

Students at Alef Preschool, the first Jewish preschool on Palm Beach, enjoy looking at and analyzing this collage, a gift from Helen Salzberg to the school.



Life Lessons from

MRS. HELEN SALZBERG

INTERVIEW BY RISHE DEITSCH

Mrs. Salzberg, thank you for speaking with me for the N'shei Chabad Newsletter. When and where were you born?

February 3, 1923, in the Bronx.

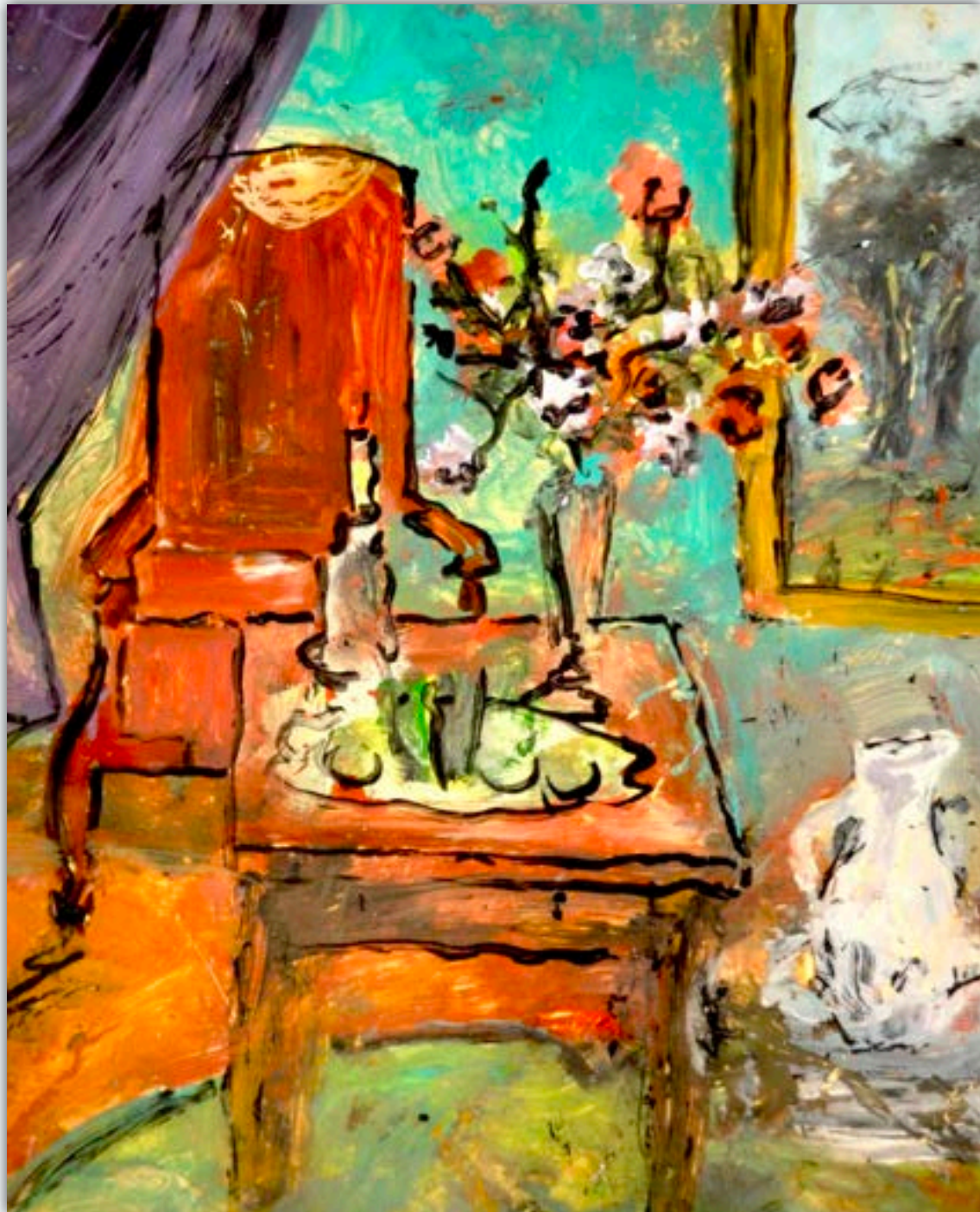
What is your earliest memory?

Over 100 years ago, I was learning to walk, and my parents were watching me. We had a bungalow in the country surrounded by grass and flowers, and I didn't want to walk on the grass or the "lallas" (as I called flowers) for fear of hurting them.

Did you have a telephone in your home, in the 1920s?

Yes! My father was a physician. So, we had two telephones, one for our family and one just for doctor calls. And my father made house calls. Sometimes he walked up six flights of stairs to see a patient. Sometimes he wasn't paid at all. Medical insurance was brand new 100 years ago and most people didn't have any.

Reverse painting
on glass by
Helen Salzberg.



*Make the most of
every day.*



Painting with collage by Helen Salzberg.



Painting with mosaic by Helen Salzberg.

Never stop learning.

Did your family have a car, in the 1920s?

Most people did not but we did because my father was a doctor, so he needed one in order to make house calls.

How was life different when you were a child, than it is today?

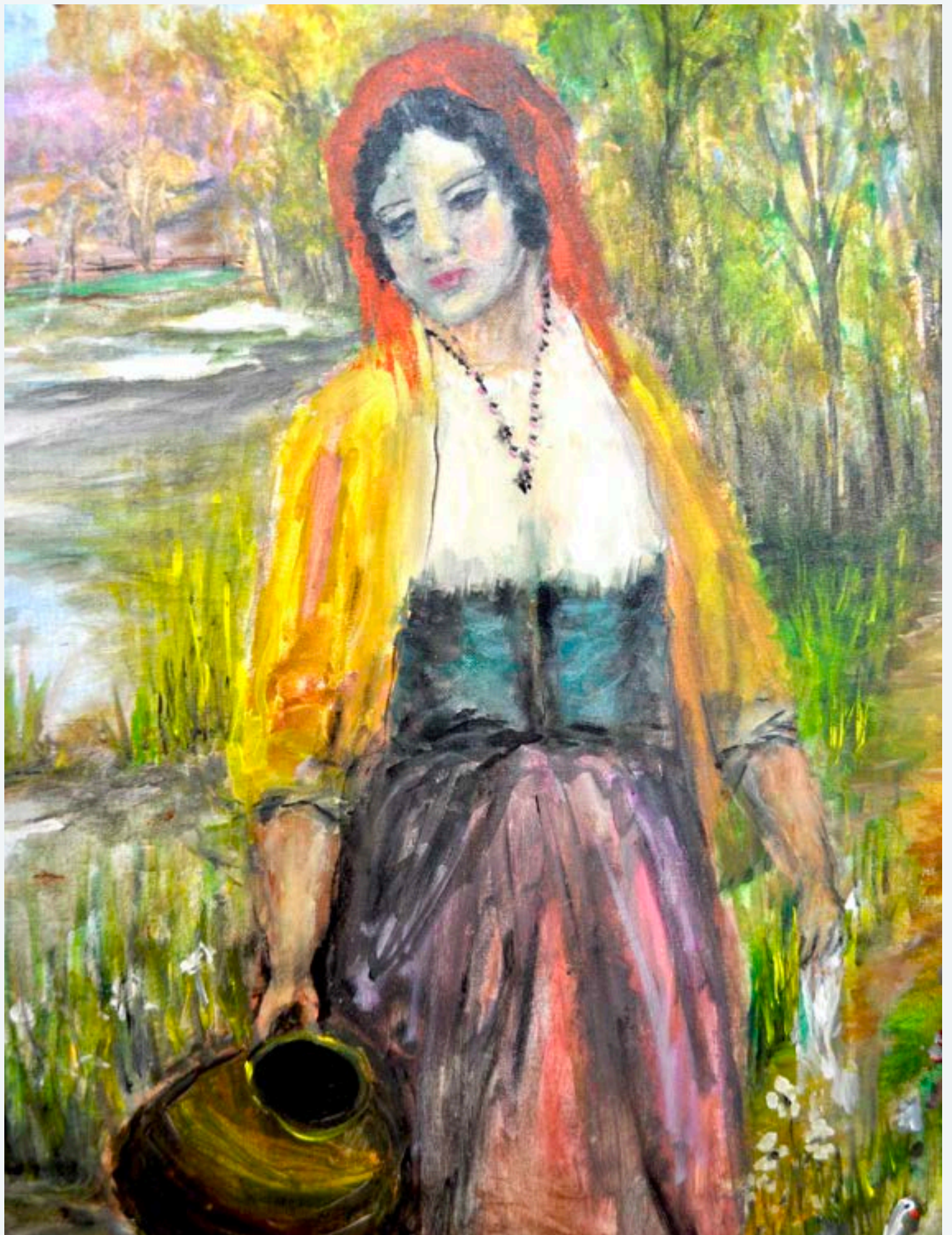
The main difference is the technology. There were no computers or devices, there was nothing like that. We had a den called the radio room, with a big radio in it. We would sit there and listen to the news or other programs on the radio.

What are the lessons you learned in your long life?

First of all, be considerate of others. Don't do unto others anything that you don't want done to you—as Hillel said.

Always tell the truth. It's unkind and not good to lie. If you are dishonest, eventually you will be caught.

Make the most of every day. Never stop learning. Be happy. Cope graciously with whatever life hands you. All my life I cared for others and gave to others. Now, at 102, I find myself needing to accept help from others. This is a challenge for me, but





Collage by
Helen Salzberg.

*Cope graciously
with whatever life
hands you.*

I am trying to stay happy despite it.
Exercise.
And don't eat too much.

What was the highlight of your life?

My marriage to Henry Salzberg in 1947. He was the brightest person I ever knew, an attorney and a perfect gentleman. He treated women with respect. We were married for 40 years until his passing in 1987.

What was a low point in your life?

I never could do geometry in school. To this day I can't.

But I really didn't have too many low points. I had an easy and comfortable life. I was not spoiled as a child, but I had what I wanted and needed. As a little kid, my mother would take me to Macy's toy department on my birthday and let me choose whatever I wanted. One year, I said, "Please buy me a baby sister," but I never did have a sibling. After a while I stopped wanting one. My mother, my husband, and I were all only children. I have a son (Robert), a daughter (Susan), and one granddaughter (Josephine). I am grateful for the love and devotion of my children and my grandchild; they are most considerate.



Painted ceramic culture by Helen Salzberg.



Mrs. Helen Salzberg with Rishe Deitsch at ribbon-cutting ceremony of Alef Preschool, Palm Beach, FL, on January 20, 2025.

How do you feel about being Jewish?

I love being Jewish and have never wanted to be anything else. I love the customs and the people. We are warm and tolerant and moral. I'm proud of the many Jewish contributions and innovations in the arts and sciences.

Why did you come to the Alef Preschool ribbon-cutting ceremony (other than the fact that Hashem wanted us to meet)?

I met Rabbi Zalman Levitin, spiritual leader of Chabad Palm Beach, through a friend, and we developed a friendship. I've enjoyed seeing the progress of the Alef Preschool, so I came to celebrate, to be part of this historic milestone—the first Jewish preschool on Palm Beach.

I believe in the Alef Preschool, because I know you can't start young enough with educating children. We are all better off when children are educated and trained while young to become contributing members of society and the best people they can be.

What else would we want to know about you, Mrs. Salzberg?

I am an artist; I've been one for many decades. The Palm Beach State College says that I create "sophisticated naïve art" —kind of an oxymoron. I work in mosaics, and collages, and sculpture, and reverse glass.

May I take photos of each type for the N'shei Chabad Newsletter?

Sure! 📷

Be happy.