

Chanukah 2022

Please consider **OneFamily** as a **beneficiary** for your retirement account, DAF, or insurance policy. **Please consider naming us in your will.** Together, we can accomplish anything!

Dear Friends,

**Terror is happening in Israel every day. The number of wounded or dead is rising every day.**

On the random day that terror strikes, an Israeli might have been driving to work or to see family, walking their child to school, going to shop, pray or see friends, or waiting for a bus home at the end of the work day. It started out as a regular day, and then in one instant, their lives were shattered. Bullets, axes, rocks, rockets, knives, car rammings... destroy a beautiful life instantly. In that moment, a PERSON becomes a VICTIM.

When OneFamily employees show up at the hospital, at a funeral, at a shiva home, we hear VICTIMS struggling with whether or not they want to live; whether or not they can live. Life has suddenly become too painful and they aren't sure if they can bear the pain of the new reality. Parents who have buried a child, Spouses who have lost their other half, Siblings who are one less, Orphans who have lost parents... Many have an overwhelming sense of grief, loss, and pain which cripples their ability to see how they could ever continue living in this new reality. Severely injured VICTIMS have to learn to navigate a new life of surgeries, years of physical therapy, the medical system and the government process for benefits. Many can't go back to the same career that they previously enjoyed, and find themselves in need of job retraining. Almost all of them suffer from PTSD long after physical wounds have healed.



OneFamily steps in to help with the legal paperwork for government benefits, helps navigate the medical system, and provides job retraining. **However, the most special part of our work is providing the counseling services which transform the VICTIMS into SURVIVORS. It's that precious moment when a victim decides that it is possible to go on with life after terror; the knowledge that there is something else worth living for; the feeling that "I am strong enough to bear this new reality."**

Our social workers, psychologists, team coordinators and volunteers provide counseling, specific coping

strategies to enhance resilience, and a well-established community of peers in similar situations to encourage each VICTIM to transform into a SURVIVOR. SURVIVORS struggle, but they want to live again, they want to rejoin life; they cope with the pain of the attack and its aftermath, but know that life is still worth living despite the enormous struggle. Those brave souls become strong; stronger than we could ever imagine, in order to deal with their lot in life. Parents who have lost a child are grieving for their child, but must choose life in order to raise their surviving children; Widows and widowers must go on to care for their children, with the pain of loneliness, twice the amount of work and half of the previous income. All of the survivors need to learn how to smile again, alongside the tears and the struggles. Those survivors have become our HEROES, because they are role models in faith, resilience, and community. They know how to take others on the journey with them, as they press forward, each day growing stronger! They encourage newer victims to choose life again, knowing full well how difficult the journey will be. This is our greatest achievement as a nonprofit.

At the time of printing, we lost 29 innocent lives to terror this year, and 27 victims were severely injured. There is a simple and obvious reason to give. Together we can turn bereaved family members and severely injured VICTIMS into SURVIVORS. Help them choose life by generously supporting our programs and services. **This world needs more HEROES.**

With warmth and endless thanks for your support,



*Marc Belzberg*

Marc Belzberg  
Chairman, OneFamily



**Call or Email us before your next trip to Israel.**  
**We would love to arrange a meaningful visit for you at One Family.**





# Tal's R's

Tal Hartuv miraculously survived a brutal terror attack, and shared some insights and life lessons that she has gleaned with a OneFamily audience, and they worthy of being shared with you here in our newsletter.

- **Reflect.** When bad things happen, ask the right questions. Not, "Why me?" We never say, "Why them?" As Golda Meir said, "Don't be so humble. You're not that great." We are not the center of the universe. Reduce your sense of self importance.

- **Reframe.** Terror gives a floor and a ceiling to life. We have a feeling we can never sink lower than we did around the time of the attack (which is the floor), but also life and joy is always tainted by death (the ceiling). Life is tainted.

- **Resolve to never forgive or forget.** We live in a Woke world. There is pressure to accept all and forgive. We do not forgive murder. Only the murdered can forgive a murderer, and they're not around to forgive anymore. As a Jewish community, we must remember the lives lost and the crimes committed.

- **Relax.** Don't worry about stuff we can't control, such as the future. Acknowledge the past, but don't live in it or you'll be depressed. Walk through it. "We live on borrowed time," so the benefit is that we have an enhanced sense of the present. Now is what we have. Live in the present.

- **Reinvent.** Define ourselves as beyond what happened. Reinvent our identity for the good. Joni Mitchel wrote a poem



Naomi Nussbaum, Ginette Thaler, Tal Hartuv

about clouds getting in my way. The clouds have changed. A new climate is needed. ;-)

- **Resourcefulness.** Whatever the difficulties are, we can think of how to turn them upside down.

- **Reprioritize.** The question, "What do you want to be when you grow up?" doesn't exist in Hebrew. In Hebrew we say, "What do you want to DO?" No gravestone says, "This person was a wonderful doctor, scientist, or lawyer, etc." The quality of who you are as a person, that's our legacy. "Yankle was a wonderful father, a loving husband, etc." Who we are when we die is what's written on the tombstone. That's your footprint in this life. Reprioritize your life accordingly.

- **Regurgitate cliches.** Take them out of your lexicon for situations like these. "Time heals"? No, it doesn't. It gives a new perspective. "What doesn't break you makes you stronger." No way. Cliches are unhelpful. Just be a friend.

- **Reject victimhood,** and take inspiration like the holocaust survivors did; the ones who built this nation (Israel). Don't call anyone a Victim. We are Survivors.

- **Rethink:** Remember there is always something to be thankful for. The very word Jew means praise and thanks. For example, waking up in pain every day is better than not waking up at all. That's a lesson that I choose to cultivate in my life. We can all find something to be grateful for, even under terrible circumstances.

# Mazal Tov!

Mazal tov to our dear Adva Hakani and her new husband, Ofek. Adva lost her brother Aviv in an attack when she was eight years old, and she has been a part of OneFamily ever since. We have laughed and cried with her throughout her life. Adva was a camper at our Therapeutic Camp for ten years, and then she joined as a counselor so that she could give back to the community. OneFamily is in her DNA, and she is in our hearts forever. We wish our lovely and beloved Adva much joy and happiness and good health in her new life with Ofek. We were privileged to participate in the most joyous, exciting and wonderful wedding!



**Amazon will donate a portion of your purchases** to us when you begin your online shopping at Smile.Amazon.com and enter our EIN#: 11-3585917. It's an easy way to shop, and give charity at the same time!

*Chanukah 2022*

## Widow's Therapeutic Retreat

This September 8, OneFamily took fifteen young widows out for six days of togetherness in Italy. The women were of various ages, varied years of bereavement, and varied levels of religious observance. Resilience is a person's ability to deal with situations of stress and crisis, and to adapt to life circumstances that arise as a result of a crisis. Every aspect of the retreat was meant to strengthen the widows' sense of resilience.

We used Professor Molly Lahad's multidimensional resilience model focusing on body, mind, emotion, family, thoughts & beliefs, society, and imagination to create our therapeutic retreat which included social support, exposure to creativity, physical activity, intervention, and "finding meaning."

The therapeutic goals: 1. To feel like part of a group. Group belonging is a significant part of being resilient in the face of PTSD. 2. The feeling that I am not alone. I am not the only one who experiences widowhood or being alone with the children. 3. To create balance in everyday life.



The workshops combined the tools of phototherapy, music and movement, and discussion. Time spent in nature gave the perfect location for this emotional work, and contributed to the ability of each lady to relax and allow herself to be treated and to feel the healing.

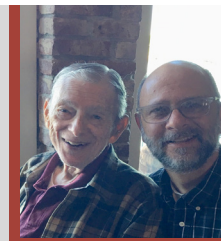
Each survivor left accomplishing all three goals, knowing that they are part of a group of women in a similar situation, knowing that they are never alone, feeling relaxed and rejuvenated, and better able to bring balance into their everyday lives upon returning home.

"I'm just now starting to breathe... I had an indescribably fun and powerful experience with each and every one of you. I was happy to meet and identify with strong and powerful women like you, and yes, the group has power! Thank you to our amazing organizers who invested so much, and made sure that nothing was missing. You treated each one of us as if we were your only daughter. There is no end to the depth of your huge hearts."

"Thank you to Chantal and the amazing team who gave us the opportunity to take a breath, and move on with hope for the future. Thank you gorgeous girls for the support, kind words, and care. Wishing us all a happy new year full of joy and good news."



## Mr. Edward Shade z"l



Mr. Edward Shade z"l was a Renaissance Man with a huge heart. He lived in Newton, Massachusetts with his wife, Marilyn z'l, of 65 years and his two sons, Allan z'l and Steven. Edward had a very strong Jewish Identity and was involved in his temple community. Edward was compassionate and had a loving nature. He also had many interests and hobbies throughout his lifetime, which made him a fascinating friend to talk with.

Edward was born in Illinois, where he was beaten up and ostracized for being Jewish. That prompted him to read all about antisemitism and he became an unofficial authority on the matter. He fought in the US navy and lived on a submarine. One of his awful tasks was to cut down the young men who hung themselves when they were stuck in mud, leaving Edward with significant trauma from his service. Perhaps his journey of overcoming his trauma is what caused Edward to feel connected to OneFamily and leave us a very generous bequest of his investments.

Edward played the piano, composed his own music, wrote books, owned businesses, sold products, ran the Numismatic Society in Israel and the US, all in addition to being his son's baseball coach. He was a rare gem, and truly stood out in a crowd. Edward will always be remembered for his kind and compassionate nature, his drive for education, and the positive impact that he has had on thousands of terror victims, among others. May his memory be a blessing.

If you have a Required Minimum Distribution (RMD) on your own account or an inherited account and you do not need the funds, donating to charity is a great option. Your required withdrawal will be included in your taxable income and cannot be rolled into other tax-deferred accounts. However, donating your RMD is a qualified charitable distribution (QCD) and will not be taxed up to \$100,000. Tax benefits aside, earmarking this income for charity is a great way to begin or expand your giving portfolio to support the causes you care about. Turn your Required Minimum Distribution into a Qualified Charitable Distribution by making the transfer to OneFamily using our EIN 11-3585917. That's a lot of bang for your buck!



## Therapeutic Chanukah Camp for our Youth Division

OneFamily hosts Therapeutic sleep away camp for our youth, three times per year. This year, 38 newly bereaved children will be joining our Chanukah Camp, which is right around the corner! We are expecting around 200 children and each child can be sponsored for \$470. Your holiday gift will help change the trajectory of their lives.

Each camper shares their family story with their co-campers. We address the effect of bereavement on the family life. There are many complexities. Communication between campers creates identification among them, allowing them to bond, and this group gives them strength to cope. The children are treated to several days of thrilling activities with their new friends. Each child returns home knowing that they are not alone.



We often hear from parents that returning home after camp is not easy, so this past summer we collected photos from all the families, and together we composed an exciting music video with the song "Mishehu Iti Kan" (Someone is With Me Here), which was screened during our night activity. This song accompanied the campers home, and was a reminder of the vital message.

We are privileged to accompany the campers in significant moments along the way, but the greatest impact is improving the campers' daily life at home with their family. Help us help the children this Chanukah by sponsoring a child.

## One Victim's Story

Avi\*, 23 years old, was walking this fall when a terrorist snuck up behind him and stabbed him through until he severed the spinal cord, in addition to his liver. Avi is permanently paralyzed from this attack. He is also on his own in this world, without his parents, for many years now. He has been supporting himself by cleaning for others. Avi has one younger sister who is married with young children.

Avi needs financial support, emotional support and career guidance in addition to further education and/or job training. Urgently, he needs a parent right now, to help him navigate the medical system, and learn how to live a different life where he can no longer dress himself and he must move with a wheelchair instead of his own legs.

Despite the enormous amount of help that he needs, Avi is used to being independent and has trouble accepting help from others. OneFamily professionals are visiting him every day, and slowly giving as much assistance as Avi will allow. He will have a long recovery process ahead, and no longer be able to support himself with a physical job like cleaning. Within the next few weeks, Avi will be transferred to a rehab facility where he will learn to live with this new, crippled reality, not to mention the emotional trauma resulting from an attack and injuries like this.



OneFamily is in this for the long run. We will be patient, and offer love and support, at Avi's pace. We know he can't do it alone, nor should he have to. That's what Family is for. OneFamily. There have been 23 other Israelis who were severely injured in a terror attack in 2022. Some are all alone, while others used to support large families. Please help us help Avi, and many others like him today.