

Congregational Health Audit

The Lekhivitzer Rebbe said: "The Torah begins with the word B'reishit, which can be understood to say, God created the world 'for the sake of the beginning.' All the Creator asks is that you make a beginning in the right direction."

Whoever is in pain, lead them to the physician.

Talmud, Baba Kama

- We have an annual health fair to provide screening, education and referral regarding a wide spectrum of issues. Check all that are addressed.
 - Smoking cessation
 - Depression and other mental illnesses
 - Hypertension
 - Jewish genetic diseases
 - Cancer information
 - Diabetes
 - Wellness and prevention
 - Alcohol and other substance abuse
- We have a health fair or other annual synagogue program. *Check all that apply.*
- A blood drive at which information on the mitzvah of organ donation is provided
- Opportunities for volunteers to help advance the health of those in the community who lack access to health care
- Opportunities for people to sign up to advocate for universal health insurance and health-related reforms

Thou shalt not stand idly by the blood of thy neighbor.

Leviticus 19:16

- Methods to deal with medical emergencies have been established. *Check all that apply.*
 - Emergency phone numbers posted
 - Heimlich maneuver posters hanging in areas where people generally dine
 - A defibrillator onsite
 - CPR classes offered
 - Clergy, teacher and staff training in the recognition of the signs of child abuse and domestic violence and how to appropriately refer for help

For this commandment that I enjoin upon you this day is not too difficult for you, nor is it beyond your reach... Choose life for yourselves and your children.

Deuteronomy 30:11 and 30:19

- We are using every opportunity in the sanctuary, in the boardroom and in the classroom to support the central Jewish principle to 'choose life' by talking about health, healthy lifestyles and the ways in which we can help one another to achieve these.

A little bit of light dispels a lot of darkness.

Rabbi Shneur Zalman of Liadi

- Important health notices and brochures are located in places where members and visitors of all age groups will have access to them, such as
 - The bathrooms
 - A resource area or on a central bulletin board
- The synagogue health notices include
 - General information with contact numbers
 - Hotline numbers for domestic violence, date rape, sexually transmitted diseases and unplanned pregnancy
 - Suicide prevention
 - Alcohol and other substance abuse information
 - Smoking cessation
 - Warning signs of cancer, heart attack and stroke
 - Self-examination instructions for breast, testicular and skin cancer
 - Information regarding coping with chronic illness and pain
 - A sticker or other indication on all of the above materials regarding whom to contact among the clergy or temple staff for confidential support
- Our synagogue community has learned about and has considered establishing a congregational nurse or health worker position on staff to provide direct help where appropriate and assistance with health-related referrals.

Oh, give me the kisses of your mouth, for your love is more delightful than wine.

Song of Songs 1:2

- We provide programs on a Jewish understanding of healthy sexuality throughout the life cycle.

God is our refuge and our strength, an ever-present help in times of trouble.

Psalms 46:1

- Our congregation offers help, direction and support to people who are struggling with substance abuse.
- We speak of these and other issues from the bimah in a way that offers hope.
- We provide grape juice as an alternative to wine at Kiddush.
- We offer space to substance abuse support programs like Alcoholics Anonymous (AA) and JACS (Jewish Alcoholics, Chemically Dependent Persons and Significant Others).

God said, "See, I give you every seed-bearing plant that is upon all the earth, and every tree that has seed-bearing fruit; they shall be yours for food."

Genesis 1:29

- We are offering healthy food choices (low fat, whole grains, fresh fruits and vegetables) at meetings, onegs and in the classroom.

But if we lead a sedentary life and do not take exercise, we will throughout our lives be subject to aches and pains and our strength will fail us.

Maimonides

- We offer a variety of noncompetitive fitness programs that combine the social and the active in all age groups from religious school to seniors. *Check all that apply.*
 - Congregational walking or hiking groups
 - Congregational participation in walkathons for tzedakah
 - Participation in community cleanup days
 - Family fun days featuring softball, volleyball or other popular sports
 - Balance and bone-strengthening exercise classes for older adults
 - "Jewish" yoga for kids and adults

These are the obligations without measure, whose reward, too, is without measure: to honor father and mother; to perform acts of love and kindness; to attend the house of study daily; to welcome the stranger; to visit the sick...

Mishnah

- We have programs that promote the physical, social, intellectual and emotional health of our older congregants.
- As part of our Caring Community program, we also stress tikkun olam and bikur cholim (visiting the sick) initiatives that reach out to the ill and isolated of our community and the larger community.
- We as a congregation are doing all we can to help members of our community who are coping with chronic illness.
- There is an ongoing support group for those who are serving as caregivers for infants, children, the disabled and older adults.

There is a realm of time where the goal is not to have but to be, not to own but to share, not to subdue but to be in accord.

Abraham Joshua Heschel

- We teach the idea that Shabbat is not just a day of the week but also a time of accepting what is and taking pleasure in what we have been given—a time when we stop trying to fix things and attempt to live in the moment.
- We show that we mean the above by offering services and programs on Shabbat that stress joy and relaxation in addition to our programs of self-improvement and tikkun olam.
- Our congregational leadership (including lay leadership) models the importance of including relaxation and healthy sources of pleasure and fun in our very programmed and stressful lives.

"I have done just as You commanded me" (Deuteronomy 26:14). That means: I have rejoiced, and caused others to rejoice.

Midrash

My Personal Health Audit

A person should aim to maintain physical health and vigor in order that the soul may be upright, in a condition to know God.

Maimonides

- I participate in at least thirty minutes of physical activity, such as brisk walking, cycling, gardening, dancing, swimming, jogging or other sports, a minimum of three or four days each week.
- I maintain a healthy weight.
- I get adequate sleep almost every night.
- I am a nonsmoker.
- If I drink alcohol, I do so with moderation.
- I practice safe sex.
- I limit foods high in saturated fat, cholesterol, sugar, salt and trans fat, such as steaks, hamburgers, hot dogs, fried food, French fries, cheese, ice cream, chips, pastries, soda and candy.
- I eat at least five servings of fresh fruits and vegetables every day.
- I always wear a seat belt when riding in a car.
- I have working smoke alarms in my home.
- I avoid excessive exposure to the sun and wear protective clothing and sunscreen.
- I always wear protective gear, like a helmet, when biking or inline skating.
- I avoid driving after drinking and avoid riding in a car/motorcycle with someone who has been drinking.
- I am aware of those aspects of my life that bring me stress, and I have developed ways to reduce this stress.
- I take some time each day to quiet my mind and relax.
- I take some time each day to do something that I simply enjoy.
- I spend quality time with my family and friends.
- I have a faith community or other group or activity that gives support, comfort, meaning and direction to my life.
- I have a periodic checkup that monitors my blood pressure, weight, cholesterol and lipid levels, including HDL and LDL.
- I am over fifty and have been screened for colorectal cancer.
- I am a woman (eighteen or over) and have had a Pap smear within the last one to three years.
- I am a woman (forty years or over) and have had a mammogram within the last two years.
- I am a man over fifty and have had a prostate exam.
- I am over fifty and have had my yearly flu shot.
- I am coping with a chronic illness and follow the exercise, diet and medication regime recommended by my physician.
- I keep my medical and personal records, which include a Health Care Proxy, up to date.
- I promise to make the following changes to promote a healthier lifestyle:

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