Stand Up

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

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

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

Sheila Nudelman Abdo
JFS NEPA Executive Director

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

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

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

Pictured in the photo: Dr. Charles Scrimalli SDDS President, Sheila Nudelman Abdo JFS Executive Director, Dr. Chris Kotchick co-chair Mission of Mercy, Dr. Brendan Langan SDDS Officer, Dr. Samantha Adob SDDS VP, Dr. Megan Azar SDDS Secretary, Dr. Darleen Oleski PDA Government Relations Chair, Dr. Thomas Langan Jr SDDS VP, Dr. Kurt Wadsworth SDDS Past President, Cynthia Cox SDDS Marketing Coordinator, Dr. Joseph Kelly 3rd District Treasurer, Colette Jesikiewicz JFS Administrative Services Coordinator, Dr. John Erhard SDDS Past President, Dr. Patrick Hayes SDDS Officer, Dr. Martin Bifano, Dr. Andrew Brown, Dr. William Burdyn, Dr. Justin Burns, Dr. Lawrence Gallagher, Dr. Joseph Gronsky, Dr. Stephanie Potter Hanyon, Dr. Brian Kerr, Dr. Frederick Lally, Dr. Sam Prisco Sr., Dr. Michael Ratchford, Dr. Stephen Solfanelli, Dr. Jan Stampien, Dr. Gary Wadsworth, Dr. Nancy Willis and Dr. Matthew Zale
As a 103-year old social service organization, Jewish Family Service (JFS) of Northeastern Pennsylvania continues our tradition of meeting the ever-changing needs of individuals and families across our whole community. As President of JFS, I am very proud of the continued work we do to fulfill our mission of repairing our community one person and one family at a time. It is hard to imagine all the lives we positively touched over the course of the last 103 years. It is through the joint efforts of our Board of Trustees and our dedicated professional staff who make a difference in the lives all of those who call upon us each year.

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

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

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

Eric Weinberg
JFS Board of Directors

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

Gold & Silver

The Oppenheim Family
Jim and Patty Alperin

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

Golf Tournament

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

GAYLE BAAR

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

She currently lives on East Mountain in Scranton, but has also lived in Baltimore, Shaker Heights, Ohio, and the Dallas, Texas area. Today she is very happy to be back in her home town.

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

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

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

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

Uninsured and Underinsured in Need of Dental Care

By Colette Jesikiewicz CDPMA, FADAA

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

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

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

Another area of concern is co-insurances/co-payments where the patient pays a percentage of the dental service fee. Restorative services, such as fillings, might be covered at 80% and major services, such as root canals, crowns, or dentures, might only be covered at 50%. Many dental plans have a $1000 annual maximum which may not cover the cost of extractions and a set of dentures. Other dental plans offer as low as a $500 annual maximum. This can be used up with as little as a dental cleaning and 2 or 3 fillings. Even with dental insurance the patient may still be left with a large out of pocket expense that they cannot afford. This is known as “underinsured”.

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

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

The DentalCare Center at Jewish Family Service may be the answer to your dental needs. Even if you do not qualify for our dental program there are other options. Don’t be afraid to ask for help. Your dental health may depend on it.
Jewish Family Service of Northeastern Pennsylvania is extremely grateful to the hundreds of families and individuals who participate in our Tribute Card and Tree of Life Programs. It is a wonderful way to honor and recognize people in your life, and, at the same time, help Jewish Family Service. This listing includes gifts received February 1, 2018 through December 15, 2018. Please accept our apology if we have missed you. We researched carefully to be certain we included everyone, but occasionally mistakes get past us! If your name is not listed, or if you know of someone else’s name we have omitted, please contact us so we can properly acknowledge all efforts.

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

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<tr>
<th>GENERAL FUND</th>
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<td><strong>IN MEMORY</strong></td>
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<td>Mr. &amp; Mrs. John Spager</td>
<td>In memory of daughter, Alba</td>
<td>Alan &amp; Michele Smertz</td>
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<td>Paul Mackarey</td>
<td>In memory of father</td>
<td>Larry &amp; Sheila Abdo</td>
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<td>Jeff &amp; Dassy Ganz</td>
<td>In memory of Sylvia</td>
<td>Jim &amp; Susie Connors</td>
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<td>Lee Gromer</td>
<td>In memory of sister, Ruth Gromer</td>
<td>Seth &amp; Sheryl Gross</td>
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<td>Denise Brown</td>
<td>In memory of husband, Stephen Brown</td>
<td>Gayle Baar, Barbara Nivert</td>
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<td>Robert Pollack</td>
<td>In memory of father, Barry Shaefer</td>
<td>Alan Smertz &amp; Family</td>
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<td>Terrence Nealon &amp; Family</td>
<td>In memory of father, William Nealon</td>
<td>Larry &amp; Sheila Abdo</td>
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<td>Susan McKay</td>
<td>In memory of mother</td>
<td>Seth &amp; Sheryl Gross</td>
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<td>William Conaboy &amp; Family</td>
<td>In memory of father, Richard Conaboy</td>
<td>Alan Smertz &amp; Family</td>
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| Rhonda Fallk & Family | In memory of father, Henry Shapiro | Larry & Sheila Abdo |
| Maggy Bushwick | In honor of years of service at JFS | Seth & Sheryl Gross |
| Rick & Susie Jacobson | In honor of 50th Wedding Anniversary | Bev Klein |
| Mary Ziman | In honor of special birthday | DeSantis Family |

| **SPEEDY RECOVERY** |            |            |
| Jim Connors | Larry & Sheila Abdo |
| Andrew Hailstone | Larry & Sheila Abdo |

| **CONGRATULATIONS** |            |            |
| Susie Blum Connors | For receiving the Volunteer Recognition Award | Seth & Sheryl Gross |
| Rachel White | College Graduation | Seth & Sheryl Gross |
| Larry Cohen | For receiving the Wilkes College Recognition Award | David Feibus |
| Carole Boettger | For receiving the Bea & Max Rock Senior Award | Shirley Nudelman |
| Deborah & Schlomo Fink | Congrats on a new granddaughter | Seth & Sheryl Gross |

| **IN HONOR** |            |            |
| Jack Rose | In honor of 80th Birthday | Seth & Sheryl Gross |

| Maggy Bushwick | In honor of years of service at JFS | Seth & Sheryl Gross |
| Rick & Susie Jacobson | In honor of 50th Wedding Anniversary | Bev Klein |
| Mary Ziman | In honor of special birthday | DeSantis Family |

| **MAE S. GELB KOSHER FOOD PANTRY** |            |            |
| **IN MEMORY** |            |            |
| Family of Bill Smulowitz | In memory of Bill Smulowitz | Bev Klein |
| Herbert Hollenberg | In memory of wife, Lee Hollenberg | Bev Klein |
| Joel Joseph | In memory of sister, Jayne Green | Bev Klein |
| Family of Harriet Schectman | In memory of Harriet Schectman | Claire Dubin & Family |
| Albert Rosenberg | In memory of Jean Lewis | Maggy Bushwick |
| Judy Margolies | In memory of father, David Katz | Bev Klein |
| Gregory & Louba Block | In memory of mother, Esther Block | Morey & Sondra Myers |
Planned Giving

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

Build Something Today,
To Support Tomorrow

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

For more information, or if you have designated JFS as a beneficiary please contact:
Sheila Nudelman Abdo, Executive Director (570) 344-1186
Anxiety affects 40 million or 18.1% of the population every year (adaa.org). Anxiety is our bodies response to a stressful situation and can become worse over time. Anxiety can interfere with a persons ability to function successfully in work, school, or in social situations. Symptoms of anxiety can include feeling nervous, or tense, increase heart rate, trouble breathing, difficulty concentrating or difficulty controlling the worry, and avoiding situations that might trigger anxiety. If you are someone who is experiencing anxiety, there are a variety of treatment options that can help you manage your anxiety.

Deep breathing is one way to reduce anxiety. In order to practice deep breathing, sit in a comfortable position with one hand on your chest and one hand on your stomach. Breathe in slowly through your nose and exhale through your mouth. Continue to breathe slowly through your nose and exhale through your mouth. While deep breathing, you want to feel your stomach rise and fall. If deep breathing is challenging while sitting up, you can also practice breathing lying down. Progressive muscle relaxation and visualization are also effective options to lower anxiety. Progressive muscle relaxation consists of tensing and relaxing your muscles. Progressive muscle relaxation helps you become more aware with the tension in your body and how your body feels when it relaxes. As your body starts to relax the mind will relax as well. Visualization involves imagining a place where you can relax. Visualization can take place on your own or with a therapist and can incorporate soft music that matches your favorite place. Visualization is said to work best when you close your eyes, picture your calm place as detailed as possible, and utilize all of your senses.

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

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

References:
www.mayoclinic.org.
www.adaa.org.
www.helpguide.org.

Being Resilient

By Don Minkoff, LCSW

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

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

Examples of questions one can ask are:

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

Some techniques for improving resiliency:

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

(continued on next page)
Social Connections and Our Health

By Lorrie Loughney

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

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

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

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

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

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

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

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

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

Read more about it: sources consulted

Bowling Alone: the collapse and Revival of American Community, Putnman, Robert.
Other, Turkle, Sherry, 2011, Basic Books
Aging Life Care Journal Blog (aginglifecarejournal.org), Spring, 2018
Alone Together: Why we ask More from Technology and Less from Each

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

Sources:
http://www.aahistory.com/prayer.html
http://www.mhww.org/resiliency.html
https://psychcentral.com/lib/what-is-resilience/

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http://www.hearing-loss-composing.com/
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http://www.mhww.org/resiliency.html
https://psychcentral.com/lib/what-is-resilience/

http://www.hearing-loss-composing.com/
This newsletter is dedicated to the memory of Barbara Sapsowiz and to the continuation of her caring work within our community.

Colette Jesikiewicz
Administrative Services Coordinator

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