

Miracles

Spring 2006

Jewish
Family
Service



Hope for miracles, but don't rely on one

Yiddish Proverb

President's Message

This entire issue of Miracles is dedicated to the services that Jewish Family Service provides to seniors and their family members. Many people have described Jewish Family Service as the "best kept secret in town". This Miracles newsletter is another attempt to inform the community about the wonderful services and staff that our agency has available to you, your friends and your loved ones.

Harvey Paris



Please share this Miracles newsletter with anyone in the community who may benefit from this information

CAREGIVERS SUPPORT GROUP

"I live with my 87 year old mom and have the task of overseeing things that she can no longer do herself. It became overwhelming to me. I recently joined the JFS Caregivers Support Group with Joan Farley and have found it to be very helpful"

Caregivers are the last ones to think that they need help- yet, whether you are caring for an elderly parent, your spouse or another family member, it can be overwhelming, draining and confusing. Now there is no need to go it alone. Join with others in the Jewish community who are in a similar life circumstance. Share common experiences, give each other support and learn from the experts and each other on what community resources are available and how to easily access them. Past participants, like the one quoted above, have found the group to be "heykish", warm, accepting and open.

Jewish Family Service facilitates the caregiver support group on the first Wednesday evening of the month from 6-7:30 P.M. at the JFS office. Interested? Contact Joan E. Farley at 366-5438 ext.19.

CARE MANAGER PROGRAM

"My mother was able to leave her nursing home and return home with all the necessary services in place thanks to the Jewish Family Service Care Manager Program"

There may come a frightening moment when we realize that a loved one can no longer care for him- or herself. Care managers can help older adults maintain their independence while still living in their own homes. JFS is happy to announce that Joan Blumenfeld, MS, NCC, LPC and Lisa Krauss, MA, NCC, LPC, have joined Francine Schweiger, MSW, CSW, as JFS Care Managers.

Some of the services that care managers can provide include: Assessments; Regular Visits; Screen, arrange and monitor in-home help; Assist in arranging legal, financial and medical services; Counseling and support for client and family members. Our licensed care managers can assist you to ensure the very best care possible. They are available on a private pay/hourly fee basis.

Learn more about our new Care Managers inside this newsletter.

Jewish Family Service Helps Seniors

- ◆ **Information and Referral**-Whether new to our area or have questions concerning senior issues such as housing, transportation, care giving, retirement, health care or state and local programs, call us at 366-5438 for answers.
- ◆ **Holocaust**- Provides financial and emotional support as well as form preparation to Holocaust survivors and their families.
- ◆ **Chaplain Service**- Visits unaffiliated seniors in area hospitals and nursing homes and meets with individuals at JFS who need spiritual support and guidance.
- ◆ **Wellness Center**- provides group based educational and emotional support on such topics as coping with illness, surviving cancer and Jewish traditions and customs.
- ◆ **Russian Seniors Programs**-Provides consultation and support in the Russian language on issues related to health, language, paperwork, Citizenship and other personalized services.
- ◆ **Hot Kosher Lunch**-Provides professional support, social activities and transportation coordination for the daily Hot Kosher Lunch Program at the JCCS. Also provides the Shabbot Experience every Friday. Enjoy Shabbot, a hot kosher meal and spend time with your contemporaries. We also coordinate daily volunteer-delivered kosher meals to shut-ins.
- ◆ **Geriatric Care Manager**-Specializes in assisting families and caregivers with assessment, counseling, consultation and personalized services to insure the best care and circumstances for the loved one, whether local or at a distance, and assists the older adult at maintaining maximum level of independence (see front page for more information).
- ◆ **Volunteer Services**-Volunteers visit isolated Seniors, provide rides to medical appointments, make reassurance telephone calls, shop, provide respite care to caregivers and deliver hot kosher lunches. **Call if you need a volunteer or want to volunteer!**
- ◆ **Caregiver Support Group**-Meets monthly to provide information, referral, counseling and support for caregivers (family members who are caring for relatives 60 years of age and older).
- ◆ **Blue Stars**-A group of Jewish single seniors that meets to enjoy on-going social events, lectures, luncheons and Jewish Holiday observances.
- ◆ **Counseling**-Helps seniors and their families cope with difficult circumstances such as illness, death of a family member, aging, depression, anxiety, stress and guilt. Assessments are also provided to determine eligibility for various services.

The JFS Staff for Elderly Services

Rabbi Dana



Joan F



Barbara



Irene



Joan Farley- B.A.-Certification-Gerontology- Elderly Services/Caregiver Coordinator- provides information and referrals, facilitates Caregiver Support Group, the Blue Stars Jewish Senior Singles Group, the Hot Kosher Lunch activities and referrals to the Geriatric Care Managers.

Barbara Paris- (Vice-President, JFS) LPC- Supervises elderly services program and co-facilitates Wellness Center.

Harvey Paris-(President, JFS) (Picture p.1) L.C.S.W-Social Worker assists Holocaust survivors.

Rabbi Dana Bogatz-Chaplain-Co-leads the Agency Wellness Center and is also the Community Chaplain for Unaffiliated Seniors.

Irene Ivaska- L.C.S.W.-Social Worker provides counseling for seniors and/or family members.

Allison



Faina



Joan B.



Francine



Lisa



Allison Gruder-M.M.F.T.-Social Worker- leads a weekly Shabbat experience at the JCCS Hot Kosher lunch program and provides counseling and assessments for seniors desiring to be part of the Agency's Friendly Visitor program

Faina Doliner-M.S. Russian-speaking Outreach Coordinator for the Russian community.

Myrna Kosowsky-(No picture) M.S.-Volunteer Coordinator-Recruits, trains and supports volunteers who provide services for seniors.

Joan Blumenfeld- M.S.,NCC, LPC- Geriatric Care Manager Joan has been practicing as a Geriatric Care Manager since 1996. She is a long standing member of the National Association of Professional Care Managers and a co-founder and facilitator of the Care Managers Support Group. She has received recognition from both the Jewish Home for the Elderly and the Alzheimer's Association for her outstanding and pioneering work in the field. In addition to care managing, she will also be leading workshops on a variety of topics related to aging.

Lisa Kraus- M.A., LPC, NCC- Geriatric Care Manager Lisa has more than 15 years experience in assisting individuals and families. She worked more than 10 years as the Director of Social Services for a nursing facility and currently is a hospice counselor for visiting nurses. Lisa will be offering a bereavement group and will be speaking on "dealing with end of life issues".

Francine Schweiger- M.S.W.,C.S.W.- Geriatric Care Manager

**Jewish
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*Serving families in Bridgeport, CT, and nearby
communities, regardless of religion*

One Hour A Week Makes A Difference.....

Isolated Seniors Living In Our Community Need Your Help.

Our volunteers provide: Transportation for medical appointments; Visits to isolated seniors; Home Delivered Kosher Meals; Telephone Reassurance Calls; Respite Care for Caregivers

Volunteer to be a Driver or Friendly Visitor

Enrich your life and the life of someone else.
Contact Myrna Kosowsky at 366-5438 for more information

SAVE THE DATE

***Bob Fosse's
SWEET CHARITY***

**Sunday, May 21st
Downtown Cabaret
Theater
23 Golden Hill Street,
Bridgeport, CT**

**Doors Open 5:30pm
Showtime 6:30pm**

Thank You AAA

Thanks to the Southwestern Connecticut Agency on Aging for awarding Jewish Family Service the Caregiver Grant and the Caring Connections Grant; they will help us provide better services to our community's seniors.



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