



A publication from Jewish Family & Vocational Service ♦ Louisville, Kentucky ♦ Spring 2007



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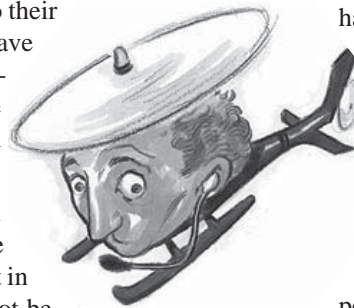
Jewish Family & Vocational Service is a non-profit comprehensive human services organization founded in 1908, serving the entire community with programs focusing on family, work, education, older adults, immigrants and refugees. Programs include:

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

Hovering Parents Hinder Rather Than Help

If you rush to school with homework that your child left at home, if you intervene on your child's behalf with a teacher over a minor disciplinary issue, and tend to do your child's homework to show how it is done, then you most likely are a "helicopter" parent. This term has been used in recent years to describe a mother or a father who pays extremely close attention to their child's life. Students who have grown up with this type of "hovering" parenthood often have difficulty making the transition from high school to college.

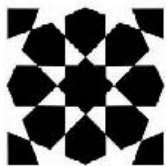
Rushing assignments to school may help the student with the immediate grade in the class, but in the long run your student will not be developing their own self-management skills necessary for later college success. Children need to suffer the consequences of their own mistakes in order to learn. Children also need skills to handle their own confrontations or difficulties with teachers and figure out how to manage their homework on their own. Parents naturally want to protect their children and make their lives easier and more pleasant, but at what price? As children get older, parents need to be less and less involved with their



daily lives, gradually teaching new self-management skills and allowing them to develop their own coping strategies. Learning how to solve life's small problems is required for children to grow into adulthood and have the necessary skills to handle life's larger issues.

Technology such as cell phones and e-mail have made it possible for college students and parents to remain in almost constant contact when they may be hundreds of miles apart, thus facilitating helicopter parenting behaviors. However, parental over-involvement during the college years can hinder the development of competency, self-esteem and independence needed not only for college success but also for the transition into adulthood.

If you are a parent concerned about your high school student's developing independence, his or her readiness to handle going off to college and your fears of being a helicopter parent, the counselors at JFVS are available to help with these issues and/or other college related issues. Contact Ellen Shapira at 452-6341 ext. 225 for more information.



MOSAIC

A W A R D S

May 15, 2007

Jewish Hospital & St. Mary's HealthCare once again will be the Title Sponsor and WDRB Fox 41 will be the Media Sponsor of the 2nd annual MOSAIC Awards on May 15 at The Galt House, honoring immigrants and refugees who have made significant contributions in their field and community.

Honor Your Ancestors in Permanent Exhibit

Families also can honor their immigrant ancestors at this event through a Patron Sponsorship.

A tribute will be made of their honored family member, which will be a part of a permanent memorial at the Louis and Lee Roth Family Center. The tributes also will be a part of a video presentation the evening of the awards ceremony. Patron Sponsorships are \$500, which include two tickets to the event.

Individual tickets to the MOSAIC Awards are \$100 per person, and numerous levels of sponsorships are available to individuals and businesses. For more information, contact Beverly Bromley at 452-6341 ext. 223.

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 Executive Director
and President of JFVS...*



JFVS is 99 years and counting and we want your help. It is quite an accomplishment for a non-profit organization to reach its century mark and we will be celebrating this milestone in many special ways. If you have materials that relate to JFVS or would like to serve on a committee which will plan events during this important year, please let us know. Over the years, many people in our community have been touched by JFVS programs and services. Today our programs are needed more than ever. Our services create a ripple effect- one person receives assistance and it impacts on family, friends and community. Each relationship we affect increases the stability of our entire community. Without the support of a truly dedicated staff, committed Board of Directors and ongoing contributors, JFVS could not have such a far reaching effect.

Our second annual educational forum featuring Dr. Edward Hallowell was very successful with nearly 350 people attending. Debbie Friedman and her committee did a wonderful job of organizing the event and Beverly Bromley provided enormous staff support. We appreciate Keneseth Israel Congregation for hosting us. The evalu-

ations were very positive and we were able to gather much data which will assist us in our marketing efforts. Reed Weinberg, Jay Klempner, Steve Shapiro and Brian Segal are working tirelessly on behalf of JFVS for the Republic Bank Golf Challenge scheduled for June 18th. This event is one of our major fundraisers and an example of a successful collaboration among JFVS, JCC and Republic Bank.

Many individuals from the community have become involved in our committees, task forces and special events. We are grateful for their expertise, input and skills that allow our services to continue with the highest quality. We encourage you to become involved with JFVS and welcome your participation.

Sincerely,

Barbara Goldberg

Barbara Goldberg

Judy Freundlich Tiell

Judy Freundlich Tiell

Volunteer Appreciation Event

JFVS volunteers are the best! Drivers provide transportation for clients to the grocery and doctor's appointments. Friends check up on homebound seniors to let them know they care. Teens help organize the food pantry. A group assists with a membership mailing. All of these wonderful people and more deserve our thanks.

JFVS will host a Volunteer Appreciation Event on Thursday, April 19 at 5:30 pm to recognize and reward those who have made life a little easier for others and who have contributed their time and energies for the betterment of the organization. Refreshments will be provided.

JFVS has recruitment programs for a variety of volunteer opportunities; from seniors helping other seniors, financial professionals assisting New Americans to build assets, teens providing community service, to planners and marketers organizing fundraising events. Board member Aly Goldberg is the chairperson of the Volunteer Task Force.

**For more information about volunteering,
please contact Shelley Kahn at 452-6341.**

SAVE THE DATE - JUNE 7

BOOMERS! You know who you are. JFVS understands the transitions you will be making over the next decades and is positioning itself to be the premier provider of services to the Baby Boomer generation.



JFVS has received a grant from Metro United Way through the Humana Foundation, and a grant from Kentuckiana Regional Planning and Development Agency to host the first ever Boomer Fair from 4:30 - 8:30 pm on June 7 at JFVS. *Today's Woman/Today's Transitions* are additional event sponsors.

Workshops will be held on subjects such as long-term health care, financial planning, working after retirement, volunteerism and making the most of the aging process. Vendors and service providers will be available to provide information and answer questions. Look for updates and specifics in the coming months. If you are interested in participating as a volunteer or vendor, please contact Mauri Malka at 452-6341 ext. 250.

Second JFVS Educational Forum Big Success

Cars covered every inch of land surrounding Keneseth Israel Congregation on a cold Sunday while nearly 350 parents, professionals and educators packed the auditorium to hear noted psychiatrist, Dr. Edward Hallowell, speak on ADD and worry and stress. Dr. Hallowell is a frequent speaker on ADD issues, leading a healthy life, communication strategies for business, and the power of connection. In addition to the forum, organizations and schools that address ADD and learning disability issues set up an informational fair, and a book signing of Dr. Hallowell's current editions took place.

Right: Educational Forum committee members Susan Rudy, Debbie Friedman, Lisa Bass, Joy Kaplan and Joyce Cass provided great support for Dr. Hallowell.



Left: A representative from Summit Academy discusses the school's program with an interested parent.



4th Annual Republic Bank Golf Challenge

The 4th Annual Republic Bank Golf Challenge is scheduled for June 18, 2007 at Chariot Run, the golf course of Caesars Indiana. Proceeds benefit Jewish Family & Vocational Service and Jewish Community Center. For sponsorship or player registration, please contact Stephanie Reese at 452-6341 ext. 232.

MOSAIC Family Tributes Exhibit Unveiled

On January 24, JFVS unveiled the MOSAIC Family Tributes permanent exhibit at the Louis and Lee Roth Family Center. Family and friends gathered for the unveiling of the exhibit honoring first generation individuals who helped to establish the Jewish community in Louisville.



Above: The MOSAIC Family Tribute permanent exhibit is comprised of a hand-crafted cherry and mahogany lectern designed by Matthew Karr and a Julius Friedman photograph exhibiting nature's mosaic facets.



Above: JFVS Board member Bernie Sweet congratulates Harry Shapira on the recognition of his family tribute.

Right: Judy Freundlich Tiell thanked Marilyn Bornstein, center, who along with numerous family members, honored her Berman ancestors. Also pictured is Cindy Morguelan, 2007 MOSAIC committee member



Left: JFVS Board President Barbara Goldberg with husband Jim and 2007 MOSAIC Committee member LouAnn Atlas and husband Ryan Coady.

Parenting Class Focuses on The Importance of Setting Limits for Children

Child and adult psychiatrist Dr. Courtney Brown Snyder will lead a workshop, *Reclaiming Parenting: The Importance of Setting Limits in an Overindulgent Society*, on March 19 from 7-8:30 p.m. at JFVS. Dr. Snyder will shed light on why is it increasingly difficult for parents to set limits in our society, how to set appropriate limits, and how those limits contribute to a child's long-term happiness.

Board Certified in both General Psychiatry and Child and Adolescent Psychiatry, Dr. Snyder specializes in the integrated treatment of children. She writes and speaks on issues related to attachment and bonding, parenting, and relationships.

The workshop is \$10 per family and will be held at Jewish Family & Vocational Service in the Roth Family Center, 3587 Dutchmans Lane. Please contact JFVS counselor Jenny O'Loughlin at 452-6341 ext. 227 to register.



Classes, Seminars, Workshops and Support Groups

Parenting Workshop - March 19 from 7-8:30 p.m. Dr. Courtney Brown Snyder will lead a workshop at JFVS for parents on *Reclaiming Parenting: The Importance of Setting Limits in an Overindulgent Society*. Cost is \$10 per family. Contact Jenny O'Loughlin at ext. 227 to register.

ADD Book Club - Monday, March 5 from 7-8:30 p.m. Discuss ADD after reading the book by Edward Hallowell, MD and John J. Ratey, M.D. *Delivered From Distraction*. Cost is \$5 per person. Contact Jenny O'Loughlin at ext. 227 to register.

Passover Mitzvah Event - Sunday, March 11 from 12:30-1:30 p.m. for a pizza lunch (Adults: \$3, Children: \$1) and Passover arts and crafts Mitzvah Project. All participants are asked to donate Kosher for Passover food items to be distributed to those in need. Call JFVS to RSVP by March 1.

2nd Annual MOSAIC Awards - May 15, 2007 at The Galt House to honor immigrants and refugees who have made a significant contribution in their field and/or community. David Jones, Jr. & Mary Gwen Wheeler will serve as Honorary Co-chairs. For more information, contact Beverly Bromley at ext. 223.

4th Annual Republic Bank Golf Challenge - June 18, 2007 at Chariot Run, the golf course of Caesars Indiana. For sponsorship or player registration, please contact Stephanie Reese at ext. 232.

**Stock
Yards**
Bank & Trust

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.

12-Step Program Members - Meets first Thursday of each month from 5:30-6:30 p.m. at JFVS for anyone in a 12 step program wanting to integrate the 12 steps with Jewish traditions and themes. Rabbis and cantors will participate in some sessions. Contact Lauren Kehr at ext. 248 for more information.

Macular Degeneration Support Group - Wednesday, March 7 in the Senior Adult Lounge at the JCC. Marie Bunce from the Kentucky Office for the Blind will speak on how they can help adults who are visually impaired function better in their homes. For further information, call Marilyn Bornstein at ext. 278.

Caregiver Support Group - Meets at locations in Jefferson and surrounding counties. One group meets at JFVS the 4th Thursday of the month at 7 p.m. while many others are available in the community. 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.

Diabetes Support Group - **NEW** - Begins Monday, March 5 at 6 p.m. at JFVS for those individuals with diabetes. For more information, contact Judith Cumber at ext. 231.

Job Seekers Resource Group - New six-week session begins March 8 every Thursday from 11:30 - 1 p.m. at JFVS. Job seekers will have the opportunity to network and learn basic job search skills from an experienced career advisor. You may bring your lunch. Contact Leslie Sanders at ext. 334.

For more information, call JFVS (502) 452-6341 or go to www.jfvs.com.



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Feinstein \$1 Million Giveaway to Fight Hunger March 1 - April 30

For the tenth straight year, Alan Shawn Feinstein will divide \$1 million among hunger-fighting agencies nationwide to help raise funds during March and April 2007. All donations of food, canned goods, grocery gift cards and money designated for the JFVS Food Pantry during the period will be matched as part of the Feinstein Challenge to Fight Hunger. Please make your donations so that JFVS can help to feed families in need in our community.