

JCS Journal



News from South Australia's Jewish Community Services

VOLUME 2

ISSUE 2

JUNE, 2011

NEWS FLASH:

JCS Hamsa Design Serviettes now available for you to purchase —see page 3

CENTRE

SAYINGS:

People often avoid making decisions out of fear of making a mistake. Actually, the failure to make decisions is one of life's biggest mistakes.
- Rabbi Noah Weinberg, *48 Ways To Wisdom*

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Multicultural Aged Care



Home Care Assistance for the Community
www.hacc.org.au

CEO'S CORNER

I am sitting at my desk after two weeks annual leave with the knowledge that JCS was in great hands. Our staff and community care workers can handle any situation whilst I am away.

In our day to day lives, it is easy to take for granted the support our community care workers provide. Please give a moment to acknowledge your worker/s, as without them, Jewish Community Services would certainly not be the organisation it is.

I would also like to take this opportunity to acknowledge Alison Marcus and Daphne Lapidot for the Yom Hashoah commemoration. The speaker, Yvonne Fein, was inspiring and the added inclusion of survivors' stories reminded us all of the continuing significance of Yom Hashoah. Thank you.

Our new JCS website is up

and running. It looks great and hopefully is very user friendly. We're already receiving many inquiries via the site. If you have any suggestions to improve our new website, contact the office.

Please enjoy this issue of the Journal. Keep warm, safe and healthy over the winter months and see you soon.



Debbie Boock
Chief Executive Officer

JCS WEBSITE NOW UP AND RUNNING . . .

- Want to know what JCS is and what it does?
- What to know what is happening at JCS?
- Want to stay connected with JCS services, events and news?
- Then ... visit the brand new JCS website at <http://www.jcssa.asn.au/>

A WARNING: SCAMS AND SENIORS



Scams have always been around but technology and social changes are causing new scams to increase around the world.

Scams are the fastest growing complaint category to the Australian Competition and Consumer Commission (ACCC).

It is important for older Australians to be aware of scams so that they are not exploited.

Although it is not possible to stop all scams, the ACCC says a key way to fight scams is to make people more aware of them and to spread the word.

The effects of scams on victims range from simply wasting time and feeling a bit embarrassed, to losing large sums of money or even a house or a business.

In addition to longstanding cons such as lottery scams that come in the mail and face-to-face approaches, many scams are also now internet-based.

As more seniors use the internet for things such as banking, paying bills, shopping and email, it is important to remember that scams are out there.

You do not need to stop shopping or communicating online, but you should remain alert to tricks.

The ACCC warns that scammers often abuse peoples' trust of authority by posing as representatives of government departments, banks and other reputable organisations and they exploit people's genuine concerns about the latest

issues, such as the environment.

The ACCC is also very concerned by a recent rise in scam telephone calls.



...scammers often abuse peoples' trust of authority...

You should never send money or give credit card or bank account details without carefully checking all of the facts.

Seek advice, or talk to a

friend or relative to help you avoid falling for a scam.

To get information on scams and how you can avoid them or to report a scam, contact the Australian Competition and Consumer Commission (ACCC) on 1300 302 502.

Ask them to send you their very good booklet titled "The Little Black Book of Scams".

If you are online, you can visit the SCAMwatch website at . . .

www.scamwatch.gov.au to find out all about the latest scams.

WHO CARES?

ARE YOU A CARER?

Do you provide unpaid care and support to a family member or friend who has a disability, mental illness, chronic condition, terminal illness or who is frail or aged? Then you are a carer!

If you are a carer and feel you need assistance or support, please contact JCS on 08 8212 0077.

You can also find further information on the Carers Australia website at . . .

<http://national.carersaustralia.com.au/>

DID YOU KNOW?

There are currently over 2.6 million unpaid family carers in Australia, more than 770,000 of whom

provide the most care. In South Australia there are 222,700 people involved in the caring role.

The value of carers' unpaid work is over \$40.9 billion per year.

It is estimated that in 2010 alone, carers provided 1.32 billion hours of unpaid care.

On average carers spend approx. 40 hours per week providing care. It's estimated that carers of someone with a mental illness spend on average 104 hours per week in the caring role.

It is clear that carers are an integral part of



BAGELS BANQUET HELD AT PARLIAMENT HOUSE



L-R Sergie Feklistov, Maurice Nahmad, Mary Schechter, Natalia Kezeliie, Yefroim Sverdlov, Mara Zaks, Tatjana Feklistov, Mary Riches

JCS's Bagels Group recently went on an adventure tour undertaken by very few South Australians. They had the rare experience of exploring a day in the life of a politician when they visited Parliament House.

Through the gracious and kind invitation of the Honourable Grace Portolesi MP (Member for Hartley, Minister for Multi-cultural Affairs and other portfolios), 36 members of the Bagels Group had the privilege of dining in the Members Dining Room of Parliament House followed by a tour of the House of Assembly.

We were extended an extremely warm welcome by Ms Portolesi who walked about and talked with our members.

The Leader of the Opposition, Ms Isobel Redmond

MP (State Member for Heysen) also called in to bid us a warm welcome.

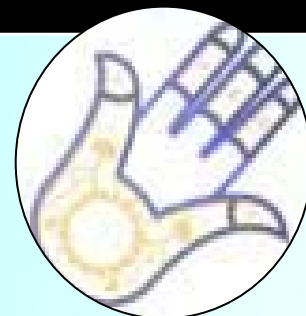
Our members were very privileged to stand in the chamber while some tried out the Speaker's Chair, listening to the information given by the tour guide.

It was an enjoyable and interesting afternoon.



Jana Smertenko in Speakers Chair

JCS
SERVIETTES
NOW
AVAILABLE



For elegance without effort . . . why not consider purchasing JCS's serviettes featuring an attractive *hamsa* design?

Every pack sold helps to raise valuable and much needed funds for Jewish Community Services.

The serviettes come in packs of 20.

Cost is only \$5 per pack or \$20 for 5 packs.

Call in or phone the JCS office on 08 8212 0077 to order your serviettes.

A hamsa is an amulet shaped like a hand. It is thought that it protects against the evil eye and is popular in both Jewish and Middle Eastern jewellery.

The name hamsa comes from the Hebrew word hamesh which means five. Hamsa refers to the fact that there are five fingers on the talisman, though in the Jewish tradition, some also believe it represents the five books of the Torah.

*JCS – Meeting Our
Community's Needs*





JEWISH COMMUNITY SERVICES Inc.



June 2011 Events Programme

To ensure we cater for your needs, please contact us if you wish to attend any of the events.

MOVIE AFTERNOON

Wednesday 22nd June
Mrs Henderson Presents
JCS Centre
1:30 - 3:30 pm
Cost: \$2.00
(includes Afternoon Tea)

TAI CHI

Monday 27th June
No Tai Chi 13th June
(Queens Birthday Holiday)
JCS Centre
11:30 am - 1:00 pm
Cost: \$5.00
(includes Light Lunch)

STRENGTHENING TRAINING SESSIONS

Monday's 10:30 - 11:30 am
PLEASE NOTE:
NO Sessions until further notice
JCS Centre Cost: \$5.00

SUNDAY

WALKIE TALKIES

Every Sunday 8:30 am
Finishing at a Coffee Shop

BAGELS

MONTHLY LUNCH

Asthma Foundation
Come and hear about asthma
and how it may affect you.
Also learn about the different
medications and how they work.
Tuesday 21st June 12:30 pm
Rose Harrison Hall
Beit Shalom Synagogue
39 Hackney Rd, Hackney
Cost: \$7.00

CHAVERIM

EXERCISE GROUP

Gentle chair-based
exercise routines
Thursday's 10:30 am
Beit Shalom Synagogue
Cost: \$5.00
(includes Light Lunch)

MONTHLY

BUS EXCURSIONS

Organise a group of between six to
ten people then register
your interest for a
wonderful bus trip.
Cost is just \$2.00
per person.



For more details: Contact Debbie or Bob at the Centre. Ph 8212 0077

Do you need assistance with Transport? Call the Centre.

(Hot weather policy: if temperature is over 35°C, function will be cancelled)