

PALM COAST HADASSAH

Presidents Message

Please join Hadassah's **Chai Society**. Make the choice that touches your heart, month after month, year after year. You can choose \$15 a month, or once a year for \$180. You can double your impact with \$30 a month. You can choose where the money will go: Hadassah Medicine & Healthcare, Youth Aliyah, Young Judaea, or U.S. Initiatives. Please see me or call me if you need more information or forms to fill out.

Elaine

Fundraising

Please save the dates:

January 27-Tzedakah Lunch

March 13-Fashion Show

May 20-Game Party

See calendar at the end of the newsletter for more info.

Marcia Paull & Michele Orlowski

Programs

Tuesday, January 12th, @ 11:30 am TBS.

Shara Brodsky of Chez Jacqueline transforms us from "Drab to Fab".

Tuesday, March 8th @ 11:30 am TBS.

Who was Henrietta Szold?" Hadassah women give voice to her life.

Tuesday, May 10th @ 11:30 am TBS.

"Safe Home"- Lt. Tomme Mayne of the Flagler County Sheriff Department will discuss FREE in-home survey to advise on security. Quick, easy & inexpensive fixes to make our homes safer.

Faith Kaskisto

DOW

Our DOW program is paying out, so far three winners, Barbara Simbol, Diane Doub, and Jane Alexander. Winners are selected every day through April 30th, 2016. You could be a winner soon. Shalom to all Hadassah members and thanks for supporting the DOW program. Margrit Oettinger and Carol Gunthorpe.

Cards

Sympathy cards - \$2.00

All other cards - \$1.00

Let me know if anyone needs a card sent to one of our members.

My phone number is 586-6664.

Thanks,

Judy Horwitz

IMA

Ten ladies from our IMA group met on December 8th at High Jackers. As always we enjoyed the good conversation, camaraderie, and laughter. Thank you to Audrey Rosen and Muriel Levy for bringing special Chanukah treats, Yummy! Our next IMA luncheon will take place on the second Tuesday in February. The place is to be decided. The yearly \$50 membership fee will be due in January. Please send the checks to Phyliss Meinsen or bring your check to the next IMA luncheon. My hope is that we can increase our IMA membership this year.

Shalom,

Frieda Friedman

Membership

We welcome our newest member to Hadassah- Kimberly Halpern. Marsha Mendelovitz

Health

Hadassah Opens Clinic for Cardiac Genetic Counseling and Treatment. Here's an alarming reality: 500,000 women in the US die of heart disease every year—double the number of deaths from all types of cancer. Help us get the word out to women like you about heart disease.

- 42% of women who have heart attacks die within one year (vs. 24% for men).
- 1 in 3 women over age 20 has some form of cardiovascular disease
- A woman is 10 times more likely to die of a heart attack than breast cancer.

Until recently, genetic testing to identify the triggers of various heart conditions was either beyond the existing technology or financially prohibitive. Now that illuminating genetic testing is both possible and practical, the Hadassah Medical Organization has opened a multi-disciplinary cardio-genetic consultation clinic, in collaboration with Hadassah's genetics department. Despite the fact that many cardiovascular diseases have been linked to specific genetic variations, sequencing all the genes that could be contributing to heart disease wasn't feasible in the past. Recent advances in DNA sequencing, however, have now allowed for massive, parallel sequencing of multiple genes.

Phyllis Meinsen

Hadassah Book Club.

The November meeting of the Hadassah book club was held at Michele Orłowski's home to discuss "Devil in Jerusalem" Again we're happy to report a good turnout of ladies and Michele did an excellent job of leading the discussion and providing noshes. Notices of future book club meetings will be forthcoming.

January 20th- Maggie Shelko-"The Ice Cream Queen of Orchard Street" :A Novel by Susan Gilman

February 17th-Carol Gunthorpe-"The Luminous Heart of Jonah S" by Gina Nahi

March 16th- Edna Alex-"Suddenly Jewish: Jews Raised by Gentiles" by Barbara Kessel

April 20th- Diane Schwab-"The Marriage of Opposites" by Alice Hoffman

June 15th- Charlotte Venetianer & Muriel Levy-any of the following written by Kirk Douglas:

The Ragman's Son

I Am Spartacus

My Stroke of Luck

Let's Face It: 90 years of Living, Loving and Learning Dance with the Devil

The Gift

The Broken Mirror

Last Tango in Brooklyn

Life Could be Verse (poetry)

Climbing the Mountain

Carol Gunthorpe & Frieda Friedman

Mitzvah Day

There are so many thank you's to give out for achieving the most successful Mitzvah Day in recent years .Thank you to all who donated the huggables. Thank you Edna Alex for making animals and lap blankets. Thank you to Faith Kaskisto, Phyllis Meinsen.Linda Goldman,Carol Gunthorpe, Sondra Cogan, Elaine Fusco, Judy Horwitz, Muriel Levy,and Clara Youngblade for tagging the huggables at my home.

Thank you to Faith Kaskisto,,Shelley king, Edna Alex, Muriel Levy, Sondra Cogan, Elaine Fusco, Clare Inkpen (not a member but brought a big bag of Huggables), Linda Goldman, Naida Beliveau, Clara Youngblade, Rachel Aharonoreitz, Frieda Friedman, and Judy Jellinik for coming to Flagler Pines to create such happiness.

Special thanks to Faith for generating enough publicity to make The Palm Coast Observer interested enough to send a reporter who spent the morning with us .Please read The December 17th issue of the Observer and you will realize what a Mitzvah you all performed!!!!

With love to all of our Hadassah sisters and friends.

Diane Schwalb

Dates to remember ***Associates**

January Birthdays

2 Wilma Schulman
3 Joel Friedman, Barry Altman*
4 Arnie Levy*
8 Herbert Stollerman
13 Bob Alex
21 Diane Schwalb
25 Carol Kaufman, Joel Rosen

January Anniversaries

2 Jane & William Golden

February Birthdays

13 Jackie Rafalko
14 Gary Siamon
21 Candy Thomas
22 Judy Jellinek
26 Harold Kerns
27 Bonnie Goldberg

February Anniversaries

19- Phyllis & Don Meinsen*

If you want your name to appear in “Dates to Remember” please let me know.

Elaine Fusco
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To make us laugh- each newsletter we will have a joke by EVA

Titanic is sinking... Moshe is pushing to get though the crowd into the lifeboat. One of the officers says to him, “Sir, wait”! There are still women on the ship”. Moshe is shouting ,” Idiot, I don’t need women now... Who thinks of having sex when the ship is going down?”
Eva Reznik

Candle Lighting

Blanche Borish- A Happy and Healthy year to my dear friends Diane Doub, Edna Alex and Faith Kaskisto, and all my Hadassah and Temple friends.
Sondra Cogan- Good luck Alyssa on your new job.
Ellin Einhorn- Congratulations on the birth of Grayson Jacob Meltzer last night. My niece and her husband now have 3 beautiful sons.!!
Frieda Friedman- Wishing you and your families a Happy Thanksgiving and Happy Chanukah.
Elaine Fusco- Happy Thanksgiving and early Chanukah wishes to all my Hadassah sisters.
Judy Horwitz- To my Hadassah sisters- a happy, healthy holiday season. Get well to my many friends who need our prayers for recovery.
Judy Jellinek- In honor of my new grandson- Levi Paul.
Faith Kaskisto- Pray we are never too sad to sing or dance. Happy Thanksgiving to all!
Muriel Levy- Happy Thanksgiving to all.
Remember our Veterans.
Phyllis Meinsen- Happy Thanksgiving and Happy Chanukah to all my Hadassah sisters and their families.
Eva Reznik- Happy Anniversary to my dear husband who survived next to me forty eight years of marriage and still does not need a hearing aid.
Audrey Rosen- Happy Thanksgiving to all. Get well wishes to Maxine Moore.
Diane Schwalb- I wish a speedy recovery to lifelong friends Gary Gilbert and Lorraine Smargon.
Clara Youngblade- Healthy-Happy Life.

The following is the **2016** calendar for the Palm Coast Chapter of Hadassah. Please come to our general meetings and events to support our chapter. If you need any information on any of these events please call me @ 386-445-9604.

Elaine

HADASSAH 2016 CALENDAR

- January 12 General Meeting --Noon--TBS
- January 20 Book Club-----10 AM---Home of Maggie Shelko
- January 27 Tzedakah Lunch--11 AM-- Home of Audrey Rosen
- February 9 Board Meeting----10:15 AM--Windsor
IMA ----Noon
- February 17 Book Club-----10 AM--Home of Carol Gunthorpe
- March 8 General Meeting---Noon--TBS
- March 13 Fashion Show-----11:30 AM --Pines Lakes
- March 16 Book Club-----10 AM--Home of Edna Alex
- April 12 Board Meeting----10:15 AM--Windsor
IMA-----Noon
- April 20 Book Club-----10 AM--Home of Diane Schwalb
- May 10 General Meeting---Noon--TBS
- May 20 Game Party-----11:30 AM-- Cypress Knolls
- June 15 Book Club-----10 AM---- Charlotte Venetianer
Muriel Levy
- August 9 Board Meeting-----10:15 AM--Windsor
IMA----- Noon
- September 13 General Meeting---Noon----TBS
- October 10 (Monday) Board Meeting--10:15 AM-- Windsor
IMA-----Noon
- November 8 General Meeting---Noon---TBS
- December 13 Board Meeting-----10:15 AM ---Windsor
IMA-----Noon

Please note that the General Meetings begin at noon but at 11:30 AM we have refreshments so come early and enjoy.



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