



Caring Hearts and Helping Hands

Volume 2 - No. 3 July/August/September 2023



High Summer in the Hudson Catskill Region *and Dressing for Successful Exploration!*

with “Ranger” Dave Holden
Woodstock Trail Master

HIGH SUMMER



photo by Dave Holden

THE AIR IS ALIVE

Yes, the very air around us is thick with summer life, heavy with humidity and rife with myriad insects - alive, indeed. Walking in this season can be like wading, only wading through air, not water (unless, of course, you realize that

the reason the air is so thick is because of the humidity - the high amount of water vapor suspended in the air). Somehow flying through this medium that you and I can barely walk through are thousands of members of the genus *Insecta* (though not as many as at one time) busily and quickly trying to promote their kind and, sometimes in so doing, “bugging” us humans, bumping into us in mid-flight - theirs, not ours - homing in on our heat-signature, trying to take just one little drop of our blood to feed their future young (is that too much to ask? Just one drop? Actually, yes, it is.). Black- flies, Midges, Mosquitos - just a few of the insects out there that are inimical to us (but they

do feed many species of birds). However, there are some wondrous ones who are not dangerous and actually contribute to our enjoyment of the season. Here are just a few: Fireflies - lighting up our warm evenings when the dew-point is high, little firecracker-flies, sparking up our summer night-sky as they (like all of us?) look for love; Bee-Hawk Moths - beautiful, bizarre little Hummingbird lookalikes; Cicadas, Crickets and Katydid - our mid-season Cricket Chorus.

HIKING IN THE SHADE

Summer Clothing - HATS: Hats can be a useful summertime tool, keeping a surfeit of sun from face and neck, protecting from rain and as a convenient platform for repelling insects (some even have netting built in or are impregnated with insect-repellent). The popular broad-brimmed “booney hat” succeeds in protecting from sun and rain but they also have their limitations. For those that are super-conscious of weight and space in their gear, these hats are not as easy to store as the smaller, lighter ball-cap. The other plus about baseball-style caps is that they wear much better under the hood of a jacket or parka in a heavy rain (which will be discussed in the next paragraph). I like a broad-brim hat for sun-protection on a dry day; but if I have my rain- jacket with me and think there’s any chance of precipitation, I’ll wear a good ball-cap. When we gear up for the outdoors we have to plan ahead and think of these

things as pieces of a puzzle - how will different pieces fit together. As typical with clothing, much of this is a matter of personal taste and style and there has never been a better time to find exactly the item you need or want.

RAIN-JACKETS

The choices for summer rain-jackets are simply dizzying. Every one of the many brands will make several different styles and in different price-ranges. While I'll always recommend that people be practical in buying their gear (only you know what you can afford), keep in mind that it may well be worth it to spend a little more for quality gear that will stand up to both the rigors of the outdoors and the test of time. No sense buying a cheap jacket to have it rip on a branch as you pass by. So, make sure it is made of a strong, durable, rip-stop fabric. All brands make 100% waterproof jackets and there is no reason to settle for less. Do not get "water-resistant" outerwear - it is not worth it when you could find your self miles into the wilderness, soaking wet and shivering. This can go well beyond an inconvenience and become life-threatening. So, spend the money - you'll never regret it. Another important feature for a good rain-jacket, in my opinion, is for the hood to be permanently attached to it. Nothing like not being able to find the jacket's hood when you need it. This is the best way to assure it doesn't get lost (and being built into the jacket makes the best, most waterproof seal in a heavy rain). For summer hiking, another great feature of modern parkas is "pit-zips". They allow you to vent the excess heat that can build up as you're walking in the warmth. Without them you can become a complete "bucket of sweat" under your jacket, and almost as uncomfortable as if you weren't wearing a jacket at all. Not even good quality Gore-Tex can breathe enough to vent your excess heat in these circumstances. Pockets are always desirable in jackets. On a well-designed rain-jacket the outer pockets should be waterproof and accessible even when wearing a pack. The jacket should also have an inner pocket (or two) for maps.

PANTS & SHIRTS Very simple: no cotton. "Cotton kills" is a fact of summer as much as any other season, since it doesn't allow the skin to dry which can lead to hypothermia; even in the hot season. Most synthetics are much better at transporting excess heat and moisture away from the body. Different brands make excellent wicking t-shirts as well as shirts with long sleeves that roll-up, giving different options in comfort and protection. Good hiking pants will be made of a durable ripstop, synthetic fabric and will resist the rigors of the trail.

MORE FAUNA

While our meadows are home to so many butterflies and moths - Black- and Tiger Swallowtails, Brushfoots,



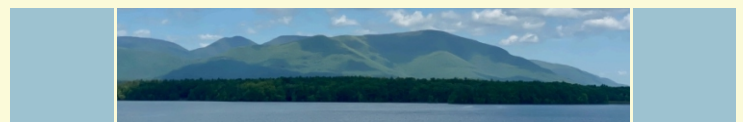
Captains, Dusky-wings, Fritillaries. Hairstreaks (great name!), Hop Merchants, Metalmarks, Nymphs, Satyrs, Skippers, Snouts, Spring Azures, Sulphurs, Viceroy (a smaller Monarch lookalike) and Whites. The reigning king and queen of them all is the Monarch, having only fitfully arrived. In contrast to the plethora of fireflies. migrator.

For more on Monarchs, visit www.spiritofbutterflies.com, as well as www.journeynorth.org. Local Milkweed has increased but now they seem almost forlorn as they wait and wait for their symbiotes, who are - at the very least - running late; all dressed up in their pretty purple flowers but with no where to go.

The largest (and best) Monarch look-a-like is definitely the Great Northern Fritillary (see photo above). From a distance it is very similar, until you see it fly. Monarchs fly in gentle swoops, majestically dosey-doe-ing around the landscape, whereas the Fritillary's flight is jittery by comparison, jumping erratically from spot to spot.

Because the insect population continues to burgeon so does the bird population. Barn Swallows scooping up bugs in mid-air, Bald Eagles and Ospreys deftly grabbing Large-and Smallmouth Bass, Ruby Throated Hummingbirds busily nectaring on flower after flower - all to the magical, flute-like tune of the Wood Thrush echoing through the woods. All of us - plant or animal - are "making hay while the sun shines" in this glorious time of longer light (though a little less each day now, since the solstice). Please do it Safely and have a great rest of your Summer.

Thank you, "Ranger" Dave Holden



"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

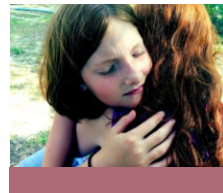


@rangerdaveholden



**Serving the
Mid-Hudson Valley's
Elder-Communities
of All Faiths**

- *Elder-Abuse Advocacy (E-MDT)*
- *Home-Based Therapeutic Services and Advocacy*
- *Support Groups for Caregivers*
- *Bereavement Support Groups*
- *Relief for Caregivers (REST Program)*
- *Compassionate Phone Calls*
- *Grocery Shopping Assistance*
- *Driving to Medical Appointments (Neighbor to Neighbor)*
- *Holocaust Survivor Advocacy*
- *Yard/Home Maintenance Assistance*



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My Mother, The Brisket, and The Rabbi

A Love Story

by Jill Rachel Jacobs

I am a pathological liar. I stand by my superior ability to fabricate the truth, to create a false narrative, to lie on command. And I would do it all again if I had to . . .

When my Mother was approaching the final stage of her life, she was often inconsolable. Dementia has a way of robbing those it latches onto with assorted unspeakable atrocities. The confusion, the fear, the sheer frustration amid the utter sadness, often overtakes not only the afflicted, but those who are ultimately left behind.

Until an adult child enters the frightening and chaotic world of caring for a parent diagnosed with this insidious disease, one never truly knows the lengths they may go to in an effort to minimize a loved one's suffering.

Watching someone slowly deteriorate, day by day, moment by moment, is like dismantling a puzzle; piece by piece, the picture, no longer recognizable, begins to fade, its meaning has eroded, until it is no more.

Piece by piece, my Mother was leaving us.

Though we didn't know it at time, when my sister Barbara and I moved our mother from West Palm Beach to New York City into nursing care near us, she would live for just nine months. Those months proved to be transitional for her, but also, transformative for us.

Confused, sad, angry, Esther Sheryl Prizant, "Sherry" was nothing like the sweet, funny, kind-hearted woman who was considered a second mother by many of our childhood friends. Because of my Mother's unremitting compassionate nature, our home, "the fun house" became a respite for many a wayward teen in need of comfort, some who even left home.

When I was in college, I began to notice a pattern:



boyfriends would spend an inordinate amount of time with my Mother, having coffee, playing cards, watching basketball, under the guise of waiting for my return from the nearby university.

On one occasion, I arrived home to find a boyfriend having coffee with my Mother in the kitchen, while another waited on the porch for his time with my Mom. Though I would like to believe that I was the main attraction, I have come to accept that this kind of behavior goes with the terrain when one is blessed with a mom like mine.

*"To understand everything is to forgive everything."
— Buddha*

Watching my Father and Mother interact was like being an unwitting character in "Who's Afraid Virginia Wolf?" It was fairly brutal. Between my Father's drinking, as he tried to provide for his large brood after his clothing store was destroyed by fire, coupled with many people occupying our modest home, it was often unmanageable.

Even so, my Mother never succumbed to the bitterness that could have been the proverbial response to living in such a chaotic and unforgiving environment.

My Mother, a dark-haired, green-eyed beauty of Hungarian descent, raised six children amidst financial duress and emotional turmoil. Yet, she always wore this bright smile no matter what the circumstances. While I

am left with vivid memories of my Mother, it's her interminable spirit in the face of life's unexpected challenges I often call upon when in need of guidance and support.

It was from my Mother that I learned my most important lessons about compassion and grace. When an unkempt, poor neighborhood child wanted to play with me and my twin sister, Joan, I recoiled. But my Mother wouldn't have it. "We are no better or no worse than anyone," she chided, while encouraging me to play with the child. She also insisted that I give the young girl a hug. And I did.

*"The only thing better than singing is more singing."
— Ella Fitzgerald*

When my Mother's stress levels would rise during the Dementia daze, she would display a range of varied emotions; the anger, the sadness, coupled with the relentless confusion, was typically not quelled by the many psych drugs doctors prescribed in an attempt to reduce her anxiety.

After finding my Mother over-medicated, passed out in her bed in the nursing home, or planted in front of the nurse's station in a wheelchair, yelling, confused, fearful, while sporting fresh bruises and bedsores, we were forced to make a change.

And we become very creative in finding ways to help calm my Mother, if not for her sake, for the sake of my neighbors who may not have approved of the loud disturbances emitting from my Big Apple crib, when we moved my mother into my Gramercy Park apartment, after her short stint at the Manhattan nursing home.

First and foremost, we sang, all my Mother's favorites. "Bei mir bist du schön, please let me explain, Bei mir bist du schön means you're grand." We may not have been the Andrew Sisters, but we had our moments, creating some nice harmonies, and soothing memories.

We also quickly learned the importance of focusing on activities that my Mother would succeed in, such as spelling, geography.

Me: "What's the capital of Alaska?"

Mom: "I don't know, Juno?" (ba dum bum tss)

It was around this time my sister introduced a new way to reach our mother as she further descended into some other world, a seemingly dark, unfamiliar place. So, we persuaded her to stay in our world a bit longer

by embellishing the truth.

"The truth is a beautiful and terrible thing and should therefore be treated with great caution."

--Harry Potter and the Sorcerer's Stone

Among my Mother's hopes and dreams, she wanted me to settle with a nice, Jewish man. Though I wasn't able to fulfill her wish, my sister Barbara's creative attempts to soothe my Mother resulted in Sherry's dream being fulfilled, even if only briefly, and only in fantasy.

Upon my return from grocery shopping one afternoon, I was met by an unfamiliar calm when I entered my apartment. It was uncharacteristically quiet, and surprising to see my Mother engaged in conversation with my sister.

Barbara "Do you think I should make brisket or stuffed cabbage?"

Mom: "Definitely the brisket! That's the winner!"

Barbara: (speaking to me) "I'm having lunch with the Rabbi on Sunday, and Mom thinks I should make brisket!"

Me: (chiming in while putting away the groceries) "I don't think you should have brisket. You know, animals have feelings like we do and just want to live. Why not make vegetarian stuffed cabbage?"

Barbara: (whispering to me) "What's the matter with you? There's no Rabbi, there's no brisket, Beevis! Just play along—Sheesh!"

Me: (Oh! I finally get it! Winking at my sister)

"Yes! I agree! Let's have the brisket! The bloodier the better! Vegetarian stuffed cabbage is sooo boring..."

Barbara: (rolling her eyes) "...And Jill is going to be visiting with the Cantor.

Mom: Oh, that's wonderful!"

Me: (whispering excitedly to Barbara) "I don't mean to complain, but wondering why you get the Rabbi and I get the Cantor? I mean, isn't the Rabbi higher in rank than the Cantor? I don't necessarily mind having the Cantor per se, but still..."

Barbara: (cutting me off, whisper fight ensues) "OMG! OK you can have the Rabbi!"

Me: "I didn't say I wanted the Rabbi, and I take umbrage to your suggestion that..."

Barbara: (ignoring me) "Yes, Jill and the Cantor have a lot in common since they both studied singing."

Mom: "Oh! That's lovely!"

Barbara: "Ok. Let's plan the menu for Sunday."

Mom: "You're having brisket, salad, roasted potatoes..."

So, this is how we spent many hours during my Mother's Big Apple residency: singing, spelling bees, practicing state capitals, and menu planning for our pretend Jewish husbands-to-be.

"People will forget what you said, people will forget what you did, but people will never forget how you made them feel." — Maya Angelou

My Mother entered hospice care twice. The first time, we made a decision to hydrate and provide intravenous nutritional support after she stopped eating and drinking. It seemed cruel not to. But when my Mother became alert, she was livid, angry that I "brought her back." With an unparalleled lucidity and razor-sharp clarity, she recounted her near-death experience in vivid detail.

"I was waiting in line with the others to get on the train, we were dressed properly, preparing to leave, but you wouldn't permit it because you were not ready to let me go."

I promised her then that I would allow her to do what she needed to do, and that I wouldn't stop her from getting on the train when it was time, next time.

It wasn't until months after my Mother's death that I had an epiphany.

Grief is an odd, unrelenting, strange trip, full of twists and surprises, with an uncanny ability to surface at the most unexpected times. I suppose grief never really dies, rather we just adjust while learning to cohabitate with our new circumstances.

In hindsight, it's not surprising that I got involved with my college boyfriend, who reemerged after 25 years, surprisingly (or not) right around the time of my Mother's death. *"If the world had more people like your mother,"* he told me during our first meeting, *"it would be such a wonderful place."*

Rekindling a past love offered a comforting familiarity and bittersweet reminder of a simpler time. Being absorbed in a past love-turned-current also provided a convenient opportunity to avoid the grief process.

But grief will not be ignored.

While in the check-out line at Whole Foods, nearly a year after my mother's passing, I came to realize the magnitude of grief, after the cashier looked at me strangely, asking if I was ok. I assured her I was.

But I wasn't ok. As I left the store, I was overcome with an overwhelming anxiety and unexplained urgency, as tears began streaming down my face. Instead of running from these uncomfortable feelings, I walked, through the green market, through the park.

And I walked some more, blending into a sea of unfamiliar faces crowding the bustling city streets, while feeling a sense of uneasiness, intertwined with moments of despair, when I was finally able to put into words what I had feared most: That no one would ever love me the way that she did.

It would be some time before I would find relief from the cascading sea of sadness that enveloped me that day. But gradually, this sorrow was slowly replaced with an acceptance, and that all-knowing feeling of what lies beneath the fear: the gut-wrenching truth. In a surprisingly strange way, it felt like a weight had been lifted.

For I am one of the lucky ones.

I am aware that not everyone gets to experience the gift of true unconditional love while a visitor on this earthly place. As difficult as that time was, there was a sense of calm too, in the knowledge that we can survive what we fear most: We can survive our greatest fear.

Of the most unique and wondrous things about being a thinking, feeling, sentient being, is that every moment is an opportunity for renewal; a chance for change. In every moment we are given a choice: to act in fear or love.

I have learned my lessons well from my kind teacher, my Mother. And each day, I choose to honor her by acting out of love, as she surely did. So, I'm not going to dine on brisket or marry the Cantor.

Though my Mother did not approve of lying, I would do it again if I had to. I'm sure she would make an exception this time.



Jill Rachel Jacobs

Ms. Jacobs is a New York based writer whose publishing credits include:

The New York Times, Reuters, The NY Post, The Independent, The Washington Post, The Boston Globe, The Los Angeles Times, The San Francisco Chronicle,

Newsday, The Chicago Sun Times, The Philadelphia Inquirer, The Huffington Post, Thrive Global, Organic Style, The Chicago Tribune, NPR's Marketplace and Morning Edition.

Contact Jill: jillian3335@gmail.com



Our Support Groups:

Shared Stories and Shared Healing

with Judith Bromley

What do people talk about at these groups (caregivers and grief)?

- ◆ They share their stories of the journey through the often difficult to map and difficult to negotiate caregivers' path and that of the newly bereft.
- ◆ Shared stories of strategies to work with care recipients' resistance with humor and understanding.
- ◆ Shared stories of where and how to find resources such as help with the endless paperwork required to access any additional home care
- ◆ Shared stories of their impressions of nursing homes they have visited and used for respite or ongoing care
- ◆ Shared stories of anticipatory grief for the loss of their loved one and actual grief when their loved dies
- ◆ Shared stories of how to downsize and consciously distribute belongings
- ◆ Shared stories of how to negotiate the new role of a single person and thoughts about what to call this role
- ◆ Shared stories of days that seem endless until some small and random act of kindness brightens it again
- ◆ Shared stories of days that seem endless until some small awakening or return consciousness of the person they care for occurs
- ◆ Shared stories of finding themselves and their inner resilience while being part of these groups

One Caregiver's Story:

"I am OK. The waves of sadness are softer now. Something has been bothering me though. When I am filling in forms now for things I need or things that need to be done after he died, they give you choices that don't fit. Am I single or married or divorced?"

I was single so many years ago before I was married. I was just a kid then and that's not who I am now. But now it is just me. So what is that going to feel like, to be like? So much of who I thought I was had to do with who he thought I was.

He died so am I still married? We had been married for 54 years so am I no longer married?

We need to find a new word for this new state of being.

What does it mean to be a widow in 2023? Widows were avoided in the past. Are they still removed from society? I want to join in again. As a caregiver, I have been divorced from society.

We need to find new ways to describe this place"

Judith Bromley is a Masters prepared psychiatric nurse with more than 30 years of experience in the field. She has been a professional staff developer as well as an adjunct professor of nursing at the Associates and Bachelor's levels. She developed and directed a women-to-women mentoring program currently known as Raising Hope.

In 2019, she became Director of the REST Companion Program through Jewish Family Services. The REST Program trains volunteers to become in-home companions for elderly persons. The mission of the program is to restore dignity to elders who are isolated in the community and reconnect them with meaningful relationships that honor their stories and the richness of their lives. We are in the process of recruiting volunteers as well as interviewing new participants.

Judith is a consultant for the Office of Aging, Jewish Family Services and Catskill Neighbors. She facilitates caregiver groups and a grief group. These groups are currently via zoom and open to all.

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.



Caregiver Support Groups

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



Bereavement Support Groups

Telephone Conference - Donna Weintraub

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

Zoom Conference - Judith Bromley

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

Contact: Judith Bromley MS, RN
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judithbromley417@gmail.com



SUPPORT GROUPS 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 Scarpati

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

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.

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.

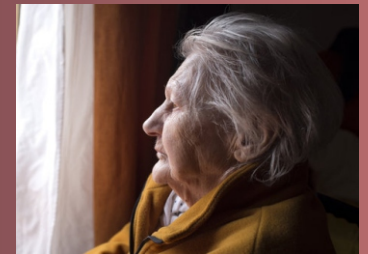
- MH

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

Taking on the Public Health Threat of Loneliness and Social Isolation

Healthy Living for Mental Well-Being,
Public Awareness



Loneliness is a significant and growing problem with substantial physical health and mental health impacts. Research has found that loneliness and social isolation may be as bad for your health as obesity or smoking 15 cigarettes a day and significantly impacts mental health.⁽¹⁾ The restrictions of the COVID-19 pandemic increased the problem and increased public awareness of the issue.

Loneliness is the subjective experience of feeling alone and dissatisfied with one's social relationships and it is common across all ages. Social isolation is distinct from loneliness and is more objective, referring to a lack of social connections and infrequent social interactions. However, they are often experienced together.⁽²⁾

Persistent loneliness is associated with higher rates of heart disease, obesity, depression, anxiety, and dementia. While it impacts people of all ages and backgrounds, some people are more at risk than others. While much of the research and attention has focused on older adults, recent surveys suggest loneliness is especially high among teens and young adults.⁽³⁾ The research on effective approaches is limited but growing and health professionals around the world are taking steps to help address loneliness and isolation.

A variety of approaches can be used to address loneliness, including increasing availability and access

to community activities. Health promotion efforts can raise awareness about the importance of social connection and emphasize the health benefits of maintaining social relationships. Efforts at the community level may require a range of systems, organizations and people. For example, transportation and digital technology systems can provide access, volunteers and community organizations can provide services, and networks of individuals, including health care professionals, can identify people in need.

“Although the health sector cannot solve this problem alone, the medical community does need to respond,” authors Phaedra Bell, Ph.D. and Brian Lawlor, M.D., write in the recently published *“Loneliness: Science and Practice.”* They suggest that health care professionals should understand the evidence, educate their patients and provide treatment options. They also suggest that *“screening patients for loneliness and other aspects of social connection at each doctor visit is just as important as measuring their blood pressure and other vital signs.”*

1) Holt-Lunstad, J., Smith, T. B., Baker, M., et al. (2015). Loneliness and Social Isolation as Risk Factors for Mortality: A Meta-Analytic Review. *Perspectives on Psychological Science*, 10(2), 227–237. <https://doi.org/10.1177/1745691614568352>

2) Bell, P. and Lawlor, B. 2023. Community Based Interventions for Loneliness, chapter in *Loneliness: Science and Practice*, Jeste, D. V., et al, editors. American Psychiatric Association Publishing, Washington, D.C.

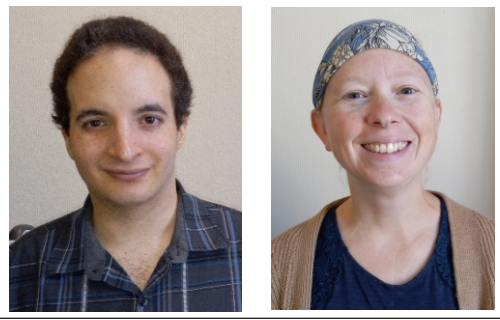
3) Holt-Lunstad, and parissinotto, C. (2023). Social Isolation and Loneliness as Medical Issues. *N Engl J Med* 2023; 388:193-195, DOI: 10.1056/NEJMp2208029. <https://www.nejm.org/doi/full/10.1056/NEJMp2208029>

Read the full article at:

<https://www.psychiatry.org/news-room/apa-blogs/loneliness-and-social-isolation>



<https://www.psychiatry.org/>



The E-MDT Corner

With Nick Morris &
Sarah Kieran

Greetings! We're proud to spotlight our Enhanced Multidisciplinary Team Program (E-MDT), a collaborative initiative that operates across Ulster, Orange, Dutchess, Sullivan, and Rockland counties. Our E-MDT, coordinated by Jewish Family Services, comprises professionals from diverse disciplines such as law enforcement, Adult Protective Services, financial institutions, and various community agencies. Together, we provide a holistic response to elder abuse, including financial exploitation and physical abuse. Our mission extends to investigating and prosecuting abuse cases, providing victim services, and intervening in complex exploitation situations. Our program, funded by agencies such as the New York State Office for the Aging and the U.S. Department of Justice Office of Victims of Crime, leverages the collective expertise of our team members, including unique access to a forensic accountant and a geriatric psychiatrist, to ensure comprehensive case management. Join us in our commitment to creating a safer community for our elders.

Contact Us:

Main Office: **(845) 388-2980**

Department E-MDT@JFSUlster.org

Nick Morris: (for Ulster and Dutchess Counties)

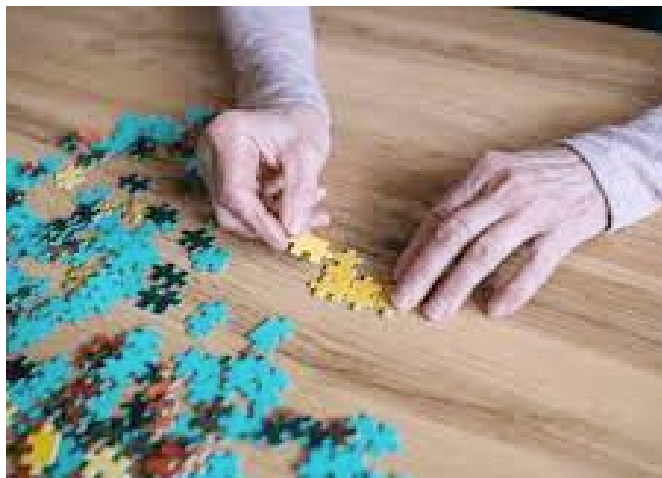
NMorris@jfsulster.org

Sarah Kieran: (For Orange, Sullivan and Rockland Counties)

skieran@jfsulster.org

cell: **(845) 219-5183**

E-MDTs



Enhanced Multidisciplinary Teams (E-MDTs) are a partnership among public, profit and non-profit organizations, with the goal of working collaboratively to improve the process of protecting victims and suspected victims of all forms of abuse; including financial, physical, sexual and neglect. The E-MDT works to improve the outcomes of complex elder-abuse cases.

This program is funded in part by New York State Office for the Aging, U.S. Department of Justice Office of Victims of Crime, New York State Office of Victim Services and Lifespan of Greater Rochester. Any opinions, results, findings, and/or interpretations of data contained herein are the responsibility of Jewish Family Services of Ulster County and do not necessarily represent the opinions, interpretations, or policy of the State of New York, the U.S. Department of Justice Office of Victims of Crime or Lifespan of Greater Rochester.

**Aging is a process,
and we're here to help.**

- Jewish Family Services

The E-MDT has unique partnership with forensic accountants, forensic geriatric psychiatrists, and civil attorneys. It also draws upon the expertise of professionals from aging services, Dept. of Social Services, community agencies, law enforcement, and more:

- Forensic Accountants
- Forensic Geriatric Psychiatrists
- Civil Attorneys
- Office for the Aging
- Adult Protective Services
- State and Local Law Enforcement and Sheriff's Department
- The District Attorney's Office
- County Department of Social Services
- Jewish Family Services
- Financial Institutions, and
- Non-Profits and other Community Agencies.

A Sense of Light, Amazements, Limitations and Self-Reflection

(Some Jewish Traditions Applicable to Daily Life in the Season Ahead)

by Reb Sally Shore-Wittenberg



Sivan, Art by Rivka Korf Studi

It has been an honor to journey through the year 5783 together with the readers of this newsletter. Thank you for staying with it!

The moon of *Sivan* wanes and we make ready to enter the last quarter of the Jewish year, comprised of the months of *Tammuz*, *Av* and *Elul*. By the end of *Elul* we will have come full circle back to *Rosh Hashbanah/New Year*.

These months are the light, bright, hot, summer months. Indeed, we hope to use that light to look inward and outward and locate that which is extraneous, which no longer serves in our habitual day to day... and let it burn away. Searching and cleansing in the hopes of entering the New Year ready to reset. To realign the heart-based intentions for how we wish to walk in the world, how we manifest through the way we see, hear and speak to ourselves, beloved others, non-beloved others and the Divine.

The month of *Tammuz* calls the **sense of sight** to the fore, with its amazements and limitations. Amazements we feel in beholding the multi-faceted beauty of the wonders of the natural world. And... the limitations that Rabbi Jonathan Sacks writes,

"[are due to] our impressions and perceptions [that] are largely shaped by what we pay attention to and what we expect to see."

Our ancient Sages added,

"Why do we have two eyes and ears and only one nose and mouth?"

Rabbi Anava answered:

'One eye for looking outward, the other for looking inward.' ”

During this month, we are invited to gaze with the outer and inner eye, directing the gaze of the inner eye towards an interior aspect that prevents clear seeing; our mood states. Consider taking a moment in the morning to sit quietly for **one minute**, close your eyes and pay attention to a single sensation; sound, the feeling of warm sunshine on your arm, the breath rising and falling in your chest for belly. After a minute, check into your heart and ask, *“what and how am I feeling today?”*

Rabbi Jeff Roth teaches the importance of becoming aware of and factoring in one's mood state at any given time. If we walk around unaware that grief, or bitterness, or even and hopefully joy are in our hearts, we assume the lens through which we are seeing the world is the actual truth, rather than a colored filter. *Tammuz* then is a month for discerning the inner lens that colors the outer seeing.

The month of *Av* is characterized by heat. Beginning with the fiery destruction of the First Temple and the ensuing exile from Israel to Babylonia in 586BCE, a cluster of catastrophic events have been visited upon the Jewish people occurring on or are attributed to the 9th day of *Av*, *Tisha b'Av*. It is our National Day of Mourning and Lamentation; we fast for 25 hours, chant the book of Lamentations, we intone prayers of supplication, and we remember what it was like



, © Karin Foreman 2019



Tammuz (Bacchus)

ammuz, by eva oceguera

to lose our center, the Temple where G-d lived. The prophetic readings on the three Shabbats before 9th Av are filled with rebuke. From across the millennia our prophets (continue to) warn us; bad things will happen if you (the Jewish people) do not straighten up and fly

right. They rebuke the impiety of our ritual observance, institutional and individual mistreatment of the poor, and idol worship. What can we do other than use the rebukes as an invitation to seek out the false idols and impiety in our own life. Do we dare ask “What is it that I worship?”, digging deep for the truth revealed not in where we spend our Sabbath or Holy Day, rather in the way we spend the majority of our days.

The prophetic readings over the seven weeks after, between 9 Av and the end of *Elul*, are readings of consolation and hope. It is said that in *Elul*, “*The King is in the field*”, meaning that the Divine presence is close to all of us. Waiting for us to recognize and acknowledge where our hearts and actions have gone off course. Opening to the possibility that the Divine is close enough, compassionate enough, patient enough to wait for us to admit the truths our open hearts have revealed, and we will find comfort, consolation and permission awaiting. Once recognized, we are ready for the great turning of teshuva/return/repentance of the new year.

May the final months of 5783 bring us the light needed to see into the deepest corners of our heart/minds, the courage to admit to what we find there, and the strength to break our hearts open to change and renewal.

¹⁾ “Covenant and Conversation: Book of Bamidbar” p 164, Rabbi Jonathan Sacks

Reb Sally Shore-Wittenberg

has been the spiritual Leader of the Kerhonkson Synagogue in Ulster County NY since 2012, leading services there in a contemplative and meditative style. She loves Kerhonkson; the community and general area, and feels physically and spiritually at home among the solid rock face of the Shawangunk Mountains and the memories of the many Jews that summered there.



Based in lower Westchester County, Sally has been learning and teaching Jewish topics in communities since 2010. Of special interest have been Mussar, Jewish Mindfulness Meditation, Wise Aging, and Hasidic thought.

While enrolled in the rabbinic track at the Academy for Jewish religion, Sally completed several units of Clinical Pastoral Education at JTS and worked as a chaplain in Hospice and with Holocaust survivors through the SelfHelp program.

Happily married for 40 years, Sally & Bruce are the parents of four sons, two perfect granddaughters and two perfect grandsons.



Kerhonkson Synagogue
26 Minnewaska Trail,
Kerhonkson, NY 12446

kerhonksonrabii@gmail.com



Ulster County Office for the Aging
invites UC Seniors to join us for a

"Summer Splash" Celebration BBQ

When: Wednesday, July 26, 2023

Time: 12:00pm - 2:00pm

Location: Lippman Park, Route 209, Wawarsing, NY

**RSVP: Call Office for the Aging to Register
(845) 340-3456**



NY Connects
Your Link to Long Term
Services and Supports

Ulster County Office for the Aging
(800) 342-9871 (845) 334-5307

AHOY MATEY!

Please join Ulster County Office for the Aging

NAUTICAL BBQ PICNIC

Wednesday, August 23, 2023

12:00pm - 2:00pm

ROBERT E. POST PARK

515 Park Road, Kingston, NY

RSVP by AUGUST 16

Call Ulster County
Office for the Aging
(845) 340-3456



NY Connects
Your Link to Long Term
Services and Supports

Ulster County Office for the Aging
(800) 342-9871 (845) 334-5307

3 Strategies for Increasing Self-Esteem in the Elderly

By Anne-Marie Botek

Confidence that is supported by high self-esteem has long been touted as a vital component of living a happy life and having fulfilling interpersonal relationships. Studies of how self-esteem fluctuates over the course of one's life show that this personality factor begins to decline somewhere between ages 60 and 70. However, additional research suggests that achieving and maintaining a positive sense of self-worth may stave off some of the negative effects of aging.

How Self-Esteem Affects Health Outcomes

“Improving self-esteem provides real health benefits in seniors,” explains Sarah Liu, Ph.D., a clinical psychologist. While attending Concordia University, Liu led a study that measured and compared self-esteem, stress, cortisol levels and depression symptoms in 147 seniors over the course of four years.

By asking questions about participants' self-worth and then factoring in other influential elements (e.g., marital status, socioeconomic status, medication use), Liu and her colleagues found that lower self-esteem contributed to higher cortisol levels in older men and women. Researchers concluded that increasing self-esteem could improve cortisol regulation (and minimize associated adverse health effects) in stressful circumstances.

The purpose of cortisol, a hormone naturally released when an individual is stressed, is to help the body use up stored energy reserves by increasing metabolism of fat, protein, and carbohydrates. This process primes the body and mind for survival via the fight-or-flight response. Cortisol secretion is a normal response to physical and psychological stress, but when too much of the chemical remains in a person's bloodstream for too long, it can have



dangerous health consequences, such as elevated blood sugar levels, decreased immune function, and memory issues.

How to Boost Self-Esteem in Elderly Loved Ones

Research indicates that, after a lifetime peak that occurs somewhere around age 60, the average senior experiences a decline in their self-esteem. This can be due to many different factors, but one study published in *Developmental Psychology* identified health-related limitations and disabilities, a perceived loss of control, and increased loneliness as being associated with lower self-esteem late in life. The unique challenges that elders face, such as adjustment to retirement, decreased productivity, and the deaths of close friends and family members, can severely impact how one feels about the world and their role in it.

Older adults can play an active role in cultivating healthier levels of self-esteem with the following suggestions:

1. Seek Out Social Connections

Regardless of age, individuals who have supportive, loving relationships with friends and family consistently report higher self-esteem and overall happiness.

2. Promote Feelings of Independence

One possible cause of age-related decreases in self-esteem is a loss of independence due to physical and/or cognitive decline. When a senior worries if they are still capable of living on their own safely or their family questions their ability to drive, it can eat away at their sense of control, proficiency, and identity. Instead of dwelling on unavoidable losses, it's best to encourage an aging loved one to focus on what they **can** control and do for themselves, even if they require some assistance or adaptations.

3. Find a Senior Group

Human beings are social creatures by nature, and we connect with each other by telling stories and sharing experiences. Family members and friends are important parts of

seniors' social networks, but finding peers with whom you can connect is priceless.

Find a group that gathers to play bridge or golf. Keeping up hobbies is an important part of maintaining self-worth. If activities are no longer possible, senior centers host groups aimed at supporting members through various life transitions—from sharing war stories to dealing with a loved one's death. Maintaining regular contact with people you can relate to serves as a great source of support.

Reject Negative Stereotypes About Aging

A second study conducted by researchers at the Yale School of Public Health found that encountering positive messages about aging—instead of negative stereotypes about being “over the hill” - can enhance the mental and physical well-being of older individuals, enabling them to maintain their independence for longer.

Reversing ingrained stereotypes about aging can be a tricky endeavor, as lead researcher Becca Levy, Ph.D., professor of public health (social and behavioral sciences) and psychology, and her team found out.

“The challenge we had in this study was to enable the participants to overcome the negative age stereotypes which they acquire from society,” Dr. Levy described in a Yale press release.

Dr. Levy has pioneered the study of age stereotypes and the effects they can have on the health of older individuals. Her research has shown how negative age stereotypes can be damaging to elders' physical health, so she set out to see if the process worked in reverse.

To help older adults overcome negative thought patterns about their age, scientists divided 100 individuals whose average age was 81 years old into different groups. One group was subjected to positive age stereotypes through subliminal messaging. A computer screen would periodically flash positive words like “creative” and “spry” at speeds that were slow enough for participants' eyes to recognize them, but too fast for their brains to fully process. The hope was that, by altering participants' perceptions about aging in a subtle (yet positive) way, the older adults would feel better about themselves and be able to more effectively perform everyday activities.

Researchers were not disappointed. People in the subliminal messaging group had strengthened positive

self-perceptions of aging, better balance and walking abilities, and an easier time sitting down and standing up from a chair. These physical improvements lasted for three weeks after the final subliminal messaging intervention, and the results surpassed those of a six-month exercise intervention study using a similar group of participants. Meanwhile, the other groups of older adults did not experience any enhanced mobility.

Changing the Way We Think About Aging and Ourselves

Of course, unraveling negative stereotypes about aging or improving an older adult's self-esteem won't work miracles for the millions of people who are struggling with serious illnesses, such as cancer, heart disease, and dementia. However, both of these studies demonstrate the benefits of embracing the aging process with a positive mindset. The earlier one adopts this outlook, the more one stands to gain.

The best part about these findings is that all of us can help foster an environment of esteem, understanding, and kindness towards the elders in our community.

Treating aging adults with respect and valuing their contributions to society is something that can provide countless benefits to members of all generations.

Sources:

Self-Esteem Development Across the Lifespan

(http://local.psy.miami.edu/faculty/dmessenger/c_c/rsrscs/rdgs/emot/robins_trz.selfesteemdevel_curidr2005.pdf);

Self-esteem change and diurnal cortisol secretion in older adulthood

(<https://doi.org/10.1016/j.psyneuen.2013.12.010>);

What is Cortisol?

(<https://www.hormone.org/your-health-and-hormones/glands-and-hormones-a-to-z/hormones/cortisol>)

Thanks to Aging Care.

Read the article online:

<https://www.agingcare.com/articles/strategies-boost-seniors-self-esteem-174446.htm>

AgingCare

<https://www.agingcare.com/>

Sharon's Country Kitchen

with
Sharon Murray-Cohen



Hearty, Mini, Country-Styled Chicken Pot Pies



INGREDIENTS:

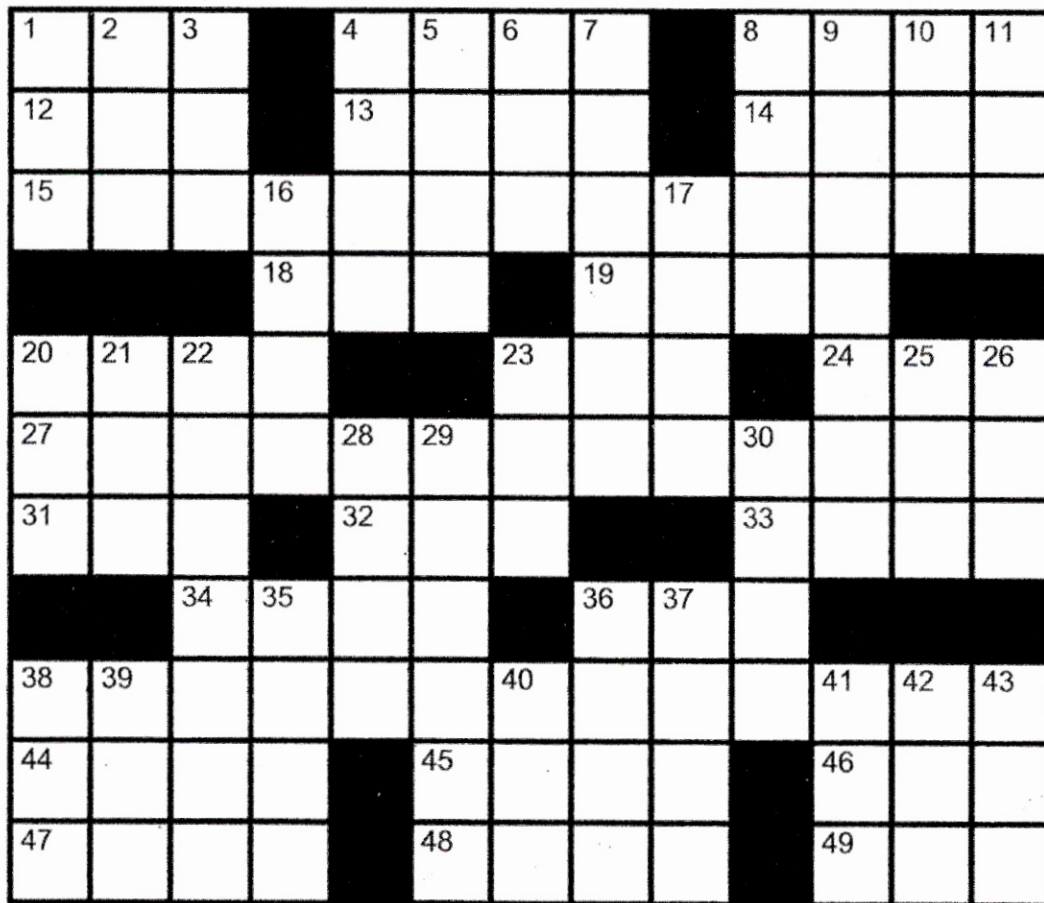
- 1 Tbsp vegetable oil
- ½ cup (4oz) unsalted butter, divided
- 1 cup chopped yellow onion
- 1 celery stalk, chopped
- 2 teaspoon salt divided
- 1 cup frozen carrots and peas, thawed.
- 1 garlic clove chopped
- ¼ cup all purpose flour, plus more for work surface
- 1 ½ cups Chicken Broth
- ½ cup milk
- 2 ½ cups chopped cooked chicken (from 1 rotisserie chicken)
- ½ teaspoon black pepper
- ½ teaspoon curry powder
- 1 large egg
- 1/2 (14.1 oz) refrigerated pie crust



DIRECTIONS:

1. Preheat oven to 400 degrees. Heat oil and 6 tbs. of butter in large skillet over medium high heat.
2. Add onion, celery, curry powder and 1 teaspoon salt, cook - stirring often, until vegetables are softened, about 10 min. Add peas and carrots and garlic; cook, stirring constantly, for 1min.
3. Add flour, cook, stirring constantly for about 2 minutes.
4. Slowly add milk and broth, whisking to remove lumps. Bring to simmer over medium heat; simmer, stirring occasionally, until thickened, about 5 minutes. Stir in Chicken, pepper and 1 teaspoon of salt until combined. Remove from heat.
5. Whisk together 1 egg and 1 tbsp butter in a small bowl, set aside.
6. Pour chicken mixture into 4 (eight ounce) ramekins.
7. Lightly dust work surface with flour. Roll out pie crust to an 11 inch round .
8. Cut 4 dough rounds large enough to fit over ramekins (approximately 5 inches in diameter)
9. Lightly brush top edges of ramekins with egg wash. Place dough over chicken mixture, pressing to seal over ramekin edges. Brush dough with remaining egg wash. Cut a few slits on top of each crust with a paring knife.
10. Bake until crusts are golden brown and pies are bubbly, 25-30 minutes.
11. Remove from oven, let cool for 5 minutes. Top each pie with a pat of butter and serve immediately.

Quick tip: Don't have ramekins? No problem. Cook an additional 10 to 15 minutes if making it in a traditional 9-inch pie pan or a 10-inch iron skillet.



CROSSWORD

**Three
in a Row**

ACROSS

- 1 Swiss peak
- 4 Online discussion
- 8 Sports squad
- 12 Service charge
- 13 Second try
- 14 School beside Sunset Blvd.
- 15 Stock exchange's company abbreviations
- 18 Have debts
- 19 Senior member
- 20 "And don't forget ..."
- 23 Clothe oneself in
- 24 Boathouse implement
- 27 Football practice device
- 31 Air quality agcy.
- 32 Mayo brothers' org.

- 33 Do keyboarding
- 34 Princess of sci-fi
- 36 CBS forensic franchise
- 38 Behaving yourself
- 44 Tart-tasting
- 45 Water bordering Ohio
- 46 Fawn's mother
- 47 The Bishop of Rome
- 48 Lose altitude
- 49 Big-eyed bird

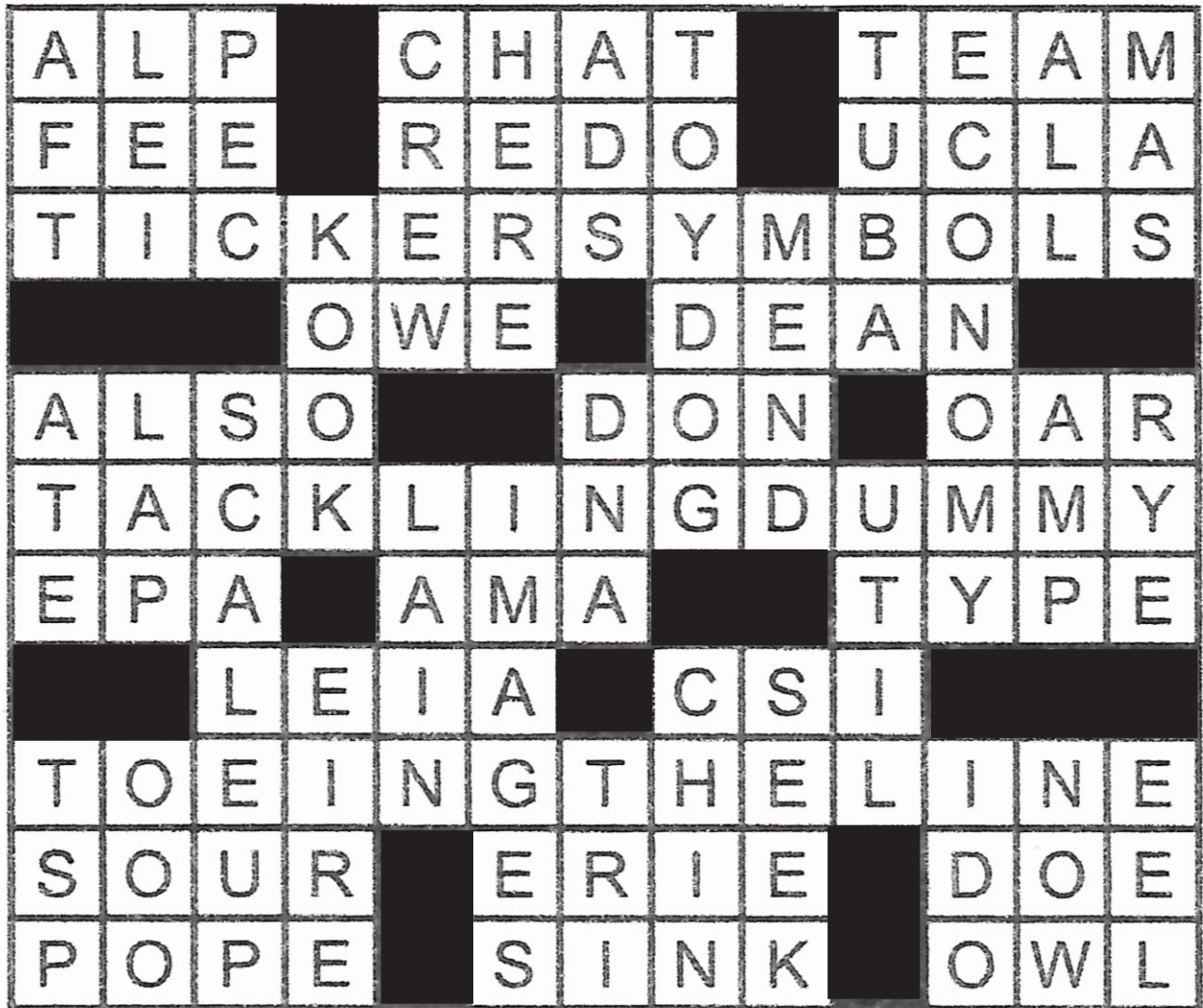
DOWN

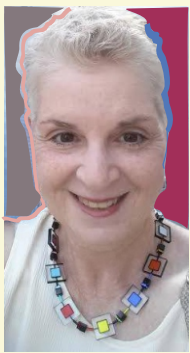
- 1 Sternward, on a ship
- 2 Floral necklace
- 3 Chest muscle, for short
- 4 Sloop group
- 5 With us today
- 6 Some website pop-ups
- 7 Yorkie or peke
- 8 Hefty horn
- 9 Federal Reserve concern
- 10 Entirely

- 11 More, in Mexico
- 16 Eccentric one
- 17 Do darning
- 20 Ingested
- 21 Something you can't stand to have
- 22 Increase proportionally
- 23 36 Across evidence
- 25 Sound-boosting box
- 26 Bread grain
- 28 Reclined
- 29 Mirror views
- 30 Gas or electric co.
- 35 Word on Irish euro coins
- 36 Where a goatee grows
- 37 Search for
- 38 Small amt. of sugar
- 39 Winning line in a certain game
- 40 Two less than penta-
- 41 Court oath affirmation.
- 42 Even as we speak
- 43 Long, thin fish

**Answers
on
Next Page:**

Answers to Crossword Puzzle:





Gina's Crafting Corner

With Gina Valente



Easy Italian-Style Clay Pot

*Have you always loved large Italian terracotta pots,
but flinched at the cost?*

*Make your own with inexpensive materials and
simple steps. You can proudly display the result!*

You'll need:

- Any size terracotta pot; in a pinch even a plastic pot will do.
- Air-dry clay.
- Decorative molds that suit your taste. There are many options on Amazon, from florals to borders and scrollwork.
- High-quality glue, such as Tight Bond.
- Acrylic paint – especially brown, orange, red, and yellow.
- Cornstarch
- Spray polycrylic.

Step one:

Make sure your pot is completely clean and dry.

Step two:

Dust a little cornstarch into your preferred mold form/s.

Press the clay into the form, flatten the bottom, then bend the form back to release the mold.

Step three:

Use a generous amount of glue – spread over the back of your mold to attach it to your pot.

Let it dry overnight.

Step four:

Mix up a batch of paint sufficient for two coats, combining the colors until you get a realistic looking terracotta color. (now here's the magic!): mix in baking soda up to a one-to-one proportion with the paint. This will create texture.

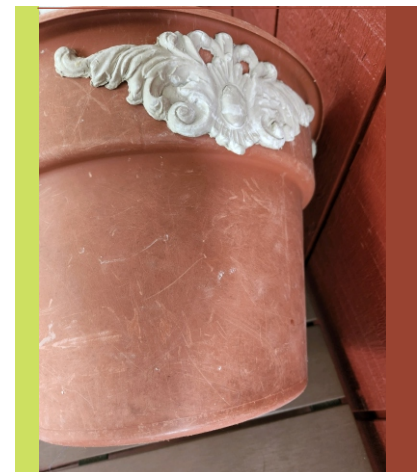
Step five:

Paint your entire piece, including the clay mold/s.

Wrap your brush and the paint mixture while the first coat dries. Apply a second coat, if needed.

Step six:

If you plan to use this as a planter and the surface may get wet, spray it with clear matte polycrylic. (I don't recommend leaving your work of craft out in the rain).





New Medicare Card Scam:

Keep your information secure

by New York StateWide Senior Action Council Team

In the past Medicare beneficiaries used their Social Security number as their Medicare number.

In 2018, because of some changes instituted by the Center for Medicare & Medicaid Services (CMS), each Medicare beneficiary received a new card with a uniquely assigned combination of letters and numbers. This was done to help keep beneficiaries' identity and Social Security numbers secure.

Currently fraudsters are still calling beneficiaries falsely claiming that Medicare is issuing new Medicare cards for different reasons. What is important to know is that Medicare will not call beneficiaries to offer them new Medicare cards and request that they confirm their Medicare number.

Some examples of what scammers are offering are:

- *Plastic Medicare Card*
- *Plastic Medicare Card with a chip in it*
- *Medicare Card with Covid-19 vaccination*
- *Medicare Card that is black and white*
- *Medicare Card with Primary Doctors name on it*

If you, or someone you know, is receiving these calls, please call **NYS Senior Medicare Patrol (SMP) Helpline** at **1-800-333-4374**.

The NYS SMP assists individuals in challenging situations like these. The SMP program educates Medicare beneficiaries on how to protect themselves from fraud and abuse and is the go-to when people suspect they've been billed incorrectly or have been a victim of a scam. The SMP is a program of New York StateWide Senior Action Council.

New York StateWide Senior Action Council is a

not-for-profit grassroots membership organization made up of individuals and organizations with an interest in improving the lives of senior citizens. Statewide has a strong history providing outreach and education to senior citizens and their families throughout the state since 1972 and advocates for public policies that preserve good quality of life for older New Yorkers. Through their Medicare, Medicare Fraud and Patients' Rights Helpline, StateWide has helped thousands of older New Yorkers make sound choices regarding health care, especially during the Medicare Open Enrollment Period.

StateWide also provides educational presentations and can help with questions, concerns, or complaints about potential fraud or abuse. If you or your organization would like to request a presenter from StateWide, please call us at 1-800-333-4374 or visit our website www.nysenior.org.

Don't miss out on StateWide's Annual Convention taking place from September 11-13, 2023, in Saratoga Springs. This event will showcase informative workshops addressing important senior issues, along with presentations by prominent public officials, policy experts, and grassroots advocacy leaders. Secure your spot today by registering at www.nysenior.org.

STATE  **WIDE**

New York StateWide Senior Action Council, Inc
275 State Street, Albany, NY 12210 • 800-333-4374 • Fax 518-436-7642
www.nysenior.org



Volunteer and Employment Opportunities

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
- Yard Maintenance (ask for Dennis)
- Drivers for Medical Appointments
- Fingerprinting

If you're interested in any of these capacities, contact:

JFS: (845) 338-2980

Home & Yard 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 oaintaining their yard, grounds or home?



**Workers @ \$18 per hour
and Volunteers needed!**



grass cutting **brush & debris clearing**
weed-wacking **leaf raking**
hedge trimming **snow removal**

Progam
Recipient
of
\$50,000
Foundation
Grant

Leave message for:

Dennis Williams

@ JFS Office: (845) 338-2980

or directly: drwsr123@outlook.com

Interested workers and
volunteers late teen and older



Yard Maintenance Program

Success Stories



I am a retired disabled Senior and can no longer do the yard work that needs to be done like mowing and hedge trimming. My worker at Office for the Aging told me about a program offered by Jewish Family Services called the Yard Maintenance Program. I contacted them and sthey made arrangements to come to my home to do some yard work. They mowed, used a weed wacker where needed and trimmed my Forsythia bush with a hedge trimmer. I am very happy with the results. I would highly recommend this service.

- Barry

The Yard Maintenance Program and the staff are wonderful; kind, intelligent, considerate, and I have deep appreciation. I realized my prayers for "God's goodness in the land of the living have been answered by charity from a number of people. And each night I pray for blessings for you all. Thank you for another blessing."

- Ms. I



Before



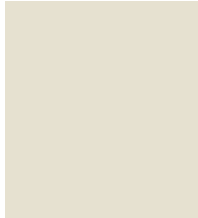
After



Before



After



Before



After



Before



After

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 :

Juniper Damon - (845) 338-2980

jfs.ulster@gmail.com

Jewish Family Services of Ulster
is an equal opportunity employer



Wanted for Per Diem Independent Contract Work

- ◆ **Licensed Clinical Social Workers**
- ◆ **Licensed Mental Health Counselors**
- ◆ **Licensed Marriage and Family Therapists**

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 License through NY State Department of Education in good standing
- Graduate degree from an accredited College or University
- Malpractice Insurance
- Computer Literacy

\$45 per client session
Regular hours/Per Diem

Contact :
Sarah - (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.



The Caring Contacts Corner

Helpful Numbers for you:

Jewish Family Service of Ulster County

(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

ULSTER COUNTY SHERIFF'S OFFICE

(845) 338-9373

<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>

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>

E-MDT HUDSON VALLEY HUB:

(Regarding Elder Financial/Physical Abuse or Neglect)

Nick Morris: (for Ulster and Dutchess Counties)

NMorris@jfsulster.org

(845) 338-2980

Sarah Kieran: (for Orange, Sullivan and

Rockland Counties) skieran@jfsulster.org

(845) 338-2980 or cell: (845) 219-5183

OFFICE FOR THE AGING, ULSTER CTY.

(845) 340-3456 or TOLL FREE at

1-877 914-3456

<https://ulstercountyny.gov/aging>

ADULT PROTECTIVE SERVICE

ULSTER COUNTY

(845) 697-3505 between 8:30am and 8pm
to report abuse

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

FAMILY OF WOODSTOCK

(845) 679-2485

<https://www.familyofwoodstockinc.org>

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 Newsletters.

(Submissions for the December edition should be sent to me no later than November 10th).

- *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*
- *Articles about Medical Initiatives*
- *Recipes, crafts, puzzles, etc. ...*

Contact me at: Editor.JFSNewsletter@gmail.com

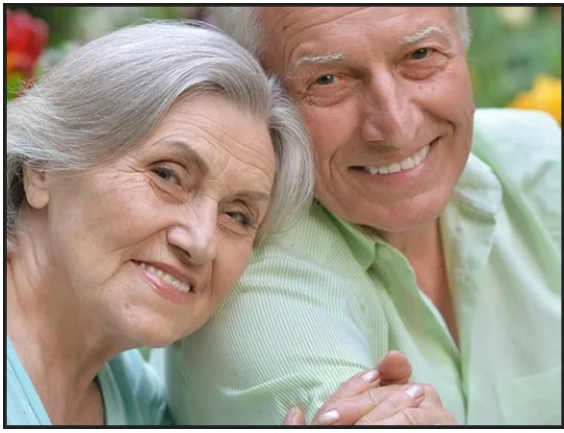
Please let me know of others who might like to be on our mailing list.

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

Sincerely,


Jonathan

If you wish to **UNSUBSCRIBE** - write me with that in the "Subject" line.



When You Donate to JFS ...

*Your gift directly
supports our mission.*

Visit our website to securely donate through  [Qgiv](https://secure.qgiv.com/for/jfsouc)
[JfsUlster.org](https://secure.qgiv.com/for/jfsouc) (and click "Donate")

or copy and paste this direct link into your browser:

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

Any contribution is appreciated and welcome.

Or you may choose to donate in a more structured way:

Friend: 1-time or monthly contribution of \$10; or a yearly contribution of \$120

Supporter: 1 time or monthly contribution of \$50; or a yearly contribution of \$600

Advocate: 1 time or monthly contribution of \$175; or a yearly contribution of \$2,100

Colleague: 1 time contribution or monthly contribution of \$200; or a yearly contribution of \$2,400

Protector: 1 time contribution or monthly contribution of \$300; or a yearly contribution of \$3,600

Benefactor: 1 time contribution of \$5,000 or more; or a yearly contribution of \$5000
or more

Please let us know if we have permission to publish your name in the Newsletter.