



Co-sponsored by:
 Rabbi Isaac N. Trainin Bikur
 Cholim Coordinating Council
 of the Jewish Board of Family
 and Children's Services and by
 UJA-Federation of New York

*I Will Awaken the Dawn:
 The Transformative Power of*

Bikur Cholim

21st Annual Conference on Visiting the Sick

Sunday, November 9, 2008 • 8:30 AM – 3:30 PM
UJA-Federation of New York, 130 E. 59th Street, NYC

"Awake my soul, awake lyre and harp, I will awaken the dawn." Psalms 57:9

8:30 AM

Registration & Breakfast

9:00 AM

Welcome

Paul Levine, LCSW, Executive Vice President and CEO, JBFC
 Roberta Marcus Leiner, LCSW, Managing Director, Caring Commission,
 UJA-Federation of New York

9:30 AM

Keynote Speaker

Rabbi Marvin Tokayer, Former Air Force chaplain and pulpit Rabbi in
 Tokyo and NY, expert on "righteous persons" rescue of Jews during the
 Holocaust, noted author.

Q&A Moderator

Rabbi Simkha Y. Weintraub, LCSW, Rabbinic Director, JBFC

10:30 AM

Morning Workshops

12:15 PM

Lunch, Networking, Tribute Remarks by Barbara Trainin Blank,
 daughter of Rabbi Isaac N. Trainin z'l, Founder of the Coordinating Council

1:15 PM

Afternoon Workshops

3:15 PM

Wrap-Up and Raffle

Closing Ceremony with Misheberach Prayer for Healing
 Led by Rabbi Jay Yaacov Schwartz, MA, LMSW

בִּיקוּר חוֹלִים

View "Turn to Me", the 27-minute documentary film directed by Academy
 Award Nominee Murray Nossel, with commentary by Professor Elie Wiesel
 and Rabbi Tsvi Blanchard. Options for viewing: 11:00 AM and 3:30 PM

Whether you have been visiting for years or are new to the mitzvah, we
 invite you to learn, meet others and awaken to your potential through
 bikur cholim.

1) Basic Visiting Skills: The How To's

Rosa Roberts, LCSW, Consultant, Rita J. Kaplan
Jewish Connections Programs/JBFCS

Basic practical skills to help you approach visiting with confidence; what makes a visit successful, how to begin and end a visit, visiting do's and don'ts and what to say and not to say.

2) For Teens Only:**Our Visions, Our Voices, Our Visits**

Jonathan Katz, LCSW, Director, Rita J. Kaplan
Jewish Connections Programs/JBFCS

Teens make a difference in the lives of people they visit. Explore through discussion, role-play and text how to bring energy and creativity to this important mitzvah. Bring friends!

3) Constructing an Effective Visitors Program

Sheva Tauby, Co-Director, *ivolunteer*

Starting with ourselves, what inspires us, and guides us? Are there specific abilities, and preparation that we may bring to the task? Are there effective "itches" to recruit and engage people and keep them involved? One woman's story of steering a bikur cholim "ship."

new!

4) Finding One's Self in Bikur Cholim

Rabbi Simkha Y. Weintraub, LCSW, Rabbinic Director,
New York Jewish Healing Center/JBFCS

Visiting those who are ill and "being present" can sometimes feel daunting. "How do I respond to their pain?" "Will it be depressing?" are questions we may confront. Explore the possibilities for growing self-awareness, identify strategies for self-monitoring with curiosity, and "finding the Torah" in visits with those who are confronting illness and suffering.

new!

5) Filling in the Gaps – Visiting with Seniors

Alan Magill, Director of Programming, Ateret Avot

"Filling in the gaps/with those whose concentration can stray/ listening to their "music" and meeting them half-way." What are "meaningful interactions" with people with dementia and age-related memory loss? Sharpen your listening skills. Learn varied communication techniques. Discover the joy in connecting with those who may be hard to reach. Interactive and experiential.

new!

6) Lessons from the Chaplaincy, on Prayer

Rabbi Daniel Coleman, Staff Chaplain, Department of
Pastoral Care & Education, North Shore University Hospital

How do you pray and what do you pray for with someone who is ill? Learn to offer and craft your own custom made prayers (sometimes called "spontaneous prayers") as you react, engage, and respond to those whom you visit.

new!

7) Comics and Stories from Bikur Cholim

Robert Lebowitz, MSW, Published Cartoonist and Illustrator

How can you use cartooning to teach about bikur cholim? Learn the basics of how to draw your own cartoon and encourage others to share their story. For parents, teachers and kids-at-heart. (No art background needed.)

new!

11:00 Turn to Me

Followed by Q&A led by Suri Nisker, a principal and visitor in the film. (next showing: 3:30 pm)

1) The Basics of Visiting: The How To's

Rosa Roberts, LCSW, Consultant, Rita J. Kaplan
Jewish Connections Programs/JBFCS. See AM workshop.

2) Using the Telephone for Visiting

Sandra Cohen, LCSW, Director, CheeRing, JBFCS

From your cell, work, or home phone you can make a visit and make a difference in someone's life. Learn how to effectively visit a homebound person regardless of their age, challenges or geographic location. "What do I say?" "What if there's silence?" "How will I respond to...?" Role play will be used to help address these questions and others.

3) Organizing Youth Programs: Advice from the North East and South of the Border

Elena Bialostocky, Coordinator, Bikur Cholim Kehilla Ashkenazi,
Mexico • Marilyn Klein, Founder, Josh Klein Bikkur Cholim,
Harrisburg, PA • Dr. Marc Kramer, Ed.D. Executive Director,
RAVSAK: The Jewish Community Day School Network

Find out about innovative, fun and meaningful ways to engage children and teens in bikur cholim. Learn what the benefits are for youths, parents, and their visitees when they perform the mitzvah.

new!

4) The Faith-full Visitor

Rabbi Jay Yaacov Schwartz, MA, LMSW, Rabbinic Liaison,
Metropolitan Jewish Health System Department of Hospice and
Palliative Care, Rabbi, South Nassau Communities Hospital, LI.

Learn to enhance the power of your bikur cholim encounter with Jewish spiritual tools including emunah (faith), simcha (joy) and hitbodedut (self-formulated prayer). Create an empowering

new!

mindset that fosters courage in facing difficult circumstances. Chassidic stories and texts will be used.

5) Caring for the Caregiver

Anna Kirshblum, LCSW, Social Worker, Shira Ruskay
Center, JBCFS

Fact: Caregivers frequently neglect their own health and well-being while caring for another. Learn tips for identifying when you're feeling stressed, recognizing symptoms of burnout and strategies to avoid exhaustion.

new!

6) Ethical Wills — Passing on Our Legacy

Helene Jaffa, Esq., Eldercare Lawyer, Private Practice

Communicating with others through writing what we believe value and hold dear is our legacy to those we love. Learn how to document these messages for ourselves and help those we visit do the same. Journals provided.

7) Comics and Stories from Bikur Cholim (Teens and Collegiates Only)

Robert Lebowitz, MSW, Published Cartoonist and Illustrator

Have fun learning the basics of drawing your own cartoon and discover a fresh way to see bikur cholim.

new!

8) Support and Self Care for Coordinators

Susan Rosenthal, LCSW, Coordinator, National Center for
Jewish Healing, JBFCS • Barbara Goldman, MSW,
Co-Chair Bikkur Holim Committee of Congregation
B'nai Jeshurun

Join others who lead or are working to build a visiting program in small or large communities, to help each other with common concerns, challenges, and opportunities.

new!

The 21st Annual Bikur Cholim Conference is in tribute to the founder of the Bikur Cholim Coordinating Council, Rabbi Isaac N. Trainin z"l whose life and legacy awakened individuals to their potential and inspired communities to illuminate the darkness with deeds of loving-kindness.

The Rabbi Isaac N. Trainin Bikur Cholim Coordinating Council offers synagogues, schools, and community groups, consultation and follow-up support for the training of visitors, and organizing and maintaining of Bikur Cholim/Caring Committee programs.

On the occasion of our 21st annual conference, an ongoing opportunity for the Jewish community to honor bikur cholim, we thank *you*, our teachers and students for your involvement, enthusiasm and support.

We are thankful to UJA-Federation of New York for its continuing support of bikur cholim as the core of a caring Jewish community and for co-sponsoring this event.

~ Robin Schoenfeld, LMSW and Vicki Rosenstreich, LCSW on behalf of the entire Coordinating Council.

“Awake my soul, awake lyre and harp, I will awaken the dawn.” Psalms 57:9

King David, as inscribed in tehillim/ psalms, arises to meet the new day with inspiration and illumination. So too we can rouse ourselves to meet each day’s “work” with energy, determination and hope.

For more information about our media and print resources or for a consultation, please call 212.399.2685, ext. 212, or email bikurcholimcc@jbfcs.org

I Will Awaken the Dawn: The Transformative Power of Bikur Cholim

(PLEASE PRINT)

Name: _____

Home Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Synagogue/Organization Name: _____

Organization Address: _____

Workshop Choices

Participants attend one workshop in the morning and one in the afternoon. Please list your 1st, 2nd and 3rd choices by using the numbers indicated next to the workshop description.

MORNING SESSION:

First Choice _____ Second Choice _____ Third Choice _____

AFTERNOON SESSION:

First Choice _____ Second Choice _____ Third Choice _____

Fee enclosed: \$ _____ **Space is limited. Please register early.**

**21st Annual Conference on Visiting the Sick
November 9, 2008
UJA-Federation of New York
130 East 59th Street between Lexington Ave. and Park Ave.**

Fees:

\$36 (includes breakfast and lunch, dietary laws observed, U, H.S. and College Students: No charge (Contributions welcome).

Early registration: \$30 by October 23

Group discount available on early registration for 4 or more from one program. Please call.

Checks payable to JBFCS/BCCC

Mail To:

JBFCS/Bikur Cholim Coordinating Council

Attn: Conference

120 West 57th Street, 6th Floor

New York, NY 10019

Directions:

N,R,W Train to Lexington Avenue

4,5,6 to East 59th Street

Early morning street parking available

Parking lots: 58th Street between Park and

Madison and 59th Street between 1st and 2nd

Avenue

To register:

Call: 212.399.2685, ext 216

Fax: 212.399.2475

Email: bikurcholimcc@jbfcs.org

Visit: www.bikurcholimcc.org

For additional registration forms

please visit www.bikurcholimcc.org

Rabbi Isaac N. Trainin Bikur Cholim Coordinating Council
JEWISH BOARD OF FAMILY AND CHILDREN'S SERVICES
120 West 57th Street
6th floor
New York, NY 10019

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The Jewish Healing and Hospice Alliance
an initiative of UJA Federation
of New York

Together we create caring communities.

Sunday November 9, 2008
At UJA-Federation of New York

Awaken and inspire your potential through bikur cholim with a day of informative speakers, dynamic workshops and informal networking.

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The Transformative Power of
Bikur Cholim*

**21st Annual Conference
on Visiting the Sick**

"All Israel is responsible one for another."
– Babylonian Talmud

*Bikur Cholim is Hebrew for
"visiting the sick."*

ביקור חולים