# How can we HELP YOU?

The Chesed Committee has expanded to help you navigate life's challenging times...



#### Is there a new baby in your house?

#### Shalom Baby!

Once the synagogue has been notified, we're here to provide a warm welcome to the newest member of your family. We can suggest resources for a brit milah or a simchat bat, provide some nourishment for the whole family during those hectic first days and even provide your little one with some Etz Chaim "merch"!

#### Do your children need a local grandparent?

Honorary Bubbes and Zaydes (Grandmothers and Grandfathers)

Sometimes grandparents live too far away for regular visits or even visits on special occasions; local grandparents are sometimes unavailable. If you'd like your child or children to have the special gift of connection with a local bubbe or zayde, a savta or saba, we can arrange it!

#### Would you welcome a new friend?

Lev El Lev (Heart to Heart)

Sometimes illness, age, the death of a spouse or partner – even a new move to this area – can leave us feeling isolated and lonely. If you'd welcome the chance to meet a new friend, share a cup of coffee and maybe some life stories, we'd be happy to find that friend for you!

#### Would a visit lift your spirits?

Bikkur Cholim (Visiting the III)

Time in the hospital, in rehab or during recuperation at home can be very long. A visit from a member of our congregation who comes with a smile and maybe even a joke or two can help break the boredom.

### Don't fight a medical battle alone

Yad B'Yad (Hand in Hand)

If you're facing or battling a medical challenge, walk down that road hand-in-hand with someone who's already made a similar journey. A member of our congregation can provide information, tips and other resources as you navigate the road ahead.

#### Has a loved one passed away?

Nefesh L'Nefesh (Soul to Soul)

After the synagogue has been notified of the death of a congregant or a congregant's loved one, Nefesh L'Nefesh volunteers arrange a meal for the immediate family of the deceased after an in-town funeral. (Those congregants who observe shiva at home after an out-of-town funeral receive a fruit platter.) With our rabbis, we can also provide both short- and long-term resources to help you deal with loss and grief.

Contact Rabbi Dorsch at 770.973.0137 or rabbidorsch@etzchaim.net to see how the Chesed Committee can help you or a member of your immediate family.

For additional information contact Suzanne Rivchun, Chair Chesed Committee chesed@etzchaim.net





Confidentiality requested? | Confidentiality respected.

## If you want to help another congregant, here's whom to contact

To welcome new babies into our Etz Chaim family, contact *Sarah Salamon* at *sarahrsalamon@gmail.com* or *561.558.7603* to discuss joining the Chesed Committee's Shalom Baby! subcommittee.

To become an honorary grandmother or grandfather (whether or not you have grandchildren of your own) to a child whose grandparents are far away or unavailable, contact *Cindy Lewis* at *farfel0001@aol.com* or *404.680.5977* or *Steve Horovitz* at *steven.horovitz55@gmail.com* or *678.862.5338* to discuss joining the Honorary Bubbes and Zaydes subcommittee.

To offer a visit and conversation to a congregant who would welcome a friendly smile, contact *Cheryl Eppsteiner* at *eppst4@aol.com* or *770.330.6736* to discuss joining the Lev El Lev subcommittee.

To support a member of the congregation who is fighting a medical condition similar to one you once fought, contact *Julie Schlosberg* at *julieaas@gmail.com* or 770.722.5459 to discuss joining the Yad B'Yad subcommittee.

To visit Etz Chaim members who are recuperating, contact *Dr. Stephen King* at *sking2004@comcast.net* or *678.575.5193* to discuss joining the Bikkur Cholim subcommittee.

To help congregants in mourning, contact *Lisa Flagel* at *lisaflagel@gmail.com* or 678.591.7950 to discuss joining the Chesed Committee's Nefesh L'Nefesh subcommittee.

