



Community News

April 19-20, 2019

United Jewish Federation

United Jewish Federation invites medical professionals to a networking and educational program on **Monday, May 13th, dinner 6pm, program 6:45pm**. Dr. Scott Chudnoff, Chair of the OB/GYN Department at Stamford Hospital, will moderate a program on genetics entitled "Knowledge is Power: Impacting the Health of Future Generations." Panelists include: Dr. Barrie Suskin, Sara Clark (MS) and Sara Bienenfeld (MS). The event will be held at Stamford Hospital's Women's Specialty Center, 1 Hospital plaza. 1 CME credit available. \$36 by May 10th. Dietary laws observed. Sign up at www.ujf.org/genetics. For questions contact Sharon Franklin at sharon@ujf.org.

Jewish Senior Services

The Joel and Lois Coleman Lecture Series: "Sex, Drugs & Rock N' Roll – How the Baby Boomer Generation Will Disrupt Senior Living" Wednesday, May 15, 2019, at Jewish Senior Services, Bennett Hall, 4200 Park Avenue, Bridgeport, CT. Daniel Reingold has been President and CEO of RiverSpring Health since 1990 which is a leading non-profit senior care organization that includes the renowned Hebrew Home of Riverdale. Mr. Reingold and his team opened the Weinberg Center for Elder Abuse Prevention, the nation's first elder abuse shelter, in 2005. Mr. Reingold has testified multiple times before the U.S. Senate Special committee on Aging and attended the 2015 White House Conference on Aging. In 2018, Mr. Reingold received the highest recognition in the field of non-profit long term senior care with the LeadingAge Award of Honor. For more information or to RSVP, please contact Kim Gintoli at 203-365-6463 or kgintoli@jseniors.org.

Holocaust Survivor Care

Anachnu: JFNA Holocaust Survivor Care Program: Schoke JFS has received a grant from The Jewish Federations of North America Center for Advancing Holocaust Survivor Care, to provide assistance to elderly Holocaust Survivors in the community. We will sponsor support groups, holiday gatherings, day trips and activities within the Jewish community. We are looking for volunteers to meet with survivors who would like to improve their English. Volunteers will visit in their home and provide conversation. Schoke JFS is looking for Holocaust survivors who would like to participate in upcoming programs that will include a Café Europe, a place where seniors will be able to drop by for socialization. If you would like to volunteer or are looking for survivor care, please contact Marina Sapir, Program Director at 203921-4161 or email msapir@ctjfs.org.

Stamford Jewish Community Center

STAMFORD JCC VACATION DAYS @ THE J IN APRIL

Grades K – 6. When school is out, you're in at The J!

All vacation days include arts and crafts, nut-free/kosher snacks, free swim and various games and activities. Participants supply their own lunches. Daily fee is members \$75 / community \$85 and each day is from 8am to 6pm. Drop-ins are welcome if space allows and require an additional \$10 fee. To avoid disappointment, register early by calling the welcome desk at 203.322.7900. Contact Galit Roloff at groloff@stamfordjcc.org or 203-487-0974 with any questions.

Friday, April 19, Color War Day Please note Friday Vacation Day Program runs until 4 p.m.

MS BIKE FUND RAISER

Dear Family and Friends,

Once again, Susan, Jenna and I are riding in the Bike MS: Stamford/Fairfield County 2019. The event is on Sunday June 23, 2019 and we would love your support in our fundraising efforts! It's very impressive that Mark will be riding for his 16th time, Jenna her 12th time, and Susan her 2nd time. The MS Foundation and we have always appreciated your financial fundraising efforts for this worthy cause. We do this for all those afflicted with the disease, and closer to home, our dear friend Diane!

Multiple sclerosis (MS) is an unpredictable, often disabling disease of the central nervous system that disrupts the flow of information within the brain, and between the brain and body. Symptoms range from blurred vision, loss of balance, poor coordination, slurred speech, tremors, numbness, extreme fatigue, problems with memory and concentration, paralysis, blindness and more. MS is different for everyone, and that makes it all the more challenging to solve. But, pedaling a bike could be the answer to a world free of MS. Mile by mile, dollar by dollar, Bike MS provides much needed funding not only to research, but to ensuring people affected by MS can live their best lives.

Please choose to donate to one or all of us in order to reach our Bike MS fundraising goal. Together, we can make a difference. Together, we can create a world free of MS.

You can send your contribution to the address listed below. Your contribution will help the National MS Society fund groundbreaking research and life-changing services for people living with MS and ultimately end MS forever. Make all checks payable to: National MS Society

Sincerely,

Mark, Susan and Jenna Plotzky

Mail to:

To send a donation:

Mark Plotzky

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