

August
2018

MEMPHIS JEWISH SENIORS

A PROGRAM OF MEMPHIS JEWISH FEDERATION

Subscribe to Memphis Jewish Seniors

Do you have a friend or family member who would like to get this E-Newsletter? Please forward this email to them and point their attention to this 'Subscribe' button, and we'll add them to the list!

Help If You Can: MIFA CommUNITY Days!

Join us as we partner with MIFA to support Community Days, a citywide initiative celebrating MIFA's 50th anniversary celebration.

14 local Jewish organizations are working hard to fill 1,000 Birthday Gift Bags with useful items for MIFA Meals on Wheels clients and we need your help!

Helping is easy and affordable! You can participate in three ways:

[Make a cash gift online that we'll use to buy items.](#)

[Shop from Amazon and have it shipped to us.](#)

Buy items and deliver to the Jewish Community Partners office, 6560 Poplar Ave, 38138.

Items need to be delivered no later than Tuesday, September 4.



Just today, Plough Towers delivered two huge bags of 15 blankets and 40 hats, hand-knitted by the Plough Towers Knitting Ladies!

Senior Transportation Survey

Your input is needed!

Whether you are in need of transportation or an advocate for people who are, please help us learn about [transportation needs for seniors by filling out this brief survey.](#)

Memphis Jewish Federation 2018-2019 Annual Campaign

Memphis Jewish Federation's next fundraising cycle is about to begin.

Last year's efforts raised almost \$4 million, with a significant portion of it going to grants that benefit Memphis Jewish seniors and their caregivers.

Please consider increasing your gift this year, making your first gift, or returning as a donor. More than 80 cents of each dollar raised goes to funding important programs!



Senior Snapshot: Life at Plough Towers



Left: Cooking with Chef Blake who asked for volunteers from the residents and Jewish Family Service Special Needs Adults who attended the program.



Right: Memphis Jewish Federation's Fedovation Shabbat with Rabbi Males of Young Israel.

Have photos of recent senior-oriented events you'd like to share? Send them in an email with a short caption to: mtimberlake@jcpmemphis.org.

High Cholesterol Clinical Research Study

A local organization is seeking adults up to age 75 with Type 2 diabetes who have trouble controlling high cholesterol.

- Compensation up to \$450
- No-cost diagnostic work-up
- No-cost study-related care
- No-cost study drug

[Call or click to learn more.](#)

CNS Healthcare: 901-843-1045

Senior News

[Choosing a continuing-care retirement community](#)

[Dog Therapy? Spreading Cheer for All Ages](#)

[Epilepsy Affects People of All Ages](#)

[6 Factors to Consider Before Using Your Retirement Savings for Caregiving](#)

Connecting Jewish Seniors

Do you know an older adult who has recently moved into an independent or assisted living facility? Do you have a friend who is home-bound and would benefit from engagement in the Jewish community?

Please e-mail Hilly Safier at hsafier@jcpmemphis.org with the information.

Senior Services- A Click Away

We've gotten great feedback from the community about the new Memphis Jewish Seniors website.

If you've had a chance to check it out, let us know what you think. If you haven't, visit today and learn about the many services provided to seniors in the Memphis community.

[Visit www.memphisjewishseniors.org.](http://www.memphisjewishseniors.org)

[Tell us what you think.](#)



The same information can also be found in a brochure. Pick one up at most area Jewish institutions or email us for your copy.

[Request a brochure by email.](#)

Upcoming Events

Senior Lecture Series

**Wednesday, September 5- 11:00 A.M.
Immediately following Senior Exercise
MJCC**

Rabbi Shmuel Fromowitz of The Memphis Kollel will present "The Shofar and Its Symbolism" in celebration of the High Holidays

There will be another lecture Wednesday, September 12, speaker and topic TBD.

Prime Timers Coffee and Conversation

**Thursdays
10:00 A.M.
Temple Israel**

This social group for ages 65+ gathers at Temple for an hour of Coffee and Conversation. This discussion group is led by Rabbi Feivel Strauss and other distinguished speakers with topics changing weekly. [Sign up here](#) for Temple Israel's weekly email to stay up-to-date or call 901.761.3130 to learn more.

Do you have a Memphis Jewish Seniors story to tell? [Send an email to Matt Timberlake](#) or give him a call at 901-767-8516.

The Senior Services Collaborative (SSC) was convened in response to the 2014-2015 Community Needs Assessment Study, which showed how the community would benefit from a collaborative approach to addressing the needs of our community's seniors.

The SSC is made up of a diverse group of professionals and volunteers with a stake in the well being of Memphis area Jewish Seniors.



Jewish Community Partners | 6560 Poplar Ave., Germantown, TN 38138

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