

## 'Meant to Be' comes to Shaarie Torah

Congregation Shaarie Torah presents a conversation with author Roslyn Franken on her new book, "Meant to Be," Sunday, Sept. 10 at 1pm on Zoom. Meant to Be is a true story about how Franken's parents, as young adults, overcame all odds of surviving years of captivity continents apart in two simultaneous world wars in Asia and Nazi Europe, and eventually met in the most extraordinary of circumstances. For more information or to register, visit [shaarietorah.org/elul](http://shaarietorah.org/elul).

## Schnitzer Center for Living defined by "dedicated, skillful care"

By SYDNEY CLEVENGER

*Cedar Sinai Park*

Resident Sarah says her home at the Harold Schnitzer Center for Living is the best.

Sarah added that "because of dedicated, skillful care, and assistance of every nurse and CNA [at Robison Jewish Health Center/Harold Schnitzer Center for Living], supported by the diligent, patient support from everyone," she has come to love living at the home.

"There is a certain and palpable serenity that a small space provides, and I can't imagine being in any other room than my room, exactly as it is," she said. "This is the best thing that has ever happened to me because of the lessons I've learned. I would change absolutely nothing!"

Such words of gratitude from residents like Sarah (whose name has been changed to protect her identity) are soulful, said Cedar Sinai Park Chief Executive Officer Kimberly Fuson.

"The legacy of our nearly 104-year-old home only exists because of those who walked before us with unparalleled vision and compassion," said Fuson. "We are so grateful to everyone who has supported our mission of providing residential and community-based care to our elders and adults with special needs, allowing them to live in comfort, independence, and dignity in an environment based on Jewish values."

In March of 2023, the number of skilled nursing beds available on the Robison side of campus were reduced to ensure high-quality staffing. Since then, said Fuson, "the team is our own, cohesive, and feeling relief that the care they are providing is truly the "Robison" way, the care upon which our entire reputation is built.

"The team is doing a magnificent job," she said. "And we retained our top five-star rating for quality of resident care from the Center for Medicare and Medicaid Services."

Cedar Sinai Park is a nonprofit organization. Its annual appeal is underway, to help bridge the gap between what Medicaid pays for its residents and what care actually costs, which for 2022 was \$148.44 a day, for each long-term care resident.

To make a donation, go to <https://cedarsinainpark.kindful.com/>, or call (503) 535-4365.

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## JFCS 'walks beside you' in grief

### Sessions for fifth cohort of grief support group begin Sept. 20

By JENN DIRECTOR KNUDSEN

*Jewish Family and Child Service*

Grief affects every part of our lives and can be a lonely road to travel. Jewish Family & Child Service helps individuals through their grieving process – in community – with Walking Beside You. First introduced two years ago, its fifth group begins Sept. 20.

Walking Beside You is an eight-week grief-processing group for adults, during which participants have the opportunity to share their own experiences with grief, connect with others and also learn strategies for moving through loss. It is co-facilitated by Missy Fry, LCSW, JFCS' aging and adult services clinician, and Rabbi Barry Cohen, Community Chaplain at the Jewish Federation of Greater Portland.

Walking Beside You meets on Wednesdays, from Sept. 20 through Nov. 8, from 10:30 a.m. to 11:45 a.m. The first and final sessions will meet in-person at the Mittleman Jewish Community Center, and the other six occur online. Pre-registration is required as space is limited to nine participants to provide an intimate space, and the co-facilitators request group members to commit to attending at least six sessions.

The entire series cost is \$200, however no one will be turned away for inability to pay; group members are asked to pay what they are able.

"Grief is part of the human condition," Rabbi Cohen says. "The question is, how do we respond to the loss of a loved one? Walking Beside You enables people to grieve in their own way, on their own time and in relationship with others."

Fry says that offering a fifth cohort of Walking Beside You and doing so this fall is very intentional. The holidays can be an especially difficult time for people who are grieving.

"We continue to receive requests regularly for grief support, and these requests continue to increase each year," Fry says.

After Fry and Rabbi Cohen's first few grief-processing groups, they compiled and put into practice participants' feedback, including needing more time per session – each one has been increased by a quarter-hour – and the desire by many to be physically together.

"The experience of grief after the loss of a loved one can feel incredibly surprising, overwhelming and isolating," Fry says. "There is often a sense of comfort, validation and even honor in bearing witness to others' experiences."

Rabbi Cohen adds: "We hope that participants will share what they learn with family and friends when others to whom they're close experience loss and grief."

One participant in last spring's Walking Beside You called the group their "home." "You both helped so much and I felt so connected to everyone who participated – like we're all a family. I'm in a much better place than where I started."

Walking Beside You is made possible in large part thanks to a grant from the Jewish Federations of North America's (JFNA) Center for Holocaust Survivor Care and Institute on Aging and Trauma.

For more information or to register, visit [jfcs-portland.org/walking-beside-you](http://jfcs-portland.org/walking-beside-you).