

mitzvah NETWORK

Helping Hands Make a Difference



Jewish Federation
OF METROPOLITAN DETROIT

Alliance
for Jewish
Education

Advancing Jewish Learning
in partnership with the
DeRoy Testamentary Foundation

**Have you
opened the
door for
anyone today?**

**Have you told
your parents
you love them?**

**Have you
helped a
friend in
need lately?**

These are all simple ways to show we care, but there are also other ways of giving of ourselves and making a difference in the lives of others.

We, as Jews, place great value in the idea of Tikkun Olam, helping to repair the world. Rabbi Hillel once said, "If I am not for myself who will be for me? If I am only for myself, what am I? And if not now, when?" Rabbi Hillel understood that, while it is important to care for oneself, one must also give to others. Communities become strong when people work together and lend a helping hand. It doesn't take a lot to make a difference in someone else's life and, like Rabbi Hillel points out, there is no time like the present.

Getting involved in the community can be a meaningful experience, but it's hard to get started if you don't know where to begin. Many people have the same concerns: Where can I volunteer? Whom do I call? What will I be doing? These questions, among others, may often discourage people from pursuing volunteer work. This Mitzvah list, however, provides all the information to help guide you on your way.

You will be able to access nearly 40 different agencies, within the Jewish community and the community-at-large. Whether you need volunteer hours for your Bar/Bat Mitzvah project, or are simply looking for a way to give back to the community, this information will serve as a great resource. May you use this information in good health and always believe in the importance of giving to others.



Check out these agency and organization websites

Please click on www.jewishdetroit.org/mitzvahnetwork for details about each organization.

Alyn Hospital

A rehabilitation facility for children with physical disabilities
www.alyn.org (248) 282-0088

American Cancer Society

Organization dedicated to preventing and eliminating cancer
www.cancer.org (248) 557-5353

American Diabetes Association

Works to prevent and cure diabetes
www.diabetes.org (248) 433-3830

Anti-Defamation League (ADL)

Works to fight anti-semitism, bigotry and prejudice
www.adl.org (248) 353-7553

Baldwin Church and Center

Feeds, clothes, educates and supports low-income people
www.baldwin.org (248) 332-6101

Botsford Commons Senior Community

Offers amenities, field trips, classes and special events
www.botsfordcommon.org (248) 426-6903

City of Farmington Hills Department of Special Services

Provides recreation programs for all ages and abilities
alang@ci.farmingtonhills.mi.us (248) 473-1803

City of Oak Park Department of Recreation

Provides leisure programming for residents
www.oakpark-mi.com/recreation (248) 691-7555

Detroit Jewish Coalition for Literacy

Works to increase Jewish community involvement in the fight against illiteracy
www.detroitjcrc.org/special_projects/djcl.php (248) 642-5393 ext. 8

Dorfman Chapel, The

Provides Jewish funerals in accordance with Jewish tradition
www.thedorfmanchapel.com (248) 406-6000

Farmington Community Library

Accepts volunteers for all departments/Teen Advisory Board for teens to volunteer
www.farmingtonlib.org (248) 553-0300

Farmington Hills Senior Adult Nutrition Center

Provides proper nutrition to seniors 60+ years
www.fhgov.com (248) 473-1830

Farmington Hills Senior Division

Provides day-to-day assistance for older adults
www.fhgov.com (248) 473-1830

Federation's Alliance for Jewish Education

Provides services to enhance Jewish knowledge, identity and pride
www.jewishdetroit.org/alliance (248) 642-4260 ext. 537

Federation's Israel & Overseas Department

Serves as the community's resource for Israeli culture, educational, travel and aliyah issues
www.jewishdetroit.org/programs (248) 203-1493

Focus: HOPE

A civil and human rights organization that deals with hunger, economic disparity, inadequate education and racial divisiveness
www.focushope.edu (313) 494-4343

Friendship Circle

Provides assistance and support to families with special needs children
www.friendshipcircle.org 248) 788-7878

Gleaner's Food Bank

Gathers surplus food from individuals and organizations for various food pantries
www.gcfb.org (313) 923-3535

Hebrew Benevolent Society

Organized in 1916 to care for and bury Jews who cannot afford a funeral
www.hebrewmemorial.org (248) 543-1622

Hebrew Free Loan

Lends interest-free money to Jewish people in need
www.hfldetroit.org (248) 723-8184

Henry and Delia Meyers Library

Offers collection of 12,000 books, magazines and other Judaica
www.jccdet.org (248) 432-5546

Ira Kaufman Chapel

Provides Jewish funerals in accordance with Jewish tradition
www.irakaufman.com (248) 569-0020

JARC

A provider of homes and services to people with disabilities
www.jarc.org (248) 538-6610

JSL – Jewish Senior Life of Metropolitan Detroit

Provides housing, care and services to older adults
www.jslmi.org (248) 592-1104

Jewish Community Center(s)

Provides social, cultural, recreational activities within a Jewish context
www.jccdet.org (248) 432-5458

Jewish Family Service

Provides multiple services to individuals and families www.jfsdetroit.org (248) 592-2336

Jewish Gay Network

The Jewish Gay Network of Michigan is a community encompassing growth, empowerment, education and advocacy
www.jgnmi.org (248) 432-5661

JVS

JVS provides job placement, career development, vocational rehabilitation, work activity and senior adult services
www.jvsdetroit.org (248) 233-4392

Kadima

Provides residential and support services for adults with psychiatric disabilities
www.kadimacenter.org (248) 559-8235

Lighthouse of Oakland County

Provides emergency counseling food and housing services
www.lighthouseoakland.org (248) 920-6060

Margot and Warren Coville Apartments

Assisted living environment with 24-hour protective oversight
www.jasmi.org/coville.html (248) 592-1155

Medilodge of Southfield

Provides quality nursing care for senior adults
www.medilodgeofsouthfield.com (248) 557-0050

Michigan Coalition on the Environment and Jewish Life (MI-COEJL)

Works to bring together the teachings of Judaism and the lessons of our natural world
www.coejl.org (248) 642-5393

Michigan Humane Society

Serves the animals and people of metro Detroit and beyond
www.michiganhumane.org (248) 283-1000

Oak Park Senior 50 and Up Club

Offers services and programs for independent, healthy lifestyles
www.oakpark-mi.com/recreation/files/50up_club.pdf (248) 691-7577

Shalom Street: The Address for Jewish Discovery

An interactive experience to inspire with key themes of Jewish traditions and values
www.shalomstreet.org (248) 432-5543

The Sinai Guild

Promotes and supports medical and/or scientific activities that benefit the Jewish community
www.thesinaguild.org (248) 538-6501

Tamarack Camps

Tamarack Camps is a Jewish overnight camping experience for children, families, and senior adults
www.tamarackcamps.com (248) 647-1100

West Bloomfield Nursing and Convalescent Center

Offers leisure and therapeutic activities
www.apremierlife.com (248) 661-1600 ext. 228

West Bloomfield Parks & Recreation

Provides programming for residents of West Bloomfield
www.westbloomfield.org/parks (248) 451-1900

Yad Ezra

Distributes and provides free kosher food, perishable and non-perishable foods, toiletries and household goods
www.yadezra.org (248) 548-3663

MAIMONIDES EIGHT STEPS OF TZEDAKAH

Maimonides (Moses ben Maimon) was a medieval Jewish philosopher who formulated the Eight Steps of Tzedakah. He is quoted from the Mishnah Torah as follows:

“The highest form of charity is not to give money, but to help the poor to rehabilitate themselves by lending them money, taking them into partnership, employing them, or giving them work, for in this way the end is achieved without any loss of self-respect at all.”

His 8 steps of Tzedakah, from lowest to highest, are as follows:

- Step 1 Giving unwillingly** Lowest on the ladder is the person who gives only because s/he is forced to do so. This is a gift of the hand but not the heart.
- Step 2 Giving less than one should but cheerfully**
- Step 3 Giving after being asked** It is almost as good as giving before being asked, if one gives cheerfully and as much as one can.
- Step 4 Giving before being asked** When we see a need, it is good to give without waiting to be asked. But we may spoil our giving if we make too much of a show of it and embarrass the one who receives.
- Step 5 Giving without knowing the receiver** The needy person may know from whom the gift has come, but the giver does not know where it went.
- Step 6 Giving anonymously to someone you know is needy** This gift is made, but to a person who is known to be needy.
- Step 7 Giving anonymously to an anonymous person** This is the best way to give.
- Step 8 Helping a person to help him herself** To help a person find work or learn a trade, to give a person a loan to start a business, is the highest form of charity.