



COMMUNITY Matters

ISSUE NO. 28

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Newsletter Sponsored by the Barbara Sapsowitz Memorial Fund

JFS is Here to Help

How do you help someone find the help they need? How do you help someone who may be ashamed to admit they have a problem? Where can you turn when there is nowhere else to turn to?

Every day at JFS the phone rings with requests for help. The young mother of three children under four who is experiencing post-partum depression and needs help. The 50 year old man who is feeling depressed and anxious and having difficulty motivating himself to go to work. The family court system referring a young couple who need help regaining custody of their child. A young professional who is having panic attacks at work. The couple having difficulty in their relationship. A concerned friend or family member calling about someone who is failing in health and unable to take care of their home. An older person struggling with daily living responsibilities.

This list can go on and on with examples from all ages and walks of life, from referral sources of friends, family, neighbors and many community partners and organizations who call and refer to JFS for help.

JFS is here to help and those who call us daily know this but not everyone does. Recently someone commented to me that they were ashamed to say they never heard about JFS after learning we were established over 100 years ago. How do you explain to someone who never heard of JFS all the programs and services that you provide? That is the easy part.

If you want to know if JFS can help, ask.

JFS is widely known for our Mental Health and Counseling Services, our Older Adult Case Management and Guardianship of Person and of course our DentalCare Center. However, JFS is able to assist and help in many other ways including offering Kosher Meals on Wheels, The Mae S. Gelb Kosher Food Pantry, Family Life Education, Financial Aid and Holiday Assistance and Holocaust Survivors Assistance. Most importantly, if we are not able to directly help or assist you we will work to connect you to the best resources within our community to get you the help you need.

Built on the strong Jewish tradition of caring and compassion JFS serves the entire community. Everyone needs someone, sometime. Knowing where and when to turn for help can make a huge difference in a person's life. In a world of many uncertainties know one thing, JFS is here to help.



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.

New Officers and Directors Installed



WEINBERG



GELB



SCHOENBERG



SPELMAN



GROSS



LAURY

JFSNEPA installed new officers and directors at the 101st Annual Meeting held in the Linder Room at the Scranton JCC on June 8, 2016.

Officers nominated to serve a one-year term include Eric Weinberg (President), Natalie Gelb (1st Vice President), Elliot Schoenberg (2nd Vice President), Deirdre Spelman (3rd Vice President), Seth Gross (Treasurer) and Leah Laury (Secretary).



PRESIDENT'S *Message*



Let me start by saying it is an honor and privilege to serve as the President of JFS. At our induction ceremony in June, I spoke about the book by John Kotter called "Our Iceberg is Melting." In the book, the penguins in the story have an established way of doing things, and a small group recognize their approach needs modification. They put together a team of committed individuals and developed a new vision and strategy for their colony. Along the way they effectively communicated and provided their rationale, empowered others to act, created short-term wins, endured during the hard times, and produced a new culture. We are the penguins in the story and as an organization, we are continuing to make modifications to better serve our needs and those who we serve. One hundred and two years of providing compassion and care for people in need is an incredible accomplishment. Our counseling services,

advocacy, and education programs enhance the communities, families, and individuals we serve on a daily basis. This year once again I am challenging all of us to get involved, get creative and innovative and ask ourselves the question of how we can enrich our vision and mission statement. Mahatma Gandhi has a famous quote, "Be the change you wish to see in the world" and this is our goal for our community. Together with our staff, our board, our partner agencies, and our community supporters I believe we can accomplish great feats just like the penguins. I also encourage you to please consider making a monthly pledge to JFS so we can continue our vital service to the community. As little as \$10.00 a month can go a long way. Visit jfsnepa.org for more information and connect with us on Facebook, LinkedIn, and Twitter.

Together we will realize much!

Eric Weinberg

Eric Weinberg
President

JFS Board of Directors

Thank You



We would like to take this opportunity to thank everyone who helped make the inaugural Community Matters event a huge success. We were honored and humbled to be chosen as the first recipients of the award. Jewish Family Service is an organization near and dear to our hearts, and we are grateful for the support and generosity of our family, friends, board members, and staff.

Jimmy & Susie



Life is Full
↑ of Ups ↓
and Downs

JFS provides compassionate counseling and guidance to help you adjust and improve throughout life's challenges and changes.

Call (570) 344-1186 or visit www.jfsnepa.org
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Aggression Hurts



By Nicole Friedman, LSW

Have you ever been concerned about your child or adolescent's behavior at home, school, or in the community? Does your child or adolescent yell, scream, or curse? Does your child or adolescent hit, punch, kick, or destroy property

when they are frustrated or upset or do not get their own way? If your child or adolescent displays any of these behaviors, they may be struggling with aggression.

Aggressive behavior can be both verbal and physical and can cause serious physical and emotional harm to others. Physical aggression may include hitting, kicking, punching, and even hair pulling, while verbal aggression can range anywhere from yelling, screaming, cursing and making threats to bullying and name calling. Children and adolescents may become aggressive because they have difficulty expressing their emotions appropriately or struggle with controlling their behaviors. They may also act out aggressively as a response to getting attention in school for their aggressive behaviors or not fully understanding how to respond to an unpleasant or challenging situation.

Children and adolescents may also become aggressive as a response to having poor relationship skills or unhealthy relationships among family members. Aggression can also be seen in a child or adolescent, if there is a history of violence or exposure to violence in their home or community. They may also be aggressive due to drugs and alcohol as well as a stressful family life. Mental health issues such as Attention Deficit/Hyperactivity Disorder (ADHD), Oppositional Defiant Disorder and Conduct Disorder may also increase the risk of aggression among youth.

Many treatment options are available to parents who are experiencing aggressive behaviors with their child

or adolescent. Avoiding reinforcement of aggressive behaviors and rewarding non aggressive behaviors can reduce aggression. Also creating behavior contracts and goals setting along with avoiding physical punishment and being a positive role model, may also reduce aggressive behaviors. Teaching your child or adolescent appropriate ways of expressing their feelings and emotions in addition to expanding parenting skills, is also found to be effective. You can help your child express their feelings and emotions appropriately by explaining the feeling in words that your child can understand, as well as creating common situations and teaching your child new alternative ways to respond to the event. Using visuals or pictures such as books and asking your child what the characters might be feeling, in addition to encouraging your child to take deep breathes and finding a quiet place to calm down can also help them express their feelings and emotions in a better way. Medication and psychotherapy is also found to be beneficial in decreasing aggressive behaviors when necessary.

Occasional aggressive outbursts may be seen as normal. However, it is when these outbursts become more frequent and cause harm that intervention methods should take place as soon as possible. Having a child or adolescent who is aggressive can be a difficult challenge to overcome. With consistency, follow through, and patience aggressive behaviors can be reduced and your child or adolescent can lead a healthy and happy lifestyle.

References

<http://www.solutionsforchildproblems.com>
<http://www.kidsgrowth.com>
<http://psychcentral.com>
<http://www.healthline.com>
<http://www.valleybehavioral.com>
http://csefel.vanderbilt.edu/familytools/teaching_emotions.pdf

Support JFS of Northeastern Pennsylvania
DONATE YOUR VEHICLE

Schedule a free pick up today. Plus, you may receive a tax deduction!

A Vehicle Donation Goes a Long Way

Help support the Jewish Family Service of Northeastern Pennsylvania by contributing to our vehicle donation program.

Your donation will go towards providing services to enhance and strengthen the quality of individual, family and community life.

(877) JFS-4CAR | jfsnepa.careasy.org



Jewish Family Service
of Northeastern Pennsylvania

Jewish Family Service of Northeastern Pennsylvania is extremely grateful to the hundreds of families and individuals who participate in our Tribute Card program and Tree of Life. 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 January 20, 2016 through June 30, 2016. 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.

TREE OF LIFE

GOLD LEAF

Marcia Myers
In honor of 90th Birthday
Sondra & Morey Myers

GENERAL FUND

IN MEMORY

Mrs. Mary Conaboy
In memory of father
Alan Smertz & Family

Rhonda Fallk
In memory of mother
Jim & Susie Connors

Henry Shapiro
In memory of Bernice
Rhonda Falk & Family

Dorothy and Ron Kosmala
In memory of daughter, Ellen
Seth & Sheryl Gross

Lewis Sare
In memory of Gerry Sare
Anne Boland

Peter & Kazumi Murai
In memory of Greg Murai
Don, Stephanie, Chelsea, & Cassidy

Morey & Sondra Myers
In memory of Margaret Myers
Toni Alperin Goldberg
Larry & Sheila Abdo
Bev Klein, Judy & Lou Premselaar & family,
Carol & Manny Kaplan & family

Rhonda Fallk
In memory of mother, Bernice Shapiro
Larry & Sheila Abdo

Ms. Elvira Aronzon
In memory of Nina Smagarinskaya
Mr. & Mrs. Joel Joseph

Family of Robert Weinberger
In memory of Robert Weinberger
Bev Klein
Jim & Susie Connors

Gary Drapek
In memory of mother, Rosemary Gallagher Drapek
Louis & Barbara Nivert

The Kaplan Family
In memory of Saul Kaplan
Larry & Sheila Abdo
Melba Nathan

Family of Sid Markowitz
In memory of Sid Markowitz
Larry & Sheila Abdo

Lee Gromer
In memory of sister, Lorine Gromer
Seth & Sheryl Gross

Family of Tsvi Ferrence
In memory of Tsvi Ferrence
Mel Sapsowitz

SPEEDY RECOVERY

Eric Weinberg
Larry & Sheila Abdo

CONGRATULATIONS

Jim & Susie Connors
For receiving the Community Matters Award
Eileen Baine
Claire Jacobson
Phyllis Weinberg
Mitzie Levy
Dolores Baron

IN HONOR

Annie & Ed Monski
In honor of son's engagement
Seth & Sheryl Gross

Seth & Sheryl Gross
In honor of grandson's Bar Mitzvah
Eleanor Liberman

MAE S. GELB KOSHER FOOD PANTRY

IN MEMORY

Paul Rosenberg
In memory of Harold Rosenberg
Bev Klein

Sophia & Sam Myers
In memory of dear mother, Margaret Myers
Marcia Myers

Morey & Sondra Myers
In memory of Margaret Myers
Marcia Myers
Norma & Susan Stanton
Bev Klein, Judy & Lou Premselaar & family,
Carol & Manny Kaplan & family

Bob Meyers
In memory of mother, Janet Meyers
Bev Klein

SPEEDY RECOVERY

Carol Kaplan
Claire Jacobson
Paul & Margery Rosenberg

IN HONOR

Jane & Arthur Briskman
In honor of birth of grandson, Grant
Bev Klein

Margery & Paul Rosenberg
In honor of birth of great-grandson, Grant
Bev Klein

Lil Levy
In honor of birth of great-granddaughter
Bev Klein

WITH LOVE

Morey & Sondra Myers
Marcia Myers

SHERI & BARRY FINKELSTEIN FUND

IN MEMORY

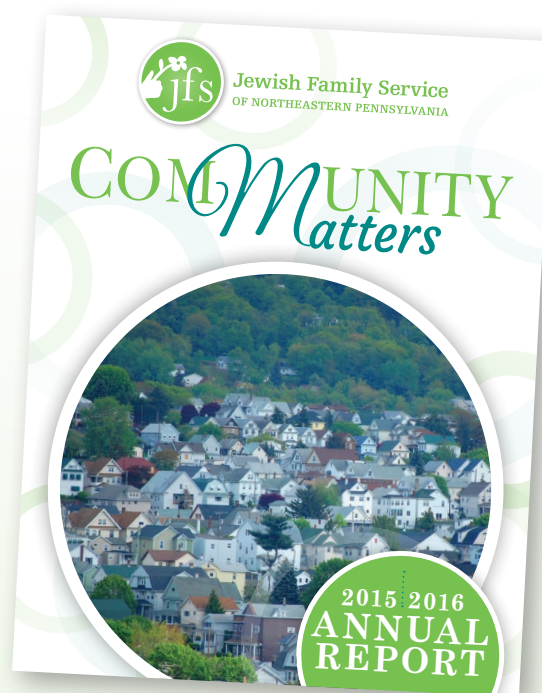
Family of Edward Osborne
In memory of Edward Osborne
Mr. & Mrs. Harold Finkelstein

Family of Gerry Sare
In memory of Gerry Sare
Mr. & Mrs. Harold Finkelstein

Family of Irving Gilman
In memory of Irving Gilman
Mr. & Mrs. Harold Finkelstein

Laurel Glassman
In memory of mother
Mr. & Mrs. Harold Finkelstein

The Family of Arthur Power
In memory of Sheila Power
Mr. & Mrs. Harold Finkelstein



**Read our 2015/16 Annual Report
available at www.jfsnepa.org**

The Joy of Laughter

By Don Minkoff, LCSW



In the movie "Singing in the Rain" there are athletic dance scenes that Gene Kelly was famous for. There is the famous scene of Gene Kelly dancing in the rain to the movie's theme song, "Singing in the Rain". However, the scene that comes to my mind is Donald O'Connor dancing while singing the song, "Make

'Em Laugh". In this scene Gene Kelly is despondent about his career. Donald O'Connor reacts to him by singing about the benefits of laughter while flying around a set, wrestling with a mannequin and flying through a wall. What did the writers of this 1952 musical, Adolph Green, Betty Comden and Arthur Freed, know that research is teaching us about the effect of humor and laughter today?

Laughter has been shown to stabilize blood pressure, stimulate circulation, assist digestion, increase the supply of oxygen to the blood, decrease muscle tension, strengthen the immune system and stimulate hormones that relieve pain. Laughter and humor relieves stress, improve depression and decrease anger. Humor and laughter can help overcome fear and gain confidence. Humor enhances relationships by providing a means of expression for people to connect.

Ok, so what does all this mean? Investing more humor and laughter into one's day-to-day life creates perspective when

dealing with daily problems. Humor enhances emotional and physical health, and when used to laugh with, and not at, doesn't hurt relationships, either. Here are suggestions to increase your sense of humor:

- Give yourself permission to stop and take time to laugh.
- Spend more time around people who are good laughers. Don't feel guilty about your own laughter.
- Learn what makes you laugh and enjoy yourself. Listen to comedy on your mobile device or radio, read comedy books and articles, watch comedies and go to performances by comedians.
- Don't stop yourself from laughing at those laughable moments. However, be aware of when laughter is appropriate and how the people you are with will react to the humor and/or laughter.

It has, also, been suggested that fake laughter when one is anxious, depressed or angry, will have a positive effect on how you feel. There is a Yiddish proverb that states, "What soap is to the body, laughter is to the soul." So go ahead, make 'em laugh.

Sources: <http://www.laughterremedy.com>
<http://www.aath.org>
<http://www.jesthealth.com>
<http://www.chausg.org>
<http://www.goldensurf.com/laughter.gif>

BOARD SPOTLIGHT



BARB NIVERT

Barb Nivert joined JFS in 2005 and from 2011–2013 she served as President of the JFS Board of Directors. While on the Board of Directors for the Jewish Federation, she discovered the wonderful work that JFS was doing not just for the Jewish community but for the community at large. Barb had a strong connection to the mission of JFS and

knew it would be a perfect fit. These days in between board and committee meetings Barb enjoys spending her spare time playing golf and Mah Jong, "It helps me stay in touch with people I've met and meet new people as well". Barb even keeps in shape with her trainer at Birchwood learning how to box! Residing in Clarks Green, PA with her husband of 45 years Louis Nivert they have two children Aaron Nivert and wife Stacy and Rebecca Tschampel and husband Tom and five grandchildren. Her greatest accomplishment at JFS was being instrumental in raising money for the expansion and renovation of the JFS offices in Scranton. Turning to the younger generation she sees the challenges they have with building their lives and careers which forces them to be more creative when carving out time for volunteering efforts.



10 Expert Tips for Bolstering Resilience



By Maggy Bushwick, LCSW, NCG

Social workers in their daily work encounter many different people in many different situations. Life sometimes brings us challenging situations that we could not anticipate. In my work as a social worker I have encountered many people who seek assistance managing their lives after traumatic and stressful situations. This is an article which I found on the “Metiv, The Herzog Israel Center for the Treatment of Psychotrauma” website which gives 10 tips for bolstering resilience. Using the article as a resource does not replace professional help when needed.

There are several factors that help us cope more effectively with stressful and traumatic situations. These factors improve our natural resilience and help us turn a distressing or depressing situation into one of personal growth and development.

10. Write.

Writing gives you an opportunity to express whatever you are feeling about your situation without having to explain yourself, or justify your experience, or worry about how others will respond. It can also give you the chance to make something out of a terrible situation, even if it's just a few pages in a journal, or a list of all the stressful things you are dealing with.

9. Acquire knowledge about the situation.

Accurate and current knowledge about the situation you are in will help you make more informed decisions. This knowledge can also help neutralize exaggerated fears, which often stem from the unknown.

8. Talk about your feelings with people close to you.

Every one of us sometimes feels the need to relieve the stress that accumulates during tough times. Talking about our experience allows us to “let off steam” and return to normal functioning. In addition, we may be surprised to discover that others feel similar to us. People who have close and meaningful ties with family and friends are shown to cope better during times of distress. Spending time with family and friends creates a sense of belonging and mutuality, and help creates a support network for difficult times down the road.

7. Maintain physical health.

There is a proven link between nutrition, one's physical condition and stress. Stressful situations present taxing demands on our bodies, and gradually deplete our physical resources. This typically results in fatigue and physical aches and pains. Taking responsibility for our body — healthy nutrition, physical exercise and enough sleep — gives the body an opportunity to renew its resources and repair the damage done by stress.

6. Relaxation exercises.

Practice of daily relaxation exercises like these can help you cope with the pressures and stress of everyday life. The more regularly you exercise, the more your body will learn to relax easily and maintain a natural balance. This will directly affect your mood and peace of mind. Try exercising once or twice a day, each time for several minutes.

5. Maintain a daily routine.

Keeping a daily routine can help you get the day started when it's hard to even get out of bed. It might help to write down your schedule for the next day before you go to bed at night so you don't even have to figure out what to do in the morning. When you're feeling broken or scared, having a routine can help your mind to relax and focus on following the schedule.

4. Use your sense of humor.

Laughter allows us to see the brighter side of reality, and helps us emerge from situations of anxiety or stress. A sense of humor also improves our physical health and allows us to find creative solutions to difficulties.

3. Help others in need.

Find ways to volunteer and do something for others. Much psychological research shows that people who give of themselves feel more in control, more capable, and cope better with stressful situations. The very knowledge that we make a difference to somebody else is an incentive not to give up or give in to despair.

2. Devote time to a hobby.

Make some time each day for something that you enjoy doing: sports, art, hiking or anything else that speaks to you, so as to relax and remember that even in the difficult daily routine there are bright points that make living worthwhile.

1. Cultivate hope and optimism.

In every dark situation, there are moments of shining humanity; try to find these moments and treasure them.

If you experienced a traumatic and stressful event and feel stressed, anxious or scared to the extent that you cannot function, please do not hesitate to contact JFS whose licensed and trained social workers are ready to assist you.



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www.jfsnepa.org

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*



Danielle Shearin

Medical Billing and Scheduling Specialist

Danielle Shearin is the Medical Billing & Scheduling Specialist at Jewish Family Service of Northeastern Pennsylvania. She does all of the medical billing for the office and also coordinates all aspects of the much needed DentalCare program at JFS. She has worked in the medical field for over 25 years as a Phlebotomist, a Medical Assistant, Surgical Coordinator, Administrative Assistant and Billing/Collections Manager.

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