



Caring Hearts and Helping Hands

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Volume I - No. 1 April 2022



Greeting from our Executive Director

Welcome!

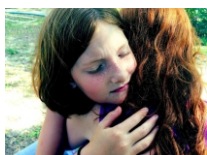
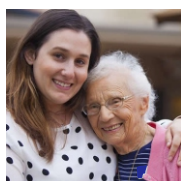
I'm **Sharon Murray-Cohen**, Executive Director of JFS Ulster. We're so pleased to initiate our new newsletter. We'll send this out quarterly via email (we will eventually offer an online version as well). We feel honored to serve you and the greater Ulster County region and will share and highlight many of our initiatives, employees, stories of interest and other contacts of value to you and to our communities.

[for suggestions feel free to contact Jonathan Dobin, editor, at:

Editor.JFSNewsletter@gmail.com]

ABOUT JEWISH FAMILY SERVICES OF ULSTER (JFS ULSTER)

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



Elder-Abuse Advocacy

Home Visits & Advocacy

Support Groups for Caregivers

Bereavement Support Groups

Compassionate Phone Calls

Relief for Caregivers

Grocery Shopping Assistance

Driving to Medical Appointments

Home Yard Maintenance Assistance



The Support Groups Center

With Judith Bromley

Hello to All.

I just wanted to summarize a few of the precious pieces from our Caregiver/Bereavement groups:

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

CAREGIVER SUPPORT GROUPS

Zoom Conference with Judith Bromley

Every 1st and 3rd Monday: 9:30 am - 11:00 am

Every 2nd and 4th Monday: 12:30pm - 2:00 pm

Telephone Conference with Donna Weintraub

1st Thursday each month: 3:00 pm

BEREAVEMENT SUPPORT GROUPS

Telephone Conference with Donna Weintraub

Every 1st and 3rd Monday: 4:30 pm

Every 2nd and 4th Monday: 12:30pm - 2:00 pm

Zoom Conference with Judith Bromley

Every 2nd and 4th Thursday: 1:00 pm

Contact JFS at: (845) 338-2980

Bereavement Group Testimonials

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

- Jay



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

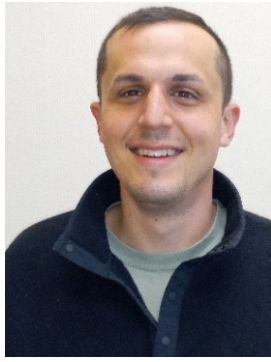
- MH



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

- S





The E-MDT Corner

With Nick Morris &
Jason Farina

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

Our team consists of the following agencies:

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

Contact Us:

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

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

(845) 338-2980



The Volunteers Corner

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

Help our team of professionals with:

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

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

Contact JFS at: (845) 338-2980

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

Yard and Home Maintenance Program

Volunteers Needed. Can You Help?

For people 60 and above in the Ulster County area who are fiscally and physically in need of help in maintaining their yard, grounds or home - at no cost to them.

sweeping lawn mowing
dusting weed-wacking
cleaning small tree or brush removal
furniture moving/arranging snow shoveling/removal

For more information:

Contact Jason: (845) 338-2980

jfarina.jfs.ulster@gmail.com



Drivers to Medical Appointments

Volunteers Needed. Neighbor-to-Nighbor



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-Nighbor Team:

Contact JFS at: (845) 338-2980

Relief for Caregivers

Volunteers Needed. REST Program



This program trains volunteers to provide temporary short-term relief for caregivers. The idea is to provide overworked caregivers with a little free time to do errands or go to appointments or shopping or anything that they need to give them a break from the strains associated with being an in-home caregiver.

If you are interested in this program, please contact

our REST program coordinator:

**Contact Judith Bromley at: (845) 338-2980
or
(845) 559-5656**

Job Opportunity

Help Office, Civil and Law Enforcement
Agencies by Fingerprinting:

Become a Certified Fingerprinter

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



\$15 per hour

**Flexible hours/
schedule**

Contact :
Sharon - (845) 338-2980
s.murraycohen@att.net

Jewish Family Services of Ulster
is an equal opportunity employer



Meet Our Interns



KAYLA MAGUIRE.

Hi everyone! My name is Kayla and I am an intern from Marist College, graduating with my Bachelor of Social Work this May. At Jewish Family Services, I have spent this academic year counseling individual clients, observing the Grief and Caretaker Support Groups, and working for the Neighbor-To-Neighbor driving program by organizing volunteer information and coordinating rides for clients. These experiences at JFS have allowed me to develop my social work skills and learn more about the inner workings of a social service organization. Most importantly, I have found extraordinary fulfillment working with my clients, for example, when providing social-emotional support and ensuring clients have rides to doctor's appointments. My clients have described me as "patient," "a great listener," and

"bright." My internship at JFS has affirmed my passion for the social work profession and prepared me to enter Stony Brook University's Master of Social Work program next year, where I will be specializing in Community, Policy, & Political Social Action. As of right now, I am leaning towards working in an educational setting, such as in a college Title IX office or as a school social worker. In all, I know my experiences at JFS have prepared me for individual, group, and community work that can be applied when working with any type of client.

ANDREW J. KAMINSKI

Right now, I am a graduate student at the University of Albany at the School of Social Welfare, interning at Jewish Family Services of Ulster County. Part of my work with JFS is building an art site as an extension of JFS of Ulster County's website to showcase the work of people in our agency and clients we serve. I have a core belief that when artworks are shared, this opens up the possibility to heal the artist and their need to express their inner experience, as well as and those who identify with that artwork.

I am also providing counseling for someone that I was connected to through JFS. I encourage her to be creative and leverage her strengths to move through life challenges. My next internship will be with the Office of Mental Health Central Headquarters, where I will be working alongside people on a macro level, and understanding the different services offered throughout the entire state of New York.



My goals are to help integrate the arts and creativity as a healing modality into the mental health services, starting with New York. I'd like to open a center with other practitioners to provide rehabilitation for individuals experiencing mental health challenges. People in American society often have spiritual awakenings that are misinterpreted as psychosis and given treatment that doesn't always ground their new perceptions of the world. My work with social work is to help guide individuals find their path during this phase of life. Alongside this, I am looking to continue to integrate peer services into the work I do, as I find individuals with lived experience continue to be an invaluable resource.

I feel my work provides empathy for my client, and a safe space to express themselves with the goal of being authentic. I want my client to know that I encourage self-acceptance and a non-judgmental approach to navigate the times we are in.

Corynne Victoria McPeters

I am a field practice intern for Jewish Family Services and MSW candidate at Columbia University School of Social Work. At JFS, I work as a counselor to individuals and co-facilitator for some group therapy meetings. I'm humbled to work with JFS clients and staff, and feel lucky to experience connection and facilitate growth with them. It's my hope to specialize in clinical psychotherapy and pursue LCSW licensure after graduation in 2023. JFS' environment and stellar team have helped me integrate foundational knowledge about social work into my practice, and have prepared me to move forward confidently and competently as a future clinician. I have gained invaluable familiarity with the landscape of Social Services Organizations in Ulster county, which has enabled me to connect clients with crucial resources more quickly. Special thanks to Sharon Murray-Cohen, the rest of the Jewish Family Services staff, and my fellow interns for enriching this experience.



Nicholas P. Bona, MSW '23

During my time with Jewish Family Services of Ulster County, I have had the privilege of providing in-home counseling, participating in our Caregivers Support Group (with Judith Bromley), and helping seniors in our community during the pandemic's second year. The experience of being able to make a direct and immediate impact on local seniors has been most rewarding.

My time at JFS has equipped me with insights and skills in working with individuals and groups. This experience serves as a solid foundation for future clinical work. Sharon Murray-Cohen's role as mentor exceeded the expectations I had for supervision and has helped me grow immensely during my time with JFS.





Food for Thought

Some Simple Delicious Recipes!

Joy's Easy Banana Bread

This easy banana bread recipe is quick to prepare, and everyone always comes back for seconds!

By Joy

Cook: 1 hr

Total: 1 hr 15 mins

Prep: 15 mins

Servings: 10

Yield: 1 9x5-inch loaf

Ingredients

3 ripe bananas, mashed

1 cup white sugar

1 egg

¼ cup melted butter

1 ½ cups all-purpose flour

1 teaspoon baking soda

1 teaspoon salt

Directions

Preheat oven to 325 degrees F (165 degrees C). Grease a 9x5-inch loaf pan.

Combine bananas, sugar, egg, and butter together in a bowl. Mix flour and baking soda together in a separate bowl; stir into banana mixture until batter is just mixed. Stir salt into batter. Pour batter into the prepared loaf pan.

Bake in the preheated oven until a toothpick inserted in the center of the bread comes out clean, about 1 hour.

Tips

Read our picks for the [best non-stick cookware](#) to make cooking your favorite recipes that much easier.

Nutrition Facts

Per Serving: 225 calories; protein 3g; carbohydrates 42.4g; fat 5.4g; cholesterol 30.8mg; sodium 398.8mg.



Simple Chicken Soup

This comfort food classic is just as flavorful and soul-satisfying as Grandma's chicken soup, but where hers took several hours-or a day-to make, ours takes under an hour. Instead of long-simmered stock, we start with store-bought chicken broth and water but enrich them with stock vegetables and the carcass, bones and meat of a leftover roast chicken.



Level: Easy

Total: 55 min

Prep: 5 min

Cook: 50 min

Yield: 8 cups (4 servings)

Ingredients:

Carcass and bones from one 4- to 5-pound roast chicken (or a mild-flavored rotisserie chicken)

4 cups low-sodium chicken broth

2 medium carrots, sliced into 1/4-inch-thick rounds

2 celery stalks, sliced into 1/4-inch-thick slices

1 medium onion, chopped

1 bay leaf

1/2 cup white rice

2 tablespoons chopped parsley

Kosher salt

Directions:

1 Put the bones and carcass from a leftover chicken (they can be in pieces) in a large pot. Cover with the broth and 4 cups water. Bring to a boil over medium-high heat, reduce to a simmer and cook for 20 minutes. Skim any foam or fat from the broth with a ladle as necessary.

2 Remove the bones and carcass with tongs or a slotted spoon; set aside to cool. Add the carrots, celery, onion and bay leaf to the broth, bring back to a simmer and cook until the vegetables are about half cooked (they will still have resistance when tested with a knife but be somewhat pliable when bent), about 10 minutes. Stir in the rice (to keep it from sticking to the bottom), and cook until the grains are just al dente, 10 to 12 minutes.

3 Meanwhile, when the carcass and bones are cool enough to handle, pick off the meat, and shred it into bite-size pieces.

4 When the rice is done, add the meat to the broth and simmer until warmed through, about 1 minute. Stir in the parsley, and season with 1/2 teaspoon salt or more to taste. Serve hot.



The Caring Contacts Corner

Helpful Numbers for you:

JEWISH FAMILY SERVICES OF ULSTER COUNTY (JFS Ulster)

(845) 338-2980

(845) 331-4875 (FAX)

jfs.ulster@gmail.com

JfsUlster.org

911 – Universal Emergency Phone Number

988 – National Suicide Prevention Hotline

211 – Essential Community Services

National Domestic Violence Hotline
(800) 799-7233

NEIGHBOR TO NEIGHBOR
(Scheduling for Medical Transportation)
(845) 443-8837

LEGAL SERVICES OF THE HUDSON VALLEY
(845) 331-9373
<http://www.lshv.org/>

ULSTER COUNTY SHERIFF'S OFFICE
(845) 338-3640
<https://ulstercountyny.gov/sheriff/>

CHILDREN & FAMILY SERVICES OF ULSTER
(845) 334-5400
<https://ulstercountyny.gov/social-services/children-and-family-services>

PEOPLE'S PLACE
(Food Pantry and Distribution)
(845) 338-4030
<https://www.peoplesplace.org>

E-MDT HUDSON VALLEY HUB

(Regarding Elder Financial/ Physical Abuse or Neglect)

c/o JFS Ulster

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

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

OFFICE FOR THE AGING, ULSTER COUNTY

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

Fax: 845-340-3583

<https://ulstercountyny.gov/aging>

ADULT PROTECTIVE SERVICES ULSTER COUNTY:

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

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

FAMILY OF WOODSTOCK

(845) 679-2485

<https://www.familyofwoodstockinc.org>

CITY OF KINGSTON POLICE DEPARTMENT

(845) 331-1671

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

NEW YORK STATE POLICE

(845) 338-1702

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

ULSTER COUNTY GOVERNMENT WEBSITE

<https://ulstercountyny.gov/arp>



Greetings from the Editor



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

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

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

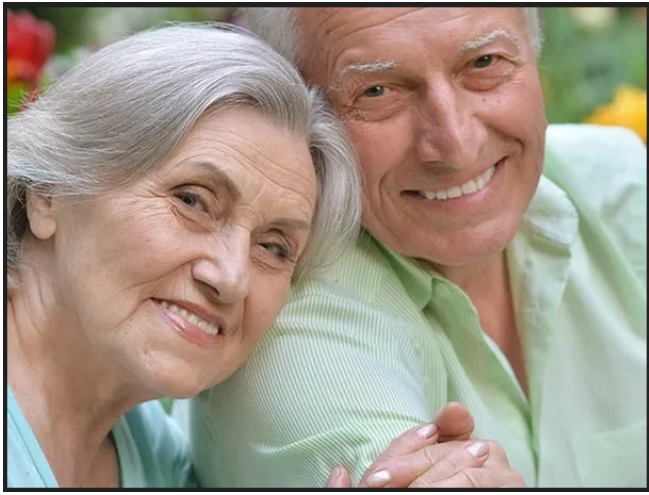
you let me know!

Contact me at: Editor.JFSNewsletter@gmail.com

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

Sincerely,

Jonathan



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

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