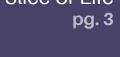


A PUBLICATION OF JEWISH SENIOR SERVICES® THE JEWISH HOME • VOLUME 105 • SPRING 2021

INSIDE THIS ISSUE



Slice of Life pg. 3





Women's Auxiliary pg. 4



Employee Celebrations pg. 7

Light at the End of the Tunnel

The second wave of the pandemic impacted Connecticut through the winter months, as record number of cases were reported in November, December and January. After relative calm in the summer and fall months many more of our friends and family members became ill and suffered with the horrible COVID-19 virus.

The Food and Drug Administration approved two vaccines in December, and with the support of our pharmacy partner, Walgreens, we were able to administer the first doses of the Pfizer vaccine to mostly all of the Residents and a significant number of staff on The Harry and Jeanette Weinberg campus on December 21, 2020.

Vaccinations remained available in January, and now with more than 650 individuals already protected as we print this issue of Chai Lights, we continue to encourage and work with unvaccinated staff to schedule appointments for vaccines.

The pandemic is far from over however... "we see the light at the end of the tunnel." The current production of vaccines will allow all Americans to be vaccinated by the summer, and will hopefully put an end to the farreaching effects of this disease. We will begin to create a new normal in nursing homes and other senior living communities and family members and volunteers will soon resume their rightful places with their loved ones. We have many people to thank for their efforts beginning with our federal and state elected officials and other government leaders who have driven enormous change in a short window of time. United States Senator Richard Blumenthal of Connecticut





United States Senator Richard Blumenthal, President & CEO, Andrew H. Banoff, Vaddana Sam, CNA and Tracy Kirkland, CNA.

and Governor Ned Lamont are among the leaders who visited our campus and fought tirelessly for the support and resources we needed to face these challenges. We thank our scientists and colleagues at the pharmaceutical companies and countless other organizations (producers of the antigen testing, personal protective equipment (PPE), etc.) and the many volunteers who stepped up to make masks, bring supplies or meals and supported us in so many other ways.

At our core we continue to thank the nearly 900 employees of Jewish Senior Services who came to work, on campus and in the community, to provide care for those in our trust. As we watched (sometimes helplessly) and as they themselves became ill, their challenge was to balance the needs of their families with their professional responsibilities. We did our best to support and recognize the efforts of those who truly

Governor Ned Lamont, President & CEO, Andrew H. Banoff and Chief Medical Officer, Kenneth Fine, MD.

stood up during this pandemic and their loyalty will never be forgotten.

Finally, we applaud in awe the Residents and clients in our many community services programs who not only survived the pandemic... they thrived under the unprecedented challenges. We hope to learn from them, once again, the importance of patience, tolerance, and perseverance in the face of adversity. We also continue to mourn those who we have lost to the disease, and other causes in the past year. May their memory be a blessing.

It has been a full year since the world "shut down" for COVID-19. We look forward to a much brighter year as we hopefully understand and appreciate what we have individually and collectively experienced.

> - Andrew H. Banoff **President & CEO**



Employee Vaccines pg. 7



A Family Tribute pg. 8

Chairperson and President's Remarks



Alan Phillips

On behalf of the Board of Directors of Jewish Senior Services, we would like to offer our sincere thanks to the many constituencies of our community for the numerous expressions of support as we reflect upon 2020.

The number of annual donors, their generosity and the funds raised to support our efforts exceeded our expectations. The Women's Auxiliary and Men's Club

managed to identify creative and virtual events to continue to support our Mission.

We are hopeful that 2021 will bring the long-awaited end to this pandemic as we anxiously and cautiously return to "normal" recognizing that it will be a new normal. We want family members and volunteers to once again, become engaged with their loved ones on the campus. We also hope to resume the vibrancy of intergenerational activities and welcome back the many community organizations again. We want staff to be well, safe and healthy in our community, and for all of us to begin to heal together.

This year our wish is to experience all of that, and as we do, we thank you for your patience, your understanding, and your continued cooperation as that "new normal" takes shape.

With deepest gratitude...

Alan Phillips

Andrew H. Banoff

AJAS Conference 2021



Above, President & CEO, Andrew H. Banoff, Chairperson of the Board of Directors of the Association of Jewish Aging Services (AJAS) sits as a participant attending this year's virtual annual conference. The life-sized cardboard image of himself is pointing to the panel of distinguished speakers on the screen during the session MasterClass: "Serving Jewishly: Sustaining a Jewish Mission in a Margin Driven Environment."



On the screen, Andrew is describing the facial exercise taught to him by a beloved Resident who reminded him of the importance of a smile. Also pictured is Marshall Levin (top right), Rabbi Karen Bender, Los Angeles Jewish Home (bottom right) and Joy Beller Shore, Abramson Senior Care (bottom left).

"AJAS is an incredible organization that remains a valuable resource for members and has been especially supportive during these unprecedented times", Andrew commented. "I am proud to have served as Chairperson for these past two years and enjoyed the opportunity of working with these amazing professionals who virtually were able to provide wonderful and insightful discussions, presentations and a great conference experience."



"This is so overwhelming. I wish it was easier to find the right senior care for my dad."

"Go to the Jewish Senior Services website. I always hear great things about their services and their Care Advisors can answer all of your questions."



Andrew H. Banoff

"Jewish Senior Services... of course, of course."

Contact our Care Advisors at: 833-JSS-LINK (833-577-5465)



The Harry and Jeanette Weinberg Campus 4200 Park Avenue, Bridgeport, CT 06604 www.jseniors.org



As we prepare for National Skilled Nursing Care Week we also send our thanks to all JSS staff who Make a Difference!!

We Are Growing! Opportunities are available for qualified, motivated RN's, LPN's and CNA's in Skilled Care and Home Care. Visit jseniors.org/careers to apply.

Slice of Life

















Ruth Rosenblatt
Julia Plate
Maryette Delvecchio
Avis Dannenberg
Howard Simon
Adele Karnal
John Martelli
Shirley Whipple and family visiting in tent
Sydelle Schlesinger

Resident Reflections on the Pandemic

In recent discussions with Residents who were asked questions about the past year of pandemic living, they shared the responses below. Some you may recognize as your own thoughts and always we find their words are those of insightfulness, threaded with humor, wisdom and hope.

What are you thankful for since COVID-19?

"During this difficult time, we have such wonderful CNAs, nurses and all staff, including Margaret who cleans my room, and they come to work here at their own risk." - J.N.

"For the vaccine, and I said that was one advantage of living in a nursing home, we got the vaccines first. Also staff, for the risk they take coming here every time they work." - **D.R.**

"Not getting it." - D.L

What do you appreciate more since the pandemic?

"FaceTime - I never used it before COVID. It's a lifesaver now." - D.L

What have you gained from the pandemic?

"Roz and I telephone each other almost every day. It's wonderful, because it keeps us going." - **R.R.**

"Weight. I'm living in sweatpants and sweatshirts." - D.L

What have you learned since COVID-19?

"To respect science. We have to follow science or we won't get rid of it." - R.G.



Fall Gala

The 2020 Fall Gala, A Celebration of Gratitude, Strength & Hope, was an event like no other. Over 150 members of the community gathered virtually to celebrate the achievements of Frank Morse and Brian Miles on Thursday, October 30. This marked our first online fundraising event, and it was a night to remember.

Co-chaired by Cindy Epstein and Vivian Epstein, the evening was truly special for many reasons. Alan Phillips, Chairperson of Jewish Senior Services, paid tribute to Frank Morse for being a leader and dedicated member of the community and presented him with the Arthur and Gladys Lunin Humanitarian Award. Andrew H. Banoff, President & CEO of Jewish Senior Services, presented the Louis Lotstein Award for Distinguished Service to Brian Miles for his volunteer work with the Men's Club Board. Tribute was also paid to our staff for their undeniable resilience in the face of the pandemic. Participants watched Jewish Senior Services CNA Nichola Simms as she performed heartfelt songs while photos of staff and Residents faded in and out, illustrating the spirit and determination, as well as the struggle, within the walls of the campus during the pandemic. \$138,000 was raised to support many important programs for the Residents of Jewish Senior Services with over \$12,000 earmarked for the Courtyard Visits program.



BOOK FESTIVAL OF THE MJCCA

Thank you to all those who supported the Fall Gala -Jewish Senior Services is extremely grateful for your continued support.

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For more info or to register visit www.jseniors.org/foundation/special-events AJAS - Association of Jewish Aging Services Richard and Mary Kate Bluestein Steve and Susan Ehrens The Epstein Family The Eskin Finkle Family Ken and Karen Ferleger Richard and Sandy Friedman

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For More Information

For further information on how to become involved with the Women's Auxiliary or the Men's Club, please contact Dayna Hayden, Development Director, at 203-365-6409 or dhayden@jseniors.org. Women's Auxiliary annual membership dues are \$36 and life membership is \$250 (payable over three years). Men's Club annual membership dues are \$75 and \$150. Life membership is \$1,000 and George Lipton Fellow membership is \$2,500 (both payable over three years).

2021 BOUTIQUE VENDORS (to date):

ACCESSORIES BY SARAH Cashmere, scarves and more accessoriesbysarah.com

The Chintz Giraffe Giftware and home accent pieces thechintzgiraffe.com

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SAMMY + NAT Children's clothing and gifts sammyandnat.com



Trucker hats for adults and kids shopshadylady.com

Still the Spring Luncheon & Boutique Event ...with updates for 2021!



Events

As we have all learned to pivot in 2020 and continue to do so in 2021, the Annual Women's Auxiliary Spring Luncheon & Boutique will take on a different format this year as a virtual evening program. Cochairs Rachael Diamond, Kate Fierman and Martha Zuckman are delighted to host guest speakers Julie Mountain and Dana Noorily, co-owners of The Granola Bar restaurants (Fairfield, Greenwich, Stamford, Westport and Rye, NY). Julie and Dana will speak on Monday, May 3 at 7:30 PM about their

experiences as young mothers and women in the business world, followed by a Q & A. This year's Boutique is sure to be a shopper's paradise. Supporters will have the opportunity to shop online over multiple days – Friday, April 30 to Tuesday, May 4 -- using the websites of this diverse group of vendors. Shoppers will enter a promo code to ensure a percentage of their purchases goes to Jewish Senior Services. (To register for this event, go to www.jseniors.org and click on Donations, then Women's Auxiliary.) Reservations range from \$54 to \$250 per person. For more information about the event and promo code details, please contact Susan Freed, Development Associate, at sfreed@jseniors.org or 203-365-6407.

The Men's Club of Jewish Senior Services GEORGE LIPTON GOLFINVITATIONAL MONDAY, JUNE 14, 2021

LUNCH GOLF DINNER SAFETY PRECAUTIO

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FOR MORE INFORMATION: SFREED@JSENIORS.ORG OR 203-365-6407

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To connect your account to Amazon Smile, log on to: **smile.amazon.com** and choose Jewish Home for the Elderly of Fairfield County as your designated charity. Once connected, we stay associated with your account and JSS will receive a minor % commission on your purchases!

JSS created a charity list "Resident Actitivities During the Covid-19 Crisis". All items are mailed directly to JSS. Search Jewish Home for the Elderly of Fairfield County at smile.amazon.com to find the list.



Adult Day Program

After closing temporarily during the initial wave in April through June, the Grasmere on Park Adult Day Program re-opened in June with many safety precautions in place. Recognizing that many of the clients needed the type of support services provided by the Adult Day Program, we made every effort to ensure that clients could return to the program without compromising their health.

New policies and procedures were developed in accordance with CDC and State guidance, physical space was reconfigured, programming was adjusted, and health practices and surveillance were put in place. COVID-19 testing was required to return to the program, and our practice evolved to include on-site weekly testing of clients to ensure there was no spread of COVID-19. For clients that chose not to return to the program during the pandemic, wellness checks by the program nurse were initiated along with home delivered meals.

The Memory Workshop program stopped temporarily and then pivoted to a virtual model before going "hybrid" so that clients could either attend in person, or virtually if they preferred to remain at home. The daughter of one participant said that when her mother couldn't come to the campus to participate, she became withdrawn, depressed and wouldn't get out of bed. When the program coordinator decided to offer the program virtually via Zoom, this individual was transformed. Her daughter said that her mother so looked forward to the sessions, would get up and dressed and put her makeup on. "She was like a new person!" The daughter was grateful to see that her mother had something that truly engaged her and made her happy.

Both current and new clients and families recognize that the isolation created by the pandemic promotes cognitive and physical decline that is debilitating, and many older adults need the social and medical support services we provide. The safety and security of the Adult Day Program preserves function, improve quality of life, and are valued resources for caregivers who need assistance, support or respite to care for a loved one.

For more information about the Adult Day Program or Memory Workshop please contact us at 203-365-6470 or adultday@jseniors.org.

Service Excellence Throughout the Pandemic: Home Care and Hospice

Clients cared for by our Home Care and Hospice teams were also impacted by COVID-19, as were some of our staff. There were patients and caregivers who contracted the virus, and unfortunately some who lost their lives. Throughout this past year, however, the Home Care and Hospice teams never stopped visiting patient homes to provide nursing, physical and occupational therapy, wound care, non-medical support or any other service needed after a hospitalization or illness. During a year when people feel particularly vulnerable, coming home after being in the hospital can be additionally stressful when in-home care is needed to enhance recovery or improve safety. The Home Care Team put in place infection control protocols, limited the number of different staff, and made the commitment to regular testing to give patients confidence that those coming to their home would do everything possible to avoid the risk of infection. Patients appreciated knowing that staff took extra precautions and expressed confidence in the team members that visited them.

A specialized team also provided care to those who were diagnosed with COVID-19 to assist in the recovery of symptoms of the virus. The staff who volunteered for the team allowed for the preservation of other clinicians to care for uninfected patients without greater risk of transmission of the virus between and among patients and staff. The members of the COVID Team cared for those struggling with the virus within the home. Managing the storage of PPE outside each unique home required creativity, but that is the hallmark of home care clinicians, who find every situation they encounter to be uniquely different. Besides monitoring signs and symptoms of illness, a central role of the clinicians was teaching patients and their families how to prevent spread of the virus, identify signs of worsening symptoms and caring for a sick family member at home.

The Hospice team continued to provide compassionate end of life care and support to family caregivers during a critical time made even more distressing by the pandemic. Without the personalized services that remained intact by the dedicated home care and hospice teams, patients would likely have been hospitalized, however received care in the comfort and security of their own homes.

Additional resources were provided through our new virtual series of webinars designed to raise awareness of the challenges of elders and families. The hour long webinars are presented by JSS staff and other local experts in their fields currently providing support and services. The popular webinars have received great reviews and others to look forward to include: *Brain Fitness, Medication Safety, Healthy Food Choices and a live food presentation.*

For more information about the Roy and Aline Friedman Home

themselves and had to follow strict protocols regarding the donning of full PPE before entering the home, and exceptional infection control Care Agency or Chaifetz Family Hospice please contact us at 203-396-1136.

Introducing SafeBeing by Somatix

Community services clients will have an opportunity to participate in a grant-funded project bringing breakthrough new technology that provides insights on health and safety. Thanks to a generous grant, we are pleased to announce the launch of *SafeBeing* by *Somatix*, a wearable device that provides passive monitoring of health and behavioral indicators.



SafeBeing is a state-of-the-art remote monitoring platform that will provide our staff with valuable health insights and predictive analytics, including activity levels, sleep, hydration, risk factors, and

potential emergency situations, to name a few. *SafeBeing* measures activities of daily living and various physical and emotional indicators using a wrist-based smart-band, Big Data analytics, and novel gesture detection algorithms to provide high visibility of potential problems. For peace of mind, family members can also stay connected and see their loved one's activity and other insights with the Caretaker mobile application.

For more information on our project, contact Elizabeth Zicari, Vice President, Community Services and Business Development, at ezicari@jseniors.org.

Staff Holiday Celebrations

Holiday time was celebrated in the usual festive fashion with great food, lots of laughter and time to share a special word or two with colleagues and friends. In addition to an amazing meal there were Chanukah jelly doughnuts and hot chocolate for all to enjoy!!





















Alan Phillips Chairperson of the Board

Andrew H. Banoff President & CEO / Editor

Contact us at 203-365-6400 www.jseniors.org

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A Tribute to Jewish Senior Services

It's October 14, 2016. I am sitting in back of a wheelchair-friendly van, behind my mom - we're on our way to Jewish Senior Services, as she is finally accepted as a new Resident. My mother asks the driver, "Where's my daughter?" I remind her that I am but a few inches away - her remark, another reminder that she is about to move in for very good reasons. I have anxiously awaited this moment for what seems like an eternity, as citizens of Connecticut, we are aware of the quality of care offered by this unique nationally recognized senior care facility, thus, a waiting list that seems interminable. I wonder, finally, if my decision to move my mom at age 92 is the right move? Will she survive this moment of utter confusion? Will I be left with additional guilt that

only another child of Holocaust survivors could understand?

We disembark from the van and are whisked away; I am noticing the acclimating process with every step taken, until we arrive in The Friedman House - a memory unit that looks more like a hotel. My mother is immersed in the downward spiral of Alzheimer's, but she is already very receptive to the influx of

smiles and gestures of a well-intentioned staff. My husband and I meet my mother's internist, a friendly upbeat doctor whose warm reassurances melt away my anxieties. I am at peace. My mother's journey started in 2011- she and my father moved from their home to an assisted living facility; from there my mother moved to a nursing home - a kind of holding pattern we maintained until she could land, permanently... and voila (as my mother would say in French), she arrived at her destination! Nursing Homes are now on lockdown. I am only able to see my mother because she is at the end of her life, and The Chaifetz Family Hospice is now involved with palliative care (a volunteer even calls me after my mom's passing to see how I am faring). I think back to the conversations with staff, including Care Plan Meetings, when staff members of the various disciplines convene to discuss all aspects of each Resident's care. I dwell on my concerns and questions regarding the medical plateaus surrounding Alzheimer's Disease. There is always a steady flow of communication between the staff and me. Recreation's available, especially to those, like my mother, in wheelchairs (I can still envision her playing Bingo, or bowling). I reflect on Shabbat

> candlelighting ceremonies, holiday celebrations, and musicians entertaining in Bennett Hall. When swallowing becomes an issue, as expected with this condition, solutions are provided by a speech and language pathologist, nutritionists, dietary and dining services. I think of all staff connected to my mother as having transitioned into an extended "family", hovering over her and always eager to please.

In-house clinic appointments are ongoing for podiatry, dentistry, ophthalmology and otolaryngology services.

Andrew Banoff's continuous COVID-19 updates are so helpful. Family members are kept abreast of state regulations and measures are taken to keep lines of communication open between Residents and their families. FaceTimes set up, and weather permitting, outside visitations are made available, while always adhering to masks on and loved ones seated six feet apart. I think about seeing my mom on her birthday, weeks before she finally succumbed to Alzheimer's Disease. I know her last years were filled with enrichment and love. JSS was truly home, and for this I am very grateful.

Family Mail

My mom comes to life when she walks through the doors of Adult Day and looks forward to her days at Grasmere! The staff make her feel right at home and our family is grateful to have some of their own time back because of this support and wonderful program.

> - K. B. , Grasmere on Park Family Member

On behalf of my family, I thank you for everything you have been doing for our loved ones. I thank you for the ongoing communications. I thank you for caring and supporting your staff, because in turn, they show that same support and care to our family members. You have created a facility that truly does live up to the reputation as the "Rolls Royce" of nursing homes. We are grateful to be part of this community.

> - J. C. , Long Term Care Family Member

Save the Dates

APRIL

April 30 - May 4 Women's Auxiliary Spring Event & Boutique

MAY

Thursday, May 13 Educational Seminar Series Medication Safety in Older Adults

JUNE Wednesday, June 2 Coleman Lecture Series



My mother passed away on October 15, 2020 four years, almost to the day of admission. Actually, it's her doctor's handwritten sympathy note that inspires me now, to properly relay my gratitude. Stepping into The Jewish Home (as it used to be called), as I have for all these years, is certainly different in the Age of Covid-19. Connecticut

A Grateful Family Member

Monday, June 14 Men's Club George Lipton Golf Invitational The Patterson Club, Fairfield

Thursday, June 17

Educational Seminar Series Healthy Food Choices for a Healthy Lifestyle Nutrition for Older Adults

A special thank you to our Federations

Jewish Senior Services is a recipient agency of the following community organizations. We thank these organizations and the communities for their support.

Federation for Jewish Philanthropy of Upper Fairfield County UJA-JCC Greenwich United Jewish Federation of Greater Stamford, New Canaan, Darien For more information on JSS Services call 1-833-JSS-LINK (1-833-577-5465)