



COMMUNITY *matters*

A publication of Jewish Family Service of Northeastern Pennsylvania

SPRING 2018

Newsletter Sponsored by the Barbara Sapsowitz Memorial Fund

The Value of Accreditation

JFS has recently completed our reaccreditation cycle which comes along every four years and includes a comprehensive agency self-evaluation and a site-review monitoring visit. Striving to maintain an agency's accreditation status says a great deal about the credibility of our organization and validates our financial, administrative and management integrity. Accreditation also ensures that the consumers of our programs and services are helped in the most professional way and that we abide by the latest and best standards available.

From the moment a person in need calls our agency or walks into our office, our staff makes them feel welcomed and cared for. It starts there and continues throughout the helping process to make sure that the client feels heard and that we are here to listen. Each person receiving help at JFS has an individualized treatment plan and goals to achieve. We set the goals from a strength based perspective and help the client to achieve them.

Helping each individual, family or couple is what we do every day, so all those who seek our assistance are assured we run an organization that meets the standards that protect them and the care they receive.

Being an accredited organization does not come without a lot of hard work by the staff and the Board of Directors. Doing our best to help others is our JFS mission and our responsibility. JFS is proud to be accredited by COA which empowers us to focus on all levels to help make a positive impact in our 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 staff, board members and United Way Representatives gather together for the closing accreditation meeting on November 14th, 2017.



PRESIDENT'S *Message*

Jewish Family Service has made great strides, and we're serving more people in our community. One thing we've talked about is our rich history in the community, and this is done through the support of our staff, volunteers, members, and board of directors. We owe our success to the staff at JFS, however, they need our help and effort because we can't and won't be successful without the work of many individuals.

We're always looking for great people to help our ongoing mission to help our community. As volunteers and board members it's not just about giving, but also receiving. Joining the JFS Board of Directors or becoming a JFS volunteer can be a way for people of a shared interest to meet, get to know each other, stay informed, and connect on a social level. I'm asking for your help and would love to hear from you if you'd be willing to assist us as a volunteer or board member. I look forward to us working together, making great things happen, and repairing our community one individual or one family at a time.

Eric Weinberg

Eric Weinberg
President
JFS Board of Directors



Congratulations Anne Boland on Your Retirement

Anne Boland has been with JFS since November 17, 1959. She has the distinguished honor of having worked with JFS's first Executive Director Albert Geffen, ACSW. Over the years Anne has not only been a friendly face to clients, staff and board members but she has been an integral part of maintaining the agency.

Anne has always been very professional in handling all clerical, office management and accounting business at JFS. She was instrumental in assisting with the Resettlement program and an integral part of the agency's first accreditation. Over the years she has been an invaluable asset to the operations of our agency.

Most importantly to this day there is no one at JFS who knows the people in our community like Anne. We all wish Anne the best in her retirement and thank her for over 50 years of service at JFS.

Congratulations!

JFS to Honor Jane Oppenheim at 3rd Annual Event in May

Jewish Family Service of Northeastern Pennsylvania will honor Jane Oppenheim at the 3rd Annual Community Matters Event. The event will be held on May 23, 2018 from 6 p.m. – 9 p.m. at the Scranton Cultural Center. Each year at the Community Matters event we honor those who have contributed not only to JFS, but who have made a strong impact in our entire community.

Jane Oppenheim, a resident of Scranton, PA and a native of New York City, is well known for her community involvement and philanthropy. Mrs. Oppenheim is the widow of Richard Oppenheim, son of the founder of Oppenheim's – The Scranton Dry Goods Company. She is the mother of three children, grandmother of eight, and a great-grandmother as well.

Through our programs and services 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.

Tickets for the event are \$100.00 per person and can be purchased online by visiting www.jfsnepa.org or by calling 570-344-1186. Sponsorship and ad book opportunities are also available online or by calling 570-344-1186.

Save the Date!

3rd Annual
COMMUNITY
matters

**Honoring
Jane Oppenheim**

May 23, 2018



SCRANTON CULTURAL CENTER
at the Masonic Temple
Life. Celebrated.



BOARD SPOTLIGHT



DEIRDRE SPELMAN, ACSW, LSW

Deirdre has been involved with JFS since childhood. As a child she received services from the dental clinic and was a recipient of a scholarship to the JCC Travel Camp, and as a teenager she was a volunteer. Al Geffen, a founding Director of JFS, was her mentor during her MSW studies. She joined JFS upon returning to

live in Scranton in order to support the mission and goals as a professional social worker and to support the work of the agency and development of new initiatives. She considers supporting the staff in the work they do in the community and serving as an ambassador for JFS as an important part of being on the board. She felt it was a natural way to pay it forward.

Deirdre has also been a leader in monthly giving. She decided to become a monthly donor as it allowed her a way to provide ongoing support while easing the one time financial burden some donors often feel when making donations.

She feels it's important for new board members to embrace an opportunity to be part of a dynamic organization and see "Tikkun

Olam" in action through the work we do and for new board members to be prepared to make a difference.

Deirdre received a Master's Degree in Social Work from the School of Social Work, Marywood University and is now the Director of Field Education for the same MSW program. An avid reader who enjoys travel, she has been to all 50 states and 33 countries!

Her mother, the late Florence Dinner Spelman, instilled in her and her sisters, Sheila and Pamela, the importance of respecting differences and helping others. Her favorite quote, "If a man does not keep pace with his companions, perhaps it is because he hears a different drummer. Let him step to the music which he hears, however measured or far away." (Thoreau) has become her personal motto.

"I have been fortunate in my career to have worked as a social worker in a variety of settings and spent five years as a social worker in the UK. I am privileged to be part of the educational processes for the social workers of tomorrow. Mr. Albert Geffen and Dr. Abram Bernstein helped me to understand the importance of social action and working for social justice and how each of us can influence social policy and social change."

Villa Capri Car Cruisers Present Check for Jewish Family Service Food Pantry

JFS received a check from the Villa Capri Car Cruisers for \$500.00 in support of the Mae S. Gelb Kosher Food Pantry.

Established in 2001 by Mae Gelb's daughters Bev Klein and Sondra Myers, the pantry provides assistance with food and other necessary household items to families and individuals during times of financial stress. This is the third year that the Villa Capri Car Cruisers have graciously donated money towards the food pantry. Established in 1994 the Villa Capri Car Cruisers Club donates money to numerous area nonprofit organizations.

Pictured in the photo front row left to right are Lou Mangravito, JFS Executive Director Sheila Nudelman Abdo, and Pat Valvano, back row left to right are Mike Greenstein, Villa Capri President Joe Carra, Sue Mangravito, Mike Macedonia and Frank T. Valvano.



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, 2017 through January 31, 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.

TREE OF LIFE

GOLD LEAF

Filmore Rosenstein
In memory of wife Jean

GENERAL FUND

IN MEMORY

Naomi Alamar
In memory of husband Paul
Larry and Sheila Abdo
Anne Boland
Rabbi Nathaniel and
Maggy Bushwick
Ann Cheseck
Steven and Marylu Eisner

Eunice Boscov
In memory of husband Albert
Larry and Sheila Abdo

Eric Davis
In memory of mother Rozanne
Seth and Sheryl Gross

Marilyn Deutsch
In memory of father-in-law Ignatz
Nancy and Bill Johnson

Richard Goldstein
In memory of father Sheldon
Larry and Sheila Abdo
Anne Boland

Reggie Holzman and family
In memory of brother and father
Don, Stephanie, Chelsea and
Cassidy Minkoff

Seth Gross
In memory of sister Clorra Belman
Larry and Sheila Abdo

James Lepeer
In memory of wife Ruth
Rabbi Nathaniel and
Maggy Bushwick

In memory of their friend Elaine
Levinson
Stanley and Marge Rose

Ceil Rydzewski and family
In memory of mother Lois May
Donald and Carol Dembert
Joann Doxey
Thomas and Eileen Griffiths
Dennis and Rosemary Kondash
Beth Kaplan
Charles and Constance Leavesley
Montage Mountain Resorts

Edythe Schneider and family
In memory of mother Lois May
Sylvia Eisenberg
David and Eileen Feibus
Sylvia Klein

Mrs. Mark Schwartz
In memory of husband Mark
Morey and Sondra Myers

Margot Sklar and Deborah Sklar
In memory of husband and father
Stanley
Don, Stephanie, Chelsea and
Cassidy Minkoff

Ilene Weinstein
In memory of parents Albert and
Harriet Geffen & Leonard and Beatrice
Toiv
Helen Toiv

SPEEDY RECOVERY

Jane Oppenheim
Larry & Sheila Abdo

CONGRATULATIONS

Bob Ballot
In honor of birthday
Donald and Carol Dembert

Irving Cader
In honor of 100th birthday
Larry and Sheila Abdo
Laurie Cadden and Myer Moskovitz

Ben and Shirley Eisler
50th Wedding Anniversary
Morey and Sondra Myers

Atty. Morey Myers
In honor of special birthday
Larry and Sheila Abdo

Atty. and Mrs. Morey Myers
2017 Community Matters Honorees
Steven and Marylu Eisner

Marcia Myers
In honor of birthday
Morey and Sondra Myers

Mary Ziman
In honor of birthday
Sidney and Michelle DeSantis

SPECIAL ACKNOWLEDGEMENTS

Aaron and Stacey Nivert and family
Thank you for your generosity
Abigail Weinberg

Jerry Goodstein
In honor of his work at B'nai Harim
Alan and Ellen Kagan

Deirdre Spelman
Jane Strobino

MAE S. GELB KOSHER FOOD PANTRY

IN MEMORY

Naomi Alamar
In memory of husband Paul
Beverly Gelb Klein

Judith Doherty and Roberta Rev
In memory of Harriet Squires
Beverly Gelb Klein

Lewis Premselar & family
In memory of father Ronny
Claire Jacobson
Margery Premselar

Ceil Rydzewski and family
In memory of mother Lois May
Beverly Klein
Margery and Paul Rosenberg

Edythe Schneider and family
In memory of mother Lois May
Eileen Baine
David and Molly Rutta

CONGRATULATIONS

Mr. and Mrs. Donald Bernstein
In honor of recent nuptials
Beverly Gelb Klein

SHERI & BARRY FINKELSTEIN FUND

IN MEMORY

Daniel and Maria DeMuth and family
In memory of father LeRoy
Harold and Naomi Finkelstein

William Edwards and family
In memory of father John
Harold and Naomi Finkelstein

In memory of Sherrie & Barry
Finkelstein
Jerome and Polly Finkelstein

Cheryl Spatt
In memory of sister Shelly Gill
Harold and Naomi Finkelstein

Audrey Sugarman and family
In memory of husband and father Joel
Harold and Naomi Finkelstein

BARBARA SAPSOWITZ MEMORIAL FUND

Melvin Sapsowitz

In honor of mother Barbara Sapsowitz
Yahrzeit
Marna Saspowitz

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.



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**

IF YOU NEED SOMEONE TO TALK TO, WE'RE HERE TO LISTEN



Jewish Family Service
OF NORTHEASTERN PENNSYLVANIA

Professional, confidential counseling services for
families, couples and individuals.

(570) 344-1186

www.jfsnepa.org

SPEAK UP



By Nicole Friedman, LSW

Sexual harassment is defined as “unwelcome verbal, visual, non-verbal or physical conduct that is sexual in nature and can affect working conditions and create a hostile environment” (www.equalrights.org). Sexual harassment can impact not only women, but men as well,

and can happen by a supervisor, co-worker, or even a non-employee. According to a survey that was conducted in 2015 by Cosmopolitan of 2,235 employees, 1 in 3 women ranging from ages 18-34 were sexually harassed at work with 71% of those women stating they did not report it (timesupnow.com). Sexual harassment has become prominent, and here is what you can look for and what to do if you were to experience harassment in the work place.

In the work place, sexual harassment can be verbal or written as well as physical. Examples of verbal or written harassment include commenting about an employees clothing or body shape, making sexual jokes or requesting sexual favors of an employee as the only way they can receive a raise or promotion. Physical sexual harassment can include inappropriate touching of an employees body, blocking someones movement, or touching someone against their will or consent. Looking up and down or staring at an employees body, making derogatory gestures or expressions, as well as displaying posters or sending e-mails of a sexual nature can be considered non-verbal and visual sexual harassment. However, sexual harassment does not always have to be sexual in nature. It can also be based on a persons sex or gender. For example, a woman who does the same job as a man but is the one who receives harsh criticism or is singled out is also considered unlawful.

So what can you do if you feel as if you are being sexually harassed at work? The first recommendation is to speak to the harasser. Let them know that their behavior offends you and demand that they stop. Make sure that you are clear and make a written record of the conversation. Start a paper trail, review your personnel file and report the harassment. Keep copies of everything you send and receive from the harasser, obtain any copies of documents that you signed at work, and review your jobs policy on harassment. Follow through with the agency's procedures for reporting the incident and be aware of deadlines to make the report. Some states may give as few as 180 days after the incident occurred to make a report. If you are part of a union, report the incident to the union and file a formal grievance. You can also contact the U.S Equal Employment Opportunity Commission and file a lawsuit if you feel the employer has not addressed your harassment report properly. It is important to know that it is unlawful for an employer to retaliate against an employee who is filing a sexual harassment report.

Over the past several months, sexual harassment has become more known, whether it be talked about in Hollywood, sports such as gymnastics, or even our government. For more information or to report sexual harassment you can contact the U.S Equal Employment Opportunity Commission at www.eeoc.gov or toll free at 800-669-4000. You can also contact JFS for further support at 570-344-1186. Whether you are a man or a woman, sexual harassment is unlawful and continued advocacy and discussion needs to continue and to not forget to speak up.

References:

www.equalrights.org | www.eeoc.gov | www.timesupnow.com

What Does it Mean to be Emotionally Strong?



By Don Minkoff, LCSW

I have heard it said many times when people discuss moments of stress, loss or tragedy, “I can’t cry”, “I have to be strong”, “I have to do this by myself” or “I have to “man-up.” While reflecting on the idea of being “strong”, in the movie the Wizard of Oz the Lion was called cowardly due to his fear, The Tin Man rusted when he cried, and the Scarecrow lost his hay when he showed anger. Fear, sadness, anger; how would they ever be able to help Dorothy?

The question becomes, are our feelings a weakness? Emotions are a part of us, they are what we all experience each day. The statements above recognize that feelings are experienced. However, it comes down to how one expresses those feelings.

One of my resources for this article stressed that conversations tend to focus more on what we’re doing or what we’re thinking. In fact, most people find it easier to start sentences with, “I think...” instead of “I feel...” simply because it feels less awkward¹. The author talks about how “most of us are never educated about feelings. Instead, we’re supposed to learn socially acceptable ways to deal with feelings by watching the people around us.”¹

Emotional strength is not just the feelings we experience at the moment, but what we do afterwards. Expression of feelings creates

the opportunity for emotional release, finding peace within self, then the freedom to connect with others and act. The person who responds with feelings and then goes forward to resolve the issue is an emotionally strong person.

Emotionally strong people are able to:

- Be less discouraged by setbacks.
- Be more adaptable to change.
- Have the skills to recognize and express their needs.
- Focus on getting around a hurdle rather than on the hurdle itself.
- Learn from mistakes and criticism.
- Have the ability to see the larger perspective in a challenging situation.
- Recover more quickly from emotional wounds such as failure or rejection.³

So what are techniques for learning to identify feelings?

1. Examine your physical response. There is a physical reaction when we experience feelings. Reactions such as tight chest/shoulders, stomach tightness or pain, face flush or tears. As you experience those physical reactions, step back and ask “what is going on?”

2. Identify the Feeling. Talk to someone, a friend, family member or

Smiles, Tail Wags and the Health Benefits of Pet Ownership



By Maggy Bushwick, LCSW, NCG

It is only recently that studies have begun to scientifically explore the benefits of the human-animal bond. The American Heart Association has linked the ownership of pets, especially dogs, with a reduced risk of heart disease and greater longevity.

The rise of animal therapy is backed by increasingly serious science showing that social support, a proven antidote to anxiety and loneliness, does not only come from people but from animals too. Just about any type of pet can be good for your mental health.

Following are some ways owning a pet can improve your mental health:

1. Owning a pet can decrease symptoms of depression. A pet helps to provide companionship. Non pet owners are four times more likely to be diagnosed with clinical depression than pet owners.

2. Pets are loving without being judgmental. A pet just wants to be cared for and played with. Many pets can also sense when something is wrong, and they will try to comfort you.

3. One of the benefits of owning a dog is that they require regular exercise. They get you outside. Sun and fresh air elevate your mood and sun gives you an extra dose of Vitamin D. Vitamin D exposure helps fight physical and mental conditions; including depression, cancer, obesity and heart attacks. Also, when you go out with your pet you are engaging with nature. Try taking a moment to listen to the trees rustling, feel the wind rushing past, and the sun upon your face. The sounds and the feelings of nature can be incredibly calming.



4. Caring for a pet can help to improve your social skills with people. Having a pet can give you common ground with other pet lovers and help you make new social connections.

5. Pets are entertaining and they can make you smile and laugh. Every time you do these the nerve cells in your brain register happiness, which helps change negative thought patterns and reduce the risk of depression.

6. Petting an animal releases anti-stress chemicals in your brain. Touch and movement are two healthy ways to quickly manage stress. Petting a dog lowers blood pressure and can help you quickly feel calm and less stressed. Stress can lead to or exacerbate mental health issues. So reducing stress can reduce the risk, for example, of depression.

7. Owning a pet prompts you to maintain a daily routine. Keeping a routine is good for your mental health.

8. Having a pet provides you with the sense of purpose in life. You have to feed your pet and if it is a dog you have to be home at a certain time to take him for a walk. The responsibility of having a pet that relies on you for its well-being is a source of pride for many pet owners.

9. Successfully caring for an animal is a source of pride. Caring for an animal can help build self-confidence and self-esteem

There is no doubt that pets can improve your quality of life. Pets can have a significant positive

impact on your well being by offering constant companionship, unconditional love, and a sense of purpose.

If you worry about feelings of loneliness and need someone to speak to, licensed social workers at Jewish Family Service are here to listen!

Resources:

<https://www.huffingtonpost.com/danielle-hark/pet-ownership-health>
<http://time.com/4728315/science-says-pet-good-for-mental-health>
<https://www.helpguide.org/articles/mental-health/mood-boosting-power-of-dogs.htm>
<https://www.webmd.com/depression/features/pets-depression>
<https://www.brookhavenretreat.com/cms/blog-22/item/3024-pet-benefit-mental-health>

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social worker to assist you in examining and identifying what your body is expressing.

3. Be Still. As you experience these feelings, don't turn to something to distract you. Reflect on what you are experiencing so you can grow into remembering the feeling.

4. Write. Take the time to write a journal or a summary of what you are experiencing and what is going on that is causing you to think and feel and how you are expressing that feeling. Learn what and how you are reacting to the life events.

5. Listen to music. All forms of music elicit feelings. Tie the music to a particular feeling.

6. Reflect. Spend the end of the day thinking about your day; what made you happy, angry, nervous, etc. Use the journal to review what happened during the day. Look at how you reacted, what worked and how you could have reacted differently; learning how to express the feeling in a healthy way.

Growing into knowing and experiencing your feelings can be difficult when you have not developed the skill base to think about how you feel. However, with practice, one's ability to recognize, experience and learn how to express your emotions in a healthy

way will improve yourself and your interpersonal relationships.

The Lion, the Tin Man and the Scarecrow were all able to embrace their emotions. However, that was the movie ending. Remember if you need help processing your emotions, the social workers at Jewish Family Service are here to assist.

Sources:

1. <https://www.forbes.com/sites/amymorin/2014/07/18/the-8-myths-about-emotions-that-are-holding-us-back/#b6a1ee24eb4c>
 2. <https://www.elitedaily.com/life/emotional-doesnt-make-weak-actually-makes-strong/1161073>
 3. <https://www.psychologytoday.com/blog/the-squeaky-wheel/201506/the-7-characteristics-emotionally-strong-people>
 4. <https://tinybuddha.com/blog/weak-actually-key-becoming-strong/>
 5. <http://personalitybuzz.com/5-reasons-why-people-who-cry-are-emotionally-strong/>
 6. <https://www.wikihow.com/Be-Mentally-and-Emotionally-Strong>
 7. <http://erinsinsidejob.com/2016/02/8-ways-to-identify-and-express-feelings/>



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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*



Laura Thomas

Secretary

Laura comes to us with a vast background in both the secretarial and management fields. Her retail career spans 15 years with management positions held at Sears, Ann Taylor Loft, and Chicos. She also worked at Scranton Orthopedic Associates as a front desk receptionist handling the demands of a 13 physician practice. Her most recent position was at the JCC where she held the position of administrative assistant. A lifelong resident of Scranton, Laura has been very involved in the community. For the past seven years she has served as co-chair for Mom Prom of NEPA, a local charity that holds a prom to raise money for various charities in our area. Laura is a graduate of West Scranton High School and also attended Misericordia University where she majored in English. Her hobbies include movies, Broadway shows, going to concerts and most importantly, spending time with her husband and two sons.

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