

Jewish Family Services

FALL REFLECTIONS

By Laurie Gordon Harris, MSW, CCSW

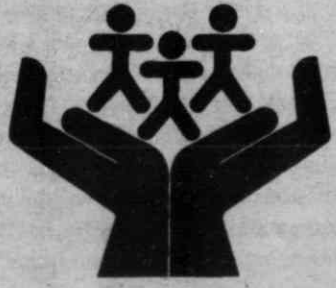
I, like most of you, spend a reflective period of time reminiscing about the New Years of yesterday: the excitement of something "happening," days off from school and/or work, a distinctly familiar ritual, the feel and smell of autumn connected with the high holidays, the waiting in the shul's lobby that seemed so crowded only on four or so days of the year. Where did these people come from and more importantly, where did they go?

As the geriatric social worker for just over five years, I have the greatest privilege to work with people who know how to make a difference. This extends to the JFS staff, exceptional volunteers, our board, and those individuals, couples, and families that we help.

I witness the strength and dignity of my clients who face losses everyday: health, memory, identity, energy. Yet, with these losses I hear the wisdom and knowledge only those who have accepted life's challenges can say—the only guarantee in life is change, so when you are lucky enough to see/feel/experience happiness, even if only fleetingly, really allow yourself to do so. Not to sound too trite, but without sadness we can not measure happiness. Without light there is no shadow. So, publicly I want to thank those with whom I work, the individuals who open their homes to me, those who open their minds and hearts to me and who are willing to share a part of themselves that may be uncomfortable, frightening or vulnerable.

Sometimes people need more than a counselor or therapist, they need supportive friends—someone to discuss interesting literature, practice foreign languages with, go in search of Charlotte's best sandwich, go on an errand to Walmart/Southpark/the grocery store, have a cup of coffee (or tea) with someone and possibly split, nah, share two different desserts with. If you feel you can possibly spare some time during the week to realize your new year pledges or to be more involved in your community, perhaps you will consider volunteering in some way. Please consider JFS' Mitzvah Maker volunteer program. Call 364-6594 for an application. You'll receive so much more than you ever give.

I wish each and everyone of you a peaceful and fulfilling New Year!! (Have you made the call yet?)



JFS DIRECTORY
WHO TO CALL FOR ASSISTANCE
 Adolescent Problems.....Elise Rosenberg*
 Employment or Career Issues.....Elise Rosenberg
 Financial Assistance.....Adrienne Rosenberg*
 General Counseling.....Elise Rosenberg
 Senior Concerns.....Lauri Gordon Harris*
 Volunteering to Help Others.....Laurie Gordon Harris
 General Counseling.....Adrienne Rosenberg
 All Other Concerns.....Adrienne Rosenberg

ALL CAN BE REACHED BY CALLING
JEWISH FAMILY SERVICES
 All Services are Confidential and Are Provided by
 Professional Masters-Level Counselors.
AT 364-6594 or 364-6596

Adrienne Rosenberg - MSW, ACSW*
 Elise Rosenberg - MSW, CCSW*
 Laurie Gordon Harris - MSW, CCSW *

Jewish Family Services
 would like you to be aware of their needs and their current
"WISH LIST"

- Friendly Visitors for the Frail Elderly
 - Electronic Menorahs
- Administratively Gifted Volunteer
 - Food for JFS Food Pantry

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10

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