



Community News

June 8-9, 2018

SOOSH

On Father's Day, June 17th, dine-in at Soosh to receive wings and beer HALF OFF! Reservations recommended. Come enjoy our delectable pan fried wings in the Chef's special sauce and a choice of Japanese, American and Mexican beers. See you at Soosh!

Jewish Senior Services

The Joel and Lois Coleman Lecture Series:
"Alzheimer's Disease Update: Early Detection and Prevention"

June 27 • 7 p.m.

at the Jewish Senior Services, Bennett Hall
4200 Park Avenue, Bridgeport, CT

Dr. Christopher H. van Dyck, is a recognized leader in the diagnosis and treatment of Alzheimer's disease and healthy aging. He received the Alzheimer's Association's "Leader in Advancing Research" Award for 2017. For more information or to RSVP, please contact Kim Gintoli at 203-365-6463 or kgintoli@jseniors.org.

United Jewish Federation

Announcing the 4th annual Back to School Shop event on July 29! Can you help? Back to School Shop provides economically disadvantaged elementary school children in Stamford with the opportunity to "shop" for brand new clothes, backpacks and school supplies for free, in a one-day event. We served nearly 250 children in our event last summer and hope to increase the number to at least 275 this year! **Can you volunteer for a four-hour shift at our event?** To volunteer, or for more information please visit www.backtoschoolshop.org.

Jewish Historical Society Norma and Milton Mann Lecture

Sunday, June 17 @ 11:00 a.m. at Temple Beth El, 350 Roxbury Road, Stamford 06902 The Jewish Historical Society of Fairfield County announces the annual Norma and Milton Mann Lecture, underwritten by the Mann Family Foundation, to honor the memory of their parents, two outstanding leaders of our community, and hosted by Temple Beth El. "Immigration to the U.S. - Myth and Reality." Speaker: Dr. Jeffrey S. Passel, Senior Demographer and immigration expert, at the Pew Research Center in Washington, D.C. Free and open to the public. Light refreshments will be served at 10:30 a.m. RSVP to 203-321-1373 ext. 150 or info@jhsfc-ct.org.

The Fairfield County CT Jewish Baseball League

The Fairfield County CT Jewish Baseball League is looking to make a comeback in Stamford for 2019. The league is open to boys and girls pre-K through 8th grade living in lower Fairfield County, Connecticut and Westchester County, NY and we will only play on Sundays. If you are interested in volunteering, coaching or want to hear more about the league, please contact Ari Goldstein at Goldsteinari1@gmail.com. As it will take a lot of work and assistance to revive the league, we will need all of the help that we can get. I plan to set up a meeting in the summer to discuss next steps. Please check out the league's website to find out more: www.FCCJBL.org. Looking forward to bringing back the Jewish Baseball League with you!

Bike MS 2018

Dear Family and Friends,

For the 15th year in a row, I will be participating in the Multiple Sclerosis (MS) Society's Bike MS Stamford, held this year on Sunday, June 10, 2017. For Jenna, it will be her 11th year! And what you all have been waiting for, it is the first year that Susan will be joining the Plotzky team.

We have always appreciated your support in our fundraising efforts for this worthy cause, which has afflicted my wife's friend Diane and so many others.

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.

Please donate and help each one of us reach our Bike MS fundraising goal. Your contribution will support groundbreaking research and life-changing programs and services for people living with MS. Together, we can make a difference. Together, we can create a world free of MS.

It's faster and easier than ever to support Bike MS by making your tax-deductible donation using the link below. If you'd prefer, you can send your contribution to the address listed below. However, you choose to support Bike MS will help, as it all adds up!

Sincerely,

Mark, Susan and Jenna Plotzky

To send a donation make all checks payable to: National MS Society
Mail to: Mark Plotzky, 120 Hemlock Dr., Stamford, CT, 06902

Team Stamford

Please consider joining TEAM STAMFORD in supporting HODS (Halachic Organ Donor Society) www.hods.org for its biggest fundraiser of the year, a 5K Walk/Run on June 10, 2018.

Thank you in advance for your support of this worthwhile life-saving cause.

Visit the Team Stamford page: <https://hods5krace.rallybound.org/Team/View/63126/Team-Stamford>

Stamford JCC

SENIOR ADULT FATHER'S DAY LUNCHEON, JUNE 14 • 11 AM – 1 PM

11 am. Entertainment • 12 pm Lunch. To celebrate and honor all fathers, join us for live entertainment by James Michael. Reservations required by Thursday, Jun. 7. \$4 suggested donation.

For more information, visit www.stamfordjcc.org or contact Connie Freeman at 203-487-0983 or cfreeman@stamfordjcc.org.

9TH ANNUAL JCC YOUTH TRIATHLON, JUNE 17, 7:00 AM - 12:00 PM

Swimming • Cycling • Running. Fun, Fitness, and Personal Challenges for Ages 4 to 16! Check-in: 7 am • Race: 8 – 11 am. Through the fast-growing sport of triathlon, children are given the opportunity to be fit and active, build strong friendships, and, most importantly, reach their potential and have fun! For more information visit www.stamfordjcc.org or contact Mo Concepcion at 203.487.0971 or mconcepcion@stamfordjcc.org.

INDEPENDENCE DAY BARBECUE LUNCHEON

JUNE 28, 11:00 AM - 1:00 PM ENTERTAINMENT • 12 P.M. LUNCH

To celebrate Independence Day, join us for live entertainment and lunch.

Reservations required by Thursday, Jun. 21. \$4 suggested donation. For more information, visit www.stamfordjcc.org or contact Connie Freeman at 203-487-0983 or cfreeman@stamfordjcc.org

Schoke Jewish Family Service Programs and Activities –Spring 2018

Brain Fitness Group - Monday, June 11th, 10:30 AM – 12:00 PM at the Stamford JCC, 1035 Newfield Avenue. Want to stimulate your brain power? The session will focus on attention skills with practical support to help reach personal brain fitness goals. Advance registration suggested. Light refreshments will be served. JCC Members: \$8 per session. Open to the community at \$10 per session. Optional lunch following the session \$9 (under 60), \$4 suggested (over 60). To register, contact Connie Cirillo Freeman at 203-487-0983 or email cfreeman@stamfordjcc.org. For additional information, contact Dr. Toby Lazarus, Schoke JFS Brain Fitness Program Coordinator at 203-921-4161 or tlazarus@ctjfs.org.

Employment Life Transitions Support Group, Tuesdays, 1st and 3rd of every month beginning June 5th at Stamford office of Schoke JFS. Looking for emotional support while searching for employment? Need practical help during the job search? Join the support group, facilitated by Lois Meyer, LMSW, Schoke JFS Case Manager, to help you through this transition. No cost. For registration, please contact Lois Meyer at 203-921-4161 or email lmeyer@ctjfs.org.

Let's Talk

Seniors talk about common interests and concerns, facilitated by a Schoke Jewish Family Service counselor.

Thursdays, Beginning March 15, every other week, 10:30 AM, Free at Jewish Senior Services, 4200 Park Avenue, Bridgeport. Contact Rebekah Kanefsky, at 302-921-4161 or email at rkanefsky@ctjfs.org.

Tuesdays, 11 :00 AM, Free at the Stamford JCC, 1035 Newfield Avenue
Contact Sheila Duggan at 203-921-4161 or sduggan@ctjfs.org.

Let's Talk - Thursdays, 1:00 PM, Free at the Westport Senior Center, 21 Imperial Avenue, Westport. Contact Sheila Duggan at 203-921-4161 or sduggan@ctjfs.org.

Let's Talk – Fairfield, Mondays at 12:45 PM at the Bigelow Center for Senior Activities, 100 Mona Terrace, Fairfield. Contact Amanda Geffner at 203-921-4161 or ageffner@ctjfs.org.

Schoke JFS Spousal Bereavement Group

Gather to share feelings and exchange ideas in a non-judgmental environment that provides emotional, practical, and spiritual support for grieving the loss of a spouse or significant other. Contact Amanda Geffner, Schoke JFS Therapist at 203-921-4161 or ageffner@ctjfs.org.

- Mondays at 10:30 AM at Congregation B'nai Israel, 2710 Park Avenue, Bridgeport
- Fridays at 10:30 AM, beginning September 8th at Stamford JCC, 1035 Newfield Road, Stamford