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 April 17, 2020 - 23 Nisan, 5780



Dear WHV Community,

"Torah is not just what we find in texts, or what we speak or study. It is also the way we choose to conduct the affairs of our lives. Believing that every moment is significant, that every act has potential to unlock a bit of holiness hidden in the world, unites our discrete acts of study, prayer, mitzvot, and kindness into a seamless thread of holiness. And it is with this thread we weave our moments of holiness into a life of holiness." (Visions of Holiness in the Everyday, p. 108)

The act of social distancing is the thread of holiness hidden in the chaos of this pandemic. Though no one wants to be distant, it is saving lives. This is Holy. Yet, no human being is meant to thrive alone.

For some reason, during this time of aloneness, I keep thinking of the Beatles 1st number one hit in America from 1963, "I Want to Hold Your Hand." Of course, this song was meant to be a love song, but the lyrics point to the essential necessity of our desire to be held.



So many of our seniors have enjoyed visits from family through the window, waving from a far, phone calls and FaceTime. We know our elderly population in nursing homes and assisted living apartments are most vulnerable to the COVID-19 virus. We reach out to you with a virtual hug, but it is not the same. Children, grandchildren, family and friends just want to be able to be with you in person, to hold your hand, to make sure you are doing okay! Ohio is doing a tremendous job keeping our citizens safe. We are following all guidelines and our team at WHV has gone above and beyond to meet the needs of our residents. With all this being said, our senior community members are isolated. All of us living differently are forced to dine alone, change routines, really just not leave our homes.

This makes me think that the Torah we learn from Pandemic 2020 is that nothing replaces the human need to be together. Every moment is significant, we do not take human kindness or touch for granted. From within the doorway of our home at WHV, our residents and team have proven we are a family. The partnerships of the Jewish community and family members of our residents have taken our breath away because of the mitzvot we witness on a daily basis. This amount of giving from a distance has highlighted the holiness and blessings of being a part of a community. We have worked to make our situations a little less lonely without the literal physical human touch and the ability to socialize together. These acts are the threads that have weaved a beautiful quilt together during this time when holding hands and the normal touches of life are missing. Kol HaKavod to all of you who have helped in this process. Our seniors are truly a gift to our community. Our elders have taught us to be patient, to be resourceful, to reach out, to use wisdom, common sense, and gratitude to make these tense days of securing everyone's health a little easier.

I want to hold your hand with admiration and respect, love and gratitude as we continue to social distance and do everything humanly possible to fight this virus.

Our prayers remain with our health care workers, superheroes, and a Refuah Sheleimah, a speedy recovery, to all who struggle with illness.

Shabbat Shalom,
 Rabbi Debbie Leffon



A Shabbat Welcome Service by Rabbi Leffon and soloist Cindy Leland

SEEN IN THE VILLAGE



Heritage House resident playing tambourine to the Bott Brothers outdoor concert.



Creekside residents got a jump on spring by starting marigold seeds indoors last week. Once they grow, they will be transplanted in the garden.



And one week later, they are already sprouting!

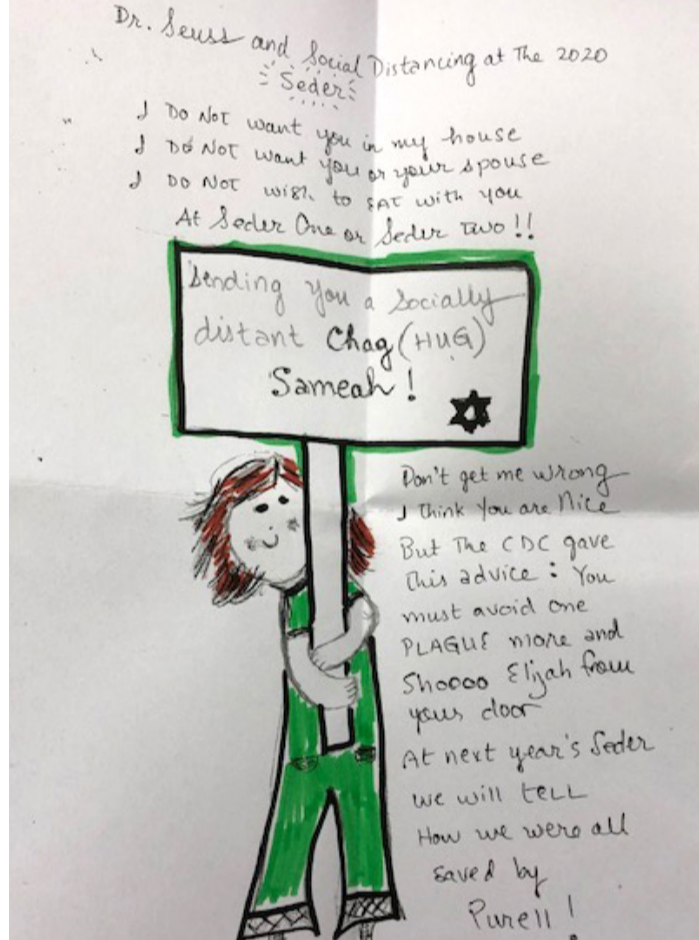


Marigold sprouts grown by Susan Tibor and Jean Balliet

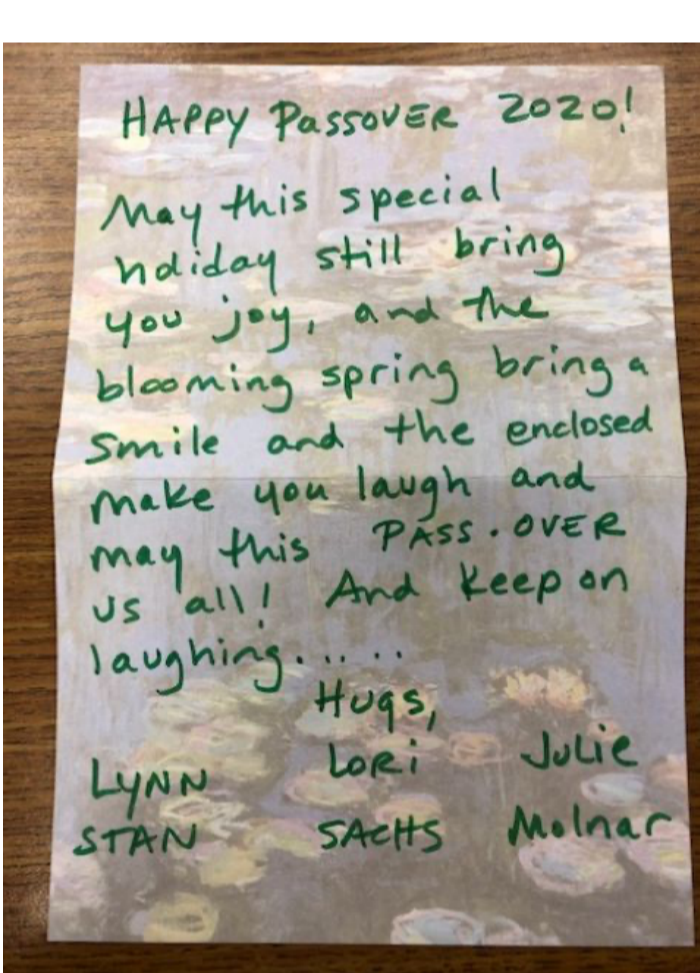
Thank You!



Thank you so Krystal Schadle with Fusion 5 for donating these wonderful scrap-booking supplies to Heritage House!



A Dr. Snuess themed letter



A kind Passover card



Scrapbooking at Heritage House.

WHV in the News
 Columbus & Cleveland Jewish News features WHV in Senior Living section of the 4/17 edition. Links to the articles and photos are provided here:
 Page 48 - Laurie Gang, Cottage activities coordinator, quoted in article
 Page 54 - Guest column by Leslie Fulford (Pandemic reveals best of our community)
 Page 55 - Thank you ad to the community
 Page 60 - Photos of recent events at WHV.

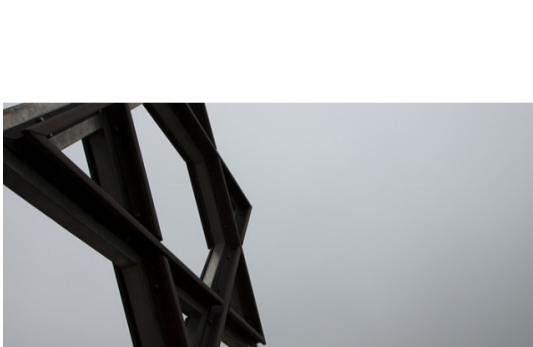


Yom HaShoah, WHV Remembers

On Tuesday, April 21, 10am, we encourage everyone to pause for 2 minutes of silence and reflection as we join our brothers and sisters around the world in remembrance of the holocaust atrocities. At the same time, Israel will sound the chilling air raid siren in remembrance.

We invite you to join the CBOR's Yom HaShoah service, hosted online at Congregation Tifereth Israel on April 20th at 7:00 p.m. at this link: [Congregation Tifereth Israel https://zoom.us/j/949365957](https://zoom.us/j/949365957)
Meeting ID: 949 365 957

The following YouTube documentaries are also recommended by Rabbi Leffon as personal, meaningful and educational:
https://www.youtube.com/watch?v=8D5h_Y8N4tg
<https://www.youtube.com/watch?v=8oxO3M6rAPw>



Unless You Know: A Poem for Yom HaShoah
 BY RACHEL LIPETZ MACAULAY

Unless you know
 what it is to look
 at black & white proofer
 at lambs led to slaughter
 at herds of the lost
 at ghosts of a people
 And know they were yours
 And know they are you

Unless you know
 the deluge of tears
 for strangers not touched
 for family not met
 for babies not kissed
 for laughter not born
 And know they were yours
 And know they are you

Unless you know
 a childhood full
 of ghosts at the table
 of monsters in shadows
 of stories of suffering
 of prayers said in vain
 And know they were yours
 And know they are you

Unless you know
 that your people lie still
 in hills of thrown shoes
 in stubs of lit candles
 in graves long forgotten
 And know they were yours
 And know they are you

Unless you know
 that grief is ingrained
 that hate comes in waves
 that life carries pain
 Do not tell me you know
 what it is that I feel
 unless you know they were yours
 and know they are you

URBAN ZEN: The key to better sleep?
Routine. Routine. Routine.

Routine IS always the key to better sleep, but now more than ever this is key. While it's tempting to binge your favorite Netflix show, go to bed late, and sleep late in the morning, this isn't good for our immune system.

What are some things you can do?

1. Keep your normal bed time.
2. Turn off all electronics one hour before bed time.
3. Listen to music that is soothing for you; read a passage from a book that you love, pray, or meditate.

What to do if you wake up in the middle of the night and can't fall back to sleep?

1. Relax. How? Connect with your breath and practice this technique: 4, 7, and 8 count.
2. Breathe in for a count of four, pause for a count of seven, exhale for a count of eight.
3. Do this several rounds until you feel sleepy.

If pausing the breath for a count of seven doesn't feel good in your body, do what you can. Most important? Making the exhale longer than the inhaled. This will trigger the natural relaxation response in your body.

WHV Urban Zen Program Director, Lori Guth

JOIN US! Please follow us on Facebook and our website (www.whv.org) for updates!
 Have a story or photos to share? Contact Leslie Fulford at lfulford@whv.org.
 We'd love to hear from you!



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