

# Spiritual Care Corner



with Chaplain  
Hazzan Rob Menes

## Simple Actions

There are times in our lives when we are required to overcome great odds and push ourselves beyond our normal capabilities. Jews through the ages have endured great pain and discrimination and have had to fight to survive. The coronavirus is serious and it threatens our health. At the Snider Campus it is particularly dangerous for our residents.

But fighting against it requires remarkably simple actions! Hand washing, social distancing, isolation when symptomatic. These are not complex tasks, nor are they painful. What is difficult is the perseverance required and the need to act communally. For many, acting in concert with others is hard. Continuing to do these simple actions, when the danger is not so visible, is hard. Those actions which may be simple individually become challenging when we require the cooperation of the full community.

Much of Judaism is like that. The traditions and rituals are quite simple, but maintaining the commitment to them, and acting within the community, can be a challenge. At the Snider Campus, we are committed to our Jewish values, and we are committed to maintaining the health and safety of the residents, staff and volunteers. It only requires simple actions – and the commitment to act together!

**Chaplain Rob Menes**

