

# Jewish Family Services

## Upcoming JFLE Workshops

Jewish Family Life Education (JFLE) programs provide a group format for community members to participate in and learn about a variety of challenging issues. This winter's session, cosponsored by Jewish Family Services (JFS) and the Charlotte Jewish Preschool, will focus on the topic, "Parenting Your Preschooler(s)."

Workshops on the following topics will be held on three consecutive Thursday mornings at Shalom Park beginning March 7:

1. "Your Child's Self-esteem and How to Discipline Effectively" (March 7, 9:30-11:00 a.m.). This workshop will focus on your child's self-esteem, what it is, how self-image is built, how parents can positively affect self-esteem. Parents will learn to assess their own competencies/strengths for disciplining or teaching their preschooler.
2. "The Hurried Child" (March 14, 9:30-11:00 a.m.). This workshop will focus on ways that parents can provide well balanced activities for their children without overscheduling

them.

3. "Sexuality in Preschool-Age Children" (March 21, 9:30-11:00 a.m.). This workshop, especially geared for parents of 3½-4, and 5-year-olds, will cover sexuality questions and behaviors of preschoolers.

There will be a \$7 fee per workshop; cost for the entire series is \$21. Scholarships for the workshops are available upon request. Please contact IRIS MADISON at 364-6594 or 364-6596. Workshop registration will be limited, so early registration is strongly encouraged. Pre-registration is required of all participants.

The workshops will be facilitated by Iris Madison, MSW, ACSW, and Carol Klein, director of the Charlotte Jewish Preschool. Iris has several years experience in direct intervention with children and their families and is currently employed by Jewish Family Services and Charter Pines Hospital. Carol, who has an M.S. in early childhood education, has been a preschool child educator for the past 12 years.

## Blumenthal Jewish Home Provides Answers

**Who? What? Where? When? How? and Why?** are all questions about the Blumenthal Jewish Home that can be answered in your own community. Members of the Blumenthal Jewish Home Board of Trustees living in your community are available to answer your questions or to provide general information about the Home. Sue Clein, director of Community Relations at Blumenthal Jewish Home, would be happy to visit and present a program to organizations and groups interested in learning about the Home.

The Blumenthal Jewish Home is the only Jewish nursing home and assisted-living facility in North and South Carolina. Opportunities are available for

you to learn about this fine facility which serves the needs of our Jewish elderly.

Facilities are also available at the Home for organizations and groups desiring to tour the Home and conduct meetings and programs. The following individuals at the Home or in your community may be contacted for more information about the Blumenthal Jewish Home and Fair Oaks: Sue Clein, director of Community Relations and Melinda Hartley, director of Admissions, 919/766-6401; members of Board of Trustees from Charlotte are Audrey Madans, Herman Blumenthal, Irving Brenner, Joel Goldman, Moses Luski, Bennett Lyons and Walter Marx.

## Thoughts from Adrienne

By Adrienne Rosenberg, JFS Director



Everyone would like to live a life of no runs, no hits and no errors. Unfortunately, this is not realistic. There comes a time in everyone's life when life deals us the unexpected.

Most of us know how to enjoy "the good life" — the times when we have plenty of money, food, good health, loved ones around us, job security, trips for pleasure, etc. But what happens when the hard times come? What happens when we lose our job, lose a significant other, have to live on less money but are still responsible for past debts, when we encounter a major health problem? Then how do we cope? How do we live with the fear,

guilt, depression, anxiety and anger that can occur?

Situational loss and trauma occur to everyone at some time in their lives. How one copes with such a loss depends on many factors. This is a time when the support of others is as vital as how one feels about themselves and their ability to live through a tragedy.

I am writing this article as I myself recover from a trauma that occurred unexpectedly. All the things I know and tell others about coping with stress are important now. For I plan on coming out of this with a healthy outcome, realizing all adjustments take time.

What are the steps to positive, healthy coping when unpleasant situations occur which imprint our future?

1. Believing we can live through what happens. It may mean big adjustments, changing plans, facing loss, and it may not be easy. But there is life after trauma, although it may mean a different life than expected.

2. Use your support system to talk about your troubles, perhaps even using the support services of a professional counselor. Talking over your situation releases pressure, makes you feel better, and sometimes can help you see a new side or hope for your problem. There is nothing weak about knowing when to ask for help.

3. Grieve about the loss. All the emotions of sadness, guilt, anger, sorrow, anxiety are natural now. Only when we can accept what we cannot change (which can take months or years depending on the loss) can we go on emotionally with our lives.

4. Learn to pace yourself as you go about your normal routines. Realize your limitations and plan around them. It is all right at this time to take it one hour at a time or one day at a time. Actually, this is a time to learn flexibility, accept imperfection, and go easy on yourself.

5. Try not to neglect the body. Eat sensibly, exercise, get plenty of rest, and know that it is all right to laugh too.

6. This may also be a time to recall our spiritual side. Although many Jews are not totally comfortable with the aspects of prayer and faith, it may help to seek meaning from a rabbi.

We will make it through the hard times. For only in going through what we don't want can we be truly thankful for the good times.

## Case Manager for Geriatric Services Hired

Adrienne Rosenberg, director of Jewish Family Services, is pleased to announce the hiring of Susanna C. Horton as Case Manager for the new In-Home Assistance Program on a sliding fee scale. Mrs. Horton comes to the position with a B.A. in Gerontology and Business Administration. Her most recent position has been as staffing coordinator for Care Services of Raleigh.

Mrs. Horton's first steps will be to begin publicizing the program and serving clients. This program is open to all of the frail elderly of Charlotte. Its purpose is to provide case management and in-home assistance to prevent premature institutionalization.

To learn more about this program, please feel free to contact the JFS office, 364-6594 or 364-6596.

## Someone Needs Your Good Deeds

Jewish Family Services offers a wide variety of volunteer opportunities. We depend on volunteers to deliver many of our most important services addressing a wide range of community needs. Please review the list of services in need of volunteers below and give us the gift of your time.

- Friendly visitors for the homebound
- Conversational English tutors for our new Soviet emigres

- Transportation drivers for seniors, disabled, or Soviet emigres

- Big Brothers for children from single-parent homes

- Angels needed to contribute to our restricted donation funds for emergency food, shelter or medicines.

NOTE: Last year, we were able to give out \$13,000 in monies, due to angels, to people in need in the Charlotte Jewish community.

## Jewish Children's Adoption Network

The Jewish Children's Adoption Network was founded this past July because of the hundreds of Jewish children who are placed for adoption every year in non-Jewish homes, not to mention the additional hundreds in institutions or long-term foster care.

We desperately need families

willing to adopt children with Down Syndrome, but we also need families for children with other physical, mental or emotional problems.

We also have reason to believe that healthy Jewish children sometimes get adopted by non-Jews, and we would like Jewish birth mothers to know that we are available to confidentially help them find Jewish families for their babies, as we will for any Jewish child in need of adoption.

We are not an agency. We do not charge any fees.

Anyone wishing further information can write to us at: Jewish Children's Adoption Network, P.O. Box 16544, Denver, CO 80216-0544; or can call us at (303) 573-8113.

## Student Loans

Student loans for Jewish college students based on need are again available from the Jewish Educational Loan Fund of Atlanta. This regional loan is a no-interest possibility for students after high school who will enter a four-year institution. Preferences are given to state schools and for traditional colleges rather than for vocational schools. To qualify, one must have been a resident of the Charlotte area for at least a year and have applied for other forms of financial assistance.

To learn more about this student loan or to acquire application forms, please call the Jewish Family Services office, 364-6594 or 364-6596. The date for final application is May 10, 1991.

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