



P.O. Box 92444  
Rochester, NY 14692

TIME VALUE

Non-Profit Org.  
U.S. Postage  
**PAID**  
Permit No. 295  
Rochester, NY

OR CURRENT RESIDENT

### SO, WHAT IS BEYOND CHICKEN SOUP?

Many NCJW members found out at the Opening Event last month. It was held at the Beyond Chicken Soup Culinary Center at the Jewish Home with delicious holiday recipes prepared by Chef Andrew Lederman. It was not the traditional holiday fare, but creative dishes such as pomegranate and cucumber salad, apple and dried fruit chutney over sweet potato pancakes and apple raisin cake, fresh fruit and rugelach. Attendees of the event were able to see Andrew prepare each dish as well as watch him on closed circuit TV in the room – just like on the Food Network. Andrew taught the group many techniques, which included how to work with pomegranates, how to make a perfect chutney and prepare homemade vinaigrette dressing. Thank you to Andrew for an entertaining and fun evening.

The Beyond Chicken Soup Culinary Center is a beautiful, state-of-the-art kitchen at the Jewish Home designed for the residents to be able to cook as if in their own kitchen. It is also used for cooking classes and demonstrations. It was funded with the proceeds of the sale of the Beyond Chicken Soup Cookbook, a collection of 350 recipes from local contributors.



It was a great way to kick off the year of programming for NCJW members. If you missed the event, you may find the recipes on our website at [www.ncjwgrs.org](http://www.ncjwgrs.org).

Thank you to **Donna Cohen, Alison Cresov and Harriet Renzi** for chairing the event. ♫

### MISSION STATEMENT

National Council of Jewish Women, Inc., is a volunteer organization that has been at the forefront of social change for over a century. Inspired by Jewish values, NCJW works to improve the quality of life for women, children and families, and to ensure individual rights and freedoms through programs and projects initiated by its network of 90,000 members and supporters nationwide.

# Bulletin

Vol. 18, No. 2  
November-December 2012  
[www.ncjwgrs.org](http://www.ncjwgrs.org)



National Council of Jewish Women  
Greater Rochester Section

### COMING EVENTS

#### NOVEMBER

TUE / 6  
Election Day

WED / 7  
**General Board Meeting**, 7:30 p.m.,  
JCC

SUN / 11  
Veterans Day

MON / 12  
Books, Mommy & Me

THU / 22  
Thanksgiving Day

#### DECEMBER

SAT / 8  
First Night Chanukah

SUN / 9  
Chanukah Brunch  
The Summit  
10:00 a.m.

WED / 12  
ROC the Day

WED / 12  
**General Board Meeting**, 7:30 p.m.,  
JCC

SAT / 15  
Veterans Day

MON / 12  
Last Night Chanukah

#### JANUARY

WED / 9  
**General Board Meeting**, 7:30 p.m.,  
JCC

SAT / 26  
Tu B'Shevat

Chanukah  
Brunch  
Sunday  
December 9  
10 a.m. to Noon  
The Summit  
at Brighton

Join us for  
both traditional  
holiday food  
-- latkes with  
applesauce  
and sour cream --  
and other  
wonderful brunch  
foods

Entertainment by  
The Bowties  
an a capella group  
singing doo-wop,  
jazz, pop  
and classical

Seating limited  
to the first 50, so please  
reserve your spot now!  
Make reservations by  
December 4 by calling  
Robin Levitt 442-9909  
or Vancy Boyar 330-2088  
This event is a gift to us  
from the Summit at Brighton's  
Marketing Department.  
Please bring an item  
in support of Alternatives for  
Battered Women

NCJW, GRS  
Executive Officers  
2012 - 2013

President  
Gina Horowitz

VP Administration  
Roz Freedman-Baum

VP Membership  
Harriet Renzi

Recording  
Secretary  
Alison Zakalik

Financial  
Secretary  
Lorraine Dvorin

Corresponding  
Secretary  
Donna Cohen

Treasurer  
TBA

Ex Officio  
Judy Abelman

Directors  
through 2013

Alison Cresov  
Marilyn Fenster  
Ronny Frishman  
Doreen Goldstein  
Gloria Kaplan  
Dolores Kleinberg  
Arlene Schenker  
Cathy Schneider  
Mollie Traub

Directors  
serving  
through 2014

Vancy Boyar  
Nancy Chodak  
Soralee Cook  
Lynda Garner  
Goldstein  
Susan Kramarsky  
Robin Levitt  
Wendy Moss  
Judy Slade  
B.J. Yudelson

## PRESIDENT'S MESSAGE

I attended an NCJW Webinar recently. Listening via computer or telephone, participants from all around New York State learned about the topic "Moving from Judgment to Empathy." The lesson was about learning to use an "empathy message frame" when talking with others about reproductive choice.

Here were some suggestions:

1. **Use the word "decision" instead of "choice."** Sometimes people think that *choice* is a lightweight word, as in choosing what shoes to wear, whereas *decision* is more significant.
2. **Bring the discussion around to shared goals by using "we" instead of "they" or "them."** We all want . . . "happy, healthy children and families, and for each child to be born to parents who feel ready for the responsibility." "We" creates a bridge, rather than a dividing line.
3. **Use "woman" instead of "women."** Using the singular can help both the speaker and the listener think about a specific woman and the struggles she is facing. Using the plural can be an invitation to stereotype women who choose to end a pregnancy as irresponsible.

I remember that once when I lived in Hornell I was on the receiving end of such a lesson. A group of women told me how proud they were of younger women with unwanted pregnancies who gave birth and allowed their children to be adopted. One woman in the group, unable to bear her own child, told me that she had been able to adopt a child, thanks to such a circumstance.

The conversation that day affected my thinking, and made me understand a "pro-life" point of view better. I could have said (but didn't) in an equally empathetic way, "The pregnant woman made her decision based on what was best for her and her family and according to her beliefs. Another woman might have made a different decision. We should never tell any woman that she *must* continue a pregnancy."

Moving from judgment to empathy is a good lesson to ponder. ≧

**Gina Horowitz**, Section President  
482-8652  
ginarose@rochester.rr.com

## IN THE FAMILY

*Speedy Recovery to:*

**Elyse Cohen**  
**Howard Schenker**

*Mazel tov to:*

**Paula Zeman** on the marriage of her daughter  
**Sherry Volinsky** on the birth of her granddaughter

To list your simchas and sorrows in the bulletin, please contact **Cathy Schneider** at [cathy@rochester.rr.com](mailto:cathy@rochester.rr.com). ≧

### Tribute Cards

Tribute cards are a meaningful way to express your sympathy, honor family and friends, and commemorate special occasions and life cycle events. Your donation helps support NCJW projects. Tribute cards are available for \$5.00 (6 cards for \$25) or \$10.00 (3 for \$25). To purchase cards or have a card sent, call **Cathy Schneider** at 586-7575.

## NEWS FROM NATIONAL Washington Institute

**March 17-19, 2013**  
**Omni Shoreham Hotel**  
**Washington, DC**

Join us at NCJW's premier public policy event, where members from across the country will gather together to enhance their knowledge of the issues and challenges facing our country and our world through in-depth briefings by political leaders and policy experts. They will hear the voices and stories of those directly impacted by the issues here in the US and in Israel, share ideas and experiences and network with like-minded

individuals. Participants will also speak out to their members of Congress in face-to-face meetings on Capitol Hill.

*Ask anyone from NCJW, GRS who has attended, and she will tell you that it is thrilling to hear such national figures as Bill Clinton, Ruth Bader Ginsburg, Lilly Ledbetter, and the late Ted Kennedy. One of our Rochester women called the Institute "totally energizing." It helps make the connection between national and local initiatives in a way more powerful than any other. Please consider attending this year. ≧*

## CONSIDER COLLEGE Learning to Dress for Success

Funded by a generous grant by the Max and Marian Farash Charitable Foundation, 15 Consider College students and mentors braved the cold and drizzle on Sunday, September 30 to enjoy a delightful few hours at The Flavor of Fashion, the culmination of Fashion Week of Rochester, a major fundraiser for the Center for Youth. The Center for Youth provides counselling services, emergency shelter, runaway homeless youth services, Rochester Teen Court and many other programs for at-risk youth.

It was truly a family-friendly event with models ranging from beautiful white-haired women to remarkable well-poised 3-year-olds walking by themselves or with an older

child. There were teenagers, twenty-somethings and one exceptionally good-looking man wearing a skirt! The fashions for teen boys were up-to-date and very cool.

One of the goals of Consider College is to help young people dress with both style and good taste. This show gave our mentees an excellent sampling of both. The grant from the Farash Foundation will also be used for books for college freshmen, excursions to predominantly black and Latino-owned businesses, an entrepreneurship consultant and ongoing cultural excursions. ≧

**Mollie Traub**, Chairperson  
442-7521  
mtraub@rochester.rr.com



The first Reel Women gathering of the season is upon us. We will be meeting on Thursday afternoon, November 1, 2012 at Pittsford Plaza for a movie yet to be determined. You can look for details in an upcoming "blast." Hopefully we'll be able to discuss the movie afterwards. If you've never participated, please join us. Questions? Call **Carol Fybush** at 442-8737. ≧

**Carol Fybush**,  
[cfybush@gmail.com](mailto:cfybush@gmail.com)

**Soralee Cook**,  
[jaysoralee@frontiernet.net](mailto:jaysoralee@frontiernet.net)

## THANKS for supporting the NCJW Membership Book

The 2012-2013 NCJW Membership book should be arriving shortly. PLEASE make sure you look through the book. You will find updated information about NCJW. Also included are advertisements. These help support our very important programs so please support our advertisers and let them know you saw their ad in our book. Thank them for helping us "make a difference." ≧

**Donna Cohen**,  
Membership Book Chair  
[raquet19@aol.com](mailto:raquet19@aol.com)



## OUR NEW HIGHER GROUND PROJECT

Launched in 2010, Higher Ground is NCJW's campaign to end domestic violence by improving the economic status of women. As part of that campaign the Greater Rochester Section has decided to donate items for women and their children—our friends, our neighbors—seeking refuge in Alternatives for Battered Women's emergency shelter.

You are invited to participate in this simple and significant project. Before every event, please look at ABW's wish list below for an item or items to donate. Then bring them with you and we will see that they get to the right place. Thank you for taking the higher ground!

**B.J. Yudelson**, NCJW, GRS Director

### ALTERNATIVES FOR BATTERED WOMEN WISH LIST

#### **Holiday Items:**

Gifts for younger clients.

#### **Toys must be NEW.**

Art sets  
Baby dolls and clothing  
Barbies  
Blocks  
Board games (Trouble, Sorry, Connect 4, Monopoly)  
Boy's hygiene sets (Axe and Old Spice)  
Building toys  
Card games (Uno)  
Children's DVDs  
Cloth books  
Dinosaurs  
Duplo Legos  
Dress-up clothes  
DVD players  
Hoodies (boys)  
Hot Wheels  
Infant toys (mobiles, shape sorters, musical toys)  
Jewelry boxes / stands  
Legos  
Make-up sets  
Plastic animal sets  
Play Dough sets  
Play food  
Puzzles  
Remote control cars  
Tonka trucks  
Train sets  
Wii games  
Wrestling action figures

#### **Gifts for women clients:**

Bath robes  
Bath/lotion sets  
Pajamas  
Slippers  
Towels

#### **Items of greatest need:**

Bath towels, wash cloths  
Body lotion  
Deodorant for women  
Flip flops, shower shoes, slippers  
Hair conditioner (regular size)  
Hair grease (hair food), hair gel  
Night gowns, pjs, bathrobes (S,M,L,XL)  
Toothbrushes  
Women's underwear (sizes 5-11)

#### **Baby Items:**

Baby bottles (Evenflo), bottle brushes  
Baby monitor  
Baby wash, lotion, shampoo (no baby powder)  
Baby wipes  
Crib sheets 24"x38" only (portacrib or compact)  
No-spill Sippy cups, pacifiers (0-3 months)

#### **Personal Care Items**

(Regular size, NOT travel or trial size)  
Bristle hair brushes (stiff style)  
Combs (heavy duty only)  
Make-up for women of color (new)  
Vaseline

#### **Clothing** (new only) – in unopened packages

Boy's boxers, briefs (medium, large)  
Boy's clothes (all sizes)  
Boy's undershirts  
Girl's and boy's underwear (sizes 2-6)  
White crew socks for women, boys, teens

#### **Fall/Winter Clothing** (new or gently used):

Girl's and boy's shorts/pants/shirts (all sizes)  
Maternity clothing  
Sweat shirts and sweat pants (plus sizes)  
Women's tops and t-shirts (plus sizes)  
Women's pants and jeans  
Women's shoes / sneakers (all sizes)

## GUEST ESSAY:

### HOW DO YOU CHOOSE A NURSING HOME?

Written by KENNETH N. TRAUB, Guest Essayist, and published in the September 10, 2012 Rochester Democrat and Chronicle digital edition

You wouldn't purchase a new car or refrigerator without first checking its ratings with "Consumer Reports", so how can you select a nursing home for your loved one without first checking an unbiased data source? Fortunately, the federal government's Center for Medicare and Medicaid Services has developed a "Nursing Home Compare" website that provides an extensive, data-driven quality rating system which rates each nursing home's overall quality from 5 star (best) to 1 star (worst). This website [www.medicare.gov/nhcompare](http://www.medicare.gov/nhcompare) will greatly help consumers narrow down the number of nursing homes to visit when they are selecting a nursing home. I am an active member of ALTY (Adding Life To Years), an independent Rochester area, not-for-profit, educational and advocacy group working to improve and to change the culture of nursing homes from that of hospital-like institutions to caring, and home-like social settings that practice individual-centered care, good relationships, and resident choice. Nursing homes should be an inviting destination for people to live a fulfilling and meaningful life, rather than just a place to live a little longer.

In the process of investigating and selecting a nursing home, ALTY recommends that one of your first steps should be to visit the nursing home compare website, enter your zip code and click "Show Nursing Homes." This will generate a table of all of the nursing homes within a ten mile radius that take Medicare and/or Medicaid, (as well as private-pay) payments. The table lists an Overall Rating composite 1-5 stars for each nursing home, and a separate 1-5 star rating for each of the following three sources of information: Health Inspections, Staffing, and Quality Measures. You can click on the boxes to the left of each home's name that you would like to compare, then click "Compare Now" to bring up detailed side-by-side comparisons. ALTY recommends that you SELECT only 4 and 5 star overall rated homes for comparison and REJECT any 1 and 2 star homes. Nursing Home Compare shows 34 homes in Monroe County, with seventeen 4 or 5 stars and eleven 1 or 2 stars rated. The Overall Rating is recalculated every quarter based on the three measurement categories, with heaviest weighting given to Department of Health inspection results typically based on the past three years.

Once you've selected the homes to compare, you can click on the tabs to see the actual data and commentary regarding Inspections and Complaints, Staffing, Quality Measures (both short-stay and long-stay residents), and Penalties imposed.

Once you've selected nursing homes to consider based upon their ratings, you must visit each home to ask questions, talk with residents and staff (not just marketing), observe how staff interacts with residents, and inspect the latest resident and staff survey results. Three excellent brochures are available to assist you in your visits:

- "Your Guide to Choosing a Nursing Home" 1-800-MEDICARE and ask for brochure No. 02174
- ALTY's "Change. For Good" Call 975-ALTY or email [ALTYnewyork@gmail](mailto:ALTYnewyork@gmail)
- Lifespan's "The Smart Consumer's Guide to Quality Nursing Home Care," 244-8400.➤

*Traub is an active member of ALTY and has been a NYS Certified Long Term Care Ombudsman for the past seven years.*