

## Thoughts From Adrienne

By Adrienne Rosenberg  
Jewish Social Services Drtr.

As of late February, Jewish Social Services has offered two Jewish Family Life Education programs cosponsored by the Jewish Community Center. Jewish Family Life Education (JFLE) is a service in which a skilled leader applies group learning to improve the quality of individual and family living. It applies a specific problem area to help group members understand and explore normal patterns and stresses of life to prevent crisis and improve the ability to cope. It gives information, support and the joy of shared experiences to its participants.

JFLE recognizes that the family is a vulnerable institution which needs constant strengthening to deal with the ever-changing influences upon it. The programs focus on prevention and growth; they forestall the development of problems, and promote the development of more satisfying and constructive living.

JFLE teaches individuals and families how to cope with a crisis before it occurs and provides support to them during time of crisis. It also provides education to keep new problems from developing, or old ones from getting worse in the future. Community resource professionals are utilized to help provide information and backup.

JFLE groups are support but not therapy groups. They are opportunities to meet others who share similar concerns about normal life stresses and to find new ways of looking at and coping with existing problems.

The first of our Jewish Family Life Education groups, "Coping With Aging," geared for grown children of aging parents began February 26. It will meet again on March 5 and 12, 8 p.m. at the Armstrong House. The course includes community professionals who address the physiological aspects of aging, a schematic approach; the emotional issues of aging and the effect it has on families; and community resources available for seniors both in Charlotte and at the Blumen-

thal Jewish Home.

The second group is a six-week support group for interfaith couples and begins on March 19 at the Armstrong trailer. This support group will be limited to six couples, with other groups being offered if the demand warrants it. Among topics covered will be holiday celebrations, religious education and orientation for children, and such issues as tensions within the extended family. The group is designed to provide a supportive atmosphere in which participants can share past experiences and feelings in an attempt to clarify the issues involved in being an interfaith couple. There is a mandatory telephone screening for this group, which can be done by calling me at 364-6594 or Marty Schner, JCC Director, at 366-0357, prior to March 19. Facilitators for this group will be myself and Pam Crown, M. Ed. in Guidance and Counseling, a partner in an interfaith marriage. The cost is \$15 per couple.

In the future, topics will be presented covering differing dilemmas of family life. Some areas being considered are parent-child issues, being single and Jewish in Charlotte, support for persons in retirement, and couple communica-

tion and negotiation skills. There will be notices about such groups as they occur.

Beginning this month, Jewish Social Services will screen college students for interest-free educational loans provided through the Jewish Children's Service of Atlanta. This is for college or special post-secondary school training. Loans are granted on an annual basis with progress reports due on an annual basis. Pay-back for these interest-free loans is five years after graduation. In no way can Jewish Children's Service provide the full cost for any applicant; other resources of funds must be explored. The Jewish Children's Service loan is to be used for the extra dollars needed for the applicant to attend school.

To secure information about Family Life Education groups or student loan applications, call Jewish Social Services at 366-6594 or 366-5007.

*Jewish Social Services, a nonprofit department of the Charlotte Jewish Federation, provides a full range of professional social work services in the areas of geriatric, vocational and counseling needs. We are here to help you when you are in need.*

### Needed

The Jewish Social Services office is in need of a telephone answering machine. This would help those who want to contact us when we're closed. If you can help us out, please call Adrienne Rosenberg, JSS Director, at 364-6594 or 366-5007.

## Winter Days Are Lively At The Hebrew Academy

By Rose Massachi

During January and February, everything from soup to nuts, was used as teaching tools at the Hebrew Academy.

The 3rd and 4th graders did a science unit on food groups which culminated in a lovely luncheon presented by them to their parents on January 23. This was supervised by their teacher, Gail Burke. It proved to be as delicious as any luncheon served in any well-known restaurant in town, and the service was excellent as well!

The students escorted their parents to a beautifully-set table, gave them hand-made menus, and served them promptly. The menu consisted of homemade vegetable soup, cheese puffs, tossed salad, fresh fruit sections, cupcakes, lemonade and tea. A program of poems about food, written and read by the students, was presented.

On February 7, Lynne Tarleton's kindergarten — 2nd grade math students presented the Hebrew Academy's first 100th-Day Celebration. This was done as part of the "Math Their Way" program which was created by the pioneering teacher, Mary Boretta Lorton, and based on the Piagetian concept of cognitive development. This celebration was designed to teach the concept of 100, so basic to our mathematical structure.

On the first day of school last fall, the children began planning for this event by

keeping a calendar of the school year, counting each school day and placing its number on a strip of paper which hung around the classroom.

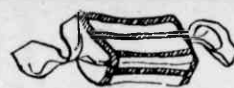
The students planned a luncheon of several kinds of finger foods, arranged with 100 items on each tray. Parents, siblings, and the 3rd and 4th graders were invited. The menu included pizza muffins, finger sandwiches, mini bagels, vegetables and dip, fruit sections, cookies, brownies and drinks.

The school, bustling with excitement the entire day, was decorated with collages, containing 100 items, made by the students. Balloons were everywhere — 100 in total.

The children planned a drawing for jars filled with 100 items such as peanuts, pretzels and jelly beans. They popped 100 kernels of popcorn, fed the guinea pigs 100 pieces of food, jumped 100 times, took 100 steps etc. Shara Steiner, a 3rd grader, offered a homemade pinata, filled with 100 pieces of candy, for the occasion. A highlight of the luncheon was the lighting and blowing out of 100 candles on 100 brownies.

Both parents and children enjoyed this special celebration, and it will probably become an annual event at the Academy. Thanks to the creative talents of both staff and students, these events were extremely successful learning experiences and helped to eliminate the winter 'blahs.'

## Happy Purim To Y'all



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