

Hello from JFCS Disability Support Services

SPRING 2022



JFCS
Jewish Family & Child Service

Access for all abilities



Sarit Cahana (she/her)

The flowers are blooming and the sun is shining! We are excited for Spring with DSS! In this newsletter, you will find Tikvah events, mental health conversation opportunities, partnered community events, and volunteer opportunities. Our theme for this quarter is families and future planning.

Future Planning

A future plan is a guide for people with intellectual and developmental disabilities (IDD) so they can have a good life, lived as independently as possible. A future plan is important for all families especially when a parent or loved one is no longer able to support the person with IDD. While creating this type of plan is specific to IDDs, the following are helpful considerations for anyone:

- ★ Finding a place to live
- ★ Paying for items the person with IDDs may want
- ★ Creating a special needs trust or ABLE account
- ★ Making independent decisions
- ★ Securing a job
- ★ Making friends and relationships
- ★ Having on hand resources for support

Want to know more about future planning? Join our event on Wednesday, June 1 with Jerry Cohen (see p. 2 for details).

Community Events

Kehillah House and ALIYAH Connection Sunday, May 1, 11:00 am

Residents of Kehillah House and their families are invited to Neveh Shalom to participate in a Mother's Day art project with the ALIYAH 3rd-grade class and their parents. This will provide an opportunity for Kehillah House families to share their experiences while building community around a fun art project. To RSVP, ask about access needs, or for any other questions, email Shayna Sigman at ssigman@jfcs-portland.org.

Disability Mental Health Spotlight Friday, May 13, 10:00 am on Zoom

Join our Counseling and Disability Support Services programs for an opportunity to share emotions around our changing world. This is the second session of an ongoing series for members of the disabled community. To register, receive the Zoom link, and ask about access needs, email Shayna Sigman at ssigman@jfcs-portland.org.

Sips & Sweets

Thursday, May 19, 7:00 pm – 8:30 pm Hybrid: Mittleman Jewish Community Center + Online

Join JFCS for wine and dessert as we honor Holocaust Survivors Eva and Leslie (z"l) Aigner and celebrate Jewish Family & Child Service, its clients, and its supporters. For more event information and to register, please visit www.jfcs-portland.org/sips-and-sweets-2022.

Future Planning

Wednesday, June 1, 6:30 pm- 7:30 pm

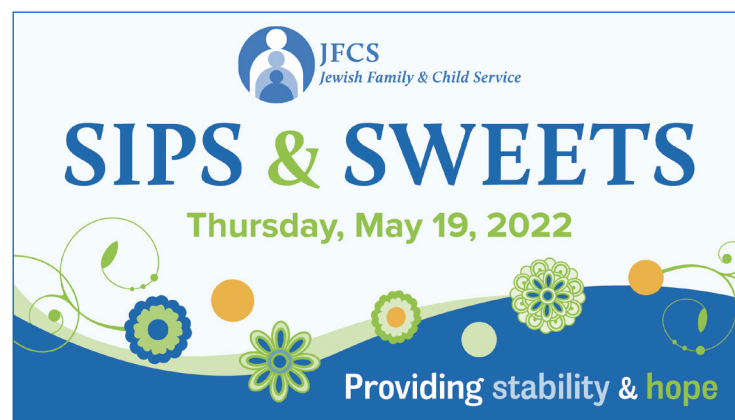
Join DSS and Jerry Cohen for a session on future planning for families of people with disabilities. This event is open to anyone in greater Portland. Jerry is past AARP Oregon State Director and holds a law degree and master's in Public Administration. He has been engaged on issues of planning ahead for more than 40 years as an advocate, educator and consultant. He co-owns www.evolvingelders.com with his wife, Ruth, a geriatric care manager with more than 40 years' experience. To register, visit www.jfcs-portland.org/services/disability-support-services/.

Coming Together Parent Group

Wednesdays, April 6 & 27, May 11 & 25 7:30 pm- 8:30 pm

A bi-monthly virtual get together for parents of children and adults with disabilities to share their thoughts and feelings. Email Shayna Sigman at ssigman@jfcs-portland.org for more information or to register.

We will be taking a break for summer and re-launching in fall 2022, for the new school year.



TIKVAH Events

Tikvah is our social group for adults with disabilities, ages 18 and older. We welcome anyone with any kind of disability including, but not limited to, mental health disabilities, physical disabilities, and intellectual/developmental disabilities. Our events always have automatic captions. Contact Sarit Cahana at scahana@jfcs-portland.org to RSVP for the Zoom link and to address any access needs.

APRIL

Tikvah Passover Celebration

Wednesday, April 12, 6:30 pm-7:30 pm

Join Tikvah for a pre-Passover event! We will be celebrating Passover as a group by engaging in Passover themed activities. We will be joined by special guest Rabbi Barry Cohen for a Passover narrative.

MAY

Art and Chat

Thursday, May 5, 6:00 pm-7:00 pm

Join Tikvah as we catch up and do art together. Bring your own art supplies.

JUNE

Zoom Open Mic

Tuesday, June 14, 5:30 pm-6:30 pm

Showcase your talent during our Tikvah open mic! You are welcome to sing, dance, recite poetry, or bring anything you'd like to share with Tikvah. This is a non-judgmental place to share your art in any form. No preparation is needed!

Disability Conversation: Learning about Disabled Leaders

Thursday, June 30, 6:00 pm-7:00 pm

Join Tikvah to learn about impactful disabled leaders.

VOLUNTEER NEEDS

Passover4All Holiday Meal Deliveries

Looking to volunteer? Passover4All Holiday Meal Deliveries will happen on Sunday April 10 at 10am at the MJCC. Visit our Volunteer page at www.jfcs-portland.org to help our clients celebrate the upcoming holiday.

Tikvah event volunteers

We are looking for volunteers to deliver supplies to our community members! Some of our events require that Tikvah members be ready with materials. This is a one-off commitment and the timing is determined based on the events. Contact Shayna at ssigman@jfcs-portland.org if you are interested in volunteering.

THANK YOU!

A special thank you to Congregation Neveh Shalom for collecting and donating supplies for our Tikvah Passover Celebration!

