

ADULTS IN MOTION (AIM)

A publication of the Adult, Cultural & Judaic Department of the JCC

FEBRUARY 2017 / SHEVAT ADAR 5777

SHALOM FROM THE DIRECTOR

The phrase “new normal” has been coming up lately in relationship to many things. In the context of my article this month, I am referring to a heightened sense of security at the JCC. Given recent incidents in the country and across the globe, all institutions are reexamining their current security measures. This is also true for us here at our JCC.

First and foremost, it is important for all of you to know that the safety and security of our staff and members is our highest priority. Our existing emergency plan was constructed with input from law enforcement agencies and we review these plans on a regular basis. In mid-January, representatives from the Department of Homeland Security conducted a routine walk-through of our facility, reviewed our emergency plans and will provide us with further recommendations.

On January 19, representatives from the Cherry Hill Police Department and Office of Emergency Management were available to answer any questions members had on security relating to the JCC and the community.

In our attempt to increase our state of awareness and preparedness, we will be scheduling announced and unannounced drills on a regular basis. Our Department has closed access to the door that leads to the outside from our office. This step eliminates a point of entry into the building and insures that everyone entering the building has to check in with the guard. We thank our bus riders for accepting this change gracefully.

We appreciate your understanding and cooperation during this time of the “new normal” in our approach to security. Our plans have been rated “excellent” by Homeland Security and have been given high rankings by the Cherry Hill Police Department. By working together, we will do everything we can to maintain the safety of everyone who enters our JCC.

Thank you,
Marcy

For more information, contact Marcy Lahav, Director
at mlahav@jfedsnj.org or (856) 424-4444 x1247

THE FORUM: AN EVENING OF ENGAGING AND INSPIRING JEWISH LEARNING

Don't you love it when things you loved earlier in your life become retro and are reintroduced to a new generation with a new twist? Who ever thought chunky shoes would make a come-back, or rubik's cubes, old TV shows or your favorite love songs remixed?

Thanks to the Shark Tank initiative from the Jewish Federation and a group of young leaders, a classic but favorite program is resurfacing in our community. The Jewish Culture Shuk will reappear on Saturday, February 25 as “The Forum: An Evening of Engaging and Inspiring Jewish Learning.”



Thirty-six classes offered by community educators, clergy, and learning enthusiasts will fill the night with a wide array of topics. People of all levels, ages, and interests will find something to peak their interest. Try one of the many hands-on interactive classes such as Jewmba (Jewish version of Zumba), Beer and Chocolate Tasting, or join a Babka Cooking Demonstration. Perhaps engaging presentations or discussions are your cup of tea. Sign up to be part of classes like: The Seven Habits of Effective Jews, How Moshe Would Lead a Fortune 500 or Zionism in the 21st Century. If text based classes are what you are looking for, you'll find a slew of them from Talmud 101 to Humor in the Talmud.

It's refreshing and exciting to see a whole new generation excited about bringing a night of Jewish learning to the community. We hope you'll join us with your friends for this special evening. (\$18 to pre-register or \$25 at the door). Sign up in the Adult Department or on-line at www.katzjcc.org/forum. Ask Adult Department staff about limited transportation to and from this special event.

Sabrina

For more information about The Forum, please contact
Sabrina Spector at sspector@jfedsnj.org
or (856) 424-4444 x1108

TRANSPORTATION UPDATE

Transportation for older adults is a challenging conundrum throughout the country. We are currently evaluating vendors we work with that provide transportation to and from the JCC. The following are available options you can choose from to transport you to the programs you love at the JCC.

Safety Bus: We are reviewing existing routes to enhance efficiency. **If riders need to cancel, they must call Safety Bus at 856-665-2662. If you don't cancel, the bus wastes time and lengthens the trip for the other riders.**

We are in the process of developing policies for bus riders to follow in order to avoid these situations.



S-Uber Trainings: This program provides information and support for older adults on how to use Uber. We have 3 additional trainings scheduled in the near future:

- 1) Thursday, February 16, from 3-4pm at the JCC
- 2) Tuesday, March, 14 from 7-8:30pm at the JCC
- 3) Sunday, April 2, from 1-2:30pm at Lions Gate.

Come and learn more about this reasonably priced individualized transportation that is at your fingertips if you have a smart phone or access to one.

Cherry Hill Township Senior Transportation: Transportation for Cherry Hill residents is available on Tuesdays and Fridays with pickups between 9 and 10am and departure from the JCC at 1pm.

We are exploring a relationship with a **Taxi** provider for limited transportation to and from the JCC. We will keep you up-to-date on the outcome of this endeavor.

J DINE HAS NEW FRIENDS!

Did you know you can our the AIM activity and menu calendar on the Katz JCC website:

<http://katzjcc.org/meal-program>

Welcome to our new diners:

Harvey and Helen Belitsky, Melvin Cohen, Bill Herman, Renee Jerome Schwarz, Michelle Miller, Norrine Regetz, Beverly Sachs, Robert Shaprio, Georgia Sloane Roussos

For information about Transportation programs, please contact Karen Grossman at kgrossman@jfedsnj.org or (856) 424-4444 x1273

The Sanders Memorial LIBRARY at the Katz JCC

This month our Sanders Book Club will be reviewing *Modern Girls* by Jennifer Brown on February 16, at 1:00pm in the adult lounge. We will be speaking with Ms. Brown on skype to get insight into her writing and her literary background. Please bring your friends for this wonderful discussion and warm atmosphere. We love to welcome new participants. This novel is available for borrowing in print and on the Kindle.

Congratulations to Deborah Kotzen, our December winner of the library raffle basket. Thank you, Deborah for your support.

Recently, a patron told me about a book (she read from the library) that inspired her.

Life in a Jar: The Irena Sendler Project



This is the true story of students in a public school in Kansas in 1999, who were given a history project for National History Day. Several students researched Irena Sendler, the righteous gentile who saved thousands of Jewish children from the Warsaw Ghetto.

These students invested so much effort into this project that it eventually became a student trip to Poland, a website, a play, a movie, a worldwide cause and an honorarium to Irena Sendler. In addition to the *Irena Sendler: In the Name of Their Mothers* documentary DVD, we now have the *Life in a Jar* on DVD available for you to borrow. In addition, if you would like to learn more about this group of students and their cause, you can visit the website at irenasendler.org/life-in-a-jar-book

Happy Reading!

Debbie Drachman

For information about the Sanders Memorial Library, please contact Debbie Drachman at ddrachman@jfedsnj.org or (856) 424-4444 x1259

NEWS FROM THE GOODTIMERS

Respectfully submitted by Ruth Goodman

The next meeting of the Goodtimers will be held on Tuesday, February 28, at 2pm. Program to be announced.

Our new Membership Chairperson, Shirley Werner, will help us maintain and grow our membership. New members will be welcomed. If you have a friend, relative or neighbor who you think might be interested, please have them come to a meeting. They should be over 65 single and a current member of the JCC. Membership in the Goodtimers is FREE.

Discussion groups are held every other month. If anyone would like host a group in his or her home, please contact our President.

If anyone is aware of a Goodtimer who is ill, in the hospital, or in any way incapacitated, please contact our Sunshine Lady, Shirley Wander at 856-424-1497. She will send an appropriate card.

FOR YOUR INFORMATION

Every Monday, Wednesday, Friday - Arm Chair Aerobics, 11-11:45am in the front of Social Hall. FREE to members.

Every Monday - Mindfulness & Meditation, 1pm in the Adult Lounge. FREE to members.

Every Tuesday - News and Views with the Danowitz Brothers, 1-2pm in the Adult Lounge. FREE to members.

Monday, February 6 - "How To Strengthen Relations With Grandchildren". "Speaker Mel Chilowitz 10am in the Adult Lounge. FREE to members.

Sunday, February 26 - Philharmonic of South Jersey - "Cruising The Danube". Eastern Regional High School - 3pm. \$25/person.

Tuesday, March 7 - Katz JCC Adult Department Purim Party 11:30am to 1:00pm. JCC Member \$5, Guests \$8. For more info, contact Robin (856)424-4444 x1260.



SMART HEALTH FROM ELLEN, JFCS NURSE

GETTING THE DOCTOR TO LISTEN

Do you ever leave the doctor's office feeling that the doctor didn't hear what you said? Studies show that patients are cut off after speaking for 23 seconds!

A recent *AARP Magazine* article suggests the following strategies to maximize your office visit and talk so your doctor will listen:

MAKE A HUMAN CONNECTION - Start with a greeting or even a joke. Doctors are people too and are more receptive when greeted before you launch into your concerns.

STAY ON MESSAGE – Sharing too much information unrelated to your medical concerns takes time away from your visit.

TELL THE WHOLE TRUTH - Be forthright about everything happening to you. Talk about your fears, changes in your sleep patterns, substance abuse, etc.

REHEARSE BEFORE THE VISIT- If a topic is embarrassing, write a script and practice. Say them out loud at home so you will be more comfortable when talking to the doctor.

DON'T SAVE QUESTIONS FOR THE END- Try to address concerns in the first few minutes of the visit. Do not wait until the doctor is halfway out the door.

EXPLAIN WHAT YOU CAN AFFORD- If you can't afford a prescription or a test, tell your doctor. Being honest is better than noncompliance. Most doctors will have an alternate suggestion.

DON'T GO ALONE – Bring a family member, friend or advocate to ensure that your questions are answered. They can take notes and help you stay on track. Patient Partners program at JFCS can connect you with an advocate .

DON'T BE AFRAID TO MAKE A CHANGE – If you feel you are not being heard, or are being too rushed, it is OK to look for another doctor. You should not be embarrassed to find a doctor that is a better fit.

I am usually available on Wednesdays and Fridays during the lunch program from 12-1pm if you have any other medical questions or want your blood pressure checked.

Ellen

For more information about our activities, please contact Suzanne Post at spost@jfedsnj.org or x1226

For more information about our Meal Program, contact Gail Siegel at gsiegel@jfedsnj.org or x1280

COUPLES CLUB

All couples who are members of the JCC are welcome to join our club.

We have to go through February in order to appreciate that spring is around the corner. To make February more tolerable many of our members spend portions of the month in warmer climates. In order to accommodate our warm weather seekers, the Couples Club does not meet in February.

After our winter reprieve, we have planned many events for the spring. These include the documentary film, *Mona Lisa is Missing* at the Cherry Hill Volvo Care Jewish Film Festival with Bill Wine; the play *My Son, The Waiter* at the Bucks County Playhouse; the Philharmonic of Southern NJ performing Gershwin's *An American in Paris*; and finally, a musical, *Sister Act*, at the Grand Theater. Our events include a meal because sharing a meal promotes getting to know one another better.

Our January speaker Robin W. Bilazarian, author of *Emotional Smarts*, talked about and demonstrated techniques to reduce stress in your life. For example:

- Write/vent your feelings on paper, but never mail them.
- Think positive thoughts to calm down and turn off the adrenalin.
- Take deep breaths.
- Move around, stretch or do simple movements.
- Imagery.: Mentally visualize a favorite place, something you enjoy doing.

Demonstrations included Acupoints, a technique of self-applied light touch or tapping your face, hand and upper torso. Touching or tapping releases, collapses and desensitizes the upset quickly. Give these a try.

Steve Kravitz

SOUTH JERSEY MENS CLUB

The SJMC will hold its February meeting in the Family Activity Center on **Sunday, February 26.**

In addition to members, guests are invited to attend one SJMC meeting which includes breakfast (lox, bagels, hard boiled eggs and whitefish salad, etc.) for \$7. If you have any questions, contact me at (856) 889-2448 or poppyrob5girls@yahoo.com

Thank you, **Rob Sax**

For information about Life Long Learning and Trips, contact Sharon Siegel ssiegel@jfedsnj.org or (856) 424-4444 x1297

BIRTHDAYS!

Elaine Chaitoff, Edith Gutin, Shirley Traum
Beverly Shapiro, Bernard Shapiro, Ruth Zafir,
Charles Conrad, Theo Cover, Irma Berman,
Irving Berman, Carl Byck, Eileen Gaglia, Milton Hermann,
Irene Kauffman, Herb Magnus, Linda Markoff,
Bernice Moss, Lawrence Natelson,
William Patterson, Ellen Posner, Nettie Schwartz,
Beverly Shapiro, Susan Tucker

*If we've missed your special day, please let us know.
We'll add you to the list!*

HELLO FROM JUDAICA JILL

Shalom! I am back from Israel with many stories and pictures to share with anyone who is interested. I led a Birthright trip, a free 10-day trip for young adults between the ages of 18-26. It was an incredible 10 days schlepping all over Israel. We covered almost everything, from hiking in the Golan Heights to snorkeling in Eilat. I even hiked up Masada with my guitar on my back! There's nothing like singing "Here Comes the Sun" on the top of Masada as the sun rises over the Dead Sea.

Taglit Birthright Israel is an incredible program, and I am honored to be one of the educators who has the privilege of helping others experience Israel for the first time. If you want more information about the program or help planning your next trip to Israel, please let me know.

Jill

FEBRUARY IS HEALTHY HEART MONTH

Check the JCC calendar for special heart healthy activities throughout the month of February that will help YOU maintain heart health. From blood pressure screenings to Yoga, there is something for everyone at the J.



IN THE FAMILY

We are sorry to announce the passing of Bernice Schnabel -- always positive, generous and a wonderful supporter of the JCC. She will be missed by many.



For information about our Judaic programming, contact Jill Cogan at jcogan@jfedsnj.org or (856) 424-4444 x 1281