



Jewish Community Services

NEWSLETTER

OCTOBER 1988

"POOR" JEWS?

Some people say, "There are no poor Jews in Raleigh."

As Jewish Community Services President, I say we need to take a closer look at what JCS does that's not publicized with the same fanfare as some of our programs -- all of which are always open to the whole community. Our community has grown steadily over the years and so have the problems that come with an increased population. There is now a definite and proven need for one agency that can deal with the number and variety of situations that existing rabbinical and social services cannot address. That agency is JCS.

It's sad to relate that there are Jews in the Wake Co. area who need assistance -- psychological as well as financial. JCS offers counseling on a sliding scale fee basis, receives referrals from and gives referrals to other helping agencies in a discreet, confidential and caring way. For those who cannot afford private services, JCS is here. We're "here" for those who have no place else to go -- or no place where they feel as comfortable going in troublesome times, a place where they can keep their dignity and self-respect.

JCS has also been able to alleviate several crisis situations by helping with emergency loans to cover electricity bills, to pay the rent and to tide community members over difficult periods between jobs.

There is now a significant population of single parents who need help; disabled folks on limited or fixed incomes have faced unfortunate circumstances. As the Jewish central "clearing office" for these crises, JCS has been able to offer more than even much-needed moral support.

JCS does "fun" things too -- plans informative programs and trips. And because JCS is COMMUNITY oriented, everyone is included.

Jackie Eisen

MEMBERSHIP

The Jewish Community Services July membership campaign started off with a bang! The goal is to reach 300+ members for 1988-89. Please fill out the enclosed card to become part of the exciting and rewarding experiences you are reading about in this newsletter.

GUIDANCE IN COLLEGE APPLICATION PROCESS CAN MAKE DIFFERENCE

JCS is pleased to announce its association with Mrs. Harriet Jablonover, consultant in the step-by-step College Application Process and financial aid.

Mrs. Jablonover began college application process consulting through the American School of Paris, when her husband was on assignment with IBM, assisting Dr. Jon Donnella, Senior Guidance Officer. She was the Upper School liaison among faculty, parents and students, hosting many college admission officers from prestigious American Universities on their recruiting circuits.

Timely guidance in the student's college application process can be a valuable investment in the student's confidence and success in college admission. Preparation for university admission should ideally begin during the first year of secondary school. One session can highlight the importance of the student's efforts in several areas. Most students and parents, however, seek guidance in early autumn of the senior year.

If your child is considering attending college in the near future, call JCS, 781-5459, for further information.

SINGLE PARENTING SUPPORT GROUP

People who reach out for support in times of transition have a better chance for personal growth and new beginnings. It is important not to feel alone.

Jewish Community Services is responding to the need for a support group for single parents. The group will explore such issues as: the adjustment to a new lifestyle, relationship with your ex-spouse, dating and its effects on the children, being a custodial or a non-custodial parent, discipline, increasing communications skills and dealing with financial changes.

The group will run for eight weeks at 7:00 P.M., beginning Thursday, November 10 at the JCS office at 3900 Merton Drive.

For more information on sliding scale fees and registration call Judy Keegan, A.C.S.W., at the JCS office, 781-5459.

TAY-SACHS SCREENING

JCS is again sponsoring a Tay-Sachs carrier screening in cooperation with the Genetic Counseling Program at the University of North Carolina. It will be held in conjunction with the JCS Annual Health Fair, Sunday, November 6, 1988, at Temple Beth Or, from 11:30 a.m. - 3:00 p.m.

Tay-Sachs is a fatal, hereditary disease that affects children. The disease is inherited from two perfectly healthy parents who carry the gene for the disease. The carrier rate in the general population is approximately 1 in 100. The American Jewish population has an especially high rate of 1 in 25. Carriers are primarily descendents of Central and Eastern European origin. This simple blood test can tell if you carry the gene. This information can be vitally important if you have children or are planning on having children.

Genetic counselors will be present to answer questions. And counseling is available for carriers.

VISIT TO RAMESSES EXHIBIT

There are only a few seats left for the exciting bus trip to Charlotte's Mint Museum on Sunday, October 16, to see the RAMESSES THE GREAT exhibit. The \$35.00 per person price includes the round-trip bus fare, box lunch, the guided museum tour, a surprise afternoon treat and other special events. Dinner stop - on own. Bus leaves at 8:30 a.m. and returns around 10:00 p.m.

Call the JCS office immediately to reserve your seat.

HOUSE CLEANING

Lucky you! If you are 55 years of age or older, you are eligible to receive qualified house cleaning service. This service is available for two or more hours per day. All equipment and supplies are provided.

For information concerning costs and other arrangements call the JCS office, 781-5459.

VOLUNTEERS NEEDED

Friendly Visitors

visit elderly shut-ins

Grandparent Program

surrogate grandparents

Tele-a-Mitzvah

call shut-ins or the frail elderly

Transportation

seniors' appointments, social or religious events

Call J.C.S. office today

WHY SUPPORT JCS?

by Rabbi Evan Shore

Many people ask me to define Judaism in one sentence. Without hesitation my response and definition is always the same: *U'ahava l'rae'ache Kammoche*: You shall love your neighbor as thyself. Rabbi Akiva teaches us that this is the greatest of all principles in the Torah. It is interesting to note that the commandment to love one's fellow human being is followed by the words, "I am G-d." The reasoning is quite simple. Loving G-d and loving our fellow human beings are, in reality, the same. By caring and providing for and helping our fellow Jews, we in turn show our love and loyalty to the Holy One, Blessed Be He.

Jewish Community Services is the epitome of this cardinal principle of Judaism, extending a helping hand when needed or being there before the hurt or feeling of loneliness becomes worse. Whether it be a phone call, a timely lift for an appointment or a session with a professional, JCS is there to help.

Our Rabbis tell us that when one has saved a single life, it is considered as if the whole world has been saved. For many, JCS has been there to help, to save and maintain the world around them. We should all be proud and feel lucky to have an organization like JCS in Wake County.

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.

ANNUAL JEWISH COMMUNITY BLOOD DRIVE

Be "one in a hundred"-- our goal is to collect 70 plus pints of blood this year, and we're looking for nearly 100 donors and bloodbank volunteers. Do a mitzvah for life by ensuring a safe, adequate blood supply for our families, friends and neighbors. It's a quick, easy, and vital contribution to the well-being of the whole community.

Call to sign up as a donor and/or as a volunteer:

PLACE: Temple Beth Or New Education Building

DATE: Thursday, November 17, 1988

TIME: 2:30 to 7:30 p.m.

Walk-ins Welcome

We need you to:
Choose Time

VOLUNTEER
(age 16 - older)

DONATE BLOOD
(age 17 - 65)

2 hour shifts

(Plan to be here 45 minutes)

12:30 - 2:30 set-up
2:30 - 4:30
4:30 - 6:30
6:30 - 9:00 close

2:30	4:15	6:00
2:45	4:30	6:15
3:00	4:45	6:30
3:15	5:00	6:45
3:30	5:15	7:00
3:45	5:30	7:15
4:00	5:45	7:30

**TO DONATE AND TO VOLUNTEER
CALL JCS 781-5459**

Baby sitting will available after 3:00 p.m.



Jewish Community Services

NEWSLETTER EDITORS

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Judith S. Keegan, M.S.W., A.C.S.W.
Individual, Couple and Family Therapy

3900 Merton Drive, Suite 107
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By Appointment
781-5459

JEWISH COMMUNITY SERVICES

«« HEALTH FAIR »»

SUNDAY, NOVEMBER 6, 1988

11:30 a.m. - 3:00 p.m.

TEMPLE BETH OR
5315 CREEDMOOR ROAD

FREE EXAMINATIONS: FROM "HEAD-TO-TOE"

- | | |
|--------------------------|-------------------------------|
| Richard Adelman, M.D. | Flu Shots (\$2.00 charge) |
| Dennis Becker, M.D. | Diabetes Screening |
| Frank Bouknight, Jr. | Beltone Hearing Test |
| Mitch Collman, M.D. | Blood Pressure Screening |
| Beth Friedland, M.D. | Glaucoma and Vision Screening |
| Abbe Gorberg, M.A. | Registered Dietitian |
| Lloyd Rothschild, D.D.S. | Oral Cancer Screening |
| David Tobin, D.P.M. | Foot Screening |
| Jon Tumen, M.D. | Pulmonary Function |

Tay-Sachs Screening

Cholesterol Screening

ADDITIONAL SCREENINGS AND HEALTH INFORMATION

JCS does not endorse any individual health professional

For additional information, call JCS office, 781-5459

HERE'S YOUR CHANCE TO BE A TYCOON AND HELP JCS IN THE BARGAIN

The successful Triangle Tycoon is back -- better than ever. JCS is able, once again, to offer the excellent coupon discount booklet as its major fund raiser. We receive \$15.00 from each \$30.00 booklet we sell. And you receive discounts and fun worth over \$1500.00!

Ask those who became Tycoons in 1988 how much they enjoyed themselves and how much money they saved dining and "playing" at some of the Triangle's finest restaurants and most exciting entertainment spots.

Start at the beginning of 1989, and go through the year enjoying yourself -- and helping JCS also.

Make your friends, employees, relatives and newcomers Tycoons too. Since the booklet will be available from November 15, 1988, on, you can buy several as gifts. The Triangle Tycoon is a year-long present!

INFORMATION & REFERRAL

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

A \$10.00 BARGAIN

A few 1988 Triangle Tycoon discount coupon booklets are still available for only \$10.00 -- which is all tax deductible. YOU HAVE THREE MORE MONTHS TO USE THE COUPONS!

If you aren't sure about getting the 1989 Triangle Tycoon, try a 1988 booklet, on sale for only \$10.00, and you'll become an instant fan the first time you use it. Support JCS while you're having a great meal, watching a play at Center Stage, playing regular or miniature golf or listening to the North Carolina Symphony -- all at reduced prices.

Call 781-5459.

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 information, call JCS office, 781-5459.

HEALTH FAIR

Last year's Health Fair was a resounding success. Professionals spoke to and examined over 90 people. Several people later made appointments with their own physicians as a result of tests that picked up problems they were not aware of.

Do yourself a healthy favor . . .
Take advantage of these services.

RECIPES, RECIPES

Matzoh Balls without schmaltz, eggs or salt? Blintzes without eggs, fat or cholesterol? Kugel without you-know-what?

Yes, you can have these delicacies and eat them too! Very low cholesterol, low salt, and low sugar! Many other scrumptious recipes! Just what your diet orders!

A JCS cookbook is in the works by Greta Baron (847-9522), Retha Jasper (782-2163) and Carole Spitz (846-9708). If you have a special recipe you would like to share (with your name), please contact one of the cookbook editors.

LADIES' LUNCHEONS

Every second Wednesday of each month finds an average of 30 women meeting at the K&W Cafeteria. They meet at 12:30 in the private dining area.

This luncheon is open to anyone interested in socializing with friends or meeting new ones and listening to informative programs.

The next luncheon will be held on Wednesday, October 12th. Jackie Eisen will review INSIDE, OUTSIDE, by Herman Wouk. For further information or if you need a ride, call one of the hostesses: Mary Friedman, 782-4081, Kitty Fried, 847-6369 or Helen Rosenbloom, 876-3005.

"UNDERSTANDING BREAST CANCER" Treatment, Options, Reconstruction

Sponsored by:
Jewish Community Services
Wake County Unit of the American Cancer Society

Dr. Tim Aldrich
Director of Central Cancer Registry
for the State of North Carolina

Self-examination techniques explained and demonstrated

DATE: Wednesday, October 26, 1988 **TIME:** 10:30 A. M. - 12:00 P. M.
PLACE: Temple Beth Or **NOTE:** bring bag lunch; drinks provided

THE PERFECT GIFT

There isn't a better gift for the new year than a Triangle Tycoon. What's easy to buy, has something for everyone, gives pleasure for a whole year, gives you a chance to help your community and is partially tax deductible? Right! Triangle Tycoon.



Sewish Community Services
 3900 Merton Drive
 Raleigh, NC 27609

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Please return to
JEWISH COMMUNITY SERVICES
3900 MERTON DRIVE, SUITE, 107
RALEIGH, NC 27609

I am enclosing my/our contribution of:

\$25 \$36 \$50 \$100 \$200 \$_____ Other
Payable to Jewish Community Services

Name(s) _____

Address _____

Phone _____ Date _____

I am interested in becoming a volunteer Please contact me! My
area of interest is _____