



Jewish Family & Vocational Service
of Middlesex County

JFVS Happenings

January/February 2010

Upcoming JFVS

Events:

Monday, Jan. 4

"Sleep Disorders" at The Highland Park Senior Center, 220 South 6th Ave. at 10AM, Dr. Bukhari of St. Peter's University Hospital will present. Call JFVS

Monday, Jan. 11

Computer classes begin, see pg. 2

Tuesday, Jan. 12

Beyond Bereavement (NEW) socialization group for widows and widowers, JFVS Monroe office at 1:30PM. Call JFVS to register

Tuesday, Jan. 19

Senior Chai at Jewish Cong. of Concordia presents Jerry Yochelson performing Jewish, Yiddish and Israeli music at 1:30PM, \$5/pp, RSVP by Jan. 14

Sunday, Jan. 10/Feb. 7

JFVS On The Road at Cong. Neve Shalom. See pg. 2

Wednesday, Jan. 27/Feb. 24

JFVS Caregiver's Support Group meets the last Wednesday of each month at the Highland Park Senior Center, 220 South 6th Ave., Highland Park, 11AM—Noon

Wednesdays, January 2010

New job seekers support group at JFVS Milltown. See pg. 2

CASINO NIGHT NETS OVER \$23,000 FOR JFVS PROGRAMS

JFVS held its 3rd Annual Casino Night event on Sunday evening, December 6th at the JFK Hospital Conference Center. The event drew its largest crowd yet, with over 135 people in attendance. Over \$23,000 was raised to help the Women's Center and Food Pantry of JFVS. Special thanks goes to Jonathan Baliff, JFVS Trustee, who was recognized for his outstanding fundraising efforts for this event and to Elyse Schulman and Cindy Steinbach, co-chairs of Casino Night.

The Women's Center provides personal and career related services to individuals who have been displaced from their careers as unpaid homemakers. It specifically focuses on women who are separated, divorced, widowed, or whose spouses/long-term partners have become disabled. The Women's Center assists women through these major transitions to develop the skills necessary to become economically and emotionally self-sufficient.

The Kosher Food Pantry provides families throughout Middlesex County that are in crisis, with emergency food packages. With locations in Milltown and Monroe Township, the food pantry gave out over 1200 bags of food, feeding 1,139 individuals in 2009. Food is available to all individuals regardless of religious affiliation.



Casino Co-chairs;
Elyse Schulman & Cindy Steinbach



Successful Toy Drive

More than 170 children (65 families) received toys as a result of the JFVS December Toy Drive. Thank you to everyone that donated new toys and gift cards for the Toy Drive and to our volunteers that helped to sort and wrap the toys for giving.

Jewish Family & Vocational Service of Middlesex County

Visit us on the web: www.jfvs.org

32 Ford Avenue, second floor
Milltown, NJ 08850
732-777-1940
Fax: 732-777-1889

52 Concordia Shopping Center
Monroe Township, NJ 08831
609-395-7979
Fax: 609-395-7129

Elderday, Social Day Care For Senior Adults

Elderday is a social day care program with a central goal of helping senior adults maintain their dignity, self-worth and a satisfactory level of independence in their homes and/or with their families. The program provides a variety of group social, recreational and educational activities including entertainment, a variety of featured speakers, and volunteers with various expertise. While participants are at the program, caregivers can take advantage of the respite it provides from their daily responsibilities of caring for a relative.

The program takes place in an intimate, hands-on environment and focuses on enhancing participant's physical, cognitive and social well-being. Located in Edison at Temple Emanu El (across from JFK Medical Center) the program is offered on Tuesdays, Wednesdays and Fridays from 9:00 a.m. to 2:00 p.m. Breakfast and lunch are provided daily and client wellness is overseen by a staff Registered Nurse. Transportation options are offered. Interested caregivers should contact JFVS to learn more and to schedule an appointment to see the program.

Passover Campaign

The Feinstein Foundation will once again match in dollars, any monetary and/or food donations given between March 1 and April 30 for the Food Pantry. Please contact JFVS to donate or visit: www.JFVS.org

Spotlight on Staff

JFVS welcomes the following student interns:

Liz Schmidt and Dana Brown are social work interns that began their work at JFVS in the Fall of 2009. Liz will be here until the end of April and Dana will be leaving in the middle of May. As interns they are involved in a variety of activities during the year, including client assessments, individual counseling, facilitating activities at Elderday and assisting with clients in the food pantry.

Liz is working on her BSW at Rutgers and will apply for graduate school at the end of the year.

Dana is a first year MSW student concentrating on clinical work and geriatrics at Columbia University. She received her BA from New York University.

**Values You Know
Opportunities To Grow**

JFVS On The Road



JFVS is reaching out more than ever into the community. A JFVS Intake Worker will be on hand at various venues throughout the county to answer questions regarding programs that the Agency offers, and how to access the Agency's services. Information on other resources in the community will also be available.

JFVS On The Road will be visiting Congregation Neve Shalom at 250 Grove Avenue in Metuchen on Sunday mornings, 9-11:30AM; January 10, February 7, March 7 and April 11.

Career & Vocational Services—Upcoming Events

January 11, 2010 - Winter computer classes begin. A new class in Outlook is being offered in this cycle. Download the registration form online at www.jfvs.org.

January 2010 - New job seekers support group to begin. Meet with other job seekers to develop creative, new and exciting techniques to market yourself. Learn ways to reinvent yourself and increase your competitive advantage. The group will meet on the first and third Wednesdays at the JFVS office in Milltown.

March 2010 - The Joel Gensler Career Center at JFVS is partnering with Morgan Stanley to provide a Career Awareness Fair to women in transition. Workshops will be offered throughout the day and participants will have the opportunity to speak to people in various occupations to learn more about their job responsibilities. Watch for more information on date and location.

New Grant Funded!

A new grant has been funded by the NJ Council on Developmental Disabilities. JFVS' **Building Capacity through Non-Traditional Providers** will train staff at community-based agencies on ways to mainstream individuals with developmental disabilities into their services. These individuals and their family members will also become educated about non-governmental services and community resources to assist in their decision-making for selecting services.

Individuals with developmental disabilities will benefit from increased levels of independence, community integration and self-direction as a result of this program. For more information contact JFVS.