

LIEBERMAN CENTER FOR HEALTH AND REHABILITATION

In 2008 the FJMC's Midwest Region decided to send volunteers to the Lieberman Center for Health and Rehabilitation to assist the residents to attend Saturday morning Shabbat Services. The Lieberman Center is maintained by an organization known as the Council of Jewish Elderly, and the relationship with the Midwest Region has lasted until the Covid-19 Pandemic started in March of 2020.

Over this time span the Midwest Region has appointed two men as the Region's Coordinators of the program. One of those men, Howard Minkoff, is a member of our Club. These men created a yearly schedule that was sent to the participating Men's Clubs and reminded the club's coordinator each week when they needed to be at the Lieberman Center, and solve any problems that may have come up.

Congregation Beth Shalom's Men's Club was one of the original clubs to volunteer to go the Lieberman Center and faithfully went to the Center weekly to help with the services. The Beth Shalom's coordinator, besides his many other duties, is the Men's Club President.

It cannot be stated enough how important this program is to the Lieberman Center's senior resident community. Without Men's Club members carrying out this important Mitzvah, most residents would not be able to attend and participate in Shabbat Services.

The Beth Shalom Men's Club views this as a Mitzvah of the highest order. Many men bring their children to participate, making this a teachable moment, and reminding them that as Jews, we honor our seniors by allowing them to be observant Jews in their later years.

Shabbat Service Duties for Midwest Region Volunteers:

1. Arrive between 9:15 and 9:30 A.M. and sign in.
2. After signing in, receive an assignment sheet and go upstairs to the assigned floor.
3. If need be, go to the resident's room and bring them to the services if they need help.
4. Hand out prayer books and help the residents, if needed.
5. There have been times when the volunteers have been asked to be part of the service, and there have been times when the volunteers conducted the service.
6. After services, the volunteers brought the residents back to their rooms or to their dining room.
7. After taking residents back their rooms or a dining room, the volunteers would go back to check the room where the services were held to make sure that all the books and what else used in the service was back in place.

Congregation Beth Shalom during the years 2019-2021 sent a minimum of four men to the Lieberman Center on the following dates until COVID-19:

August 10, 2019	September 14, 2019	October 19, 2019	November 23, 2019
December 28, 2019	February 1, 2020	March 7, 2020	

LOX BOX 2020 – PRE-COVID-19

March 1, 2020

Our annual Lox Box fundraiser is our largest and most successful fundraiser each year. What started as just a “breakfast box” sale to raise money for our club has turned into a project which has supported many different initiatives. Many years ago, we realized that not everyone ate the items in the Lox Box. We turned those non lox eaters into customers by selling boxes to benefit The Ark and Council for Jewish Elderly, two local organizations who provide meals for those in need. In recent years, sales of charitable boxes have exceeded physical box sales.

The Lox Box fundraiser requires “all hands-on deck”. Along with the committee who plans the logistics of purchasing the items included in the box, board members reach out to previous and potential purchasers via email or direct phone calls. Days before the actual pickup and delivery date, Men’s Club Board Members assemble the boxes and store them until Saturday night – packing night.

On Saturday night, over 100 Men’s Club and synagogue members come together to assemble boxes, pack chotzkes, stuff bagels into bags, and review last minute changes and driver routing. On Sunday morning, an early morning crew packs the final few frozen/refrigerated items, in time for individual pick-ups and Men’s Club members to deliver Lox Boxes to the greater community. Average box sales reach 1300-1400 boxes, which is a mix of pick-ups, delivery and those sold for The Ark and CJE.

Funds from the Lox Box contribute to the operations of the Men’s Club, providing complimentary meals for events, gifts to the synagogue, and sponsorship of the youth group activities.

See the Sponsorship, Recognition and Coupon book attached, and the flyer prepared for this Program is attached under “Marketing”.



Above – Packing Donated Ad Specialty Items into Bags and Preparing the Bags for Packing into the Lox Boxes



Above Left – Packing 7,200 Bagels into Half Dozen Bags, Right – Lox Box Contents



Above – Packing the Dry Goods into Boxes Saturday Evening, and Closing the boxes after Packing the Refrigerated Items and Getting Them Ready for Delivery at 5:30 AM Sunday Morning

LOX BOX 2021-DURING COVID-19

February 21, 2021

Please see the basic program description described above for the Lox Box 2020.

In a “normal” year the focus of the program is to raise funds for the Club to offset some of the cost of programs we provide at no cost to the Congregation and the larger community, and to provide funds and food to both the Ark and the Council for Jewish Elderly.

This year we put more emphasis on the donation aspect of the program. We still provided a small lox box to be picked up at the synagogue, as we cancelled delivery for this year. We exceeded expectations in all areas of the program with the following being the results:

1405 Boxes sold. The largest amount since 2014! Of those boxes here is the breakdown:

- 958** Went to the Ark and CJE for a total value in food and funds of \$20,000.00
- 52** Were purchased and donated to Police and Fire Departments throughout the Metropolitan area.
- 395** Boxes purchased and picked up at the synagogue.

The Program also raised \$15,000 to support the multitude of programs we provide to the Congregation and the larger community at no cost.

Adapting a large hands-on fundraiser in the face of Covid-19 was no small feat.

Box Size:

Typical Year: During a typical year, a group of club members would build, tape and stack boxes ahead of time. During box packing, rows of tightly lined boxes would fill the social hall for filling.

Covid-19: We reduced the number of items in the box from 15 to 5 items. We used durable and reusable bags which reduced the effort needed to pack boxes.

Packing Logistics:

Typical Year: With boxes lining the floor, packing would take place with people and carts zipping past the boxes adding items into the bags.

Covid-19: We set up 5 socially distant tables which had all items on the table to be packed. Each person was responsible for packing their own bags.

Pick-up & Delivery Logistics:

Typical Year: Limited pick-up at the synagogue, over 550+ boxes delivered by club members and volunteers.

Covid-19: All boxes were picked up and were done with limited contact to contactless, placing boxes through passenger car windows, back seats, and trunks.

See the Sponsorship, Recognition and Coupon book attached, and the flyer prepared for this program is attached under “Marketing”.



Above Left - Packing Socially Distant, Center – Separating the Singles from the Doubles, Right – Pick-up in the A-K Line



Above Left – Getting in the A-K Line, Center – Pick-up in the L-Z Line, Right – Curbside Pick-up



Above – The Outdoor Team

YOM HA'SHOAH YELLOW CANDLE PACKING – PRE-COVID-19

March 11, 2020

Each year we participate in the Men's Club Yellow Candle program sending candles to all our congregants and college students. About 25 members helped us pack over 1,200 candles. This requires the following steps:

1. Put the mailing boxes together
2. Collate the literature, which includes a letter from the Rabbi, a letter from the President of the Club and Yellow Candle Chairman, a prayer to be said upon lighting the candle and a donation remittance envelope.
3. Wrap the literature around the candles with a rubber band.
4. Put the candles in the boxes and close.
5. Seal the boxes, apply the mailing sticker and place in the mailing bags.

This is done in an assembly line fashion and everyone has their favorite task to do.

Seven years ago, we made a \$10,000 commitment to the Illinois Holocaust Museum's Youth Opportunity Scholarship Fund, which enables schools lacking field trip budgets to experience the Museum. After we completed that commitment, we continue to fund the program with the annual donations we receive from this program.

YOM HA'SHOAH YELLOW CANDLE PACKING-DURING COVID-19

March 10, 2021

Just like our Lox Box Program we had to devise a new way of conducting this annual program. We followed the same five step process described under the 2020 program described above, except there was no assembly line.

Instead, 25 members of the club volunteered to come to the synagogue by appointment and picked up the following:

- One box of candle boxes and one box of candles
- One bag with the literature and rubber bands
- One manilla envelop with mailing stickers
- One USPS mailing bag

Each member in their own homes packed their 48 candles, put them in the USPS mail bag and then brought the full bag back to the synagogue. Our mailing service then picked up all the bags and had them mailed and in the homes of all congregates by the fourth week of March.



Above Left and Right – Fathers and Sons Packing Candles at Home



Above All – Other Members Packing at Home and Getting Ready to Bring Back to the Synagogue

BLOOD DRIVES AND FLU SHOTS BOTH PRIOR TO AND DURING COVID-19

Steven Elisco, our current Men's Club President, has been the Congregation's Blood Drive Chairman since 2012. When he became President in 2019, he asked the Men's Club to become partners with him and the Blood Drive Committee, to assist with Donor recruitment and to help during the day of the Blood Drives.

The Club did not disappoint. The Blood Donor list went from 145 donors to over 250. The Blood Drive Committee is now composed of 75% Men's Club Members and on average, 50% of the Donors at each Blood are Men's Club Members. If you add in their family members who donate, this percentage increases significantly.

Working with Vitalant Blood Services, each November, we book the Blood Drive dates for the next year. In general, we have a Spring Blood Drive and a Fall or High Holiday Blood Drive depending on the calendar.

The marketing for each Blood Drive begins with Vitalant, with the development of the wall poster. Attached under “Marketing” is a PDF of four of the completed posters. Attached under “Detail Program Documents”, is a PDF of an email that shows the poster for the Summer 2020 Blood Drive in the process of being created.

Once the poster is completed, it is submitted to the Beth Shalom Director of Communications for inclusion on the synagogue website and the weekly CBS Byte email. It is also forwarded to the Village of Northbrook for inclusion on their website and weekly resident email. Physical posters are hung around the synagogue as well on community boards and businesses around town by Men’s Club Members.

For the Fall or High Holiday Blood Drive, we have Walgreens present to give Flu Shots on a first come first served basis. Each year 75 to 100 Flu Shots are administered to donors and other congregants alike.

Attached under “Detail Program Documents”, are a typical registration ledger we developed as well as the room layout submitted to the Synagogue Administration, to do the furniture set-up. The Men’s Club also issues to each Donor a coupon for a free Men’s Club Breakfast to be used for the handful of Sunday morning breakfasts we charge for. The sheet of coupons is attached under “Marketing”.

In 2019, here are the results of the Blood Drives:

Spring Blood Drive -	April 28, 2019 – Goal: 60 Donations	Actual Donations:	70
High Holiday Blood Drive -	October 6, 2019 – Goal 60 Donations	Actual Donations:	69

At each blood drive, some regular donors cannot make the drive or are differed for a variety of reasons. We encourage them to go to a Blood Center when they can, and donate on behalf of Congregation Beth Shalom. So, for 2019, the total number of donations was 139 from the two Blood Drives and 35 from Blood Centers for a total of 174.



Above Left – Registration

Above Right – Waiting for and getting Your Exam



Above Left – Donating Blood

Above Right – Snacks in the Recovery Area

Then Came COVID-19 and Everything Changed

With stay-at-home orders in place and buildings closed, most Blood Drives were cancelled. Men's Club Leadership, Synagogue Leadership and Administration and the Clergy, via a conference call discussed the situation. It was determined if the Men's Club could develop the proper protocols, the Blood Drives could continue due to the urgent need.

Since our build was closed, we were allowed to use both Social Halls together, to allow for proper social distancing. Here are the protocols that we developed:

1. These would be registration only Blood Drives, with walk-ins not permitted in order to maintain social distancing.
2. Two Point registration with one in the Building Lobby to take donor's temperature and execute the Donor Screening Form, and a second registration in the Blood Drive to confirm your contact information and get your name tag. The rationale was that if a Donor has a fever in the Lobby, they could just leave without coming even close to the donors in the Blood Drive.
3. Both registration desks were set up with double tables to maintain social distancing between the Donors and the Volunteers.
4. Both the Exam and Blood Donation waiting areas were set up with chairs on an 8' x 8' grid for social distancing and each chair was numbered to keep the donors in order.
5. Vitalant set-up both their exam stations and Blood Donation Beds separated for social distancing.
6. At the recovery area, no open food or drink was allowed, only pre-packaged kosher or pareve items were provided. The tables were set up in the same fashion as the registration tables to maintain social distancing.

Attached under "Detail Program Documents" is the revised room layout submitted to the Synagogue Administration, to do the furniture set-up and the sample Donor Screening Form we developed with Vitalant.

The demand for blood was so high that we added a Summer Blood Drive, and all three Blood Drives were extended from the typical 1:00 PM to 2:00 PM to allow for more donors.

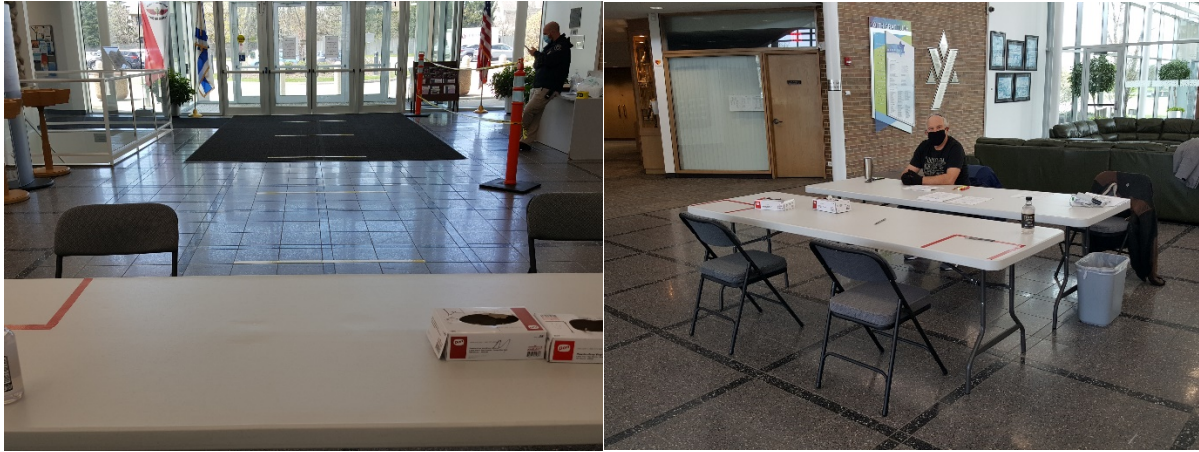
In 2020, here are the results of the Blood Drives:

Spring Blood Drive - April 26, 2020 – Goal: 60 Donations Actual Donations: 85

Summer Blood Drive- July 19, 2020 – Goal: 75 Donations Actual Donations: 88

Fall Blood Drive - November 8, 2020 – Goal 70 Donations Actual Donations: 81

For 2020, the total number of donations was 254 from the three Blood Drives and 32 from Blood Centers for a total of 286. A new one year record for Congregation Beth Shalom!



Above – Lobby Registration



Above Left – Second Registration Table, Right – Exam Booths Separated for Social Distancing



Above Left – Donors Waiting for Exam, Right – Donors Waiting to Donate Blood



Above Left – Donating Blood with Separation, Right – Donors Having Snacks After Donating

The demand for blood in the Chicago metropolitan area prior to COVID-19 was 1,500 units per day. The need is greater now due to so many Blood Drives being cancelled. The Men's Club is thankful to our Congregation leadership to have the courage to allow the Blood Drives to continue so we could provide this service to the larger Community. No COVID-19 positive cases were reported after any of the three 2020 Blood Drives.

Given how late in the fall the Fall Blood Drive was, we attempted to create a separate October flu clinic and Walgreens agreed to provide a pharmacist and a technician to administer the flu vaccinations if we had at least 20 people signed up.

Upon signing an agreement with Walgreens, in early September, we created an online registration form and registration process that allowed us to schedule up to 48 people for the clinic with similar protocols used for the Blood Drives. We added links for the Flu Information page and the Flu Shot Consent Form to the confirmation email (received after a successful registration) with instructions to read the shot information and to print, complete and bring the consent form with them to the appointment.

The registration process went very smoothly. Unfortunately, only 14 people signed up for the clinic and per our agreement with the store, we had to cancel the clinic. Each registrant was contacted by phone and they all indicated they had access to stores or their physicians to receive the vaccination.

Upon reflection, while it was very disappointing that our clinic attempt was not successful. The Men's Club's willingness to offer this service to our Beth Shalom Community was very well received and resulted in solidifying even further our standing within our synagogue and our ongoing commitment to serve Congregation Beth Shalom.

HUNGER FREE NORTHBROOK

Hunger Free Northbrook is a program initiated by the Hunger Resource Network, an all-volunteer, non-profit organization based in Northbrook, IL. Hunger Resource Network, founded in 2009, is dedicated to help alleviate hunger in the Chicago area by meeting the needs of food pantries, soup kitchens and shelters.

The mission of this program, titled Hunger Free Northbrook, is to engage the community to improve the food security and nutrition of those in need. Here are the statistics:

- Approximately 1 in 10 Northbrook residents, or 4000 people, are food insecure
- 300 Northbrook families are on the Federal SNAP program (formerly known as the food stamp program).
- Approximately 400 Northbrook School District students are on the federally funded free or reduced cost lunch program.
- The Northfield Township Food Pantry is currently serving 200 Northbrook families, significantly fewer than those estimated to be in need.

The Beth Shalom Men's Club has been involved in this program for six months, donating two bags of groceries per month, which will continue. Attached under "Detail Program Documents", is a PDF showing the content of the two bags and delivery information.