



COMMUNITY Matters

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The Power to Make a Difference

How often do we take stock of our lives, who we are, what we have achieved and where we are going? How often do we ask ourselves how have I made an impact? For most people an annual self-inventory, perhaps triggered by our birthday, is often where it starts. However, when we begin to take stock of our lives, we tend to look back and focus on the bigger, major events in our life. While these milestones may indeed be the more significant chapters in our lives, we often tend to overlook the moments in between.

Although the big moments may get the attention, it's often the small gestures that can make the greatest impact on others. Simply holding a door open for someone or a friendly good morning can put a smile on someone's face and have a ripple effect on others. Offering a helping hand to a family member, friend or neighbor can make a difference in a person's day. Even the smallest of efforts can help a person get the help they need or even perhaps turn their life around. Small gestures matter every day to those around us.

Small gestures have the capacity to grow and build. Here at JFS, respecting all who come through our door or call for help matters. JFS helps hundreds of people annually who come to us in times of need. We can't forget, however, that those hundreds of people are individuals. Relationships start with gestures of kindness, and with respect everything is possible.

At JFS our goal every day is to make a positive difference in someone's life. Remember that you too have the power to make that difference. It's the little things in life that can brighten a person's day or ease someone's burden. You have the power to make a difference if you remember that it is sometimes the small things that make the biggest difference.



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 to Honor Morey & Sondra Myers



Jewish Family Service of NEPA is proud to announce we will be honoring Atty. Morey and Sondra Myers at the 2nd Annual Community Matters event on May 24, 2017 at the Geisinger Commonwealth School of Medicine from 6PM - 9PM. Following the success of last year's inaugural event, this year we will continue to honor those who have contributed not only to JFS, but who have made a strong impact in our entire community.

Through our mental health counseling and older adult programs at JFS, we seek to enhance and strengthen the quality of individual, family and community life. The JFS Community

Matters event spotlights those who live those same values and have made an impact in the greater community. For more information regarding sponsorships or to purchase tickets, visit www.jfsnepa.org or call 570-344-1186.



PRESIDENT'S *Message*

I am proud to say that as of January our annual membership campaign has raised over \$67,000. We have received over 340 separate donations from members like yourself. Due in part to a few

significant personal donations, as we pass the halfway point of our fiscal year we have exceeded our initial goal of \$65,000. But there is still much work to be done and we must plan for the future.

In the past few years Jewish Family Service has made great strides. We've expanded the agency, created more agency awareness and we're serving more people in our community than ever before. I believe we can continue to make an impact to those most in need of our services, but it comes at a cost.

This year we're going to embark on securing our future for those in need of our services by commencing an endowment campaign. I encourage all of us to think big and work together because this effort can't and won't be successful without the work of many individuals and donors. Please take a look at the information on page 5, if you are interested please contact JFS today.

I look forward to working together and making great things happen in our community.

Eric Weinberg

Eric Weinberg
President
JFS Board of Directors

Car Donations

AN IDEAL WAY OF CONTRIBUTING TO CHARITY

These days people are looking for ways to give back to the communities they live in. Whether they donate a new toy to a toy drive, donate canned goods to a food shelf, or serve dinner at a soup kitchen, they are making a difference. However, one way you can give back that you may be unaware of is through a car donation. Car donations are an ideal way of contributing to charity and here's why.

Car donations are a wonderful way to do something useful with that old car you've had sitting at your home for what may seem like an eternity. It's hard to know what to do with an older vehicle. Who really wants it? Do you try to sell it? What will you get out of it? Will it require added expense to fix it up before you can sell it? Or, will you have to pay to just have it towed out of your sight? Donating your car to a charity solves all those problems for you with comparative ease.

Typical end-of-life vehicles (ELVs) are gross polluters. Cars over 13 years old create 75 percent of all the pollution produced by automobiles. Not only does recycling your vehicle help the environment, it also motivates the production of thousands of other goods—everything from new cars to bridges, elevators, even garden mulch!

Cars are one of the most recycled products in the U.S. Each year, the steel industry recycles more than 14 million tons of steel – or, the equivalent of 13 million cars. Recycling steel uses about 75 percent less energy than producing new steel, so recycling ELVs saves about 85 million barrels of oil that would otherwise be used in the production of new steel. Furthermore, steel is one of the few materials that can be recycled repeatedly without loss of quality or strength.

With spring and spring cleaning time coming up it's a great time for getting rid of the old and bringing in the new. It may be time to get rid of an old car, running or not, that takes up space in your

driveway, your garage or maybe even your backyard! Maybe you have been meaning to sell it or trade it in, but why bother when you can have somebody else do all the work for you, while giving the car to a great cause?

Cars and JFSNEPA make it fast and easy to get all the answers on donating your old car, truck, SUV, RV, boat, or motorcycle. It is not only about donating your car to a cause that will benefit your passion, but we also take care of all the details for you. All you need to do is call us at 1-877-537-4227 or visit jfsnepa.careasy.org and you can just sit back and wait for your tax deduction.

To donate or learn more call 1-877-537-4227 and a representative will explain the details including tax benefits and same-day service. Don't throw money away trading in that used vehicle at a dealership; donate it instead. We'll provide you with a hassle free pick up and get the most value from your donated vehicle. Plus, you get a tax deduction receipt.



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

JFSNEPA's vehicle donation program is a great opportunity for donors to get rid of old vehicles they no longer need and help Jewish Family Service of NEPA.

Don't Trade it, Donate it.

My Hero

Essay written for Martin Luther King, Jr. celebration, chosen as Scranton School District Everyday Hero Essay Contest winner, January 2017

By J.D.

My hero is my counselor, Don Minkoff. He's kind, helpful, and really cares about his clients. Everybody he helps is thankful for him. He never forgets what to do to help them, and if he makes a mistake, he'll admit it very clearly and honestly. He gets me.

Don is one of the many counselors at Jewish Family Service, but I'd say that he is the best one. I'm only one of his many clients. He wears funny ties and looks like a clown because of his weird hair. Don tries his very best to help everyone. He helps me when I'm in a terrible grumpy mood, to when I'm really sad and need to talk to someone. He's been my counselor for about 3 years and has never failed me. Don respects my decisions and doesn't judge me for things I like that he never will, not like anyone else. I usually hide my feelings and don't like talking to anyone (including my family) but Don usually makes me feel better, so I talk to him. He knows that I can't sleep and I'm tired of confessing, and respects it.



Don & JD

If you knew Don, you'd know that to make people feel better, he makes them laugh. He understands things that you tell him, well, except for my Youtube hobby. He doesn't tell anybody anything you tell him, unless you tell him too. That's what I like about him, he keeps secrets. Nobody else I know does, that's why I only trust him to tell things to. I'm sure other people at JFS do that too, but they are probably not as funny as Don. I want Don to get known, I want him to be known for helping people like me through hard times that they can't handle themselves. He talks to adults to. That is why

he is my hero. There are many more unsaid reasons. He doesn't make fun of me for liking the youtuber, LeafylsHere!

I hope that when Don passes he will be remembered. I sure will remember him for the rest of my life. He helps me a lot. Everyday.

Teachable Moments

By Don Minkoff, LCSW



One of the great joys of being with children is teaching values and watching them put the learned principles into practice. "Teachable moments" are opportunities for children to learn from everyday occurrences. "Teachable moments" can be planned, can occur during observable situations or can occur when least expected in ways, which can't be predicted in advance or planned for. For example, teaching children the value of tzedakah (charity) by holding a spring-cleaning and donating toys and clothes to organizations that can distribute them to needy families. "Teachable moments" allow children to learn to listen, to communicate, and to implement an action that reflects their developing value systems. The key is recognizing and responding to a "teachable moment." Remember for every moment missed, there will always be another "teachable moment."

*From: *Children of Character: Leading Your Children to Ethical Choices in Everyday Life*. Rabbi Steven Carr Reuben, Ph. D.

Santa Monica, CA: Carter & Associates (800-733-1711) 1977.

New Horizons for Learning at <http://www.newhorizons.org>



Life is Full
↑ of Ups ↓
and Downs

JFS provides professional counseling to help you and your family adjust and improve throughout life's challenges and changes.

Call (570) 344-1186 or visit www.jfsnepa.org
615 Jefferson Ave, Scranton, PA
Most Insurances Accepted



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 July 1, 2016 through January 31, 2017. 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

BRONZE LEAF

In Memory of Ruth Fallick
Eileen Baine
Nancy Friedman

GENERAL FUND

IN MEMORY

*Paul and Naomi Alamar
In memory of sister Frimi Alamar Apt
Larry and Sheila Abdo

James Alperin
In memory of father Myer
Larry and Sheila Abdo
Leonard and Barbara Rosen
Eric and Angela Weinberg

Dr. Eric Blomain and family
In memory of mother Odina
Larry and Sheila Abdo

Harriet Noble
In memory of father Ernest Smith
James and Susan Connors

Motty Chen
In memory of mother
Seth and Sheryl Gross

Neil Eifler
In memory of mother Eleanor
Rosalie Engelmeyer

Family of Melba Nathan
In memory of mother Melba
James and Susan Connors

In memory of Yahrzeit of father Sam Nudelman
Sheila Nudelman Abdo

**Of Blessed Memory*

Kenneth Swartz and family
In memory of mother Arline
Eileen Baine
Kim Belshe
Arnold and Sheila Passman
Mark and Bray Stahler
William and Sandra Robinson

SPEEDY RECOVERY

Max Bohleman
Larry & Sheila Abdo

Dr. William Kamerling
Larry & Sheila Abdo

Lynn Shaffer
Larry & Sheila Abdo

CONGRATULATIONS

Atty. and Mrs. Richard Bishop
45th Wedding Anniversary
Atty. Richard Bishop, Birthday
Larry & Sheila Abdo

James P. Connors
70th Birthday
Molly Grossinger

Kenneth and Barbara O'Hara
50th Wedding Anniversary
James and Danielle Dahan

Leonard and Lainey Denis
Birth of grandson Odin Miles
Alan and Michele Smertz

Raina Farmer
Bat Mitzvah
Kenneth and Barbara O'Hara

Dr. Daniel Ginsberg
85th Birthday
Seth and Sheryl Gross

Seth and Sheryl Gross
Bat Mitzvah of granddaughter
Dr. and Mrs. Daniel Ginsberg

Richard I. and Susan Schwartz
Birth of granddaughter Nashama Leah
Larry and Sheila Adbo

Alan and Michele Smertz
Birth of grandson Odin Miles
Leonard and Lainey Denis

MAE S. GELB KOSHER FOOD PANTRY

IN MEMORY

James Alperin
In memory of father Myer
Beverly Gelb Klein

Susan Herlands and the Hodin family
In memory of mother Eileen Hodin
Beverly Gelb Klein
Louis and Judith Premseelaar

Lynn Pearl and family
In memory of her mother Marion
Beverly Gelb Klein

SPECIAL BIRTHDAY

Carol Kaplan
David and Gail Dickstein
Claire Jacobson
Jeffrey and Robin Jacobson

CONGRATULATIONS

Atty. and Mrs. Morey Myers
60th Wedding Anniversary
Ruth Gelb and family

SHERI & BARRY FINKELSTEIN FUND

IN MEMORY

Family of Ruth Fallick
In memory of mother Ruth
Mr. and Mrs. Harold Finkelstein

In memory of siblings Sheri and Barry
Jerome and Polly Finkelstein

Linda Horan and family
In memory of mother Madeliene Luchansky
Mr. and Mrs. Harold Finkelstein

Family of Leona Seldon
In memory of mother Leona
Mr. and Mrs. Harold Finkelstein

JoLynn Harding and family
In memory of her mother Ruth Fallick
Mr. and Mrs. Harold Finkelstein

BARBARA SAPSOWITZ MEMORIAL FUND

Melvin Sapsowitz

In memory Barbara Sapsowitz
Murial Troy and family

ROSENTHAL FUND

IN MEMORY

In memory of father Stephen I. Rosenthal, MD
Betsy Rosenthal



Legacy Giving Makes a Difference

Often established in memory of a loved one or to commemorate a special occasion, endowment funds are permanent tributes that help JFS to provide critical services to the community. If you would like to leave a legacy through establishing an endowment fund or would like to discuss designating JFS as a beneficiary of your will, trust, insurance or retirement plan, please contact Sheila Nudelman Abdo, Executive Director. It's also important to remember that recent legislation making the \$100,000 charitable IRA contribution permanent allows donors to take full advantage of the numerous tax benefits of these contributions and is a powerful incentive to charitable giving. The \$100,000 is an annual limit. Therefore, a donor could contribute every year allowing for longer-term charitable distribution arrangements and plans. Your legacy giving makes a difference.

Identifying and Helping Teen Depression



By Nicole Friedman, LSW

Growing up and being an adolescent can be a very difficult stage to go through. With the added pressures of school, home life, making friends, and even social media, can impact a teens mood and daily life. According to the National Institute on Mental Health, in

2015 approximately 3 million adolescents between the ages of 12-17 struggled with depression. Depression impacts 20 percent of adolescents before they reach adulthood with teen suicide being the third leading cause of death between the ages of 10-24.

For parents who suspect their teenager may be struggling with depression, there are symptoms to look for, along with ways to help your adolescent. Symptoms to look for in your teen include, poor performance in school, as well as withdrawal from friends and activities. Lack of energy and enthusiasm along with anger, agitation, and restlessness may also be symptoms of depression. Change of sleep patterns and eating habits with thoughts of suicide are also symptoms to pay close attention to.

Parents can help their teen with depression by improving their communication. Focus on listening and not judging your teen by avoiding criticism when they speak to you and letting your teen know you are there for them 100 percent. Also be gentle and acknowledge your teens feelings. Acknowledging the sadness they are going through can make them feel supported.

Also avoid your teen from becoming isolated by encouraging them to go out with friends or becoming involved in activities that they enjoy such as a sport or a club. Physical health is also important in helping your teen with depression. By promoting exercise, preparing nutritious meals, and making sure your teen gets plenty of sleep can boost their mood. Recognizing that your teen may need more support than you can provide is also extremely beneficial. When looking for further treatment for your teen such as a counselor, include your teen in that decision making process and let them choose who they would feel most comfortable with.

If you suspect that your teen may be struggling with depression and are looking for further treatment, Jewish Family Service counselors are here to help. They can be contacted by calling 570-344-1186.

References

<http://www.mentalhealthamerica.net/conditions/depression-teens>

<http://www.mentalhealthamerica.net/conditions/depression-teens>

http://www.medicinenet.com/teen_depression/article.htm

<https://www.nimh.nih.gov/health/statistics/prevalence/major-depression-among-adolescents.shtml>

<https://www.ineedalighthouse.org/depression-suicide/teen-depression/>

BOARD SPOTLIGHT



DR. DAN GINSBERG

In 2003, Dr. Dan Ginsberg was honored to be asked to join the Board of Directors of the Jewish Family Service because of his many years in the field of social work and community organization and his commitment to the agency's mission, vision, goals and objectives. As a board member one of the initial responsibilities Dr. Ginsberg initiated was to chair the bylaws committee, a huge undertaking of reviewing, revising and updating the agency's bylaws and constitution. Dan serves on eight boards of directors here and in Florida and is a Trustee for the Albright Memorial Library. Dan is also a folk and square dance instructor. He is a proud recipient of numerous awards for outstanding professional services. Dr. Ginsberg and his wife Sandy live in the hill section of Scranton and have three children,

Jodi, Jeffrey and Neil. To the younger generation of JFS volunteers Dr. Ginsberg recommends that you have passion and enthusiasm for the cause, understand and appreciate the needs and dreams of the agency and community. As a board member recognize that you are both a steward and ambassador. Dan enjoys gardening, cooking, adult coloring and exhilarating rides on his Italian Simoncini road bicycle.

Support For Families Who Are Caregivers



By Maggy Bushwick, LCSW, NCG

When a family member is diagnosed with an illness, whether it is a medical disease, chronic disease or dementia, there are many feelings, needs, and concerns that arise. Among these are the worry and stress that come with knowing that a loved one has been diagnosed with any illness—let alone, an incurable one. In general one

has no time to prepare for the role as a caregiver. Caregiving is a journey and it involves a change in roles with the care receiver; whether it is your spouse, your parents, your child or other relation. The Identity Change Theory states that these changes of roles include change in activities, change in the relationship and dynamic with the care receiver and a change in the identity of the care giver which all can evoke emotional reactions. Family members describe the experience as a roller coaster of emotions. The experienced emotions could include: love, tenderness, gratitude, appreciation, satisfaction, accomplishment, frustration, anger, and isolation, and the feeling of having little control over the situation or a sense of being overwhelmed. The impact of the emotions could increase anxiety, frustration and guilt to the care giver. If these emotions and the stress of caregiving are left unchecked, it can take a toll on your health, relationships and state of mind.

What can you do?

Acknowledge the feelings, positive and negative ones: Recognize the signs of caregiver stress. These may include: anxiety, depression, irritability. Feeling tired and run down; difficulty sleeping; over reacting to minor nuisances. New or worsening health problems; trouble concentrating; feeling increasingly resentful; drinking, smoking or eating more, neglecting responsibilities, cutting back on leisure activities. You feel helpless and hopeless.

Once you've recognized the problems:

- **Don't let caregiving take over your whole life.** Invest in things that give you meaning and purpose whether it is your family, religious institution, a favorite hobby, or your career.
- **Find ways to feel empowered.** Feeling powerless is the number one contributor to depression and burnout. You cannot always get extra time, money, or physical assistance you would like, but you can always get more happiness and hope.
- **Embrace your caregiving choice.** Focus on positive reasons why you chose to provide care. The meaningful motivations can help sustain you through difficult times.
- **Focus on things you can control.**
- **Celebrate the small victories.** Do not underestimate the importance of making your loved one feel more safe, comfortable and loved.
- **Get the appreciation you need.** Remind yourself that the person you are caring for would express gratitude if she or he was able. Talk to a supportive family member or friend.
- **Ask for help.** Do not try to do it all alone. Spread the responsibilities. Be willing to relinquish some control.
- **Speak up!** Do not expect friends and family members to automatically know what you need or how you are feeling. Be upfront about what is going on with you and the person you are caring for.

- **Join a support group.** This is a great way to share your troubles and find people who are going through the same experiences that you are living each day.

If you are a caregiver and are overwhelmed with tasks of the caregiving, feel isolated or need some guidance on how to handle the situation, please contact JFS where the experienced and licensed social workers are ready to assist you.

Resources:

- 1 - "Emotional Aspects of Care Giving" - a webinar presented by American Society on Aging and Home Instead.
- 2 - Internet articles regarding caregiver stress and burnout.
- 3 - Self-Care for Caregivers from Care Notes
- 4 - Social Work Today "Supporting families of people living with dementia" Nov/Dec 2016



Do You Need Help Managing Daily Living?

JFS licensed social workers can help you and your family make choices that foster independence in your daily living as you adjust to life's challenges and changes.

Call today for more information and a free consultation.

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



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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*



Elizabeth Donovan Secretary

Elizabeth joined JFS in September of 2016 in the position of secretary here at Jewish Family Service. Prior to that, Elizabeth worked at The University of Scranton in the Advancement Division for over 22 years. Having attained an Associate's Degree,

she is currently continuing studies with the intention to complete a Bachelor's Degree in English at the University of Scranton. Her many outside interests include writing, bicycling, gardening, home repair and travel. She was a co-pilot with Reflections hot air balloon team for over 15 years, which allowed for years of travel up and down the east coast while establishing friendships at each balloon rally. In her words "A truly fascinating life experience!"

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