

February 2019

what's news is the
E-Newsletter of
Jacksonville Hadassah



In this issue:

- [Chai Society Luncheon a Huge Success!](#)
- [Healthy Food For You at Blue Bamboo - Tuesday, February 26](#)
- [Save the Date: Tuesday, April 23 - Child Life and Healing Therapies: *Navigating the Path to Wellness through Music, Arts, Pets and Play*](#)
- [Get to Know Our Jacksonville Hadassah Leaders - Sheila Lieberman](#)
- [Free Music Concert with Hadassah Friends - Sunday, March 17](#)
- [Youth Aliyah Mission to Israel - March 26 to April 5](#)
- [Rosh Chodesh at the Beaches - Thursday, February 14](#)

February is
American Heart Month!

A woman is **10X** more
likely to die of heart
disease than breast cancer

Join us for *Every Bite Counts* at the Blue Bamboo for healthy Asian tastings and fun!
Details are in this month's newsletter.

Learn more about Hadassah's Nutrition Program: *Every Bite Counts*

Jacksonville Hadassah Now Has 51 Chai Society Members!

This year's Chai Society luncheon was held on Jan. 17th and included the presentation of the first annual *Tricia Bettman Leadership Award* to her family. The program also included a beautiful tribute to Tricia, of blessed memory, remarks from Melanie Nasberg, National Chair, Chai Society, and acknowledgement of new Chai Society members. Thank you to Jodi Seitlin for a meaningful program and Kudos for growing Jacksonville Hadassah's Chai Society from 9 members to a total of 51 members! Thank you to all who attended and for supporting Hadassah in such a big way. [See more photos posted on our Facebook page.](#)



You, Too, Can Be A Chai Society Member!

You'll be supporting Hadassah's core values to advance medical research, heal trauma victims at Hadassah Hospital and provide a productive future for at-risk children in Israel. [Learn more.](#)

Join Now!

Questions? Contact Jodi Seitlin, Chai Society Chair, jodiseitlin@gmail.com

Hadassah at the Beaches Events

Rosh Chodesh

WOMEN'S DISCUSSION GROUP

Coffee, Conversation and Rosh Chodesh: Women in the Bible

Thursday, February 14
10:30 - 11:30 a.m.

This month's discussion - Rachel

Breezy Coffee Shop Cafe
235 8th Avenue South
Jacksonville Beach 32250 [map](#)



February is **Healthy Heart Month** and Jacksonville Hadassah presents **Every Bite Counts** with healthy food for you at the Blue Bamboo.

You are invited to attend a unique tasting experience on **Tuesday, February 26 from 6:30 – 8:30 p.m.**

Chef Dennis Chan, of Blue Bamboo, and Lenny Maiman, Special Diets Chef with Wolfoods and a Hadassah Associate, will provide a cooking demonstration of several heart-healthy dishes.

The program also will include a hands-on demonstration of vegetarian dumplings. Come enjoy tasting a variety of Asian inspired dishes and salads and receive innovative recipes for heart healthy cooking. Wine pairing suggestions, to go with the tastings, will be offered.

Blue Bamboo

**3820 Southside Boulevard
Jacksonville 32216 [map](#)**

The cost is \$30 per person; wine is extra. Reservations must be made by February 20.

There are a limited number of seats available.

\$5 of your reservation benefits Jacksonville Hadassah programs.

[RSVP and send check](#) payable to
"Jacksonville Hadassah" before Feb. 20 to:

**Mitzi Saul
605 Boardwalk Drive, #321
Ponte Vedra Beach, FL 32082**

For more information, contact
[Sheila Lieberman](#) (973) 876-2894
or [Gail Greenfield](#) (904) 534-7381

Hadassah in the News

As seen in the [Buffalo News](#), read this touching article about one father's experience with Hadassah Medical Organization. [Click here.](#)

*Save the Date!

Tuesday, April 23 - 11 a.m.
Jacksonville Jewish Center
Child Life and Healing Therapies: *Navigating the Path to Wellness through Music, Arts, Pets and Play*

Jacksonville Hadassah Chapter Officers & Chairpersons

President
Liat Walker
591-6984

PRAZE VP
Helen Hill
504-8251

Recording Secretary
Audrey Freed
940-4868

Cards/Certificates
Sondra Resnikoff
260-1457

Newsletter Editor
Mitzi Saul



Sharing a Common Goal - Empowering Women & Aiding Children

Ask **Sheila Lieberman**, chair of Hadassah programs at Nocatee and the Beaches and Chai Society member, why she volunteers for Hadassah and she'll tell you that she enjoys being a part of the Hadassah sisterhood who share a common goal: supporting Hadassah Medical Organization as the leader in medical research, caring for ALL people regardless of race, religion or culture, empowering women and aiding children in need.

Sheila has an M.A. in Fine Arts from Montclair State University with the body of work for her thesis presented in a one-woman show!

Although she's retired from being a Kindergarten through 8th grade art instructor, that hasn't stopped her from staying creative and active at home and in the community. She co-founded the Shalom Club at Del Webb at Nocatee, a Chavurah group that now has over 150 members, and co-facilitates our chapter's Rosh Chodesh group. Sheila also leads a weekly meditation group at the Coves at River Garden that's open to all residents in the Jacksonville community. Sheila was the inspiration and chair behind last year's successful Women's Bazaar that celebrated local women entrepreneurs, professionals and artisans.

Sheila was born in the Bronx, New York and grew up on Long Island. She's been happily married to Larry for nearly 49 years and they have a son Matthew, daughter-in-law Maya, daughter Naomi and son-in-law Michael, and three adorable grandchildren.

Free Music Concert with Hadassah Friends



Join your fellow members on **Sunday, March 17 at 2 p.m.** for the *JCA Young Artists Series* featuring celloist [Zlatomir Fung](#) at the JCA, 8505 San Jose Blvd. Prior to the concert, join us at Noon for "dutch treat" lunch at Picasso's, 10503 San Jose Blvd. in Mandarin. To participate, just do the following:

1. RSVP to Beth at bethshorstein@gmail.com if you plan to attend lunch at Picasso's before the concert.
2. [Register for the concert.](#)

Hope you can join us!

803-6238

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

Don't forget to "Like Us" on Facebook!
[Hadassah Jacksonville](#)



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Join Hadassah Youth Aliyah Mission to Israel



Join us to celebrate 85 years of child rescue!

See the work of your hands up close and personal

- Work along students at our youth villages
- Meet outstanding graduates making a difference in Israeli society
- Meet with Miriam Peretz, winner of the Israel Prize for Lifetime Achievement
- Get briefed by the head of border security
- Experience hospitality and conversation with Bedouin and Druze communities
- Prepare dinner with a prominent chef in Jerusalem's Mahane Yehudah market
- Learn to make chocolate at the Ein Zivan DeKarina Chocolate Factory

Full itinerary & online registration:

<http://secure.ayelet.com/HDYouth2019.aspx>

Questions? Call Ayelet Tours at 800-237-1517

Ayelet Tours, Ltd.
19 Aviation Rd., Albany, NY 12205