



11th toledo jewish film festival

SAVE THE DATE

All films will be held at **Southview High School Auditorium, 7225 Sylvania Ave.**

Monday, June 30 Monday, July 7 Monday, July 14 Monday, July 21 Monday, July 28

Generously sponsored in part by the **Stu & JoJo Goldberg Donor Advised Fund**

Happy Tears

By Lauren Sachs

Lauren holds a bachelor's degree in English and Psychology, and a Master's Degree in Social Work, from the University of Michigan. After completing advanced clinical training at Yale University, Lauren worked as a therapist and consultant in a variety of settings. During her time in Jewish Toledo, Lauren has received the Harry Levison Young Leadership Award and the Shining Light Award, and is currently serving as the Chair for the 20th Annual NW Ohio Jewish Book Festival. In addition to her involvement within the local Jewish community, Lauren serves as a volunteer for Hospice of Northwest Ohio. Lauren is also the author of a forthcoming book about her late husband, his joyful approach to life and work as an oncologist, and how examining his life helped her better cope with her grief. To learn more about Lauren's journey and her work on living well after loss, visit www.literally-lauren.com.

Since my husband died over four years ago, I have made a conscious effort to be present for others who have experienced loss. Understanding the soul aching pain of losing a loved one, I now feel compelled to provide support whenever I can. In the past few months, the losses around me have felt particularly palpable: from a friend whose father died after a lengthy illness, to a relative whose wife died by suicide, and the excruciating demise of a beautiful young woman whose life was cut tragically short. After a volunteer shift at hospice where I spent hours making bereavement calls to those in mourning, I was reminded of a most basic yet incredibly powerful principle of grief support. As simple as it may sound, the most valuable advice I share with those who want to support the bereaved is to just show up.



When Brad died, the act of simply showing up for our bereaved family was especially complicated as we were in the early part of the COVID-19 pandemic. Since so little was understood about the virus and vaccines were not yet available, we were literally unable to observe most basic aspects of public mourning. I do not know what it is like to lose a spouse during "normal" times; however, I feel certain that the isolation we experienced complicated our ability to begin accepting and processing our personal calamity. Everything in our pandemic universe was turned upside down; therefore, even the most basic gestures of support and empathy meant the world to me. I was particularly moved by the people who sent cards with memories of Brad, made donations in his honor, and took the time to call, text, or stop by for a socially-distant visit or walk at the park.

of those who have passed. You might reach out with a phone call just to say you are thinking about the newly bereaved. If you are willing, you could go a step further and let the person know that you are open to talking about their beloved. Many would-be supporters are afraid to speak about the deceased, but I believe that people in mourning often long for the chance to say their loved one's name aloud as they continue sharing their stories. Given my own experience with loss, at times I have offered suggestions that helped me cope, such as joining a support group or considering grief counseling.

Though the act of showing-up may differ in each circumstance and according to each mourner's needs, the most basic aspects of support remain the same. You can show up by sending a card and making a donation in honor of the departed. You may make your presence known by attending the memorials, funerals and/or other special services in honor

During my most recent hospice shift, I spoke to several newly widowed people, along with those who had lost parents, friends, and other family members. One call was with a newly widowed man who noted that his day was particularly difficult as it would have been his late wife's birthday. It felt serendipitous that we got to speak that day, and I told him so. Though part of me felt oddly intrusive, I also told him how glad I was that we could connect at this most challenging time. Upon ending another call with an older widow, she thanked me emphatically for checking on her. Though her circumstances were vastly different than mine, I can still vividly recall how moved I was when others shared that they were thinking of me and my daughters as we adjusted to our forever altered reality. Just as the simplest gestures of caring and compassion bolstered me at the time I needed it most, I will continue to do the same for others and hope it helps them start down the long path of healing.

APRIL PROGRAMS & HOLIDAYS

SENIORS: DETROIT HOLOCAUST MUSEUM

Seniors Wednesday, April 2
 Detroit, MI 9:30 a.m. - 6 p.m.

SHINSHINIM VISIT TOLEDO

Community Friday April 4-Sunday April 6

SENIORS: PASSOVER LUNCH/FLOWER MAKING

Seniors Thursday, April 10
 Sekach Building noon
see page 14

PASSOVER

Sunday, April 13-Sunday, April 20
 JFGT offices closed on Monday, April 14 only

YOM HASHOAH

Thursday, April 24

YOM HASHOAH COMMUNITY COMMEMORATION

Community Thursday, April 24
 Congregation B'nai Israel 6:30 p.m.
see page 7

YOM HAZIKARON

Wednesday, April 30

*All information subject to change with updates posted on www.jewishtoledo.org [@jewishtoledo](https://www.facebook.com/jewishtoledo)



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