



Jewish Community Services

NEWSLETTER

MARCH 1989

JCS NEEDS AT LEAST 15 GOOD PEOPLE!

Consider it an honor. Join the dedicated JCS board and serve your community. A commitment to JCS means time, ideas and a feeling of fulfillment. It means a commitment to the community.

Surely you're busy with obligations to family and job, but if you feel there's something missing, call the office, Jackie Eisen (787-3698) or one of your friends who's already on the board for more details.

A two-year term means meeting once a month (on the 2nd Monday), catching up on all the programs, projects and progress of JCS. We discuss possibilities, probe for new thoughts and learn what being on a board responsible to the community really means.

Think about what your contribution can be. And if you are called by the nominating committee--consider it an honor!

A BREATH OF FRESH AIR!

Bert Goldberg, Executive Director of the Association of Jewish Family and Children's Services paid an extremely important and informative visit to JCS on February 14 and 15. He met with the Executive Board to discuss present and future needs of the agency.

Each JCS member who had a chance to ask questions and receive helpful and exiting answers agrees that meeting with Bert has had an invigorating effect. We look forward to retreats that include the entire board.

✪ JCS NEW OFFICE HOURS ✪

Monday, Tuesday, and Thursday 9:00 a.m. - 4:00 p.m.

Wednesday and Friday 9:00 a.m. - 1:00 p.m.

Other hours available by appointment

The office will be closed for Jewish and Federal Holidays

DELICIOUS AND HEALTHY EATING

Low-fat, low-cholesterol, low-sugar and low-calorie recipes will be a regular featured item in the JCS NEWSLETTERS. If you have any recipes or "conversion" recipes that come under the above guidelines, please mail or call them in to Greta Baron, 847-9522 or call JCS office, 781-5459.

Carol Spitz suggests a great little cookbook, titled NOT JUST CHEESE-CAKE! published by Triad Publishing Company. A cheese cake mavin's delight--without fatty cheesel

Feature Recipe of the Month

APPLE PIE

- 5 apples, peeled, cored, sliced thinly
- 1 medium can crushed pineapple, without sugar
- 1 t cinnamon
- 1/2 t nutmeg, allspice and ginger
- 1/3 cup currants or raisins
- 1 cup diet cola
- 2 T (2packages) of plain gelatin
- 2 T lemon juice
- 1 t vanilla
- 2 packets of sweetener (more or less to taste)

In pie plate, mix the apples, pineapple, currants or raisins and spices. Cover with plastic wrap and microwave for 15 minutes or bake, covered, in oven for 1/2 hour at 400°. While apple mixture is cooling, sprinkle gelatin over cola (place in 4 qt. size bowl); let stand a few minutes. Heat in microwave until it begins to bubble up, about 2 1/2 minutes. Mix in lemon juice, vanilla and sweetener and pour over apples. When it cools, place in refrigerator. Top with sprinkled nuts or frozen low-fat yogurt.

HOUSE CLEANING

The popular house cleaning service sponsored by JCS and by the Wake County Council on Aging now has a waiting list. If you are interested in this service, call JCS, 781-5459 and place your name on the list.

NURSING HOME VISITORS

A number of JCS volunteers are visiting men and women of the Jewish Community who are living in local nursing homes.

If you would like to volunteer to fill a desperate void--"you are not forgotten"--for these people, or if you know someone who would like to have visitors, call JCS, 781-5459.

EDITORS

Jackie Eisen and Retha Jasper

EXECUTIVE DIRECTOR

Marjorie Broun

ARE YOU IN AN INTERFAITH RELATIONSHIP?

Who will perform our wedding ceremony? Will our baby be Christened, or will he have a Brit or she have a baby naming ceremony? Can we stay away from religion altogether? Can my spouse understand my background and my traditions? What do we do during holiday times? What religious training should the children have?

If you are in an Interfaith relationship, these may be some of the questions you are dealing with. In our society 35% of American Jews marry outside their religion. This does not mean religion is lost. Instead, disagreements about religious beliefs and differences in traditions and background need to be explored and resolved.

Jewish Community Services and Temple Beth Or will be offering a 3- part workshop for couples who plan to be or are intermarried. The workshop will address the impact of religious tradition and background on each person's life, the reaction of family and the greater religious community and decision making regarding religious observances and children.

By discussing many of these issues, a deeper understanding of each person can be reached. Being with others who are experiencing similar feelings can provide couples with emotional support and a stronger connection within the religious community.

The workshops will be held at Temple Beth Or on Sunday, April 16, Sunday April 23, and Sunday April 30, from 10:00 - 11:30 a.m. The fee is \$15.00 per couple for the 3 workshops.

For more information and registration, call Judy Keegan, M.S.W. A.C.S.W., at 781-5459.

Pre-registration is required.

ATTENTION SINGLES

New to the area? Call the JCS office for information about Jewish Singles' activities -- whom to call, where to go and what's happening in the singles community.

COUNSELING

JCS offers counseling on a sliding scale fee in areas of family and marital problems, loneliness and loss. Professional counselors are available in-house and through members of the JCS Professional Advisory Committee. All services are confidential and are insured by strict supervision of records and appointments.

For an appointment or for information, call JCS, 781-5459.

INFORMATION & REFERRAL

Resource information about the Jewish and general communities and about other community social services is available by calling JCS office, 781-5459.

JOIN WITH YOUR NEIGHBORS AND FRIENDS

Join the 280 Raleigh households that are members of Jewish Community Services. Due are \$25.00. Your membership helps bring needed social services to the Jewish Community

A TIME FOR MOTHERS AND DAUGHTERS TO SHARE

Jewish Community Services' Family Life Education Workshop

(Presented again this year by popular request)

Designed for girls ages 9 -13 and their mothers

Focus is on the physical and emotional changes related to puberty in both girls and boys, menstruation, and facts and feelings related to growing up female.

Goal of this program is to provide a comfortable environment in which lines of communication on issues of sexuality and reproductive health can be opened.

Presented by Ms. Connie Domino, Health Educator, Planned Parenthood of Greater Raleigh.

Two sessions: 1 1/2 hours each - Tuesdays, March 7 and 14

Time and place: 7:00 p.m., Temple Beth Or

Course includes group activities, mini-lectures and films.

Fee: \$2.50 per family (JCS Member) - \$3.50 per family (non-JCS member)

Reservation must be in by March 9th.

For additional information, call JCS office, 781-5459

Mail the following application to:

JEWISH COMMUNITY SERVICES, 3900 Merton Drive, Suite 107, Raleigh, NC 27609.

Please enroll us in A TIME FOR MOTHERS AND DAUGHTERS TO SHARE

MOTHER _____ PHONE _____

DAUGHTER(S) _____ AGE ____

_____ AGE ____

JCS Member? ____ If not, would you like to join? ____

AMOUNT \$ _____ (Make check out to JEWISH COMMUNITY SERVICES)

**I AM A JEW
JEWS ARE NOT ALCOHOLICS
THEREFORE I'M NOT AN ALCOHOLIC**

YET.....

From Hadassah magazine to the newsletter of the Jewish Family and Children's Services, from the Denver Post to the Psychiatric News, headlines tell of "Alcoholism Among Jews Said to be Widespread," "Jews and Drugs"; Jews tell of "A Jewish Experience of Addiction" and "Confessions of a Jewish Woman Alcoholic."

The problem of substance abuse is in the Jewish Community. How do you know whether you're chemically dependent? A number of check lists are available to help make that determination. The following comes from a couple of different sources:

1. Do you prefer to drink alone?
2. Do you neglect your responsibilities - home, family, job-- because of drug dependency?
3. Has your personality changed because of drinking or drugs-- are you moodier or more irritable?
4. Do you have difficulty in sleeping because of drinking or drug use?
5. Do you have to drink or use drugs to "have a better time" at social events?
6. Do you do things under the influence that you normally would not do?
7. Is substance abuse endangering your peace of mind, health, reputation?

"Yes" to even ONE of these questions is a definite warning that you have a problem.

If you think you or someone you care about has a problem with chemical dependency, the first step is to talk about it with a knowledgeable person. **Contact JCS for help.**

\$1500.00 Bargain for ONLY \$30.00

By buying the successful 1989 TRIANGLE TYCOON, you receive over \$1500 worth of discounts and fun at Raleigh, Durham, Chapel Hill and Research Triangle's finest restaurants and most exciting entertainment spots. You also will be making a tax-deductible \$15.00 contribution to Jewish Community Services.

Don't let this outstanding bargain slip through your fingers. Call 781-4549 for your coupon book, or pick one up at D.J.'s, 2416 Hillborough St. or Crabtree Valley; Temple Beth Or; J and F Framing Co., 5444 Six Forks Rd.; Bagels etc., 3209 Greshams Lake Rd.

MEN'S LUNCH ACTIVITIES

WHEN: Wednesday, April 1, 1989

WHERE: Temple Beth Or Activities Room

TIME: 10:30 a.m.

ACTIVITIES: Get acquainted, card games, lunch, entertainment

SPONSOR: JCS

FOR ADDITIONAL INFORMATION: Call Murray Shore 870-1587

LADIES' WEDNESDAY LUNCHEON

WHEN: Second Wednesday of each month

(Next luncheon: March 8)

PLACE: K&W Cafateria, North Hills Shopping Center

Private dining room

TIME: 12:30 p.m.

ACTIVITY: Socialize

ADDITIONAL INFORMATION OR NEED A RIDE

Kitty Fried - 847-6369,

Mary Friedman - 782-4081

Helen Rosenbloom - 876-3005

KUDOS

The Wake County Board of Commissioners presented a Certificate of Appreciation to Retha Jasper "In Appreciation and Recognition of Distinguished Service to Wake County, North Carolina."

The certificate publicly recognizes the enormous amount of community work Retha has accomplished, especially in reference to Jewish Community Services.

At the same ceremony Dr. Burton Horwitz was honored with the prestigious **State Volunteer Award** for his contributions to children's dental health.

PERSONAL FINANCIAL PLANNING FOR SENIORS

An attorney, an insurance agent, a stock broker and a financial advisor will address a number of issues concerning financial planning for those 55 years of age or older.

The seminar will take place on Sunday, April 30, at 2:00 p.m. at Temple Beth Or.

JCS FUN TRIP

Another fun trip is in the works!
Announcements will soon be made.

COLLEGE WORKSHOP

For High School Students and Their Parents
The College Application Process Can Be A Positive Experience

Application Terminology
Private vs State Schools
Financial Aid

Importance of Essays
Selling Yourself
College Selection

DATE: Wednesday, March 15 **TIME:** 7:30 - 9:30 p.m.

WHERE: JCS Office, 3900 Merton Dr. Suite 107

PRESENTER: Harriet Jablonover, College Application Process Consultant

FEE: \$3.00 per family (JCS member) or \$5.00 per family (Non-member)

FOR INFORMATION CALL: 781-5459

RSVP by March 9: COLLEGE WORKSHOP, Jewish Community Services,
3900 Merton Drive, Suite 107, Raleigh, NC 27609

✳

COLLEGE WORKSHOP	
NAME _____	PHONE _____
ADDRESS _____	



COLLEGE LOANS AVAILABLE

Jewish Community Services is affiliated with the Atlanta-based Jewish Educational Loan Fund which provides interest-free loans to Jewish youth whose families reside in the Southeast region. JCS is the starting point for the Jewish family in our community seeking these loans. The program is supported by an allocation from the Wake County Jewish Federation.

Loans are available to those who qualify under the following guidelines:

- The principal determinant, in addition to the qualifications listed below, is financial need. This is determined and certified by the referring agency.
- Applicant and family must be members of the Jewish Community.
- Educational loans are to be used primarily for college or post-secondary training.
- Applicant must demonstrate an interest in securing educational training, show evidence of ability to realize success in prior schooling and be accepted by a recognized school.
- Applicant and family must have resided for at least one year in an organized community that is affiliated with the Jewish Educational Loan Fund.
- Loans are granted only on an annual basis.

For additional information or to determine eligibility, please contact:
Marjorie Broun, Jewish Community Services, 781-5459.

LETTER WORKSHEET

The High School Students and their Parents
The College Association Parents for a Jewish Education

Department of Jewish
Education
College Services

Join the 280 Raleigh households that are members of Jewish Community Services.
Dues are \$25.00. Your membership helps bring needed social services to the
Jewish Community.

JOIN YOUR JCS

Blank rectangular area for address or postage stamp.



Jewish Community Services

3900 Merton Drive
Raleigh, NC 27609

COLLEGE CARE AVAILABLE

NON PROFIT ORG.
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PAID
Raleigh, N. C.
Permit No. 1621

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