

CONNECTIONS

News and information for a Jewish community that includes individuals with disabilities and special needs

Vol. 4, No.1

Pittsburgh, PA

Winter 2014



✿ The Way We Like It ✿

Connections is pleased to present "The Way We Like It," a new feature sharing stories about folks from the local Jewish and disability communities who are taking positive steps toward making our world more inclusive and welcoming. It is our hope that these first two stories about a unique "Sweet 16" birthday party and a neighborhood bowling league known for its spirit and longevity will inspire you to share your own stories for possible publication. Please send a one- or two-paragraph description of your story, and how it relates to Pittsburgh's Jewish and disability communities, to connections pittsburgh@gmail.com.

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✿ The Way We Like It ✿

Compassion: The Greater Gift

By Mia Shikora

Last summer, I decided that I wanted to have a Sweet Sixteen party, but I couldn't decide on a theme. I thought of the possibilities—Roaring Twenties, disco, zombie... etc. I was discussing this with my mom one day and she told me to do what I loved. I thought about what I loved that could correspond to a party.

Mid-thought, a light bulb went off. What I really love is charity work, so why not have a fundraiser birthday party? I chose to benefit The Friendship Circle because I felt so connected to the program. This was due to my friend, Iona. I met Iona in September of 2012 at Sunday Circle and we clicked instantly. From that day forth, Iona and I have had such a beautiful, loving friendship that I could have never achieved without The Friendship Circle. The plan of my charity bash was set in stone and arrangements for a fundraising costume party were made.

My excitement grew stronger as the date of the party got closer and closer. I began telling my friends why this event was so important to me, trying to get them as thrilled as myself. After weeks of waiting, October 18 had arrived. When all of the preparations were through, I geared up into my costume and set off for the party. At seven on the dot, people began to flood through the wide doors to the banquet hall. I greeted them all with hugs and thank-yous for the donations that were being continuously handed to me.

Once everyone had arrived, including Iona and her family, the music began to blare and dancing began. Through the costume contest, all the laughing, and tons of food, the party was a huge success. But, the greatest was yet to come—the donation. A few days after the party, cards were opened and money was totaled. My expectations had far been exceeded- together, my

friends and family had raised \$2,500. I was humbled that everyone could see how much this meant to me and saw what a good cause the party was.



Mia Shikora and Iona at Mia's "Sweet 16" birthday celebration. The costume party also benefited The Friendship Circle. Mia and her guests raised \$2,500 for the agency.

Not only did this event affect them, but I remembered back to the party when Iona had walked in. She was dressed to the nines and wore a large smile on her face. Iona looked around with awe and gave me a big hug. A while later, I dedicated a speech to her and her face alone told me she was excited to have all eyes on her. That was by far the highlight of my night. Not only had I achieved my goal of donating to The Friendship Circle, but ended up giving a greater gift of compassion to my friend, Iona.

Mia Shikora is a Friendship Circle volunteer and a sophomore at North Allegheny High School.



✿ The Way We Like It ✿

Saturday Afternoons at the Lanes

By Patti Murphy
Editor, Connections



From city and suburban neighborhoods, they come faithfully to Forward Lanes in Squirrel Hill on Saturday afternoons. Some take ACCESS and some catch a bus. Others get rides from friends, relatives and caregivers. Some walk.

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About Connections

Connections newsletter is published by a consortium of six agencies with the mission of encouraging, supporting and recognizing the inclusion of individuals with disabilities in all aspects of Jewish life in the Pittsburgh community. *Connections* also provides information about a wide range of resources for individuals with disabilities and their families.

CONNECTIONS

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Rabbis' Message

Learning Together



By Rabbi Mordy Rudolph

Executive Director
The Friendship Circle

and



Rabbi Ron Symons

Director, Lifelong Learning
Temple Sinai

"The role of a leader is not to promote himself, or herself, but to raise up those around us."

The Friendship Circle pairs teen volunteers and children with special needs with the goal of creating friendships. Some questions often posed to its leadership are: Why have we created such a program within the Jewish community? What makes the program inherently Jewish?

We discussed these topics over coffee last summer. These questions and answers have now evolved into a program for teen members of Temple Sinai. We have gathered these teens in a casual dinner setting at Temple Sinai to talk about why The Friendship Circle's mission is a very Jewish one. Items discussed have included Moses (who himself had a speech impediment), and what it takes to be a friend and leader from a Jewish perspective. Much of the most recent discussion focused on Moses as a leader and what this teaches us. Moses was picked by G-d, as each of us are in our respective "missions," and the role of a leader is not to promote himself, or herself, but to raise up those around us. As a participant in The Friendship Circle, or as a member of the community seeking to act kindly to others, we must realize that our job is not to show how we are helping, but to empower others to do the same.

As the conversations continue, the hope is that these teens realize that by their participating in Friendship Circle, they are not just having a good time and meeting some "really cool people," (as one teen said) but are enhancing themselves Jewishly as well. This in turn benefits not just Temple Sinai, by having more engaged youth in their synagogue, nor The Friendship Circle, with its inspired teen population and increased participation, but our beautiful community as a whole.

The teen group will meet at Temple Sinai twice during 2014. For more information, call (412) 421-9715.



AIM Educational Series Supports Families of Those with Special Needs

By Jenny Wolsk Bain
Jewish Residential Services

At a recent program on resiliency and coping strategies, attendees took turns describing how they respond to the tough situations they face on a regular basis.

"Lately, I've been trying to pay attention to how good it feels to have a few quiet moments to myself," said one woman, and several heads nodded.

The discussion, facilitated by Wendy Levin Shaw, a licensed clinical social worker and psychotherapist, was part of an evening educational series called "AIM: Support for Families of Individuals with Special Needs." AIM was launched last year by Jewish Family & Children's Service (JF&CS) and Jewish Residential Services (JRS) to provide a forum where people could connect with others and learn about resources that might help them better care for their loved ones and themselves. Each two-hour program is held every other month. A light kosher meal is provided to make it easier for families to attend. Programs are free and open to the public. Seating is limited so registration is required.

"I led a support group for several years, which was great" says Linda Marino, special needs coordinator at JF&CS, "but attendance was higher when there was an educational component so we decided to design programs around topics of interest."

The next program, scheduled for Tuesday, March 4, at Rodef Shalom Synagogue in Shadyside, will focus on housing options for adults with disabilities. It will begin with a series of brief presentations by local housing experts including Elliott Frank of the Autism Housing Development Corporation, Mary Hartley of United Way's 21andAble initiative, Deborah Friedman of JRS, and Nancy Murray of Achieva. A question-and-answer session will follow.

"Housing is a huge concern for families in this area," says Deborah Friedman, executive director of JRS which operates residential and rehabilitative programs in Squirrel Hill. "We expect to draw a large

crowd for this program." JRS is working with Verland to open a new group home for young adults who are ready to move out of their childhood homes but who will continue to need significant support because of intellectual disabilities.

Transitioning from pediatric to adult medical care will be the discussion topic at the May 2014 AIM program. This fall, programs will address employment (September 16) and sibling perspectives (November 3).

For more information, please contact Linda Marino at (412-422-7200, lmario@jfcspgh.org) or Jenny Wolsk Bain of JRS at (412-325-0039 x103, jwolskbain@jrspgh.org).

Please see the calendar on page 7 for info on AIM programs coming in March and May.



AT THE LANES
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Collectively, they're known as the Saturday Afternoon Bowlers, a September-through-April league that has had a quiet yet strong presence here for 30 years. Several bowlers are from the local Jewish community.

Judy Cirelli, one of the league's founders, told me to expect a bit of mayhem at the lanes as members checked in and paid for their usual three games. When I arrived on a recent rainy Saturday, I didn't notice any mayhem – just friends ready to enjoy a favorite sport together. While from diverse cultural and personal backgrounds, they all seemed serious about bowling and set on having fun.

Parents who organized the league in the early 1980s wanted their children, who attended St. Anthony School for Exceptional Children*, to build social lives and independence outside of school. Many were already involved in community recreational activities for young people with disabilities.

Through word-of-mouth, the league grew steadily from a handful of bowlers to about 50, whose approximate age range is mid-20s to mid-40s. All have conditions on the autism spectrum, intellectual, behavioral or emotional challenges, and receive one-on-one support while bowling, Cirelli said. Parents, siblings and aides serve as scorekeepers. An annual banquet in May, a December holiday party and sometimes a summer picnic are on the league calendar. Bowlers contribute to the cost of the events through weekly dues. A monetary donation from a local credit union is used to buy a holiday gift for each bowler.

There is a waiting list to join the league. People often hear about it through friends at the Jewish Community Center while attending its sports, recreational and fitness programs, as Stephen Garber did. It is no surprise that the Edgewood man is well-connected, given the warm greeting he extended when his aide introduced us. She has accompanied him to the lanes for the past two years. Stephen, 28, joined the league as a substitute ten years ago and has rarely missed a Saturday since. His father Bob went with him for the first eight years and remains impressed. It is "a cohesive group that really cares about the person," Bob Garber said, praising their team spirit. Their excitement and respect for each other shine, he said, whether a bowler scores a turkey (three strikes in a row) or needs encouragement on an off day.

Other bowlers, like Greenfield resident Lee Bomstein, 38, heard of the league through family acquaintances. "I definitely can say that I miss it when I can't go," he said. In 15-plus years, he said he's missed about 8 times. Rooting for friends and having them cheer him on as the pins fall, he said, is something to look forward to after a full week on his job with a maintenance and recycling crew at RIDC Park in O'Hara.



The Cirellis, of Kennedy, lived in Oakland when the league formed. Judy Cirelli hopes it continues indefinitely. Some of the original members, including her daughter Angela, 47, still participate. And the Cirellis will spend Saturday afternoons at the lanes for as long as Angela wants to keep bowling.

For more information about the league, call (412) 331-6797.

** St. Anthony School for Exceptional Children later became St. Anthony School Programs, the current inclusive special education program in the Roman Catholic Diocese of Pittsburgh's elementary schools.*



Agency Spotlight:

AJL Continues to Evolve

"From the Jewish Educational Institute to the Agency for Jewish Learning and now almost a decade old . . . into the brave new world of Jewish learning and continuity. . ." —from the Agency for Jewish Learning mission statement

By Terry Feinberg Steinberg, L.C.S.W.

Agency for Jewish Learning
Director of Special Education Services

Our Talmud says, "The world endures only for the sake of the breath of school children. . ." The Agency for Jewish Learning (AJL) seeks to create the sparks that inspire students and families in our synagogues, connect our teens with Jewish learning and community, and engage families in Jewish life. We believe in a vibrant, thriving and engaged Jewish community that embraces the sacred legacy of lifelong Jewish learning, and fosters connections to Israel and the Jewish people. AJL's mission is to build the community's capacity to deliver inspiring Jewish learning experiences to the largest number of people.



The Agency for Jewish Learning brought holiday spirit to many at Illuminare Extraordinaire, its community Chanukah celebration held at the Heinz History Center in December.

AJL helps individuals and institutions move to the next level in Jewish learning and Jewish engagement. The agency offers programs and classes for teens, adults and families; professional development for educators and professionals; and educational resources for institutions, individuals and families. AJL supports inclusion in synagogues, schools, youth groups, early childhood programs and Jewish institutions across the Greater Pittsburgh area. The AJL special education department supports inclusion in Jewish education in formal and informal settings through training, consultation and advocacy.

In addition to providing the support and tools our educators need, we seek to create

and pilot innovative new approaches, and empower our partners to implement such programs in their synagogues, schools and agencies.

We Believe. . . Jewish education will inspire students and families. . . AJL works with schools and congregations through its:

- Congregational School Improvement Program
- Special Education Support Services
- DVASH multi-sensory Hebrew reading curriculum
- Jewish Teacher Resource Center
- Israel Education Programs
- Unsung Jewish Heroes, Grinspoon Steinhardt and Special Education Awards

We believe . . . Teens are future Jewish leaders. . . AJL educates and supports Jewish teen leaders through:

- J-SITE classes in Hebrew and Judaic Studies
- J-Serve teen day of service and learning
- HaZamir: International Jewish Teen Choir
- Convening and supporting Jewish youth workers
- Partnering in the Diller Teen Fellows and Samuel M. Goldston Teen Philanthropy Project

We believe. . . We can show families relevance and meaning in Judaism. . . AJL is a leader in Jewish Early Childhood and Family Education, offering:

- JECEI: Transforming pre-schools into high quality centers of Jewish engagement
- Jewish Holiday Guides that enrich Jewish family life
- Melton Foundations Course for Jewish Parents
- Partnering in PJ Library

We believe. . . Jewish literacy is key to Jewish leadership. . . AJL trains and supports current and future leaders through the:

- Florence Melton School for Adult Jewish Learning programs
- Hebrew language, Judaic Studies and Continuing Legal Education Classes
- Spertus Master of Arts in Professional Jewish Studies
- Synagogue Presidents Council
- Early Childhood Directors and Pittsburgh Association of Jewish Educators Principals Councils

The Agency for Jewish Learning is a beneficiary agency of the Jewish Federation of Greater Pittsburgh. Programs and new initiatives are supported through grants from foundations, donors and charitable trusts. Under the leadership of Executive Director Ed Frim, AJL staff participates in national consortiums and groups to advocate for optimal level Jewish education and to immerse ourselves in state of the art practices and programming. Our board is dedicated to the continued pursuit of innovative endeavors and new funding sources to maintain our role as a vibrant developer of the community's capacity, and deliver inspiring and inclusive learning experiences.

AJL moved to offices at Rodef Shalom Synagogue in Shadyside in June 2013. For more information about AJL and its programs, please visit our website, www.ajlpittsburgh.org or call 412-521-1101.

Terry Feinberg Steinberg, L.C.S.W. is
AJL's Director of Special Education Services



Where Are They? *A perspective on inclusive worship*

By Linda Marino

Jewish Family & Children's Service
of Pittsburgh

When my son Jeremy, who has autism, was 12, he suddenly developed severe aggression issues.

Eventually, he was admitted into a psychiatric hospital for 30 days to try to discern why his personality changed from very passive to lashing out at the people who loved him. At this time, his father and I attended a family anniversary party. I was surprised that no one asked how Jeremy was doing. As it turned out, our relatives did not know he was in the hospital. His grandparents had not told their siblings. My first reaction was anger. If he had cancer or any other disease, everyone would know and offer their prayers and support.

Why was this different?

This occurred in 1988. Since then, I think our world has made things a little better for and more inclusive of individuals with special needs. Kids with disabilities go to school with typical kids. Individuals with disabilities are seen more often in the workplace and other community settings. Inclusion is not just a "nice thing to do"—it is the law.

Many synagogues and churches have made strides to welcome those with disabilities. However, many still do not attend religious services. Children with disabilities often miss out on milestone events for the youngest members of their synagogues or churches.

Where are they? We have certainly worked hard to make our buildings accessible. Many churches and synagogues hold an annual service where those with disabilities can participate fully. Some have committees, advocates, and offices whose sole purpose is to assist those with disabilities who want to attend religious functions.

I developed some insight into this problem when my husband and I decided to take Jeremy to a holiday show at a downtown venue. Jeremy does not speak but he often makes humming noises. I did not realize how loudly he hummed until he did so in the midst of a silent audience. We moved to new seats, hoping not to disturb others but he persisted,

probably because he was feeling stressed.

At intermission, we asked him if he wanted to stay or go. Jeremy headed for the door. He was not comfortable and, I must admit, I felt stressed, too. I am not ashamed of my son—he is an amazing individual. But how do we deal with the looks he gets when he must be quiet for a long period of time, which is very difficult for him? The looks, I believe, are absolutely enough to keep anyone with such challenges from engaging in any kind of event that requires sitting still and staying quiet.

In our faith communities, how do we make people on both sides of this issue feel comfortable together?

First, a conversation between the families and/or the individual, and their rabbi, priest, or minister of is in order. These situations usually require an attitude adjustment, an open mind. The individual with disabilities, his/her family members and members of the congregation all need to challenge their comfort levels for tolerance to happen.

There is, however, a larger question to be explored: Why do any of us belong to religious organizations?

As a person with a strong faith, I find that my faith helps me through the ups and downs of life. Surely most people involved in a faith community feel this way. And if that is true, why would we deny those with disabilities, who have many struggles in life, the possibility of finding a source of strength that has sustained people for centuries?

As a parent and advocate for my son, my faith community was the last place I expected to find barriers. When I did, I saw it as another obstacle I couldn't face at this time. After battling with the school district and other systems, I was tired.

Oddly enough, it was Jeremy who led the way. A young adult, he had at last learned to communicate through facilitated communication.* He told us about his own spiritual journey, that he sought strength through this

experience to cope with his huge everyday struggles. I was thrilled! But...Jeremy did this alone. How much better it would have been for him to be part of a faith community, to know that he was not alone on his spiritual journey, that others in that community accepted and supported him.

He attends mass at the church up the street from his house. Staff go with him. Sometimes he leaves early or he chooses not to go. Unfortunately, he still finds it difficult to sit that long, perhaps in part because he did not attend church as a child.

Practicing one's faith often boils down to priorities. Parents: Consider how important it is to you to belong to a faith community. If your faith is crucial to your life, imagine how important it is for your child! Then, take the steps to make it happen, no matter what obstacles you may face. Treat it as you do all of their other basic needs.

Jeremy is 36 now. At 20, when he began to communicate with us, we apologized for not realizing how intelligent he was for all those years.

"You did the best you could," he answered.

I cannot help but think that my son's spirituality helped him to be forgiving and tolerant of others' shortcomings.

Sound familiar? Maybe you learned the same thing in the religious classes you attended as a child.

* *"Facilitated communication (FC) is a technique in which physical, communication and emotional support is provided by a facilitator to an individual with a communication disorder (communicator). With assistance, the communicator points to symbols such as letters, pictures and/or objects."*

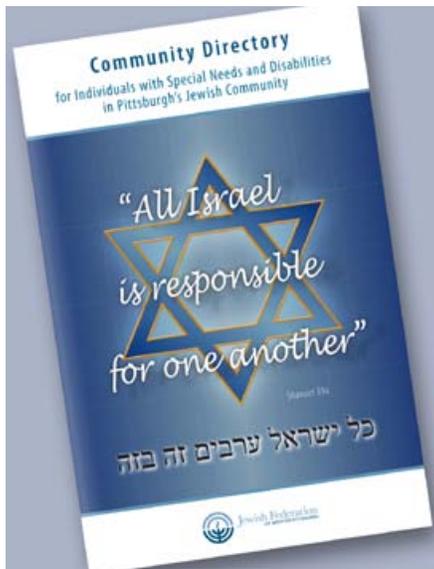
—The American Speech-Language-Hearing Association

(Retrieved January 4, 2014 from www.asha.org/policy/TR1994-00139.htm)



Directory Published to Aid Community's Move Toward Inclusion

The Community Directory for Individuals with Special Needs and Disabilities in Pittsburgh's Jewish Community, a comprehensive resource on accessibility and accommodations, is now available. Published by the Special Needs Planning Committee of the Jewish Federation of Greater Pittsburgh, in partnership with several other local Jewish organizations, the directory is dedicated to the inclusion of youth and adults with disabilities in Jewish life in the Pittsburgh area. The guide provides information on disability-related services that local Jewish organizations offer. Topics include the availability of accessible



on-site parking, accommodations for Hebrew language learning, and other supports provided by local synagogues, preschools, day and religious schools, and agencies serving the Jewish and disability communities. The directory also notes agencies with staff trained to work with individuals and families in the special needs community.

As stated on the directory's cover, "All Israel is responsible for one another." (Shavuot 39a). Judaism has always advocated for inclusion, and this is just one way to continue that mission of tzedekah (charity), chesed (loving kindness), and tikkun olam (healing the world).

Visit www.jewishpittsburghinclusion.org for an electronic version of the guide or

one of 80 locations listed in it for a take-home (print) copy. Periodic updates to the guide will be made online to keep information current as Pittsburgh moves forward with disability inclusion.

Ilene Rinn

Jewish Federation of Greater Pittsburgh

The "AIM: Support for Families of Individuals with Special Needs" Educational Series presents...

Housing Options for Adults with Disabilities

Tuesday, March 4, 6 PM to 8 PM

At Rodef Shalom Synagogue (4905 Fifth Avenue, Shadyside)

Guest speakers:

Elliott Frank — The Autism Housing Development Corporation

Mary Hartley — United Way's 21andAble initiative

Deborah Friedman — Jewish Residential Services

Nancy Murray — ACHIEVA's "A Home of My Own" Program

The program is free and open to the public. A kosher meal provided. A question-and-answer session will follow the program. To register or for more information, call 412-325-0039, x103 or email jwolskbain@jrspgh.org



February 2014

Wednesday, February 12

New Member Night* —The Friendship Circle

Sunday, February 9

Fruit of the Vine Festival

5 PM – 8 PM

Join friends of the Agency for Jewish Learning and enjoy some outstanding kosher wines from California, France, Spain, and Israel.

At: Clear Story Studio (1931 Sidney Street, South Side)

To register, visit www.ajlpittsburgh.org or call 412-521-1101, ext. 3207

Wednesday, February 19**

12 noon – 2 PM

"Common Concerns of Parents' of Children with Special Learning Needs"

A panel discussion with local experts sponsored by the Herbert G. Feldman Jewish Inclusion Project of the Agency for Jewish Learning

Friday, February 21**

"Learning to Read Without the Vowels"

A learning forum for educators focusing on best practices in reading instruction, how to reach the struggling student, and how to apply multisensory practices to learning to read Hebrew. Registration required.

*** These events will be held at The Agency for Jewish Learning in Rodef Shalom Synagogue (4905 Fifth Avenue, Shadyside.) For more information, contact Terry Feinberg Steinberg at tsteinberg@ajlpittsburgh.org or 412-521-1101, ext. 3206.*

Thursday, February 27

Volunteer Meeting* —The Friendship Circle

Friday, February 28

7:30 PM

Every Voice Counts Concert featuring American Idol Crystal Bowersox

Sponsored by Life's Work of Western PA at Rivers Casino on the North Shore.

For event and ticket information, visit www.lifesworkwpa.org or contact Adam Cagle at acagle@lifesworkwpa.org or (412) 471-2600 x239.

Calendar

March 2014

Tuesday, March 4

6 PM – 8 PM

“AIM: Support for Families of Individuals with Special Needs” Educational Series***

Topic: Housing Options for Adults with Disabilities

Wednesday, March 5

11 AM – 8 PM

Children & Youth Disability and Mental Health Summit

At: Beth El Congregation
(1900 Cochran Road, Scott Township)

Hosted by the office of State Representative Dan Miller (PA 42nd Legislative District)

An all-day resource fair featuring informational sessions and a legislative panel. For more information, visit pahouse.com/miller.

Sunday, March 9

Good Deeds Day

The Jewish Federation of Greater Pittsburgh's Volunteer Center is coordinating the local efforts of this annual international event. Community members will have to opportunity to come together and support various organizations in a day dedicated to volunteerism. Those interested in participating may contact jsvcc@jfedpgh.org or call 412-992-5229 for more information.

Sunday, March 16

Purim Party* —The Friendship Circle

Saturday, March 22

6 PM

ACHIEVA Pittsburgh Promenade 2014 Auction

At: Westin Convention Center Hotel
(Downtown Pittsburgh)

For more information, call Jamie Roades at 412-995-5000, ext. 526 or email jrhoades@achieva.info.

Friday-Sunday, March 28-30

Tikvah Family Shabbaton

Camp Ramah in New England

A fun and meaningful weekend for families who have children with disabilities.

For more information, contact Tali Cohen, Director of Tikvah Vocational Services at talic@campramahne.org or 781-702-5290 x108 or visit www.campramahne.org/prospective-families/special-needs-campers/tikvah-family-shabbaton.

April 2014

Wednesday, April 9

8 AM – 3:30 PM

The PEAL Center's Inclusive Communities Conference “Great Expectations: The Power of Presumed Competence”

At: The Regional Learning Alliance
850 Cranberry Woods Drive,
Cranberry Township, PA 16066

For more information, visit pealcenter.org/training/events/conference or call 412-281-4404 / toll free 866-950-1040.



May 2014

Thursday, May 8

Celebration of Friends* —The Friendship Circle

Monday, May 12

6 pm – 8 PM

“AIM: Support for Families of Individuals with Special Needs” Educational Series***

Topic: Transitioning from pediatric to adult medical care

June 2014

Sunday, June 1

Kennywood Day* —The Friendship Circle

August 2014

Sunday August 31

The Friendship Walk* —The Friendship Circle

* For more information on Friendship Circle events, please visit www.fcpgh.org closer to the date of the event. An RSVP is required. To register, email info@fcpgh.org or call (412) 224-4440.

The AIM programs marked with a triple asterisk (***) are held at Jewish Residential Services in Rodef Shalom Synagogue (4905 Fifth Avenue, Shadyside.) Programs are free and open to the public. A kosher meal is provided. Registration is required. For more information, contact Linda Marino (412-422-7200, lmario@jfcspgh.org) or Jenny Wolsk Bain at (412-325-0039 x103, jwolskbain@jrsphg.org)

Got An Event Coming Up?

Connections welcomes you to share the details for possible publication on the calendar page in our Spring-Summer 2014 edition. Please send the event name, host organization, date, time, a brief description of the event and contact information (email/ phone) to connections@pittsburgh@gmail.com. The calendar will run approximately from Monday, June 10 to Friday, October 17. Events considered for listing must be pertinent to Pittsburgh's Jewish and disability communities, and will be placed in the newsletter as space allows.

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Jewish Federation
OF GREATER PITTSBURGH



CONNECTIONS



News and information for a Jewish community that includes individuals with disabilities and special needs

Jewish Federation of Greater Pittsburgh
234 McKee Place
Pittsburgh, Pennsylvania 15213

"Welcome everyone... with joy."

— Pirkei Avot 1:15

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