

Torch Award Submission: **TA11- 036**

- Full Title of Entry (80 char max): Temple Israel Center of White Plains Annual Health Fair
- Entry Category (You can select up to 2, although you will only win in one):
 Men's Club Shabbat Yom HaShoah / Yellow Candle Israel / Masorti Hebrew Literacy / Ritual Literacy
 Hearing Men's Voices Men's Health Youth Programming
 Programs for Young Men (21-40)
 World Wide Wrap Shomrei Ha'aretz Club Administration
 Non-FJMC Program
 Best Overall Programming* [*Best Overall Programming is not on the basis of a single program, but your club's entire year. A single program submitted in this category will be re-categorized.]
 I'm not sure, so please select for our club's submission.
- Contact Person: _Arnold Zisselman
- Email address for Contact Person: azisselman@verizon.net_
- Club number & Club name: [#1810_Temple Israel Center White Plains]
[Is it a Men's Club or a Brotherhood? Please specify] Brotherhood
- Number of club members: 65_
- Synagogue name, city and state: _Temple Israel Center of White Plains
- Club President name (at time of entry): _Richard Freiberg
- Club President name (at time of convention): _Richard Freiberg
- Person preparing entry: _Arnold Zisselman
- Email address of person preparing: azisselman@verizon.net_

Part II. Summary Information (2 – 3 sentences):

Temple Israel Center of White Plains conducts their annual Health Fair and Blood Drive at which non-profit health organizations and drug companies provide pertinent information about their organizations. In addition, and new this year to bring more families from Temple as well as outside in, we have replaced medical practitioner lectures with a new program on "cyberbullying and internet issues" and a second panel on criteria for selecting a health care insurance provider.

Part III. By submitting this document, I certify, on behalf of the club, that this submission has not been submitted by our club for a Torch Award in a previous year.

Part IV. Entry Documentation

[Include your entry information in one document or provide one referenced document. If there is substantial documentation which you're providing so other clubs can do the program. But is NOT essential to understanding what the program was or how it was accomplished, please identify such information as 'Appendix' so that Judge does not have to review the material. If you're going to provide electronic copies of pictures, please use a graphic program to reduce the size of the individual photos, and realize that the judges don't know who the people are in the photos, so use

such photos sparingly. As the submission documents are distributed to the judges electronically, please convert any written portion into an electronic file. If you need assistance in this, ask prior to submitting.]

Community Health Fair and Blood Drive at Temple Israel Center sponsored by Brotherhood

Every spring for the last 14 years Temple Israel Center of White Plains Brotherhood conducts their annual Health Fair and Blood Drive. Our goal is to get TIC members and their families as well as people from the neighboring community to become aware of the importance of maintaining good health and how to achieve it.

With both a declining attendance and significant cutbacks in drug company sponsorships resulting from the new medical reality, we have embraced a twofold shift in our focus.

First, we have invested significant time researching and speaking with families and our Religious School Director to determine what topics are of interest to families of either young children or teenagers, and, second we have brought in additional resources from outside the Temple to assist us.

This year's event will occur on Sunday May 1 (we are still working on the flyer and other materials for the event, but have attached last years flyer). In order to get the word out, our Rabbi, Gordon Tucker, will announce the upcoming health fair event from the bimah every Saturday starting one month before the event. Our club works with the Temple Publicity Committee to create a Health Fair poster and a large number of flyers. As is our policy these will be distributed for three weeks in advance of the fair to TIC members and nearby institutions. We also put notices in local newspapers and The Jewish Week and visit local storekeepers to get them to display posters in their windows and other prominent locations.

Additionally we publicize the event to JCC, Solomon Schecter, and to our religious schools through emails to parents, Miriam Massen's weekly emails to the members of TIC and a Miriam Massen telephone tree.

Brotherhood members solicit support from the local medical community as well as major health care companies for additional educational opportunities which will still be housed in one of our reception halls during the fair. Funds from the latter support costs for the fair and sums are given to TIC for Brotherhood related projects. Local merchants also provide free kosher food.

All portions of the Health Fair and Blood Drive will be held from 9AM to 1 PM in the Temple Israel Center's large, connected reception halls and are free to all. The local health institutions including the White Plains Hospital Medical Center, Burke Rehabilitation Hospital (both affiliated with the New York Presbyterian Hospital system), as well as the Westchester County Health Department all participated at last year's event. There were over 300 people in attendance last year.

Throughout the morning, blood pressure tests as well as bone density tests are given to fair visitors. In addition there are tables where healthy food is provided to the guests. In addition drug and medical instrument companies display their products and provided literature and other materials to fairgoers.

The Blood Drive runs throughout the time of the fair and the White Plains Hospital staff collected 64 units last year (we have budgeted 75 for this year). The New York Fraternal Order of Masons also provides free IDs to children in the form of photos and other identification on a CD for parental private use. Adults particularly seniors, also received identifying CDs with a list of their medications and diagnoses and also cards for their private use. Last year approximately 70 individuals received ID's.

The program for this year will commence after the Yom HaShoah program concludes at 10:00. As an outgrowth of the new regulations surrounding "cyber security" and the increasing pressure that our youth is under through the internet (we are very mindful of the suicide of a college student in our area resulting from this Cyberbullying), we will feature a panel discussion on this topic entitled Cyberbullying and other internet issues for tweens and teens which will run from 10:00 to 11:00. Both parents and children will be directed to the Cyberbullying Panel.

The next panel presentation is on choosing a health care insurance provider for those below the Medicare age and those in Medicare at 11:00.

The final program of the event will take place at 12:00 and will be a class on CPR and the Automated Electronic Defibrillator (AED) which will be given by the White Plains EMS. This came about through our research and discussions that we are not trained in CPR and most of us do not either know where the AED is much less how to use it.

We expect to achieve a greater recognition of the families in our schools of our programs. It is our hope to bring many of these younger men into our club although our program is first and foremost an educational program. The Men's Club also wanted to continue to foster a good working relationship with our Educational Director, and in fact many of our programs during the past year have effectively been joint or cosponsored events.

This is a very visible program for Temple Israel Center's Brotherhood and we receive 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 our activities in the synagogue and with the larger community in which we are a part.

13th Annual
HEALTH FAIR
and
BLOOD DRIVE

Sunday, April 18, 2010
9:00 AM - 1:00 PM

- **TIC Men's Club**
- **White Plains Hospital**
- **Westchester Jewish Community Services**
- **NY Masons Identification Program**

- **Burke Rehabilitation Hospital**
- **Westchester County Department of Health**
- **Westchester County Medical Center—Neonatology**
- **Hadassah Medical Organization**
- **JCC of Mid-Westchester**
- **Gift of Life, Bone Marrow Foundation**
- **Rabbi Abraham Israel of Hazon Yeshaya**
- **and others...**

Please introduce yourself and visit these tables for free, painless medical tests and to learn about their services to our community. At one time or another, regardless of age, we will be thankful that they are here for us.

Welcome to the 13th Annual

TIC Health Fair!

Please avail yourself of the free screening for blood pressure, bone density, body mass index and body fat composition. Free IDs will be provided by the NY Chapter of the Masons.

There will be tables of healthy foods, samples of skin care and other products, pharmaceutical and device maker displays.

The White Plains Hospital will make us aware of its many and specialized services. Hadassah will update us on its life saving activities both here and in Israel.