SAJSS
San Antonio Jewish Senior Services



Shanah Tovah from San Antonio Jewish Senior Services (SAJSS)

As we welcome the Jewish New Year, we are reminded that every journey matters.
This Rosh Hashanah, your generous gift will help keep older adults connected, independent, and engaged.

Help Put a Second Vehicle on the Road

Demand for transportation continues to grow.
Your gift will expand access to rides, keeping older adults active and engaged, and provide critical support for safe, reliable transportation.

In 2025 **1,300+** rides provided

In 2026 **1,800-2,000** projected rides provided

A 38-54% increase in one year!

To meet this growing need, we must purchase a second vehicle. Your gift will help older adults get to:

- ✓ Services and programs in the Jewish community
- ✓ Healthcare appointments
- ✓ Essential services that support independence
- ✓ Pharmacies and grocery stores

EVERY RIDE MATTERS • EVERY GIFT MOVES US FORWARD

Demand is growing! Help us meet the need.
Become a SAJSS sponsor today!

SAJSS.COM



$18,000	Vehicle Victor
$10,000	Automotive Ally
$5,000	Community Connector
$1,800	Independence Investor
$500	Mobility Maven
$180	SUV Supporter

Club Zahav Senior Lunch with SAJSS

STIR FRY

In The Sukkah



Monday, Sept. 28
11:30 am

PLEASE RSVP!

CO-SPONSORED BY:

SAJSS San Antonio Jewish Senior Services

CONGREGATION AGUDAS ACHIM Creating Sacred Community

This Sukkot season, enjoy the outdoors at the

SAN ANTONIO BOTANICAL GARDEN

with San Antonio Jewish Senior Services (SAJSS)

SAJSS San Antonio Jewish Senior Services

THURSDAY, OCTOBER 1

10:30 am - tour of the gardens

11:30 am - planting class

Take home a piece of the gardens!

MEET AT THE SAJSS OFFICE AT 10:00 AM
to carpool or to ride on the SABG Nature Navigator bus
[limited space available on first come, first served basis]

TO RESERVE SAJSS TRANSPORTATION:
Call Lety (210) 616-4811 or visit sajss.com/transportation

$ FREE EVENT
Generously funded by the Community Access Program

RSVP REQUIRED
Must register by Monday, Sept. 28

RSVP ONLINE

Please join recent donors in supporting SAJSS!

In Support of Rosh Hashanah and an additional SAJSS vehicle:

Community Connector $5,000+
Karen Heintz

Independence Investor $1,800+
Lenny & Raquel Holzman
Elaine Mederos

Mobility Maven $500+
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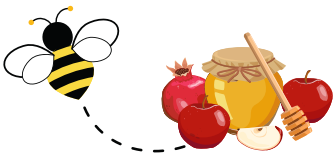
In Honor of:

Philip Serwer's Recovery – Marna Schwartz
Ann Pomerantz's Special Birthday – Farel & Steve Sherman
Hazel Feldman – Marjorie Brody
Clyde Selig's Birthday – Paige Alyn
Rebeca Solomon's Speedy Recovery – Eleanor Siegal
Janis Mazur Morgan – Evelyn Selig & Ron Gossen; Laurie Newberg
SAJSS Staff – Tovah Weiner
Our 35th Anniversary – Stacey & Adam Schwartz
Lety Vargas' Birthday – Stacey & Adam Schwartz
Roger Ojeda's Birthday – Stacey & Adam Schwartz
Alvin Loewenberg's Birthday – Stacey & Adam Schwartz

In Memory of:

Gabi Dimetman – Carl Dimetman
Joel Pullen – Reesa Pullen
Martha Rabinowitz – Reesa Pullen
Joel Pullen & Martha Rabinowitz – Roz Pullen & Family
Hy & Helen Brizman – Janet Alyn
Jordan Feiner – Linny Feiner
Betty Lefton Lifshutz on her Yahrzeit – David & Rochelle Lefton
Philip Skora on his Yahrzeit – David & Rochelle Lefton
Jay Casell on his Yahrzeit – Susan Casell
Mel Eichelbaum – Lee Markman
Sid Gold – Lee Markman
Joseph Borenstein – Carol Borenstein
Pablo Siegal – Eleanor Siegal
Harold & Muriel Feller, My Parents – Rhoda Fleisher
Lloyd Diaz – Myra & Ross Frapart
David White – Andrea White
Elie & Catherine Guggenheim – Regina Guggenheim
Anne Getter – Robin Getter
Ada Jacob's Yahrzeit – Sandra & Fred Kline; Stacey & Adam Schwartz





To support SAJSS today:
sajss.com/donate
or (210) 616-4811

Please join us at this community-wide Day of Jewish Learning!

San Antonio Jewish Senior Services (SAJSS) presents:

YOM LIMMUD יום לימוד
SAN ANTONIO

9:30 am - 3:15 pm

October 18

$18.00
Registration
Required

STRONGER TOGETHER

Breakout Session 1
10:30-11:15 am



Fall Awareness Lengthens Lives: Practical Strategies to Prevent Falls

Falls are common, yet preventable! Learn how to prevent falls, stay active, talk to your doctor, improve home safety, and maintain independence.

Speaker: Jeffrey E. Rollman, MPH, NRP

Jeff Rollman is an Asst. Professor of Emergency Health Sciences at UT San Antonio focused on injury prevention, community health, and aging.

SAVE THE DATE!

SAJSS End-of-Year Celebration

Honoring all older adults who have served in the military

Please send us your name and branch in which you served:
210-616-4811 or sandraw@sajss.com.

MICHELE LEVERANT VOLUNTEER OF THE YEAR AWARD RECIPIENTS
Renee Glazier, Ruthie Wurzburg, & Debby Zucker
for Program Innovation

Thursday, Nov. 19 at 11:30 am

Opportunity forthcoming to purchase ads in honor of any of the honorees.

SAJSS
San Antonio Jewish Senior Services

SAJSS & Partner Organization Events: September 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 *We love our volunteers!*		1 • **11:30a** Chabad Sunshine Club Lunch • **12p** JCC Snr. Lunch • **1p** SAJSS Grief Support Group • **2:15p** SAJSS Caregiver Support Group	2 • **11:30a** Rodfei L'Chayim Club lunch • **12p** JCC Senior Lunch • **7:30p** Chabad Tune Your Soul w/ Yitzchok Friedman	3 • **12p** JCC Senior Lunch • **12:30p** Israeli Chabad Lunch+Learn • **5:30p** Agudas Monthly Nosh dinner	4	5 • **7p** Cong. Shalom Dessert & Movie, and Selichot • **7p** TBE S'lichot • **8p** Agudas Selichot
6 • **10a** Hadassah-JCC Mah Jongg • **1:30p** Cong. Shalom Mah Jongg Club	7 **Labor Day** (SAJSS closed)	8 • **12p** JCC Senior Lunch • **7p** JFSA Bold Communities Insider Look at Dwntwn SA	9 • **12p** JCC Senior Lunch	10 • SAJSS Rosh Hashanah deliveries • **12p** JCC Senior Lunch • **12:30p** Israeli Chabad Lunch+Learn	11 **Erev Rosh Hashanah** 	12 **Rosh Hashanah**
13 **Rosh Hashanah** 	14	15 • **12p** JCC Snr. Lunch • **1p** SAJSS Grief Support Group • **2:15p** SAJSS Caregiver Support Group • **7p** HMMSA Reads w/ Ruth Stitt	16 • **12p** JCC Senior Lunch • **5p** Boerne Chabad Tashlich • **6p** Agudas Shofar and Tashlich	17 • **12p** JCC Senior Lunch • **12:30p** Israeli Chabad Lunch+Learn	18 • **6:45p** Cong. Shalom No-Host Dinner following services	19
20 • **10a** Hadassah-JCC Mah Jongg • **10:30a/12p** Agudas Kever Avot **Kol Nidre Services**	21 **Yom Kippur** (SAJSS closed)	22 • **12p** JCC Senior Lunch	23 • **12p** JCC Senior Lunch	24 • **10:45a** SAJSS Jewish Chats at Madison • **12p** JCC Snr. Lunch • **12:30p** Israeli Chabad Lunch+Learn • **3:30p** JCC Salsa in the Sukkah	25 • **6p** Agudas Shwarma in the Sukkah • **6:30p** TBE Sukkot City Limits **Erev Sukkot**	26 **Sukkot** • **4:30p** TBE Sushi in the Sukkah
27 **Sukkot** 	28 • **11:30a** SAJSS-Agudas Sukkot Lunch 	29 • **1p** SAJSS Grief Support Group • **2:15p** SAJSS Caregiver Support Group • **5p** Boerne Chabad Sukkot Carnival • **7p** NCJW Opening Meeting	30 • **5p** Agudas Pizza in the Hut • **6:30p** JCC Author Perry Rank: Two-Minute Torah	**SAVE THE DATES!** • **Thursday, Oct. 1, 10:30 am** - *SAJSS Day at Botanical Garden* • **Oct. 7-13:** *SAJSS-HMMSA Jewish Heritage Journey to Poland* • **October TBD** - *SAJSS Pottery Painting at Color Me Mine* • **Thurs, Nov. 19, 11:30 am** - *SAJSS End of Year Celebration Honoring Those 60 Years+ Who Have Served in the US Military & the SAJSS Michele Leverant Volunteer of the Year Award Recipients:* ***Renee Glazier, Ruthie Wurzburg, & Debby Zucker.*** *If you, or someone you know, served in the US military, and would like to be recognized at this event, please let us know.*		

See next page for full event details, partner contact information, and additional programs.

SAJSS & Partner Organization Events: September 2026

Coming up at SAJSS:

Contact SAJSS Program Manager, Sandra Wadiche:
(210) 616-4811; sandraw@sajss.com

*Complimentary **SAJSS Transportation** for SAJSS programs based on availability:* **sajss.com/transportation** or 210-616-4811.

COMMUNITY MEMBERS WELCOME AT ALL SAJSS PROGRAMS

Tuesdays, Sept. 1, 15, & 29 (SAJSS)
1:00 pm - ***Grief Support Group***
2:15 pm - ***Caregiver Support Group***

Thursday, September 10
SAJSS Rosh Hashanah Deliveries
We look forward to seeing you!

Thursday, September 24, 10:45 am
SAJSS Jewish Chats at Madison

Monday, September 28, 11:30 am
SAJSS-Agudas Achim Sukkot Lunch

Thursday, October 1, 10:30 am
SAJSS Visit to the Botanical Garden

October 7-13: ***SAJSS-HMMSA Jewish Heritage Journey to Poland***

October TBD (Color Me Mine)
SAJSS Pottery Painting event

Thursday., Nov. 19, 11:30 am (JCC)
SAJSS End of Year Celebration Honoring Those 60 Years+ Who Have Served in the US Military & the SAJSS Michele Leverant Volunteer of the Year Award Recipients: Renee Glazier, Ruthie Wurzburg, & Debby Zucker.

If you/someone you know served in the military and would like to be recognized, please let us know.

Barshop Jewish Community Center
(210) 302-6860; jccsanantonio.org; rams@jcc-sa.org (Sarah)

Thurs., Sep. 24, 3:30 pm - ***Salsa in the Sukkah***

Wednesday, September 30, 6:30 pm
Author Perry Rank: Two-Minute Torah

Tues., Weds., Thurs., 12:00 pm - ***Senior Lunch***

Chabad of Boerne
(830) 368-5008; JewishBoerne.org

Friday Night Shabbat Services

Friday, September 11, 7:15 pm
Rosh Hashanah Eve/Dinner

Sat., Sep. 12, 9:30 am - ***Rosh Hashanah Day 1***

Sun., Sep. 13, 9:30 am - ***Rosh Hashanah Day 2***

Tues., Sep. 16, 5:00 pm - ***Tashlich Ceremony***

Sun., Sep. 20, 7:00 pm - ***Kol Nidre Service***

Monday, Sep. 21, 9:15 am - ***Yom Kippur***

Friday, Sep. 25, 7:00 pm - ***Sukkot Eve***

Sat. & Sun., September 26 & 27, 10:00 am
Sukkot Day 1 & 2

Tues., Sep. 29, 5:00 pm - ***Sukkot Carnival***

Chabad Jewish Life & Learning Center
(210) 764-0300; chabadsa.com

Tues., Sep. 1, 11:30 am - ***Sunshine Club Lunch***

Wednesday, September 2, 7:30 pm
Tune Your Soul w/ Yitzchok Friedman

Chabad La Cantera/Israeli Chabad
(210) 877-4218; israelichabadsa.com

Saturday Shabbat Services, 10:00 am

Congregation Agudas Achim
(210) 479-0307; agudas-achim.org

Friday Shabbat Services, 6:00 pm

Thurs., Sep. 3, 5:30 pm - ***Monthly Nosh Dinner***

Saturday, Sep. 5, 8:00 pm - ***Selichot***

Fri, Sep. 11, 7:00 pm - ***Erev Rosh Hashanah***

Sat., Sep. 12, 8:00 am - ***Rosh Hashanah Day 1***

Sun., Sep. 13, 8:00 am - ***Rosh Hashanah Day 2***

Congregation Agudas Achim cont.
(210) 479-0307; agudas-achim.org

Weds., Sep. 16, 6:00 pm - ***Shofar & Tashlich***

Sunday, Sep. 20 - ***Kever Avot/Mem. Service***
10:30 am-Mem. Gardens; **12 pm**-Palmetto St

Sun., Sep. 20, 6:45 pm - ***Kol Nidre Service***

Monday, Sep. 21, 8:30 am - ***Yom Kippur***

Fri., Sep. 25, 6:00 pm - ***Shwarma in the Sukkah***

Monday, September 28, 11:30 am
SAJSS-Agudas Achim Sukkot Senior Lunch

Weds., Sep. 30, 5:00 pm - ***Pizza in the Hut***

Tues., 9:00-11:00 am - ***Rummage collections***

Congregation Beth Am
Wkly details: hbmbtx@gmail.com
General: Kurzban.ruiz@gmail.com; stanwendre@gmail.com; bethamsatx.org

Shabbat Services: First Friday, 6:30 pm
Saturdays (except First Sat.), **10:00 am**

Congregation Rodfei Sholom
(210) 493-3557; rodfeisholom.com

Weds, Sep. 2, 11:30 am - ***L'Chayim Club Lunch***

Congregation Shalom-SA
info@shalomsa.org; shalomsa.org

Fridays, September 4, 11, 18, 25, 6:45 pm
Shabbat Services (no-host dinner 9/18)

Sat., Sep. 5, 7:00 pm
Dessert & Movie Disc.: Stranger Than Fiction
9:00 pm-***Selichot Service***

Sun., Sep. 6 & 27, 1:30 pm - ***Mah Jongg Club***

Fri., Sep. 11, 7:30 pm - ***Erev Rosh Hashanah***

Sat., Sep. 12, 10:00 am - ***Rosh Hashanah***

Sun., Sep. 20, 7:30 pm - ***Kol Nidre Service***

Mon., Sep. 21, 10:00 am - ***Yom Kippur Service***

Fri., Sep. 25, 6:45 pm - ***Sukkot/Shabbat Svc.***

Hadassah-SA
Facebook.com/SanAntonioHadassah; hadassah.org

Sun., Sep. 6, 13, 20, & 27, 10:00 am
Hadassah-JCC Open Play Mah Jongg

Hebrew Free Loan Association-SA
(210) 736-4352; hfla-sa.org

Loans for Jewish older adults available through ***SAJSS-HFLA Older Adult Loan Fund*** and HFLA-Ohr Lanu Medical Loan Fund

Jewish Family Service-SA
(210) 302-6920; jfs-sa.org

Senior case management and counseling

Jewish Federation of SA
(210) 302-6960; jfsatx.org

Tuesday, September 8, 7:00 pm
Bold Communities-Insider Look at Dwntwn SA

Sunday, Oct. 18, 9:30 am - ***Yom Limmud***

Tuesday, Oct. 27, 11:30 am - ***Women of Valor***

Holocaust Memorial Museum-SA
(210) 302-6807; hmmsa.org
Open: M-F 9:00a-3:00p, Sun. 1:00-4:00p

Tuesday, September. 15, 7:00 pm
HMMSA Reads-Meet Author Ruth Stitt

October 7-13: ***SAJSS-HMMSA Jewish Heritage Journey to Poland***

Jewish War Veterans Post 753-SA
jsheines@swbell.net; (210) 616-4811

SAJSS-JWVP Joint Fund available to support Jewish veteran transportation: sajss.com

Sunday, Sep. 27, 9:00 am - ***Board Meeting***

National Council of Jewish Women-SA
susan@conbriobeads.com; iamawiner@gmail.com; ncjwsa.org

Fri., Sep. 29, 7:00 pm - ***Opening Meeting***

Starr Family Jewish Day School
(210) 607-7261; starrjds.com

Temple Beth-El
(210) 733-9135; beth-elsa.org

Sat., Sep. 5, 7:00 pm - ***S'lichot Dinner/Service***

Fri., Sep. 25, 6:30 pm - ***Sukkot City Limits***

Sat., Sep. 26, 4:30 pm - ***Sushi in the Sukkah***

Sunday, September 27, 9:45 am
Simchat Torah Workshop w/ Rabbi Nathan



L'Shanah Tovah U'Metukah

May the New Year bring sweetness, blessing, and connection.

Life & Legacy® commitments help to create a stronger future, expand services for older adults, and ensure our community remains vibrant for generations to come.

With support for vital programs like SAJSS senior transportation, we are building a future where every member of our community may remain **connected, supported,** and **cared for**.

Life & Legacy™

CREATE A LEGACY THAT KEEPS OUR COMMUNITY MOVING

SAJSS
San Antonio Jewish Senior Services

Wishing a happy and healthy New Year to SAJSS Life & Legacy® Donors!

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+2026 new donor
**of blessed memory*

Life & Legacy™
ASSURE JEWISH TOMORROWS

Interested in Becoming a Life & Legacy® Donor?

- All income levels are eligible, and immediate payment is NOT required
- Option to support multiple organizations with one Legacy agreement
- Gifts of $1,000+ may be made now or through your will, trust, retirement account, or life insurance policy

*Visit **sajss.com/legacy** for details and to complete your Letter of Intent.*

SAJSS Program Highlights

SAJSS Day at the Zoo

Twenty-two older adults, family, and friends joined SAJSS at the San Antonio Zoo. We visited the new gorillas, the rhinos, giraffes, zebras, and more. We had a great time and hope to do this again soon.










SAJSS Jewish Chats at Adante

Rabbi Jonathan Hodson of Congregation Agudas Achim visited with the residents of Adante Independent Living and posed the question, "Is it better to be soft or strong?" After a myriad of opinions, he recounted a story in the Talmud that concluded it's better to be soft like a reed instead of hard like cedar. We all had a fun morning of learning and camaraderie.









Poland Trip Meet-N-Greet

San Antonio Jewish Senior Services (SAJSS) and the Holocaust Memorial Museum of San Antonio (HMMSA) hosted a casual meet-n-greet for the upcoming Jewish Heritage Journey to Poland this October. Everyone had a lovely evening getting to know one another while discussing preparations for the trip. Thank you to **Anatole & Sherie Trakhtenbroit** for hosting.








SAJSS Program Highlights Continued

SAJSS Food for Thought Lunch: Managing Medications

SAJSS and the JCC co-sponsored the latest Food for Thought Lunch Program focused on Medication Management.
The program featured esteemed professor, pharmacist, and pharmacologist, Dr. Steven Saklad, as well as accomplished gerontologist, Dr. Neela Patel.











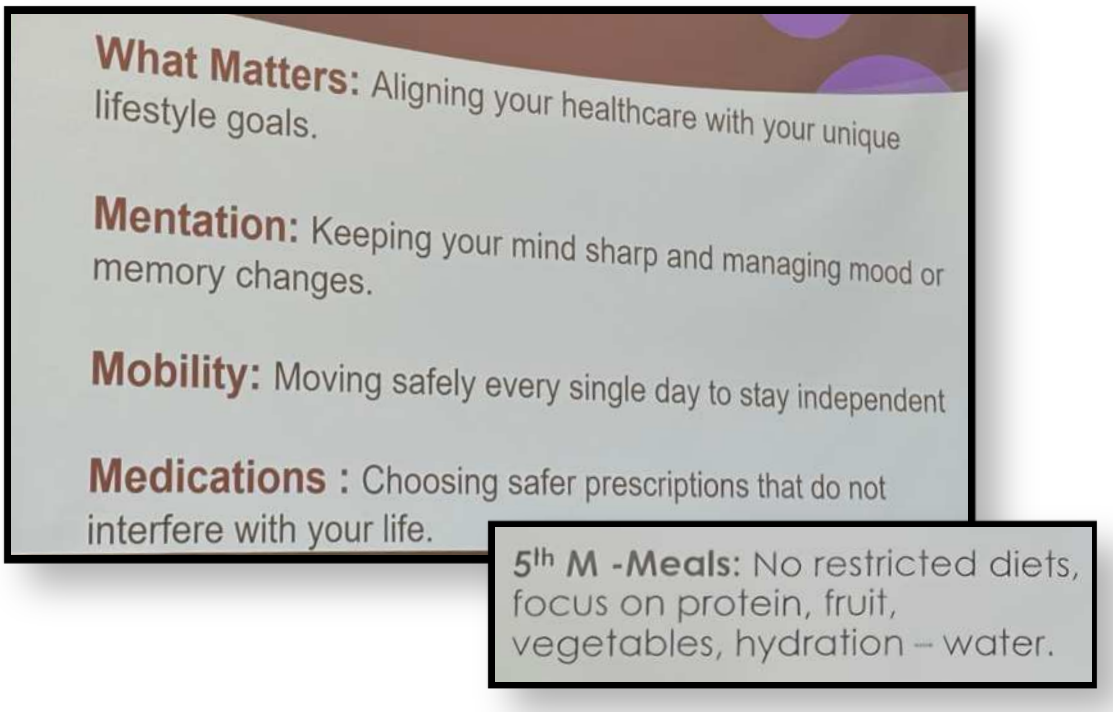
Both speakers are experts in their fields with decades of experience and recognition. They shared helpful insights on aging and on medication management as we age, such as:

- Getting good quality sleep is key. About 30 minutes before bed, turn off screens and put on pajamas. Listen to soft, calming music and use lavender lotions to wind down.
- Blood pressure medications can cause drowsiness or depression. Always report memory changes to your doctor.
- Once a year, ask your primary care doctor to check all the medications and vitamins you use. Keep a written list of all, and date and update this list regularly.
- For pain, acetaminophen is safer for older adults than ibuprofen. It is always best not to self-medicate, and instead contact your 24/7 hotline at your doctor's office.

A huge thank you to **Dr. Steven Saklad** and **Dr. Neela Patel** for sharing your wisdom and time with us; to our dedicated program chairs, **Ruthie Wurzburg** and **Debby Zucker**; and to the JCC for partnering on this enlightening program.

The next Food for Thought Lunch Program will be on Weds., Jan. 20, and will focus on Alternative Housing as We Age. Stay tuned for more details.

Keep in mind the 4 "M's" Framework, and a bonus 5th "M"



Support Groups



Facilitated by
Renee Glazier, MBA
Ret. Certified Geriatric Care Manager

GRIEF SUPPORT | 1:00 PM
Share memories, learn strategies to cope with the death of someone dear, find support from others experiencing loss

CAREGIVER SUPPORT | 2:15 PM
Share ideas, learn tools for providing care for a loved one, find rejuvenation and support among peers

MEET ON TUESDAYS:
September 1, 15, & 29
October 13 & 27

- Open to everyone in the community
- RSVP Preferred: (210) 616-4811
- Meet at SAJSS: 13409 NW Military Hwy, Suite #210

VOLUNTEER WITH SAJSS

this Rosh Hashanah!

Bring joy to older adults for Rosh Hashanah!

- Assemble and prepare special packages
- Have a car? Make deliveries with us on **THURSDAY, SEPTEMBER 10**

Contact Sandra for more information:
(210) 616-4811 or sandraw@sajss.com

Be sure to answer SAJSS phone calls to receive your special package!



SAJSS Transportation

SAJSS offers transportation for adults 60+ in the Jewish community for appointments and events.

Please reserve at least ONE WEEK in advance; rides subject to availability. To request a ride: **sajss.com/transportation** or **(210) 616-4811**



SAJSS-HFLA Senior Loan Fund

Older adult loans are available, up to $6,000 for 50 months; no interest, no fees.

Hebrew Free Loan Association of San Antonio
hfla-sa.org or **(210) 736-4352**

G*MACH

Giving Medical Apparatus from Caring Hearts

Medical equipment available to those in the Jewish community to borrow for a limited period
AT NO CHARGE!

Call Rivka: (210) 286-8893

SAJSS
San Antonio Jewish Senior Services
13409 NW Military Hwy., #210, SAT 78231
(210) 616-4811 • www.sajss.com

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