

Jewish Family Services

...HEAR YE...



NEW PHONE NUMBER FOR JEWISH FAMILY SERVICES

Jewish Family Services (formerly Jewish Social Services) now has its own direct phone line. The new number is 364-6594. If, on occasion, we cannot answer the phone, there is an answering machine so that you can leave a message and we will call you back as soon as possible. If for any reason we cannot answer the phone and you need to speak to someone immediately, you can call our old number, 366-5007, and leave a message with the receptionist.

Special Announcements

Substance Abuse Workshop

Jewish Family Services and the Jewish Community Center will cosponsor a Substance Abuse Workshop, "Everything You Wanted to Know About Substance Abuse But Were Afraid to Ask," on March 10, 17, 24. Open House Treatment Center will present the Workshop, which will be held from 7:30 - 9:30 p.m. in the Junior Congregation Room at Shalom Park. The cost of all three evenings is \$15 per family and will include the pharmacology of chemical dependence; helping the chemically dependent family and individual; and positive alternatives to drugs and alcohol. For further information, please contact Adrienne Rosenberg, 364-6594 or Jackie Fishman, 366-5007.

Can You Help Us?

We now have a food chest located in the front lobby of the JCC. We would appreciate your bringing non-perishable items for those in need.

We frequently get requests for roommates, sitters, temporary housing, jobs, nannies, etc. If you can fill any of these needs at any time, please call our office. It's helpful to keep these on file.

We are in need of a volunteer to draw a logo for us. If you can assist, please contact our office, 364-6594.

Working Moms!

Let's get together!

Ever feel exhausted and stressed out? Is your family and/or your job placing demands on you? Then meet some people in the same circumstances.

Where? Shalom Park.

When? Wednesday, March 18, 8 p.m.

For more information, contact Elaine M. Chernotsky at Jewish Family Services, 364-6594.

Thoughts From Adrienne

By Adrienne Rosenberg
JFS Director



Adolescence. The word alone conjurs up misapprehension for many parents. The time of identity, exposure to and pressure from peers, decisions about driving, drugs, alcohol, sex, and the age when parental values are questioned and often rejected. In many homes, the teenage years may be painful, dismaying and full of parent/teen conflict.

What is it about adolescence that makes it a difficult period for both teens and their parents? We're certainly all aware that adolescence is a time of change. Biological changes, social pressures and emotional mood swings are more than evident. It is a

vulnerable period when two fundamental tasks must occur before leaving home: (1) establishing one's distinct identity, and (2) separating emotionally from the parents to continue the maturation process.

In this process, the adolescent looks to peers and the media, very often appearing to reject parental standards and values. This can be very uncomfortable for parents, who may feel responsible for their child's behavior, attitude and appearance. It is a time when the teen resists too much control on the parents' part and yet is still vulnerable enough to justify parental fears and worries.

During the adolescent years, parents walk a fine line trying

to be helpful to an emotionally fragile teen who is struggling to achieve independence and yet functions in many ways immaturely and impulsively. On the one hand, parents know their teen still needs parental protective custody and rules and on the other hand parents must extend more responsibility. It is not always smooth or easy.

Parents must also learn to adapt to new ways of coping and relating to the 12-18 year old. The needs and responses are so much different than they were when the child was younger. In fact, the key task for parents is to learn to separate from the teen emotionally: to realize that ultimately our children will have to live with the person he or she has become. We, as parents, can neither take all the credit nor all the blame. This means accepting the teen's right to have differing opinions and ways of doing things.

Adolescents often need the parents more than they let on. They have to know they're understood and supported in their need to explore, find out who they are, and separate. They need to know they're loved. Yet, as a parent who is living with an adolescent who is acting age-appropriate, please help me keep all of these common sense thoughts in perspective while living through the mood swings and coming of identity of my wonderful daughter, Jennifer.

On March 13 at Temple Israel's Oneg Shabbat following services, I will be moderating a panel entitled "Parenting the Jewish Child During Adolescence." It might behoove those of us who want to help make the teen years better for family life to attend.

Student Loans Are Available

Jewish Family Services is again proud to announce that we will do the screening for interest-free educational loans for college students. These loans are provided by Jewish Children's Service of Atlanta as part of a regional program. During the school year 1986/87, six Charlotte students were awarded student loans and one was awarded a scholarship.

The following are guidelines that determine eligibility:

1. The applicant and family must have been residents of the Charlotte community for at least a year.
2. The money is to be used toward tuition and expenses for college or post-secondary training.
3. Preference is given to students attending state schools, although others have been approved.
4. The applicant must be accepted by a recognized school.
5. Loans are granted on an annual basis for full-time students and paid bi-annually.
6. Financial need must be established. Other funding sources must be applied for.
7. The applicant must agree to provide a progress report of the student status of the grades and adjustment to school annually.

Jewish Family Services will be accepting these applications from March 9 to May 15. The completed applications must be in Atlanta by May 29. For further information or to acquire an application packet, please call Goldie Weinreb, JFS Secretary, at 364-6594.

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The Jewish Welcome Wagon: The Shalom Y'all group of Women's Division of Federation gives Shalom Y'all baskets to our newcomers in the Charlotte area. Pictured is Jody Pinion (R) with the first delivery to Stephanie Finkelshtein and her son, Logan.