



A publication from Jewish Family & Vocational Service ♦ Louisville, Kentucky ♦ Fall 2006



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Jewish Family & Vocational Service is a non-profit comprehensive human services organization founded in 1908, serving the entire community with programs focusing on family, work, education, older adults, immigrants and refugees. Programs include:

- ❖ Adoption Services
- ❖ Career Management
- ❖ College Advisement
- ❖ Counseling
- ❖ Klein Older Adult Services
- ❖ Multicultural Services

## B'yahad Annual Campaign

*Together we can:*

- provide hope for families;
- support our senior population
- open doors for education & career choices, and
- invest in the lives of New Americans.

Contact JFVS to donate to the Annual B'yahad campaign

## Klein Older Adults Services Receives Gift to Expand Transportation Service

Losing the ability to drive an automobile is a challenging time for senior adults. To many it signals the loss of independence which can engender feelings of a lack of self worth. Through the generosity of the Klein Family Foundation, the JFVS Klein Older Adult Services has expanded the transportation assistance program for senior adults, Passport Around Louisville Service (PALS). The Klein's donation includes a new mini van and funding support for a driver and expenses over the next three years.

"JFVS is thrilled to expand the PALS program and provide even more seniors the ability to maintain their independence," said Mauri Malka, Director of Klein Older Adult Services. "This program offers senior adults that no longer drive a safe, comfortable, and affordable option for transportation."

The driver will be available to transport seniors to fulfill personal family needs, such as doctor appointments, grocery shopping, and volunteer activities. To be eligible for PALS service, passengers must be mobile and self-ambulatory, but can no longer drive. There is a charge of \$5 each way (\$10 round-trip). Multiple people can also be transported at once. To schedule a trip through the PALS transportation program, please contact Shelley Kahn at 452-6341 x103.

*Judy Freudlich Tiell, Executive Director of JFVS, and Mauri Malka, Director of Klein Older Adults Services at JFVS, pose with new van donated by The Klein Family Foundation.*



## JFVS Helps Older Adults Live Safely and Independently

Rose is an 86 year old widow living alone. Her two adult children live in other communities. JFVS counselors e-mail her family with updates on Rose's condition and suggestions on needed care. Rose utilizes the JFVS transportation services to get to doctor's appointments and sees a social worker regularly to focus on issues of loss and changing health conditions. We are working with her and her family to evaluate and plan for her future needs.

Your financial support is vital in helping Rose and the 7,500 other individuals who walk through our doors annually seeking help with issues dealing with family, aging, work, education and cultural diversity. When you receive your letter to contribute of the JFVS membership campaign, please give generously because *together...B'yahad... we can change people's lives and build a strong Jewish community.*

## JFVS Fundraiser at Comedy Caravan

Sunday, November 26 will be JFVS Night at the Comedy Caravan. Mark Klein, an accomplished speaker, humorist, and 20-year comedic veteran from Louisville, will headline the show. Join us for food and a cash bar at 6:30 p.m. The show begins at 8 pm featuring former JFVS Board President and comedian **Lowell D. Katz, M.D.** Ticket prices are \$20 with proceeds benefiting JFVS.



Tickets: \$20  
Call 452-6341

**JFVS is always here throughout every season of your life.**



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JFVS is grateful to be a recipient of  
financial support from many sources  
including:



*From our President...*



On behalf of the Board of Directors of JFVS, I wish you and your family a happy and healthy New Year, filled with peace, success and contentment. You will soon receive the JFVS annual membership campaign information. Our theme this year, B'yahad... Together... we can make a difference. It rings true because together we do provide hope for families, support for our seniors, open doors for better educational opportunities and careers, and invest in the lives of New Americans. We need your help, as donors, as volunteers, as clients and as referral sources, so that we can remain a vital part of the safety net for people in the community. Thank you so much for all of the ways in which you support JFVS. B'yahad, we can change people's lives.

*Barbara Goldberg*

Barbara Goldberg

**Senior Health Fair and Diabetes Management Workshop at JFVS**

On September 26, JFVS hosted its annual Senior Health Fair for seniors and their families, along with a Diabetes Medication Management Workshop. Vendors were present to offer information about resources, services, and programs available to fit the needs of senior adults. Health screenings and cholesterol testing were also available. Leading orthopedist Dr. Jonathan Yerasimides from Jewish Hospital was present to discuss a state-of-the-art hip replacement procedure. *The fair was funded in part by KIPDA Area Agency on Aging through the older Americans Act & the Cabinet for Health Services.*



*From our Executive Director...*



Baby Boomers were born between 1946 and 1964. Boomers have set new patterns throughout their lives, and retirement and volunteer work will be no different. While 76% of boomers surveyed intend to keep working and earning in retirement, on average, they intend to retire from their present job around age 64 and then launch into an entirely new career or job. Mental stimulation and the challenge are more important for more than 67% of boomers than the continued earnings. Many hope to cycle in and out between periods of work and leisure. What does this mean for JFVS? For one thing, we have a partnership with AARP to provide Career Workshops for people 50 years of age and older. Twice per month, workshops are being held in the JFVS Board Room of the Louis and Lee Roth Family Center on topics such as Planning for the Second Half of Your Work Life and Career Path Options for Baby Boomers. Additionally, the Humana Foundation, through Metro United Way, has awarded JFVS a grant to offer a Baby Boomer Fair this spring, to educate baby boomers and young seniors about options available to them for careers, volunteering, healthcare, education and more. KIPDA has also provided some funding for this new venture. JFVS also will be starting a task force comprised of Board members, community volunteers and staff to create and implement a strategy to address the Baby Boomer needs, both now and in the future. Please join us for these workshops, fairs or taskforces. Contact me at 452-6345, ext 224 or at [jftiell@jfvs.com](mailto:jftiell@jfvs.com) for more information.

I hope to see you on October 29th at 2pm at Slugger Field for the Stop the Violence 5K Run/Walk. Family violence impacts people in the Jewish community. Help us to call attention to this issue and raise money for needed services.

*Judy Freundlich Tiell*

Judy Freundlich Tiell

*JFVS Past President's Luncheon*

On August 29, JFVS was honored to host many of its Past Presidents at an annual luncheon. Howard Markus convened the meeting with an update from staff on new programs and events. In attendance were left to right: Steve Shapiro, Gail Pohn, David Gittleman, current Board President Barbara Goldberg, Shirley Markus, Lowell D. Katz, M.D., Ed Rothchild, Sam Rosenberg, Jane Goldstein, Shelton Weber, Julian Shapero, Mitch Charney, James Hertzman, Robert Levine, Howard Markus, and David Kling.

# Attention Parents of School-Age Children

Parents play a key role in their child's education and development. JFVS Career and Education Services offers two seminars to guide parents through the difficult decisions relating to their child's education.

## Surviving the Middle School Years... Looking to High School, College and Beyond

This seminar will be held Thursday, October 24 at JFVS. Experienced experts will share tips and tricks of getting through the early teen years and how to best position your child for the future. Topics will include:

- **Selecting the Appropriate Academic Curriculum Among the Many Choices in Louisville** - *Ellen Shapira, MA, Education and Career Counselor at JFVS*
- **Leveraging Athletics and Extra-Curricular Activities to Broaden School and Scholarship Options** - *Chuck Moore, Certified College Professional Specialist and Jeff Hall, Athletic Coach and former UofL guard, NCAA Basketball Champs 1986.*
- **Determining Your Role: The Naive Parent vs. the Hyper Vigilant Parent and Understanding the Social and Emotional Needs of Young Teens** - *Judith Cumber, LCSW at JFVS.*

## Choosing Your Child's Elementary School

On Monday, November 8 at 7:00 p.m., JFVS will facilitate a seminar at The Temple Trager Early Childhood Education Center for parents interested in learning about the various elementary school programs offered in the Louisville area. Ellen Shapira, M.A., Educational and Career Counselor at JFVS, will address the issues parents need to consider when selecting the most appropriate school for their children. Representatives from various public, private and parochial schools in Louisville will also be present to meet with parents seeking more information about their programs.

*For more information about these seminars, please contact Ellen Shapira, MA at JFVS 452-6341 x225.*



## JFVS SUMMER SCRAPBOOK

**Multicultural Financial Fair:** An assistance fair for immigrants and refugees was held Sept 17 featuring exhibitors offering financial, career development, business development, education and training, and homeownership services to nearly 200 attendees.



Sponsored by: **BB&T**



**Fun at Waterfront Park!** On August 20, JFVS staff accompanied more than 40 Somali-Bantu mothers and children on a field trip to Waterfront Park for an afternoon of fun at the Adventure Playground. In conjunction with meetings and home visits,

these trips help the mothers overcome language and literacy barriers through educational and social experiences. This outing is part of a JFVS program funded by the Weyerhaeuser Family Foundation tailored specifically to teach Somali-Bantu mothers school-readiness skills, such as language and literacy, so they can prepare their children to enter school.

## Cool Down at Shalom Towers!

In July, children danced and interacted with the residents of Shalom Towers as part of the summer Family Mitzvah Project through JFVS. These projects were created to provide children of all ages meaningful opportunities to provide community service.



## Reserve Baskets of Blessings at JFVS

Planning a Simcha? Contact Beverly Bromley at JFVS to reserve baskets to make a special occasion even more meaningful. This program was created by Morgan Joffe (right) as part of her Bat Mitzvah. Morgan also helped create the program's brochure. Proceeds from baskets rentals will fund the JFVS food pantry.



## JFVS Teams with AARP for Employment Series

JFVS and AARP Kentucky have teamed up to present a series of free workshops for people aged 50+ years old who would like to find employment or improve their job prospects and careers. The remaining sessions are:

Thursday, October 12, 2006, 1:30-3:00pm  
"Creating a Career Action Plan"

Thursday, October 26, 2006, 7:00-8:30pm  
"Sure-fire Tips for the Mature Worker's Employment Search"

Thursday, November 9, 2006, 1:30-3:00pm  
"What Do Employers Look For?"

Thursday, November 30, 2006, 7:00-8:30pm  
"Career Path Options for Boomers"

For more information contact: Leslie Sanders 502-452-6341, ext. 334.

# Classes, Seminars, Workshops and Support Groups

**Fall ACT Preparation Workshop** - Recommended for high school juniors and seniors preparing to take the ACT. Classes meet Mondays and Tuesdays, Nov 13 - December 5, from 7-9 p.m. Workshop fee is \$160, includes two textbooks for ACT preparation. Class limit is 20 students. To register, call Janet, ext. 222.

**BRAC 1 and 2 Positive Support and Education Group** - Monday, Oct 9 at 7 p.m. at JFVS. Contact Andrea Lewis at 629-4363 at the Genetic Counseling Service at Norton Health Care or Judith Cumbler, LCSW at ext. 231 to sign up or for more information.

**12-Step Program Members Needed** - JFVS is seeking individuals who are members of or affiliated with a 12-step program to participate in a brainstorming session on Monday, Oct 23, from 5-6 p.m. to explore the possibility of the Jewish community being a part of or supportive of someone's recovery process. Contact Lauren Kehr at ext 248 for more information.

**Informative Session on Treatment of ADHD** - On Monday, Oct 23, at 7 p.m., JFVS will host a session about a new treatment for ADHD - the use of Amantadine as written about in the book "Delivered by Distraction". The discussion will be lead by Dr. Walter Olson and Rabbi Robert Slosberg. Contact Judith Cumbler, LCSW at 452-6341, ext. 231 for more information.



Special thanks to Stock Yards Bank & Trust for sponsoring the Seasons newsletter. For more information about Stock Yards Bank & Trust, contact Cheryl Carl at (502) 625-9167 or visit their web site at [www.syb.com](http://www.syb.com).

**Surviving the Middle School Years** - Thursday, October 24, from 7-8:30 p.m. at JFVS (see article on pg 3). Contact Ellen Shapira at ext. 225 for more information.

**Choosing Child's Elementary School** - Wednesday, November 8th at 7 p.m. at The Temple Trager Early Childhood Education Center (see article on pg 3). Contact Ellen Shapira at ext. 225 for more information.

**Caregiver Support Group** - meets at locations in Jefferson and surrounding counties. One group meets at JFVS the 4th Thursday of the month at 7 pm These groups help adult children of aging parents learn about community resources and ways to balance their needs with those of aging relatives. Contact Mauri Malka at ext. 250 or [maurim@jfvs.com](mailto:maurim@jfvs.com).

**Parkinson Support Group** - 11 a.m. on the second Wednesday of each month at JFVS. Contact Marilyn Bornstein ext. 278.

**Job Seekers Resource Group** - Every Thursday from 11:30 - 1 p.m. at JFVS. Job seekers will have the opportunity to network, as well as learn basic job search skills from an experienced career advisor. You may bring your lunch. Contact Leslie Sanders at ext. 334 or [lesliesanders@jfvs.com](mailto:lesliesanders@jfvs.com).

**Parents of Children with Learning Differences** - Monday, October 23rd at 7 p.m. at JFVS. Please contact Judith K. Cumbler, LCSW Counselor at JFVS, ext. 231 for information.

**For more information, call JFVS**  
**(502) 452-6341**



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*SEASONS*  
*THE JFVS NEWSLETTER*

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**Sunday, October 29th**  
**Registration 12:00 noon**  
**Run/Walk/Family Walk 2:00 p.m.**  
**Sluggar Field**

Register at Fleet Feet Sports (1500 Bardstown Rd) or at [www.active.com](http://www.active.com).

Organized by: