

# Jewish Social Services

## Jewish Family Life Education Series Starts

On March 4, 11 and 18, Jewish Social Services will present three workshops dealing with three transitional stages of life: making a career decision, adjusting to a move to a new city, and the aging process. These workshops will be conducted at 8 a.m. at the Armstrong House.

In the excitement of a move to a new city, few people understand their feelings of sadness. Moving usually involves the loss of friends, family, home and familiar turf. As with any loss or transition, it takes time to recover.

In a two evening workshop on March 4 and 11, Elaine Chernotsky will help newcomers to Charlotte explore their feelings associated with their move here. The discussions will focus on making new friends, developing new support systems, and working through this transitional period. The cost of this workshop is \$10.

On March 18, Elaine will conduct a workshop designed for high school and college students who want some help and direction in choosing a major and a career. Through various activities, students will learn more about their leadership style and interest patterns. This group workshop will be followed by an individual interview. The fee for this workshop is \$10 and includes testing materials and follow-up interview.

On March 4, 11 and 18,

there will be a three-part-series, facilitated by Adrienne Rosenberg, entitled "The Aging Process; Facts and Resources. This workshop is designed to help people get in touch with facts about what happens when someone gets older and how it affects individuals and family members. It also helps to answer what community resources might be available to make plans on behalf of an older person. The cost of this three evening workshop will be \$15.

The first evening of this workshop will be a schematic approach to the physiological aspects of aging. The second evening: Dr. David Citron, Director of Medical Education, Charlotte Memorial Hospital, and Adrienne Rosenberg, Director of Jewish Social Services, will present physical and emotional facts about aging. On March 18, there will be a panel discussion presenting examples of community resources for the elderly and their families.

Members of this panel will be Rita Arundell, Charlotte-Mecklenburg Senior Center; Jackie Fishman, Jewish Community Center; Lauren Jones, Blumenthal Jewish Home; Clair Krusch, Adult Care and Share Daycare Center; Marcia Lampert, Tri-County Visiting Nurses Association.

Anyone who wishes to register for any of the three workshops may call Jewish Social Services at 364-6594.

## Thoughts From Adrienne

By Adrienne Rosenberg  
JSS Director

In my article in February's issue, I wrote about the stress and tension that can occur when individuals are undergoing transitional periods. At such a time there are many confusing feelings — both highs and lows — one deals with until one reaches the point of really feeling adjusted to the situation.

Transitional times (such as adjusting to a move, a new baby, a loss due to death or divorce, for example) are never easy. They are stressful, painful and do not just go away. Rather, they involve a process of adjustment, being ambivalent at times, of wanting to back out yet knowing that is not always possible. Anytime commitments have been made, promise and hope is sometimes the easy part. The actual working through of different relationships is where the hard work comes in, especially the anger and disappointments that come up.

Communities are no different than individuals in their adjustments to transitional times, except it involves more

people, broader issues, and larger ebbs and flows.

As the Jewish community is reaching its final phases toward realizing its dream of Shalom Park, the transition for the agencies and organizations has begun. Now functioning apart from each other, they will soon be operating under one roof.

As I participate in the various meetings and listen to people's comments about this move, I am struck by the feelings underlying what people are saying. On the one hand, most people seem excited about what will be occurring; on the opposite end, anxieties are expressed about how it will be to all exist under one roof. Differing philosophies, agendas and concerns are being expressed. As change occurs, anxieties about what this will all mean arise.

Charlotte is a very unique Jewish community. Nowhere else in the country are the synagogues, Federation, Jewish Community Center, Jewish Social Services, Hebrew Academy and social organizations communicating as is occurring here. It is through past communication

and working through differences in principle that Shalom Park will even be a reality. But this was a process that did not occur overnight. It will be helpful to remember that fact when we are ironing out differences of opinion as we all move into the facility. The Jewish community and its agencies and organizations are undergoing change of space — a process that will take time, work and effort before the adjustments are made. It is one thing to have an idea of what should take place; it will be another when the realities are put in place.

Social Service and counseling agencies frequently work with the blended family today. This is a family that involves the marriage of two persons who already have children — his and hers. On paper it may seem to be a good idea; in reality it takes time for all the family members to adjust to each other. So it will be, too, when the entire Jewish community's components will be blended under one roof.

As members of the community, we must remember that the expressions "Rome wasn't built in a day" and "No pain, no gain" are applicable. None of us should be naive enough to assume that now being housed in one facility will conquer all; it will only be through effort, the process of living through the transitional period, and understanding that it will take two years before all is "normal" that Shalom Park will be successful.

Personally I am excited about being in Charlotte at this time in the life of the community. But we must not assume it will be easy for everyone, or that ever one shares my excitement. Some people will turn on to being part of a campus Jewish Center; others will back away. But none of us should want to change the process or the questioning of reasons or the strong feelings that will occur. For if we halt the process, Charlotte's Jewish community will not grow to its fullest potential.

## Student Loan Applications Begin

The Jewish Children's Service, based in Atlanta, Georgia, is a social service agency that provides interest-free educational loans to Jewish college students whose families reside in the Southeast region. Jewish Social Services will help again to process these applications in order to assist college students from our area in meeting costs of schooling if they qualify for this loan program.

In order to be eligible for this program, the student and his family must be members of the Jewish community. The loan is to be used primarily for college or post-secondary training. The student must have been accepted by a recognized school and demonstrate an interest in securing educational training. Loans are granted only on an annual

basis and are to be paid back five years after the completion of schooling. The principal determinant, in addition to the qualifications listed above, is financial need. This is to be determined and certified by Jewish Social Services.

For the school year 1985-86, nine students from Charlotte received loans from Jewish Children's Service. The total dollar amount awarded for these students was \$12,478. We were pleased to be able to assist them in getting these loans.

To inquire about how these student loans are completed, please call Jewish Social Services at 364-6594 for more details and to obtain an application. Applications will be sent out anytime after March 10 and must be into the agency by May 9, 1986.

## JSS Wants You To Know:

There is a gentleman at the Blumenthal Jewish Home named Karl Cahn who would like people to send him used stamps. He saves these and sends them to an orphanage in Israel. Mr. Cahn is originally from Charlotte.

AT&T has made available large number dial stickers for rotary and touch-tone phones for persons having difficulty seeing the numbers on their telephones. To obtain these stickers, call AT&T at 1-800-233-1222.

The B'nai B'rith Lodge took several children of single parent children to dinner and a UNCC basketball game on February 10. This was a memorable evening for all these children.

Jewish Social Services and the Jewish Community Center are in the process of negotiating an agreement where Social Services will rent the JCC van one-day-a-week for shopping, doctor appointments, and other transportation needs for seniors. We hope this will be available in a relatively short time, because there are several seniors in our Jewish community who are unable to have transportation when they need it for errands. More details on this will be forthcoming.

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