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## SUSTAINABILITY IN ISRAEL

Thursday, June 22, 2017

2:30 pm

Temple Beth El

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Featuring

**DR. MICHAEL BEN-ELI**

Founder, Sustainability Laboratory



Dr. Michael Ben-Eli founded Sustainability Laboratory in order to address urgent sustainability challenges facing the planet. Exemplifying The Lab's signature approach is its flagship project, Project Wadi Attir. Located near the Bedouin town of Hura, Project Wadi Attir seeks to develop and demonstrate a model for sustainable, community-based agricultural enterprise, adapted to a desert environment.

More Information: Marcy Friedland, Senior Campaign Executive, Western Florida,  
mfriedland@jnf.org, 727.536.5263.



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## Message from Leadership

For more than 100 years, Lutheran has been deeply involved in the West Denver and Jefferson County community. We aim to be more than just your health care partner—we're here to help you achieve a healthy lifestyle.

As health care continues to evolve, Lutheran is working daily on innovations that will improve the ways we deliver care in the community. We're proud to partner with several other community organizations, too. Along with the Seniors' Resource Center, for example, we have built a unique program that makes it easier and safer for our older patients to transition from the hospital back to their own homes.

Promoting health and wellness is a guiding factor in many of our partnerships in the community. Some of the best ideas on how to do this come from our own staff, some of whom are working on a project to build a community garden as early as next year.

We also recently opened an outpatient pharmacy in part to help make sure our patients are able to get the medications they need before they leave the hospital.

If you have to be in the hospital, rest assured we strive to ensure your care is the best we can make it. Lutheran is recognized nationally and locally for high-quality, safe patient care.

We've been highlighted by the FierceMarkets publication for a new tool we are using that has helped us lower the spread of infection in our hospital. Biovigil is a hand-hygiene monitor that acts as a reminder for our staff and physicians to enter and exit every patient room with clean hands. It has even helped lower our staff sick time!

Watch for other improvements coming to Lutheran soon.

Grant Wicklund,  
President and CEO,  
Lutheran Medical Center



## Celebrating Lutheran Hospice's Compassionate Care

**WHILE THE SUN SET AT THE DENVER BOTANIC GARDENS ON AN AUGUST EVENING**, supporters of the Lutheran Medical Center Foundation gathered to celebrate the compassionate care offered by Lutheran Hospice. Heartfelt remarks were shared by Bruce Waring, MD, and Mrs. Nancy Patridge-Waring, who described firsthand how important hospice care has been to her family.

The evening remembered those who have been cared for by Lutheran Hospice, providing dignity at end-of-life's journey.

Patrons enjoyed viewing and bidding on fantastic auction items—ranging from local food and fun to exotic vacation getaways. Through the generosity of community partners, friends of hospice and the incredible philanthropy displayed by all, more than \$28,000 of net impact was created for Lutheran Hospice.

These funds will provide grief support for families, afford care for patients who need it most, purchase new equipment and so much more. Thank you to everyone who attended or donated to support the White Rose Evening—because of you, Lutheran Medical Center Foundation is able to make a difference in the lives of our hospice patients and families.

**IF YOU WOULD LIKE TO MAKE A GIFT TO SUPPORT LUTHERAN HOSPICE**, please call **303-467-4800** or email [LutheranFoundation@sclhs.net](mailto:LutheranFoundation@sclhs.net). Visit Lutheran Medical Center's Facebook page to view event photos at [LutheranJournal.org/whiteroseevening](http://LutheranJournal.org/whiteroseevening).

## Breast Density 101

By Whitney Morgan, MD, Radiologist

### BREAST DENSITY HAS BECOME A HOT TOPIC IN BREAST CANCER SCREENING

due to growing awareness and the enactment of breast density notification laws in many states. Colorado recently became the 31st state to pass legislation, effective Oct. 1, 2017, requiring that a woman be notified if her mammogram shows dense breast tissue.

Why all the fuss about breast density? Below are some common FAQs.

### WHAT IS BREAST DENSITY AND HOW IS IT DETERMINED?

Breast density is determined on a mammogram. Breasts are made up of a mixture of fibrous, glandular and fatty tissue. Your breasts are considered dense if you have a lot of fibrous or glandular tissue in relation to the surrounding fatty tissue.

### WHY DOES BREAST DENSITY MATTER?

There are two reasons: Dense breast tissue can make it more difficult to see cancers on your mammogram AND having dense breast tissue increases your risk for developing breast cancer.

Is a mammogram still effective if I have dense breast tissue?

Yes! Although no test is perfect, mammography is still the only screening test proven to reduce breast cancer mortality. Even with dense breast tissue, many cancers can be detected on mammograms. Tomosynthesis, or 3D mammography, can help find additional cancers in women of all breast densities but can be especially helpful in women with dense tissue.

### SHOULD I GET ANY OTHER TESTS IN ADDITION TO MAMMOGRAPHY IF I HAVE DENSE BREASTS?

Dense breast tissue makes it more likely for a cancer to be hidden on a mammogram. While studies have shown that ultrasound and MRI can find additional cancers not seen with mammography, "false positive" findings (i.e., findings that require further evaluation or biopsy but turn out to be non-cancerous) are common with both MRI and ultrasound. Also, some insurance companies may not cover these tests. If you have dense breasts, please talk with your doctor or breast imaging specialist about the pros and cons of supplemental screening to find out what is best for you. ●

### GET SCREENED:

With Breast Cancer Awareness Month just ending, ask yourself, "Have I had my mammogram this year?" Screening mammography is the only imaging test proven to save lives with early detection. Lutheran Medical Center offers annual screening mammography, including 3D mammography, for all women starting at age 40. Call Touchstone Imaging at **720-683-3005** to schedule your screening mammogram. If you need a diagnostic mammogram, call the Lutheran Breast Care Center at **303-403-3019**.



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E'Yachad: The Newsletter of Jewish National Fund

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*Your Voice in Israel*



## Celebrating Israel's Everyday Heroes

The Service, The Sacrifice,  
The Love





# Hero

/n. / 'hīrō/

A person who is admired  
or idealized for courage,  
outstanding achievements,  
or noble qualities.

*(Latin: hērōs, hērōia)*

Hero is a noun that refers to a person who is admired or idealized for courage, outstanding achievements, or noble qualities. The word is derived from the Greek word *hērōs*, which means 'warrior' or 'hero'. The word is often used to describe people who have performed acts of great bravery or who have made significant contributions to society. The word is also used to describe people who are admired for their noble qualities, such as their courage, strength, or leadership. The word is often used in a metaphorical sense to describe people who are admired for their actions or qualities.

Illustration by [unreadable]

# Determination

/n. / də,tərmə'nāSH(ə)n/

Overcoming adversity to pursue her dream to serve, an IDF officer now advocates for others with disabilities

By Megan E. Turner



“to overcome for everything coming, but you’re in control and when describing a successful but against a challenging situation, interestingly, the rest of the story—good, bad, ugly—is also the foundation for the next step, or ‘then.’”

Dealing successfully with challenges has ripple effects far beyond the individual. Overcoming adversity in the face of a disability is often a profound source of inspiration to others. One such example is a program in Israel that is paving the way for thousands with disabilities to meet post-military educational and professional goals in the military, and, with the help of an inspirational military officer, it goes even further: a man includes Jewish society and serves as a model to other nations.

Special in Uniform (SIU), a signature program of the Israel Defense Forces (IDF), was formally launched 20 years ago by a small group of senior officers, to integrate Israeli youth with disabilities—mental and physical—into the IDF to serve alongside their fellow countrymen and women. Today, a proud partner of Jewish National Fund, SIU is working toward its goal to “ensure that the army is a place for everyone.” A distinctive aspect of SIU is that it puts the soldiers with positions, units, and commanders to ensure that their service is meaningful and effective. This includes identifying appropriate positions for each soldier so that they can excel in their roles and have a sense of belonging. Throughout their service, SIU soldiers receive life-size lessons and are provided with career guidance and placement to ensure a smoother transition into civilian life.

A natural partnership for SIU, which does so much for people with disabilities and special needs, SIU has reached major news disability and special needs groups in Israel for bringing equality and awareness into the wider Israeli society. Its story has also reached Washington and been reported in *The NY Times*, sparking discussion on its replication elsewhere.

“The idea is for these kids—these young adults—to be as motivated like us,” says Golan. “They are incredibly smart and capable.” And IDF Lt. Col. Ilan J. and Dina of Special in Uniform Team Area. “Thanks to SIU and the generosity of its donors, no child is left behind.”

“These kids simply need to be a part of the army, which is a central part of Israeli culture—a core of

passage to society,” said Major Eilat Golan, 36, a volunteer with SIU, who has seen individuals with all kinds of disabilities come and serve in the IDF.

Golan knows all too well the need for this program. Born premature at 27 weeks, and one of a set of triplets, Golan’s brain was deprived of oxygen at birth. As a result, she developed cerebral palsy, a disability marked by impaired muscle coordination. Unlike the rest of her siblings, Golan didn’t hit typical developmental milestones, and one doctor even told her parents that she would never walk. But, despite it all and with the persistence of her parents who sought every which way to get her the tools of help she needed, Golan not only overcame the obstacle, she has served in the IDF for the past 20 years—as a leading and highly respected officer.

Joining the military was always the goal for Golan, who comes from a long line of military women. Her father (27) was a four-star brigadier general who served in the Six Day War and the Yom Kippur War, and received the nation’s highest honor bestowed upon soldiers. “I was crawling around on tanks before I even

trying to find a way to help her walk, and her father, her biggest influence, constantly encouraged and pushed her forward to achieve her dreams. “My father would tell me, ‘Your legs may not work well, but your head is good,’ insisting that I should always search for what can be done and to hold firm there.”

Young, stubborn, and ready to do anything to succeed, Golan rose through the ranks and was accepted into the IDF’s officer training course. “This was very challenging; the course was held on the Israeli base of an army base, one that was only accessible by stairs. I was repeatedly asked if I was sure I could do it, and each day I climbed those stairs up to the fourth floor, no matter what,” Golan said with pride.

Golan’s journey in her IDF service has also brought positive change and has done much to raise awareness



Major Golan advising a Special in Uniform soldier

around as a high-ranking IDF officer with a physical disability paved the way for her to become the spokeswoman for Special in Uniform. “Not everyone has an encouraging dad like I did,” Golan said, “but with an organization like SIU, these kids have someone to advocate for them.”

If an officer is wary of accepting a soldier with a disability into their unit, Golan steps in. “I can offer to explain to the C.O. that I know that it is not easy, but if it’s also an officer and I understand how valuable these soldiers can be.”

Like more in SIU, Golan is amazed to see the program’s deep and profound influence on the country’s perception of individuals with disabilities. “The IDF is the only army in the world that recruits people with disabilities because it sees white as a high level of social responsibility. This acceptance has an impact on Israeli society as a whole.”

And Lt. Col. Miri “Special in Uniform” is having a ripple effect: these soldiers’ families are positively impacted, their neighborhoods see the abilities and capabilities of these soldiers, and eventually, that ripple widens out and reaches everyone.

So, what is next for Golan? She’s looking forward to starting a family in the near future, but she’s also wanting to think about the end of her army career. “Once I conclude my service in the military, I definitely want to continue working with people with disabilities and want them to become stronger individuals,” she said. She’s also thinking of writing a book about her journey, and she’s even trying with the idea of entering into politics.

One thing is clear: Golan’s bravery, confidence, and far-reaching influence will not cease once she hangs up her uniform for good. “SIU is a person that was a big dream for me, but the experience I all and exceeded. It’s an example that a disability does not have to limit you, and that people with disabilities can also succeed,” said Lt. Col. Miri.

“It is very special and important to me that Special in Uniform exists,” Golan beamed. “If given the same more pride to be an officer in the IDF.”

**“Not everyone has an encouraging dad like I did,” Golan said, “but with an organization like SIU, these kids have someone to advocate for them.”**

started walking.” Golan remarked while showing a picture of her father.

Doctors told her parents that she would never walk, but Golan’s mother was dogged in her search for the world over for help for her daughter, and finally located a surgeon in Israel willing to treat her. After many surgeries, she gained use of her legs and began walking. She attended a regular school until her graduation, integrating with her peers despite the inherent difficulties.

At age 18, Golan knew exactly what to do—she, along with the rest of her peers, went to join the army. She knew her physical disability wouldn’t bar her from her country and her desire to serve in the IDF. Rather, it is a life of determination.

But, back then without an organization like SIU to assist youth with disabilities, Golan faced difficulty with recruitment. “As part of the process, all soldiers must go before a medical committee, and my experience there was traumatic,” she said, and was immediately given an exemption from military service. “I searched, Golan asked if she could volunteer, but the committee’s response was an equally heartbreaking, ‘No.’”

Golan left the recruitment center feeling defeated and frustrated. “I felt like I wasn’t good enough for them, but I refused to give up. I decided to persevere until I was advised, ‘Finally, you’re accepted and recruited into the army.’”

Determination is a highly valued virtue for Golan. It is a quality that has been deeply ingrained in her by her parents since childhood. Her mother never gave up

for soldiers with disabilities. “As an officer I bring awareness to those around me in the army about individuals with disabilities.”

Golan is also unique from another aspect. We



Major Eilat Golan