



Spring/Summer Newsletter

2018



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

Greeting from the Board President



Dear Stand By Me Family,

As spring grows into summer, we reflect and we celebrate. We tell the stories of Purim. We tell the stories of Pesach -- of Jewish triumph in the face of tragedy. We remember the Shoah. And we remember the pure souls who died before the establishment of Israel.

These stories of heartbreak and hope resonate deeply. At Stand By Me, we give people hope and strength for the future, and courage and confidence to endure the hardship of the present.

We are here to give families peace of mind knowing that Stand By Me will provide a professional caregiver for their loved one when they need it most.

Or a ride to the doctor when they're too weak to drive.

Or a hot meal when they're too sick to cook.

You all understand the immense need for our organization -- and there are so many more families that need Stand By Me's support.

Our new program, **Giving Chai -18 פרויקט**, encourages our

Giving Chai

פרויקט 18

For online **Recurring Payments**, please use this button to go to a secure page:

DONATE TODAY!

community members to provide hope and help to cancer patients, survivors and their loved one through a monthly recurring donation. This allows Stand By Me to assist hundreds of Israeli-Americans during some of the darkest moments of their lives.

When you talk to your friends about **Stand By Me**, share your passion for our organization and encourage them to participate in recurring donations in an effort to make sure No One Faces Cancer Alone in our community.

B'ahava,

Gila 🧡

Or, let us know if we should mail or email you a form.

***Fighting cancer is hard –
finding help shouldn't be.***

Events

Purim

Many members of the Stand By Me family celebrated Purim with fantastic Mishloch Manot from Be'Simcha. These bags brought many families happiness and joy on a special day. 🧡



Passover

Every year, we make sure that our members and their families can celebrate Passover with a variety of appropriate foods on their dinner table.

Truly incredible initiatives this year included:

1) The amazing organization ShayLee providing wonderful boxes filled with great products, ensuring that every family can celebrate Passover comfortably.

2) Other wonderful and devoted volunteers who cooked complete Seders for our patients and their families. Your tireless efforts helped people fulfill the *mitzvah* of having a Seder.

3) And yet MORE inspiring volunteers that invited Stand By Me patients and their family to join their Seders. You show our patients that they are loved, and that we care. 🧡



Coffee Break and Graduation Celebration

Stand By Me members surprised professional volunteer and supporter Hayuta Cohen with a small party and a cupcake in celebration of her Master's degree completion and graduation! 🧡



Inspiration for Both Patients and Volunteers

We hosted an incredible workshop led by Gaber Hbish, an international mentor based in Israel. Gaber spoke about approaching life in a soulful manner, with simple but potent advice like using the word "challenge" instead of the word "disease." So, instead of "I'm sick," saying, "I'm at a challenging time in my life."

Gaber also asked people to think more deeply the word for any challenge or disease in Hebrew, **מחלה**. He reminded us that it contains the roots for "comfort" and "forgiveness." In addition, he noted

that "והאות ה נושאת את אלוהים" -- the letter ה signifies God. Using the concept of *hey hastoorash*, Gaber reminded us that God is the big part of the letter, the ה, protecting the small part, the ו, which represents us.

He suggested that there is happiness inside all of us, and that we should focus on searching for that instead of the pain of being angry at our bodies. That happiness, Gaber said, can be found within three circles: the individual (us), those who exist around us in our lives (them), and the ideal world where hopes and dreams exist. Each of these three circles needs to be approached with a positive attitude. It is also important to remember that the second circle -- our family, friends, and anyone in our lives -- are there for a reason. We should relate to them in a positive way, because what goes around comes around. He ended the night with a meditation focusing on our dreams.

Thank you, Gaber, for the uplifting and spiritual evening! 🧡





Yom HaShoah

We were very fortunate to hear testimony from Holocaust survivor [Miriam Reitzenstein](#), the sister of Stand By Me member Moshe Blacheman. Miriam took the audience on a painful but poignant journey as she spoke about losing both her mother and sisters during the Holocaust. Her personal story mesmerized the audience and deeply moved our Stand By Me members, who were touched by Miriam's resilience and heart. By telling her story, Miriam strengthens the memory of her family and the memory of the millions of other murdered Jews. Words cannot express our appreciation to Miriam for sharing these harrowing tales that remind us to be grateful for every minute of life. We will never forget. 🧡



Base Band Concert

Thank you to the talented **Gila Rapaport**, owner of **InJoy Productions**, for donating tickets to their incredible event. The lively, energetic show brought Israel's beloved songs to life. Base Band concerts are a treat for all—a sing-along experience that celebrates Israeli culture, the IDF, and the Hebrew language. ❤️



Mother's Day

We were so pleased to be able to give all Stand By Me moms and wives a special gift in honor of Mother's Day: Shea Butter from [Avani Dead Sea Cosmetics](#) and bracelets from from Aura Ben Zion. ❤️



Celebrate Israel

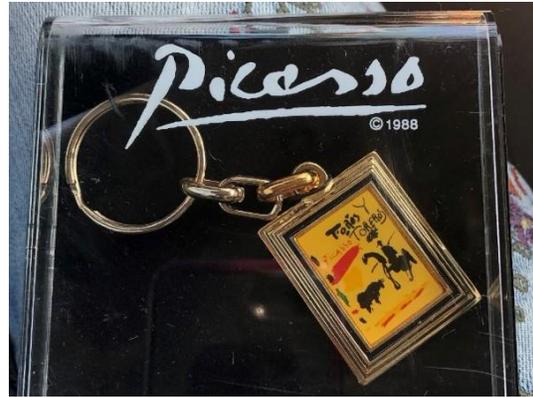
We had so much fun at the IAC's Celebrate Israel Festival, as we always do!

Our booth was even more fully stocked this year, with lots of great giveaways and information for people to learn more about what we do. As friends, family, and supporters came to say "hi," we also reached new

donors, encouraging them to join the [Chai Project](#), a monthly \$18 donation that allows everyone to be a part of a giving community. A small donation can make a big difference!

This day could not have been possible without our incredible volunteers who manned the booth, as well as the people who stopped by and signed up to volunteer or donate. We were also happy to see Stand By Me supporters Miri and Sheldon Adelson visit us. Together, we were so proud to celebrate Israel's 70 years! 🍋





Congratulations, Sharon!

We would like to congratulate **Sharon Stone** for graduating with her Master's from UCLA's Graduate Program in Social Welfare. Sharon has volunteered with Stand By Me since 2013, and witnessing the challenges families face while battling cancer motivated her to pursue a career in social work. Now, as an MSW, Sharon will be able to apply her expertise as a social worker to provide additional support for Stand By Me families. Congratulations, Sharon! ♥

Thank you to the wonderful **Orange Delite & Grill** for providing delicious food at so many of our events, and to **Poke Poke Bar Restaurant** for providing food for monthly get-togethers! Your incredible support means so much to us.



Health Corner

Quinoa Avocado Salad

Ingredients

- 3 tablespoons lime juice
- 2 tablespoons avocado oil
- $\frac{3}{4}$ teaspoon garlic powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground pepper
- 3 cups cooked quinoa, cooled
- 2 medium avocados, chopped
- 1 cup grape tomatoes, halved
- 1 cup diced cucumber
- $\frac{1}{2}$ cup chopped fresh cilantro
- 1 scallion, sliced



Instructions

Whisk lime juice, oil, garlic powder, salt and pepper in a medium bowl. Add quinoa, avocados, tomatoes, cucumber, cilantro and scallion. Stir gently until combined. Refrigerate for up to four hours. 

Source: [Quinoa Avocado Salad](#)

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. ♥

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