

Scroll

Temple Beth Shalom - Needham, Massachusetts

May 2020
Iyar / Sivan 5780



Art In Bloom

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The Medical Pros Among Us

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On the Cover

ZOOMing Saturday morning lay-led services in the new normal.

EDITORIAL BOARD

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From the Editorial Board

What better time to honor and feature the medical professionals among us than at this time when we are so keenly aware of the role they play in keeping us alive, healthy, and safe. From working extensive hours in training to being on call to stepping up during crises, those in our health care system are singularly driven by one goal: to help others. Whether behind the scenes or on the front line, each earns our respect. Enjoy this opportunity to learn about the varied backgrounds and influences of the medical professionals in our congregation.

Looking toward the future, we want to know...

Who "Among Us" Are We Missing?!

The Scroll has featured many kinds of interests, professions, and talents among our congregants, and we plan to ask about more (e.g., people in real estate, theater, finance, banking). Who else and what else should we feature? What professions, pursuits, hobbies, skills, careers, avocations, proficiencies, obsessions, distractions, schticks, and interests should we probe? We want to include you and your adult family members!

Please feel free to suggest other categories we haven't yet included – especially if it means we'll hear from you or a TBS member not yet featured in the Scroll. Email Scroll@tbsneedham.org with your ideas. Thank you!

- *Joni Burstein on behalf of the Editorial Board*

We Are Here for You

This is a trying time for all of us, and your Temple community is here to be of help. In addition to the challenges of the coronavirus threat, life events continue.

Have a difficult situation going on in your family? Have you experienced a recent loss of a loved-one? Has your family celebrated an engagement, wedding, birth, or other joyous event? Anticipating upcoming surgery or a hospital stay?

Don't forget to let your TBS family know!

When significant life events are taking place - good or bad- the clergy at TBS want to know, as do our educators when the situation is impacting a child in our learning programs. Please e-mail or call our clergy or educators to share what is happening so that we can be supportive.

We are here for you.

We want to know so we can help!

Online Shabbat Services in May

FRIDAY, MAY 1 (8 IYAR 5780)

6:15 PM — Simchat Shabbat Service

SATURDAY, MAY 2 (8 IYAR 5780)

Torah: *Acharei Mot-Kedoshim*, Lev. 16:1 — 20:27

8:30 AM — Shabbat Morning Minyan

9:00 AM — Torah Study

9:15 AM — Finding Our Jewish Values in Torah

FRIDAY, MAY 8 (15 IYAR 5780)

6:15 PM — Shabbat Evening Service

SATURDAY, MAY 9 (15 IYAR 5780)

Torah: *Emor*, Lev. 21:1— 24:23

8:30 AM — Shabbat Morning Minyan

9:00 AM — Torah Study

9:15 AM — Finding Our Jewish Values in Torah

11:00 AM — Shabbat Morning Service

B. Mitzvah: Alison Fransblow and Avram Needleman

5:00 PM — Shabbat Afternoon Service

B. Mitzvah: Carly and Matthew Huberman

FRIDAY, MAY 15 (22 IYAR 5780)

6:15 PM — Shabbat Evening Service

SATURDAY, MAY 16 (22 IYAR 5780)

Torah: Shabbat *B'har-B'Chukotai*, Lev. 25:1 - 27:34

8:30 AM — Shabbat Morning Minyan

9:00 AM — Torah Study

9:15 AM — Finding Our Jewish Values in Torah

11:00 AM — Shabbat Morning Service

B. Mitzvah: Alex Lowitt and Ava Schaffer

FRIDAY, MAY 22 (29 IYAR 5780)

6:15 PM — Shabbat Evening Service

SATURDAY, MAY 23 (29 IYAR 5780)

Torah: *B'midbar*, Numbers 1:1 — 4:20

8:30 AM — Shabbat Morning Minyan

9:00 AM — Torah Study

9:15 AM — Finding Our Jewish Values in Torah

FRIDAY, MAY 29 (7 SIVAN 5780)

6:15 PM — Shabbat Evening Service

SATURDAY, MAY 30 (7 SIVAN 5780)

Torah: *Shavuot*

8:30 AM — Shabbat Morning Minyan

9:00 AM — Torah Study

9:15 AM — Finding Our Jewish Values in Torah

11:00 AM — Shabbat Morning Service

B. Mitzvah: Serena Berk and Sofia Friedman

Note: Since services and study groups are on-line, no location is specified. Watch TBS Weekly emails for announcement of when services will resume in the Temple building; this may or may not occur during the month of May.

Committee Meetings in May - Stay Involved!

Some TBS Committee Meetings in May have been rescheduled, and will be virtual online meetings via Zoom due to health measures regarding COVID-19. Committees not listed will not meet formally. If there are any questions, please check with the Committee chair at the email address provided.

Committee Name	Upcoming Meeting Date	Email Contact for Information
Adult Learning	Wed. May 6, 7:15 PM	adultlearning@tbsneedham.org
Brotherhood	Tues. May 12, 7:30 PM	brotherhood@tbsneedham.org
Communications	Wed. May 20, 6:30 PM	communications@tbsneedham.org
Environmental Action	Thurs. May 21, 7:30 PM	environaction@tbsneedham.org
Scroll Editorial Board	Tues. May 5, 12:00 Noon	scrolled@tbsneedham.org
Sisterhood	Mon. May 11, 7:30 PM	sisterhood@tbsneedham.org
Three Score/More or Less	Monday, May 4, 7:30 PM	threescore@tbsneedham.org

Please check with the email contact beforehand in case of a last-minute change and for meeting location.



Buildings Do Not Make A Community... People Do

By Jeffrey Shapiro, Congregational President



At Temple Beth Shalom, we have always said that our community is not about the building or the programs – it is about the people. This has not been merely a tagline but a genuine belief that we are a relational community, that everything we do and everything we are focuses on entering into and maintaining a meaningful relationship, meeting people where they are in their own spiritual journey.

During our revisioning and reengagement of our various K-12 learning programs over the years, it was always important to reimagine how we help our students engage, learn and find meaning. Certainly, this led to changes in our class schedules and the manner and types of courses we offer, but more importantly, it focused us on how the relationship evolved among teachers/Jewish Learning Guides/ tutors/ Madrichim and students. It was always about the relationship, not the program.

When we engaged our entire TBS community to reimagine our synagogue in the journey that we know as Mikdash, it was never about the building. It was always about how to connect and build relationships among those that either valued the frame of Reform Judaism or had an interest in exploring our community based upon these values. It is for these reasons that Community Court emerged, the many deliberate architectural features were created, and it feels comfortable. Yet, it was always about the relationship, not the building.

When we reimagined how we could engage the youngest among our community and those adults who hold them most dearly, we created a flexible Children's Center model framed on how families sought to engage with TBS. This has been nothing but extraordinary. It was always about the relationship, not the program.

That is why when the leadership of TBS began thinking about how to develop and implement our own response to the international public health crisis of COVID-19, many decisions that seemed difficult on the day they were made not only became the right ones but also became less of a decision and more a genuine path as the crisis continued to unfold. These decisions began with such steps as adding to our custodial team, education about and maintaining social distance, reducing the size and types of events, to ultimately canceling or postponing events, building out our online presence, and engaging proactively through our leadership to all individuals and families among the TBS community.

While I could share many of the ways our clergy, professional staff, administrators, teachers and custodial team stepped in and showed how TBS rises to the occasion, I want to briefly share what was, at the time, the most agonizing decision to be made. In early March, many decisions were made about how to mitigate human contact with one another, reduce germs in the building and change how we interacted as a physical community. And then, in the course of one day, we went from a mindset of continuing physical events with reductions in numbers to desperately working to expand our online presence to reach our entire community. Compared to an immediate issue of health, life and death, it was a small decision, but for our congregation, it was difficult, nonetheless.

If you consider what a day, week or month in the life of TBS looks like you can understand the agony by which such a decision was made. Each committee, arm, cohort adds its voice, ideas, programs, priorities into the tapestry that is TBS. Each event has a person or people that envision a program, service, activity; and others that handle communication, logistics, etc. Life cycle events, both sad and happy, present their own realities. Our constant focus is to build and support our community. The idea of canceling the calendar and closing the building certainly flew in the face of this.

However, as we began to settle into our new online reality it was clear that while the physical presence was gone, our TBS community was, truly, not about the building. Our telephone outreach and online opportunities have helped us remain a committed, caring and engaged community. Certainly, technology is not as easy or available to all and these continue to be barriers that we must work to eliminate; and creating virtual events, services and programs have different characteristics. Nonetheless, it is a comforting reality to not just say it or hope it but instead to know that buildings do not make a community. People do.

I am most appreciative of the dedication and commitment to the TBS community from all our clergy, professionals, administrators, staff, teachers, Board members, lay-leaders, and volunteers. Your leadership is earned by the work that you do in making our congregation a community.

L'Shalom,

*Jeffrey Shapiro
Congregational President*



From Our Clergy

Dear Temple Family...

By Rabbi Todd Markley

As I pen these words in the final days of March, the COVID-19 pandemic continues to expand its reach to thousands of new patients – taking hundreds more lives – with each passing day. I recognize that this edition of the Scroll will not be arriving in mailboxes for another month's time, and while it is always a challenge to write meaningful and relevant messages to our community with that much lead time, this is a particularly difficult period to be doing so. So much about the days that lie in front of us remains mysterious, unknown, and unforeseeable.

Yet, among the realities that remain easily predictable – the sun will continue to rise each day, spring's buds will bloom, summer's warmth will arrive – is this: The doctors, nurses, technicians, and medical staff in our world who are daily putting their own lives at risk to serve others are nothing short of heroes to us all. Often forced to use inadequate protective gear, having to work without the life-saving medical equipment that is in all-too-short supply, and continuing to show up to perform their duties each day in spite of the risks to their personal safety... we could scarcely be asking more of these caring, dedicated, and life-saving souls than we are.

In that respect, it is fitting that this month's issue of the Scroll is dedicated to the medical professionals in our community. We have never been more proud of them or more grateful for the extraordinary services they provide to our society. The great Jewish philosopher and scholar Maimonides is credited with writing a daily prayer for physicians to recite before embarking upon their responsibilities (though its true authorship is not entirely clear). I adapt its words here as a blessing for those medical professionals in our community:

Almighty God – You have created the human body with infinite wisdom. In Your eternal providence, You have chosen these doctors, nurses, and medical professionals of all varieties to watch over the life and health of Your creatures. Each day they set out to apply themselves to the duties of their profession. Support them in these great labors that they may benefit humankind. For without Your help, not even the least thing will succeed. Inspire these souls with love for their art and for Your creatures. Do not allow thirst for profit, ambition for renown and admiration to interfere with their profession. For these are the enemies of truth and can lead us astray in the great task of attending to the welfare of Your creatures. Preserve the strength of their bodies and souls that they may ever be ready to help rich and poor, good and bad, enemy as well as friend. In the

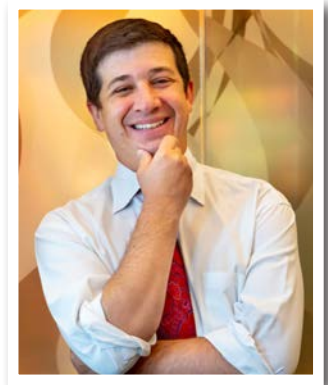
sufferer, let them see only the human being. Enlighten their minds that they may recognize the illness that presents itself and let their minds comprehend what is absent or hidden. Let them not fail to see what is visible and let them remember that not all suffering can be seen for delicate and indefinite are the bounds

of the great art of caring for the lives and health of Your creatures. May no strange thoughts divert their attention at the bedside of the sick or disturb their minds in their silent labors. Grant that their patients may have confidence in them and in their art and that those patients follow their directions and their counsel. Imbue their souls with gentleness and calmness. Let them be contented in everything except the great science of their profession. Never allow the thought to arise in them that they have attained sufficient knowledge but rather give them the strength and the ambition to extend their knowledge. The art is great, but the mind of a person is ever-expanding. May our medical professionals now rise to their calling.

We are beyond grateful to all those in our community who heard the call to pursue life as a medical professional and have risen to meet that call. On behalf of our entire congregation - and our world - thank you to all the doctors, nurses, medical technicians and staff who, against all odds, continue to practice their art with warmth, care, and love for their fellow humans. We are so very grateful to you.

L'refuah u'l'shleimut – with prayers for healing and for wholeness of body and soul,

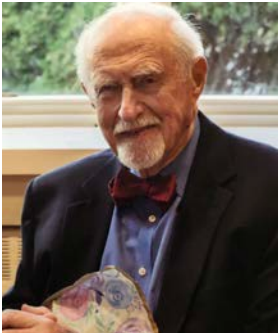
Todd



The Medical Pros Among Us

We asked the medical professionals in our congregation to tell us a bit about how they got interested in their field, what they do, and some information or advice that fellow congregants might not know!

Irving Bailit



Currently (March 2020), we await a possible pandemic from a coronavirus for which we have neither a cure nor a preventive vaccine.

I am having a déjà vu experience. In 1955, soon after my opening a pediatric practice in Needham, the polio epidemic descended

upon Needham. My pediatric associate was on vacation. Given that house calls were then the norm in caring for sick children, I was soon overwhelmed by the sheer numbers of cases and the paralyzing fear caused by this illness. There was yet neither specific treatment nor a preventive vaccine. The sickest children required hospitalization for treatment in the iron lung.

Now, 65 years later, polio is a disease of the past due to the Salk and Sabin vaccines. But, we are facing a new threat today and anxiously awaiting a new treatment and a new vaccine for COVID-19.

Robert Black

I am the Chief of Nephrology and Dialysis at Reliant Medical Group/OptumCare and St. Vincent Hospital and Professor of Medicine at the University of Massachusetts Medical School. My interest in kidney disease began in medical school (Washington University in St. Louis). I found that my professors in this area were well-rounded, smart and quite knowledgeable, not just in this specialty, but in all aspects of medical care. At the time I trained at Yale, Massachusetts General Hospital, and Brigham & Women's, many of the national chiefs of medicine were nephrologists.



Over 60 percent of my time is spent with patients. I also enjoy teaching. As I've matured (my children may not agree with that term), I've become a better teacher. I am more

aware of what medical students or residents want to know, even though their questions may not reflect that. I continue to be engaged in clinical research and this has enabled me to continue my close relationships with the institutions where I trained. Medicine is always changing, sometimes for the better and sometimes not. But, I think it's a wonderful profession/career with so many options and challenges. I recommend it to any of your children and grandchildren.

Margaret Blaustein

I am a clinical psychologist who specializes in childhood traumatic stress. Although I started in direct clinical practice, most of my work now is with organizations, providing training and consultation in how to best support youth and families who have experienced adversity. Research tells us that



as many as one in three children in the U.S. is exposed to a significant, potentially traumatic stressor in childhood. This means that every organization that works with kids needs to understand how to work in a trauma-informed way. The training center I run works with organizations ranging from individual acute care settings, mental health centers, and juvenile justice programs to larger systems such as school districts and state-wide child welfare systems. We strive to better understand and respond to the needs of young people who have experienced stress, and to support their adult caregivers – whether parents, teachers, mentors, or other providers. It's been an incredibly rewarding experience to bear witness to the tremendous work that so many organizations are doing, and to the strength and capacity of children and families. If you are interested in this topic, I have written about it in *Treating Traumatic Stress in Children and Adolescents*.



Rami Burstein



I am a headache specialist at Beth Israel Deaconess Medical Center and Professor at Harvard Medical School. As part of my work I conduct translational research studies, developing new approaches for the diagnosis and treatment of migraine headaches. In recent years the FDA recognized that the treatment of migraines should be focused not only on reducing headache and pain but also on sensitivity to light, which sends patients to isolation in the dark – rendering them unable to function at work and at home. In a series of recent studies, we discovered a pathway in the brain that causes light to make the headache more painful. To our surprise we also found that a certain narrow band of green light has the opposite effect. It not only gives the migraine sufferer enough light to function but if the person spends two hours exposed only to this narrow band of light, the light actually reduces many of the symptoms of the migraine. We have found a way to make this narrow band of light available to those who suffer light sensitivity. It is thanks to patients' participating in clinical studies that we can help improve treatment for them and others.



Benjamin Caplan

Hello, TBS family! I'm Ben Caplan, MD. A family doctor, formerly of BI-Needham, I'm blessed to have four children who have thrived in the warmth of the TBS community. I now work in Chestnut Hill, championing evi-

dence-based medical cannabis care for those who want comprehensive education and support. It was actually my primary care patients who first taught me about how helpful cannabis was for them, and having witnessed the tremendous benefits firsthand, I have dedicated my career to help turn around the common misunderstandings on the topic and to educate as widely as possible. Cannabis Medicine at the CED Clinic is about empowering, through

education and guidance, those who struggle with all manner of illnesses. Some come with cancer and debilitating pain, yet many more seek help with daily stress or poor sleep. Interesting facts: unlike the pot some may be familiar with, modern medical cannabis is dosed, has specific goal effects, and you need not feel high or smoke anything. Surprisingly, lotions and low-dose sweets are some of the most popular items around.

Marcy Cheifetz

I am an Endocrinologist at Harvard Vanguard Medical Associates here in Boston, where I have worked since 2004. Since 2017, I have also served as Director of the Bone Program at Atrius Health. I really love what I do and derive great personal satisfaction from caring for others and helping them to live their healthiest lives. In my clinic, I help manage and treat patients with an array of endocrine disorders, including diabetes, thyroid disease, osteoporosis, adrenal disorders, pituitary gland diseases, and disorders of reproductive hormones. In my role as Director of the Bone Program, I help coordinate the management and care of patients with osteoporosis and have spearheaded multiple initiatives designed to mitigate the risk of fragility fracture in our patient population.



One of the greatest challenges we face in the area of osteoporosis care is an overwhelming amount of misinformation about the risks of osteoporosis medications. In reality, osteoporosis medications are extremely safe and highly effective in reducing the chance of breaking a bone and can really help keep people safe and physically active well into old age. Many people with osteoporosis forgo needed treatment and, as a result, go on to suffer recurrent and potentially disabling fractures. I see it as my task to try to change perceptions about osteoporosis medications and help people choose a treatment regimen that will help prevent fracture in their lifetime.

Ezra Cohen

I am a pediatric rheumatologist and pain doctor. I chose to go into this area because of the strong relationships you can build with children over time, and because of some of the miraculous discoveries that have been made in this area in the last 20 years.

One piece of information: kids can get all the same autoimmune diseases that affect adults with a few exceptions!



Amy Fogelman

I am an Internal Medicine Physician and see patients at Fenway Health. My father and grandfather were both doctors, and I recall diagnosing my friend's rash when I was in second grade -- you could say being a physician is in my blood. One of the most rewarding things about being in primary care is the doctor-patient relationship that is created over time. It is a privilege to be able to assist patients on their health journey. I also seek to improve the system through my company, MED LAW Consulting, where I consult with attorneys on their medico-legal cases.



Advice: If your balance is not 100%, stay off ladders. More than 90,000 people receive emergency room treatment from ladder-related injuries yearly.

Michael Ganetsky

I'm an Emergency Physician and work at the Beth Israel in Boston and Needham and at our urgent care centers in Chestnut Hill and Chelsea. Taking care of patients with any illness or injury, or at least the initial stabilization phase, at all hours of day or night is both challenging and rewarding. My subspecialty is Medical Toxicology, which focuses on the evaluation and treatment of poisoned patients. In this role, I see consults at the BIDMC, I am on staff at the MA/RI Poison Control Center where I help with their cases, and I also do research and teach.



Some important medical advice: do not leave unused opioid pain medications at home as it increases risk of misuse and overdose in family members. Safely dispose of these at locations such as police stations or pharmacy drop boxes.

Martin Goldsmith

When I was in practice, I specialized in Diagnostic Radiology, which meant that I was responsible for reading regular X-Rays as well as CT Scans and MRIs. I also worked in the gastrointestinal area doing upper GI barium exams as well as lower GI barium exams. The work was very interesting and self satisfying because I was helping to find problems in people who needed a Doctor's opinion!!!

Jason Hornick

I live in Needham with my wife, Harmony Wu – we have teenaged twins, Hazel and Oscar, and three cats. I work at Brigham and Women's Hospital, where I am the Director of Surgical Pathology and Professor of Pathology at Harvard Medical School. Most people don't know what a surgical pathologist is (I didn't before I became one!); we use microscopes to review slides of the tissues removed from patients (biopsies and surgical resections); we make diagnoses of cancers, benign tumors, infections, and inflammatory conditions. We discuss the findings with surgeons, oncologists, and other medical specialists so that they can provide the most appropriate treatments to patients. My main area of expertise is soft tissue tumor pathology (including sarcomas); these are very rare tumors that arise in connective tissues of the extremities and trunk, as well as in body cavities between organs. I spend my time split among diagnostic pathology, teaching (residents, fellows, and practicing pathologists), and research, developing improved diagnostic methods and learning how to predict cancer outcomes more accurately.



Harvey Kaufman

I am a pathologist, born in Boston, grew up in Newton, trained and worked in Boston, and live now in Needham (I work from home, like many more of us now). I joined what is now Quest Diagnostics 28 years ago as regional medical director in Cambridge. I served as the first chief laboratory officer for Quest Diagnostics and a dozen additional roles. Currently, I serve as senior medical director, medical informatics. We license data and publish studies that provide novel public health insights, help shape medical guidelines, and currently identify patterns of testing and positivity for SARS CoV-2 (coronavirus) with the CDC. I don't have direct patient care. I hopefully influence the care doctors provide and inform people about public health issues. Dealing with data has always been a passion. At summer camp, I conducted studies on the effectiveness of bug sprays. In this time of the pandemic, follow guidelines to reduce exposure and seek medical care as needed, for whatever may arise. Be safe.



Richard Kaufman

I'm the medical director of the transfusion service at the Brigham and Women's Hospital (BWH) and Dana-Farber Cancer Institute (DFCI) and an Associate Professor of Pathology at Harvard Medical School. I serve as Editor-in-Chief of the journal *Transfusion*. I also chair the U.S. Blood Products Advisory



Committee, which advises the FDA on issues related to blood product safety and efficacy. I do clinical research in transfusion medicine, teach medical students and house officers, and I direct the BWH/DFCI transfusion service laboratory and the Kraft Family Blood Donor Center. I got into transfusion medicine completely by accident. During medical school, I worked on a basic science project with a renowned investigator who happened to be a blood bank medical director. That got me interested in the field.

There is a constant need for blood products to support patients with cancer, patients having surgery, premature newborns, and many others. There have already been blood shortages in regions hit hardest by coronavirus. I would encourage everyone to please donate if you are able. It's a mitzvah!

Mark Kirstein

I am an optometrist, so 2020 is a very special year for anyone in the eyecare field. 20/20 is shorthand for excellent visual acuity, which some people are lucky to have without eyeglasses, surgery, or contact lenses. Speaking of contact lenses, I was fifteen when I got my first pair. I was hooked, especially since I was the catcher and on the town baseball team, and the catcher's mask and eyeglasses were an awkward combination. Wearing my first pair of contacts with such enthusiasm led me along the path to becoming an optometrist. Even now, decades later, I still marvel at how these little pieces of plastic can have such life-changing effects.

I have been blessed with patient appreciation over the years. Patients have thanked me for my "focused care" and "insight" into their vision care needs. My potential sight-saving advice? Please be sure to have a routine glaucoma (eye pressure) screening since glaucoma is often sneaky. Regarding health care, including eye care, mundane is much better than an eye-opening surprise!

Liza Meyerhardt



I am an internist and medical director at Newton Wellesley Physicians Primary Care Needham/Newton.

I grew up in Minnesota and was always interested in languages, science, and all things hospital related. I went to Duke University and initially pursued studies in Chinese language and psychology. It was not until late in my junior year that I realized my true love was actually taking care of people. I took a year off after college to work at the Mass General, take my MCATS, and apply to medical school. I feel lucky that I allowed myself to study a wide array of topics during my undergraduate years, and now I have truly found my passion as a primary care provider. I feel like I am so very lucky to be able to take care of such wonderful diverse people in and around the Boston area while also having time to devote to my family and outside interests.

Ed Olhava

I work in biotechnology at IFM Therapeutics, a startup company in Boston, where I am the head of preclinical development. I have a Ph.D. in organic chemistry, which



trained me to synthesize complex molecules (such as most medicines!) from simpler chemical building blocks.

My job is to work with our scientists to identify a potential new drug from their research. Thousands of new molecules are made and tested before selecting one molecule to advance into a clinical trial in humans. Once the molecule is selected, we need to test it in safety studies and make enough of the potential drug to supply the clinical trial. This process from final selection to clinical trial takes 9-12 months. We submit all of this testing data to the FDA, which then reviews and decides if what we have done shows that the molecule could be of benefit to a patient, and, importantly, safe enough to give to humans for the first time in a Phase 1 study.



In my line of work, most potential drugs fail during research, and the majority of my colleagues have never worked on a drug approved for use in patients. I am proud to say that early in my career, I invented Ninlaro, a drug now being used to treat multiple myeloma. I sincerely hope none of you reading this has to ever use it, but am glad that it is available if needed.

Margo Porter



I've always loved children! It's no surprise that I chose a profession as a Licensed Clinical Social Worker. I can't think of any other profession that allows me to make such a difference in people's lives.

I've worked in schools counseling students and collaborating with teachers.

I've worked at non-profit mental health centers providing therapy. I've also worked as a Behavioral Health Specialist at a pediatric office.

For the past 15 years, I've managed my private practice in Newton, where I see children ages six and older and their families. My expertise is in anxiety disorders across the lifespan. I teach children and parents skills that foster adaptive thinking. We don't focus on eliminating thoughts and feelings, but understanding them, and learning to manage them.

Recently I've exercised my entrepreneurial spirit by starting "Worriers to Warriors," teaching kids tools to manage their anxiety. In this group program, we make an actual toolbox, so I'm combining two of my favorite things: therapy AND crafting! I've recently co-founded The Homework Advisors, an in-home clinical academic coaching business that empowers families to manage homework time more peacefully and effectively.

Amanda Pressman

I am one of the handful of physicians in the United States trained in Women's Gastroenterology.

I am an Associate Professor of Medicine and Clinician Educator in the Department of Medicine of Brown University. My focus is on treating gastrointestinal illnesses and conditions that are specific to women. For example, I run a clinic for pregnant women who have underlying



GI conditions or who develop problems like hyperemesis (profuse vomiting) or liver issues during their pregnancy. I also run a program devoted to treating pelvic floor disorders like prolapse, incontinence and constipation, which impact up to 30% of women as they age. I feel privileged to be able to work with women of all ages to help them achieve a better quality of life.

On a more personal note, my kids and their friends like to say that I am a "poop" doctor. I think that makes me popular with the elementary school crowd!

Frederic Resnic

I work as an interventional cardiologist, with a focus on treating adults with coronary artery disease and valvular heart disease (aortic valve, mitral valve, etc.), and am currently the Chairman of Cardiology at Lahey Clinic, in Burlington, MA. I also work extensively in the cardiac ICU at Lahey, and am one of the proceduralists involved in implanting and managing the life support systems for our sickest patients with combined heart and lung failure.



I became fascinated by interventional cardiology when in medical school (a long time ago!) through my interest in minimally invasive treatments and technology (I was actually an electrical engineer before going into medicine). I continue to do research with FDA and other investigators in developing approaches to monitoring the safety of implantable medical devices.

While there are so many wonderful stories about caring for patients, my favorite experiences are seeing patients years after they were so incredibly sick, coming into the office with children and grandchildren that they know they never would have met, had they not come to the hospital when they did.

What to advise fellow TBS congregants? Please, please, please listen to the public health leaders in the region and country about how to protect yourself and your family as much as possible. Washing hands, social distance, and staying at home if you are not feeling well are critical.

Seymour Rosen

I am a physician, practicing at the Beth Israel Deaconess Medical Center (BIDMC) for over 50 years and at the Children's Hospital for 40 years. I was Director of Surgical Pathology



for 30 years and became a full Professor of Pathology at Harvard Medical School in 1994. My specialties include renal pathology (President of the Renal Pathology Society), genitourinary pathology, and GI pathology. I have taught literally hundreds of residents, some of whom have become heads of various pathology departments and organizations. I am well recognized in research of both kidney and prostate. Currently my research interests involve a collaboration between my group and MIT, utilizing a new laser-based optical instrument that can provide diagnoses within minutes after biopsies are done (two publications in the last year; numerous publications in preparation). I am confident that this instrument can change the practice of pathology, and three of my grandchildren have worked with me in this research.



Jessica Rosenstock

I am an obstetrician/gynecologist. I became interested in this field when I was in high school, when an OB/Gyn I heard speak told us, "I bring life into the world! What is better than that?" It stuck with me through college and medical school, and I never considered another field.

I love my job and love taking care of women throughout all the stages of their lives - from adolescence, through the reproductive years, and on into menopause. Every day is different and there is never a dull moment! Helping people grow their families is a special privilege and I'm grateful each day for the ability to do so.

Arnold Savenor

I not only live in Needham, but I also practice hand surgery in Needham, at the Beth Israel Hospital. I specialize in elbow, wrist and hand problems.



For the last 26 years I have practiced medicine as an Orthopedic Hand Surgeon. I began my career as the Director of Orthopedic Hand Surgery at Boston University. In 1998, I entered private practice in Needham and at New England Baptist Hospital. In 2013, I joined Harvard Medical Faculty Physicians, where I currently practice.

I have enjoyed being involved in medical education throughout my career. I have taught BU orthopedic surgery residents, Spaulding physiatry residents, NE Baptist occupational medicine fellows and Harvard hand surgery fellows.

My childhood dream was to become a doctor. My mother still has my first grade "what do you want to be when you grow up project" at which time I announced my dream.

I feel blessed to work near home, affording me the luxury of spending more time with my family and allowing me the privilege of caring for the members of my community.

Michael Sganga

I am proud to be part of a four-generation family of Temple members. Rabbi Jay married us and our daughter is a second-generation TBS Children's Center student; her brother will join her this fall.



As a podiatrist performing foot and ankle surgery, my goal is to get patients back on their feet and enjoying the activities they love. My advanced training in foot and ankle surgery, reconstruction and trauma allows me to provide cutting edge techniques, minimally invasive surgery and comprehensive state-of-the-art care. I take great pride in keeping my patients active through personalized care and thoughtful development of individualized treatment plans.

I am also one of the few double board-certified podiatrists in foot and rear-foot reconstructive ankle surgery in the state specializing in foot and ankle reconstruction. I am a partner at Orthopedics New England and in 2019, I became the Chief of Podiatry at Milford Regional Medical Center.

When was the last time you were fitted for a shoe? Most likely you were 12 or younger. Selecting a well-fitting shoe is important and you should be measured in the afternoon for a good fit. For sneakers, they should match what you want to do for activity.

There are several nonsurgical options for foot and ankle care. If injured, your goal is to get appropriate pain relief, listen to your body and be your own advocate.

Beth Shulman

As a Homecare Occupational Therapist, I'm one of many healthcare providers in our community. My work feels more like a calling than a career. As a teenager, I first learned that occupational therapists adapt their patients' living

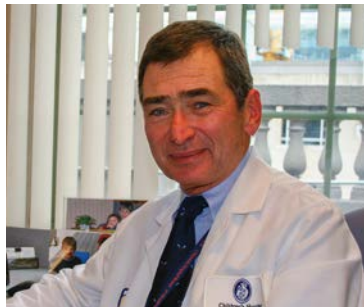


environment so they can resume daily activities and restore independence. It's enormously satisfying to help a person regain skills that were compromised by an injury or traumatic health episode. No two home care visits are ever the same, and I often get to create and test new solutions to vexing problems. One patient might simply need handrails installed so they can bathe and toilet safely; another patient might need customized equipment to dress, or new strategies to self-feed. Here are two advice nuggets based on my three decades in healthcare: (1) Consider an occupational therapist for a home safety assessment to minimize risks for you – or your parents – to age in place; (2) When the need for special equipment arises, take advantage of Needham's Community Council's "Loaner Closet" to borrow wheelchairs, shower chairs, and other game-changing quality-of-life items.



Stephen Shusterman

As a pediatric dentist in the medical world, I had the "life of my dreams." After serving in the U.S. Army, I returned to Needham in 1970 so that I could have an appointment at Children's Hospital and Harvard Dental School, while starting a private practice here. I was excited to be an attending dentist and educator, 1 day/week. One day became 2 or more, and morphed by the early 80s into Dentist-in-Chief at Children's. My position, now intertwined with my medical colleagues, allowed me to become a member of the Cleft Lip/Palate Craniofacial Team, and my subspecialty was early infant presurgical care for newborn babies. I worked closely with plastic and maxillofacial surgeons, pediatricians, orthodontists and ancillary staff, and was in the OR regularly. Though the private practice has become a busy group practice, I considered myself an oral physician at Children's, and a teacher at Harvard. Through it all, we had our TBS where I was President from 1985-87. Remember children with facial differences are the same as all children; they seek your understanding and your love.



Elliot Steger

I have practiced Internal Medicine for 35 years (and piano for 60 years). My father was a chemistry professor and played the trumpet. My mother played the piano. I grew up in New York loving music and science. I was admitted to both the Bronx High School of Science and the High School of Music and Art and had to decide between a career path in the sciences or music. I decided to go down the science path thinking I could always keep music as a hobby.



I decided to become a general internist because I believe in treating the whole patient and that continuity of care leads to the best therapeutic outcome. I have been in the same practice for 35 years. Some things I have learned include that much illness is preventable through proper diet, exercise, not smoking, and stress management.

I never gave up my musical passion. I have produced five CD's of original compositions and perform with professional musicians. Catch my quartet at my next concert at TBS on November 8th.

Alan Stern

I didn't decide to become a physician until later in my college experience at Brown. At first, I had imagined doing some type of research and teaching, much like my parents. My mother actually convinced me to become an M.D.!



I recognized that I wanted to become a pediatrician midway through my medical school career, mostly due to the patients that I had the pleasure of treating and the wonderful pediatric staff in Vermont. Initially, I thought about pediatric oncology while at Boston Children's Hospital, but my former pediatrician, Chris Salvo, convinced me to do primary care and return to Needham!

One of the greatest aspects of being a pediatrician is to see patients grow and develop into incredible young adults. Besides providing care for children and their families, I have really enjoyed being part of the community that I have lived in most of my life by helping with public health measures to regulate and diminish the use of tobacco products, reduce



obesity rates, care for food-allergic individuals, and now deal with a pandemic. I am also fortunate that I am now able to teach medical students at Harvard Medical School.

Wendy Storch

I have been fortunate to work as a nurse for over 30 years. Nursing has provided me the privilege of partnering with patients young and old on their healthcare journey.

My career began in the NICU, neonatal intensive care unit, at several large Boston hospitals. I was part of a Med Flight transport team responsible for managing critically ill infants. I expanded my clinical knowledge and my career by working in many specialty units, which led to working in Primary Care nursing, currently in the role of Senior Director of Nursing at Beth Israel Lahey Primary Care.

This senior level position has allowed me to be the voice for all our nurses across 40 practices. I am an advocate for advancing the role of the Team nurse, promoting a culture of safety, patient respect and best-in-class patient-centered care.

I became a nurse because of the fast-paced, high-responsibility nature of the job. I stayed in nursing because it has provided me lifelong learning. Patients have been my best teachers. Now, towards the end of my nursing career, I feel a responsibility to pay it forward and support and mentor new nurses entering the profession.

An interesting and rewarding anecdote is that a former patient of mine reached out to inform me that she now is a nurse!

Amy Weinstein

I am a general internist and medical educator at BIDMC. As a primary care doctor, I have special interests in women's health, nutrition, diabetes, obesity and prevention. In medical school, I fell in love with the PCP's ability to care for the whole patient and focus on prevention. Inspired by great mentors and my educational experiences, I decided to focus my academic work on advancing and innovating medical student education and training the next generation of physicians. Currently I run the BIDMC Internal Medicine Clerkship, through which I provide foundational teaching



to medical students in their core clinical year. In addition, as the Director of Education for the Crimson Care Collaborative, a network of 7 student-faculty practices across the Harvard network, I develop and run innovative educational experiences for students. One tip is to work with medical students when asked. Not only will you be training the next generation of doctors, but students are great at communicating with patients, researching their patients' medical conditions and have even been able to diagnose rare medical conditions.

Andrea Zuckerman

I wanted to become a physician for as long as I can remember. When I attended Tufts University School of Medicine I considered becoming a pediatrician, but decided to pursue a career in obstetrics and gynecology because it allows me to care for women of all ages in the office, operating room and delivery room settings. After my residency at Tufts, I completed a fellowship in pediatric and adolescent gynecology, which also allows me to serve a population that sometimes gets lost between pediatrics and gynecology. I have been on staff at Tufts Medical Center since, and am lucky to practice all aspects of OB and GYN as well as serve as the Chief of Pediatric and Adolescent Gynecology. Besides caring for patients, another aspect of my work that I enjoy is the opportunity to teach and mentor medical students, PA students, and OB/GYN residents. I encourage young people to pursue a career in medicine if they are passionate about it, but remind them that babies sometimes arrive at all hours of the night!



Art In Bloom



Neat Bed - by Peggy Gassman



Sue Kaplan performing live demo with student artist Erin Walker's work



Messy Bed - by Peggy Gassman



Steve Shimshak and Zoe



Babs Moss & Grace Cohen



Barbara Kopans & Julia Hollfelder



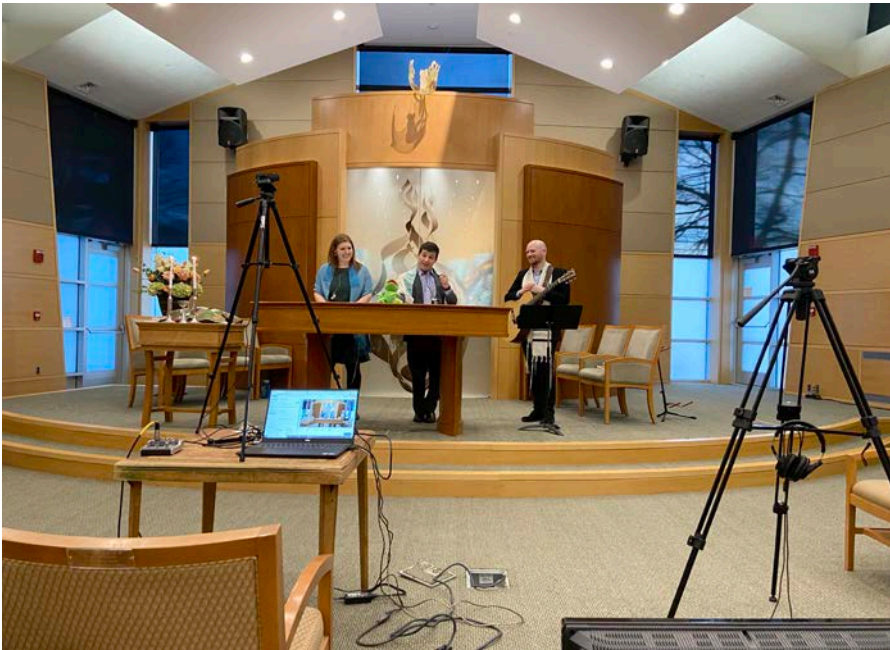
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ZOOMing Around TBS



TBS Studios:
The magic behind the scenes.

BYOB (Bring Your Own Bagel)
to Torah Study!

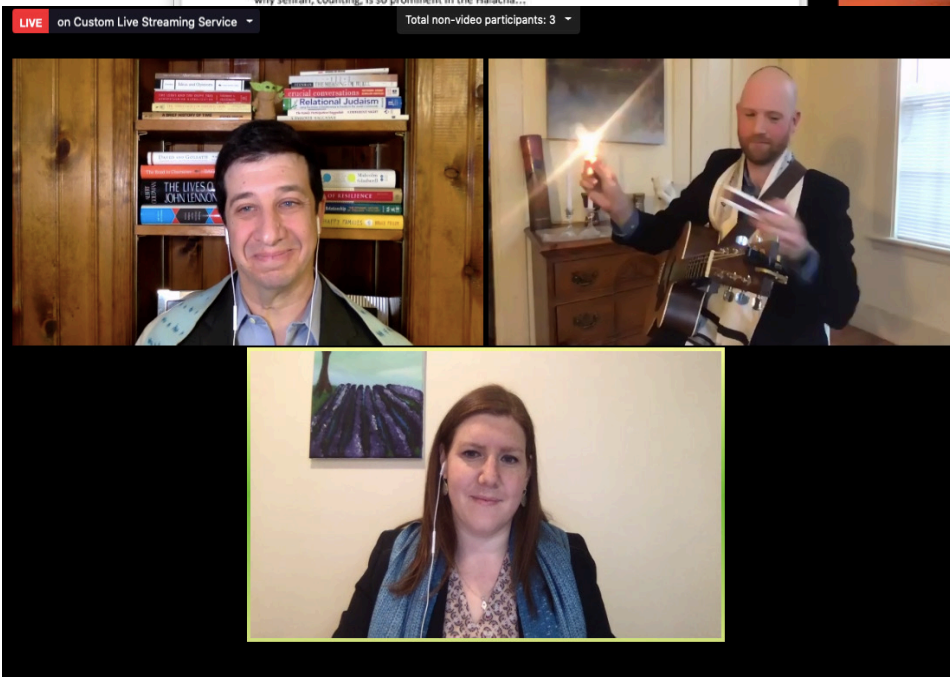
Parashat Terumah, Parashat Terumah, Omer Counting (all image 2 of 6)

Pesach, the farmer is a slave to his land. He must clear the fields of stones, plough, sow and water without seeing the fruits of his labor. However, when the middle of Nissan comes, a dramatic change takes place. The farmer is transformed from one who "sows in tears" to one who "reaps in joy." He is now master of his land and earns his daily bread from it. This new-found freedom commences on Pesach when the barley harvest begins, as beforehand one is not permitted to benefit from the current year's grain. Thus, the two freedoms - agricultural and historical - go hand-in-hand. A barley offering (korban omer) is brought in the Temple on the second day of Pesach, expressing our recognition that it is God who causes the rains to fall and the grain to grow, just as it is He who redeemed us from bondage...

Rabbi Aryeh Carmel (20th Century, England): The Omer on Pesach was from the barley harvest. The offering on Shavuot was of wheat. Barley is mainly food for animals. Wheat is food for human beings. The Torah hints to us that physical independence by itself still leaves man - from the Torah perspective - on the animal level. The counting of the forty-nine days signifies a sevenfold refining process and marks our progress to full human status with our acceptance of the Torah at Sinai, seven weeks after the Exodus.

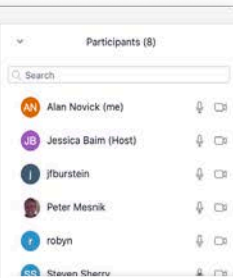
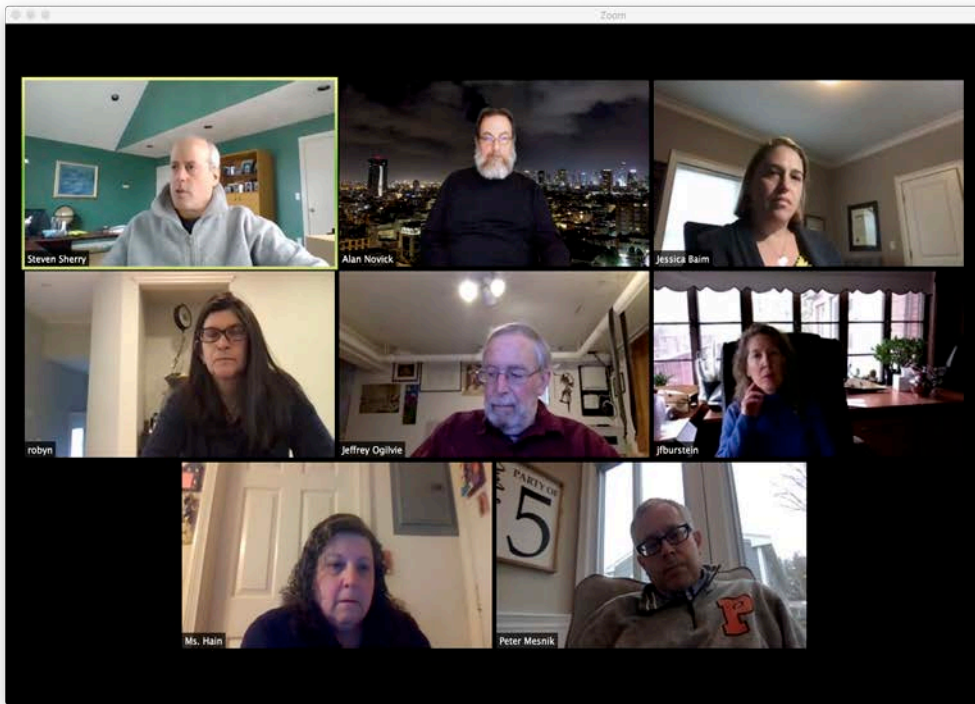
Why all the counting?

Rav Soloveitchik (1973): When one counts, one ushers in a continuum...At any position in which you find yourself counting, you have to be aware of two things: of the preceding position and of the following position. For instance, we counted last night "lamed-gimmel bo omer, thirty-three days in the omer. However, we could not have arrived at this position from nowhere, ex nihilo. When we say lamed-gimmel, thirty-three, we ipso facto state that this position was preceded by thirty-two previous positions...At the same time, however, we also know that "thirty-three" is not the last station. From here we'll move to additional positions... In other words, any act of counting embraces retrospection as well as anticipation...And that's why sefirah, counting, is so prominent in the Halacha...



Shabbat services from home... to home.

more ZOOMing Around TBS



The Scroll Editorial Board virtually working hard 😊



We even ZOOMed our Seder!



Shabbat is here. No, It's here!





The Damelin family and friends virtually gather for the Passover Seder.

The women of Sisterhood get together for their Seder on Zoom. So far, only three cups of wine.



*Can you hear me?
I can hear you, can you hear me???*

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Rabbi Todd's caring & kindness during my recuperation from surgery

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Chesed's kindness after my surgery

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and Bring Comfort to...*

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Max, Benjamin, Eve and Taylor

on the passing of their brother, uncle and great-uncle, Alan Cutler

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Ethan Alberts and Madison and Ella Hecht

on the passing of their husband, father and grandfather, Frank Hecht

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on the passing of their father and grandfather, Iran Joventino

Wendy Gutterson

on the passing of her great-uncle, Nat Solinsky, and

on the passing of her uncle, Samuel Blitz

Dianne Rishikoff

on the passing of her aunt, Elizabeth Shapiro

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Matthew and his wife, Sarah, and Joshua and his wife, Shelby

on the passing of their mother and grandmother, Lorna Shapiro

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on the passing of their stepmother, grandmother and great-grandmother, Ruth Schneebalg

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on the passing of their father and grandfather, Ira Warner



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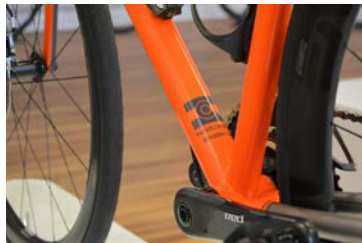
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