



Caring Hearts and Helping Hands

JFS Ulster's Quarterly Newsletter/Magazine

Volume I - No. 3

Late September / October 2022



A Guide to the Jewish High Holiday Season

by Reb Sally Shore-Whittenberg

I write this article as we turn the corner of the year into the Jewish High Holiday season.

“Already?”, you might ask, “we are a full seven weeks away!” That is true. This year *Rosh Hashanah* falls on Sunday evening September 26. On Sunday August 7 we observed *Tisha b'Av*, the day the Jewish people fast and mourn the destruction of the both Temples in Jerusalem. Rabbi Alan Lew teaches us, in his must-read book “This is Real and You Are Completely Unprepared”, that the date of the destruction of the ancient Temple house marks the beginning of the long season of return - *teshuva* - repentance. This seven-week season begins in mourning and destruction of the Temple and ends in joy and rebuilding a new, if temporary house on *Sukkot*. *Teshuva* - return is the word of the season. What then are we returning from and to? How do we go about this return? These are some of the questions our forty-nine days give us the space to explore - if we are open. A

return, making *teshuva*, requires a moment of awareness - a moment of stock taking. First then, on *Tisha B'Av*, as we read Jeremiah's lament about and for the Jewish people and their Temple, we are invited to consider where we are; in our lives, hearts and minds, in our family, friends, work, and leisure. Are we satisfied, and even when we are satisfied, are things around us changing and are we ready for change? Do we want to bring any walls down or might some of our foundations be crumbling and we have been unaware?

Jewish ritual observance extends the invitation to awareness in earnest on the first of the lunar month - *Elul* (8/27-28). *Elul* is the runway month leading up to *Rosh Hashanah*. Every day through the month of *Elul*, except on *Shabbat*, we listen for the blast of a shofar: (go to the following link to hear):

<https://www.youtube.com/watch?v=8JSnXmFq8lM&t=15s> Our Sage, Moshe ben Maimonides (the Rambam - 13th C Spain/Egypt), gave words

to the song of the shofar blasts: *“Wake up, sleepers, from your sleep! And slumberers, arise from your slumber! Search your ways and return in teshuvah and remember your Creator.”*

The month of Elul is indeed meant for waking up, a month in which each person is urged to spend time to contemplate regarding their own senses of true north/authentic soul/divine spark. Have we strayed from it, in what ways, and what might it take to return?



The work of Elul is to wake up any parts of life we are asleep to or sleeping through, and to begin to turn the wheel towards return.

Rosh Hashanah, 1 Tishri (9/25-27), Head of the year, is a very full holy day, so full in fact that some observe it for two days! Also known as the Day of Judgement, Day of Remembering and the Day the World was Conceived, Rosh Hashanah is the first day (or two) of the 10 days known as the Days of Awe - *baYammim haNoraim*. During these days Jews are directed to make a “soul accounting”-“heshbon hanefesh”, taking a clear-eyed look at how we have missed the mark in interpersonal relations.. And to take it further. Once identified, we are asked to try to make it right; through admitting, apologizing and making amends between ourselves and our friends, families and co-workers.

“Hard work” you say - yes it is! And while the official deadline for this work is *Yom Kippur*, 10 days later, our Sages unofficially extended the deadline until almost the very last day of the Holidays - Chagim, until Hoshanah Rabbah.

Yom Kippur - the Day of Atonement falls on 10 Tishri (10/4-5). If the time from Rosh Hashanah to *Yom Kippur* is to atone and make amends for sins/ways we missed the mark against our fellow humans, *Yom Kippur* is the day meant for us to atone for our missed marks against G-d.

For 25 hours we fast, wear white, abstain from earthly pleasures and confess (9 times!!) as a community for prescribed sins; misuse of speech, stealing, hatred, stubbornness etc. Because when we do any of these things we hurt another person. And additionally, we have also caused a distance between our soul and its true north, or in other terms, a distance between our soul and G-d, the home of all souls. The repetition of the confessions encourages the pray-er to dig deeper and ask questions; “Was I as honest as I might have been?,” “Is reading a tabloid equal to gossip?”. Each question and confession softens the hardness around the heart, the hardness that protects the heart from pain, and keeps us sleep-walking through our days.

Lighter in spirit, soul refreshed, we are ready to head in *Sukkot* - the time of our joy and the



harvest. After the introspection and ego deconstruction of Elul, Rosh Hashanah and *Yom Kippur*, it is time to rebuild again. And so we do. We build a temporary hut, called a *Sukkah*. The requirements are that it have at least 3 walls, and a roof through

which the stars are visible. Not the driest location in the rain, and on non-rainy days we dwell in our *sukkahs*, or at the very least eat a meal in one. Where do we find deeper meaning for this holiday, after the required soul searching

of the Days of Awe is over? Perhaps it is in the metaphor of the walls, the inner walls we worked so hard to examine and take apart; the heart/soul walls of indifference, habit, gossip, little lies, ghosting, and more. During Sukkot we reap the harvest from the soul work during the Days of Awe. A harvest of living with greater joy in our own skin, and living with others. We invite guests into our sukkah for meals, sharing the joy and food. We emerge from these days with the intention to be kinder, softer, more compassionate and open hearted.

Never mind that the sukkah walls are shaky and temporary, blown down in the wind, we have already learned that our inner walls can be breached as well, and it is for the good.

The end of the High Holidays are the last days of Sukkot 2 ; Shemini Atzeret and Simchat Torah.

In the final days of this period the joy ratchets up; we appreciate and honor hard working lay leaders, pray (a lot), sing, dance with and without the Torah in our hands (a lot), and eat often.

The penultimate (or sometimes last) day is *Shemini Atzeret* which means eighth day of waiting/resting/holding back, from work. Our Sages taught that this extra day was made for us to linger a little bit longer in our joy. There is so much more to share about this meaningful and magnificent journey we Jews take from the heat of the summer until the leaves begin to turn. And how wise is a tradition that understands our very human-ness and makes space for us to turn and return. Understood is that we will miss the mark and fall into less than stellar habits of mind, action and speech. As many of us go to the gym or chiropractor to stay physically fit and aligned, the Jewish High Holiday season mandates a proscribed time to address our soul; to bring fresh intention to our spiritual health and fitness

and come into alignment with those intentions.
Shana Tova Tikateivu - May each of you be written for a year of good health and great joy.
-- Reb Sally



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.

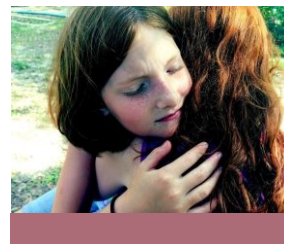


Paintings by
Alex Levin
www.artlevin.com
(718) 415-3127

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*





Our Support Groups & How they Work

with Judith Bromley

A group could be described as a company, collection or an association of a number of people or things that are located close together or are considered or classed together.

So the groups that are offered by Jewish Family Services, in association with the Ulster County Office of the Aging, are a company of persons unique and yet related through the experiences of life that they find themselves passing through.

Support has many meanings: a foundation, a framework, sustenance, and maintenance to list but a few.

People who join our groups find a place where they can feel free to express themselves to others who understand how hard it is to pass through the stages of life that include caregiving, witnessing the death process and the aftermath of losing a loved one. Being able to talk about the journey, receive validation, feedback and suggestions sustains them. People find resources here and have the possibility of engaging with one another on many levels outside of the group if so desired, as we encourage networking.

We create a very flexible set of circumstances so we can serve as many people as possible. These groups are free of charge and there is no obligation to attend any certain number of them. We understand that not everyone can be

on time and it may only be able to attend a certain portion of a group. Groups begin with a brief breathing exercise to help all participants focus and relax. Then a gentle reminder about the importance of confidentiality. Then each participant has a minimum of 5 minutes of uninterrupted time to share whatever they want the group to know about themselves and their journey. The group then gives supportive feedback.

The facilitator keeps time and is available after the group for any special concerns or issues that require more professional resources.

Judith 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.



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.”*

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

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 Scarpati

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.



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.



sponsored by

**Jewish Family Services
of Ulster County**

280 Wall Street, 2nd Fl
Kingston, NY 12401

Bereavement Support 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*



The E-MDT Corner

With Nick Morris &
Sarah Kiernan

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

Sarah Fiernan: (for Rockland and Sullivan Counties)
SKieran@jfsulster.org

(845) 338-2980



SPOTLIGHT ON

NICHOLAS MORRIS

E-MDT Hudson Valley Hub Coordinator

Nicholas Morris joined Jewish Family Services in 2018 as an enrollment agent for Identogo fingerprinting services. In 2020, he became the Assistant Coordinator of the Enhanced Multi-Disciplinary Team (E-MDT), a program developed under a grant from Lifespan of Greater Rochester to be advocates for elder financial abuse and neglect. In 2021, he became the Coordinator.

E-MDT provides a coordinated response to elder abuse cases. Examples of such cases include financial exploitation, physical abuse, sexual abuse, neglect by others and emotional abuse of seniors. The program brings together the resources in a five-county region - Ulster, Dutchess, Orange, Rockland and Sullivan. Resources including access to forensic accountants, civil and legal attorneys, District attorneys, geriatric psychiatry and Mental Health providers, Adult Services, local law enforcement

agencies and the financial services industry. The teams join to correct the harm done and to find equitable resolution to the cases presented.

Nicholas is a 2016 graduate of SUNY New Paltz. He is a lifelong Ulster County resident. His involvement with this program fulfills a life-long concern about and empathy for seniors and their care, making him so valuable to the E-MDT Mid-Hudson Valley hub of other dedicated workers.

Always thriving as being part of a team, he recently welcomed a new Assistant E-MDT Coordinator, Sarah Kieran, LMSW in August of 2022.

In addition, Mr. Morris has extensive knowledge of computer technology and offers this support to JFS frequently.

If you have concerns about a vulnerable senior (60 and older), Nicholas can be reached at JFS: (845) 338-2980.



Be Mindful of **Medical Identity Theft**

What is Medical Identity Theft?

Medical Identity Theft occurs when someone steals personal information such as a beneficiary's name, date of birth, and Medicare number and uses that information to get medical treatment, medical supplies, prescription drugs, surgery and other services and then bills Medicare for it.

When a Medicare beneficiary falls victim to a scam and their Medicare number is then compromised and they may also be a victim of Medical Identity Theft.

Medical Identity Theft can affect a beneficiaries' medical and health insurance records. Each time a scammer utilizes a beneficiary's identity to receive or bill for care/supplies, a record is created with incorrect medical information about them. This can also affect a beneficiary financially if they have co-pays or coinsurance costs for the services, procedures, or supplies the scammer utilizes their information to obtain.

Report potential medical identity theft from fraud, errors, or abuse if:

- *You see on your Medicare Summary Notice*

(MSN) or Explanation of Benefits charges for services or equipment you didn't receive.

- *You are contacted by a debt collection company for a provider you have never seen.*
- *You receive a box of braces, testing kits, or other medical supplies in the mail you did not request.*

Understand that Medicare and Social Security already have your Medicare number and Social Security Number, so if someone calls, emails, or texts claiming they need it, do not give it to them. Instead, call your local Social Security office or call **1-800-MEDICARE** to discuss the situation.

The NYS Senior Medicare Patrol (SMP) receives calls from individuals asking what to do in challenging situations like this. 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 victim to a scam.

You can reach the NYS SMP Helpline at 800-333-4374.

Medicare Fraud Losses Cost NY Taxpayers Over \$5 Billion Dollars per Year

Medicare Fraud Losses Cost NY Taxpayers Over \$5 billion Dollars a Year

Medicare fraud is big business for criminals and Medicare loses billions of dollars each year due to fraud, errors, and abuse.

When thieves steal from Medicare, there is less money for the health care you really need. You pay for things you might never get. You can get hurt when you get tests, medicine, or care you don't need.

Protect Yourself

Medicare scams can come by phone, text, email, vendor fairs, TV advertisements and even door to door! It is not surprising that we receive many phone calls from individuals who are being harassed by trolling phone calls from scammers. Many folks who call us often ask "How do they know so much about me?" Scam artists are very clever, but we often help them by sharing our personal information without even knowing it. If you frequently enter contests, mail in warranty information cards, take surveys and post personal information on social media, you might be on their radar.

Be careful what information you share and

remember that Medicare will not call you to ask you to confirm your Medicare number, or to send you free equipment!

If you or anyone you know has been a victim of FRAUD, call the NYS Senior Medicare Patrol Helpline at 800-333-4374 or visit us online at nysenior.org.





Aging with Grace

by Rabbi Mendel Kalmenson

Once there was a man who filmed his vacation. He went flying down the river in his boat with his video camera to his eye, making a moving picture of the moving river upon which his sleek boat moved swiftly toward the end of his vacation. He showed his vacation to his camera, which pictured it, preserving it forever: the river, the trees, the sky, the light, the bow of his rushing boat behind which he stood with his camera preserving his vacation even as he was having it so that after he had had it he would still have it. It would be there. With a flick of a switch, there it would be. But he would not be in it. He would never be in it."

—Wendell Berry ¹

Seizing the Moment

V'Avraham v'Sara zekeinim ba'im bayamim. "Now, Abraham and Sarah were old, well on in years."²

If Abraham and Sarah were old, isn't it obvious that they were well on in years?³

They were always totally "there"

But the Hebrew word *ba'im* literally means "entering." And the literal translation of *bayamim* is "in the days."

Hence the literal translation of the verse is: "And Abraham and Sarah were old, *they entered in the days...*"

They entered each day as one would enter his home, fully and without reserve. They connected with each moment and held it close. They embraced time and allowed themselves to be embraced by it.

They were always totally "there," whenever and

wherever they were.

Thus, the first half of the verse refers to the *amount* of years, very many of them, that Abraham and Sarah lived. The second half informs us of *the manner* in which those years were lived.

They were no stranger to hardship; they were often its host—but they never sought escape. They didn't hide when faced with difficulties; they dealt, as best as they could.

Ignoring a moment's call, they believed, is ignoring its caller.

They truly lived life in the here and now.

Wrinkle Free

Chassidim are wont to say that age isn't told by your ID card.

Ever noticed that two people could be the same age, perhaps born on the same day, even led similar lives—yet one of them is wrinkle-free, while the other one looks ancient?

The former never let things get to him; the latter rarely did not.

The former built impregnable walls around him, afraid to fight a war; the latter's face is filled with furrows, his battle scars.

The former has an intricate defense system, mechanisms to ward off pain; the latter decided to never build one, viewing such a system – not the pain – as the enemy.

To him any form of blocking out life equals death.

Painkillers – literal or figurative – also numb joy. Because the impenetrable walls built for security don't distinguish between hate and love. They do their job indiscriminately, keeping out friend and

foe alike.

Painkillers – literal or figurative – also numb joy. Wrinkles are often a sign of hardship and grief, but they also tell the story of laughter and joy. Time to rethink Botox?

Keeping Young

V'Avraham zaken ba bayamim. "Now, Abraham was old, well on years..."⁴

This verse is stated a full forty-one years after the first verse describing Abraham's (and Sarah's) age.⁵ Why the need for a second report?⁶ Isn't obvious that, unless you're Benjamin Button, someone old and well on in years only gets older and weller on-in-years as time passes?

Were this verse to refer to the quantity of years Abraham had lived, the question would stand. But it does not; it refers, again, to the quality of Abraham's life.

It is within the nature of man to grow less excitable the more he ages. For excitement and novelty are closely related. Since very little is new to him – he's seen it all – things, good or bad, rarely affect him. His mode of existence, views, and reactions are pretty much set in stone.

But Abraham was different.

He never grew old in that sense. He might have aged in years but not in spirit. He was as open to learning and change like a youngster on his first day of school.

This is the Torah's point in stating the same verse twice.

Forty-one years had passed between them, years filled with suffering and joy. Yet, Abraham was still young at heart.

In those four decades, the entire region of Sodom had been destroyed. Sarah had been abducted by Abimelech and released.

After a lifetime of barrenness, Sarah bore him a son!

He had been brought to drive Hagar and Ishmael

out of his home. There was the dispute over his property with Abimelech. Then the truce. He opened an inn in the meantime. Then embarked on a groundbreaking campaign to promote monotheism.

He was reunited with his penitent son, Ishmael. He was tested by G-d many times over, culminating with the traumatic Binding of Isaac. Most recently, his life companion and rock, his beloved Sarah, had died.

So many challenges, so many milestones, so much change...

So many challenges, so many milestones, so much change... Yet, Abraham still hadn't grown old. Older in years perhaps, but not old in character.

He had every right, by now, to stop "entering" his days; but he considered that right to be wrong. He had every excuse in the world to retire from vigorous living; But to retire would mean to expire.

Until his last day he would never stop taking messages from life.

He wore his flowing white beard and matching head of hair as one would a badge of honor. The crinkles around his eyes that hinted of countless smiles, he considered beauty marks.

What's in It for Me?

Sometimes we're so busy making a living that we forget to live. Sometimes we're so busy *doing* that we forget about *being*.

Sometimes we're so busy dodging life's curveballs that we forget to swing at its strikes.

Time passed does not mean time lived. Time managed does not mean time well spent.

Always remain open—in mind, spirit, heart, and soul, for learning never ends.⁷

Every day has its song. Every hour its call. Every second offers something unique and fleeting.

Every moment is heaven knocking at your door.

To be sure, the hurts of life are sometimes excruciating, and rightfully call for a needed respite, but the keys to the gates erected must always be retained, otherwise one's castle can become one's prison.⁸

Footnotes

^{1.} From *Entries*, by Wendell Berry. New York: Pantheon, 1994.

^{2.} [Genesis 18:11](#).

^{3.} See *Midrash Rabbah*, [Genesis 49:16](#) for alternative answers. See the Rebbe's talk, upon which this essay is based, for a lengthy discussion regarding those answers.

^{4.} [Genesis 24:1](#).

^{5.} See *Likkutei Sichot* vol. 35 pg. 89 footnote 3 for the calculation.

^{6.} See *Kli Yakar* and *Nachmanides* for alternative answers. See the Rebbe's talk for more discussion of Nachmanides' answer.

^{7.} Many have puzzled about the paradoxical term ascribed to a Torah scholar, "talmid chacham," which literally translates as "student-sage." Is he a student or is he a sage? I'd like to suggest, possibly the obvious, that the point here, influenced by Judaism's take on scholarship, is that a true scholar must always remain open to study, never ceasing to be a student. The two are synonymous, one and the same. The moment one concludes his studies and views himself as an established sage, he loses that very title.

^{8.} Based on a talk by the Lubavitcher Rebbe, *Likutei Sichot* vol. 35 pg. 89ff.

© Rabbi Mendel Kalmenson



Rabbi Mendel Kalmenson is the Rabbi of Beit Baruch and executive director of Chabad of Belgravia, London, where he lives with his wife, Chana, and children.

Mendel is the author of several popular Jewish-themed books including [Seeds of Wisdom](#), [A Time to Heal and Positivity Bias](#), which is now available as a course of study from the Jewish Learning Institute. His forthcoming book, [People of the Word](#), will be published in Winter 2021. Mendel is also the associate editor of the Chumash Project, a monumental initiative encompassing the entire body of Jewish teaching, giving the English reader unprecedented access to its wisdom and guidance.

Mendel has written hundreds of articles on Jewish thought, and his essays have been published in the [Jewish News](#), the [Jewish Chronicle](#), [Times of Israel](#), the [Jewish Press](#), [Mishpacha Magazine](#) and the [LA Jewish Journal](#). He is a former editor at [Chabad.org](#), one of the first and largest Jewish educational websites. His writings have been translated into Hebrew, Russian, Spanish, Portuguese, and French.

Mendel's work has brought him to over fifty countries, engaging with the international community and supporting Jewish life across the globe. Through his [People of Interest](#) series, Mendel has hosted conversations with over 150 notable personalities and academics including Harvard Professor [Stephen Pinker](#), Dr. [Edith Eger](#), and former chief Rabbi of Israel, Rabbi [Yisrael Meir Lau](#).



A Need to Help Vulnerable Seniors: Why The Yard Maintenance Program was Developed

If you are an Ulster County older adult, 60 and over who is physically or financially struggling to complete your own yard maintenance, you can simply call up our office and request help.

Services include: grass cutting, weed-wacking, hedge trimming, brush and debris clearing, leaf raking and yard clean-up.

I got the idea for the program while learning of how many older adults were in distress - worrying about how to care for their yards. I realized how difficult this may be; and lawn-care and landscaping costs can be most prohibitive. In addition, this work is physically taxing for those with physical limitations. Instead of relying on neighbors and family, or having their yards become overgrown, unsightly and uncared for, I saw a pressing need that could be

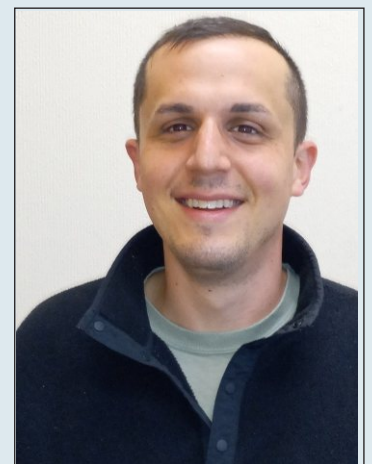
filled and I wanted to create a solution to this. Thus, the Yard Maintenance Program was developed. Now eligible older adults can put worry aside and have their yard work done with care. They can remain in their homes and enjoy their yards in independence and comfort.

In addition, to carry out the tasks we hire young people. We seek to put money into their pockets as they need and deserve it, and they can gain new skills, work outdoors and help their community.

The Yard Maintenance Program is a way to bring young people and older adults together and to address the yard work needs for a growing older population. We hope to help in our own small way.

Jason (845) 705-0025

Jason Farina, creator of the Yard Maintenance Program, is an Ulster County native. He has a wide range of expertise and experiences, from being an English teacher and university lecturer; teaching in Israel, Ethiopia, Vietnam and here in New York. He has a love of history, is a fine gardener and landscaper, and has a deep interest in serving the community. By creating the Yard Maintenance Program, he was able to combine his two interests of community services with gardening and yard work. Despite having lived abroad for over 10 years, he feels he can make the best impact here in his native Ulster County.



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 spoke to Jason who made arrangements to come to my home to do some yard work. He mowed, used a weed wacker where needed and trimmed my Forsythia bush with a hedge trimmer. I am very happy with the results and Jason was pleasant and thorough. I would highly recommend this service.

- Barry

The Yard Maintenance Program and Jason 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 and Jason. Thank you for another blessing."

- Ms. I



Before



After



Before



After



Before



After

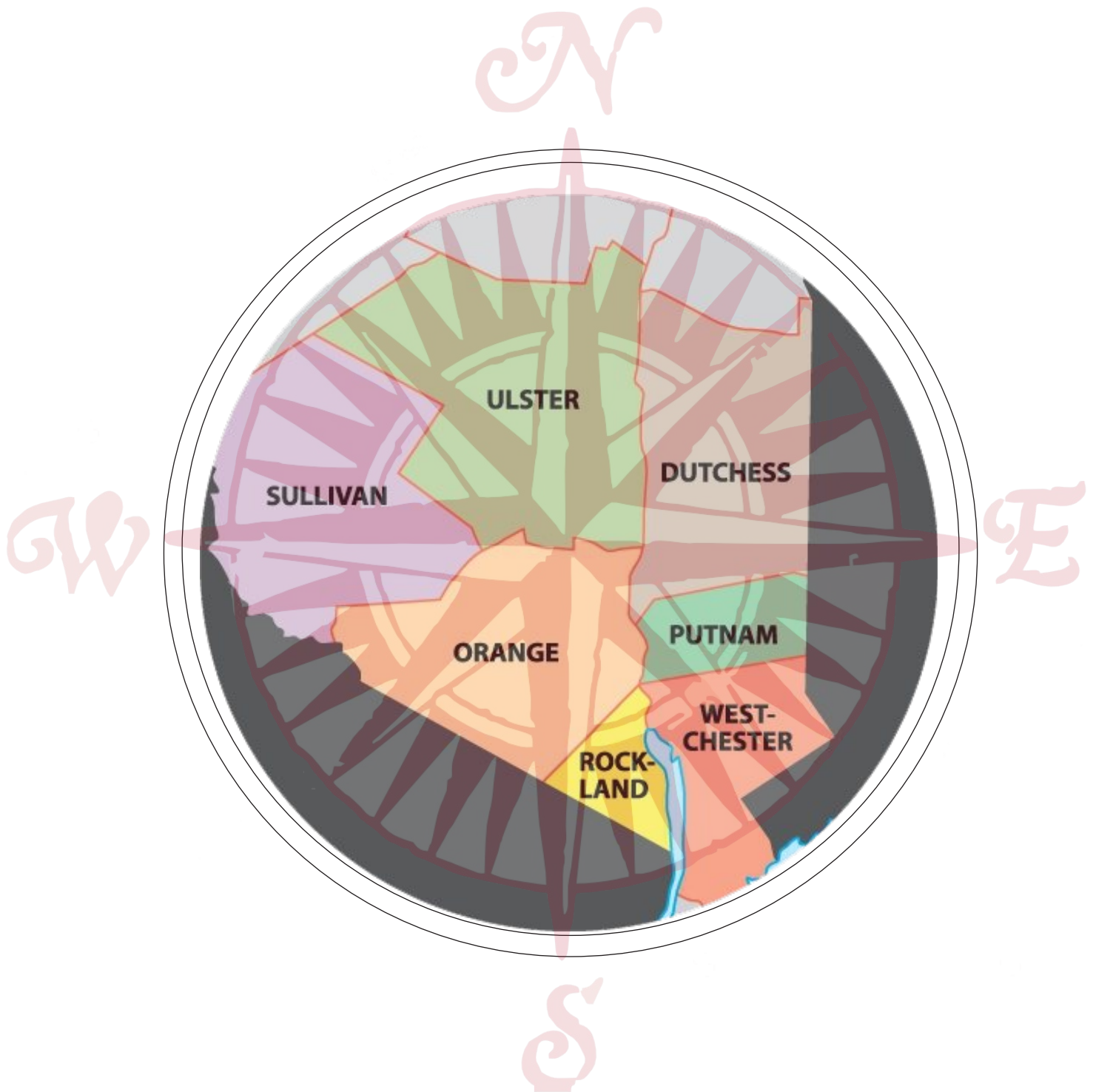


Before



After

Happenings Around Our Counties





Jewish Federation OF ULSTER COUNTY

calendar of events

							1 6th of Tishri 5783 <ul style="list-style-type: none"> Parashat Vayeilech Shabbat Shuva 7:19pm Havdalah
2 7th of Tishri 5783	3 8th of Tishri 5783	4 9th of Tishri, Erev Yom <ul style="list-style-type: none"> Erev Yom Kippur 6:14pm Candle lighting 	5 10th of Tishri, Yom Kippur <ul style="list-style-type: none"> Yom Kippur 7:12pm Havdalah 	6 11th of Tishri 5783	7 12th of Tishri 5783 <ul style="list-style-type: none"> 6:09pm Candle lighting 	8 13th of Tishri 5783 <ul style="list-style-type: none"> Parashat Ha'Azinu 7:07pm Havdalah 	
9 14th of Tishri, Erev Sukkot <ul style="list-style-type: none"> Erev Sukkot 6:06pm Candle lighting 	10 15th of Tishri, Columbus <ul style="list-style-type: none"> Sukkot I 7:04pm Candle lighting 	11 16th of Tishri, Sukkot <ul style="list-style-type: none"> Sukkot II 7:02pm Havdalah 	12 17th of Tishri, Sukkot <ul style="list-style-type: none"> Sukkot III (CH"M) 	13 18th of Tishri, Sukkot <ul style="list-style-type: none"> Sukkot IV (CH"M) 	14 19th of Tishri, Sukkot <ul style="list-style-type: none"> Sukkot V (CH"M) 5:58pm Candle lighting 	15 20th of Tishri, Sukkot <ul style="list-style-type: none"> Sukkot VI (CH"M) 6:56pm Havdalah 	
16 21st of Tishri, Erev Simchat <ul style="list-style-type: none"> Sukkot VII (Hoshana Raba) 5:55pm Candle lighting 	17 22nd of Tishri, Erev <ul style="list-style-type: none"> Shmini Atzeret 6:53pm Candle lighting 	18 23rd of Tishri, Simchat <ul style="list-style-type: none"> Simchat Torah 6:52pm Havdalah 	19 24th of Tishri 5783	20 25th of Tishri 5783	21 26th of Tishri 5783 <ul style="list-style-type: none"> 5:47pm Candle lighting 	22 27th of Tishri 5783 <ul style="list-style-type: none"> Parashat Bereshit Shabbat Mevarchim Chodesh Cheshvan 6:46pm Havdalah 	
23 28th of Tishri 5783	24 29th of Tishri 5783	25 30th of Tishri 5783 <ul style="list-style-type: none"> Rosh Chodesh Cheshvan 	26 1st of Heshvan 5783 <ul style="list-style-type: none"> Rosh Chodesh Cheshvan 	27 2nd of Heshvan 5783	28 3rd of Heshvan 5783 <ul style="list-style-type: none"> 5:37pm Candle lighting 	29 4th of Heshvan 5783 <ul style="list-style-type: none"> Parashat Noach 6:37pm Havdalah 	

Ulster County Office for the Aging invites Seniors to attend a free workshop designed to prevent accidents and injury due to falls featuring

- **Falls Facts** by William Shatasky, MPS & Occupational Therapist, Health Alliance of the Hudson Valley
- **Home Safe Home** by Gilles Malkine, Architectural Barrier Consultant, RCAE
- **Tai Chi Demo** by Certified instructor Celeste Graves

Falls Prevention

September 21, 2022
10:00 to 11:30 A.M.

New Paltz Community Center
3 Veterans Way, New Paltz, NY.

Light refreshments will be served.

Free to Ulster County Seniors age 60 and over.

Space is limited. Call Ulster County Office for the Aging at 845-340-3456 to R.S.V.P. by September 13, 2022. Please use social distancing to the extent possible. Masks are optional (at discretion of presenter).

The Office for the Aging gratefully accepts voluntary contributions. Your contributions help keep Senior programs available. Thank you.





Join Ulster County Office for the Aging for

FALL HARVEST

BINGO

Tuesday, September 27, 2022

1:00pm-3:00pm

Sojourner Truth/Ulster Landing Park
916 Ulster Landing Rd., Saugerties, NY

Prizes and light refreshments will be served

Space is limited - to register please contact

OFA at 845-340-3456

RSVP by 9/22/22





TAI CHI FOR ARTHRITIS

AND FALL PREVENTION
(Beginner level)

Wednesdays and Fridays

2:30 P.M. to 3:30 P.M.

Starting September 28, 2022

TWICE a week for eight weeks

**Town of Kingston Town Hall
906 Sawkill Road,
Kingston, NY.**

We ask that you be willing to make the commitment to be at this class twice a week for all eight weeks.

This is a program that builds on each class.

Masks are optional at discretion of presenter.

**MUST R.S.V.P. Space is limited!
Call 845-340-3456.**

Contributions are welcome and help keep programs available. Thank you. Funding for this program is made possible through NYSOFA and your contributions & is offered as part of the NYS Department of Health & Older Adult Fall Prevention Program.

What is tai chi?

Tai chi is a slow, rhythmic, and graceful exercise that promotes good health & overall wellbeing.

What are the benefits?

- Increase strength, flexibility, and mobility
- Improve posture and balance
- Reduction of pain and stress
- An alert, serene mind
- Harmony of body, mind, and spirit

Sponsored by

**U.C. Office for
the Aging**

845-340-3456





Ulster County

OFFICE OF ECONOMIC DEVELOPMENT

Venture Fest '22

October 6th | 1-6:30pm
at SUNY New Paltz

> GET TICKETS <

Venture Fest Fall '22 is designed to bring together the broad HV entrepreneur ecosystem including entrepreneurs (high growth startups and growth oriented small businesses), investors, services providers, and educators.

When: Thursday, October 6th, 1pm-6:30pm

Where: Student Union Building, SUNY New Paltz

Registration Fees: \$25/person and free for students.

If the registration price is a barrier to attending please email
edgee@newpaltz.edu.

Ulster County Human Resources Presents “TRUNK or TREAT”

Save the Date for our upcoming Human Services Expo “Trunk or Treat” taking place October 12th, 2022. The Human Services Expo was an annual event that both local service providers, area agencies and the public looked forward to attending and networking. It’s a great opportunity for outreach for the agency and service provider staff who serve your population to learn about area resources as well as the public. Please forward to the agencies and service providers who serve your population as we are accepting those who wish to table at the event. I will be sending out more detailed set up information soon and flyers for the public promotion.



Save the Date

UC Human Services “Trunk or Treat”

Wednesday **October 12, 2022**
11:00 A.M. to 2:00 P.M.
(Rain Date October 13, 2022)

Kingston Plaza Parking Lot


151 Plaza Drive, Kingston, NY

Local Service providers and agencies will be there to discuss their services and answer any questions.

The Ulster County Department of Social Services, Office for the Aging and NY Connects, are partnering to bring both professionals and the public together to learn about area agencies, support services and other resources serving Ulster County residents. This year’s event will take place at **The Kingston Plaza, 151 Plaza Road, Kingston, NY from 11:00 A.M. to 2:00 P.M.** Vendors are encouraged to decorate their vehicle trunks or tables in a Halloween theme. Attendees will park their vehicles and visit each provider to receive a “Halloween treat” and learn about the services offered. There is no fee to participate in this event, but you must register to table by:

10/3/2022

For more info or to register contact:

CONTACT: KATE COOK 845 334-5581 kcoo@co.ulster.ny.us
or
GLORIA FERRARO 845 340-3259 gfer@co.ulster.ny.us

10th Annual Ulster County Domestic Violence
Information Forum

When Resilience Meets Community Support,
a Survivor Can Journey

*The Ulster County Executive, the Ulster County Inter-Agency Council on
Domestic Violence & Human Trafficking & SUNY Ulster invite you to attend the*

10th Annual Ulster County Domestic Violence Information Forum

When Resilience Meets Community Support, a Survivor Can Journey

*Nydia Elena Valencia
illustrates the complex
realities of fleeing a violent
interpersonal relationship,
how utilizing services
available in Ulster County
helped her do it, and
the truth that healing
transformation is possible.*



Nydia Elena Valencia

**October 20, 2022
9:30—11:30 a.m.**

**Quimby Theater
at SUNY Ulster
491 Cottekill Road
Stone Ridge, NY 12484**

Registration is required.

Click above to register.

Questions: Contact Beth LaValle at
blav@co.ulster.ny.us or (845) 334-5221



Program is FREE of charge,
and open to the public.
A live Q&A discussion will follow
the presentation.

Nydia Elena Valencia

Thursday, October 20, 2022 9:30—11:30 a.m.

**Quimby Theater at SUNY Ulster
491 Cottekill Road
Stone Ridge, NY 12484**

Questions: Contact Beth LaValle at
blav@co.ulster.ny.us or (845) 334-5221

Action Toward Independence Presents:

Melinda's Music

Free Zoom Music Therapy Groups
Offered Monthly-Ask about our
Free Instrument Offerings.

SO HAPPY TOGETHER

A music social group for Seniors focusing on socialization and brain health. This hour group usually runs the first Tuesday of every month. This is a non-dementia focused group.

OUR MUSICAL MEMORIES & CONVERSATIONS CAFÉ

A two-part musical social engagement group for People Living with Dementia with their CarePartners. There is music, movement, laughter, lots of love, and support. Feel free to bring a drink and snack, and stay for our CONVERSATIONS CAFÉ group. This is the time to relax and enjoy virtually socializing from home. Conversations Café offers a strong component to enhance the fun time had during OUR MUSICAL MEMORIES session. Let's learn more about one another! The 1 1/2 hour group usually runs the second Thursday of each month.

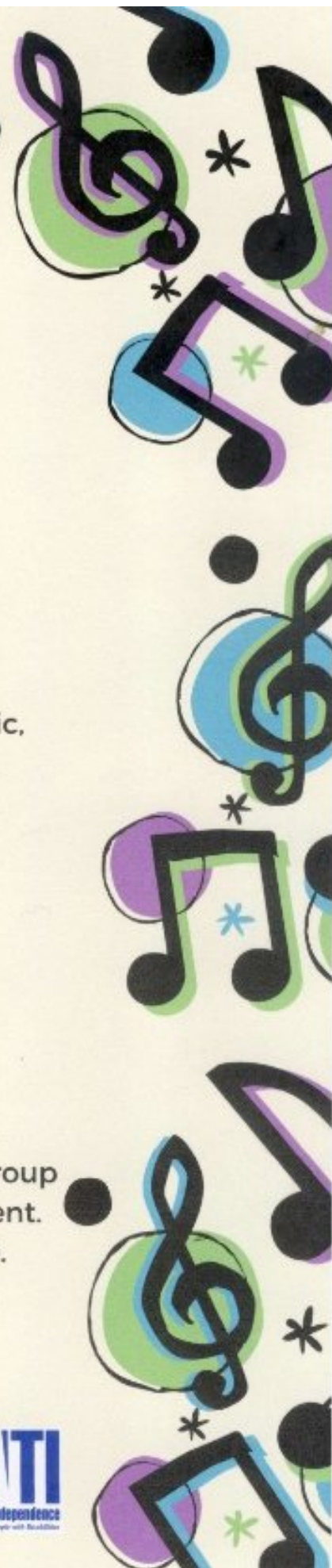
A WARM MUSICAL HUG

Early Childhood Therapeutic Music/New Parent Support group focusing on how to use music to enhance child development. Babies beginning at 7 weeks, up to preschool are welcome. Groups usually run the second Wednesday of each month.

FOR MORE INFORMATION:

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

Melinda Burgard
Melindasmusic@cs.com





CAREGIVER SUPPORT GROUP

Ulster County Office for the Aging (OFA) and MHA are offering a support group designed for caregivers seeking support and interaction with other caregivers. The group will also allow caregivers to learn skills, share information, and learn about available resources.

**FOR REGISTRATION AND
DETAILS PLEASE CALL
OFFICE FOR THE AGING
845-340-3456**

**Meets every
Wednesday
3:00 - 4:15 pm**

**Meetings are
held at
MHA
300 Aaron Court,
Kingston, NY**

**or via Zoom
Facilitated by
MHA**



**The Mental Health
Association
In Ulster County, Inc.**



Mural by: Nani Chacon



A.I.R. Studio Gallery

71 O'Neil Street, Kingston, NY 12401
(845) 331-2662
www.AirStudioGallery.com

ARTBAR

674 Broadway, Kingston, NY 12401
(845) 338-2789
www.artbargalley.com

ArtPort

108 East Strand St, Kingston, NY 12401
(646) 339-7080
www.dechiaraprojects.com

Art Riot

36 John Street, Kingston, NY 12401
(845) 331-2421
www.theartriot.org

ASK (Arts Society of Kingston)

97 Broadway, Kingston, NY 12401
(845) 338-0331
www.askforarts.org

Atwater Gallery

793 Broadway, Kingston, NY 12401
(845) 338-2838
www.atwatergallerykingston.com

Blackcreek Mercantile & Trading Co.

109 Greenkill Ave, Kingston, NY 12401
(917) 797-1903
www.blackcreekmt.com

Broadway Arts

694 Broadway, Kingston, NY 12401
@broadway_arts

Brush & Reed Fine Art Calligraphy Studio

39 Broadway, Kingston, NY 12401
(505) 504-3393
www.brushandreed.com

Cornell Creative Arts Center

129 Cornell Street
Kingston, NY 12401
(845) 797-4054
www.cornellcreativeartscenter.com

Cornell Street Studios

168 Cornell Street (2nd floor)
Kingston, NY 12401
(845) 331-0191
www.cornellstreetstudios.com

Dash Gallery

253 Wall Street, Kingston, NY 12401
(646) 315-5409

FairJohn Artspace & Music Salon

288 Fair St, Kingston, NY 12401
(917) 697-6916
www.fairjohn.com

Gallery Fifty5

55 Greenkill Ave, Kingston, NY 12401
(617) 406-9886
www.galleryfifty5.com

Greenkill

229 Greenkill Ave, Kingston, NY 12401
(845) 331-2421
www.greenkill.org

Hudson Valley LGBTQ Community Center

300 Wall Street, Kingston, NY 12401
(845) 331-5300
www.lgbtqcenter.org

Idea Garden

346 Broadway, Kingston, NY 12401
(845) 481-0685
www.theideagarden.org

Kingston Artist Collective & Café

36 John Street, Kingston, NY 12401
(845) 633-0815
@ Kingston Artists Collective + Café

Kingston Pop Museum

672 Broadway, Kingston, NY 12401
(646) 339-7080
www.kingstonpopmuseum.com

The Lace Mill

165 Cornell Street, Kingston, NY 12401
(347) 387-6874
www.thelacemill.com

Little Shop of Horses

37 North Front Street, Kingston, NY 12401
(845) 340-0501
www.littleshopofhorses.com

The Lockwood Gallery

747 State Route 28, Kingston, NY 12401
(845) 532-4936
www.thelockwoodgallery.com

Milne's At Home Antiques & Design Gallery

81 Broadway, Kingston, NY 12401
(845) 331-3902
www.milneathomeantiques.com

One Mile Gallery

475 Abeel Street, Kingston, NY 12401
(845) 338-2035
www.onemilegallery.com

Pinkwater Gallery

56 North Front Street, Kingston, NY 12401
(845) 210-6643
www.pinkwatergallery.com

Reher Center Gallery

101 Broadway, Kingston, NY 12401
(845) 210-6643
www.rehercenter.org

Shirt Factory

77 Cornell Street, Kingston, NY 12401
(914) 522-6391
www.artistworkspace.com

The Storefront Gallery

93 Broadway, Kingston, NY 12401
(845) 514-3998
www.TheStorefrontGallery.com

Uncanny Gallery

318 Wall Street, Kingston, NY 12401
(845) 204-4380
www.uncannygallery.com

The Uptown Gallery

296 Wall Street, Kingston, NY 12401
(845) 331-3261
www.UptownGalleryKingstonNY.com

West Strand Art Gallery

29 West Strand Street, Kingston, NY 12401
(845) 853-8698
www.weststrandartgallery.com/



Painting by: Andrew Kaminski





The Jewish - Thanksgiving Connection



6 Ways Jews Shaped Thanksgiving

by Dr. Yvette Alt Miller



How Jews helped to create the quintessential American holiday.

1. Modeling the first Thanksgiving on Sukkot

America's first Thanksgiving holiday took place in 1621, just a few months after the first Pilgrim settlers first landed on the shores of Cape Cod in Massachusetts. They arrived in the New World just as winter was approaching, and spent their first few months in Massachusetts huddled on the Mayflower boat that had brought them from England, subsisting on the ship's stores of food. Fully half of the Pilgrims perished over the winter.

When the weather began to improve, they ventured onto land. March 21 was the day the Pilgrims officially left the Mayflower and began to farm and build homesteads. The Pilgrims were aided by members of the local Abenaki, Pawtuxet and Wampanoag tribes, particularly by a Pawtuxet man named Squanto who had an amazing history. He had been kidnapped some years previously by an English ship captain, had learned English, and eventually returned to his tribe in Massachusetts. With Squanto's aid, the Pilgrims succeeded in cultivating native crops.

At harvest time, the Pilgrims declared a three-day long feast of Thanksgiving to thank God for their harvest. Deeply religious Christians, the Pilgrims were well acquainted with the Hebrew Bible and Jewish holidays, including the autumn festival of Sukkot, when Jewish pilgrims brought offerings from their harvests to the Temple in Jerusalem. Some see the first American Thanksgiving was an attempt to thank God for His beneficence in a new place, and to a new set of Pilgrims, a conscious

imitation of Sukkot.



William Bradford, image produced as a postcard in 1904 by A.S. Burbank of Plymouth

Pilgrim leader William Bradford had another Jewish custom in mind when he declared a service of thanksgiving soon after the Pilgrims made landfall in 1620. He opened his Bible and led the Pilgrims in reciting Psalm 107. Incredibly, the annotations in Bradford's Bible, written by the English clergyman Henry Ainsworth, quoted the Medieval Jewish sage Rabbi Moshe Ben Maimon (Rambam), whose legal work the Mishnah Torah directs Jews to recite a prayer based on Psalm 107 after making a dangerous journey and overcoming other obstacles. It seems that the very first American act of Thanksgiving had Jewish roots as William Bradford incorporated Jewish traditions into his first thanksgiving prayers in the New World.

2. Ensuring Jews Can Celebrate Thanksgiving

During Colonial times, it was common for colonies to declare special days of thanksgiving at times of prosperity and good fortune. Shearith Israel, the oldest synagogue in America, eagerly took part. Established in 1654 by Sephardi Jews seeking refuge from the Portuguese Inquisition in Brazil, Shearith Israel (also known as the Spanish and Portuguese Synagogue) took part in various thanksgiving celebrations that were declared by New York's colonial governor. Shearith Israel wrote new prayers and included prayers of thanksgiving during these colonial thanksgiving days.

There were times, however, when New York's Colonial Governor insisted that special days of thanksgiving have a specifically Christian character. (This was true of other colonies as well, which sometimes insisted that days of thanksgiving be celebrated with Christian prayers.) At these times, Shearith Israel had no choice but to refrain from taking part. The synagogue's predicament became known to George Washington, thanks to the synagogue's leader, Gershom Mendes Seixas, the congregation's cantor who was devoted to the cause of American Independence, and his family.



President George Washington

Many of Shearith Israel's members joined the Continental Army and fought with George Washington; approximately 20 members of the synagogue died in America's revolutionary war. After the war, Seixas was selected to be one of the small number of clergy people present at George Washington's presidential inauguration. When the new President declared a national day of Thanksgiving for the new United States in 1789, he specifically made his day of thanks non-denominational, ensuring that his Jewish supporters could fully take part in America's first national thanksgiving festival.

Gershom Mendes' Seixas brother Moses was active in his own synagogue in Rhode Island, Kahal Kadosh Yeshuat Yisrael (later called the Touro Synagogue). In 1790, seven years after the conclusion of America's War of

Independence, President George Washington visited that synagogue and Moses Seixas delivered him a warm letter of affection on behalf of his congregation. Pres. Washington responded with a letter of his own, in which he famously reiterated his strong belief that America was not to be a Christian nation, but one to which all peoples could equally contribute and call home.

"All possess alike liberty of conscience and immunities of citizenship," Washington wrote. "For happily the government of the United States, which gives to bigotry no sanction, to persecution no assistance, requires only that they who live under its protection should demean themselves as good citizens, in giving it all on occasions their effectual support..." It was a strong reminder that America's national character must include all its citizens, no matter what their religious persuasion.

3. The Shavuot Connection

Thanksgiving only became a regular, annual holiday in 1863. That was thanks in large part to one woman: **Sarah Josepha Hale**, editor of America's most popular journal, Godey's Ladies Journal.

Hale was a progressive idealist. Each year, starting in 1846, she published a public appeal in Godey's, asking the government to establish



a national day of Thanksgiving across the entire country. Notably, she called for a day of Thanksgiving in which all Americans, including Jews, could take part. Hale made specific reference to a key Jewish holiday

in her annual appeal, "Pentecost," which is a Greek name for the Jewish holiday of Shavuot, the day God gave the Torah to the Jewish people at Mount Sinai.

Hale saw this Jewish holiday as a time for family gatherings and giving charity so that no poor household would be left out of the national celebration. (Hale lived in New Hampshire, which had a small Jewish population, It's possible she observed the ways that Jews support their communities with charity, ensuring that all members have the resources to celebrate festivals such as Shavuot and other Jewish holidays.)

“The noble annual feast day of our Thanksgiving resembles, in some respects, the Feast of Pentecost, which was, in fact, the yearly season of Thanksgiving with the Jews,” Hale insisted in the pages of her magazine, year after year. Fixing a regular Thanksgiving day "would then have a national character.... It is a festival which will never become obsolete, for it cherishes the best affections of the heart – the social and domestic ties. It calls together the dispersed members of the family circle, and brings plenty, joy and gladness to the dwellings of the poor and lowly."

President Lincoln finally listened to Hale's entreaties – and those of her many readers and admirers – and proclaimed the final Thursday in November to be an annual holiday of Thanksgiving across the United States. Deep in the Civil War, it was the hope of many that a national day of Thanksgiving could help heal the country's wounds.

4. The Jew Who Changed the Date of Thanksgiving

For years, Thanksgiving was celebrated on the last Thursday in November: until a Jewish businessman helped alter the date – and provoked a firestorm across America.

In 1939, there were five Thursdays in November and Thanksgiving fell on November 30. With the economy in depression, merchants were worried that a late Thanksgiving would mean an unusually short

Christmas shopping season, as in the 1930s it was customary to start decorating stores and promoting Christmas merchandise only after the Thanksgiving holiday.

American retailers lobbied President Franklin Delano Roosevelt to bring Thanksgiving forward a week, to November 23, to help America's embattled retailers. The leader of the push was Fred Lazarus, Jr., the Jewish chairman of the Federated Department Stores, a national retailing grouping he'd organized in



Fred Lazarus, Jr.

1930 to link stores in different communities by sharing a financial base. (Federated Department Stores eventually became Macy's.)

Lazarus' logic appealed to President Roosevelt, who changed Thanksgiving from the final Thursday of November to the third Thursday of the month in order to help the nation's merchants. This provoked a swift backlash from conservative states and politicians, some of whom seized on the change to promote antisemitic tinged criticisms of Pres. Roosevelt's New Deal policies. Critics called the "new" Thanksgiving "Franksgiving" and many states refused to celebrate it.

The backlash fell along party lines. As the New England Historical Society notes, "Republicans called Roosevelt's declaration an affront to the memory of Lincoln. (P)eople began referring to the 'Republican Thanksgiving (last Thursday) and the 'Democratic Thanksgiving' (fourth Thursday) as 'Franksgiving'."

Pres. Roosevelt changed Thanksgiving back to its original date in 1941. Fred Lazarus Jr. went on to contribute to the American war effort, serving as vice-chairman of the Retail Advisory Council of the National Council of

Defense. He also served on the Office of Price Administration and the War Production Board during World War II. After the war, President Eisenhower appointed Lazarus to the President's Committee on Government Contracts, where Lazarus was a voice for fair labor practices. He passed away in 1973.

5. Inventing Thanksgiving Day Parade

No Thanksgiving would be complete without watching a Thanksgiving Day Parade, a tradition started by the descendants and business partners of a Jewish immigrant named Adam Gimbel.



Adam Gimbel

Born in 1817 in Bavaria, Gimbel moved to America where he worked as a dock hand and then a travelling peddler. He soon gained a sterling reputation as a scrupulously honest businessman who

treated all people fairly, no matter what their background. Gimbel founded Gimbels Department Store in Milwaukee. He later expanded to Philadelphia; after his death, he sons expanded Gimbel's further, opening a store in New York City.

In 1920, Bernard Gimbel, Adam's grandson, held the first Thanksgiving Day Parade, sponsoring a huge spectacle that marched from the Philadelphia Museum of Art to Gimbel's Department Store at 8th and Market Streets. Each year, until the last Gimbels' Parade in 1986, the department store sponsored Philadelphia's annual Thanksgiving Day Parade. Macy's in New York started their own Thanksgiving Day Parade in 1924, in a clear imitation of Gimbels'.

This article was reprinted with the kind permission of aish.com, and first appeared November 22, 2021

6. Creating America's Green Bean Casserole

The iconic green bean casserole topped with crunchy fried onions that many Americans enjoy on Thanksgiving has a remarkable story, and was popularized in the 1950s by the Jewish food writer Cecily Brownstone. In 1955, Ms. Brownstone wrote a story about a journalists' dinner she'd attended at the home of John Snively Jr., a pioneering citrus grower in Florida.

At the dinner, Mrs. Snively served a delicious green bean casserole – and shared a remarkable story about that signature dish. The Snivelys had recently hosted the Shah of Iran and his wife, and Mrs. Snively made her delicious green bean casserole. The Iranian Queen was so taken with the dish that she kept asking about its ingredients. The Snivelys' butler answered each question, until he finally lost his patience and told the royal, "Listen, lady, it's just beans and stuff."

Cecily Brownstone realized this would make a great food article. She wrote it up, but wanted a recipe to go with her story. Ms. Brownstone reached out to the Campbell Soup Company to see if they could help her develop a fool-proof green bean casserole that was similar to what she'd eaten at the Snivelys. Campbell complied, creating the iconic recipe featuring cream of mushroom soup that's still popular today.



Dr. Yvette Alt Miller

Dr. Alt Miller lives with her family in Chicago and has lectured internationally on Jewish topics. Her book *Angels at the table: A Practical Guide to Celebrating Shabbat* takes readers through the rituals of Shabbat and

more, explaining the full beautiful spectrum of Jewish traditions with warmth and humor. It has been praised as "life-changing", a modern classic, and used in classes and discussion groups around the world.



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
- Home Yard Maintenance (*ask for Jason*)
- Drivers for Medical Appointments
- Fingerprinting
- Accounting/Bookkeeping Services
- P/T Social Worker for Home-Based Family Support

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

JFS: (845) 338-2980

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 maintaining their yard, grounds or home?



VOLUNTEERS NEEDED



grass cutting
weed-wacking
hedge trimming

brush & debris clearing
leaf raking

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

Contact:
JASON (845) 705-0025
jfarina@jfsulster.org

**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 :

Juni: (845) 338-2980

admin.assistant@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.

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 :

Sarah Kiernan - (845) 338-2980

HomebasedProgram@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.

Living Your Best Life



Six Tips for Homebound Seniors to Stay Happy and Healthy

For older adults who are homebound due to illness, injury, or mobility limitations, life may not be as full and exciting as it once was. However, by practicing healthy habits of the body and mind, homebound seniors can still enjoy a good quality of life. Below are six tips you or a loved one can use to stay happy and healthy at home.

1. Move Around the House

Regular light exercise provides increased energy levels, a better mood, more relaxation, and can lead to better sleep. Taking small walks around the house or backyard and doing concentrated muscle exercises will keep your blood flowing and help you feel your best.

While regular exercise is important, remember to avoid overexertion. Certain activities – including bending or standing up too fast – can cause spells of dizziness or loss of breath. Be patient with yourself and take things slowly as you find the right balance of rest and movement for yourself.

An ideal way to begin an exercise regime is to work with a physical therapist. By creating a personalized plan that is tailored to your needs, you can build strength, improve balance, and avoid injury.

2. Enjoy Fresh, Healthy Meals

Good nutrition habits will help you feel your best,

and can also help you avoid additional health concerns such as high blood pressure, osteoporosis, diabetes, obesity, and heart disease.

One way to ensure you're getting the nutrition you need is to pay attention to nutrition facts labels. Look for items that will help you limit fats, cholesterol, and sodium while placing lots of fiber, vitamin A, vitamin C, calcium, and potassium in your diet.

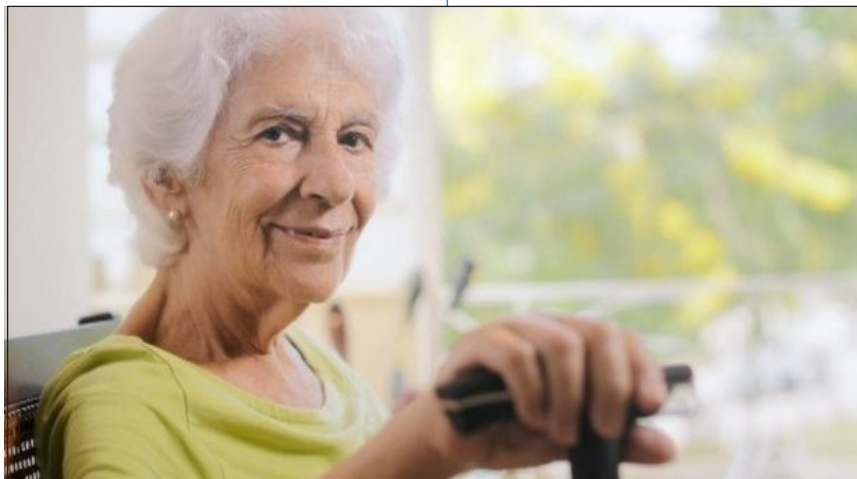
If you are unable to shop or cook with the ease that you used to, and it is making it difficult to enjoy nutritious meals, call the **Office of Aging Ulster County (845) 340-3456** who can connect you with a Home Delivery Meals program. Or,

contact: **Meals on Wheels America (888) 998-6325** info@mealsonwheels.org; or www.mealsonwheels.org;

Edible Independence (845) 331-6325. You can additionally call **Gateway Senior**

Mobile Meals (845) 331-2496.

As we age, it becomes even more important to avoid bad habits that put our health at risk. Smoking, for example, is one of the largest health hazards among seniors, putting millions at risk of lung disease, heart disease, respiratory problems, diabetes, and osteoporosis. Other addictions, such as excessive alcohol intake, prescription drug abuse, and online or TV shopping can drastically



reduce quality of life for homebound seniors.

According to **AARP Public Policy Institute** (<https://www.aarp.org/ppi/>), over 40 percent of older adults have chronic pain that is often treated with opioids, which are highly addictive and can lead to life-altering and even fatal reactions when misused. Ensure that any prescription medication is taken at the proper dosage and at the right times of day in order to decrease the risk of prescription drug abuse.

If you or a loved one is struggling with any kind of addiction, seek help. **Wellness Recovery** can help you find local addition meetings (<https://wellnessrecovery.org/>) and talk to those closest to you about how they can support you.

4. Create a Comfortable Routine

Whether alone, with a partner or family member, or with a caregiver, sticking to a general daily routine can help you sustain long-term health and happiness. Simply waking up, brushing your teeth, putting on clothes, and taking your medicine at the same time every day can create a strong building block for the rest of your day.

Creating a comfortable routine for yourself will also help you stick to healthy habits such as exercising and eating balanced meals.

5. Work Your Mind

Taking care of our minds is as important as caring for our bodies as we age. Though older adults are at an increased risk of developing neurological and mental health disorders such as dementia and depression, there are some helpful ways to boost brain-health and reduce your risk of cognitive decline.

Creative arts – such as painting or drawing – utilize more of our brain than simple learning exercises and keep our mind working long after we're done with the activity. If you're more of a puzzle pro, problem solving activities, such as crosswords and word searches are also beneficial, as they build

recall memory and stimulate word association.

Finding activities you enjoy which also stimulate your mind and memory will help you stay healthy and happy at home.

6. Relax and Reduce Stress Levels

Aging can bring many stressors along with it, especially for seniors who are homebound. The loss of friends or family members, an increased amount of unstructured time, a change in relationships with children, or a decline of physical abilities can all lead to anxiety or stress. The good news is that there are many ways to counteract these problems from your home.

Doing meditation exercises, or even just taking time to relax, targets the stress response and can lower blood pressure, heart rate, oxygen consumption, and stress hormones.

Additionally, experiencing joy can help reduce our stress levels. Spending time with family or close friends or even watching your favorite television program in the middle of the day, may be key to finding balance in your daily home life.

Hiring Home Care can also help take the stress off when daily chores become a challenge. **Tri-State Care Alternatives (845) 255-5118** and **Care Alternatives of the Mid Hudson (845) 338-4600** can offer help, prepare meals, give medication reminders, and be there for companionship and support.

This article is printed courtesy of Jewish Family and Children Services of San Francisco: 415 449-3700

To read the original article:

<https://seniorsathome.jfcs.org/six-tips-homebound-seniors/>



SeniorsAtHome
Better Care Starts Here

Note: this article has been edited to substitute San Francisco links with our local organizations as to be of aid to those living in the Hudson Valley Region.

- The Editor

Natural Life in the Hudson Valley





Exploring the Riches of The Autumnal Flora and Fauna in Ulster County

with
"Ranger" Dave Holden
Woodstock Trail Master

FALL LEAVES

Fall has faded like the colors of the leaves as they change from the fresh, bright hues of the early part of the



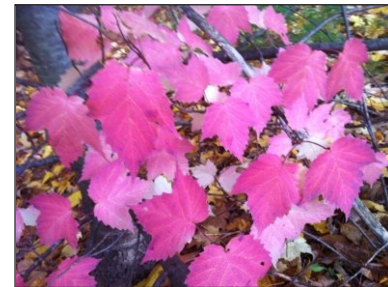
season into the somber tones appropriate to Winter. We - like the animals and plants - have had our frost-warning of what is yet to come and are all "gathering our nuts" (so to speak), each in our own way, in preparation for the cold dark that is

to come. The migrators have gone south, leaving only us hardy (and some not-so-hardy) souls to survive - and even thrive - in another Catskills winter.

LEAVES OF LIFE

How very much our seasons in the Northeast are all about trees and everything to do with them. Of course, the most obvious way this is the case is when the deciduous trees like Ash, Beech, Oak and Maple (to name only the most common) magically change into a full-spectrum rainbow. In a way, we don't really appreciate them, or ever really SEE them, until their leaves turn color and depart ground-ward (with the exception of Beeches and some Oaks that turn when others do but keep them on the branch until Spring when the new shoots push them off). In Summer we take the leafy shade provided by our tree-friends for granted as we let them encompass us in their rich verdure - the very Greenness of Life. Unconsciously, and sometimes, consciously, we all respond positively to being enveloped in green. I think what probably stands out the most in

our memories is the utter joyousness of Spring - to have new leaflets unfolding and shoots, well...shooting up, and surrounding us with the new, fresh, nitrogen-rich, bright-green of spring-time and all the hope it signifies, particularly after the drab, grayness of winter. Then, when all the leaves of woodland and meadow fill in with their dark-green fullness as summer approaches it slowly becomes an everyday occurrence to have lush greenness around us, shading and soothing. Now, in the lurch (in the Larch?), as we gaze around us at the trees with the last



tattered remnant of their foliage hanging, waiting for a breeze to deposit them onto the forest-floor, to insulate their roots through the harsh winter and eventually become nurturing soil, we (belatedly?) value their presence. And we will do so continually through the brown and gray time that is almost here. Of course, the exception to this, the trees that serve to remind us of the timelessness of Life, even during the darkest time, are those that are always green - Balsams, Firs, Hemlocks and Pines.



LEAFLESS LIFE

Another amazing thing about the hardwoods and their leaves is how very different the woods are without leaves on the trees, without its canopy. No longer is the near-distance a mystery just beyond vision in the forest. Suddenly everything opens up and we can see far among the bare boles, observing downed trees, hummocks and holes, as well as other plants and shrubs

of the forest under-story normally shrouded from view. This effect certainly strips away some of the woods mystery but indeed not all. There are always secrets



hidden in the forest. For instance, if the forest was so rich in life just a short time ago, then where did all that life-force - its essence - go? Did it just disappear or

evaporate? Neither, really, and the major clue on this is what the trees do to store safely their all-important sap, their life-blood. They pull it down under the freeze-layer in the soil, to be drawn back up into the trunk and branches when the right cues of light and temperature tell them to do so. Our most obvious example is the wonderful Maple because we have learned to use this sap for our own purposes. I suspect that most deciduous trees engage in this behavior, this migration-in-place. I also sense that their more subtle life-forces also withdraw in a parallel fashion. Don't forget - our tree, plant, and shrub-friends are sentient beings and experience many of our own sensations - but in an extremely slow way that is totally alien to us now and difficult for most to

comprehend. I think that the entirety of the forest is one large entity that knows when its members fall or are cut down. In our time at least we've grown to appreciate our tall, verdant, woody friends and don't take them for granted as much as our recent ancestors did, cutting them down mindlessly for charcoal, lumber and tan bark ; destroying the land (the reason the Catskill Park was created). It's possible that the woodlands themselves remember this and are glad of our new-found



understanding of our own long-term effects on the land.

THE ROOTS OF IT ALL - On the surface of it (hah!), one might say that the deciduous hardwoods can rest now, having seemingly finished their work for the year, but I'm not sure that the forest ever rests. In addition to the growing evidence that trees help each other when leafed out, warning about impending threats, they also have symbiotic relationships with different fungi that inhabit their roots and which help the trees share certain enzymes, from tree-to-tree, underground. I'm certain that this activity must continue - maybe even increases - in the winter. Picture the bare branches blowing leaf-free in the wild winter winds, etching stark shadows on the sparkling snow, while down deep the sap is safely stored. The entire forest is connected through those vast roots, communicating its needs and exchanging



nutrients amongst various members. For more on this, I highly recommend *The Overstory*, by Richard Powers. Now, the greenwood is preparing to hunker down into itself for the coming cold. Maybe this is the time when the trees tell stories of vast amounts of nuts dropped or of fallen friends. I've dreamed with the forest and have had glimpses of what it is like to be *The Great Tree-Tribe*, a vast interconnected, multi-species, green and brown being that is literally the very essence of the Land, perhaps the greatest, true Steward of the Earth, with roots running deep and branches reaching high. Perhaps this is the ideal model for us to return to responsible stewardship of the earth.

GREEN BEACONS - All spring, summer and fall we bathe in an abundance of sunlight - so much so that we expect it to last forever. As we approach the Winter Solstice (Dec. 21), and our days get demonstrably shorter, we will start to appreciate the



importance of that light and its prerequisite for life. It is no wonder that the ancients considered this a powerful, sacred time when the forces of darkness were at their strongest. When obvious signs of life can be hard to find, as we turn into a desert of snow-dunes in a bleak, cold landscape where mice scurry to avoid the hawkish-knife, there will be one beacon of green that will literally stand out in our winter woods, offering shelter to many creatures as well as showing us the hope and permanence of life amidst the season of death - the Evergreens. It is no wonder that many cultures consider them to be the Tree of Life.

WEATHER OR NOT - Besides the eternal evergreens being, well...ever green, there are still patches of verdant life about, lawn- and field-grasses are still exposed, bright green ferns flourishing in micro-climate niches among mosses at the bases of south-facing trees. It could well be that these will be soon buried in white, protectively frozen and padded from inadvertent crushing 'til spring, for that is one benefit of layers of snow. One of the detrimental effects of recent mild winters (God, I love them!) is a lack of protective snow-cover, allowing herbivorous grazers, like White-tail Deer, to over-graze and



destroy substantial amounts of under-protected plants and shrubs. This helps account for their unhealthy lack in our forest understory. Even the Endangered/Threatened Spring Ephemerals - Jack-in-the-Pulpits, Canada Mayflowers, Dutchmen's Breeches, Trout-Lilys and all the rest - are left unprotected when snow is minimal or non-existent. The danger to them is not just from over-grazing herbivores but even from the effect of human feet that stray from trails, accidentally destroying these little beauties we all love (hence another reason it is important to wear proper footwear and staying on the trails - year-round).



“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

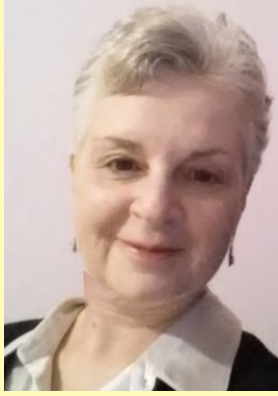


Woodstock Trails on Facebook



rangerdaveholden on
Instagram

www.woodstocknytrails.com



Gina's Vegetarian Kitchen

With Gina Valente

Zucchini alla Parmegiana

A healthy, delicious alternative to pasta lasagna

PREP TIME: 15 minutes

BAKE TIME: 15 minutes + 30 Minutes

SERVES: 4 as main dish;
6 as side dish

INGREDIENTS:

- 3 or 4 medium-to-large zucchini
- 1 large jar of tomato-basil sauce
- Olive Oil
- 1 cup grated high-quality Parmigiano cheese

DIRECTIONS

- Preheat oven to 375 F.
- Slice zucchini lengthwise into slim lasagna-like slabs.
- Oil a large baking dish and arrange the slices in a single layer (use two baking dishes if necessary).
- Drizzle on additional oil, sprinkle with salt and pepper, and roast for 15 minutes, turning at the halfway point, until browned but not falling apart.
- Remove the zucchini from the oven and turn it down to 350 F.
- Put a little of the sauce at the bottom of a 9x13" oiled baking pan, then layer zucchini, sauce, grated cheese until the zucchini runs out.
- End with sauce and cheese on top.
- Bake for 30 minutes
- Let cool slightly before serving





Easy Carrot-Pumpkin Muffins

*A quick and easy way to
bring Fall flavors into your home.*

PREP TIME: 10 minutes
BAKE TIME: 12 - 15 minutes
YIELDS: 24 muffins

INGREDIENTS:

- 1 15 oz. box of carrot cake mix
- 1 15 oz can of pumpkin
- 1/2 cup of water
- 3/4 cup of golden raisins

DIRECTIONS

- Preheat oven to 350 F.
- Mix the ingredients, except raisins, together in large bowl
(NB: Do not put in additional ingredients listed on the cake mix box).
- Fold raisins into the batter.
- Line two 12-cupcake pans with liners and scoop in the batter until each is 2/3 full.
- Bake for 12 to 15 minutes





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>

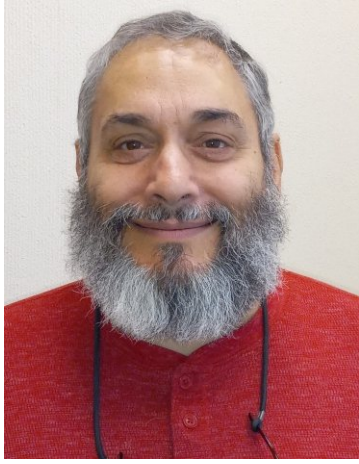
ADULT PROTECTIVE SERVICES ULSTER COUNTY:
(845)-697-3505 between 8:30 a.m. and 8 p.m to report abuse
<https://ocfs.ny.gov/programs/adult-svcs/aps/>

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.

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 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



Would you like to recommend someone
to receive our newsletter?

Name: _____

Address: _____
(optional)

Phone: _____
(optional)

Email: _____

Website: _____
(optional)

Comments: _____
(optional)

Print this page and Mail to:

JFS Ulster

280 Wall Street, 2nd Floor

Kingston, NY 12401 - attention: Jonathan

or fax to: (845) 331-4875 attention: Jonathan

or email: Editor.JFSNewsletter@gmail.com



To Unsubscribe email Re: Unsubscribe

L'Shanah Tova

שנה טובה



Wishes for the Sweetest,
Happiest of New Years!

artwork courtesy of Jonathan Dobin