

January 2017

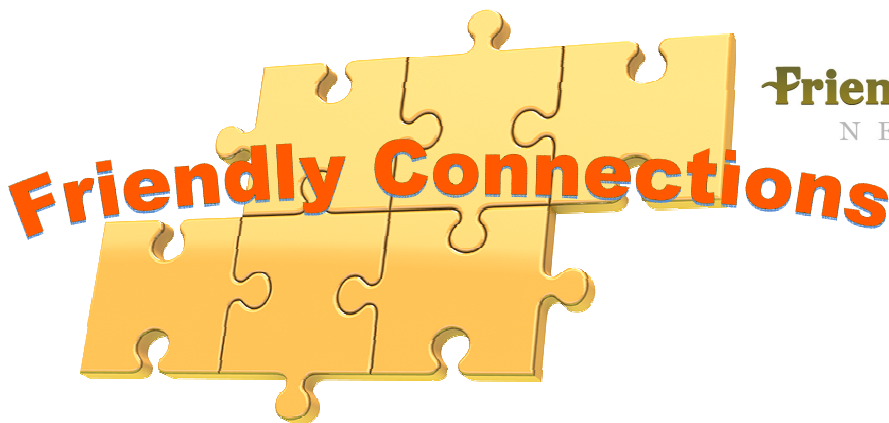
Volume 3,
Winter 2017

Inside this issue:

<i>Greetings</i>	1
<i>Happy Anniversary</i>	1
<i>Small Action...</i>	1
<i>Pair of the Season</i>	2
<i>A Day Spent with Friends</i>	2
<i>Interactive Section</i>	3
• <i>Healthy Living</i>	
• <i>Challenge Your Mind</i>	
• <i>Friendly Thinking</i>	
 <i>General Info and Support</i>	4

Birthdays of the Season Happy Birthday To:

<i>Josephine Johns</i>	1/2
<i>Frida Cohen</i>	1/3
<i>Ricardo Montero</i>	1/12
<i>Haya Vered</i>	1/14
<i>Faith Robertson</i>	1/17
<i>Carole Kufka</i>	1/18
<i>Sheila Duffy</i>	1/20
<i>Shirley Shaytin</i>	1/21
<i>Chaim Aronowitz</i>	1/23
<i>Carmela Eckelman</i>	1/31
<i>Nora Schnee</i>	2/2
<i>Ronni Tishkevich</i>	2/2
<i>Jesse Banks</i>	2/8
<i>Diane Smith</i>	2/9
<i>Nirit Gordon</i>	2/10
<i>Fred Fliegelman</i>	2/10
<i>Antonio Tambasco</i>	2/18
<i>Arnold Steichel</i>	2/18
<i>Nora Simchi</i>	2/25
<i>Lee Wexelman</i>	2/27
<i>Penny Graham</i>	2/27
<i>Alan Bader</i>	2/28
<i>Lila Susskind</i>	2/28



Friendly Visiting
NEW YORK

Greetings!

In 2016 Friendly Visiting NY volunteers donated over 2,100 hours of service to our homebound seniors in the surrounding Brooklyn communities. Volunteers contributed Friendly Visiting and Telephone Reassurance, but these numbers don't tell the whole story— numbers usually don't.

These hours were spent keeping the senior company at their doctor's appointments, helping with groceries, walks in the courtyard and the park. Our volunteers spent time singing, reading, writing, chatting and enhancing the daily lives of these seniors. Some of these hours were even spent by the bedside of seniors who were too sick to get out of bed or at the hospital. And a few of these hours spent in silence, doing the difficult task for some volunteers which was just being with their senior friend with no expectation or preconception, or response of any kind.

The gift of your time is the greatest gift there is and we appreciate it all!

Libby Feldman

Small Action x Lots of People = BIG CHANGE

Our Friendly Visiting program pairs kind and passionate individuals with homebound elderly neighbors in need of companionship. Volunteers are screened and trained prior to being matched with a senior friend based on common interest, need or bond. These visits form bonds and lasting relationships. The time commitment for this program is one hour per week for at least six months. Of course, the schedule of visiting can be arranged between the volunteer and their senior best.

Penny visits Nanette on a weekly basis. Nanette suffers from severe arthritis and has weakened vision which does not allow her to do the reading she once was able to. "Nanette is really great at giving advice and we both serve as sounding boards for one another. We confide in each other, really. I can tell her things as if she were a real grandmother to me, and I am so glad that I am able to be a good listener and confidante for her, too."

Spread the word and encourage others to get involved!



Pair of the Season

Arielle Burlett & Margolit Shaul

Arielle, 30, grew up in Pennsylvania and recently moved to Crown Heights, Brooklyn. She currently manages the Community Services for Public Health Solutions' Neighborhood WIC (Women, Infants, and Children) Program. Arielle joined Friendly Visiting NY in 2013 and continues to visit her current senior friend, Margolit. Arielle's passion for seniors was clear and we knew she was a great fit for the program. "I was fortunate to be surrounded by grandparents and great-aunts and great-uncles growing up and have always loved working and volunteering with seniors since then. Some of my previous positions have included caretaking for a 96-year old lady in Washington, D.C. while in college and also at the Department of Aging for the Pittsburgh area before moving to NYC in 2013. When I moved to NYC for my job, I missed working with seniors, so I decided to volunteer!"

Arielle has been visiting Margolit for over a year now! The first visit was in September 2015, when she knew this would be someone she would truly enjoy spending time with. "From the beginning, we had a very nice rapport.

I was very interested in learning about my senior (and her with me!), so we dove right into getting to know each other." Because Margolit is visually impaired, Arielle assists with reading documents, articles, or anything that may be hard for Margolit to see. The two also discuss politics, life lessons, and also try to squeeze in a Spanish lesson at every visit since they are both always trying to improve their Spanish! Arielle describes Margolit as a strong, independent woman who had faced a lot in her past. It is evident that these experiences have defined much of her outlook on life, which is important to take into consideration when visiting with her. "She is a very interesting woman with a breadth of experiences – from being a Holocaust survivor to a dedicated language teacher. She is a piano player, mother, and grandmother, and also multi-lingual."

When asked why she enjoyed volunteering so much Arielle expressed how she felt good about herself after helping those who needed it. In describing the importance of volunteering, Arielle said "it's a really rewarding way to spend your time!



So many seniors just need people to socialize with regularly and the Friendly Visiting Program is a great way to connect them to people they may never have had the opportunity to socialize

with. I can't stress enough the power of young people as companions for older adults—we have so much to learn from them and having some youthful energy in a room can really do a lot to bring excitement and joy to a senior. My senior loves getting my opinion on current events and always asks me to look up things on my "smart phone" for her!"

A Day Spent with Friends is A Day Well Spent!

On Wednesday, December 21, the Merkaz Community Center was turned into a festive scene for the Friendly Visiting New York Holiday Party. The program celebrated our volunteers and seniors for opening their hearts and homes to the program. This luncheon was themed around recognizing all those who are part of the program and gave to the community through their personal lives. It is a perfect event where new and old were able to meet the people in our surrounding communities that make a difference. Friendly Visiting New York also celebrated our 11th anniversary of providing friendly visits to homebound, frail seniors. Socialization eliminates isolation and our volunteers and seniors enjoy visits in a pleasant environment, where for a moment in time, their troubles and worries can take a back seat. Through the program these seniors get back some self-worth and company while maintaining their dignity.

During the event, two of our volunteers spoke about their experiences with the program and their senior friend. We even got a surprise when our lovely senior, Margolit, asked to speak about her time spent with her volunteer and thanked the program for such a positive experience. Throughout the luncheon, guests were treated to a lovely performance from the Squeaky Clean Band. Entertainment, great food, amazing company is not where it ended. Each guest entered to win one of the many prizes in addition to the special gift each of our guests received to help them keep warm during the winter months.



Healthy Living

Interactive Section

Don't fall for the myth that growing older automatically means you're not going to feel good anymore. It is true that aging involves physical changes, but it doesn't have to mean discomfort and disability. While not all illness or pain is avoidable, many of the physical challenges associated with aging can be overcome or drastically mitigated by exercising, eating right, and taking care of yourself.

It's never too late to start! No matter how old you are or how unhealthy you've been in the past, caring for your body has enormous benefits that will help you stay active, sharpen your memory, boost your immune system, manage health problems, and increase your energy. In fact, adults who take up exercise later in life, for example, often show greater physical and mental improvements than their younger counterparts—because they aren't encumbered by the same sports injuries that many regular exercisers experience as they age. Similarly, many older adults report feeling better than ever because they are making more of an effort to be healthy than they did when they were younger.

Challenge Your Mind!

Grab a pencil and take a crack at Sudoku!. Send a pic of it completed for a chance to win a prize!

	2		8	6				5
		7				2		
5		8					4	
		2	6	7				8
			9		2			
7				1	5	4		
	9					3		1
		5				9		
4				9	1		6	

Friendly Thinking

What's the single most important issue the world needs to address?

There are many issues mankind needs to address. But what do you think is the single most important issue that immediately needs to be addressed? What issue needs to be addressed so badly that all the other issues seem more or less secondary?

Send your responses to L.Feldman@jccgci.org. All submissions give you a chance to win!



Helping The Homebound One Visit At A Time

3001 West 37th Street, Brooklyn, NY 11224

718-449-5000 Extension 2311

Fax: 347-962-3652/3660

L.Feldman@jccgci.org

www. friendlyvisitingny.org

**Friendly Visiting is a project of the Jewish Community Council of Greater Coney Island
and is funded by Citymeals-on-Wheels, The Max and Victoria Dreyfus Foundation, Conference on
Jewish Material Claims Against Germany, Wallerstein Foundation for Geriatric Life Improvement,
NYS Office for the Aging**