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# Letter From the Editor

Dear JSM Readers,

This annual Health, Body & Soul issue always reminds me that by practicing the suggestions mentioned in these articles I would probably have less stress and more energy. Seems like I have good intentions and bad habits.

My weekly deadline to go to print – EVERY Sunday night – after spending Thursday, Friday and Sunday designing, proofing and editing The Hebrew Watchman is very demanding. I feel like the definition of unhealthy living these days and struggle to maintain a healthy diet, to get any exercise or to take time for myself.

Perhaps, this shouldn't be my January 1, 2025, New Year's resolution, but better yet, a Rosh Hashanah promise to myself to be more kind to my body and soul.

I am not a workout person, if I joined a gym, I would never go. But it shouldn't take so much effort to go for a walk, to meal plan and cook healthy meals so that on deadline days we don't resort to frozen taquitos, chicken nuggets or pizza and pasta.

As I am proofing these stories, I am gleaning some inspiration. Hopefully some of these ideas will rub off on you too.

We'd love to hear from you about how you live – or strive to live – a healthy lifestyle.



*Attending a niche media conference in Chicago this spring with daughters, Toni Nieman and Rebecca Schudel.*

If you'd like to share with our readers, please email your stories to [susan@JewishSceneMagazine.com](mailto:susan@JewishSceneMagazine.com) or [info@HebrewWatchman.com](mailto:info@HebrewWatchman.com).

With enough feedback, we can start a new series in The Hebrew Watchman.

Thank you for your continued support of both Jewish Scene Magazine and The Hebrew Watchman.

Shalom

Susan C. Nieman – Publisher/Editor

## Contributors



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**Cindy Katz**, DNP, has 40+ years of knowledge as a medical professional. My goal is to help people understand what is important in maintaining a healthy lifestyle encompassing physical, mental and emotional wellbeing.



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*Photo by Rachel Rovner*







## Rosh Hashana Apple Streusel

By Chef Dovid Cenker

*A little sweetness to add to your Rosh Hashana festivities. Shana Tova!*

### Main Ingredients:

- 3 large apples
- 1/2 cup sugar
- 1 teaspoon cinnamon
- 1/4 teaspoon vanilla extract

### Topping Ingredients:

- 1/4 cup cold margarine (4 tbs. or 1/4 cup)
- 1/2 cup flour
- 1/3 cup sugar
- 1/2 teaspoon cinnamon

### Directions:

1. Preheat oven to 350°.
2. Grease the bottom only of a small (4 cups or so) casserole dish. Peel and core the apples, slice and place in a bowl. Top with sugar, cinnamon, and vanilla, toss to coat. Set aside while preparing topping.
3. Make the streusel by cutting the cold margarine into a bowl, adding flour, sugar, cinnamon. Rub it through your fingers until the streusel is a coarse, sandy/pebbly texture.
4. Put the seasoned apples into the pan, top generously with the streusel, and bake at 350° about 30 minutes, or until the streusel is golden brown and the apple is starting to bubble up through the topping. Can substitute apple pie filling (for fresh apples).

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## Fern to the Rescue

By Susan C. Nieman

Fern came into Toni Nieman's life at a crucial time. Toni was deeply missing the companionship of Mr. Darcy, her 10-year-old dachshund who she had recently lost to a long battle with cancer.

"I poured over rescue sites looking for the perfect dog," she said. "Something in Fern's eyes made me fall in love with her. Fern was named by the rescue organization I adopted her from, but it fit perfectly, because I am a crazy plant lady!"

She researched all the rescues and shelters in the area to find a pet who most needed a family. "This rescue I had worked with in the past when I had found a stray dog. Also, a family friend had worked with this rescue for years," she explained.

Toni often travels to see her parents (BTW...JSM publishers Susan and Larry). She's my copilot," says Toni. "She rides in the passenger seat but sleeps most of the trip."

When asked if Fern is spoiled, Toni responded. "I get her treats all the time – bones, toys and treats from Hollywood Pets and an occasional treat from Woof Gang Bakery."

### Most Love:

I don't think I can name just one thing.

### Pet Peeve:

She LOVES to lick (almost too much).

### Favorite Vet and Groomer:

Dr. Grant and the team at Shelby Center Hospital for Animals.





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Eliana Sukhodolsky

# Barbie-Inspired Simcha Sparkles in Pink and Silver

*By Susan C. Nieman :: Family Photos by Rachel Rovner :: Reception Photos by Jessica Baum Sukhodolsky*

**Family and friends from New York, Washington D.C., Connecticut, and more gathered for Eliana's bat mitzvah during the long Memorial Day weekend to celebrate and make lasting memories.**

The festivities began with a Friday night Shabbat dinner and kiddush at Baron Hirsch Synagogue hosted by mom and dad, Jessica and Alex.

On Saturday, family members had the honor of reading from the Torah. Grandfather Jacob Sukhodolsky read the haftora, and Grandpa Lee Baum and uncles were given aliyot.

Eliana gave a d'var Torah to the congregation following services. She spoke about the holiday of Lag B'Omer and the importance of Rabbi Akiva's message of "V'ahavta L'reach kamocho – love your neighbor as yourself," especially meaningful during this terrible time for the State of Israel.

In her speech, she said: "When we light our bonfires tomorrow, we must remember that these fires not only represent the eternal flame of the Torah, but also the fire



*Eliana prepares for the party, even getting a henna tattoo.*



The kids had a blast in the photobooth



The room was adorned with Barbie-decorated cookies and desserts on pink and silver sparkly tablecloths.



T-shirt give aways came wrapped in Barbie-style boxes.

that burns in each and every one of us. Now, as our beloved homeland is at war and many of our loved ones are held captive, it's more important than ever to be a light unto the nations. We are the people of Israel, and together – nothing, and no one, can stop us. Am Yisroel chai!"

To prepare for her bat mitzvah, Eliana studied with her mom, Jessica, and with Rabbi Ian Lichter, and she practiced her speech with her grandpa, Lee Baum.

"It was very special to be surrounded by so many people who I love – aunts and uncles, parents, grandparents, and great-



## Simcha Scene

grandparents – on this important day in my life,” said Eliana.

“For a mitzvah project, Eliana worked with many of her friends from across the Memphis community throughout the year to make and sell bracelets to raise money for Memphis Jewish Federation Emergency Israel Fund,” said Jessica.

After all of Eliana’s hard work and excellent presentation, it was time to party. Jessica had the most fun planning the party herself. Barbie pink and glittery silver lit up every aspect of the room including Eliana’s dress.

From immaculately designed cookies and desserts to fun pink and silver sparkly tablecloths adorned with pink flowers and silver disco balls, it was like living in a Barbie Dreamworld.



*Eliana and her twin brother, Benjamin.*



*Benjamin, Alex, Eliana, Jessica and Talya*



*The girls*





Jessica, sister Brittany Baum Lindenfeld and mom Shelby Baum.

The kids spent lots of time in the photobooth and danced the night away to the beats of DJ Rockin Robin.

"During a year filled with turmoil for the Jewish people, we were so happy to have a simcha to celebrate!" explained Jessica and Alex. "We are incredibly proud of our kind, hardworking, poised daughter, Eliana. She did an amazing job with her d'var Torah.

"We were so in awe of her confidence," they continued. "We can't wait to watch her become a leader in the Jewish community."

"It was so much fun to celebrate with my family and friends at my shul and dance with everyone at the party!" said Eliana.

#### Vendors:

- Photographers: Rachael Rovner and Jessica Baum Sukhodolsky
- Party Planner: Jessica Baum Sukhodolsky
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Harold (3rd from right) delivers bears to Germantown Fire Department.

## MARGIE AND HAROLD STEINBERG

# Compassion in Actions

By Shoshana Center

If there ever were superstar role models of what living a life of chesed, tzedakah, and Tikkun Olam looks like, it's Margie and Harold Steinberg. Since selling the retail store they owned for over 20 years, Reverie Fine Linens and Down, the happily married couple of 56 years continues to be beacons of kindness as active volunteers for several organizations.

"We loved every minute," said Margie of the store they sold 16 years ago, "and it was time go on to the next chapter, which is more relaxed."

"We've enjoyed retirement and more traveling. From time to time, I miss Reverie. We were actually the recipients of the very first Small Business of the Year award in Germantown," added Harold. "We were on a trip in California and a large family from Germantown all knew the store! The granddaughter said, 'I have that fabric on my bed!' Another time, someone remembered that we underwrote WKNO FM" with on-air Reverie announcements back in the day.

One of the organizations the Steinbergs have strong connections with is the Sam Schloss Lodge, part of B'nai B'rith

Lodge and B'nai B'rith International. "For over 20 years, we've donated thousands of stuffed teddy bears to fire stations, the Red Cross, the Memphis Child Advocacy Center, the West Cancer Center, and others. We also give them to police officers who put them in their patrol cars, so they can give them out when they have calls involving children," explained Harold. "Sam Schloss Lodge and its members, B'nai Tzedek Teen Philanthropy, Temple Israel Brotherhood, and others, all contribute funds for the bears. I'm still involved today."

Margie and Harold both participate in disaster relief. Through B'nai B'rith International, they got connected to Nechama Jewish Response to Disaster, based in Minnesota. "We've travelled to Arkansas, Mississippi, and even Louisiana. In March 2023, we went with my cousin, Elaine Steinberg Miner, to Wynne, Arkansas, which is my hometown, after an F3 tornado. We delivered checks to the Arkansas Community Foundation for the Cross-County Tornado Recovery Fund and worked with the World Central Kitchen, driving through the devastation to deliver meals," said Harold. "Older now, we

mostly contribute to disaster relief with our checkbook."

"Our son, Eric, who lives in New Orleans, went to Puerto Rico for a month as a team leader to help with disaster relief," added Margie, who also volunteers at Temple Israel, including prepping for challah bakes, and was very involved in B'nai



Margie delivers meals to residents of Wynne, Ark.



B'rith Women for several years. "I think we've inspired him with all the things we've done over the years to give back. We've had a wonderful life."

Margie also found volunteering for Wendy and Avron B. Fogelman Jewish Family Service (FJFS) "very rewarding." She's taken a woman shopping, delivered food on Fridays, and goes to a food bank to pick up items to restock the FJFS kosher food pantry. "I look at each can," she said, "to make sure it's kosher and hasn't expired." JFS even honored Margie with the Volunteer of the Year award.

The couple has served on the board of Jewish Children's Regional Service (JCRS) for years. They attend the annual event in New Orleans, donate to the cause, and help out when JCRS hosts events in Memphis. "We were the recipient of JCRS support when Eric was a teen," said Harold, "and we decided later on to turn around and give back to it."

Both Margie and Harold speak highly of their work with B'nai B'rith Youth Organization (BBYO) and encourage younger generations to get involved in that org specifically, as well as others. "One of the first things we did after moving to Memphis was becoming advisors in BBYO's BBG and AZA," explained Margie. "It's important for younger people to examine what was given to them, what gifts they received, and how they can pay them back for that time and involvement."

"After you've gotten through college and have a job and time," added Harold, "pay it forward."

The Steinbergs have also instilled their chesed work in their kids, Eric and Jennifer, and two grandkids. Their 19-year-old grandson, Solomon, attends the County College of Morris in Randolph, New Jersey, and plans to transfer to an aviation school. Their 16-year-old granddaughter, Evelyn, is a high school junior in Jersey and recently earned an A on a monthlong college-level credit program at Georgetown University.

Born in Wynne, Arkansas, Harold's family moved to Germantown in 1990. "I go to Wynne about once a month and regularly attend Wynne Downtown Revitalization meetings," he shared.

Harold loves going to the gym weekly for water aerobics and weight and resistance training. He "piddles in the kitchen" – including being part of a Memphis in May champion BBQ team – and enjoys good wine.

Margie grew up in Detroit. The two met after friends – unknowingly to them – set them up at Michigan State on Margie's first day on campus. They married in 1968, earned their degrees, and moved to Memphis "away from the cold" and close to Harold's many family members. She enjoyed a career with Memphis City Schools and proudly helped desegregate the school system with a small group of teachers. In addition to her volunteer efforts, she likes to play bridge, pickleball and cook.

From the Jewish community and all organizations the Steinbergs have helped, we offer sincere gratitude for your big hearts and inspiring selflessness.



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*Debby, center, with her family at Passover 2023.*

## DEBBY WEINSTEIN:

# Positive Mindset Creates Inspiring, Blessed Life While Overcoming Obstacles

By Shoshana Cenker

"I've had a really blessed life," Debby Weinstein said as we spoke in the home she shared with her late husband of 65 years, Dr. Ira Weinstein (OBM). "Everything I thought was bad at the time turned out to be OK. That outlook, which I learned from my dad, brought me through my latest challenges."

More on those challenges, which Debby is bravely persevering through, later. But first, let's start from the beginning.

Debby was born to Harry and Marilyn Stern (OBM) in 1933. "I was truly blessed to have the most wonderful parents," she said fondly. Debby and her younger sister, Sonia "Sunny" Makleff, who lives in Israel, grew up in Nashville.

Fast-forward to college, when Debby and Ira met in what can only be described as beshert. In the early 1950s, Debby, who was president of Hillel, and Ira were studying at the University of Illinois. Sadly, Ira's dad had passed away. When Ira came back to school after shiva in Chicago, he happened to be walking by the Hillel House. Already a graduate student, Ira had never gone inside. This time, though, he went in to say Kaddish for his dad. He also ended up playing "Claire de Lune" on a piano inside.

"I introduced myself, and the rest is history!" said Debby of the encounter that led to the couple marrying in 1954 in Nashville. "I had a wonderful marriage."

From there, they went on a journey across several states for Ira's career opportunities. First in Maryland, where Ira was

stationed at a scientific Army base during the Korean War. "Being an Army wife was fun," remembered Debby. Their first two kids, Joe and Marc, were born in Frederick.

The family then moved to Nashville, when Rabbi Zalman Posner at Congregation Sherith Israel "made a shidduch" between Ira and a member of Rabbi's chavrusa (study group). Ira became a post doc assistant professor at Vanderbilt University. "We had our third son, David, then," Debby shared. "Being close to my parents was wonderful."

The Weinstein family also spent a year living in Israel in 1965, when Ira earned a sabbatical grant from the American Heart Association, while at Vanderbilt.

Life then took the family to the University of Florida in Gainesville – Debby served as president of Hadassah – then to the University of Missouri in Columbia, where Debby worked as an American Cancer Society (ACS) field representative.

With a bachelor's in sociology and economics from U. of Illinois, Debby had also been a copy editor and then a publishing firm's office manager. She wanted back in the editor role, but because she was such a successful office manager, it didn't happen. "So, I quit and went back to school to become a counselor," explained Debby of earning her master's in social work in aging studies from Mizzou. "It turned out to be such a good fit, so natural. I volunteered to help form a hospice group in Columbia, and people were always coming to me for advice; they trusted me."



Her previous work with the ACS later proved useful in an unexpected way: Her mom was diagnosed with cancer and given four months to live. So, Debby stayed with her parents in Nashville, making all the oncology calls and explaining what was happening in an understandable way to her folks. "This must be why I worked at ACS – I was able to be there for my mother. Everything connected," she said. "Mom passed in 1980."

"What can I say about my mother?" shared son David Weinstein. "She's the warmest, kindest person I know. Her love not only encompasses her children, grandchildren, and great-grandchildren, but also the Memphis Jewish community."

Finally for their forever home, Ira landed a teaching job at the University of Tennessee Health Science Center in Memphis. "The move to Memphis in 1981 was one of the best things that ever happened," said Debby. "We were still close to my dad in Nashville to spend Shabbos with him sometimes."

Debby first worked at the Midtown Mental Health Center. She loved helping her clients, though the Jewish community was her calling. "I then worked in family therapy at Jewish Family Service for nearly 30 years. I wasn't an admin, because I loved the people, my clients," she explained. "I flourished there."

"Bubbie to her grandchildren and great-grandchildren, Mom has taught her family many important values," said son Dr. Marc Weinstein. "Her love of Israel and Jewish communities has no bounds. You're never too old to learn new things or change your behavior if you don't like the outcome. She's shown all of us the importance of family and sharing the good times as well as the bad times. She's modeled the importance of hospitality to family, friends, and strangers who need a warm meal and sympathetic ear."

Debby's challenges referred to earlier are quite extreme — she's lost most of her eyesight and some of her hearing. In 2022 she dealt with a medical condition; radiation to treat it caused her eyesight to wane. While that was happening, she became very ill with an infection.

"I'm the oldest child, always in control. I didn't want anyone to take care of me. I did everything myself, even cutting my hair. I thought, 'This is going to be really hard,'" she said of that difficult time. "But, I discovered that it's nice for someone to pick out my clothes and help dress me. It's easy to get used to being treated like a queen — it took just 48 hours for me to realize that!"

In January 2024, Debby "came back to herself."

"I decided I've got to get better. I made up my mind: Giving up is not an option. I started exercising again and kept getting better. I decided if food drops out of my mouth or I look weird, I'm still going places, like shul or the JCC. People are always very nice to me," Debby said. "My dad, who saw his dad killed in a pogrom in Poland, later succeeded in America. He taught us: If you're on a path and see an obstacle, either let it knock you down or climb on top and use it as a steppingstone to see a new horizon. Dad was a good man with an amazing attitude. I was born with that attitude."

Losing eyesight isn't easy for anyone. Especially for a voracious reader whose favorite hobby is reading — from fiction to magazines and newspapers. Debby's other hobbies include cooking, entertaining, traveling, playing bridge, exercising, and of course, family time.



*Ira, Debby and their three sons, Joe, Marc and David.*

"I'm grateful I can see some. I know what room I'm in, I can get my walker or know that someone is in the room. It is scary, though," added Debby. "Giving up reading wasn't easy. I now listen to books on tape. I wake up each morning with some joy: I can see shadows, not all black."

Debby wants to remind people that you can change — even at the age of 91. It's all about mindset. "It's not that I've been 'lucky;' my life is truly a blessing, and it's my attitude: Every day could be the last but also the first to discover something or do something wonderful," Debby shared. "I live each day looking for joy — it doesn't happen every day, but friends tell a nice story that's today's joy or my granddaughter gets an A."

"Mom's always been interested in the rights of the underprivileged, even marching in the 1950s to help get African Americans the right to vote. No matter where she went, her house was always open to students and the underprivileged. Her mother's gravestone reads 'Open Heart, Open Home,' and she's gone in her mother's footsteps in every community she's been in. She's always giving," said son Dr. Joe Weinstein. "Every month or two, someone will tell me how Mom helped their family during difficult times. She's now taken on her own challenges with a great attitude. She has a disability, but it's not stopping her. That's such a tremendous quality."

Always tenacious, Debby made her own card deck with stickers to feel instead of see, thanks to a friend's help. She never coasts, rather always works toward goals. "I think I've affected people in a good way," she shared. "I'm just me, and I want to inspire others."

The joy of Debby's life has been her family: three sons, 16 grandchildren, nine great-grandchildren. "I'm grateful for my amazing family, friends, and those who have been kind and considerate," she said. "I feel so blessed. How can I not feel blessed?"

# The Migraine Enigma: A Concise Explanation with Physician and Patient Perspectives

By Shoshana Cenko

A migraine isn't just a headache. It's pounding, stabbing, hammering, drilling, debilitating pain that can last hours or even days. If you're one of the people who's suffered from one, you understand the tremendous agony and exhaustion.

I've been suffering from migraines since I was 18. I spent a year trying to get help, seeing any type of doctor who might know what was happening to me. Finally, I received an accurate diagnosis from Dr. Stephen Landy. Sure, there's more awareness, resources, and treatment options than there were 26 years ago, but there's still a ways to go.

Migraine affects ~1 billion people worldwide ~ 50 million in the U.S. alone. But because many people don't get a proper diagnosis or the treatment they need, the actual numbers are likely higher.

In an effort to help the migraine community, Dr. Landy and I partnered to co-author "The Migraine Enigma," which offers the physician perspective backed by clinical research, science, and many years of practice in the field, as well as the patient perspective of what people like me have gone through to find relief. To order a copy of "The Migraine Enigma," visit Amazon: <https://a.co/d/dmZ51s1>

For this Health, Body, & Soul issue, I checked in with Dr. Landy to answer some helpful migraine questions.

**Jewish Scene:** Why did you choose to become a neurologist and specialize in migraine?

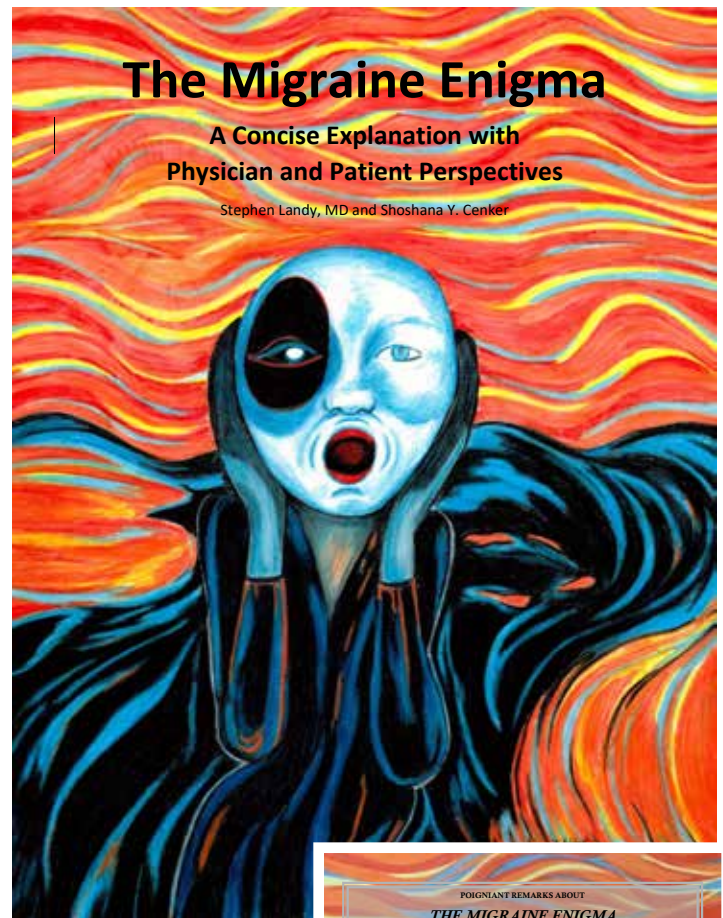
**Dr. Stephen Landy:** My older brother had spastic hemiplegic cerebral palsy, and while in medical school I became fascinated, mostly because of him, with brain anatomy and pathophysiology. I joined a large, urban neurology/neurosurgery practice after completing my neurology residency and was asked by one of the neurosurgeons to subspecialize in headache medicine and direct a headache clinic. He realized the tremendous unmet headache diagnostic and treatment needs. I soon noticed, to my surprise, that the majority of headache patients I evaluated had suffered, sometimes needlessly, for years with migraine and decided to devote the majority of my professional career to migraine patients and research.

**JS:** What is a common misconception about migraine?

**Landy:** Many people consider it as, "just a bad headache," which leads frequently to underdiagnosis, excessive workup, and suboptimal treatment of this very prevalent and disabling disease. The fact is that migraine is a medical term that refers to a specific neurological disease.

**JS:** What do your patients say they've struggled with – treatment, access to care, cultural awareness, etc.?

**Landy:** My migraine patients often struggle with ostracization and isolation that innumerable people with chronic disease



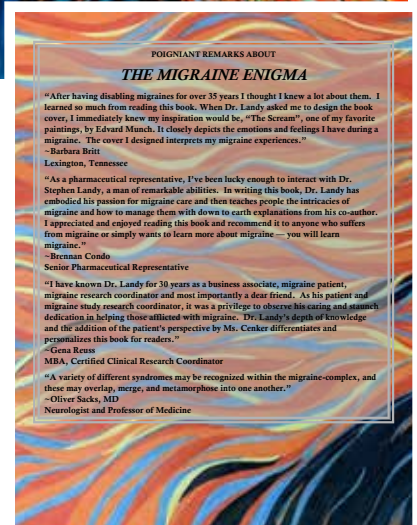
incessantly experience because of discriminatory judgement and marginalization. Obviously, the severe and disabling headaches are usually paramount, but migraine is often associated with nausea, vomiting, light and sound sensitivity, and other burdensome and disabling neurologic symptoms. The constellation of symptoms results in migraine patients' struggling with missed work, school, and family and social activities.

Sadly, migraine patients frequently struggle to find a migraine healthcare provider who is interested in migraine and capable of obtaining a thorough history of the migraine patient's migraine journey.

Once appropriate diagnosis and treatment are recommended, the conversation frequently shifts from obtaining migraine relief to medical insurance approving the prior authorization (PA) for the recommended medication(s). This utilization-management requirement can result in struggles for both patients and healthcare providers.

**JS:** Has migraine research and treatments progressed over the past few years?

**Landy:** Since the early '90s, migraine research has increased





dramatically, and in 2018, calcitonin gene-related peptide targeting therapies were FDA approved for migraine prevention. Subsequently, these types of migraine-specific treatments have been approved for acute migraine therapy, too.

**JS:** Why did you write “The Migraine Enigma?”

**Landy:** Shoshana and I authored “The Migraine Enigma” to primarily educate patients and their families about migraine, enhance their migraine knowledge, and offer support and resources. It’s a concise, first-of-a-kind migraine book in which each chapter consists of two very distinct parts: one written by the physician (me) and the other by the patient (Shoshana), detailing our migraine perspectives. Together, our hope is for all migraine sufferers – in all their uniqueness – to be able to live their healthiest most pain-free lives.

With progress in migraine research and treatments continuing to evolve, we’re pleased to announce that we’re in the beginning stages of a second edition to “The Migraine Enigma.”

**JS:** Please provide some statistics regarding migraine.

**Landy:**

- Over 1 billion people worldwide have migraine, and it’s 2–3 times more common in women than men.
- Migraine is the 2nd-leading cause of years lived with disability worldwide and the top cause among females aged 15–49.
- The prevalence of migraine in children and adolescents is 11%, overall.
- Migraine results in over 1 million annual U.S. emergency department visits.
- The yearly economic cost of migraine disease in the U.S. is \$78 billion.

**JS:** Final thoughts?

**Landy:** I encourage all migraine sufferers and their families to become actively involved in their migraine care. Knowledge is power – and becoming more informed about the underpinnings of migraine, including its vast array of presentations, treatments, disability, and economic consequences, ultimately can make the migraine journey more pleasant and result in better outcomes.

Stephen Landy, M.D. directs the Tupelo Headache Clinic in Tupelo, Mississippi, and is a Clinical Professor of Neurology at the University of Tennessee Medical School.

Dr. Landy completed his undergraduate work at the University of South Carolina and graduated from the University of Tennessee Medical School. He completed his neurology residency at Vanderbilt University School of Medicine.

He is certified by the National Board of Medical Examiners, American Board of Psychiatry and Neurology in the specialty of neurology, and United Council for Neurologic Subspecialties for headache medicine. He holds memberships in the American Academy of Neurology, National Headache Foundation, International Headache Society, American Headache Society, among others and is a Fellow of the American Academy of Neurology and American Headache Society.

Dr. Landy has written numerous headache-related abstracts, manuscripts, book chapters, and a patient-oriented book entitled, “The Migraine Enigma.” He has participated extensively in migraine-related research and educational initiatives.



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## Practicing a Healthy Lifestyle:

# Here's a Little Inspo

By Shoshana Cenko

Undoubtedly, workout fads and “diet” trends come and go. Experts advise finding what works best for you, so you’ll make it a habit. Guidance from the American Heart Association, The Mayo Clinic, the World Health Organization, and other leading health institutions varies slightly. The average comes to about 150–300 minutes of moderate activity per week or 75–150 minutes of vigorous activity each week. And stretching is super important, too.

Whether you’re walking, running, high intensity interval training (HIIT), lifting weights, swimming, calisthenics, cycling, dancing, kickboxing, or something else, the point is to get your body moving. Sitting is the new smoking, yikes.

The benefits of regularly working out are huge: boosts energy, improves mood, combats certain health conditions and diseases, promotes sleep, improves sex life, and of course, weight loss or maintenance.

Look, no womansplaining here – you know that regular exercise combined with healthy food choices can be a powerful 1–2 punch of good health. Sometimes that’s easier said than done. So, we asked a few JS friends about their favorite workouts and healthy food/meal options. Perhaps one of these will inspire you. Here’s to your good health!

### Malka Adelman

**Fave Workout:** My treadmill run. The incredible sense of accomplishment I feel after finishing a run is unmatched, combining relief and satisfaction in a way that makes every mile worthwhile!

**Healthy Food/M meal:** I’ve been trying to do “eat the rainbow” meal planning this summer. We love vegetable spring rolls with peanut sauce.

### Shoshana Cenko

**Fave Workout:** Running outside is my happy place and best thinking time; HIIT w/weights to build muscle. I’m obsessed with my walking treadmill under my standing work desk. I love that working out is good for my brain and my body.

**Healthy Food/M meal:** Veggies + proteins: chicken breast, ground turkey, salmon, tuna, Greek yogurt; I avoid anything that comes in a box on grocery shelves but treat myself to wine and challah on Shabbos.

### Rabbi Noach Karp

**Fave Workout:** My favorite workout changes in its distance and timing based on my goal, especially as I near a race. I like to call it the “Killer 2-Miler,” often with a weight vest on, around a track. I then run a loop and do a set of push-ups; loop then sit-ups; loop then burpees; loop then lunges. The main thing is to keep moving – even if you tire, switch to a brisk walk instead jogging, but don’t stop moving until you’re done.

**Healthy Food/M meal:** I love me a smoked beer can chicken: delicious, juicy, great protein, easy to make, and can put it with anything, usually a side of brown rice.

### Brooke Lubin

**Fave Workout:** Almost anything that makes me sweat, feel productive, and keeps me motivated. I thrive



Shoshana walks on the treadmill while working at a standing desk.

on progress and results, seeing and feeling a difference. If it’s cardio, it helps to have a partner in crime to push you harder, not directly competing, but keeping you true to yourself and upholding a standard. I love the muscle burn of weights!

**Healthy Food/M meal:** My food mindset focuses on the value of what I eat. For instance, I know that protein satisfies hunger longer, and I want the nutrients from veggies. I also obsessively food prep – salads with veggies and protein – during the school year. You crave more of what you normally eat, so the more you eat of it, the more you crave it. I eat an apple and peanut butter almost every afternoon – delicious and filling!

### Eric Mogy

**Fave Workout:** Running: It makes me feel like I’m getting a good workout.

**Healthy Food/M meal:** Salad + Water

### Emily Steinberg

**Fave Workout:** I love any aerobic type of exercise, like Zumba. I also like walking, Peloton, and the elliptical.

**Healthy Food/M meal:** Greek salad, salmon, and cauliflower popcorn or roasted veggies.





# Struggling to Maintain a Healthy Lifestyle?

By Cindy Katz, Nurse Practitioner

**Clinicians often encounter individuals who struggle with maintaining a healthy lifestyle. Conversations about proactive health choices focus on taking the necessary steps to prevent illness and injury before they occur. Improving quality of life involves discussions on healthy eating, regular exercise, routine cancer screenings, check-ups with your healthcare provider, quality sleep and stress management.**

A healthy balanced diet provides the essential nutrients your body needs to function effectively. Your diet should include a variety of vegetables, fruits, whole grains, beans, legumes, nuts, non-fat dairy, lean meat, fish, and poultry. It is important to limit the intake of processed, sugary, and salty foods. By consciously choosing heart-healthy foods at each meal, you will not only feel better but notice positive changes in your weight, cholesterol numbers, blood pressure and blood glucose.

Committing to regular exercise is crucial for improving cardiovascular health and boosting immunity. Aim for at least 150 minutes (about 2 and a half hours) of moderate exercise per week. If you prefer vigorous activities like running, swimming, or biking, 75 minutes a week is recommended. If traditional exercise is not appealing, try incorporating more movement into your day by walking more, taking the stairs instead of an elevator, and parking further away from your destination. As your endurance builds, gradually increase your activity to reach the goal of 150 minutes of moderate exercise each week.

Regular check-ups with your healthcare provider are essential for maintaining good health. These annual wellness exams, tailored to your age and gender, help you stay informed about your health status. Your provider will assess your weight, heart rate, and blood pressure and review your family and medical history, including past illnesses, surgeries current medications, and lifestyle habits such as smoking and alcohol use. Age-appropriate screening, such

as mammograms or colonoscopies, as well as tests for depression or cognitive decline, will be discussed. Lab work will check your blood cell count, glucose levels, electrolytes, kidney, liver, thyroid function, and cholesterol levels. Your healthcare provider will then offer personalized recommendations and interventions to help you meet your individual health goals.

Staying up to date with vaccinations is another important aspect of preventative health care. The Centers for Disease Control and Prevention, [www.cdc.gov](http://www.cdc.gov), is an excellent resource for the latest vaccination guidelines. Consult your healthcare provider to ensure you have received all necessary vaccinations based on your age.

Restorative, quality sleep is vital for both physical and mental well-being. Adults should aim for 7-9 hours of sleep per night. Practicing good sleep such as maintaining a regular sleep schedule, creating a restful environment, and avoiding stimulants like caffeine before bedtime is key to achieving restorative sleep.

Stress can have a significant impact on both your mental and physical health. Managing stress is a personal journey. Stress can be either acute or chronic. Acute stress is temporary, while chronic stress persists over time. Learn to manage your stress by identifying its sources. Seek support from a co-worker, friend or family member and discuss your concerns. Incorporate self-care techniques like meditation, yoga, and activities that bring you joy in your daily routine. If you feel overwhelmed, consider seeking help from a licensed mental health professional to manage your stress.

In conclusion, being proactive in your health is a lifelong commitment that requires consistent effort. By making conscious choices each day to maintain a healthier routine, you can significantly improve your quality of life.

Incorporating regular physical activity, balanced nutrition, sufficient sleep, stress management and preventative health care into your daily life will help you achieve and maintain optimal health. Prioritize your health and take proactive steps to live a balanced and fulfilling life.

## CROSSROADS: Chance or Destiny?

By Harry Samuels

This collection of connection stories is a follow up to Harry's first book, Beshert, which Jewish Scene readers enjoyed years ago. I hope you enjoy them as much as I do.

All of us have the ability to experience the synchronicity that is often the result of reaching out to others. ~ Harry Samuels

## VIENNA REVISITED

*As told to Harry Samuels*

In "Beshert: True Stories of Connections" I told of our bizarre experience while traveling in Vienna during May 2004. Prior to leaving Memphis, I asked for the names of Lubavitcher rabbis living in Vienna. Since I speak Yiddish, their first language, I knew I could communicate with them in case a problem arose. I was given three names.

On our last day in Vienna, we decided to locate those men and visit their synagogue. We wanted to learn of the experience of people living as Jews in that city of 1,700,000 where Hitler had lived and where the Nazis had reduced the Jewish population from 185,000 in 1938 to only 15,000 today.

We questioned several people on the tram, but each gave us different directions – far from our immediate location.

As we crossed a charming bridge spanning a tributary of the Danube River, I suddenly felt a compulsion to walk to the other side. "Something is drawing me across," I announced. It was irrational in as much as I had never been there, but my wife and our traveling companions agreed to humor me. We strolled a couple of blocks almost directly to a group of men who were walking along an intersecting street. Two of those three rabbis whose names I had been given were among them.

After speaking with the strangers, we continued walking and subsequently discovered the site of the former Leopoldstadt Synagogue, the largest temple in Vienna that had been destroyed during Kristallnacht.

Three months after this experience, we visited the Chautauqua Institution in Chautauqua, New York. My book had not been published, but friends had asked me to bring a copy of its manuscript for a presentation. I set aside a Thursday afternoon to do so and invited fourteen to the public room of our condominium. As I began, I noticed a stranger walking up the stairs to her apartment. "You're welcome to join us," I said.

She sat on a couch near me, but I could sense that her mind was not on the anecdotes. In previous readings, when some of the more dramatic stories are told, the usual responses are: "That gives me chills," or "My arms are covered with goose bumps." Instead, the woman, Diane Arch, showed no emotional response. She merely stared into space. Propitiously, Stephanie Rosenblatt arrived. I introduced her to the group as a former citizen of Germany who had survived the Holocaust. "I did not plan to tell the following story of our recent experience in Vienna," I said, "but in your honor I will now do so."

When I mentioned Vienna, Diane's face lit up. As I continued with the story, it became apparent that she was making a connection. When I told of our having found the site of the famous Leopoldstadt Synagogue, she could no longer contain herself. She blurted out, "My grandfather was the president of the synagogue that evening in 1938 when it was destroyed. He saved a Torah scroll, escaped to America, and donated it to a synagogue in Denver, Colorado, where it is still in use."

Later I reminded Diane of her strange demeanor that afternoon. She replied, "I had just returned from a lecture at the Hall of Philosophy. I had heard a talk given by someone who had been an interpreter at the Nuremberg Trials. My family had lived in Vienna, and many were killed. As you began speaking, I was still recalling the horror of those times."



Don Heitner, Nathan Evans and Alex Evans taste test before judging.







Serious judges.



Toni Nieman and Alayna Heitner greeting visitors.



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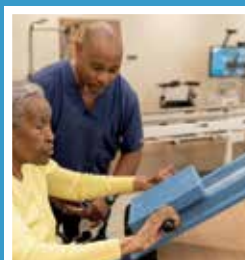
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