



COMMUNITY Matters

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Stand Up

No one can deny we live in a world that is unsettling today. When we turn on the news or the latest story comes across our phone, we often can't believe what we see. Another tragedy, many fueled by hate or people that have simply lost their way. Incidences that one cannot make sense of as they are senseless. Hate crimes are on the rise, particularly anti-Semitism and crimes against other marginalized or minority populations. What people were whispering quietly at other wrongly likeminded people about their biased and prejudiced views are now spoken loudly and publicly and often acted upon righteously.

I'm no historical scholar, but one doesn't have to be to feel that somehow things have turned around and we are going in the wrong direction. Pittsburgh is a wonderful community, one I know personally as a graduate of the University of Pittsburgh. But clearly, you don't have to know Pittsburgh to identify with the victims of the tragic shooting in the Tree of Life Synagogue. Don't we all know someone disabled who might be our neighbor? Don't we all know an old woman who regularly attends services at her spiritual home? Don't we all know someone who could be celebrating the birth of a baby? Perhaps this sounds like an oxymoron, but hate does not discriminate. Sadly, any one of us or our loved ones could be a target.

So how do we stand up? How do we each in our own way speak up for hate speech and actions? Think about that next time you hear someone speak a derogatory word and how you can use that as a moral, teachable moment. Think about it when you see hate speech on a blog or website. Report it to the authorities. Speak up. Your intervention and ability to stand up can start a ripple effect of acceptance and love. Rabbi Jeffrey S. Myers from The Tree of Life Synagogue in a sermon was quoted as saying the following advice to his congregation, "follow a path of good because that's the only way to heal a community."

Sheila Nudelman Abdo

Sheila Nudelman Abdo

JFS NEPA Executive Director



For more information you can visit our website at www.jfsnepa.org or give us a call at (570) 344-1186.

JFS & Scranton District Dental Society join together to help residents.



JFS met with members of the Scranton District Dental Society on November 13, 2018 to speak about the Dental Program at JFS. Through JFS, dentists from the SDDS volunteer their time and donate resources to help qualified applicants in Lackawanna County get the Dental Care they need.

Pictured in the photo: Dr. Charles Scrimalli SDDS President, Sheila Nudelman Abdo JFS Executive Director, Dr. Chris Kotchick co-chair Mission of Mercy, Dr. Brendan Langan SDDS Officer

Dr. Samantha Adob SDDS VP, Dr. Megan Azar SDDS Secretary, Dr. Darleen Oleski PDA Government Relations Chair, Dr. Thomas Langan Jr SDDS VP

Dr. Kurt Wadsworth SDDS Past President, Cynthia Cox SDDS Marketing Coordinator, Dr. Joseph Kelly 3rd District Treasurer, Colette Jesikiewicz JFS Administrative Services Coordinator, Dr. John Erhard SDDS Past President, Dr. Patrick Hayes SDDS Officer

Absent from photo Jewish Family Service volunteer dentists: Dr. Martin Bifano, Dr. Andrew Brown, Dr. William Burdyn, Dr. Justin Burns, Dr. Lawrence Gallagher, Dr. Joseph Gronsky, Dr. Stephanie Potter Hanyon, Dr. Brian Kerr, Dr. Frederick Lally, Dr. Sam Prisco Sr., Dr. Michael Ratchford, Dr. Stephen Solfanelli, Dr. Jan Stampien, Dr. Gary Wadsworth, Dr. Nancy Willis and Dr. Matthew Zale

PRESIDENT'S *Message*



As a 103-year old social service organization, Jewish Family Service (JFS) of Northeastern Pennsylvania continues our tradition of meeting the ever-changing needs of individuals and families across our whole

community. As President of JFS, I am very proud of the continued work we do to fulfill our mission of repairing our community one person and one family at a time. It is hard to imagine all the lives we positively touched over the course of the last 103 years. It is through the joint efforts of our Board of Trustees and our dedicated professional staff who make a difference in the lives all of those who call upon us each year.

Our staff is the heart of all we do as an organization, and when you enter the JFS office, you immediately feel the warmth and compassion of our team.

Everyone who is part of the JFS family has a unique appreciation for the intricacies of life and appreciates the daily challenges that each of us faces. The key is gaining access to the support and guidance during these times and JFS continues to help more individuals and families each year. We are here to help – now more than ever!

I would ask you to consider becoming involved with JFS this year as a client, a volunteer, or a donor. I implore you to spread the word of all we can do in a time of need for you, a family member, or a friend. JFS is here to listen, and we dedicate ourselves to supporting our community with our vast array of services along with a thoughtful and compassionate approach.

Eric Weinberg

Eric Weinberg
JFS Board of Directors



New Board Members



New Board Members nominated to a 3 year term include Michael Mardo, Donna Kostiak, Louis Nivert and Dr. Nancy Willis. Those nominated to serve a consecutive 3 year term include Dr. Daniel Ginsberg, Leah Gans and Margaret Sheldon. Pictured are Dr. Nancy E. Willis DDS Children's Dentistry, Leah Gans, Donna Kostiak and Dr. Daniel Ginsberg.

Gold & Silver

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Thank you to the Gold and Silver Sponsors of our 3rd Annual Community Matters Event, which was held on May 23rd, 2018!

Golf Tournament

Save the Date! August 13, 2019 for the Glen Oak Country Club Women's Golf Tournament supporting JFS! Very thankful for the support from the tournament co chairs Barb Nivert and Elaine Frieder Shepard, we're looking forward to it!



BOARD SPOTLIGHT



GAYLE BAAR

Gayle joined JFS in 2016 when she was asked to serve on the board by her friend Barb Nivert. "She is a great example of service, so I couldn't say no."

She currently lives on East Mountain in Scranton, but has also lived in Baltimore, Shaker Heights, Ohio, and the Dallas,

Texas area. Today she is very happy to be back in her home town.

This past July she and her husband Eric celebrated their 21st anniversary. They have three children between them, her children Leigh and Evan and Eric's son Ian. Gayle has two grandsons, Dylan and Robbie and a step granddaughter, Ellie.

A retired school librarian Gayle has also spent time as the Public Information Officer for the National Kidney Foundation of Maryland. Recently she started a small business making personalized baby blankets and other items.

Her greatest personal accomplishment has been being able to give back to her community. Gayle has done a wonderful job serving organizations like JFS and the NEPA Youth Shelter and Drop In Center as a dedicated volunteer.

"You must get involved. The JFS board is a group of people challenged with raising money for an outstanding organization that serves the entire community. Your commitment and involvement means so much towards meeting those goals."

Uninsured and Underinsured in Need of Dental Care



By Colette Jesikiewicz CDPMA, FADAA

The DentalCare Center at Jewish Family Service offers a dental program for the uninsured residents of Lackawanna County. If an applicant meets the residential and income requirements they could be on the way to a new, beautiful smile at a price they can afford.

An uninsured patient has no insurance while an underinsured patient has insurance that covers very little. There is a common misconception that if you have dental insurance "everything is covered". Unfortunately, that may not be true.

Many dental plans have deductibles, this means the patient is responsible for the first \$25, \$50 or even up to \$100 per year. Preventative and diagnostic services, such as dental cleanings and x-rays, are usually exempt from the deductible. However, as policies are changing this may no longer be the case.

Another area of concern is co-insurances/co-payments where the patient pays a percentage of the dental service fee. Restorative services, such as fillings, might be covered at 80% and major services, such as root canals, crowns, or dentures, might only be covered at 50%. Many dental plans have a \$1000 annual maximum which may not cover

the cost of extractions and a set of dentures. Other dental plans offer as low as a \$500 annual maximum. This can be used up with as little as a dental cleaning and 2 or 3 fillings. Even with dental insurance the patient may still be left with a large out of pocket expense that they cannot afford. This is known as "underinsured".

A huge mistake patients make is refusing dental x-rays thinking they will save money. That is like asking your car mechanic to tell you what is wrong with your car but not allowing them to look under the hood! Many dental offices use digital x-rays which uses very little radiation. Dental x-rays are necessary to see what is under the gums and in between the teeth. By the time you "see" the cavity it might be too late to save the tooth.

It is important for patients to educate themselves on what their dental plan covers and to go to a dentist who participates with their insurance. Not every dentist accepts every insurance. If you go to a dentist who is "out of network" then your payments could even be higher or services might not be covered at all. When purchasing dental insurance, knowledge is the key – ask questions.

The DentalCare Center at Jewish Family Service may be the answer to your dental needs. Even if you do not qualify for our dental program there are other options. Don't be afraid to ask for help. Your dental health may depend on it.

Jewish Family Service of Northeastern Pennsylvania is extremely grateful to the hundreds of families and individuals who participate in our Tribute Card and Tree of Life Programs. It is a wonderful way to honor and recognize people in your life, and, at the same time, help Jewish Family Service. This listing includes gifts received February 1, 2018 through December 15, 2018. Please accept our apology if we have missed you. We researched carefully to be certain we included everyone, but occasionally mistakes get past us! If your name is not listed, or if you know of someone else's name we have omitted, please contact us so we can properly acknowledge all efforts.

There are many ways to demonstrate your love to friends, family and loved ones in joy, celebration and even in sadness. A meaningful way to honor and remember is through a contribution to one of Jewish Family Service of Northeastern Pennsylvania's many funds. For a more permanent recognition, a silver, bronze or gold leaf can be purchased and displayed on the "Tree of Life" which is located in the entranceway of the Myer Davidow Wing of the Jewish Community Center. More information can be obtained regarding a contribution by calling the Jewish Family Service office at 570-344-1186.

GENERAL FUND

IN MEMORY

Mr. & Mrs. John Spager
In memory of daughter, Alba
Alan & Michele Smertz

Paul Mackarey
In memory of father
Larry & Sheila Abdo

Jeff & Dassy Ganz
In memory of Sylvia
Jim & Susie Connors

Lee Gromer
In memory of sister, Ruth Gromer
Lebowitz
Seth & Sheryl Gross

Family of Frank Stark
In memory of Frank Stark
Shirley Nudelman

Denise Brown
In memory of husband, Stephen
Brown
*Gayle Baar
Barbara Nivert*

Robert Pollack
In memory of father, Barry Shaefer
Alan Smertz & Family

Terrence Nealon & Family
In memory of father, William
Nealon
Larry & Sheila Abdo

Susan McKay
In memory of mother
Seth & Sheryl Gross

William Conaboy & Family
In memory of father, Richard
Conaboy
Alan Smertz & Family

Rhonda Fallk & Family
In memory of father, Henry Shapiro
Larry & Sheila Abdo

SPEEDY RECOVERY

Jim Connors
Larry & Sheila Abdo

Andrew Hailstone
Larry & Sheila Abdo

CONGRATULATIONS

Susie Blum Connors
For receiving the Volunteer
Recognition Award
Seth & Sheryl Gross

Rachel White
College Graduation
Seth & Sheryl Gross

Larry Cohen
For receiving the Wilkes College
Recognition Award
David Feibus

Carole Boettger
For receiving the Bea & Max Rock
Senior Award
Shirley Nudelman

Deborah & Schlomo Fink
Congrats on a new granddaughter
Seth & Sheryl Gross

IN HONOR

Jack Rose
In honor of 80th Birthday
Seth & Sheryl Gross

Maggy Bushwick
In honor of years of service at JFS
Seth & Sheryl Gross

Rick & Susie Jacobson
In honor of 50th Wedding
Anniversary
Bev Klein

Mary Ziman
In honor of special birthday
DeSantis Family

MAE S. GELB KOSHER FOOD PANTRY

IN MEMORY

Family of Bill Smulowitz
In memory of Bill Smulowitz
Bev Klein

Herbert Hollenberg
In memory of wife, Lee Hollenberg
Bev Klein

Joel Joseph
In memory of sister, Jayne Green
Bev Klein

Family of Harriet Schectman
In memory of Harriet Schectman
Claire Dubin & Family

Albert Rosenberg
In memory of Jean Lewis
Maggy Bushwick

Judy Margolies
In memory of father, David Katz
Bev Klein

Gregory & Louba Block
In memory of mother, Esther Block
Morey & Sondra Myers

IN HONOR

Carol Kaplan
 Claire Jacobson
Paul & Margery Rosenberg

Claire Jacobson
 In honor of birth of grandchild
Bev Klein

Lil Levy
 In honor of birth of grandchild
Bev Klein

Marcia Myers
 In honor of birthday
Sondra & Morey Myers

Morey Myers
 In honor of 91st birthday
Bev Klein

Harriet Gelb
 In honor of birthday
Sondra & Morey Myers

Mr. & Mrs. Louis Premselaar
 In honor of special anniversary
Margery Rosenberg

**SHERI & BARRY
FINKELSTEIN FUND****IN MEMORY**

Family of Norma Lipman
 In memory of mother, Norma
 Lipman
 Mr. & Mrs. Harold Finkelstein

Howard Spizer
 In memory of Gerry Sare
 Mr. & Mrs. Harold Finkelstein

Hal Finkelstein
 In memory of Naomi Finkelstein
Alan Goldstein
Bernice Ecker
Mildred Weinberg
Linda & Gerald Deutsch
Larry & Sheila Abdo
Eileen Baine
Rosemarie Fahey
Mel & Faye Spatt
Carole Werner
Carol Jacobs
Joe & Susan Kamerling
Doris Koloski
Rochelle Myers
Rita Betti

Carol Williams
Joseph Nidoh
Judith White
Marx Accounting
Harriet & Marvin Brotter
Seth & Sheryl Gross
Julia Ann Zdanek
Shirley Nudelman
Larry & Jennifer Gallagher
Florence Bousel
Clara Adcroft
Abraham & Florence Mann
Stewart & Christine Damon
Rich & Linda Horan

ROSENTHAL FUND**IN MEMORY**

Jeff Ganz
 In memory of mother, Sylvia Ganz
Betsy Rosenthal

SAPSOWITZ FUND**IN MEMORY**

Rabbi Marna & Mel Sapsowitz
 In memory of Barbara Sapsowitz
Murial Troy

Planned Giving

Planned Giving is a method of charitable giving that involves a consideration of your retirement plan and/or family estate to be distributed to Jewish Family Service upon your passing.

Build Something Today, To Support Tomorrow

To Share With Your Attorney

I hereby give, devise and bequeath to **Jewish Family Service of Northeastern Pennsylvania**, with offices at **615 Jefferson Avenue, Scranton, PA, 18510**, federal tax ID # **24-0796423**, or its successors in interest, the sum of \$(amount written), exclusive of my lifetime donations, if any, for use in its most urgent priorities as determined by its board of trustees in their sole discretion. *Your attorney can change this to a percentage of your estate, rather than a fixed amount if you prefer.*

For more information, or if you have designated JFS as a beneficiary please contact:

Sheila Nudelman Abdo, Executive Director (570) 344-1186

JUST BREATHE



By Nicole Friedman, LSW

Anxiety affects 40 million or 18.1% of the population every year (adaa.org). Anxiety is our bodies response to a stressful situation and can become worse over time. Anxiety can interfere with a persons ability to function successfully in work, school, or in social situations. Symptoms of anxiety can include feeling nervous, or tense, increase heart rate, trouble breathing, difficulty concentrating or difficulty controlling the worry, and avoiding situations that might trigger anxiety. If you are someone who is experiencing anxiety, there are a variety of treatment options that can help you manage your anxiety.

Deep breathing is one way to reduce anxiety. In order to practice deep breathing, sit in a comfortable position with one hand on your chest and one hand on your stomach. Breathe in slowly through your nose and exhale through your mouth. Continue to breathe slowly through your nose and exhale through your mouth. While deep breathing, you want to feel your stomach rise and fall. If deep breathing is challenging while sitting up, you can also practice breathing lying down.

Progressive muscle relaxation and visualization are also effective options to lower anxiety. Progressive muscle relaxation consists of tensing and relaxing your muscles. Progressive muscle relaxation helps you become more aware

with the tension in your body and how your body feels when it relaxes. As your body starts to relax the mind will relax as well. Visualization involves imagining a place where you can relax. Visualization can take place on your own or with a therapist and can incorporate soft music that matches your favorite place. Visualization is said to work best when you close your eyes, picture your calm place as detailed as possible, and utilize all of your senses.

Exercising 30 minutes three to five times a week can also help reduce anxiety. Yoga and tai chi also helps lower anxiety by including deep breathing and a series of movements to increase relaxation. Maintaining a healthy diet, avoiding drugs and alcohol, as well as getting as much sleep as possible are important while trying to manage anxiety. Psychotherapy and medication are also found to be effective for treating anxiety.

When practicing relaxation techniques for anxiety, take time at least once or twice a day to practice. Also do not practice relaxation when you are tired. Relaxation will make you sleepy, therefore, you want to make sure you are awake and alert. Many people experience a certain level of anxiety, however, with treatment that includes relaxation, anxiety can be manageable and you can live a life where anxiety is not in control.

References:

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www.helpguide.org.

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Being Resilient



By Don Minkoff, LCSW

I will take a guess, when you look at my picture say on our website, or with articles submitted to the Federation Reporter, you will think I listen to "Classic Rock (Led Zeppelin, Buffalo Springfield to Cat Stevens & Peter, Paul and Mary)." However, my co-workers, people who come into the office I use, and my family, know that I listen to "Classical" music, and yes that includes Opera. One of my favorite composers is Beethoven, who composed what I interpret as powerful, expressive music. Beethoven had the resiliency to write music as he was losing his hearing, culminating in his writing and "conducting" the 9th Symphony when he was described as being almost totally unable to hear. I can't imagine the emotional upheaval Beethoven experienced as he grew into writing by feeling as he heard less music.

Resilience is described as the skills to adapt to stress, adversity, loss and trauma. Being resilient will not make problems go away. It is the ability to use one's inner strengths to "bounce back," to recover and not lose one's way. Resilience evolves as we experience emotional distress. It means reflecting on and learning from past experiences to build a stronger skill base.

Examples of questions one can ask are:

- What events have been most stressful to me and how have they affected me?
- Have I been able to overcome obstacles and how?
- Have I reached out, and to whom have I reached out to, for support?
- What have I learned about myself and my interactions with others during difficult times?

Some techniques for improving resiliency:

- Have a positive self-image and use positive self-talk, "I can grow stronger and wiser handling life's challenges."
- Have emotional awareness: Grow into and feel comfortable with emotions you experience. Keeping a journal can help.
- Be Flexible. Recognize change is a part of living: While we cannot control what happens around us, learn one has the empowerment to change how one reacts within one self.
- Use social supports: Actively work to improve and share your thoughts and feelings by using positive social supports.
- Continue to develop and improve problem solving skills.

(continued on next page)

Social Connections and Our Health



By Lorrie Loughney

Humans are “hard-wired” for social connection. In pre-historic times individuals needed social structures to hunt for food and to avoid becoming prey. Our DNA has evolved this characteristic to help us survive.

Although, in an age of instant digital communication and self-driving cars, we no longer have those immediate, urgent needs (wild animals are not usually skulking outside our homes and with refrigeration, preservatives and microwavable foods, we don't need to go out hunting to meet our nutritional needs), our need for human interaction continues to be basic to our survival, and social isolation is even now, a real threat to our health and well-being.

Social isolation and loneliness topics have caught the interest of researchers due to the connection with a myriad of health and social problems and studies tell a compelling story. Chronic or persistent isolation / loneliness has recently been recognized as one of the leading health problem in the US right now and is rapidly increasing to epidemic proportions.

People who are isolated socially and/or who perceive feeling lonely have health risks for cardio-vascular disease, cancer, respiratory illness, gastrointestinal disorders, inflammation, immunity function, and sleep disorders which increase our risk for mortality. Perceived Isolation or Loneliness are co-morbid factors in death that is two times greater than drinking, three times greater than obesity and is more dangerous to health than smoking fifteen cigarettes per day.

It is important to keep in mind that social Isolation is not the same thing as loneliness. Isolation is the objective description of a lack of social connection. It can imply either a positive (such as in needing solitude or time for contemplation) or negative (alone without needed supports) position. Loneliness is the subjective sensation of deprivation. People can feel lonesome within social structures such as families, communities and activities while others might feel no lack and might even prefer to spend most of their time alone.

However, older adults are quite vulnerable to social isolation and are more susceptible to its dangers, resulting in increased falls, accelerated dementia, re-hospitalizations and an overall negative effect on health and well-being. In spite of more free time after retirement and programs to attend, the isolation of older adults is on the increase. Loss of a spouse, siblings and friends, physical and mental illnesses, decreased mobility, hearing and vision impairments, incontinence issues and a loss of a work environment, not to mention the loss of income tend to inhibit a person's ability to participate in social groups and community events.

Recently, the Moses Taylor Foundation sponsored an afternoon planning retreat with multiple agencies in our region that provide services to older adults, attended by JFS' Executive Director, Sheila Nudelman Abdo and myself. Along with other local agencies, we participated in brainstorming sessions about interventions, barriers and solutions to problems and

are in the process of designing programs to meet the growing needs in our area.

Identified barriers include: lack of appropriate or convenient transportation, lack of supports for physical issues such as declining health and mobility, lack of awareness (a need for coordinated information, identifying those at risk and referral systems) and ageism (segregation of age groups and stigmas about “senior groups”). JFS is looking forward to networking with other providers to develop and promote the supports necessary to address social isolation among the older adults in our community.

In the meantime, everyone can make a difference. As we age, it is necessary to make the efforts to maintain social connections, and to develop new ones, based on mutual interests. Visiting, attending neighborhood and community events, getting together with friends, worshipping with your religious community and participating in organizations all promote our overall sense of well-being and connection. Everyone can help people stay connected by looking out for those who have barriers, especially our older friends and neighbors by inviting them to events, offering rides, visiting or phoning (even Skyping). The good news is, that with interventions, the damage is reversible, with significant improvements in health resulting from increased socialization that is meaningful and promotes authentic belonging and contribution to the world.

Read more about it: sources consulted

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(BEING RESILIENT continued from previous page)

When an issue arises, those who are less resilient can become stuck. They can dwell on the problem, feel singled out, feel like they are treated unjustly, become overwhelmed and make bad choices. Resilience brings out inner strengths to handle life challenges. Don't give up: Keep a positive perspective, keep working through even when in the short term it doesn't feel like it is working. Remember the social workers at Jewish Family Service are here to help you through the struggles.

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Jewish Family Service of Northeastern Pennsylvania is accredited by the Council on Accreditation, Member of Association of Jewish Family and Children’s Agencies and is an affiliated organization of the United Way of Lackawanna and Wayne Counties and the Jewish Federation of Northeastern Pennsylvania.

This newsletter is dedicated to the memory of Barbara Sapsowitz and to the continuation of her caring work within our community.



MEET
the Staff



Colette Jesikiewicz
Administrative Services Coordinator

Colette Jesikiewicz is the Administrative Service Coordinator for the DentalCare Center program at Jewish Family Service of Northeastern Pennsylvania. She has over 35 years of experience in the dental profession and has her national accreditation as a Certified Dental Practice Management Administrator. A graduate of Luzerne County Community College as an Expanded Function Dental Assistant she has worked as a clinical dental assistant, dental receptionist, dental office manager and dental administrative assistant in various dental offices and educational facilities. She is the President of the Northeast PA Dental Assisting Society and has served on several national committees for the American Dental Assistants Association. Her favorite pastime is skiing where she is a member of the Safety Awareness Team at Montage Mountain Ski Resort. She is married and the mother of three boys.

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