



COMMUNITY Matters

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Newsletter Sponsored by the Barbara Sapsowitz Memorial Fund

What do you believe in?

Another year is upon us and 2015 is now part of our history. The New Year is a time for a new start, a retrospect of the past and the wishes and hopes for the future. A new year can help us take stock of things as we approach the next chapter in our lives. Fresh beginnings allow each of us to take the opportunity to set goals and reconsider how we can improve ourselves, our relationships and the community and world around us. How can I make a difference? How can I remain true to my values and the things I believe in?

In August 1915, leaders in our community decided that they would establish a legacy that would improve the quality of life for the entire community. Their purpose was to make a difference. They wanted to help build a future together. Community was something they believed in. They made a decision to embark upon an important path that would establish their legacy. JFS has honored those who have preceded us and has continued their mission and legacy.

Will the important issues you believe in today be part of your legacy? Whether your estate is large or small, modest or somewhere in between, you can ensure that JFS will be here to not only meet the needs of our "family" today but will be here to help those in need for generations of tomorrows to come. How can you invest in the next generation through decisions you make in your philanthropic giving?

Everyone has to make decisions on how they will manage their financial affairs. How much do you spend on your monthly budget? How much do you keep for your loved ones? How much do you give back to the community? These are challenging and difficult decisions to make. Your decisions impact you today, tomorrow and in the future.

Legacy giving-sometimes called planned giving- strengthens the community and in many instances also provides you with tax advantages. It ensures that you will be remembered both by those who directly benefit from your generosity to JFS as well as inspiring those who will follow your example.

Leaving a bequest is a permanent statement of your values. It is how you and what you care about and believe in will be remembered. If you would like more information or would like to discuss options for planned giving please feel free to contact me. You can continue to make a difference beyond a lifetime of giving. On behalf of JFS and those we serve, we hope this year brings you health, happiness and provides for all the things you believe in.

Sheila Nudelman Abdo

Sheila Nudelman Abdo
JFS NEPA Executive Director



these little monsters have BIG hearts

JFS supporter Deborah and her 5 year old granddaughter have graciously donated these little monsters to JFS. Deborah creates them and her granddaughter seals them with love. We thank them very much for the joy they will bring to the children who visit JFS for help.



PRESIDENT'S *Message*



Recently I had the good fortune to attend the United Way of Lackawanna and Wayne Counties 2015 Campaign Community Celebration thanking all those who worked on this year's campaign. What a treat to have been witness to the amazing work put forth by, not only the staff, but all the volunteers

of the United Way. These wonderful, dedicated people raised over \$3,000,000 to fund the needs of the people of NEPA.

On behalf of the staff and clients of Jewish Family Service, thank you United Way for all you do to provide funding for those in need, no matter what that need might be.

JFS of NEPA has been serving the needs of our community for 100 years. However, in order for us to provide mental health, dental health and family counseling we need broad community support beyond what the United Way can provide. Mental health issues cross all demographics, it affects people from all walks of life. JFS is here to serve everyone.

If you are reading this, please consider making a monthly pledge to JFS so we can continue our important service to the community. As little as \$10.00 a month can go a long way in helping someone who is suffering. Visit jfsnepa.org/get-involved for more information.

Please join us to make 2016 our best year yet.

Jay Landau
President
JFS Board of Directors



MEET *the Staff*

Maggy Bushwick, LCSW, NCG
Coordinator Older Adult Services

I have been working at Jewish Family Service for the last 20+ years. I started working in a part time position as the resettlement case worker with the refugees from the Former Soviet Union as I was completing my Master Degree in Social Work at Marywood College. Also during that time, there was no program in our area addressing the specific needs of aging Holocaust Survivors and I was given the opportunity to develop a scope of services designed to assist aging Holocaust Survivors live their remaining years in dignity and as independent as possible. Working with aging Holocaust Survivors combined with my interest and expertise in the area of aging and the aging process, my job was expanded to a full time position to include all the services JFS provides to the elderly in the

community, including Kosher Meals on Wheels and Case Management. Most recently to respond to the increasing needs in the community I became certified as a National Certified Guardian. JFS, for the last three years, has had a contract with Area Agency on Aging to provide Guardianship of Person services to adult individuals deemed incapacitated by the court.

You ask why did I stay with JFS? The answer is that JFS has given me the opportunity to use my professional expertise and creativity to develop programs to answer the needs of the aging in the community. In addition I enjoy working with the elderly who present and bring with them a wealth of life experience and strength.



Enjoying Change

By Don Minkoff, LCSW

“Anything that involves a change creates a transition.”

Life changes, or transitions, are a natural part of life and can occur with or without our knowledge. Life changes can be planned such as getting married, having children, buying or selling a home, sending a child to school, divorce or retiring. Life changes can occur without being planned or expected such as when there is a death, illness or a sudden loss of a job. Periods of transition can take its toll emotionally and physically. We can experience physical symptoms such as headaches, fatigue, digestive problems, trembling or rapid heart beat. Emotional manifestations arise because of feeling overwhelmed resulting in mood swings, sadness, anxiety and irritability. Behavioral changes such as changes in sleep patterns, changes in appetite, difficulty concentrating, social withdrawal and increased alcohol or drug use can also happen. The first step in getting a grip on these reactions is recognizing you are reacting to the change. The next step is to develop an understanding about what is most troubling about the transition. The third step is to create a system to deal with ones reaction before, during and after the change. Some techniques can help during the periods of transition including:

- Relaxing and taking care of yourself: Listen to music, watch a movie, do relaxation or deep breathing exercises, drink herbal tea, eat balanced meals, etc.
- Physical Exercise: Anything from strenuous exercise to taking a walk around your neighborhood.

- Talk to people: Reach out to a support system with people you trust, or with individuals who have experienced the change you are going through.
- Focus on developing the new routines and try new things: Even as the new routine feels uncomfortable in the beginning; monitor what you say and think, watch for thoughts and statements that are negative and self-defeating.
- When feasible maintain traditions which are compatible with the new life style: Celebrate holidays, birthdays, maintain social and family relationships and continue religious activities.
- Don't fear or avoid the feelings created as a result of the change: Stay away from alcohol or drugs or anything that will blunt your feelings.

Feelings of sadness and missing what was lost are a natural part of change. During the transition period weaving together known traditions with the new patterns can create a sense of continuity and stability and help work through the feeling of loss. In some instances it can be difficult, nerve-racking and overwhelming, even when change will result in positive outcomes. If your struggle through your life transitions is so overwhelming you feel like you are losing your way, we at Jewish Family Service would like to help. Give Jewish Family Service a call at 570-344-1186.



BOARD SPOTLIGHT ON SHEILA CUTLER

“Most people have either never heard of JFS or think that we serve only the Jewish population, nothing could be further from the truth.”

Sheila has been involved with JFS for over 20 years. She became involved with JFS after watching her father serve on the board of JFS in Columbus, Ohio where she grew up. Although her inspiration for getting involved would come from her father she credits both of her parents as great role models who were both extremely involved in the Columbus Jewish community. Sheila's greatest moment at JFS came in 2012 when she was honored by JFS at the Annual Meeting. A retired veterinary assistant, Sheila resides in Scranton with her husband Michael and her son Philip. Along with her son Philip, she has three other children Andi, Cyndi and Matthew as well as eleven grandchildren! An active member of JFS today Sheila stresses the importance that our new generation of board members get the word out about JFS that we serve the entire community.

Jewish Family Service of Northeastern Pennsylvania is extremely grateful to the hundreds of families and individuals who participate in our Tribute Card program and Tree of Life. It is a wonderful way to honor and recognize people in your life, and, at the same time, help Jewish Family Service. This listing includes gifts received May 1, 2015 through January 19, 2016. Please accept our apology if we have missed you. We researched carefully to be certain we included everyone, but occasionally mistakes get past us! If your name is not listed, or if you know of someone else's name we have omitted, please contact us so we can properly acknowledge all efforts.

There are many ways to demonstrate your love to friends, family and loved ones in joy, celebration and even in sadness. A meaningful way to honor and remember is through a contribution to one of Jewish Family Service of Northeastern Pennsylvania's many funds. For a more permanent recognition, a silver, bronze or gold leaf can be purchased and displayed on the "Tree of Life" which is located in the entranceway of the Myer Davidow Wing of the Jewish Community Center. More information can be obtained regarding a contribution by calling the Jewish Family Service office at 570-344-1186.

GENERAL FUND

IN MEMORY

Roberta Lovenwirth
Sheila & Larry Abdo

TO: Dr. Robert Simon
In memory of mother
Susie & Jim Connors

Gerald Minkoff
Seth & Sheryl Gross
Sheila & Larry Abdo
Jim & Susie Connors
Anne Boland

Gilbert Weinberger
Sheila & Larry Abdo

Alfred Stein
Seth & Sheryl Gross

Sylvia German
Melba Nathan

Irene Lichtenstein
Joseph & Sara Bedrick

Leonard Rivkin
Paulette & Jay Okun & Family
Oak, Inc.

Rita Kramer
Doris Stamper & Family

TO: Harriet Brotter
In memory of brother
Seth & Sheryl Gross

Sheila Miller
Shirley Nudelman

Sam Nudelman
Sheila & Larry Abdo

SPEEDY RECOVERY

Margaret Sheldon
Sheila & Larry Abdo
Jim & Susie Connors

Paul Rosenberg
Lillian Levy
Barbara Ehrenpreis

Sidney Markowitz
Howard Feinberg

Deirdre Spelman
Sheila & Larry Abdo
Jim & Susie Connors

Dan Marcus
Jim & Susie Connors

Helene Landau
Sheila & Larry Abdo
Jim & Susie Connors

BIRTHDAYS

Mildred Weinberg
Shirley Nudelman

Dorrie Dickstein
Melba Nathan

IN HONOR

Alan & Laurel Glassman
In honor of the birth of your grandchild
Sheila & Larry Abdo

Sheila Abdo
In honor of receiving the
Distinguished Service Award
Alan & Laurel Glassman
Marcy Taylor

Paula Wasser
Barbara Rosenberg

Jim & Susie Connors
In honor of 25th Anniversary
Sheila & Larry Abdo

Murray Glick
In honor of 1st Anniversary of recovery
from heart surgery
Annie & Ed Monsky

Paul Alamar
In honor of receiving Lifetime Achievement
Award for Community Service over a
50 Year Period
Sheila & Larry Abdo

Atty. Rick Bishop
In honor of receiving the Lackawanna
Pro Bono Distinguished Service Award
Sheila & Larry Abdo

Jane Oppenheim
In honor of receiving Distinguished
Daughter of Pennsylvania Award
Sheila & Larry Abdo

Marcia Ufberg
In honor of daughter Dina's marriage
Seth & Sheryl Gross

Deirdre Spelman
Jane Strobino

MAE S. GELB KOSHER FOOD PANTRY

IN MEMORY

Barbara May
Paula Wasser

Sydney Kaufman
Bev Klein

Gayle Baine Brezack
Paula Wasser

Beverly Willensky
Bev Klein

Gilbert Weinberger
Bev Klein

Charlotte Mosberg
Paula Wasser

Sheila Miller
Paula Wasser

Sarah "Shaney" Goldstein
Paula Wasser

SPEEDY RECOVERY

Mitzi Levy
Paula Wasser

IN HONOR

Margery & Paul Rosenberg
In honor of the birth of your great grandson
Bev Klein

Bobby & Faye Rosenberg
In honor of the birth of your grandson
Bev Klein

Jane Oppenheim
In honor of receiving Distinguished
Daughter of Pennsylvania Award
Bev Klein

BIRTHDAYS

Herb Hollenberg
Bev Klein

Barbara Ehrenpreis
Bev Klein

Judy & Lou Premselaar
Sondra & Morey Myers

BARBARA SAPSOWITZ MEMORIAL FUND

IN MEMORY

Barbara Sapsowitz
Muriel Troy
Mel Sapsowitz
Marna Sapsowitz
Melman Family

SHERI & BARRY FINKELSTEIN FUND

IN MEMORY

Dr. Allan Friedberg
Mr. & Mrs. Harold Finkelstein

Paula Jones
Mr. & Mrs. Harold Finkelstein

Sylvia Swimmer
Mr. & Mrs. Harold Finkelstein

Gayle Baine Brezack
Mr. & Mrs. Harold Finkelstein

Anna Manz
Mr. & Mrs. Harold Finkelstein

Timothy Horan
Mr. & Mrs. Harold Finkelstein

DR. STEPHEN I. ROSENTHAL HEALTHY FAMILY FUND

IN MEMORY

Dr. Stephen I. Rosenthal
Betsy Rosenthal

JFS Sees Increase in Smiles Thanks to Local Support of Dental Care Center

By Danielle Shearin

The Non-Sectarian Dental Care Center now called the Dental Care Center has been a part of Jewish Family Service since 1920. This unique service is one of only two such clinics affiliated with a JFS in the United States. Jewish Family Service administers the Dental Care Center in partnership with licensed volunteer dentists from the Scranton District Dental Society and Fortis Institute to provide professional dental services. Doctors' Joseph Kelly Sr. and Joseph Kelly Jr from Kelly Dental Care in Clarks Summit, PA have been supporting the JFS Dental Care Center for many years.

Started in 1920 the free dental clinic was established to help those in need of dental care. In 1972 Dr. Kelly Sr. began volunteering his time at Jewish Family Service where the clinic was then located. During those years clinic services were held on Wednesdays and Sundays.

In the early 2000s in order to better serve those in need of dental care a decision was made for the dentists to care for the patients in their own offices. This allowed for more complete and consistent dental care and more flexible scheduling and would pave the way for Dr. Kelly Jr. to volunteer his time as well.

Last year alone this collaborative effort between JFS and the Scranton District Dental Society and Fortis Institute provided over \$26,000 of free dental care for those in need. The number of hours and services provided by Dr. Kelly and his staff ranges in

the tens of thousands. Today JFS assists all those requesting service beginning with the application process and assures all the needs are met for our clients in the dental care center.

One area that stands out for Dr. Kelly Sr. and his staff is that of customer service. JFS clients are treated with the same respect and kindness that is offered to all patients at Kelly Dental and have expressed appreciation for the care that they have received.

"It has been a rewarding and enlightening experience serving the clients of JFS for these past many years. In general they are a worthy group in an economic class who want to preserve their oral health and are working, but just cannot afford extensive dental care. The members of the Scranton District Dental Society have volunteered their expertise and services to assist these patients in their health goals."

We thank Dr. Kelly Sr. and Dr. Kelly Jr. for their support throughout the years.



You can learn more about the JFS Dental Care program by visiting www.jfsnepa.org and looking under Services and you can find out more about Dr. Kelly and Kelly Dental Care by visiting www.northeastpennidental.com.

Everything You Wanted To Know But Were Afraid To Ask

By Lorraine Yudiskas



What does it feel like to be an 84 year old woman in college? I feel empowered not just for my academic success but for the tenacity to continue my studies for twelve years. I began my long arduous journey when I was 71 years old at Marywood University. I expect to graduate in 2017 with my second Master's degree in social work at which time I will be 86 years of age. I am always gratified when I am praised or admired by others for achieving academic success at my age. I feel humbled and surprised by the praise, and I never tire of hearing the acclamations. However, I believe it's because I don't think of myself as old, and I don't limit myself intellectually.

Also, I don't dwell on the obstacles I had to overcome to attend classes, coming home late wintery evenings from classes, the beautiful summers I spent in summer classes, the restricted social life, and the broken knee cap that forced me to go to my graduation in a wheel chair, for me it was all worth the sacrifice. I am now excited at being afforded the privilege of interning with Jewish Family Service. At JFS I will learn to hone my social work skills to provide those less fortunate than I the help they need. Social Work is my passion; for me the journey continues.

Is Kosher Meals On Wheels For You?

By Maggy Bushwick, LCSW, NCG

Jewish Family Service of Northeastern Pennsylvania (JFS) has a special concern for the elderly in our community and is proud to offer programs and services that encourage healthy aging. The purpose of the JFS's Older Adult Program Services is to promote and preserve the dignity, self-respect and independence of the individual to the fullest extent possible. One of these services is the Kosher Meals on Wheels program (KMOW). Home delivered kosher meals are provided for older persons who live at home in the Jewish Community. The goal of The Kosher Meals on Wheels program is to provide balanced nutritional meals to those who temporarily or permanently would be unable to prepare on their own. Nutritious meals are important in preventing individuals from becoming ill and/or assisting people to recover from hospitalization.

The meals are prepared at the Jewish Home of Eastern Pennsylvania under rabbinical supervision so clients can continue to observe their religious dietary laws.

When someone calls to receive KMOW the social worker will make an appointment for a home visit to help evaluate and

determine if additional services would be beneficial. Part of this evaluation is making sure the client is receiving all services available to older persons such as transportation, or other programs of the Lackawanna County Area Agency on Aging. If someone is needed to coordinate and arrange access to these services, JFS can help.

Kosher Meals on Wheels can be paid for privately or if financial assistance is needed to pay for the meals the JFS social worker will assist in making a referral to the Lackawanna County Area Agency on Aging. If an individual is not eligible for the county program and in need of home delivered meals, but unable to pay, the JFS social workers can also assess the situation for financial assistance.

The meals are delivered five days a week by dedicated volunteers. The volunteers are screened and trained by Jewish Family Service. When a client lives out of Scranton special arrangements will be made to have the meals delivered.

If you, or someone you know may benefit from Kosher Meals on Wheels please call Maggy Bushwick, LCSW, NCG, Coordinator Older Adult Services at 570 344-1186 or email: mbushwick@jfsnepa.org to discuss further details.

Does Testing Get On Your Nerves?

Throughout our lives we may be challenged with different kinds of tests. Whether it be in school, such as taking SAT's, midterms, or finals. We may even be faced with tests unrelated to school, such as taking a drivers exam or taking a certification test to advance in our careers. Before taking these types of tests you might feel light headed, nauseous, or have a shortness of breath. If you ever experienced any of these symptoms before taking a test, you might have test anxiety.

Test anxiety may occur for many different reasons. One of those reasons is the fear of failure. Some of us may feel a high sense of pressure to perform successfully on tests and when we do not do as well as we would like, we might feel devastated or feel like we are not good enough. Test anxiety may also take place when there is lack of preparation and poor history of taking tests. Waiting until the last minute to study and prepare for a test, or not passing several exams in the past can lead to an increase in test anxiety.

Those who have a difficult time with test anxiety may have physical, emotional, and behavioral and cognitive symptoms. Physical symptoms of test anxiety might include having headaches, excessive sweating, or feeling like you are going



By Nicole Friedman, LSW

to faint. Test anxiety may also be intense enough to cause a panic attack, where you feel like you cannot breathe. Test anxiety might also make you feel angry, helpless or disappointed. You might also have difficulty concentrating or have a negative attitude about yourself if you do not pass an exam.

If you have test anxiety there are many different techniques you could try to reduce your anxiety before an exam. One of the most effective ways to decrease test anxiety is to be prepared. Studying for

an exam about a week or two before and avoiding "all nighters" is found to be extremely helpful. Also, learning good test taking skills, remaining positive and focused can also lower test anxiety. Developing relaxation techniques such as deep breathing before an exam and getting plenty of sleep along with a balanced diet will further assist you in decreasing test anxiety.

Whether you are a student taking a test towards your degree or an adult having to take a test for advancement, anyone can experience test anxiety. Being a little nervous before a test is normal, however, it is when those nerves begin to interfere with passing the exam that extra assistance might be needed. By taking the necessary steps to prepare for your exam, the chances of you passing your test are much greater.



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Jewish Family Service of Northeastern Pennsylvania is accredited by the Council on Accreditation, Member of Association of Jewish Family and Children’s Agencies and is an affiliated organization of the United Way of Lackawanna and Wayne Counties and the Jewish Federation of Northeastern Pennsylvania.

This newsletter is dedicated to the memory of Barbara Sapsowitz and to the continuation of her caring work within our community.

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