



**HADASSAH**  
the power of women who **DO™**

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April 2017 Presidents Message

Dear Hadassah Friends,

It seems to me we are always counting something in Hadassah. We are counting on our members and their friends to come to our meetings. We are counting on our wonderful committees to create engaging and informative programs and successful fund raisers. We are counting on our families to be proud of us and join with us as we further Hadassah's priorities of health and wellbeing, Zionism, and Advocacy. We're also counting days and years leading up to important holidays and anniversaries.

Some holidays, Thanksgiving for instance, only the hostess must prepare her home. She shops, cleans, manages the table setting and guest arrangements. Sure, she counts on others to bring a few dishes, but they'll go home and when the day's over, it's over. Passover is different. Each one of us prepares her own home. We all shop – some of us two months early and some of us a few days before. In our area, we can count on the local Publix and Winn-Dixie to have a supply of Kosher for Passover catsup or organic gluten free spelt matzo. Even if we're invited to seders at a relative's or friend's house, it will still be Passover for another seven days in our own homes. Like a great commander, we may plan a week's meals down to the condiment. "Do I have enough eggs? Is it even possible to have enough eggs?" Everything is counted and measured in the great Passover enterprise. This proves my suspicion that Jewish women who can do Passover can do anything!

Another Jewish counting tradition begins the evening of the first day of Passover when we count the Omer. It ends in 49 days, or 7 weeks, at Shavuot on May 30, both joyful festivals. Consider how sad it was for Hadassah to count the years of our exile from our beloved hospital on Mount Scopus. By the end of the 1948 War of Independence, that hospital was on the wrong side of the line and we were cut off from it for the next 19 years. Although Hadassah built a new hospital at Ein Kerem, we always hoped to regain, repair and rebuild Mount Scopus. In May this year, we will celebrate the reunification of Jerusalem and of Hadassah. May 24<sup>th</sup> will be a Golden Anniversary for us all. Look for Tampa Ameet Chapter to celebrate in a big way.

Do you just count calories when you want to eat in a heart healthy way? Of course not. Counting on a healthy diet, especially for kids, is a big concern for Dr. Donna Zfat-Zwas. As Director of the Hadassah Medical Center's Linda Joy Pollin Cardiovascular Wellness Center for Women, Dr. Zfat-Zwas and her team have partnered with two Palestinian East Jerusalem schools to bring the Center's heart health message to children and their parents. At the Al-Eisawieh School for Girls, student-made vegetable snacks have replaced junk food from food trucks. At the Abu Tor girls' school, the teacher asks how many girls ate breakfast that morning. All their hands fly up. Moms are delighted that the girls now join them for a healthy morning meal. Both schools are in low income neighborhoods where mothers have little previous exposure to health education and little time or money to take care of themselves. Dr. Zfat-Zwas explains: "We believe that a good place to start is in elementary school—not only to inculcate eating and exercise habits, but to impact their moms. When they

begin eating a healthy breakfast and bringing a healthy snack to school, it changes the purchasing and eating habits of an entire family." Hadassah is building bridges where it counts. Your generous donations always make a difference in people's lives in Israel and here in America.

I'm proud to count you all as my Hadassah friends. I hope we always number the joyous occasions we celebrate together. I wish you a happy and healthy Passover and I'm counting the days until we can celebrate together Jerusalem's 50<sup>th</sup> reunification anniversary and Hadassah's Golden Anniversary of the reunification of our two great hospitals – Mount Scopus and Ein Kerem.

Last but not least, our joint meeting with the St. Petersburg Chapter was a success all around. We had 50 in attendance to hear Michele Kidwell-Gilbert speak about "The 10 Plagues From the Egyptian Point of View." Accompanied by her informative slides, Michele put those miracles in perspective. Fortunately, nobody had to drip wine for each plague.

### **Tampa Ameet Chapter's Upcoming Events**

**Sunday, May 7, 11:00 am - 4 p.m.** - All are welcome at "Game Day With the Mavens" Mah Jong, Bridge, Canasta, Scrabble, bring whatever you enjoy playing. Games will commence at Allegro Senior Living, 800 W. Azelee St., Tampa 33606. Lunch. Prizes. Snacks. \$25 per person. All funds benefit HMO (Melanoma Research). RSVP to Marilyn Slater 205-612-7528 or Michele Norris 813-352-8765. Make your check payable to Hadassah and mail to Marilyn Slater, 338 Club Manor Dr., Sun City Center, FL 33573. Your check is your reservation.

**May 17, 2017 meeting** - Don't miss a riveting discussion! Mr. Morris Wolf will talk about his book, "Whatever Happened to Raoul Wallenberg?" Wallenberg a Christian Swedish diplomat, took it upon himself to arrange visas for thousands of Jews trying to escape Europe. He was arrested by the Russians in the chaotic days at war's end, but what happened next? Join us at the Glazer Family JCC on Wednesday, May 17 at 7:00 pm. This program is sponsored jointly with Federation.

**Melanoma Month - May 28, 2017** - We are planning to have a Walkathon for Melanoma month at the Al Lopez Park in Tampa, FL. We will have food trucks, music, activities for the children, sunscreen and giveaways including melanoma prevention tips, and Hadassah information on melanoma. As this is still in the planning mode we are not ready to advertise at this time. Time and location still TBD.

B'Shalom,

Etty Segal

Ameet, Chapter President

#### **HADASSAH**

**The Women's Zionist Organization of America**

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Hadassah.org