



Winter 2012

# COMPASS



*The JCFS Services for People with Disabilities Newsletter*



**Jewish Child & Family Services**

Redefine What's Possible.

[jcfs.org](http://jcfs.org)

## Family Commons: Inclusive Recreation for the Whole Family Now offered two times a week!

Life just got easier. Instead of driving to multiple after-school programs, travel to just one: Family Commons. This unique program gets parents and kids out of the car and into classes at one location. Activities are designed to be inclusive for kids with special needs, their siblings and parents. Classes include Tae Kwon Do, knitting, sports clinics, yoga, cooking, cartooning, Jewish studies and more! Winter classes run 1/30/12-3/7/12 on Monday and Wednesday afternoons and evenings at JCFS, Joy Faith Knapp Children's Center, 3145 W. Pratt Blvd., Chicago.

The full schedule is available online at [jcfs.org](http://jcfs.org).

There are three ways to enroll:

ONLINE: [jcfs.org](http://jcfs.org)

CALL: 312-673-3471

E-MAIL: [FamilyCommons@jcfs.org](mailto:FamilyCommons@jcfs.org)

## Welcome to Our Newest Staff Member!

Emily Tegenkamp joined the JCFS team in November. She will be coordinating Family Commons, organizing Free Community Education, running groups and answering the Disability Helpline. Emily has a Master's degree from the University of Chicago and was a LEND fellow at University of Illinois at Chicago. She interned at the Institute on Disability and Human Development at UIC, the Mayor's Office for People with Disabilities and the Greater Chicago Food Depository. Emily has lots of recreation and camp experience! She is open to any program and activity suggestions and would love to hear from you!

**NEW!**

**Call 855-ASK-JCFS.**

One-stop, toll-free access to all JCFS programs and services.

(855-275-5237)

# Free Community Education Series

## Plan Today, Not Tomorrow

Thursday, 1/26

Planning for the future for a loved one with a disability can be an overwhelming task and easy to put off, but it needs to be done. Do you think it costs too much? Do you worry about asking family to help? Brenda Nemeth, ACSW, Family Bridges Coordinator at JCFS, will address these questions and other perceived barriers to futures planning to help you, your family and/or the families you work with to start planning today.

## Know Your Special Education Rights

Thursday, 2/9

Micki Moran, JD, from the Child and Family Law Center will discuss some of the ins and outs of Special Education rights that are applicable to children with disabilities. Subjects may include negotiating IEPs and what to do if a child's needs are not being met.

## Strategies for Transitioning

Thursday, 2/16

Elliott Marks from the Family Resource Center on Disabilities will discuss transitioning from high school to whatever comes next. Mr. Marks will discuss how to work with schools, planning within the IEP, options for post high school and activities that assist with making decisions about life after high school.

## Understanding Social Security

Thursday, 3/22

Jeffrey Rabin, JD, who focuses on SSI and SSDI issues for people with disabilities, will discuss Social Security eligibility criteria for different programs and how to navigate the overwhelming application and appeals processes for obtaining benefits.



**Presentations are free, but registration is required. Sign up for as many as you wish.**

For people with disabilities, family members and professionals.

*Presentations will be held from 6:00–8:00 pm at JCFS, 5150 Golf Rd., Skokie CEU's and CPDU's are available.*

Information or registration: Emily Tegenkamp, 773-467-3741 or [EmilyTegenkamp@jcfs.org](mailto:EmilyTegenkamp@jcfs.org).

Did you know you can also turn to JCFS for all of your assessment and treatment needs, including developmental, cognitive, behavioral, speech, and occupational therapies?

## Just for Parents

### Parenting a Child with Special Needs: A Parent Group

Wednesdays, weekly  
7:00–8:30 pm  
JCFS, 1156 W. Shure Dr.  
Arlington Heights  
Fee: \$15 per session  
(Scholarships are available.)

Pamela Kaplan, 224-625-2804  
[PamelaKaplan@jcfs.org](mailto:PamelaKaplan@jcfs.org)

## Just for Kids

### Camp Firefly

A unique, life-enriching, overnight camp for children and teens 9-16 with Asperger's, social anxiety, autism and other social disorders.  
Two Sessions:  
7/27-8/5 – ages 14-16  
7/29-8/5 – ages 9-14

JCC Camp Chi, Lake Delton, WI  
Audra Kaplan, PsyD, 847-412-4363  
[CampFirefly@jcfs.org](mailto:CampFirefly@jcfs.org)

Visit [CampFireflyJCFS.org](http://CampFireflyJCFS.org).

### Developmental, Friendship and Social Skills Groups

JCFS offers a wide variety of groups for children of all ages from socialization groups for 3-5 year olds, language and sensory motor groups, friendship groups for school-age children and teen groups in West Rogers Park and Northbrook locations. Please visit our website for details on age groups, locations and dates. Fees vary.

Visit [jcfs.org](http://jcfs.org) or email [LEN@jcfs.org](mailto:LEN@jcfs.org).

# Services

## Sibshops

Sibshops offer brothers and sisters of children with special needs an opportunity to meet other siblings in a relaxed and recreational setting. They are able to discuss their shared joys and concerns, learn how to handle common situations and have fun! Registration is per Sibshop. Children can attend one, two, three or all of the Sibshop series.

## Hyde Park

Hyde Park Union Church  
5600 S. Woodlawn, Chicago  
Sundays, 1:30–4:30 pm  
Dates: 1/8, 2/12, 3/11, 4/15

## Northbrook

JCFS, 255 Revere Drive, Suite 200  
Sundays, 2:30–5:30 pm  
Dates: 1/22, 2/19, 3/25, 4/22

To request a registration packet or for more information, contact:

Tamara Besser, LCSW,  
773-467-3751 or  
TamaraBesser@jcfs.org or  
Meredith Sices, LSW,  
773-467-3813 or  
MeredithSices@jcfs.org.

Fee: \$30 per session  
(Scholarships are available.)

## Getting What You Want out of Life for Adults with Disabilities

This 10-week group focuses on the skills needed to discover personal strengths, set goals, build relationships and make choices in all areas of life. Please join us if you are wondering how to get where you want to be.

Tuesdays, 1/10-3/27  
5:30-6:45pm

JCFS, 5150 Golf Rd., Skokie

Contact Emily Tegenkamp  
773-467-3741 or

EmilyTegenkamp@jcfs.org  
Fee: \$250 for the series  
(Scholarships are available.)

## Futures Planning

Planning for the future for and with a loved one with a disability is an important task, especially during times of transition and as caregivers grow older. JCFS can assist you with ensuring your loved one's needs are met when you are no longer able to do so. Work alongside other families over seven sessions to do your planning process. We can also work with you individually through Family Bridges, our private case management program.

Dates and times to be arranged based on interest.

Contact Brenda Nemeth, LCSW,  
ACSW, 773-467-3727 or  
BrendaNemeth@jcfs.org.

Partial scholarships based on financial need.

## Adults in Transition

A social support group for adults with disabilities who are in their 20's to mid-50's.

2nd & 4th Thursday of each month, 5:45–7:00 pm  
JCFS, 5150 Golf Rd., Skokie

Contact Sheri Fox, LCSW  
847-412-4356 or  
SheriFox@jcfs.org  
Fee: \$15 per session  
(Scholarships are available.)

## Glick Family Camp

For children diagnosed with developmental disabilities and their families. Relax with your family, mingle with other families and enjoy the outdoors on 181 acres of Illinois countryside at Camp Henry Horner/Camp Red Leaf in Ingleside, IL. Camp staff will lead children and adults in a variety of creative, stimulating and fun activities.

Friday evening to Sunday afternoon, 5/18 - 5/20/2012

JCYS, Camp Red Leaf, Ingleside, IL  
Tamara Besser, LCSW, 773-467-3751 or TamaraBesser@jcfs.org  
\$110 per person, children under 3 are free. The fee includes 6 meals, snacks, lodging and activities.



# Town Hall Meeting Follow-up— We Can't Do This Without You!



On November 9th, JCFS, Keshet, the Jewish Federation of Metropolitan Chicago and an amazing group of lay leaders gathered to take the first step toward creating comprehensive housing and full life options for people with disabilities. Those who joined us experienced a room packed to capacity and filled with hopeful energy to make this dream a success.

We are currently forming committees to meet this community need. If you were unable to join us or have not already joined a committee, we welcome your participation!

Please contact Elizabeth Wyman at 847-412-4362 or [ElizabethWyman@jcfs.org](mailto:ElizabethWyman@jcfs.org). Committee work will start in early in 2012.

The committees include:

**Program Development** - study and make recommendations regarding services and service delivery models.

**Public Funding Advocacy** - identify and access key sources of public support for those who seek services and for the benefit of the project.

**Communications and Marketing** - develop community awareness and enthusiasm for the project.

**Resource Development** - identify and actualize community resources to secure the financial viability of the project.

**Community Outreach and Cultivation** - raise awareness for those who may seek services, and among those who may have personal and/or professional resources to benefit the project.

## We want to hear from you!

Community housing and support services for people with disabilities are a significant community need. In addition to launching the community housing project, we would like to know what other services you are looking for. What do you wish were available for you, your loved one or your client? When you find a service that just isn't the right fit, what's missing? Have you heard about services in other areas that you would like to see in Chicago?

We will be formally gathering your input in the New Year, but in the meantime you are welcome and encouraged to let us know your thoughts, wishes and ideas by calling 773-467-3838 or emailing us at [DisabilityHelpline@jcfs.org](mailto:DisabilityHelpline@jcfs.org).

 Jewish Child & Family Services

 @JCFSChicago

Blog [jcfscommunities.org](http://jcfscommunities.org)