

Jewish Social Services

A Reminder To Employers

When a job is open, we would appreciate your notifying Jewish Social Services about this. We always have persons looking for employment. Although we are not a placement agency, if we can make a "shidduch" between an employer and those seeking employment we are always glad. There is no obligation to hire anyone who we let know about your jobs; neither can we promise we have someone looking for what you need. But there are times we can be a successful "matchmaker."

A Special Thank You To:

- Temple Beth El Men's Club Emergency Food Fund for the food coupons.
- A generous silent benefactor who gave money through us to needy persons in our community,
- All those individuals who have donated food, clothes, or other items for our clients who need them.
- Those volunteers who transport and/or visit seniors.

A Tale With A Tail

By Hugh Orgel (JTA)

It was inevitable that someone would find the Jewish angle in Halley's comet, now making its appearance in our skies.

It wasn't discovered by Edmond Halley, the British astronomer-explorer and colleague of Isaac Newton 200 years ago — even though he established that the comets which had appeared in 1531, 1607, and 1682 were one and the same and predicted it was to appear again 76 years later, in 1758, when it was given Halley's name — even though he did not live to see its predicted reappearance.

A comet which appears every 70 years is mentioned in the Talmud. The Jewish angle was mentioned by Rabbi Zvi Ilani, of the religious-oriented Bar-Ilan University in Ramat Gan, during an Israel Radio

program on the comet.

The Talmud's Seder Nezikin, section Horayoth, page (Daf) 11, tells that Rabban Gamliel, on a journey to Rome in the year 95, was accompanied by Rabbi Yehoshua Ben Hananya, sailing in a ship which was beset by storms and went off course owing to faulty navigation.

Gamliel had taken only bread with him, but Yehoshua had also taken a reserve supply of flour, which he shared with his companion when Gamliel's bread ran out because of the delays.

"Did you know that we should be so much delayed that you brought flour with you?" the Talmud quotes Gamliel as asking. Yehoshua replied: "A certain star rises once in 70 years and leads the sailors astray, and I suspected it might rise and lead us astray."

Thoughts From Adrienne

By Adrienne Rosenberg
JSS Director

Every person has transitional periods in their lives. Examples of such periods are leaving home, getting married, each time a child is added to the family, a new job, a move, a period of loss, retirement, adjusting to divorce. The list goes on and on, but the fact remains that we all have events that occur externally that require adjustments and adapting coping mechanisms to do so.

The dictionary defines transition as "passage from one state, stage, subject or place to another; a change." This is a logical explanation; unfortunately however, when we are dealing with feelings, logic goes out the window and emotions can take over. All transition periods imply stress, no matter how strong emotionally one may feel they are. Depression and anxiety, anger and frustration are common feelings that can occur during any adjustment period no matter how much we have planned on the transition, such as the birth of a child, the move to a new city, retirement, etc.

With this understanding in mind, Jewish Social Services will be presenting a Jewish Family Life Education Series entitled "Coping with Transitions." This series will be held on March 4, 11, 18 at 8 p.m. at the Armstrong House and will include three transitional periods in persons' lives — the move to a new community, choosing a career after high

school, and the aging of one's parents or spouse.

A two evening workshop entitled "Moving On" will be presented by Elaine Chernotsky, staff social worker, on March 4 and 11. The purpose of the workshop is to deal with the feelings involved with a move, suggestions to help persons make the transition to the Charlotte community, and development of one's support system. The charge for this workshop is \$10.

On March 18, Elaine will conduct a workshop entitled "What's Out There For Me? Choosing a Career"... This workshop is designed for high school and college students who want some help and direction in choosing a major and/or a career. Through various activities, students will learn more about their leadership style and interest patterns. There will be vocational tests given; cost of the workshop is \$15 and includes an individual follow-up interview with Elaine to explain the results of the tests taken.

On all three evenings, I will be offering a mini-series entitled "Coping with Aging." On

March 4, a schematic approach to the physiological aspects of aging will be presented. The second session on March 11 will include speakers on the emotional aspects of aging and adjustment to Alzheimers and other related disorders. The evening of March 18, there will be a panel of community resources for the elderly. This panel will include representatives from the Blumenthal Home, the Jewish Community Center, Shepherd's Center, a Senior Adult Day Care Center, Mecklenburg Senior Centers, The Alzheimers Association, and a Home Health Agency.

This mini-series on coping with aging is aimed at grown children and or spouses who are having conflicts dealing with aging relatives or have concerns about what to plan in the future. The cost is \$15 for the three evenings.

Registration will be open to anyone in the Jewish community. Please feel free to call our office at 364-6594 for questions or to register. The fee can be paid by mail or the first evening of the sessions, March 4.



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