

# CSZ UP CLOSE...

*with the Rosh family*



**Q: Tell us a little bit about your backgrounds.**

**Danielle:** I am an author and Historian of the Civil Rights Movement, publishing as Danielle L. McGuire. I'm originally from Wisconsin and love to exercise, travel and have fun with our family.

**Adam:** I am an Emergency Medicine physician and founder/CEO of Rosh Review, a medical education software company. I'm a New Jersey native and love to read, travel, cook and play sports with our children, Ruby and Rhys.

**Q: What does your family enjoy doing during COVID?**

**Danielle:** Playing games, being physically active, exploring nature, laughing at memes and funny TikToks.

**Adam:** Being outside, watching movies, and having dinner together every day.

**Q: What drew you to CSZ?**

**Danielle and Adam:** The strong sense of community, intellectual engagement, and history of the shul.

**Q: What words of wisdom do you have for getting through these challenging times?**

**Danielle:** Resiliency is a skill that gets stronger with purposeful practice. I took a resiliency course online during the first few months of COVID and feel like it flipped a switch in my mind that enabled me to see opportunity and potential in any situation, good or bad.

**Adam:** "One can always push oneself a little bit beyond what only yesterday was thought to be the absolute limit of one's endurance."

- Golda Meir