

JFS CONNECT

A NEWSLETTER FOR
JFS VOLUNTEERS, OLDER ADULTS, & EMBRACE MEMBERS

Jewish Family Service of Tidewater

NEW YEAR, NEW NEWSLETTER

Volume 1, Issue 1

January/February 2010

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JEWISH FAMILY SERVICE OF TIDEWATER

HOME HEALTH SERVICES

Skilled Nursing
CNA/HHA
Physical Therapy
Speech Therapy
Occupational Therapy
Nutrition
Counseling
Psychiatric Nursing

OLDER ADULT SERVICES

Care Management
Counseling
Meals on Wheels
Senior Companion
Volunteer Services
Personal Affairs
Management
Elder Support Network

CLINICAL & ADOPTION SERVICES

Special Needs Services
Family & Child Counseling
Dozoretz Center for Family Healing
Financial Assistance
Food Closet

Welcome to the first edition of a new Jewish Family Service of Tidewater (JFS) publication. This bi-monthly newsletter is our way of maintaining communication with you - our dedicated volunteers, our thriving senior community, and members of the Celia K. Krichman EMBRACE Program. It is a simple way to connect, inform, and enrich your understanding of **how you and JFS contribute to the greater community.**

For all, the format might be somewhat different, but still includes your

monthly updates and overview of all things EMBRACE, volunteers, and older adults.

Take a couple of minutes and peruse each section. If you aren't a volunteer, you might be surprised that your 'unique talent' might have potential to enhance some of the volunteer efforts on page 7. If you aren't a Seniors Club member, you might find yourself interested in the many senior activities listed on the Senior Calendars on pages 4 & 5. And if you find yourself asking, "What is EMBRACE?", you're in

luck. The description on page 9 (back cover) will not only enlighten you, but may also urge you to join and be privy to the invaluable services offered to EMBRACE members.

Whatever the case may be, you will find this to be an informative launch issue for JFS CONNECT, a newsletter connecting JFS to you.

- *Miche Anderson, Editor*

WE CARE ABOUT WHAT YOU THINK: If you no longer want to receive this, have suggestions, or want to add someone to our mailing list, call 321-2222.

Email Extravaganza

JFS, like most community-minded organizations, is trying as hard as possible to keep up with the times **AND** stay environmentally friendly. As part of our effort to go green and maintain an accurate database, **we need your email addresses!** If you

would like to receive this newsletter electronically, **send an email to: jfshr@jfishamptonroads.org** Make sure you include the following information in the body of the email:

- 1) Full name & mailing address
- 2) Email address

Don't worry—we will never send spam, and we won't inundate your email account with messages.



Cassie Hillian, JFS Recreation/
Wellness Therapist

TAKEAWAY TIDBIT:
*“Pick an activity
that makes your
heart sing and your
blood pump!”*

Wellness is a state of optimal well-being that encompasses the body, mind, and spirit. If one part of ourselves, such as our physical health, is suffering then our mental and spiritual health suffers in kind. If we feel chronically depressed or anxious then our physical body also suffers. Wellness is much like a puzzle. It is the interconnectedness of each piece that, when placed together, forms a contiguous and complete picture. Therefore, we must nurture our body, mind, and spirit so that we may balance all aspects, giving a complete state of well-being. So, how do we do that? Let's start with addressing our

Spotlight on . . . Wellness

By Cassie Hillian

Maintain a physically active body

There have been many studies done on how much exercise we should perform, how intense it should be, and how much time we should take doing it. Personally, I think many people get consumed with the details and give up before even trying. I am going to make it simple.

Just do it! Try to be active on most days of the week. Pick an activity that makes your heart sing and your blood pump! If you try one thing and don't like it then try something else. Don't keep doing things you do not like and will not stick with to reach your goal. When it comes to exercise, there is no “one size fits all.”

Not everyone enjoys going to the gym, but for many taking a scheduled class is just the motivation they need to keep consistent with an exercise routine. There are a variety of classes offered at most gyms now ranging from

yoga, spinning, aerobic dance classes, Pilates, weight training, and swimming. However, if going to the gym still sounds like drudgery then don't do it!

Do what you love and love what you do!

Many people find exercising indoors boring. If so, get outside and walk or bicycle at the many parks and beaches that this area has to offer. Commune with nature and plant a garden or tend to an old one. Play golf or tennis



with a friend. Making a commitment to a friend keeps you accountable to them as well as to yourself.

Okay, by this time I hope you are not thinking... “Great, none of these forms of exercise appeals me and I just do not have the time.” No matter what, find ways to be more active in everyday life. For instance:

Take the stairs as often as you can (as long as you do not suffer from bad knees or lower back issues).

Park your car farther away while you shop.

Dance to music while you clean... and of course do it like no one is watching.

No matter which form of exercise you choose you will reap the benefits of improved blood circulation, muscle tone and increased energy. Remember to pick an activity you enjoy and don't think of it as exercise but rather a way of life.

Engage your mind/brain.

“YOU CANNOT BLOOM IN YOUR ROOM.”

Studies show that your brain goes into neutral watching TV. Instead:

Have meaningful conversations (with other people of course) about world events, lifetime stories, or anything of interest to you.

Learn something new like knitting, cards, chess, a language, or a musical instrument.

Work on puzzles or games that work on critical thinking and memory.

(continued on next page)

Wellness (cont'd)

Use your opposite hand to control the computer mouse, brush your teeth, or dial the phone. These are challenging neural exercises that strengthen our brains.

Travel and learn about new places and different cultures. You do not have to go far with all the historical sites in the Tidewater area.

Walk...I know you are probably thinking that walking exercises your body and not your brain.

Well guess what? Walking, which is not strenuous in many cases, helps to improve blood circulation to the brain so that more oxygen and glucose can reach your brain. Maybe this is why walking can "clear your head."

So engage your brain and it should serve you well for many years. The old saying "Use it or lose it!" is so true!"

Connect to spirit/person. Staying socially connected to both friends and family provides a healthy support

system. Having family and/or a good group of friends can help us with the many challenges that we all face in everyday life. Being able to open yourself up to your feelings or others is invaluable to sorting through the many

life decisions that we all have to make.

A belief in something greater than you diminishes the amount of stress we feel. For many people fear of losing control drives us mad. Guess what? You cannot control everything. So control what you can. Your decisions, your behavior, how you react to others behaviors and your reactions to situations outside your control. Then, in the end leave the rest to "someone/thing else" and let the stress go.

Volunteering helps give us a sense of belonging

and giving back to the world. Volunteering gives us a way to share our passions and wisdom and in turn gives us a wonderful sense of purpose and fulfillment. It is a "win, win situation."



Dancing...yes, dancing! This is a wonderful exercise that addresses all three aspects of our person (BODY, MIND, AND SPIRIT). When we dance, especially to music we love we release our inhibitions, improve our physical well being and recall fond memories that help boost our moods which send our bodies into a state of healing and wellness.

In conclusion, when we balance our lives mentally, physically and spiritually we begin to feel whole... like we can handle all that life has to offer. Pick an activity you love, engage your brain, fill your spirit with friends, family, faith, and oh yes... a little dance and you will be well on your way to a balanced life!

TAKEAWAY TIDBIT:

"Use your opposite hand to control the computer mouse, brush your teeth, or dial the phone.



These are challenging neural exercises that strengthen our brains."

Cassie Hillian is the Recreation/Wellness Therapist for Jewish Family Service of Tidewater. For more information about how Cassie can make you or a loved one's life more active, call 321-2226 or email Cassie at chillian@jfshamptonroads.org



January 2010

Jewish Family Service Adult Activities at the Jewish Community Center

Monday	Tuesday	Wednesday	Thursday	Friday
4 JANUARY IS NATIONAL PUZZLE MONTH 1:30 Mah Jongg rm147	5 10:30-3:00 Rummikub Rm 147 10:30-3:00 Mah Jongg Rm 237	6 10:00 Knitting Rm 102	7 10:30 Current Events Rm 238 1:00 Rummikub Rm 147 1:00 Mah Jongg Rm 237	8 GOOD SHABBOS
11 1:30 Mah Jongg Rm 147	12 10:30-3:00 Rummikub Rm 147 10:30-3:00 Mah Jongg Rm 237	13 10:00 Knitting Rm 102	14 10:30 Current Events Rm 238 1:00 Rummikub Rm 147 1:00 Mah Jongg Rm 237	15 GOOD SHABBOS
18 1:30 Mah Jongg Rm 147 2:00 Book Club Klezmer Room- <i>The Help</i> by Kathryn Stockett MARTIN LUTHER KING JR, DAY	19 10:30-3:00 Rummikub Rm 147 10:30-3:00 Mah Jongg Rm 237	20 10:00 Knitting Rm 102 12:00 JCC Seniors Club at <i>BETH SHOLOM HOME</i>	21 10:30 Current Events Rm 238 1:00 Rummikub Rm 147 1:00 Mah Jongg Rm 237	22 GOOD SHABBOS 
25 1:30 Mah Jongg Rm 147	26 10:30-3:00 Rummikub Rm 147 10:30-3:00 Mah Jongg Rm 237	27 10:00 Knitting Rm 102 	28 10:30 Current Events Rm 238 1:00 Rummikub Rm 147 1:00 Mah Jongg Rm 237 EMBRACE PROGRAM "Ask a Doctor, Ask a Pharmacist, Ask a Nurse" 10:30 Fleder Room	29 GOOD SHABBOS

Senior Room Showdown

Jigsaw puzzles have taken on a life of their own in the Senior Room at the JCC. A diligent group and many drop-ins, have completed 7 puzzles and are working on their eighth puzzle. It is fun, rewarding and promotes a great deal of fellowship.

We are trying to gather the necessary funds to inexpensively frame and hang the completed puzzles in the

Senior Room. We have been given permission by the JCC to hang our puzzles as they commented that it would be a beautiful way to decorate our room and with pride. Once our puzzles are framed and hung, we will celebrate our accomplishments with a "We Did It" Party. We love our puzzle mania excitement.

- **Sherry Lieberman, Senior Adult Program Coordinator**

We invite anyone in the JCC to come to room 147 and fit a few pieces together.

It is a fun way to keep your body and mind strong!



February 2010

Jewish Family Service Adult Activities at the Jewish Community Center

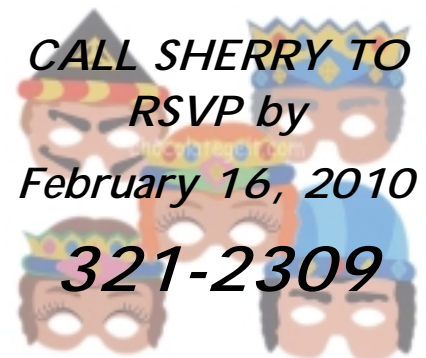
Monday	Tuesday	Wednesday	Thursday	Friday
1 1:00 Mah Jongg Rm 147	2 10:30-3:00 Rummikub Rm 147 10:30-3:00 Mah Jongg Rm 237 GROUNDHOG DAY	3 10:00 Knitting Rm 102 National Nurses day	4 10:30 Current Events Rm 238 1:00 Rummikub Rm 147 1:00 Mah Jongg Rm 237	5 GOOD SHABBOS
8 1:00 Mah Jongg Rm 147	9 10:30-3:00 Rummikub Rm 147 10:30-3:00 Mah Jongg Rm 237	10 10:00 Knitting Rm 102	11 10:30 Current Events Rm 238 1:00 Rummikub Rm 147 1:00 Mah Jongg Rm 237	12 GOOD SHABBOS <i>Abraham Lincoln's Birthday</i>
15 1:00 Mah Jongg Rm 147 2:00 Book Club Klezmer Room <i>Shanghai Girls</i> by Lisa See	16 10:30-3:00 Rummikub Rm 147 10:30-3:00 Mah Jongg Rm 237	17 10:00 Knitting Rm 102 10:30 Board meeting JCC Seniors Club 12:00 Luncheon, general meeting program	18 10:30 Current Events Rm 238 1:00 Rummikub Rm 147 1:00 Mah Jongg Rm 237	19 GOOD SHABBOS
22 1:00 Mah Jongg Rm 147 <i>George Washington's Birthday</i>	23 10:30-3:00 Rummikub Rm 147 10:30-3:00 Mah Jongg Rm 237	24 10:00 Knitting Rm 102 PURIM @ BETH CHAVERIM	25 10:30 Current Events Rm 238 1:00 Rummikub Rm 147 1:00 Mah Jongg Rm 237	26 GOOD SHABBOS

Eye on . . . Purim Festivities!

Once again, and with delight, we will celebrate Purim at Beth Chaverim Temple on **WEDNESDAY, FEBRUARY, 24, 2010 at 10:30 am**. We will make hamantashen (and have them to take home!), sing a few songs, enjoy a delicious lunch, prepared by the Beth Chaverim Sistershood Group,

and have lots of fun.

This is a fun way to celebrate a joyous Jewish holiday and to be with old friends and new friends. Beth Chaverim has been a most gracious host, and we look forward to this being as awesome as before. Do not miss this fun day. It is for YOU.



THE SENIOR SECTION

HAPPY BIRTHDAY BOOK CLUB!

CALLING ALL BOOKWORMS!

In February 2008, the JCC Seniors embarked on a fantastic journey of literary appeal. Nearly two years later, the JCC Book Club has over 40 active members who arrive at the Klezmer Room at 2:00 PM the third Monday of each month to contribute to lively, opinionated, and engaging discussions. Dating back to the initial novel *Suite Francaise* by Irene Namirovsky our book club members have read and discussed 23 books. From Jewish historical fiction to classic literature, we choose books ranging in subject matter and type,

and offer something for nearly everyone. If you enjoy reading and are looking to activate your mind and your social life, this is the book club for you. The book club is open to anyone: you can read some of the books, all of the books or none of the books, but you will always be a welcomed guest.

Come take a trial run with the JCC Book Club - no commitment necessary!

*The JCC BOOK CLUB IS SPONSORED BY JEWISH FAMILY SERVICE

*JCC Book Calendar (thus far)

January – *The Help* by Kathryn Stockett

February – *Shanghai Girls* by Lisa See

March – *Apples and Oranges* by Marie Brenner

April – *Have a Little Faith* by Mitch Albom

May – *The Last Song* by Nicholas Sparks

June – *South of Broad* by Pat Conroy.

**These books may be subject to change.*

Questions?

Call Sherry at 321-2309.

SEEKING SHOPPERS - The weekly group shopping trip to Ward's Corner has been cancelled, in hopes of serving a greater number of clients by going on a grocery run in either the Virginia Beach Oceanfront or Shore Drive area. If you are interested in having JFS Transportation Services take you to and from your local grocery store, call Duane Aikman at 321-2241.

SENIORS CLUB CORNER

SENIORS CLUB MEETING AT BERGER GOLDRICH HOME

January 20, 2010 will be a special meeting day for the JCC Seniors Club. In honor of the first meeting of 2010, the Club will meet at the BETH SHOLOM HOME beginning with the board meeting at 10:30 am, followed by lunch, meeting, and special entertainment by Cantor Flax. The JCC Seniors Club is very hopeful that residents of the HOME, TERRACE and SANDS who are members of the Club will be able to

attend and enjoy the day.

CHANUKAH GIFT WRAP-UP

The JCC Seniors Club proudly participated in the Chanukah Gift Program which provides gifts to local Jewish children and teens in financially struggling families. They provided gifts for three children in one family, and were very happy to do so. The Club also collected over \$70.00 in cash from circulating a basket at their November meeting. These funds were used

to purchase a gift card at Walmart for the designated family. KUDOS to those who gave or participated- A true Mitzvah.

JCC SENIORS CLUB

ROLLING MEMBERSHIP

If you would like have fun, travel, and eat with friends become a member of this wonderful club.

Contact Michelle Waterman to activate your membership at 464-4869.

VOLUNTEER VOICES



Welcome New Volunteer

Debbie Lubaton



Chanukah Outreach

What a wonderful Chanukah we had! Sunday School Students from Ohef Sholom Temple baked Chanukah cookies and put dreidels and gelt in colorfully decorated bags. These were delivered to Jewish individuals living in nursing facilities in Norfolk, Virginia Beach, Chesapeake and Portsmouth. The “Knitting for Others” volunteers did an amazing job. Handmade items were given to the residents in the facilities plus our guardianship clients and children of our families in need. Over 300 lap blankets, hats, scarves and shawls were made...AMAZING!!!

Thank you to our knitters: Edith Adams, Judi Cytron, Pat Dashbach, Dorothy Dervay, Barbara Freeman, Abby Friedman, Nancy Johnson, Renee Lesser, Eileen Lung, Annette Mand, Barbara Martin, Sandy Mendelsohn, Barbara Patish, Rosalind Pincus, Sherry Rabinowitz, Barbara Randall, Ada Salsbury, Mildred Sellers, Brenda Shapiro, Judy Smith, Norene Spencer, Esther Stark, Natalie Steiner, Sue Ellen Teach.

Thank you to our volunteers who delivered our gifts: Etta Lind, Susan Katz, Anne Weimer and son David, Irene Mazel, Nancy and Gene Kanter and Melvin and Frances Orloff.

A special thanks to Annette Brenner for communicating with the nursing facilities.



Chanukah knitting takes over JFS

VOLUNTEER REQUESTS:

Knitters Wanted- we have plenty of yarn and good company if you would like to join the “Knitting for Others” Club. Items such as lap blankets, shawls, scarves and hats are knitted for distribution to Jewish residents in nursing homes for Jewish holidays and for our clients of all religions in our guardianship program. Knitters meet on Wednesday at the JCC from 10:00 am - 12:00 pm.
If you prefer, you can knit at home.

Volunteer visitor is requested for two of our guardianship clients living in Norfolk Health Care and one client at Harbour Point in Norfolk. Volunteers visit clients twice a month to check on their general welfare and any needs they may have. Each client has a case worker who will give you information about their client. This can be a very rewarding volunteer experience.

Volunteer visitor is requested in Shelton on the Bay in Hampton.

A volunteer is requested to take a gentleman in the Wards Corner area grocery shopping twice a month and assist him in putting the food away.

Please call me (Judy) at 321-2223 or email:

jffreedman@jfshamptonroads.org

if you are able to help.

Thank you! -Judy Freedman, JFS Volunteer Coordinator

JEWISH FAMILY SERVICE
OF TIDEWATER



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Virginia Beach, VA 23462
*On the Reba and Sam Sandler
Family Campus of the Tidewater
Jewish Community*

Phone: 757-321-2222
Fax: 757-321-2260
www.jfshamptonroads.org

Check us out on
facebook and twitter!

*You never know when you'll need help
but you'll always know where to find it.*

Return Service Requested

EMBRACE ELEMENTS



EMBRACE PROGRAM— “Ask a Doctor, Ask a Pharmacist, Ask a Nurse” : 10 AM, Thursday, January 28, 2010, Fleder Multipurpose Room, Simon Family JCC. FREE. Come with questions for featured guests Doctor Barbara Parks, M.D. and Pharmacist Marty Freedman. Light refreshments will be served. Call Sherry Lieberman at 321-2309 for more information and to reserve your spot today!

The Celia K. Krichman EMBRACE Program is a JFS program which provides education and information to members and their families to promote good health and a sense of wellbeing. However, if an accident or health problem leads to hospitalization, EMBRACE members are afforded seamless care to ease a safe transition home. EMBRACE helps to avoid stress and confusion, direct-

ing you to the appropriate staff and services *before*, during, and after an emergency arises.

As an EMBRACE member, JFS will provide you with “one - stop shopping” for:

Liaison services with the medical and hospital communities.
Communication with out of town relatives.

Informative mailings and health and wellness services.

Information and referral to JFS' award winning programs and other community programs.

If you are interested in taking an active step in protecting yourself and your loved ones through education, awareness, and preparation, **call JFS at 321-2222 and become an EMBRACE member today!**

**New EMBRACE members are subject to a one-time membership fee of \$10.00.*