

Jewish Family Services



Career Testing at Shalom Park

Could this be you?
My job is going nowhere and I don't know what to do."
"My kids are in school, and I want a job, but I have not worked in over ten years."
"All my life, I planned on being one thing, but despite all of the training, this career does not feel right."
"My spouse died, and I need to get out of the house and find a job."

"I am out of work and don't know what career fields would match my skills and interests."
If this sounds familiar, Jewish Family Services can help with comprehensive Career Testing. This package includes two tests: the Self-Directed Search and the Personal Profile. The Self-Directed Search (SDS) is a vocational test based on John Holland's theory of careers. It consists of an assessment booklet which explores interests and abilities. The results or Holland code is used with an occupations

finder to provide a range of occupational possibilities.

The Personal Profile is a personality inventory that identifies your work behavioral style and helps you understand the styles of others. It also helps explain which work environments, employers and tasks best suit you. Used together, these tests can offer a comprehensive picture of career options.

The fee for Career Testing is \$45, which is far below the cost at other area agencies. This includes all materials as well as one session for test interpretation with Jewish Family Services Counselor, Elaine M. Chernotsky. Elaine has extensive experience in Career/Life Planning and worked at the Queens College Career Center before joining JFS two years ago. If you are interested or would like additional information, please call Jewish Family Services, 364-6594, to pick up materials and schedule an appointment.

CAREER TESTING

WHAT: Includes interpretation of Self-Directed Search (SDS) and Personal Profile Inventory (PPI)

HOW MUCH: \$45

HOW: Call JFS at 364-6594
Pick up SDS and vocabulary sheet to PPI and schedule an appointment.

FAMILY TO FAMILY CONTACT

If you or someone in your family is experiencing a problem with alcohol or drug usage, perhaps it would be helpful to talk with someone who has also lived with this problem. There are persons in our Jewish community who have volunteered to speak with anyone to share mutual substance abuse experiences to lessen the pain of feeling "all alone".

To learn more about this family/individual to individual contact, please call Adrienne Rosenberg, 364-6594, at Jewish Family Services. All contacts are confidential.

SPECIAL SURVEY

Jewish Family Services is conducting a survey to assess community needs for the elderly. If you are providing any type of assistance to an elderly spouse, parent or friend, please call Jewish Family Services, 364-6594, and give the following information:

1. Relationship to senior needing assistance.
2. Age of senior.
3. Services provided by you (i.e., total care, transportation, health, bathing, meals, paying bills or other).
4. Your name if you choose.

Thoughts From Adrienne

By Adrienne Rosenberg
JFS Director



"I couldn't possibly have a drinking problem — I'm Jewish! Everyone knows that Jews aren't alcoholic — I've never known about any Jews who were — no one in my family ever had a problem with it, that I heard about or saw. Of course, no one ever saw the worst of my drinking, because I did it at home alone, at night when everyone was asleep. But I shouldn't be drinking the way I am, fighting the urge all day long, and giving in when nobody can see me. It must be depression; but the more depressed I am, the more I drink and the more I need that drink, the more depressed I become. I'm sure I could stop drinking if I weren't so depressed. How could something like this happen to a nice Jewish lady like me? No, I can't be a nice Jewish lady — Jews don't have this problem — everybody knows that.

"The shame I felt when I first wrestled with the possibility that I had a drinking problem had a lot to do with being Jewish. It was as if I had transgressed some basic tenet of Judaism — Jews don't drink. I didn't fit — I didn't belong. My traditional lifestyle and kosher home began to seem like a sham. The conflict and the shame kept me from sharing my problems with anybody.

"Even my husband, who had certainly noticed my growing depression and distraction lately, reacted quite nonchalantly when I casually announced I was going to stop drinking because I thought it might be becoming a problem. And why shouldn't it be? On social occasions, I was extremely careful not to drink too much (certainly not as much as I wanted). I could still hold off until I got home and everyone was asleep. But lately, I was not so sure how much longer I could keep up that act.

"I had begun to avoid those social occasions, for fear someone would be able to see how anxious I was and guess why. I was isolating myself from the community I had established my identity in and had nourished my family in — the

Jewish community. My identity as a nice Jewish lady conflicted with the growing suspicion of the severity of my drinking problem.

"I didn't feel I could talk to my rabbi about it. In the ten years we had attended services and participated in synagogue activities, I had never heard him even tangentially refer to drinking problems among Jews. I was too ashamed and afraid of his reaction. My nice Jewish friends never had discussed any problem like this with me, and if I told them about the way I was behaving lately and my compulsion to drink, I was sure they would see how weird I was and not accept me as one of them.

"Even the nice Jewish psychiatrist I tried to call (when I could muster up the courage) didn't return my calls. I had told his secretary I was a Jewish lady who wanted to know if I had a drinking problem, and when he didn't return my calls, it confirmed my shame. Obviously, he didn't think that was possible, so he didn't want to bother with me. Finally, the secretary, realizing how desperate I was when I called the third time, made arrangements for me to talk to an alcoholic counselor at St. Francis Hospital.

"That seemed appropriate to me — go to a 'goyish' counselor to talk to about a 'goyish' problem. I talked to the counselor. He sent me to Alcoholics Anonymous and made arrangements for me to see a therapist in Wilkesburg. The AA meetings, mostly in the basements of churches, and the sessions with the therapist in another community, helped to confirm my fears that my recovery from alcoholism would necessarily

separate me from my Jewish identity."

The above was written in a TIKVA article. What is TIKVA? This is a group of Jewish men and women who have joined together in the Pittsburgh area to promote awareness, education and access to resources for help with problems of alcohol and drug dependence within the Jewish community. Then there is the national organization of JACS, Jewish Alcoholics, Chemically Dependent and Significant Others, which provides support and education for Jewish substance abusers and their families.

Yes, alcohol and drug problems do exist in Jewish families in Pittsburgh, New York, Miami, San Francisco and, right here in Charlotte! There is a fantasy, a cultural self-delusion that Jews do not abuse alcohol nor take drugs. Denial is a syndrome of the disease. For a Jew, denial is often more intense because we tend to believe the fantasy. This means guilt and shame and not seeking support within the Jewish community for the person or family with this problem.

In December, 1986, Jewish Family Services began a substance abuse task force made up of persons wanting to address this problem within the Jewish community. The purpose is to educate the community about substance abuse, to promote awareness that this problem does exist within our Jewish community, and to provide support for any who need it in a Jewish context.

If you would like to learn more about this task force, please call Adrienne Rosenberg, 364-6594 or Steve Newman, 336-2023.

Stay Ahead of the Game

Active, healthy people don't wait for problems to get them down. They maintain mind and body through diet, exercise and a productive life style. Proper preventative maintenance should also include regularly scheduled chiropractic care—the only profession whose specialty is the detection and correction of misaligned vertebra.

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Michael E. Arrandt, D.C.



Lee A. Arrandt, D.C.

HEALTH is a state of optimal physical, mental and social well-being, and not merely the absence of disease and infirmity.



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