REAL. SIMPLE. BANKING.
The Springfield JCC (the J) is home to many programs, including the J Health & Wellness Center; Kehillah: JCC Special Needs Department; Life Lessons: The William & Margery Sadowsky Center for Adult Learning; J Summer Camps; The Plotkin/Grinspoon Early Learning Center; Kids Space (for elementary-aged children); and more. This Program Guide is your overview to programs for all ages. Want to stay up to date? Visit SpringfieldJCC.org for pool and gym schedules, fitness classes, family activities, holiday celebrations, upcoming events, hours of operation and much more! Be sure to sign up to receive e-chai lights, the JCC’s official monthly e-newsletter, via our website, SpringfieldJCC.org.

Our Mission:
The Springfield Jewish Community Center (Springfield JCC; the J) enriches community and nurtures wellness through physical, intellectual, social and spiritual programs and services. The J is guided by Jewish values, welcoming and respecting people of all abilities, ages, backgrounds, identities and faiths.

Facilities Notice

Please note, due to current uncertainties, please refer to SpringfieldJCC.org or contact Emily Aron, Membership Director, to learn which parts of the facility are accessible.

Funding: The JCC cannot not exist on membership dues and activity fees alone. Each year we rely on the generous support of members and friends of the J whose gifts to Chai Society, JCC INFund Endowment and our wide range of special interest funds make many of our most important programs and services possible.

The Springfield JCC is a beneficiary agency of the Jewish Federation of Western Massachusetts. Please support JFWM’s annual appeal, which also benefits the programs of the Springfield JCC.

Membership/Key Cards:
Membership/key cards are important for the safety and security of our members. Yours must be swiped at the welcome desk upon entrance into the J Health & Wellness Center. Your card is also your “deposit” with the appropriate staff member when using game room equipment. Membership cards will be issued to those ages 13 and older. If you lose your card, please obtain a new one at the front desk ($5 charge). A temporary card is given on a limited basis only, and is subject to a penalty fee.

The Springfield JCC (the J) policy for unsupervised children provides guidelines to help maintain a safe and pleasant environment for the entire J Membership. Children 10 years old and above can be unsupervised in the lobby, pool and gymnasium. Children ages 13 and older may use the facility including the fitness center, unsupervised with a guest pass or as part of their individual or family membership. The J reserves the right to require supervision if a child of any age is deemed disruptive or disrespectful. It is the responsibility of each child’s parent/guardian to be familiar with facility hours and to be aware of closings due to holidays or inclement weather (www.SpringfieldJCC.org).

*Guest Policy: We encourage you to bring guests to the J. Guests must register at the welcome desk and may come to the J for a maximum of 5 times during the fiscal year (if living in the J’s service area). The guest fee is $5 for ages 12 years and younger; and $10 for ages 13 and older. Guests must be accompanied by a J member. A maximum of 3 guests may be brought in at any one visit. Out-of-town guest passes are available. Inquire at the J’s welcome desk for details. Guest passes for Saturday must be purchased in advance, as no money is exchanged on Saturdays. General guest pass: $15 per day for non-accompanied, non-members.

**Supervision: The person supervising children must be at least 15 years old. 15-17 year-olds may supervise up to two children. People ages 18+ may supervise more children. Parents/guardians will be contacted if their child violates rules of the J and/or exhibits behavior which is harmful to the facility, other members or staff. Children under age 13 found at the J unsupervised will be subject to a disciplinary action up to and including temporary suspension of membership and/or access to the J.
Marsh & McLennan Agency proudly supports the Springfield Jewish Community Center. We are honored to serve as their employee health and benefits broker.

The Springfield Jewish Community Center continues to thrive thanks to the generosity of our members, business supporters, and community partners.

Thanks for hangin’ in there with us
### Special Thanks to our Program Guide Advertisers

Springfield JCC Community Partners are highlighted in bold font.

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**SHOUT OUT to Susan Whirty and the entire fitness staff for your efforts, enthusiasm and dedication!**

- Harlene Ginsberg

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**Congratulations, Deb Cohen, on your 36 years of successful, devoted service to the J! Your exemplary work is inspirational! Our family has benefited from your nurturing leadership!**

- The Kupperman Family
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From the Chief Executive Officer...

Michael L. Paysnick
Chief Executive Officer

2020-2021 Hours of Operation (subject to change):

Monday-Thursday  6:00 am - 7:00 pm
Friday            6:00 am - 5:00 pm
Saturday/Sunday   7:00 am - 3:00 pm

Holiday Hours 2021:

New Year's Day     January 1  9:00 am - 3:00 pm
Memorial Day       May 31      8:00 am - 4:00 pm
Independence Day   July 4      7:00 am - 5:00 pm
                   July 5      8:00 am - 12:00 pm
Labor Day          September 6 8:00 am - 4:00 pm

Jewish Holiday Closings (Fall 2020-Spring 2021):

Rosh Hashanah:
Friday, September 18  Closed at 5:00 pm
Saturday, September 19 CLOSED
Sunday, September 20  CLOSED

Yom Kippur:
Sunday, September 27  Closed at 3:00 pm
Monday, September 28  CLOSED

Sukkot:
Friday, October 2     Closed at 5:00 pm
Saturday, October 3   CLOSED

Shemini Atzeret:
Friday, October 9     Closed at 5:00 pm
Saturday, October 10  CLOSED

Pesach:
Saturday, March 27    Closed at 3:00 pm
Sunday, March 28      CLOSED
Saturday, April 3     Closed at 6:00 pm
Sunday, April 4       CLOSED

Shavuot:
Sunday, May 16        Closed at 6:00 pm
Monday, May 17        CLOSED

INCLEMENT WEATHER:
In case of inclement weather, unexpected closing, delays, or early
dischalls, watch for the emergency alert at SpringfieldJCC.org;
monitor our Facebook page (Facebook.com/JCCSpringfield), or call
413.739.4715. Inclement weather announcements are also posted
through local news mediums (WWLP and Western Mass News).

Throughout the pandemic, our staff have demonstrated incredible commitment and flexibility in order to keep programs and
services available to our members. Staff and members supported each other with calls, notes, and physically distanced meetings.
We have been inspired with the financial support provided by so many who have enabled the J to persevere during this difficult
time.

This edition of the annual Program Guide acknowledges that uncertainties will last long into the program year ahead. You’ll find
opportunities for both in-person and online learning and wellness activities. And you’ll be encouraged to regularly visit our website
for up-to-date program information. The guide recognizes the many businesses that continue to support the J all year. When
making a purchase, please consider supporting one of the businesses listed and be sure to mention that you appreciated their
support of the J.

Our promise this year is that we will do all we can to keep you safe, healthy and engaged. For those who have yet to visit the J, I
encourage you to come in and see what we’ve done to meet and exceed the state’s guidelines. If you’re not ready, we will continue
to provide online and outdoor programming, including special opportunities provided through partnering with other agencies and
J’s across the country.

With your continuing support we will surely overcome the challenges of the pandemic and come out the other side stronger.

Best regards for a healthy and safe new year.

Michael L. Paysnick  
Chief Executive Officer
That’s the answer you can expect to hear from us. When you call Glenmeadow, we’ll take the time to learn what’s important to you, knowing that your needs and wants as you age will be different from your next door neighbor’s. We’re a non-profit with a mission to serve seniors.

We can help you thrive in the place you call home, whether that’s on our Longmeadow campus, in your own home, or in another retirement community.
## Board of Directors

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<tr>
<th>Position</th>
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<th>Email</th>
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<tbody>
<tr>
<td>President</td>
<td>Jonathan Goldsmith</td>
<td><a href="mailto:jonathan@springfieldjcc.org">jonathan@springfieldjcc.org</a></td>
</tr>
<tr>
<td>Vice-President</td>
<td>Richard Goldstein</td>
<td><a href="mailto:richard@springfieldjcc.org">richard@springfieldjcc.org</a></td>
</tr>
<tr>
<td>Vice-President</td>
<td>Alison Silber</td>
<td><a href="mailto:alison@springfieldjcc.org">alison@springfieldjcc.org</a></td>
</tr>
<tr>
<td>Immediate Past President</td>
<td>Betsy Bertuzzi</td>
<td><a href="mailto:betsy@springfieldjcc.org">betsy@springfieldjcc.org</a></td>
</tr>
<tr>
<td>Board Members</td>
<td>Amy Anderonis</td>
<td><a href="mailto:amy@springfieldjcc.org">amy@springfieldjcc.org</a></td>
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<tr>
<td></td>
<td>Sheri Cartun</td>
<td><a href="mailto:sheri@springfieldjcc.org">sheri@springfieldjcc.org</a></td>
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<td></td>
<td>Nicole Collins</td>
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<td>Harlene Ginsberg</td>
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<td></td>
<td>Scott Greene</td>
<td><a href="mailto:scott@springfieldjcc.org">scott@springfieldjcc.org</a></td>
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<td>Ginny Levsky</td>
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<td>Elizabeth Rappaport</td>
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<td>Sally Schneider</td>
<td><a href="mailto:sally@springfieldjcc.org">sally@springfieldjcc.org</a></td>
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<td>Roberta Steingart</td>
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<tr>
<td></td>
<td>Meyer Weiss</td>
<td><a href="mailto:meyer@springfieldjcc.org">meyer@springfieldjcc.org</a></td>
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</table>

## Staff Directory

### Springfield JCC
Neal Webber Building  
1160 Dickinson Street  
Springfield, MA 01108  
413.739.4715 | 413.739.4747 (F)  
www.SpringfieldJCC.org  
Facebook.com/JCCSpringfield  
Twitter.com/SpringfieldJCC

### Executive & Administrative

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<thead>
<tr>
<th>Name</th>
<th>Title</th>
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<tbody>
<tr>
<td>Michael Paysnich</td>
<td>Chief Executive Officer</td>
<td><a href="mailto:mpaysnich@springfieldjcc.org">mpaysnich@springfieldjcc.org</a></td>
</tr>
<tr>
<td>Deb Krivoi</td>
<td>Chief Operating Officer</td>
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</tr>
<tr>
<td>Izy Gesin</td>
<td>Chief Financial Officer</td>
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</tr>
<tr>
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</tr>
<tr>
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</tr>
<tr>
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<tr>
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<td>Receptionist</td>
<td><a href="mailto:receptionist@springfieldjcc.org">receptionist@springfieldjcc.org</a></td>
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### Development, Membership, Marketing

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<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Mitchell Kupperman</td>
<td>Development Director</td>
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</tr>
<tr>
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</tr>
<tr>
<td>Emily Aron</td>
<td>Membership Director</td>
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</tr>
<tr>
<td>Elaine Geha</td>
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</tr>
<tr>
<td>Debbie Whitehead</td>
<td>Director of Communications &amp; Marketing</td>
<td><a href="mailto:dwhitehead@springfieldjcc.org">dwhitehead@springfieldjcc.org</a></td>
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### Early Childhood

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<tr>
<td>Jenn McGowan</td>
<td>Interim Director, Early Learning Center</td>
<td><a href="mailto:jmcmowan@springfieldjcc.org">jmcmowan@springfieldjcc.org</a></td>
</tr>
<tr>
<td>Stacy Strba</td>
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</tr>
<tr>
<td>Donna Imelio</td>
<td>Early Childhood Secretary</td>
<td><a href="mailto:dimelio@springfieldjcc.org">dimelio@springfieldjcc.org</a></td>
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### Kehillah (Special Needs)

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<tr>
<td>Tina Edwards</td>
<td>Kehillah Director</td>
<td><a href="mailto:tedwards@springfieldjcc.org">tedwards@springfieldjcc.org</a></td>
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### Youth Services

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<tr>
<td>Seth Stutman</td>
<td>Director, Camping Services</td>
<td><a href="mailto:ssutman@springfieldjcc.org">ssutman@springfieldjcc.org</a></td>
</tr>
<tr>
<td>Sonia Wilk</td>
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</tr>
<tr>
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<td>Director of KidsSpace/CAP</td>
<td><a href="mailto:mmarchacos@springfieldjcc.org">mmarchacos@springfieldjcc.org</a></td>
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### Adult Life & Cultural Arts

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<tr>
<td>Beverly Nadler</td>
<td>Director, Sadowsky Center for Adult Learning</td>
<td><a href="mailto:bnnadler@springfieldjcc.org">bnnadler@springfieldjcc.org</a></td>
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<tr>
<td>Nicole Longhi</td>
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### Health & Wellness

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### In gratitude to the staff of the JCC for their continued dedication, loyalty and hard work during these unprecedented times.

-Susan and Jonathan Goldsmith
Book Fest in Your Living Room

In addition to our Literatour author events, we are happy to announce that the Springfield JCC is now a partner in the JCC Literary Consortium. This will allow you to participate in virtual programs featuring high profile authors and speakers for a nominal fee. It is all done using Zoom. Some events may require a book purchase. Here is a small sampling of the programs:

Wednesday, September 30, 8:00 PM
Deepak Chopra
*Total Meditation: Practices in Living the Awakened Life*

Sunday, October 25, 8:00 PM
Harlan Coben
*The Boy from the Woods*

Sunday, November 8, 8:00 PM
Joan Lunden
*Why Did I Come into this Room?: A Candid Conversation about Aging*

For a full list of authors and to register, please visit [SpringfieldJCC.org](http://SpringfieldJCC.org).

*Presented in partnership with the national JCC Literary Consortium*

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**Literatour** is the J’s festival of Jewish books and authors, featuring year-round author talks and literature events. Fall 2020 programs will be via Zoom:

**Wednesday, October 28, 7 pm:**
Jennifer Rosner, *The Yellow Bird Sings*

**Wednesday, November 18, 3 pm:**
B.A. Shapiro, *The Collector’s Apprentice*
*Co-sponsored by Glenmeadow Retirement*

**Monday, December 7, 7 pm:**
Fred Sokol, *Destiny*

---

To register, call 413.739.4715
or email arts@springfieldjcc.org

*Literatour* is supported in part by the Posnick and Cohen Family Endowment Funds.
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Your Springfield JCC membership is an investment in your community as well as in yourself. Some of the benefits of membership include use of the fitness center, gymnasium, six-lane lap pool and children’s pool, racquetball courts, tennis courts, full service locker rooms (sauna, steam, jacuzzi), game room, swim lessons, group exercise classes, and substantially reduced rates for JCC Summer Camps and Preschool. Most classes and clubs in the youth department are open only to members. When open to the general public, the cost can be as much as 50% higher. All members receive Chai Lights, the Center’s publication which provides the latest information about the JCC and activities, as well as the annual Program Guide. (Members can also receive e-chai lights, the JCC’s official monthly e-newsletter. Visit SpringfieldJCC.org to sign up.)

Membership Code of Conduct
The Springfield JCC reserves the right to suspend or revoke membership privileges of members whose behavior is deemed inappropriate or detrimental to the well being of the Center, its members or its staff. Boisterous and/or profane language or gestures will not be permitted anywhere on Center property. Abusive treatment to a staff member or any other Center member will not be tolerated under any condition. Such conduct will be reported to the Chief Executive Officer and disciplinary action will be taken. Should you have concern about the conduct of a staff member, contact the Chief Executive Officer immediately.

Registration
Material or registration fees are required for some activities at the J. Fees are necessary because membership dues often cover only a portion of the total cost of serving you. Center membership is required for many activities, however, the general public may sign up for some classes. Members will be given advance registration opportunities. Full refunds (less a $10 processing fee) can be requested prior to the beginning of a class; pro-rated refunds up to the second session. No refunds may be made after the second session. The J reserves the right to cancel a class in advance if there is insufficient enrollment or if a qualified instructor is not available. To provide the fullest benefits to participants, it is necessary to limit the size of most classes.

Become A Member
We meet your health and wellness needs. Join us today! Membership rate structure reflects individual, family, or household needs. Take a tour, or contact Emily Aron, Membership Director, for more information: 413.739.4715 x327, earon@springfieldjcc.org.

*Facilities Notice:
Please note, due to current uncertainties, please refer to SpringfieldJCC.org or contact Emily Aron, Membership Director, to learn which parts of the facility are accessible.

**Daily Guest Pass Rates (accompanied by J Member):**
- Youth Guest Pass (12 years and younger): $5
- Adult Guest Pass (13 years and older): $10

**Daily Guest Pass Rates (General Public, without a J Member):**
- $15 per person

*expires 3 weeks from initiation*
Proud to open our 5th location in Tonawanda, New York!

Kittredge Equipment is extremely excited about opening our 5th location, and our 2nd store in New York State.” We had a unique opportunity to hire a great core of extremely experienced commercial food equipment sales, project, and support people to immediately hit the ground running. Their experience and knowledge of the Buffalo market will only enhance its future success. It will give us another opportunity to expand our presence and better serve our growing customer base.

- Wendy Webber, President / Owner of Kittredge

Newly Completed for 2019!
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The Best Buddies Kehillah Chapter matches teens without disabilities to teens with developmental, social or physical challenges. We tell our teens “friendship can’t be forced no matter how good-hearted you are, but if you open yourself up to the possibility, you never know what you may experience”. Our program offers monthly events held at the J, in the local community or via Zoom for all buddy pairs.

Our friends in Kehillah can join us for social groups and outings, dance parties, afternoon adventure groups, fitness buddies and exercise classes, cooking classes, therapeutic music sessions, art instructional classes, Best Buddies program, SensiPlay experiences, yoga and self-regulation sessions - either in person (as permitted) or via Zoom and Facebook live platforms. Project RIDE and adaptive swim lessons are also offered throughout the year. We will individualize the approach and instructional methods to meet the unique needs and promote the best in all our participants. As a community, we work with the caregivers and members to ensure a positive experience for everyone. If there is interest in volunteering or sharing a creative talent, we always welcome extra helping hands. We also regularly invite authors and speakers to our community center to cover relevant topics related to our friends with different abilities.

**Project RIDE:**

Project RIDE (Recreation, Independence, Development & Equipment) provides modified tricycles (with adaptations as needed) and helmets to children with special needs, for riders 43” or taller. If you are interested in a trike for your child, please call 413.739.4715 for a Project RIDE application and to be approved for the wait list.

Fitness Buddies is a program aiming to address the physical fitness and social isolation challenges many teens and adults with special needs face. Buddies with intellectual, social or developmental disabilities are paired with fitness peers without disabilities. Peers and Buddies are given an orientation by our awesome J Health & Wellness Center staff. Once through the training process, buddies workout together 1-2 times per week at a scheduled time. For additional information on any of our offerings, please contact Tina Edwards, tedwards@springfieldjcc.org | 413.739.4715.

**Volunteer Opportunities:** We can always benefit from more helping hands. In the past, high school and college students have assisted in our programs. We are also looking for class teachers. If you have a hobby or talent you would like to share, contact Tina Edwards at 413.739.4715.

In March, Kehillah quickly transitioned from in-person to virtual connections via phone, e-mail, social media, and Zoom classes. During the summer, Kehillah offered cooking classes, sensory groups, outdoor adventures, social groups, art classes, Music with Rusty, and resources for families.

In the coming months, Kehillah plans to engage by continuing with phone calls, e-mails, social media and the Zoom classes. We will add in-person and outdoor activities and social groups; exercise classes; a walking and biking club (on adaptive trikes); socialization class; bowling; “Move to the Beat” with Patty; and music with Rusty; and yoga for all ages.

“My daughter looks forward to the Zoom social group every week; thanks for staying connected with our kids in such a special way.”
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In the Spring, you can view details of the 2021 camp season online: Springfieldjcc.org  Facebook.com/JCCSummerCamp

Talented Specialists: Our staff is from the local region, as well as overseas. Each year, Israeli shlichim (counselors) join our staff to immerse campers in Israeli cultural activities such as rowing, STEM education, sports, and arts.

Swimming: Campers enjoy swimming twice each day. Each camper receives lessons from certified instructors, and, in the afternoon, they enjoy free swim.

Ethical Values: Weekly values are introduced to campers such as Yosher (honesty) and Tikkun Olam (repairing the world). The value of the week is woven into daily activities and parents are encouraged to discuss them at home.

Inclusive Environment: Campers are provided with a welcoming, inclusive environment. Our melting pot welcomes people of every ability, encouraging them to meet physical, developmental and personal milestones by providing support, encouragement and accommodations, as necessary.

Summer Inclusion Camp: This is our traditional JCC Summer Camps program with extra support to accommodate campers with additional physical and/or emotional needs. It provides all the fun traditions and energy of a traditional camp to the camper who does well in an inclusive setting.

J Summer CAMPuS: Located on the edge of Forest Park on the Longmeadow/Springfield line, J Camp is easily accessible for Connecticut and Massachusetts residents. Outdoor facilities include basketball and tennis courts, playgrounds, athletic fields, trails, high/low challenge ropes course, and zip line. Air conditioned indoor facilities include a rock wall, auditorium, art studio, gymnasium, racquetball courts, lap pool, and little pool.

Since March, the camp department has been quite busy - even though we had to cancel camp due to COVID-19. We began reaching out to members online to keep them entertained and informed while also making preparations for camp. After we cancelled camp, we elected to build Camp-in-a-Box for the families who could not enjoy camp in 2020 - and we decided to give it away for free! Thanks to generous grants and donations from Jewish organizations and local businesses, we built nearly 1,000 boxes for 400+ families in the Pioneer Valley. Parents were excited to have an outlet for their children and our campers enjoyed a taste of camp. While they may be socially distant, Camp-in-a-Box and its online content brought distanced campers together.
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ANTHONY RINO, EXECUTIVE DIRECTOR
300 BIRNIE AVENUE, SUITE 201, SPRINGFIELD, MA 01107
413-785-4666
SJCC Early Learning Center
The SJCC Early Learning Center provides full and half day school programming for children 6 weeks to 5 years old. We are licensed by the Massachusetts Department of Early Education and Care and we follow the MA State Education Frameworks assuring your children are gaining the academic and social skills they need in their educational experience.

For current Early Learning Center tuition rates, visit SpringfieldJCC.org

Our Principles
We believe you and your children deserve the best in Early Childhood Education. That sounds wonderful but what does it really mean? It means we believe your children are competent and capable learners, we believe our families want to be engaged in building a strong school community, and we KNOW our faculty is dedicated to staying current in the field of Early Childhood Education bringing their passion for teaching and learning to our children. We are so pleased you have chosen to share your children with us on this adventure of learning.

How We Learn
We all know children learn best when being fully involved in their learning. This means that children, with teacher’s guidance, construct their own paths to discovery. We encourage the children to ask “Why?”. We encourage the teachers to ask why too. It is only through questions that we learn. We listen to what the children know and help them fill in the gaps when they are not sure. We do that by providing the children with hands on opportunities to explore their environment, play with letters and sounds, build constructions (and knock them down), count and measure their surroundings, as well as learn to be kind, caring individuals.

Part of the Early Learning experience is learning how to be responsible in a group. Sharing is hard work and we appreciate the skill it takes to negotiate through the day. Through gentle guidance and redirection we help shape our children into strong, thoughtful, determined, unique individuals who understand that each person makes an important contribution to the group.

Shabbat Shalom
Shabbat is celebrated every Friday in the classrooms. Traditionally we have had school-wide celebrations welcoming in the Sabbath. This will resume if and when it is safe to do so. Contact Jenn McGowan for updates.

2020-2021 dates (10 am):
Oct. 9 | Nov. 20 | Dec. 11 | Jan. 15 | Feb. 26 |
Mar. 19 | Apr. 16 | May 14 | Jun. 18

For family and community-wide Shabbat program information, contact Sonia Wilk, swilik@springfieldjcc.org.
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ELC Family Events Notice for 2020-2021

This listing of events reflects a best-case scenario. We will follow the guidelines of our Governor as well as CDC recommendations to determine if these family fun programs can occur.

Contact Jenn McGowan for details:
413.739.4715, ext. 345 jmcmowan@springfieldjcc.org

Family Fun

Simchat Torah Parade & School-wide Shabbat
Friday, October 9, 10 am
Join us for our Simchat Torah Parade celebrating the holiday and the love of books and reading.

Hanukkah First Light
Thursday, December 10 (time TBA)
Join the community in celebrating the first night of Hanukkah. Help light the largest menorah in Western MA.

Mitzvah Fair
Wednesday, January 27, 5:30 - 6:30 pm
Each classroom researches a local non-profit agency to support through mitzvot (acts of generosity and good deeds). The children have become entrepreneurs making items to sell. Join us to help the children with their good deeds.

Purim Costume Parade & School-wide Shabbat
Friday, February 26, 10 am
Parents! Come cheer on the mighty marchers.

Purim Carnival @ the J Family Event Date TBA

Spring Concert
Wednesday, May 26, 5:30 - 6:30 pm

Touch A Truck @ the J Family Event Date TBA

Family End of Year Picnic
Wednesday, June 9, 5:30 - 7:30 pm
Join us for bounce houses, field games, and fun! Bring a dairy dinner and then enjoy a treat from the ice cream truck.

Parent/Teacher Organization

The PTO is an active group of parents who help plan events and fund raisers for the school and community. Funds raised are used to provide support for staff development, enrich classroom curriculum, enhance classroom celebrations and provide materials for special classroom projects. Recently, the PTO raised more than $10,000 to update the playground behind rooms 10, 11 & 12.

Contact: Jenn McGowan / 739.4715, ext. 345 jmcmowan@springfieldjcc.org

After decades of dedication, Deb Cohen (“Miss Deb”) has retired.

The Early Learning Center will not be the same without Deb’s wisdom and playful attitude. From swimming to Shabbat, Deb makes everything fun and lets each child know how special they are to her. We will all work harder than ever to carry on the legacy of excellence in early education that Deb created here at the J. She has been such an important part of the lives of so many teachers, children and families throughout the years. I know that everyone will be thinking of and asking about Deb long after she moves on to her next adventure. We are already looking forward to welcoming her back as a special guest for Shabbat.

-Jenn McGowan, Interim Director, J’s Early Learning Center
(see full article on centerfold...)

2022 J’s ELC in review...

When Governor Baker closed all early childhood programs across the state in March, our dedicated teachers taught their classes via Zoom, where students enjoyed bi-weekly singing, stories and science experiments. Teachers also recorded videos of their circle time routines and reading favorite books to share on our YouTube channel (Springfield JCC) for families to view at their convenience.

The ELC was thrilled to be able to open our doors and welcome our students back at the J on June 29th. With new health and safety measures in place, the logistics may look a little different, but the heart and soul of our work has always remained the same: to provide the highest quality of early education and care with a strong focus on children’s social emotional development, sense of community and Tikkun Olam, repairing the world.

After a successful 7-week summer program, the Early Learning Center began the 2020/2021 school year August 24. The administration has taken this opportunity to find new and creative ways to interact with current and prospective families. We have offered video tours of the ELC and the staff, and began using a new Smartphone application to enhance daily parent-teacher communication.
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Thank you to local organizations who made Camp-In-A-Box a reality for J Summer Camp friends!

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David Robillard
The J has a long history of providing quality care for youth. We seek opportunities to participate in the latest trends, helping our enrichment-based programs lead the way in out-of-school care. In addition, your child will experience Jewish values and culture because, when you join the J, you join our family. We embrace families of all faiths.

Kids Space All Day! (K-5th Grade)

Kids Space All Day Program: Virtual learning space for your children so you can return to work. Kids Space All Day is a new program designed to help families with children in grades K-5 who are attending school remotely this fall. We provide a safe and supervised environment for students to complete their online learning and enjoy fun activities at our facilities, so parents can return to work.

• Students will stay physically distanced in small groups with dedicated staff who can help support them with their remote learning.
• Students must bring their own laptop/device, headphones, etc.
• During out-of-school time, students will enjoy outdoor sports and games, art, and more.
• This program will adhere to CDC, state and local guidelines. While indoors, masks will be required for all children and staff.

Full Day
Drop off: 7:30 – 9:00 am
Pick up: 4:15 – 5:00 pm
Grades K through 5

J Member: $300/week
Gen. Public: $325/week

School Day Only
Drop off: 7:30 – 9:00 am
Pick up: 2:15 – 3:00 pm
Grades K through 5

J Member: $250/week
Gen. Public: $275/week

Student Check List (bring each day):
• Student’s labeled device (laptop or iPad), headphones, and other school supplies that are needed
• Bag lunch (will not be refrigerated or heated), externally labeled with child’s name
• Include two snacks each day
• Appropriate seasonal clothing for indoor and outdoor:
  Winter: hat, gloves, coat, boots, change of clothes
  Summer: Sunscreen, closed toe shoes

Since March, the Elementary department has remained connected via monthly and weekly emails, Zoom activities, Parent Q&A, Zoom counselors meet and greets, dance parties with Jon O’Neil, Facebook lives with DIY activities, costume story time and pre-recorded videos of events. Some activities were done via Facebook Live, such as GoNoodle exercises. Parents were provided weekly resources.

Several parents exclaimed that their children look forward to Zoom activities. Other feedback included:

“Thank you for doing this programming.”
“I love to watch the videos later and then do them on my own time with my children.”
We’re Leading the Charge for Microgrids


Contact us for a free energy assessment.
Our experiential programming serves Jewish teens, ages 11-17. Although many events focus on teens in the greater Springfield area, several immersive experiences serve teens across a broader regional area, including northern Connecticut, the upper Pioneer Valley and Southern Vermont.

The goals of the J’s Teen Education program are to:

- Deepen teens’ engagement with Jewish life, values and knowledge
- Strengthen teens’ connection with the Jewish community on local, regional and international levels
- Demonstrate additional dimensions of Jewish life and provide a space for teens to explore their own Jewish identity
- Build the leaders of tomorrow who know themselves, their voice and their ability to create positive impact in this world

Highlights of upcoming programs include:

**WILDERNESS TRIPS**: This will be our third year of running the successful “Bamidbar” backcountry expedition program. In 2020-21, the Springfield JCC plans to organize *three* Bamidbar trips in the White Mountains of New Hampshire. As conditions and health protocols allow, a winter trip will include skiing and snowshoeing at the Highland Center. The spring trip will be to Lonesome Lake Hut. The summer trip will be to Cardigan Lodge. These trips are immersive, Jewish-infused experiences that allow teens to grow together while exploring the outdoors. We will be led by a certified Jewish wilderness guide and will be supported through our agency’s partnership with the Appalachian Mountain Club.

**SERVICE LEARNING**: In collaboration with BBYO, J teens will select a local project/nonprofit organization and devote 1,000 collective hours to volunteering for that cause. Teens will focus on aspects of service, philanthropy, advocacy, community organizing, and entrepreneurship. This initiative is designed to provide teens with an understanding of social justice initiatives in the Pioneer Valley. There will be hands-on practical work and social justice advocacy training. Teens will learn how to take action through the lens of “rights-based” and not solely “needs-based” initiatives.

**BBYO - B’nai B’rith Youth Organization**
(9th-12th grade)
BBYO is a pluralistic teen youth group. Designed for teens and led by teens, BBYO aspires to involve all Jewish teens in more meaningful Jewish experiences.

Contact Sonia Wilk to learn more about joining BBYO swilk@springfieldjcc.org.
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Heartfelt appreciation and thanks to our J Staff who responded to the pandemic with professionalism, creativity, enthusiasm and care; to our Lay Leadership who have been all in with guidance and support; and to so many of our members who stayed with us - contributing their membership, tuition, and dollars, and sending messages of encouragement.

This is our J Family, where something special is always happening.

-Michael Paysnick, CEO
“If your actions inspire others to dream more, learn more, do more and become more, you are a leader.”

John Quincy Adams

For more than 30 years, scores of individuals in all stages of their lives have greatly benefited from Michael’s leadership at the Springfield JCC. His positive mark on the institution, on its staff, and on its members will be everlasting.

Thank you, Michael, for inspiring us, teaching us and showing us how, through hard work and dedication, dreams can become a reality.

The Springfield JCC Board of Directors

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Deb Cohen began her career at the Springfield Jewish Community Center in 1984. Her first two years were spent teaching toddlers as well as the Mommy and Me program. The next couple of years, she transitioned to teaching every day. From 1989-1991, Deb went on hiatus to obtain a Masters Degree in Early Childhood Administration.

"In August 1991, I came back ‘home’ to the J as the Assistant Director of the Early Childhood Center. I became Director in August 2008 and have sat in that chair ever since," says Cohen.

During her tenure, Cohen received awards from JCC Association as well as the Harold Grinspoon Foundation, but the most rewarding recognition came directly from former students. "I am often stopped around town by young people who call out to me: ‘Miss Deb, I remember you from the J!’ They tell me about their lives and reminisce about all the fun they had at the J. Those are the walking and talking awards that are most important to me.”

"Deb is one of the most caring souls I know," says Michael Paysnick, Chief Executive Officer of the Springfield JCC. "She’s a gifted educator and a wonderful partner in building a preschool of excellence. Deb has been a mentor to so many young teachers and an important member of the Springfield JCC staff family. She can always be counted on for her creativity, sense of humor, and sensibility.”

The Early Learning Center program and facility expanded several times during Cohen’s tenure. Beginning with toddler daycare, Cohen recalls running the toddler class, along with then-Director Carlin Trietsch, in the Adult Lounge while expansion was being constructed. “Oy vey, what craziness that was!” The next expansion, which is Cohen’s crowning glory, was the opening of an infant room. "This was an amazing experience as parents, staff and the J community participated to make this happen. What we quickly learned is that infants become toddlers in the blink of an eye.” That brought about the third expansion – another toddler room, which required taking over space from the general J facility.

Cohen herself became a community resource, writing “Ask Deb” columns for a local newspaper and for the J’s website, as well as in-house video interviews about various parenting topics. “I wanted to be a resource to families, especially those who did not have the wisdom of grandparents.”

Just as parents and children learned from Cohen, she also learned from them. “Children are brilliant, like the little girl who was eating grapes by taking a small bite of each one and placing the other halves back into the baggie. When I asked what she was doing, she looked at me with a puzzled expression and answered, ‘Mom told me to eat half and save the rest for snack.’ She taught me to never question your mom, and listen to what children have to say.”

The most important lesson Cohen learned from children is to let friends know when we are angry. "I often heard, ‘You can’t come to my birthday party,’ but children don’t mean it. They quickly become friends again before snack time.”

Cohen is ending her career in an unimaginable moment in history. “Change is hard,” says Cohen. “But we need to remember to love each other – to look to children for guidance. The children know to breathe deeply, love friends and family, and that playing in the mud is good for the soul.”

As Cohen shifts from early childhood administrative activities to the leisure of retirement, she looks forward to activities that are meaningful. “I want to go to the library and smell the smell of old books. I want to spend time with my husband Jeff, play miniature golf, and enjoying an A & W Root Beer like we did while dating. I want to spend time with my 92-year-old mom, my children and their children. Most importantly, I want to reintroduce myself to me.”

All those years at the Springfield JCC has been quite a journey for Deb Cohen. But you will continue to see her as she enjoys swimming in the J’s pool, taking adult classes, and reading to the children as a visiting Gramma in the Early Learning Center.
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Congratulations to Liam Brackman and Alisa Goldberg on your graduation from Longmeadow High School!

Nicole Collins

---

To Kelly: Your TRX Outdoor class brightens dreary Mondays! Thank you!

Love, Mickey Shrair

-Sally Schneider

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Hats off to Kelly for keeping me physically fit during these difficult times. You’re the best!

-Michael Scheer

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-Jane Cohen
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Due to current uncertainties, please visit SpringfieldJCC.org for up-to-date Athletics programs.

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Kids Space All Day is a new elementary program that provides a safe, supervised setting for students in grades K-5 to attend virtual classes at the J as their schools operate remotely this fall. Students have the option of attending for school-day hours only or for full-day care with recreational opportunities in the afternoon. Students will need to bring their own labeled device (laptop or iPad), headphones, and other school supplies that are needed.

To learn more, email Maureen Marchacos, mmarchacos@springfieldjcc.org.

---

Student Check List (bring each day):
- Student’s labeled device (laptop or iPad), headphones, and other school supplies that are needed
- Bag lunch (will not be refrigerated or heated), externally labeled with child’s name
- Include two snacks each day
- Appropriate seasonal clothing for indoor and outdoor:
  - Winter: hat, gloves, coat, boots, change of clothes / Summer: Sunscreen, closed toe shoes

---

Springfield JCC

Maureen Marchacos, Kids Space, CAP, J Team Director | mmarchacos@springfieldjcc.org

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The J welcomes everyone to participate in “Seasonably Shabbat” Programs. This cultural-but-not-religious gathering includes music, braiding challah (bread), and food. Children enjoy lighting candles, sipping grape juice, and “welcoming in Shabbat.” No matter what you believe in, this is an opportunity to join with other families in a relaxed, fun, and yummy atmosphere.

The programs are modified according to current safety protocols. Email Sonia Wilk, swilk@springfieldjcc.org to learn about upcoming Shabbat events @ the J.

Shabbat

Rosh Hashanah  Sept. 19-20
Yom Kippur  Sept. 28
Sukkot  Oct. 3-4
Shmini Atzeret  Oct. 10
Simchat Torah  Oct. 11
Hanukkah  Dec. 11-18
Tu B’Shvat  Jan. 28
Purim  Feb. 28
Yom HaShoah  Apr. 8
Yom HaAtzmaut  Apr. 15
Pesach  Mar. 28- Apr. 4
Shavuot  May 17-18

Jewish Holidays

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Contact: Bev Nadler, 413.739.4715 x355, bnadler@springfieldjcc.org.

In the spring of 2020, many adult classes, trips, author talks, and the Pioneer Valley Jewish Film Festival were postponed or cancelled due to COVID-19. During the J’s closure, we reached out to adult program participants to check on their well-being and keep them connected. We also shared a variety of interesting posts – from recipe suggestions to Canasta instructions to book and film recommendations – in our J Connection e-newsletter and online on our J Post News web page. This fall, with cautious optimism, we plan to provide a limited number of in-person, socially distanced classes, as well as offer some virtual programs and speakers. The Adult Daytime Book Club has moved to a virtual platform and is always looking for new participants.

With continuing improvement in COVID-19 statistics and peoples’ willingness to return to the J, our hope is to offer a more robust array of offerings in the winter/spring of 2021. Please check the J website (SpringfieldJCC.org) for up-to-date information. Our goal is to keep our adult members engaged and connected to the J. We miss you and look forward to seeing you very soon.

Life Lessons: The William & Margery Sadowsky Center for Adult Learning offers cultural, social educational and recreational programming aimed towards adults. Whether you’re looking to develop a new skill, challenge your mind or body, explore new areas, meet new people, or just have fun, you’ll want to be a part of the Adult Life Department programming.

Beverly Nadler, Sadowsky Center for Adult Learning Director
413.739.4715, ext. 355 | bnadler@springfieldjcc.org

Watch for Details
SpringfieldJCC.org

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Kosher for Passover Wine Tasting & Sale

Stay Up To Date with Adult Life Programs

J Programs Are Announced at SpringfieldJCC.org
Click “E-NEWSLETTER” to receive updates in your Inbox
In appreciation of Mike Paysnick for his many years of outstanding leadership at the JCC.

-Susan and Jonathan Goldsmith
To contribute to a J Fund, please call 413.739.4715 or visit Springfieldjcc.org/donate-now

From the Development Director

On behalf of myself and Stacey Coleman, I would like to express my deepest gratitude to the JCC, staff, membership, sponsors, and community at large for your ongoing financial, operational, and programmatic support of our community organization. With your help, we continue to carry out our mission to enrich our community and nurture wellness through physical, intellectual, social, and spiritual programs and services. With this growing culture of philanthropy, we pledge to support, welcome and respect people of all abilities, ages, backgrounds, identities, and faiths.

During the Covid-19 Pandemic, each of the departments continue to provide virtual and now in person events and activities. Many of you have shared with us your experiences here at the J as we navigate our new world together. Here is one of those stories from our Kehillah Program during this year’s Project Ride event. At the event we were able to safely tune up bikes and distribute new bikes to new riders on Wednesday, August 5th. The distribution is on-going, with new families completing intakes and receiving trikes as needed.

One mom said: “I am so happy to see my son ride a bike for the first time; he was smiling the whole time. This is a wonderful program. I wish I could hug you!”

Another mom said (through her tears): “I never dreamed my son could ride a bike on his own, this is just incredible. Thank you with all my heart!”

We share in the joy that each of you feel being together and watching our families enjoy these experiences at the J.

Thank you for your dedication to sustaining the J’s mission. We are personally motivated and humbled by your kindness and generosity of spirit. Be safe and be well.

-Mitch Kupperman
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Congratulations on your retirement. We hope you have some time to walk us.

-Lucy and Leo

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-Chai Society members as of September 2020

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- The Greene Family

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Kristin Seeley

(Spring 2020):

When asked what she misses most about the J, Kristin responded, “That’s easy - the people! From Judy in the lobby to the trainers in the gym to the fellow members whom I consider friends, they create an overwhelming sense of community and I miss that connection.”

Kim & Gerard Kiernan

(Summer 2020):

“It’s been great to be back at the JCC. I feel like I’m at home. I missed the camaraderie of the JCC. Getting back into a routine at the JCC makes life appear to be more normal as life used to be.”

Janice Greenberg

(Spring 2020):

“I really miss my 6:00 am spin class - but our fearless Doug, Rosemarie Rice, and I just had a Zoom virtual meeting so we could talk and check-in!”
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413-587-5081
Happy 60th Wedding Anniversary to our Grandparents, Ann and Ben Marcus.

Love, Paul, Sam and Stephen Goldsmith

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**CHEERS!**

Let’s Persevere in 5781!

The Springfield JCC wishes you good health and happiness.

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We look forward to seeing you at the movies, as soon as we can gather together safely.

Visit PVJFF.org for information on upcoming virtual screenings.
At Marcus Printing, there is a fine line between customer service and sales representative. Our sales reps don’t study methods to sell you more. Instead we study how to inform you better. Or how to stay better organized. Calling our salespeople “reliable” is a welcome compliment. Expect a workaholic attitude from them because we view your project as a joint venture between you, them and Marcus Printing. Consider them a skilled asset for your team.