

The Charlotte JEWISH news

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June-July 2019

There's Still Time to Make an IMPACT to the 2019 Jewish Federation Annual Campaign!

Through our Annual Campaign, the Jewish Federation of Greater Charlotte joins with 147 Federations across North America to answer the needs of the Jewish world.

When a child needs a Jewish education, a subsidy to participate in a Jewish experience like Jewish summer camp, or a BBYO leadership conference, Federation is there. When a family loses its income or an entire community is devastated by a disaster, Federation is there. It's a pledge we live by.

Whether nurturing and sustaining Jewish identity for future generations or supporting our brothers and sisters in Israel, Federation is where our community comes together as one;

where we, as a community, develop innovative responses to critical issues; where anyone who needs help can get it; where an energized Jewish community grows and celebrates; and where everyone can make a difference.

The Jewish Federation of Greater Charlotte has been supporting, sustaining, and revitalizing Jewish life for more than 75

years. Today our work is far from finished – and we need your support to meet our 2019 Campaign Goal of \$4,300,000 ... much needed dollars to help us meet the needs of our entire Jewish community.

Your contribution enables us to use your gift wherever it's needed most. 70% of our Annual Campaign is allocated to nearly 50 local agencies and programs in Charlotte; while 30% of the campaign is allocated to our partner agencies in Israel, and in 70 countries around the world.

Help us answer the needs of the Jewish world by making your pledge to Federation today.

We pledge to answer the needs but we can

only do that with your help. If you have already pledged to the 2019 Annual Campaign, we thank you. If not, please consider a meaningful pledge today. For a complete list of our 2019 allocations, or to donate online, please visit www.jewishcharlotte.org.

All pledges are payable and due December 31, 2019. ☆

IT ALL STARTS WITH YOU. YOU MAKE EVERYTHING WE DO POSSIBLE!



CAMPAIGN 2019: AT A GLANCE

Goal: \$4,300,000

 1267 Donors	 60% Complete	 Raised \$2,618,758 <small>as of 05-13-19</small>
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OUR COMMUNITY IS COUNTING ON YOU!

Summer Time Is Fun Time ... Or Is It?

AAAH... summer is here. The kids are out of school, activities have wound down, vacations are being planned, and now we can relax a bit. This all sounds great unless you happen to be a parent of a child with special needs or mental health issues. For those families, summer is often a time of increased stress. Children with depression, ADHD, high levels of stress, or those on the spectrum often rely on daily structure

and routine to get them through the day successfully. They don't manage change well and the transition to summer is often quite challenging. Free time can increase anxiety, new activities increases stress and the lack of peer interaction can increase loneliness and depression. The key to a successful summer is anticipating and planning how to manage the challenges. Here are some guidelines to consider:

Know and anticipate your child's triggers

What are the most difficult areas for your child? Do they have trouble managing free time and need a lot of structure, are they unusually shy and anxious about meeting new people, do they need extra assistance with certain kinds of activities? Think about these triggers as you plan what summer is going to look like for your child.

Include your child/youth in your planning

Make sure you are talking with your child about what the summer is going to look like for them. Engage their interests and help them anticipate what they will be experiencing.

Pursue activities that are the right fit for your child

Make sure you are looking for activities and programs that are a good match for your child. You know their triggers and interest, does the program respond to these issues? Do they offer the structure, engagement, or individual attention your child needs, can they manage their special diet or medications, etc. Talk with the program managers about any concerns you have and special requests in advance so they know whether they can accommodate your child's needs.

Talk to your child about your final plans

Allow them to express their concerns, fears, and anxiety over

what is being planned and then play out those scenarios and help them come up with strategies on how they will manage each of those situations. If possible, visit any programs, and/or places that may be part of their summer programming. The more knowledge and information they have, the less anxious they will become.

Anticipate needed changes in medication

Changes in routine often require changes in medication, whether it be dosage, times administered, or discontinuing certain medications. For instance, many parents want their child to decrease or go off of ADHD medications during the summer. If this is the case, make certain you are aware of how to manage any changes in behavior. In addition, many psychotropic medications can have adverse effects from the sun and heat of the summer. Be certain to talk with your prescribing doctor about any potential side effects.

Check in

Once your child is engaged in summer activities, check in with them regularly to see how things are going. Talk to them about any problems or challenges they may be having. Monitor their mood and behavior. Also, check in with the program staff. Have they encountered any issues? Remember summer programs are often staffed by non-professionals who wouldn't know to say something.

Talk to a professional

If your child is in therapy, talk to their therapist about your summer plans. Get their input and let them know what is being planned. They can help your child's adjustment to a new regiment for the summer.

Following these guidelines can truly make a difference in your child's summer experience and just maybe you too can take some time and relax.

For additional assistance, contact Jewish Family Services at 704-364-6594. ☆

Also inside ...

Make a blind date with a book at the Center for Jewish Education ... see page 3.

Cantor Roohvarg begins a five-part series on his trip to Israel ... see page 13.

Temple Solel will meet in a new location starting this summer ... see page 17.

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