

BJH/Fair Oaks Residents Are on the Road Again



FAIR OAKS residents preparing for weekly "out-to-lunch" with Betty Roth (volunteer in center). (L to R): Clara Borenstein and Sarah Sherry (from Charlotte), George Lewin, Miriam Gingold.



BJH courtyard filled with residents and visitors enjoying the sounds of music from Viva Klezmer! at Sukkot celebration.

Residents of Blumenthal Jewish and Fair Oaks Home have taken to the road this season. Life at BJH is full of options for those living there, and often these choices include some traveling. Fair Oaks residents have recently ventured as far as Asheville to visit Biltmore House and nearby sights. They also spent a day touring on the Blue Ridge to see the fall leaves and Mabry Mill. Closer to home, BJH and Fair Oaks residents have taken shorter trips to Greensboro where they enjoyed lunch with their Greensboro volunteer hostesses at Starmount Country Club; week-

ly visits to Reynolda House Museum of American Art in Winston-Salem for a series of art classes; and monthly visits to Winston-Salem for lunch and shopping at the mall with volunteers. Residents keep on the go, both in Fair Oaks and in the nursing home with many options from which to choose.

We invite you to take to the road and come see what life is like at this premier home of North and South Carolina, the Blumenthal Jewish Home. For more information or to schedule lunch and a tour, call 919/766-6401.

Blankets Given to Zimbabwe Lepers

The Jewish community of Zimbabwe, prompted by the American Jewish Joint Distribution Committee, gave 5,000 blankets — valued at \$60,000 — to the Child Survival Fund for distribution to leprosy patients. The blankets were presented by representatives of the community, Ms. Stella Cohen and Mr. Stanley Harris, to Mrs. Sally Mugabe, First Lady of Zimbabwe and Patron of the Fund. In presenting the blankets, Ms. Cohen said the gift was in

direct response to a plea by the First Lady in discussions with a JDC representative about the plight of the lepers this past winter. The presentation was reported on national television and the national press. Ms. Cohen noted that the JDC assisted the Zimbabwe Jewish community to pay for the blankets.

There are about 1,100 Jews among Zimbabwe's 8.5 million people.

Thoughts from Adrienne

By Adrienne Rosenberg, JFS Director



The beginning of a New Year and the end of another decade... a good time to reflect on the past decade and to set goals for another one. When I think back about my life and the 1980s, I realize this was my decade of transitions and adjustments. And I'm pleased at how much firmer I am in my convictions that I can make adjustments to what life deals me, despite the pain and uncomfortableness of a situation. The 1980s were definitely a time of life changes, some forced on me and some chosen. I am not where I physically or emotionally was in 1980. And as life evolves, I am more ready to meet it head on as a result.

In 1980, I was living as a married lady in St. Joseph, Michigan with two children, ages 4 and 7. I was active in Hadassah and synagogue life, had a private practice, and taught three courses each semester at the local junior college. I was a traditionalist in thought about marriage, believing that was the ideal and only way despite any differences or strug-

gles that arose.

However, within this ten-year period I have made two major moves, went through a divorce with all of its emotional upheaval, became a full-time breadwinner, purchased a home and car on my own, made financial decisions and have seen my two wonderful children turn into teenagers with all the joys, hopes and worries that brings.

I have struggled with single parenthood and having to make major decisions on my own. I have found success career-wise I never would have envisioned for myself ten years ago. I have survived the initial uncomfortableness of dating again, the pain of having other relationships not work out, and finally the pleasure of a very significant longstanding "significant other." I HAVE MADE IT. This doesn't mean I don't have financial concerns or insecurities. It means I have survived.

When my former spouse told me he didn't want to be married

to me anymore, my biggest scare was that I would never be able to manage on my own. Ten years later, to quote from the book **Rebuilding When Your Relationship Ends**, "I've become aware that living as a single person is an affirmation of strength and self — not an embarrassing admission of failure. I am happy as a single person — something I had not thought possible before."

Jewish Family Services is going to be sponsoring a Single Again Group to help those interested gain support and learn coping skills. If you would like to be part of this group, which will be held for four weeks during the winter months, please call us at 364-6594 or 364-6596. Divorce is an emotional upheaval. Knowing that others have gone through it or are experiencing similar conflicts helps us to know we are not alone. For out of initial trauma can come peace of mind if we risk to do and be different.

Lech Walesa is a Friend of the Jews

By Marc H. Tanenbaum (JTA)

Lech Walesa came and captured America's imagination as the authentic symbol of the freedom revolution in Poland and throughout Eastern Europe.

I met and spoke with Walesa, the electrician-turned-statesman, at the International Rescue Committee reception. (The IRC, which rescued from the Nazis Albert Einstein and Enrico Fermi, among others, carries out a medical relief program in Poland and other parts of the world.)

It is easy to understand his moral appeal — he comes across as an unpretentious working man, direct, blunt and good-humored.

"Good Polish-Jewish relations are important to me," Walesa said to me. "Poles and Jews need each other. I want to work to improve our ties."

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