



VOICE OF SHAI

5780

HAPPY ROSH HASHANAH

FALL 2019

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(*) past president

Dear SHAI Community:

I write this as summer concludes, on the cusp of autumn, in anticipation of schools re-opening, and our approaching Days of Awe. I hope each of you found some respite this summer. Rest assured that SHAI administers your generous donations all year round, including during the summer, in order to ease and elevate lives in our precious community. All year, including during the summer:

- SHAI need-based scholarships underwrite costs of tuition for college, graduate and Jewish day school for hundreds of grateful students and families. Over the years, more than 1.5 million dollars has been awarded.
- SHAI Sephardic Summer Day Camp fosters community and *chesed* among the next generation of Persian Jewish teens and children;
- SHAI support for the Town of North Hempstead Senior Social Center provides invaluable camaraderie for our matriarchs and patriarchs;
- SHAI Young Professionals creates no-couvert meaningful socialization and networking opportunities for Persian Jewish singles;
- SHAI Young Families provides community for parents of young children and their little ones;
- SHAI's multiplicity of initiatives supports Zionism, community education, health and wellness, and social service access.



As we near autumn, the SHAI Board and founders remain committed to these offerings as well as new initiatives. In the pages that follow, you will read and view just a smattering of spring and summer 2019, as well as some coming attractions. Send your home and email address to info@shaiusa.org to receive more SHAI mailings. Send your new ideas to rebeccasassouni@gmail.com. Check your inboxes for coming events, including a save-the-date for our next SHAI Biennial Gala in March 2020.

I am so proud of the dedicated SHAI Board, our founders and our donors for enabling SHAI to serve our community for 27 years and counting. The entire SHAI Board of Trustees and my family join me in wishing each of you and your families a blessed 5780. May it be a year of good health, security, and prosperity for all. Happy Rosh Hashanah!

Very truly yours,
Rebecca Yousefzadeh Sassouni
President
SHAI



SHAI & IAJF STAND WITH ISRAEL ANNUAL EVENT FOR STUDENTS

Major kudos to SHAI and IAJF, Iranian American Jewish Federation for an unforgettable evening of solidarity with Israel and combating anti-Zionism and anti-Semitism. Over 200 young adults gathered in rapt attention to enjoy a complimentary buffet dinner and to hear powerful presenters on ways to advocate for and Stand With Israel. Great way to prepare before heading back to campus! Our Trustee and Keynote Speaker, Nazee Moinain spoke eloquently from her perspectives as a Ph.D candidate, college Trustee, Jew, and parent. Lone Soldier Ben Shor articulated forceful responses to antisemitism. Fuel for Truth's Ron Wasserman and Justin Ellis advised that knowledge is power, encouraging students to learn Israel's history and defend from strength. Richard Priem of the Anti-Defamation League (ADL) as well as representatives from Jewish National Fund (JNF), Hillel, Zionist Organization of American (ZOA), Masa Israel Journey, Our Soldiers Speak, Stand With Us, and Women's International Zionist Organization (WIZO) each provided crucial informational materials and support. Video of the event is available at www.shaiusa.org, password nvp.





SHAI SEPHARDIC SUMMER DAY CAMP



The SHAI Sephardic Summer Day Camp teen leadership summer program held at Congregation Beth Hadassah continues to provide one of the most effective platforms for connecting Persian youth to their Jewish heritage as well as to one another. With an array of sports and fitness activities, rewarding weekly trips to popular sites such as Dave & Buster's, Adventureland, and Splish Splash, and a strong daily minyan - delivered at nominal cost due to SHAI's generous support - SHAI Teen Leadership Program provides an optimal environment for a healthy, beneficial, Jewish summer experience. Supplying these tools, SHAI Sephardic Day camp is mentored by Teen Leaders, enabling our youth to excel in valuable skills to catapult determined campers to success in all walks of life.

The Sephardic Day Camp brims with activity, including Krav Maga lessons, basketball tournaments, video games, board games, hanging out, and visiting the seniors at the Great Neck Social Center. The kids and the seniors spend quality time bonding, and conversing in English and Farsi. The Daily Minyan continues with great success.



SHAI AND TOWN OF NORTH HEMPSTEAD SENIOR SOCIAL CENTER CELEBRATIONS & WEEKLY PROGRAMS

SHAI Senior Social Center attendance continues to impress. In addition to regular weekly programs, they also take part in Mother's and Father's Day celebrations. Over 500 people celebrated Mother's and Father's Day with SHAI Senior Social Center this year filling Great Neck Synagogue's ballroom. Our matriarchs and patriarchs enjoyed live music by singers Edrik and Khashyar. They also received gifts from SHAI. In addition to these special events Mrs. Khodadadian and her team oversee a yearlong thrice-a-week complement of activities at the Town of North Hempstead Social Center.



SHAI MARCHES IN THE CELEBRATE ISRAEL PARADE

On Sunday June 2nd SHAI continued its annual tradition of proudly marching in the Celebrate Israel Parade. This year's theme was "Only in Israel," celebrating the State of Israel's 71st birthday. After singing together on the buses, hundreds of SHAI members joyfully marched up Manhattan's Fifth Avenue, cheering and showing their proud support for Israel with SHAI banners and Israeli flags waving high. The SHAI contingent was featured on television for the largest Israeli flag in the parade.



SHAI'S SCHOLARSHIPS

SHAI has awarded over 1,500,000.00 million dollars in need-based scholarships to date. Applications may be found at www.shaiusa.org. The scholarship process is highly confidential. On occasion, the committee receives correspondence from scholarship recipients. Here is one such letter:

Thank you so much to the SHAI community. You have no idea how grateful my family and I are for SHAI. It has relieved so much stress off of me and my family and my goal in the future is to donate MORE money to the SHAI community when I am hopefully successful so more people could be stress free like you have done for me. And anything SHAI needs volunteer wise I will be more than happy to do at any time. I cannot thank you enough for how amazing SHAI has impacted me, I am forever grateful. Last time I came into the interview/meeting I was in tears because I couldn't express my gratefulness to SHAI and how much this has helped me. Thank you so much SHAI Community. If there's anything I can do please don't hesitate, I will be more than happy, because of the peace of mind and happiness SHAI has given me.

Scholarship applications are available At www.shaiusa.org

SHAI MEDICAL SPOTLIGHT SERIES

On May 13, SHAI, along with Iranian Mother Association (IMA) and Sephardic American Medical Society (SAMS), held a successful Medical Spotlight event on the topic of Diabetes presented by Dr. Issac Sachmechi. Dr. Sachmechi is the Chief of the Division of Endocrinology and the Director of the Diabetes Center of Excellence at Queens Hospital in Jamaica, NY. The event took place at the Great Neck House where Dr. Sachmechi discussed prevention, symptoms, complications, and treatments of diabetes.

SHAI, SAMS and IMA Present Medical Spotlight
Diabetes: Prevention Symptoms, Complications and Treatment
Dr. Issac Sachmechi

Diabetes

Dr. Issac Sachmechi, M.D., is Chief of the Division of Endocrinology at Queens Hospital Center in Jamaica, New York, where he is also Director of the Diabetes Center of Excellence. He is Clinical Associate Professor of Medicine at Mount Sinai School of Medicine in New York, New York. Dr. Sachmechi received his medical degree from the Technion Medical School in Haifa, Israel. Continuing his medical training, Dr. Sachmechi completed residency in Internal Medicine at Brooklyn Hospital in New York and a Fellowship in endocrinology at the State University of New York Downstate Medical Center in Brooklyn. He is board certified in Internal Medicine and Endocrinology. Dr. Sachmechi is a fellow of the American College of Endocrinology, American College of Physicians, and the American Society of Endocrinology. He is also a member of the American Diabetes Association, Endocrine Society, and the American Society of Human Genetics. He has authored or co-authored numerous abstracts, a book and book chapters, and many articles published in peer-reviewed journals such as the British Journal of Medical Practitioners, Endocrine Practice, and the Mount Sinai Journal of Medicine. Dr. Sachmechi is also a reviewer for the Thyroid Journal and the Annals of Internal Medicine.

Dr. Sachmechi received numerous awards including Cum Laude Medical School Honor, AMA Physician Award, Teaching Award from I.U. medical residents class of 1997 and award from American Association of Diabetes Nursing Educators - Metropolitan New York Chapter 2007. In 2010, The American Diabetes Association recognized the education service of Diabetes Center of Excellence at Queens Hospital Center of New York City.

Monday May 13, 2019, 7PM
 Great Neck House
 14 Arrandale Ave. Great Neck, NY 11023
 The lecture will begin at 7:30 PM sharp.
 Dr. Sachmechi will take questions afterward.
 Refreshments will be provided courtesy of SHAI.

Sites of Action for Oral Therapies for Type 2 Diabetes

↑ Sulfonylureas
 ↑ Thiazolidinediones
 ↑ DPP-4 inhibitors
 ↑ GLP-1 agonists
 ↑ Repaglinide
 ↑ Nateglinone
 ↑ Glucagon-like peptide 1

Pancreas: Insulin secretion, Glucose
 Liver: ↑ Lipid synthesis, ↓ Lipid oxidation
 Adipose: ↑ Adipogenesis, ↓ Lipolysis
 Gut: ↑ Glucagon-like peptide 1, ↑ GLP-1, ↑ PYY, ↑ CCK, ↑ Ghrelin

α-Glucosidase inhibitors (acarbose)
 Acarbose (Precose)
 Pramlintide (Symlin)
 Pramlintide (Symlin)



SHAI and SAMS Present Medical Spotlight:
PROSTATE & BREAST CANCERS: PREVENTION, GENETIC IMPLICATIONS & BEYOND

Reduce your Risk of Cancer

Jahan Aghalar, M.D. is a board-certified medical oncologist-hematologist practicing at New York Cancer and Blood Specialists. He is affiliated with North Shore University Hospital, Long Island Medical Jewish Center, New York Presbyterian Hospital Queens and St. Catherine's of Siena Hospital. A Long Island native, Dr. Aghalar specializes in genitourinary malignancies, which are cancers originating from the prostate, bladder, kidney, and testicles. "Being born and raised on Long Island, I see my role as an oncologist to give back to the community. I strongly believe that it is my duty to treat each patient as an individual, always being mindful of differences in medical, psychosocial, and cultural backgrounds," said Dr. Aghalar.

Dr. Aghalar earned his Bachelor's Degree with honors from New York University, majoring in Computer Science. Dr. Aghalar then earned his Medical Degree from the Albert Einstein College of Medicine with honorable distinction in research of diagnostic oncology. He served as Chief Resident at North Shore University and IJH Hospitals.

Dr. Aghalar received the Outstanding Teacher Award from the Albert Einstein College of Medicine, and the Founder's Day Scholar award from NYU.

Prior to joining New York Cancer & Blood Specialists, Dr. Aghalar served as an attending physician at Memorial Sloan Cancer Center. He has delivered numerous well-received medical educational seminars regarding prostate cancer throughout Long Island.

Monday September 16th, 2019 7:30 to 9:00 PM
 Great Neck House, 14 Arrandale Avenue, Great Neck, NY 11023
 Refreshments will be provided courtesy of SHAI beginning at 7PM
 Dr. Aghalar will speak in English.
www.shaiusa.org

Mark Your Calendar!!
 Next SHAI Medical Spotlight event: September 16, 2019 with Dr. Jahan Aghlar on Prostate and Breast Cancer, to be held at Great Neck House.

SHAI AND UJA'S COMMON POINT QUEENS TIKVAH PROGRAM

SHAI has been working with our partners at UJA to help meet the emerging needs of the community. UJA has started operating the TIKVAH program, which is designed to meet the needs of the Persian Jewish community in particular, out of Common Point Queens (formerly known as the Samuel Field Y in Little Neck). SHAI is pleased to refer inquiries related to employment, resume preparation, food insecurity, poverty, and applications for Medicaid to Leslie Kraut LCSW at (718) 225-6750 x 248.

In addition, UJA also makes possible confidential mental health counseling on a sliding fee scale. Private counseling is available for drug addiction, grief, divorce, depression and other mental health issues members of the community face. Interested parties may call Valerie Gelber LCSW at the Sid Jacobson JCC 516-484-1545 x 238.





**SEND YOUR
EMAIL
TO
INFO@
SHAIUSA.ORG
TO JOIN
OUR
MAILING LIST**

MARK YOUR CALENDAR!

- ❖ September 16, 2019 Medical Spotlight: Reduce Your Risk of Cancer by Jahan Aghalar M.D. at Great Neck House.
- ❖ September 18, 2019 SHAI Young Professionals End-of-Summer Rooftop Party with DJs Alex and Amir.
- ❖ September 21, 2019 Selichot at Temple Israel of Great Neck.
- ❖ October 27, 2019 SHAI Young Families Outing to White Post Farms.
- ❖ March 18, 2020 SHAI Biennial Gala.
- ❖ Look for more information regarding SHAI's Oral History Project with American Sephardi Foundation funded by New York City council. Details to follow.
- ❖ Visit SHAIUSA.ORG for more coming attractions, videos, pictures, and news.

Party Like It's Summer
With SHAI Young Professionals
&
DJs Alex and Amir

WEDNESDAY SEPTEMBER
18TH
7:30 - 11:30
1ST HOUR OPEN BAR
KOSHER WINE
21+
THE DL
95 DELANCEY STREET
www.shaiusa.org

**DONATE TO
SHAI
SUPPORT
SENIORS,
CAMPER'S,
STUDENTS &
SINGLES
AT
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Temple Israel of Great Neck
Where Tradition Meets Change

AN INSPIRATIONAL SELIHOT SERVICE
featuring
Ashkenazi & Sephardi Traditions and Melodies

Saturday, September 21, 2019
8:30 PM – Refreshments (Blue Room)
9:15 PM – Selihot Service (Sanctuary)

We are privileged for the fourth year in a row to have Cantor Raphael Frieder share the pulpit with guest *hazzan*, Cantor Farid Dardashti. Temple Israel's Teen Singing Group will be participating. Join us as we usher in the 5780 High Holy Day season with melodies, prayers and *piyutim* (liturgical poems) from around the world.



Cantor Raphael Frieder



Cantor Farid Dardashti

Cantor Dardashti holds the distinction of being the first Iranian-born international concert artist and *hazzan* in the western world. He comes from a long line of classical Iranian vocal artists. His father, known as the "Nightingale of Iran," was internationally acclaimed.

108 Old Mill Road • Great Neck, NY 11023 • (516) 482-7800 • www.tigan.org
www.shaiusa.org