



Summer / Rosh Hashanah Newsletter



Leadership and Management

Gila Milstein, President

Arik Chaim, Secretary

Dr. Daniel Lieber,
Advisor

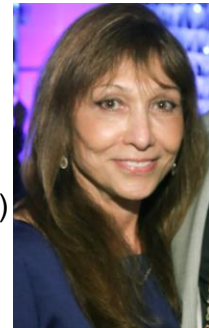
Dr. Daniel I. Brison,
Advisor

Sigal Ankri, Co-Founder
& Patients' Director

Batya Levy, Office
Manager & Volunteers'
Director

Rosh Hashanah Greeting from the Board President

As we approach the Jewish New Year, I find myself reflecting on how truly blessed our Stand By Me (SBM) organization is, in so many ways.



I'm always amazed to see the passion people have to help others.

As you know, SBM is unique in that it provides services and programs in Hebrew—for free—to Israelis in America battling cancer, and their families.

It takes *community* involvement to make sure that no one faces cancer alone.

So I would like to take this opportunity to extend a heartfelt THANK YOU, and my sincerest appreciation, to our generous and passionate donors who have contributed throughout the years,



DONATE TODAY!

***ANY amount makes
a difference!***

***Donate just
\$10/month to***



***transform lives
today.***

as well as to our new donors who have chosen to support our worthwhile cause. Your faithful financial contributions enable us to fulfill our goals and mission.

Special, BIG THANKS to each and every one of our wonderful and dedicated volunteers and staff members for the success of our work and for our growth. You are an inspiration.

On behalf of the Board of Directors, warmest wishes to our Stand By Me Family, our donors and all our volunteers.

Have a wonderful holiday...

and SHANA TOVA!

***B'ahava,
Gila***

A Thank You Note from a Patient

This month, we were moved to receive this thank you note from one of our patients (originally in Hebrew):

My dear volunteers, my angels,

למתנדבות היקרות שלום, מלאכיות שלי,

I, Rachel Israel, would like to say a

*few words from the bottom of my heart
As you obviously already know - I
have been battling ovarian cancer for
about 4 years now.*

*I would not have been able to battle
this disease if it weren't for you being
there for me in every step of the way -
you bathed me, took me to doctors'
appointments when I needed it, and
cooked kosher food for me when I
could no longer cook for myself and
for the kids. You gave me a shoulder
when I wanted to share my painful
experiences from chemotherapy. The
wonderful therapist that you connected
me with still listens to me and guides
me how to overcome my fears of
chemotherapy.*

*I want to tell you: you have a big heart
and your giving makes me happy.
Thanks to you - I have the strength to
continue!*

Thank you my friends.

אני, רחל ישראל, רוצה מאוד להגיד לכן כמה
מילים מכל הלב. כפי שאתן כבר יודעות כמובן
- אני חולת סרטן השחלות כבר ארבע שנים.

לא הייתי יכולה להתמודד עם המחלה הזו
אילו לא הייתן לצידי בכל שלב - רחצתן
אותי, לקחתן אותי לרופאים כשהיה צריך,
והכנתן לי אוכל כשר כשלא הייתי מסוגלת
לבשל לעצמי ולילדים. נתתן לי אוזן קשבת כדי
שאוכל לשתף אתכם בחוויות
כואבות מהכימותרפיה. הפסיכולוגית החמודה
שהכרתם לי עדיין מקשיבה לי ומדריכה אותי
כיצד להתגבר על פחדים מהכימותרפיה. אני
רוצה להגיד לכן: יש לכן לב רחב והנתינה
שלכן עושה לי שמח בלב. בזכותכן אני
מצליחה להמשיך!

תודה חברות שלי.

Events

We have had an eventful past few months. We attended support groups, fun crafts activities. We held monthly volunteer meetings, and we celebrated at the Celebrate Israel festival, organized by the Israeli American Council.

Monthly Meetings

Monthly Volunteer Meeting: **Talia Cohen**, a Reiki healer, taught our volunteers techniques to reduce stress and feel calmer. Her techniques helped us bring tranquility into our lives.

Monthly Support Group: [Rachel Forman](#), a professional life coach who specializes in health awareness and healing, shared with Stand By Me members the benefits of laughter therapy, which include stress reduction, increased oxygenation in the body, higher endorphin levels, and increased immunity and resilience.

Crafts Workshop

Our workshops are the perfect way to have fun, get away, and relieve stress. So many of our members say they look forward to it all week.

Nira Gat leads arts and crafts workshops. Most recently, they made beautiful, colorful butterfly mobiles. They are perfect for brightening our homes!



Celebrate Israel Festival

In May, the [Israeli-American Council](#) organized the Celebrate Israel festival. Our booth became an attraction to families and kids: we had arts and crafts, children

activities, henna tattoos, and more. Sigal and Batya explained the importance of our organization and welcomed the many new volunteers who signed up.

We owe a big thanks to our volunteers and to all those who contributed to our success in the festival: **Benzi Zarfati, from Aura Ben Zion and The Art of Pewter, Zohar Davidov, Shiran Shpitz, Miri Glasser, ETTY Moshe, Michael Sabag, Rina Ulof, Irit Barak, Tsilla Dinay, and Ruth Bassly.**



Trip with MATI

Our patients joined Mati - Israeli Community Center - for a getaway trip to Santa Clarita's parks, Placerita Canyon State Park and Vasquez Rocks Natural Area Park. This trip gave our patients and their spouses a much-needed "time out" from their daily routine. They enjoyed not only the beautiful nature and sceneries, but also a sing-a-long with guitarist and singer **Dudo Zar**.

We would like to thank our generous donors, whose support enabled the participation of Stand By Me members.

Message Board

Spread the word! Stand By Me's mission is to provide services to Israeli-Americans, for free and in Hebrew. Our services include:

- **Substantial Care:** transportation, cleaning services, childcare, hot meals and challah delivery
- **Emotional Care:** visitations, group therapy, psychologists, and therapists for patients and their families; social gatherings and holiday celebrations
- **Additional services:** chiropractic treatments, aromatherapy, nutrition, acupuncture, Feldenkrais, beauty treatments and more

Cancer News and Research:

- Scientists have taken a step toward creating a universal cancer vaccine that would make the body's immune system attack tumors. ([The Independent](#))
- Researchers are developing a blood test to detect cancer. ([Time](#))
- Web searches might reveal if someone has cancer. ([The New York Times](#))

- Israelis discover a new, nanotech approach to treating stomach cancer. ([Israel21c](#))
- A poet who chronicled his battle with cancer with humor and poignancy died at 25. ([AP](#))

Health Corner

Nutrition is an essential aspect of life, especially for those whose immune systems could use a boost. In fact, nutrition for cancer patients can differ from what we usually think of as “eating healthy.” According to the National Cancer Institute, “eating the right kinds of foods before, during, and after cancer treatment can help the patient feel better and stay stronger. A healthy diet includes eating and drinking enough foods and liquids that have the important nutrients (vitamins, minerals, protein, carbohydrates, fat, and water) the body needs.”

Nutrition is a personal thing and one size does not fit all. Therefore, before taking any advice from the web, please make sure to consult with your physician.

Talia Cohen's Tahini Bread

6 tbsp tahini
 2 tbsp honey or date honey
 4 eggs
 2¼ tsp baking soda or baking powder

Preheat oven 180°C / 350°F.

Grease and line a loaf tin (roughly 8"x4") with parchment and lightly grease the parchment itself with oil spray.

Place all of the ingredients into a medium bowl and stir vigorously to combine.

Pour mixture into prepared loaf.

Bake for 20-25 minutes or until your loaf has risen and is firm and golden on top.



Remove and allow to cool completely before slicing as needed. Keep stored, in Saran Wrap, in the fridge for up to a week. Or keep on your counter for three to five days. This bread is lovely fresh or toasted.



This delicious recipe is gluten-free, grain-free, nut-free, and paleo-friendly!

If you would like to see your recipe featured here, please [send it via email](#).

Thank You



Pistachio, Star Falafel, Unique Bakery, and Darna restaurant: Thank you for your donations throughout the year!

Make sure to enjoy the books in our library, made available thanks to the Belle Michael:
Thank you for expanding our library with your wonderful book donation. Our Stand By Me members are always happy to have more to read!





Shay Lee from the IAC: Thank you for the Shavuot food baskets. They enriched our holiday and were delicious!

Volunteer with Us!

We need volunteers to help with:

- Visitation
- Phone calls and staying in touch with patients
- Child care / babysitting
- Driving / deliveries
- Food preparation



Please reach out to our Volunteers' Director, Batya Levy, at: BatyaL@StandByMeLA.org

Thank you to all Stand By Me Volunteers who consistently commit their time and energy to support Stand By Me and help others. You are **all** truly inspiring!

"No one is more cherished in this world than someone who lightens the burden of others."



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