’re overloaded with things to do, learn some quick techniques that will help you decline in certain situations, and practice actually saying no.

Free for valued members, or anyone who becomes a member that day. \$10 non-members. RSVP to [jacksonvillehadassah@gmail.com](mailto:jacksonvillehadassah@gmail.com) as space will be



Save the Date!

September 10  
11:30 AM – 1:30 PM  
Jacksonville Hadassah

limited. You may order and purchase lunch directly from the restaurant. Call Mitzi Saul, VP Membership (904) 803-6238 for more information.

## Hadassah's 99th National Convention Recap



Nearly a thousand members, including Jacksonville Hadassah and Florida Central President Lin Pomerantz, supporters and Associates came together in New York City in mid-July for inspiration and timely conversations on crucial Hadassah issues and initiatives making an impact in the US, Israel and around the world.

**Experience Hadassah's 99th National Convention with our multimedia #MissionPossible**

**recap.** These videos, photos, and more make it clear that together, we can heal the world. Nearly 300 first-timers attended Convention, and a special networking event drew 100-plus young women. And more than a dozen breakout sessions — from lively discussions to hands-on trainings — empowered attendees to advance Hadassah's mission across the country.

Convention kicked off with a warm welcome from NY Local Convention Chair Rita Lourie-Galena, Manhattan Borough President Gale Brewer, Consul General of Israel in NY Dani Dayan, AZM Executive Director Herbert Block, and 2019 Hadassah National Convention Co-Chairs Clara Gillman and Haren Haber, followed by addresses from NY State Lt. Governor Kathy Hochul and US Special Envoy to Monitor & Combat Anti-Semitism Elan Carr. And that was just the first night!

Watch the plenaries and panels on youth and Israel, anti-Semitism, bias to the media and women entrepreneurs; celebrate a member-to-member kidney donation; be inspired by Hadassah doctors sharing miraculous patient stories; and hear how drones are keeping Israel safe. [Watch the video recap of Hadassah's 99th National Convention.](#)

Listen to the speakers at Hadassah's NYC rally for reproductive rights, including Hadassah National President Ellen Hershkin: "Hadassah has, and always will, absolutely and unequivocally stand for women's reproductive rights."

## We Want You! Region Board Meeting & Fall Workshop

**August 24 & 25, 2019 – DoubleTree by Hilton, Gainesville**

**Who attends?** Region Executive Committee, Chapter Presidents, Vice Presidents, Activities Chairs

**Schedule: Saturday, August 24 - "Dutch Treat" Dinner 5 p.m. followed by Havdalah and the Region Board Meeting**

**Sunday, August 25 - Fall Interactive Workshop begins at 9 a.m. and concludes with buffet lunch.**

## Kick-Off Luncheon

Jacksonville Jewish Center

Keynote Speaker, David Tucker

Chief Legal Counsel for the Northeast Region, Dept. of Children and Families

**"HUMAN RIGHTS AS A JEWISH VALUE"**

Cathy Winterfield, Event Chair

Watch your mail for further details!



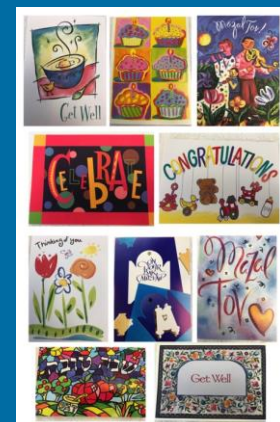
## Help Expand Holocaust Education

In the wake of rising anti-Semitism, at home and abroad, educating students about the Holocaust is as important as ever. So far, the Never Again Education Act has been supported by 168 Democrats and 67 Republicans. Urge your legislators to support the bill today!

[Call Congress in support of the Never Again Education Act.](#)

[Read more.](#)

## Get Your Holiday Cards and More!



Contact Lin Pomerantz at [lpomerantz@hadassah.org](mailto:lpomerantz@hadassah.org) for more information.

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### Summer Book Reviews



### Jewish Community Day at the Cummer

Did you know that Hadassah offers Jewish New Year cards? Send a greeting *and* support Hadassah. Call Sondra Resnikoff at (904) 260-1457

### Jacksonville Hadassah Chapter Officers & Chairpersons

#### President

Liat Walker  
591-6984

#### PRAZE VP

Helen Hill  
998-2187

#### Membership VP

Mitzi Saul  
803-6238

#### Treasurer

Michelle McCormick  
608-9049

#### Cards/Certificates

Sondra Resnikoff  
260-1457

#### Hospitality

Susan Sidle  
221-4632

#### Historian

Shoshana Haas  
631-1196

#### JNF Tree Certificates & Boxes

Evelyn Peck  
268-0597

#### Chai Society

Jodi Seitlin  
254-2322

#### Perpetual Yahrzeit Program

Joan Waitz  
731-2486

#### Florida Central President

Lin Pomerantz  
923-8030

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[Hadassah Jacksonville](https://www.facebook.com/HadassahJacksonville)





**JEWISH FEDERATION**  
OF FLORIDA

**CUMMER MUSEUM**  
ART · GARDENS · EDUCATION

## SAVE THE DATE JEWISH COMMUNITY DAY

in partnership with the  
Cummer Museum of Art & Gardens  
Sunday, August 25  
12 p.m.-4 p.m.

Enjoy all the Cummer Museum has to offer including  
art activities and a museum-wide scavenger hunt!

Complimentary Event

Co-chairs: Stefanie Levine and Jodi Rogozinski  
Registration information to follow

[Click here to forward this newsletter  
to a friend](#)



Community partners\*  
\*as of May 31, 2019



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CONSUMER SERVICES BY CALLING TOLL-FREE 1-(800)-HELP-FLA

