ENRICH
Education Nurturance Relaxation and Inspiration for Caregivers of Holocaust Survivors
Pesach Tikvah Invites You to:

Education, Nurturance, Relaxation & Inspiration, for Caregivers of Holocaust Survivors

A 2 Day Ladies Retreat for Caregivers of Holocaust Survivors serviced by Pesach Tikvah
Taking place at Ocean Place Hotel, Long Branch, NJ, April 30-May 1

For information and reservations, please call 718-875-6900 x150
Limited Space Available
By Ilana Orange LMSW June 7th 2018

In the course of our work with Holocaust survivors we became aware that the children of these survivors often function as the physical and emotional caregivers of their elderly parents. They are fatigued and frustrated, often carrying the burden alone. We knew that they themselves were in need of respite, tools, and support, as the difficulty and stress of caregiving can be overwhelming and unrelenting at times.

With the sponsorship, support and guidance of the JFNA we decided to offer a retreat specially designed to meet these needs. So it was that on Monday, April 30th two busloads of women from the Williamsburg community arrived at the Ocean Place Hotel in Deal, New Jersey for a two day caregivers’ retreat hosted by Pesach Tikvah of social workers and trained community staffers. The goal of the retreat was to provide much needed respite and chizuk for family caregivers of Holocaust survivors.

When the ladies arrived at the hotel, they were greeted warmly and handed a welcome package. After a delicious lunch Norman Blumenthal PhD, Director of the Ohel Miriam Center for Trauma, addressed the guests. Dr. Blumenthal is a highly respected psychologist and trauma expert. He shared his own experiences growing up as the child of Holocaust survivors and the lessons that he had learned from his mother, who was a survivor of Auschwitz. He helped our guests understand the unique psychology of the survivors. As a result, the caregivers gained greater clarity into their parents’ needs and a better sense of how to effectively address those needs.

The women then divided into two groups, choosing to either paint a picture or to create a beautiful piece of jewelry. Bonds were formed and friendships strengthened as these activities gave the women a chance to chat and interact freely.

In the evening, a delectable supper was served, followed by a kumzits led by Mrs. Dina Storch. The ladies sang along, harmonized, and spontaneously broke into dancing. Mrs. Miriam Jaffe, Assistant Principal at Bais Kaila in Lakewood and
Education Director at Shalva, addressed the group, describing her own experiences providing care for her elderly mother who suffered from ALS. Mrs. Jaffe explained how she drew personal meaning from her role as caregiver. Everybody then enjoyed the lavish Viennese table desserts that were offered and many of the ladies took advantage of the pool for a late-night swim.

The next morning, after a light breakfast, Rabbi Doniel Neustadt spoke about hilchos kibbud horim (honoring one’s parents) and answered our guests’ questions about how one can fulfill this obligation even under difficult circumstances. It was clear from the eager participation of the women just how important this issue was to them. Rabbi Neustadt paid particular attention to the halachic challenges that often arise when caring for one’s elderly parents. Pertinent halachos concerning Shabbos, kashrus, and kibbud horim were all addressed. Rabbi Neustadt even took the time to speak privately with participants who were reluctant to ask their questions publicly in front of the group. The caregivers greatly appreciated the sensitivity with which he addressed their concerns.

The ladies then selected one of three workshops to attend, presented by Pesach Tikvah staff: Resources for low-income Holocaust Survivors lead by Mrs. Sima Borsuk LMSW; Dialectic Behavioral Therapy with Mrs. Susan Weinberger LCSW; and Tips in Caregiving with Mrs. Sora Blima Gestetner. The mood was upbeat and participants were able to connect to each other through their shared experience as caregivers of survivors.

After lunch, Mrs. Perl Abramovitz conducted a Picture Analysis session, which the ladies enjoyed. After a wrap-up, our guests boarded the comfortable coach busses for the trip back to Williamsburg. They left feeling happy, connected, and rejuvenated.

In the days that followed, the staff of Pesach Tikva was overwhelmed by the enthusiastically positive feedback that they received from the retreat’s participants. One woman after another emphasized how much the retreat had meant to her. Shoshy Soibelman, a geriatric care specialist at Pesach Tikva who conducts home visits to survivors and their families, shared that she was gratified and inspired by the reactions she saw. “The daughter of one of my clients told me that she had been
feeling utterly exhausted,” Shoshy said. “This retreat made her feel rejuvenated. It restored her energy and motivation to go home and continue caring for her mother.”

Other reactions were just as exuberant. “I was always proud to be the child of a survivor, and now am even more so.” Each guest expressed appreciation for the beautiful surroundings, delicious food, and enriching activities. As one lady put it, “There was an amazing variety… of entertainment… speeches- some serious, some fun, everything was absolutely beautiful!” Another wrote to tell us “We all gained and learned very much from the incredible speakers, with such amazing topics that are so relevant to our day to day care with a parent.”

Perhaps the most heart-warming comment of all came from this woman, whose letter stated: “Most of all, I got this feeling of being so special to have this zchus and opportunity to care and help my dear parents, who sacrificed and struggled so much, to make us what we are today! I made this silent promise to be a more devoted and helpful daughter, bring happiness and smiles to my dear parents and ease their burden with utmost love and dedication.”
To hold their hands when they quiver,
Appease them when they shiver
Guide them right as they grope and fumble
Assuage their pain when they fall and stumble.
Always on call, never on standby
Hear them out when they cry and sigh.
This responsibility, a privilege indeed
Kibbud Av V"aim of the highest degree.
Yet when tasks are overwhelming
And our resources stretched thin
It's time 'Enrich' yourself
To fill up the tank within!
To enable you to continue giving the best of care,
You need the inspiration and support
From friends who understand
Who are also there.
Welcome and Relax...
We're so happy you're here!
PROGRAM

Monday, April 30

10:30  Departure
1:00   Lunch  (taking place in Meal Room Atlantic 5)
2:00   Dr. Norman Blumenthal  (taking place in Atlantic 3 & 4)
        Room Check In
4:30   Workshop:  Jewelry making with Faiga Witkin  (Conference Room)
        Paint night with Chany Gold
6:30   Dinner  (Atlantic 5)
7:30   Dr. Tziporah Kaslowitz/Stress Management  (Atlantic 3 & 4)
8:30   Kumiitz with Dina Storch  (Atlantic 5)
9:30   Viennese Table  (Atlantic 5)
10:00  Swim

Tuesday, May 1

9:00   Light Breakfast  (Atlantic 5)
11:00  Workshops:  (Atlantic 3 & 4)
        Do’s and Don’ts by: Sandy Gestetner
        Introduction to DBT by: Susan Weinberger
        Resources:  Sima Borsuk
12:00  Brunch  (Atlantic 5)
1:30   Picture Analysis with Perl Abromovitz
3:00   Wrap Up/ Survey

Farewell
Dinner Menu

Starter
Beef tiare in taco
on bed of mashed lima.
Tomato salsa tortilla
Tricolor Quinoa Fondue
Mini green décor

Intermezzo
Mango twirl pop
Cosmo glass with Apple and strawberry puree

Soup
Duet of
Blended Butternut squash soup
Creamy chicken broth
Diced chicken and carrots
Tomato basil and olive bruschetta

Main
Chicken Marsala
Fried Yukon crisp
Potato dolce bed
Grilled vegetable medallions
Steamed mini tomato on vine

Happy ending
Nutty caramel cake
Trio frozen sorbet and ice cream cubes on chocolate bark
Refreshing hot cranberry tea
To The Wonderful Staff of Pesach Tikvah

We want to thank you.
But where shall we start.
Since words are too shallow,
Our gratitude to impart.
We want to applaud you.
But what shall we say.
Since silence has more power
Than the most eloquent essay.
The retreat was really up to par.
It was beyond our expectations by far.
From the lectures, workshops, kumzitz,
Meals and souvenirs too.
Your superb co-ordination and hard work
Shone through.
It was many minds rolled together.
It was the best getaway ever.
It was a boost for us caregivers to continue giving.

To our Dear Parents, the Holocaust survivors that are still living.

Thanks a ton
For a job well done.
Fondly Ronnie Herskovitz
in the name of all the participants.
To a Great Staff,

RE. PROJECT ENRICH

May '18

Our deepest appreciation & Thanks for giving us this wonderful opportunity.

The success was a reflection of your planning effort & heartfelt input.

This getaway remains an unforgettable inspiration.

May our reply with inspiration:

Chana Schwartz - Janet Weinberger

To a “Wonderful & Devoted” Staff,

...for Holocaust Survivors,

thanks

so much
Dearest Siou, Mary, Avey, Lucy, sponge, Sherry, Pia, Zara, Jima,

If only we would have been invited - it would be,
If only the place would be at the ocean - it would be,
If only getting a "special" welcome it would be,
If only receiving a "special" package it would be,
If only getting such "special" food it would be,
If only we did painting & necklaces it would be,
If only we head Ms Blumenthal it would be,
If only we had a "Diana" kimono it would be,
If only we met an inspiring speaker it would be,
If only we learnt from "ABB, Marsh" if would be,
If only we swam it would be "Dayanu".

Dearest Staff (All of you are wonderful),

A most wonderful & relaxing retreat has passed very quickly. Yet the memories will live on forever. Words are not enough to express the deep pride we feel. Thank you for your injection of love, empathy & loyalty.

O.l.h. Prashaw & Eirik Basch
Dearest Freidy,

Some days... we wish...

We hope...

We want...

Other days... we thank...

We admire...

We value...

We appreciate...

Now is one of those days of gratitude!

For your most wonderful accommodating attitude.

We enjoyed immensely every minute!

For granted, we didn't take it.

A retreat enhanced with an awesome touch.

All we can say...

"Thank you so much!!!"
All good things must come to a close
The ‘Enrich Retreat’ is one of those.
We hope you’ve de-stressed
And feel good as new,
Remember to ‘connect’ with others,
Who do the same as you!
HOLOCAUST SURVIVOR SERVICES 2018

- Mens Weekly Social Program
- Ladies Monthly Socialization Groups
- Ladies Weekly Mini Socialization Groups
- Case Management
- DBT Group for Children of Survivors
- Emergency Funds
- Supportive Community – home visits, advocacy, referrals
- Art Therapy
- Choir Groups
- Mental Health Treatment
- Needs Assessments
- Research
- Training in Gerontology
- Retreat for Caregivers
- Hospital Visits
- Gemach (free loan) for wheelchairs, DVD’s
Pesach Tikvah Inc.
Holocaust Survivor Program
Geriatric Services Division Staff

Zalman Kotzen LCSW - Director of Geriatric Services
Sima Borsuk LMSW – Coordinator Supportive Community
Fraidy Moskovits – Events Coordinator
Mindy Waldman – Program Support
Susan Weinberger LCSW - DBT Group Leader, Mental Health
Sandy Gestetner - Volunteer Coordinator, Supportive Community
Ilana Orange LMSW - Research and Evaluation
Ruchie Weinberger - Creative Art Therapy
Shoshie Soibelman - MA – Groups Leader, Supportive Community
Chaim Rosinger - Supportive Community, Dementia Treatment
Berish Weinberger - MSW Dementia Treatment Program
Shulim Goldring- MA – Music Therapy, Dementia Treatment
Eli Fischer SWI - Hospital Visits
Ruchy Rosen SWI - Supportive Community