



Women's Disability Leadership, Inclusion & Advocacy Series Welcomes You to Our

Empowerment Training for Jewish Women with Disabilities

Bruchot Ha'ba'ot!

Welcome!

www.RespectAbility.org

Shelley Cohen is the Secretary and Co-Founder of RespectAbility; and Founder and Director of The Jewish Inclusion Project, which develops and conducts Disability Inclusion Training Programs for Rabbinic Students and Jewish Leaders.



Picture: Shelley Cohen smiling at the camera.

Thank You! *Todah Rabah!*

**We wish to express our profound thanks to our generous hosts
here at Marlene Meyerson JCC Manhattan**

And to these organizations for their collaboration (alphabetically):

Alliance for Girls

B'nai Jeshurun

Camp Ramah

The Jewish Inclusion Project

Jewish Women International

Limmud

New York Board of Rabbis

The Rabbinical Assembly

ReelAbilities

Repair the World

UJA Federation of New York

YACHAD & Yad HaChazakah

*And thank you to the New York Women's Foundation and the
Coca-Cola Foundation for its direct support for this effort ...*

Todah Rabah – It takes a shtetl!

Today's Goals:

TO DELIVER TOOLS OF EMPOWERMENT TO:

- *TAKE CHARGE OF*
 - ✓ YOUR SELF-CARE &
 - ✓ YOUR SELF-ADVOCACY

- *TAKE ACTION* GETTING INVOLVED IN NYC'S CIVIC LIFE (IN THE JEWISH &/OR GENERAL COMMUNITY); AND,

- IF YOU WISH, TO LEAVE THIS EXPERIENCE WITH NEW JEWISH CONNECTIONS.

Vivian Bass has dedicated her career as an advocate for people with disabilities worldwide. She is Chair of Jewish Women International (JWI)'s Board of Trustees; serves on RespectAbility's executive committee; and is CEO Emeritus of The Jewish Foundation for Group Homes.



Picture: Vivian Bass smiling at the camera.

Julie Schonfeld is the Chief Executive Officer of the Rabbinical Assembly, the international organization of Conservative/Masorti rabbis. Rabbi Schonfeld is the first woman to lead a major rabbinical organization and served on President Obama's White House Council for Faith-Based and Neighborhood Partnerships.



Picture: Rabbi Julie Schonfeld smiling at the camera.

HENEI MA TOV

LED BY JOANIE LEEDS

Lyric adapted by Debbie Fink, 2019

Hinei ma tov u'ma'naim
Shevet **achayot** gam yachad
Hinei ma tov u'manaim
Shevet **achayot** gam yachad

Here is what's good and what's nice
Sitting as **sisters** together
Here is what's good and what's nice
Sitting as **sisters** together

Hinei ma tov (hinei ma tov)
Lai lai lai lai lai lai
Hinei ma tov (hinei ma tov)
Lai lai lai lai lai lai

Hinei ma tov (hinei ma tov)
Lai lai lai lai lai lai
Hinei ma tov (hinei ma tov)
Lai lai lai lai lai lai

“I Am Woman”

By Helen Reddy and Ray Burton, 1972

Lyrics adapted by Debbie Fink, 2019

SUNG BY JOANIE LEEDS

I am woman hear me roar in numbers too big to ignore
And I know too much to go back and pretend
‘Cause I've heard it all before
And I've been down there on the floor
No one's ever gonna keep me down again
Oh yes, I am wise but it's wisdom born of pain
Yes, I've paid the price. But look how much I gained
If I have to, I can do many things
I am strong (Strong)
I am invincible (Invincible)
I am woman

You can bend but never break us
‘Cause it only serves to make us
More determined to achieve our final goal

And we come back even stronger
Not novices any longer
Cause you've deepened the conviction in our soul
Oh yes, we are wise
But it's wisdom born of pain
Yes, we've paid the price but look how much we gained
If we have to, we can do anything
We are strong (Strong)
We are invincible (Invincible)
We are woman

I Am Woman, lyrics 3

We are woman watch us grow
See us moving to and fro
As we spread our lovin' arms across the land
But we're still an embryo
With a long long way to go
Until we make all ableists understand
Oh yes, we are wise
But its wisdom born of pain
Yes, we've paid the price
But look how much we gained
If we have to, we can face anything
We are strong *(Strong!)*
We are invincible *(Invincible!)*
We are Jewish *(Jewish!)*
We are woman!

Disclaimer

Please note that any views expressed by today's speakers are solely in a personal capacity and are not intended to represent the views of their companies, organizations or RespectAbility; or to be taken as legal or medical counsel.

***LIVING A LIFE OF LEADERSHIP:
Owning One's Disability***

Moderator: Rabbi Julie Schonfeld

Panelists:

Ila Eckhoff, CPA, BlackRock

Amy Rosenfeld, Marlene Meyerson JCC Manhattan

Dr. Danielle Sheypuk, Sexpert

Ila Eckhoff, CPA serves on the Board of Directors of the Cerebral Palsy Foundation. As a Jewish woman with this lived disability, Ms. Eckhoff is a Managing Director at Blackrock and has over 30 years of financial services experience.



Picture: Ila Eckhoff, smiling at the camera.

Amy Rosenfeld is a librarian at Marlene Meyerson JCC Manhattan's Saul and Carole Zabar Nursery School. Owing her learning disability, Ms. Rosenfeld earned her BA and a master's degree in special education from Bank Street Graduate School of Education.



Picture: Amy Rosenfeld smiling at the camera.

Dr. Danielle Sheypuk is a licensed clinical psychologist and widely regarded as a “sexpert” and leading commentator on the psychology of dating, relationships, and sexuality for people with disabilities.



Picture: Dr. Danielle Sheypuk sitting in her powerchair, smiling at the camera.



Picture: Enlarged Q & A in 3-D; Q in red, & in blue, A in green

***LIFE DAY! CHOOSING LIFE:
Owning One's Mental Health Condition***

Presenter / Performer:

Rachel Kunstadt, Mental Health Advocate

&

Vocalist: Marissa Davis

Pianist: Anessa Marie

Rachel Kunstadt is a musical theatre writer (librettist/lyricist), playwright, theatre producer, artistic director, Jewish non-profit professional, and mental health advocate. Ms. Kunstadt is passionate about using the arts for mental health advocacy and is currently writing a musical about her experience as a teenager with agoraphobia.



Picture: close up of Rachel Kunstadt looking at camera

“Open the Door”

Music by Heidi Joosten; lyrics by Rachel Kunstadt, 2018

Left shoe first,
Then the right.
Steady,
Tie the laces,
Not too tight.

They're worn and forgiving,
Old strangers to my feet.
But they have to hit the ground,
To make their lives complete.
Open the door,
Open the door.

Get your coat,
Hat and gloves,
Slowly,
Brace the bitter,
Warm with love.
The wind chill is brutal,
But autumn felt the pain.
I didn't know the leaves,
But winter still remains.
Open the door,
Open the door.

Open the Door, Lyrics 2

Moses spent forty years in the desert,
And I spent six months in my room.
Almost dead, he said “choose life”
Before I died, I cried, “I choose life.”

I choose to live,
I will not hide:
From fear, from panic, from love.
I choose to live,
I choose to give,
I choose to try,
Today, I do not die.

Take a breath,
Then let go.
Exhale,
Eyes stay open,
Start to grow.
Open the door,
Open the door . . .

© Joosten & Kunststadt 2018

LIVING A LIFE OF LEADERSHIP: Spinning Our Stories into Self Advocacy

Interview with:

Lori Golden, Abilities Strategy Leader
Ernst & Young

Interview by:

Debbie Fink, Director of Community Outreach
RespectAbility

Spinning Our Stories into Self-Advocacy 1

Debbie Fink is the Director of Community Outreach and Impact for RespectAbility, and responsible for its *Women's Disability Leadership, Inclusion & Training Series*.



Picture: Debbie Fink smiling at the camera.

As a former Hillel Director, and having lived and studied in Israel for four years, she also oversees RespectAbility's Jewish Inclusion advocacy.

Lori Golden is the Abilities Strategy Leader at Ernst & Young. She has non-visible disabilities and is the mother of young adults with non-visible disabilities. She helped build innovative programs including EY's Neurodiversity Centers of Excellence and We Care, equipping colleagues to support colleagues struggling with mental illness or substance misuse.



Picture: Lori Golden, smiling at the camera.

III ...

HOW?

WHEN?

WITH

WHOM?

Taking Charge of Your Self-Care and Self-Advocacy

Small Group Sessions:

Pick 2 out of 3!

Take Charge of Your Sexuality

Co-facilitators: Dr. Danielle Sheypuk and Amy Rosenfield

Take Charge of Your Mental Health

Co-Facilitators: Rachel Kundstadt and Allison Kleinman

Take Charge of Your Self-Advocacy

Co-Facilitators: Ila Eckhoff and Lori Golden

For Men-as-Allies: Facilitator: Matan Koch

Eve Landau Eve Landau is the Director of the Joseph Stern Center for Social Responsibility at the Marlene Meyerson JCC Manhattan. The Center's mission is to engage people to become more effective civic actors, through education, engagement and advocacy. Prior to her current role, Landau served as the Founding Executive Director of Ma'ayan.



Picture: Eve Landau, smiling at the camera.

Taking Action! Get Involved in NYC's Civic Life! 2

NYC Needs YOU!!!

Want to make a difference TODAY?

Visit the Action-Oriented Activity Table

Want to register to vote?

Visit the Voter Registration Table

Want to volunteer after today?

Visit the Volunteer Opportunities Table

Want to leave today with Community Resources?

Visit the Community Resources Table

Thank You! *Todah Rabah!* 2

Once again, we wish to express our profound thanks to our generous hosts here at Marlene Meyerson JCC Manhattan

And to these organizations for their collaboration (alphabetically):

Alliance for Girls

B'nai Jeshurun

Camp Ramah

The Jewish Inclusion Project

Jewish Women International

Limmud

New York Board of Rabbis

The Rabbinical Assembly

ReelAbilities

Repair the World

UJA Federation of New York

YACHAD & Yad HaChazakah

And thank you to the New York Women's Foundation and the Coca-Cola Foundation for its direct support for this effort ...

Todah Rabah – It takes a shtetl!

“It takes a shtetl!”

Thanks again to everyone for teaming together today!

PLANNING GROUP:

Vivian Bass
Howard Blas
Shelley Cohen
Gabby Einstein-Sim
Rachel Figurasmith
Rabbi Diana Gershon
Elise Hahn-Felix
Allison Kleinman
Rabbi Shuli Passow
Rabbi Joe Potasnik
Rebecca Schrag-Mayer
Sharon Shapiro

VOLUNTEERS:

Caryn Ben-Ami
Lucy Ford
Tobie Franklin
Andrea Goodman
Lisa Lewtan
Karen Mashmoor
Deborah Silver

RA / J STAFF:

Michelle Adams
Ariella Barker
Candace Cable
Debbie Fink
Jeff Fontaine
Rebecca Gross
Matan Koch
Tatiana Lee
Caitlin McInerney
Curtis Nesbit
Maddy Tasini
Matt Tempkin

HENEI MA TOV

Lyric adapted by Debbie Fink, 2019

Hinei ma tov u'ma'naim
Shevet **achayot** gam yachad
Hinei ma tov u'manaim
Shevet **achayot** gam yachad

Hinei ma tov (hinei ma tov)
Lai lai lai lai lai lai
Hinei ma tov (hinei ma tov)
Lai lai lai lai lai lai

Here is what's good and what's nice
Sitting as **sisters** together
Here is what's good and what's nice
Sitting as **sisters** together

Hinei ma tov (hinei ma tov)
Lai lai lai lai lai lai
Hinei ma tov (hinei ma tov)
Lai lai lai lai lai lai

Chazak chazak v'nitchazek! Be strong, be strong, and
we will be strengthened ... or empowered!

Debbie Fink

Director, Community Outreach & Impact
and the *Women's Disability Leadership, Inclusion & Advocacy*
Training Series

DebbieF@RespectAbility.org

11333 Woodglen Drive, Suite 102

Rockville, MD 20852

Office: (202) 517-6272

www.RespectAbility.org