



MOSAIC

Volume 3 | Winter 2019

JFFS Special Needs Quarterly Gazette

Welcome to our third quarterly edition of MOSIAC—a publication for those involved in making our Jewish community a more welcoming and supportive place for people with special needs.

THE JOY OF GIVING



Giving is the keystone of our enrichment residential program. Our Jewish Residential Homes, Mandel House and Horwitz Family Home, celebrated the holidays with a delightful gift exchange. Personal, thoughtful, and creative gifts were shared among residents, staff, and parents. Everyone enjoyed a wholesome potluck dinner and holiday stories. Thankful for friendships, family, and being together, we celebrated the values of *Chesed* (kindness) and *Shalom Bayit* (peace in the home).

We are currently taking applications for Mandel House. To express interest or apply for our Jewish Residential Homes, families should complete our web-based interest form at JewishOC.org/SpecialNeeds. If your family would like a personal tour or further information, please contact Reega Neutel, MSW, ACSW, at Reega@JFFS.org or **949-435-3460, ext. 332**.



TASTES OF CHEF'S KITCHEN



Sizzling steaks, roasted potatoes, colorful salads, diced fruit, and homemade apple pie are but a few of the menu items featured in Chef's Kitchen. Our awesome guest chefs lead by Chef Aviran Bar-Lev visit Horwitz Family Home monthly and prepare a simple menu plan using natural garden ingredients. The aroma of spices and herbs fill the kitchen as the best produce and ingredients are used in the meal preparation. Eating habits are behavioral in nature and setting good eating behaviors requires support. Cooking is fun and hands-on activities engage our residents. Basic cooking techniques, chopping, squeezing, and mixing are taught to residents under supervision. The dinner table is set by the residents, resulting in improved skills and abilities. The art of cooking includes plating, serving, and eating. *Voila*—a healthy, delicious meal is served! Bon appetite!



FUN WITH HORSES

The great outdoors and a sand road set the scene for a recent Sunday morning equestrian activity. A chestnut horse, feeding on hay, gently awaited attention from our residents. The saddle, girdle, and horse blanket were placed on the horse with the support of a volunteer. Socially and emotionally, the rider experiences a sense of independence, self-confidence, and enhanced self-image.

Typically, one resident will ride while another leads the docile horse by pulling a rope. Our experienced instructor leads the way, focusing on an individual's attention span and direction-following skills. There is a strong bond between horse and rider. A firm grip and broad smiles are apparent as each circumference of the ring is completed. At the end of the session, the horse is brushed down, groomed, and fed a carrot by the participant.



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JEREMIAH SOCIETY NEWSFEED

by Sheldon Lacher

We begin the New Year thanking members, volunteers, and supporters of the Jeremiah Society. We look forward to expanding innovative programs in 2019 so we can provide service to more individuals with special needs. It is especially important in serving the adult special needs community that we reach out further for new members and volunteers. Please help us do that! Contact **Sheldon Lacher** at **562.221.1785** or **Sheldonla@aol.com**, or contact **Reega Neutel** at **714.614.3183** or **Reega@JFFS.org**, to let us know how you can help and if you'd like more information.



JFFS JEREMIAH SOCIETY EVENTS IN REVIEW

OCTOBER

CARAMEL APPLE FALL FESTIVAL: Fall found Jeremiah members discussing the changing of seasons and cycles of life. Members enjoyed a BBQ with burgers, hotdogs, and sides of potato salad, corn, and French fries. Dessert was a show-stopper—our caramel apple dipping bar! Choices included chocolate and caramel sauces, sprinkles, and mini marshmallows. We also made sensory bottles with glitter and water beads. Music and movement provided a rhythmic break!



NOVEMBER

THANKSGIVING TABLE: With a game of “Pin the Feather on the Turkey” we were provided the chance to share thankful thoughts with one another. Also included was the traditional pumpkin pie along with decorating delicious cupcakes like a turkey!



DECEMBER

CHANUKAH CELEBRATION: Chanukah at Heritage Pointe was another wonderful and special annual holiday celebration! Latkes extraordinaire were part of the grand lunch buffet. Rabbi Moishe Engel continues to enthrall us as he has for decades with his warmth, generosity, and inventiveness, along with the always-dramatic Chanukah story. Two dozen menorahs were lit by Jeremiah Society members who also shined their light with a rendition of “Light One Candle” by Peter, Paul & Mary. A major highlight was the Temple Beth El Men’s Club, whose members for years have provided a grateful abundance of Chanukah gifts for Jeremiah Society members.



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UPCOMING EVENTS

UPCOMING JEREMIAH SOCIETY PROGRAMS

Volunteer and sign up for these awesome sensory events this quarter!



THE PAINTED SPRING GARDEN

Sunday, February 24

Tu BiShevat and the beginning of spring inspire us to create a magical garden of butterflies, home grown flowers, and an array of vegetable baskets. Share in whimsical artwork of hand-painted stones and flower bombs, and open the door to your garden adventure!



PURIM FESTIVAL

Sunday, March 24

Join in the Purim Carnival at Temple Bat Yahm with face painting, cotton candy, dress up, and prizes for all! Get your fancy clothes ready!



THE STORY OF PASSOVER

Sunday, April 14

Come listen to the story of Passover and enjoy chicken soup and matzo balls with a friend. Decorate chocolate-covered matzo hand-made by YOU in a "Matzo Factory"!

Be part of Jeremiah Society and expand your circle of friends, strengthen life skills, take part in creative expression, and stay connected to the Jewish Community. Contact **Sheldon Lacher** at **562.221.1785** or **Sheldonla@aol.com** for more information.

MORE UPCOMING SPECIAL EVENTS - SAVE THE DATE

- **"GIRLS JUST WANNA HAVE FUN":**

February 10 - Build-A-Bear

March 10 - Paris in a Tea Cup

April 14 - Color Me Mine

For more information about our monthly Girls' Club, email **Reega@JFFS.org**.

- **BOWLING FIELD TRIP: April 28 at Irvine Lanes**

BAKING CHALLAH TOGETHER

Baking challah is a time-honored mitzvah! The OC Mega Challah Bake was all about making delicious challah together as a symbol of Jewish unity and pride. Jewish families with special needs participated in this program at Chabad of North Irvine last October, inspired by Rebbetzin Gilah Andrusier. We said meaningful blessings for those in need around the world and in our community. Each person was given a challah baking kit with all the ingredients, a Shabbat prayer card, and candles. With CJW volunteer and staff support, adults with developmental disabilities were offered hand-over-hand support to successfully make their own challah. In addition, we showed a video that demonstrated the steps. The participating families enjoyed their home-baked challah, as nothing embodies the Shabbat table more than delicious fresh challah! The unanimous closing comment to the event was, "We learned so much; can we do this again next year?"



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WE LOVE OUR VOLUNTEERS



COMMITTED TO EXCELLENCE: THANK YOU VOLUNTEERS

Our volunteers are vital to the ongoing success of JFFS Special Needs Services. We are seeking friendly, compassionate volunteers who are willing to donate their time to enrich the lives of adults with special needs. With the common pursuit of making a difference in the lives of others, we want every volunteer experience to be rewarding and fulfilling!

- Enrich the lives of individuals with developmental disabilities
- Build leadership experiences
- Make a significant and measurable impact on your community

Contact us today to schedule an interview, and together we can determine how you will best be able to help! To apply, visit JewishOC.org/SpecialNeeds.

JEWISH CONNECTION VOLUNTEER OPPORTUNITIES

Our enrichment programs offer a selection of activities and services designed to meet the social and recreational needs of people with disabilities. Integrating participants into Jewish life in Orange County!

Family Shabbat Dinners: At the Friday night resident “Shabbat Family Dinner,” our Jewish families transition from their everyday lives to a more spiritual experience. We welcome all congregations and community members to volunteer to host a family Shabbat dinner. Typically the table is elegantly set and families sing traditional songs, engage in conversation, and share inspiring thoughts. Come and sing Shalom Aleichem, a song that welcomes the Sabbath angels, with families with special needs. Thank you JCC Cares! Our team is thrilled that Hillel of OC will be volunteering to engage in regular Shabbat evenings with our residents. This will include students from UCI, Cal State Fullerton, and Chapman University.



DONATE

Jewish Federation & Family Services is proud to enable people with special needs to live fully enriched, independent, and active lives by creating opportunity for acceptance, inclusion, and participation in the Orange County Jewish community: *Kehilla* (the building of community), *Tzedek* (social responsibility), *Chesed* (kindness), and *K’vod* (respect for all).

HOW YOU CAN HELP:

- Make a contribution to JFFS Special Needs Services
- Volunteer in one of our enrichment programs for families with special needs
- Donate a gift from our wish list

To find out more, contact **Reega Neutel** at Reega@JFFS.org



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