



Dear Community,

JFSA President & CEO Nammie Ichilov and Board Chair Michael Swanson have been presented with the opportunity and privilege to travel to Ukraine with other Federation leaders from across North America to bear witness to the current crisis. As they prepare to travel to Warsaw and then on to the Ukrainian border, a critical need that has been brought to our attention is the shortage of over-the-counter (OTC) medications. Because of this critical need, and the opportunity to get these products directly to those in need, we are asking for your support and generosity in helping to secure **unused and unopened (company sealed), new medications** from the list below.

**No liquids please, only pills and tablets:**

- 1) Cold and flu remedies
- 2) Acetaminophen
- 3) Naproxen
- 4) Aspirin
- 5) Heartburn remedies
- 6) Laxatives
- 7) Anti-diarrheal
- 8) Gas relief
- 9) Gastrointestinal relief
- 10) Sleep aids

Nammie and Michael will be personally carrying as much OTC medication as possible to be donated to our partner agencies on the ground to distribute to refugees fleeing the war, including local citizens in need who no longer have access to the limited supplies available.

If you are able to participate in this drive, a drop-off container will be available in the lobby of the **Barshop Jewish Community Center from Monday, March 28 through Thursday, March 31**. We sincerely appreciate our campus partner agencies, and specifically the JCC for helping us in these efforts!

If you have any questions, please email Danielle Vogl at [vogld@jfsatx.org](mailto:vogld@jfsatx.org).

**Thank you** for your continued generosity as we all try to do what we can.

Sincerely,  
Your friends at the Jewish Federation of San Antonio