



# Jewish Family Service of Lackawanna County

615 Jefferson Avenue, Suite 204 • Scranton, PA 18510

[www.jfsoflackawanna.org](http://www.jfsoflackawanna.org)

**SPRING  
2010**

**ISSUE 21**

## *Jewish Family Service Accredited*

Jewish Family Service has completed the reaccreditation process from the Council on Accreditation for Family and Children Services. Maintaining our accreditation status says a great deal about the credibility of JFS and validates our financial, administrative and management integrity. The comprehensive process of reaccreditation directs our agency to update and review all areas of functioning to include human resources, financial management, performance quality improvement, risk management, ethics as well as management of all program areas from the intake process, treatment plan development, client rights and outcome measurements.

Established in 1977, the Council of Accreditation (COA) partners with human

service organizations worldwide to improve service delivery by developing, applying and promoting the highest standards of current professional practice. COA accredits more than 1800 public and private organizations throughout North America serving some seven million children, families and adults each year. Achieving accreditation helps our JFS to focus on our unique mission and improve the lives of the people we serve. JFS is proud to be a member of the COA family of excellence.

Pictured are the members of the COA on-site review team with JFS Executive Director, Sheila Nudelman Abdo and agency President, Alan Smertz.



*Newsletter Sponsored by the Barbara Sapsowitz Memorial Fund*

## Feinstein Foundation \$1 Million Challenge Grant Program

For the 13th straight year, the Alan Shawn Feinstein Foundation in Rhode Island will distribute \$1 million among non-profit agencies fighting hunger throughout the country. Each participating agency will get a share of the \$1million equal to its proportion of the total amount raised by all participants. All donations designated to JFS's Kosher-Meals-on-Wheels program, vouchers for food purchase and the Kosher Food Pantry during March 1 – April 30, 2010 are eligible. Donations of food items will be valued at \$1.00 per item for reporting purposes. This wonderful challenge opportunity will help us fight hunger by helping us raise more money for members of our community. Checks can be made out to Jewish Family Service with the designated program noted in the memo. Please phone the office for further information.



## SAVE THE DATE

Jewish Family Service of Lackawanna County invites you to join us for our 95th Annual Meeting honoring SHELDON GOLDSTEIN, with special recognition to *The Scranton District Dental Society and their years of service to The Free Dental Clinic* on Tuesday, June 15, 2010. Please join us as we celebrate 95 years of history at this special anniversary event.

More details to follow...



## Executive Director's Message

*Sheila Nudelman Abdo, ACSW, LCSW*

As Executive Director of JFS, I find it a priority to pay attention to our donors and try my best to form relationships with as many people as I can, be it in person or through a small note in the corner of my "thank you's". Every now and then when I see a name that I've come to recognize over the years, but don't know personally, I try to reach out and contact that person to understand their commitment and connection to JFS. I'd like to share a story about one such person who now lives in Florida and always responds to a request by JFS. This donor is like many of our donors, but there is something a little special about this gentleman. This donor always writes me a personal note which motivates and reminds me why JFS means so much and how our organization helps so many. His last note applauded JFS for our selfless dedication and the great work that JFS does every day. He thanked me for giving him the opportunity to participate with JFS even in his very small way. He states the world needs JFS more than ever during these difficult, ever perilous days.

He signs off with "Sei gesind" ...one of the few Yiddish phrases I grew up with and even understood.

His note touched me as I thought it would touch others so I wrote back to him to get his permission to share his kind words in the JFS newsletter. You might guess his response. I received a beautiful note thanking me for my kind words, with his permission to use his words as I wish "in order to benefit your wonderful organization." He continues with wishing me "success in all my undertakings and enterprises which benefit so many" and asks that "G-d may grant the strength to continue our effective and noble work". He signs off with be well and stay well. How meaningful and beneficial it was to me to reach out to one donor who I don't even know. One donor has helped to connect and affirm for me the deeper motivation of all JFS donors. Thank you to all who help JFS to help others. JFS could not do what we do without each and every one of you.

# Making Changes

By Don Minkoff, LCSW

Change as we all know is a natural part of life and can occur for a variety of reasons. There are specific tools one can use to increase the chance that the changes you want to make will become part of your lifestyle:

**1. Be realistic:** Set goals that are reachable or can be achieved in a series of smaller goals or steps. Be as specific as possible; discuss your ideas with others.

**2. Make a pro & a con list:** Before deciding on an identified change, make a list of the benefits for and the consequences against making that change. Review the list with others that are important to you. Once you have decided you are going to start a process of making a change, keep and review the list. As you look at what is written, adjust it as the pros and cons become more evident.

**3. Outline a plan:** How will you address each step in the plan? What will you do if you begin to slide back or stop progressing? Create supports which you can use to get you back on the path or be able to discuss why it is hard to change and to support and help motivate you to continue on the successful path.

**4. Track your progress:** Use the pros and cons list to assist in tracking your progress. Identify the steps you have accomplished, the changes that your supports identify. Write the changes down, keep a journal. Review the journal from start to the moment of change.

**5. Don't beat yourself up:** Expect slip-ups. Use those as an opportunity to refocus don't see them as failures or that the goal is unattainable.

**6. Define the change you want to make in positive terms:** Defining the change in a positive way, gives one a positive motivation as opposed to seeing the change as a loss.

**7. Give yourself time & stick to it:** Give yourself enough time to plan for the change and don't set time limits when you think the change should be reached. Do the best you can each day, taking it one day at a time. Change takes time. Before you know it, the change you are working towards will become a natural part of you.

**8. Reward self:** Celebrate your success with something you enjoy. Include your supports.

However, one can experience physical and the emotional reactions when going through the process of change. In a previous JFS newsletter, approaches were discussed to help person move towards positive change such as relaxing and taking care of self, getting physical exercise, talking to people, focusing on developing the new routines and try new things, maintaining traditions which are compatible with the new lifestyle and not fearing or avoiding the feelings created as a result of the change. While we can discuss any type of structuring to facilitate a change, the importance of sharing with family and friends increases the chances for success. However, when being able to reach out to others is not possible, the social workers at Jewish Family Service are available to work with you to plan for successfully making change and provide support.

SOURCES: <http://www.glassdoor.com/blog/tips-making-keeping-years-resolutions>  
<http://idbcrohns.about.com/cs/mentalhealth/a/newyearresolve.htm?p=1>  
<http://livescience.com/culture/100103-how-to-keep-resolutions.html>  
<http://telegraph.co.uk/news/newstopics/howaboutthat/6895795/Key-to-keeping.....>  
 JFS Newsletter: Spring 2005

## Thank You Volunteers

*Jewish Family Service is very proud and happy to have such wonderful volunteers.*

*We would not be able to function and assist so many people without the many hours of work by our dedicated volunteers. It starts with a volunteer board, which guides the agency, volunteers who help with office work, dentists who volunteer to treat people in their offices through our dental clinic, shoppers for the food pantry, and people who deliver Kosher Meals on Wheels to recipients. The possibilities are endless.*

*Once a year let us honor you!*

*In coordination with the National Volunteer Week JFS will hold its annual volunteer recognition party on Tuesday, April 20th, 2010.*



# Happenings at JFS



# If only for one.....

*By Maggy Bushwick, LCSW*

I would like to tell you about a long-term relationship Jewish Family Service had with a local woman. It all started many years ago when concerned relatives turned to JFS for assistance.

Rachel\*, in her 40's, was an only child. She always had lived at home and had been taken care of by her parents. Rachel had mental limitations but was able to maintain basic employment. When both parents passed away close to each other, Rachel was left alone. She kept her job; however, she fell back on her rent payments. Concerned relatives contacted JFS in order to get rent assistance and in addition expressed their concern about Rachel's ability to keep house.

This was the beginning of an over 30 year span relationship between social workers from Jewish Family Service and Rachel. At the beginning the assistance accepted was only rent payment, however, as time went on a more trusting relationship was formed and more help was extended and accepted. The more open the professional relationship became the more issues came to the forefront that could be addressed and worked through; amongst other, every day living skills, tenant-landlord relationship, anxiety and money management. Rachel was referred to community services when and where appropriate. When it became time to stop driving, Rachel was helped through the transition and assisted in selling her car.

As Rachel aged, all relatives that had been in her life formerly had deceased and Jewish Family Service became the only constant relationship she had. Her abilities continued to decline and it became necessary for Rachel to have the services of a nursing home. JFS was there to support her through the decision making process and the adjustment period in the nursing home. The JFS social worker continued to support and counsel Rachel. When Rachel got sick the JFS social worker accompanied her to doctors visits, assisted her in making decisions relating to medical issues and JFS subsequently became the Power of Attorney for medical decisions. At one occasion when Rachel needed surgery, the JFS social worker was in the hospital with her till she was rolled into the Operation Room for the surgery. It was the JFS social worker who was informed that the surgery was over and all went well. As Rachel liked stuffed animals, the social worker brought Rachel a stuffed dog to comfort her in the hospital; Rachel was thrilled! It was clear Rachel's health was deteriorating. She wanted her finances to be settled and JFS assisted her in finding a lawyer to give legal advice. The JFS social worker accompanied and supported Rachel throughout her disease and difficult medical treatments.

During the last weeks of her life, Rachel was in care of a hospice unit and when the time came to pass, the social worker at JFS was called. Rachel was lying comfortably in her bed holding the little stuffed dog the social worker had given her in the hospital. The social worker had the honor to be with Rachel when she took her last few breaths.

Rachel helps us to understand the importance of JFS being there, if only for one.

*\*Name is fictitious due to client confidentiality.*

## Raffle Winners Announced

*Congratulations to the JFS raffle winners! Iris Liebman won 1st Prize-Sony 32" High Definition LCD Screen TV;  
Alex and Leah Ganz won 2nd Prize-Cannon 10 Megapixel Digital Camera;  
Janet Holland won 3rd Prize-Garmin Nuvi Portable GPS Navigation System.  
Thanks to all who participated in our raffle, which benefits JFS programs and services.*



## STAFF

### Car Into Care

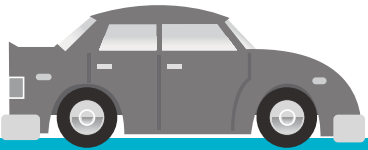
Help Jewish Family Service provide services to our neighbors in need by turning your Car Into Care!

#### EASY AS 1...2...3

- 1). Arrangements are made to pick up the car and handle all the necessary paperwork.
- 2). You receive the car's full fair market value as a tax deduction.
- 3). Your donation helps JFS make a difference!

Call **1-877-537-4227** (toll free) and donate your car to Jewish Family Service of Lackawanna County.

Any questions or concerns, contact the local JFS office at **344-1186** and we will assist you.



Executive Director  
Sheila Nudelman Abdo, ACSW, LCSW

Social Worker  
Don Minkoff, LCSW

Social Worker  
Peter Dunford, LSW  
(Part Time Evening)

Coordinator Of Older Adult Services  
Marguerite Bushwick, LCSW

Business Manager  
Louis Balzani

Secretary  
Marla Tetlock

Typist / Relief Receptionist  
Anne Boland  
(Part Time)

Dental Clinic Liaison  
Rachele Edwards



**JewishFamilyService**  
of Lackawanna County

**615 Jefferson Avenue, Suite 204**  
**Scranton, PA 18510**

#### FORWARDING SERVICE REQUESTED

*Jewish Family Service of Lackawanna County is accredited by the Council on Accreditation of Services for Families and Children, Inc., Member of Association of Jewish Family and Children's Agencies and is an affiliated organization of the United Way of Lackawanna County 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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Scranton, PA



## JEWISH FAMILY SERVICE OF LACKAWANNA COUNTY

Jewish Family Service of Lackawanna County is extremely grateful to the hundreds of families and individuals who participate in our Donation 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 April 1, 2009 through February 28, 2010. 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 Lackawanna County'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 344-1186.

### GENERAL FUND

#### IN MEMORY

Mildred Brown  
*Harriet & Paul Rosenstein*  
 Mr. Cassone  
*Alan & Michele Smertz*  
 Minnie Nogi  
*Rosalie Engelmyer*  
 Sally Bernstein  
*Rosalie Engelmyer*  
*Sheryl & Seth Gross*  
 Cynthia Danzig  
*Alan & Michele Smertz*  
 Florence R. Spelman  
*Sheila Spelman*  
*Deirdre (Cookie) Spelman*  
 Theresa Levy  
*Paula Wasser*  
*Mr. Robert Kelly, Jr.*  
*Myers, Brier & Kelly*  
 Blanche Fiegelman  
*Alan & Michele Smertz*  
*Lee & Joan Pilosi*  
*Sheryl & Seth Gross*  
 Reva Sprung  
*Irwin Schneider*  
 Harold Gold  
*Sheryl & Seth Gross*  
 Mrs. Smith  
*Sheryl & Seth Gross*  
 Leah Ufberg  
*Nancy & Bill Johnson*  
*Nancy Brown Jenkins*  
*Charles Jenkins, M.D.*  
*Alan & Michele Smertz*  
 Golda Young  
*Sheila & Larry Abdo*  
*Sam & Shirley Nudelman*

Elynor K. Weiss  
*Sheila & Larry Abdo*  
*Eileen Baine*  
*Rosalie Engelmyer*  
*Gloria Dinner*  
*Alan & Michele Smertz & Family*  
 Irving Ziegler  
*Phyllis & Melvin Oram*  
*Drs. Henri & Marilyn Deutsch*  
 Harriet Smertz  
*Eileen Baine*  
*Bobbi & Ed Novick*  
*Rosalie Engelmyer*  
*Sheila & Larry Abdo*  
*Mr. & Mrs. Don Minkoff*  
*Dr. & Mrs. Daniel Ginsberg*  
*James Ellenbogen*  
*Gloria Dinner*  
*Denise Robinson*  
*Jack Henzes*  
*Harper Collins Publishers*  
 Morton & Harriet Smertz  
*Steve, Joanne, Stephen & Mark Kavulich*  
*Stephen J. Kovalich*  
 Nellie Remetz  
*Sydelle O'Neill*  
 Norman Rosenberg  
*Sheila & Larry Abdo*  
*Sam & Shirley Nudelman*  
 Mildred Gritz  
*Paul & Harriet Rosenstein*  
 Ruth Michaelson  
*Sheila & Larry Abdo*  
*Sam & Shirley Nudelman*  
 Michael Schillinger  
*Sheila & Larry Abdo*  
 Elaine Levy  
*Rosalie Engelmyer*  
*Paul & Harriet Rosenstein*  
*Bill & Nancy Johnson*  
 Lyn Zlatin  
*Ginader Jones & Co.*  
 Monroe Jurkowitz  
*Ed & Bobbi Novick*  
*Sheila & Larry Abdo*  
 Austin Sherman  
*Paul & Harriet Rosenstein*  
 Frank Nutis  
*Alan & Michele Smertz & Family*  
 Bea Jaffe  
*Alan & Michele Smertz & Family*  
 Mrs. Scott Gordon  
*Laney & Bobby Ufberg*

#### SPEEDY RECOVERY

Jerry Klein  
*Sheila & Larry Abdo*  
 Manya Kamerling  
*Sheila & Larry Abdo*  
*Sam & Shirley Nudelman*

Jack Litman  
*Rosalie Engelmyer*  
 Joseph Brown  
*Rosalie Engelmyer*  
 Louis Plotkin  
*Laney & Bobby Ufberg*  
 Edwin Brandes  
*Bobbi & Ed Novick*

#### BIRTHDAYS

Jay Halprin  
*Sheryl & Seth Gross*  
 Lisa Halprin  
*Sheryl & Seth Gross*  
 Melba Nathan  
*Rosalie Engelmyer*  
 Sallye Jean Frohman  
*Sheryl & Seth Gross*  
 Phyllis Novick  
*Bobbi & Ed Novick*  
 Victoria Deutsch  
*Drs. Henri & Marilyn Deutsch*  
*Jacques Deutsch*  
 Gloria Jurkowitz  
*Phyllis & Melvin Oram*  
 Rosalie Engelmyer  
*Phyllis & Melvin Oram*  
 Paul Alamar  
*Irwin Kalisher*  
*Mrs. Lillian Levy*  
 Howard Ufberg  
*Sheryl & Seth Gross*  
 \*Mildred Gritz  
*Phyllis & Melvin Oram*  
 Edwin Brandes  
*Bobbi & Ed Novick*  
 Louis Plotkin  
*Laney & Bobby Ufberg*

#### IN HONOR

Paula Wasser  
 Congratulations & Best Wishes  
 on being honored by JFS  
*Joan Newman*  
*Syvia Eisenberg*  
*Jay & Tova Weiss*  
*Mrs. Sally Moskovitz*  
*Mr. & Mrs. Donald Dembert*  
*Esther Freedman*  
*Louis & Anita Plotkin*  
*Helen Pinkus*  
*Sara Morris*  
*Ed & Bobbi Novick*  
 Mr. & Mrs. Paul Alamar  
 Congratulations on your Grandson's  
 Upcoming wedding  
*Rosalie Engelmyer*

(CONTINUED ON BACK)

# JEWISH FAMILY SERVICE OF LACKAWANNA COUNTY

Ruth Gelb  
In honor of your recognition by  
Temple Israel  
*Phyllis & Dr. Melvin Oram*  
Cheri & Dan Rothman  
In honor of the birth of a baby girl  
*Sheryl & Seth Gross*  
Dr. & Mrs. Howard Wimmer  
In honor of the birth of their grandson  
*Nancy & Bill Johnson*  
*Bev & Jerry Klein*  
Bev & Jerry Klein  
In honor of the birth of your  
Great Granddaughter  
*Anyia, Galina & Greg Krug*  
Jack Litman  
In honor of your continued good health  
*Rosalie Engelmyer*  
Joseph Brown  
In honor of your continued good health  
*Rosalie Engelmyer*  
Dorie Spiegel  
Good Luck on your new home  
*Phyllis & Melvin Oram*

## WEDDINGS, ANNIVERSARIES & ENGAGEMENTS

Mr. & Mrs. Jerry Klein  
In honor of their 60th anniversary  
*Irwin Kalisher*  
*Mrs. Lillian Levy*  
Mr. & Mrs. Hans Dreher  
In honor of their 50th anniversary  
*Mr. & Mrs. Alan Smertz & Family*

## **MAE S. GELB KOSHER FOOD PANTRY**

### SPEEDY RECOVERY

Edwin Brandes  
*Bev & Jerry Klein*

### IN MEMORY

Sally Bernstein  
*Marcia Myers*  
Theresa Levy  
*Joan A. Farrell*  
Minnie Nogi  
*Bev & Jerry Klein*  
Mildred (Mickie) Brown  
*Bev & Jerry Klein*  
Blanche Fiegleman  
*Deirdre Spelman*  
Harold Englemeyer  
*Bev & Jerry Klein*  
Annette Levy  
*Bev & Jerry Klein*  
Leah Ufberg  
*Bev & Jerry Klein*

Harriet Smertz  
*Bev & Jerry Klein*  
*Paula Wasser*  
Elynor Weiss  
*Bev & Jerry Klein*  
Monroe Jurkowitz  
*Paula Wasser*  
*Bev & Jerry Klein*  
Nancy Dembert Stahler  
*Paula Wasser*  
Bea Jaffe  
*Bev & Jerry Klein*  
Lois Isaacs  
*Bev & Jerry Klein*  
Lilly Isakov  
*Bev & Jerry Klein*  
Elaine Levy  
*Bev & Jerry Klein*  
Monroe Jurkowitz  
*Paula Wasser*  
*Bev & Jerry Klein*  
Bea Jaffe  
*Bev & Jerry Klein*  
Lois Isaacs  
*Bev & Jerry Klein*  
Lilly Isakov  
*Bev & Jerry Klein*

### IN HONOR

David Dickstein  
In honor of his special birthday  
*Bev & Jerry Klein*  
Doris Spiegel  
In honor of her 80th birthday  
*Bev & Jerry Klein*  
Sid Kausman  
In honor of his Bar Mitzvah  
*Bev & Jerry Klein*  
Gail Offenberg  
In honor of her Marriage  
*Bev & Jerry Klein*  
Bev & Jerry Klein  
In honor of their 60th Wedding Anniversary  
*Judy, Louis & Marc Premselar*  
*Rachel, Larry & Maya Presser*  
*Manuel & Carol Kaplan*  
Dr. & Mrs. Edward Boehm  
In honor of receiving the B'nai B'rith Award  
*Bev & Jerry Klein*  
Bob Rosenberg  
In honor of his special birthday  
*Bev & Jerry Klein*  
Alison Herlands  
In honor of passing the bar exam  
*Bev & Jerry Klein*

## **BARBARA SAPSOWITZ MEMORIAL FUND**

### IN MEMORY

Barbara Sapsowitz  
*Mel Sapowitz*  
*Rabbi Marna Sapowitz*  
*Muriel Troy & Family*

### IN HONOR

Alex & Sabrina Chazan  
In honor of their Wedding  
*Mel Sapsowitz*

## **SHERI & BARRY FINKELSTEIN FUND**

### IN MEMORY

Blanche Fiegleman  
*Naomi & Hal Finkelstein*  
Lawrence Gallagher  
*Naomi & Hal Finkelstein*  
Gerald Cochrane  
*Naomi & Hal Finkelstein*  
Edward Fallick  
*Naomi & Hal Finkelstein*  
Austin Sherman  
*Naomi & Hal Finkelstein*  
Lewis Zeidman  
*Naomi & Hal Finkelstein*

## **DR. STEPHEN I. ROSENTHAL HEALTHY FAMILY FUND**

### IN MEMORY

David C. Rosenthal  
*Betsy Rosenthal*

## **"TREE OF LIFE"**

### IN MEMORY

Eileen Baine  
A Bronze Leaf was placed on The Tree of Life  
in honor of your Special Birthday  
*Ruth Fallick*  
*Joan Frantz*  
*Nancy Friedman*  
*Dorothy Haas*  
A Bronze Leaf has been placed on  
The Tree of Life in honor of our  
Aunt Eileen's 80th Birthday  
*Carol, David, Steven, Leah, Jeffrey & Michele Goldberg*



\* In Blessed Memory