



Rabbi Capers C. Funnye, Jr.

Beth Shalom B'nai Zaken Ethiopian Hebrew Congregation

Chicago, Illinois

Inside the oldest African American synagogue in the country, senior citizens are aging well together. That's because many are taking part in the Sacred Aging program offered at Chicago's Beth Shalom B'nai Zaken Ethiopian Hebrew Congregation.

"Our physical health is just as important as our spiritual health. The two feed off each other," said Rabbi Capers C. Funnye, Jr.

Sacred Aging is open to senior citizens of all faiths. The group meets four days a week in the synagogue social hall. Here, the seniors are offered breakfast, lunch, exercise, health screenings, arts and crafts, Bible studies, and spiritual teachings. In the summer, the young children of the congregation have the opportunity to interact with the seniors.

"A religious organization is more than a community of members. It is at its best when it serves the entire community in which it exists," said Rabbi Funnye. "Our goal is to help people live longer, and live healthful and more vibrant lives as they grow older."

Wonderful connections are being built through this holistic program. "My reward is seeing the smiles of all the seniors when I come into the room," Rabbi Funnye said. "Healthful living happens when minds are active and people are engaged in conversation."



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COMMUNITY

September 2011

Healthy Aging Month

Health Tip



Stay current on health information.

Pay attention to the latest health care news.
Read health care advice and tips to stay healthy.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 1993: Condoleezza Rice named provost at Stanford University, becoming the youngest person and first African American to hold this position. Om Ganesh Chaturthi	2 1958: Frederick M. Jones patents control device for internal combustion engine.	3 1979: Robert Maynard becomes first African American to head a major daily newspaper, <i>Oakland Tribune</i> in California.
4 1957: Arkansas Governor Orval Faubus calls out the National Guard to bar black students from entering a Little Rock high school.	5 1960: Leopold Sedar Senghor, poet and politician, elected president of Senegal. Labor Day	6 1848: Frederick Douglass elected president of National Black Political Convention in Cleveland, Ohio.	7 1954: Washington, D.C., and Baltimore, Maryland, public schools integrated.	8 1981: Roy Wilkins, executive director of the NAACP, dies.	9 1968: Arthur Ashe Jr. wins men's singles tennis championship at U.S. Open.	10 1855: John Mercer Langston elected township clerk of Brownhelm, Ohio, becoming first African American to hold elective office in the U.S.
11 1959: Edward Kennedy "Duke" Ellington wins Spingarn Medal for his achievements in music.	12 1992: Dr. Mae C. Jemison becomes first African American woman to travel in space.	13 1886: Literary critic Alain Locke, first black Rhodes Scholar, born.	14 1921: Constance Baker Motley, first black woman appointed federal judge, born.	15 1963: Four black girls killed in Birmingham, Alabama, church bombing.	16 1923: First Catholic seminary for black priests dedicated in Bay St. Louis, Mississippi.	17 1983: Vanessa Williams becomes first African American crowned Miss America.
18 1895: Booker T. Washington delivers famous Atlanta Exposition speech.	19 1893: Albert R. Robinson patents electric railway trolley.	20 1830: First National Convention of Free Men agrees to boycott slave-produced goods.	21 1998: Florence Griffith Joyner, Olympic track star, dies.	22 1862: Emancipation Proclamation announced.	23 1863: Civil and women's rights advocate Mary Church Terrell born.	24 1895: Three Baptist Conventions merged to form the National Baptist Convention.
25 1974: Barbara W. Hancock becomes first African American woman named a White House fellow.	26 1962: Sonny Liston knocks out Floyd Patterson to win heavyweight boxing championship.	27 1912: W.C. Handy publishes <i>Memphis Blues</i> .	28 1991: National Civil Rights Museum opens in Memphis, Tennessee. Om Navaratri Star Rosh Hashanah Begins (sundown)	29 1910: National Urban League established in New York City.	30 1962: James Meredith enrolls as first black student at University of Mississippi.	