

Community Connections

June 2023

Happy Spring All!!

Being a native New Englander I am a big fan of all the seasons. Spring is at the top of the list. It seems to magically repaint the landscape in what seems like overnight. This time of year often represents a fresh start, at time to let go of the old and embrace the new. It reminds us of hope and renewal. It also reminds those of us with allergies just how bad the pollen can get around these parts. Oh well, can't have the rainbow without the rain as they say.

JCL has been busy over the last couple of months. As Sarah will outline in this newsletter, we have made a commitment to enhancing social and recreational activities and opportunities for all our individuals. As many of us learned during the last 3 years, social and community connections as well as recreational opportunities are crucial components of a healthy, fulfilling and balanced life. Each of us felt the weight of these opportunities being limited during the pandemic. Each of us dealt with our own struggles surrounding this loss. Whether it was loneliness, feeling disconnected from family and friends, depression or boredom, we were all affected by the forfeiture of our essential social connections.

A group of our individuals with some staff support and guided by Larry Goldman, Coordinator of Programs and Services, has started a committee to plan monthly events. This think tank is meeting quarterly to develop ideas and execute their vision around the places and activities they want to participate in as well where they can make an impact in their community. This is a commitment by these individuals to stay engaged with each other and our larger community, to emphasize the sense of community and belonging. It is a dedication to their own mental and physical well-being. It is a promise to engage in their own personal growth and to celebrate the accomplishments of others. It is taking the responsibility to make life happen for them. I say, Bravo!

Gloria

Thank you to our friends at the Jewish Community Foundation and The Jewish Federation of Greater Hartford.

The continued support that we receive from these two community partners ensures that we are able to provide exceptional service to the men and women in our care. These funds also allow us to provide Judaic Programming throughout the year to our residents and the community.

Aretha & Cathy, friends from West Normandy group home

We recently reached out to West Normandy Supervisor, Aretha Grimes and West Normandy resident, Cathy to ask them a few questions about their time at JCL. We hope that you enjoy learning a little more about them.

Aretha

1. What is your favorite memory of JCL?

When the pandemic began, I was privileged to see first-hand how the management and staff came together and selflessly worked in harmony for the benefit of clients and staff alike. Despite the unknown and uncertainty at that point everyone was on board willingly. That is the memory of JCL that I hold very dear to my heart.

2. What do you like most about JCL?

The fact that JCL affords staff the opportunity to gain experience and grow, if they are willing to do so.

3. What has surprised you the most working at JCL?

I am not surprised because JCL is functioning just as I had envisioned it before coming to JCL.

4. What do you find the most challenging about working with people with disabilities?

I do not find anything challenging with the residents. Instead, I consider each one unique with unique personalities. Seeing the residents' growth and progress brings me immense joy, which is possible because of our hard working staff.

Cathy

1. What's your favorite memory of being part of JCL?

I love going to the annual picnic and beach days.

2. What do you like most about living with JCL?

My friends and my staff.

3. What do you like to do for fun?

I like to go out to eat and go on vacation.

4. What is one thing you wish you could change about JCL?

Nothing





We hope you can join us for JCL's inaugural Tag Sale. This event will be one of JCL's fundraisers. With the help of our residents and community, we hope it'll be a great success!

New Programs at JCL

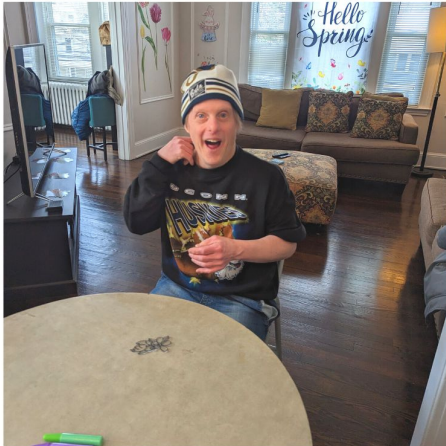
Larry Goldman, Coordinator of Programs & Services, recently helped a few of our folks create new social groups to enhance the lives of our residents. In addition to our long standing Women's Dinner Group, Larry created a Men's Dinner Group and a Recreation Group which is open to all of our residents. Recently, the Recreation Group went bowling together. Almost all of our JCL folks took part in bowling and many will be heading to a Yard Goats' game in June.



JCL MEN'S
LUNCH CLUB



Jeff & Jay's Spring Party



JCL's Seder is back!



Thank you to the generous support of the Jewish Federation of Greater Hartford, we were able to host our annual community Seder, (held at Congregation B'nai Tikvoh Sholom of Bloomfield and led by Rabbi Alan Lefkowitz and his guitar!) after a three year hiatus. It was a wonderful evening of storytelling from Sara deBeer and delicious food catered by The Joy of Food .





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