

**Hadassah Charleston – Byte-Size
March 2017**

From Your Writer/Editor – Sharon Hox

I don't know how many of you receive (and read) emails from Hadassah's National Offices...but there's a lot going on. The notice below of a special Hadassah Mission to Israel, for a very special occasion, certainly piqued my interest. Alas, I'm not able to go (but I will be going to Jerusalem with Hadassah in the summer of 2018 – watch for THOSE details). Perhaps you want to join this trip which is certain to be memorable.

Led by Hadassah National President Ellen Hershkin

May 21- 26, 2017

This Spring, Hadassah will celebrate the 50th anniversary of the reunification of the city of Jerusalem and the return of Hadassah Hospital at Mount Scopus to Hadassah in a once-in-a-lifetime mission, led by Hadassah National President Ellen Hershkin.

Join Hadassah atop Ammunition Hill, along with Israel President Reuven Rivlin, Prime Minister Benjamin Netanyahu & Jerusalem Mayor Nir Barkat at the Commemoration Ceremony. Witness the living history of the efforts that made Hadassah's Hospitals the best hospitals in the Middle East and honor the memory of those who paid the ultimate sacrifice in the days before Israel's Declaration of Independence while serving their mission. Join Hadassah in Jerusalem and celebrate our achievements and 50 years of unification!

[See the full itinerary, registration information and to learn about other Hadassah 2017 Missions.](#)

Make your reservation today.

For additional information: 800.237.1517

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COMING NEXT WEEK - A Woman Who Makes a Difference – Tuesday, March 7, 7pm

Please join Hadassah and the Sisterhoods of BSBI, Dor Tikvah, KKBE and Synagogue Emanu-El, plus Charleston Jewish Federation, JCC Without Walls, and NCJW as we join together to honor the very exceptional women who make a difference to our Jewish community. This year there's a special tribute to Leah Chase, event founder. Hadassah's honoree, Gail Snow, we-deserves her recognition as a past-President and continuing leader of our Chapter.

Please call your friends, arrange carpools, and join all of your friends.

The program is at Synagogue Emanu-El, 7pm.

Mazel Tov to all the Honorees.

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Winter Game Day – Sunday, March 26, 11am-2:30pm at Synagogue Emanu-El

Mark your calendars and gather your cards, tiles, etc. for our first Winter Game Day.

Please join Hadassah and the Sisterhood of Synagogue Emanu-El for a chance to play your favorite games and win door prizes. The day, with lunch and one door prize ticket, is yours for \$25. (Additional door prize tickets can be purchased on site.)

Favorite games in the past have included Mah Jong, Canasta, Scrabble, and Rumikub. Bring your own game set (and if you have a playing table, please bring that as well. We have loads of chairs).

Help us plan lunch by sending your RSVP and check for \$25 payable to Hadassah to Sandi Archambault at 4004 Alpheretta Court, Charleston SC 29414. You can pay at the door (cash or check only) but let us get a good headcount.

DOOR PRIZES WANTED. If you can acquire gift certificates for lunch or dinner at one of our wonderful Charleston restaurants, let Sandi know to include it as a Door Prize item. Ditto for other certificates for services, local attractions, theater, movies, manicurists, etc. If you have some new merchandise you would like to donate as a door prize (retail value over \$25), that would also be great.

Questions? Call Sandi at 843-769-5667.

Game Day is Open to Everyone.

Bring friends.

Bring spouses.

Mah Jong Beginners? We can probably help teach you.

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Hadassah Supports Hillel

As part of our Chapter's Community Support, each year Hadassah provides a meal for the Hillel Students at The Citadel. We owe thanks for this great program to Marsha Alterman, who tirelessly reaches out to us (and other Jewish organizations) to bring a kosher-style meal at least once a month to the primarily Hillel Chapter at The Citadel. We've been doing this for several years, and are happy to continue the tradition.

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Have you Discovered Hadassah's Latest Health Program? Every Bite Counts

Following the successes of Hadassah's Every Beat Counts Heart Health Program and Every Step Counts Fitness Program, Hadassah has launched Every Bite Counts – our Nutrition Program, co-branded with the American Heart Association. Here's a sample of the materials – some "new" information for all of us. Take a look and go the www.Hadassah.org for more helpful information.

HADASSAH THE WOMEN'S Zionist ORGANIZATION OF AMERICA, INC. HADASSAH

SEASONS OF EATING

Your heart-healthy recipes will taste even better with seasonal produce.

spring	summer	fall	winter
<ul style="list-style-type: none"> Artichokes Asparagus Chives Fava Beans Green Onions Leeks Lettuce Parsnips Peas Radishes Rhubarb Swiss Chard 	<ul style="list-style-type: none"> Berries Corn Cucumbers Eggplant Figs Grapes Green Beans Melons Peppers Stone Fruit (Apricots, Cherries, Nectarines, Peaches, Plums) Summer Squash Tomatoes Zucchini 	<ul style="list-style-type: none"> Apples Brussels Sprouts Datas Hard Squash (Acorn, Butternut, Spaghetti) Pears Pumpkin Sweet Potatoes 	<ul style="list-style-type: none"> Bok Choy Broccoli Cauliflower Celery Citrus Fruit (Clementines, Grapefruit, Lemons, Limes, Oranges, Tangerines) Collard Greens Endive Leafy Greens (Collard, Kale, Mustard, Spinach) Root Vegetables (Beets, Turnips)

Year-Round: Cabbage, Carrots, Garlic, Onions, Mushrooms

Keep these tips in mind when using and shopping for seasonal produce:

- Freeze fresh produce to add to smoothies, soups and breads.
- Fresh foods are often less expensive during their harvest season. You may even save a bit more by buying in bulk.
- Gardening is a great way to get fresh seasonal produce from your own backyard while getting a little exercise too.
- Shop your farmers' market. The farmers can share a wealth of information about the foods and might even give you ideas on how to prepare them.
- Frozen and canned fruits and vegetables are also healthy choices. Compare food labels and choose products with the lowest amounts of sodium and added sugars.

The American Heart Association recommends

4-5 servings of fruits and vegetables each per day.

For more tips on healthy eating, cooking and recipes: heart.org/simplecooking

Partners in collaboration with the American Heart Association to promote healthy eating.

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Hadassah Saves Lives – a personal story from the President of the Nashville Chapter

As the president of Hadassah Nashville, I'm always proud of Hadassah hospitals' medical breakthroughs. **As the mother of a 7 year old who has a congenital heart defect, I am inspired by the new frontiers Hadassah is crossing today and the ones I know — with your help — we'll cross tomorrow.**

Dr. Rachel Schonberger, Hadassah Medical Organization chair, who spoke of the thousands of Hadassah hospital patients who have received a new kind of artificial heart valve via catheter in a cath lab, instead of undergoing invasive open-heart surgery in an operating room.

Today, my daughter looks and acts like a typical 7 year old. Thanks to Hadassah, I have hope that by the time my daughter needs a heart valve replaced, she'll be able to benefit from Hadassah's innovations in the cath lab — and avoid the risks of open heart surgery.

Now you know why I'm such a big supporter of Hadassah's Research in Service to Humanity campaign.

Please join me.

Support Hadassah's Lifesaving Research Today

As a Jewish woman who cares deeply about women's health, Heart Health Month is very much a part of my life. [I'm honored to share this extremely important op-ed by our own National President Ellen Hershkin about the "Jewish Agenda for Women's Health."](#)

It begins:

*Women are the heartbeat and lifeblood of America. As mothers, wives, and daughters, we are caregivers and decision makers — not only nurturing our families, but strengthening the economy and future of our nation... Health — including women's health — is not a partisan issue. Jewish law commands us to save lives, pikuach nefesh, even if that means breaking other commandments. **Women's health has always been an integral part of Hadassah's mission — in Israel and here in the US. Members of the Jewish community have an important role to play as champions for women's health and equitable care for all.***

I've shared my story with you today because Hadassah saves lives, and gives hope to families like mine. I'm asking you to help us do more.

Support Hadassah's Lifesaving Research Today

Thank you.
Nili Friedman, President Hadassah Nashville

PS: Please answer this call to action and help us get the word out. Heart disease is the number one killer of women. Share this email — and the op-ed.

♥ **FACT: Heart disease is the #1 killer of women.**

♥ **FACT: A woman is 10 times more likely to die from heart disease than from breast cancer.**

♥ **FACT: Today, in the US, 42% of women who have heart attacks die within one year (vs. 24% of men).**

Donate Today

When it comes to women's heart disease, the statistics are unacceptable. That's why Hadassah is working to change the status quo for women. We're making real headway. [You can help.](#)

Every day, researchers at Hadassah Medical Organization (HMO) are making amazing advances in cardiac research, including at HMO's Linda Joy Pollin Cardiovascular Wellness Center for Women:

- Identifying genetic markers of heart conditions to aid early diagnosis and treatment.
- Proving heart cells can regenerate following a heart attack with implanted adult stem cells.
- Deepening our understanding of the ways heart disease and heart attacks present differently in women.

Hadassah: The Power of Women Who Heal

These are the kinds of facts we like, and the kinds of discoveries that save lives. With your support, we can save more women's lives. We've got our hearts set on it. That's where you come in. [Support women's heart research and innovation at Hadassah Medical Organization in Israel.](#)

Save the Date - Hadassah Tri Region Conference 2017

3 Regions * 3 Priorities: Zionism, Health, Advocacy * 1 Hadassah

Together We Are ONE!

Join Southeastern, Southern & Southern Seaboard for the

Tri Region Conference

Charlotte, NC

April 21-23, 2017

“ Region Collaboration

“ Top Notch Speakers

“ Inspiring and Engaging Sessions and Workshops

“ Special Guest Hadassah National President Ellen Hershkin

“ Associates Welcome

If you want to get an inside view of Hadassah, meet our leaders, mix with representatives from dozens of Chapters – this is your opportunity. Charlotte is an easy drive from Charleston – so please think about joining us. Contact Sharon Hox at 843-971-6116 or SharonHox@aol.com for information. This Conference is an annual event and always provides good ideas and more pride in Hadassah.

Coming Programs –

Tuesday, March 7, 2017 – 7pm – A Woman Who Makes a Difference at Synagogue Emanu-El

Monday, March 13, 2017 – 10:30am – Hadassah Open Meeting

Most months the Charleston Chapter holds an Open Meeting – primarily discussion by the Board and interested persons in what’s happening in Hadassah, program planning for our Chapter, fundraising progress, and more. YOU ARE INVITED. The meeting will be at Marilyn Gordon’s home in West Ashley. If you would like to attend, please send an email to SharonHox@aol.com and we’ll be sure to send you an agenda and address details.

Sunday, March 26, 2017 – 11am-2:30pm – Winter Game Day – Synagogue Emanu-El

Other Events Around Charleston



The JCC WOW Bookfest proudly presents:
**Fern Mallis: *Creator of
New York Fashion Week,
Lead Judge at Charleston
Fashion Week & Author of
Fashion Lives***

When: Tuesday, March 14th, 2017 @ 6PM
Where: The Charleston Library Society
164 King Street, Charleston, SC 29401
Admission: \$30 in advance, \$35 at the door
- [Click here to purchase your tickets!](#) -

Join us as the legendary Fern Mallis, internationally known fashion consultant, creator of New York Fashion Week, lead judge at Charleston Fashion Week and

author of Fashion Lives: Icons with Fern Mallis, discusses her book, a compilation of interviews with movers and shakers in the fashion industry.

[Click here to get your tickets!](#)

For more information, contact Marylyn Haspel at marylynh@charlestonjcc.org or (843) 571-6565

We have many events planned through May 2017, please visit charlestonjcc.org/bookfest for a full list of events!

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Important Contact Details – Hadassah Charleston Web Page:

We have a web page on Hadassah Southeastern Region's site. Go to <http://hadassah.org/southeastern> and click "chapters" to find Charleston. There are also links to other Hadassah news and information, opportunities for giving, and more! Check it out.

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