



Caring Hearts and Helping Hands

Volume I - No. 2 July 2022

A Commitment to Elder Safety and Abuse Awareness

After a year and a half of planning to organize Jewish Family Services as a nonprofit agency devoted to working on Elder Issues, in January 2000, an announcement was made that JFS had opened its doors in Ulster County. We celebrated with a Sunday morning lox and bagel brunch at Ahavath Israel and expected about 40 people. Almost 80 came. Whether out of curiosity or because it was free lox and bagels I will never be sure, but it was a great, enthusiastic crowd, welcomed by Toby Krawitz and Skit Rabbino.

Elder Abuse Prevention

In the United States, the issue of elder mistreatment is garnering the attention of law enforcement, and medical and research communities as more people are living longer than ever before. This trend is expected to increase as the U.S. Census Bureau Projects that more than 62 million Americans will be 65 or older in 2025, an increase of 78% from 2001, and more than 7.4 million will be 85 or older, an increase of nearly 68 percent from 2001. This aging population requires more care and protection.

To address the growing national issue of Elder Abuse on a local level, JFS of Ulster County is committed to enhancing public awareness and knowledge about the issue as well as developing a comprehensive elder abuse shelter, providing emergency shelter for victims of elder abuse. In 2013 the Board of Directors committed to the

development of “The David Fletcher Center for Elder Abuse.

Development of programs under the Center, such as Education and outreach grants and the development of the Elder Abuse Multi-disciplinary Teams known as the E-MDT Hudson Valley Hub, which provides services in five Counties, have helped to fill a critical gap in direct services available for elderly victims of abuse, as well as heightened community awareness and action to identify, address abuse.

Holocaust Survivors.

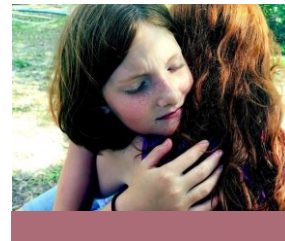
Since 2012, Jewish Family Services of Ulster County (in co-operation with Jewish Family Services of Rockland County) has been privileged to provide for the homecare needs of elderly Holocaust survivors throughout Ulster, Sullivan, Delaware, and Greene counties. This wonderful program is made possible by a grant from the Claims Conference, whose mission is to secure a small measure of justice for Jewish victims of Nazi persecution. In the first year of this program, we provided services to six clients – four in Sullivan County, one in Ulster County and one in Delaware County. JFS from 2012 to the present, has provided services to 400 survivors in Ulster, Sullivan, Delaware, and Greene counties. These individuals consist of permanent residents to the area and individuals who summer in “the Mountains”

– The Board of Directors

JFS Ulster

Serving the Mid-Hudson Valley's
Elder-Communities – of All faiths

- *Elder-Abuse Advocacy (E-MDT)*
- *Home Visits and Advocacy*
- *Support Groups for Caregivers*
- *Bereavement Support Groups*
- *Relief for Caregivers*
- *Compassionate Phone Calls*
- *Grocery Shopping Assistance*
- *Driving to Medical Appointments*
- *Home & Yard Maintenance Assistance*





The Support Groups Center

With Judith Bromley

Hello to All.

I just wanted to summarize a few of the precious pieces from our Caregiver Groups :

From Caregiver Group Participants

"Our Caregivers' group has saved my sanity for years. The guidance and knowledge of our facilitator along with the support of others in similar situations is invaluable. It provides time for exchanging resources, comfort, close listening and tears. And love."

"The Caregivers' Group has been a lifeline for me as well during these last two years of trying to care for my mother in her home. Judith leads the group with compassion, humor, and insight, creating a safe space for us all. The support and strength I've received from my fellow caregivers is priceless - their resilience and courage in the face of often heartbreaking situations is inspirational. I'm so very grateful."

- Moving through the stages of being a caregiver to the stages of being a grieving person safe within the group.
 - Gently coming to terms with new definitions of yourselves.
 - The idea of connecting with the loneliness or sadness as it arises and just allowing the feeling to pass over you not to stick to you.
 - Noticing what motivates you -- including anger.
 - Using music or a new pet such as a cat or being lost in a good book to fill up this new space you find yourself in.
 - Turning personal effects or photos into art forms such as quilts or scrapbooks.
 - Taking time to really see the moment you're in...the beauty in a gentle rain, the actual meaning of an event that might seem scary at first, the intentions underlying people's attempts to add safety to your environment.
 - Some of the anniversaries of your loss being celebrated together with family and friends to enrich the moment.
-

The Love, Intimacy and Trials



of being a Caregiver

Caregiver Challenges - Be Mindful of Vision Loss

This article is printed here with the kind permission of **Audrey Demmitt, RN** - originally posted online on January 28th, 2021

There are an alarming number of older adults who are aging with vision loss. Your loved one may be one of them and most certainly will have some unique needs. Unfortunately, social and rehabilitation agencies are often under-funded and overburdened, making it difficult to meet the needs of this growing population for services that could enable them to age in the place of their choice, usually at home in safety, with independence and dignity.



they can be found using VisionAware's national directory of services. There are also support groups for caregivers. Caregiver Action Network (CAN) offers on-line support groups, informative videos, message boards, a caregiver toolkit and more.

2. Take care of your own health so you can be strong enough to care for your loved one.

Find time to keep your immunizations, physicals, eye and dental exams up to date. Make special efforts to meet your own needs for balanced nutrition, exercise, recreation, stress management and sleep. You are more prone to illness and depression as a caregiver.

3. Build a team of caregivers. Be sure to involve your care receiver as the team captain when they can participate. You do not have to do everything yourself so ask for help and accept offers of help. You may have to delegate tasks to family members and service providers. Be specific about what people can do to help. The CAN suggests you:

- Make a list of what needs to be done-personal care, financial and medical paperwork, lawn care, shopping, medications and treatments, meals, transportation.
- Make a list of what you are worried about: emergencies, finances, balancing work and family and your own health.
- Make a list of tasks which are your priority, things you want to do or are best at doing, things you don't like doing, things that need urgent attention.
- Now SHARE the lists with others-family, friends, neighbors, clergy, doctor, or a counselor to develop ideas, solutions and resources. This step will also be useful in recruiting help.

4. Learn how to communicate effectively with doctors and service providers. The CAN makes the following important points:

- Establish presence and rapport – you need a strong connection with the care team.
- Participate actively – identify the purpose of the visit and prepare questions ahead of time. Keep a notebook for recording information. Ask your questions and be an assertive advocate for your loved one. Whenever possible,

Elder Services Lack Awareness of Vision Loss Issues

Furthermore, there is a lack of knowledge and awareness of vision related issues among the allied professions which serve older adults. Older adults with low vision or severe vision loss will need special support and accommodations to remain healthy, engaged, and safe in their community. Many will struggle to manage daily tasks like shopping, cooking, reading mail, paying bills, and safely taking their medications. Some seniors with vision loss are ushered off to assisted living facilities prematurely for fear they can no longer take care of themselves. If assisted living becomes the best option for a loved one with vision loss, families soon discover many facilities are ill-equipped and ill-informed to meet these residents' special needs.

Caregivers Must Find Their Own Way

All of this means more family caregivers are shouldering more responsibilities and will have to find their own way when it comes to securing what their loved ones need. Hopefully you will find helpful support and resources here if you are currently in this challenging role.

Ten Tips for Family Caregivers (excerpted from Caregiver Action Network)

1. Seek support from services for the blind, services for aging adults and from other caregivers. Ask the care receiver what they need and want in the way of support and services. You are not alone in this! Find support in your community and on-line. There are services and support groups available for those with vision loss and

allow the care receiver to express their wishes and concerns and encourage service providers to speak to them directly.

- Build mutual understanding – be an active, careful listener. Clearly state goals, expectations and desired outcomes. Ask for clarification of instructions and information as needed.

- Encourage collaboration – set goals together and work with the team to accomplish them.

5. Caregiving is demanding work so take respite breaks regularly. It allows you to adjust to the idea of sharing the care and prevents a crisis from developing. Respite needs to be part of the routine from the beginning, not something added on after an emergency. The CAN offers more information on using respite care.

6. Watch out for signs of depression and don't delay getting professional help when you need it. It happens with caregivers. In a survey, one half of caregivers reported they experience depression. It is treatable so seek help from a mental health professional to restore balance through treatment, usually medications, talk therapy or both. Manage stress daily with ways you care for yourself like walks, music, reading, yoga, etc.

7. Be open to using technologies that can help you care for your loved one. There are innovative products designed to improve health, safety and communications; smartphone apps, medication organization tools, and fall alert systems to name a few. You can find what is available in the CAN Technology Navigator.

8. Organize your care receiver's personal, legal, financial and medical information so it's up to date and easy to find. Create a file or notebook; it can be paper or electronic or both. The CAN suggests including:

- Care receiver's medical history – diagnoses, physicians and other service providers contact information, allergies, health history (surgeries, other medical conditions)

- Medication list – prescription and non-prescription meds as well as supplements.

- Insurance information – private medical insurance, prescription plan, Medicare/Medicaid, long-term care insurance, dental and vision Insurance

- Legal documents – Living Will, durable power of attorney for health care (also known as a Health Care Proxy), power of attorney for finances, contact information for care receiver's lawyer

9. Make sure the documents to manage your care receiver's finances are in order. You can find an Elder Law Attorney through National Academy of Elder Law Attorneys at naela.org, a professional association of attorneys dedicated to providing quality legal services to seniors and people with special needs. The CAN provides a Check List of Documents You'll Need and Questions to ask Elder law attorney

10. Give yourself credit for doing the best you can. Celebrate your successes and accomplishments.

Resources for Family Caregivers

Caregiver Action Network or CAN Support group forum, videos, tip sheets and resources on all aspects of caregiving.

The ADA National Network – information, guidance and training on the Americans with Disabilities Act

National Association of Area Agencies on Aging – find your local Area Agency on Aging to learn about available aging services and resources.



Audrey Demmitt , RN, BSN is a wife, mother of three wonderful adult children, and a registered nurse. At age 25, she was diagnosed with *retinitis pigmentosa*. She worked for over 30 years as a nurse with her visual impairment. She has worked as an Adjustment to Blindness Counselor and Diabetic Educator for Vision Rehabilitation Services of Georgia. She is a long-time follower of AFB and VisionAware, both as a consumer and as a professional. She is also a CareerConnect Mentor.

Audrey resides in Peachtree City, Georgia, with her husband Kevin of 37 years and her beautiful guide dog, Delta. She enjoys traveling, hiking, reading, writing, and crafting. Life with a visual impairment has taught her to never underestimate herself, to reframe the seemingly negative events in life, always look for new opportunities – and envision the possibilities. Life is “in-session,” and she is busy living it.



CAREGIVER SUPPORT GROUPS

*If you are caring for
an elderly or disabled adult,
we know the task can become
overwhelming, confusing and
frustrating, even when
you love the person.
Our free support groups
of fellow care givers
provide you with a safe place
to vent and gain support
from those who know
this "burden of the heart."
Take an hour or so to keep
yourself healthy, laugh again,
and get helpful advice
about other services
that can help you both!*

Each group will be conducted by Telephone or Zoom.
The Group Leader will provide you with the number or
the link once you have signed up for a meeting.



Zoom Conference - Judith Bromley

- Every 1st and 3rd Monday each month
9:30 - 11 a.m.
- Every 2nd and 4th Monday each month
12:30 PM - 2:00 pm

Telephone conference - Donna Weintraub

- 1st Thursday each month - 2 PM

Contact: Judith Bromley MS, RN
1-845-559-5656
judithbromley417@gmail.com



sponsored by

Jewish Family Services
of Ulster County

280 Wall Street, 2nd Fl
Kingston, NY 12401

EVEN CAREGIVERS NEED A BREAK

Volunteers Needed for the REST Program

Jewish Family Services and The Ulster County Office for the Aging are extending an invitation to you to become involved with your community in a very meaningful way - as volunteer companions for the REST Program (Respite Education & Support Tools).

Respite is defined as a short period of rest or relief from something difficult or unpleasant. Caregivers are often the sole support for a loved one providing both physical and emotional assistance. Caregivers often neglect themselves to ensure that their loved one is OK, and they need a few hours for themselves to catch up on things that they cannot normally do when providing care - including going to a doctor's appointment or shopping or going for a walk ... or just to de-stress, and decompress.

Becoming a REST Volunteer allows you to provide some much needed respite time for caregivers in your community.

Simple Requirements: The program requires all volunteers to provide proof of vaccination and a background check for in-home volunteers. Volunteers fill out an application and are then interviewed by the REST Program Coordinator. Then they are trained in the role.

The Coordinator will match a family with a volunteer that seems best suited to that family. It



is this careful matching of a volunteer with a family that needs them that really makes the program work. Volunteers are accompanied on their first visit and mentored throughout their work. Monthly meetings of the volunteers allow people to exchange ideas and present their challenges in a supportive environment.

Volunteers need to be prepared to give up only four hours a month. However, we are flexible and have lots of ideas about how you can help.

The Office of Aging reimburses mileage at 0.39 cents a mile.

Companions are just that: Companions! They are there to reminisce, share stories or play cards or take a walk if allowable. They are not responsible for the physical care of the care recipient.

Contact: Judith Bromley MS, RN

REST Program Project Manager

1-845-559-5656

judithbromley417@gmail.com

PRAISE FROM CAREGIVERS IN ULSTER COUNTY

- As Printed in Jewish Federation of Ulster County Newsletter -



JEWISH FAMILY SERVICES AN INVALUABLE RESOURCE

My wife and I were acting as primary caregivers for our friends in Woodstock. They are an elderly couple who required an immense amount of care due to their health conditions and age. Our immediacy was crucial to their comfort and well-being, but when the time

came when we would not be available to help them, we were fraught with worry.

Then, we contacted Jewish Family Services: <https://jfsulster.org/>

Without hesitation and with great loving spirit, they referred us to someone who assembled a team of professionals who would be there for our aged friends when we weren't around. The people who came to the rescue were highly skilled; able to shop, cook and clean and provide the care we could not. Additionally, a social worker was assigned to visit them regularly to make certain that their needs were being met and remained on call in case of emergency. This was such a blessing not only to our dear friends, but to us, knowing that the people we love are in good hands. The care that JFS provided was generous and thorough, and they were able to keep it at an affordable rate for our friends who, while they were not without funds, were not wealthy either.

We have since called on JFS whenever the need arose and have always received the same warm, immediate, efficient response.

JFS receives some support from the Ulster County Jewish Federation and other organizations, but they are always struggling to gather resources to continue to be able to help people in such an effective manner. If you are not already familiar with JFS, it would be a great benefit to you and your loved ones to make yourself aware of the services they provide. Please consider contributing generously to their vital mission.

Follow this link to make a contribution to JFS.

<https://secure.qgiv.com/for/jfsouc>



Ron-David Gold, President
UCJF

Caregiver Support Group Testimonials

There are so many things that our parents and communities prep us for as we are growing up. Caregiving is not particularly one of those items. Occasionally we have the opportunity to see others do caregiving but generally it is from afar, perhaps watching a caregiver or nurse helping as we are coming and going during our day to day routines.

It wasn't until 6 years ago that I became a caregiver. This time to my post-stroke husband. The experience has been nothing like child-rearing which was my only personal experience caregiving.

It was a shock to me at how ill-prepared I was for the task and how alone I felt while my family and friends were all still immersed in their careers. Where do you turn first? How do you learn the skills that you need? And how do

you help your care receiver, not with the medical issues, but with social issues that are day to day.

I joined the JFS Caregivers Support Group at the urging of a friend. It has been life changing for me. Not only have I learned to negotiate the difficult medical and social paths, I have bonded with an amazing collection of empathetic and strong individuals who help celebrate the victories, and lift me up when I feel defeated.

Though we meet biweekly, I am so grateful for this group and our facilitator everyday.



Sincerely,
Hannah Scarpato

Just knowing that a group of strangers come together as caregivers to support, listen, share and uplift one another is very inspirational for me. I've found a voice with fellow caregivers. While our situations are all very different, our empathy and dedication to purpose are lightning rods to help us as we journey forward.



Kathleen Furman

My JFS support group has been like a lifeline to me. Our group has developed a strong caring bond among the members and it is a wonderful feeling to have such a safe place to speak twice a month while going through this awful process of watching someone disappear.



Sara

Our caregivers' group has saved my sanity for years. The guidance and knowledge of our facilitator along with the support of women in similar situations is invaluable. It provides time for exchanging resources, comfort, close listening and tears. And love.



Lady T.

Marji - caregiver



Marji worked in the nursing home for over 17 years. Although it was a struggle for her to be a single mom and now a single grandmother, she always had a big smile on her face and cheerfully went about her duties. She enjoyed hugging the residents and making them feel at home. As long as they were happy, Marji was happy.”



Bereavement Support Groups

Each group will be conducted by Telephone or Zoom.
The Group Leader will provide you with the number or
the link once you have signed up for a meeting.

**Every 1st & 3rd Monday each Month
4:30 PM**

Telephone Conference with Donna Weintraub

**Every 2nd & 4th Thursday each Month
1:00 PM**

Zoom Conference with Judith Bromley

Contact: Judith Bromley MS, RN

1-845-559-5656

judithbromley417@gmail.com

*Grief can be a hard
and painful process,
but you don't
have to go it alone.
We know about the
loss of loved ones
and our free
bereavement groups
provide a safe place
with caring people who
understand
and get it.*



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280 Wall Street, 2nd Fl
Kingston, NY 12401

Bereavement Group Testimonials

I have been attending the Bereavement Support Group with Judith Bromley for about 8 months, since the passing of my beloved life-partner in December of 2020. His loss, and the grief that followed, has ushered in perhaps the darkest period of my life. I felt as if I was dying alive and helpless and hopeless. However, the sharings of others at the Zoom meetings enabled me to see how much in common I had with others' losses, even though the circumstances may have been different. After a while I began to find ways to see I had inner strength and resources that I had forgotten I had - and have since learned to live with the grief while putting one foot in front of the other and finding new joys in friendships and the daily, necessary tasks of life. I am so grateful to Judith and all the participants who attend the Bereavement Support Group.

- Jay



I first met Judith Bromley in the caregiver group that she was leading back in 2017. My husband was in a Nursing Home, and her support and wisdom in leading this community group was instrumental for me, in getting support and guidance. When he was able to come home in 2020, and was able to pass in our home, in 2021, I was able to benefit again from joining the Grief group that she was offering. The way she makes sure that each person is given the space to report and reflect on this personal grief journey, and holds the container space with respect and compassion for each person, is again a great benefit to me at this time. Thank you for supporting her to provide this care for the community.all the participants who attend the Bereavement Support Group.

- MH



I feel very safe to speak openly about my experience with members in the grief group. Everyone has been very kind and participated in active listening and acceptance. They are a very supportive group of people who understand and relate to the various pains and experiences that we go through in life after the passing of a loved one. It means a lot to be seen, heard, and understood.

- S



A Legacy of Dignity, Honor and Respect: “WE STILL COUNT”

The probing portraits of **Margery Stein Schab**

My first husband spent the last 11 years of his life, due to Multiple Sclerosis, in a nursing home where I would visit him regularly. I felt I should reach out to these residents whom I continually saw. Thus, in the mid 1990's I began my project with the collaboration of the nursing homes who chose my subjects. I used my father's 1950's Rolleiflex, an old medium format camera.

I realized that we shun the sick, disabled and the old, and I felt I should conquer that feeling of hesitation and talk with these residents. The experience has been life-changing for me. Although I am not in a nursing home or confined to my home, now that I am 80, I would welcome a reach out to me. Happily I am doing alright in that vein. I am not in a nursing home or confined to my home.

The residents offered so much hope and reinforced the beauty of living even though it will end. There are many quotes from them that I recall everyday. It was well worth the seven years of effort. I believe there is the Extraordinary in the Ordinary.

Margery Stein Schab



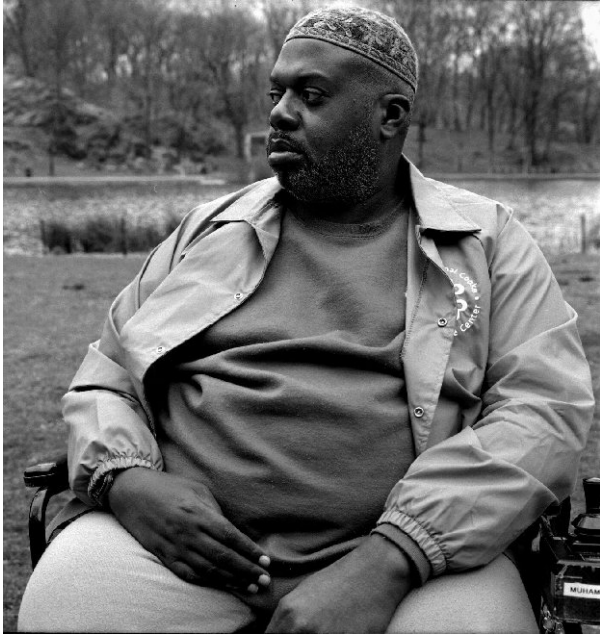
Alice

Alice was born and raised in New York City. She is one of four children. She was a practical nurse and liked caring for others. She was known as the Big Aunt Alice who liked to say to people “have a great future.”



Mr. Liu

Mr. Liu could not speak English and I could not speak Chinese. But he greeted me with joy and proudly showed me all the objects he had made.



Fahiz

Fahiz was born and raised in Harlem, but spent summers with his much-loved grandmother in Atlanta.

At 19 he became a Muslim and every Friday he attended services at the local Mosque. He is self-sufficient, loves jazz and almost everyday he goes to the park to watch birds.



Nancy

Nancy was a librarian and books were her passion. She was upset about the lack of tolerance for old people and thought that it was unacceptable. *"Anyone who can, should be doing something."*



Marie

What I remember most about Marie's story is that it was extraordinarily ordinary. She displayed a shawl given to her by a friend. Being elderly and sick had posed new challenges. She adapted and was content with her life. She said, "Why be depressed, be glad you opened your eyes this morning and could see the sky."



Audrey

Audrey moved into the nursing home due to a stroke. She had three children and seven grandchildren. She wore a special dress for her sitting with me. She said that she "prays everyday for those who are sick, those who are hungry, those in the hospital and those who can't help themselves and for me."

Dr. Irvin Stein
(Fayetteville, NC 1906 - Baltimore, MD 2000)

Three months before he died in a nursing home, I photographed my father with my two eldest grandchildren. It was the last time he saw two of his then ten great-grandchildren. His mind was a bit confused but his feelings on this occasion were very clear. He was most pleased with our visit.



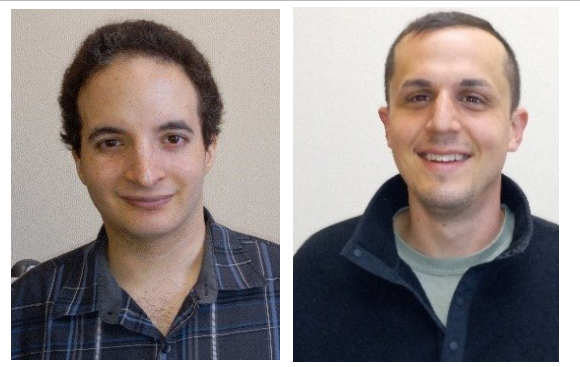
Of Blessed Memory



The photographs of
Margery Stein Schab

All images © 1995-2002, 2021 by Margery Stein Schab
No unauthorized usage permitted.

For more information about Ms. Schab's works,
contact her at: margeryschab@gmail.com



The E-MDT Corner

With Nick Morris & Jason Farina

Greetings! We'd like to introduce our Enhanced Multi-Disciplinary Team Program (E-MDT). Our mission is to work together with professionals from a varied number of organization and government branches in five counties: Ulster, Orange, Dutchess, Sullivan and Rockland. We help to investigate, prosecute, intervene and provide assistance to elderly victims of financial, physical abuse or neglect.

Our team consists of the following agencies:

- **Adult Protective Services**
- **Office for the Aging**
- **Law Enforcement**
- **District Attorney's Office**
- **Department of Social Services**
- **Financial Institutions**

Contact Us:

Nick Morris: (for Ulster, Orange and Dutchess Counties)
jfsemdtulster@gmail.com

Jason Farina: (for Rockland and Sullivan Counties)
jfarinajfs.ulster@gmail.com

(845) 338-2980

Are You Concerned about the Mistreatment of an OLDER ADULT?

Elder Abuse Helpline for Concerned Persons



Support and assistance for family, friends, neighbors in the lives of mistreated older adults



Concerned Persons live anywhere in the world



The mistreated older adult they care about lives in New York State



844-746-6905

In an emergency call 911



1 in 10

older adults are mistreated in the U.S.



73M

adults have had personal knowledge of a victim



44M

became involved in helping



Free • Confidential

No Judgment • No Expectation



Weill Cornell Medicine
Geriatrics & Palliative Medicine



**NYC ELDER
ABUSE CENTER**
Professionals serving older adults



Lifespan
CELEBRATING 50 YEARS! 1971-2021

The Elder Abuse Helpline for Concerned Persons is made possible with a grant to the New York City Elder Abuse Center, Weill Cornell Medicine, from the New York State Office of Victim Services. Funded by New York State Office for Victim Services, Grant No. 2018-VA-GX-0047, Office for Victims of Crime, Office of Justice Programs, U.S. Department of Justice. This material does not necessarily reflect the opinion of the funder.

Elder Abuse Helpline for Concerned Persons | 844-746-6905 | www.nyceac.org



SPOTLIGHT ON

SERGEANT CHRISTOPHER BAX

with the Clarkstown Police Department
Rockland County

Chris grew up in Clarkstown, earning his Eagle Scout from Troop 42 in West Nyack and volunteering as an EMT with the Nanuet Ambulance Corps. After graduating from Muhlenberg College, he joined the NYPD in 2005, becoming a third generation Police Officer. In 2006 he joined the Westchester County Police Department for two years, before joining the Clarkstown Police Department in 2008 and being promoted to Sergeant in 2019. While working Patrol, Chris has been cross trained as a Dispatcher, served as a Field Training Officer, become a Police Mental Health Instructor, Disability Awareness Training Instructor, Crisis Intervention Team Instructor, Project Lifesaver Instructor, and a NYS DCJS Master Instructor.

Chris also works with the Rockland County DA's Office on the Law Enforcement Assisted Diversion (LEAD) Project Connect program, currently implementing the program for all Rockland County agencies over the course of a three year grant. He is a founding member of the RC Dept of Mental Health / Law Enforcement committee and is the Mobile Access Program (MAP) coordinator for RC in collaboration with the Behavioral Health Response Team (BHRT). He is a graduate of Leadership Rockland, the coordinator of Criminal Justice Day, and serves on the board of directors for Leadership Rockland.

In 2021, Chris became a consultant for the NYS Office of Mental Health (OMH). As a consultant, he works with Mental Health Professionals to deliver Train the Trainer level instruction for the Fundamental Crisis Intervention Skills for Law Enforcement course throughout NYS.

Earlier this year, Chris joined the Rockland County Enhanced Multi-Disciplinary Team (E-MDT), collaborating with Jason Farina and a team of professionals to stop elder abuse.

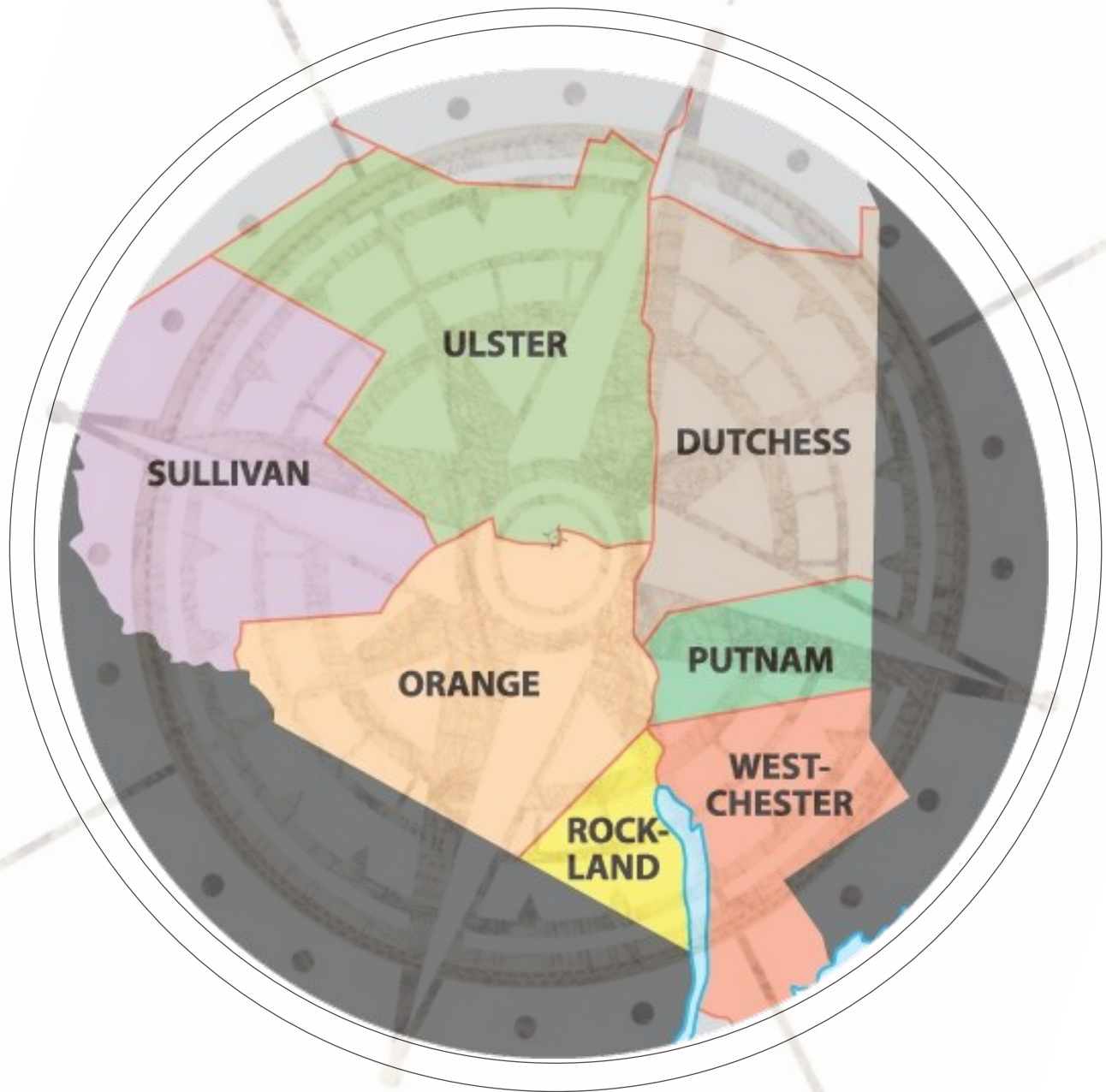
On May 24th of this year, Chris had an article published in Police1 which outlined the core concept of slowing things down when interacting with a person in crisis. This concept is especially applicable when interacting with vulnerable populations, like the elderly, which is a focus of the Enhanced Multi-Disciplinary Team.

<https://www.police1.com/police-training/articles/how-officers-can-move-people-from-crisis-to-compliance-y46t51ATL5Izaw8k/>

Sgt. Christopher Bax
Clarkstown Police Dept.
845-639-5800



Happenings Around Our Counties



Ulster Bank Windows Reflect on Our Local History



A large-scale collage on display outside Ulster Savings Bank on Wall Street was designed by Stephen Blauweiss with accompanying text based on his and Karen Berelowitz's forthcoming book about Kingston and Ulster County history. The collage features topics ranging from John Jay and the New York State Constitution to Sojourner Truth, the Burning of Kingston, and the Loun-Begardus House at Frog Alley. (Stephen Blauweiss)

Historians and authors Stephen Blauweiss and Karen Berelowitz installed the first of what will be a series of window displays in Uptown Kingston based on their forthcoming book, *The Story of Historic Kingston*. In celebration of the 170th anniversary of Ulster Savings Bank, a large-scale, 7-panel, 25-foot-wide outdoor window display was installed at 280 Wall Street.

The display features both engaging images and informative text related to more than a dozen topics, including locations within a stone's throw of the Uptown bank. These include historic events that took place at the Courthouse, such as the writing of the New York State Constitution and Sojourner Truth's fight for her son's freedom, and the Old Dutch Church, including its burial ground and the story of the hobgoblin.

Blauweiss and Berelowitz's 500-page book, *The Story of Historic Kingston: Featuring 950 Images and Connections to the Catskills & New York City*, includes many rare, never-before-published photographs, then-and-now comparisons, an engaging visual design, and concise stories about the lesser-known aspects of our history that keep it alive and engaging. It will be released in July 2022.

The window display is co-sponsored by Ulster Savings Bank and Blauweiss Media and was printed and was installed by Timely Signs.

Beginning this summer, additional displays will be installed in storefront windows throughout Uptown, and a major exhibition will open in August along with many free outdoor events. See website for details!

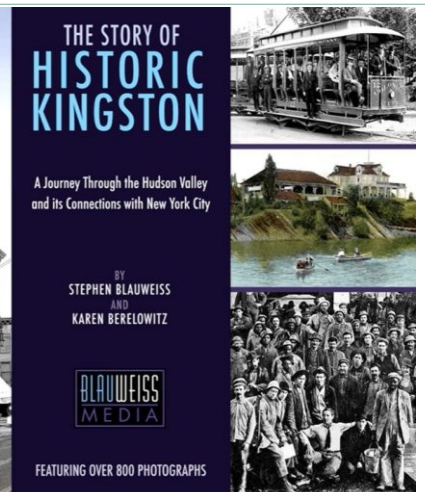
Contact:
Hudson Valley History & Art

www.hudsonvalleyhistoryandart.com/



Stephen Blauweiss
(845) 339-7834
(212) 741-8378

Karen Berelowitz
(845) 443-3358





Action Toward Independence Presents:

Melinda's Music

Free Zoom* Music Therapy Groups
Offered Monthly

OUR MUSICAL MEMORIES

Music social engagement for people living with dementia **with** their CarePartners

STAND BY ME

Music therapy SUPPORT for CAREPARTNERS of a loved one living with dementia

**Internet access and Zoom are required to participate*

FOR MORE INFORMATION:

Family Peer Advocate
(845) 794-4228
info@atitoday.org

OR

Melinda Burgard
Melindasmusic@cs.com



SCAN ME!



Returning Summer 2022!

**Dutchess County Office for the Aging presets
FREE PICNICS FOR DUTCHESS COUNTY ADULTS 60+**

Presented with support from The Pines at Poughkeepsie



- **Reservations Required**
- **Limited Seating**
- **\$8 for adults under 60 when space allows**
- **(invitation not required to make your reservation)**
- **One picnic reservation per person per season.**

-
- July 6** Memorial Park Beacon (Beacon Residents)
- July 13** Sissing Mountain High School, Pine Plains (Millbrook, Millerton, North East, Pine Plains, Stanford, Washington residents)
- July 20** Robinson Land Recreation, Wappinger (Wappinger and Wappingers Falls residents)
- July 27** West Road School, Pleasant Valley (Pleasant Valley residents)
- Aug. 3** Stitzel Field, Poughkeepsie (City of Poughkeepsie residents)
- Aug. 24** Hopewell Rec. Park, Hopewell Junction (East Fishkill residents)
- Aug. 31** Freedom Park, and LaGrange (Beekman and LaGrange residents)
-

Call (845) 486-2555 during office hours (9a– 5p Mon-Fri)

All dates and venues subject to change.



Vet 2 Vet of Sullivan County

July 02, 2022 Kauneonga Lake Farmers' Markert 11AM - 2PM
July 16, 2022 Rockhill Farmers' Market 10AM - 1PM

Vet 2 Vet of Sullivan County asks all veterans, or family members of a veteran with disabilities, to come out to your closest town to learn about what Vet 2 Vet can do for you.

For more information call
(845) 794-4228
Or scan below



VET 2 VET OF SULLIVAN COUNTY

WARRIOR YOGA

BREATHING, DEEP RELAXATION
MEDITATION AND STRETCHING
FOR VETERANS



Instructor:
Jane Morris

Fridays 1 pm - 2pm and Saturdays 11am - 12pm

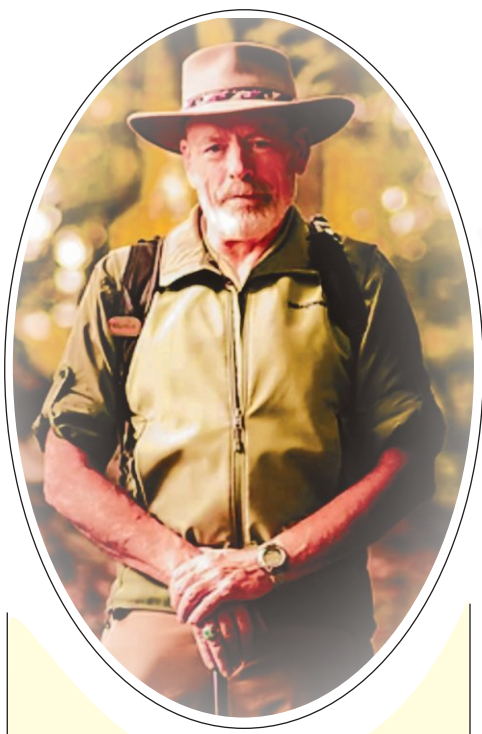


Registration Required
Call 845-794-4228
309 E Broadway Suite A
Monticello NY 12704



Natural Life in the Hudson Valley





"Ranger" David Holden, is a New York State DEC Licensed Hiking Guide and has many years experience on Woodstock trails, old and new.

His love of nature and living off the land was fostered by his father, Hu Holden, from whom he learned at an early age to appreciate natural living and nature in its fullest sense.

He will show you beautiful places in Woodstock that regular trail hikers miss.

You can reach Dave in many ways:
(845)594-4863

woodstocktrails@gmail.com



Woodstock Trails on Facebook



rangerdaveholden on Instagram

www.woodstocknytrails.com

Exploring the Riches of Summertime Flora and Fauna in Ulster County

with

"Ranger" Dave Holden

Woodstock Trail Master

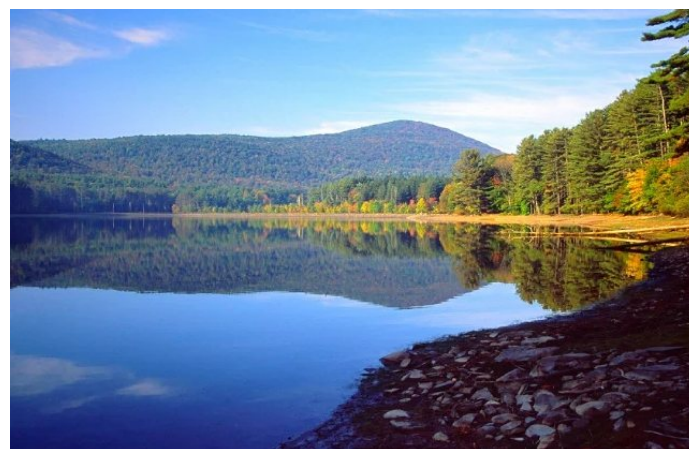
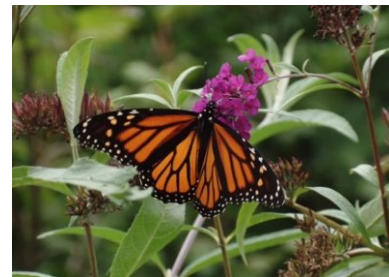
HIGH SUMMER LIFE-STORM

Once again the Earth has cycled back to where its northern half (which happens to include us) is tilted towards the Sun, giving us our longest days and some of our warmest weather- our High Summer. In our corner of the Catskills, and on our reach of the Hudson Valley, in terms of burgeoning life-forms this is a rich, rich time of year- a veritable Life-Storm. We are literally surrounded by the fruitfulness of the season. The heavy, humid air we wade through is thick with insect-life. Every specie of animal is busily reproducing their



kind and raising their young. Myriad plants, shrubs and trees are racing for the sun, sending out new roots and making seed. The very topsoil at our

feet is seething with countless forms of life- animal, insect and microbe. We've passed through that wonderful (literally, full of wonder) mini-season we call Midsummer. Our days are still long, having peaked at the Summer Solstice. We have so much light (although less each day) and are surrounded by a true immensity of Life. What a contrast this is to mid-winter, when we desperately seek the little



light there is and have to work to find evidence of life in the land. We have a perfectly Catskills High Summer going for us, with its commensurate, full-spectrum effects assaulting all of our senses - and it is going fast. SEASONAL CYCLING- It never ceases to amaze me how time passes. It was not that long ago that it seemed like Spring would never get here as each tiny green shoot ever-so-slowly

poked its way above the newly-thawed soil, then another, and another- slowly, fitfully bringing that special, brand- new, bright green nitrogen-rich color of the vernal season upon

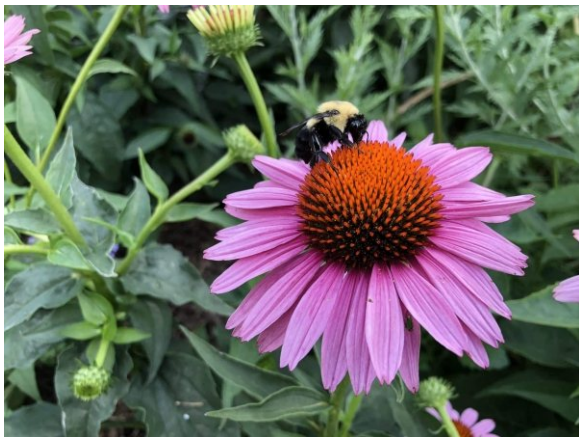


us. While the woods were still open, before the hardwood trees leafed out, we were then flooded with the bountiful, yet subtle, beauties we call the Spring Ephemerals. But the seasonal clock kept ticking, the forest filled in and morphed to the deep, dark green of Summer and the flower-action changed to the open, sunny fields and meadows. And wild and flowery the fields and meadows are, as every plant races for the sky while digging their roots deeper and deeper into the earth. To my pagan self, it is as if the Earth is giving birth and the Sky is leaning closer, attending to Her. After all, if Spring is the time of conception, of the generation, of Life, then High Summer is the time of fruition.

Hear the Daily and Nightly Cricket Chorus! Watch Earth and Sky in their yearly Dance- teeming with multitudinous life-forms! This is probably so with many creatures- numerous bird-species are on their second brood of young now. The hawks are most likely sleeping well after a long day of watching the youngsters fledge. So many animal parents are probably going through this at this point. Heat lightning shimmers and Fireflies flicker to a chorus of Seasonal Cicadas, Crickets, Katydid and Tree-frogs. Accompanying the aural and visual feast of this magical time is the raw sensuality of wading through the thick, super-heated air. At this season one can feel the sky pressing down as the earth rises to meet it. If mid-winter is the time of dormant life and inner reflection, when the tide of life is at its ebb, then this must be the peak of the Season of Life, our seasonal high-tide- when the Earth meets the Sky.



FAUNAL FLORA- Most of the local flowering has now switched from forest to



meadow and field. Present now in our open spaces are Bee balm, Goldenrods (not allergens), Ragweeds (very much an allergen), Queen Anne's Lace, Wild Strawberries, Wild Blackberries and Raspberries, Long- stem Buttercups, Red and White Clovers and many others. Our leaves are home to so many butterflies- Black and Tiger Swallowtails, Brushfoots, Captains, Comptons Tortoiseshells, Dusky-wings, Fritillaries, Hairstreaks (I've said this before- what a great name!), Hop Merchants, Metalmarks, Mourning Cloaks, Nymphs, Questionmarks (but why?), Satyrs, Skippers, Snouts (!), Spring Azures, Sulphurs, Viceroy and Whites, for example, and numerous moths, including the amazing Bee Hawk moth. The highlight of our local wild-flowering season should have been when our plethora of Milkweeds flowered in time for the yearly arrival of the awesome Monarchs, but, unfortunately, we've had only

a few of these butterfly kings and queens show up as they still struggle in their home habitat in Mexico. Our other local long-distance migrator, the incredible Ruby-throated Hummingbird, arrived on schedule and in what appears to be normal numbers. These are truly amazing creatures. As flyers they can hover, dart side-to- side and reverse- all of which no other bird can do. For their tiny size, hummers are totally fearless in defense of their nest. I've seen them successfully confront, and chase away other birds five to ten times their size. Equally amazing is their incredible metabolism which allows them to fly so far on such small amounts of nectar. Dodging threats just going up and



down

the Appalachians is one thing (cats, high winds, airplanes, cars, wind-generators, etc.). But the fact that this tiny bird can actually fly non-stop across the Gulf of Mexico to their wintering sites in Central America is absolutely astounding and one of the wonders of nature. Just being an amateur observer I get the impression there are fewer insects, in general. Definitely, not as many Bees as there should be. Of course there's no shortage of those insects that are inimical to humans, like midges, mosquitoes and the various tick-species (definitely more ticks than ever), but I'm not walking in the cloud of insects, buzzing all around, like it used to be in mid-summer. Also, just judging by the "windshield- effect" (or lack thereof) the bug population is down. Our Cricket





Chorus- Crickets, seasonal Cicadas and Katydid- sounds healthy, chanting day and night.

The short Firefly season started slow but has picked up nicely, turning into a great season for them, but never long enough. As I write this I'm enjoying the rare and short period (one week?) when Fireflies are overlapping with the Crickets, in a wonderful aural and visual high-summer treat. I always love Lightning Bugs and wish they could grow fur and bless us with their presence year round. Plenty of Dragonflies this year, doing their bit to trim the small insect population. Not sure, but it also seems that the small-bird population is down somewhat, which, since they're dependent on insects, makes sense. No such issues with the various Hawks, Herons and Owls, and certainly not with the burgeoning Bald Eagles (photo of an immature on first page). **PLEASE BE EXTRA CAREFUL**- This is the season of great, sometimes frenzied outdoor activity, so please be extra careful in whatever you do. Keep an eye peeled (another great saying!) for exposed tree-roots, waiting for the unwary. Watch out for the stone turned up by the walker ahead of you who wasn't paying attention. While these are real, everyday things to watch out for, they are also metaphors that symbolize how we all have to try to be more aware of our surroundings and everything we do in them. Everything we do affects (and effects) everyone and everything else around us. I believe that our role here should be as Stewards of the Land, caring for it, nurturing it- not as casual, short-sighted destroyers of it. Do we protect the Land as a (literally) priceless legacy for the future (in which case our children and grandchildren will look back in awe and gratitude at our prescience)? Or do we selfishly over-develop it now, to meet short- term, myopic purposes that will only disturb and muddle the entire landscape? This is the immense pressure that our



land is under right now and why it is particularly important for us all to be extra vigilant and ready to act. We've had more than enough rain here in the wettest July on record. Still it is truly amazing how fast the heat and wind will dry out the woods and meadows. Everything- the forest, the fields and meadows and all the grasses



in the ponds and along the streams- is a rich, dark green and the more it rains the more verdant it all seems to become. A "green glacier" doesn't seem to quite fit as a description - too slow for such a dynamic time. A Green Tsunami racing across the landscape, burying us in verdure, is more like it and does help describe our High

Summer Life-Storm. The days are noticeably shorter, the Sun not rising as high in the sky as before and the Thistledown, loosened by frenzied Goldfinches, flies in the warm wind of late summer. While, yes, Fall is on the way, Summer is still here. Let's enjoy it, for a colder time is coming, when memories of the Sun's warmth piercing heavy, humid air will be just that- memories. Please make those memories good, safe ones. Thanks.





The Volunteers Corner

Make a difference in an aging
neighbor's life this year ... their
independence can depend on
YOU!

HELP OUR TEAM OF PROFESSIONALS WITH:

- Home Visits and Advocacy
- Compassionate Phone Calls
- Relief for Caregivers
- Grocery Shopping Driving/Assistance
- Home and Yard Maintenance *(ask for Jason)*
- Drivers for Medical Appointments

If you're interested in becoming a JFS Volunteer
in any of these capacities, contact:

JFS: (845) 338-2980



Yard and Home Maintenance Program for Vulnerable Seniors at No Cost

Are you or do you know a senior, 60 years and above in the Ulster County region who is fiscally and physically in need of help in maintaining their yard, grounds or home?



VOLUNTEERS NEEDED



sweeping lawn mowing

dusting weed-wacking

cleaning small tree or brush removal

furniture moving/arranging snow shoveling/removal

**Program
Recipient
of
\$50,000
Foundation
Grant**

Contact:
JASON (845) 338-2980
jfarina.jfs.ulster@gmail.com

**interested seniors and
Volunteers**



Grocery Shopping Assistance

Volunteers Needed. Can You Help?



“As a graduate intern at Jewish Family Services of Ulster County, I have had the opportunity to participate in the Grocery Shopping Assistance program with local seniors. The experience is immensely rewarding and has a direct and immediate impact on seniors in our community. The need for shoppers is robust, but we do not

have the volunteer base to meet this demand for services. As a volunteer shopper, you make an immediate impact on those in our community and support a core mission of JFS to keep seniors living healthy and independent.” Nicholas Bona. JFS Intern

For more information:

Contact JFS at: (845) 338-2980

Drivers to Medical Appointments

Volunteers Needed. Neighbor-to-Neighbor



Are you a licensed driver, insured, vaccinated and in good standing - who would like to assist seniors in getting to their necessary medical appointments? For more information on how to be part of our Neighbor-to-Neighbor Team:

Contact JFS at: (845) 338-2980

Job Opportunity

Help Office, Civil and Law Enforcement
Agencies by Fingerprinting:

Become a Certified Fingerprinter

State-of-the-art computerized, ink-free methods



\$15 per hour

**Flexible hours/
schedule**

Contact :

Sharon - (845) 338-2980

s.murraycohen@att.net

**Jewish Family Services of Ulster
is an equal opportunity employer**



Job Opportunity

P/T Social Worker for Home-Based Family Support Program

Summary

JFS provides in-home social work services for older adults, of all faiths, in the community who could not otherwise access more traditional office-based mental health services.

- In-home supportive counseling and psychotherapy
- Assessment and referral
- Educational/support groups for caregivers and those grieving (currently online due to pandemic)

Job Responsibilities

- Make regular (weekly or bi-weekly) home visits to a minimum of 4-5 clients (elders and/or caregivers) participating in Home Based Family Support Program
- Conduct assessments of the clients' level of functioning and need for community services or interventions, which includes use of assessment surveys
- Provide information and referral about community resources and programs that will meet needs of clients or enhance quality of life
- Follow Task-Centered model of intervention utilizing goal setting, intervention strategies and evaluation
- Be available to meet with agency/program director for regularly scheduled supervision • Complete required paperwork in a timely manner.

Due to COVID-19, this position is currently operating on a hybrid schedule of in person and remote work.

Qualifications

- Current Licensed Clinical Social Worker (LCSW) through the New York State Department of Education
- Strong interpersonal and relationship-building skills

\$45 per hour
Regular hours/Per Diem



Contact :
Nicholas - (845) 338-2980
HomeBased@JFSUlster.org

Jewish Family Services of Ulster is an equal opportunity employer

We will not discriminate and will take affirmative action measures to ensure against discrimination in employment, recruitment, advertisements for employment, compensation, termination, upgrading, promotions, and other conditions of employment against any employee or job applicant on the basis of race, color, gender, national origin, age, religion, creed, disability, veteran's status, sexual orientation, gender identity or gender expression.

A Fond Farewell to Our 2022 Interns



From Left to Right: Nicholas Bona, Corynne McPeters, Kayla Maguire, Andrew Kaminski

Our interns for the 2021 – 2022 academic year completed their placements in early May – all will graduate with their Master of Social Work degree next May! During their time with Jewish Family Services, our interns participated in the Neighbor-to-Neighbor Transportation Program, Grocery Shopping Assistance Program, participated in JFS's support groups for caregivers and the bereaved, and each provided one-on-one counseling to area residents. We will greatly miss Nicholas, Corynne, Kayla, and Andrew and are grateful for their wonderful contribution to the community during their time with us.

Jewish Family Services of Ulster County provides internship placements each year for BSW and MSW students from a number of accredited social work programs in New York State.

If interested in an internship, please call

(845) 338-2980.

or write: JFS.Ulster@gmail.com



Gina's Vegetarian Kitchen

With Gina Valente



Vegetarian Stuffed Peppers

A healthy, delicious and filling alternative recipe for a nurturing classic

PREP TIME: 1 hour

COOK TIME: 30 minutes

SERVES: 4-6

INGREDIENTS:

- 6 large peppers, tops carefully cut off intact, seeds removed
- 2 large onions, finely chopped
- 6 garlic cloves, finely chopped
- 2 TBSPs olive oil
- 1 TBSP dried basil
- 1 TBSP dried oregano
- salt and pepper to taste
- 1 package soy "ground beef" (such as Impossible Burger)
- 2 cups cooked rice, preferably white basmati
- 1 large jar of tomato sauce

DIRECTIONS:

- Preheat oven to 350 F.
- Put two large pots of water to boil, each big enough to hold 3 peppers without touching.
- In a skillet over medium heat, heat the oil and add the onions; cook until translucent, about 5 minutes. Add garlic and cook another minute, then add spices and "ground beef", breaking it up in the pan and cooking until browned.
- Remove from heat and stir in cooked rice and 3/4 cup tomato sauce. Stir to mix; set aside.
- When pots of water come to a boil, add peppers and simmer until just soft, about 5 minutes. Drain.
- Pour remaining tomato sauce into a large baking dish.
- Arrange peppers in it; spoon in rice mixture into peppers; replace tops; loosely cover with foil.
- Bake about 30 minutes, taking care not to burn sauce. Let cool 5 minutes before serving a whole pepper on each dinner plate.



Chocolate Avocado Mousse

A satisfying and delicious desert

PREP TIME: 10 minutes

SERVES: 2-4



INGREDIENTS:

- 1 Ripe Avocado
- 1/4 Cup Cocoa Powder
- 1/4 Cup Almond Milk
- 1/4 Cup Honey or Maple Syrup
- 1 TSP Vanilla Extract

DIRECTIONS:

- Mix ingredients in Food Processor
- Spoon into bowls and Serve (can be refrigerated if desired)





The Caring Contacts Corner

Helpful Numbers for you:

JEWISH FAMILY SERVICES OF ULSTER COUNTY (JFS Ulster)

(845) 338-2980

(845) 331-4875 (FAX)

jfs.ulster@gmail.com

JfsUlster.org

911 – Universal Emergency Phone Number

988 – National Suicide Prevention Hotline

211 – Essential Community Services

National Domestic Violence Hotline

(800) 799-7233

NEIGHBOR TO NEIGHBOR

(Scheduling for Medical Transportation)

(845) 443-8837

LEGAL SERVICES OF THE HUDSON VALLEY

(845) 331-9373

<http://www.lshv.org/>

ULSTER COUNTY SHERIFF'S OFFICE

(845) 338-3640

<https://ulstercountyny.gov/sheriff/>

CHILDREN & FAMILY SERVICES OF ULSTER

(845) 334-5400

<https://ulstercountyny.gov/social-services/children-and-family-services>

PEOPLE'S PLACE

(Food Pantry and Distribution)

(845) 338-4030

<https://www.peoplesplace.org>

E-MDT HUDSON VALLEY HUB

(Regarding Elder Financial/ Physical Abuse or Neglect)

c/o JFS Ulster

(845) 338-2980 – ask for Nick or Jason

<https://jfsulster.org/e-mdt>

OFFICE FOR THE AGING, ULSTER COUNTY

(845) 340-3456 or Toll Free at 1-877-914-3456

Fax: 845-340-3583

<https://ulstercountyny.gov/aging>

ADULT PROTECTIVE SERVICES ULSTER COUNTY:

(844)-697-3505 between 8:30 a.m. and 8 p.m. to report abuse

<https://ocfs.ny.gov/programs/adult-svcs/aps/>

FAMILY OF WOODSTOCK

(845) 679-2485

<https://www.familyofwoodstockinc.org>

CITY OF KINGSTON POLICE DEPARTMENT

(845) 331-1671

<https://www.kingston-ny.gov/police>

NEW YORK STATE POLICE

(845) 338-1702

<https://www.troopers.ny.gov>

ULSTER COUNTY GOVERNMENT WEBSITE

<https://ulstercountyny.gov/arp>



Greetings from the Editor



Hello! My name is Jonathan Dobin, editor of the quarterly JFS Newsletter.

I would love to hear any suggestions you may have about what you'd like to see in our future JFS Newsletters:

- *Senior Citizen Success stories*
- *General Human-Interest Stories*
- *Testimonials about how JFS services have impacted and helped your/ a loved one's life*
- *Your experiences with JFS Support Groups and other programs*
- *Places worth visiting, accessible to seniors, in the Ulster County area*
- *Ulster County Civic events*
- *Recommended Local Businesses*
- *Recommended Local Spiritual Outlets or gatherings*
- *Recipes ...*

you let me know!

Contact me at: Editor.JFSNewsletter@gmail.com

We look forward to reflecting you, our community and serving you in the best way we can.

Sincerely,

Jonathan

JFS Ulster Recipient of Two Important Grants



Jordon Liebhaber

Jordon Liebhaber Scholarship Fund

This scholarship fund is created in loving memory of Jordan Washor Liebhaber - May 22, 1986 - March 29, 2013.

The intention of this scholarship fund is to carry forward Jordan's clear values and good works to help make the world a better, more caring place for our elders.

Jordan initially began his service work, as a young teenager, by volunteering with his dad as a hospice visitor at the Tippet Home in Neeham, MA. After graduating from U of Miami, he returned to his interest in helping elders as a patient and family advocate in nursing homes, quickly expanding his dedication by volunteering frequently in the Greater Boston Jewish Community at charity events. Jordan treasured his job as the Assistant Administrator at the Chelsea Jewish Home Assisted

Living Residence.

Jordan was committed to his family and loyal to his friends. He had many passions, including: music events, NE sports teams, cooking and enjoying good food and staying fit. He had an intuitive sense for what was important and manifested it in his humble, gentle and caring way. He was a joy and light to all who knew him.

Small grants will become available for people studying in the field of geriatrics. Watch our website for notification of when grant applications will become available.

Home and Yard Maintenance Program - \$50,000 Grant Recipient:

JFS Ulster is proud to announce that they are the proud recipients of a very generous \$50,000 foundation grant. This will support their new Home and Yard Maintenance Program initiative. The program will assist financially and physically needy seniors, 60 and above (of all faiths throughout Ulster County) with important home and yard maintenance tasks: lawn mowing, weed-wacking, small tree or brush removal, sweeping, dusting, cleaning, and furniture moving/arranging. These services will be offered at no charge to those participating in the program.

JFS is very excited to have this new initiative added to their current roster of senior aid and advocacy programs. We congratulate Jason Farina, who created and spearheads the entire program.



Jason Farina



When You Donate to JFS ...

*Your gift directly
supports our mission.*

Visit our website to securely donate through



JfsUlster.org *(and click “Donate”)*

or copy and paste this direct link into your browser:

<https://secure.qgiv.com/for/jfsouc>

Caring Hearts

and

Helping Hands



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