



Direct to You



A NEWSLETTER FOR JFS DIRECT SERVICE VOLUNTEERS

JEWISH FAMILY SERVICES, INC.

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WELCOME TO POSSIBILITY...

JFS is a partner agency of the Milwaukee Jewish Federation
& a beneficiary of the United Way.



Dear JFS Volunteers

It was a busy summer, and I am ready to feel the robustness of fall and to sense the fall world that surrounds me. More than any other season, fall truly fills our senses; the crunch of leaves underfoot, the changing colors everywhere, the return of warm comfort foods, the scent of cinnamon and the coolness in the air. Yes, fall showcases our five senses, but there is another sense too – Good Sense! This issue of Direct to You highlights the Good Sense to prevent falls and to keep our minds busy during these next few months. Needless to say, it also focuses on a woman who practices the Good Sense of volunteering!

On behalf of Jewish Family Services, thank you for being a part of the most dedicated, committed, kindhearted and caring team of volunteers. Your volunteer service brings cheer to people's lives, gives people value and fills people's dignity. JFS volunteers hold

someone's hand, organize papers, smile, read an article, make jewelry, design cards, listen, teach computer skills, drive to appointments, play games, converse, show movies, go on outings, pick-up gifts, serve a pantry, make sun catchers, care, care and care. Thank you for advancing our mission by strengthening people's lives.

There are quite a few holidays between now and our next Direct to You issue in spring. Whichever holidays you celebrate, I wish you the best.

Enjoy,

Susie

*A
volunteer is a
person who
believes that
people can make a
difference and is willing
to prove it!*

-Unknown

Ice Cream Social at Bradley Crossing

Johnson Controls, Inc. (JCI) volunteers Nancy and Christine (right) served up ice cream for residents at the Bradley Crossing Supportive Housing Community Ice Cream Social on September 9. As part of the United Way of Greater Milwaukee and Waukesha County's Season of Caring, the ladies scooped ice cream for about 60 adults and children and greeted new residents of The Harry & Jeanette Weinberg Residences at Bradley Crossing. The volunteers noted that they want to return for another project soon!



JFS Housing Mobile Food Pantry

JFS Housing Inc. (JFSHI) held another Feeding America Eastern Wisconsin Mobile Food Pantry on September 3 and volunteers from everywhere helped bring some food security to over 220 housing residents and Brown Deer senior citizens. US Bank volunteers (middle and right) FIS volunteers, returning community volunteers, JFS Board President Bonnie Joseph, JFS Past President Roberta London, JFSHI Board member Warren Blumenthal (left) and Bradley Crossing residents worked together for another successful mobile food pantry. US Bank volunteers have already committed to helping again at the next mobile food pantry in December.



Jewish Family Services Annual Meeting

The Annual Meeting was held on Wednesday, October 7 at the Schlitz Audubon Nature Center. Dr. Magda Peck, Founding Dean of the UWM Zilber School of Public Health was the keynote speaker, and Spirit of Caring Awards were presented to General Capital Group, JFS longstanding Board Member Stuart Mukamal and JFS Direct Service Volunteer Carol Glaser. (At left with JFS CEO/President Sylvan Leabman)



Exercising in Winter

In Wisconsin, the exercises we typically do in nice weather such as walking, biking, golfing, swimming, jogging and tennis are not always so do-able in the colder, wintry weather. But we can still **exercise!** In fact, it doesn't matter if we are 18 or 80 because we can still **exercise our minds!**

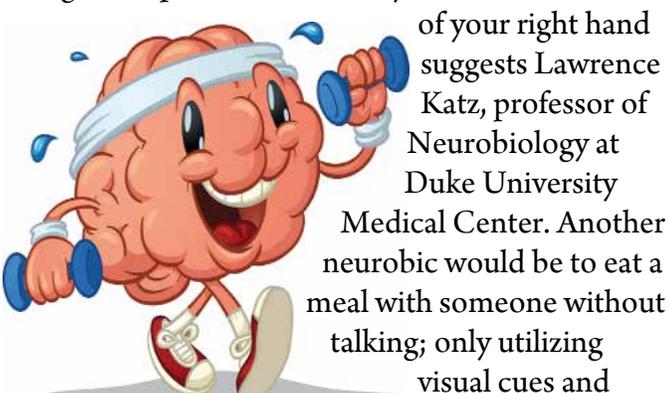
Keeping our brain sharp can help us at work, home, school and through a variety of everyday functions. The best part of exercising our mind and keeping it active is that it can be easy, fun and free. The brain exercises below help maintain brain function, make synapses fire and sustain a sharp and alert mind. Let the games begin!

Imagine

Did you know that when you use your imagination, you exercise your brain! According to the Franklin Institute, curiosity is one of the most stimulating exercises for the brain. For instance, you can stimulate the imagination just by thinking when you're at a restaurant. Imagine how you would redecorate the restaurant, rename the restaurant or redesign the menu.

Neurobics

Unlike aerobics that exercise the body, neurobics are exercises that develop and enhance the five senses. For instance, try buttoning your shirt or tying your shoes with your eyes closed. You could also try eating with your non-dominant hand or using a computer mouse with your left hand instead



of your right hand suggests Lawrence Katz, professor of Neurobiology at Duke University Medical Center. Another neurobic would be to eat a meal with someone without talking; only utilizing visual cues and

gestures to express yourself or your wishes. You can combine your senses too by using your sense of hearing with your sense of smell by simultaneously listening to music and smelling flowers or eating a fragrant food item.

Break Routine

Force your brain to think a little more and organize a little differently by straying from your usual routines. Take a different route to work, school or the store. Rearrange some of your morning and evening schedules. Shop at a different grocery store or sit on a different chair at your kitchen table to exercise your brain to adapt to new situations.

Discovery Challenge

Discover new skills or knowledge by reading books. Patricia Grady, PhD, Director of the National Institute of Nursing Research suggests exercising the mind by learning a new hobby or craft to help increase the brain's processing speed and engage cognitive thinking processes and skills.

The ideas for exercising the mind don't seem to end. Think about computer games, puzzles, grocery shopping without a list or learning a new word every day. During these cooler months, we can bolster our exercise routines with exercises for the mind. Try a few and see what happens. Share some with your family and friends and get their feedback. Use a few with your clients, students and participants for a fun and easy activity. The exercises may not decrease calories, but they will definitely increase conversation and in the cooler months ahead, that can warm anyone's heart!



Meet Emily Olson!



“Triple your fun.” For Emily Olson, things seem to come in threes. In addition to being born in Madison, Emily has lived in two other Wisconsin cities (Mt. Horeb and Milwaukee). She currently holds three jobs, and she has been a Friendly Visitor volunteer to three

JFS clients. Playing Bingo with her current client, she learned this phrase: “Last game is the cover all, double your money, and triple your fun!” JFS is very happy that Emily has “tripled her fun” as a Friendly Visitor volunteer.

After earning a degree in psychology and criminal justice at UW-Milwaukee, Emily began working as a Senior Clinician at Autism Treatment for Children (ATC) in Milwaukee and loves it. ATC specializes in Applied Behavior Analysis with in-home visits for families and children who range from ages 4-7 years old. She enjoys working with the kids, helping them to overcome obstacles and improve their quality of life. To Emily, the kids are amazing. They love life--no matter what the obstacles are--and they live life with a “nothing is impossible” attitude.

In addition to working at ATC, Emily also babysits on weekends and does apartment leasing. In her spare time, she likes hanging with her family & friends, reading crime/

mystery books, watching Netflix, hiking Lapham Peak, and last winter she started downhill skiing.

Through her current client, Emily has learned some winning tips: to enjoy life and to appreciate the little things. But JFS is definitely the winner here with Emily Olson as a JFS direct service volunteer. Bingo!

Why do you volunteer with JFS?

JFS is very close to where I was living at the time when I wanted to start volunteering, and I find volunteering with JFS to be fun.

As a Friendly Visitor, my first “match” did not work out well and was short-lived. I was then matched with a very sweet and a very quiet client. To address this, I added sensory techniques learned through my career, such as hand rubs and gentle arm squeezes, to my visits. I sat with her at mealtimes and often helped her eat. On the first day with my current Friendly Visitor client, I spent a whole Sunday with her walking the grounds, playing Bingo and having lunch together. We fell into playing Bingo that first day, and we have not stopped our weekly games since! During games, we also talk about the client’s family and what I did that week.



What is your favorite part of your JFS volunteer role?

It is so easy to make this client’s day. She is so easygoing and grateful for the visits. The two of us look so forward to our day together. We both like to play Bingo, and we enjoy being

continued on next page

Who is a JFS Volunteer, continued

with all of the other Bingo players.

What is the JFS moment that you are most proud of?

I am very proud to be asked to be the volunteer featured in this Direct to You newsletter! I have been volunteering with JFS for a few years, and it is very nice to be remembered and appreciated.

What was your very first volunteer job?

About four years ago, I volunteered with a National Alopecia Foundation's fundraising event to raise money for research. I was in charge of the kid's area. I coordinated family-friendly events, such as face painting, hair braiding, animal balloon-making and various carnival games.

What other volunteer work do you participate in?

I saw the movie, "American Sniper," and I was absolutely amazed at what our soldiers go through. One day I drove by the VA Hospital and thought I would like to volunteer there. I volunteer with the VA Hospital a couple times each month now. I spend time in the spinal cord injury unit taking the game and

DVD cart around the floor and playing board games with the patients. I also help with the greenhouse and with developing bulletin boards.

Who have been your major influences in volunteering?

My mom has been a major influence for me. She is a nurse, and she has always advocated for helping others when possible.

Where were you when you decided to change the world?

I have always wanted to help others. Opportunities just arose for me, and I enjoy volunteering. I try to help locally.

What was the last movie that you saw?

Pitch Perfect 2

What place would you like to visit and why?

I would like to visit Africa and volunteer with a group to build homes.

What is your favorite local restaurant?

Juniper 61

What is your favorite word?

Bingo!

REMEMBER YOUR QUARTERLY VOLUNTEER ACTIVITY REPORT!

The hours you serve are important to JFS/JFS Housing clients and to JFS. Please make sure your volunteer time is counted as one of the many ways that JFS serves the community. Please return your volunteer hours to me in one of the following ways:

- If you received this by regular mail, mail the enclosed form
- If you received this by email, access the report form on the volunteer page (Volunteer Resources) of our website (www.jfsmilw.org)
- Call me with your volunteer hours for this quarter at 414-225-1390
- Email me with your volunteer hours for this quarter at sgruenberg@jfsmilw.org

PLEASE REPLY BY NOVEMBER 13, 2015

Have a Great Fall & Winter Season!

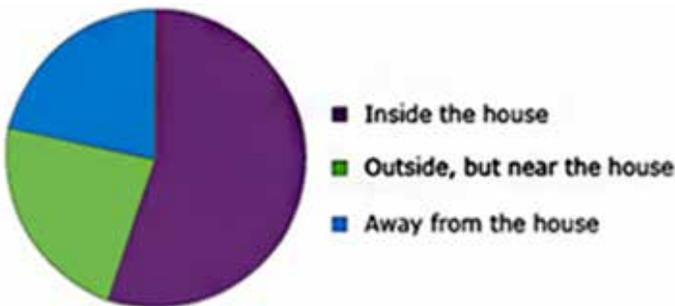
Susie

Preventing FALLS

The beauty of fall and the wonderland of winter can both be eclipsed with slippery, wet leaves and slick, icy sidewalks. For your protection as you volunteer in other locations and as information to discuss with your clients, fall prevention tips are certainly topics of the moment.

Did you know...

- Most falls are preventable.
- Exercises for balance, flexibility and strength training can reduce the risk of falling.
- Of all falls, **55%** take place inside the home*



Since at least half of all falls happen at home, making a home safer is the first step for fall prevention.

Here are some tips for starters:

- ✓ Keep things off the floor and stairs – such as papers, books, shoes, magazines and towels.
- ✓ Store items that are frequently used in cabinets within easy reach (close to the front).
- ✓ Use non-slip mats in the bathtub and on shower floors.



- ✓ Improve the lighting in the home by using brighter lights where it is needed.
- ✓ Install lights or night lights near staircases and turn them on before going up or down the stairs.
- ✓ Clean up spilled liquid, grease or food immediately.

In addition to fall prevention tips for the home, there are other simple changes that can be made to reduce the chance of slipping or falling.

1. Participate in regular physical activity, especially activities that improve balance and coordination, such as walking, swimming, yoga, pilates, tai chi, weight bearing exercise or strolling.

2. Be mindful of medicines. Some medicines (including over-the-counter medicines) or a combination of medicines can have side effects of dizziness or drowsiness. Have a doctor or pharmacist review all the medicines that are taken, especially after a change in medicine.



3. Schedule an eye appointment annually or any time a change in vision is noticed. People's eyes can change over the year and need some correction.

4. Consider changing footwear as part of a fall prevention plan. High heels, shoes with slick soles,



floppy slippers, etc. can increase the likelihood of a fall. So can walking around home in stocking feet!

Did any of these tips resonate with you? I do have annual eye

appointments and practice yoga, but I always walk around in stocking feet and have clutter on my floors. This information was eye-opening for me, so I hope it is for you too! Please think about these tips for your own home and for when you volunteer at other locations. If you have any tips to share, please send them my way, and I will print them in the next Direct to You newsletter.

*www.learnnottofall.com