

Jewish Social Services of Madison CONNECTIONS

Newsletter Sponsored by the Anna & Oscar Bentley Fund

Spring 2005, Vol. 4 No. 4

Katie Waala, Amy Preis and Libby Sutton

Bridging Generations: “All it Took was a Smile”

This year's UW Pharmacy School service-learning students, Katie Waala, Amy Preis and Libby Sutton shared rewarding experiences through JSS.

I saw that senior citizens just want to be treated with respect as all people do.

At the UW-Madison, first year pharmacy students are required to take Pharmacy Practice 425, a “service-learning” class. JSS is a community partner with the campus Morgridge Center for Public Service and the UW School of Pharmacy.

Through JSS, Katie, Amy and Libby were matched with older adults and visited them in their homes, sometimes licensed care facilities. Each intergenerational pair spent the past two semesters getting to know one another. The goal was to break down stereotypes and learn from each other. Senior and student shared life stories, exchanged photos, discussed current events, taught skills, and, if able, took excursions. Each student kept a journal and submitted a year-end paper.

She showed me that life is what you make it; happiness comes from accepting what you can't change and realizing you possess the power to change what you can.

Service-learning is a concept that has been embraced by hundreds of campuses across the nation. At the UW-Madison, the definition is, “a method of joining academic theory with service to enhance student learning while addressing collaboratively identified community needs.”

According to Elizabeth Hollander, Executive Director of Campus Compact,

a coalition of 900 universities, “The fact that a third of college and university students are engaged in community service belies the common image of students as cynical and self-involved. Campuses are increasingly providing the space and opportunity for students to act on their sense of social responsibility.”

In some ways there's nothing really new about service-learning. Student teaching and social work field placements are good examples of the service-learning concept.

It will be important that I remember that my patients and other health care professionals that I work with will be coming from all different types of backgrounds and they may see things differently than I do.

UW-Madison Vice Chancellor Mary Rouse states unequivocally, “The experiences of students in the community are just as meaningful to their education as lessons learned in the classroom.” This conviction, backed by research, led her to spearhead an effort to incorporate service-learning into the curriculum of every academic department on campus.

'J' has had quite an impact on my life, and I feel that she has learned from me as well. She told me about the times of the Depression and the Holocaust, and I helped her use a computer. 'J' was my teacher. She taught without a book.

The Pharmacy School believes that service-learning encourages students to leave their “comfort zone” and learn about people who are different from themselves. This can help prepare them as future pharmacists who will interact with the public in a sensitive way.

This service-learning experience has gone beyond all my expectations, and I am very glad that I have had the opportunity to form friendships with these two individuals.

Volunteers come to JSS through many channels and with a variety of goals. To find a niche that is right for you, contact Louise Goldstein, JSS Volunteer Coordinator at 278-1808, ext. 26. louisejss@mjcc.net/.

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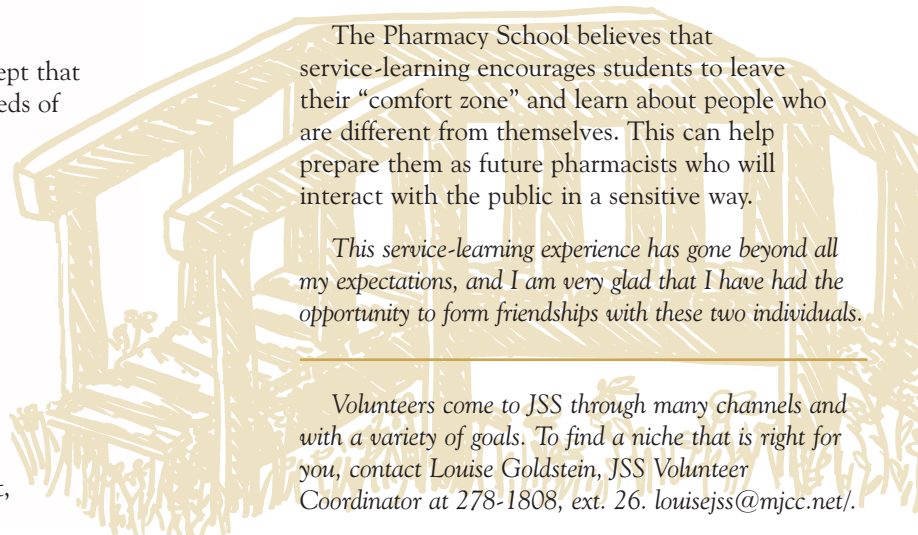
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A Moving Story: Part II

Leaving the Family Home Can be a Wise Decision

Pseudonyms have been used to protect confidentiality.

“Mostly, it’s about peace of mind,” says Adam, a long-time Madison resident who moved to a senior living complex last year. He had loved his home on the west side, where he and his wife had raised their children and enjoyed their retirement. Even after he was widowed, Adam felt his home was where he belonged. His health was good, and he stayed active.

Adam’s children talked with him about moving, but he didn’t feel ready to “live with all those old people in a retirement center.”

“Each winter, though, I noticed the walks seemed to take longer to shovel. More leaves fell on the lawn, and then the roof seemed like it might need replacing soon,” Adam said. The idea of apartment living began to have more appeal as he realized that he’d have to be hiring additional help in order to stay in his home. He had to admit that he didn’t really need all that room, either.

Adam says that in the back of his mind, he worried that something might happen when he was home alone. “Whenever I got sick, I’d think about whether I could go on independently if my health deteriorated, and how I would know if it was time to move,” he commented. He talked over his concerns with the geriatric social worker at Jewish Social Services, and she provided information about the senior living options in the Madison area.

Adam’s son Bob did some legwork and arranged for his father to visit a few places. “We didn’t want to pressure him, but we thought he should know that there are a lot

of options, and many places have waiting lists,” he said. They visited a few buildings where they were impressed with the services and activities offered.

Eventually, Adam planned a move. The daunting task of packing up a homestead was efficiently handled by a service to which JSS referred them. The company also arranged the moving and set up the new apartment.

It’s been a good move all around...My social life is better than ever.



Adam says he has been happy with the life he has now. “The apartment is big enough for what I need, I eat dinner with friends every night (cooked and cleaned up by someone else!), and I can attend classes and concerts right on the premises. The JSS social workers are regulars here and I know I can consult them if I have a problem.”

His peace of mind comes from knowing that if he gets sick or needs more care, there is a system in place that will provide help. Meanwhile, he “checks in” every morning, and there is an emergency call system in his apartment. Also, he’ll get priority to move to the facility’s assisted living area or the nursing home if he requires more care, or just some rehab.

Bob notes that his father’s move has given him peace of mind, too. He knows Adam is getting good meals and social interaction. “When we get together, it’s not to do chores, but to enjoy being together as a family.”

“It’s been a good move, all around,” says Adam. What about living with all those old people? “I’ve met a lot of friendly, interesting people. My social life is better than ever.”

Moving to Senior Housing Issues to Consider

Leaving one’s home, whether the old family homestead or an apartment for one, is always a difficult decision. Below are some ideas to help you in considering whether to move, and to where. Even if you aren’t ready now, the most popular living arrangements have waiting lists. Consider placing your name on a list to keep your options open.

- Many senior buildings offer extra services such as meals, cleaning, transportation, personal care. Regular apartment buildings do not.
- Some complexes offer a “continuum of care”—residents whose care needs increase can move into assisted living or a nursing home on the same grounds.
- Costs vary among living arrangements. Subsidized buildings are available to seniors with limited incomes (significant assets do not necessarily disqualify someone), but extra services usually are not provided. Some complexes offer “lease-back” condos.
- Some long-term care insurance policies may help pay for assisted living or nursing home care if it is medically needed.
- Consider your interests and hobbies when choosing location (near shopping, cultural events). Check into available activities such as art classes, field trips, book groups.
- Transition companies can decrease the work and stress of sorting through a lifetime of belongings. These businesses can pack, move, and set up the new place.
- Will you be keeping your car? If not, does the new place offer transportation, or is there another service, such as Metro Plus, you can use?

To discuss your options, contact JSS at 278-1808 and ask to speak with a geriatric social worker.

JSS Offers A Sincere

Thank You

for Your Tribute Gifts

The following contributions were recorded between January 1, 2005 and March 31, 2005

IN HONOR OF:

David & Shelley Schwarz, birth of granddaughter

Ben and Judy Sidran

Chuck & Linda Barrett, birth of grandson

Larry and Jean Landweber

Max Bodenheimer

Sandy Porter

Dan Yopack

Lil Burnstein, 90th birthday

Gerald and Vicki Stewart

Frances Dick

Melissa and Jim Baldwin

Sherman Dutch, get well

Ken and Joan Riggs

Lois Frank, get well

Louise Goldstein and Bruce Thomadsen

Our Grandchildren

Charles and Linda Barrett

Alan Hyman, special birthday

Lorelie Wexler and Ken Conway

Jewish Social Services

Anne Paratore Dinsmore

Harry Kaiser, birthday

Louise Goldstein and Bruce Thomadsen

Bill and Bobbie Malone

Barbara Spierer

Sylvia Sugerman

James and Nancy Youngerman

Larry Kohn & Laurie Buchalter, birth of grandson

Louise Goldstein and Bruce Thomadsen

Paul & June Koritzinsky

Jay Koritzinsky

Sara Krauskopf, mazel tov on Kohl Teacher

Fellowship

Rose Steinig

The Fabulous People Who Attend Lechayim

Louise Goldstein and Bruce Thomadsen

*Louise Malamud & Steve Schoenberger,
wedding*

Louise Goldstein and Bruce Thomadsen

Joel & Debbie Minkoff

Eli and Freddie Berger & Family

Dan & Judy Pierotti, birth of granddaughter

Larry and Jean Landweber

Bill and Bunny Spitz

Nina Pressman, Bat Mitzvah

Nancy Dodge

Jewish Social Services Staff

Pamela Phillips Olson

Rose and Leonard Steinig

Ruth Rothstein

Harvey R. Dym

Francie Smith Saposnik

Roseanne Clark and Jeffrey Davis

Ronald and Cherie Diamond

Bobbie Krinsky

Sam and Maria Onheiber

Sandy Schwartz, get well

Sol and Corlie Blumenfeld

Sandy Porter

Dan Yopack

Irv Shapiro, new home

Janet F. Kramer

Mathew & Hannah Siegler

Aimee Siegler

Rose Steinig, granddaughter's engagement

Mr. and Mrs. Melvin Steinig

Judith Strasser, get well

Louise Goldstein and Bruce Thomadsen

Hallie Bongar White, get well

Sol and Corlie Blumenfeld

Jim Youngerman, continued good health

Herb and June Gronik

How Tributes Help

We appreciate when you honor and remember others with a gift to JSS. Gifts that are unrestricted in nature allow JSS to use them where the greatest needs exist.

Every donation means a great deal to us. We have made every effort to make sure our thank you lists are accurate and complete, but if we have inadvertently neglected to list your name, please let us know.

Call Sara Brandt, 278-1808. Thank you.

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Thank You for Your Tribute Gifts *(continued)*

IN MEMORY OF:

Mildred Agins

Charles and Linda Barrett

Livia Bergen

Kurt Bergen

Betty Blum

Betsy Abramson and David Seligman

Louise Goldstein and Bruce Thomadsen

Jan Silvers

Robin Taylor

Sylvia Feingold

Judith Lichtenstein

Arthur Friedman

Tom and Margie Krauskopf

Maurice Goldberg

Ken Opin and Jan Silvers

Rose Goldfarb

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Bart Green

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Sandy Herzog

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Janice Beers, Nancy Dodge,
Louise Goldstein, Pamela Phillips Olson

Contributing Writers

Did you know..?

- 116 individuals participated in this year's JSS Senior Seder. Thanks to the staff of the Oakwood Retirement Community, the JSS Senior Adult Committee and other volunteers, Rabbi Darryl Crystal and Louise Goldstein, JSS Volunteer Coordinator for a job well done. It was a wonderful event.
- Hadassah's Collector's Corner Resale, 6633 University Ave., Women and Kidstore Resale, 6798 Watts Rd. and Lifetime Eyecare Center, 7425 University Ave., have provided generous help to JSS clients in need.
- Once again this year, in honor of JSS volunteer and past president, Bobbie Lazarz, the CUNA Mutual Group awarded JSS \$500 through its Dollars for Doers Program.
- Nancy Dodge, JSS Geriatric Social Worker recently testified before the State Assembly Medicaid Reform Committee. Protecting confidentiality, she offered examples of how Medicaid budget cuts could harm vulnerable seniors on her caseload.

INTERNATIONAL CORNER



JSS Goes Global

In response to referrals from the US Citizenship and Immigration Services, formerly the INS, JSS has expanded services to émigrés who require low cost preparation of legal documents such as applications for naturalization. JSS and Resettlement Coordinator, Janice Beers have each received a special certification from the US Board of Immigration Appeals to provide these services. Currently, no other agency or individual in Dane County has these credentials. To achieve this, JSS met high standards and Janice completed over 40 hours of legal training sponsored by the Illinois Coalition for Immigration and Refugee Rights. She has already provided assistance to individuals from Albania, Somalia, Liberia, Uruguay, Columbia, Egypt, Nigeria and Mexico, in addition to those from the former USSR.

Barbara Spierer, JSS Associate Executive Director explains that the JSS Board endorsed this program, once members understood that no other non-profit agency in Dane County was providing the service. "Janice has excelled in her classes," comments Spierer. "That, combined with her experience and sensitivity in providing culturally competent assistance to New Americans makes JSS an ideal sponsoring agency."

Recently, Sharon Mason-Boersma from the Dane County Department of Human Services asked Janice to meet with a group of twelve Albanians whose spouses currently reside in Kosovo. These refugees immigrated to Stoughton to join relatives already living there.

With the assistance of an interpreter, Janice provided specific information about federal forms, fees and processing. Individual questions were addressed and names of legislators provided, should applicants require political advocacy.

Sharon explains, "The event helped the participants understand the process. My clients can now begin applying for family re-unification. We are all appreciative of the assistance Janice provided."



Janice Beers and Sharon Mason-Boersma collaborate to meet client needs

UPCOMING EVENTS

Crossing Delancey

Wednesday, June 1, 2005, 1:30 p.m. to 4 p.m.

Temple Beth El Sanctuary

Join us for pickles and rye and a great film starring Amy Irving. This is a precious film filled with wit, great writing and good old Jewish values and humor.

Discussion and snacks to follow in the lounge.

Remembering Our Parents

Thursday, June 9, 2005, 5:00 p.m. to 6:30 p.m.

Temple Beth El lounge

*"In the opening of the buds and in the warmth of the summer,
We remember them"*

We are planning a workshop based on Jewish tradition to honor the memory of our loved ones. It will be facilitated by Rabbi Darryl Crystal, Pamela Phillips Olson, and Jean Lind, HospiceCare volunteer. Please join us. Registration is required.

The Frisco Kid

Wednesday, July 13, 2005, 1:30 p.m. to 4:00 p.m.

Temple Beth El Sanctuary

An off beat comedy adventure starring Gene Wilder as a Polish Rabbi traveling out west to a congregation in San Francisco. In one review he was called a real SCHLEMIEL!!! Join us.

Discussion and snacks to follow in the lounge.

For more information about these programs please call Pamela Phillips Olson at Jewish Social Services; 608-278-1808 or e-mail pamelajss@mjcc.net/.

These events are free and open to the public.

“A Hard-Working People-Person”

BY LOUISE GOLDSTEIN, *Volunteer Coordinator/
Senior Adult Program Coordinator*

When JSS hired Darlene Schwartz in the mid-1980s to be its first volunteer coordinator for 15 hours a week, she began an unexpected career in the Jewish community. This self-described “hard worker and people-person” has served on the JSS Board for the last four years, and chairs the Senior Adult Committee.

How did you get involved with JSS?

When my kids went to school I was encouraged to apply for the newly-created volunteer coordinator position. I got the job based on my social work background and my volunteer work. I loved working with the seniors, and the job got me involved with the Jewish community. I take pride that I started a lot of personal, special relationships that are still going on. And I wrote the first volunteer manual.

How did the job get you involved with the Jewish community?

I met more people, and was exposed to more Jewish observances, especially around holidays. This was marvelous for my family, because I brought it home and it influenced my husband and children. JSS provided role models; I looked at people like Francie (Francie Smith Saposnik, Director of Senior Services) and learned. I’m just so thrilled that these opportunities gave me the opportunity to be a role model for my children. After three years I left to become the Temple Administrator at Temple Beth El, and so my professional life ended up in the Jewish community, which I had never expected. As I did at JSS, at Temple Beth El I laid the foundation for something which has since grown and become more complex.

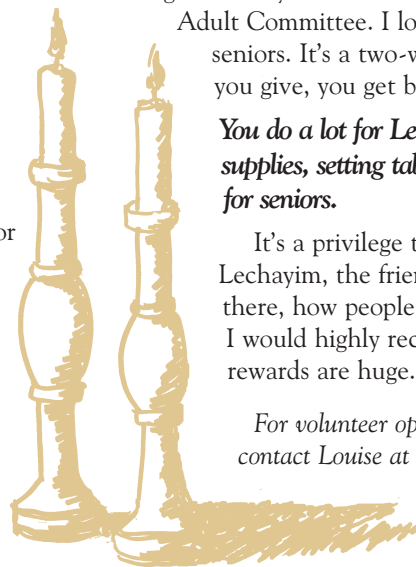
You’ve returned to JSS...

I never forgot my beginnings here and my love for seniors. One Temple Beth El Mitzvah Day I spent two hours talking with a Jewish lady in assisted living. I ended up visiting her for the next two years. I enjoyed it so much, I came back to JSS by volunteering at Lechayim and serving on the Senior Adult Committee. I love learning from seniors. It’s a two-way street. What you give, you get back in spades.

You do a lot for Lechayim, like getting supplies, setting tables, providing rides for seniors.

It’s a privilege to be part of Lechayim, the friendships you see there, how people look forward to it. I would highly recommend this. The rewards are huge.

For volunteer opportunities at JSS, contact Louise at 278-1808.



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