

Wellness Initiative Programming



2007-09 FJMC Torch Award Entry

Category: Men's Health Programs

**New City Jewish Center Men's Club
Club #1850**

**New City Jewish Center
New City, NY**

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Executive Summary

We were inspired by former FJMC president, Bob Braitman's health and wellness initiative to ramp up what we do in this area at New City Jewish Center Men's Club. For the current 2008-09 year, these activities have included a health related speaker at one of our monthly Sunday breakfasts, the "Walk to the Convention" challenge, a Family Ski Day, the introduction of healthy food our monthly Men's Club business meeting, distribution of the FJMC Wellness News, a fishing and hiking excursion, and a family bowling event. Our club has a tie-in with some other events, and these mentioned as ideas for other clubs. These include a synagogue softball league and an ongoing walker's club. Each Men's Club needs to evaluate what health and wellness activities will work for them. We hope that the events mentioned here offer you some ideas for fashioning your own program.

Program Narrative

Our programming was inspired by former FJMC president, Bob Braitman's desire to do something to raise the level of health and wellness of Men's Club members. The New City Jewish Center Men's Club took up his challenge and developed a body of programming during the 2008-09 year centering on this theme.

The components of the program have been as follows:

Health Related Speaker

Our theme of wellness was kicked off this year at a Sunday breakfast with a talk by our fellow congregant, Peter Kash, on his book Freedom from Disease. He spoke about exercise, avoiding processed foods, avoiding sugar, not overdoing carbohydrates, and controlling insulin levels. I note that we hold Sunday breakfasts about once each month with a speaker of interest to men alone or, more often, to everyone. The breakfasts are open to the entire congregation and are without admission charge. We average 75 to 125 attendance depending on the speaker. The cost is covered by a raffle at the breakfast, as well as income from dues and general fundraising. The food at our breakfasts could probably be healthier. We serve orange juice, bagels, cream cheese, lox, lox & eggs, pastries/cookies, and decaf & regular coffee. Egg beaters is an option we provide instead of eggs for those who have concerns about blood cholesterol levels. As the speaker related, even he cannot pass on an occasional bagel – he just carves out some of the extra dough on the inside.

“Walk to the Convention”

At our monthly Wednesday night Men's Club business meetings we introduced the “Walk to the Convention,” and the goal of getting people to exercise more than they do now. We also put an article in our monthly synagogue bulletin. You will find a copy of the article in the first Addendum. We got a group of people together who agreed to participate. We took Bob Braitman's suggestion to enter our minutes using a spreadsheet that Temple Aliyah developed, and posted the spreadsheet on Google Documents. Google Documents is a relatively new tool that allows people to share documents and spreadsheets even if they do not have these programs on their computer. The participants enter their minutes directly onto the shared spreadsheet. This has worked out well for us. I note that Microsoft has also developed a similar tool called Microsoft Office Live, but this seems to require individual ownership of their programs.

I would have liked to have a greater number of participants, but as I note below, there is another similar group that men in our club participate in. I am pleased though, that with just over 40% of the time elapsed we have attained 62% of our group goal. An excerpt of our spreadsheet is included in the second Addendum.

Family Ski Day

One of the great things about the FJMC convention is that it facilitates an exchange of ideas. At the last convention, I mentioned to Rich Freiberg of Temple Israel Center in our Hudson Valley Region that I was thinking of organizing a ski trip. He told me that the best discounts available in our area are at Belleayre Mountain. We proceeded to organize a ski trip on a weekday that kids in our area have off due to a teacher's conference. This was a great way for the men to further bond with their kids. Since we primarily think of ourselves as a service organization for our Jewish Center, we billed it as a Family Ski Day open to everyone in the congregation. Rather than pay for a bus, we organized car pooling. During the two years we have run this, we have had 20 to 35 attendees. This is one of several sports events that we participate in during the year. You will find an ad we put in our monthly synagogue bulletin in Addendum 3.

Introduction of Healthy Food at Monthly Men's Club Business Meeting

Before our monthly business meeting we like to schmooze and nosh. This entails our buying and eating junk food - including sodas, potato chips, cheese curls, pretzels (not too bad), peanuts (there are better nuts), raisins (fine), chocolate covered donuts, chocolate chip cookies, etc. At our last meeting we introduced some carrots and celery. It is true we did not eliminate the other food, but people ate the new food and enjoyed it. We will continue buying some healthy foods for our monthly meetings and we hope it will make a difference.

Wellness News

We thank Bob Braitman and others for creating this newsletter this year. We have been distributing it to our members.

Annual Fishing and Hiking Excursion

In New York State, there is one day each year in June when no license is required in order to fish in the state's lakes and rivers. We choose this day for our annual fishing and hiking excursion at a state park. We held this each year for many years and will hold it again this year. Please see the ad from our synagogue bulletin in Addendum 4.

Family Bowling Event

We are planning a family bowling event at a local bowling alley. The plans have not yet been set.

Other Wellness Events

There are other events that are associated with our Men's Club but that our club does not sponsor:

- **Synagogue Softball League** – We have a synagogue softball league in our area, and we once sponsored four teams. We still have players in the league, and our current club president, John Chargar (CoachCharg@aol.com) is the current league commissioner. You are welcome to contact him for additional information. However, the Men's Clubs no longer sponsor the teams. From what I understand, the men who did not belong to a Men's Club balked at

having to pay Men's Club dues on top of the other expenses of being in the league. Therefore, the league decided to no longer require Men's Club membership. I understand the Men's Clubs in Philadelphia area have an active thriving synagogue softball league. Additional guidance may also be obtained from them.

- **Rockland (County) Retired Walkers** – Our “Walk to the Convention” team was actually in competition with an existing group of walkers who are retired. They walk on a regular basis in parks and malls in our area. This is a group of 30 men of whom 20 belong to our Men's Club. Although it would have been good idea to continue the “Walk to the Convention”, this need is currently being met on a long term basis by this separate group.

Each Men's Club needs to evaluate what health and wellness activities will work for them. The above activities are the ones that have worked for us recently. We hope that they give you some ideas for fashioning your own program.

Addendum 1 -
Article in Monthly Synagogue
Bulletin

Men's Club Wellness Initiative

NCJC Men's Club is concerned about the health and wellness of our members. We plan on sponsoring events this year that promote health and wellness. There is an event coming up for which we need to know who is interested in participating. The Federation of Jewish Men's Clubs is sponsoring a challenge to Men's Clubs to "Walk to the FJMC Convention" and we are participating. Beginning on February 1, 2009 (World Wide Wrap Day) club members will record their "mileage". Mileage is the total of miles walked by all participating members. One mile is earned for each 15 minutes of walking. For those who do other cardio workouts in a health club, ride bikes, etc. they will earn 2 miles for each 15 minutes of activity (except for walking) allowing them to participate as well. If our club achieves 3600 miles, we will be recognized at the convention. Clubs with the largest mileage per participant will receive special recognition. A final symbolic "walk to the convention" will be held during the convention. Men do not need to attend the convention to participate in the program. If you are interested in participating, please send an e-mail to Andy Alper at alper5@optonline.net or call him at 638-4634.

Our theme of wellness was kicked off this year at a Sunday breakfast with a talk by Peter Kash on his book Freedom from Disease. He spoke about exercise, avoiding processed foods, avoiding sugar, not overdoing carbohydrates, and controlling insulin levels. Other events coming up are a family ski day at Belleayre Mountain on Feb. 6, a family bowling event, and our annual fishing and hiking excursion at the end of June. We hope you participate in the "Walk to the FJMC Convention" and our other health and wellness programs.

Addendum 2 -
“Walk to the Convention”
Spreadsheet Excerpt

Team Totals as of April 5, 2009

15 Minutes of Walking = 1 Mile. 15 Minutes of Other Aerobic Activity = 2 Miles

Name	Minutes of Walking	Minutes of Other Aerobic Exercise	Miles as Converted from Minutes of Exercise	% of Goal Attained	No. of Weeks Reported
Note: Do not make changes below, but rather on your individual sheet.					
1. Andy Alper	2,110	165	162.7	45.2%	9
2. Murray Caplan	3,585	420	295.0	81.9%	8
3. John Chargar	0	0	0.0	0.0%	0
4. Gary Israel	1,125	660	163.0	45.3%	6
5. Mike Kitt	30	3,748	480.1	133.4%	5
6. Steve Klein	60	1,095	150.0	41.7%	6
7. Keith Kolinsky	415	1,365	209.7	58.2%	8
8. Hal Locker	560	678	127.7	35.5%	4
9. Steve Rosenbaum	260	305	58.0	16.1%	2
10. Jay Shaffer	180	30	16.0	4.4%	1
11. Bruce Sicherman	735	0	49.0	13.6%	2
12. Aron Weber	440	3,318	471.7	131.0%	8
13. David Zatz	430	140	47.3	13.1%	5
14. Full Name - also list on tab	0	0	0.0	0.0%	0
15.					
16.					
17.					
18.					
Team Totals	9,930	11,924	2,230.2	62.0%	
Team Goal - Minimum of 3,600 Miles					
Average Miles per day needed to attain goal			24.0		
Current Pace of NCJC Men's Club Team			35.4		

15 Minutes of Walking = 1 Mile. 15 Minutes of Other Aerobic Activity = 2 Miles

Name: Andy Alper

		Minutes of Walking	Minutes of Other Aerobic Exercise	Miles as Converted from Minutes of Exercise
1.	Sunday, Feb 1	30		2.0
2.	Monday, Feb 2	45		3.0
3.	Tuesday, Feb 3	30		2.0
4.	Wednesday, Feb 4	45		3.0
5.	Thursday, Feb 5	30		2.0
6.	Friday, Feb 6		120	16.0
7.	Saturday, Feb 7		15	2.0
8.	Sunday, Feb 8	50		3.3
9.	Monday, Feb 9	45		3.0
10.	Tuesday, Feb 10	40		2.7
11.	Wednesday, Feb 11	45		3.0
12.	Thursday, Feb 12	30		2.0
13.	Friday, Feb 13	60		4.0
14.	Saturday, Feb 14	40		2.7
15.	Sunday, Feb 15	10		0.7
16.	Monday, Feb 16	0		0.0
17.	Tuesday, Feb 17	45		3.0
18.	Wednesday, Feb 18	30		2.0
19.	Thursday, Feb 19	75		5.0
20.	Friday, Feb 20	45		3.0
21.	Saturday, Feb 21	30		2.0
22.	Sunday, Feb 22	15		1.0
23.	Monday, Feb 23	45		3.0
24.	Tuesday, Feb 24	30		2.0
25.	Wednesday, Feb 25	30		2.0
26.	Thursday, Feb 26	30		2.0
27.	Friday, Feb 27	45		3.0
28.	Saturday, Feb 28	15		1.0
29.	Sunday, Mar 1	45		3.0
30.	Monday, Mar 2		30	4.0
31.	Tuesday, Mar 3	45		3.0
32.	Wednesday, Mar 4	45		3.0
33.	Thursday, Mar 5	30		2.0
34.	Friday, Mar 6	30		2.0
35.	Saturday, Mar 7	15		1.0
36.	Sunday, Mar 8	15		1.0
37.	Monday, Mar 9	30		2.0
38.	Tuesday, Mar 10	30		2.0
39.	Wednesday, Mar 11	60		4.0
40.	Thursday, Mar 12	45		3.0
41.	Friday, Mar 13	45		3.0
42.	Saturday, Mar 14	15		1.0
43.	Sunday, Mar 15	15		1.0
44.	Monday, Mar 16	60		4.0
45.	Tuesday, Mar 17	35		2.3
46.	Wednesday, Mar 18	30		2.0
47.	Thursday, Mar 19	45		3.0
48.	Friday, Mar 20	30		2.0

49.	Saturday, Mar 21	15	1.0
50.	Sunday, Mar 22	15	1.0
51.	Monday, Mar 23	45	3.0
52.	Tuesday, Mar 24	30	2.0
53.	Wednesday, Mar 25	30	2.0
54.	Thursday, Mar 26	30	2.0
55.	Friday, Mar 27	60	4.0
56.	Saturday, Mar 28	15	1.0
57.	Sunday, Mar 29	15	1.0
58.	Monday, Mar 30	45	3.0
59.	Tuesday, Mar 31	45	3.0
60.	Wednesday, Apr 1	45	3.0
61.	Thursday, Apr 2	45	3.0
62.	Friday, Apr 3	30	2.0
63.	Saturday, Apr 4	15	1.0
64.	Sunday, Apr 5	30	2.0
65.	Monday, Apr 6		0.0
66.	Tuesday, Apr 7		0.0
67.	Wednesday, Apr 8		0.0
68.	Thursday, Apr 9		0.0
69.	Friday, Apr 10		0.0
70.	Saturday, Apr 11		0.0
71.	Sunday, Apr 12		0.0
72.	Monday, Apr 13		0.0
73.	Tuesday, Apr 14		0.0
74.	Wednesday, Apr 15		0.0
75.	Thursday, Apr 16		0.0
76.	Friday, Apr 17		0.0
77.	Saturday, Apr 18		0.0
78.	Sunday, Apr 19		0.0
79.	Monday, Apr 20		0.0
80.	Tuesday, Apr 21		0.0
81.	Wednesday, Apr 22		0.0
82.	Thursday, Apr 23		0.0
83.	Friday, Apr 24		0.0
84.	Saturday, Apr 25		0.0
85.	Sunday, Apr 26		0.0
86.	Monday, Apr 27		0.0
87.	Tuesday, Apr 28		0.0
88.	Wednesday, Apr 29		0.0
89.	Thursday, Apr 30		0.0
90.	Friday, May 1		0.0
91.	Saturday, May 2		0.0
92.	Sunday, May 3		0.0
93.	Monday, May 4		0.0
94.	Tuesday, May 5		0.0
95.	Wednesday, May 6		0.0
96.	Thursday, May 7		0.0
97.	Friday, May 8		0.0
98.	Saturday, May 9		0.0
99.	Sunday, May 10		0.0
100.	Monday, May 11		0.0
101.	Tuesday, May 12		0.0
102.	Wednesday, May 13		0.0
103.	Thursday, May 14		0.0

104.	Friday, May 15	0.0
105.	Saturday, May 16	0.0
106.	Sunday, May 17	0.0
107.	Monday, May 18	0.0
108.	Tuesday, May 19	0.0
109.	Wednesday, May 20	0.0
110.	Thursday, May 21	0.0
111.	Friday, May 22	0.0
112.	Saturday, May 23	0.0
113.	Sunday, May 24	0.0
114.	Monday, May 25	0.0
115.	Tuesday, May 26	0.0
116.	Wednesday, May 27	0.0
117.	Thursday, May 28	0.0
118.	Friday, May 29	0.0
119.	Saturday, May 30	0.0
120.	Sunday, May 31	0.0
121.	Monday, Jun 1	0.0
122.	Tuesday, Jun 2	0.0
123.	Wednesday, Jun 3	0.0
124.	Thursday, Jun 4	0.0
125.	Friday, Jun 5	0.0
126.	Saturday, Jun 6	0.0
127.	Sunday, Jun 7	0.0
128.	Monday, Jun 8	0.0
129.	Tuesday, Jun 9	0.0
130.	Wednesday, Jun 10	0.0
131.	Thursday, Jun 11	0.0
132.	Friday, Jun 12	0.0
133.	Saturday, Jun 13	0.0
134.	Sunday, Jun 14	0.0
135.	Monday, Jun 15	0.0
136.	Tuesday, Jun 16	0.0
137.	Wednesday, Jun 17	0.0
138.	Thursday, Jun 18	0.0
139.	Friday, Jun 19	0.0
140.	Saturday, Jun 20	0.0
141.	Sunday, Jun 21	0.0
142.	Monday, Jun 22	0.0
143.	Tuesday, Jun 23	0.0
144.	Wednesday, Jun 24	0.0
145.	Thursday, Jun 25	0.0
146.	Friday, Jun 26	0.0
147.	Saturday, Jun 27	0.0
148.	Sunday, Jun 28	0.0
149.	Monday, Jun 29	0.0
150.	Tuesday, Jun 30	0.0

TOTAL	2110	165	162.7
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Goal - Minimum of 360 Miles	% Goal Attained:	45.2%
Average Miles per day needed to attain goal	2.4	
Current Daily Pace of Andy Alper	2.6	

Addendum 3 -
Family Ski Day Ad from our
Synagogue Bulletin

**Join the NCJC Men's Club
for the 2nd Ski Trip to**



February 6, 2009

Clarkstown Schools are closed

**We've arranged a group rate for skiing that is unbeatable!
\$31 lift ticket & lesson with optional \$25 rentals**

We will carpool from NCJC
Parents are responsible for their children's supervision

For information, call Bruce Green (845-639-5388)

Or email lavgreen@rpa.net

Sign up by February 1, 2009!



Addendum 4 -
Fishing & Hiking Event Ad
from our Synagogue Bulletin

NCJC MEN'S CLUB FISHING ~ HIKING BARBECUE



**SUNDAY, JUNE 29TH 8:30AM Or Come Later To
FAHNESTOCK STATE PARK
Route 301 Carmel N.Y.**

THE MEN'S CLUB INVITES OUR MEMBERS AND THEIR FAMILIES TO A FUN FILLED DAY OF FISHING, SWIMMING, AND HIKING FOLLOWED BY A BARBECUE AT FAHNESTOCK STATE PARK. YOU MAY ALSO WISH TO BRING YOUR OWN FOOD AND SNACK WHILE FISHING/HIKING.

ROWBOAT RENTALS ARE AVAILABLE ON A FIRST COME FIRST SERVE BASIS. \$25 DEPOSIT CASH. \$5.00 PER HOUR UP TO 3 HOURS OR \$20 FOR THE DAY. FOUR PEOPLE PER BOAT (ONE PERSON MUST BE 18 YEARS OLD).

CANOPUS LAKE HAS ROWBOATS AND FISHING. AT PELTON POND YOU CAN ALSO FISH FOR BASS, PERCH, PICKERAL, SUNFISH, AND CRAPPIES. SWIMMING IS ALSO AVAILABLE AT THE LAKE.

DIRECTIONS TO THE PARK:

PALISADES PKWY NORTH TO PALISADES PKWY/ROUTE 6 EAST BEAR MTN BRIDGE – CROSS BRIDGE. TAKE 9D NORTH IMMEDIATELY AFTER BRIDGE. GO 8.4 MILES TO COLD SPRING, AT JUNCTION 301 MAKE RIGHT (SUNOCO GAS STATION ON N.W. CORNER). GO 7.8 MILES TO PELTON POND PICNIC AREA RIGHT SIDE OF 301.

FAHNESTOCK IS A CARRY IN CARRY OUT STATE PARK. VISITORS ARE REQUIRED TO CARRY OUT THEIR TRASH. ALL TRASH RECEPTACLES HAVE BEEN REMOVED FROM THE PARK. NO DOGS ALLOWED.

NOTE: COLD SPRING IS A BEAUTIFUL TOWN TO TAKE A STROLL. THE TOWN OVERLOOKS THE HUDSON RIVER AND HAS MANY QUAIN T ANTIQUE SHOPS AND RESTAURANTS.

MEN'S CLUB WILL PROVIDE THE BARBECUE, BAIT- WORMS, AND WILL HAVE SOME BAMBOO POLES AVAILABLE.

* FISHING LICENSE IS NOT REQUIRES FOR JUNE 29TH. FREE FISHING DAY IN NEW YORK STATE.

RSVP/ QUESTIONS? NO LATER THAN FRIDAY JUNE 20TH

MARK ROSEN 639-7056 evenings
SAM RABENSTEIN 638-2656 evenings
MIKE HIRSCH 634-6889 evenings