B'NAI MITZVAH

GUIDE BOOK FOR MITZVAH PROJECTS

THE TEMPLE-TIFERETH ISRAEL
LEARNING CENTER

The Temple-Tifereth Israel, 26000 Shaker Boulevard, Beachwood, Ohio • 216-831-3233 • www.ttti.org
Dear 6th Grade Families,

Mazal tov to you as you prepare to embark on this incredible journey in preparation for your bar/bat mitzvah next year. On behalf of our entire Education Team I want to tell you how proud we are of you for achieving this incredible milestone and we look forward to celebrating many more learning milestones in the years to come.

When you become a bar or bat mitzvah something amazing happens. You step forward and join our community in a new way. Your voice brings our traditions alive in a way that no one has ever done so before. We invite you to maximize the experience by volunteering and doing a mitzvah project. Now is the time to start thinking about what you would like to do and how you can make a difference.

Perhaps you are wondering what is the best way to identify the right project for you? We have an incredible 5th & 6th Grade Mitzvah Corp. During the year you have an opportunity to test our four different projects two times during the year. In this packet you will find the flier with the schedule of the events for the remainder of the year. We invite you to take the time to try things out, explore and see what will be most meaningful for you.

If you are someone who is passionate about multiple issues and are having a hard time trying to identify an issue of focus, there is an app for that. The Jewish Federation of New York has created an app to help you identify your giving type, but I have found it a helpful way to zoom in and identify the best projects too. [http://try.jcfny.org/clink/](http://try.jcfny.org/clink/)

Two of our amazing temple volunteers Harron Hartig and Sheila Singer spent an extraordinary amount of hours researching the best possible mitzvah experiences to make the process easier for you. We hope that this will be a helpful starting point.

Sincerely,

Rabbi Stacy Schlein

Rabbi Stacy L Schlein
B'nai Mitzvah
Guide Book for Mitzvah Projects
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Revised 12/21/16
Be Kind to Animals
Tza’ar Ba’alei Chayim - צער בעלי חיים

- Volunteer**: socialize and exercise dogs & cats, take pictures, transport pets, participate at an adoption event
- Bake and donate dog biscuits, make dog and cat toys
- Foster an animal
- Donate items*: dog food, treats, blankets, towels, crates, collars/leashes, Kuranda beds
- Donate money earned by walking your dog using the Wooftrax app, [http://wooftrax.com/](http://wooftrax.com/)
- Make a monetary donation - fundraise or spend a portion of your Bar/Bat mitzvah gifts

* Shelters may have wish lists online.
** Contact the shelters for age/chaperone requirements.

Cleveland Animal Protection League
Contact: Daniella Begalla (216) 771-4616
dbegalla@clevelandapl.org  www.clevelandapl.org

Israel Guide Dog Center for The Blind
Michael J. Leventhal, Executive Director (215) 343-9100
Benefits recipients in Israel
info@israelguidedog.org  www.israelguidedog.org

Geauga Humane Society’s Rescue Village
Russell Township (440) 338-4819 ext 49. Expect up to a week for a reply.
www.geaugahumane.org

Paws Ohio - foster an animal
www.pawsohio.org

Rising River Farm - equine education and horse rescue (must be 13 to volunteer)
Solon
Care for Children - Acts of Lovingkindness
G'milut Chasadim - גמילות חסדים

- Assist at a special event: set-up, working event and clean-up
- Volunteer: paint, work in the garden, play games, do crafts/sports, count/sort/pack inventory
- Host/sponsor an event: benefit party, house concert, 5K race, bowl-a-thon, sock drive, etc.
- Donate items: food, school supplies, toys, books, toiletries, clothes, gift cards, etc.
- Make a monetary donation - fundraise or spend a portion of your Bar/Bat mitzvah gifts

Beech Brook (a behavioral health agency)
Cleveland
Development Office (216) 831-2255
www.beechbrook.org

Bellefaire JCB (a child service agency)
Shaker Heights
Director of Organizational Advancement (216) 320-8320
www.bellefairejcb.org

Boys & Girls Club of Cleveland
5 sites citywide
See website for volunteer application.
(216) 752-2450 or (216) 881-4636
www.clevekids.org

SC4K (Shoes and Coats for Kids)
Cleveland
Promote SC4K by sharing this video: https://www.youtube.com/watch?v=SdGqUKW9nA
(216) 881-7463
info@sc4k.org www.sc4k.org
Empower People With Disabilities - Community Inclusion
אל תいろש בני זכר –

- Volunteer**: work/play with the kids, do an art project, read, play music
- Virtual experience: Birthday card buddy, sponsor an artist** (Hattie Larlham)
- Donate items: school supplies, toys, games, books, gift cards, art supplies, food, toiletries, clothes, towels & sheets, gift cards
- Make a monetary donation: fundraise or spend a portion of your Bar/Bat mitzvah gifts

** Agencies may have wish lists online, or call to confirm.
*** Contact the agencies for age/chaperone/group requirements.

Friendship Circle of Cleveland
Located in Pepper Pike
Estie Marozov, Program Director (216) 377-3000 ext 1005
www.friendshipcleveand.com estie@friendscleveland.com

The Horovitz YouthAbility Program of Jewish Family Services Association (JFSA)
Heidi Solomon (216) 378-3434
www.jfsa-cleveland.org

Hattie Larlham Center for Children with Disabilities
Located in Mantua and Twinsburg
Cassandra McMinin, Recreation and Volunteer Coordinator (330) 274-2272, ext. 3113
http://www.hattielarlham.org/v/volunteer.asp
cassandra.mcmn@hattielarlham.org
Disaster Relief - Saving a Soul  
Pikuach Nefesh - פיקוח נפש

- Red Bag of Courage Sponsor (See MDA)  
- Donor Ambassador (See ARC): greet donors and offer hospitality  
- Fundraiser: through your own website or theirs; or walkathon, bake sale, etc.

The American Red Cross (ARC)  
Greater Cleveland Chapter  
(216) 431-3010  
www.redcross.org

American Friends of Magen David Adom (MDA)  
Benefits recipients in Israel  
Diana Greenberg Development Executive  
(216) 342-4032  
http://www.afmda.org/

American Jewish World Service (AJWS)  
Educates about current issues and identifies the best ways to donate and assist with relief efforts.  
www.ajws.org/whatwedo/disaster-response/

Jewish Federation of Cleveland  
When issues that arise, our federation helps to organize to donate funds.  
http://www.jewishcleveland.org
Bring Peace to Survivors of Domestic Abuse

Families who seek refuge in shelters often have to leave their homes in a hurry, leaving behind basic necessities as well as comfort items.

- Donating items: towels, toiletries, diapers & blankets, pajamas, stuffed animals, etc.
- Hosting a "baby shower" with family and friends and donating the items

Domestic Violence & Child Advocacy Center
Call for wish list and location (216) 229-2420
www.dvcac.org

Jewish Family Services Association (JFSA) - Hebrew Shelter Home
Private Location, Kosher facility
Sandra Lusher-Waterhouse (216) 378-3475
www.jfsacleveland.org

Providence House
Call for location, (216) 651-5982
www.provhouse.org
Education

Chinuch - הינוך

Judaism

- Volunteer as a madrich/a or office aide

Promoting Literacy

- Volunteer: sort & box books, collect/deliver books, help with social media/ fundraising
- Help clients check in and check out as they shop for free supplies*
- Conduct a school supply drive, donate books and/or school supplies
- Make a monetary donation - fundraise or spend a portion of your Bar/Bat mitzvah gifts

* Contact the agencies for age/chaperone requirements.

Cleveland Kids in Need Resource Center
Tammi Davis, Volunteer Coordinator (216) 361-0840
www.clevelandkidsinneed.org
tammi@clevelandkidsinneed.org

The Learning Center at The Temple-Tifereth Israel
Jamie Collins, Director of Youth Engagement (216) 831-3233
www.ttti.org

Kids’ Book Bank
Cleveland (216) 417-1903
www.kidsbookbank.org

“Writing Coach” for America Scores
http://www.americasccres.org/affiliates/cleveland/how-to-help/asc-volunteers
Honoring the Elderly

Hiddur P’nai Zakein - הדור פרי זקנה

- Use your talents! Are you a musician? Bring your instrument or voice. Do you do magic? Bring your top hat.
- Volunteer*: attend/assist at special events, holidays and other occasions
- Make it! Knit or sew lap blankets, organize a knitting party and make a bunch to distribute.

* Contact the agencies for age/chaperone/commitment requirements.

Menorah Park Center for Senior Living
Beachwood
Vicky Snyder, Volunteer Services
(216) 831-6500 ext 201 or (216) 839-6654

Montefiore
Beachwood
Diane Weiner, Volunteer Manager (216) 910-2741
dweiner@montefiorecare.org

Stone Gardens Assisted Living (part of the Menorah Park complex)
Noah Budin
(216) 831-6500 ext 323

Jewish Family Service Association (JFSA) – TOV Program
Beachwood
Sandra Lusher-Waterhouse (216) 378-3475
www.jfscleveland.org

Call or visit homebound Holocaust Survivors to provide companionship and help alleviate loneliness. Parent chaperone required. Commitment needed - one visit and one phone call a month for a year.
Gardening/Preserving Nature  
כלי תשחית - Bal Tashchit -  

- Maintaining the garden: clean up, weeding, planting  
- Planting and harvesting produce, weighing, composting  
- Creating flowerbeds  
- Collect used ink jets - Trinity recycles for seed money for their farm.

Battery Recycling Program  
The Temple - Tifereth Israel  
Lou Innenberg (216) 831-3233  
linnenberg@ttti.org

Hebrew Cultural Garden: The Cleveland Cultural Gardens Federation  
Cleveland  
(216) 220-3075  
http://www.clevelandculturalgardens.org/contact-us/  

The Horovitz YouthAbility Program Mandel Jewish Day School Garden  
Jewish Family Services Association (JFSA)  
Beachwood - Mandel Jewish Day School  
Heidi Solomon (216) 378-3434  
www.jfsa-cleveland.org

Trinity Urban Farm  
Cleveland  
Scott Blanchard, Urban Farm Leader (216) 774-0407  
scottwblanchard@roadrunner.com  
http://trinitycleveland.org/education-and-service/
Visiting the Sick
ביקרות חולים

AIDS Taskforce:
- ArtCares Jr. - for young visual artists ages 3-14 years. Any kind of art is accepted - paintings, watercolor, pen and ink, pastel or any other medium. Art is displayed at a special reception and silent auction to help raise funds.

The Gathering Place:
- Participate in Race for the Place and get sponsors for the run
- Organize a fundraiser
- Support the Regina Brett Wig Salon: Purchase a mug, canvas tote, note cards or posters - and help provide a free wig to a woman coping with cancer-related hair loss.

Ronald McDonald House:
- Collect soda top pull tabs and donate them to RMH for recycling. RMH provides you with a box or you decorate your own. Collect one million, and get a plaque on the wall at RMH.

Artcares Jr. (benefitting the AIDS Taskforce)
Rebecca Murray-Strong
(216) 621-0766 ext 2930
rstrong@clevelandtaskforce.org

The Gathering Place
Beachwood
Liz Kranz, Volunteer Coordinator
(216) 595-9546
http://www.touchedbycancer.org
info@touchedbycancer.org

Transplant House
Cleveland
http://www.transplanthouseofcleveland.org/how-to-help/
216-938-9553 transplanthouseofcle@gmail.com
This Is one of our Temple's Social Action Sites
Contact Lou Innenberg (216) 831-3233
linnenberg@ttti.org

Ronald McDonald House of Cleveland
Jennifer Sinisgalli, Volunteer Coordinator
(216) 229-5757 X 1102
www.rmhcleveland.org

Rainbow Babies and Children's Hospital
UH Family and Child Life Services
Child Life Department & Activity Department
(216) 844-5433 (216) 844-5354
www.uhhospitals.org
www.uhhospitals.org/cleveland/about/volunteer-services/
Remember the Holocaust
Remember - Zachor - זכר

Chain of Memory Project through the U.S. Holocaust Museum
Washington, D.C.
(202) 488-0400
https://www.ushmm.org
Ways to support the museum: join as a member, make a donation, see website for more info.

Jewish Family Service Association (JFSA) – TOV Program
Beachwood
Sandra Lusher-Waterhouse (216) 378-3475
www.jfsa-cleveland.org

Call or visit Homebound Holocaust Survivors to provide companionship and help alleviate loneliness. Run errands, celebrate holidays and show compassion. Parent chaperone required. Commitment needed - one visit and one phone call a month for a year.

Remember Us: The Holocaust Bnai Mitzvah Project
The Project provides the student and the bar/bat mitzvah teacher with the name of a lost child, information about him/her, and suggestions for simple acts of remembrance.
www.remember-us.org/

Yad Vashem B'nai Mitzvah Twinning Program
The central feature of the Twinning Program involves matching a child of Bar/Bat Mitzvah age with a child who perished in the Holocaust. A “Page of Testimony,” documenting the life of a Holocaust victim will further links the Bar/Bat Mitzvah child with a Holocaust victim.
http://www.yadvashemusa.org/barbat-mitzvah-twinning-program/
Homeless

Fight Homelessness/Aid the Needy
Last year the poverty rate was 13.5% in the United States, 15.8% in Ohio, and 34.7% in Cleveland.

- Volunteer***: stocking pantries, preparing/serving meals
- Donate "Night-Night totes": Children’s pajamas, book, stuffed animal & blanket for children
- Donate items*: art supplies, travel-size toiletry & hygiene products, towels & washcloths, non-perishable food, winter clothing, cleaning products, baby wipes & diapers, formula, or ReStore shop supplies (see details below)
- Donate: RTA bus passes, grocery store or gas station gift cards, non-perishable food
- Donate gift cards: restaurants, stores, gas stations, movies, museums, etc; bus passes
- Make a monetary donation: fundraise or spend a portion of your Bar/Bat mitzvah gifts

* Agencies may have wish lists online.
** Contact the agency for age/chaperone requirements.

Support the Girls (SG)
Call for drop-off locations in Cleveland
Joanna Wyner (216) 513-3571
www.isupportthegirls.org www.facebook.com/supportthegirlscleveland

2100 Lakeside Men’s Shelter
Cleveland
Lydia Bailey (216) 566-0047
lbailey@lutheranmetro.org
http://www.lutheranmetro.org/Volunteer/

Friendly Inn Settlement
Cleveland
Che Johnson Volunteer Coordinator (216) 431-7656
www.friendlyinn.org cjohnson@thefriendlyinn.org

University Settlement
Katie Dager, Development Coordinator (216) 641-8948 ext 126
http://www.universitysettlement.net/
Care for the Hungry - סיפורי לרגל

1 in 8 people is food insecure (not having access at all times to enough food for an active, healthy life) in the United states; 1 in 6 in Ohio; even higher in Cleveland.

- Volunteer*: food packing, sorting, or delivery; kitchen help, produce distribution
- Donate items: high protein, nonperishable food items (peanut butter, tuna fish); canned vegetables, canned or boxed baby food, boxed pasta and beef stew
- Collect donations online (virtual food drive) in honor of your Bar/Bat Mitzvah or fund raise (i.e. bake sale, car wash) to make a monetary donation. Each $1 = 4 meals
  * Contact the agencies first for age/chaperone requirements.

And you may be interested in helping one of these organizations...

**Cleveland Foodbank**
Cleveland
Matt Jackson, Volunteer Services (216) 738-2069
www.greaterclevelandfoodbank.org

**Cleveland Kosher Food Bank**
Cleveland
(216) 382-7202
www.kosherfb.org

**Food Pantry at Jewish Family Services Association**
http://www.jfsalv.org/services/emergency-assistance/food-pantry/

**Mazon**
National Jewish Organization that fights hunger
(800) 813-0557
http://mazon.org/ways-to-give/bnai-mitzvah-projects
Supporting Israel
ארץ ישראל - Eretz Yisrael

American Friends of Magen David Adom (AFMDA)
The David Mark Berger Chapter - Pepper Pike
Diana Greenberg, Development Executive
(216) 342-4032
http://www.afmda.org/
Red Bag of Courage Mitzvah Project. Raise $1000 and that stocks a paramedic’s bag with all the necessary equipment: to save lives in Israel. You will receive a monogrammed red duffle bag. To raise the funds you can do a walkathon, a bake sale, be creative!

Israel Guide Dog Center for The Blind
Michael J. Leventhal Executive Director (215) 343-9100
Benefits recipients in Israel
info@israelguidedog.org www.israelguidedog.org

Jewish National Fund (JNF)
Mindy Feigenbaum (216) 292-8733
www.jnf.org
Forestry, water solutions, community building, disabilities and special needs, Zionist advocacy and education, research and development, heritage sites, athletics, military, indoor recreation center
- Many ways to make a difference. See the website for more details.
- Suggested B'nai Mitzvah projects on JNF website.
- Wall of Eternal Life. Donate $1,800 and the date of your Bar or Bat Mitzvah will be matched with the birthdate of a child who perished in the Holocaust and it will be inscribed on the Wall of Eternal Life in Israel. When you visit. You can see your name there, with your twin, and all the others as well.

Thank Israeli Soldiers
Write letters, send needed supplies or donate funds to support soldiers in Israel.
http://thankisraelisoldiers.org/
Supporting the U.S. Military

- Collect wishlist items and send packages, cards, letters
- “Adopt” a service person and correspond regularly with him/her (JWB)
- Send cards to soldiers for holidays, birthdays, or “just because”

Jewish Federation of Cleveland - Cards for Jewish Soldiers
Susan Hyman, Jewish Volunteer Network Coordinator
(216) 593-2887
shyman@jcfcleve.org
www.jewishcleveland.org

JWB Jewish Chaplain’s Council
Jewish Community Center (JCC) Association
Located in New York, NY. Contact them directly for delivery address.
Rabbi Abbi Sharofsky, (212) 786-5137
abbi@jcca.org

Louis Stokes Cleveland VA Medical Center
10701 East Blvd., 44106
(216) 791-3800
- To send cards (include "The Temple Tifereth Israel" with your name):
  B.J. Myers-Bradley (125), Chaplain Services, Ext. 4267
- To visit veterans: Diana, Volunteer Services, (216) 791-3800 Ext. 5116
Sports: Caring for Your Body
שמירת הדוך

- Volunteer: practices, games, tournaments, special events, leagues
- Office work*: send mailings, do data entry
- Donate money/sponsor a team - fundraise or spend a portion of your Bar/Bat mitzvah gifts
- Donate items/host a drive: sports equipment, school supplies, healthy snacks, gifts, awards

America SCORES
11 school locations around Cleveland
Debbie Pence-Meyenberg, Executive Director (216) 881-7988
dpence-meyenberg@americascores.org www.americascores.org

Cleveland Baseball Federation
Recreation center locations in Cleveland
www.cbfkids.org

Seamonkeys Summer Recreation Team
South Euclid-Lyndhurst
www.seamonkeys-swimming.com
Women
Nashim - נשים

- Volunteer: sort clothing & inventory, help in the office (DFSC), help with special events**
- Donate clothing & accessories: business and casual attire, dress and tennis shoes, purses, jewelry, jewelry-making kits
- Donate maxi pads/tampons and new or gently used bras for women and teens (SG)
- Donate household supplies*: cleaning supplies, toilet paper, paper towels, linens, towels
- Donate money or gift items: fundraise or spend a portion of your Bar/Bat mitzvah gifts

*See websites for wish list and donation options.
** Contact the organizations for age/chaperone requirements.

And you may want to help one of these organizations...

**Dress For Success Cleveland (DFSC)**
Clothing donations: (216) 391-2314
Elena Griffin, Program Manager (216) 391-2321
programmanager@dressforsucesscleveland.org

**Support the Girls (SG)**
Call for drop-off locations in Cleveland
Joanna Wyner (216) 613-3571
www.isupportthegirls.org
www.facebook.com/supportthegirlscl

**YWCA – NIA (Nurturing Independence and Aspirations) Program**
Greater Cleveland
Gloria Cloud (216) 881-6878 Ext 248
gcloud@ywcaofcleveland.org www.ywcaofcleveland.org
Centerpiece Ideas and Themes for Tikkun Olam Mitzvah Project
What to donate

If your project has to do with art: Art supplies

If your project has to do with literacy: Books, bookmarks, bookends

If your project has to do with sports: Sporting goods, equipment, jerseys

If your project has to do with music: CD’s, Musical instruments, decorations g clef, notes

If your project has to do with movies: DVD/Blu Ray, movie posters, picture frames

If your project has to do with technology: Computers, printers, computer games, supplies

If your project has to do with photography: Cameras, film, picture frames

If your project involves taking care of the earth: Potted plants, packets of seeds

If your project involves children: Toys, stuffed animals, art supplies

If your project involves the needy: New sneakers or new winter hats, gloves depending on the season

If your project involves the hungry: Non-Perishable food baskets

If your project involves the homeless: Travel size toiletries, and washcloths and a children’s book and stuffed animal

If your project involves Animal welfare: supplies to care and feed the animals

If your project is Honoring the elderly: Rolled up lap blankets, slippers

For More Exciting Ideas for Community Mitzvah Projects, Please Check Out:
Danny Siegel’s List of Practical, Easily-Doable Mitzvah Projects
http://dannysiegel.com/practicalprojects.pdf

Feel Free to Contact Lou Innenberg at The Temple at 216-831-3233. We are always involved in the community and can help you to find an appropriate project.

A special thank you to our volunteers Harron Hartig and Sheila Singer for all of their hard work and dedication putting together this amazing resource for our b’nai mitzvah families.