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May 19, 2016 • 11 Iyar 5776

Free

Support Our Schools (SOS:Queens) Community Breakfast A Smashing Success



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State Legislators Set to Bag NYC Plastic Bag Fee



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Community-Wide Event On Behalf Of Amudim On Empowering Your Future To Protect Their Future



SEE STORY ON P. 31

Stories Of Greatness

Who Knew Smashed Cake Could Be So Popular?

By R' Dovid Hoffman

The first *pasuk* in Parshas Emor is unusual due to the repetition of the words

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Rabbi's Musings

Journey To The Top

By Rabbi Dani Staum

One of our Chol HaMoed outings this Pesach was to a place called "High Exposure Rock Climbing." The facility boasts numerous 40-foot climbs to the roof of the build-

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Op-Ed

Do We Appreciate The Miracles?

By Manny Behar

One of my favorite places to visit is an ancient wall in the Jewish Quarter of the Old City of Jerusalem with a play-

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Hooked On Healing

Try to Change the Stock Exchange?

By Caroline Schumsky

Life. What a hard pill to swallow eh? Not exactly a caramel coated chocolate bar is it? Heartaches, heartbreaks

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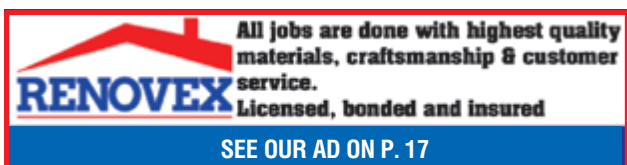
Dating Today

Gift-Giving – When And When Not

By Goldy Krantz

While walking around carnivals or amusement parks, you can spot a boyfriend/husband playing

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Community-Wide Event On Behalf Of Amudim On Empowering Your Future To Protect Their Future



Dr. Zimmerman



Rav Elya Brudny



Tzvi Gluck

By Jennifer Jaffe

The orchid is a delicate flower that, when nurtured, blooms into something beautiful. Within the safe and warm setting of a greenhouse, with attention and care of its needs, the orchid will be healthy and strong, and will continue to thrive. Neglected, the orchid cannot survive.

At a community-wide event on Sunday, May 15, for Amudim Resource Center, a Jewish organization created to offer help and support to anyone in crisis, a *mashal* was told by Dr. Shloimie Zimmerman, PsyD, about a young child in so much pain and with so much anger that he could not function in school or at home. His suffering was emotional, mental, and physical, and it was affecting every member of his family as well. With hard and often uncomfortable work, the family focused on the issues causing the behaviors. Through learning new coping skills, and support, understanding, and nurture for the child and his family, not only did the child begin to recover from his trauma, the entire family created a stronger, healthier, closer, family bond.

Amudim Resource Center is here out of a dire need for guidance when a family and/or an individual are in crisis. A person in crisis is looking for sensitivity and a shoulder to lean on. First steps in facing a difficult situation can seem impossible, and resolving the situation can feel hopeless. Amudim offers support from the first step throughout the entire journey. Every case at Amudim is treated with respect, confidentiality, and kindness. Guidance is offered to help navigate the scary road ahead.

Rabbi Zvi Gluck, founder of Amudim, said at the event, "Just like different times in history, we as a community struggled to understand disabilities and then created organizations to help, we must now try harder to understand victims of abuse and addiction. This is why an organization like Amudim is so important to our community. It gives us a chance to help people."

When an event occurs that

causes emotional, physical, mental, or behavioral distress, those involved lose their ability to use effective coping skills. A crisis can be any life threatening situation: criminal victimization, medical illness, mental illness, divorce, or other drastic change. Through Amudim's confidential referral services, the steps to begin putting the pieces back together can begin.

Rebbeim, principals, and school administrators are at the frontline in providing a safe environment for children and empowering their students to speak up when something is not right. Ongoing training for all school staff and all community *rebbeim* is imperative in learning to understand the warning signs of abuse and acting on those "silent" cries for help, with sensitivity. This is the first step that needs to be taken as a community to protect all children.

A single loss of life is too many, and our community is losing too many young people to drugs, alcohol, and suicide. Too many families are being torn apart by abuse. Dr. Zimmerman pointed out that it is not the drugs or alcohol that need treatment, it is the whole person, the entire family, the entire community. Amudim guides and advocates for those in a crisis situation and tries to alleviate some of the burden, fear, and stress.

When people are trying to deal with a crisis in their family, life's daily tasks become a huge burden. Crisis intervention can reduce the intensity of the reaction by offering a safe place to get help. Yeshiva should be that safe place. Rabbi Yoni Katz attendee at the event said, "Education is one of the most important ways to begin stopping abuse." Educating children about what is appropriate behavior and that it is alright to ask for help if something does not feel right; and educating teachers and parents about warning signs of abuse and what is normal, healthy development are necessary steps and Amudim's mission is to do this for our community.

Dr. Zimmerman emphasized that through talking about what happened and developing ways to

cope and solve problems, crisis intervention will assist in recovery from the crisis and prevent serious long-term problems from developing. The younger a victim is when he or she receives help, the greater the chance of going on to a healthier future.

Rabbi Zecharia Wallerstein spoke briefly, pointing out something that a young abuse victim wrote in a letter that he felt was

one of the most significant sentences he has heard ever, "For children who are abused, it may not definitely be a death sentence, but it is a life sentence."

In the Talmud (*Sanhedrin* 37a), it states, "For this reason was man created alone, to teach thee that whosoever destroys a single soul... Scripture imputes [guilt] to him as

though he had destroyed a complete world; and whosoever preserves a single soul... Scripture ascribes [merit] to him as though he had preserved a complete world."

The event was held at the Young Israel of Kew Gardens Hills. Participating organizations included the Chazaq organization, Yeshiva Tifereth Moshe, Yeshiva Ketana, Bais Yaakov and Bnos Malka.

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