

Caring Community

Chairs: Betsy Fiebach (fiebach@aol.com) & Cherly Dougherty (ckd1216@aol.com)

We strive to strengthen a culture of caring by providing ways to support and comfort members throughout their lives. Please let the Caring Community know if you or anyone in your family is sick, hospitalized, has suffered a loss, is homebound or if there has been any other life altering event (good news is also welcome). This information is held in strict confidence and is shared only with the clergy. Notify Candice Nemoff in the Clergy Office (267-930-7293 or cnemoff@rodephshalom.org), so that we may be of service to you in your time of need.

MITZVAH MEALS

Chairs: Cheryl Dougherty (ckd1216@aol.com), Stacy Spector (spector.stacey@gmail.com), & Todd Cohen (todd@toddcohen.com)

Creating Profound Connections with Members Who Can't Get to RS. All are welcome to help shop, cook, bake, and/or deliver meals to congregants who can't get to RS due to ill health, a recent birth or a death in the family. Meals are prepared on the second Wednesday of each month from 5-7pm in the RS kitchen. Dates: September 13, October 18, November 18, December 13, January 10, February 14, March 14, April 11, & May 9

THE W CONNECTION

Chair: Susan Gross (as45@comcast.net)

Helping widows rebuild their lives. Susan Gross, RS member, former teacher and widow, leads discussions for members and their friends who are ready to rebuild and take control of their future. For more information about The W Connection please go to www.wconnection.org. If you are interested in coming to a group meeting, contact Alicia Broudy (abroudy@rodephshalom.org) or Susan Gross. Dates: September 19, October 17, November 21, December 19, 6:00-7:30pm

SUPPORT GROUP FOR PARENTS OF ADOLESCENT & ADULT CHILDREN LIVING WITH ADDICTION AND RELATED BRAIN DISEASES

Chair: Betsy Fiebach (fiebach@aol.com)

We meet regularly to learn more about substance abuse and mental health disorders; share experiences and resources; and explore how to appropriately support our children. Anonymity respected. Meetings are on the 2nd and 4th Tuesday of the month from 7:00-8:30 pm. No affiliation with RS is necessary. No charge.

For more information, contact Caron (www.caron.org) or contact Rabbi Jill Maderer (215-627-6747 x216 or rabbimaderer@rodephshalom.org).

MUNCH & MITZVAH

Chair: Harriet Rathmill (hrathmill@comcast.net)

Wednesday, December 9 from 12:00-1:00pm

Join the fun as we create Chanukah gift packages for congregants who can't get to RS easily. Bring your own lunch. Snacks and beverages will be served. For more information, contact Harriet Rathmill or to be added to our list, contact Alicia Broudy (abroudy@rodephshalom.org).

NEIGHBORHOOD CLUSTERS: NEIGHBORS CARING FOR NEIGHBORS

If you are interested in helping RS members who can't get to RS due to ill health, a recent birth or a death in the family and they in your zip code, please contact Alicia Broudy (abroudy@rodephshalom.org). People can participate once or as many times as you can.

RECEIVE A CALL OR VISIT, BE A CALLER AND/OR A VISITOR

Many RS congregants have been thrilled to receive a call and/or visit from a member of our Caring Community team. In addition to talking and sharing, our visitors bring with them a care package. If you know of someone who would benefit from a call, visit, or if you would like to be a visitor, please contact Alicia Broudy (abroudy@rodephshalom.org or 267-930-7286).

MENTAL HEALTH FIRST AID TRAINING

Mental Health First Aid (MHFA) is a public education program that teaches the skills needed to identify, understand, and respond to signs of behavioral health challenges or crises. The adult Mental Health First Aid course is appropriate for anyone 18 years and older who wants to learn how to help a person experiencing a mental health related crisis. Topics covered include anxiety, depression, psychosis, and addictions. We will offer two 4 hour trainings. Both sessions are required for certification. Dates and times TBD.

SHALACH MANOT

Wednesday, February 28, 5:30-7:30pm

Hosted by BoomRS at the congregation Purim Party Shalach Manot (Purim baskets) will be made and delivered to congregants who can't get to RS easily.



Mitzvah Meals

These are examples of the many opportunities to engage at Rodeph Shalom. Please check our website for more information and upcoming events.