



TASK Treasuring, Accepting & Supporting Kehillah

TIKVAH EVENTS

Tikvah is a social-recreational group for adults aged 18+ with any type of special needs. Our members plan activities and events, and new members are always welcome. Contact Corinne for more information. RSVP required!

DEC 14 / SUN / 2:00 PM

Bowling

Sunset Lanes
12770 SW Walker Rd
RSVP by Dec 12

DEC 20 / SAT / 10:00 AM

Saturday Market

Meet at Skidmore Fountain
SW 1st and Ankeny
RSVP by Dec 18

DEC 21 / SUN / 3:00 PM

Hanukkah Party and Latke-Frying

Kehillah Housing
RSVP by Dec 18

DEC 25 / THU / 1:00 PM (ESTIMATE)

Movie and Chinese Dinner

Movie TBD, then dinner follows at
Dragon Well Bistro
735 SW 1st
RSVP by Dec 23

DEC 30 / TUE / 5:30 PM

Pre-New Year's Eve Dinner

Azteca Restaurant
10505 SW Beaverton-Hillsdale Hwy
RSVP by Dec 26

DEC 31 / SAT / 8:00 PM

Portland Winterhawks Hockey

Moda Center
RSVP by Dec 27

JAN 4 / SUN / 5:00 PM

Portland Winterhawks Hockey

Moda Center
RSVP by Jan 2

JAN 10 / SAT / 5:30 PM

Dinner and Movie, TBD

RSVP by Jan 8

JAN 17 / SAT / 10:30 AM

Portland Metro Reptile Expo

Holiday Inn
8439 NE Columbia
RSVP by Jan 14

JAN 29 / THUR / 5:30 PM

DEC-JAN BIRTHDAY CELEBRATION

Location to be determined
RSVP BY JAN 26



For information, please call:

CORINNE B. SPIEGEL

DISABILITIES INCLUSION SPECIALIST

503-226-7079, ext. 155

corinne@jfcs-portland.org

www.jfcs-portland.org

TASK NEWS

JAN 11 / SUN / 9:30-11:00 AM

TASK Advisory Board

Meet in the deli area of MJCC
Join as we plan for future TASK
events. Kindly RSVP: 503-226-7079,
ext. 155, email [corinne@jfcs-
portland.org](mailto:corinne@jfcs-portland.org).

TASK ANNOUNCES TWO PARENT GROUPS!

Our parent groups are for parents
and grandparents raising children
with any type of special needs. This
is a great opportunity to network,
exchange ideas and resources, and
offer mutual support. Cost is \$10
per person.

Kindly RSVP: 503-226-7079, ext. 155 or
corinne@jfcs-portland.org.

FEB 10 / TUE / 6:30-8:15 PM

For **parents of children up to age 15**,
location to be determined

FEB 17 / TUE / 6:30-8:15 PM

For **parents of teens/adults**, meet at
Tigard home of John and Melanie,
please call or email for directions.

For up-to-date events, to RSVP,
or to leave a message, call
503-226-7079, ext. 155 or email
corinne@jfcs-portland.org.

COMMUNITY

DEC 4 / THU / 6:30–8:30 PM

More is Not Always Better

With Ryan Jacobson, Pediatric Physical Therapist, discussing myths about medical and therapeutic appointments and balancing family life. Free event, reservations required.

Providence Portland Medical Center
4805 NE Glisan / Room Hcc1 / Lower Level
To register: call 503-215-2429 or see
www.providence.org/classes

DEC 8 / MON / 5:30–8:30 PM

Understanding the IEP and Your Critically-Important Role on the Team

West Linn/Wilsonville School District Office / Tualatin
To register: contact FACT, 503 786-6082 or
registration@factoregon.org

NEWS FROM THE SOCIAL SECURITY ADMINISTRATION:

The **Social Security Administration** has announced an increase in disability benefits for 2015. The increase will be 1.7%. For those who receive SSI, Supplemental Security Income, the new rate will be \$733 monthly. To read more about this COLA (cost of living increase) and how it may affect your benefits for SSI, Social Security Disability Insurance (SSDI), and other programs, see:

<http://www.ssa.gov/news/press/factsheets/colafacts2015.html>

A NEW BOOK OF INTEREST:

Broken and the Whole: Discovering Joy after Heartbreak, by Rabbi Charles S. Sherman, explores his own and the community's experience supporting his child with disabilities, while providing insight into Judaism and raising a child with special needs.

DID YOU KNOW?

MAH JONGG PLAYERS ARE INCREDIBLE!

The TASK program has received a donation of \$1363 from the National Mah Jongg League for the sales of cards during 2014. When you purchase your Mah Jongg cards from Rosanne Levi, a portion of your purchase is reimbursed by the League to **TASK**. To order your cards for 2015, send a check payable to Rosanne Levi for \$8 (standard) or \$9 (large) to 9838 SW 6th Ave., Portland, 97219. Deadline is **Jan. 21**. For questions, contact Rosanne at 503 293-1464. Thank you, Mah Jongg players of Portland!

PERSON-CENTERED PLANNING (PCP) FOR PEOPLE WITH INTELLECTUAL DISABILITIES:

Person-centered plans help create a roadmap for people with intellectual disabilities to have the life they want to live. **Isabel Sturman**, a mom with two children with special needs, is a Certified Planning Facilitator who has graciously offered to create a limited number of plans for TASK families at *no cost* (usually \$75-\$150). If interested, please call Isabel at 503 482-5772.

APPLIED BEHAVIORAL ANALYSIS (ABA)

ABA is often used in the treatment of children with **autism**. Yet, many Oregon insurance companies have not provided coverage for this. Community activists and organizations such as the Autism Society of Oregon have advocated strongly for change. To their credit, recent changes in Oregon law may allow for ABA to be covered, so be sure to check with your insurer for changes, which is effective January, 2015. Note too that some insurance companies may offer retroactive reimbursement for ABA expenses as of August, 2014.

HOLIDAYS

Hanukkah, light 1st candle	DEC 16	TUES
Hanukkah ends	DEC 24	WED
New Year's Day	JAN 1	THU

Since 1947, Jewish Family & Child Service (JFCS) has served the greater Portland area through our mission: Guided by the wisdom and values of our tradition, JFCS provides social services that improve the lives of adults, families, and children in the Jewish and general communities. We partner in the community to help our most vulnerable residents, including seniors, people with disabilities, and individuals and families lacking basic necessities. JFCS offers compassionate wraparound services to address the whole person to foster mental, emotional, and financial wellbeing so they can thrive.