

# Hello from JFCS Disability Support Services

SUMMER 2022

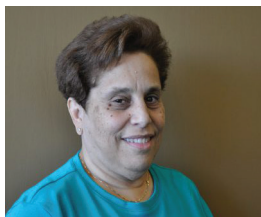


**JFCS**  
*Jewish Family & Child Service*

Summer weather is finally here, and we are excited to share DSS' summertime news and events! In this newsletter, you will find Tikvah events, mental-health conversation opportunities, partnered community events and volunteer opportunities.



## Welcome to Janet's 'office'



**Janet Menashe**  
Senior Disability  
Case Manager

Janet has established a new schedule, and she wants to share it with you to ease your ability to get in touch with her or make an appointment.

The majority of Janet's time has been spent on direct client work, crucially supporting community members as they navigate and secure

Social Security and SSDI. She also connects clients to resources and information on housing, counseling and other needs related to disabilities. Have questions or need assistance? Here are Janet's office hours:

Tuesdays: 8 am - 10:30 am & 3 pm - 5 pm

Thursdays: 10 am - 1 pm

Should you request Janet outside her office hours, please email her to schedule a meeting at [janetmenashe@jfcs-portland.org](mailto:janetmenashe@jfcs-portland.org).

# Community Events

## Disability Mental Health Spotlight

**Friday, September 9, 10 am on Zoom**

Join our Counseling and Disability Support Services programs for an ongoing series of mental health groups for members of the disabled community. We will be discussing strategies for coping with anxiety. To register, receive the Zoom link, and ask about access needs, email Shayna Sigman at [ssigman@jfcs-portland.org](mailto:ssigman@jfcs-portland.org).

*[Click here](#) to learn about additional groups JFCS offers*

## Tour de Shabbat

Disability Support Services is touring a few lovely outdoor Shabbat services this summer. Open to all comers, Tour de Shabbat features three outdoor services, each one providing the opportunity to be together, in community.

- **July 29 at Congregation Neveh Shalom**
- **August TBD at Congregation Shaarie Torah**
- **September 2 at Congregation Beth Israel**

[Click here](#) to RSVP and to sign up to receive the most up to date information on COVID policies, group meeting time and seating location, transportation support, and any changes as they arise.

## Coming Together Parent Support Group

Coming Together is taking a summer break, returning in the fall. If you or a loved one is interested in shaping our fall group, please [click here](#) to fill out our survey.

# 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 Shayna Sigman at [ssigman@jfcs-portland.org](mailto:ssigman@jfcs-portland.org) to RSVP for the Zoom link and to address any access needs.

## Art and Chat

**Tuesday, July 19, 6 pm - 7 pm on Zoom**

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

Contact: [ssigman@jfcs-portland.org](mailto:ssigman@jfcs-portland.org) for the Zoom link and to address any access needs.

## Trivia Game Night!

**Tuesday, August 16, 5:30 pm - 6:30 pm on Zoom**

Join Tikvah as we play a game of Jeopardy!

Contact: [ssigman@jfcs-portland.org](mailto:ssigman@jfcs-portland.org) if you'd like the Zoom link and if you'd like to send us topics of personal interest.

## Tikvah Celebration

**Tuesday, September 13, 6 pm - 7 pm on Zoom**

Join Tikvah as we celebrate JFCS' 75th year!

We will mark this new year with games and sweets and write or draw our hopes for the new year.

Contact: [ssigman@jfcs-portland.org](mailto:ssigman@jfcs-portland.org) for the Zoom link and to address any access needs.



# SAVE THE DATE!

## Bees & Brews

**Wednesday, September 21, 7 pm**

**at Leikam Brewing, 5812 E Burnside St**

Join us to raise awareness of and funds  
for Disability Support Services, a program  
of Jewish Family & Child Service.

***Silent auction. Live music. Honey tasting.***



**JFCS**

*Jewish Family & Child Service*

Providing **stability & hope**

## VOLUNTEER OPPORTUNITY

JFCS' Disability Support Services (DSS) program this summer presents Tour de Shabbat, a series of three Shabbat services between late-July and early September specifically for our DSS clients to attend and enjoy in community. Consider making your Shabbat this summer extra meaningful by signing up to drive a DSS client to and from a Tour de Shabbat service.

For location and dates -- and to sign up -- please visit the Galaxy Volunteer Platform ([jfcsportland.galaxydigital.com](http://jfcsportland.galaxydigital.com)). If you, too, would like to stay and take part in the Shabbat service, synagogue membership is not required; all are welcome. Thank you for your terrific assistance!

Contact Volunteer Coordinator Sammy Monk at [volunteer@jfccs-portland.org](mailto:volunteer@jfccs-portland.org) to join the list for sign-up links.

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