



APRIL 2024

THE KESHER LINK

Your connection to the programs at Jewish Collaborative Services



The Power of Companionship with Jewish Eldercare of Rhode Island

Jewish Eldercare of RI stands on values of compassion and community, providing vital support and connection to seniors within the Jewish community. As the aging population grows, so does the need for programs that offer not just practical assistance but, as important, the warmth of human connection and the preservation of cultural heritage. We believe that every older adult deserves to feel valued, supported, and connected to their community. Jewish Eldercare does just that in seeking to combat social isolation and nurture meaningful relationships that enrich the lives of seniors.

The social support that Jewish Eldercare provides can alleviate boredom, sadness, loneliness, and feelings of isolation. These friendly visits are designed to provide meaningful engagement in activities that are important to the senior. Whether it's playing a game, listening to music, bird watching, or just chit-chatting, this visit and level of companionship can play a crucial role in seniors' social lives.

[Read the full article about the cognitive and emotional benefits of senior companionship at JCSRI.org.](https://www.jcsri.org)

Welcome 'Head Mench' Gary Serby Program Coordinator of JCS' Jewish Eldercare of RI Program



Gary has joined the JCS team as coordinator of our Jewish Eldercare of Rhode Island Program! Gary's a native New Yorker who's been in Rhode Island since '92, with a background in corporate communications at Hasbro and crisis communications at CVS Health.

For two years, Gary has been a valued volunteer at Tamarisk Senior Living. He cherishes the connections/friendships he has built with the residents and enjoys learning from them as they have more of a "historical perspective" than he may have, and always tries to leave them with positivity and hope.

Gary recognizes the impacts of loneliness and isolation in our elderly community and is eager to make an impact with the Jewish Eldercare of RI program. For more information or questions about Jewish Eldercare of RI, please don't hesitate to reach out to Gary at Gary@jcsri.org or 401.331.1244.

Interested in Volunteering with Jewish Eldercare

In each Issue, we highlight a senior who would benefit from having a friendly visitor!

Meet Ellen

Ellen, 87, is a vibrant soul with a love for storytelling and baking. Widowed for the past five years, she misses the lively conversations she once shared with her late husband. Despite having loving children and grandchildren, she often longs for companionship during her quiet moments.

Ellen hopes to connect with a kind-hearted volunteer who shares her passion for life's little pleasures. With a warm smile and an open heart, she eagerly anticipates the opportunity to welcome a new friend into her apartment, and share her life stories!

Email our Volunteer Coordinator, Laura Cole at Laura@jcsri.org

Interested in other volunteer opportunities? View them all at JCSRI.org

Join us Weekdays at The Senior Café

The Senior Café offers delicious kosher lunches and a daily opportunity for older adults and those with disabilities to socialize. Activities and entertainment contribute to the fun social atmosphere, drawing participants into a vibrant community.

[View the April calendar on our website, JCSRI.org](https://www.jcsri.org)



Final reservations are due now for the Senior Café's 2024 Model Community Passover Seder

led by Rabbi Goldwasser

Friday, April 19, 2024

11 AM - 1 PM

Temple Sinai
30 Hagen Ave, Cranston, RI 02920

Please RSVP: Email Neal@jcsri.org or call Neal at 421-4111 x107



BLACKSTONE
HEALTH

Suggested Donation of \$3.00



Grief: Virtual Support Group

This support group, led by Tara Watkins, MSW, LICSW, offers community support and educational components focusing on coping strategies for grief. Pre-registration is required

Grief Support Group will be held

April 17th at 12:00 PM

May 15th at 12:00 PM

[Email Samantha@jcsri.org to register!](mailto:Samantha@jcsri.org)



Chronic Illness: Virtual Support Group



Offering both community support and educational components focused on self-management practices and coping strategies for pain and stress.
Pre-registration is required

Chronic Illness Support Group will be held
May 1st at 12:00 PM

Email Samantha@jcsri.org to register!

Looking for CE credits or interested in the topic of OCD?

Join us for the 25th Annual Julie Claire Gutterman Memorial Lecture



Featuring Guest Speaker

Erin Nghe, LCSW

for a Live ZOOM Lecture on

The Misidentification of OCD; Ethics of Treatment & Diagnosis

Friday, May 3, 2024

9:00 AM – 2:00 PM EST

Earn 4 CE Credits: 1 CE credit in *professional ethics* and 3 CE credits in *clinical*.

Visit [JCSRI.org](https://www.jcsri.org) for more!



Kesher is a program of Jewish Collaborative Services

If you have any questions about the programs or resources at JCS, please reach out to our Kesher Case Manager, Samantha Clark, at Samantha@JCSRI.org, or call 401-331-1244.

Adoption Options • Case Management • Jewish Eldercare • Kosher Nutrition • Kesher • LifeLink RI
Shalom Apartments • The Counseling Center • The Full Plate Kosher Food Pantry • Tamarisk Senior Living

Jewish Collaborative Services • 1165 North Main Street, Providence, RI 02904 • P: 401.331.1244 • F: 401.331.5772 • [JCSRI.org](https://www.jcsri.org)