



## Tikvah is the Hebrew word for hope

It also is the name of DSS' group for adults (people ages 18 and over) with disabilities, physical or developmental, visible or invisible. The group name is no coincidence.

**“Hope is such a positive word and captures the light that the Tikvah program provides in the lives of our clients,”** DSS manager Shayna Sigman says. “Our events provide a space for connection and joy that our clients look forward to.”

The pandemic certainly ushered in a tough time, and our clients are a careful bunch, taking precautions to protect their health as some corners of society open up. Taking precautions to protect physical health, though, has placed a burden on maintaining strong mental health.

DSS recognized early on in the pandemic that its clients were suffering from social isolation and created

## ACCESS FOR ALL ABILITIES

JFCS provides services to people with disabilities and their families.

### Our Disability Support Services include:

- ◆ **Case management** to connect with resources and navigate government programs.
- ◆ **Tikvah social group** to reduce isolation
- ◆ **Support group** for parents of people with disabilities
- ◆ **Accessibility trainings for educators** and professionals in other organizations



**JFCS**  
Jewish Family & Child Service

# Letter from our President

Dear friends,

Welcome to JFCS' newsletter dedicated to our Disability Support Services program. Enjoy reading and learning about:

- how DSS provides "hope"
- what future planning can mean to parents of a disabled adult
- DSS' care of the whole family

**Thank you, Janet Menashe, for seven incredible years of dedication to JFCS and stability to client families.**

In these pages, I caught up with DSS' summer 2022 Tour de Shabbat.

Also, timed just prior to Rosh Hashanah, please RSVP to our Sept. 21 **Bees & Brews** event, a sweet evening in support of DSS.

As always, thank you for your ongoing support of JFCS, and I personally wish you and your loved ones a happy and healthy Jewish New Year.

Warmly,



Larry Holzman  
Board President



## "Tikvah..."

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a number of creative, interactive online and also in-person opportunities to care for their emotional well-being, such as:

- a **Hanukkah** celebration at Congregation Shaarie Torah
- a special **Passover** seder with Community Chaplain Rabbi Barry Cohen
- **Write Around Portland** gathering, as well as arts-and-crafts sessions via Zoom
- **"Crip Camp"** documentary viewing
- educational events at **Portland Art Museum's** Frida Kahlo exhibit
- **Tour de Shabbat**, June through September

These gatherings are the highlight of the week for some. "I wasn't doing well yesterday," one Tikvah client shared with Shayna. The goody bag for the Tikvah Valentine's Day event, delivered by volunteers, provided a moment of respite and happiness for this client. They continued, "I appreciate having some holiday joy. Thank you for having Tikvah. It is a great way to socialize!"

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DSS families enjoying a dinner out together



DSS Hanukkah celebration at Shaarie Torah

Hope has different meanings to different people. For some, it's a bag of sweet treats; for others, it's being seen, heard, or listened to.

Said one participant of a panel discussion about disabled advocacy that featured a Tikvah member: **"I want to thank you for standing up and speaking out. While you are speaking out, we in the community around you benefit."**

## Thank you Janet

**Thank you Janet Menashe** for all the stability you have provided for our Disability Support Services (DSS) clients. After seven years in JFCS' DSS program, most recently as its senior case manager, Janet will be retiring in early October.

In college at Oregon State University, Janet Menashe worked as the director of the campus' nutrition services office and was instrumental in employing disabled students "to help support them as they headed out into the community for jobs after school," she said.

She became a literal SSI and SSDI expert, shepherding and supporting families through the very tricky (and oft frustrating) process of ensuring their adult children receive the proper financial support from the federal government.

Said one grateful client, "Janet was such a wealth of information, a broad-based knowledge of disability rights, Social Security requirements and so much more. I really appreciate Janet and the job that she did to help me with disability issues for my son."

Janet also took it upon herself – well outside of office hours – to simply be a friend to DSS' clients. Groceries. Taking clients to appointments. Referring them to additional services. "I also have general conversations with people; some just like to talk with someone," Janet says.

**"Janet has been an invaluable resource. I felt so fortunate to have her guidance."**

- DSS client



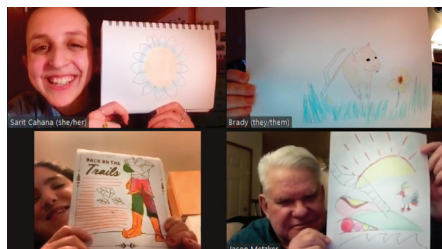
# Caring for the whole family: Then. Now. Always.

Disability Support Services (DSS) cares for clients in full. This means our focus is on the individual, the family, their social life and how they interact with the world around them.

JFCS is Portland's only Jewish social-services agency providing support and resources for the disabled community. It has adapted with the times, beginning in 1998.

**THEN**, Corinne Spiegel launched what today has become DSS, in large part to combat isolation, invite inclusion and **ensure disabled Jewish children have their place within the Jewish community**. “To make the family whole,” explained Corinne, who for 18 years and with a master’s in special education to back up her energy and expertise, worked for DSS and is a steadfast agency volunteer today. Corinne is the mother of four children including Nathan, 39, who is developmentally disabled. When Nathan was Hebrew school age, some of Corinne’s vast advocacy work for JFCS included collaborating with teachers – and his peers by extension – to train them in classroom and learning accessibility and inclusion. She did this for Nathan’s sake, yes, but also for the Spiegel family.

Fast forward to **NOW**: Today, Shayna Sigman, DSS manager, and Janet Menashe, senior disability case



manager, carry the mantle. Shayna, for example, trains Jewish educators – both adults and teens – in concepts like universal design and accessibility best practices; runs creative Zoom-based socialization opportunities for clients like arts and crafts; and spearheads learning opportunities, such as webinars highlighting disabilities advocates.

While DSS will morph as client needs dictate, one constant remains: DSS **ALWAYS** will be there for the whole client and that means families, too. Jason Metzger recently sat with his adult daughter, Andrea, so they could draw together during an arts-and-crafts Zoom for clients and family members. He joked that his illustration skills were poor, but no matter: Jason enjoyed social time with his disabled daughter and others who’d logged in.

**DSS, Jason said, “is like an extended family.”**

# Planning for the unknown

While one cannot predict the future, one can plan for it. Jerry Cohen, JD, MPA strongly encourages everyone to do it.

So passionate is he about future planning, Jerry provides helpful presentations – as he did recently for Disability Support Services’ clients and family members – about how best to engage in future planning, which he also calls advanced planning. It provides a modicum of control via planning for one’s future.

Jerry is immediate past-state director for AARP Oregon and co-founder and co-owner with his wife, Ruth, of EvolvingElders that helps adults of all ages and abilities plan for – or handle as successfully as possible – curveballs we face as we age.



**“You have to plan,” Jerry says, “and not just for end-of-life. Advanced planning gives you a choice when you no longer can communicate your wishes or when life does not unfold as planned.”**

Jerry speaks from experience; two years ago he and Ruth suddenly lost their adult daughter. “I’m having to do a



lot of what I coach people on. **One never knows what will happen,” he says.**

In his PowerPoint presentation to DSS clients and family members, Jerry aimed his remarks specifically toward parents, for example, asking them to consider the extent to which their children can express their own desires. He also covered topics like guardianship and conservatorship, as well as important legal documents that ensure one’s wishes are met. These include an advanced directive, durable power of attorney and patient advocate designation.

Jerry fielded parents’ questions, including:

- how to provide adult children with disabilities funds that don’t hurt their eligibility for SSI and SSDI
- details about case- and care-management
- resources for estate-planning attorneys and public guardianship

Said Jerry: “If you want to voice your choices, do it in writing now before you or your loved ones no longer can speak for yourself or themselves.”





# You're invited!

# Bees & Brews

**Wednesday, September 21**

**7 pm - 9 pm**

**at Leikam Brewing**

**5812 E Burnside St**

Join us to raise awareness of - and funds for -  
Disability Support Services (DSS)

**LIVE MUSIC**

with Eric Stern

**HONEY TASTING**

with The Barreled Bee

**SILENT ART AUCTION**

Tickets \$12. Light nosh provided. Drinks purchased separately;  
a percentage of the evening's proceeds supports DSS.

To buy tickets, visit

**[www.jfcs-portland.org/beesandbrews](http://www.jfcs-portland.org/beesandbrews)**



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# JFCS' ONGOING EVENTS

## Tikvah Social Group

Tikvah is DSS' 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. Contact Shayna Sigman at [ssigman@jfcs-portland.org](mailto:ssigman@jfcs-portland.org) to receive Zoom links and to address any access needs.

## Coming Together

A monthly virtual get together for parents of people with disabilities to share their thoughts and feelings. This group will be resuming in late October. Email Shayna Sigman at [ssigman@jfcs-portland.org](mailto:ssigman@jfcs-portland.org) for more information or to register.

## Disability Mental Health Spotlight

Join our Counseling and Disability Support Services programs for an ongoing series of mental health groups for members of the disabled community.

## Community Connection

Open to all and moderated by JFCS' clinical director, this group meets online many Fridays at 10 a.m. It is a space for anyone in the community to connect with others and share what's on their mind. The schedule and zoom link is available at [jfcs-portland.org](http://jfcs-portland.org).

## Grief Connection

This is a group for sharing experiences with grief, connecting with others and learning strategies of moving through loss. It meets online the first Friday of every month at 10 a.m. For more information, visit [jfcs-portland.org/grief-connection](http://jfcs-portland.org/grief-connection).

## Cancer Support Group

Created to support anyone with a cancer diagnosis, this group meets on Zoom the second Wednesday of every month at 11 a.m.

For JFCS' entire support group calendar, visit  
[www.jfcs-portland.org/services/counseling/calendar](http://www.jfcs-portland.org/services/counseling/calendar)

**75**  
YEARS

**Stability & Hope**  
*Then. Now. Always.*



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

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