



Jewish Family Service of Lackawanna County

615 Jefferson Avenue, Suite 204 • Scranton, PA 18510
www.jfsoflackawanna.org

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Abe Tells His Story

Abe sits on the edge of his chair in the office of Jewish Family Service. He is willing to share his life story as he feels people have to know about the Holocaust. For the first time in his life, two years ago, Abe was able to tell part of his story and bear witness to the indescribable events of the Holocaust as he spoke for the Holocaust Education Resource Center (HERC). Abe was introduced to Jewish Family Service through his contact with the HERC which he learned about from his granddaughter, Stefanie. When there is a problem Abe knows to turn to Jewish

Family Service “where people understand me” and where he was able to receive financial assistance through the Emergency Assistance Program for Nazi Victims supported by funds from the Conference on Jewish Material Claims Against Germany. As much as he feels comfortable with the social worker who he first met two years ago, retelling his experiences from during the Holocaust is very stress inducing. However, Abe is willing to share some of his story because “it should not be forgotten”.



“As a young child I grew up in the village of Miachov Harsnitshsa in Poland. My family consisted of my parents, five brothers and a baby sister; many uncles and aunts. My father sold horses and my mother picked fruit at the local farms and sold it to the town. At the age of five I started going to school. We all got up early in the morning. I helped a neighbor, a girl my age, collect milk from the farmers so it could be sent to town. This all occurred before I walked to school, 5 miles away, summer and winter. On September 1st, 1939 Germany started the war with Poland, I was 13 years old. First the village and the train rails were bombed, after that they started to take away the Jews. I saw the Germans come to our street so I jumped out of the window, went to the neighbors and hid in their bed. I was lucky. A while later my cousin came to the house and said to us that the next day the Nazi’s were going to come to the house to take out all the Jews for transport. He advised for me to leave the area by train. That night I went to the train station, my parents brought me; the station was full with women. We waited many hours, there were no benches so we laid down on the

Abe Tells His Story (continued from front page)

cold station floor to get some rest. We covered ourselves with the clothes we had brought with us. This was the last time I saw my parents.

“I was in 5 concentration camps and survived two death marches. I was lucky. Every minute there was something; it was not a pleasure. In 1945 I was liberated by the Russians. In 1946 I came to America where I had two uncles, aunts and cousins. One uncle had a bakery; he took me under his wings and taught me the baking trade. Soon I moved out and rented my own room. In 1950 I married an American girl; we had three sons and one daughter. I started my own bakery which grew into three bakeries in Brooklyn, New York City; one Jewish bakery, one glatt kosher bakery and one Italian bakery.”

In the 1970's Abe gave of himself by working in a prison teaching prisoners how to bake. When asked if he needed security as the prisoners had knives he answered “no, we will be fine, and so it was”. Abe had no trouble with the prisoners in this high security facility.

Since 1992, Abe resides in the Poconos where two of his sons and daughter-in-law live; one son, daughter-in-law and two grandsons live in New Jersey and this son continues the family tradition and has a bakery. His daughter lives in New York City. The granddaughter Stefanie lives near Scranton. At age 84, Abe continues to get up at 4 o'clock every morning, and delights in baking the most delicious pastries which he generously shares with friends and family.



Pick Your Project

Do you have a certain hobby you would like to share with others? If knitting or crocheting is your thing perhaps you could donate your handiwork to put a smile on the face of others? Volunteers are always needed at JFS to help with delivering meals, shopping for an elderly person, stuffing envelopes or simply talking on the phone. Have any ideas we haven't thought about? Just contact JFS or email mbushwick@jfsolackawanna.org and let us help you pick your project.

Pictured: Stuffed animals for children to hug and hold, donated by Deborah Hureau, Waymart, PA, who learned about JFS by doing an internet search. Thank you Deborah!

Executive Director's Message

Sheila Nudelman Abdo, ACSW, LCSW

We read about it every day and hear about it on the news every evening. The economy is struggling. Unemployment is up. Taxes are increasing. The city is in debt. The housing market is declining. The state budget is making cuts. The nation's debt is soaring. These are the facts that are impacting each of us in very personal ways. This is our new reality.

As we look in the mirror, these facts pose very difficult questions. What do we do with the resources we have? How do we make the best decision for ourselves and for those in our community? How do we make plans for the future when the present can be so difficult? These are questions we must ask ourselves and questions I must ask when I plan for the future of Jewish Family Service. How do we continue to serve those in our community who seek our assistance when we have challenges meeting our budget ourselves? How do we continue to meet our mission of improving the quality of individual and family life? How do we meet the increase in demand for our services?

The answer may surprise you. When cutting services may be the first response to a difficult situation I must reject the notion. What do we do instead? We grow our services and expand our reach and help more people. We invest in our organization and programs and we invest in helping those who need us the most. Of course expansion of services takes hard work but what other choice does JFS have if we are to be true to our mission? JFS has a responsibility to continue making a difference in the lives of others, today and in the future.

Because of your support, JFS is here to offer professional assistance and direction to those in need so that when your loved one, your neighbor or perhaps even you yourself is in need, JFS is here to help.

Pursuit of Happiness

By Don Minkoff, LCSW

The struggle to what it means to be "happy" has been part of our conversation throughout time. Aristotle, who lived from 384 BC – 322 BC, wrote about what it is to be "happy." The Declaration of Independence, written in 1776, stated "that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness." In September 1988, Bobby McFerrin released the song "Don't Worry, Be Happy" which was on the top of the Billboard Chart for two weeks, in addition to winning a couple Grammy Awards in 1989. There is a yoga pose called, "Happy Baby," which settles down brain activity & relieves tension and weariness. Even Merriam-Webster dictionary gets in the act by giving four general definitions of happy: 1) favored by luck or fortune, 2) notably fitting, effective, or well adapted, 3) enjoying or characterized by well-being and contentment and 4) characterized by a dazed irresponsible state.

Okay, so how do the examples above impact us in our own personal desire to be "happy"? For some, being "happy" is one of a number of feelings that we experience in the course of our day, that it is a feeling that occurs when we accomplish a meaningful goal. This implies the feeling is fluid and will be time limited and that it is experienced with other feelings, such as anger, sadness, etc. Others will describe being "happy" as a state of mind. We can emulate people who are "happy" by exhibiting the many common characteristics they display such as the following:

- Savor life and enjoy experiences in the present.
- Have a positive attitude.
- Give priority to having close relationships, smile a lot and have something nice to say.
- Don't sweat the small stuff.
- Be flexible. Understand that there are things and situations that occur which cannot change. Instead, change the focus on what you can change. Go with the flow.

- Laugh often.
- Take time for yourself. Find a balance between work and quality time with family, friends, etc.

But what if you're not born with these abilities or characteristics? Can one learn to be happy? Research shows that about 50% of happiness is genetics, 10% is influenced by life's circumstances and 40% is determined by how you think and act every day.

Noted in an article recently in PARADE MAGAZINE entitled Sunny Side Up, by Colleen Oakley where she asks: "Do you know how to be happy?" she states that the pursuit of happiness can actually backfire. People who place a high value on happiness have, on average, 17 more symptoms of depression than those who don't. Research also shows that optimists are not happier than pessimists. The reason: lowered expectations means less disappointment. So if you can't muster up the skills of those who you view as happy, ways that can help with your happiness level are: spending time outdoors, listening to music, reading a favorite novel (even if it is a depressing one!) and imagining yourself as happy. Remember, you can influence how you think and act every day. So could it be that less pursuit of happiness actually brings more happiness?

No matter how one experiences being "happy," there are many ways to increase your happiness quotient. Social workers at Jewish Family Service of Lackawanna are available to help you learn how.



Resources

<http://www.say-yes.com/the-characteristics-and-measure-of-true-happiness>
<http://www.pickthebrain.com/blog/the-6-components-of-a-happy-life/>
<http://ezinearticles.com/?Happiness---10-Characteristics-of-Happy-People&id=4039028>
<http://www.events-in-music.com/number-one-songs-dont-worry-be-happy.html>

<http://www.pursuit-of-happiness.org/history-of-happiness/aristotle/>
<http://orlandopsych.com/2011/05/happy-what-that-mean/>
<http://www.yogajournal.com/poses/2497?print=1>
<http://www.merriam-webster.com/dictionary/happy>

JEWISH FAMILY SERVICE OF LACKAWANNA COUNTY

Jewish Family Service of Lackawanna County is extremely grateful to the hundreds of families and individuals who participate in our Donation Card program and Tree of Life. It is a wonderful way to honor and recognize people in your life, and, at the same time, help Jewish Family Service. This listing includes gifts received April 1, 2011 through October 31, 2011. Please accept our apology if we have missed you. We researched carefully to be certain we included everyone, but occasionally mistakes get past us! If your name is not listed, or if you know of someone else's name we have omitted, please contact us so we can properly acknowledge all efforts.

There are many ways to demonstrate your love to friends, family and loved ones in joy, celebration and even in sadness. A meaningful way to honor and remember is through a contribution to one of Jewish Family Service of Lackawanna County's many funds. For a more permanent recognition, a silver, bronze or gold leaf can be purchased and displayed on the "Tree of Life" which is located in the entranceway of the Myer Davidow Wing of the Jewish Community Center. More information can be obtained regarding a contribution by calling the Jewish Family Service office at 344-1186.

GENERAL FUND

IN MEMORY

Harold Sprung
Rosalie Engelmyer
Sheila & Larry Abdo
Betsy Rosenthal
Jerry Klein
Don Telesca
Bruce Schoenberg
Don Telesca
Jerome Fink
Rosalie Engelmyer
Dr. Melvin Oram
Rosalie Engelmyer
Mr. & Mrs. Joel Joseph
David Esken
Chelsea Minkoff & Family
Irving Ecker
Dr. Eric & Taryn Blomain
To: Mark Werblood
Memory of father
Rosalie Engelmyer
To: Irving Moskow
Memory of sister Beatrice Wesley
Rosalie Engelmyer
Miriam Gelb
Rosalie Engelmyer
To: Trudy Harris
Memory of daughter
Rosalie Engelmyer
Charles Marks
Phyllis Oram
Karen Litowitz
Phyllis Oram
Howard Ufberg
Sheila & Larry Abdo
Don & Stephanie Minkoff
Rosalie Engelmyer
Bobbi & Ed Novick
Nancy Brown & Charles Jenkins
Deirdre Spelman
Ann Stahler
Bobbi & Ed Novick

Paul Rosenstein
Don & Chelsea Minkoff
Sheila & Larry Abdo
Deirdre Spelman
Ruth Fallick
Sidney DePicciotto
Rosalie Engelmyer
Yadviga Sokulska
To: Cheri Reich
Memory of mother
Alan & Michele Smertz & Family
Harriet Arnovitz
Rosalie Engelmyer
To: Ruth Fallick
Memory of niece Ellen
Phyllis Oram
To: Irving Kaufman & Family
Memory of daughter
Rosalie Engelmyer

SPEEDY RECOVERY

Mrs. Linda Mendelsohn
Sheila & Larry Abdo
Marcie Lunney
Sheila & Larry Abdo
Irv Kalisher
Bobbi & Ed Novick
Steve Willner
Sheila & Larry Abdo
Mrs. Joel Joseph
Rosalie Engelmyer

BIRTHDAYS

Frances Gelb
In honor of your 90th Birthday
Andrea & Jonathan Chasen
Dr. Howard Fragin
In honor of your special birthday
Mr. & Mrs. Joel Joseph

IN HONOR

Barbara & Louis Nivert
In honor of being JFS 96th Honoree
Renee Schectman
Edwin & Phyllis Brandes
Esther Kurlancheek
Bobbi & Ed Novick
*Harriet & *Paul Rosenstein*
Tova & Jay Weiss
Robin & Howard Kaufman
In honor of your granddaughter Emily becoming a doctor
Ruth Fallick
Blossom & Hy Ionin
In honor of Emily becoming a doctor
Ruth Fallick
Eileen Baine
In honor of all your upcoming wonderful simchas
Ruth Fallick

Mr. & Mrs. Morey Myers
In honor of all that you do
Marcia Myers
In honor of the Bar Mitzvah of Sam Myers
Phyllis Oram
Rosalie Engelmyer
In honor of the Bat Mitzvah of your granddaughter Samantha
Phyllis Oram
Mr. & Mrs. Paul Rosenberg
In honor of the marriage & graduation from medical school of your granddaughter Stacy
Phyllis Oram

WEDDINGS, ANNIVERSARIES & ENGAGEMENTS

Mr. & Mrs. Joel Joseph
In honor of your 60th Anniversary
Sam Rosen & Ruth Gelb

MAE S. GELB KOSHER FOOD PANTRY

SPEEDY RECOVERY

Naomi Alamar
Paula Wasser

IN MEMORY

Harriette Kaplan
Bev Klein
Walter Lewin
Bev Klein
To: Dr. & Mrs. Herbert Cohen
Memory of brother Melvin
Bev Klein
To: Mr. & Mrs. David Harris
Memory of sister Shirley
Paula Wasser
Miriam Gelb
Paula Wasser
Howard Ufberg
Marcia Myers
Paula Wasser
Bev Klein
Sidney DePicciotto
Paula Wasser
Janice Fiegleman
Paula Wasser

IN HONOR

Eileen Baine
In honor of the engagement & forthcoming marriage of your grandchildren
Paula Wasser
Dr. & Mrs. Ken Miller
In honor of the marriage of your children
Bev Klein
Renee Schectman
In honor of your 80th Birthday
Marcia Myers

JEWISH FAMILY SERVICE OF LACKAWANNA COUNTY

BARBARA SAPSOWITZ MEMORIAL FUND

IN MEMORY

Barbara Sapsowitz

Mel Sapsowitz

Rabbi Marna Sapsowitz

Muriel Troy & Family

SHERI & BARRY FINKELSTEIN FUND

IN MEMORY

Harold Sprung

Mr. & Mrs. Harold Finkelstein

Alice Nidoh

Mr. & Mrs. Harold Finkelstein

Lois McHugh Keating

Mr. & Mrs. Harold Finkelstein

Irving Ecker

Mr. & Mrs. Harold Finkelstein

Max Fine

Elaine Weissberger

Howard Ufberg

Mr. & Mrs. Harold Finkelstein

Ellen Ann Kaufman Carroll

Mr. & Mrs. Harold Finkelstein

Olympia Nicholas

Mr. & Mrs. Harold Finkelstein

DR. STEPHEN I. ROSENTHAL HEALTHY FAMILY FUND

IN MEMORY

Stephen I. Rosenthal

Betsy Rosenthal

“TREE OF LIFE”

Mr. & Mrs. Joel Joseph

A Gold Leaf was placed on The Tree of Life
in honor of the 60th Anniversary of

Mr. & Mrs. Joel Joseph

Lee & Herb Hollenberg

Lil Levy & Irwin Kalisher

Bobbi & Ed Novick

Naomi & Paul Alamar

Marilyn & Mel Wolk

Margery & Paul Rosenberg

Sam Rosen

A Bronze Leaf was placed on The Tree of Life in
honor of the 90th Birthday of Sam Rosen

Nancy Friedman

Eileen Baine

Millie Myers

Rochelle Myers

* In Blessed Memory



Educator in the Workplace

Susan Morris joined the JFS team for three work days this past summer. The Educator in the Workplace Program is sponsored by Luzerne County Community College which placed approximately thirty educators from around NEPA into worksites related to their education specialization. Susan teaches Child Development at the Career Technology Center of Lackawanna County and hoped to glean not only knowledge of child and adolescent services provided by JFS, but she also wished to take back to her high school students some real life experiences in work and professional life outside of the classroom. Objectives specified by the Educator in the Workplace Program included raising student's academic and personal skills relevant to workplace needs, facilitating communications and connections between education and industry, providing answers to the student question, "Why do I have to learn this?", and gaining first-hand perspectives on the knowledge and skills students need to succeed in college and the workforce.

Susan's focus was on gathering advice for students in preparing for job interviews, construction of professional resumes, conducting job searches and planning future career and education opportunities. While these issues are a regular part of Susan's ongoing professional development instruction for her students, she will now be able to approach her students next school year speaking through real people in real professions from out in the community, specifically at JFS. Susan was most grateful to Sheila Nudelman Abdo and each of her staff for their friendliness, openness, welcoming and well wishes during her brief but very enriching experience at Jewish Family Service of Lackawanna County.



Kosher Meals on Wheels Program and Day of Caring

Day of Caring is a traditional United Way volunteer event that kicks off their annual campaign every September. It was established by the United Way to promote the spirit and value of volunteerism, increase the awareness of local human service agencies and demonstrate what people working together for the community good can accomplish. Jewish Family Service is a partner agency of the United Way of Lackawanna and Wayne Counties and has been part of the Day of Caring for many years.

This year, three volunteers joined Jewish Family Service for the Day of Caring and had expressed their interest to volunteer for the Kosher Meals on Wheels program. This program, in cooperation with the Meals on Wheels Office of Lackawanna County and the Jewish Home of Eastern Pennsylvania, delivers kosher meals to those in need five days a week.

Kosher Meals on Wheels (KMOW) are available to those people in our community who adhere to kosher dietary requirements and serve those who temporarily or permanently require support in order to function independently at home. Volunteers who deliver the meals are interviewed and screened by Jewish Family Service. These volunteers not only bring a nutritious meal, but also provide a friendly greeting and an important safety check for each individual who receives a meal.



l-r: Lori Lovango and Deborah Ambrosavage, Bank of America; Lillian Friedlin, KMOW recipient; Amanda Zitzelman, Wayne Bank and JFS Volunteer, Marshall Needle

The Day of Caring volunteers, after an introduction to JFS by the Coordinator of Older Adult Services, Maggy Bushwick, LCSW joined dedicated JFS volunteer, Marshall Needle, who explained and showed them how to pack and organize the meals at the kitchen of the Jewish Home. Subsequently, the meals were delivered to the recipients and a few stops were made to meet recipients who had agreed to a Day of Caring visit. The volunteers left with a better understanding of what JFS provides for those in need in our local community and expressed feeling good about their Day of Caring experience.

MEET THE STAFF



Michael A. Rescigno, Business Manager

Michael is a graduate of the Penn State University with a Bachelor of Science Degree in Accounting and has a Masters Degree in Finance from the University of Scranton. Previously Mike's professional career included several key Management positions at WEA Manufacturing, and most recently as a Manager of Financial Planning and Analysis and as a Principle at The Ryan Group, where he worked as a Recruiter and Consultant.

Mike was a Board member and Past President of the Greater Scranton Chapter of the Penn State Alumni Association and was the Greater Scranton Penn State Alumni Chapter 2008 Alumnus of the Year. He currently serves as Alumni Co-chair of the Penn State Worthington Scranton Campaign Committee and on the Board of Directors of the Scranton Chapter of UNICO. Mike is a Leadership Lackawanna Graduate (Class of 1992) and was Chairman of the Board for 4 years of the Leadership Lackawanna Alumni Council and led the reorganization of the Alumni Board.

Mike resides in Olyphant and is married 27 years to the former Virginia Kester. They have two children, Michael and Stephanie.



Michele Breese, Medical Billing and Scheduling Specialist

Michele resides in South Gibson, on 18 beautiful acres with her husband of 28 years, Carl. She has 2 children, David, of Dallas, PA and Amanda, of Portland, Oregon. She enjoys reading, gardening and walks with her dog Molly.

Michele was educated as a medical biller and insurance specialist at Allied Medical & Technical School, Scranton. She has been employed as a medical biller and insurance specialist for the last 9 years in different medical specialty offices in the Scranton area and was also an instructor in the Medical Transcription and Insurance Billing Specialist Program at Allied Medical & Technical School.



Marie McTiernan, Secretary

Marie lives in Scranton with her 2 children, Jana 16, and Sean 13. She has many years of experience in the administrative field, including such positions as Credit Investigator, Office Manager and Director of Development. She has been with JFS since May 2010. In her spare time Marie likes to paint, read and decorate.

Legacy Giving Makes A Difference

Often established in memory of a loved one or to commemorate a special occasion, Endowment Funds are permanent tributes that help JFS to provide critical services to the community. If you would like to leave a legacy through establishing an endowment fund or would like to discuss designating JFS as a beneficiary of your will, trust, insurance or retirement plan, please contact Sheila Nudelman Abdo, Executive Director. Remember you still have time to make a bigger impact through an IRA Charitable Rollover which expires on December 31, 2011. Legacy giving makes a difference.

STAFF

Wish List

JFS is always in need of items to make our office more comfortable for all who enter our doors. The following are some items you may be interested in sponsoring:

- ~ New toys for the waiting room \$500
- ~ Microwave for meeting room \$150
- ~ Commercial grade coffee pot \$150

Executive Director

Sheila Nudelman Abdo, ACSW, LCSW

Social Worker

Don Minkoff, LCSW

Social Worker

Peter Dunford, LSW
(Part Time Evening)

Coordinator Of Older Adult Services

Marguerite Bushwick, LCSW

Business Manager

Michael Rescigno

Secretary

Marie McTiernan

Medical Billing and Scheduling Specialist

Michele Breese

Typist / Relief Receptionist

Anne Boland
(Part Time)



Jewish Family Service
of Lackawanna County

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FORWARDING SERVICE REQUESTED

Jewish Family Service of Lackawanna County is accredited by the Council on Accreditation of Services for Families and Children, Inc., Member of Association of Jewish Family and Children's Agencies and is an affiliated organization of the United Way of Lackawanna and Wayne Counties and the Jewish Federation of Northeastern Pennsylvania.

This newsletter is dedicated to the memory of Barbara Sapsowitz and to the continuation of her caring work within our community.

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