HAFTR Students Begin Names, Not Numbers Program

History can be studied in a classroom. Memory, however, is something we carry.

This week, HAFTR's eighth-grade students began their annual participation in Names, Not Numbers®, an extraordinary initiative that connects students with Holocaust survivors to preserve their stories for future generations. This year marks the largest group of HAFTR students ever to participate in the program, a meaningful reflection of HAFTR's commitment to Jewish memory, identity, and responsibility.

Through Names, Not Numbers®, students have the opportunity to meet and interview Holocaust survivors, documenting their lives before, during, and after the Holocaust. Along the way, they develop research and interviewing skills while gaining something deeper: an understanding of what it means to listen, remember, and carry someone else's story forward.

To prepare for this responsibility, students heard from Tova Fish-Rosenberg, the founder of Names, Not Numbers®, who shared valuable lessons about why participating in the program is so important and the responsibility students have to preserve survivor testimony. Students also learned from Shoshana Soroka, editor of TJH, who taught them valuable interviewing techniques and how to ask thoughtful, respectful questions that allow each survivor's story to emerge.

As students move forward with their interviews, they will have the opportunity to hear firsthand accounts of lives shaped by history, resilience, faith, and courage. This year's expanded participation makes that opportunity especially meaningful, as students recognize that they may be among the last generations able to hear these stories directly from survivors themselves.

HAFTR is once again partnering with Lawrence Middle School, bringing students from both schools together around a shared commitment to Holocaust education and preserving the voices of survivors. The collaboration gives students an opportunity to learn alongside peers from the broader community while working toward a common purpose: ensuring that these personal stories are documented, remembered, and passed on.

For HAFTR students, Names, Not Numbers® is more than a history project. It is an opportunity to transform



learning into responsibility, and to understand that memory is not only something we inherit, but something we are entrusted to preserve.

Memory becomes mission. And through our students, these stories can continue to be heard.

Episcopal Health Services Encourages Women to Get Screened and Understand Their Risk

October is Breast Cancer Awareness Month and Episcopal Health Services (EHS) is encouraging women over the age of 40 to prioritize breast health by scheduling regular mammograms, understanding signs and symptoms, knowing the risk factors and discussing personal and family history with a physician.

According to the American Cancer Society, approximately one in eight women in the United States will develop breast cancer during her lifetime. The organization estimates that 321,910 women will be diagnosed with invasive breast cancer in 2026 and 42,140 will die from the disease. Breast cancer is the most common cancer among U.S. women, excluding skin cancers.

"Breast Cancer Awareness Month is a reminder to make breast health a priority throughout the year," said Dmitriy Kim, DO, FACS, a board-certified general surgeon at EHS whose clinical focus includes breast cancer surgery. "Early detection through mammography remains one of your most powerful tools in the fight against breast cancer. When breast cancer is identified at an earlier stage, patients have more treatment options and a better chance for successful outcomes."



Knowing Your Risk Factors

- **Age:** Risk increases as you get older, with most cases diagnosed in women age 50 or older.
- **Genetics:** Inherited gene mutations, such as BRCA1 and BRCA2 genes, raise risk significantly.
- **Family History:** Having a mother, sister, daughter, or multiple relatives with a history of breast or ovarian cancer increases your risk.
- **Breast Density:** Having dense breast tissue means more fibrous and glandular tissue and less fat, which raises risk and makes tumors harder to see on a mammogram.
- **Radiation Exposure:** Exposure to high levels of radiation in the past can increase your risk.

Breast Cancer Treatment Options at EHS

EHS provides individualized breast cancer care through a team of breast surgeons, radiologists, medical oncologists and radiation oncologists. Specialists review imaging, pathology and other clinical findings to recommend treatment based on the cancer's characteristics and the patient's needs.

- **Surgery:** Lumpectomy to remove the cancer while preserving the breast, or mastectomy to remove the breast. Breast reconstruction is also available.
- **Radiation therapy**: Often used following lumpectomy to lower the chance of recurrence.
- **Chemotherapy**: May be recommended for more aggressive or advanced cancers.
- **Hormonal therapy**: Used for hormone-sensitive breast cancers to help reduce recurrence risk.
- **Immunotherapy**: Helps the immune system attack cancer cells in appropriate patients.

EHS also offers on-site PET/CT imaging for cancer staging. Expanded oncology services at the EHS Cancer Center at the Walsh Ambulatory Pavilion support coordinated diagnosis and treatment, while a breast health navigator assists patients with appointments, testing and care planning.

Schedule a Mammogram

To schedule a mammogram, call 718-869-5888 for the Margaret O. Carpenter Women's Health Center or 718-869-7780 for St. John's Episcopal Hospital. To speak with a breast health navigator, call 718-869-5886. For more information, visit ehs.org/breastcancer.