

The Rabbi Isaac N. Trainin Bikur Cholim Coordinating Council/JBFCS

Comforting One, Caring for All:
The Wisdom of Bikur Cholim*
**visiting the sick*

Sunday, November 11, 2007

8:30 AM – 3:30 PM

UJA- Federation of New York
130 East 59th Street @ Lexington Avenue
New York City

Keynote Speaker:

Rabbi Irving (Yitz) Greenberg, Ph.D.

Noted author, lecturer, and former President of Jewish Life Network/Steinhardt Foundation and CLAL

16 terrific workshops to raise your spirits, confidence and skills in performance of this vital mitzvah!

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- WHAT:** Practical workshops, networking, music, good food and fun.
 - WHO:** Everyone! New and veteran visitors.
 - WHY:** Bikur Cholim creates caring, inspired, and compassionate communities.
 - FEE:** \$36 includes meals, workshop materials.
Early registration (before October 25) \$30.
No charge for students.
10% discount for groups (4 or more from one program)
or 10% discount for early registration (before October 25).
 - CALL:** (212) 399-2685 Robin Schoenfeld, LMSW ext. 212, or
Vicki Rosenstreich, LCSW ext. 229
 - ONLINE:** bikurcholimcc@jbfcs.org or www.bikurcholimcc.org
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Co-sponsored with UJA-Federation of New York.

We are grateful to UJA-Federation of New York for supporting bikur cholim as the core of a caring Jewish community and we congratulate UJA-Federation on its 90th anniversary.



1) Basic Visiting Skills: The How To's

*Rosa Roberts, LCSW, Consultant, Rita J. Kaplan
Jewish Connections Programs/JBFCS*

Practical skills to help you approach visiting with confidence; what makes a visit successful, how to begin and end a visit, visiting “do’s and don’ts” and “what to say” and what “not to say.”

2) For Teen Visitors Only:**Our Visions, Our Voices, Our Visits**

*Jonathan Katz, LCSW, Director, Rita J. Kaplan
Jewish Connections Programs/JBFCS*

*Chani Newman, past student bikur cholim organizer
at Stern College for Women*

Join with other teens to explore through discussion, role-play, and text study how we can breathe new life into a most important mitzvah. Teens can make a huge difference in the lives of people they visit. Bring friends!

3) Visitors: Ready, Set, Go

Sheva Tauby, Executive Director, i volunteer

Discuss common challenges, guidelines, recruitment, and motivation of visitors and tips and tools needed to help them stay involved.

4) Love Your Neighbor: Lessons and Limits

*Rabbi Simkha Y. Weintraub, LCSW, Rabbinic Director,
New York Jewish Healing Center/JBFCS*

Bikur Cholim embodies the well-known commandment in Leviticus, 19:18 “Love Your Fellow as Yourself.” How does that mitzvah apply to reaching out to those who are ill? How can one be commanded to love? Who is our “fellow”? Are we truly supposed to love ourselves? Are there limits to that? And are there limits on our love for others?

5) Timeless Wisdom, Contemporary Science and Bikur Cholim

*Dr. Isaac Schechter, PsyD, Director, Center for Applied Psychology
(CAPs) at Bikur Cholim - Partners in Health, Rockland County*

Maimonides, the Talmud, and modern science shed light on the healing power of bikur cholim. Study together how ancient knowledge and modern research teach about the impact of social support on health and healing. Handouts, discussion and text study.

6) “Where Am I?”

Alan Magill, Director of Programming, Ateret Avot

Improve communication with seniors with dementia and Alzheimer’s and those affected by the normal aging process. An original one-act play “Where Am I?” read by professional actors, looks at effective and ineffective ways that a young care-giver relates to a 90-year-old woman with Alzheimer’s. We will role play to demonstrate how one can tap into a person’s strengths and afford them meaningful experiences.

7) Healing Imagery:**Guided Visualization for Comfort and Strength**

*Rabbi Steven Moss, DMin, B’nai Israel of Oakdale, Hospital Chaplain,
Spiritual Care Coordinator for FECS Partners in Dignity Program*

Imagery, visualization and prayer can be used by both the visitor and those in need of a visit to bring comfort and reduce stress. Step-by-step instruction provided to learn simple techniques. Prior experience with imagery, relaxation, or meditation is not required.

8) When Illness Strikes Home: Visiting Family and Friends

*Rabbi Dr. Jonathon Rosenblatt, Senior Rabbi, Riverdale Jewish
Center and Director of Spiritual Care, Zicklin Hospice Residence*

Personal connection between the visitor and the person who needs a visit offers challenges and benefits for both. Discuss common fears, realistic expectations, and role definition, in order to be able to offer support and comfort when it’s close to home.

1) Listen to Learn

*Brenda Mamber, LCSW, Program Director,
Shira Ruskay Center/JBFCS*

What words bring comfort? Is silence active? How do we support others and validate their feelings and pain? Are questions out of place? How do we understand cues from others? Is there a place for judgment? Learn from real scenarios.

2) The Master of Prayer

*Rabbi Jay Yaacov Schwartz, MA, LMSW, Rabbinic Liaison,
Metropolitan Jewish Health System Department of Hospice and
Palliative Care, Rabbi, South Nassau Communities Hospital*

Jewish tradition mandates the inclusion of prayer as an integral part of the bikur cholim encounter. How do we define prayer that is uniquely Jewish? What are some strategies for making prayer work in our lives? How can we use traditional and original prayer to master our potential, prepare for and be present at a visit, embrace the circumstances we find, and pray for the person we are visiting. Texts will include Rebbe Nachman of Breslev’s famous story “the Master of Prayer,” written in the 18th century.

3) Ask an Organizer

Susan Rosenthal, LCSW, Coordinator,

*National Center for Jewish Healing/JBFCS with members of
The Farmingdale-Wantagh Jewish Center Bikur Cholim*

Practical advice to deal with challenges common to organizing, gaining cooperation from the entire community, managing a team, finding people who need a visit, parameters for visiting, privacy issues and other considerations.

4) Ethical Wills — Passing on Our Legacy

Helene Jaffa, Esq., Eldercare Lawyer, Private Practice

Communicating what we believe, value and hold dear, is our legacy to those for whom we care. Learn to document these messages for ourselves and those we visit. Journals provided.

5) Visiting People with Mental Illness

Rabbi Benjamin Samson, Jewish Chaplain, Chairman

*Department of Pastoral Care, Creedmoor Psychiatric Center
Dr. Robert Block, PhD, PC, Psychologist, private practice*

Mental illness is discussed in rabbinical writings. How is *balacha*/Jewish law sensitive to the needs of people with mental illness? What is our response to relationships that may have heightened emotions or distance? How can we support the family and minimize stigma?

6) Using the Telephone for Visiting

*Tamar Landes, LCSW, Associate Executive Director for Community
and Volunteer Relations, DOROT*

Find out how the telephone, a low-tech, universally available resource can be used to bring comfort and support and make a difference in the lives of those who are homebound regardless of their age, challenges or geographic location.

7) Addiction and Bikur Cholim

*Sharon Hermon, Program Director, JACS/JBFCS
with teen panelist*

One of the best ways teens can help each other overcome addiction is by sharing their experience, strength and hope. This workshop will feature first-hand stories of addiction and recovery, with a focus on effective ways of communicating support and understanding.

8) The Harmony of Healing

*Dr. Leslie Faerstein, EdD, LCSW, Executive Director,
Musicians on Call*

How do you bring the healing power of music to bedsides of patients in healthcare facilities? How Bikur Cholim groups can be involved (using Lenox Hill Bikur Cholim as a case study) in supporting music and other arts in a hospital setting.