



JEWISH FAMILY SERVICES OF GREENWICH C O N N E C T I O N S

Dear Friends,

One of the fundamental pillars of a Jewish life is "Tikkun Olam," defined as "Repairing The World." This powerful concept suggests that it is our shared responsibility to help make the world a better place, through acts of charity and loving kindness.

Tikkun Olam is central to our mission and activities at JFS of Greenwich, whether it be shopping for the home-bound elderly, visiting nursing home residents through our Bikkur Cholim program, helping couples looking to adopt a child, or providing a broad array of counseling services.

There is no better example of Tikkun Olam than the activities performed by our very special volunteers. We now have 213 volunteers that are ready to pitch in, three times the number we had just six years ago. This dedicated group, which ranges from elementary school children to seniors, enables us to provide many of our valuable services. Without them we would not be able to provide Supermarketing For Seniors, or our Bikkur Cholim/Friendly Visiting program. From the entire JFS board, I want to acknowledge their hard work and send a heartfelt thank you to these wonderful individuals.



We also want to thank you for the generous support that you have provided JFS of Greenwich in the past. Your donations have been critical to sustaining our agency and growing our programs. As you wind down from your summer activities and get ready for the upcoming High Holidays, we hope that you will consider making another important contribution to our Friends campaign in the spirit of Tikkun Olam.

I wish you all L'Shana Tovah, and hope that 5772 is a sweet year.

Sincerely,

Arthur Wichman, *President*

SUPERMARKETING FOR SENIORS: 25TH ANNIVERSARY CELEBRATION!

Supermarketing for Seniors

Supermarketing for Seniors celebrates its 25th anniversary this year. Our free non-discriminatory grocery shopping and case management service has been meeting the physical, emotional, and social needs of Greenwich citizens 60 and older since 1986. *Supermarketing for Seniors* connects Greenwich seniors with well-trained, thoughtful individuals who not only provide grocery shopping but also monitor changes in health, mental status, and lifestyle.

Each year 60 volunteer and stipend shoppers do the marketing for 220 clients, providing 100 weekly shopping trips totaling 5000 annual supermarket visits. About 98% of our clients are described as being "low or very low income" by the Connecticut Development Block Grant guidelines and many live in subsidized housing. Stuart Adelberg, President of the United Way of Greenwich, says "*Supermarketing for Seniors* is more than a shopping service. It is a vehicle for making connections between caring people and building meaningful relationships." Come November, *Supermarketing for Seniors* will receive a proclamation from the Town of Greenwich and we invite the whole community to attend. More information will follow in the weeks to come.



Shopping pair - Susan Bennett and Nancy Dibiasz

JFS RESPONDS TO THE NEEDS OF OUR COMMUNITY

The JFS staff were busy all summer designing these new programs to better meet our Greenwich Jewish Community's needs:

- **Interfaith Conversations:** This series gives individuals and families a place to explore the opportunities and challenges of Interfaith living. Joining forces with PJ Library, we are emailing you a quick survey in September. If you are interested in Interfaith programming, please take a minute to reply so we can more fully understand what our community wants.
- **Pre-Marital Counseling Group:** This six-week program will be co-facilitated by JFS staffer, Linda Schlapfer, a licensed Marriage and Family Therapist, and different members (in rotation) of the Greenwich Jewish clergy. New data on divorce in the United States shows that 43 percent of first marriages end in separation or divorce within 15 years; JFS is doing something proactive to combat this figure. Issues to be discussed will include communication and conflict resolution, children and parenting, spirituality, roles and expectations.
- **Ethics and Values of Jewish Celebrations:** At the request of the Greenwich Jewish Clergy, JFS has created this interactive and experiential workshop to help parents *and* B'nai Mitzvah children understand the importance of maintaining Jewish values while ensuring a wonderful celebration.
- **Helping Your Stressed-Out Kids:** Are your children stressed out, trying to balance the pressures of school, sports, social events, peer pressure and more? This invaluable presentation will introduce the physiology, symptomology, and research of childhood stress, followed by detailed discussion of how you can help your children deal with these pressures.

FALL PROGRAMMING

Ongoing Support Groups

- Spousal Bereavement Support:** Tuesdays, 11:00am-12:00pm
General Bereavement Support: Thursdays, 10:30-11:30am
Adult Divorce Support: Wednesdays, from 5:30-6:45pm
Children of Divorce Support (4 – 6th grades): Tuesdays, 4:30 – 5:45pm
Children of Divorce Support (7 – 9th grades): Wednesdays, 5:30 – 6:45pm
Pre Marital Support Group: First Wednesday of each month, 6:00-7:30pm, beginning 11/2
Stepmother Support: Wednesdays, 10:30-11:30am, 10/5, 10/12, 10/18, 10/26, 11/2, 11/9
Caregiver Support: Wednesdays 12:00pm – 1:00pm, 10/5, 10/12, 10/18, 10/26

Rosh Chodesh: It's a Girl Thing A national program that uses Judaism to enrich the lives of Jewish girls in the 7th and 8th grade. Mondays, 6:30 -8:00 pm. Check our website for dates

A Moviegoer's Series An afternoon Jewish film series for people of all ages; facilitated by film expert Lolly Raphael. These monthly movies will be held on Wednesdays in a private residence from 1:00 – 4:00pm. The first one is on October 12th.

JFS Book Beat: A Woman's Night Out This thought-provoking book club will focus on themes relevant to Jewish women of all ages, and will be facilitated by Judi Margolin. This event will be held at JFS from 7:30 - 9:00pm on 10/5, 12/7, 1/25, 3/21, 5/2, 6/20. The first book on 10/5 is *The Invisible Bridge* by Julie Orringer.

Meet & Mingle: The Network for Jewish Singles (55+) This program offers men and women the opportunity to find companionship, and commonalities through ongoing activities that build on similar interests. It is not a dating service.

- 9/8 – Interactive Workshop “Modern Dating: Who, What, Where, How?” 7:00pm – 9:00pm,
 \$10 in advance, \$15 at the door
 10/18 - 4th Annual Sukkot party “Pizza in the Hut”, 6:30pm – 8:30pm, \$7 in advance, \$10 at the door
 11/20 – Movie and Dinner: “Matchmaker (Pa’am Hayati)”, 5:00pm, \$6 in advance, \$10 at the door
 12/ 20 – 5th annual Hanukkah Party “A Taste of Hanukkah”, 7:00pm – 9:00pm, \$36 in advance,
 \$45 at the door

Interfaith Conversations This series of programs will give individuals and families a place to explore the opportunities and challenges associated with Interfaith living. Check our website for specific events

Helping Your Stressed-Out Kids This invaluable workshop will introduce the physiology, symptomology, and research of childhood stress, followed by detailed discussion of how you can help your children deal with these pressures. 7:00pm – 9:00pm, 11/3, at JFS

LOOKING TO ADOPT??

Call **ADOPTION CONNECTION** of Jewish Family Services of Greenwich the only state licensed adoption agency on Greenwich. 203-622-1881

NEW THIS YEAR!! Our licensed professional adoption social work staff is now offering adoption counseling services to all individuals whose lives have been impacted by adoption. Whether a school age child, a teenager, the adoptive parents, or the whole family, JFS has therapists to support you. Non-traditional family adoption and step-parent adopted families are also welcome. Our support groups for *Adopted Teenagers* and *Parents of Adopted Teenagers* are available upon request.

DID YOU KNOW THAT JFS CAN HELP WHENEVER:

- You need referrals for elderly parents – in Greenwich or elsewhere
- You are grieving a loss
- You are going through a divorce
- You need support in caring for your elderly parents
- You need information about adopting a child
- You want to connect with others who share similar interests
- You have questions no one else can answer

Last year we fielded calls from more than 260 community members seeking advice. Call us at 203-622-1881. We can help. There is no charge for this service.

CHECK OUT OUR WEB SITE!

Our web site is the place to go for comprehensive information on all of our programs and services. Visit us at www.jfsgreenwich.org:

- Learn more about JFS of Greenwich
- Make a donation
- Find information about upcoming events
- Send a tribute card or order Mitzvah Baskets

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UJA Federation of Greenwich



Association of Jewish Family & Children's Agencies



United Way of Greenwich

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 203-622-1881 • www.jfsgreenwich.org
mail@jfsgreenwich.org

OFFICE HOURS:

Monday - Thursday 9:30 - 5:30
 Friday 9:30 - 4
 Evening hours by appointment

For further information about any of our programs or support groups, please contact JFS at 203-622-1881.