

## To Our Dear Friends,

We send greetings to you and hope that 2023 is off to a very good start.

In December, we were honored to share International Holocaust Survivors Night with so many of you, along with our friends President of Israel Isaac Herzog, Chancellor of Germany Olaf Scholz, Barbra Streisand, Tovah Feldshuh and many others. It was a wonderful celebration of hope in the face of rising antisemitism around the world and a great tribute to all of you, our community of survivors.

While there's much chill in the air this month, the days are getting longer again. These winter months can be a time of flu, colds and other illness, and we urge you to continue to take good care of yourselves. To avoid Covid-19, please check with your doctors for the best advice.

Several weeks ago, we were honored to host, along

with the Paley Center for Media in New York City, the American premiere of the new film, "Reckonings: The First Reparations," by the award-winning filmmaker Roberta Grossman. We, along with the German Ministry of Finance, commissioned Grossman to make a documentary about the historic Luxembourg Agreements, signed in 1952. As we are now marking the 70th anniversary of these unprecedented agreements, which began the process of securing German indemnification for survivors of the Holocaust, the film has important messages for our times: We want the world to understand what the survivors went through and also to learn of the many little-known details of the first meetings between our distinguished predecessors at the Claims Conference and the German government. These early meetings have led to our ongoing negotiations to offer payments to survivors, even as we understand that what was taken

*Continued on following page*

## Наши дорогие друзья,

Мы поздравляем вас с новым 2023 годом и надеемся, что он начнется хорошо.

В декабре мы имели честь участвовать в Международной Встрече Переживших Холокост вместе с нашими друзьями, президентом Израиля Ицхаком Герцогом, канцлером Германии Олафом Шольцем, Барброй Стрейзанд, Товой Фельдшух и многими другими. Это был замечательный праздник надежды перед лицом растущего во всем мире антисемитизма и дань уважения к вам, нашему сообществу переживших Холокост.

Несмотря на то, что все еще очень холодно, дни опять становятся длиннее. В эти зимние месяцы сохраняется возможность заражения гриппом, простудами и другими заболеваниями, и мы хотели бы напомнить вам, что необходимо как следует заботиться о себе. Пожалуйста, обращайтесь к своему доктору за советом, как лучше всего избежать заражения Covid-19.

Несколько недель назад совместно с центром Paley Center for Media в Нью-Йорке мы имели честь представить американскую премьеру фильма «Расплата: первые репарации» (автор – отмеченная наградами режиссер Роберта Гроссман).

Вместе с министерством финансов Германии мы уполномочили Гроссман снять документальный фильм об исторических Люксембургских

Соглашениях, подписанных в 1952 году.

Сейчас, когда мы отмечаем 70-ти летие этих беспрецедентных соглашений, которые положили начало процессу немецких компенсаций пережившим Холокост и закрепили его, на этот фильм возложена очень важная миссия: донести до мира, через что пришлось пройти всем пережившим Холокост, а также рассказать о мало известных подробностях первых встреч наших уважаемых предшественников в Клеймс Конференс с правительством Германии.

Эти первые встречи стали началом наших непрекращающихся переговоров о выплатах для переживших Холокост, которые мы ведем, понимая, что ничто не может восполнить их потери. (На странице XX вы найдете больше информации о Гроссман и ее фильме).

Для нас, сотрудников Клеймс Конференс, этот фильм несет надежду. Благодаря мужеству и целеустремленности Израиль, евреи Диаспоры и правительство Германии оказались в состоянии преодолеть ненависть, горечь прошлого и смогли сотрудничать во имя лучшего будущего.

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# IMPORTANT NEWS

## Please Take A Moment To Register

Recently the Claims Conference introduced a better, faster and more secure way for applicants to verify their identity, Paneem. This new system replaces the old paper life certificate process that was cumbersome, time-consuming and required a visit to a notary.

You may access the new system at [paneem.claimscon.org](http://paneem.claimscon.org) on a computer or laptop with a camera, or you can download the app to a smartphone, or use via the browser on your smartphone.

To complete the registration, survivors need a government-issued ID and their registration number. In most cases the registration can be completed in just a few simple steps.

If you have any questions,  
please call  
**(+1 646 536 9100)**



# Важная информация.

## Пожалуйста, найдите время зарегистрироваться

Недавно Клеймс Конференс представила Paneem – способ быстро, эффективно и надежно подтвердить свою личность. Новая система заменила устаревший и обременительный бумажный процесс, который требовал визита к нотариусу.

Вы можете войти в новую систему через [paneem.claimscon.org](http://paneem.claimscon.org) на вашем компьютере или ноутбуке с камерой, либо переписать мобильное приложение в ваш смартфон, либо использовать новую систему через браузер вашего смартфона.

Для регистрации пережившему Холокост нужно удостоверение личности, выданное государством, и номер регистрации с Клеймс Конференс. В большинстве случаев регистрацию в новой системе можно завершить за несколько простых шагов.

Если у вас есть вопросы,  
пожалуйста звоните по  
телефону  
**(+1 646 536 9100)**

from them can never be compensated for. (Please read more about Grossman and the film on page 5.

For us at the Claims Conference, the film also has a message of hope. With courage and determination, these negotiators – Israeli and Diaspora Jews and the German government – were able to overcome hatred, acknowledge the bitter past and work toward a better future.

Our message to you, the survivors, is that we are committed to your health and well-being. Our staff continues to work tirelessly in many areas to improve your lives and to ensure that the Holocaust

Наше послание вам, пережившим Холокост, состоит в том, что мы преданы делу вашего здоровья и благополучия. Наши сотрудники продолжают без усталости работать в разных областях, чтобы улучшить качество ваших жизней и гарантировать, что Холокост никогда не будет забыт.

В этот новый 2023 год каждый переживший Холокост должен получить компенсационную выплату. Если вы не получили выплату в 2022 году, пожалуйста, свяжитесь с нами, чтобы мы могли

will not be forgotten.

In this new year of 2023, every Holocaust survivor should receive a compensation payment. If you didn't receive a payment in 2022, please contact us so that we can ensure you are receiving everything to which you are entitled – indeed, everything that we have negotiated.

Sending our warm regards and all our very best wishes,



**Gideon Taylor**  
*President,  
Claims  
Conference*



**Greg Schneider**  
*Executive  
Vice President,  
Claims Conference*

удостовериться в том, что вы получили все выплаты, которые вам полагаются по результатам наших переговоров.

Наши самые лучшие и теплые пожелания,

**Гидеон Тэйлор**  
**Президент Клеймс  
Конференс  
Конференс**

**Грег Шнайдер**  
**Исполнительный  
вице-президент Клеймс**

**L'Chaim**  
לחיים



**ועידת התביעות**

**Claims Conference**

Conference on Jewish Material Claims  
Against Germany

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# Meet the Claims Conference Staff: A Conversation with Julie Chapnick

*Julie Chapnick, who joined the Claims Conference in 2012, serves as director of social welfare allocations. A licensed social worker, she has been involved in improving the lives of vulnerable populations throughout her distinguished career. Previously, she worked as the senior social worker at Search and Care, Inc. and as the assistant director of programs at the New York Foundation for Senior Citizens, Inc. Chapnick lived in Manhattan for nearly 20 years before moving outside of the city during the pandemic, where she now lives with her toddler daughter, Hazel.*



BY SANDEE BRAWARSKY

## **How do you describe your job?**

My job is to make sure that this very important population of survivors get the services that they need. I oversee the Social Welfare Allocations Department and our entire social welfare team, with a staff of program managers and program officers, program assistants and other important team members in New York, Vienna, Berlin and Tel Aviv. We are overseeing over €750 million, or about \$785 million annually. What that means, day-to-day, is that we look at the big picture, doing grants management, policy development, checking in with staff, setting the application process and more. I hear and carefully listen to our dedicated staff, social workers at our agencies and to survivors. While we need to stay within the strict guidelines set by the German government for our funding, we are always trying to push certain policies forward or flexibilities for the benefit of survivors. One example

is extending some of the flexibilities allowed during Covid for the agencies. We also quickly arranged a Covid Urgent Relief Fund followed by a Covid Vaccination Fund. Now, we are dealing with issues of inflation and home care worker shortages worldwide.

I want to stress that we hear everything the social workers at the agencies tell us on behalf of their survivor clients and we always try to be as responsive as possible.

We want survivors to know that we are all in with the home care program. We want to keep the survivors safe and at home, with dignity, for as long as they want to stay at home. We understand that all the required paperwork can be painful, but that's how we continue negotiating increased funding year after year.

We work with about 300 agencies worldwide, including more than 100 home care agencies. In Ukraine and Russia, we are working with the American Jewish Joint Distribution Committee (JDC) to hear what we can do to help them provide services to survivors in the volatile region. We are very concerned about these winter months for survivors there.

Whenever we hear of an emergen-

**Our team is dedicated to the mission of the survivors' well-being. It is such an honor to work on their behalf, to make sure that they are cared for in these vulnerable times.**

cy situation – whether a hurricane in Houston or a building collapse in Miami – we immediately contact our agencies to find out if the lives of survivors have been impacted. We are always trying to find ways to support the survivors behind the scenes.

Our team is dedicated to the mission of the survivors' well-being. It is such an honor to work on their behalf, to make sure that they are cared for in these vulnerable times.

## **What sort of contact do you have with survivors?**

I loved going to visit the Café Europa events to meet survivors, and I have done many site visits in the field with agencies over the years. It's always a pleasure to meet them. I feel very involved, with every survivor.

## **Are you from a family of survivors?**

I have always felt a deep connection to survivors. My late aunt was a survivor from France, who had a very difficult and complicated story of being hidden as a child (literally under a sink in an orphanage) after

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her parents were killed. She was later adopted by two survivors from Austria in Washington Heights. I saw the long-lasting impact her history had on her. We were close through my entire life.

I have very deep roots in Europe. My mother's family moved from Kyiv to Scotland, where she was born. My father's family is from Poland.

### *Have you traveled around the U.S. and internationally in connection with your work servicing the survivor community?*

Over the years, I have met survivors all over the world. I have been to Israel many times, many countries in Europe and several locations in the United States and Canada. I feel incredibly lucky to meet the agency staff who are working with survivors and learn about their many wonderful programs. I've heard many stories; each one is different and shows such perseverance: One man from Slovakia survived as a child, hidden in the hospital where his father, a doctor, had worked – he was hidden among the patients. Another was a baby on the ship the St. Louis, who was sent back to the Netherlands. And a woman told me of being on a death march with her sister, the two women sharing one pair of shoes, until the soldiers disappeared and they were left alone in the woods, not knowing the war was over.

### *How do you measure success?*

Success for us is knowing that survivors who need help – homeware, food or even companionship – are not forgotten. Many survivors don't have family, or their children and

**Success for us is knowing that survivors who need help – homeware, food or even companionship – are not forgotten.**

grandchildren live far away, or often have their own challenges ... we want the agencies to be stand-in families. I see my role as helping ensure that the agencies are doing their best to be those stand-in families.

### *How did your previous work and training prepare you for this job?*

I've always worked in the field of aging and always had survivors among my dearest clients. Previously, I didn't work for an agency connected to the Claims Conference, but sometimes I was the conduit to help survivors get funding through grantees such as Selfhelp. When I saw a posting for a position at the Claims Conference, I thought it would be amazing to help make sure survivors get the services they need. When I came here, I brought my knowledge and experience as a social worker to the position. Because of my background, I really hear and understand the concerns of the agencies.

### *What drew you to the field of aging?*

When I began Columbia University's School of Social Work, I didn't intend to enter this field. But I did an internship at the Hebrew Home for the Aged at Riverdale and at the Actor's Fund of America and became passionate about working with senior adults. I came to see that the elderly are like any vulnerable population, just older. Many are dealing with issues of addiction and recovery, complex family dynamics, mental illness or limited financial

resources. It's very rewarding to deal with people who have lived their lives, helping them to navigate challenging times in their lives.

### *When it comes to survivors' needs, what do you expect going forward?*

The needs keep growing. We still have new clients; some survivors who were previously financially stable, or didn't want to sign up for help, are now contacting us through our agencies. Now that we're coming back a bit after Covid, some clients are more frail. We've learned that they need more interaction and social connection, even virtual socialization.

The costs are increasing and increasing quickly. We are dealing with the world economy and exchange rates. We need more funds just to maintain services and we need flexibility to react to events. Our goal is to address unmet needs so that the survivors have everything they need to be comfortable, so that they have the basic essentials to live in a dignified way at this time in their lives.

### *Are there lessons you've learned from the survivors that inform how you live?*

We always say survivors survive for a reason, whether tenacity or perseverance. I've learned that from them. And in thinking about the future, with the rising antisemitism in the world, we have to hope and ensure that something like the Shoah will never happen again. This idea has informed my life and makes me want to keep family close and safe.

At events like Café Europa, there's nothing but hope in the room. So many personal histories of people who have survived the unthinkable, and some have survived trauma in multiple ways. Still, they remain optimistic about the future.

*Sandee Brawarsky, an award-winning journalist and author, is editor of L'Chaim.*

# When a Measure of Justice Came to Holocaust Survivors

Roberta Grossman's new documentary goes inside the secret, tense negotiations 70 years ago between Germany, one on hand, and Israel and the Claims Conference, on the other, that led to compensation for Holocaust survivors.

The negotiations were held in secret, the interlocuters holed up for months in a castle-turned-hotel-and-conference center in the Dutch town of Wassenaar. It was only seven years

BY SANDEE BRAWARSKY

after the liberation of Auschwitz, and the idea of German compensation for Holocaust survivors seemed almost unthinkable. The negotiations were tense, and there was no blueprint for such talks. Some Israelis loathed the whole idea — blood money, they believed. Yet the sides pressed on. The souls of the Six Million, one negotiator would later remember, hung over the negotiating table.

Seventy years ago, when representatives of the Federal Republic of Germany, the State of Israel and the Claims Conference sat down in Wassenaar, the Netherlands, to come up with a way to compensate survivors of the Holocaust for what they had been through, history was made, on several counts.

Never before had bitter enemies in a war come together afterwards, in secret, to draft a material settlement for victims, and never before had such a groundbreaking agreement — with far-reaching implications — been agreed upon and carried out. Now, on an annual basis, negotiations between Germany and the Claims Conference continue, helping survivors around the world.

The 1952 treaties “represented a turning point in German history,” says Christian Lindner, Germany’s federal minister of finance.

To mark the 70th anniversary of the signing of the accords in Luxembourg City Hall (they would be known as the Luxembourg Agreements), the Claims Conference, together with the German Finance Ministry, wanted to memorialize this moment in history. They approached the award-winning filmmaker Roberta Grossman to take on this film project to dramatize the negotiations and their back story in a documentary film. The Claims Conference had been supportive of her earlier acclaimed film — “Who Will Write Our History?” — a documentary about the archive created in the Warsaw Ghetto by the clandestine group Oyneg Shabes.

The new film, “Reckonings: The First Reparations,” which is produced, directed and written by Grossman, is the first documentary on the Luxembourg Agreements, providing a history of events, rare archival footage of the liberation of the camps, profiles of the major figures involved and the back stories of the negotiations, which were considered controversial by many in Israel, Germany and Jews around



the world. Filmed in six countries, “Reckonings” includes new interviews with survivors, scholars, Jewish and German dignitaries and the last surviving member of the negotiating delegations.

Ultimately, the reparations funds helped to build the State of Israel. In Germany, many came to see the pact as an act of national atonement.

During an event last September to mark the 70th anniversary of the historic agreement, German Chancellor Olaf Scholz said, “The Luxembourg Agreements were fundamental and led to financial compensation in the amount of more than €80 billion Germany paid by the end of 2021.” Speaking at the same event, Claims Conference’s chief negotiator, Ambassador Stuart Eizenstat, noted, “This is the first

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Holocaust survivors, Claims Conference representatives, director Roberta Grossman and other guests gather for premiere of “Reckonings.”

# Taking Steps to Boost Brain Health

Toeing the line between science and art, a distinguished dance artist, scholar and educator believes that movement beats back dementia and unlocks 'creative aging.'



PHOTOS BY NORA WESSON

Unraveling the connections between movement, brain health and mood is an increasingly fertile field for neuroscientists these days. They have nothing on Gene Kelly, who 70 years ago seemed to sense the link instinctively. With an unopened umbrella in hand in a downpour, he strolls along a city

BY ROBERT GOLDBLUM

sidewalk, the lighter-than-air tap steps lifting his spirits (falling in love helps too): “Let the stormy clouds chase/ Everyone from the place/ Come on with the rain/ I’ve a smile on my face ... I’m dancin’ and singin’ in the rain.”

The ability of dance to not only lift a person’s mood but improve brain function and stave off dementia lies at the heart of Magda Kaczmarek’s work. A Queens-based, Polish-born dance artist who is a fellow at the Global Brain Health Institute, a collaboration between the University of California San Francisco and Trinity College Dublin, she has carved out a career at the border of creative movement and brain health for more than 20 years.

“We spend so much money on medications to try to find cures and therapies for various forms of dementia. But physical activity is one of the few things that we actually know you can do to affect the trajectory of how our brain

health ends up,” Kaczmarek tells L’Chaim. She adds that while the science of connecting the dots between movement and brain health is still evolving, “the first thing that we know is that exercise, movement, aerobic engagement — things that get our heart rate going — do wonders for our brain. There’s a really strong connection between our heart and our brain.” The increase in blood flow from movement is crucial, she says. “That blood is food for our brain. So, when we engage in something that lifts our heart rate, we actually increase angiogenesis in our brain, we have more blood vessels in our brain.”

Kaczmarek points to a 2017 German study of 52 healthy adults ages 63-80 led by Dr. Kathrin Rehfeld that goes a step farther, suggesting that dance, rather than other types of movement, holds a special magic when it comes to brain health. The participants in the study, published in the journal *Frontiers in Human Neuroscience*, were split into two groups: one that did 90 minutes of repetitive strength-endurance training a week for 18 months; and the other, which took a 90-minute dance lesson, with alternating routines from jazz to Latin to square dance, each week for 18 months.

“It was the same amount of aerobic exertion,” Kaczmarek says,

“but what the researchers noticed was that the people who danced actually had more volume of a key brain molecule [BDNF, brain-derived neurotrophic factor],” which is released during exercise. “It’s a complicated cascade [in the brain], but basically it ends up resulting in more neuronal growth.” That growth, according to the researchers, occurs in the part of the brain that controls memory and learning, the hippocampus, which is the region where age-related changes in the brain take place.

It’s the complexity and challenging nature of choreography, Kaczmarek says, that leads to brain stimulation. “Dancing, and especially dancing with other people, is a powerful type of enrichment for our brains and it stimulates neuroplasticity — the idea that our brains aren’t static. This happens through aerobic activity, and by adding novelty, adding something new, a kind of positive stress. That’s powerful.” She adds that these benefits can also be derived from what she called “seated dance.” Her own program, *Stories in the Moment*, adds the element of storytelling to the mix of movement and dance, all in the service of creating a sense of community.

Kaczmarek’s own path to dance began with Polish folk dance. A painfully shy child, she says, “When I discovered dance, I

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**Please note:**  
We understand that these exercises may not be suitable for everyone.

turned into a completely different person. ... I had discovered my language." Formal ballet study followed, along with jazz and modern dance, and by the time she was in college at the University of Arizona majoring in biochemistry and molecular biophysics, she was beginning to investigate the intersection of movement and brain health. A catalyst was her participation in an innovative program — Dancing for Parkinson's Disease — run

by the acclaimed Brooklyn-based Mark Morris Dance Company.

It's all comes together in Kaczmarska's exploration of what she calls "creative aging," a toeing of the line between science and art, and a way to bring seniors together in community. "It's the understanding that the golden years of life are a time of richer experience and celebration, rather than a restriction or retreat. ... And yet if you think about music and movement, [they] are some of the most inherent parts of how we find community and how we find our language, our own

identity — whether it is part of our culture that we grew up with or whether it's one that we cultivate and create together."

Kaczmarska says that a "big part" of the work she does for those living with the challenges of aging is "cultivating spaces for us to use dance, to recognize that over a lifetime, we accumulate a library of choreography and that we can tap into that movement and share it with one another." ▮

*Robert Goldblum is the former managing editor of the New York Jewish Week.*

## GRAB A CHAIR

*Three seated 'dances' to stretch your limits.*

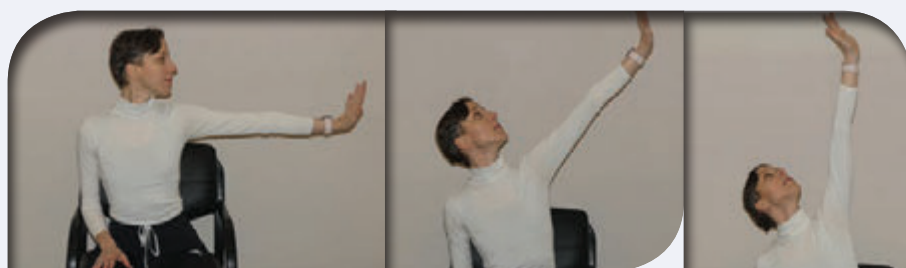
Low-impact exercises done in a chair can get the arms and legs moving and blood flowing. Studies show that seated dancing or chair yoga can improve upper-arm strength and flexibility, leg muscle endurance and balance, as well as brain health. Below, dance artist Magda Kaczmarska recommends three seated dance movements that can be done at home. (She picks particular songs, but others can work too.)

*Please be sure to consult your doctor before doing these exercises.*

### ▮ Dance 1: Sunrise

*(Suggested song: Stevie Wonder's "You are the Sunshine of My Life.")*

- Begin by turning your head side to side. Now look up to where your ceiling meets your wall and down to look at your lap.
- Repeat adding your arms. As you look to the side, stretch out your fingers to reach for the wall. Repeat this on the other side.
- Now continue pushing your fingers into the air around you



on either side — like rays of sunshine — pushing to the side and above you and back down.

- Now make this movement smooth. Trace a sun around you with your fingers — from the side reaching up and back down.
- Now reach one arm out to the side — like you are offering someone a hand and reach up and over your body in a rainbow shape — moving into a side stretch. Breathe here and open. Repeat other side.
- Gently roll your shoulders — one at a time, then both.

### ▮ Dance 2: I Got Rhythm

*(Suggested song: The Crystals, "Da Doo Ron Ron")*

- Sitting down, start with snapping your fingers 8x; then clapping your hands 8x, then stomping your feet 8x, then shaking your hands 8x in time with the music.
- Now try the same pattern 4x. Alternate between repeating this pattern 8x or 4x. Add an ad-

ditional challenge by repeating the pattern 2x.

### ▮ Dance 3: Partner Up

*(With a friend in person or on Zoom. Can be done seated or standing.)*

- Find a piece of music you both enjoy.
- Find a movement that you like. Maybe it's alternating stretching up to the sky with your arms; or a vigorous punch forward to the beat of the music; or a march in place; or a sway side to side.
- Invite your partner to follow along with you.
- Then have your partner pick a signature move for you to follow. ▮



## When a Measure of Justice Came to Holocaust Survivors

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time in recorded history that a defeated nation in war has voluntarily paid reparations to individual citizens and victims they persecuted.”

In an interview, Grossman explains that she knew very little about the issue of reparations before beginning her extensive research.

“Most of my films are about Jewish history, touching on the Holocaust,” Grossman says, adding that they are often about “ordinary people doing extraordinary things, people who are standing up to injustice, trying to make some positive difference in the world.”

Viewers of the film will see negotiators from all sides seated around a long conference table, their papers in legal briefcases, eyeing their counterparts and speaking in formal and tense ways. These are actors, not the actual participants, as no footage of the negotiations existed. Grossman explains that because there had been opposition to the negotiations and even violence on all sides, the atmosphere was very fraught and security was high. The exact location of the meetings was kept secret and there was no press present. Grossman sought to recreate some of the actual negotiations so that the film would be more than current day commentators. One actual negotiator recounted that he felt the souls of the Six Million in the room.

“It was something of a miracle that they came together and sat in a room and came to an agreement,” Grossman says.

For Grossman, the biggest challenge in making this film “turned out to be the biggest pleasant sur-

prise.” While the Claims Conference and the German government had been negotiating together for 70 years, they had different interpretations of the story. She had to come up with a single narrative that both sides were pleased with, or, at least, could live with, and that fairly represented each side of the story.

One element that surprised her was how “seat-of-the-pants” those agreements in 1952 were. “Nothing like this had ever been done. Here was a group of highly skilled lawyers and diplomats making it up as they went along,” she says.

Grossman also came to have a great deal of respect for Konrad Adenauer, who served as the first chancellor of the Federal Republic of Germany after World War II. In 1951, he told the Bundestag, or German Parliament, “Unspeakable crimes were committed in the name of the German people. This imposes upon us the obligation to make moral and material amends.”

Grossman portrays the friendship that lasted beyond the negotiations, between Adenauer, Israeli Prime Minister David Ben-Gurion and Nahum Goldmann, founding president of the Claims Conference.

When asked if she’d like to have survivors see the film, Grossman replies, “I’m not sure that it’s aimed at them, other than I hope that in some small way, it shows what they were dealing with in the aftermath – the difficulties they had in getting back on their feet and the courage they had in doing so.”

On Oct. 27th, the film had its American premiere at New York City’s Paley Center, at an event hosted by the Claims Conference. The film was followed by a panel discussion with Grossman, along with Holocaust survivor and Anti-Defamation League National Director Emeritus Abraham Foxman, historian Michael



Producer, director and writer Roberta Grossman.

Berenbaum and Executive Vice President of the Claims Conference Greg Schneider.

Gideon Taylor, president of the Claims Conference, said in introducing the film, “These agreements, unprecedented, showed the world what accountability could look like.”

Foxman remarked about how difficult and complicated it was for many survivors, including his parents, to accept reparations. He remembers that his father said no, his mother said yes and recalls the inner family discussions. Ultimately his mother won that argument.

The panelists agreed that the film has a message of hope. If Jews and Germans in 1952 could find the courage, strength and tenacity to come together on behalf of the future, this is a lesson for everyone.

“I think it’s inspiring to see that these former bitter enemies were able to come together and find a way to help the survivors,” Grossman says. “It provides some measure of hope for many seemingly intractable issues.”

Schneider reminded viewers that the underlying question for many survivors, of who will remember them, is the mandate of the Claims Conference: To keep alive the memory of the Shoah, the struggles of survivors, and their ultimate message of courage and tenacity. ▀



# “You Are A Master Class In Hope”

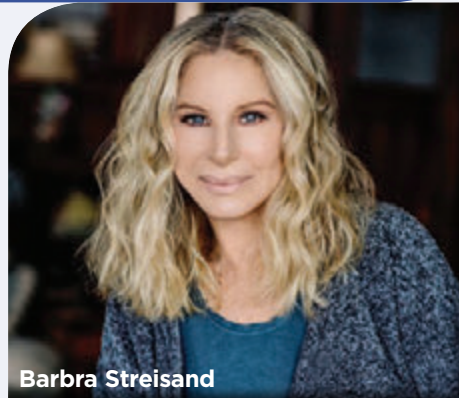
At a time of rising antisemitism, the star-studded International Holocaust Survivors Night event paid tribute to the grit and grace of those with the strength to carry on.

The theme of hope was very much alive on Dec. 20, as the Claims Conference hosted its sixth annual International Holocaust Survivors Night. This year’s celebration, on the third night of Chanukah, was held both virtually — with participants joining from around the world — and in person, with Claims Conference Executive Vice President Greg Schneider taking part in the official candle-lighting ceremony at the Kotel in Jerusalem. Chanukah is a holiday celebrating Jewish bravery, miracles of survival, the few overcoming the many, the light overcoming the darkness. Of course, these themes are resonant with the triumph of Holocaust survivors.

Israeli President Isaac Herzog, German Chancellor Olaf Scholz and Emmy-, Grammy-, Oscar- and Tony Award-winner Barbra Streisand were among the more than 70 distinguished participants who directly addressed survivors, along with other international dignitaries, Jewish communal leaders, heads of Holocaust memorial organizations and prominent figures from the entertainment world.

Streisand, whose Brooklyn birthplace is home to the largest number of Holocaust survivors in the United States, said, “Each of you is a living example of hope. Your strength inspires me and the world.”

The speakers were emotional, full of awe and gratitude for the



Barbra Streisand

survivors, and shared words of praise for their strength, resilience and example of their lives. Many echoed the words of Claims Conference President Gideon Taylor who told the survivors, “You are a master class in hope.”

“As antisemitism rises around the world and hate again becomes the normalized language of the day, survivors remind us of the importance of hope,” Taylor said. “During the Holocaust they did not give up. And after the War, they fought to carve out new lives for themselves and continue to speak and educate, all in the hope that their testimonies will win out over the hate.”

Additionally, survivors in more than 15 countries, including those recently evacuated from Ukraine to Germany, addressed the question of what provided them with hope. Some spoke of young people involved in Holocaust education as a source of hope, and others mentioned the need to stand up to hatred and speak out. Max Arpels Lezer from Amsterdam said, “I hope that we will live out our years without racism, without antisem-



Isaac Herzog

itism. I always live with hope.”

Alla Sinelnikova, a recent refugee from Ukraine now in Germany, said, “You cannot live if there is no hope.”

German Chancellor Scholz spoke of being impressed at the “strength with which you, the survivors, have carried on, the strength with which you keep alive and pass on this memory.” He added that the fact that survivors from Ukraine have found refuge in Germany “is very humbling to us.”

Actor Henry Winkler, whose grandparents, aunts and uncles all perished in the Holocaust, explained how his parents were able to get out of Germany in 1939. Sharing his admiration for survivors, he said, “I find you, the survivors, to be champions of the world. Your fortitude, your will to live, is an example to all of us.”

Other speakers included survivors Dr. Ruth Westheimer, Ambassador Colette Avital from Israel and former Nazi hunter Serge Klarsfeld from France; Chairman of Yad Vashem Dani Dayan; Ellen Germain, special envoy for Holocaust issues at the U.S. State Department; actors Jason Alexander and Tovah Feldshuh and many others. The cast of the National Yiddish Theater Folksbienen’s production of “Fiddler on the Roof in Yiddish” performed, and cast members noted that the

*Continued on page 11*

# Tips for Healthy Living

Expert advice for a good night's sleep, staying hydrated and saving money on drug costs.

## SLEEP WELL

Getting enough sleep can be difficult for some people as they age, says Dr. Amy Ehrlich, associate chief of the Division of Geriatrics at Montefiore Medical Center in New York City. Older adults may more easily wake from sleep, for example, because they have to go to the bathroom or are disturbed by noise. The best thing you can do to improve your sleep, says Dr. Ehrlich, is plan ahead:

BY FRAN KRITZ

1. Change your sleep time. If you toss and turn at bedtime, try going to sleep half an hour to an hour later each night to see if you are more tired then and more ready to fall asleep.
2. Don't nap after midafternoon and try shortening your naptime to see if it might be interfering with sleep.
3. Be sure to go to the bathroom before bedtime to reduce the chance you'll need to get up at night.
4. If you can, use your bedroom only for sleep and use other rooms for meals and other activities. "That tells your brain what the room is used for and could promote sleep," Dr. Ehrlich says.

She says that traumas you have experienced in the past could disrupt sleep. Psychotherapy and support groups — including online ones — may help you talk about things that are difficult.

Dr. Rosanne M. Leipzig, Ph.D., vice chair for education of the Brookdale Department of Geriat-

**These ideas are informational. The most important advice is to speak with your doctor. We can't give medical advice – just ideas to discuss with your medical professional.**

rics and Palliative Medicine at the Icahn School of Medicine at Mount Sinai in New York City, recommends getting exercise and bright light or sunlight early each day. "Light can disrupt sleep," Leipzig says. And she advises stopping caffeine, including tea, by early afternoon to increase the chance for better sleep. Other ideas include keeping your bedroom cool (wear socks if you're cold) and quiet.

And if you find yourself tossing and turning for more than 20 minutes after going to bed, says Dr. Leipzig, "get out of bed and try reading or listening to music."

## STAY HYDRATED.

Water is an important source of fluids because it's calorie free, says Dr. Ehrlich, and most people are advised to drink about eight glasses a day. Don't like the taste? Try chilling it or adding no-calorie flavor. And try a straw or a water bottle with a small spout if those make it easier to drink. "But you may not need as much water as you think," says Dr. Ehrlich. Other beverages such as coffee and juices, and foods like applesauce, Jell-O and soup count as fluid. "In fact, if you've been losing weight,

or need to put some on, beverages like juices can be good choices for getting some of your fluids during the day.

Dr. Ehrlich recommends checking the color of your urine to make sure you're well hydrated. Dark yellow? You're not getting enough fluid, so go get a drink.

## SAVE MONEY ON DRUG COSTS

If you live in the US and you're enrolled in a Part D Medicare plan, you are already getting cost savings, and you're not permitted to combine any savings cards or coupons. But if you pay for any of your drugs out of pocket, here are some tips to save money.

- **Coupons.** If you're tech savvy, or a friend or family member can help, look up the brand name of the drugs you take on the internet and check their webpage. There may be discounts for the first time you buy the drug or even every time you refill it. And while you're on the drug company's website, look to see if they offer any assistance program for people on fixed or low incomes.

- **Drug Discount Cards.** Ask the pharmacist about drug discount cards that offer money off on some drugs. The pharmacist will know reputable companies and probably has forms to fill out for the card. Not all drugs will have a discount.

- **Samples.** It used to be that before a doctor prescribed a drug or prescription cream, he or she would often give samples they received from the drug companies, which would save patients money on at least the first dose. That's less likely these days but sometimes still happens. It's especially worth asking for if the doctor wants to prescribe a drug, they are not sure

*Continued on following page*

## Healthy Living

continued from previous page

will work for you. And it's always worth asking for samples of nonprescription products, such as toothpaste, a toothbrush and mouthwash at the dentist, moisturizer at the dermatologist and eye drops at the eye doctor.

► *Fran Kritz is a consumer and health policy reporter based in Jerusalem and Silver Spring, Md. For a decade she was the health reporter for the New York Jewish Week and is a frequent contributor to NPR.org and the Washington Post.*

## The Simplest Chicken Soup

A made-from-scratch, good-for-what-ails-you / good-for-the-soul recipe for winter's cold.

**T**his fragrant and delicious soup can be a great boost to your health this season. Making it will fill your kitchen with a glorious aroma. Enjoy it with noodles of all kinds (egg noodles, whole wheat pasta, orzo, etc.), matzah balls or croutons. Freeze what you don't use in plastic containers, and you can enjoy it for weeks to come.

### INGREDIENTS:

1 small chicken  
4 carrots, peeled and sliced into rounds or small sticks  
2 stalks of celery, sliced into small pieces  
2 parsnips, peeled and sliced into rounds  
1 onion (optional), peeled and cut into quarters  
A pinch of salt  
1/2 teaspoon of ground pepper  
Large handful of fresh dill (wrapped in cheesecloth or muslin, if you have, or loose)  
Large handful of fresh parsley (wrapped in cheesecloth or muslin, if you have, or loose)

## Master Class In Hope

continued from page 9

show is more relevant than ever; and a capella vocal band Six13 delivered a performance titled "West Side Chanukah." More than 10,000 viewers watched the event.

"Wherever Holocaust survivors live, we will be there," Greg Schneider reminded the audience. He also spoke of the need to always remember those who did not survive. **S.B. ►**



Greg Schneider speaking at the Kotel for International Holocaust Survivors Night  
RAFAEL HERLICH

### PREPARATION:

1. Place the chicken in a large pot. Fill with water to cover the chicken by about 1/2 inch.
2. Add the vegetables, herbs, salt and pepper.
3. Bring the pot to a boil.
4. After it boils, lower the temperature to a steady simmer and cover the pot. Let it cook for about one hour. \*\*If you are making noodles, boil some water and cook according to directions on the package.
5. Carefully remove the chicken and place into a bowl.
6. Let the soup simmer for another 10 minutes.
7. Skim any fat off the top of the soup. Remove the "packages" of herbs.
8. Serve the soup over cooked noodles. Add pieces of chicken to each bowl.
9. When the remaining soup cools, ladle it into jars for the refrigerator and plastic container for the freezer. (When you take it out, you can then remove the chicken fat that rises to the top. Enjoy!) **S.B. ►**



# ВНИМАНИЮ ПЕРЕЖИВШИХ ХОЛОКОСТ

Если вы пережили Холокост и не получили компенсацию ни от Клеймс Конференс, ни от правительства Германии и Австрии, то, пожалуйста, позвоните нам не откладывая - возможно вам полагается компенсация.

Клеймс Конференс добилась следующего смягчения критериев для фондов компенсаций на переговорах с правительством Германии.

## ДОПОЛНИТЕЛЬНАЯ ВЫПЛАТА ИЗ ФОНДА HARDSHIP FUND

Жертвы нацизма еврейского происхождения, которым полагается выплата из фонда HARDSHIP FUND, получат дополнительную выплату в размере €1,200 в 2023 году. Если вы уже получали дополнительную выплату из фонда HARDSHIP FUND (имеется в виду выплата в размере €2,400 в течение двух лет), то вам не надо подавать заявление снова, просто зарегистрируйтесь через Papeem на выплату за 2023 год. Мы свяжемся с вами для подтверждения через Papeem. Если вы переехали, или мы с вами не связались, пожалуйста, дайте нам знать. Если вы никогда не подавали заявление, то крайний срок подачи заявления на выплату за 2023 - 31 декабря 2023 года.

Пережившие Холокост, которые ранее не могли подавать заявление на дополнительную выплату из фонда HARDSHIP FUND в силу того, что получили в прошлом одноразовую выплату от правительства Германии (например от компенсационных фондов федеральных земель Länderhärtefonds), теперь могут это сделать.

## НЕДАВНО ПРИЗНАННЫЕ ОТКРЫТЫЕ ГЕТТО

Жертвы нацизма еврейского происхождения, которые подвергались преследованиям в открытых гетто, перечисленных ниже, не меньше трех месяцев, могут теперь претендовать на пенсию из фонда A2 или CEEF:

- **Румыния:** пережившие преследование в городах Бухарест, Аджуд, Беюш, Блаж, Каракал, Думбрэвены, Фэгэраш, Хацег, Лудуш, Медиаш, Нэлат-Вад, Оравита, Пэклиша, Питешты, Сэрмашу, Сигишоара, Тырнэвени, Тинка, Турну Северин, Арад, Брэйла, Брашов, Бухуши, Кэлэраши, Дева, Дорохой, Фэлтичены, Хуси, Илия, Лудош, Плоэшти, Поду Илоаеи, Сибиу, Сучава, Тыргу-Фрумос, Тимишоара, Турда, Алба Юлия, Бакау, Барлад, Ботошани, Бузэу, Констанца, Крайова, Фокшаны, Галац, Хырлэу, Ясы, Пашкани, Пятра-Нямц, Роман, Рымнику-Сэрат, Стефанешты, Тыргу-Муреш, Тыргу-Нямц, Текуч и Васлуй в промежутке между августом 1941 и августом 1944 года.

- **Болгария:** пережившие преследование в городах Добрич, Казанлык, Кырджали, Ловеч, Неврокоп (также Гоце-Дельчев), Никополь, Пловдив, Преслав, Провадия, Тырговиште и Ямбол в промежутке между сентябрем 1942 и сентябрем 1944 года.

В дополнение, все получатели пенсии, которые подвергались преследованию в одном из вышеперечисленных открытых гетто Румынии и Болгарии, и которые родились после 1 января 1928 года, могут претендовать на одноразовую выплату из фонда Дети Холокоста, который находится в ведении Клеймс Конференс.

Обратите внимание: жертвы нацизма еврейского происхождения из этих открытых гетто в Румынии и Болгарии могут претендовать на пенсию от ZRBG (Ghetto Pension). Обработкой этих заявлений Клеймс Конференс не занимается. Пожалуйста, свяжитесь с ближайшим к вам посольством или

консульством Германии или зайдите на сайт <https://www.germany.info/us-en/service/07-Pension/ghetto-financial-compensation/920638>

## ФОНД ДЕТИ ХОЛОКОСТА

Этот фонд выплатит одноразовую компенсацию в размере €2,500 (приблизительно €2,500 на человека) тем, кто был среди "Тысячи Детей" (One Thousand Children) в дополнение к другим группам. Приблизительно 1,400 детей были вынуждены покинуть своих родителей и перебраться в США. Их спасли из нацистской Германии и стран, оккупированных нацистской Германией. Пожалуйста, свяжитесь с нами, чтобы узнать подробности.

## ВЫПЛАТЫ СУПРУГАМ УМЕРШИХ ПОЛУЧАТЕЛЕЙ ПЕНСИИ ИЗ ФОНДОВ ARTICLE 2/CEEF

Клеймс Конференс произведёт выплаты имеющим право на получение супругам умерших получателей пенсии из фондов Article 2 и Центрально-европейского фонда (CEEF).

Супруг/а получателя пенсии из фондов Article 2 и Центрально-европейского фонда (CEEF), после смерти получателя пенсии из фондов Article 2 и Центрально-европейского фонда (CEEF), может претендовать на получение выплат в течение срока до 9 месяцев, выплачиваемых три раза поквартально, если:

1. Супруг/а был/а жив/а на момент получения выплаты; и
2. Супруг/а состоял/а в браке с получателем пенсии из фондов Article 2 и Центрально-европейского фонда (CEEF) на момент его/её смерти; и
3. Получатель пенсии из фондов Article 2 и Центрально-европейского фонда (CEEF) умер в любой момент после получения пенсии из этих программ.

Супруг/а пережившего Холокост должен/на быть жив/а на момент получения каждой выплаты.

Другие наследники, включая детей, не имеют права на получение этих выплат.

Скачать заявление с нашей интернет страницы можно здесь: [www.claimscon.org/apply](http://www.claimscon.org/apply)

Правительство Германии начало похожую программу для супругов получателей ежемесячных компенсационных пенсий, выплачиваемых на основании федерального закона Германии о компенсациях (иногда называемого также Wiedergutmachung), других немецких федеральных законов о компенсациях или правительственных программ - для переживших Холокост, которые умерли после 10го января 2020 года. Для получения более подробной информации свяжитесь, пожалуйста, с BADV или скачайте заявление с сайта BADV <https://www.badv.bund.de/DE/OffeneVermoegensfragen/UebergangleistungenEhegattenNSOpfer/antrag.html>.

## ПЕНСИЯ ЖЕРТВАМ ОСОБО ЖЕСТОКОГО ПРЕСЛЕДОВАНИЯ В ОТДЕЛЬНЫХ РЕГИОНАХ (RSP)

Эта новая программа выплаты пенсий предназначена для переживших Холокост людей, не получающих в настоящее время пенсию, но которые как минимум три месяца: (i) находились в Блокадном Ленинграде (ii) подвергались гонениям в Румынии или (iii) прятались во Франции. Ваш доход/личные активы должны соответствовать критериям получения выплат из фонда ARTICLE 2 и Фонда Центральной и Восточной Европы (CEE FUND). Пережившие Холокост, которые соответствуют условиям получения пенсии RSP, могут также претендовать на выплату из Фонда Дети Холокоста (Child Survivor Fund) при соответствии возрастному критерию (дата рождения после 1928 года включительно).

## CLAIMS CONFERENCE

P.O. Box 1215

New York, NY 10113

Тел: 646-536-9100

Электронная почта: [info@claimscon.org](mailto:info@claimscon.org)

[www.claimscon.org](http://www.claimscon.org)

# ATTENTION HOLOCAUST SURVIVORS

If you are a Holocaust survivor who has not received any compensation payment (either from the Claims Conference or German or Austrian governments), then please call us immediately. You may be entitled.

The Claims Conference has negotiated the following liberalizations of criteria to compensation funds with the German government.

## **HARDSHIP FUND – SUPPLEMENTAL PAYMENT**

Jewish Nazi victims eligible for the Hardship Fund have been approved for Supplemental Payments of €1,200 in 2023. If you already received a Hardship Fund Supplemental Payment (meaning payments over the two years of €2,400), you don't have to apply again, please register with Paneem for the 2023 payment. You will hear from us to validate via Paneem. If you have moved, or don't hear from us, please contact us. If you have never applied, the deadline for the 2023 payment is December 31, 2023.

Holocaust survivors who were prevented from receiving Supplemental Hardship Fund payments as a result of previously receiving one-time German government payments (for example from Länderhärtefonds) are now eligible to apply for the supplemental payment.

**NEWLY APPROVED OPEN GHETTOS:** Jewish Holocaust survivors who were persecuted in the open ghettos identified below, for at least three months, may be eligible for a monthly pension from the Article 2 or CEE Fund:

- **In Romania**, survivors persecuted in Bucharest, Adjud, Beiuș, Blaj, Caracal, Dumbrăveni, Făgăraș, Hațeg, Luduș, Mediaș, Nălaț-Vad, Oravița, Păclișa, Pitești, Șarmașu, Sighișoara, Târnăveni, Tinca, Turnu Severin, Arad, Braila, Brasov, Buhusi, Călărași, Deva, Dorohoi, Fălticeni, Huși, Ilia, Lugoj, Ploești, Podul Iloaiei, Sibiu, Suceava, Târgu Frumos, Timisoara, Turda, Alba Iulia, BaCau, Barlad, Botosani, Buzau, Costanta, Craiova, Focasni, Galatz, Harlau, Iasi, Pascani, Piatra Neamt, Roman, Romanicu Sarat, Stefanesti, Targu Mures, Targu Neamt, Tecuci, and Vaslui, between August 1941 and August 1944;
- **In Bulgaria**, survivors persecuted in Dobrich, Kazanlık, Kürdzhalı, Lovech, Nevrokop (a.k.a. Gotse Delchev), Nikopol, Plovdiv, Popovo, Preslav, Provadiya, Turgovishte, and Yambol (Jambol), between September 1942 and September 1944.

In addition, all pension recipients who were in one of the open ghettos in Romania or Bulgaria named above and born after January 1, 1928, may be entitled to a one-time payment from the Child Survivor Fund administered by the Claims Conference.

**Note:** Jewish Nazi victims from these open ghettos in Romania and Bulgaria may also be entitled to a pension from the ZRBG (Ghetto Pension). This pension is not administered by the Claims Conference. Please contact a German embassy or consulate near you or <https://www.germany.info/us-en/service/07-Pension/ghetto-financial-compensation/920638>

## **CHILD SURVIVOR FUND**

The Child Survivor Fund may provide in addition to the other groups also those who are among the One Thousand Children, a one-time payment amounting to €2,500 (approximately \$2,500) per person. Approximately 1,400 children were forced to leave their parents behind when they were rescued from Nazi Germany and Nazi-occupied countries and taken to the United States. Please contact us to learn the details of eligibility.

## **PAYMENT TO SPOUSES OF DECEASED ARTICLE 2/CEE FUND BENEFICIARIES**

The Claims Conference will provide payments to eligible spouses of deceased recipients of the Article 2 and Central and Eastern European (CEE) Funds. A spouse of an Article 2/CEE Fund beneficiary may, upon the death of the Article 2/CEE Fund beneficiary, be entitled to receive payments for up to 9 months, paid in three quarterly installments, if the following conditions apply:

1. The spouse is alive at the date of the payment; and
2. The spouse was married to the Article 2/CEE Fund beneficiary at the time of death of the Article 2/CEE Fund beneficiary; and
3. The Article 2/CEE Fund recipient passed away at any point while he or she was receiving a payment from the program.

The spouse of a Holocaust survivor must be alive at the time of each payment. Other heirs, including children, are not entitled to receive any payment. To download an application from our website, please go to: [www.claimscon.org/apply](http://www.claimscon.org/apply)

The German government established a similar program for surviving spouses of monthly Holocaust compensation pensions made under German Federal Indemnification Law, other German federal compensation laws or governmental programs sometimes referred to as Wiedergutmachung), for Holocaust survivors who passed away January 1st, 2020 or later. For more information, please check with the BADV or download the application from the BADV website at <https://www.badv.bund.de/DE/OffeneVermoeogensfragen/UebergangleistungenEhegattenNSOpfer/antrag.html>.

## **REGION-SPECIFIC SEVERE PERSECUTION (RSP) PENSION**

A pension program was created for survivors, who currently do not receive pensions who were, for at least three months in: (i) the Leningrad Siege (ii) persecuted in Romania or (iii) hiding in France. Income/Asset criteria of the Article 2/CEE Funds apply. Meeting the RSP persecution criteria shall entitle a survivor to a payment from the Child Survivor Fund if the age criteria (born in or after 1928) is met.

2/CEE Funds apply. Meeting the RSP persecution criteria shall entitle a survivor to a payment from the Child Survivor Fund if the age criteria (born in or after 1928) is met.

*For more information, contact:*

## **CLAIMS CONFERENCE**

P.O. Box 1215

New York, NY 10113

Tel: 646-536-9100

Email: [info@claimscon.org](mailto:info@claimscon.org)

[www.claimscon.org](http://www.claimscon.org)

If you are a Holocaust Survivor  
who needs help, please call  
one of the numbers below.

## UNITED STATES

### ARIZONA

Jewish Family & Children's  
Services of Southern Arizona  
Tucson (520) 795-0300

### CALIFORNIA

Jewish Family & Community  
Services of East Bay  
Berkeley (510) 704-7475 ext. 275

Jewish Family and Children's  
Service  
Long Beach (562) 427-7916

Jewish Family Service  
Los Angeles Location-based  
San Fernando Valley  
(818) 984-1380

West Hollywood (323) 851-8202

City of Los Angeles  
(323) 937-5900

Jewish Family Services  
of Silicon Valley  
Los Gatos (408) 556-0600

Jewish Family Service  
San Diego (858) 637-3210

Jewish Family  
and Children's Services  
San Francisco (415) 449-3700

### COLORADO

Jewish Family Service  
of Colorado  
Denver (303) 597-5000

### CONNECTICUT

Jewish Family Services  
of Greater Hartford  
West Hartford (860) 236-1927

### FLORIDA

Ruth & Norman Rales Jewish  
Family Services  
Boca Raton (561) 852-3333

Gulf Coast Jewish Family  
& Community Services  
Clearwater (727) 479-1800

Jewish Family  
& Community Services  
Jacksonville (904) 448-1933

Jewish Community Services  
of South Florida  
Miami (305) 576-6550

Goodman Jewish Family  
Services of Broward County  
Plantation (954) 909-0800

Ferd & Gladys Alpert Jewish  
Family & Children's Service  
West Palm Beach  
(561) 684-1991

### GEORGIA

Jewish Family and Career Services  
Atlanta (770) 677-9300

### ILLINOIS

Jewish United Fund  
of Metropolitan Chicago  
Chicago (773) 508-1004

### INDIANA

Jewish Federation  
of Greater Indianapolis  
Indianapolis (317) 536-1476

### MARYLAND

Jewish Community Services  
Baltimore (301) 816-2657

Jewish Social Service Agency  
Rockville (301) 838-4200

### MASSACHUSETTS

Jewish Family and Children's  
Service of Greater Boston  
Waltham (781) 647-5327

### MICHIGAN

Jewish Family Service  
of Metropolitan Detroit  
Detroit (248) 592-2313

### MINNESOTA

Jewish Family and  
Children's Service  
Minneapolis (952) 546-0616

### NEW JERSEY

Jewish Family & Children's  
Service of Monmouth County  
Asbury Park (732) 774-6886

Samost Jewish Family  
and Children's Service  
of Southern NJ  
Cherry Hill (856) 424-1333

Jewish Family Service  
& Children's Center  
Clifton/Passaic (973) 777-7638

Jewish Family Service  
of Central New Jersey  
Elizabeth (908) 352-8375

Jewish Family Services  
of Metrowest  
Florham Park (973) 765-9050

Jewish Family & Children's  
Service of Ocean County  
Lakewood (732) 363-8019

Jewish Family Service  
of Atlantic County  
Margate City (609) 822-1108

Jewish Family & Vocational  
Service of Middlesex County  
Milltown (732) 777-1940

Jewish Family & Children's  
Service of Greater Mercer County  
Princeton (609) 987-8100

Jewish Family Service  
of Somerset, Hunterdon  
& Warren Counties  
Somerville (908) 725-7799

Jewish Family & Children's  
Services of Northern New Jersey  
Teaneck (201) 837-9090

### NEVADA

Jewish Family Service Agency  
Las Vegas (702) 732-0304

# If you are a Holocaust Survivor who needs help, please call one of the numbers below.

Each agency listed below is funded by the **Claims Conference** to help support a designated Holocaust Survivor Assistance Program. If you know a survivor who needs aid or if you would like to volunteer to help a survivor, please contact any of the agencies below. For a full list of **Claims Conference** funded agencies, please refer to the website at: [claimscon.org/helpcenters](http://claimscon.org/helpcenters)

## NEW YORK

*Edith and Carl Marks Jewish Community House of Bensonhurst*  
**Brooklyn (718) 331-6800**

*Guardians of the Sick / Bikur Cholim Hesed Organization*  
**Brooklyn (718) 438-2020**

*Jewish Community Council of Greater Coney Island*  
**Brooklyn (718) 449-5000**

*United Jewish Organizations of Williamsburg*  
**Brooklyn (718) 643-9700**

*The Marion and Aaron Gural JCC*  
**Cedarhurst (516) 569-6733**

*Selfhelp Community Services*  
**Manhattan (212) 971-5475**

**Queens (718) 268-1252**

**Brooklyn (718) 646-7500**

**Washington Heights and Bronx (212) 781-7200**

**Nassau County (516) 481-1865**

*Bikur Cholim of Rockland County*  
**Monsey (845) 425-7877**

*Community Improvement Council*  
**New Square (845) 354-4100**

*Rockland Jewish Family Service*  
**West Nyack (845) 354-2121**

*Westchester Jewish Community Services*  
**White Plains (914) 761-0600**

## OHIO

*Jewish Family Service of Greater Cincinnati*  
**Cincinnati (513) 469-1188**

*Jewish Family Service Association*  
**Cleveland (216) 292-3999 or (216) 504-2600**

*Jewish Family Services*  
**Columbus (614) 559-0379**

## OREGON

*Jewish Family and Child Service*  
**Portland (503) 226-7079**

## PENNSYLVANIA

*Jewish Family and Children's Service of Greater Philadelphia*  
**Philadelphia (866) 532-7669**

*Jewish Family and Community Services*  
**Pittsburgh (412) 422-7200**

## TEXAS

*Jewish Family Service of Greater Dallas*  
**Dallas (972) 437-9950**

*Jewish Family Service of Houston*  
**Houston (713) 667-9336**

## WASHINGTON

*Jewish Family Service*  
**Seattle (206) 461-3240**

## WISCONSIN

*Jewish Family Service*  
**Milwaukee (414) 390-5800**

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*Jewish Family Service*  
**Milwaukee (414) 390-5800**

**ADDITIONAL RESOURCE**  
**The Blue Card (212) 239-2251**

## CANADA

*Jewish Family Service*  
**Calgary (403) 287-3510**

*Jewish Family Services*  
**Edmonton (780) 454-1194**

*Atlantic Jewish Counsel*  
**Halifax (902) 422-7491 ext. 226**

*Hamilton Jewish Family Services*  
**Hamilton (905) 627-9922 ext. 26**

*Cummings Jewish Centre for Seniors*  
**Montréal (514) 343-3514**

*Jewish Family Services of Ottawa*  
**Ottawa (613) 722-2225 x 311 or 313**

*Circle of Care*  
**Toronto (416) 635-2860 ext. 247**

*Jewish Family & Child Service*  
**Toronto (416) 638-7800**

*Jewish Family Services*  
**Vancouver (604) 558-5719**

*Jewish Family Services*  
**Vancouver Island (778) 405-3300**

*The Windsor Jewish Federation and Community Centre*  
**Windsor (519) 973-1772 ext. 225**

*Jewish Family & Child Service*  
**Winnipeg (204) 477-7430**



If you live in the United States or Canada outside the listed areas, please call the **Claims Conference for assistance (646) 536-9100.**



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The Claims Conference wants to be in touch with you during these challenging times. Inside *LChaim*, you will find important information in English and Russian including:

- ▶ A Letter from the Claims Conference Leadership
- ▶ An interview with Claims Conference Director of Social Welfare Allocations Julie Chapnick
- ▶ Important information on compensation payments
- ▶ A preview of the new documentary film "Reckonings: The First Reparations"
- ▶ A profile of an innovative program to boost brain health, plus exercises
- ▶ Timely health tips ... and a great recipe for homemade chicken soup
- ▶ A report on International Holocaust Survivors Night
- ▶ A guide to our new tool, Paneem
- ▶ Contact information for our partner agencies
- ▶ around North America

THE HEALTH  
AND WELLNESS  
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