

Jewish Family Services News and Events

Counselor's Corner Now Online

Visit our website www.jfscharlotte.org for monthly articles written by our counseling staff. August's article features advice from JFS Child and Adolescent Therapist Libby Rains on how to prepare young bodies and minds for back-to-school, including tips for adequate sleep, proper nutrition and more scheduled routines.

Friends Run 5K and One Miler

Sign up for the JFS Friends Run at www.FriendsRun.com. Join JFS on Sunday, November 11, for a chip-timed 5k and a one-mile fun run. We will be offering post-race treats and activities at the Levine JCC, as well as a salute to our country's Veterans in honor of Veterans Day Weekend. All proceeds of the Run will directly benefit JFS. Sign up at www.FriendsRun.com.



JFS Receives Two Grants

MAZON: A Jewish Response to Hunger

For the seventh straight year, Jewish Family Services received a

generous grant to help fund hunger relief efforts in the Charlotte area. MAZON: A Jewish Response to Hunger, one of the largest privately supported philanthropic organizations addressing hunger in America, awarded JFS a \$7,000 grant.

MAZON, which means "food" or "sustenance" in Hebrew, was the first national organization to rally the American Jewish community around the issue of hunger, and remains the only national Jewish organization dedicated exclusively to that same cause. The primary goal of the MAZON grant is to promote and support sound, effective public and private initiatives that provide lasting help to hungry people.

BJH Foundation for Senior Services and the Jerome Madans Fund

JFS is honored to be one of 19 recipients awarded a grant from the BJH Foundation for Senior Services. This \$9,000 grant will help fund the JFS program, Family Connections, which will provide support, education, guidance, and service coordination to dispersed and local family members to ensure that proper support services are in place to help keep their older adult relatives as independent as possible. Like the mission and values of the BJH Foundation, it is the goal of the JFS Family Connections Program to provide dignity and nurturance and maintain the independence of senior adults through services that

address the physical, mental and emotional challenges of aging, thus enhancing the lives of Jewish Seniors in Charlotte.

Family to Family Campaign

The 2012 Family to Family Annual Campaign is well underway. Thank you to the families who have already made their donations and pledges to this year's campaign, formerly known as the "Friends Campaign." JFS volunteers will continue to make calls throughout the campaign to ask for your support and answer any questions you may have.

Your tax-deductible gift to the 2012 Family to Family annual campaign gives you and your family the opportunity to join JFS in ensuring stability, dignity, and compassion to all members of our community for generations to come.

If you have questions about JFS or the annual campaign, please contact us at 704-364-6594. Donations are currently being accepted online at www.jfscharlotte.org.

August Events at JFS

Caregiver Support Group

Tuesday, August 14, 6 PM, JFS "Hurry Up and Relax! How to Take Care of Yourself in an Over Scheduled, Stressful World"

JFS and Carol Anne Lawler, Hospice & Palliative Care Charlotte Region's Communities of Faith Liaison, present this interactive program including meditation techniques, guided imagery,

and chair yoga. August 28, 11:30 AM-1 PM, including complimentary lunch, Gorelick Hall. RSVP: 704-364-6594.

Support Group for Families of Children with Special Needs

Schedule online

Fall Programming: JFS Parenting Place Child & Adolescent Programming

* Love and Logic Parenting Classes with Wendy Petricoff will begin in the Fall.

* If you can't attend the summer Social Skills Group for boys, plan to attend during the Fall session. Groups for boys and girls will begin in September.

* Watch for more information in your monthly JFS E-News or call 704-364-6594.

Acknowledgements

Thank you to the following individuals and organizations who contributed to Jewish Family Services in May and June. Your support and generosity allow us to provide quality services and programming to our community.

Food Pantry and Tzedakah Donations: Judi and Dave Lecker, Michael Van Glish, BBYO, Camp Soar, Charlotte Jewish Day

School, Charlotte Jewish Preschool Shmashot Class and Temple Kol Tikvah, of Lake Norman (formerly Lake Norman Jewish Congregation)

Tzedakah Donations: Richard Herd, Joel Ostrow

Mitzvah Baskets: Mariel Cupp, Ethan Jankowitz, Carly Lerner and Leah Porter

From Julius Goldman: Thank you to all of the individuals who donated funds to JFS in honor of my 90th birthday.

Food Pantry: Bill Schwartz, Frada Moenter, Nancy Harrows, Amalia Warshenbrot, Ben Aizenman

Hadassah Cooks: Five dozen delicious meals were assembled by Hadassah volunteers on June 12. The following people participated in the June Mitzvah: Barbara Abrams, Cathy Bogus, Sharon Cavanaugh, Lynne Cojag, Milly Corday, Helene Cullen, Zelma Fink, Audrey Herman, Mary Gordan, Karen Kantrowitz, Judy Kaufmann, Penny Krieger, Sharel Persin, Hagit Stav, Amy Strasser, and Robin Zimmerman. ☆



~
Jewish Women & Girls:
Light up the World with
Shabbat Candles
~

"I have for years been intrigued with the ways in which Jews and southerners are alike - stepchildren of an anguished history." author Eli Evans



DOWN * HOME

JEWISH LIFE IN NORTH CAROLINA

Explore more than 400 years of Jewish life in the Tar Heel state, from colonial times to today. Produced by the Jewish Heritage Foundation of North Carolina, Down Home is generously underwritten by The Leon Levine Foundation, Sandra and Leon Levine, the North Carolina Department of Cultural Resources, and the Tannenbaum-Sternberger Foundation, with in-kind support from Duke University.

CHARLOTTE SPONSORS

THE GORELICK FAMILY



COME TO UNDERSTAND

Open daily • 200 E. 7th St, Charlotte • www.museumofthenewsouth.org • www.facebook.com/LevineMuseum

Also on exhibit at Levine Museum

ALL THAT REMAINS

THROUGH SEPT. 9, 2012

A new panel exhibit inspired by an article in *Charlotte* magazine. Writer Ken Garfield interviewed ten people in the Charlotte area who survived the Holocaust and understood the importance of telling their stories before it's too late. Photographer Chris Edwards took beautiful, stirring portraits of each.

COURAGE & COMPASSION

THROUGH JUNE 3, 2012

This traveling exhibit tells the story of the Bielski brothers and the more than 1,200 men, women and children they saved during the Nazi occupation. On exhibit in conjunction with *Violins of Hope*, a community cultural initiative organized by the College of Arts + Architecture at UNC Charlotte.

FAMILIES OF ABRAHAM

JUNE 24 THROUGH SEPT. 9, 2012

A photographic narrative exploring life and faith traditions of Jewish, Christian and Muslim families in Charlotte. Featuring the work of 8 local photographers, and curated by Eleanor Brawley.