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MAY 2025

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DELAWARE

A photograph of three women practicing yoga on a sandy beach. They are all in a tree pose (Vrikshasana), standing on one leg with the other bent at the knee and arms raised. The woman on the left is wearing a white tank top and patterned leggings. The woman in the middle is wearing a light pink tank top and teal leggings. The woman on the right is wearing a light pink long-sleeved shirt and purple leggings. They are standing on blue and orange yoga mats. The background shows the ocean with waves and a hazy coastline.

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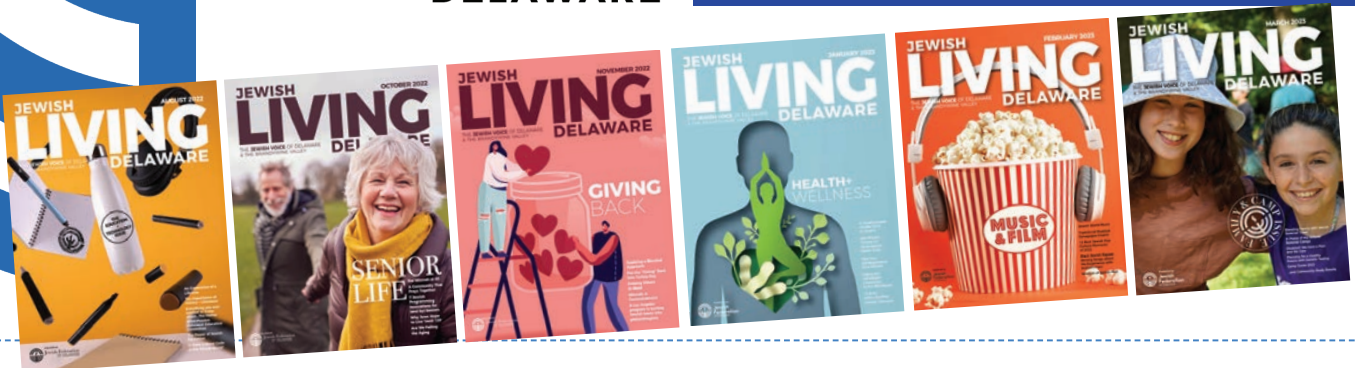
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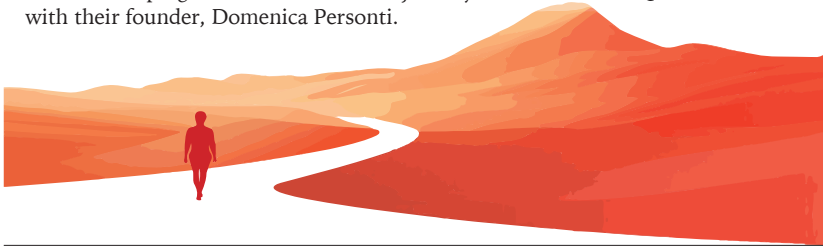
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**FEATURE:
A Single Step :
How Impact Life Helps Delawareans
on their Journey to Recovery**

Impact Life is a community-based behavioral health support service committed to aiding individuals on their journey to wellness with compassion and understanding. During 2025's Mental Health Awareness month, learn about a local organization dedicating their efforts to helping Delawareans on their journey to wellness in a Q&A with their founder, Domenica Personti.



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**FEATURE
Qi Gong: Ancient Wisdom
Meets Modern Wellness**

Unlike traditional Western exercise routines, qi gong is a gentle yet powerful form of movement that emphasizes slow, deliberate motions and mindful breathing. It incorporates ancient wisdom with modern physiology. Dr. Seth Torregiani shares the benefits of this practice.



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**FEATURE
Genetic Testing Could
Save Your Life**

"People may see me dancing, laughing, and making light of my follow-up appointments, but behind the scenes, I'm doing everything I can to be proactive with my health." Seven-time cancer survivor Lainie Jones joins *Jewish Living Delaware* for an exclusive interview about the importance of medical advocacy, genetic screening, and having a positive outlook.

Columns

- 12 Agencies: What It's Like to be a Jew on a College Campus Today**
"It is exhausting and painful to constantly defend our existence but it simultaneously makes this generation of Jews more resilient, braver, and closer than ever." JFD Volunteer Dasha Rothblatt shares her experiences at the University of Delaware in the wake of October 7.
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What Jewish values can we connect with athletic activities? More than you expect! JFD's Rachel Garofolo tells Shannon Morken's story with some Talmudic wisdom.
- 26 Food for Thought**
End your day with a healthy dinner! Read on to learn about the benefits of fresh fish and how to make a vibrant and nutritious dinner.

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A Community of Hope

BY **SETH J. KATZEN**, *President & CEO of Jewish Federation of Delaware*

Welcome to the May edition featuring our focus on Health & Wellness.

The Federation held several meaningful programs the past few weeks under our **Community of Hope** theme including three **Yom HaShoah** programs for Holocaust Memorial Day, **Yom HaZikaron** to remember Israel's fallen heroes and victims of terror, and **Yom HaAtzmaut** to celebrate Israel's 77th including special guests from Israel. These holidays took on special meaning and serve as vivid reminders of our people's resilience.

On May 3, Federation and the Siegel JCC are bringing back **Hashayara**, a vibrant ensemble of Israeli musicians from the Galilee, who will share the spirit of Israel's Independence Day with Delaware and the Brandywine Valley. Audiences will be taken on a musical journey that weaves together beloved Israeli songs in both Hebrew and English, celebrating the nation's pioneering dreams, achievements, and challenges throughout its history. With a mix of traditional classics and contemporary Israeli hits, the concert offers a powerful connection between Israel's past and present.

On May 4, we bring **Lone Soldier** (a member of the Israel Defense Forces who does not have support in Israel, either because they do not have immediate family in Israel, or they are estranged from their family in Israel) Ira Kohler.

A University of Delaware alum, Ira will share his unit's October 7 story and his time in Gaza.

As a response to rising antisemitism, **ADL's Center for Antisemitism Research (CAR)** was established in 2022 to study the dynamics of anti-Jewish hate. In the aftermath of October 7, CAR has been conducting extensive and rigorous research aimed at identifying and developing effective communication strategies to combat antisemitism. We are finalizing a date this month to present these strategies.

Across the country, ADL has been sharing these research-based communication strategies with Jewish community leaders like you because we believe that these seven strategies can help strengthen our collective voice as we try to help others understand the impact of antisemitism on Jewish people.

Please save the date of Thursday, June 12, for the Federation's **90th Annual Meeting**. We will thank outgoing and welcome incoming members of the Board of Directors as well as recognize three community leaders for their inspired leadership. You will also be one of the first to read our **2024-2025 IMPACT Report to the Community**.

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Spreading Purim Joy at the JCC

On March 13, the Siegel JCC's Early Childhood Center paraded through the J in festive costumes, spreading Purim joy. J staff brought the story of Queen Esther to life with a lively play for ECC families!

Photo Credit: Kayla Buchanan



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In Memory of Jenneville Newman

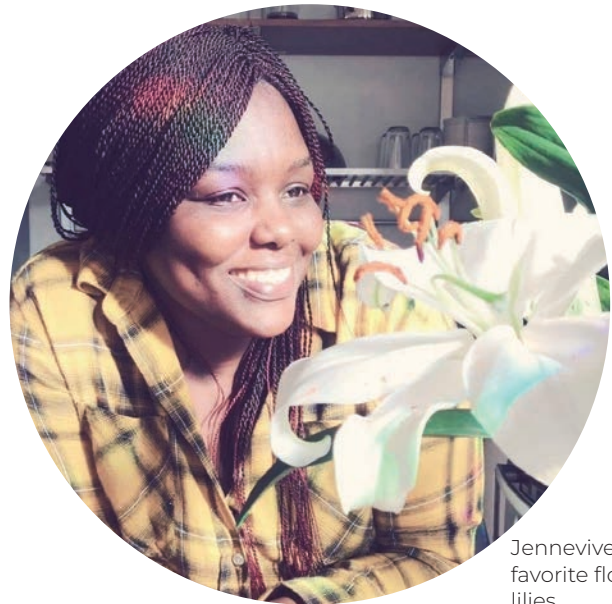
BY JEWISH FAMILY SERVICES OF DELAWARE

It is with a heavy heart that we announce the passing of beloved JFS staff member, Jenneville Newman.

Jenneville Irene Naa Oboshie Newman (1988–2025) was born in Ghana, West Africa. She is survived by Dad, Bishop Eleazer Newman; Mom, Vivian Newman; and Brothers, Winston Newman and Emmanuel Newman.

Jenneville earned a bachelor's degree in social work from the University of Ghana in 2012, a master of arts in development studies from Erasmus University Rotterdam in 2017 and a master's degree in social work from Delaware State University in 2021.

Jenneville worked at Jewish Family Services of Delaware for six years, starting out as an intern and working her way up to



Jenneville and her favorite flower, lilies

become the Director of our Refugee Integration Support Effort (RISE) program. She advocated for and supported vulnerable populations, including refugees, mothers, and children.

She led the JFS refugee team, who worked with thousands of refugees from more than 25 countries. This past September, Jenneville was recognized on Delaware Business Times' "40 Under 40" list, due to the international refugee advocacy work she was involved in. Delaware Business Times' "40 Under 40" recognizes outstanding young professionals who are making a name for themselves through innovative ideas, business excellence, and community involvement.

"A bright life has left us," said JFS CEO Renna Van Oot. "We will forever remember Jenneville Newman, Director of the RISE Program and so much more. A mentor, a friend, a sister, and a kind, humble, and patient leader. A brilliant thinker and passionate provider of service to those in need. All of us are sending love to Jenneville's family, the RISE Team, and to those who were close to her. May her memory be a blessing."

Along with her passionate leadership through the JFS RISE Program, Jenneville also volunteered at her local church in various capacities, including its children's ministry by teaching Sunday school classes. She also worked with her church in her home Ghanaian community, providing a mentorship program for teenagers that focused on teenage girls.

Jenneville was a strong woman of faith. She loved to travel and was on her 14th country. She was a loving daughter, sister, leader, friend, and most importantly, a child of G-d. Though our hearts are heavy, we find peace knowing that she is resting in the loving embrace of G-d, where her unwavering faith has led her.



Jenneville and coworkers

“An angel has found her wings and the heavens are rejoicing”

One of Jenneville’s favorite verses in Scripture was Proverbs 3:5–6, which says “Trust in the Lord with all your heart and lean not on your own understanding. In all ways acknowledge Him, and He will make your paths straight.”

We asked Jenneville’s co-workers to describe her using a word or phrase. Here is what they said: quiet strength, intelligent, mentor, patient, beautiful smile, positive, light, joyful, calming, kept things together, unflappable, passionate, committed—went above and beyond for every refugee, humble, took things with grace and in stride, twinkle in her eye, listened deeply, encouraging, virtuous, advocate, and compassionate.

We will miss you, Jenneville.



Jenneville and her family



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Steps4Sarah:

Building Strength Through Community and Wellness

BY SIEGEL JCC STAFF

Strength grows in the moments when you think you cannot go on, but you keep going anyway.

—Anonymous

Steps4Sarah is an annual event dedicated to promoting mental and physical well-being while honoring the memory of Sarah Segerstrom, a beloved member of the J family who tragically passed away seven years ago. Established as part of the Wellness Summit, Steps4Sarah brings together individuals of all ages to walk in remembrance, engage in wellness activities, and connect with local resources. It is a powerful opportunity to reflect on the importance of mental health awareness, build resilience, and strengthen the bonds that make our community a source of support and healing.

The Power of Walking Together

Walking has long been recognized as a simple yet effective way to promote both physical and mental health. With each lap around the JLoop, participants not only engage in an act of remembrance but also embrace the therapeutic benefits of movement. Whether walking in solitude for reflection or alongside friends and family for support, the experience reinforces the idea that no one must navigate life's challenges alone.

A Space for Support and Awareness

Beyond the walk, Steps4Sarah creates a space where individuals can explore important wellness resources, gain insight into mental health initiatives, and connect with local organizations that provide ongoing support. Open discussions about mental health are vital in breaking the stigma surrounding it, and community events like this help create environments where these conversations can take place freely and without judgment.

Strengthening Bonds Through Shared Experience

One of the most powerful aspects of Steps4Sarah is the way it brings people together. Whether through a simple conversation, a shared meal, or participation in wellness activities, these interactions foster relationships that make our community stronger. At a time when isolation and stress can take a toll on many, opportunities to engage with others in a positive and supportive environment are invaluable.

A Commitment to Holistic Well-Being

True wellness goes beyond physical fitness; it includes emotional resilience, mental clarity, and meaningful connections. Events like Steps4Sarah remind us that taking care of ourselves involves more than just exercise—it means nurturing our minds, seeking support when needed, and embracing the strength that comes from community.

Looking Ahead

As we walk in Sarah's memory, we also walk toward a future where mental health is prioritized and community support is unwavering. Events like Steps4Sarah inspire a culture of care, reminding us all that, even in difficult times, we are never alone. Through continued dedication to wellness, we build a stronger, healthier, and more connected community—one step at a time.



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What It's Like to Be a Jew on a College Campus Today

BY DASHA ROTHBLATT



Photo Credit: Freepik.com

I loved my Jewish summer camps, Jewish foods and holidays, and I adored Shabbat services at my Los Angeles synagogue. As a kid, I would get so excited putting on my newest black tights under my most ruffled dress to show off to my fellow congregants. Every Friday evening felt like my own fashion show.

As an adult, I find Shabbat to be the most grounding part of my week. So, when I started at the University of Delaware, it was no shock that I fell into the routine of attending Shabbat dinners at Hillel on Friday nights. I interned for UD's Hillel a few years ago, where my entire job was to get coffee with Jewish students who were not previously active in Hillel. What a job! You're telling me I get free coffee AND I get to befriend dozens of Jewish students on campus?! Sign me up! I would feel so fulfilled from that job every time I walk past my new Jewish friends on campus, especially when I started seeing them more frequently at Hillel events.

I went on Birthright with Hillel and stayed for two months through Onward, interning for a company in Tel Aviv! I met my best friends through Hillel and got to see them every week at Shabbat dinners and Jewish programming. To me, Shabbat dinners were a fun treat, a chance to see my Jewish peers and eat free, home-cooked meals. However, after October 7, those Shabbats were no longer just a "treat," they were a necessity.

Fall of 2023 was a long, depressing, and isolating season. Each of my Jewish friends felt it.

Going to Hillel once a week for Shabbats was no longer enough for me. I started dropping by the building almost every day, whether it was in between classes or on my way home from the library. I needed it. I would come in filled with so much sadness, grief, and frustration and leave feeling lighter with a sense of release. After speaking to my fellow Jewish students—who were also seeking comfort and guidance through this time—and crying to the rabbi and other staff members, I was able to become more grounded. I could not stand being in class and feeling hot tears roll down my face because I feared for my family and friends in Israel. I could not stand every restless night of sleep worrying about my people's livelihoods. I could not stand hearing my peers speak about Israelis as these evil aliens. I needed to be around people who "got it."

Most of the people around me on campus are not Jewish. At first, when I saw antisemitism rise at other universities, I was relieved not to experience that on my campus in Delaware. I fear I spoke too soon because, even though our antisemitic instances were not as publicly broadcasted as the ones on Tulane's or UCLA's campuses, they still took place.

Personal information was leaked from a Jewish organization's group chat, leading to members getting harassed. When Hillel hosted an event on the Green to honor the hostages taken by Hamas, Jewish students placed more than 250 yard signs with each hostage's name and age in a circle. The signs were supposed to be there for at least a day or two, but that night someone ripped up each hostage's sign from the ground and threw them in the trash. Those instances are just the tip of the iceberg.

Now, anyone can be antisemitic from behind a screen. I have been harassed, bullied, and insulted online for expressing my sympathies for the Israeli people, specifically the hostages and their families. I have lost many friends, some of whom I would have considered my closest friends, due to my support of Israel defending itself. The hatred of Jews runs so deep and it is heartbreaking to see it so apparent in my generation.

Every day, I read the news about what's going on in Israel. One of the hardest, most gut-wrenching days for me since October 7 was the day the Bibas family was reported murdered. I sobbed uncontrollably all day. I went to class and cried; I wanted my peers to see how much this "foreign war" had an effect on their Jewish peers. When I spoke to my non-Jewish friends, they asked why I was crying. Each time, I went through the process of explaining the news and why

it's so devastating. They hugged me and comforted me and told me they are here for me. Still, having to explain every time gets exhausting.

On the evening of that sad, dark day, I thought to call up one of my Jewish friends. She is very active in the Jewish community on campus and is even the president of one of our Jewish clubs. The phone dialed and with a few rings, she picked up. We exchanged hellos and when she asked how I was doing, my voice broke as I answered honestly, "I am so sad." Her immediate response was "I know, me too." I sighed with relief. She understood and she felt it too.

It was so validating and relieving to be able to call a Jewish person and have them just get it. We talked on the phone for only a minute before she invited me to come to her house to mourn together.

When I arrived at her house, another friend of hers was there to plan a campus event to memorialize the Bibas family. Together, we brainstormed ways to help our fellow Jewish students grieve such a heavy loss as a community. My idea was to let our peers write letters to Yarden Bibas and IDF soldiers to express sympathy or appreciation for their strength. When the event came around a few days later, it was remarkable to see my Jewish classmates harness their sadness and grief into something that would make a positive impact, just as I was able to do when helping plan the event itself.

This is what it feels like to be a Jew on campus today.

It is exhausting and painful to constantly defend our existence but it simultaneously makes this generation of Jews more resilient, braver, and closer than ever.

Despite how loud the hatred gets in the news, online, or on campus, I put on my Star of David every day for that little girl who was so excited to embrace her Judaism in public. I proudly stand up for my community on her behalf.

About the Author:

DASHA ROTHBLATT is a senior at the University of Delaware, majoring in Marketing and minoring in Politics & Social Justice. She was born and raised in Los Angeles, California, and has a deep-rooted passion for Judaism, community, and advocacy. Dasha is currently loving her time volunteering at the Jewish Federation of Delaware!



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Abi Gezunt—Be Healthy

BY **RACHEL LEE GAROFOLO**, Officer Manager and Marketing Specialist at Jewish Federation of Delaware

You'd be surprised by how many Jewish values are found in athletic activities. In competitive swimming, for example, one might think that it is simply one team member in the water at a time, concentrating on strokes and counting breaths, pushing the body to its limits for a hopeful victory. We're wrong—it's more than that. How does one person integrate multiple values during one event? Could sports be Jewish mitzvahs wrapped up in a sweaty, heart-pounding bow?

What about the fans in the stand, shouting encouragement and sending prayers of triumph to the participant? Athletics and physical endeavors bring people together, providing a sense of belonging and promoting inclusion. That's *kehillah*, or community. After a race, coaches and teammates circle the athlete offering congratulations, or encouragement for a better outcome next time. Who knows better than Jews about overcoming challenges? Another Jewish principle is *kiddush hashem*; conducting oneself that befits the Jewish people and values positively in both wins and losses; treating teammates and opponents with *chesed* (compassion) and *kavod* (respect).

Physical well-being is deemed a mitzvah because it allows us to be healthy enough to live a life of spiritual and earthly purpose. *Shmirat haguf*, guarding the body, comes from the Torah, Deuteronomy 4:9, "Take utmost care for yourself and guard yourself scrupulously." Jews have an obligation to maintain physical health because the body is considered G-d's property. We rent our bodies; G-d loans them to us to be returned in relatively good condition when we die.

"Throughout your entire life, it's important to move your body. As an adult, I've learned that it's easier to do with a community behind you. Whether that's powerlifting with a personal trainer, going on walks with a friend, or joining a local pickup sports league is up to you," JCC Aquatics Coordinator Shannon Morken explains. She says she tries to foster a sense of community with Siegel JCC swimmers, especially on swim team. Shannon started personal training with Siegel JCC trainer AJ Greenetz (whom she calls fantastic!), who encouraged her to pick up powerlifting because she found potential in her. After a few years of training, Shannon started to see the joy in working hard, getting better, and heavy lifting. Recently, Shannon signed up for the USA Powerlifting Strong (HER) Competition. Nervous at first as self-doubt swirled in her mind, she hit her second lift and got the squat. "Seeing all the diversity (in age, race, size, and strength) and supportive women powerlifters at my competition was a reminder that health and wellness are for everybody, and



Photo provided by Shannon Morken

we're stronger together," Shannon remarks. Shannon exemplifies striving for *middot*, character traits that befit discipline, diligence, and striving for excellence.

"A man should aim to maintain physical health and vigor in order that his soul may be upright, in a condition to know G-d . . . Whoever throughout his life follows this course will be continually serving G-d . . . because his purpose in all that he does will be to satisfy his needs so as to have a sound body with which to serve G-d." —Maimonides

Whether it's swimming or powerlifting, walking, or playing a team sport, Jews should take pride in the physical activities in which we participate, it's our Judaic responsibility to embrace a fitness regimen for wellbeing. Keeping our bodies healthy will help us accomplish our purpose in life—to maintain our Jewish culture, identity, and heritage.

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AKSE's Café Tamar— A Celebration and a Tribute



BY **MARK WAGMAN**, Vice President of Community Affairs at Adas Kodesch Shel Emeth

Adas Kodesch Shel Emeth is presenting Café Tamar, an exciting program of music and dance in celebration of Israel's 77th birthday, on Monday, May 26 at 6:30 PM in the Siegel JCC auditorium. The program is dedicated to the memory of beloved community leader Ann Jaffe, z"l.

Ann was a Holocaust survivor and educator who was devoted to sharing her personal experience and the lessons we can learn from it. She lectured in public and private schools, universities, and churches. Ann loved Israel, which she showed in part by singing with the AKSE choral group in Café Tamar for many years. Several of her children and grandchildren have also performed in Café Tamar.

Ann continues to be part of Café Tamar in a quite tangible way. This year we will be using Ann's beautiful piano for the first time in the concert. The Jaffe family donated her piano to Albert Einstein Academy for their music program, at the same time fulfilling AKSE's need for a piano at the annual Café Tamar concert in the Siegel JCC auditorium next door to Einstein.

Steve Gonzer, former chair of the Holocaust Education Committee, will present a short tribute based on his many years working closely with Ann. A duet of vocalists will sing "For Good" from the musical *Wicked* in Ann's honor. Its message embodies Ann's life and philosophy, that she was saved for a reason, and that kindness and goodness must triumph. Ann also loved and taught Yiddish, so of course there will be a Yiddish song in the program.

This year's theme, "To Build and Be Built" (in Hebrew *Livnot u'Lehibanot*), expresses the resilience, optimism, and work ethic that is so characteristic of Israel and the Jewish people, even as they face enormous challenges. This same spirit characterized Ann Jaffe's life. Café Tamar this year also takes place on *Yom Yerushalayim*, marking 58 years since the reunification of Jerusalem. The Café Tamar program will include uplifting and upbeat dances, songs, and instrumental music.

Café Tamar this year includes regular, returning, and new performers. Professionals Eliezer Gutman (violin) and Lotus Cheng (piano) will again share their

extraordinary musicianship. Other featured performers include violist Juliana Castillo and vocal soloists Talia Goren, Cantor Yehoshua Redfern, Cindy Goldstein, and Becky Kotsifas, as well as the Notables vocal ensemble. The AKSE dance group will present both new and classic Israeli folk dances.

CAFÉ TAMAR

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Siegel Jewish Community Center

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Wilmington, DE

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Jaffe (center) singing with the choral group at Café Tamar in 2019
Photo Credit: Alan Goldberg



The AKSE adult dancers performing at Café Tamar in 2024
Photo Credit: Jonathan Jaffe

Renowned Scholar is Featured Speaker at Installation of Congregation Beth Shalom's Rabbi

BY JONATHAN NEIPRIS



Photo provided by Congregation Beth Shalom

The installation of a rabbi seems the most appropriate time to focus on the future, and that is the role of the featured Jewish scholar during the congregation's special weekend.

Dr. Yehuda Kurtzer, President of the Shalom Hartman Institute (New York and Jerusalem), will be speaking at Congregation Beth Shalom on Sunday, May 18 at 3 PM. His topic is "The American Jewish Future."

This opportunity for dialogue with Dr. Kurtzer, a leading authority on Jewish communal life, will be one highlight of the events centered on the formal installation of Rabbi Nicholas Renner as Congregation Beth Shalom's spiritual leader. This Weekend of Celebration and Learning will begin on Friday evening May 16, and continue on May 17 with special Shabbat and Havdalah events. The final segment will be Dr. Kurtzer's presentation, which will include a topical conversation between

Dr. Kurtzer and Rabbi Renner, as well as a Q & A with the audience.

Rabbi Renner first connected with Dr. Kurtzer in the summer of 2002, when Renner was a participant in the Bronfman Youth Fellowships in Israel, and Kurtzer was a summer counselor and teacher for the teen fellowship. Beyond staying in touch through Bronfman Fellowship reunions and programs, they reconnected over 20 years later in Los Angeles, when Rabbi Renner's work at Kehillat Israel (Pacific Palisades, California) intersected with a project with the Shalom Hartman Institute, where Dr. Kurtzer served at the time as the North American president. Dr. Kurtzer's wisdom and Torah remain some of the defining inspirations of Rabbi Renner's Jewish upbringing.

No less a highlight of the Weekend of Celebration and Learning will be the opportunity to learn with Rabbi Amy Bernstein, who will perform the

installation ceremony during Shabbat morning service. Rabbi Bernstein is Senior Rabbi at Kehillat Israel in Pacific Palisades and was Rabbi Renner's mentor during the four years he was Assistant Rabbi at Kehillat Israel. It is especially noteworthy that she is temporarily leaving her fire-devastated community to be guest darshan for Friday night and Saturday services.

Before Rabbi Renner became spiritual leader of Congregation Beth Shalom, he had been its Associate Rabbi and Director of Lifelong Learning, beginning in 2021. Immediately prior to joining CBS, Rabbi Renner was the Senior Jewish Educator at Hillel at the University of Delaware which followed his service as Assistant Rabbi at Congregation Kehillat Israel in Pacific Palisades. Rabbi Renner received his MA and the title of Rabbi from the Reconstructionist Rabbinical College in 2014. A native of Chapel Hill, North Carolina, Rabbi Renner earned his BA from Duke University.

While the entire community is welcome to share in the events of Beth Shalom's Weekend of Celebration and Learning, attendance requires registration in advance. Please contact Congregation Beth Shalom at 302-654-4462 for registration to attend or for more information.

About the Author:

JONATHAN NEIPRIS is a former Congregation Beth Shalom president and is a member of the synagogue's Installation Planning Committee.



What Direction Should Interfaith Relations Take?

RABBI JEREMY WINAKER

Executive Director,
Greater Philly Hillel Network

The future of interfaith relations is already here. What I mean is that a distinct shift has taken place from the kind of work where faith leaders would join together to demonstrate common ground. Faith leaders do still join together but now with different purposes: to show support when external forces compel them or to be in multifaith relationships.

Many people are actively engaged in interfaith work. They are building relationships that serve as the grassroots foundation for bridges between communities. These relationships make possible those moments of public display of togetherness: political inaugurations with their opening and closing benedictions, responses to crises or loss by one community where others offer support, and attendance at each other's ritual observances when invited. Such displays are symbolic reminders in our age of extremism that we share something.

That something, though, is less about shared faith or values and more about commitment to religious traditions. With multiple faith representatives sharing their commitment to their traditions, interfaith relations have become multifith gatherings. In these multifith gatherings, the sharing is about witnessing, not joining. The interaction stops at the boundaries of my faith and their faith. If we take turns demonstrating or discussing our ideas and practices, are we sharing or trading?

Interfaith relations have also shifted around antisemitism. Faith partners who are Zionist are showing up. Other faith partners have withdrawn. Showing up is not necessarily about us. Withdrawal is

not necessarily disappearance. Interfaith relations in the future will depend on where we go from here. Do we stand tall regardless of who joins us? Can we take our turn in multifith efforts to demonstrate our value and our openness to others?

We can embrace this moment in so many different ways. We can accept open arms and share in what others want to share, and I think we will. We can work quietly with those who have questions that cannot be asked on social media, and I think we will. We can also answer in affirmation: we are a people with faith in our values and in our value. We can invite others to come and learn and to have our respect even as welcomed strangers. If we do this work well, we will have more than interfaith or multifith relations; we will have community.

RABBI PETER H. GRUMBACHER,

Rabbi Emeritus,
Congregation Beth Emeth

As one who spent a great deal of time working on interfaith activities, I can say that in those days—with the presence and, may I add, strength, of the Delaware Region, National Conference of Christians and Jews—the projects with which we cooperated were numerous and often very successful. In particular, along with Wilmington Mayor Bill McCloughlin, who spearheaded the process, the desegregation of the schools in New Castle County occurred with barely a glitch. The clergy of the county—all denominations, if I recall correctly—participated not only in the planning but also the implementation. We were at the various schools, especially the high schools, on the first day as well as subsequent days.



But the NCCJ collapsed and along with its demise most of the means of communication between us dwindled and disappeared. What that is like today perhaps with other faith communities and their organizations, I do not know. What I do know is that while the Jewish community for the past 50 plus years has supported the efforts of people of every race, religion, and you fill out the rest, the Jewish community itself has not always been supported.

A few weeks after the 1967 Six-Day War between seven Arab nations and Israel, Rabbi Balfour Brickner, a pillar of interreligious efforts in the Reform movement, gave an address to our convention. To say he was critical of the silence of the major Christian faith communities in Israel's "hour of greatest need," is an understatement. It seems to me that while there was sympathy after the October 7 attack against innocent Israelis by Hamas, that was a short-lived connection. So many religious bodies were overly critical of Israel's response. Don't they realize that the Arab nations can lose and lose and lose, but Israel can lose only once before it disappears? Sure, the loss of lives in Gaza was over the top, as it were, but without eradicating the devil, the devil will strike over and over.

We will still support those causes that promote justice and peace, here and elsewhere, but I think we must seriously evaluate if our efforts are, and will continue to be, a one-way street with little concern over our existential angst, and if so, should we divorce ourselves from serious interfaith dialogue and work.

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A Single Step:

HOW **IMPACT LIFE** HELPS DELAWAREANS ON THEIR JOURNEY TO RECOVERY

BY **EMMA DRIBAN**, Editor



Connection. Compassion. Kinship.
These are the values Impact Life holds in the highest regard.

Impact Life is a community-based behavioral health support service committed to aiding individuals on their journey to wellness with compassion and understanding.

The organization was founded by Domenica Personti, a 27-year veteran in behavioral health treatment and prevention here in Delaware. Personti is a licensed clinician and has worked for many years protecting vulnerable Delawareans.

This Mental Health Awareness Month, *Jewish Living Delaware* is joined by Ms. Personti to highlight the important work of Impact Life in helping treat those in recovery from substance use disorder.

How did Impact Life get started?

Impact Life started during COVID. There was a high number of people who were actively using and they couldn't access treatment services because the hospitals were so overrun with people with COVID.

We were fielding a lot of phone calls and we ended up voluntarily helping folks with healthcare navigation. It was just me and Leslie Paladino, who is my current Director of Harm Reduction and Outreach Services. We realized there was this huge need for help. I found myself with some free time due to personal circumstances and decided, "you know what? I've been trying to start a nonprofit for 10 years!" I believe in signs, and the world slowing down because of the pandemic gave me the opportunity. So, I applied and got my nonprofit approved in record time. It was like the stars aligned. We applied for CARES funding and were awarded a grant to help with healthcare navigation, vaccination awareness, and case management—we were helping a lot of people find vaccination sites once vaccines were made available.

A lot of our clients are high risk because they have low immune systems, so our population got hit particularly hard

by COVID. We did a lot of social media messaging and that just took off. We worked hard finding grants that allowed us to continue the work. The Highmark grant allowed enabled us to continue on for about 18 months, through that initial height of COVID. That grant also allowed us to add in workforce development programs. A lot of people going through addiction and in recovery work in the restaurant industry or in construction, so a lot of our people really suffered at the hands of unemployment due to COVID.

You've worked in Behavioral Health Treatment and Prevention for quite some time. What drew you to that field? What did you see, growing up in Delaware, that inspired you to work with the populations you serve and/or develop the incredible programs you've pioneered?

I've struggled with mental health—depression, anxiety, things like that—for as long as I can remember, back to 10 years old! When I was 14, I went into treatment for the first time. I had some justice involvement as an adolescent that carried into adulthood. It just felt like, in my opinion, the deck's been stacked against people who have mental health problems or addiction, even people in recovery. These are people who are very vulnerable and are trying to get their lives back on track when they first get sober or are first released from prison or getting out of treatment, and the odds are against them even when society expects them to just get out and do well.

Through all of my interactions with the justice system and everything, I had people who stepped up and advocated for me. I was so lucky to have people who saw value in me and believed that I could do something different, even when I didn't believe that myself. We talk a lot about people that suffer from addiction and mental health having this lethal absence of hope. I had my grandparents, my grandmother in particular. She was my light, my guiding force. She helped me raise my daughter when I couldn't be present. She helped me get a scholarship to go back to school. I felt like my life was so chaotic, but when I went to my grandparents' home, it was warm and caring and loving. At some point, I started thinking, "What if I could mimic this for other people?"

What are some of the services you offer through Impact Life?

Our housing program is probably our biggest program. We have 16 residential houses; five in partnership with atTAcK Addiction. It's structured sober living, with access to a case manager and care support. We do a lot of recovery events and workforce development. We also have two residential treatment programs. They are 24/7, with staff around the clock. They're clinically managed, so there's a therapist and case managers. We have school-based programs and wound care programs for folks out on the street. We work with schools and the Boys and Girls Club, and the Y.

Impact Life currently supports five recovery community centers: a recovery hub in Georgetown, serving just under 100 people; a resource center in Glasgow in partnership with atTAcK Addiction, serving approximately 10–25 people daily; a resource center in Elsmere in partnership with the local police, serving about five people daily; a drop-in center in Seaford with around 30 members; and the Recovery Café in Wilmington, with around 50 members.

Recovery Café offers a safe space for those who have been impacted by addiction, mental health challenges, domestic violence, homelessness, and incarceration. Membership is free for any individual working a program of recovery and/or personal growth. It requires members to be substance free while in the Café, to participate in Café chores (such as cleaning and serving meals), and to attend weekly support and accountability groups.

What are the main goals of Recovery Café?

We're credentialed by the Recovery Cafe Network, which is a national model. The Recovery Café network certifies locations all over the country to offer welcoming spaces for anyone who needs a safe location and is in recovery from something. They are based off the belief that everyone deserves compassion, a sense of belonging, and to be treated with dignity and respect. It offers resources and support, not to mention a sense of community. It helps people get out of that constant crisis mode and create a sense of connection.

How does Recovery Café differ from standard recovery programs?

The Café is a peer-led model. Everyone in the café is a peer and it's totally self-run and self-governed. Staff are there to support, not to dictate. They help ensure the space remains a substance-free place for healing. We talk a lot about loving accountability. People shouldn't feel ashamed or criticized, but hopefully we can help them see behaviors and work towards changing them.

What programs and services can members participate in at Recovery Café?

We offer art classes to help members express themselves, workforce development, different courses on recovery mindfulness and healthy living, sober happy hours, and so much more!

The Sanctuary at Impact Life Farm is an agriculturally based recovery program for individuals in recovery to come post-residential treatment or post-incarceration. Located in Seaford, Delaware, the Sanctuary offers permanent, supportive recovery housing, workforce development, case management, spiritual support, therapeutic arts, and more.

What led to the creation of The Sanctuary?

Growing up with my grandmother, I spent a lot of time in nature. I also believe that animals are one of the greatest sources of therapy, so I wanted to combine those things. We don't believe that somebody can get well in the same environment that led to them getting sick. The Farm allows people to remove themselves from that environment and gives them a new perspective.

What kinds of programs/offerings are available?

We offer animal-assisted therapy, agriculture education and training (which we call ag-assisted therapy). The residents run a farm stand through the fall, spring, and summer. They manage it on their own, and it's a donation-based farm stand. All of the funds they generate go back to the house; they get to decide how they use that money. Last year, they picked a bowling trip and a she-shed.

What would a daily routine look like for a resident at the Sanctuary?

They get up early with the animals, feeding them and cleaning out the stalls. They make sure their environment is good—adjusting warmers and adding hay when it is really cold. They do ag-groups

Continued on next page

Continued from page 21

with two of our staff who are certified in agriculture-assisted therapy. They get to bond with the animals, and learn how to trust and rely on one another for help. They have individual sessions, group sessions, NA and AA meetings. They have free time in the evening. Basically, they get the space to develop daily routines and take some control back.

In 2024, the Division of Substance Abuse and Mental Health—a sub-division of the Delaware Department of Health and Social Services—reported that nearly 24,500 patients received publicly-funded treatment related to mental health or substance use disorder. Unfortunately, due to treatment costs, lack of resources, and negative perceptions, many individuals struggling with substance disorders and the like are not able to or choose not to seek treatment.

What kind of difficulties do you face working in such a stigmatized field?

We had neighbors who were very upset when we opened the Farm. People came out in droves to let us know they didn't want us there. It's tough, because our people don't deserve that. They're just trying to get better.

Sometimes, our biggest challenge can be the loved ones of the people we serve. There is a lot of stigma around addiction and the medication used for treatment. But the reality is, if someone has diabetes, no one is telling them not to take their insulin. We want people to have access to what they need. If recovery is like a toolbox, they should be able to use any of those tools in their arsenal that might assist them in their recovery journey and sometimes that includes medication. On the other hand, sometimes you have people in toxic relationships. Maybe they started using together and only one of them decides to get sober, so the other makes it extremely difficult.

What are some ways our readers can support the work done at Impact life?

Sharing the word is great! We do tours of the Farm for people who are interested. They can visit, meet the women and the animals. It's a great way to support us, and the women love visitors. Coming to our events can be helpful because a lot of our members don't have large support groups. It helps to give them a sense of belonging.

We also have libraries at most of our houses, so we are always happy for people to donate books! We have an Amazon wish list <https://shorturl.at/DjMmh>. And people can always donate on our website.

Recovery is a journey, not a destination. Impact Life is here, helping Delawareans get the support and treatment they need on their journeys to wellness.

To learn more about Impact Life or to support their cause, visit ImpactLifeToday.org. ■



Qi Gong: Ancient Wisdom Meets Modern Wellness

BY **SETH TORREGIANI, DO**

Qi gong (pronounced chee-gung) is a profound and transformative exercise that bridges ancient Chinese wisdom with modern holistic health approaches. This simple system of movement, breathing, and meditation has captivated practitioners for thousands of years, offering a unique pathway to physical, mental, and spiritual well-being. Qi gong is more than just an exercise; it is a comprehensive approach to harmonizing the body's internal energy and promoting overall wellness.

HEALTH & WELLNESS



Photo Credit: Freepik.com

The origins of qi gong trace back over 4,000 years in Chinese civilization, evolving through various dynasties, with different schools and masters developing unique techniques. Its early practitioners discovered intricate connections between physical movements, breath control, and mental concentration.

Taoist and Buddhist monks practiced qi gong for meditative purposes, and to help maintain their health and strength. Army generals had their soldiers practice qi gong to tone and strengthen their bodies in preparation for military and martial arts training. Physicians integrated qi gong into medical practices, recognizing its potential for healing and preventing diseases. During the 20th and into the 21st centuries, the practice gained widespread popularity, transitioning from a secretive spiritual discipline to a more accessible form of exercise for all.

Unlike traditional Western exercise routines, qi gong is a gentle yet powerful form of movement that emphasizes slow, deliberate motions and mindful breathing. Most Americans are familiar with Tai Chi, a more recently developed flowing exercise, based on the martial arts, from China. Qi gong is a simpler form of exercise and easier to learn than tai chi.

Practitioners perform a series of graceful, flowing movements, often modeled after various natural phenomena, which are designed to promote the smooth circulation of energy—or “qi”—throughout the body. These movements are low impact and can be performed seated or standing, making qi gong accessible to individuals of all ages and fitness levels.

Each qi gong sequence typically involves specific postures, gentle stretching, and controlled breathing techniques. In addition, qi gong movements help strengthen the body and

lubricate the joints. Participants focus on their internal sensations, creating a meditative state while performing physical movements. This unique approach allows practitioners to engage their body, mind, and spirit, delivering a comprehensive workout that transcends typical physical exercise alone.

Scientific research has demonstrated profound cognitive and emotional benefits of qi gong practice. Regular practitioners report significant improvements in mental clarity, stress reduction, and emotional regulation. The mindful nature of qi gong helps individuals develop greater self-awareness and emotional intelligence.

Neurological studies suggest that consistent qi gong practice can enhance brain plasticity, potentially improving memory and cognitive function. The meditative aspects of the practice have been linked to reduced anxiety, decreased symptoms of depression, and improved psychological well-being. By cultivating a calm and focused mental state, practitioners develop powerful tools for managing life's challenges.

The health benefits of qi gong extend far beyond mental well-being. Research indicates that regular practice can significantly improve cardiovascular health, boost immune system function, and enhance overall physical resilience. The gentle movements help improve flexibility, balance, and muscular strength without placing undue stress on joints and muscles.

Numerous clinical studies have demonstrated qi gong's potential in managing chronic conditions such as hypertension, arthritis, chronic pain, and respiratory disorders. The practice's emphasis on deep breathing and relaxation can lower blood pressure, reduce inflammation, and support the body's natural healing mechanisms.

Qi gong offers a remarkable journey of holistic self-discovery and wellness. By integrating ancient wisdom with modern physiology, this practice provides a comprehensive approach to health that nurtures body, mind, and spirit. Whether seeking physical rehabilitation, stress relief, or spiritual growth, individuals can find profound benefits through dedicated qi gong practice. ■

About the Author:

DR. SETH TORREGIANI practices osteopathic medicine in Wilmington, DE and is a certified Qi Gong instructor at the Siegel JCC. He; his wife, Sarah; and his children, Benjamin and Hannah are members of Congregation Beth Emeth.

GENETIC TESTING Could Save Your Life

BY EMMA DRIBAN, Editor



Cancer Survivor Lainie Jones
Photo Credit: Daniel Wakefield
Photography

Jewish Living Delaware Exclusive Interview with Lainie Jones, Leadership Annual Giving Manager at American Cancer Society and Seven-Time Cancer Survivor

As Jews, we have all likely heard of genetic disorders such as Tay-Sachs Disease, Gaucher Disease, and Cystic Fibrosis. These serious diseases are significantly more common in Jews, particularly those of Ashkenazi descent, than in other groups. But what can we do about it?

If you ask Lainie Jones, a seven-time cancer survivor at just 41 years old, she'll tell you that "knowing your risk can make all the difference."

Jones has recently partnered with jscreen, acting as an advocate for the initiative's work to educate and empower individuals to take charge of their health through genetic testing. Under her moniker @theearlydetective, Jones shares about her multiple cancer diagnoses and the over-arching condition that impacts her health journey—Li-Fraumeni Syndrome (LFS).

LFS is a rare genetic condition which drastically increases the risk of multiple cancer diagnoses throughout a person's life. Despite the toll the condition takes, Jones remains humorous and upbeat.

"People may see me dancing, laughing, and making light of my follow-up appointments, but behind the scenes, I'm doing everything I can to be proactive with my health," she explains. "Hereditary cancer testing through jscreen gives people like me an accessible, at-home option to understand their hereditary cancer risks, empowering them to make proactive and often lifesaving decisions."

Jones joined us for a conversation about what her health journey has been like and how you can be proactive in your own health practices.

1. For those who don't know your story, you received your first cancer diagnosis very early in life—adrenal cortical carcinoma at just 18-months old. The next came at age 24. Since then, it seems many of your SEVEN cancer diagnoses have come back-to-back. What was your tipping point? When did you decide to participate in genetic testing?

When I was first diagnosed with breast cancer, being Ashkenazi Jewish with an extensive family history of breast cancer, I decided to go through genetic testing specifically for the BRCA gene—a tumor suppressor gene which indicates breast cancer susceptibility—but the results were negative. After my breast cancer diagnosis at 24, I had a mole removed that turned out to be melanoma, followed by thyroid cancer. At that point, I had faced four different cancers, and we knew something wasn't right. That led to further discussions with a genetic counselor, who recommended additional testing after my fourth cancer diagnosis.

2. How did you come to terms with your Li-Fraumeni syndrome? How has it changed the way you monitor your health?

Genetic testing has truly saved my life. Learning that I have Li-Fraumeni syndrome changed everything—how my doctors approach my care, how we monitor my health, and how I've been able to catch cancer early. Because my body is highly susceptible to developing new cancers from radiation exposure, my medical team carefully selects scans that minimize risk while ensuring we stay ahead of any potential diagnoses. This proactive approach has been life-changing, allowing us to detect all seven of my cancers

in their earliest stages. My journey is proof that genetic testing is the key to early detection, prevention, and, ultimately, survival.

Knowing your risk can make all the difference.

3. How has early detection made a difference in your cancer treatments?

Early detection is the reason I'm here today. It's the difference between fear and empowerment, between uncertainty and action. Cancer doesn't deserve a stage to stand on, and when we catch it early, we take back control. Physically, early detection has made my treatments more manageable and improved my outcomes. Mentally, it has given me the strength to keep fighting, knowing that I'm always one step ahead.

Yes, having seven cancers isn't easy, and treatment is never fun—but I choose to focus on what early detection has given me: time, options, and hope. Genetic testing and an aggressive, proactive approach have allowed me to stay ahead of this disease, proving that knowledge is power. If something doesn't feel right, speak up—your life is worth it.

4. As Leadership Annual Giving Manager, at the American Cancer Society you come face-to-face with your diagnoses every day. How do you keep such a positive outlook when you've gone through so much at such a young age?

Life is all about purpose—especially when faced with a cancer diagnosis. Being able to wake up every day knowing that my work at the American Cancer Society is making a real difference is incredibly fulfilling. Connecting with survivors, caregivers, and those impacted by cancer fuels me, both mentally and physically.

I'm also very open about my journey because I believe in the power of awareness. Through my Instagram, [@theearlydetective](#) (follow me!), I share the importance of early detection, genetic testing, and what it means to truly live—even with a cancer diagnosis—in a way that is both fun and authentic. Helping others navigate their own journeys not only gives me purpose but also strengthens me as I continue my own fight.

5. How did you first learn about jscreen? What stood out to you about their services?

I first learned about jscreen through [@theboobiedocs](#)—you should definitely give her a follow! What stood out the most to me was the convenience and accessibility of their genetic testing, along with the personalized support they provide. jscreen doesn't just hand you results; they guide you through the process, ensuring you fully understand what the information means for you and your family. It's an empowering experience that puts knowledge in your hands—because knowing your risk can truly be life-saving.

6. Genetic testing can benefit everyone, but what are some signs one might notice that would encourage them to take that leap?

Genetic testing is life-saving, and there are key signs that might indicate it's time to consider it. A strong family history of cancer—especially diagnoses at a young age—is a major red flag. If you have Ashkenazi Jewish heritage, you may also be at higher risk for certain genetic mutations. The most important step is to assess your risk—resources like [cancer.org](#) can help guide you.

But beyond testing, we need to normalize conversations about family health. Talk about it at the dinner table—it's a far more valuable discussion than politics. Understanding your family's medical history could save your life. And most importantly, listen to your body. If something feels off, don't ignore it. Speak up, advocate for yourself, and push for answers. You are your own best advocate when it comes to your health.

7. What is the most significant way Li-Fraumeni has impacted your life? What has been the most difficult part of your journey?

Li-Fraumeni Syndrome has had a profound impact on my life, but not in the way you might expect. While the knowledge that a new cancer could develop at any time is a constant reality, understanding that I have Li-Fraumeni Syndrome has ultimately given me peace of mind. It's not so much a burden as it is a safeguard. My care team is well-informed, and I'm empowered to take action whenever something doesn't feel right. The most difficult part of my journey has been confronting the possibility of new cancers, but in truth, having Li-Fraumeni has saved my life. Genetic testing has been a game-changer for me. Without it, I wouldn't be here, a seven-time cancer survivor at 41 years old. I am incredibly grateful for the knowledge that has allowed me to take charge of my health and ensure that I'm not just surviving but thriving.

8. Any parting words for our readers?

Genetic testing saves lives—I am living proof. While learning you have a genetic predisposition can be daunting, knowledge is a gift. It gives us the power to take control, make informed choices, and shape a future where awareness leads to prevention, and prevention leads to life.

But beyond genetics, the most powerful tool we have is our own voice. You know your body better than anyone—if something feels off, don't wait. **Speak up. Advocate for yourself.** Early detection is the strongest weapon we have against cancer, and the more we know, the better we can fight.

Cancer doesn't get to win. Not with standing up, speaking out, and taking action. So, let's keep pushing forward, educating, advocating, and proving that resilience, knowledge, and hope can change the future of cancer. Because together, we are unstoppable. ■

Follow Lainie at [@theearlydetective](#) on social media. To learn more about jscreen, visit [jscreen.org](#).

A Heart-Healthy Meal that Satisfies Every Time

BY **EMMA DRIBAN**, Editor



Putting fish on your salad is not only a delicious pairing, but also excellent for your health. Fish is loaded with high-quality protein, healthy fats, and important nutrients that make your meal even better.

One of the biggest perks of fish is its omega-3 fatty acids. These healthy fats are great for brain health, reducing inflammation, and supporting your heart by lowering bad cholesterol and boosting blood flow. Fatty fish—like salmon and tuna—are especially packed with omega-3s, making them a great choice.

Fish is also a lean protein, which helps keep you feeling full longer. It's much lower in saturated fat compared to red meat, so it's a heart-healthy option. Adding fish to your diet gives you a good boost of protein, helps with muscle growth, and can even aid in managing your weight and blood sugar levels.

Fish is also full of vitamins and minerals. Many fish are rich in vitamin D—which is beneficial for your bones and immune system—and B vitamins—which help keep your energy up and your metabolism running smoothly. Plus, they're an excellent source of minerals like selenium and iodine, which support your thyroid and overall health.

When you add fish to your salad, you get the best of both worlds. The greens give you fiber and antioxidants, while the fish adds protein and healthy fats. It's a perfectly balanced meal that supports digestion, boosts your immune system, and keeps your heart happy.

Whether it's seared salmon, canned tuna, or grilled cod, adding fish to your salad is an easy and tasty way to nourish your body while enjoying a delicious and satisfying meal.

Salmon and Couscous Salad Recipe

This salad combines the rich flavors of salmon with the light, fluffy texture of couscous and the vibrancy of fresh veggies. It's perfect for a healthy lunch or dinner!

Ingredients:

For the salmon:

- 2 salmon fillets, about 4–6 oz each
- 1 tbsp olive oil
- Salt and pepper to taste
- 1 lemon, sliced
- Dried Italian herbs to taste (optional)

For the salad:

- 1 package couscous, cooked according to package instructions (I prefer Near East's Roasted Garlic & Olive Oil pearled couscous)
- 2 cups mixed salad greens
- 1 cucumber, quartered lengthwise and sliced
- 1 small red onion, thinly sliced or finely diced
- ½ cup cherry tomatoes, quartered

For the dressing:

- 2 tbsp olive oil
- 1 tbsp lemon juice or red wine vinegar
- 1 tsp Dijon mustard
- 1 tsp honey (optional)
- Salt and pepper to taste

Instructions:

1. Preheat your oven to 375°F (190°C).
2. Place the salmon fillets on a baking sheet lined with parchment paper, drizzle olive oil with and season with salt, pepper, and Italian herbs (if using). Place lemon slices on top of the fillets.
3. Bake for 12–15 minutes, or until the salmon is cooked through and flakes easily with a fork. Remove from the oven and set aside.
4. In a large bowl, combine the mixed greens, cucumber, onion, and tomatoes.
5. Add the cooked couscous to the salad and toss everything together.
6. In a small bowl, whisk together olive oil, lemon juice or red wine vinegar, Dijon mustard, honey (if using), and a pinch of salt and pepper.
7. Drizzle the dressing over the salad and toss gently to combine.
8. Flake the baked salmon into chunks and add it to the top of the salad.
9. Serve the salad immediately, or chill it in the fridge for 10–15 minutes for a refreshing, cool dish. Additional toppings might include goat cheese or raisins for extra punch!



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Eden Mae Felzer

Eden Mae Felzer became a Bat Mitzvah on Saturday, April 5, 2025 at Congregation Beth Shalom. Eden is currently in seventh grade at The Tatnall School. She excels in all of her classes, and we are so proud she made high honor roll this past semester! Eden loves skiing, volleyball, being with her friends and family, spending time down the shore, and going to Camp Canadensis.

For her Bat Mitzvah Project, Eden ran a successful canned food drive at her school to donate to Jewish Family Services.

Eden is the daughter of Kimberly and Jeffrey Felzer and is the younger sister to Ben, and big sister to Stella (and her Great Dane, Zev!). Her grandparents are Richard and Rosetta Felzer and Laurie and Mark (of blessed memory) Jacobson.



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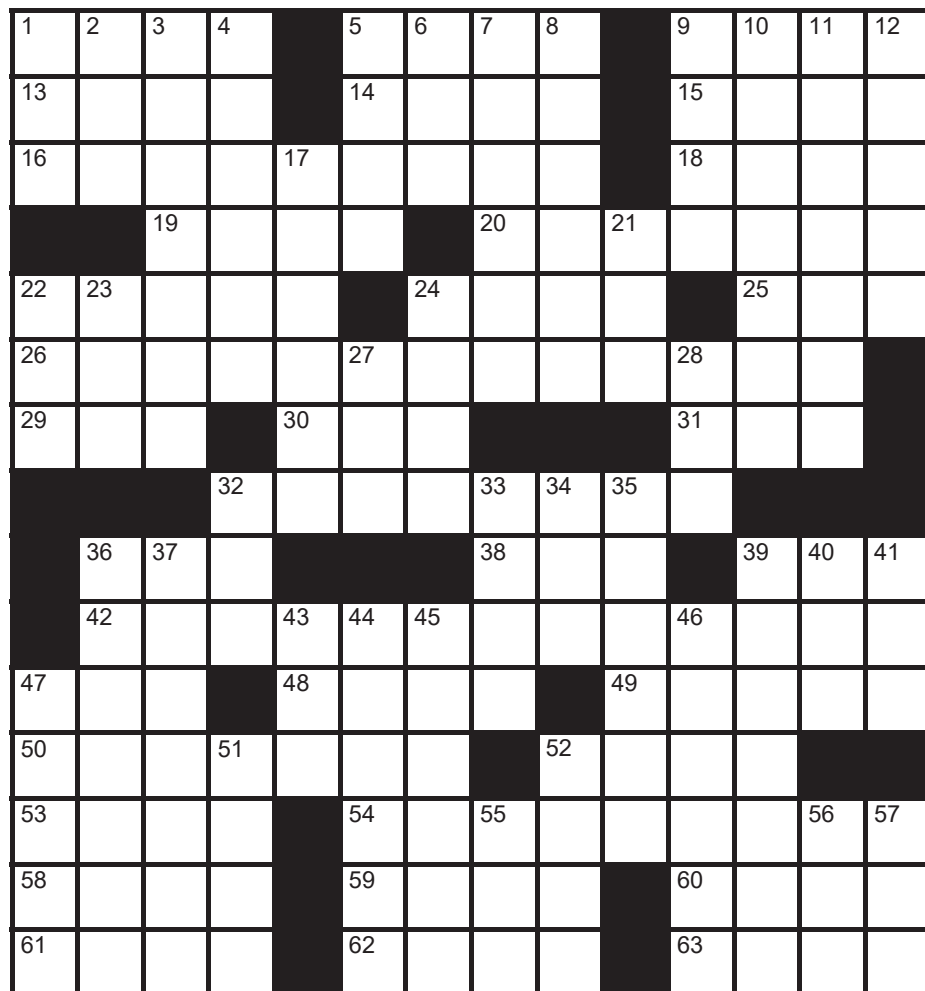
Working Out

BY YONI GLATT

koshercrosswords@gmail.com

DIFFICULTY LEVEL: MEDIUM

SOLUTION: PAGE 32



ACROSS

1. Dalai follower
5. ___ Zor-El, Supergirl's birth name
9. Talmudic Kama preceder
13. Alliance of countries
14. "Say", to 9-Down
15. Big name in Israeli food
16. Like a chazan in a rush?
18. Not to be confused with Ashi
19. "Mornin'" in Melbourne
20. Jewish sing-along
22. Quality
24. Pesty insect
25. Troops, briefly
26. Pushing one to say grace after meals?
29. Stats. in Ohtani's 50/50 year
30. Aaron's last was 123
31. "Cats" lyricist's monogram

32. Acts like a ganev?

36. Have a cheeseburger on Yom Kippur, e.g.
38. Nickname for a cowboy
39. Mauna ___, HI
42. Studying to refute Christian missionaries, perhaps?
47. Sixty minutes, in Milano
48. Far from faux
49. Old stringed instruments
50. The leaders Jehu killed to assume power, or where to read about it?
52. Give up, as a habit
53. "Million Dollar ___" ("Simpsons" episode featuring Homer's dad)
54. One way to prep for Chanukah?
58. Ring loudly, as a bell
59. "Love ___" (1964 Beatles hit)
60. List shortener, for short

61. "Well, ___ that special"
62. De-clump flour
63. Colon, in analogies

DOWN

1. Org. people line up for?
1. Weight units: Abbr.
2. Mont Blanc, for one
3. Freeman and Stanley
4. Like citrus fruits
5. "E.T." singer Perry
6. Horowitz in some shocking videos
7. Annoy greatly
8. Makes like some Talmudic rabbis
9. Some say he was Ibzan in Judges
10. Doles out, as duties
11. Hint of the past
12. Wrong
17. Prophet that reprimands David
21. More, in Mexico
22. Kitchen meas.
23. Yeshiva address?
24. Guitar part
27. Masters Tournament org.
28. "... book by ___ cover"
32. Cold-weather product name prefix
33. Neighbor of fn
34. "...had taken from man, made ___ woman" (Genesis)
35. Era of the Jews in Babylon
36. Torah writers
37. One whose freedoms are suppressed by the Supreme Ruler
39. Chocolate bar for four, perhaps
40. Karmiel to Tsfat dir.
41. Garland and Lynch, for short
43. AARP members, mostly
44. Earth shaking experiences
45. Asian island capital
46. Atom centers
47. Kosher animal that looks half-giraffe, half zebra
51. Chanukah treat
52. Half Windsor, e.g.
55. They protect Isr.
56. Joined the meal, perhaps
57. Not so fast, on some traffic signs



OBITUARIES

Ha'makom yena'hem etkhem betokh she'ar avelei tziyon vi'Yerushalayim.

May God console you among the other mourners of Zion and Jerusalem.

Florence Mae Austin (nee Berg)

Age 94, passed away March 18, 2025.

Florence was born March 5, 1931 and lived in Middletown, DE until her graduation from Middletown High School in 1949 as valedictorian of her class. She then attended the University of Delaware and, in 1951, married Richard Austin, her husband of 58 years. Together they raised their family in Wilmington, DE.

She is survived by a daughter, Patti Berk (Ben); sons, Scott (Alisa) and Jeffrey (Michele); six grandchildren, Jason (Renee), Dana and Lindsay Berk, Matthew (Mary) and Philip Austin, and Jana Bowers (Kyle); and four great-grandchildren, Isabella and Stephen Austin, Logan Bowers, and Vivian Berk.

In lieu of flowers, the family suggests contributions to your favorite charity.

Lynda Bell

Age 81, a beloved wife of 56 years, mother, and grandmother passed away peacefully at home on March 7, 2025.

Born Lynda Yablon on January 17, 1944 in Harrisburg, PA, Lynda was an amazing community builder and event organizer. She was active with the Temple Beth El synagogue since her move to Newark, DE 55 years ago.

Lynda remained a fixture in the synagogue's sisterhood organization, where she organized numerous events and shared her love of cooking to foster a community rooted in friendship, excellent food, and inclusion.

Preceded in death by her son, Jason; she is survived by her husband, Lynn; daughter, Jill (Matt); and granddaughters, Brianna, Olivia, and Oona.

She will be missed forever but her memory lives on in the people she loved, worked with, and fed.

Iris Bronstein

Age 86, passed away September 10, 2024.

Born August 9, 1938, she was preceded in death by her husband, Mickey Bronstein; Iris is survived by children, Mark (Yoko), Lisa (Bill), and Marla (Byron); grandchildren, Jesse, Dan, Sam, David, Jocelyn, Ethan, Gabby, Bodhi, and Shae.

Born a Philly girl, she loved Mo-Town and dancing. Eventually, Iris moved to Wilmington, DE where she raised her family. She worked for the Department of Labor for many years. Summers were spent at the Jersey Shore. Iris had sand in her shoes and eventually moved toward Atlantic City. There never was nor will there ever be anyone quite like her. She was love personified. Rest In Peace.

In lieu of flowers, take a walk on the beach with someone you love.

Richard Gropper

It is with extreme sadness that we announce the passing of Richard Gropper on March 20, 2025, loving and devoted husband, father, father-in-law, grandfather, and respected businessman.

Richard was born in New York City on December 8, 1938 to Fred Gropper and Lillian Weiner Klass.

Richard married Phyllis Shtofman in 1963 and they soon after had a daughter, Laurie. Tragically, the family was involved in an automobile accident one rainy night in 1966 and Phyllis and Laurie perished as a result.

He met Geraldine Radolan in 1967, and they were married on November 5th of that year.

Richard and Gerry were married for 57 years, serving as a model for both of their children. Family was the most important thing in the world to Richard, and he loved his children and grandchildren more than anything. He delighted in being called "Gramps" by his grandkids and would never hesitate to attend any sports event, musical, or theater performance for any of the six of them.

Richard liked good food, nice cars, and a great deal. He disliked braggarts, rules and regulations, and wasting money in any form.

Richard is survived by his wife, Gerry Gropper; daughter, Deb Yardley and son-in-law, Chuck Yardley; son, Dan Gropper and daughter-in-law, Tammy Allen; his sister, Janet Wiedman; brother-in-law, Edward Radolan; and several nieces. Richard is also survived by six grandchildren, Owen, Emma, and Sam Yardley and Myles, Bennett, and Pierce Gropper.

In lieu of flowers, contributions in Richard's memory can be made to the Wounded Warrior Project (www.woundedwarriorproject.org) or Vennue Foundation (www.vennue.org).

Eugene Kane

Age 97, passed away March 9, 2025.

Born August 25, 1927, Eugene grew up in Kennett Square, PA, son of the late Joseph and Sadie Kanofsky, and youngest brother of Alan, Burton, and Leonard. After a brief stint in the United States Coast Guard, he attended Pennsylvania College of Optometry in Philadelphia. Eugene was in practice for over 50 years, with his son, Randall, joining him for many of those years.

He was a long-time member and past president of the Media Rotary Club. In addition, he enjoyed golf, music, and playing piano. After retirement, he also donated his time helping immigrant families learn English.

Preceded in death by his wife, Doris, of more than 65 years; he is survived by daughter, Candace Tesler (Burt); son, Randall Kane (Diane); four grandchildren, Scott (Delia), Will, Mia, and Abby; and great-grandson, Jack Tesler. He also loved his many nieces and nephews.

In lieu of flowers, contributions can be made to Congregation Beth Emeth or the Rotary Club of Media.

Benjamin Klaus Raphael

Age 95, passed away on March 15, 2025.

He was the last surviving son of the late Felix and Else Raphael of Essen, Germany, who fled the Holocaust and emigrated to America in November 1938 eventually settling in Wilmington. He married the late Helen Leeser of Chihuahua, Mexico in 1952.

A lifetime lover of classical music and an amateur pianist, he with his former wife owned and operated the Delaware Music House on Main Street in Newark until 1979. They were the parents of Linda, Michael, and Richard (Rik). In 1988 he met and married the former Catherine Page Middleton, who helped him in the final years of his business until his retirement in 2005.

In addition to his son, Michael, he was predeceased by his parents; three older

brothers, Dr. Ernst Raphael, Erich, Fritz (deceased in infancy); and a niece, Eunice Raphael Weber.

He and Cathy were invited back to his hometown of Essen, Germany in 2002 as a gesture of apology for the persecution and murder of Essen's Jews during the Hitler era, and Ben spoke to a German high school class about his childhood during the pre-Holocaust years.

Surviving are his beloved wife of 36 years, Cathy; his son Richard "Rik;" his three stepchildren: Tobyanne Middleton Ventura; Tracy Middleton Shakespeare (Cdr. John A., USN); and Frederick "Skip" Middleton III (Christa); and a host of grandchildren, step-grandchildren, nephews, a niece, great granddaughters, and great nieces and nephews, and great great-nephews.

In lieu of flowers, the family suggests donations to the Newark Symphony Orchestra www.newarksymphony.org

Bryna Klastorin Rappaport

Age 80, passed away on March 2, 2025.

Bryna was born in New York, NY, and grew up in Houston, TX. She attended Syracuse University as an undergraduate and earned a Masters at the University of South Carolina. Originally a homemaker and then a jewelry appraiser, Bryna's true calling was as a middle school math teacher. She was also a devoted community volunteer, serving in various leadership roles for Hadassah and the A.I. Dupont Hospital for Children. Bryan was married to her husband Jay (z"l) for 54 years and actively supported his career at Dupont. Together, they enjoyed traveling the world, having visited over 25 countries. Bryna was an avid gardener, mahjong player, fashionista, and devoted mother and grandmother.

Preceded in death by her husband; she is survived by her two children, David Rappaport (Jennifer) and Alyson Fieldman (Matthew); her brother, Theodore Klastorin (Susan); sister, Nancy Katims

(Michael); five grandchildren, Hannah, Abigail, Eliana, Liora, and Aryeh.

In lieu of flowers, please consider a donation to Hadassah (<https://www.hadassah.org/donate>) or to the Lewy Body Dementia Association (lbda.org/donate).

Judy Lange Topkis

Passed away March 16, 2025, surrounded by her loving family and friends.

Judy was the daughter of Leslie and Mollie Lange and Stepmother Regina Lange. Judy married Bill Topkis on April 30, 1961, and they spent 64 years together. She devoted herself to Billy and her two daughters, Nicole Topkis Pickles and Julie Topkis Nason. Judy was especially proud and loved spending time with her grandchildren, Ben and Max Pickles, and Lange Scanlan. She was also very fond of her son-in-law, Jaimie Pickles, and she is survived by and loved her many nieces and nephews.

In the early 1980s, Judy founded Contemporary Concepts with Faith Pizor, a design firm specializing in commercial spaces. Judy later went on to found Textile Workshop in Norristown, PA with her two partners Barbara Herak and Grace Henshaw, traveling around the country showing their textiles and fabrics.

Judy loved volunteering in the Wilmington Public Schools, tutoring students, and working with the domestic violence program for women in Wilmington for many years and later supporting Cancer Support Community Delaware with her volunteer time and especially enjoyed the knitting group.

Judy and Bill enjoyed exploring and traveling and spent many years traveling both in our country and abroad.

The family requests that any donations in her memory please be made to Cancer Support Community Delaware, 4810 Lancaster Pike, Wilmington, DE 19807, cancersupportdelaware.org.

CROSSWORD SOLUTION

--

Puzzle on page 29

1	L	2	A	3	M	4	A		5	K	6	A	7	R	8	A		9	B	10	A	11	V	12	A
13	B	L	O	C					14	A	M	A	R					15	O	S	E	M			
16	S	P	R	I		17	N	T	I	N	G							18	A	S	S	I			
			19	G	D	A	Y				20	K	U	M	Z	I	T	S							
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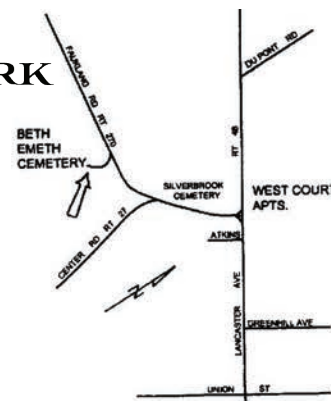
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