

TIKVAH EVENTS

Tikvah is a social-recreational group for adults aged 18+ with any type of special needs. New members are always welcome. For information and to RSVP: 503-226-7079, ext. 155 or janetmenashe@jfcs-portland.org. An RSVP is required for each event!

March 28/ Wednesday/ 6:00 pm/ OMSI After Dark, A special evening on the BRAIN FAIR! Learn about your brain. RSVP by March 27

April 1 / Sunday/ 3:30 pm/April Fool's Day Movie...location to be determined

April 8/ Sunday/ 5:30 pm/ End of Passover Dinner, Olive Garden 11650 SW Canyon Rd. RSVP by April 6th

April 19/Thursday / 5:45 pm/ Dinner at Pambiche Cocina Cuban Restaurant, 2811 NE Glisan St. RSVP by April 16

April 22/ Sunday/ 1:30 pm/ Wunderland/ 17235 NW Corridor Ct, Beaverton. RSVP by April 20

April 25/ Wednesday/ 6:00pm/ OMSI after Dark: It's Alive- Mind, and Body. RSVP by April 23

April 28/ Saturday/ Broadway Rose Theater: It's Patsy Cline/ Upbeat, fun Musical Buy tickets ahead of time for only \$5 with Your Oregon Trail Card.

More activities will be announced for May!

If you'd like to be placed on the TASK email list, please contact Jewish Family and Child Services at 9503) 226-7079 ext. 122 or janetmenashe@jfcs-portland.org.



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Your Jewish Connection to Disability Awareness

TASK NEWS

Treasuring, Accepting
& Supporting Kehillah



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TASK NEWS

The TASK Advisory Board meeting is scheduled for April 8th at 9:30 am. We are looking for new members for the board. If you are interested please contact janetmenashe@jfcc-portland.org or calling Jewish Family & Child Service at (503) 226-7079 ext. 122

TASK is looking to start a socialization group for families with children with disabilities. The group would be for children of elementary and middle school ages. If you have a family member or know of a family that would be interested, please let us know by emailing janetmenashe@jfcc-portland.org or calling Jewish Family and Child Services at (503) 226-7079 ext. 155

Interest Free Loans Available

Jewish Free Loan of Greater Portland offers interest free loans of up to \$4000 for life's ups and downs. Perhaps you have and unexpected medical expense, need assistance with tuition for camp or school. Jewish Free Loan is here for you. Visit us online at www.jewishportland.org/freeloan to learn more and apply or call (503) 245-6449 with your questions

HOLIDAYS

Passover Last Day	April 7, Saturday
Lag ba'Omer	May 5, Thursday
Shavout	May 19 Saturday

COUNTER THE EFFECTS OF ISOLATION

Isolation is a difficult issue for many people, especially during the dark, wet, winter months. With Spring on the horizon, you might try some of these solutions to counter isolation.

Journal: Start writing your thoughts down on paper, on any topic that comes to mind. Perhaps start by describing friends or family members, a funny incident that happened once to you, or a favorite place you've visited. It helps to remember good times, if you're feeling down.

Pets: Even if you don't have a pet, animals are great to hold, play with, watch, and visit. You might go to a nearby pet store, or a friend's home just to visit their pet(s). You don't have to talk much, just enjoy the time together. If you're not into furry friends, a small fish in a tank can be relaxing and fun to watch.

Talk to Others: Call a friend or a relative just to say "hi." You don't have to make specific plans to do anything, just start the conversation with "I was thinking of you" and wanted to say "hi". Another way to reach out is to be a volunteer in the community, where your help will make a difference to others. Or join a group (lunch, hiking, or movie club), or take a class

Exercise: There is plenty of proof that moving our bodies helps our minds. It's hard to exercise alone but take a little time for yourself to do something easy.

Social media: It's generally not a great idea to make social media your socialization platform. Seeing people in person and talking to people you know is the best way to socialize, which helps us all from feeling isolated.

Therapy: There are many ways to get support when feeling alone. If you need personal supports, talk with a therapist. We have social workers at Jewish Family & Child Services. Contact us at 503 226-7079 ext. 124

Community News

A fitness club for people with special needs? YES! Contact www.specialtyathletictraining.com to find out more about their three gyms in the Portland – Vancouver area. They specialize in working with children and adults with a variety special needs

Pediatric O/T, birth to five years. Local occupational therapist, Sarah Reppenhagen now provides O/T services for children in their homes in the Tri-county area. Contact her at 503 683-7700, or see www.gatherandgrowpdx.com. This service is generally billable as out-of-network coverage in many insurance policies, but Sarah will guide you though.

Did you know that if you have an Oregon Trail (SNAP) card, you can use it for reduced entry at many Portland events, such as the Zoo, Opera and Theater, such as Broadway Rose. Be sure to check with each organization, if it is accepted. It generally allows entry for up to 2 people at \$5 each.

Note: JFCS provides information such as listed above as a courtesy. JFCS does not endorse any particular individual or service.