

TO LIFE:

“Taking Charge of Your Health”

TO LIFE serves a unique purpose of educating the public about grief and loss as it relates to life and living.

This year's annual Spring Conference will be held on March 14-17 at the Marriott Hotel-Tyvola. TO LIFE will bring together some of this country's outstanding speakers on the subject of living life fully. Keynote speaker will be Dr. Gerald Jampolsky, author of the international best-seller "Love Is Letting Go Of Fear." Dr. Joel Goodman, editor of "Laughing Matters," will look at the application of "Humor In The Work Place"; Dr. Lawrence Leshan, noted researcher, will explore "Taking Charge Of Your Health."

Schedule

Mar. 14	Dr. Joel Goodman (opening address)	"Humor Yourself To Health"
Mar. 15	Dr. Joel Goodman	"Take Me To Your Laughter: The Serious Application Of Laughter In The Workplace"
	Alexis Stein	"Living Through Life's Losses"
Mar. 16	Gerald Jampolsky, MD	"Love Is Letting Go Of Fear"
	Gerald Jampolsky, MD	"Love And Happiness: Attitudinal Healing"
	Diane Cirincione	"Raising Healthy Children"
	William DeMaria, MD	"You And Your Aging Parents: A Survival Course"
	Chuck Wolfe	"Song And Storytelling: An Evening Of Sharing"
Mar. 17	The Storyfolks	"Taking Charge Of Your Health"
	Dr. Lawrence LeShan	"Healing The Fear Of Death"
	The Storyfolks	

Update

At the annual meeting of the Mental Health Association of Mecklenburg County, TO LIFE was named the 1984 "Organization of the Year." Bill Walker, WSOC-TV, in introducing TO LIFE, talked about its growth from an organization helping people deal with death to a commitment to education about all forms of grief and loss and life enhancement.

"Learning to Love Yourself: The Magic of Self-Esteem" was SRO. More than 325 people attended Dr. Dov Elkins' evening lecture and the day-long program attracted another 125 people.

TO LIFE is one of the many organizations which receives funding from The Charlotte Jewish Federation.

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Thoughts From Adrienne

Jewish Social Services is continuing to make steps to reach out to individuals and families on various levels. On February 26, March 5, and March 12, at 8 p.m., along with the Jewish Community Center, we will be sponsoring a Jewish Family Life Education Workshop entitled "Coping With Aging". There will be guest speakers and simulated experiences aimed at persons who are dealing with aging parents. The topics of this workshop are as follows:

Feb. 26 - Coping With Aging Family Members: The Role Reversal Issues.

Mar. 5 - The Schema of Aging: Physical, Emotional and Attitudinal Aspects of Aging.

Mar. 12 - Alternatives in Living Arrangements, or What To Do When Mom or Dad need Help From Community Resources.

On March 19, as a result of the Federation's Outreach Committee results, Jewish Social Services and the Jewish Community Center will begin a six-week support group for inter-faith couples. This group will explore such issues as raising children religiously in inter-faith marriage; how couples handle their parents' feelings; holiday time; the comfort level within the Jewish community; the conversion question, is it necessary as well as support for how others handle the

situations and conflicts that can be unique to inter-faith marriages.

\*\*\*\*

Jewish Social Services is the screening agency for interest-free loans for college students from the Jewish Children's Service in Atlanta. Through the efforts of Joel Goldman, publicity about such loans will be forthcoming. There is an application process that involves both the student and his/her parents. The loan is interest-free and is payable within five years after the student completes his education.

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Individuals and families are seen at Jewish Social Services for a variety of reasons — be they issues relating to aging, vocational needs, financial requests, depression, marital conflict, adjustment to divorce, or problems with children, to name a few. And for many people the winter months after the business of holiday time, are particularly difficult ones. Certainly, the remaining indoors can create a time of more loneliness and family conflicts. Jewish Social Services is here when any individual or family crisis arises or when people are unsure where to ask for help in the community.

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The counseling component is available when people find they need to explore stressful conflicts and uncertainties in their lives. I am in the process of hiring a part-time, master-



Adrienne Rosenberg, Social Service Director.

level professional to ensure our having the staff to handle all the problems that come to us without having to have a waiting list. I have extensive counseling and social work experience to bring to people. Between the two workers, Jewish Social Services is ready to provide support and assistance to all those in need. All services are confidential and available on a sliding fee scale. Some services are not charged, and no one is refused service because of their inability to pay.

To arrange for an appointment or to make an inquiry, please call 364-6594 or 366-5007, Monday through Friday from 9 a.m.-5 p.m. Currently we are open one evening a week for counseling, but arrangements for such, need to be made during daytime hours.

We can only help if you call. We're here if you need us!

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