



Golden Manor

JEWISH SENIOR SERVICES

Enriching the Lives of Baby Boomers and Beyond

JUNE 2014 GMJSS NEWS

12500 NW Military Hwy, Suite 260 San Antonio, TX 78231

▲ Main: (210) 302-6946 ▲ Fax: (210) 408-2332 www.GoldenManor.net

2013-2014 Board of Officers

PRESIDENT

Shari P. Pulman

VICE PRESIDENT

Robi Jalnos

SECRETARY

Suzanne Huber

TREASURER

Barbara Friedberg

EXECUTIVE DIRECTOR

Daniel L. Laser

Board of Directors

Harold Berg

Nancy Gerson

Greg Gonzalez

Mel Indyk

Elaine Kovner

Warren Lieberman

Reesa Pullen

Bernard Rabinowitz

Alice Troy

Past Presidents

Betty Adler

Richard Alterman

Bernard Bloom, M.D.*

H.W. Brizman*

Elliott Z. Cohen

Gerald Cohn

Sol Frank*

Harold Franzel*

Harry Freeman*

Jack Gurwitz*

Harry A. Half*

Nat Jefferson

Mike Kelne

Kenneth R. Ladensohn*

Robert Rosow*

Norman Seeman*

Bennett Stahl

Jimmy Toubin

Elliot Weser, M.D.

Perry Wulfe

Dick Wurzburg

Honorary Life Advisors

Elie Guggenheim

Elmer Jacobs*

Aaron Mandel*

Harry Sugerman*

*Of Blessed Memory

A Night of Celebration

SATURDAY, JUNE 7TH - The Playhouse San Antonio

With June 7 just around the corner, we are really getting excited about honoring the legacy of Golden Manor and sharing this incredible evening with the community.

Do you have your tickets in hand yet?

This celebration will be one you do not want to miss. The evening will be filled with all the right touches to give you a full red carpet experience. It begins with our very own paparazzi, available to take photos of you, all of your family, and friends.

Enjoy an array of delicious heavy hors d'oeuvres, and desserts by Drew's American Grill, a wonderful performance of *Funny Girl* starring Carlye Gossen as Fanny Brice, and get a chance to win one of four door prizes!

You will leave the event with an exquisite 36 page program book, filled with history and fun facts about Golden Manor,

community insights and reflections, and more.

Get your tickets today and join us in celebration!



TO PURCHASE TICKETS VISIT WWW.GOLDENMANOR.NET
OR CALL LETY AT (210) 302-6946

Join us for a "Walk in the Park"

Join us in June for Golden Manor Jewish Senior Services Walk in the Park Program. Join fellow walkers, friends and families for a casual activity. The walk will cover approximately .7 miles at a leisurely pace. The program will be at Hardberger Park (Blanco Rd. entrance) each Sunday in June at 9 a.m., weather permitting.

Please contact Golden Manor at (210) 302-6946 to sign up. Registration is not required but is helpful to plan for refreshments and water. Warren Lieberman, GMJSS Board member, will lead the group. He can be reached by contacting the GMJSS office.

TRANSPORTATION AVAILABLE!

GMJSS wants to ensure that transportation is available for all Jewish Seniors wishing to attend Religious Services or other community activities.

If you or someone you know needs transportation services, Please contact Lety at (210) 302-6946.

JOIN GMJSS: SENIOR LUNCH & ACTIVITIES

Join with us and some of our Jewish Elders from Golden Estates for lunch, games, discussions, and dessert.

12 p.m. Second and Fourth Wednesdays at Golden Estates

(Please call GMJSS at (210) 302-6946 to RSVP)

A JEWISH AFTERNOON

A weekly social gathering with the residents of Madison Estates for a short movie, guest speaker or discussion of current events.

3 p.m. on Mondays at the Madison Estates

JEWISH LIVING PROGRAM

Second and Fourth Thursday of the month, a social gathering with the residents of Adante Senior Living for a short movie, guest speaker or discussion of current events.

11 a.m. Second and Fourth Thursdays at Adante Senior Living

GOLDEN ESTATES

SHABBAT SERVICES

Friday Evening
Service 4:30 p.m.

Saturday Morning
Service 10:30 a.m.

**THURSDAY, JUNE 12 & THURSDAY,
JUNE 26 AT 2 P.M.**

Jewish Bible Study with Bobbi Ghitis and Mazal Moszkowicz

**SATURDAY, JUNE 7 & SATURDAY,
JUNE 28 AT 4:30 P.M.**

Special religious services and social with Roman Vasquez

WEDNESDAY, JUNE 11 & JUNE 25 AT 12 P.M.

Respite Program -Join us for Lunch and a Movie with residents and guests. RSVP to Lety at (210) 302-6946.

ADANTE SENIOR LIVING

THURSDAY, JUNE 12 & THURSDAY, JUNE 26 AT 11 A.M.

Jewish Living Program - Join us for a Film and Conversation with Mindi Silver- Weiss on the 2nd Floor Activity Room. For more information please call (210) 493-0101.

CHABAD LUBAVITCH OF SAN ANTONIO

WEDNESDAY, JUNE 4 AT 10:45 A.M. TO 1:30 P.M.

Shavuot with the Sunshine Club

Join thousands of Jews around the world as we unite in listening to Ten Commandments on Shavuot morning. Following services there will be a delicious dairy lunch with Chabad. Free of charge!

SUNDAY, JUNE 29 AT 11:30 A.M. - 1 P.M.



Sunshine Club brunch will G-d willing take place on SUNDAY, June 29 at 11:30 a.m. to 1 p.m. Join us in creating our very own tzedakah boxes (charity boxes) together with the young adult group, YJSA. We will have

a chance to mingle and get to know the young adults who join us and hopefully create new friendships and connections. These lovely individuals are excited to get to know the members of the sunshine club and have a wonderful afternoon of creativity and fun! The Chabad Center, 14535 Blanco Road San Antonio, Texas 78248. For more information email Rochel@chabadsa.com or call (210) 764 0300.

JEWISH COMMUNITY CENTER



THURSDAY, JUNE 5 & JUNE 19 AT 1 P.M.

Silver Cinema Film Screenings - Attend free movie showings at the JCC the first and third Thursday of each month at 1 p.m. in the Holzman Auditorium. For more information about these free programs or to find out what film is being screened next, contact Maya at (210) 302-6860 or visit www.jccsanantonio.org. No need to RSVP- walk-ins always welcome and there is FREE popcorn!

MADISON ESTATES

MONDAY, JUNE 2, 9 16, 23 & 30 AT 3 P.M.

Jewish Living Program - A social gathering at Madison Estates. Enjoy a movie and conversation with Mindi Silver Weiss. Join us in the TV Room on the 3rd Floor. For more information call GMJSS at (210) 302-6946.

CONGREGATION RODFEI SHOLOM



WEDNESDAY, JUNE 4 AT 9 A.M.

L'Chayim Club - On the first day of Shavuot, Wednesday, June 4, we are having a special Kiddush honoring seniors for their wisdom and guidance. The Kiddush will take place immediately following services. During services, the children, many wearing traditional white, will approach the Bimah while singing songs and carrying baskets of fruit. They will receive a special blessing recognizing them as guarantors of the Torah. Services begin at 9 a.m. and conclude at approximately 11:30 a.m.

THURSDAY, JUNE 5 AT 9 A.M.

On the second day of Shavuot, all are invited to participate in a traditional lunch honoring our teachers. Services beginning at 9 a.m. include Yizkor (memorial service) at 11 a.m.

SATURDAY, JUNE 7

We have a special guest speaker following Shabbat services. Nitsana Darshan-Leitner, Director of Shurat Ha Din (The Israel Law Center), is a world leader in the struggle to fight Palestinian and Islamic terrorist organizations in the courtroom. She has managed to recover millions of dollars for victims of terror. She is a dynamic and inspirational speaker. A Kiddush will follow services.

WEDNESDAY, JUNE 18 AT 6 P.M.

Summer Supper Club - is back by popular demand! The first get-together will be June 18 at

6 p.m. at the synagogue. Everyone will have the opportunity to eat a delicious, authentic Mexican meal in a relaxed atmosphere. Bienvenidos to all! We look forward to seeing you!

SUNDAY, JUNE 22

Rabbi Elchonon Zohn, internationally known Chevrah Kadisha (Burial Society) expert, will be in San Antonio. In the evening, there will be an informative, thought-provoking lecture, "Bridge to Eternity: The Traditional Jewish View of Death and Beyond."

All events are open to the community and free of charge for seniors. For more information or to RSVP, contact the synagogue at (210) 493.3557.

Free transportation is available for seniors by calling Lety at (210) 302.6946.

CONGREGATION TEMPLE BETH EL

SATURDAY, JUNE 7 AT 12 P.M.

Shabbat Seniors' Havurah in the Block Center - for those 65 years young and older! This month, Join us for a Saturday of Brain Games. There is a nominal charge of \$5 per person, subsidized by a grant from Golden Manor Jewish Senior Services, and RSVP's are a MUST to the Reservations Hotline at (210) 733-9135, ext. 208. If you need transportation to the service and lunch, please let us know when you RSVP. Please note: Our Shabbat Seniors' Havurah takes place on the first Saturday of each month, so mark your calendars in advance!

SUBMIT TO THE GMJSS NEWSLETTER

GMJSS would be happy to include your upcoming events in our newsletter.

Please send event info to Lety P. Vargas at LetyV@GoldenManor.net by *June 17*.

NOW YOU KNOW

June 15th is World Elder Abuse Awareness Day

Elder abuse is an under-recognized problem with devastating and even life-threatening consequences.

WHAT IS ELDER ABUSE?

Elder abuse refers to intentional or neglectful acts by a caregiver or “trusted” individual that may lead to harm. In many states, younger adults with disabilities may qualify for the same services and protections. Physical abuse; neglect; emotional or psychological abuse; financial abuse and exploitation; sexual abuse; and abandonment are considered forms of elder abuse.

RED FLAGS OF ABUSE

NEGLECT

- Lack of basic hygiene, adequate food, or clean and appropriate clothing
- Lack of medical aides (glasses, walker, teeth, hearing aid, medications)
- Person with dementia left unsupervised
- Person confined to bed is left without care
- Home cluttered, filthy, in despair, or has safety hazards
- Home without adequate facilities (stove, refrigerator, heat, cooling, working plumbing, and electricity)
- Untreated pressure “bed” sores (pressure ulcers)

FINANCIAL ABUSE/EXPLOITATION

- Lack of amenities victim could afford
- The “Voluntarily” giving of uncharacteristically excessive financial reimbursement for needed care and companionship
- Caregiver has control of elder’s money but is failing to provide for elder’s needs
- Vulnerable elder/adult has signed property transfers (Power of Attorney, new will, etc.) but is unable to comprehend the transaction or what it means

PSYCHOLOGICAL/EMOTIONAL ABUSE

- Unexplained or uncharacteristic changes in behavior, such as withdrawal from normal activities, unexplained changes in alertness
- Caregiver isolates elder (doesn’t let anyone into the home or speak to the elder)
- Caregiver is verbally aggressive or demeaning, controlling, overly concerned about spending money, or uncaring

PHYSICAL/SEXUAL ABUSE

- Inadequately explained fractures, bruises, welts, cuts, sores or burns
- Unexplained sexually transmitted diseases

REACHING OUT

Isolation is a known risk factor for elder abuse, neglect, and self-neglect. But reducing isolation is as simple as sparing a little time to reach out to our seniors. By reaching out through an informal visit, or volunteering with a program that provides support to older individuals, we can help to reduce the risk of elder abuse.

- Commit to visiting an older friend, family member, or neighbor who lives alone, or invite them to a family activity, such as a Little League Game.
- Ask an older acquaintance to share their talents by teaching you or your children a new skill or how to bake a favorite recipe.
- Volunteer at a local chapter of Meals on Wheels or pledge to commit to one day a month. Home-delivered meals can be helpful in preventing self-neglect. This also allows the volunteer to observe if the senior is managing well at home, or if he or she may need other assistance.

REPORT ABUSE

To report suspected abuse in the community, contact your local Adult Protective Services agency. For state reporting numbers, visit www.apsnetwork.org, visit the NCEA website at www.ncea.aoa.gov or call the Eldercare Locator at 1-800-677-1116.

To report suspected abuse in a nursing home or long-term care facility, contact your local Long-Term Care Ombudsman.



Golden Manor
JEWISH SENIOR SERVICES

12500 N.W. Military Hwy.,
Suite 260
San Antonio, TX 78231

PHONE:

(210) 302-6946

FAX:

(210) 408-2332

E-MAIL:

info@GoldenManor.net

GMJSS STAFF:

DANIEL L. LASER
GMJSS Executive Director
(210) 302-6943
DLLaser@GoldenManor.net

LETY P. VARGAS

Executive Assistant /
Program Coordinator
(210) 302-6946
LetyV@GoldenManor.net

LAUREN SANDOVAL

GMJSS Marketing &
Communications Manager
(210) 723-9973
LaurenS@GoldenManor.net

MINDI SILVER-WEISS, LCSW

MSilver-Weiss@goldenmanor.net
(210) 302-6954

SHERIE TRAKHTENBROIT, LCSW

STrakhten@gmail.com
(210) 302-6954

JOIN OUR MAILING LIST!

Want to receive the next GMJSS newsletter via email? Please subscribe by sending your email address to LetyV@GoldenManor.net or call Lety with your info at (210) 302-6946.

**THANK YOU
to our May
DONORS**

**Rosa A. Lopez
Ruth Posner**

To support GMJSS, please call Lety at (210) 302-6946 or use our Paypal donate button on our website at www.GoldenManor.net.