

JEWISH FAMILY SERVICE OF AKRON

CONNECTIONS



A division of JFSA Cleveland

Newsletter for Friends of JFS Akron



FROM THE DIRECTOR'S DESK

By Buffy Ramos LSW, *Director of Older Adult Services*

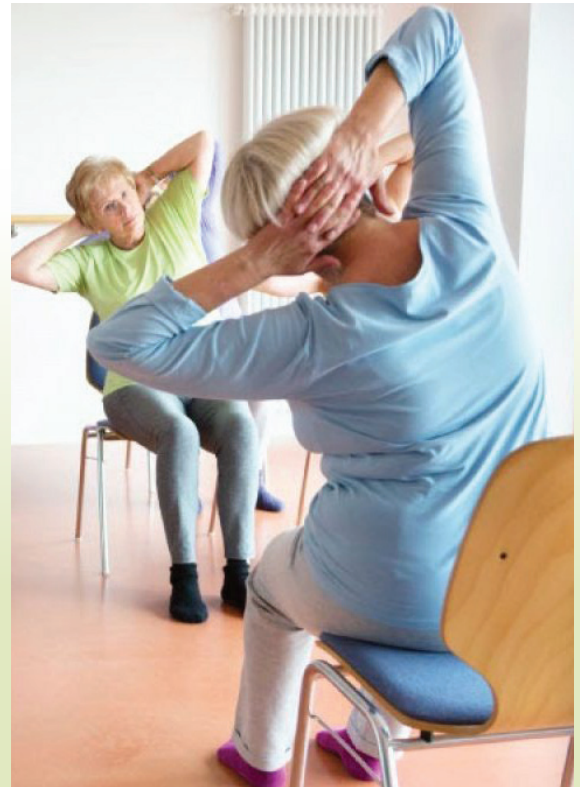
I hope you all are taking a moment to breath in the fresh, cool, morning air of Autumn. I also hope you are making plans to stay healthy, well, and connected this winter. At JFS, we want to remind everyone of simple proactive steps that can have a profound impact on our health. Wearing masks at heightened times of the spread of viruses such as influenza and Covid can really help. Washing and sanitizing hands frequently can be the difference between contracting a virus, or not. Keep hydrated at all times (and coffee doesn't count!) – make it a goal to consume plenty of fluids each and every day. Stay connected to loved ones, family, friends, and JFS Akron at this time! Remember, JFS is here for you! Don't let the cold get you too isolated, which is the recipe for a bad case of the winter blues. We invite you to participate in our uniquely designed social, arts and culture, and wellness programs. We look forward to seeing you this fall and winter!

BEAT THE *CHILL* WITH JFS!

When the chilly breezes of fall and the cold grasp of winter pin you indoors, JFS ensures you're never left twiddling your thumbs. Dive into our myriad of captivating online programs! Recently, our "Declutter" series has been the talk of the town. Imagine a virtual walkthrough of an entire home, bursting with expert guidance on tidying up each nook and cranny. One delighted participant shared, "As I reshaped my space, I felt my stress melt away. Realizing that there's a whole community on this decluttering journey with me was heartwarming. I was never alone!"

If you're looking to invigorate your body and spirit, our Chair Yoga program awaits! It's a delightful session tailored for everyone, where your beloved chair becomes your yoga mat. Stretch, laugh, and rejuvenate with deep breathing exercises all from your cozy corner. A satisfied JFS enthusiast remarked after a session, "I feel like a weight's been lifted off me!" Dive in and feel the transformation yourself!

If you would like to try any of the on-line programs free to you, call Jennifer at **330.867.3388** to start receiving the online program guide through email.



JFS Akron provides individuals & families solutions to face life's challenges with confidence.



Cool Treats and WARM BEATS

It was a sweet rendezvous on the Schultz Campus for Jewish Life, when JFS friends, spanning from clients to our cherished senior buddies at the Center Towers Senior Building, converged for an ice cream extravaganza! The toughest choice? Deciding between the tantalizing strawberry sundaes and indulgent chocolate brownies. But for some adventurous souls, why choose? They gleefully relished both!

The ambiance was set to “groovy” as the talented Rachel Osherow took center stage leading the crowd with summer anthems from yesteryears. She had everyone swaying, singing, and clapping, enjoying the waves of nostalgia.

JFS Akron staff was on deck, not only spreading the cheer but also enlightening everyone about the myriad programs and events available to all. The buzz of excitement for future gatherings was palpable. Let’s just say, it wasn’t just the sundaes that made the day unforgettable!

Art, HEART, and Charity

A heartfelt salute to the spirited sisterhoods of Beth El Synagogue, Temple Israel, and Anshe Sfard Revere Road Synagogue! Their recent “Resin Art” soirée wasn’t just an artful affair where attendees crafted their own exquisite resin art trays. Amidst the tapestry of creativity, laughter, and mouth-watering desserts, the sisterhoods poured out their hearts, bringing donations for the female clients of JFS, including personal and self-care items. In remarks to the audience, Buffy Ramos, Director of Older Adult Services, painted a vivid picture of the impact their donations have. Her words resonated deeply: “The Akron community’s generosity is genuinely heartwarming. We at JFS Akron are profoundly touched by the offerings from the ladies tonight. These gifts will serve as a beacon of hope, a testament to the incredible women who, with their gestures, whispered to our clients: ‘We see you. We care for you.’” Thanks to all!



JFS staff (left to right) Kathy Leb, Buffy Ramos, and Nicki Embly

STAFF SPOTLIGHT: Jeff and Carrie Cunningham, Drivers

Meet Jeff Cunningham, the heart and soul on wheels of JFS! His zest for life and undeniable love for people has made him more than just a driver; he’s a friend to many. As he runs clients to doctor visits, synagogue events, and the bustling Schultz Campus for Jewish Life, conversations flow, and bonds deepen. And guess what? His dedication runs in the family. On days Jeff’s off the radar, his lovely wife, Carrie, takes the wheel, ensuring no beat is missed. One of our clients gushed, “With Jeff’s impeccable timing and safe driving, he’s undoubtedly one of the finest people I’ve encountered. And meeting Carrie? Well, they’re simply dynamite together!” When they’re not lighting up the roads for JFS Akron, this dynamic duo is either teeing off on golf courses or touring across the country, making memories with their family and cherished grandchildren. We at JFS Akron hit the jackpot with the Cunninghams on our team!



MITZVAH DAY BRINGS Greetings and Joy TO CLIENTS' DOORSTEPS

On Sunday, September 10th, JFS's Mitzvah Day brought together the dynamic JFS board and staff, spirited older adult volunteers, and the vibrant young hearts from the Rubber City Jews organization on a mission of joy! Together, they became carriers of happiness, delivering plenty of high holiday cheer directly to the doorsteps of JFS clients. A grand total of 30 Rosh Hashana gift bags, brimming with succulent dried fruits, refreshing juices, sweet honey, freshly harvested apples, delectable Challah, exquisite Honey Cake, and rich chocolate, were bestowed upon the thrilled recipients.

Each bag, adorned with a special handwritten note crafted by the little artists at the Early Childhood Education Center, carried not just goodies but also a piece of sunshine and warm embraces. On this day, happiness knew no bounds, as a wonderful outreach initiative transformed into a meaningful experience of smiles, jubilation, and togetherness, touching the lives of JFS clients and friends with rays of joy and celebration. Thanks to all the volunteers who made this day so special!



INFO TO GO



Our community has a licensed art therapist who is opening up an office, directly below our JFS Akron office. Soly Feinstein has practiced art therapy for over 10 years in Israel. JFS Akron will be partnering with Soly to provide an introductory workshop to our JFS friends and clients this fall! Look for more details to come. If you are interested in learning more about Soly and her work, contact Soly at **330.907.2281** or **sol.arttherapy@gmail.com**, or visit her website **solyarttherapy.com**



Jewish Akron offers college scholarships for qualifying individuals. If you have children or grandchildren currently applying or attending college, contact Sheila Gottlieb at **330.836.9276** for details.



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jfsakron.org

INFO TO KNOW

Do You Know Who Pays?

Individuals and families who come to JFS Akron for help do not pay for most services. Most are funded by public and private foundations, and through the generosity of individual donors through annual fundraising efforts. Without these funds, JFS Akron could not continue this important work.

Help ensure that no one is turned away in their time of need. Give to the JFS Akron Annual Campaign.



Scan the QR code to make your on-line gift today!

You can also send a check to:
JFS Akron, 750 White Pond Dr., Akron, OH 44320.



*JFS Akron is a division of
Jewish Family Service
Association of Cleveland.*

