

# Jewish Social Services

## JSS Wants You To Know:

Jewish Social Services is proud of its part in improving the quality of life for seniors in our community. We have added transportation availability for doctor appointments, grocery shopping, or other needs one-day-a-week. We are renting the JCC van and driver once a week for this program. Seniors pay \$1 per trip; we reimburse the JCC for the other expenses. Call to find out more about this.

We are fortunately not alone in providing services to seniors. There are many who volunteer both through us and other places to help seniors. We applaud the following new evidences in our community:

- The 10th and 11th graders of Temple Israel who have become friendly visitors to the homebound.
- The newly formed Caring Committee at Temple Beth El to visit the sick and frail elderly.
- Those persons who drive seniors, call on others, and make life less lonely.

I just wish we had groups or individuals who would not forget that we have 12 Jewish persons in non-Jewish nursing homes in Charlotte. They are part of the community but too often forgotten. Any takers?

## Kuralt to Narrate Oratorio's Season Debut of King David

Charles Kuralt, anchor of "CBS Sunday Morning" and frequent contributor to the "CBS Evening News with Dan Rather," will narrate The Oratorio Singers of Charlotte's first offering of the 1986-87 season, KING DAVID by Arthur Honegger. This dramatic oratorio was composed in 1921 and still holds its place as a true classic in the international choral repertory.

The performance will be on Friday, Dec. 19, 1986, at 8:15 p.m. in Ovens Auditorium.

The second performance of the Oratorio season will be Mozart's GRAND MASS IN C MINOR on Saturday, April 25, 1987.

Dr. Mary Nell Saunders will conduct The Oratorio Singers. The Charlotte Symphony Orchestra will join The Oratorio Singers for both performances.

SEASON TICKETS for The Oratorio Singers' 1986-87 season, which includes both performances, are now on sale. Ticket prices are \$25 for all seat locations; senior citizens and student season tickets are

\$13. One student season ticket comes free with the purchase of a regular price season ticket.

Tickets are available by calling the Oratorio office at 332-8151, 9 a.m. to 1 p.m., weekdays. A brochure about the 1986-87 season is also available from the Oratorio office.

### Donations Needed: Holocaust Repository

Local members of the Governor's Council on the Holocaust, Celia Scher, Kitty Huffman, Roz Greenspon and Dr. Susan Cerynak-Spatz, have announced the need of 2 showcases and a great number of 8X10 picture frames. These are to display articles donated to the Holocaust Repository which will be housed in the library of Charlotte's new Jewish Education and Community Center scheduled to open next month. Call the Federation Office, 366-5007, if you have a donation for this endeavor.

## Thoughts From Adrienne

By Adrienne Rosenberg  
JSS Director

Often the reasons people contact Jewish Social Services are the feelings of anxiety, fear of the unknown, and an uncertainty where to turn for help. Sometimes the reason people are experiencing stress has a recent origin, such as a job loss or death of a relative. But usually the situation has gone on for awhile, with the accompanying feelings of depression, helplessness, and scare becoming an overwhelming occurrence. Often there are physical symptoms evident: loss of appetite, sleeplessness, headaches, lack of energy, etc.

After all, how does one cope with job loss, physical decline of aging parents, serious financial problems, poor relationships with family members, or health concerns? The emotional stress experienced by most people is related to the ways in which they try to maintain a sense of worth in a world which makes conflicting demands. Often we feel "trap-

ped" by our situations and see no light at the end of the tunnel.

Feeling trapped can make one angry. But it is not always easy to express anger at an 85-year-old mother who doesn't remember she called you three other times that day, or a boss who only wants things done his way, or those ungrateful children who don't appreciate what we do or especially a sick spouse who doesn't have long to live. Besides, how does one live with the guilt if one does get angry?

Neither Elaine nor myself have the power or magic wands to change a death, job loss, aging or health crisis or the other reasons people come

to see us. But we can help people know that the feelings they are experiencing are acceptable. By verbalizing the fears and concerns, by getting emotional support from a trained professional, and by learning how to cope with the trauma, one can find they feel less helpless and depressed.

That is really what counseling is about — getting emotional support, learning problem solving skills and becoming less panicky about our trauma. Resources are found out about, connections are made; it is being willing to be vulnerable in front of someone professional in order to restore equilibrium.

## Student Loans

Just a reminder that Jewish Social Services is in the process of accepting student loan applications for college students. These are interest free loans granted by Jewish Children's Service from Atlanta. They are based on financial need and granted on an annual basis. Applications must be completed by May 9, 1986. To inquire about this, call Jewish Social Services at 364-6594 or 366-5007.

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