

**THE J ADULT 55+ OUTREACH PROGRAM AT
BETH EL HEBREW CONGREGATION
3830 SEMINARY ROAD, ALEXANDRIA, VA**

The J Adult 55+ Outreach Program - March Bulletin

Unless otherwise specified, all events are held at Beth El Hebrew Congregation (Alexandria, VA) and cost \$5/person. For programs at the synagogues, bring a dairy lunch and stay for coffee and dessert. This program is a warm and friendly group of men and women age 55+. They are funded by the JCCNV and graciously supported by Beth El Hebrew Congregation and Etz Hayim Congregation. For more information contact Shelly at Shelly.Rosenstein@jccnv.org or 703-537-3062.

No Program Wednesday, April 4 - Passover

Current Events Discussion

Wednesday, April 11, 10:30am-Noon

Location: Beth El Hebrew Congregation

With so much going on in the world today, it is important to keep up with the news and to hear different perspectives on events. Join us for an open, informal discussion with a facilitator and other members on topics that are of interest to the group.

RSVP to Shelly.Rosenstein@jccnv.org or 703.537.3062

Book and Author Talk: *Lenin, Hitler and Me – A Memoir*

Wednesday, April 18, 10:30am-Noon

Presented by: Vera Kochanowsky

Location: Beth El Hebrew Congregation

Boris Kochanowsky was born in 1905 to a life of wealth and privilege as the youngest son of a Siberian industrial tycoon. But with the coming of the Russian Revolution in 1917, his family lost everything and he was thrust into a world of poverty and oppression. Relying solely on his wits, his optimism, and luck, Boris makes his way to Germany, where he becomes a successful mining engineer. But then, in a single day, his secure position is lost, and he becomes a hunted man. His five-year flight from Nazi persecution takes him through Holland, Belgium, and France, as he strives to achieve his lifelong dream - to reach the USA. Boris' daughter Vera Kochanowsky will join us to talk about her father's autobiography, *Lenin, Hitler and Me – A Memoir*. One reviewer called the book a "story that is nothing short of phenomenal—insightful and gripping...a narrative masterpiece." The book will be for sale and signing after the program.

RSVP to Shelly.Rosenstein@jccnv.org or 703.537.3062

Genetic Diseases in People of Jewish Heritage

Thursday, April 26, Noon-2:00pm (note day, time and location)

Presented by: Dr. Ozlem Goker-Alpan, MD, President and Chief Medical Officer at the Center for Clinical Trials at O&O Alpan, LLC and the Director of the Lysosomal Diseases Research and Treatment Unit

Location: The J (JCCNV), 8900 Little River Turnpike, Fairfax, VA

This program and interactive discussion will focus on Jewish heritage and genetic disease, inheritance pattern and genetic diseases, common genetic diseases among the Jewish population, and the importance of genetic screening and counseling. A kosher lunch will be provided by U.S. Genetic Diseases Franchise.

Fee: \$5 / Free J member (*EVERYONE MUST REGISTER BY APRIL 19*)

Code: #8919

Register/RSVP by April 19: ALL participants must submit registration form to the J. Non-members can pay with cash, check or credit card. Contact: Shelly.Rosenstein@iccnv.org or **703.537.3062**

LOOKING AHEAD:

Moment Magazine presents: Tasting Memories from Bagels to Borekas

Wednesday, May 2, 10:30am-12:30pm

Presented by: Susan Borocas, Founding Director, Jewish Food Experience; food writer; chef; teacher

Location: Beth El Hebrew Congregation

Can you close your eyes and still smell your mother's chicken soup or the Shabbat challah baking? Were kreplach and knishes some of your favorite foods growing up? What are your earliest memories of Jewish food? What Jewish foods from your childhood and family did you make for your own family? Join Susan for a journey through our memories of Jewish food and the role it played in our lives growing up and still today. We'll enjoy a talk about some of the history of Jewish food in the U.S., followed by a lively discussion sharing our tastiest memories. Bagels and sides will be served after the program where you will have time to schmooze with other members about your favorite Jewish food!

Susan served as guest chef at the 2014, 2015, and 2016 White House Seders hosted by the Obamas. Her stories and recipes have appeared in The Washington Post, Lilith, Moment Magazine, Washington Jewish Week, and Tablet among other places.

Fee: \$5 all participants

Code: #9081

Register/RSVP: Submit payment and registration form to the J, Attn: Shelly Rosenstein, 8900 Little River Turnpike, Fairfax, VA 22031, or to BEHC, 3830 Seminary Road, Alexandria, VA 22304. BEHC members can also register online at lifelonglearning@bethelhebrew.org no later than Wednesday, April 25.