



**Jewish Family Services**  
of silicon valley

# COME UP FOR AIR!

## A ZOOM EVENT FOR OLDER ADULTS

EVERY 2<sup>ND</sup> WEDNESDAY  
BEGINNING APRIL 13, 2021

4PM

**An engaging discussion group for older adults that will address how we stay connected and cope during this difficult time of maintaining safety in our homes while preserving healthy habits for self-care.**

**Facilitated by Rabbi Barney Brickner and Fern Adamkowski, ASW**

**For more information,**

**contact Rabbi Brickner at (408)357-7451 or  
barneyb@jfssv.org**

**To join this Zoom Meeting:**

**[https://us04web.zoom.us/j/78736576295?](https://us04web.zoom.us/j/78736576295?pwd=NDZYZmNiUVBOd1FvT21PT0FjSkxyZzo)  
pwd=NDZYZmNiUVBOd1FvT21PT0FjSkxyZzo**

**Meeting ID: 787 3657 6295**

**Passcode: jfssv**