



COMMUNITY Matters

ISSUE NO. 33

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Spring/Summer 2022

Newsletter Sponsored by the Barbara and Mel Sapsowitz Memorial Fund

With a Little Help From Our Friends



You don't thrive for over 100 years without the support of those who care most about your organization. JFS has been a part of the community since 1915. Since then we've been able to help those in need because of you, your support, your generosity and your commitment.

Each year our annual campaign is supported by hundreds of donors. Foundations like the Robert H. Spitz Foundation and the Scranton Area Community Foundation (pictured on top) continue their support each year. Community organizations such as the Villa Capri Car Cruisers (pictured middle) help raise funds for causes like the Mae S. Gelb Koshers Food Pantry. Businesses including Toyota of Scranton (pictured bottom left) make sure community members get the help they need by supporting our programs and services. Volunteers like the ladies from the Hamlin Knitting Group (pictured bottom right) use their time to make the lives of our clients that much better.

So from all of us at JFS, we thank you, our community, our friends!



A Message from the Executive Director

by Sheila Nudelman Abdo, JFS NEPA Executive Director

We all have the power to make a difference in the world, but how often do we really stop and think about the steps we can take? Maybe there are times we feel powerless, but we can always stand up for what is right. Elie Wiesel, Nobel Peace Prize winner and Holocaust survivor, shared so many words of wisdom throughout his life. His words remind us of the dangers of indifference and hate and the importance of speaking up against injustice and intolerance. One of Elie Wiesel's many quotes I will paraphrase talks about not sleeping well when people suffer anywhere in the world, not to sleep when people are hungry, not to sleep when people are sick and not to sleep when anyone somewhere needs you. He speaks about action being the only remedy to indifference. Elie Wiesel's words are true today and always.

Speaking up and helping humanity doesn't have to be as overwhelming as one might think. Another interesting quotation that supports the theme

President's Message

by Deirdre Spelman, ACSW, LSW, JFS Board President



Lady Bird Johnson said "Where flowers bloom there is hope". We have reached the time of year where trees are flowering and flowers are blooming. A much-needed brightness in the challenges our world is facing. But through all the challenges of today Jewish Family Service has continued to be a beacon of light in the community, mindful

of community needs and approaching our work from a holistic and strength-based perspective bringing hope to individuals and families through a variety of programs.

As I look back on the past year and all that we've accomplished I am proud to say we continued to provide services in the ever-changing world that we are dealing with. We were there as an agency to help people deal with the stressors in their lives both related to changes caused by the pandemic and life circumstances that were happening regardless of the pandemic. We were there to help them learn to cope so that they were able to address what was happening in their lives and turn those challenges

that one person can make a difference is quoted in the Jewish text of the Talmud.

Whoever saves one life saves the world. Acts of selflessness and kindness are a must in our society. One good person, one kind action step. Being there for others in small ways can have a ripple effect. When people look out for each other at work, school, home or in the community, you begin to positively shape the environment. It all starts with one act. Each one of us can have a positive impact. Your actions matter.

Thank you for caring and thank you for helping JFS help others.

Sheila Nudelman Abdo



into memories of how they overcame them and address them.

This year we also saw changes in our staffing at Jewish Family Service. I want to recognize and thank our dedicated and skilled and committed staff who have continued to provide the full range of services at the same high quality. I am proud of the agency's reputation, the positive impact JFS NEPA has on the community at large.

I recognize how fortunate I have been to work with such an incredible team who give their best as they continue to guide clients to some of the most challenging times in their lives and to provide programs to meet community needs. We will continue to provide the hope of better days to come today and in the future. I recently read a quote from Golda Meir that I think accurately reflects the work we do and what we instill in the services we provide but also it reflects the way each of us can approach our role in JFS " Trust yourself. Create the kind of self you will be happy to live with all your life. Make the most of yourself by fanning the tiny inner sparks of possibility into flames of achievement".

MEET THE STAFF

Barbara Eagen Administrative Assistant



Barb comes to JFS with 27 years of experience working at the University of Scranton in both Residence Life and The Center for Health Education and Wellness where she served on the University Staff Senate, University Review Board and as a determination panelist for The Office of Equity and Diversity. She is a lifelong resident of Scranton. Her favorite past times are movies, reading, meditation, walking with her beagle Max, hanging out with her grandson Joseph and dinners with friends. She is the proud mom of 3 children and 3 grandchildren.

Heather Greene Business Manager



Originally from NEPA, Heather recently returned to the area after living out of state in Florida and Texas for the past fourteen years. After graduating from Wilkes University with a bachelors degree in Business Administration, she moved to Florida to begin her career in Accounting & Finance. While working full time at The University of North Florida as a Budget Associate, she also earned her masters degree in Public Administration with a focus in non-profit management. Heather enjoys traveling and taking road trips with her husband Danny and their dog Noley. The three have traveled through over 40 states so far, exploring nature and offbeat attractions.

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Call 877-537-4227
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jfsnepa.careasy.org.

STAYING IN THE MOMENT

By Don Minkoff, LCSW



During the past two years, we have spent many hours wondering about what will happen in the future. Within those hours we can spend a lot of time figuring out how to make things work as the future becomes the present. Our brain is

constantly working, which affects our ability to get a restful night's sleep eat healthy, stay focused. At the same time, we are scared of the future, we want to be in the future so we can see how it has worked out at that moment. When working with others in order to see if I understand their thinking, I have used the following example: When I was in graduate school in New York City, I used the subway to get around the city. When I needed to be somewhere and was late, I would stare down the track as if this would make the train come faster, creating more stress and anxiety. In other words, I would then be struggling "to stay in the moment."

"Staying the moment" means staying focused what is happening in the here and now. It means our thought are not being sidetracked to what was or what could be. By recognizing the "current moment" is the recognition "I am here now" which creates the opportunity to react off of "being in the moment." Growing in our skill base to "Staying the moment" recognizes: the here and now is the only moment we have direct influence over. It means recognizing what is around you and within you now. How you react in the moment such as finding delight in, or not delight in, the moment is then "up to you now."

On a day-to-day basis, it can be hard to stay in the moment because there are distractions. In addition, we are urged to think about the past and the future. living with what was, not knowing and feeling powerless about the future. This becomes a natural part of our lives. However, when situations intensify, the not knowing and powerlessness becomes a fixation: our wondering about how it will turn out takes over. When this happens the anxiety, depression and an intense worry about the future can cause us to think

about negative outcomes, which, can take over all aspects of our lives. Thereby affecting for example one's emotional and physical health and how we are in our relationships.

Here are some ideas to help grow in our skill base to "stay in the moment":

- Accept the situation as it is.
- Focus on what you have.
- Train your thoughts to move from the bigger picture to breaking down that picture into smaller sections that you can take care of.
- Stop at that moment and build in the time to do something you enjoy.
- Stop at the moment build in the awareness to take in what is around you.
- Be realistic about you can and cannot do without focusing on trying to visualize is this the right or wrong thing to do and how that will come out in the future.
- Be aware of conflictual thinking such as making a situation that is similar to a past situation, causing you to focus on how that past situation turned out, thereby taking you away from the situation you are in at the moment.

Activities you can do at the moment we can do to bring us back into the moment:

- Stop and do relaxation exercises.
- Stop and do deep breathing.
- Stop and do physical activities, such as walking, exercising.
- Stop and use the computer or phone to use apps. such as CALM, YouTube to help train the brain to relax and stay in the moment.
- Read, watch movies and listen to music.
- Eat healthy.

Using any of the above techniques slow your brain down to get plenty of rest and sleep. get plenty of rest and sleep.

Doris Day in the remake in the 1956 remake of Alford Hitchcock's 1936 film "The Man Who Knew Too Much" sang a song written by Ray Evans & Jay Livingston titled Que sera sera.

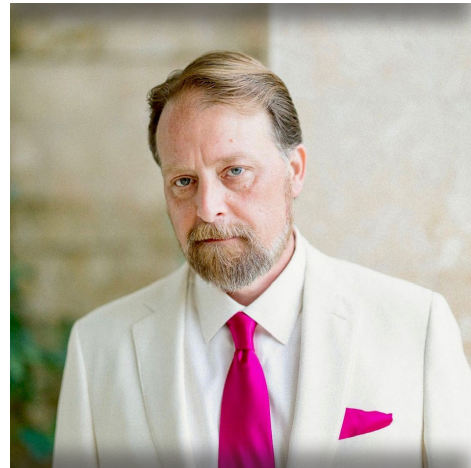
The whole song reflects pondering the future but "staying in the moment," the final verse summarizes it all:

*Que sera sera
What ever will be, will be
The future's not ours to see
Que sera sera
What will be will be*

The entire song recognizes as we go through our life, we will ask questions about the future. The issue is to recognize how we live today does cause us to think or plan for the future. The problem is not to dwell on the future which takes us away from the moment. Recognize and accept what you do today will affect outcomes in the future. Be open to an honest self-reflection, in order to have a clearer picture on how you can grow in the skill base to feel the future but "Stay in the Moment." Recognize it will always be a work in progress, "What will be will be."

JFS Board Spotlight - Jamy Rosenstein

I joined the JFS Board of Directors in 2018, but my support of JFS started long before that. A resident of Waverly, PA I'm a 4th generation produce man. The Rosenstein family has been involved in the fresh produce industry for more than 100 years with the inception of WM Rosenstein & Sons in 1918. Today I help operate Atlantic Fresh Trading. As a proud husband I consider my greatest accomplishment raising 3 children to become the extraordinary adults they are today. Family values and involvement are things I take very seriously.



My family and I have always been involved with the many projects and organizations within our Jewish Community. I joined JFS because they are providing some of the most needed programs in our area. JFS is not only a vital source of charity to our great city but it's one of the few organizations where you actually get to witness the enormous impact these programs have on the individuals they are designed to help. Giving back... "Paying it Forward" is not just our obligation as Jewish community members but it is also tremendous for the soul!

Everyone who has achieved some form of success in their life have people who have influenced them along the way. Going all the way back to my grandfather, Eugene Rosenstein then through my father Jay, being involved and using your talents to solve problems in order to help others was something they instilled in both my brother & myself from a very early age. I can still remember 30+ years ago my Pops saying with such conviction to "Never turn anyone away who comes asking for help because you will never know if he or she is the one person who truly and desperately needs it".

Jewish Family Service of Northeastern Pennsylvania is extremely grateful to the 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 through March 7, 2022. Please accept our apology if we have missed you. Occasionally mistakes get past us. If your name is not listed, please contact us so we can properly acknowledge all efforts.

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

Sam Sebag

In memory of Allegra Sebag
Rosenberg's & Briskman Families

Goldye Weinberger

In memory of Benjamin Weinberger
Rosalind Marks

Sondra & Morey Myers

In memory of Beverly Gelb Klein

Rosalind Marks
Sheila & Larry Abdo
Elizabeth Burkhauser
Richard Fitzsimmons

Andrew & Mary Hailstone

Thomas & Eileen Tedesco Griffiths

Linda Cabasin/Michael Squires/
Dr. Leslie Squires

Ellen Casey

James L. & Patricia Alperin

Iris Liebman & Mike Mardo

Toni Alperin Goldberg

Judith Hochman

Renee Schectman

Sr. Carol Rittner/Sr. Deirde Mullan

Norman & Susan Stanton

Bob Wright

Judith Premseelaar & Family

In memory of Beverly Gelb Klein

Faye & Richard Bishop

Margery Rosenberg/

Faye & Robert Rosenberg/

Jane & Arthur Briskman

Joseph & Kathryn Tedesco Cesare

Carol & James Cader

David & Eileen Feibus

Ronnie & Bob Powers

Jenna Silber

Lindsay Pflug

Holly Gold

Rhonda & Jeff Levy

Elaine & Paul Berk

Jodi Katz

Ellen Lube

Archie Nash & Family

Regina & Dan Werbler

William Friedman

Susan and Scott Herlans & Family

Jay Premseelaar

Debbie Renee Pearlman

Robin Jacobson

Nancy Munter

Laurie Gwen Landy

Diana H. Krefting

Carol Cohen

Laurie Salberg

Anna & Craig Trachtenberg

Nancy & Morris Kurtzman

Goretsky Family

Ellen G. Pearlman

Laurie Sussman

Gail & David* Dickstein

Carol Klein Kaplan & Family

In memory of Beverly Gelb Klein

Faye & Richard Bishop

Jane C. & Allen M. Greenspan

Eileen K. Porges

Bennett & Joy Keiser

Natalie Gelb & Mike Wasko

Howard & Nancy Wimmer

Doris Spiegel

Nancy & Bill Johnson

Manuel Kaplan

Jay R. & Maxine Waxman

Maureen & Nissen Isakov

Nanci Goldman

Judy & Michael Doherty

Ellen Milgrim

Norma & Jerry Dworkin

Melvin & Faye Spatt

Faye, Sheldon & Jacob Bass

Roberta A. Revness

Steven & Eileen Chopnick

Karen & Gregg Cooke

Sherrie & Howard Herzberg

Carol Dembert

Gail & David* Dickstein

Presser Family

In memory of Beverly Gelb Klein

Jackie & Michael Brustein

Robyn Greene

Jamie Sztoser

Craig & Amber Trunzo

In memory of Emily Trunzo

Joel & Cookie Goodman

Don & Chelsea Minkoff

Tina Nelson

Penn Foster Courseware Team

Lou & Barb Nivert

Mildred Weinberg

Shirley Nudelman

Shane Reilly

Deirdre Spelman

Mark & Bray Stahler

Ellen & Neil Feldman & Family

In memory of Jane Oppenheim

Dorothy Bosak Bosley

Lois Marks

Robert M. Dedio M.D. &

Barbara Dedio

Carol Wilson

Shirley Nudelman

Faye & Richard Bishop

Margery Rosenberg

Mark & Bray Stahler

Dorothy Bosak Bosley

Sylvia Hahn

Judy Hochman

Deidre Spelman

Meg & John Kotter

Jacob/ Ella Angert & Rachel Shapiro

In memory of David Shapiro

Lainy & Len Dennis

In memory of Patricia Ricky Pearl

Cindy Pearl

Family of Carole Fishbein

In memory of Carole Fishbein

Shirley Nudelman

In memory of Herb Hollenberg

Ted Hollenberg

Sheila Nudelman Abdo

In memory of Pearl Willner

Colette Jesikiewicz

In memory of Earl Quint
Reva Quint

In memory of Alfred Engelmyer
Rosalie Engelmyer

Joan Davis & Family
In memory of Mark Joseph Davis
Don, Steph & Chelsea Minkoff
Deirdre Spelman

Jeff Wasserman
In memory of Ilene Wasserman
Don, Steph, Chelsea
& Cassidy Minkoff

In memory of
Arlene Goldberg-Walker
Robert Walker

In memory of Sheldon Rosenberg
The Ross Family Foundation

Family of Arthur Pachter
In memory of Arthur Pachter
Seth & Cheryl Gross

Rabbi Marna Sapsowitz
In memory of Melvin Sapsowitz
Rachel Himmelstein
Deirdre Spelman

Gail Weinberger
In memory of Beverly Kanig
Natalie Gelb

Howard Rothenberg
In memory of Mildred Rothenberg
Natalie Gelb

Jodie Jaspin
In memory of Edwin Brandes
Natalie Gelb

Dr. Keith & Stacy Goldstein & Family
In memory of Pearl Willner
Dorothy Bosack Bosley

Abby Smith
In memory of beloved mother
Nancy & Bill Johnson

Gail Dickstein & Family
In memory of David Dickstein
Nancy & Bill Johnson

In Memory of Dr. Howard Kane
Faye & Richard Bishop

In Memory of James Judd
Faye & Richard Bishop

Yahrzeit of Lou Kahanowitz
Faye & Richard Bishop

Neil & Yaela Baine/Donald Baine
In memory of Eileen Baine
Kathy Bharkhda
Albina "Bina" Seckary
Jim & Susie Blum Connors
Shirley Nudelman
Lorna Blum & Paul Newman
Alan Goldstein
Rochelle Myers

Neil & Yaela Baine
In memory of Eileen Baine
Melissa Tepper
Linda Dolinger
Dr. & Mrs. Eti and
Elchonon Berkowitz
Judy & Gary Stein

John Brezack
In memory of Eileen Baine
Meryl & Lawrence Dannenberg

Bill & Nancy Johnson
In memory of Jonathan Rosenstein
Jay & Carole Rosenstein

Tim & Sue Primerano
In memory of Jonathan Rosenstein
Tim & Sue Primerano

Howard & Robin Kaufman & Family
In memory of Esther Kaufman
Rochelle Myers

Paula S. Wolfson
In memory of Irwin Wolfson

Larry & Sheila Abdo
In memory of Robert Abdo
Jim & Susie Blum Connors
Alan & Laurel Glassman
The Blomain Family
Faye & Rick Bishop
The Kamerling Family

SPEEDY RECOVERY

Richard Schwartz
Sheila & Larry Abdo

Gary Smertz
Sheila & Larry Abdo

CONGRATULATIONS

Mr. & Mrs. Michael Ross
Birth of granddaughter
Ruth Gelb & Rob

HONOR

In honor of Beverly Gelb Klein*
Sr. Carol Rittner/Sr. Deirdre Mullan

Carol Klein Kaplan & Family
In honor of Beverly Gelb Klein*
Jane C. & Allen M. Greenspan

Presser Family
In honor of Beverly Gelb Klein
Seelinger family
Gorenstein family
Michelle Kutsak

Sam Ansel
In honor of 100th birthday
Seth & Cheryl Gross

Dr. & Mrs. Kenneth Miller
Marriage of daughter Erica
Nancy & Bill Johnson

Dorothy Bosak Bosley
In honor of your leadership
Sheila Nudelman Abdo

Sondra Myers
In honor of Birthday
Toni Alperin Goldberg

Rachel Presser
In honor of Beverly Gelb Klein*
Jamie Sztoser

In honor of Deirdre "Cookie" Spelman
Jane Strobino

In honor of Mr. & Mrs. Albert and
Phyllis Greenland
David & Dorothy Jablonka

Mae S. Gelb Pantry

IN MEMORY

Morey & Sondra Myers
In memory of Beverly Gelb Klein
Paula Wasser

(Continued)

Premseelaar Family
In memory of Beverly Gelb Klein
David Bachman M.D.
Barbara Ehrenpreis

Carol Klein Kaplan
In memory of Beverly Gelb Klein
Doris Spiegel
Nancy & Bill Johnson
Jackie Allen
Elinor Canter
Julie Mezrow
Sherrie Wilner

In memory of Lou Kahanowitz
Attorney & Mrs. Morey Myers

IN HONOR

Helaine Wasser
In honor of birthday
Paula Wasser

In appreciation of Morey Myers
Lisa Wasser-Berlin
& Paula Wasser

Sheila Nudelman Abdo
Thank You
Lisa Wasser-Berlin

Temple Israel
Shaloch Manot Proceeds

Sheri & Barry Finkelstein Fund

In memory of Naomi Finkelstein
Dr. Jerome & Mrs. Polly
Finkelstein

Mary Alice Osborne
Family of Robert G. Haas
Hal Finkelstein

In memory of
Sheri & Barry Finkelstein
Jerome Finkelstein

Sapsowitz Fund

Rabbi Marna Sapsowitz
In memory of Melvin Sapsowitz
Muriel Troy & Family
Cheryl & Ron Troy & family
Hans & Shei Troy
Joanna, Jacob Troy & family
The Melmans
Rachel Himmelstein
Judi Lee & Morgan Leader
Eddie & Shoshana Melman
Pearl Kornberg
Rabbis Marjorie & Daniel Berman
Beth & Elie Halpern
Naomi & Alan Malakoff
Paula Fisch
David Goldwin
Harriet Goldwin -Cohen

Rabbi Marna Sapsowitz
In memory of Barbara Sapsowitz
Rabbi Sharon Stiefel

Tree of Life

Commemorative Stone

In memory of Earl Quint
Naomi & Alan Malakoff
Paula & Charles Fisch
David & Ellyn Goldwin
Harriet & Greg Cohen

Gold Leaf

Neil & Yaela Baine/Donald Baine
In memory of Eileen Baine
Dorothy Haas/Joan Frantz
Anne Marie Clark

* of Blessed Memory

JFS Planned Giving

Build Something Today, To Support Tomorrow

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.

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

We were Resettled by JFS, Now 30 Years Later we want to Help Those in Need Today

By Alexander Groysman

I was born in Kyiv, Ukraine in 1981 while my homeland was still under the subjugation of the Soviet Regime. As most other Jewish families, we experienced religious, economic, educational, and political oppression and discrimination. After several years of waiting, our family's name finally came up on the U.S. "lottery" and we were granted refugee status.

On my 10th birthday, Ukraine declared its independence from the Soviet Union. A few months later, the seven of us were packed into a taxi and driven to the train station in Kyiv. A train trip, two flights, and several van rides later, we arrived at our new home in Scranton's Hill Section. We were greeted at the Avoca International Airport by representatives of the Jewish Family Service who arranged for us a fully furnished apartment stocked with groceries and paid our rent and utilities for the first few months while we were able to get back on our feet.



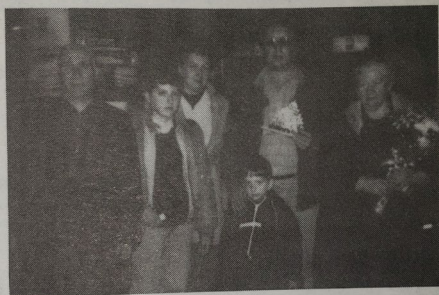
Thirty years later, we find ourselves in disbelief, watching live on television, the events we expected to transpire when we fled the Soviet Union, never actually thinking they would come to fruition. We felt an immediate call to action. Remembering how the JFS helped our family under similar, but not as horrible circumstances, we formed the Scranton 4 Ukraine Association with the goal of raising funds for the new wave of Ukrainian refugees.

My brother and I were very fortunate to come to America at a young age, learn the English language, get educated, and place ourselves in a position where we can make a difference, as small as it might be. We feel it as a sense of duty to give back. If we can improve the lives of just one refugee family, all our efforts will be worth it.

We are planning our first fundraising event, the Scranton 4 Ukraine 5K, which will consist of a 5k run and a 1-mile walk. The event will be held August 13, 2022, at Lackawanna River Heritage Trail at Olive St and will kick off at 9:00am. We invite all to sign up at www.scranton4ukraine.org.



Groysman Family Arrives From Kiev



From Left To Right - Leyba Kislyuk, Alexandra Groysman (10), Bella Groysman, Yevgeny (5), Gennady Groysman and Pasha Akkerman. Gennady was a watch assembler and repairman and Bella Worked with bookkeeping and accounting. Anyone who knows of positions in their fields or a related job, please speak to Devorah or Tom in our office - 344-1186.

The transition was easy for my brother and I as we were young, and our main responsibility was to go to school. It was not as simple for our parents. Both of whom were professionals back in Ukraine, had no choice but to accept unskilled, low-paying jobs, due to their language barriers. Jobs that they felt fortunate and proud to have.

Debriefing after a Critical Incident

By Marguerite Bushwick, LCSW, NCG

Not long ago, as a social worker at Jewish Family Service, I was asked to facilitate a group for residents in an independent living facility where a violent incident had taken place. Over the last 20+ years I have had the honor to facilitate various groups after sudden, critical incidents in different settings. Those groups include the staff of a bank after a bank robbery, the staff in a health facility after the sudden death of a staff member and for the staff of an office after suicide of a co-worker. This process is sometimes called debriefing.

The definition found in the dictionary for debriefing is: to interrogate (someone, such as pilot) usually upon return (as from a mission) in order to obtain useful information - to carefully review after completion (debrief the flight).

**Example of debrief in a sentence:
Police debriefed the hostages upon their return.**

However, in psychology and social work the word debriefing is used for a formal version of providing emotional and psychological support following a traumatic event. The goal of debriefing is to help lessen the unpleasant short term symptoms of trauma and assess whether follow up is needed. The main goal is to both inform and empower survivors in order to help them build resiliency and return to a normal, healthy life. Most debriefing interventions involve a single session which might last one to three hours. Psychological debriefing is often provided in groups. Different names are being used for this intervention, to name a few: crisis intervention, group psychological debriefing, critical incident stress debriefing.

It is important to mention that debriefing is not the same as brief cognitive behavioral therapy (CBT) used for acute stress disorder. The literature does indicate that the long term effect of psychological debriefing is not proven.

In order to relate to the above essay better we will look closer at some words used. A critical incident is any event or series of events that is sudden, overwhelming, threatening or protracted. This may be an assault, threats, severe injury, death, fire or a bomb threat. It includes any

situation that results in distress or a dramatic change in physical or psychological functioning. Line of duty deaths, coworker suicides and incidents involving children could all be critical.



Short time crisis reactions are normal following a critical incident, and survivors may have all sorts of thoughts and feelings and a range of physical and psychological responses. Flashbacks and mental images of the traumatic events may also occur. Anxiety and fear can be normal responses to a traumatic event. Some of these symptoms start soon after the event and are easy to spot. Others may take a while to emerge and may become what are called long-term crisis reactions. All these reactions are normal and even expected. But as a result, interpersonal and work relationships may become strained, and survivors may struggle with alcohol and drug abuse to try to cope.

If you were exposed to a critical incident and are struggling with sleeping, relaxing, are anxious or have other symptoms, you may want to reach out to a therapist. At Jewish Family Service of NEPA we have a team of licensed, clinical social workers offering sessions five days a week.

Email us at : info@jfsnepa.org
or call 570-344-1186 for an initial confidential discussion and to schedule your first appointment.



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Meals prepared at the Jewish Home of Eastern Pennsylvania
under Kosher dietary guidelines.

Music and Memory

By **Lorrie Loughney, NCG**

Our memories live in us and provide a framework from which to relive the best of times and the worst of times. We connect with family, friends, and community through recalling shared experiences. Through our memories we can analyze our experiences and make sense out of them.

If a person develops dementia through conditions like Alzheimer's, Parkinson's or vascular diseases, his or her brain and nervous system is damaged, which can block connections between memory and events that generally evoke our memories.

Emerging research has discovered that musical stimuli can be a gateway to memories that have otherwise become inaccessible. One of the neurological findings is that music memory is actually stored in a different section of the brain than other types of memory that depends on cognitive skills such as math and language, although music is a composite of both.

Most of us have a sort of play list that recall our life stories. Songs from childhood, teen years, young adulthood and older ages underscore the times of our lives and can quickly bring to mind exactly where we were, who was with us, how old we were and the situation when we heard the music.

If you have visited a dementia unit in a nursing home, you may have had the chance to observe a music activity when the residents sing along to old songs. Perhaps you have witnessed people who are not able to recall what year it is or the name of a loved one singing all the verses to a popular song from their teen years. It often brings a positive change in the residents' posture and facial expressions as they recall memories from their younger years.

During the past year, JFS has begun a Music and Memory project, collaborating with students from the Geisinger Commonwealth School of Medicine, through a new initiative at the college to immerse students in community programs. The school's goal is to provide future medical professionals with experiences in community health issues and to give them opportunities in real time and real lives that will shape their perspectives for their

professional practices. The goal of the project is to explore the connections between music and memory with the ultimate hope of developing a customized program to increase our guardianship clients' access of their memories and to enhance their quality of life.

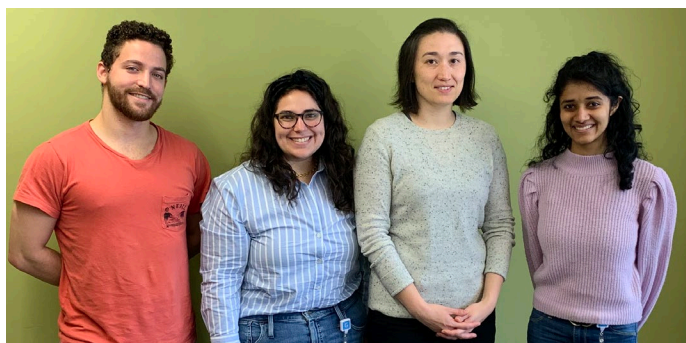


We are delighted that our students have enthusiastically and creatively embraced the project. They bring their medical knowledge and personal experience, their compassion and interest in the subject and easily are able to translate them into the issues of the project.

Through our months together, we have moved from general information about memory and dementia, to studying theories and models from other programs, to beginning interviews with some of our clients which will potentially form a base for a play list that they will not only enjoy, but which will help them reacquaint themselves with their memories and help them remember who they are.

After this stage, the project will form evaluative tools and techniques and identify systems and funding sources so that the project can be replicated throughout our guardianship program and applied to other programs as well.

Students involved in Music and Memory: Frank Vazquez, Nina Gennusa, SooYoung VandeMark, Khevna Joshi and Alexis Ndkuka (not shown).





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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 and Mel Sapsowitz and to the continuation of thier caring work within our community.



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