

Sandy Bierman and Sam Moss

“It’s a Great, Great Help.”

Sandy encourages those who might need the Care-Sharing Program to contact JSS.



Sam credits his wonderful community, his special pet, Yehudit and JSS for helping him through challenging times.



Sandy Bierman and Sam Moss have only a nodding acquaintance. But the two have a number of things in common: both are native Madisonians, they have relatives who married one another, and each has a big heart and a large community of friends.

Sandy’s activities center around Temple Beth El where she serves on the Sisterhood Board, chairs the book club, and has been involved in the Caring and Hospitality Committees.

Sam *davens* at Chabad and at Beth Israel, where he is a reliable member of the “Minyanaires,” the daily *minyán*. For many years, he was a devoted caregiver for several family members.

Unfortunately, Sandy and Sam also share a life-threatening condition, renal failure. While advances in medical treatment have helped them to lead full lives, they each have reached the stage where they must undergo dialysis until they can receive a kidney transplant. That’s where JSS got involved.

Through the “Care Sharing Program,” JSS assists individuals and families facing medical crises. Utilizing e-mail, Director of Volunteers, Louise Goldstein recruits and coordinates friends, family, and other volunteers who can provide temporary help with basics like meals, childcare, shopping, household chores and transportation. For Sam and Sandy, rides to and from dialysis were the critical need.

Even when well-meaning friends say, “Call me for anything,” it can be overwhelming or uncomfortable to ask others for help, particularly over an extended period of time. JSS can lift the burden and create a single, coordinated effort.

Louise organized thrice-weekly rides for Sam over six months, until he was able to begin home dialysis. He says that Care Sharing transportation was a “special relief” when he visited the clinic daily to learn complex home dialysis procedures.

Sandy’s appointments were at night and husband, John, who faces his own health challenges, was unable to drive her. She says that, “It made a big difference having a friendly face waiting to take me home.” The rides continued until Sandy qualified for specialized transportation. Louise swung back into action several months later when Sandy sustained a serious injury that left her using a wheelchair and walker for five months. Her Care Sharing network provided rides, meals and grocery shopping.

Sam says he’s lucky to have good friends. One of them, a dog-owner himself, would take Sam and his beloved Yehudit to a dog park before dialysis appointments. Once on home dialysis, Sam threw a party to thank his Care Sharing friends, clinic nurses and JSS staff. Along with the bagels, lox and Tofutti®, Yehudit was there, doing her best to steal the show.

Not everyone has an extensive network of friends, family, or a congregation. None of these is a prerequisite for receiving Care Sharing services. Louise can coordinate community volunteers, willing to do a *mitzvah* in a crisis.

Sandy says, “Please call JSS. Don’t be embarrassed or shy.” Sam says, “Take advantage of it. It’s a great, great help.”

If you or a loved one is facing a crisis and need assistance, or you are interested in becoming a Care Sharing volunteer, please contact Louise, 278-1808, ext 26; louisejss@mjcc.net/

As we were going to press, we received word that Sam has undergone a kidney transplant. Sam, we are all cheering for you. All the best!

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Who, Me? No Way!

Accepting you're in denial is, well, the first step to action and acceptance

BY RACHELLE RICHARDSON

On January 18, 1997, my mother was admitted to the Broward County (Florida) Hospital thinking she'd had a heart attack. She was panicked, disoriented and irrational. Her neighbor called me and said, "You have to come down here."

For two years, I'd been avoiding confronting my Mom's impaired thinking and uncharacteristic behaviors. I told myself, "it's not really my business," and "I don't have to deal with this yet." Now I did.

Mental health professionals acknowledge that denial can be a necessary coping mechanism when facing the truth would be painful. My grandma's dementia had terrified me; now I was afraid for my mom. Myself, too.

Evelyn McLay and Ellen P. Young were both caregivers for family members with Alzheimer's Disease, and their new book *Mom's OK, She Just Forgets — The Alzheimer's Journey from Denial to Acceptance* is a comforting and practical guide for anyone walking that path. Although specific to memory loss, much of the advice and strategies are applicable to other caregiving situations.

"Love in action" is their antidote to the fear at the base of denial. Perspective and a good dose of humor are essential, too, and they model all three.

Back in 1997, I found "love in action" when I turned to Francie Smith Saposnik

from Jewish Social Services and Mary Anderson from the Alzheimer's Association. An only child, I had a big task ahead. They educated me, they gave me plans. They helped my anger and resentment melt into compassion for my Mom's confusion, frustration and shame. When I was frozen with guilt, they affirmed me. They suggested clever strategies to outwit my Mom's behaviors. They made me laugh. They were my lifeline.

"Denial is the most pervasive coping mechanism. We can all succumb to its beguiling relief.... Avoidance, denial's twin, (is) fed by fear."

— Evelyn McLay and Ellen P. Young in *Mom's OK, She Just Forgets — The Alzheimer's Journey from Denial to Acceptance*

The hospital crisis was a turning point which enabled me to set things in motion while my Mom's dementia was in the early stages. (For reasons, see the chart below.)

Nancy Dodge is also a geriatric social worker at Jewish Social Services who works to move clients from denial to acceptance. "A lot of denial stems from not understanding that, along with memory, goes judgment and problem-solving abilities. The adult child still wants their parent to make the decisions, but they're not capable any more," she says.

Often, JSS helps families sort out how to balance a person's own wishes for autonomy and independence against their safety and health risks. This can assuage some of the guilt adult children commonly feel.

Denial underlies most caregiver frustrations. They get angry when the person "isn't trying hard enough," not understanding that people with dementia can't learn new things. Or they think they can get a person to follow through if they phone them a few times a day.

The disease itself also keeps caregivers in denial. Besides having good days in which they seem clear and rational, people with dementia can typically hold onto their "social graces" well into the disease, fooling us into believing they're functioning better than they are.

There are two kinds of acceptance, however: Grudging—"I accept this but don't like it"—or graceful—"I can see the good in this and am grateful." Loving acceptance is made with grace.

My Mom and I walked the path of acceptance together. As her disease progressed, she softened, no longer tortured by memories of who she used to be. Inhibitions relaxed and together we were able to share sweet moments, simple pleasures, and deep intimacy that was beyond intellect. It was the most beautiful experience of my life.

Rachelle Richardson is a free-lance writer and was a client of JSS until 2000, when her mother passed away.

Don't Wait for the Crisis: Reasons to Act Early

Many of these ideas come from the book *Mom's OK, She Just Forgets*.

1. Alzheimer's-like symptoms can be caused by a Vitamin B deficiency, dehydration, drug interaction and other reversible circumstances.
2. Get legal, health and financial matters settled while the person is mentally intact. Document their desires. An attorney, JSS or the Alzheimer's Association can help, or get forms online at www.dhfs.state.wi.us/forms/AdvDirectives/index.htm.
3. Medications can slow progression of the disease in the early stages (results vary by person). Other drugs can help reduce the anxiety, agitation and depression that often accompany Alzheimer's.
4. The geriatrician or neurologist you consult will establish trust and also a baseline mental status.
5. It may take months for an appointment with a specialist, years on the waiting list for popular assisted living facilities.
6. Your loved one is in tune with your emotional state. If you're calm, confident and positive, they're more likely to follow suit. If you're in crisis, it will agitate them.

Thank You

for Your Tribute Gifts

The following contributions were recorded between January 1, 2007 and March 31, 2007

IN HONOR OF:

Julius Adler, speedy recovery
Herb Lewis
Darlene and Stuart Schwartz
Rose Steinig
Liz and Russell Whitesel
Janice Beers,
Svetlana and Gennadiy Karlyuk
Janice Beers, happy birthday
Barbara Spierer
Janice Beers, many thanks
Francie Smith Saposnik
Jonathan Biatch, speedy recovery
Louise Goldstein and Bruce Thomadsen
Sandra Bierman,
Gayle & Irv Ginsberg
Freda Blair, complete recovery
PJA Group
Ilya Buhtoiarov & family,
permanent residency approval
Sherie and Paul Sondel
Bea Chudnow, 90th happy birthday
Bettine and Daniel Lipman

Lillian Deutsch, 1st year in Madison
Judy Karofsky
Nancy Dodge, happy birthday
Barbara Spierer
Louise Goldstein, happy birthday
Barbara Spierer
Louise Goldstein and Bruce Thomadsen,
marriage of Jillian and Raphael
Sandy and Robert Schwartz
Louise Goldstein and Bruce Thomadsen,
marriage of Jordana & Nathan
Sandy and Robert Schwartz
Sylvia Grunes, thanks for your Yiddish skills
Pamela Phillips Olson
Annette Howards's family,
Annette Howards
Hurricane Katrina Survivors,
Virgene Koehler Biggers
Rachel Kaiser & Neil Klein, engagement
Louise Goldstein and Bruce Thomadsen
Leah Kessel, happy birthday
Linda and Chuck Barrett
Karen and Harry Roth

Judith Komblatt,
Women of Temple Beth El Sisterhood
Diane Krasnick, in appreciation
Bunny and Bill Spitz
Diane Becker Krasnick, many thanks and
best wishes
Shabbat friends
Amy Kubala & Joshua Spierer, marriage
Bettine and Daniel Lipman
Bobbie Kunin, happy birthday
Ruth Levey
Howard Landsman, achievement award
Sarah Cutler
Lechayim,
Helen Vukelich
Lechayim, for the joy & happiness it brings
Bette Johnson
Ruth Levey, new great granddaughter,
Maggie Claire
Lorraine and Gerald Borsuk
Rose Steinig
Roz Levin, speedy recovery
Corlie and Sol Blumenfeld
Susan Lipp, happy birthday
Judith and Daniel Pierotti
Mildred Mailick, 80th happy birthday
Marsha Mailick Seltzer, Beth Bar &
Rebecca Seltzer
Sue Milch, 60th happy birthday
Rose Steinig
Evelyn Miller, speedy recovery
Darlene and Stuart Schwartz
Elizabeth Milovets, Bat Mitzvah
Margarita and Anatoliy Dvoskin

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 Svetlana, 278-1808. Thank you.

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Thank You for Your Tribute Gifts *(continued)*

Steven H. Morrison, speedy recovery

Ghita Bessman

Louise Goldstein and Bruce Thomadsen

Gary Seltzer

Barbara Spierer

Kenneth Riggs, speedy recovery

Lorraine and Gerald Borsuk

Judith Rothschild, happy birthday

Rita and Leon Applebaum

Janet and Byron Frenz

Karen and Harry Roth

Ruth Rothstein,

Harvey Dym

Francie Smith Saposnik,

Beverly Bassin

Sylvia and Julius Grunes

Billie Hellerstein

Judith Leland

Clarice Wortzel

Francie Smith Saposnik, happy birthday

Betsy and Bezalel Haimson

Jill Maidenberg

Pamela Phillips Olson and Steven Olson

Barbara Roth

Shelley and Dave Schwarz

Nancy and James Youngerman

Francie Smith Saposnik, gratitude for your support & help

Beverly Bassin

Francie Smith Saposnik, thank you for your help

Diane Becker Krasnick and Marc

Krasnick

Darlene Schwartz, happy birthday

Linda and Chuck Barrett

Grayce Seidenberg, speedy recovery

Ruth Levey

Rose Steinig

Sam Sherman, thank you for your help

Zina Sherman

Barbara Spierer,

Billie Hellerstein

Barbara Spierer, happy birthday

Kenneth Colburn

Betsy and Bezalel Haimson

Jill Maidenberg

Pamela Phillips Olson and Steven Olson

Barbara Roth

Shelley and Dave Schwarz

Nancy and James Youngerman

Diane Becker Krasnick and Marc

Krasnick

Ethel Steckelis,

Michael Steckelis

Anna Syversten & family, speedy recovery

Lisa and Harry Webne-Behrman

& family

Anna Syvertsen, speedy recovery

Louise Goldstein and Bruce Thomadsen

Barbara & Harvey Temkin,

Keren and Simcha Prombaum

Sue & Richard Weller, 40th wedding anniversary

Corlie and Sol Blumenfeld

Deena Williams, receiving Dane Cnty Juvenile

Court Outstanding Service Award

Rose Steinig

Liz and Russell Whitesel

Arthur Wortzel z"l, thinking of you

Louise Goldstein and Bruce Thomadsen

Becca Youngerman, receiving Samuel Goldsmith Award of Jewish Federation Chicago

Bettine and Daniel Lipman

IN MEMORY OF

Lillian Abramson

Cynthia Nolen

Mildred Bauman

Steven Bauman

Kurt Bergen

Abraham Landsman

Estelle Breslow

Merilyn and Joel Kupferberg

Mae Brickman

Nena and Thomas Dyhr

George Calden

Ruth Calden

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Bettine and Daniel Lipman

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Janis and John Argraves

Linda and Chuck Barrett

Cathy Caro-Bruce and Calvin Bruce

Bettine, Dan, Sarah & David Lipman

Marcia Mink

Judith Pierotti

Terry Schnoll

Barbara and Larry Schwartz

Sandy and Robert Schwartz

Steven Schwartz

Andrew Seaborg

Bunny and Bill Spitz

Andrea and James Stein

Mark Strassburger

Patricia and James Vandenberg

Lesley Wilke-Nadler

Nancy and James Youngerman

Minnie Kessel

Sandy and Robert Schwartz

Deena and Peter Williams

Menashe Lazimy

Deena and Peter Williams

Gertrude Levin

Carol Ottenstein

Solomon Levine

Elizabeth Levine

Marcia Lewis

Judith Leland

Herbert Lewis

PJA Group

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Thank You for Your Tribute Gifts *(continued)*

Bernard Lipman

Merilyn and Joel Kupferberg
Alan Orenberg
Judith and Daniel Pierotti
Judith and Michael Rothschild
Nancy and James Youngerman

Ethel Lipman

Erica, Burke, Nathaniel & Talia
Richmond

Camille Mathias

Rudolf Mathias

Meme Snyder-Pransky

Gary Seltzer

Russell Pollock

Lorraine Pollock

Jessie & Sam Pollock

Lorraine Pollock

Clarence & Harry Pollock

Lorraine Pollock

Ruth Ravich

Lynn and Daniel Kaplan
Bettine and Daniel Lipman
Diane Gutmann and Tom Palay
Charlotte and Ralph Musin

Sol Richmond

Gary Seltzer

Martin Rosenzweig

Sidney Sweet

Irving Saposnik

Judith Leland

Rubin Schwartzstein

Diane Gutmann and Tom Palay

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Rebecca and Jonathon Kaiser
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Bettine and Daniel Lipman

Kristina Maldre
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Merilyn Penn
Judith and Daniel Pierotti
Gaby and Alex Scharlack
Marney and Robert Scheele
Shelley and Dave Schwarz
Linda and Larry Shriberg
Liz and Russell Whitesel
Deena and Peter Williams
Nancy and James Youngerman

Anne and Arthur Sweet

Jessica and Lawrence Sweet

Leon Vodovosoff

Freda and James Blair

Sylvia Vodovosoff Stein

Freda and James Blair

Max Wald

Atsuko and Paul Kusuda

Karen Weintraub

Sandy and Robert Schwartz
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Judson Schiebel

Lillian Yatvin & Jonathan Aked

Joanne and Milton Yatvin

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Jewish Social Services, 278-1808



A Community Responds

In April, JSS put out the word that a family had lost everything in a fire. We asked for donations of clothing and household goods. The response was immediate and wonderful. Here is part of a note we received from the mother:

Hi, Barbara

I can't thank you enough for all the help you have given us. I cannot imagine getting thru this without all of your help, Celeste and others. You have been awesome.

We are functioning and seem to have the basics of what we need for right now. My deepest thanks to each and every one of you.

T.



Caring. Connections. Solutions.

Did you know..?

- The Dane County Bar Association recently awarded JSS a Worthy Causes Grant in support of its Immigrant Services Program.
- For the first time, in 2006, clients served in JSS Services to Individuals and Families under Stress exceeded the number served in its Elder and Family Support Program.
- March 15th marked Associate Executive Director, Barbara Spierer's 25th anniversary with JSS.
- 120 individuals received emergency financial assistance from JSS last year.

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Christine Pavelko, *Designer*

Janice Beers, Nancy Dodge,
Louise Goldstein, Rachelle Richardson,
Barbara Spierer
Contributing Writers



The Neighborly Thing to Do

“We don't know how we could have gotten through the last 6 months without the support of Jewish Social Services and the community in Madison,” says Tamara Kolosovsky, speaking through an interpreter.

Tamara, her husband, Vladimir, and 21-year old son, Yury are Baptists. They emigrated as refugees from the former Soviet Union in 2006, to escape religious persecution. The family came to Madison to be reunited with son and daughter-in-law, Viktor and Anna. Not all that long ago, the younger couple arrived in Rockford as refugees. They moved to Madison because Viktor found work in construction and Anna, as a seamstress.

Lutheran Social Services (LSS) in Milwaukee is the closest agency with an active refugee resettlement program. JSS completed resettlement from the FSU several years ago. Today, the agency concentrates on serving the needs of the Russian-speaking émigrés it already resettled, and serves a growing immigrant population from around the world, as well.

Natasa Torbica, LSS caseworker, provided the family with initial resettlement services, even driving to Madison from Milwaukee with furniture and bedding in tow. However, long distance case management is difficult, at best.

Knowing that JSS Director of Immigrant and Refugee Services, Janice Beers, is Russian-speaking with years of resettlement experience, Natasa contacted her. Always putting client needs first, Janice agreed to help our sister agency.

Volunteer Coordinator, Louise Goldstein recruited drivers who took the Kolosovsky family to a food pantry, read and translated their mail, arranged for medical appointments and provided emotional support for Tamara, who recently underwent hip replacement surgery.

Janice procured jobs for Yury and Vladimir at River City Vending. Co-workers and the company's owner, Jeff Peterson, have been more than supportive, providing transportation whenever needed. Recently, a family who immigrated to Madison as refugees themselves several years ago, generously donated a car.



Yury has already found connections in Madison. He is volunteering with the Russian Folk Orchestra. Its director reciprocates by mentoring the young man. And so, yet another family from another culture becomes part of the richly diverse fabric of Madison.

Vladimir, Tamara and Yury appreciate the support of LSS, JSS and the Madison community.

Social Work Interns Will Keep Lillian's Spirit Alive

Joanne and Milton Yatvin established the Lillian Aked Yatvin Scholarship Fund in memory of their daughter. Made through the University of Wisconsin Foundation for the School of Social Work, it will provide a stipend for students completing their field work at either Jewish Social Services of Madison or HospiceCare, Inc. Joanne spoke with us.

This is a very creative and unusual gift. Why did you involve the UW?

We wanted to set up an internship in Lillian's name at the UW. Both Lillian and her husband Jonathan Aked were alumni. We lived in Madison for 25 years. My husband was on the faculty of the UW Medical School and I received a Ph.D from the UW in education.

How did you decide to create this gift?

It was not only that we wanted to remember them, but that we wanted people — those who may have known them, and those who didn't know them — to benefit from their lives and their legacy, and to know their names.

My husband and I experienced great grief when Lillian died, as we had when her husband died. Both JSS and HospiceCare had been very kind and helpful to us, and caring towards them, during their illnesses. JSS went out of their way over long months to set up a network of people helping us—with meals, giving rides to our granddaughter—because Lillian couldn't, and emotionally, I couldn't either.

Why did you choose a School of Social Work internship?

Lillian was a dedicated social worker for the (West Madison) Senior Coalition, helping elderly people in their homes. While in her last illness, Lillian finished setting up services for a client so he could stay in his home. This gave her great satisfaction, especially because it was her last, in the spring of 2004. She died July 4, 2004. We wanted to continue the gift that Lillian was.

The UW Foundation notes that endowed funds disburse only interest, so that the endowment, as well as Lillian and Jonathan's memories, will last forever. Any donor may add to the fund at any time.



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