



Dr. Theresa Chan of Beth Israel distributes valuable information to participants at the Lower Manhattan Health Care Coalition's 50 and Beyond stress management event.



Joel Kaplan, Esq., executive director of the United Jewish Council of the East Side, together with (second row) Martha Pollack, LCSW, director of Social Services for the UJC, Rabbi Leonard Blank, MS, BCC, executive director of the LMHCC, (third row) Altagracia Rivas, activities and outreach coordinator for the BEST program of Grand Street Settlement, and Betsy Jacobson, director of the UJC Adult Luncheon Program, pictured at the UJC Census Forum. (See related story on page 4)

UJC Dinner To Celebrate 38 Years of Community Service

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"There's nothing like leaving school at 3 for a game that starts at 7," Fried's younger son, Paul, agrees.

Howard comes from a close, loving family. The youngest of four children, he remained on the Lower East Side, close to home, where he is able to care for his parents.

Looking back on his career, Howard states, "I don't know where all the years have gone. I started out as a personnel specialist in 1982, became supervising personnel specialist, was later promoted to assistant director of field operations, and now I am director of the Home Attendant Program. We service over 700 clients throughout Manhattan with home care. When I started, we had no clients. It is only through our outstanding audits throughout the years that HRA has awarded us with an 800-client contract," he reflects with pride. "It is so nice to know that we are helping so many people on an everyday basis, regardless of color or race."

For 38 years, the UJC has represented over 60 community service groups, schools and synagogues. Lower East Siders of every age, ethnic and religious group have benefited from the programs and services the Council provides every day.

The 500A Grand Street office sends more than 700 home attendants throughout the city to assist the homebound with daily chores and activities. The Irving and Mary Streit Multi-Service Center on East Broadway provides clients with in-

formation and referral services for entitlements, housing, food, emergency response, immigration, and mental health support.

Council telephone squads and home visitors make sure that contact is maintained with any and every person in need of assistance or companionship. The multilingual staff provides newly arrived immigrants with translation services, acculturation help, and advocacy in securing housing and employment.

The Council's Career Center, which operates jointly with the Metropolitan Council on Jewish Poverty, provides career counseling, resume and interview preparation, and training.

The UJC Community Learning Center, newly renovated and located in the Orenstein Building on Bialystoker Place, provides computer training and library services to local seniors.

The Rabbi Joel Price Adult Luncheon Club serves hundreds of kosher meals every day at three different locations, and it is rapidly becoming a full-service community center for local seniors. The Club offers a full schedule of classes and discussion groups, art programs and entertainment, to provide clients with a vibrant and enjoyable social life.

Everyone in the community is urged to attend and participate in this fitting tribute to the honorees and the United Jewish Council as a whole. The dinner committee indicated that now is the time to show appreciation and support for all that the UJC does on behalf of the community.

"50 and Beyond" Programming Brings Valuable Information to Active Adults

By Michael Steinhart

Being an active adult in today's uncertain economic times isn't a simple proposition: Can you plan for retirement with confidence, knowing that your savings and Social Security benefits are safe? Can you maintain a healthy lifestyle despite the stress and pressure of work and family? Are friends and neighbors going asking similar questions? Who, exactly, is supposed to provide answers?

The Lower Manhattan Health Care Coalition, together with the United Jewish Council of the East Side, is working to create a vibrant and helpful support system for adults 50 and over in the community. Building on the success of last summer's 50 and Beyond Community Expo, the two agencies have organized a monthly series of dinnertime lectures by noted experts on topics of interest to 50 and over audiences.

"These events have featured stimulating discussions with expert presenters who are well-known in their fields," noted Rabbi Leonard Blank, MS, BCC, executive director of the LMHCC. "They're intimate and interactive, and they can truly enhance your quality of life."

Rabbi Blank explained that the series was conceived after the rousing success of the 50 and Beyond Community Expo, which drew a crowd of over 500 participants. "The Expo brought together a multicultural and multiethnic crowd of adults, vendors, agencies and organizations," Blank explained. "The day was filled with so many interactive and interesting things to learn, eat, and do, that many people wanted to know if we could keep that spirit going throughout the year. So the Coalition, together with the UJC, decided to organize the monthly events, which are open to the entire community."

Betsy Jacobson, director of the United Jewish Council's Adult Luncheon Club, and Martha Pollack, LCSW, director of Social Services for the UJC, were instrumental in organizing the series,

Blank pointed out.

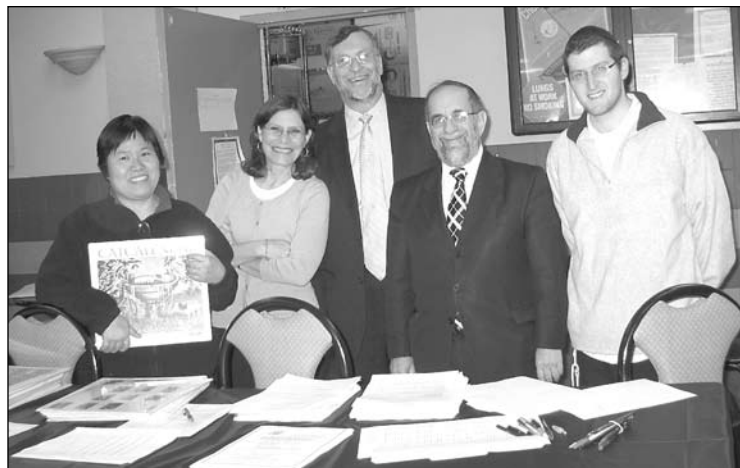
In February, financial planning expert Gary Ambrose addressed the topic of "Thinking about Retirement: What Do I Do Now?" Following a light dinner at the Orenstein Building, Ambrose led a discussion that covered topics such as assessing risk, protecting assets, and ensuring that you have sufficient resources for retirement. Ambrose is a frequent guest on CNBC, NBC, CNN, and NY 1 television, where he has discussed financial planning and money management issues. Participants found his advice and ideas tremendously helpful.

In March, Dr. Theresa Chan,

eat healthy, and the truth behind the nutritive value of dark chocolate and red wine. The UJC Adult Luncheon Club and Health Plus co-sponsored this special event.

On May 27, another important topic is in the works. Martin Petroff, Esq., a noted elder law attorney, will present "Planning and Paying for Long-Term Care: What are your options without breaking the bank?"

Petroff's workshop will address the ins and outs of long-term care insurance, out-of-pocket costs, Medicare, Medicaid, pooled income or supplemental needs trusts, and updates on health care proxies and living wills.



UJC staff member Esther Toh, Martha Pollack, Rabbi Blank, Gary Ambrose, and Jonathan Chapman, social work student at the UJC, pictured at the "Thinking about Retirement" event.

of Beth Israel Medical Group, Family Medicine, at Meltzer Tower, presented a workshop on stress management. Her discussion focused on ways to manage unavoidable stress, holistic and traditional stress relief techniques, and simple lifestyle changes that can reduce stress.

In April, noted nutritionist Dr. Lisa Young, PhD, RD, CDN, author of the book "The Portion Teller Plan," spoke about healthy eating habits. Young's presentation covered such topics as staving off the effects of aging through good nutrition, safe and successful permanent weight loss through portion control, economic ways to

The deadline to register for this event is May 25. Call 212-233-6037 x109 for more information.

"These are great evening activities in a very friendly environment," Rabbi Blank stated. "There's plenty of audience participation, and people can consult with the presenters, as well. These are important topics, and good information isn't easy to find. This series is a unique opportunity for adults 50 and over."



Dr. Lisa Young, noted nutritionist, talks to a 50 and Beyond group about healthy eating and how it can stave off the effects of aging.



The LMHCC's 50 and Beyond retirement planning event, featuring financial expert Gary Ambrose, drew a capacity crowd.