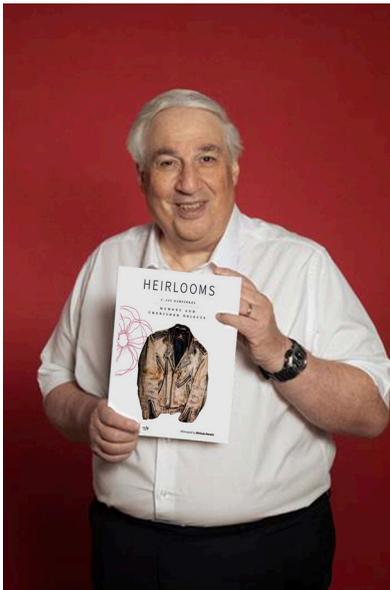




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Heirlooms is for sale on our website, and Amazon.

## HEIRLOOMS

OneFamily has published a book that's very relevant to our time of Covid-19, because you or someone you know may have experienced a recent loss. The newly released book titled *Heirlooms: Memory and Cherished Objects*, is a travel photography memoir written by visual artist Jay Garfinkel.

Garfinkel knows loss. After his only son died of heart disease two years ago, he started the OneFamily Memory and Cherished Objects project. This book should be read by anybody who knows someone

or has experienced a sudden tragic loss. The reader will discover how Israeli families handled their tragic loss. **It's a model for facing life's challenges with resilience and optimism.**

In his new book, Jay interviews 33 families who lost somebody to terrorism and helps select a family heirloom. The book features the photography from the selections chosen by the family. The subtitle of the book, Memory and Cherished Objects, was selected, says Garfinkel, because, "The person we have lost will not make any new memories, so we need to create a space for them in our life. Heirlooms create a space where memory happens." While many of us cannot relate to terrorism, grief and loss are universal; and the touching message to handle these challenging times with resilience and optimism is universally valued.

## MR. STANLEY HECHTMAN Z"l

OneFamily mourns the loss of Mr. Stanley Hechtman of Brooklyn, who passed away earlier this year at the age of 71, leaving a generous legacy in the form of a bequest to OneFamily Fund in support of Israel's Victims of Terror. In Mr. Hechtman's name, OneFamily has established a "Simcha Fund," which means that he will be remembered when Israel's terror survivors have occasion to celebrate. **His generosity will make possible the transformation of suffering into celebration**, a mitzvah said in Judaism to elevate one's soul in Heaven.

Stanley Hechtman was a devoted son to his parents, to whom he was eternally grateful for providing him with a yeshiva education. He was a pharmacist who loved his community very much, and enjoyed music and dancing. A Zionist at heart, Mr. Hechtman was invested all his life in the well-being of the State of Israel and its people. Rest in peace Stanley Hechtman z"l, and thank you from the bottom of our hearts.

## SUFA

Last month, a famous Israeli musician named *Amir Benayoun*, along with his child protege daughter *Naomi*, volunteered his time to remake the video of his 2015 hit song "Sufa" ("Storm" in Hebrew). The new version of Sufa is dedicated to Israel's victims of terror, some of whom sing with Amir and Naomi in the video. For those of us who have not experienced what terror survivors go through, the lyrics of the song mirror the emotional struggle felt by Israel's victims of terror every day, and give us a glimpse of an extraordinary level of suffering that we can't truly imagine... feeling of drowning with grief and trauma. **A bereaved mother, during the filming of the video, associated the hand saving the ship - with the relief she feels when her grief counselor from OneFamily calls her.** "With you, I know how not to end myself." Sometimes, a OneFamily phone call or visit is what it takes for a victim of terror to be able to breathe again, and to head down the long road to recovery.



The video can be found on our Youtube channel.

**Team OneFamily once again runs in the Maccabi Fun Run!** This year, you can run from your corner of the world... grab your best friend and walk/run, socially distanced, at your own pace, when you're available. Free to join; \$36 for a long sleeved t-shirt.

## TRAUMA & ANXIETY

Trauma and anxiety do NOT stop under lock down and neither does OneFamily. The harsh realities of 2020 may have compounded the feelings of isolation and anxiety - but OneFamily adapts. **For Gabi (name changed) who lost her mother to terror, anxiety is an ongoing challenge.** This year, her last year of high school, is a BIG deal for Gabi. The test scores will shape the rest of her life... which division of the army she will be placed in, what her post-secondary education opportunities following the army will be, etc. However, COVID-19 fears enhanced Gabi's anxiety to the point that she could not focus at all on her studies, and she was too terrified to go to a hospital for help with her panic attacks. **OneFamily quickly arranged for an ongoing online psychologist, and a tutor, stabilizing Gabi; and now she is BACK ON TRACK!**

**Ronit, who lost her brother to terror in 2003 is 29 now.** She has 3 children... and she has cancer! While awaiting a bone marrow transplant during lockdown, OneFamily maintained daily contact with her. Counseling, a laptop, kerchiefs to cover her lost hair, and yogurt for her mouth sores were the least that OneFamily could do. Her mother told us, "Bereavement is the chronic disease that doesn't go away. **OneFamily is keeping my daughter alive.**"

September brought a previously unfathomable peace to the Middle East - the signing of the Abraham Accords. That peace however was shattered instantly for some, as Hamas chose that moment to fire rockets from neighboring Gaza - which crashed into the Israeli city of Ashdod. A man with 15 children was hit and rushed to the ICU with serious internal injuries. **A OneFamily coordinator raced to the hospital, and coordination to rebuild his life began BEFORE he was even admitted.** Food for the family, funding, furniture, and future needs were all anticipated that quickly.

**We look forward to the day when the work of OneFamily is over. But for now, we're here. For anyone and everyone who has been impacted by terror in Israel. For the rest of their lives. We are OneFamily.**

## CLICK INDUSTRIES

A particularly heartwarming donation was recently presented to OneFamily Fund US. **Click Industries, a major PPE supplier, has gifted us 6,000 WeCare 3-ply individually wrapped disposable face masks, bottles of hand sanitizer, disinfecting wipes, and forehead thermometers!** OneFamily Fund US has partnered with JFCS to distribute the COVID-19 PPE to individuals suffering from trauma, personal loss, and to those who are in need of financial assistance, mirroring the focus of OneFamily in Israel. We are exceptionally grateful for this sizable gift from Click Industries, which will help American families continue to stay healthy, go to school or work, and receive counseling services that are so close to our heart at OneFamily. To learn about this generous company, please visit their website at: [www.shophomemed.com](http://www.shophomemed.com).



Chocolate tasting,  
 wine pairing, and prizes!  
 Trivia Night will be diverting  
 and delectable!

Join us virtually on Saturday,  
 January 2nd.  
 9pm EST; 6pm PST.

For sponsorships,  
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 646-289-8600 or email  
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