



Jewish Family Services

Charlotte Jewish
FEDERATION
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Friends Campaign

"...it's easy to rejoice in the tents of prosperity."
We thank all the "Friends" of Jewish Family Services who recently contributed to our campaign to assist others in need. Space at this time does not permit a listing of all your names, but a "todah rabah" to each and every one of you!

Urgently Needed

Volunteers to drive seniors and physically disabled on occasional Wednesdays or Thursdays. Please call Adrienne Rosenberg at Jewish Family Services if you can volunteer your time. Call 364-6594.



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Thoughts from Adrienne

By Adrienne Rosenberg, JFS Director



In my last article in the *Charlotte Jewish News*, I wrote of self-confidence and its importance in propelling people to cope with difficult situations in their lives. In case you missed that article, I would like to begin this one by restating one paragraph:

"It is when the person begins to find and believe that they may not have control over situations in their lives (death, unemployment, illness, financial problems, etc.) but rather they can still have power over how they cope and handle the situation that the depression begins to lift. Thus, the power is not with the situation but with the person to accept, cope and maintain his self-worth after working out the feelings of loss and helplessness. This belief in oneself can propel one to face head on what life is dealing at that time."

"All well and good, Adrienne," some of you may have said when you read this, "but how does one go about handling or coping with things they don't want?" At such times, it's natural for most people to turn to others for support. Family members, friends, self-help groups, clergy — all are common sources of support. One other, or additional alternative, is reaching out to private practice practitioners or agencies such as Jewish Family Services. Here are counselors trained to help people cope with whatever stress

they are experiencing in their lives. Here are counselors trained to help people feel more in control of their lives.

Reaching out for help from a social worker or psychologist is not easy for everyone. For one thing, it means admitting that a problem exists. And in a small Jewish community — where people are rightfully concerned about other people knowing their business — this can even be more scary.

It is this fear and along with it the false assumption that Iris Madison and I are "the social workers at the J" that helps keep some people from approaching Jewish Family Services. I would, therefore, like to make some statements that, hopefully, will help anyone feel better about sharing their concerns with Iris or myself:

- (1) Both Iris and I are trained master-level social workers with several years experience.
- (2) Jewish Family Services

is not part of the Jewish Community Center. Rather, it is a branch of the Charlotte Jewish Federation. Moreover, we have a separate filing and accounting system, our own secretary and phone number away from the J's or Federation's reception desks. What that translates into is that our records and who calls or comes in to see us are not part of any other agency in this building.

(3) We are bound by and respect the concept of confidentiality. We do not discuss our cases with others in the community.

(4) We respect the fact that some people find it difficult to approach us in this building. Therefore, we are glad to see people other than in this building, or to refer them elsewhere.

I do hope that no one feels they can not reach out for assistance in our community. All of us have bad things happen; the key is knowing or learning how to handle them.

LARRY S. HOROWITZ

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For more information, write or call the Admissions Coordinator, FAIR OAKS At the Blumenthal Jewish Home 7670 Fair Oaks Drive (P.O. Box 38) Clemmons, NC 27012 (919) 766-6401