

## **TO YOUR GOOD HEALTH BREAKFAST SERIES 2019-2020**

This year just like our Special Program Breakfast Series, we developed a six-session health and wellness series we call “To Your Good Health”. The sessions in this series are as follows:

### **November 3, 2019 – The Health Benefits of Medical Cannabis and CBD**

With the State of Illinois passing a bill allowing the use of recreational cannabis effective January 1, 2020, we thought it would be very timely to bring in speakers from Compassionate Clinics of America to educate us on the use of cannabis.

The presentation included the various ways that medical cannabis can help those suffering from a qualifying condition as listed on the State of Illinois list of qualifying conditions. The medical properties of cannabis were discussed in detail. They also focused on the differences between medical and recreational cannabis and the differences in access. Please see the Program series flyer attached under “Marketing”.



Above Left – Speaker Jessica Harshbarger, Center – Participants, Right - Rep from Greenhouse a Medical and Recreational Cannabis Provider

### **December 8, 2019 – Personalize Your Nutrition for Better Health**

Clinical Nutritionist Marcy Kirshenbaum from Enhance Nutrition, during her presentation, stated that one size fits all diets do not work. Each person’s nutritional requirements are different and your diet should accommodate those differences.

She stated that conventional wisdom says that weight gain, fatigue and chronic disease are part of the natural aging process. In reality, many of these symptoms are simply the result of your body giving up after consistently defending itself against poor nutrition, stress, and environmental toxins over the course of your lifetime.

She went through the basic components of a typical diet and how minor changes can make a big difference. Please see the Program series flyer attached under “Marketing”.



## Personalized Nutrition for Better Health

December 8, 2019

Marcy Kirshenbaum, MS, CCN, CNS, LDN

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Above – Speaker Marcy Kirshenbaum and Her Opening Slide

### **January 12, 2020 – Keeping the Rhythm: Sleep and Circadian Wellness as We Age**

This presentation was provided by Sarah Squires-Doyle from CJE SeniorLife and Dr, Kathryn Reid, from Northwestern’s Feinberg School of Medicine.

They reviewed new research that has given us a better understanding of the relationship between the sleep and circadian systems with health and safety. They also discussed the basis and treatment of circadian rhythm sleep disorders, the effects of sleep loss on performance and safety, and the relationship between sleep and risk for metabolic and cardiovascular disease. They concluded by describing several tips on how to create better sleep habits.

Please see the Program series flyer attached under “Marketing”.

### **March 15, 2020 – Jewish Genetics – It’s Not Just Tay-Sachs Anymore**

This was the first program to get canceled due to COVID-19. The program was successfully rescheduled to May 24, 2020 as our first ZOOM Presentation, which is described under the heading, “Then Came COVID-19 and Everything Changed” below.

Unfortunately, the following two programs had to be canceled due to COVID-19 and were not rescheduled due to speaker unavailability to do ZOOM programming.

### **April 5, 2020 – Chiropractic, Nutrition and Stress Reduction**

### **May 17, 2020 – Men’s Health and Fitness**

The flyer prepared for this program series is attached under “Marketing”.

## JEWISH GENETICS – IT’S NOT JUST TAY-SACHS ANYMORE

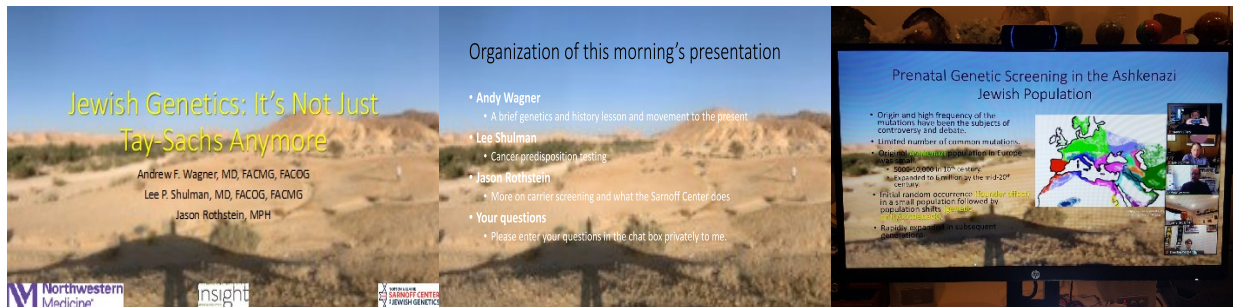
May 24, 2020 (Rescheduled from March 15, 2020)

Our “To Your Good Health” Sunday breakfast series was interrupted by COVID-19. Once everyone got the hang of virtual meetings through Zoom, one of the topics that was previously planned and unfortunately cancelled was able to be presented. This Sunday program was the first one for the Congregation Beth Shalom membership that was held over Zoom.

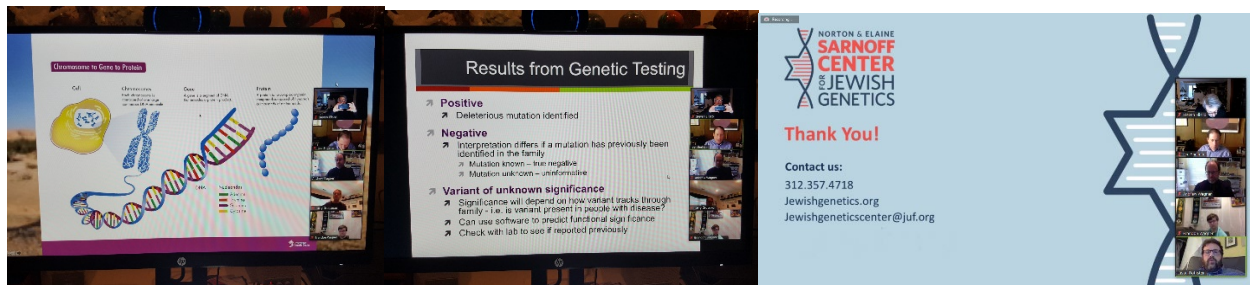
This particular talk was specific to healthy living, preventative care, and Judaism. Two of our synagogue and Men’s Club members are on the faculty at the Northwestern University Feinberg School of Medicine and practice reproductive genetics. Along with a representative of the Sarnoff Center for Jewish Genetics from Chicago, we presented a group of talks discussing a brief lecture on genetics and Jewish history and its relevance to now, cancer predisposition testing, and carrier screening.

This program attracted synagogue members of all ages. The carrier screening portion was relevant to younger members who are just starting families. The cancer genetics portion was relevant to everyone with and without a personal or family history of cancer as these predispositions are more prevalent amongst Ashkenazi Jews.

Additionally, late May 2020 was a time when all of us, stuck at home, were seeking out interaction and familiarity with normal events. This program gave our Men’s Club and synagogue membership just that. It also showed our synagogue that a successful program could happen virtually beyond religious services fulfilling a role that synagogue membership gives. Please see the Program series flyer attached under “Marketing”.



Above – Slides from the ZOOM Presentation



Above – Slides from the ZOOM Presentation

## **HOW TO SURVIVE STRESSFUL LIFE EXPERIENCES**

December 6, 2020

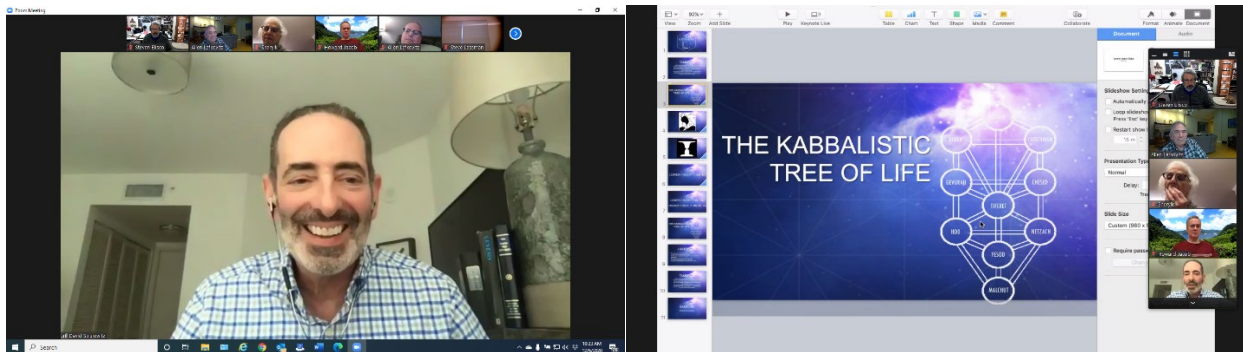
COVID-19 has created emotional stress for everyone. Those who previously had little or no emotional issues were experiencing these issues for the first time and those with a history of these issues, were having these issues exasperated.

David Strulowitz took us through a series of discussions of how to deal with a multiple list of situations by doing the following:

- Addressing the stress of every day in these challenging times using various tools
- Turn challenges into blessings
- Connect with your inner peace
- Discover your inner gifts
- Understanding that everything happens for our own good

There was a very interesting discussion on how understanding the basic concepts of the Kabbalah being instrumental in dealing with the kinds of stress we are all feeling.

The flyer for this Program is attached under “Marketing”.



Above Left – David Strulowitz Introduces His Program, Right – The Slide Introducing the Kabbalah Portion of the Presentation

## **HOW CBS IS ADAPTING TO COVID-19**

January 10, 2021

As our understanding of COVID-19 evolved so did our thought process and protocols of how to respond. Very early on, our synagogue’s Clergy, Senior Administrative Staff with a group of Congregant Medical Doctors from a wide variety of medical practices, established the Beth Shalom COVID-19 Medical Advisory Group.

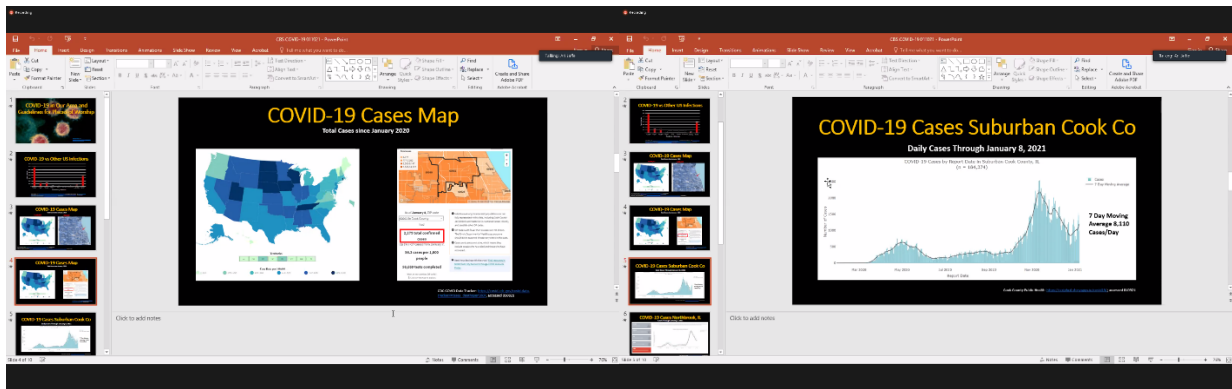
The Men’s Club, seeing that there are many unanswered questions revolving around COVID-19 amongst our membership and the larger Beth Shalom Community, discussed this with Senior Rabbi Aaron Melman and developed this program. Some of the questions were as follows:



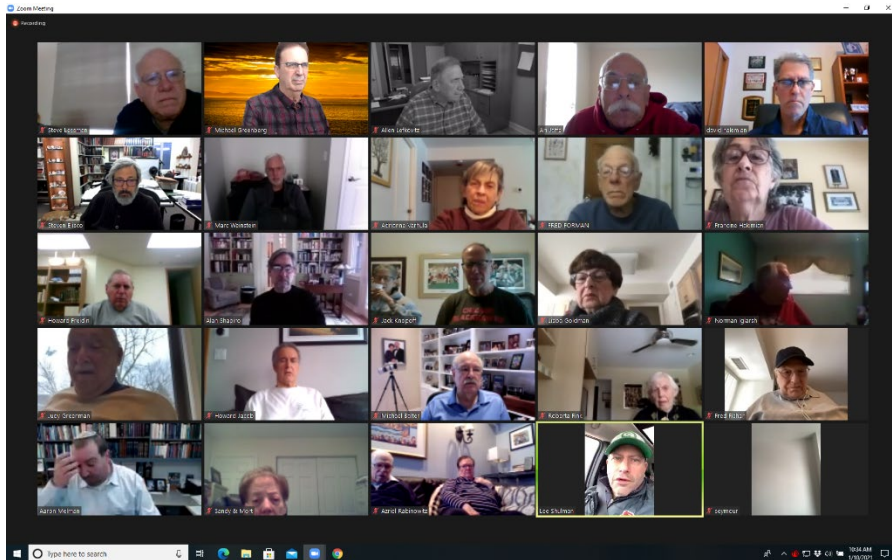
1. How are protocols established?
2. When can we begin to use the building again in larger numbers?
3. What are the difference between the vaccines?
4. What are the prospects for in person 2021 High Holidays?

The first half hour was an introduction by Rabbi Aaron and the four Doctor members of the Advisory Group. The remaining program was open to questions and answers. It was very informative, but the most important part of the program was the sense of reassurance that we are all in good hands with the group making very important decisions on our behalf.

The flyer for this Program is attached under “Marketing”.



Slides From the Presentation



Some of the Many Participants

## HOW TO PREVENT AND IDENTIFY A HEART ATTACK

February 14, 2021

Dr. Stephen M. Zaacks, a member of Congregation Beth Shalom and a cardiologist with Northwest Community Healthcare spoke on Sunday February 14, 2021 about what we can do to prevent a heart attack and more importantly what we must do when we are having a heart attack. Dr. Zaacks spoke about the signs that we are having a heart attack and the most important action is to call 911 and request an ambulance.

This Sunday morning breakfast meeting was well attended, and the participants asked well thought out questions. This was a very educational program that dealt with a topic that is near and dear to our hearts.

The flyer for this event is attached under “Marketing”.



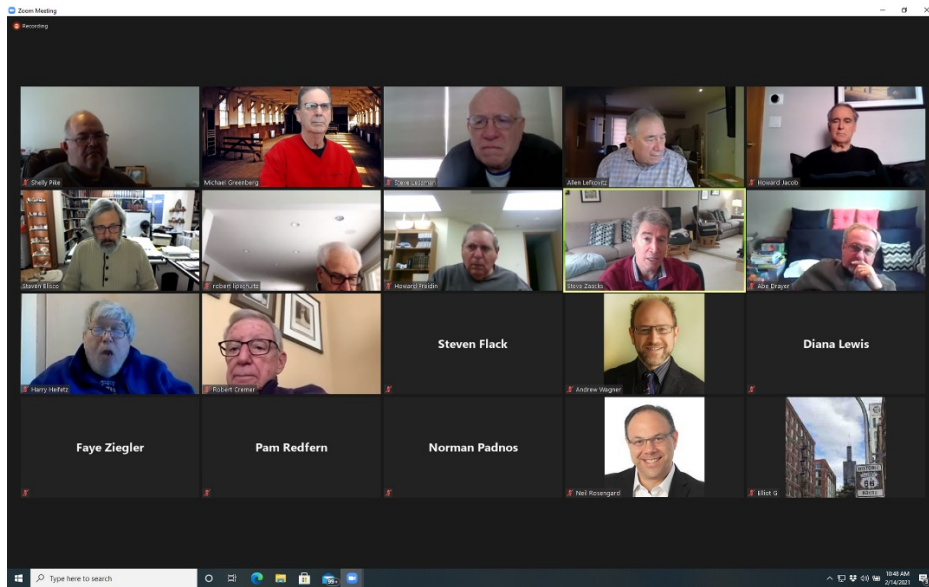
Men's Club President, Steven Elisco, Welcomes All to the Program



Vice President of Programs, Allen Lefkovitz, Introduces the Program Speaker



Dr. Steven Zaacks Provides a Wonderful Presentation, Filling in at the Last Minute for the Original Speaker Who Had to Cancel



Some of the Participants Who Came to the Program With Many Important Questions That Stimulated a Great Discussion Following the Initial Presentation



## COVID-19 AND THE TORAH WITH RABBI MELMAN

March 14, 2021

In the program on December 6, 2020 we addressed dealing with the stress created by COVID-19. In the program on January 10, 2021, we addressed the practical decision response to COVID-19. In this program we entered the spiritual response.

Many are asking, “Is this our great flood” as depicted in the parshah No’ah? So the Men’s Club asked our Senior Rabbi, Aaron Melman to give us his interpretation. Are there specific teachings in the Torah that can help explain what we are going through? Are there lessons in the Torah to help us address dealing with COVID-19?

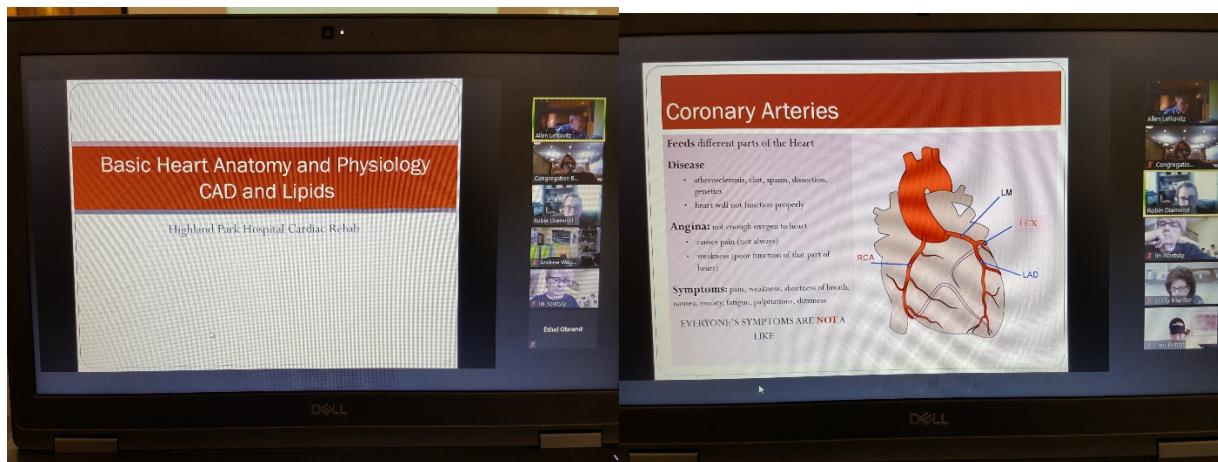
Rabbi Melman reviewed all these questions and provided great insight from the Torah and how a spiritual response can help us as we continue to find our way through what we are experiencing.

The flyer for this Program is attached under “Marketing”.

## OUR HEART – HOW DOES IT WORK AND HOW DO WE FIX IT

April 18, 2021

As a follow up to Dr. Zaack’s earlier program on February 14<sup>th</sup>, Robin Diamond, a nurse with the NorthShore Healthcare in their Cardio Rehabilitation program spoke about how does our heart works and what we can do to fix it after having a heart attack. Robin was well prepared with a PowerPoint presentation and clearly presented information on the workings of our heart, the procedures to repair our heart and arteries and the importance of diet and exercise for maintaining a healthy heart.



PowerPoint Slides From the Presentation





The Presentation was Broadcast Into the Spring Blood Drive that was Organized and Run By the Men's Club