

# Spotlight

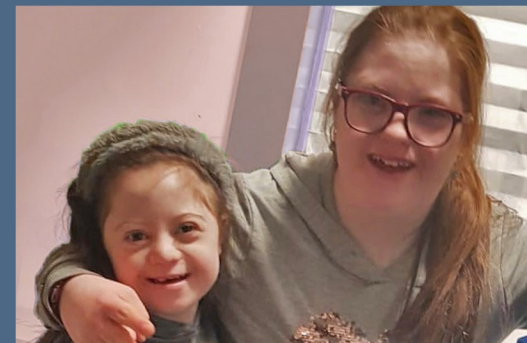
Newsletter  
April 2020  
Issue 3



Sometimes, when going through a difficult time, one can keep himself going by reassuring himself that there is a light at the end of the tunnel. Raising a child with special needs often doesn't allow hope for a light at the end. What gives us chizuk to deal with our daily challenges?

The trick is to focus on finding the light IN the tunnel. Such was the Middah of רחל אימנו - the resilience to keep going and survive through the pain. רחל מבכה על בניה - ultimately, this koach was invested in all of us and gives us the courage to transcend every challenge. We need to accept chizuk from others; the encouragement of friends who understand us is invaluable. We may not like to be takers. But we need to allow ourselves to accept the help and encouragement we need. "Oh, how I learned to give!" becomes synonymous with "Oh, how I learned to take!" Still, at times we may feel so utterly alone. It is especially in those most challenging moments that we need to remind ourselves that we are never alone. We say every morning רבה אמונתך - Hashem has more faith in us than we do in Him. Everything we do matters, and He is with us every step of the way. We must remember that He hears our every Tefillah and safeguards every tear. When Hashem revealed himself to משה רבינו by the Sneh, the תורה goes into great detail describing how משה רבינו begged Hashem to find someone else. By revealing this information, the תורה is teaching us something very fundamental about human nature. It's normal to feel incapable. Even משה רבינו did. But the tunnel only goes one way, and our job is to follow it. May Hashem give us all the ability to carry on, and to do His רצון with שמחה and אהבה.

-Rabbi Dani Staum  
(excerpt from seminar at Weekend Retreat)



A PUBLICATION OF YEDEI CHESED

48 Scotland Hill Rd, Spring Valley NY, 10977  
spotlight@yedei.org ❖ www.yedei.org ❖ 845.425.0887







## WEEKEND RETREAT

The Weekend Retreat was a beautiful and uplifting experience for all those who attended. The atmosphere was one of warmth and togetherness, as parents shared their experiences and learned from each other, giving them the chizuk and energy to keep going. The speakers and workshops covered a broad range of important and relevant topics. The program also included exciting entertainment, such as the Live Game Show, swimming, drumming and a cooking show. Parents left on Sunday afternoon, refreshed, rejuvenated and energized. Thank you to Mrs. Suzanne Fishman for all the care and dedication that went into making this Shabbaton the success that it was!



## SIBSHOPS

SibShops girls made glitter globes on Sunday February 2! They had so much fun picking out colors of glitter and watching the glitter float around their glass jars. Then, the girls wrote and decorated letters to family and friends. Coming up... snow tubing! This exciting event will take place on Sunday, March 2.



## EXERCISE

New! Ladies weekly exercise class with Mrs. Yocheved Hirsch! Come and get fit, while having fun with your Yedei Chesed friends. Classes will take place at 21 Fessler Drive, on the following dates: March 3, 17, 24. 8:30-9:30. You can RSVP with Mrs. Suzanne Fishman at 845.425.0887 ext. 271. Walk-ins are welcome.



## EMPOWERING YOUR CHODESH

Yedei Chesed is starting a new Rosh Chodesh program for mothers! These monthly sessions will be facilitated by Mrs. Shevy Weinberger and other professionals. Enjoy a delectable breakfast and benefit from hands-on skill-based support group and some fun!

These monthly sessions will take place every Rosh Chodesh from 10-12, at 21 Fessler Drive. For details, call 845.425.0887, ext. 271.



# Com-Hab



## COM-HAB SHABBATON

The children had a fantastic time at the Com-Hab Shabbaton on January 23-26. The Shabbaton took place in the stunning DoubleTree Hotel in Mahwah, NJ. On Friday, the children were treated to swimming in the hotel's beautiful indoor heated pool. They also enjoyed special crafts activities, and a fantastic show with Macaroni the Clown! Shabbos was beautiful, with zemiros, games, story time and a special Shabbos Choir by the teen girls. On Motzai Shabbos, the children had a great time dancing with glowsticks, kangaroo shoes and a DJ. The Shabbaton ended on Sunday, after a morning of song and music with Captain David. This Shabbaton would not have been the same without the tireless efforts of the coordinator, Mrs. Suri Spielman, and of all the dedicated counselors.

The next Shabbaton will י"ח take place March 5-7, שבת פרשת זכור, in the Holiday Inn in Mt. Kisco



## TEEN GIRLS' TRIPS

The Com-Hab department started a new teen girls Sunday program! The group met on Sunday, February 9, לכבוד ט"ו בשבט. The girls went to Philadelphia, where they enjoyed a full day of fun and sports. The exciting itinerary started at the Adventure Aquarium on the Camden Waterfront. This state-of-the-art aquarium features many fascinating and unique exhibits, including jellyfish, penguins, hippos and the largest collection of sharks. They then went to eat a picnic lunch by the waterfront, with stunning views of the Delaware River. Best was saved for last, with a stop at Funplex amusement park!! The girls had a fantastic time on the arcades. Stay tuned for more exciting trips!





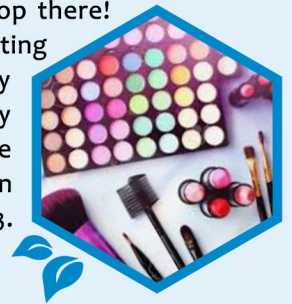
# Respite



## NIGHT ACTIVITY

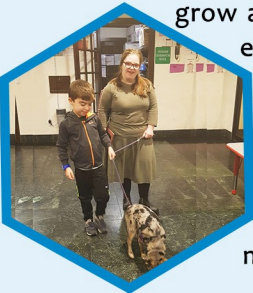
The teen girls are greatly benefiting from the Night Activity program that they attend. They meet on Tuesdays and Thursdays with Miss Yocheved Laster, the coordinator. The goal of this exciting program is to keep the girls gainfully occupied, while providing them with practical skills and tools that they can use. Shevy Weinberger, Social Skills Therapist, is working with the girls to create healthy food menus. The first step is discussion - they negotiate different menu options and vote on each other's ideas. They are encouraged to articulate what they want to do and what they think of their friends' choices. Then, they make a list of necessary ingredients and either place a phone order, or go to the grocery to purchase their items. Finally, they are ready to make the dish. The fun doesn't stop there!

The girls are also attending excellent makeup lessons by Mrs. Tziporah Stern. They are putting together their own makeup kits and experimenting different techniques with their friends. Every Thursday, they have dance lessons with Mrs. Yocheved Hirsch. Dancing to the beat of lively music has proved to build confidence and empowerment, in addition to improving cognitive abilities and refine motor skills. Mrs. Hirsch teaches them different exercise routines and fun simcha dances. To join this excellent program, contact Mr. Yitzy Pick at 845.425.0887 ext. 273.



## MAGIC MOMENTS

The children in the After-School program are thriving on the individualized care and attention that they receive from the dedicated staff. The program is open Monday through Thursday, 2:30-5:30. The program operates on a well-maintained schedule, carefully designed by the coordinators to give the children the opportunity to learn, grow and develop their talents in a warm, friendly setting. The Magic Moments Respite Center is fully equipped with an art room, a sensory corner, a complete pet room and an educational center.



Every Tuesday, the children have animal therapy! Animal therapy is a great antidote for stress and frustration and can encourage feelings of empathy and connection. Furthermore, as the children learn to handle and care for the pets, they develop self-esteem and other important skills. The pet center includes rabbits, guinea pigs, birds, and many other animals.

The children also benefit from weekly social skills sessions with Mrs. Shevy Weinberger, music therapy and art therapy. A hot meal is served daily, catered by Continental Catering.



## MATZAH BAKERY

The Sunday boys respite program took a trip to the matzah bakery on Sunday, February 9! It was fascinating to watch the team work together to make the matzos. They learnt about the whole process, and then got a chance to do it themselves! They assisted the bakery by making holes in the matzos and cleaning the utensils.



*Boys Mishmar  
Yeshiva Bachurim  
learning in Rabbi  
Hollander's shul*



## BOYS SHABBATON

The older boys had a wonderful Shabbos at the King David Mansion on January 23-26. The stunning views and luxurious accommodations made it an experience that they would not forget. The boys arrived on Friday and spent some time exploring the impressive grounds and hiking surrounding forests. Shabbos was beautiful and uplifting, with hartzige zemiros, inspiring divrei Torah and elaborate seudos, catered by Gourmet Glatt. The mansion is located a short walk away from Kiryas Yoel, making it possible for the boys to take part in the Shabbos tefillos, and of course the Rebbe's tish! On Motzai Shabbos, they enjoyed a musical kumzitz with guitars. The Shabbaton ended with an excellent brunch on Sunday morning. Thank you, Mr. Yitzy Pick and all the staff for making this Shabbos so special! The boys really enjoyed themselves, and parents appreciated having a place to send their son so that they can join the Weekend Retreat.





# Day Services



## KOLLEL

The Kollel is an earner/learner program for motivated young men who aspire to greatness in Torah learning. The beauty of this program is the flexibility that allows members to make independent decisions and accomplish goals that are within reach. They learn in the shul of their choice, which enhances the experience by allowing for social interaction with other learners. Although the program follows a basic curriculum of Halachos pertinent to their job, the lomdim can learn according to their own preferences. They are encouraged to make at least one siyum per year, which is festively celebrated with all the Kollel's members. The siyum is planned and coordinated by the mesayem and motivates all participants to reach their own goals. The men may invite their parents and other relatives, pick an entertainment and decide the menu. Although the men work during the day at productive and rewarding jobs, their nightly shiur is the highlight of the day! Mazel tov to recent mesaymim!



## SUCCESSFUL LEARNING CENTER

The Successful Learning Center provides innovative educational opportunities for adults with developmental disabilities. The program offers a comprehensive selection of courses, which motivates students to explore their interests and develop new skills. Yedei Chesed partners with this excellent program, giving PreVoc members the opportunity to participate in an enriching and rewarding experience. The men are accompanied by Yedei Chesed staff, who assist them in accomplishing their goals. Some examples of classes offered by SLC are Early

American History, Culinary Skills, Art Studio and Brain Games. Brain Games challenges students with mind bending games that were specially designed to exercise memory, lengthen attention and to increase critical thinking.



## TU BISHVAT

The men at the Melava Malka program had a fabulous Tu Bishvat seder on מוצ"ש פרשת בשלח. Over 25 men got together at 48 Scotland Hill to enjoy a full seder of exotic Tu Bishvat fruits. Rabbi Akiva Nussbaum told a touching story, leaving everyone with an inspirational Tu Bishvat message.

*Women's Day  
Hab created  
beautiful fruit  
platters*  
לכבוד ט"ו בשבט



If you are interested in these, or any other Yedei Chesed programs, please feel free to contact the Intake Coordinator, Mrs. Suri Fleischman at 845.425.0887, ext. 206.

# Special Section

## YOU ARE MY HERO

A smile greeted me as I entered the room. Sitting in your wheelchair, Simcha, like a king on his throne, you flash me your good morning greeting. Although your lips can not speak, your eyes speak volumes. They tell me of pain – how every part of you hurts, but they also tell me of a will. A will to go on. Each time you manage to swallow your food, your eyes are shining. When you manage to stand with help, your eyes beam. Living in your dizzying existence, smiling to the world, you are my hero!

Love, your counselor at Magic Moments

**Do you want to share your message with others? Send your writing to [spotlight@yedei.org](mailto:spotlight@yedei.org) to have it printed here!**

