

FJMC 2009 Torch Award Entry
BNAI Israel Men's Club, Rockville Maryland, Club Number 1103

Title of Entry: Men's Club Community Health Fair and Green Festival Program

Entry Information:

Submission Identifier Code: TA09-110

Full Title for Entry: Men's Club Community Health Fair and Green Festival Program

Entry Category: FJMC Programs – Men's Health Programs and/or Shomrei Ha'aretz Programs

Contact Person to be listed on Torch Award CD: Wayne Berman

Email address to be listed on Torch Award CD: Wayne.Berman@dot.gov

Club number & Club name: B'nai Israel Men's Club, No: 1103, Rockville, MD Number of club members: 109

Synagogue name, city and state: B'nai Israel Congregation, Rockville, MD

Club President name (at time of entry): Jeff Fredman

Club President name (at time of convention): Jeff Fredman

Person preparing entry: Wayne Berman

Email address of person preparing entry: wayne.berman@dot.gov

Date of entry submission: April 30, 2009

PART I: Submission Information:

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PART II: Summary Information:

In 2007, the Men's Club at B'nai Israel sponsored the first "**Healthy Choices Health Fair**" for our congregation and the community. Over 350 people registered for event. We worked with local health care merchants, doctors, and service providers to enable the Fair to be as diverse as possible. As a result nearly 40 health care-related vendors set up exhibits in the main social hall; nearly 100 flu shots were given; and about 24 doctors and fitness experts participated in a unique "Ask-the-Doctor" speaker and demonstration series. Lots of "healthy" snacks were donated by a local grocery store. In addition, about 200 coronary artery screenings were done, 90 hearing checks were given, and over 40 children were finger printed courtesy of the police. Building on the success in 2007, the Men's Club partnered with the B'nai Israel Green Committee to expand the health fair to include a "Green Festival" in 2008. "Healthy Choices for you and for our Environment" was our motto of the "**Healthy Choices Health Fair and Green Festival**" event in 2008. Again, nearly 400 people attended this successful 4-hour event. Congregational interest in these events has been phenomenal and support for more such programs is high.

PART III: Self Assessment of Entry

- Explain presentation and documentation completeness – Part IV contains an advertisement for the event and a photo of the fair.
- Achievements of program goals, publicity, marketing and advanced planning - The health fair programs over the last two years evolved out of a desire by the Men's Club to be more active in the synagogue in promoting health and environmentally friendly awareness among the members of the congregation. The Men's Club also wanted to motivate the congregation membership and others in the community, to make "healthy choices" lifestyle decisions to help themselves and the environment. We started small in 2006 by offering flu shots. With the success of that early effort, and a lot of support of a Men's Club planning group, the health fair programs became a reality and a great success. The goals were achieved and now the congregation has grown to expect more such events from us.
- How does the program enhance the image of the FJMC, region and/or your club - This is a very visible program for B'nai Israel's Men's Club and the Men's Club gets a significant amount of recognition from the clergy and gratitude from synagogue members. It does a lot to enhance our image and promote a larger awareness of the Men's Club activities in the synagogue and with the larger community in which we are a part. This is a very visible program for B'nai Israel's Men's Club and the Men's Club gets a significant amount of recognition from the clergy and gratitude from synagogue members.

- Include information so other clubs can use this program – Part IV contains an advertisement for the event and a photo of the fair.
- What is its value in club building - number of named club members participating vs. club size and synagogue/congregation size – About 25 percent of the men’s Club members participated in planning and conducting the health fair / green festival events. In addition to a planning group of about 12 members of the Men’s Club, about 25 percent of Men’s Club 109 members participated the day of the event as organizers and helpers, speakers, and/or exhibitors. One of the interesting outcomes of the programs was that they helped to attract new members to the Men’s Club. People who were impressed with the programs, and who knew very little about the Men’s Club want to join. The programs at generating participation and awareness from our membership.
- Identification of source of program or practice and description of unique aspects. Help us understand where it came from. - While attending the 2005 FJMC International convention, our President and Vice President learned about health fair programs in use by other FJMC clubs. Upon their return, the program was discussed at a Men’s Club meeting as a great way for the Men’s Club to become more visible and active in our synagogue. A few members, some of whom are doctors, picked up on the idea and developed it. We started small in 2006 by offering flu shots and some simple screenings. We got a lot of positive feedback and interest from the congregation from the effort that enabled us to evolve to a much larger program in 2007 and 2008.
- Identification of this program as an adaptation of a previous Torch Award entry or other program. Awards will be given for implementations that are particularly effective. The original sources of the programs will be most pleased to know that their efforts have borne fruit. – From the FJMC International Convention as well as FJMC Seaboard Region meetings we learned of the idea. The idea evolved to a concept that was adapted to meet the needs of the diverse membership and available sets of skills within our congregation.

PART IV: Entry Documentation: Attached is a copy of the advertisement for the event and a typical photo.

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Title of Entry: Men's Club Community Health Fair and Green Festival Program: Photo



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FJMC 2009 Torch Award Entry
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Title of Entry: Men's Club Community Health Fair and Green Festival Program: Flyer

B'nai Israel Congregation

Health Fair and Green Festival

Sunday, October 26th, 2008
10:00 am – 2:00 pm

Free
Healthy
Snacks



Services Offered
Flu Shots
Health Screenings
Fitness Demonstrations
Child Safety Fingerprinting
Living Green Products & Displays



Location

B'nai Israel Congregation
6301 Montrose Road
Rockville, Maryland

**Sponsored by Adventist Health Care, Fitness First, Bloom Grocery,
Washington Jewish Week, Sign-a-Rama, and DrinkMore Water**

Hosted by B'nai Israel Men's Club and Green Committee

