

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!

May 27 / Sunday 12:00pm / Rose Festival City Fair/Meet in front of the Salmon Street Springs, 1000 SW Naito Parkway/Admission is \$5.00 RSVP by May 25

May 30/ Wednesday/6:00 pm/ OMSI after Dark: Criminal Science, RSVP by May 28th

June 2 / Saturday/ 7:00 pm/ Starlight Parade and Run / Meet in front of the Library, RSVP by May 31

June 23/ Saturday/ 2:00pm/ St. Mary's Academy/ 1615 SW 5th Ave. /Tickets are \$15/ RSVP by June 21 to corinnebsp@gmail.com

June 30/ Saturday/7:30 pm/ Broadway Rose Theater: Mama Mia / Upbeat, and fun / If we get a group of 10 or more we will get a 10% discount. Tickets are \$54. Please RSVP by Monday, May 28th

July 6/ Fri day/ 5:30 pm/ Busters BBQ/11419 SW Pacific Hwy, Tigard/ Come help celebrate Nathan Spiegel's birthday/RSVP by July 3rd

July 15/ Sunday/ 3:30 pm/ Bowling at Super Play/ 9300 SW Beaverton- Hillsdale Hwy./RSVP by July 12

July 19/ Thursday/ 5:30 pm/ Cracker Barrel Restaurant/ 4050 SW 114th Ave./RSVP by July 16

More Activities will be announced for July.



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Your Jewish Connection to Disability Awareness

TASK NEWS

Treasuring, Accepting
& Supporting Kehillah



For information, please call:

JANET L. MENASHE
DISABILITIES INCLUSION SPECIALIST
503-226-7079, ext. 155
janetmenashe@jfcs-portland.org
www.jfcs-portland.org

TASK NEWS

The next **TASK Advisory Board** meeting is scheduled for July 22nd at 9:30 am. We are looking for new members for the board. If you are interested please contact janetmenashe@jfcs-portland.org or calling Jewish Family & Child Service at (503) 226-7079 ext. 122

Janet Menashe, Disability Inclusion Specialist, will be out of the office starting June 12th through June 28th. During her absence if you need assistance, please contact Anthony Antoville, Social Services Director. Anthony will be available during business hours and can be reached at (503) 226-7079 ext. 121 or by email at AAntoville@jfcs-portland.org

If you would like to be placed on the **TASK email list instead of receiving a copy in the mail, please contact Jewish Family & Child Service at (503) 226-7079 ext.122**

HOLIDAYS

Rosh Chodesh Tamuz **June 13, Wednesday**
Rosh Chodesh Av **July 13, Friday**
Shabbot Chazon **July 21, Saturday**
Tish'a B'Av **July 22, Sunday**

ANXIETY

What are the signs of anxiety?

Severe anxiety affects individual's emotional and mental wellbeing, harming their self-confidence. They may become withdrawn and go to great lengths to avoid everyday activities that make them feel anxious. Some of the **symptoms** of anxieties include:

- Irritability or tearfulness
- Sleep disruption (waking in the night or having bad dreams.
- Poor concentration
- Lack of confidence to try new things
- Inability to face everyday challenges
- Inability to control fear or worry
- Changes in eating habits or appetite
- Stomach ache
- Headache
- Refusing to go to school or work
- Feeling sick
- Shortness of breath

Ways to help:

Do not reinforce the anxieties. Talk together about what the individual is anxious about. Focus on the positive. Help them find the Good aspects of the situation, instead of worrying about what will happen. Find ways to confront the fears. Help the Individuals find ways to cope with the situation.

Community News

AMBUCS = Adaptive Bikes
Greater Portland Area AMBUCS is a nonprofit organization founded in 2016 with the mission of creating mobility and independence for people with disabilities.

They do this through providing adapted tricycles to children who need them in Oregon and SW Washington.

Families or individuals interested in applying or learning more about adapted tricycles can email them at PDXABUC@gmail.com

Oregon Family to Family Health Information has created a one page form to help in the case of an emergency.

It has a box for every need you can think of which you fill in with names and phone numbers, so everything is at your fingertips if it should be needed.

Please contact Janet Menashe at Jewish Family and Child Service if you would like a copy.