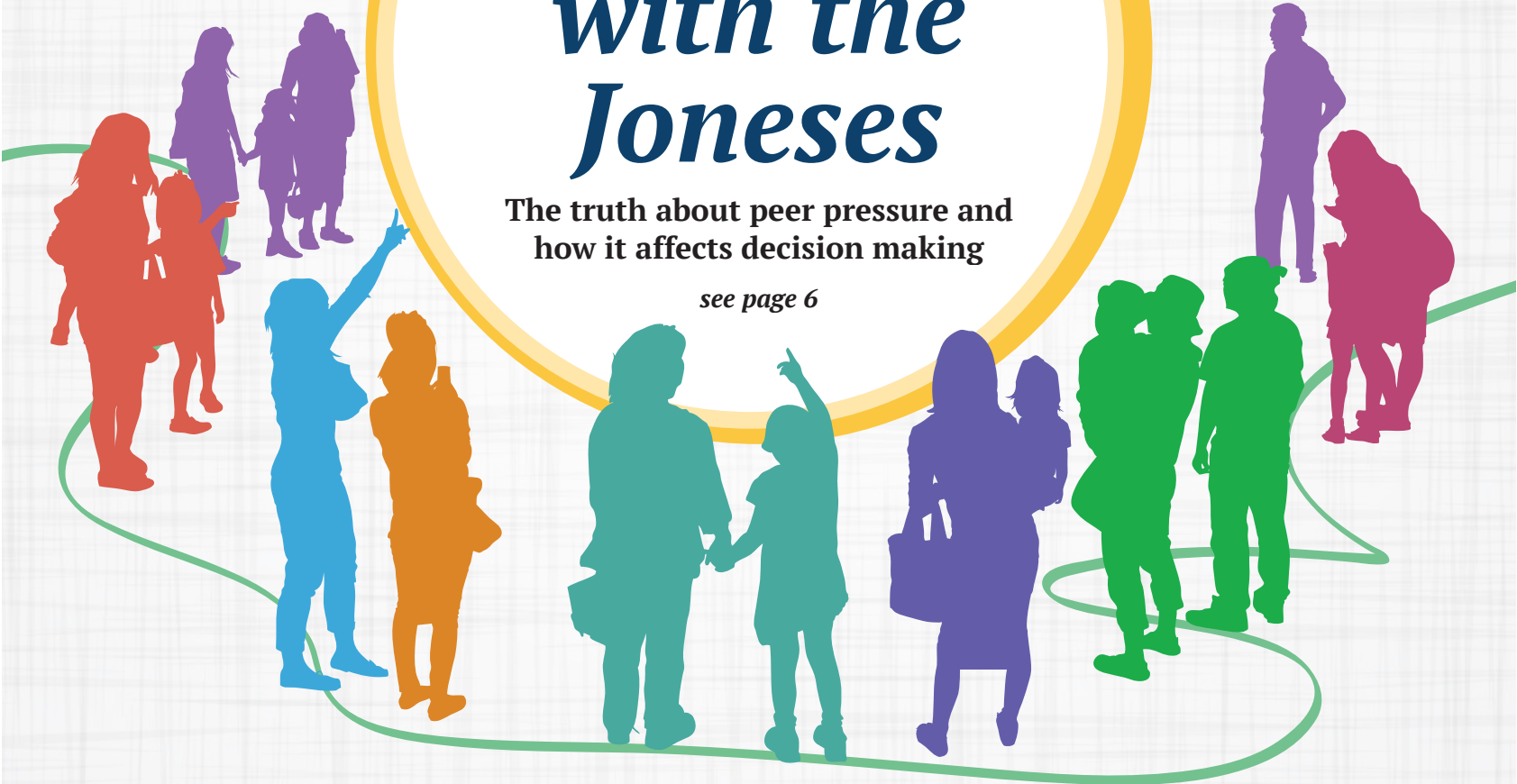


Keeping up with the Joneses

The truth about peer pressure and
how it affects decision making

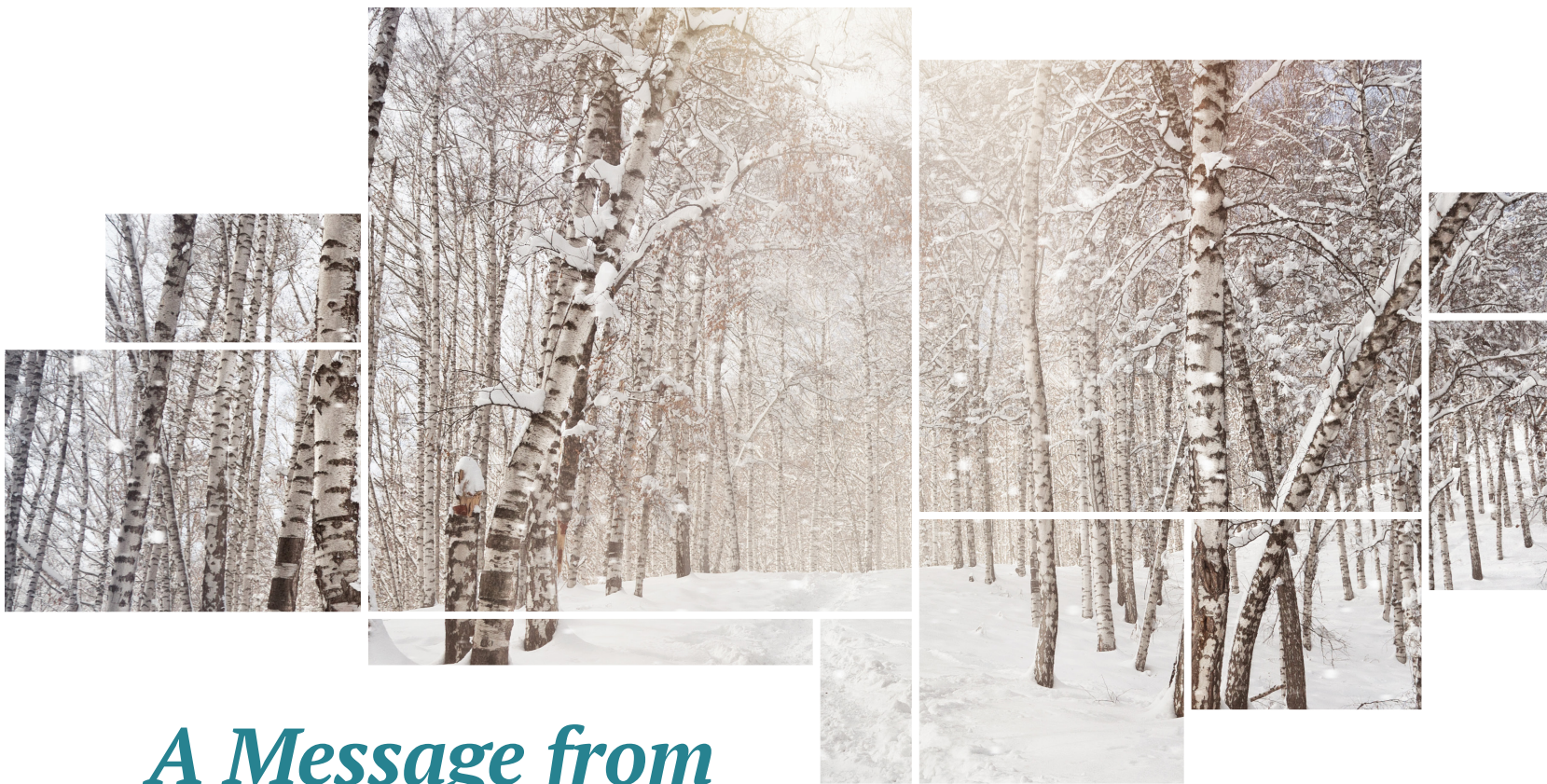
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A Message from Rabbi Shmuel Fuerst

Dear Reader,

Hello, and welcome to All for One's year-end Winter issue. As always, we at the Chicago Chesed Fund thank you for your interest in chesed at large and taking the time to learn more about our daily impact on Chicago's Jewish community.

As another tremendous year of chesed comes to a close, we prepare to light up our community with the joys of Chanukah and the gift of giving. In this edition, you'll find a variety of interesting topics, including a behind-the-scenes look at our 7,000-square-foot free food pantry, a discussion with four

influential volunteers and a telling interview with psychologist Dr.

Jerry Lob on the dangers of peer pressure and the steps to overcome such a powerful influence in our lives.






You'll also learn more about our Chanukah campaign, as well as our yearly Toy Drive already underway, a program that gives parents the opportunity to surprise their children with fun gifts and create a truly memorable holiday for their families.

We're so glad to have you with us and hope you enjoy the rest of this newsletter. May this year be filled with chesed, bracha and true happiness for all of Klal Yisroel.

Sincerely,

Shmuel Fuerst
Founder, Chicago Chesed Fund



 Celebrations	 Children/Babies Department	 Holiday Assistance	 Government Programs
 Clothing	 Education	 Job Assistance	 Household Assistance
 Financial Assistance	 Food Programs	 Mental Health	 Medical Assistance



102
Job Link
clients hired



\$1,489,164
given out from loan gemach
between January and October



17,500
phone calls received

2017 Year in Review



8,000
food items shopped
each month



26,000
lbs. of clothing donated
to the Chicago Chesed
Fund each month



318
clients submitted
government forms



35,000
miles driven for chesed

FOOD “SHOPPING” WITH DIGNITY

Spanning 18,000 square feet, the Chicago Chesed Fund Food Pantry provides a FREE shopping haven that feeds Chicago's Jewish families each week.

Rather than leaving packages at clients' front doors, the Chicago Chesed Fund takes a more sensitive approach to delivering kindness. Without paying a penny, community members can "shop" in our giant Costco-esque food warehouse, fully stocked with all the basic necessities a family would require.

As an organization that understands the sensitivities of those in need, we do our utmost to help without compromising our clients' dignity and respect. For this reason, food "shopping" is by appointment only, with one family allowed at a time. Families have 30 minutes to stock up on many essential items, including flour, oil, sugar, eggs, cereals, canned goods, tuna, chicken and more. Prior

to holidays, clients can take home special items, such as extra meats and even cheesecake for Shavuvs. Typically, each family leaves with enough food to last them for an entire month!

So how do we know which foods to feature?

“Trial and error,” said Mrs. Bina Simon, longtime volunteer for the Chicago Chesed Fund. “Every few months we take inventory to determine our most popular products and the ones that might live out their remaining days buried on a shelf. This helps us ensure that our next food order caters more appropriately to our shoppers in need.”

A handful of staff members and steady volunteers manage the warehouse, stocking shelves, carrying boxes and ensuring products are neatly organized to create a pleasant shopping experience. Throughout the year, high school and college students lend a hand in the warehouse, assisting with everything from labeling to arranging products. “These visits teach them responsibility, and more importantly, opens their eyes to a world of chesed they may have not seen before.”

With many families
in the

communities “shopping” weekly and 2,000 food products distributed weekly, we’re constantly purchasing, picking up and stocking our shelves with food. To stretch our dollars and provide a wide selection of products, we have our very own in-house bargain hunter, Mrs. Aviva Irni (read her story on page 8). Each week, she skims dozens of sales circulars for the best deals, browses online wholesalers for bulk products, places orders and schedules trucks for delivery and pick-up.

And that’s just the start. Twice a week our good friends at Jewel-Osco generously donate extra food, including bread and soda. Among their gifts to us, thanks to a connection made by Chicagoan Mrs. Rachel Feit, is an annual bonanza of post-Pesach products, including many gluten free items. These are made available in our warehouse year-round to regular shoppers, as well as those under dietary restrictions, who are kept in touch via an email list.

We encourage direct donations from community members to help broaden our inventory. Every year around Purim, we host a food drive for people to donate their chometz—a program that generates enough food to last through Succos.

“The generosity and importance of chesed within our community is simply a way of life here,” said Mrs. Simon. “We can always count on our fellow neighbors to help.”



To schedule an appointment or make a direct donation, contact the Chicago Chesed Fund.

847.679.7799
Office@ChicagoChesedFund.org

Keeping up with the Joneses

**The truth about peer pressure and
how it affects decision making**

with Dr. Jerry Lob, Psy.D.

Dr. Jerry Lob, Psy.D., is a licensed clinical psychologist in private practice in Chicago, who worked with adults, adolescents, and families for over 20 years. He received the degree of Doctor of Psychology, Clinical Psychology at the Illinois School of Professional Psychology in Chicago (1987 through 1999) and earned his license in 2008. He lectures and writes extensively on topics relating to psychology, relationships, parenting, education and Jewish thought.

Rabbi Dr. Lob received his smicha ordination from Beth Medrash Govohah, Lakewood, NJ, in 1983.



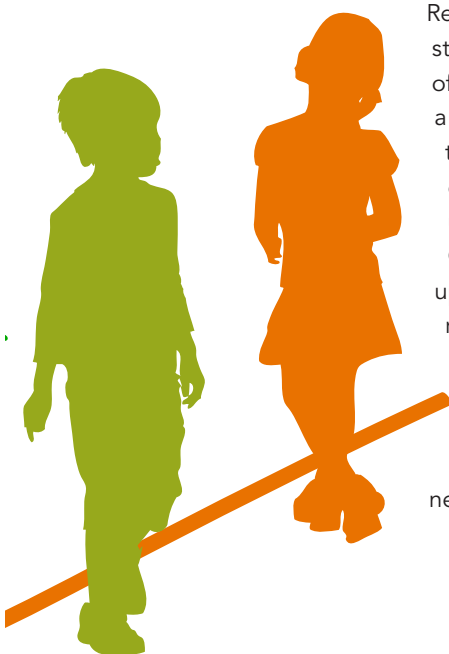
What causes peer pressure?

While many factors contribute, insecurity is well-known to play a prominent role in causing men, women and children to feel pressure from their peers. The fear of being excluded from a crowd often leads to feeling vulnerable, and in a self-doubting mind, like an outsider. The incessant and seemingly inescapable pressure to “fit in” takes over.

In your experience, how can peer pressure negatively impact a person’s life?

Inherently, peer pressure is a form of bullying and can be experienced as a victim or an assailant. Whether it’s an adult coerced into purchasing an expensive item that’s outside his or her budget, or a self-conscious teen joining other insecure friends to poke fun at a classmate, the emotional pain felt and damage created is tremendous. As a psychologist for over 20 years, I have found that bullying is the single most damaging experience for children and will continue to haunt them through their adult years.

Relationships and marriages are strained by the overbearing burden of having to constantly act or look a certain way. To “keep up with the Joneses” – spend beyond our means to impress – creates unnecessary financial challenges. Communities are often forced to uphold a “standard” that influences residents’ daily decisions. I can go on and on. Peer pressure is powerful; however, with the right awareness and fortitude, we can prevent it from negatively affecting our lives.



What advice can you give to help overcome peer pressure?

Create your own support system. Surround yourself with like-minded people that understand your way of life and who you feel comfortable around. Their presence will help build confidence and enable you to make healthier decisions. By no means is this a simple feat, as this may also require distancing yourself from close friends whose conflicting views, higher expectations and greater financial capabilities negatively impact your life.

It is important to express your thoughts and feelings. “I understand where you’re coming from, but I don’t agree” are some of the most effective words to tell a friend, neighbor or colleague attempting to influence you. However, backed by an alliance, you will find it significantly easier to overcome these peer pressures and establish a decisive boundary moving forward.

How should parents handle children being influenced by peer pressure at school and how can they create a peer pressure-free home?

Sometimes, it’s our own children that are influenced by peer pressure. You may hear something like, “All my friends have it. They’ll make fun of me and I’ll be a loser if I don’t get it.” For a child, these are valid concerns, as social status is everything. However, we can’t help them by spending money we don’t have. Our duty to provide for them is certain, but it must be done responsibly. We must learn to say “no” when requests seem unfit, yet help them feel grateful, proud and excited for what they have. It’s not the quality of the gift, the name of the brand or the hefty price tag, it’s the love behind it. True happiness comes from living in a responsible household filled with warmth and love.



MRS. AVIVA IRNI
Bargain Hunter



MRS. MICHAL
KRANCZER
Furniture Consultant



JUDGE JACK
FLEISCHER
Warehouse Helper



MR. LYLE WEXLER
Marketing Guru

I am a volunteer

Chesed through the eyes of 4 selfless volunteers

Why did you start volunteering at the Chicago Chesed Fund?



AI

After my husband landed a lucrative job offer in Chicago, he told me, "You'll love it there!" "There's so much chesed!" As a licensed and certified speech-language pathologist who is taking some time off to raise my kids, volunteering was the perfect way to spend my time.



MK

A few years ago, Rabbi Fuerst asked my husband to volunteer to help with Pesach preparations. After grabbing a small taste of the Chicago Chesed Fund way of life, our family was hooked, and my husband and I began working as volunteers.



JF

After retiring as a judge, I decided to follow through on my personal pledge to volunteer and give back to the community.



LW

During the mid-1990s, Mrs. Tema Weiner, one of the founders of the Chicago Chesed Fund, told me how the fledgling organization helped community members who had lost their jobs or had pay cuts or had astronomical healthcare bills and had nowhere else to go for help. From Mrs. Weiner, I saw how the Chicago Chesed Fund helped community members in need — discreetly and with a lot of dignity — and I wanted to be a part of that.



How do you volunteer?



AI

I'm a bargain hunter, which means I search dozens of sales circulars each week for great prices on things we need for the food pantry. I also place orders, arrange trucks to pick up shipments from supermarkets, and if small enough, pick orders up myself and deliver them to the warehouse.



MK

My husband and I help visiting families pick out furniture for their homes. Whether they need assistance choosing a color scheme, a specific size, or simply the right look for their space, we provide all the information and recommendations they need to choose the perfect piece of furniture.



JF

I work closely with Mrs. Moskowitz, performing a wide range of jobs in the warehouse, from stocking food to helping organize toys and baby products.



LW

I help with the Chicago Chesed Fund's marketing communications. Throughout the years, I've written fund raising letters, helped create the website, brochures, branding and consulted on almost anything else to help get the organization's message out to its target audience.

What is the most rewarding part of being a volunteer?



AI

I love walking through the food pantry, seeing our fully-stocked shelves, and feeling pride in knowing that I was instrumental in making those products available for Chicago's Jewish families in need. I'm able to bring my kids to supermarkets and teach them from a young age how they can give back to their community.



MK

The most satisfying part about volunteering is knowing I'm helping someone first-hand. I get to meet families throughout Chicago in person and directly impact their lives. That, to me, is one of the most rewarding feelings someone can experience.



JF

One of the biggest treats for me is to see the staff members' smiles while working in the warehouse. They take time out of their day to assist the Chicago Chesed Fund in their mission to help Chicago's Jewish families in need. It's a testament to the importance of chesed in our community.



LW

The most rewarding part of volunteering, for me, is being a part of real chesed, being part of something that helps everyday people with their overwhelming everyday challenges. It's also rewarding to see the Chicago Chesed Fund grow from a shoestring operation out of someone's home to the wide-reaching community resource it is today.



Upon hearing that her daughter, two weeks overdue with her first baby, was finally going into long-awaited labor, Mrs. Q. did more than say tehilim that day. She spent the day assisting at the Chicago Chesed Fund warehouse, combining tefila with avoda. Several hours later, b'chasdei Hashem, her daughter gave birth to a healthy baby boy!

"I labored for labor," said Mrs. Q. "And it really worked. Aside from being a chesed, it's an amazing segula that offers a win-win for everyone."

Yudi Adler • Chani Adler • Binyamin Adler • Giselle Aguilar • Rivki Alter • Aviva Applebaum • Zevi Ashkenazi • Avi Banker • Shirley Bar-Meir • Zecharia Belsky • David Berkowitz • Merry Berkowitz • Keren Bider • Yehuda Bider • Batsheva Blaustein • Mordy Bogen • Leah Raizel Braunstein • Randall Cohen • Judy Cohn • Judy Cohn • Rusie Cziment • Brina Dauber • Rabbi Doni Deutsch • Chaim Dissen • Debby Dubow • Esti Duetsch • Jennifer Dunitz-Geiringer • Rivkah Efron • Ben Ellis • Adele Ennis • Nili Erlich • Gila Fagan • Freyda Leah Falik • Tracy Fischer • Jack Fleischer • Suzanne Fliegelman • Bob Footlik • Ezra Fox • Yaakov Frankiel • Liz Freedman • Meira Freedman • Jeff Friedman • Harry Friedman • Rabbi Garfinkel • John Geiringer • Sruli Getter • Michael Glass • Eliyahu Glenner • Deedee Gold • Akiva Goldman • Sharyn Goldrich • Joel Gorenstein • Reuven Gottesman • Mordechai Greenland • Tamara Groman • Rochel Gross • Keshet Group • Rabbie Eliezer Grunberg • Fern Gutman • Fran Gutstein • Jonnie Harris • Suzy Hart • Baruch Heinemann • Eliezer Hildesheim • Leah Hupert • Aviva Irni • Chaya Isenberg • Moshe Isenberg • Tova Isenberg-Rubin • Jonah Jacobson • Sruli Jeremias • Shraga Jeremias • Moshe Kahn • Debbie Kahn • Aaron Kahn • Robert Kandelman • Avromi Katzenstein • Meir Katzenstein • Ari Kellman • Ari Kirshner • Abe Kohn • Eileen Korenberg • Chaya Sora Kost • Asher Kranczer • Michal Kranczer • Chana Krohn • Binyamin Krohn • Efrayim Krohnlev • Rabbi Pinchas Krystal • Tamara Kushnir-Groamn • Jenni Landsman • Tova Lennon • Joshua Lennon • Rabbi Shmuel Lerner • Moshe Lerner • Shully Lichtman • Elan Magence • Suzy Marolis-Hart • Annie Maryles • Harry Maryles • Tracey Meyers • Shomshon Moskowitz • Howard Nochumson • Andrew Nochumson • Mike Nussbaum • Lisa Nussbaum-Glass • Chaim Osina • Leah Panitch-Finkel • Rabbi Yehuda Polstein • Mashie Polstein • Ayelet Prero • Rebeca Price • Ariel Puchovitz • Dovid Ray • Josh Reifer • Tzvi Reifer • Ami Robinson • Dov Robinson • Fran Rosendorn • Avi Rottman • Bracha Schabbes • Batsheva Schnell • Faith Shabat • Shoshana Shabat • Ari Shabat • Leslie Shaffel • Yossi Shanker • Archie Shkop • Shabsai Shuchatowitz • Bina Simon • Shlomo Simon • Shayndel Smolensky • Chaya Rochel Smolensky • Brina Spak • Mordy Spero • Estie Spero • Nechama Stallman • Shlomo Starck • Estee Stern • Elyse Stern • Shira Storz • Kayla Suss • Andrew Szwejbka • Ilana Teller • Mira Tempkin • Dovid Tessler • Irina Tokarskiy • Irina Tokyarsky • Rachel Topper • Rabbi Tuman • Alisa Ungar • Aliza Unger-Sargon • Len Upin • Silvia Vainer-Panitch • Shari Viner • Nessie Vinitsky • Devorah Vinitsky • Kiril Vorobeychik • Eli Webster • Sara Webster • Risa Weiman • Jill Weininger • Jessica Weintraub • Roberson • Chani Weiss • Chanky Weldler • Michoel Weldler • Debbie Well • Lyle Wexler • Rafi Wiesenberg • Jacob Willner • Shira Winner • Moshe Wolf • Reva Wolf • Mark Zagorin • Sarah Zimmerman • Aire Crown Elementary School • Akiba Schechter Jewish Day School • Allstate Insurance Agency- Northbrook • Apachi JCC • Bais Yaakov High School Chicago • Cheder Lubavitch Hebrew Day School • Chicago Torah Network • Congregation Bnai Shalom • Congregation Or Shalom • Congregation Or Torah • Konkregation KINS • Hanna Sacks Bais Yaakov • Hatzalah Chicago • Hillel Torah Hebrew Day School • Hillel Torah North Suburban Day School • Ida Crown Jewish Academy • JDBY-YTT Elementary school • JET • Jewish Family Experience • Jewish Vocational Services • Keshet • Kollel Torah Mitziyon • Thanksgiving Day Volunteers • Lincolnwood Police Dept • Madraigos • McGladry RSM • Moriah Early Childhood Center • NCSY • North Shore Cong Israel Adult Mitzvah Corp • North Shore Congregation Beth El • Northbrook Community Synagogue • Ohel Shalom Torah Center • Project 613 • Rabbi Cohen and his Arie Crown Students • Fasman Yeshiva Hish School (Skokie Yeshiva) • Solomon Schechter Day School of Metropolitan Chicago • The Adult Mitzvah Corps of North Shore Congregation Israel • University of Illinois at Urbana-Champaign Hillel • YU Torah Mitzion Kollel of Chicago

Thank You 2017 Volunteers!

REMEMBERING Nechemia (Perry) Baver



The Chicago Jewish community recently mourned the loss of Nechemia (Perry) Baver, z"l, a dedicated father, husband, grandfather and Chicago Chesed Fund volunteer who used his expertise to help his community and fellow neighbors in need.

A closeout specialist with a myriad of relationships in the field, Nechemia converted the Chicago Chesed Fund's overstocked donations into cash, which the organization then used to fuel its wide range of programs and services. During his time as a volunteer, he raised thousands of dollars for the Chicago Chesed Fund.

"He did everything with a warm smile and was well liked by everyone that knew him. He was a special man who did everything he could to avoid confrontation and refrain from speaking or listening to loshon hara. His work was invaluable to his community and he will be sorely missed by all."

Starting Tuesday, 12-12-17

Chicago
Chesed Fund
welcomes back

8 Nights of DELIGHT

Each night of Chanukah,
receive a unique gift with
a minimum donation.

Prizes are limited and
each gift opportunity will
only last 24 hours!



With your donations, Chicago
Chesed Fund will continue
providing critical assistance to
Chicago's Jewish families with
sensitivity and dignity.

Special gifts from:

Dassi Photography • Easy as Pie • Evita Argentinian Steakhouse
Frumba • Lincoln Cafe • Pearls of Chicago • Trendy Table

Visit ChicagoChesedFund.org/Delight

Chicago Chesed Fund

7045 N. Ridgeway
Lincolnwood, IL 60712

Phone: 847.679.7799

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Monsey, NY

TOYS FOR SMILES



Every Chanukah, Chicago Chesed Fund opens a “toy store” at our warehouse where parents can shop – free-of-charge – for toys and games that will brighten their children’s yom tov.

Here's how you can make a difference. Please donate items, such as:

- Building toys
- Lego sets
- Preteen board games (Blokus, Monopoly, Othello, Apples to Apples, Guess Who ...)
- Dolls & accessories (Polly Pocket, Littlest Pet Shop...)
- Melissa and Doug toys
- Crafts
- Outdoor toys
- Toddler toys (Fisher Price, pretend play toys...)
- Jewelry

Please do NOT donate:

Puzzles • Stuffed Animals • Books
Toys that are violent in nature (toy guns, violent action figures, etc.)

BottomLineMG.com

Second Time Around Schedule:

Dec 4 North of Pratt
Dec 11 South of Pratt
Dec 18 Peterson Park & Lincolnwood & Skokie & Evanston

Jan 8 North of Pratt
Jan 15 South of Pratt
Jan 22 Peterson Park & Lincolnwood
Jan 29 Skokie & Evanston

Feb 5 North of Pratt
Feb 12 South of Pratt
Feb 19 Peterson Park & Lincolnwood
Feb 26 Skokie & Evanston