

Jewish Social Services Volunteer Connection March 2010

The Heart and Soul of Lechayim Lunchtime Plus

Volunteers are key to Lechayim's success ever since it began over 30 years ago. Nena Dyhr takes newcomers under her wing so they can become part of the schmooze fest and Marilyn Kupferberg orients new volunteers, while making sure they are welcomed by the other



Student Gina Hilmanowski with Clara Sweet.

Photo by Milt Leidner

volunteers. Betsy Haimson leads the popular yoga from a chair with Estelle Katz Rissman as her sub, and Hagit Vardi also substitutes for Betsy with Feldenkrais sessions, which people find very helpful.

On arrival, people are greeted with smiles and jokes by Eve Becker, with Erwin Deutsch's assistance, and Clara Sweet hands out the name badges. Personal touches like these make Lechayim a positive and fun experience.

Michael Pressman is our all-around go-to guy, Ashraf Abdallah and Ike Lewis help in the kitchen, tables are set and meals served by Annette Howards, Hilde Adler, Marilyn, Betsy, Lorna Kniaz, Victoria Meyer, Pamela Phillips Olson, Arlene Rotter, Bobbie Kunin and Roy Rotter. Nurse Lori Edelstein does monthly blood pressure checks and retired professional photographer Milt Leidner takes the photos you see in the Madison Jewish News. Volunteers like Anna Heifetz provide rides, and we eagerly await the return of snow-birds like Darlene Schwartz.

It should come to you as no surprise that all this is meant to entice you to volunteer at Lechayim! Visit us on a Monday and see what it's all about; come for all or any part of the event and check it out—just let Louise know you're coming. It's not hard work, but each little piece is a necessary part of the friendly, thriving experience that is Lechayim Lunchtime Plus. We invite you to add YOU to the experience by volunteering YOUR time at Lechayim.

Jewish Social Services

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Our Mission

Our dedication to service will improve the quality of life and maintain the dignity of our clients in a compassionate and caring atmosphere.

Volunteers will enhance the ability of the agency to achieve its overall mission.

On the JSS website you'll find current volunteer opportunities, volunteer applications that can be completed on-line, a calendar of JSS events, archives of the JSS newsletter, *Connections* and the most recent edition of this newsletter. There are links to information about JSS' services and you can make donations, including tribute donations, on-line.

Volunteer Opportunities in this issue

OddJobbers

Lechayim Lunchtime Plus

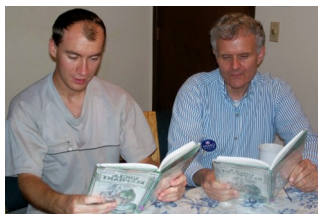
ESL Tutoring

Friendly Visitor—several different opportunities

Volunteer Opportunities

For information about these and other volunteer opportunities, contact Louise at 608-278-1808, ext 227 or louise@jssmadison.org

ESL Tutor for Russian Senior



Volunteer Gary Sponholz working on English as a Second Language with a young Russian man.

Photo by Louise Goldstein

A retired, well-travelled Russian woman lives in the US near her family. She has only a basic and very limited knowledge of English.

However, she is an accomplished woman, a former microbiologist

and chemist, with a love for theater, movies and travel.

She needs a tutor who can make a firm commitment to her, and who is an experienced ESL tutor.

Friendly Visitors Create Islands of Peace, One Person at a Time

As people age, their circle of social contacts can shrink, and they seem to spend more time just with other seniors. Friendly Visiting is an easy way to make enrich in someone's life—and not coincidentally, your own.

Here are a few people who would enjoy having a regular visitor:

An elderly woman on the far west side who doesn't get out much and enjoys company.

A friendly Russian senior, who speaks good English, is looking for some company. He enjoys conversation, especially about politics.

A young senior in assisted living likes to play sports, talk sports and politics

It's hard to change the whole world...

Why not start with kindness to a single fellow human?



Lauren Mazur sings for seniors at Coventry Village-Sebring, and plays for the monthly Shabbat gatherings at Oakwood Village West.

Photo by Louise Goldstein

A New, Easy Way to be Helpful: OddJobbers to the Rescue!

"OddJobbers" is what we call our "handyman" service for seniors and people with disabilities. OddJobbers is not meant to replace family, but can be a supplement.

OddJobbers will flip mattresses, change light bulbs and smoke detector batteries, program thermostats and VCR's, hang pictures, repot plants, set up voice mail, take things to "Clean

Sweep," assemble something and minor plumbing.

OddJobbers will not do remodeling, electrical work, most plumbing, heavy lifting, yard work or painting.

What have OddJobbers been Doing?

Helping with heavy mattresses

Re-potting plants

Teaching about HDTV, remote controls and VCR's

Current OddJobber Requests

- Take personal papers to a shredder
- Take paint, etc. to Clean Sweep (opens May 1)
- Program telephone for speed-dial
- Retrieve something from a deep closet
- Help with dubbing tapes
- Change an exterior light bulb

"This is a wonderful service, I've gotten to a point where I've really needed something like this."

"What a great way to help people with little things that will make their lives easier in some small but important way."

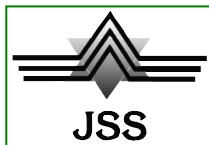
You don't have to be a handyman to be an Odd-Jobber, as long as you're a Jewish Social Services volunteer.

You don't need any particular skills for most requests.

You and the requester will arrange the date and time.

You can do this once, or more frequently.

If you see something you can help with, contact Louise Goldstein at 278-1808 or





Your bs

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