

## Monthly News and Updates

THE MICHAEL LEVIN LONE SOLDIER FOUNDATION  
AN ARMY OF FAMILY



### From the desk of.....

During these uncertain times our lone soldiers may need more than just a hot meal, they may need someone, a professional, to talk to. The Michael Levin Base is providing both. Through a coordinated effort of volunteer mental health professionals The Base is able to offer lone soldiers and lone bnot sherut private one on one counseling.

*The Michael Levin Lone Soldier Foundation* is proud to be a major funder of The Base, we're not only helping to feed their bodies but supporting their mental health as well.

### Stacie Stufflebeam

Executive Director

Michael Levin Lone Soldier Foundation



"In order to assure that the staff at The Michael Levin Base are reaching out to both lone soldiers and lone bnot sherut when it comes to mental health, we now have a therapist that comes to our office every Monday and Thursday evening. These private meetings allows both the therapist and lone soldier/bat sherut to establish a connection, identify areas of need, and build a schedule that will best accommodate the soldier/bat sherut.

As we now continue with a second wave of Corona, the continued stress from restrictions and social distancing for many has created challenges. For lone soldiers, extended periods of time on their base has worn them out. Many simply want to be home for Shabbat to rest, socialize with close friends, or simply take a shower at home.

As a result, we implemented an art therapy program every Monday evening for a six week period, which has already been filled to capacity. Our Art Therapy Program allows participants to use different forms of creative skills to decompress and find relief.

*At The Michael Levin Base, we stand committed to providing Israel's lone soldiers and lone bnot sherut with the love and care we feel they deserve while providing them with a home away from home, and a family (our staff) that will always welcome them with open arms."*

***Michael Meyerheim, Senior Director of Advising and Parent Relations***

# PARENT SPOTLIGHT



**Joe and Rhea, New York**  
**Parents of Jenna, current lone soldier**

**"All lone soldiers are special but Jenna had a unique obstacle to overcome. Did you ever think that her disability would stop her from being able to draft?"**

**Joe:** "It absolutely had nothing to do with her disability; At the time I just didn't think she had any desire to draft. I guess a series of things led up to it: 'March of The Living', her gap year in Israel, and seeing her sister, Dana, going through the draft process. Once she decided she wanted to draft too, I didn't know how she would be able to integrate into the army; not so much that she has a cochlear implant, but because we had taken her out of Hebrew classes all those years in school for speech therapy. But she really did an amazing job. She dedicated herself to making sure she did it right. She arrived to Israel before her Garin to do an Ulpan, she followed up with the ulpan with her Garin, and then drafted to the army's Hebrew course in Michve Alon... She's now in Chativat Commando (commando unit).

I wasn't nervous about her decision to join the army at all, I don't think I can be prouder. I saw her for the first time in uniform last March 6th... I felt tremendous pride, I couldn't be happier."

**Rhea:** "Both my parents were Holocaust survivors. My kids grew up with my parents living nearby; Jenna used to visit my mother all the time. Savta told them a little about what she went through [during the Holocaust] and how after the war her whole family moved to Israel. Jenna always knew about my mother's love for Israel and how she always wanted to go back. She always regretted being a "Yoredet"... When I told her about Jenna's draft she was very proud..."

Joe and I were just talking about how over the years, especially Michael Meyerheim, have been an amazing help to us when Dana was in the army, and even now with Jenna. He's always been someone we've reached out to, and even referred him to other parents for them to reach out."

**Joe:** "Jenna recently had a big birthday- you know turning 21. And in the middle of the pandemic, I had no idea how I was going to make it special. I went on Facebook asking for suggestions, and Michael Meyerheim replied and said, 'what do you want to do?' I told him, 'you know I just want to get some pizza and cake for the soldiers in her unit...'

'Soda too?', he asked.

I said, 'sure!'

So the next thing I know I'm getting a video of pizza, cake, candy, soda, and balloons on Jenna's base for her birthday. I ask Michael, 'what do I owe you?'

'You don't owe me anything.'

'What do you mean?'

'This is what I do'.

And you know what? It is the truth. That's just what he does... I don't know what it cost him, but I'm sure we've given that back to The Michael Levin Lone Soldier Foundation and to The Base. And we continue to support all lone soldier organizations. But it's people like Michael Meyerheim, and all those working at The Base, that go out of their way and go above and beyond and give it their all for these kids, not just Jenna.



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**Have a Special Event Coming Up?**

Share the love on Facebook and fundraise for the Michael Levin Lone Soldier Foundation.