



# JFS Services

JFS Middlesex provides an array of responsive social services to individuals and families of all backgrounds. Our several program areas aim to promote holistic wellness and community empowerment.

## Immigration & Citizenship

- DOJ Accredited program
- Application assistance for green cards, family visa petitions, work authorizations, citizenship, and more
- Free citizenship classes with certified ESL teachers

## Senior Services

- Holocaust survivor services
- Kosher Meals on Wheels
- Congregate meal programs
- Senior Medicare Patrol of NJ
- State Health Insurance Assistance Program (SHIP)
- Outreach services – assistance to seniors for finding and applying to public programs

## Career Center

- Individualized counseling for job seekers of all backgrounds
- Help with resume/cover letter writing, networking strategies, job searching

## Counseling Services

- Behavioral health therapy
- Clinical counseling for individuals, couples, and families

## Women's Center

- Coaching and career counseling for displaced homemakers – women who are separated, divorced, single moms, widowed, or living with a disabled partner

## Food Pantry

- Free for all Middlesex County residents of all backgrounds
- Kosher, shelf-stable food items
- Toiletries and baby supplies
- Seasonal programs provide supplies for Passover, back to school, winter holidays



50+ Years  
of Service  
Est. 1969

30,000 Individuals



94¢ of every revenue  
dollar directly supports  
programs



office@jfsmiddlesex.org  
732.777.1940



## Jewish Family Services of Middlesex County

219C Blackhorse Lane, North Brunswick, NJ 08902  
1600 Perrineville Road, Suite 26, Monroe Twp, NJ 08831

732.777.1940 or 609.395-7979

## Which Is It?

For each pair of words, indicate whether they are synonyms (S) or antonyms (A)

- 1.ACUMEN/AWARENESS
- 2.ADMONISH/APPLAUD
- 3.CALLOUS/COMPASSIONATE
- 4.CHASTISE/PUNISH
- 5.DENOUNCE/DEFEND
- 6.FRIVOLOUS/PETTY
- 7.HAPLESS/UNFORTUNATE
- 8.INSINUATE/HINT
- 9.LANGUID/ENERGETIC

## In Praise of Grandparents

*Grandparents, like heroes, are as necessary to a child's growth as vitamins.*

- Joyce Allston

*Grandparents are, without a doubt, some of the world's best educators.*

- Charles W. Shedd

*Love is the greatest gift one generation can leave another.*

-Richard Garnett

Celebrities Born in September: Estee Lauder, Yvonne DeCarlo, Alan Ladd, Bob Newhart, Peter Lawford, Bernie Sanders, Mel Torme, Lauren Bacall

# The Senior Connection



## September 2025

Labor Day  
Grandparents Day  
1<sup>st</sup> Day of Autumn  
Rosh Hashanah

Monday, 9/1  
Sunday, 9/7  
Monday, 9/22  
Tues. - Wed, 9/23 & 9/24

**Rosh Hashanah: The significance of High Holy Days for Jews - and non-Jews**  
by Ronald W. Pies

As someone who has written extensively on Jewish ethics, I know that the High Holy Days also embody an “ethical core” that transcends religious doctrines and embodies universal ethical truths.

Judaism encompasses a wide range of beliefs. Orthodox Judaism is based on the premise that the *Torah*—the first five books of the Hebrew Bible—represents Gd’s eternal and unchangeable rules for Jewish living and religious observance.

But non-Orthodox branches of Judaism emphasize Jewish ethical and cultural traditions more than strict adherence to Jewish law and scripture. They seek to adapt Jewish traditions to modern needs.

Secular and Humanistic Judaism are branches of non-Orthodox Judaism and are often considered “Secular Humanistic Judaism.” During the High Holy Days, emphasis is placed on how all people—Jews and non-Jews—can become better human beings.

In this secular humanist tradition, Rosh Hashanah is seen as a time for self-evaluation and self-improvement, without reference to Gd. Instead, emphasis is placed on the cultural, historical, and ethical aspects of Judaism.

Although Rosh Hashanah and Yom Kippur are quintessentially Jewish holidays, their ethical values transcend any one religion.

# The Senior Connection

## This Month's Trivia

### Labor Day Quiz

1. Which U.S. president signed the bill making Labor Day a national holiday?  
a. Abraham Lincoln      b. Grover Cleveland      c. Bill Clinton
2. What major sports event typically starts the weekend of Labor Day?  
a. U.S. Open Tennis      b. World Series      c. Tour de France
3. Which color are we advised not to wear after Labor Day?  
a. red      b. white      c. blue
4. Which is the equivalent holiday to Labor Day in Europe?  
a. All Saints Day      b. Presidents Day      c. May Day
5. Which union's efforts led to Labor Day?  
a. Knights of Labor      b. AFLCIO      c. United Federation of Teachers

#### *Fun Facts About Apples, September's Fruit*

- The average American eats 16 pounds of fresh apples each year
- The only apple native to North America is the crabapple
- Washington grows more apples than any other state
- More than 7,500 apple varieties are grown worldwide



## LAUGH A LITTLE

### Jew Crew

A yeshiva decides to start a crew team. But no matter how much they practice, they lose every single race.

In an attempt to find a better strategy, they send one boy as a spy to the nearby prep school, to watch their winning team and learn their secrets to success.

The next day, the "spy" returns with his newfound wisdom.

"Listen!" he tells his teammates. "I learned how they do it. They have eight guys rowing, and only one guy gets to scream!"

### *September Birth Flowers—Asters and Morning Glories*

The two September birth flowers are asters and morning glories. These flowers bring vibrancy to the garden, as summer fades and fall arrives.



Which is It?: 1.S 2.A 3.A 4.S 5.A 6.S 7.S 8.S 9.A

Labor Day Trivia Quiz: 1.b 2.a 3.b 4.c 5.a

\* \* \* \* \* JOIN JFS SENIOR CHAI \*



## "Broadway Bound" The Great White Way

THURSDAY DEC 18TH 2PM ♫

*Dr. Podles celebrates Broadway by showcasing its most iconic and memorable numbers.*

### PROGRAM IS FREE FOR ALL SENIORS

1600 PERRINEVILLE RD. SUITE 26, MONROE TWP  
(CONCORDIA SHOPPING CENTER)

REGISTER BY DECEMBER 11TH

732-777-1940

\* PLEASE CALL TO SET UP TRANSPORTATION  
LIGHT REFRESHMENTS AVAILABLE  
\$10 SUGGESTED DONATION



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