



**Jewish Family Services**  
of silicon valley

## Bar Mitzvah Mensch Brings Happiness to Local Seniors During Pandemic

### Shabbat Meals Delivery Tripled

by Sheila Monheit, Volunteer Coordinator

Even while the virus rages and concerns and confusion mounts, we at JFS have found so much to celebrate and take comfort from: You. Our volunteers and donors who remind us and our clients, daily, that life is more than going out, it grows from within.

During the Covid-19 Shelter in Place, JFS has been witness to such a tremendous outpouring of concern and care, coupled with creativity from all of you!

With your help, JFS has upped our hot Shabbat meal distribution from 10 – 12 meals every 2 weeks, to 30 – 45 meals every week. The meals, prepared at Pars Kosher Market, are delivered by gloved and masked volunteers directly to client homes, always accompanied by a cheerful knock and socially distanced wave.

#### We've also introduced a new Challah delivery program

We've been working with [Challahfresh](#) to provide 30 – 45 challahs for senior clients, delivered directly to their locations! We learned about Challahfresh when they organized a free challah distribution to Holocaust Survivors, as their way of commemorating Yom Ha'Shoah. The feedback was so outstanding that, as they say, it's been the start of a new and hopefully long-lasting relationship – one where we'll continue to provide challahs regularly to those who need them the most.

And our volunteers – we've had a tremendous new bloom during this strange spring. People have emerged from their shelters, smiles hidden by masks and hugs replaced by gloves, but so eager to help. So much so that when I call for volunteers, I have had to turn people away, with the promise that of course, yes, I'll will reach out to them at the next available opportunity. And the typical response is "I'm so happy to be of help! I can do more."

#### Bar Mitzvah Mensch Carl Lichy, delivers challahs at Chai House

But Shelter in Place isn't just about seniors, it's disrupted the natural rhythms of our youngest population as well. They're stuck at home when they should be out and about, learning new skills, playing with friends, testing new boundaries. At JFS, we have been so fortunate to have our own Bar Mitzvah Mensch, Carl Lichy. Carl, for his Bar Mitzvah project, has committed to door to door distribution of challahs at Chai House. Earlier in the year Carl had approached us regarding his Bar Mitzvah project and we were brainstorming ideas when the virus hit. With challenges come opportunities and last week, for the first of hopefully many times, Carl was at Chai House distributing the delivered challahs to those

residents who can't leave their rooms. Can you imagine how they felt to hear a young voice on the other side of their closed door wishing them a Shabbat Shalom? Carl

is doing so much more than delivering challah, he's reminding all of us what being a Bar or Bat Mitzvah is all about.

Thanks so much to all of you! Stay healthy, safe and happy!

And thanks Carl Lichy:

