

TIKVAH EVENTS

Tikvah is a social-recreational group for adults aged 18 and over with any type of special needs. Members plan activities and events, and new members are always welcome. Contact Corinne for more information. Voluntary dues of \$36 per year is suggested.

Please **RSVP for each event!**

- ⇒ **Wed., Jan. 30, 6:30PM, OMSI After Dark**
- ⇒ **Sat., Feb. 2, 6:00PM, Groundhog Day.** Is it still winter or is spring on the way? Dine at Red Robin Wash. Sq. to celebrate Winter & Spring!
- ⇒ **Sun., Feb. 3, 3:30PM, Super Bowl!** Football Fans can watch the game & commercials. Location TBD.
- ⇒ **Sun., Feb. 10, 5:30PM, celebrate the Chinese New Year,** Szechuan Kitchen, Boones Ferry Rd., Lake Oswego.
- ⇒ **Tues., Feb. 12, 7:00PM-8:30PM, MJCC, Emergency Preparedness.**
- ⇒ **Thurs., Feb. 14, 6:00PM, Valentine's Day.** Meet for pizza at New York New York Pizza, 7737 SW Barbur Blvd.
- ⇒ **Fri., Feb. 22, 6:00PM, Game Night** at Danny & Andrea's. Potluck, RSVP.
- ⇒ **Sun., March 17, 6:00PM, St. Patrick's Day.** Celebrate the wearin' of the green. Dinner location to be determined.

COMMUNITY INFORMATION

Tues., Feb. 12, 7:00PM-8:30PM, MJCC, Emergency Preparedness: What You Need to Know and Do to Survive a Major Disaster, provided by the Red Cross. Free.

Feb. 14 & March 14: Gimme a Break, 6:30PM- 8:00PM. Do you need a little break from caring for a child with disabilities? Contact the UCP office, 503-467-0343 or 503-467-0332. Free, RSVP needed.

Thurs., Feb. 21 TASK Parent group, see previous column.

Fri., Feb. 22, 9:30AM-11:30AM, Drug and Alcohol Use and Abuse as a Co-Occurring Disorder in Individuals with Intellectual/Developmental Disabilities. Webinar broadcast, contact ddctraining@gmail.com, or 1-503 339-4758 to register, fee is \$15.

Wed., Feb. 27, 6:30-8:00PM, Anxiety! Free workshop on strategies to help children with anxiety. Providence Cancer Center Pavilion, RSVP needed, call 541 387-5720.

Fri., March 1, 2:00-5:00, Helping Children Learn, a free presentation at the Providence Cancer Center Amphitheater, 4805 NE Glisan. Register at www.providence.org/classes.



NEWSLETTER

**FEBRUARY - MARCH
2013**

A publication & program of
Jewish Family & Child Service
For information, please call
Corinne B. Spiegel
503.226-7079 Ext. 155
corinne@jfcs-portland.org
www.JFCS-Portland.org

TASK NEWS

For up-to-date events, or to leave a message,
call 503 226-7079 ext. 155 or
email: corinne@jfcs-portland.org.



**Sun., Feb. 17,
9:30AM, MJCC
Deli Area, TASK
Advisory Board
meets.**

**Thurs., Feb. 21 at 6:45PM,
TASK Parent Group - JFCS
Office** -You are invited to meet with
Arlene Jones, who will be discussing
**SSI/SSDI/CDB (formerly DAC,
DWB)** and what happens to those
benefits (including Medicaid, Medi-
care, Food Stamps, etc.) when the
person is employed, considering em-
ployment, or when a parent retires or
dies.

*Arlene has worked with Disability Rights
Oregon as a Benefits Counselor since 2010.
Her training and certification was through
Virginia Commonwealth University (VCU)
Work Incentive Planning and Assistance*

FEBRUARY – MARCH 2013

*(WIPA) National Training Center--part of the
Social Security Administration (SSA) federal
WIA initiative.*

Please arrive by **6:40PM** since the
building is locked, Your **RSVP is re-
quired.**



Sunday, March 10,
Daylight Savings Time
Begins; be sure to ad-
vance your clocks one

hour.

Monday, March 25,
Passover begins at
Sundown.



Changes in the DSM V. As many know, the
Diagnostic and Statistical Manual, version 5, is
now available online and will be in print shortly.
It's the compilation of all psychiatric disorders
and new definitions. This edition has dropped
Sensory Processing Disorder. Added is Disruptive
Mood Dysregulation Disorder. It has also
changed the terms Child Disintegrative Disorder
and Asperger's Syndrome, which are now in-

cluded in the definition of Autism. The hope is
that for the one in five Americans who experi-
ence mental illness this year, better diagnostics
will lead to better treatment.

Tax season is around the
corner. If you have a family
member with special needs,
note that generally all medi-
cal, therapeutic, specialized classes, personal
aides that you pay for, physical aids, special
foods, legal expenses, and transportation costs
for those services are deductible for your de-
pendent child. But did you also know that you
may qualify for a Child and Dependent Care
Credit? And also consider the Earned Income
Credit, even if you have an adult child with spe-
cial needs living with you. Be sure to discuss
these potential tax savings with your tax prepar-
er. See also www.friendshipcircle.org/.

