



For information, please call:

CORINNE B. SPIEGEL
DISABILITIES INCLUSION SPECIALIST
503-226-7079, ext. 155

JFCS is a subsidiary of Cedar Sinai Park

TASK NEWS

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, or for updates in case of inclement weather, 503 226-7079, ext 155 or email: corinne@jfcs-portland.org. **RSVP required for each event!***

DEC 2 / WED / 6:30 PM / OMSI After Dark: The Sounds of Science. Hear the sounds of harmony and discord n music and science. Adults only.

DEC 3 / THUR / 6:00PM – 8:00 PM Portland Art Museum. Free admission after 5PM; if you'd like to meet for dinner first, contact Corinne. Please RSVP by Nov 30.

DEC 6 / SUN / 4:00 PM-6:00 PM Hanukkah Menorah Lighting and fun at Director's Park. Join in the fun as the menorah is lit, see fire jugglers and eat latkes too. Bring small toiletries to donate to the American Red Cross.

DEC 11 / FRI / 7:00 PM / Oaks Park Roller Rink. It's Open Skate, bring a can of food to donate and get \$1 off reg. \$7.50 admission, plus skate rental. Kindly RSVP by DEC 9.

DEC 12 / SAT / 1:30 PM-3:00 PM / Tuba Concert / Pioneer Courthouse Square. It's free and fun! Tuba music!!

DEC 13 / SUN / 1:00 PM / Hanukkah Party / Kehillah. Bring your Menorah to light! RSVP by DEC 9.

DEC 16 / WED / 6:00 PM / Bowling at SuperPlay / 9300 SW Bvtn-Hillsdale Hwy. Ladies get 3 free games, guys play 3 games for \$10, plus \$3 shoe rental.

DEC 20 / SUN / 1:00 PM / Winter Solstice Walk / Canemah Bluff 815 4th Ave. / Oregon City. Guided Walk on the year's shortest day. Fee is \$6 . RSVP by Dec 15 please.

DEC 25 / FRI / Chinese Food and a Movie. It's a Tikvah Tradition! TBD

JAN 12 / TUES / 10:00 AM / Oregon Zoo It's \$4 Tuesday. Save \$1.50 if you ride TriMet! RSVP by JAN 8.

JAN 23 / SAT / 11:00 AM / Chocolate Festival / Oregon Convention Center. RSVP please.

JAN 30 / SAT / 5:30 PM / Birthday Dinner / TBD

TASK NEWS

MAH JONGG PLAYERS:

Order your Mah Jongg Cards now!

For over 10 years, the TASK program of JFCS has received an annual donation from the National Mah Jongg League, starting with \$150 in 2004 and last year receiving \$1375 from the sale of cards locally. Thank you to Rosanne Levi for handling the sale of cards.

If you'd like to support the TASK program for people with disabilities, mail your check by Wed., Jan. 20, payable to:

Rosanne Levi
9838 SW 6th Ave.,
Portland, OR 97219
Standard cards are \$8;
Large cards are \$9 each.

Beginning **January, 2016**, Corinne's in-office hours will be Monday and Tuesday, 9AM to 1PM. Emails and phone messages will be answered daily.

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 1 / TUES / 6:30 PM / When Support Means Hiring People / Providence Cancer Center 4805 NE Glisan St. What you need to know about hiring personal support workers (PSW). Free, registration required: 503 786-6082 or registration@factoregon.org.

DEC 10 / THUR / 12:00 PM or 7:30 PM Webinar: Understanding Your Special Education Rights and Procedural Safeguards. No fee, registration required: registration@factoregon.org or 503 786-6082.

JAN 10 / SUN / 9:30 AM / MJCC Deli Area / TASK ADVISORY BOARD meets, guests welcome. Kindly RSVP to corinne@jfcs-portland.org.

JAN 11 / MON / 6:30 PM / Introduction to Developmental Disability Service / Multnomah ESD 11611 NE Ainsworth Circle. No fee, registration required: as above.

JAN 12 / TUES / 7:30 PM or JAN 20 / WED / 2:00 PM / Webinar/ Preparing for a Successful Transition to Kindergarten. Registration required, free: as above.

Postponed until March 6-8: Batya Jacob, Educational Support Services Director for Yachad / NJCD (International Jewish Resource Center for Inclusion & Special Education) will be in Portland. For details, see Jewish Federation of Greater Portland's calendar: www.jewishportland.org/community-calendar.

Travel Tips: If you are flying, get travel information from the **TSA Cares** program 72-hours before flying. A Passenger Support Specialist can assist you at the airport, or provide information about the TSA's screening process. Call 1 855 787-2227 for details.

If you have a permanent disability, you qualify for an **Access Pass**, which allows free entry to US Federal recreation sites, including national parks, for you and three adults in your vehicle. To obtain a pass, go to a National Park, or pay \$10 by mail, see application: store.usgs.gov/pass/access.html

DID YOU KNOW?

Mental illness and Addiction affect 20% of all Americans in any given year and are rampant in families in all social-economic positions. In writing his new book, **A Common Struggle**, former U.S. Rep. **Patrick J. Kennedy** tells of his own struggle with bi-polar disorder and addiction, and shares his esteemed family's history of these issues. The recommendations he offers are to:

- Prepare an advance directive before a condition worsens, with information from the National Resource Center on Psychiatric Advance Directives, see www.nrc-pad.org.
- Learn how you can help a friend or family member by getting special training from the National Council for Behavioral Health, available from www.mentalhealthfirstaid.org.

Most states have approved forms for the Declaration for Mental Health Treatment and Guide for Planning Ahead in Case of Mental Illness, see www.nrc-pad.org, then click on your state.

Theater and Autism appear to be a successful combination. "Peers can be transformative in their ability to reach and teach children a variety of fundamental social skills," said Blythe Corbett, an associate professor at Vanderbilt University, as noted in the *Journal of Autism and Developmental Disorders*. "And, combined with acting techniques that enhance our ability and motivation to communicate with others, the data suggests we may be setting the stage for lasting changes in how our children with autism perceive and interact with the social world." Facial recognition skills and social interactions improved for those in the study. For resources that provide local theater for youth/adults with disabilities, please see www.phamepdx.org or www.stagesyouth.org.

★ HOLIDAYS

Hanukkah	DEC 6-14	SUN-MON
New Year's Day	JAN 1	FRI
Martin Luther King Day	JAN 18	MON
Tu Bishvat	JAN 25	MON

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.