



March 23, 2017

Dear Chaverim,

Pesach occurs in the spring which has always been suggestive of the beginning of and the survival of the Jewish people.

During the Passover Seder, we ask the Four Questions. **So, why IS** this night different? Because on this night we **experienced** our freedom from bondage, and every year since, we commemorate this great miracle. No matter how dark the world around us may seem, the Jewish nation never gives up. Deep inside we all know that things can be different.

On Passover, the Jewish people, along with all of humanity, are reminded of the value of human freedom. In the words of Martin Luther King: "When we let freedom ring we will be able to speed up the day when all of God's children will be able to join hands and sing 'Free at last! Free at last! Thank God almighty, we are free at last!' "



### **Collier/Lee Chapter of Hadassah**

Invites You to An Exciting Afternoon Event

To Benefit the **Extraordinary Work of Hadassah**

Tuesday, March 21st, 2017

### **Anything Goes**

The Broadway Palm Theater

1380 Colonial Boulevard

Fort Myers, Florida

buffet luncheon including salad bar and dessert

### **St. Petersburg Chapter**

**CONGRATULATIONS LAURIE REISKIND**



For her many years of dedicated service to Hadassah, the St. Petersburg Chapter of Hadassah recently honored Laurie Reiskind with the Myrtle Wreath Award. One of Hadassah's most prestigious tributes, the award is bestowed upon individuals who have made significant contributions to Jewish life in the United States or in Israel. Pictured with Reiskind (center) are committee member's l to r: Suzie Elinger, Brandi Rosenbluth, Susie van Gelder and Ina Sheppard.

## Lylah Pinellas Chapter

### GENDER EQUALITY IN MEDICAL RESEARCH (GEM)

**Date:** Thursday, April 20, 2017

**Time:** 7 pm

**Location:** Inn on the Pond

2010 Greenbriar Blvd, Clearwater, FL 33763

Phone: (727) 735 - 6200

A panel of three speakers will present to the audience:

**Patricia Levinson**, Hadassah International Communications Chair and member of Hadassah's St. Petersburg chapter, will introduce and define GEM.

Cardiologist **Dr. Vanessa Lucarella** will discuss cardiovascular illness in women.

**Michelle Cameron (BSN, MBA)**, Director of Clinical Research at Clearwater Cardiovascular Consultants, will add her expertise to the discussion.

This event is free to attend and open to the community; reservations are requested. Please RSVP to: Cheryl Schwartz at [cschwartz@ramapo.edu](mailto:cschwartz@ramapo.edu).

### **FYI ! Want to have a Book and Author Luncheon**

I have written a meticulously researched novel about the little known holocaust that occurred in Greece during WWII. My book **Hidden in Plain Sight** is being sold at the National Holocaust Museum in DC. I have been giving presentations at synagogues, museums and libraries around the country. The Hadassah group in Boca Raton is setting up a presentation for the fall. I would be pleased to set up a presentation to your group.

Thank you,

Karen Batshaw [Kbatshaw@aol.com](mailto:Kbatshaw@aol.com)



Shannon Sarna is Hadassah's new spokesperson and food guru for Every Bite Counts: Hadassah's Nutrition Program. Shannon can come to your area for a Hadassah cooking event or other Every Bite Counts program.



As Congress starts debating specific changes to the Affordable Care Act, we need your help to safeguard women's health coverage. Insist that any new health reform measures include key women's health provisions, including maternity coverage, preventive health and avoiding gaps in care. Your personal messages can help change minds and save lives. Spread the word, too.

### How you can get involved!

- Write to Congress in support of the Research for All Act and women's health coverage via the [Hadassah National Action Center](#).
- Sign-up to attend or plan a Hadassah Day in the District. Through this program Hadassah members, Associates, and supporters meet with federal elected officials when they are home. from Washington. This is a great opportunity to educate our officials about women's health equity and urge them to act on Hadassah's priorities. Hadassah advocacy makes a difference! Through the Day District. Contact Luise Burman for help. ( 813-982-1480)



### Multiple Sclerosis

#### Gender Disparities for MS

- Women are twice as likely to get MS and become sick younger – age 18-40— and the disease incidence disparity between men and women is growing.
- Relapsing-remitting MS has largest gender gap, which is also increasing.
- Some research indicates that sex hormone levels (e.g., estrogen, progesterone, and testosterone) may be related to MS. Women's hormonal changes, especially the decrease in estrogen during menopause, leave women more susceptible to the range of autoimmune disorders.
- Pregnancy and breastfeeding may temporarily reduce MS relapses. However, pregnant and lactating women cannot take many medications, including those for MS. This leaves patients to cope with untreated symptoms during this period.
- Although hormones might explain much of the gender gap in MS, other influences likely contribute as well. Environmental and genetic factors shape risk for the illness in general and might play a large role in the

gender gap for disease incidence.

- Over 2.3 million people worldwide suffer from Multiple Sclerosis, a chronic, unpredictable and potentially disabling autoimmune disease of the central nervous system that affects the nerve covering of the brain disrupting the flow of information from the brain to other parts of the body.
- Multiple Sclerosis is increasingly considered a young person's disease, with most people diagnosed between ages 20-50.
- Hadassah is a trailblazer in stem cell research – the first in the world to devise an effective stem cell treatment that improves the mobility and energy level of people with MS.
- World-renowned stem cell research specialist and head of HMO's Department of Neurology, Professor Tamir Ben-Hur, and his team discovered that stem cells actually spur the brain to help itself by circulating to damaged areas of the brain.
- HMO researchers led by Professor Dimitrios Karussis, Sr. Neurologist and head of the Multiple Sclerosis Center, conducted the first clinical trial injecting bone marrow-derived stem cells into the patient's spinal fluid and discovered that they inhibit damaging inflammation; prevent brain cell death; and facilitate repair of damaged nerve cells.
- Preliminary results of HMO's cutting-edge protocol have seen wheelchair-bound patients such as former Dallas top trial attorney Malia Litman get back on their own two feet. Malia reports that in addition to increased mobility, the treatment has restored her energy, enabling her to function in her daily life.

### **Suggested Giving Opportunities**

Lighting the Way in Tower - \$5000

Patient Bed in Tower - \$5000

Additional variety of equipment in Tower - \$1000 +

Furnish a one bed patient room in Tower - \$18,000

Furnish a 2-bed patient room in Tower - \$36,000

Seat in Synagogue in the Tower - \$36,000



Yahrzeit - \$5000 Yahrzeit - \$1000, Enhanced



Keeper of the Gate-\$1000-\$5000 annual commitment

Chai Society-\$180-360 annual commitment



Road Tile - \$1500

# HADASSAH FLORIDA MISSION: ISRAEL - SEEING IS BELIEVING

October 18 - 31, 2017

Led by Marion Aronheim, Linda Goldstein, Dorrie Kahn & Susan Lafer

## This amazing tour includes...

- Meeting with Israel's communal leaders & speakers throughout
- Visiting the Yad Vashem complex & the newly found materials relating to the people & events connected to the Holocaust
- In-depth visit to Hadassah Ein Karem Hospital
- Uncovering the glorious past of the Temple Mount on a "hands on" archeological dig at Ein Tzurim
- Exploring the mystical city of Safed & participate in a calligraphy workshop
- Interacting with the kids & staff at Hadassah's Meir Shfeya youth village
- Taking an amazing tour of the Eshkol region - visit the Regional Center & Bnei Netzarim
- 5 nights at the Dan Panorama, Jerusalem
- 2 nights at Kibbutz Kfar Blum, Galilee
- 4 night plus LCO at the Crown Plaza, Tel Aviv
- Meals per itinerary
- Arrival/departure transfers with main group
- Entrance fees & portorage per itinerary

## Eilat/Petra Extension: October 30 - November 2, 2016

- 2 nights at the Queen of Sheeba, Eilat
- Day tour to Petra
- Meals per itinerary
- Transfer in Eilat

Full itinerary & online registration:  
[secure.ayelet.com/HDFlorida2017.aspx](http://secure.ayelet.com/HDFlorida2017.aspx)

**Ayelet** Tours, Ltd.  
www.ayelet.com  
P.O. Box 222, Tel-Aviv 6100  
15 Kikar HaMizrah, Eilat, 887 12200



PRICING CHART	COST (Per Person/Single Occupancy)
LAND TOUR <i>Includes:</i>	\$5,775
Additional Cost for Single Occupancy	\$1,250
Eilat/Petra EXTENSION <i>Includes:</i>	\$880
Additional Cost for Single Occupancy	\$185
AIRFARE*	\$1,400

\*The amount of international airfare will vary. Domestic and Puerto Rico airfare is included in the price of the tour. Taxes, where applicable, for U.S. citizens.



**JOIN ME!**



[www.hadassah.org/regions/florida-central](http://www.hadassah.org/regions/florida-central)



*Shabbat Shalom,*

*Susan*

Florida Central  
3118 Gulf to Bay Blvd.  
Clearwater, FL 33759  
727-799-0618