



Jewish Family & Vocational Service
of Middlesex County

JFVS Happenings

March/April 2010

Upcoming JFVS

Events:

Wednesdays, Mar. 3, 10, 17, 24 & Apr. 7, 14, 21, 28

Teen Social Skills Group at the Milltown office, 7-8PM, Contact JFVS to register.

Sunday, Mar. 7, Apr. 11

JFVS On The Road at Cong. Neve Shalom, 250 Grove Ave., Metuchen, 9-11:30AM.

Wednesday, Mar. 10

Job Seekers Support Group at the Milltown office, 9:30-11:30AM, Contact JFVS to register. See page 2 for more info.

Sunday, Mar. 14

The Next Step Network's Women's Career Awareness Day, at East Brunswick Jewish Center, Noon-4PM, Contact JFVS to register. See page 2 for more info.

Tuesday, Mar. 16

Senior Chai at Jewish Cong. of Concordia presents Dave Schlossberg performing popular & Jewish folk music, 1:30PM, \$5/pp, RSVP by Mar. 9

Thursday, Mar. 18, Apr. 15

Caregivers Support Group at the Monroe office, 10-11AM, Contact JFVS for registration info.

Sunday, Mar. 21

Deliver Passover food from the Gola Warehouse, 19 Cotters Lane in East Brunswick, 9AM.

Wednesdays, begins Mar 24

Bereavement group at East Brunswick Jewish Center, 6:30-8PM, no group on March 31, Call JFVS to register.

**Feinstein Challenge -
Passover Food
Campaign Underway!
The count is on!**

A Day Away Club—For Seniors & Caregivers

Caregivers now have another resource for assistance with the caregiving responsibilities of their loved ones. The **A Day Away Club** offers "A Day Away" opportunity for seniors and their caregivers. The club provides socialization and cognitively stimulating activities such as word games and reminiscence activities as well as music, exercise, crafts, and more, for senior adults. Caregivers can pursue time for their own activities with the knowledge that the senior adult is well cared for.

The club meets on Tuesday, Wednesday and Friday from 9AM-2PM, at Temple Emanu-El (across from JFK Medical Center) in Edison. Club members can attend on an as-needed basis or establish a regular participation schedule. Breakfast and lunch are included.

For information and to register for the club, contact JFVS at 723-777-1940/609-395-7979.

Spring Computer Courses Offered

JFVS is offering courses in Beginner Windows/Word, Intermediate Word, Beginner Excel, Intermediate Excel Power Point, Simple Start for QuickBooks and Keyboarding. Classes begin the week of April 12th. Each course is four sessions at a cost of \$50 per course. Additional information can be found on the JFVS website at www.jfvs.org or by calling 732-777-1940. Register early, space is limited.

**Jewish Family & Vocational Service of
Middlesex County**

Visit us on the web: www.jfvs.org

32 Ford Avenue, second floor
Milltown, NJ 08850
732-777-1940
Fax: 732-777-1889

52 Concordia Shopping Center
Monroe Township, NJ 08831
609-395-7979
Fax: 609-395-7129

Feinstein Challenge 2010

Once again, JFVS is taking on the Feinstein Foundation's challenge to alleviate hunger in our community. During March and April, JFVS will coordinate a special Passover Appeal. Every dollar we raise and the food we collect will go to the people who need it most, *and* the Feinstein Foundation will provide matching funds which benefits a larger number of people.

For the past 11 years, Alan Shawn Feinstein has been distributing \$1 million each year to anti-hunger agencies throughout the country. Alan believes that it is important to do what we can to help those in need.

Last year, JFVS distributed Passover food baskets to 493 individuals throughout Middlesex County. Because of the economic downturn, we expect to be delivering more baskets this year.

Whether it is:

- Monetary donation
- Food donation
- volunteering time

your help is needed. To make a monetary or food donation and/or to volunteer, call JFVS or visit the website for more information: www.jfvs.org.



The Lunch Club

The newest addition to the Senior Services Division line-up is **The Lunch Club**, a socialization group for adult seniors. **The Lunch Club** offers a light lunch, opportunities for socialization and stimulating conversation. The club meets every Thursday from 12—2PM and costs \$5 per day. Transportation is available. To become a member, call JFVS.

A New Look for Women Center Clients

Women's Center clients can now take advantage of the new '*Sandra Heckelman Salon For Success*' initiative. The Women's Center participants are entitled to a free haircut and blow-dry at *Gab & Company* located in Highland Park.

This initiative was developed by Sol Heckelman in memory of his wife, Sandra Heckelman, a long-time JFVS Board of Trustee member. Sandra believed in 'looking your best' and always took the extra effort and pride in her appearance. This opportunity affords the Women's Center participants an opportunity to do something for themselves that they may not have had the resources to do otherwise. In addition, the haircut helps to prepare participants for the appropriate grooming for potential job interviews.

The Next Step Network's Women's Career Awareness Day

JFVS is co-sponsoring **The Next Step Network's Women's Career Awareness Day** on Sunday, March 14, from 12—4PM at the East Brunswick Jewish Center located on 511 Ryders Lane in East Brunswick. The event is FREE.

Attendees to the event can learn about career opportunities, training and other resources available to women re-entering the workforce after an extended absence. The program provides opportunities to network and share information with other women to develop the courage, confidence and skills to find appropriate employment. Women are encouraged to bring their resumes. Light refreshments will be served. To register, call JFVS.

Job Seekers Support Group

The Joel Gensler Career Center of JFVS will hold an 8 week **Job Seekers Support Group** beginning Wednesday, March 10, from 9:30—11:30AM at the JFVS Milltown office. The 8 week session will assist job seekers in their search for employment. Topics to be addressed include: the need to reinvent yourself, building attitudes for positive change, the role of goals, communication skills, effective questioning techniques and effective presentations.

Michael Sleppin of Paradigm Associates will facilitate the group. The cost per session is \$5 to defray the cost of materials. To register for the group, call JFVS.

Values You Know Opportunities To Grow