

Our Mission

WHY WE EXIST

Providing services, support, and hope to people going through challenges so they can lead a fulfilling, productive life.

Our Core Values

WHAT WE STAND FOR



Compassion

Do it with heart, or it's not done



Trust

Ears open; lips closed



Competence

Know better to serve better



Employee Value

True respect; genuine appreciation



Adaptability

Fitting in while standing out





Helping others

בזכות אהבת חיים יבנה
מקדש השלישי

Dear Valued Employees,

This issue of the Loop goes to print at a time of year when we focus, more than ever, on being there for another אָחֵינוּ, no matter what. On giving, and giving, with הסroit נפש, to ensure that someone going through a painful challenge never feels alone. Because it's not just about providing services; equally important is the emotional support and the hope that we offer to those in need. The job that each and every one of you do is not just a job; it's an opportunity to change lives, on a daily basis, each department in its own way and with its own unique task.

Family Care, featured in this month's Loop, works tirelessly behind the scenes to help families going through the painful process of having to place their child in another home.

Mrs. Surie Morgenstern of the Family Care department is not just working for Hamaspik—she is there for כל ישראל, filling a desperate need in our community. In the feature, you'll get a close up view of the work she does: from speaking to parents of newborns, to carefully researching potential placement families to ensure that each child is placed in the ideal environment, to working with Comfort Health clients on child and teen placements.

And that's not all. The job is not over when a baby or child is placed in a new home—in fact, it's only just beginning, because Hamaspik takes care to continue following up and ensure that the child and the families are happy.

The feature also brings you the other side of the story: the perspective of the families themselves. All

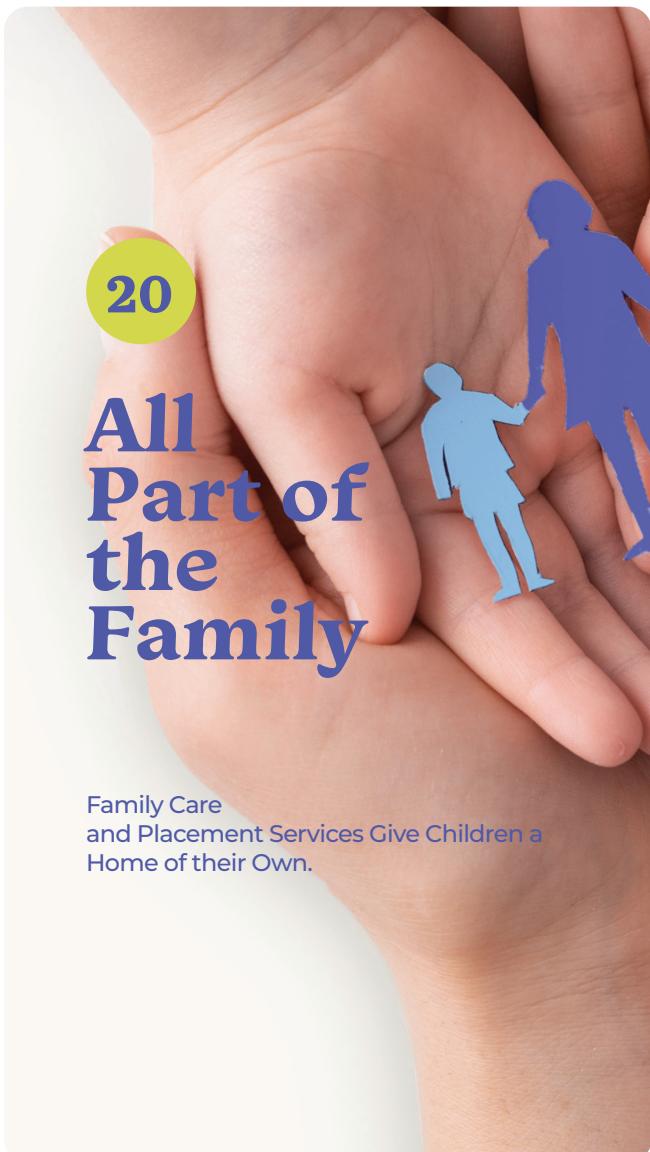
these families who take in newborns or children, and care for them like their own, are the real heroes. Mrs. Morgenstern is Hamaspik's Family Care liaison, but she is also a provider herself for two such children—and what bigger הרכשות אווחדים is there than that? To take in a child with special needs, medical complications, behavioral challenges, and so on, is not easy, but these heroic parents make the children a part of their family and give them the love and care and nurturing that they need to grow.

These parents and families are part of Hamaspik, too. We share in their גאונות, and that גאונות is truly unbelievable. Taking in a child with limitations into one's own family and providing a home of stability and love, is the biggest form of גאונות. When these families give a child a chance to thrive, they're giving them a new lease on life—and what show of compassion and caring can be greater than that?

This issue of the Loop also brings you new and expanded content, alongside the beautiful new design. Look out for the additional articles throughout its pages, highlighting various aspects of Hamaspik's work, and continuing to bring us together as the family that we are—one company, with one mission, and one goal.

As we go to print, let's take a moment to remember what that mission is, and what we are here for—just to help another person. And in the סוף of the work that each and every one of you does, we should be זוכה to see the גאולה שלימה very soon.

Tzvi Wertheimer



All Part of the Family

Family Care and Placement Services Give Children a Home of their Own.

IN THE LOOP



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By Hamaspik of Kings County

Loop #15 - August 2022

Intheloop@hamaspikkings.org

Executive Note

3

Inbox

5

Perspectives

6

Inner Circle

9

End of Year Excitements • Hamaspik
Moments • Capture the Moment

Just Like Family: Family Care

20

All Part of the Family • The Facts on Family Care •
My Child by Choice • My Special Siblings

Nishmoseini Hotline

33

Compassion Chronicles

38

Mental Health Diagnoses

50

Survey

58

Mazel Tov

60

Expanding Opportunities

62

New Hires

63

Last Word

68

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Confidentiality notice:

In the Loop is for Hamaspik employees exclusively. Information and pictures may not be shared.





Shout out to the Day Hab Staff!

- ▶ In reference to: The Loop's features

Dear Editor,

I look forward to the Loop all month long! Seeing how the different departments and programs run is just plain fascinating. When people ask me about job openings at Hamaspik, I can explain the position better because of the information I read in the Loop.

It's also amazing to see how the programs run. Being that I run my own program, it not only gives me ideas and suggestions, but I also get to learn more about what each one really does!

Some people don't know much about the Boro Park Women's Day Hab because it doesn't get written about much. The individuals there are lower functioning and can't do as much as the individuals in other programs. But I'd like to take the opportunity to give a shout-out here to my staff, who are just amazing! They take care of each individual's emotional and physical needs day in and day out, while making sure they are following the schedule and having fun!

From baking to sensory activities to going out with them on trips and swimming with them... every single activity requires a lot of physical work and strength and tons and tons of POSITIVITY! They make sure the individuals' needs are met in every way along with making sure they are healthy and safe. Because of them our program is growing and more individuals want to join—so if you know of a potential

employee that has a lot of positive energy and wants to have a great time and give a great time let me know!

- *Henny Lang, Boro Park Women's Day Hab manager*

- ▶ Editor's response:

As one of the core purposes of the Loop is to inform and update all employees on different departments and programs, we appreciate you sharing how it directly impacts your interactions!

We enjoy seeing the Boro Park Women's Day Hab in the Inner Circle—please keep sharing news! And anyone who has interacted with the Day Hab staff can attest to the unadulterated dedication they show to every individual.

We look forward to featuring it more in depth in a future issue of the Loop, so we can get to know every detail up close!

Job well done!

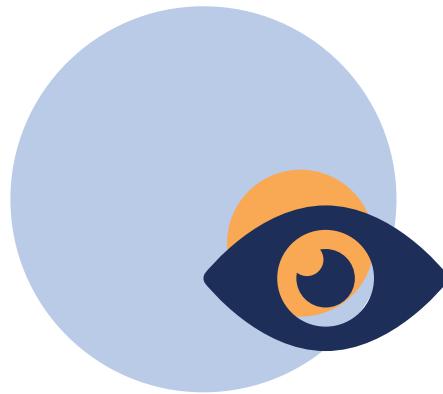
- ▶ In reference to: Loop Issue #14

When I received the loop, it looked like it was designed by a whole magazine company! The new look is modern and clean! Everything from cover to cover was a masterpiece, and the content was very interesting to read as usual! It's really fascinating to see what happens throughout the Hamaspik family!

Thank you so much, keep up your fantastic work. You are making the whole company feel like one big family, which is what we truly are!

- *Joel Landau, Nishmoiseini hotline manager*





A Place Like Home

Jessica Banayan, public affairs and government liaison

Encounters are personal, created from one's own involvement. Experiences are biased and partial to each person's own observation. But I believe my description of my visit to the South 9 Inzerheim would be the same as that of any other visitor.

On Wednesday, March 23, late in the afternoon, I took an impromptu trip to Williamsburg to one of Hamaspik's homes. I knew it would be emotional, as the families and individuals we serve and the work we do isn't easy. It was raining, chilly, cloudy, and since I promised complete honesty for my details of the day, I'll just say it: the skies were gray

and depressing. Mr. Fisher, director of residential services, met me outside and began with a quick introduction. He explained that this was Hamaspik's first group home, acquired about 21 years ago. Confused, I looked up at the crisp modern stucco structure and asked, "But how could that be? It looks so new."

"We renovated it," he answered. I took another look at it, this time more impressed at the dedication of making sure the home did not in fact look 21 years old.

He told me the names of the manager, assistant manager, and how many girls live there. "In fact," he said, "we happen

to be welcoming a new resident at the home this evening. She will be coming to see the home for the first time, and we prepared a nice program." I smiled and said, "Then I picked the perfect time to come see it all."

With that, he opened the door and I walked in, following right behind him.

The warm smell of supper hit me with a nostalgic hint of my own days coming home from school late afternoon, my mom's food cooked and ready for dinner. "Oh wow, it smells like a real home. Supper!"

Mr. Fisher turned around nodding, as if to say, "Well, what did you think?!"





My sense of smell was not alone because accompanied with the aroma of supper in the oven, my ears were simultaneously enchanted with the sounds of laughter coming from down the hall. I was immediately surrounded by feelings of warmth and love.

We entered the main room where everyone had gathered. The room was filled with chatter and laughter. Groups of people having conversations amongst themselves as if it was a fundraising reception. I suddenly had so much to say but couldn't find the words. I quickly caught the eyes of some of the girls as they smiled back at me. It was one of those moments when a look can say what's left unsaid without having to say a word.

"Hello!! What's your name? Mr. Fisher, who is she? Come inside!" Dasi was the welcoming committee we all wish we would come home to. I was only briefly introduced because before either Mr. Fisher or myself could say more, I was rushed into another room to see the puzzle Dasi was working on.

"Do you like puzzles?" she asked. "Do I? I'm literally in the middle of a 1000-piece puzzle myself" I answered, a detail about myself I'm generally shy to share. And as if we'd known one another for years, we got right into it.

After a few minutes of talking puzzles and telling her where I hide all my completed ones, we returned to the dining room where the table was set for what was nothing short of a lavishly catered wedding. The elegant black tablecloth was spread and topped with—get this—not plastic cups, but rather beautiful tall black goblets at every setting. Each plate was adorned with long strands of spiral cut vegetables. The carrots left a particular impression on me because the orange color stood out so

exquisitely against the black.

"Note to self," I thought as I realized I had just decided on the color scheme I'll be using to decorate my next Yom Tov table. Atop the fancy shredded vegetables were carefully placed bread sticks in a dainty tic-tac-toe pattern.

I noticed that next to each folded napkin there was a pair of glasses that also doubled as a straw. Mr. Fisher explained it was a trinket to compliment the theme: "Nice to

"Of course," he said, "It's got enough space for EVERYONE to help cook and bake." Silly me. I was only just starting to understand the feeling of unity with which this house resonated.

SEE you, Toby!" He pointed up. On the wall hung a banner that read "We are so happy to see you, Toby."

Toby was the girl who would be joining the group home. She was there with her foster parents, Mommy and Abba. I studied her attachment to them and their love for her. It was suddenly obvious I was in the presence of true tzadikim. I didn't know the back story, but I didn't have to because it didn't matter. What was clear was that Mommy and Abba were the symbol of true love portrayed in the form of pure selflessness.

Mr. Fisher then took me to see the rest





of the main floor. First, we stepped into a bedroom with two beds, beautifully made. He explained the reason for a bedroom on the first floor was to accommodate one of the residents who has cerebral palsy. "She's like the little sister. They all help and care and love her like a little sister, which is amazing

with the most generous space design in its blueprint, it had a marble island large enough for 12 people to stand around, a detail I pointed out to Mr. Fisher. "Of course," he said, "It's got enough space for EVERYONE to help cook and bake." Silly me. I was only just starting to understand the feeling of unity with

In the kitchen there was a door to the backyard. I'll admit, I figured it would just be the space between the back of the house and whichever building there was behind it. No. It was a real backyard. A vast area, spacious enough to build a grand sukkah and host a barbecue for fifty people. Where, in the concrete jungle known as New York City's Williamsburg, where every inch of space is precious real estate, can anyone find a big backyard? Only at the South 9 Inzerheim.

We walked back to the main room. Dinner was being served. Soup, followed by teriyaki salmon. Like I said, a lavishly catered wedding. But Toby wasn't having any of it. She refused to sit. She didn't want Mommy and Abba to leave.

Mr. Fisher had an idea. He sat down at the head of the table and asked loudly, "Ok everyone, can you tell me what the best part of your day was?" One by one they all started answering. Ruchele and Simcha Bracha said it was Toby coming to join. Blimie said it was when she was at work at the Sparks library. Their answers were simple events of the day. It made me think of a famous quote: "The joy of life is made up of obscure and seemingly mundane victories that give us our own small satisfactions."

It happens to be that Toby's favorite part of the day was when she saw a C. A. T. while waiting for the school bus. She was trying to make Mommy and Abba proud of her spelling skills. We were all proud of her, as well.

"Check out the rest of the house" Mr. Fisher said to me. As I promised the girls I wasn't leaving yet and that I would sit with them when I come back down, we walked over to the stairs and made our way up.



because it gives the girls a sense of responsibility." He wasn't wrong. Ten minutes later I watched as, with an obvious sense of duty and importance, Blimie wheeled Ruchama into the room after her bath. I was touched.

We then went to the kitchen. Stainless steel appliances, marble countertop, custom cabinetry — it was a page right out of Architectural Digest. Planned

which this house resonated.

Speaking of unity, I almost forgot to mention: Mr. Fisher had pointed out earlier how all the girls are wearing the same black T-shirts. They had the words "ooo la la" on them. It was their dance costume. Mrs. Stark, the dance teacher, had arrived a few minutes after me to give dance lessons after dinner.



When I arrived at the second-floor landing, all I could think about was a line I had written earlier that day. I was working on an application for a new project that OPWDD is offering. Some documents required me to describe our current residential facilities. It's the reason I came to see the home in the first place. Having not seen any of our homes yet but having a good idea of what they might be like, I wrote, "Hamaspik currently has 8 group home contracts with OPWDD, all of which operate by the highest standards, gratuitously exceeding the requirements of OPWDD's criteria." Little did I know how right I was.

Mr. Fisher showed me around the rooms. Each one looked like it belonged to a home with siblings who love each other. There were 4 rooms. Each had two beds made up with beautiful, classy linen, pillows fluffed and in place with stuffed animals sitting up against them, organized closets that I must admit looked neater than the one I had growing up, and freshly swept and mopped hard wood floors. Lilly was just finishing cleaning up in one of the rooms. Mr. Fisher introduced us.

"Lilly has been with us for 9 years."

"Part of the family then." I said
"Indeed, she is."

I already understood: those inside Hamaspik's South 9 Inzerheim were a family, and anyone involved was a

member.

When we went back downstairs, they were serving ice cream sandwiches for dessert. I'm happy to report that after much convincing, Toby had finally felt comfortable enough to join the rest and had found herself a seat at the table, but obviously not without Mommy and Abba. It was a tough situation, but I had full faith in the creative, clever, and generous group of people who made up the backbone of the home. The smooth transition was underway, and pretty soon Toby would feel right at home.

After dessert we headed down to the recreation room. Mrs. Stark was holding up a bag of quarters and tape. "Today we're going to be tap dancing". One by one she taped quarters to the soles of the girls' shoes. Two minutes later Mrs. Stark had a room full of enthusiastic tap dancers! She pressed play, the music started, and off they went. Dancing and laughter took over. A guitar suddenly appeared, and we had live music and clapping. I was having a blast. And apparently, while Mommy and Abba were left upstairs, Toby was down here having a blast too.

At this point, as the music, laughter and tapping were happening, I realized I had bonded with the girls through a channel of love I didn't know I had. Seeing their happiness made me feel whole. And as if she understood what was flowing in my mind, Ruchama came

over and hugged me. And she didn't let go. She asked if she could keep going and instead of saying "of course," I found myself saying "Please!" I held on as tight as possible, absorbing every ounce of the pure sparkling righteousness that she was allowing me.

Toby went home with her Mommy and Abba that night. Mr. Fisher assured me the night was a success and that she would be coming back. I knew one thing for sure: I was definitely going to be coming back.

By the time I left, as if I was covered by a repellent, the gray and depressing skies outside were nothing but the stratosphere that happened to be above my head. Suddenly the atmosphere inside the house had taken over the world. It could have been a wild blizzard for all I knew, but for the South 9 Inzerheim, the sun was shining, and all was well.

A special thank you to the incredible team at the South 9 Inzerheim. Your dedication is the legacy of Hamaspik. Because of you, compassion is a daily achievement in Hamaspiks perpetual movement towards their endless mission in helping others. Because of you, we can all answer the phone and confidently say "You are not alone. We will meet you there, wherever there might be."

Thank you for gifting the girls with your unconditional love and care.

Staff present at during my visit

Mrs. Malkie Cziment, group home manager · Mrs. Toby Walter, group home assistant manager · Mrs. Perl Landau, DSP · Mrs. Rifka Bloyd, Ruchama's DSP · Mrs. Susan Smilowitz, DSP, and talented guitarist · Mrs. Leah Reyzmowitz, DSP · Ms. Miriam Zupnik, Medical Coordinator

Be a part of their Success



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Willing to grow and learn



Goal and teamwork oriented



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THE
HAMASPIK
SCHOOL



Inner Circle



*Keeping
you posted*

Inner Circle

This month's highlighted moments at
Hamasvik of Kings County



End-of-Year Excitement

HamaspiK Programs Celebrate a Year of Achievements and Growth

→| Playhouse

Playhouse celebrated its amazing counselors with a beautiful end of year event. The theme of the year was Colors, and the title of the staff event was, “Giving is a work of heART.” The counselors enjoyed a paint party and a video showcasing Playhouse highlights from the entire year, and they left with customized sun visors and journals as a small token of appreciation for what they do throughout the year.

During the time between school and camp, the Playhouse staff truly stepped up to the plate, demonstrating compassion and caring by providing full-day, jam-packed programs for the children. The program included entertainers such as Silly Willy the clown, dancing with Toby Neustein, singing with Tzivi Berkowitz , as well as trips to the Sloomoo slime museum, Adventurers amusement park, NYC ferry, and Brooklyn Bridge Park.





→| Achievers

Achievers ended an amazing year of skill-building, fun, and growth with a one-week pre-camp summer smash program, which included full days of trips, activities, and entertainment. Some of the highlights were a trip to the beach, a paint party at Hobby House, and performances by a clown and magician.

The girls enjoyed a grand end-of-year celebration where they received personalized, beautifully designed certificates for the courses they'd taken over the year. The younger group put on a ballet performance, and all the girls received a dance video to take home, which included simchah dancing, tap dancing, and ballet, so they could keep practicing and enjoying their new skills throughout the summer.

To show appreciation for the wonderful and devoted staff, Achievers treated them to a grand supper accompanied by a beautiful music video, followed by a trip to RPM Raceway to enjoy an evening of go-karting together.



→| Fit with Friends

Fit with Friends celebrated the end of the year with a grand dance recital at a beautiful and upscale event in Bais Esther hall. The program included a delicious catered supper and speeches by several of the individuals, who shared how transformational the program has been. Watching the performance was an emotional experience, as the performers' mothers enjoyed their daughter's joy and excitement as they shone in the spotlight. Finally, everyone enjoyed a slideshow presentation displaying some beautiful memories of previous Fit with Friends Shabbatons.

Every individual left with warm memories and a special FWF gym bag as a souvenir. They're looking forward to coming back in September!





HCBS Upgrades

**The OPWDD-HCBS Department
Expands its Services**



HamaspiK's OPWDD-HCBS department, led by Mr. Joel Lefkovits, director of OPWDD-HCBS, has expanded its range of services to include prevocational and behavioral services in addition to Com Hab and Respite.

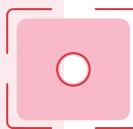
Prevocational services are designed to create a path for individuals to integrate into the community while earning a wage through regular employment opportunities.

The process includes helping the individual obtain learning and work experience so that they develop employable skills and can then obtain a job suited to their strengths.

IBS (Intensive Behavioral Services) provides professional training for caregivers in dealing with individuals with behavioral challenges.

Both the primary caregiver and the DSPs servicing the individual can be eligible for this training, through which they are guided to create a specialized behavioral plan complete with interventions and strategies to help the individual manage their challenging behaviors.

These changes help the individuals and families by bringing and streamlining more services—so that the services, support, and hope we provide can achieve the maximum impact.



Hamaspik Moments

→ Hamaspik warmly congratulates the South 9th Street group home for passing a full, unannounced audit with stellar results. This is a credit to Mrs. Malkie Cziment, group home manager; Mrs. Toby Walter, group home assistant manager; Mr. Cheskel Fisher, director of residential services; Mrs. Judy Schwartz, RN, the IRA nurse; and of course, the incredibly dedicated and devoted DSPs and staff.

→ Behind the scenes at Gifts & Events: the monthly preparation of birthday gifts for clients.



→ Enjoying the fruits of their labor after baking at the Boneich after school program.





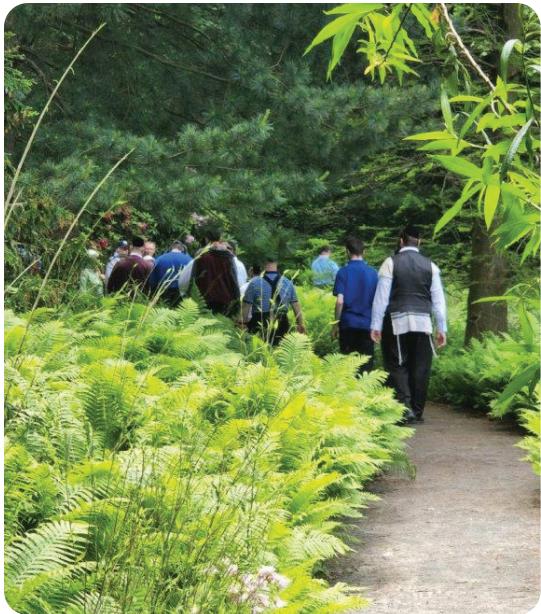
→ The Cricut machine is a new and exciting addition to the 49th Street group home! The first project was creating a banner for an upcoming carnival.



→ Congratulations to the 44th Street group home for passing a full, unannounced audit, with excellent results—a testimony to the dedication of group home manager Mrs. Grendy Kellner and her devoted staff; Mr. Cheskel Fisher, director of residential services; and Mrs. Shalva Sashitsky, RN, the IRA nurse.

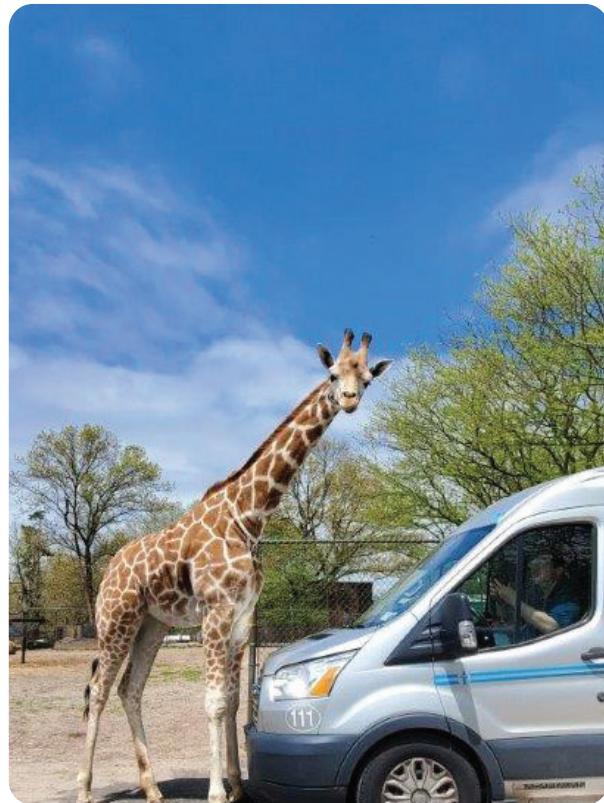
→ The 49th Street group home recently passed a full, unannounced audit, with excellent results. Thank you to the incredible team: Mrs. Chaya Gross, group home manager; Mrs. Malkie Porges, group home assistant manager; Mr. Cheskel Fisher, director of residential services; Mrs. Shalva Sashitsky, RN, the IRA nurse; and the wonderful and devoted DSPs and staff.

→ Boro Park Men's Day Hab took full advantage of the beautiful weather and enjoyed a trip to the park together.

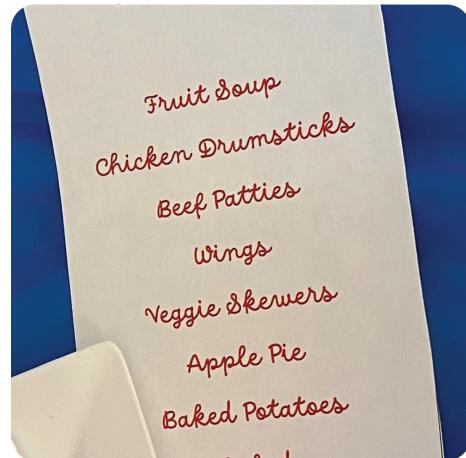




→ Williamsburg Men's Day Hab visits Six Flags Safari Park—and enjoys every minute, including a very close-up encounter with a giraffe!



→ South 9th Street group home celebrated July 4th with a delicious barbecue, made even more exciting by the devoted efforts of IRA co





→ Celebrating an individual's 50th birthday at the 61st Street group home.

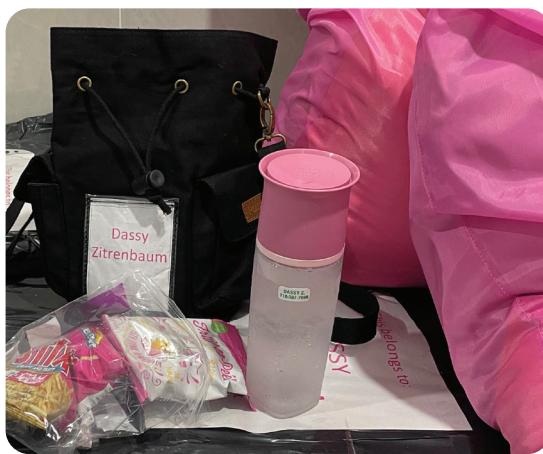


→ Boro Park Men's Day Hab at work in the kitchen, baking delicious goodies to enjoy.





→ At the group homes, pre-camp shopping and packing is just like it would look at any other home. With the individuals of South 9th group home attending a range of sleepaway camps, including Achoiseini's summer camp, no detail was too small for the dedicated IRA staff, who meticulously ensured that each individual had every item they would need, packed and labeled as required by the camp. Each one left for camp with beautiful clothing, matching accessories, fully labeled supplies, and huge smiles—which made all the hard work worth it.



→ Fit with Friends enjoyed a trip to D-Rama, a clothing boutique in Flatbush, where they were invited by the store owner herself! Rechama, the owner, went out of her way to make the experience inviting and comfortable for every individual, including ordering in food, playing soft music, and presenting each one with a \$75 gift card to spend in the store.

→ Construction plans are underway for the development of 4106 14th Avenue, Hamaspik's newest site location. The more space, the more chessed—and every part of the building will be maximized.



Capture the Moment

What Truly
Matters



It was right after the chuppah, and Mr. Wertheimer, father of the kallah, had a long line of well-wishers waiting to wish him mazel tov. One of them, an individual from the 61st Street group home, had something else on his mind: he wanted some extra pocket money, and which better person to ask than Mr. Wertheimer, who always shows so much care for the individuals in the group home? It wasn't the right moment at all... but for Mr. Wertheimer, there's never a wrong moment to give. The entire line stopped while Mr. Wertheimer searched his pockets, emerging with a \$5 bill for the delighted individual.

Driven by You



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When we saw you needed a hand, we arranged the services you needed to get through it. When you had a question, we found answers. And when you're going through challenging times, we're right there with you.

Yours, truly.

Boro Park: 4102 14th Avenue
Williamsburg: 44 Lee Avenue
Five Towns: 75 Columbia Avenue
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HAMASPIK
CENTER FOR HUMAN SERVICES
ה מס פ יק
מרכז עזרה לצרכים הציבוריים



Just Like Family

Family Care and
Placement Services Give
Children a Home of their Own.







Mrs. Surie Morgenstern is the heart and soul behind the Family Care department, as well as acting as Hamaspik's go-to person for newborn and child placement under other programs. Surie herself has two foster children who have become part of her family, so she has an intimate understanding of the world of parenting children with special needs. Surie leverages her personal experience to help parents in crisis. Her passion for giving every child a home that is just right for them is matched by her genuine care for every parent, foster parent, child, and baby whom she helps—every step of the way.

All Part of the Family

An Interview with
Mrs. Surie Morgenstern,
Family Care Liaison

How it began

"My involvement with Family Care placement began long before I joined Hamaspik," Mrs. Surie Morgenstern says. "In fact, it was around six and a half years ago, when a relative had a baby with Down Syndrome. The parents were unsure whether they could keep the baby home, or if they should look for a placement instead."

As a family member, Mrs. Morgenstern was privy to the agonizing back and forth that the parents were going through.

"They hadn't made a final decision, and the hospital was ready to discharge the baby. I knew what was going on, so I called up the baby's grandmother and offered to help out. 'If you need a temporary home for the baby for a few weeks while the parents decide what they'd like to do—I'm happy to have her,' I told them.

"I knew that my family could handle it—my youngest was already eight at the time, and I wasn't working. So I was comfortable making the

offer—and at first, it seemed like they'd take me up on it."

The Morgensterns got a call a few hours later. "We're looking into placing the baby in a home through Hamaspik's Family Care department, but they said that we need to place her in a temporary home for around three months, until a more permanent home is finalized. I know you offered a few weeks, but would the longer time period work?"

"It was my husband who got the call, and he didn't even ask me. He knew what I would say," Mrs. Morgenstern recounts. "He told them, 'My wife said a few weeks because she didn't want to put you under any pressure. If you need longer than that—no problem.'"

At this point, Mrs. Morgenstern reached out to her brother, who worked for Hamaspik, to find out what Family Care was actually all about. Once he explained the system, she confirmed that they would be happy to care for the baby for as long as necessary.

In the end, it wasn't necessary. Another family was found, which was more practical for several reasons, and the Morgensterns didn't take the baby.

But the story had actually only just begun.

"Two days later, I got a call from my brother at Hamaspik," Mrs. Morgenstern says. "There was a baby who needed a temporary residence while



The Facts on Family Care

*An Interview with Mr Cheskel Fisher,
Director of Residential Services*

'What is Family Care, and who does the program service?

When New York State tried to move away from placing individuals with special needs in institutions, the goal became to find the least restrictive environment for them. One option was group homes, servicing small groups of individuals in a home-like setting. Family Care was another program created in order to facilitate placement in a real family environment, which was the most similar option to living with their own biological family. This enables Hamaspik to help families who have a need to place their children in foster care. The wonderful foster families, who accept to love and raise a child with special needs, are classified as respite providers. Similarly, Comfort Health placement families are considered respite workers, and that is how those placements are structured.

How does this department service

the community?

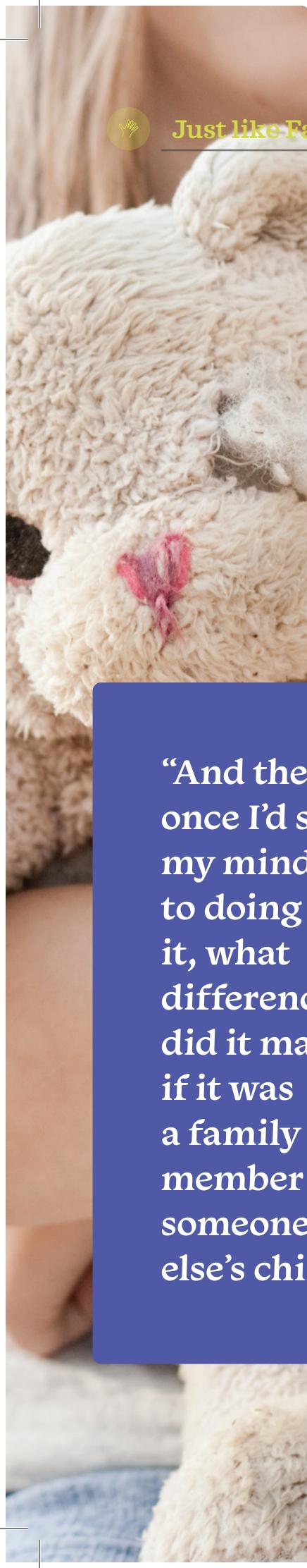
Family Care and placement of newborns with special needs is a service that's absolutely vital. Hamaspik is filling a critical need for parents who are too emotionally or physically overwhelmed to bring home a newborn with special needs. When parents believe that they are not able to raise their child, they are referred to Mrs. Surie Morgenstern of the Family Care program to help find a loving home for their child.

Placing the baby with a family that has the capacity to care for her complex needs has many benefits. The newborn gets the best care possible, without being completely cut off from their biological family, who continue to be involved both from a medical and legal standpoint. The biological family may also take the child out to spend time with the family.

The biological family also benefits from the Family Care arrangement, by avoiding the crisis that would result of having a child in the home whose needs they cannot meet. So the foster family services both the baby as well as the other children in the family, by ensuring their home remains a stable environment. What a zechus for the foster family—and those who facilitate this amazing work.

What makes the Family Care department special?

Hamaspik Family Care is unique in that



“And then, once I’d set my mind to doing it, what difference did it make if it was a family member or someone else’s child?

Hamaspiк looked for a permanent home for her. Would we be willing to take her in?

“We said ‘Of course,’ and Chayala’s been a part of our life and our family ever since,” Mrs. Morgenstern says. “It’s been six years, and we just love her more and more.”

At the time, Mrs. Morgenstern had no experience with the special needs population, or with Family Care or fostering.

“I was drawn to it when I saw my relatives going through such a hard time, and I thought that taking in the baby temporarily would be something that I could do to help,” she says. “And then, once I’d set my mind to doing it, what difference did it make if it was a family member or someone else’s child? It was a baby in need of a home. They needed someone to love them, that was all.”

Joining Hamaspiк

How did Mrs. Morgenstern go from being a Family Care provider (a foster parent under the Family Care program) to Hamaspiк’s liaison for the entire department?

“Hamaspiк was looking for a new liaison for Family Care. The previous one was transitioning to another role, and they decided that the ideal candidate would be a provider themselves, because they would already be familiar with the

regulations,” Mrs. Morgenstern explained. “They reached out to me right when Chayala was starting school, which meant my schedule was a lot more flexible than it had been. They said it would be 10 hours a week, and that sounded perfect to me.”

It’s become clear that the job is a perfect fit for Mrs. Morgenstern—with her compassion and sensitivity for both the parents and the children, she’s just right for the job. But the 10-hour workweek is a thing of the past.

“Right now, I deal with Family Care itself, as well as placements for children and teens not placed via Family Care.” Mrs. Morgenstern is also Hamaspiк’s agency investigator, charged with looking into any incident that happens under Hamaspiк’s auspices and ensuring the safety of all individuals at all times, as well as managing the newborn care packages of essentials (such as pampers and formula) Hamaspiк offers to parents.

“Officially, I now work around 25 hours a week,” Mrs. Morgenstern says. “But when a newborn needs placement, or an incident occurs—there’s no time off. I’ll be dealing with those emergencies until they’re resolved, no matter if it’s day or night.”

What’s involved?

Day to day, what does being the Family Care liaison actually mean?



"From OPWDD's standpoint, Family Care is run very much like a group home. All the regulations that a group home has to follow are followed in Family Care. So when I or another provider gives any medication, for example, we need to sign a form. There's a lot of paperwork involved."

Mrs. Morgenstern explains that with a Family Care child, the parent needs to be very on top of the legal requirements and forms. "Every doctor's appointment means paperwork to fill out, and we need to submit receipts to show what the child's money is spent on [a child in Family Care receives a monthly allowance]. When I take Chayala to the ice cream store, I'll keep the receipt, to show how 'her' money is being used."

As the Family Care liaison, Mrs. Morgenstern visits every Family Care provider monthly, checking that all is going well and collecting the paperwork to ensure that everything meets legal requirements. Mrs. Judy Schwartz, as the program's nurse, visits each home every three months, as well.

There's also a yearly training, which, in true Hamaspik style, Mrs. Morgenstern transforms from what could be a boring, technical session to a special event, usually around Chanukah time.

"The providers who work with Hamaspik not through Family Care are also invited—they don't have to do the training, but they enjoy the whole event."

Besides for the mandatory training, it's a chance for parents to have any questions answered, and Mrs. Morgenstern is available to answer these kinds of questions at all times, having been through the process herself.

How do individuals transition out of Family Care?

The Facts on Family Care

Continued



it goes way beyond the core OPWDD requirements.

Every foster family has to pass a thorough screening to ensure that the child will get their best quality of life in that home. When Mrs. Morgenstern performs her monthly home visits (as required by OPWDD, to ensure the health and safety of the individuals), she assesses every aspect of the child's care to make sure they are thriving and progressing optimally.

Mrs. Judy Schwartz, the program nurse, does quarterly home visits to ensure that all medical appointments are being kept. She reviews all medical issues and ensures, as required, that there are no signs of neglect or abuse. Both Mrs. Schwartz and Mrs. Morgenstern are amazed anew each time they see the genuine love and devoted care that the individuals receive from the providers. They don't just meet the requirements. Every minute of the day is filled with the highest Hamaspik standards of compassion.

These individuals are treated just like the providers' own children, and are an integral part of the family that they live with. Even after they grow up and are discharged from the program (for example, after moving to a group home or alternative program), their "family" from Family Care will remain in touch, caring about them and sharing their journeys forever.



“The arrangement can be for life, but we usually encourage moving to a group home once the individual is an adult,” Mrs. Morgenstern says. “This is mainly because, in the frum world, most providers are taking in children when their own children are grown. This means they’re taking in a baby when they’re in their 40s—or older. By the time the child is 20, they’re in their late 60s or even 70s, and physically, it’s too much for them. So around that time we begin to discuss alternative placements, and we help them transition the individual from Family Care to the new setting.”

The discharge is a complex process. Every party has to be involved and give approval: OPWDD, the biological parents, and the foster parents. This is all facilitated by Mrs. Morgenstern, as the Family Care liaison.

“One recent example is an individual who just moved from Family Care to the South 9th group home,” Mrs. Morgenstern says. “At first, the foster parents were reluctant to have her leave, but after a scare during COVID, where the mother was hospitalized suddenly, they realized that she needs a place to stay for the long term, so they don’t have to worry about what will be if and when they can no longer care for her. Then the biological mother had some concerns about whether it was a good move for her daughter, but once we explained the benefits, she was happy with the decision as well. Now she’s delighted, and her daughter is so happy, baruch Hashem.”

All in all, being a provider is a huge chessed—and not always an easy one.

“It’s not simple being a provider,” Mrs. Morgenstern says. “But every family who does it finds it worthwhile. We love having Chayala and Dovy as part of our family.”

A baby in need



What would it do to their family to take her home for a short time, if in the long term they would have to place her in a facility?

Although Family Care stopped enrolling babies and children three years ago, Hamaspik facilitates placement of newborns in need through other means. Mrs. Morgenstern's heavy involvement in newborn placement was what led her and her family to take in a second child, a little boy with Down Syndrome.

"I didn't plan to take in another baby," she says. "It was a classic situation where the parents wanted to place their baby, and they called Hamaspik to arrange it. But we were stuck without a temporary home while we looked for something permanent, and I ended up taking him in at two months old, 'temporarily.'"

Then the permanent placement

that they'd been working on fell through, and then COVID hit... and by the time lockdown ended, he was a part of the Morgenstern family. Once again, they had come through for a child in need, welcoming him into their hearts and their home.

With all this—as both a Family Care provider, and a foster mother through other arrangements, as well as her work as Family Care liaison—Mrs. Morgenstern has become the unofficial address for parents

who have a baby with special needs. They'll call her, either via Hamaspik or personally, for any questions at all—from advice on feeding and medical care to the big and loaded question of whether, and how, to place their child in another home.

"Sometimes they call intake and get transferred to me, and sometimes they just call me from all over—even from other states. But whether or not it falls under my role in Hamaspik, it's a mother in need, and I'll be there for them," Mrs. Morgenstern says.

Parents of newborns with special needs aren't only calling about placement options. Mrs. Morgenstern takes calls about anything from medical challenges

to schooling options to the benefits of early intervention.

And when the question is in fact about placement, Mrs. Morgenstern guides the parents through an incredibly painful and confusing time. When a parent isn't sure whether to place their child in another home or not, she asks them why, how they think it will impact their home or their other children, and they discuss whether other services could help the parent, or whether placement is the ideal option under the circumstances.

"Recently, I got a call from a mother who was told during pregnancy that her child wouldn't survive. And yet the child was born, with the syndrome that the doctors had warned the parents about, but not nearly as severely impacted as they'd thought. She could breathe and eat, but had complex medical needs and would likely deteriorate. The parents were in a quandary whether to take her home or not. What would it do to their family to take her home for a short time, if in the long term they would have to place her in a facility?"

Mrs. Morgenstern was there for the parents every step of the way until they came to a decision. But she doesn't always get to hear the ending.

"I can spend hours talking to someone, and then never find out whether they chose to keep the baby home or not," she says. "I'm human, and sometimes I just wish I knew the end of the story, or



could ask them if everything worked out okay. But I'm here for them regardless, when they need it—it's not about me at all."

Once the parents do make the decision to place their child via Hamaspik, Mrs. Morgenstern works on finding a temporary placement while arrangements are made for a permanent home for the baby.

"We have a list of potential providers, but it's not simple to find the right fit for each baby. The biological parents have to be comfortable with the location, the family style, the home... the potential foster parent has to be ready to take in that particular baby, with their specific needs or diagnosis."

Finding a placement is literally like making a shidduch—with the limitations of having to have the provider in the same county.

"Since this kind of placement is done with not through family care anymore,, we can't place a baby from Boro Park with a family in Monsey or Monroe, for example," Mrs. Morgenstern says. "This need to keep everything local really limits our options."

When it isn't a newborn

And then there is placement of children and teens, either via OPWDD or Comfort Health.

"This isn't exactly my role, but I'm

often involved," Mrs. Morgenstern says. "Sometimes I'll help find the placements, sometimes it's done by the care manager or HCBS coordinator and I help out with paperwork. Sometimes it's for a temporary placement, other times we're looking for something more long-term. It all depends on the situation."

When it comes to placement of an older child, it's usually due to a severe crisis in the home, or because of extremely challenging behavioral issues that the parents can't handle on their own. It's challenging to find an appropriate home—especially long-term. Often, a placement will last for a few months, and then circumstances change, and the child either returns home or needs a new placement.

"I try to remind myself that even six months of stability in a child's life has an impact," Mrs. Morgenstern says. "And we'll always do our best to find the safest, most positive environment for every child and teen who needs it."

In one such story, a 10-year-old Comfort Health client needed a place to live due to difficulties at home. "At first, we tried doing weekend placements—having her stay with different families for Shabbos—and it often ended up that she'd come to me, when we couldn't find anywhere else," Mrs. Morgenstern relates. "Then the situation reached a point of crisis and we had to find her somewhere to live full-time—ASAP. In the meantime, we arranged daily after-school placements, so she would only be home at nights, and

eventually a home was found."

The placement lasted a full year, and worked well—but for various reasons, the family can no longer have her.

"We're working with the parents to help them get the coaching that they need in order to have her live at home again, and at the same time working on backup options for placement if it doesn't work out," Mrs. Morgenstern says. "It's not easy, but I still consider this a successful placement. The girl had a good year and is in a much better place now."

Taking it home

Working in the field and seeing so much heartache up close can be an emotionally intense experience. "Every story you hear becomes a part of you," Mrs. Morgenstern shares. "When I hear what children are going through, I always wish I could do more. Each story touches you. I'll wake up at night thinking about the individuals I work with and place. They're a part of me, a part of my family."

Their stories can be hard—even heart-wrenching. But with Mrs. Morgenstern and Hamaspik's devoted employees there to hold the parents' hands, and guide them to the best possible solution, they know that every newborn, child, and teen in need will get the very best chance possible of having a wonderful home of their own.



My Child by Choice

A foster mother speaks: Ruchy's* story

When people hear that I foster a baby with Down Syndrome, they always want to know what made me do it.

And the honest answer is: I never planned to. It's almost as much a surprise to me as it is to anyone else.

It was really my friend who made it happen. A devoted Hamaspik employee, Chani* was involved with the newborn placements, and she knew me well—maybe better than I knew myself, back at the time. “Would you consider taking in a child with special needs, if they have nowhere else to go?” she asked me once.

I was thrown off guard by the question. Fostering a child with special needs? The thought had never occurred to me. But I was a stay-at-home mother and my youngest was already in school. I was at the right stage in life for this.

“If something comes up, and the child doesn't have severe medical needs, I would consider it,” I told her.

I didn't hear more from her about it, and it slipped my mind. Until I got another phone call, this time from Surie Morgenstern. Little did I know back then that Surie would become the person I spoke to most frequently, someone I'd be reaching out to on a daily (or hourly!) basis as a new and very special addition joined our family.

The first time Surie called, though, she wanted to ask if I could take in a child who was in a temporary home. I wasn't sure it was a good idea—COVID was spreading—and I told her that if this child had somewhere to live in the meantime, I'd wait until something else came up.

A few months later I received another call. This time it was a newborn baby who needed a home.

“Are you interested?”

I took a deep breath and said, “Okay, fill me in.”

Surie explained that the final choice



of where to place the baby would be made by his parents. She would offer them various options, and they would choose between them—almost like a shidduch, doing the research to ensure they were comfortable with the family that would raise their child.

By hashgachah pratis, the parents of the newborn baby had recently gotten to know my parents. This connection, coupled with the fact that we came from a similar background and were raising our families with the same hashkafos and lifestyle, made them feel comfortable going ahead.

But I didn't know any of this back then. I went about my regular day-to-day routine, waiting for a call and wondering if our lives were about to change drastically.

Once the parents had made up their minds, we had less than two days' notice to prepare everything. Imagine preparing for a newborn to enter your home in just two days! Our new little prince arrived when he was just a few days old, and the first thing we had to do was arrange for a bris.

My daughters—I had only girls at the time—were doubly delighted. A new baby—and a boy! They'd been begging for a brother for years, and I was glad I could make their dream come true while doing such an amazing chesed.

But not having any boys of my own, everything was new to me: making a yacht nacht, arranging a bris, speaking to the mohel... and

at the same time, I was juggling the baby himself, his medical needs, scheduling doctor's appointments, and completing paperwork.

The baby's family hosted his yacht nacht, and there I met his parents face-to-face for the first time. It was so hard for the mother. I kept

pregnancy and then giving birth. I didn't find it so hard—even the sleepless nights were just a matter of preparing bottles and feeding him. It helped that he was a good baby, and the entire family instantly fell in love with him.

Emotionally, it took time to adjust to the change. I spoke to Surie probably 75 times in that first month, and she answered the phone every time with endless patience and warmth. I was worried that the parents weren't happy or that they resented me having their child, but Surie assured me that I was doing everything right, and this was exactly what the parents wanted.

Throughout that first year, I worked hard to build and maintain an amazing relationship with Sruly's* parents, and it paid off: until today, we're so close, and consider ourselves "mechutanim" of sorts. We share Sruly; they take him out every so often, and he'll go home for part of Yom Tov. His parents take him on special trips or to visit grandparents, they make him birthday parties... and then he comes back home to us and we're his family, too. But back then, it was very new, and I put a lot of effort into the relationship: creating and shipping photobooks each month and calling to tell his mother about each new milestone, which she really appreciated.

reassuring her that I wouldn't take the baby away from her—we would remain partners, and he was still her child. The experience was emotional and a little overwhelming—and then, we took the baby home.

Taking care of the baby after the bris was another learning curve. Remember, I'd never had a boy before! But I did realize that taking care of a newborn without being a kimpeturin was a different story than doing it after nine months of

Then there was the medical side of things: Sruly had been discharged from the hospital with instructions to follow up with a cardiologist at two weeks old, which we did. We went to many doctors, and

His parents take him on special trips or to visit grandparents, they make him birthday parties...



eventually he had to have an open heart surgery, which was a very big deal. His parents had to be involved in all medical decisions, so in that way, I shared the burden—but when it came to the physical care, staying days in the hospital, post-surgery and follow-up care, and so on, it was all on my husband and me. By then, though, we looked at him as our own child, and it wasn't even a question—we did everything we had to do, with no qualms.

My children, of course, soon picked up on the fact that Sruly had special needs and medical challenges. I bought them a book about having a sibling with special needs and explained the situation to each of them on their own level. When my older ones wondered about the fact that “he isn’t really our baby,” I told them he is—in our house, he’s our baby. We discussed all the different angles, from the practical (where you’ll go if Mommy has to go to the hospital with the baby) to the emotional (what to think/feel/say/do if a neighbor makes fun of Sruly). Baruch Hashem, it turned out that I didn’t have to worry at all—my children are so proud of Sruly and love him so much, and it rubbed off on everyone around us. They all just love him, too!

Now Sruly is two, and he’s the most wonderful thing that happened to us as a family. He has a special chein and cuteness that even my own children didn’t have, and everyone who meets him sees it, too.

And although in the back of my mind I know he’s not actually “mine” and if his parents would ever want to bring him home, of course they could, he is still a wonderful and precious part of our family, and that will never change.

My Special Siblings

A Sibling's Take

My parents made the choice to raise two children with Down Syndrome. I love my two siblings with Down Syndrome so much!

Before my parents made this decision for the first time, they discussed it with all of us. We were excited to have a new baby join the family, as my youngest sister was already 8 years old at that time. It was also a little scary, as we didn’t know much about Down Syndrome back then (and what I did know made me nervous), but my parents reassured us that for now she was a baby like any other.

At first, we planned to do this chessed just until Hamaspik could find the baby a long-term home, but once Chayala joined our family, I was so happy that my parents made the decision to keep her!

I can’t imagine life without Chayala. She says the cutest, funniest things and makes our house so lively.

Of course, there were also scary times. I remember the first time Chayala was hospitalized, my parents had gone to Camp Simcha to watch my uncle cross the finish line, and they said they would probably be home when we got home from day camp, or shortly after. We got home from day camp and about half an hour later my father called to tell us that my mother and Chayala were in an ambulance on the way to the hospital. He was driving there himself, following right behind the ambulance. We all heard the sirens and were so scared... would



everything be okay?

My father came home in the middle of the night, and told us that Chayala was getting oxygen to help her breathe, but that b'ezras Hashem she would be fine.

It took almost a whole week before my mother and Chayala finally came home, and we were all so relieved to have her back. My father and older sisters kept the house running that week, but it wasn't the same without my mother, and of course without Chayala as well!

There were other hospitalizations and many many doctor appointments, but overall the love and fun outweigh the scary times.

And then, when Chayala was three and a half, Dovy came to us for a Shabbos, from a temporary home. In the end, the family he had been staying with said it wouldn't work out for him to stay there afterwards, so he stayed with us! This time we were all excited, none of us were nervous or scared about the fact that he had Down Syndrome. Down Syndrome has become part of our life, and we actually have a whole network of Down Syndrome friends now!

Chayala and Dovy add so much to our family and I can't imagine life without them. They always make sure everyone in the family is happy and smiling and add so much joy to our home. I'm so grateful to be their sister.





New lectures

Added to the hotline last month

To listen to the english hotline, call 718.759.1111



Men Lectures

New Lectures

Rabbi Nossen Nusbaum

"We are volunteers"

#211

Rabbi Eliezer Brody

Practical emunah advice

Women Lectures

New Lectures

Mrs. Raizy Sander

Unbelievable story that happened on the Nishmoseini hotline.

#221

Followed by an informative lecture from: Chris Russell- MS. Ed., TVI, about CVI

Mrs. Ilana Farbstein

Ignite the fire

Mrs. Rivky Feferkorn

7- What do the nurses appreciate more than a bar of chocolate, when I'm in hospital with Mendel?

8- Are the siblings of my child with special needs being affected?

Mrs. Miryam Swerdlov

Summer Essentials

Mrs. Malky Brezel

Maximizing our middos in the month of Tamuz

Mrs. Shira Francis

New 8-week summer series on marriage
Class 1 and 2

Mrs. Chaya Sarah Radziminski

New Bitachon series: 1. What should I do when I feel stuck?

Mrs. Pearl Klein-Abramowitz

New summer series: 1 - We can choose not to suffer

Mrs. Shaindy Kleinman

Rabbi Shloimy Kleinman, Mrs. Kleinman's son, gives her seminary girls with special needs, chizuk on their final day of school!



Weekly Boost

Mrs. Shoshana Kay

24- Awaiting your salvation - with the presence of mind and the ability to keep going

25- Shoshana shares her life story: Chapter 1 - Our Perfect Little Life

26- Shoshana shares her big news after the Nekadesh technology event

27- Chapters 2-4, From embarrassment to dodging a bullet to being in a life I didn't choose, My Perfect Life continues in a not-so-perfect way.

28- After 10 days of the new flip phone, Shoshana shares her insights about her life change

29- Chapters 5-6: From housing market crashes to desperate search for a diagnosis and answers, the saga continues

#2221

Personal story

Mrs. Ahava Ehrenpreis

New personal story: More Than Special

Mrs. Raizy Sander

Unbelievable story that happened on the Nishmoseini hotline

#32

The image shows the Nishmoseini Line mobile application interface. At the top, there is a large orange header with the Hebrew text "nishmoseini" and a blue speech bubble icon containing the word "Line". Below the header, it says "A project by Hamaspik". The main screen is divided into a grid of nine white boxes on an orange background, each containing a number, a category name, and a small icon. The categories are: 1. NEWS + UPDATES (15 seconds), 2. LECTURES + SONGS (Pause), 3. PERSONAL STORIES (15 seconds); 4. PRIVATE COFFEE ROOM (1 minute), 5. DAILY Q&A (Instructions), 6. INTERVIEWS (1 minute); 7. DIAGNOSES, SERVICES + TECHNIQUES (5 minutes), 8. LIVE LECTURES (Bookmark), 9. NISHMOSEINI MAILBOX (5 minutes). At the bottom, there is a teal-colored call-to-action box with the text "Listen today at 718-759-1111".

Weekly Song | *The language of the soul*

#24

▶ Daddy Come Home
(*Yeshiva Boys Choir*)

▶ Tatte
(*Baruch Levine*)

▶ One More Miracle
(*Miracles*)

▶ I Believe
(*Miracles*)

▶ Broken heart
(*Miracles*)



718.760.1111

נייע דרשות

30 - ווי איזו קען אוֹךְ אַנְגִיָּן געהעריג אָפִילְוּ מיט שטארקע יסורים

31 - דארף מען מער דאנקען אוֹיפֶּאָפֶּעָנֶעָן ניסים אַדְעָר באַהֲלָטָעָן
ניסים

#211

פרישׁע שיעוריים

הרא"ר אברהם מרדיי מלך שליט"א

צום לאכן אוֹן צום ווַיְנָעֵן • שבת המسفיק-2022

הרא"ג אב"ד דושינסקי ויליאמסבורג ז"ל

ספצעיעלער שמועס פאר עלטען פון ספצעיעלע קינדער
גי אורך גיין פון אוֹן גוֹהֵן צום צוֹוִיסָן?

ר' יואל הכהן סאנדער הי"ו – אינטערויזין

א גאר אינטערויזנטע געשיכט זיך שפיטל זיך אָפֶּאָפֶּעָן
נשותינו

כ"ק אדמו"ר מהוסט שליט"א

די געשיכטן פון אוֹן ערליך אידישע פרוי וואס האט חתונה
געהאט מיט אָגִי

הרא"ר פישל שעכטער שליט"א

ווי איזו ציטז זיך מײַן חֶבֶר רֹאֵג אוֹן די שווערע טראפֿאַק?

הרב אהרן ארוי איזנברג

דער חילוק פון אוֹטָאָטָע אוֹן מאָמָע ווּן עס קומט זיך אָ
ספצעיעל קינד

תפָּעָל
הַנְּשָׁוָה

#214

ווענטלייכע שמועסן

ר' אברהם יוסף יאָקָאָבָאָוִוִּיטָשׁ הי"ז

31 - די ווערטער פון אוֹמאָמָע בַּי שְׁבָעָה פָּוּן זִיבְּעָטָן קִינְד

32 - די פְּרָאָבָלָעָם פָּוּן כָּלִיְּשָׂרָאָל אִז גַּעֲוָעָן אֶז דַּי האָבָן נִישְׁט
געהאטס "נשותינו"

33 - דארף אוֹךְ זיך שְׁעַמְּעָן צְּוּיְנָעָן?

34 - אִז מַיְן יַעֲצִיגָּעָר מַצְבָּה אַטְעָזָת?

35 - ספצעיעלע קינדער מאָכָט ספצעיעלע עלטען

ר' שמואל בנימין יוֹסֵט הי"ז

32 - אִיך בֵּין צַעְקָלָאָפָּט אוֹן צַעְלָלָגָן פָּוּן דַּי מַוְסָּעָנִישׁ מִיט
מיינע קינדער

33 - וְעַן אֵיך בָּאָרְכָּטִיגָּזָן צְּוּרָאָן צְּעָרָאָן עַגְמָתָ נַשָּׁאָן
וְעַן נִישְׁט

34 - וְאָס אִיך דָּעָר צִילְּפָאָסָן מִיטְּן גַּעֲבָן יִסְרָאָם פָּאָר אָ
מענטש

35 - ווי אַיזו מַעְסָט אֵיך מַיְן הַצְלָחָה אָן לְעַמְּן - חַלְקָ בָּ'

36 - ווי אַיזו מַעְסָט אֵיך מַיְן הַצְלָחָה אָן לְעַמְּן - חַלְקָ בָּ'

ר' שמואל עַקְשְׁטַיִן הי"ז

28 - וְאָס דַּי מַלְאָכִים קָעָנָעָן נִישְׁטָן, קָעָן אֵיך יָאָ

29 - די נִסְיוֹנוֹת מַאֲכָט אָמְעָנְשָׁת לְעַמְּן



The parents loved the idea of a live teleconference, and the timing was very good. Thank you!

I'm in the hospital overnight with my baby. Listened to the hotline, such chizuk!

I want to tell you the Mrs. Shira Francis is absolutely BRILLIANT, in her calm, soft spoken professional manner. She's a gift!

א גראסן ישר כה פאר דעם ארטיקל איןעם נשומותין גליון פון האדטוייר מחוסט טלייט".א. עס האט געגט חיזוק פאר פונקט ד ארך ואס מיר דראפֿן.

אך האב זיך יעצט באקענט מיט ד נשומותין פראגראם, אוון עס איך א געוואלדייגע חיזוק.

איך האב געוואלט וויסן איבט ס'אייד מעגלין צו האבן און אפטיליגונג וויס געס געס חיזוק פאר געשוויסטע. איבט איז שווין אא איך איפֿן ליאי, ביטע לאזן וויסן.

Kudos to you for offering this invaluable new marriage series by Mrs. Shira Francis, to Nishmoseini listeners! Her classes are very clear and so true to Torah.

The first class was full of ta'am and made perfect sense, I hope the listeners will be able to apply it practically. I loved the square vs. puzzle piece equation; its original (for me at least) and can open up new channels for connection. I absolutely look forward to catching the whole series; I'm so grateful you're airing it in the summer when most of my clients are in camp, and all my schools are not in session.

This message is for Mrs. Shoshana Kay. I'm amazed by the last messages, one about the smartphone and one, the first chapter of your life saga. Really unbelievable, amazing, sounds like a fiction story! I'm amazed at your courage. Keep strong and you're really inspiring all of us!

Thank you so much.

איך וויל איך זיער באדאנקען פאר די נשומותין ליאי וואס איז א געוואלדייגע זיך. איבערהויפט איז מליגט אחרוף שיעורום פון חיזוק וואס לערטען צו מקבל זיין ייסורום אוון שוואווערט מוצבם איז לעטן.

מיר פערענעליך געט עם איך אסאך חיזוק. מיר גיען דורך אסאך ייסורום, ס"י פיזיען, כתש פישט אויף א סכחהָדָג אופֿן ב"ה אבער פרטט ייסורום, אוון מְדַאֲרֵךְ זיך פשוט קענען שטאָהָן וו איז, אוון ס"י עפָּס וואס קען וווען אונגעראָפֿן גִּיסְטִישָׁע ייסורום, וו מען מאכט מיטס קינדער נישט אויף א פיזיען אופֿן אבער אויף א רוחניותָדָג אופֿן, אוון די שיעורום איז א שטאָרָקָעָר חיזוק. איבערהויפט די שיעורום פון ר' שמואל בְּנֵיִם יויסס איז מיר א געוואלדייגע חיזוק.

ועס איז א געוואלדייגע זיך וואס אור טוט, אוון השוֹיְתָּה זאל העלטן אוון זאלט קענען וויטער אַנגֶּן.

א גראסן ישר כה.



A project by
Hamaspik

סיעור עטלען פון ספצעיעלע קינדער,
איך דארפֿט מעָר נישט רײַזֶן דעם שׂוועָר וועג אלְין.

די נײַע ”נשְׂמֹתִינוּ“ האַטְלֵין איך דא מיט אַיזֶר



איך די נײַע נשְׂמֹתִינוּ האַטְלֵין
וועט איך שעפָן הײַפְּנס פון
חיזוק אוֹן הדרכה צוֹ העלְפָן
איַעַר סְיַעַר קִינְד שְׂטִיגָן
העכער אוֹפְּן לִיסְטָעָר.

’נשְׂמֹתִינוּ פַּרְעָזָעָנְטִירֶט אָן
ערְשְׂטָמָאַלְגָּע רַיְיכָע אַוְיסָאָל
פָּוּן אַנְהָאַלְטָ, חִזְוקָ, אוֹן
נוֹצְבָּרָע אַנוֹיְזָונְגָּעָן פָּאָר
עַלְטָעָר אָן מְשֻׁפָּחָה
מִטְגָּלְדָּעָר פָּוּן קִינְדָּעָר מִיטָּ
מִפְּוָדָה גַּעֲבָרוּקָן.

718.760.1111



איַעַר דָּרָךְ אַיזֶר גַּעֲצָלָן פְּרִוּוֹאָם
אוֹן שְׂטָרָעָגָן קָאנְפִּיעַנְטָשָׁאָל

הלהקה אַפְּטִילְוָגָן

מיַס טָעַלְכִּיעַ שְׁאָלוֹת וְתִשְׁוּבֹת בְּהַלְכָה
דוֹרָךְ הָגָאָן רַבִּי שְׁמַעַן גַּעֲרָטָנָעָר שְׁלִיטָאָ

אַנוֹיְזָונְגָּעָן אַפְּטִילְוָגָן

מיַס נַזְבָּרָע טִיפָּס אַיבָּעָר פַּעַדְעָרָאָלָע
פְּרָאָגָרָאָמָעָן, קְלִינִיקָל דַּעֲטָאָלָן אוֹן נַאֲךָ

פְּרָאָגָעָן אוֹן עַנְטָפָעָר

וְעַכְעַנְטִילְכִּעַ סְעִיסְעָס מִיס בְּאַרְמָטָע מְמוֹחָים
וְאָוָא מַעַן קְעָן פְּרָעָעָן סִיְּ וְעַלְכָעָ פְּרָאָגָעָס

וְעַכְעַנְטִילְכִּעַ שִׁיעָרִים

גִּיסְטְּרִיכִיכָּעַ לְעַקְצִיעַס, אוֹן אַינְטְּרִוְוִוִּיס
מִיטָּ וְעַלְטָ-בָּאַרְמָטָע בְּמוֹמָחִים

פַּעַדְעָנְלִיכָּעַ גַּעֲשִׁיכְטָעָס

פָּוּן הָאַרְצִיכָּעָגָן עַלְטָעָן פָּוּן סְפַּעְצִיעַלָּע
קִינְדָּעָר מִיס חִזְקָעָן אוֹן נַזְבָּרָע עַצְוָתָעָ

קוֹאָוּשׁ שְׂטִיבָל

אַפְּטִילְוָגָן וְאָוָא עַלְטָעָן קָעָנָעָן שְׁמוּעָסָן
וְאָשָׁא רַעַחָה יְעַזְרָאָר וְלַחְזָיוּי אִםְרָרְחָק



Compassion at the Core of Hamaspik

Compassion Chronicles

Compassion and care at the Core of the Hamaspik Family

I looked at him in disbelief. "Shlomo Zalman, it's impossible!"

Compassion Under The Car

When summer comes, most people are looking for a break. Not for extra work. Which made the email from the cook even more unique.

Above and Beyond

House a wreck. No food for Shabbos. And who will take care of the kids?

Sorted for Shabbos



Compassion Under The Car

Moses Meisner, Senior Software Developer

It was late when we left the wedding. The wedding had been beautiful, and we were thrilled to participate in the simchah of the executive director's daughter.

As I got into my car, I reached for my earbuds. But my hand slipped, and I lost one on the dark street. I looked around but I couldn't see it anywhere. Soon I was on my hands and knees, my phone flashlight in hand, groping around on the asphalt in the middle of the night.

"Need any help?" I looked up, surprised. Two Hamaspik employees were standing there — Shlomo Zalman Neuhaus, Maintenance Manager of the Williamsburg branch, and Nutty Steinmetz, IT Director.

I showed them the problem. My earbud had rolled under a large black SUV. The undercarriage was so low that it almost

touched the street. Mentally, I wished the earbud goodbye.

"I'll get it for you." Sholom Zalman said.

I looked at him in disbelief. "Shlomo Zalman, it's impossible!"

Shlomo Zalman didn't seem to hear me. He dropped to the floor and shimmied under the car. In seconds, he emerged, triumphantly brandishing the earbud.

I wish I had taken a picture — but I was using my phone as a flashlight. "I have a weakness," Shlomo Zalman admitted. "When I see someone who needs help, I can't stop myself from getting involved."

Every time I use the earbud, it reminds me of the Hamaspik compassion.



Not Even For a Weekend

Etty Wajsfeld, Comfort Health Care Manager Supervisor

"What do you mean the insurance is inactive?"

"That's what it says on your policy, ma'am."

Nechama Treitel has a client who is medically fragile and needs frequent medical care. Last week, when his mother tried booking him for an important procedure, she was told that the insurance is inactive.

For medically fragile clients, 24/7 insurance coverage is critical.

The panicked mother contacted Nechama to see if she could help. Later, Nechama also received a call from the parent of another medically fragile client who was facing the same roadblock — inactive insurance.

Nechama spent hours on the phone,



toggling between Medicaid and HRA. Every representative sent her in a different direction, and nobody offered any practical help. When Friday arrived, there was still no solution in sight.

She reached out to care manager supervisor,

Mr. Drummer, and Sura Gitty Gross, Associate Director of Care Management. Together, the three of them worked until less than an hour to Shabbos to make sure that their clients would not be left without care – even for just a few days.



A Spice called Nice

Anonymous

When summer comes, most people are looking for a break. Not for extra work. Which made the email from the cook even more unique.

Esther Steinfeld, IRA cook, emailed all the group home managers: her workload was lighter in the summer, and she wanted to know

if any client birthdays were coming up. She wanted to use her free time to prepare the clients' favorite foods for their birthdays.

The staff and clients of the group home can't wait to see what she cooks up this summer!



No Second Best for a Client

Etty Wajsfeld, Comfort Health Care Manager Supervisor

I knocked on the Cohen's door. With me was Chana Mindy Frisch, Comfort Health Care Manager. We were here to enroll a new client. This family already had a different child enrolled in Comfort Health, and Chana Mindy was her care manager as well.

The door opened and Shifra Cohen welcomed us warmly. "I have to tell you what a gift Chana Mindy is," she told me seriously.

"I have a large family and there's a lot going on. It's impossible for me to stay on top of all the services, providers, and appointments my kids need."

She went on to describe how Chana Mindy manages her child's schedule. "But it's more than that," she said. "She advocates for my daughter way beyond the call of duty. When she needed OT, I just accepted the therapist



the clinic assigned. I knew it wasn't the best fit for my kid, but I didn't have the head to deal with it, and I didn't want to bother anyone. But Chana Mindy refused to accept second-best. She spent a tremendous amount of time negotiating with the clinic — you know how

these phone calls go, so tiresome and frustrating. But she didn't give up until they reassigned her to a therapist that would really help her make progress."

Hamaspik employees like Chana Mindy care too much to give up.



Flashing fire alarm

Cheskell Fisher, Director of Residential Services

On Sunday evening, the manager of the 38th Street group home opened an urgent ticket for the group home's maintenance department:

The fire panel does not stop beeping. I tried to silence it, but it seems frozen in beeping mode.

The staff had already checked for signs of smoke or fire. Baruch Hashem, everything was fine. Except for the beeping, which was due to a technical issue with the alarm.

The maintenance department first tried the alarm company, but there was no response — it was the weekend, and it wasn't an emergency. So Mr. Kellner and Mr. Lowy, who are always there for anything needed at the group homes, tried to stop the beeping themselves, but they couldn't figure out how. The unrelenting noise was intolerable.

At 9 pm on Sunday, the managers reached out to the low-voltage company that services Hamaspik. The owner of the company himself drove over, and diagnosed the problem as a damaged alarm panel, which would need replacing. In the meantime, he shut off the alarm system entirely.

Finally, the beeping stopped. Everyone

relaxed. Everyone got ready to go to sleep.

Except Mr. Kellner and Mr. Lowy. With the alarm system disabled, the IRA was without working smoke detectors for the night. They knew it wasn't safe, even just until Monday morning.

At 10 pm Mr. Kellner and Mr. Lowy left on a search for smoke detectors. They tried every store still open in the area, but none of them sold what they needed. Still, they didn't give up.

Mr. Lowy called an acquaintance who owns a hardware store. Unbelievably, even though it was 10:30 pm, the store owner agreed to open his store and sell Mr. Lowy the smoke detectors!

The indefatigable Mr. Keller and Mr. Lowy returned to the house and installed the smoke detectors. Even though it had been a long day, they went beyond the call of duty and took the time to ensure that the smoke detectors were evenly spaced throughout the building. Only when they were confident that the IRA residents were sleeping in peace, quiet, and safety did they allow themselves to go home for the night. Thank you for your unparalleled devotion and concern!



The One and Only Client

Henny Lang, Boro Park Women's Day Hab Regional Manager

I was schmoozing with a woman at a kiddush. When she heard that I work for Hamaspik, she got all animated. “Do you know Malky Honig?” she asked.

“Of course! We’re good friends,” I told her.

The woman started telling me what incredible support Malky, an OPWDD_HCBS coordinator, gives her and her family. Her son has autism. He’s a challenging kid with a ton of energy, and they need around_the_clock care.

“Malky is our lifeline,” she said. “And she’s

always available, always patient, always caring.”

She was stunned to learn that Malky has “other” clients, too.

“I thought we were her only client,” she confided. “How can she possibly give so much to us, and to other people also?”

Actually, Malky has close to 60 clients in her caseload. But the attention and care she gave this family was so extraordinary, they had truly believed that they were the only one!



Until They Said Yes

Frimy Pavel, Comfort Health Care Manager

It was the first day of camp, and Simi was all packed up. The problem was she had nowhere to go.

Molly Hoffman, Simi’s care manager, was in the mountains when she bumped into Simi and her mother. They were both distraught—Simi explained tearfully to Molly that she had applied for both months of camp and hadn’t realized she was accepted only for the second half. When she got to camp on the first day, she had been turned away.

That wasn’t all. Simi’s mother was scheduled to undergo medical treatments during the

summer. She had nowhere for her daughter to stay in the city.

Molly’s heart went out to Simi. She knew she had to try to do something, even if she was unlikely to succeed.

Molly walked into the camp office and told the camp director how important it was for Simi to go to camp for the entire summer. She refused to leave the office until she got a “yes.”

Molly’s compassion for her client propelled her to step out of her comfort zone—and accomplish the impossible.



Above and Beyond

Chaya Tziri Jacobovitz, Playhouse Coordinator

We were short one counselor.

It was that busy time of year, between school and camp, and we'd arranged a full-day program for the kids. When I mentioned to Goldy Friedman, our Sunday coordinator, that we were short one counselor, I was totally not expecting what happened next.

"I'll come along for the day," she said.

"Are you sure?" I couldn't believe it. Goldy works Sundays. We needed her on Wednesday. Was she offering to step in on her day off?

Of course _ because Goldy was willing to do anything to give a child a great time. Thanks to Goldy, that child will never forget the trip on the NYC ferry _ and neither will I.



A Problem Shared is Problem Halved

Aron Porges, Comfort Health Care Manager

Things were not going great. After struggling for a long time, my client dropped out of yeshiva and started a job. Unfortunately it was not a good fit, and he quickly found himself out of work. When his second job also failed, he took it very hard.

My supervisor, Hershy Jacobowitz, saw what

was happening and sat with the client for three hours, simply listening to him share his struggles and offering a shoulder to cry on. The client walked away a new person. Although Hershy didn't talk about this to anyone, I recently heard about it indirectly, and am in awe of the compassion he has for every person he meets.



Sorted for Shabbos

Anonymous

House a wreck. No food for Shabbos. And who will take care of the kids?

On Thursday night, Bruchy Ettinger, CW_HCBS coordinator, received a hysterical email

from the mother of one of her clients. This mother of young kids was being rushed to the hospital because of a kidney stone, and she was desperate for help. They had a baby with



Down Syndrome who needed a lot of care, a house full of young children, and Shabbos was coming.

Being enrolled through C_YES, this client did not have a care manager, and Bruchy went above and beyond her job description to help out. She spent a long time on the phone Thursday evening, trying to arrange help. She had difficulty reaching available volunteers, and was still working on it Friday morning.

Eventually, she managed to find volunteers to go to the home and a family to take in the baby with Down Syndrome. She was busy until shortly before Shabbos, arranging, organizing, and coordinating to make sure this family would have as normal a Shabbos as possible.

It wasn't her job. But Bruchy's compassion meant that one struggling family could come to Shabbos as calmly as possible—knowing that out there, there was someone who really cared.



Hamaspik Undaunted

Surie Morgenstern, Family Care Liaison

When faced with a crisis, many people go into panic mode. Not so the Hamaspik team, who are always ready to jump in and help, no matter the time, day, or place.

Chana Lichtman, Integrated Health Care Manager, had a client in crisis. And it was Thursday; what kind of Shabbos would the family have?

The Hamaspik machine sprang into gear. Frady Wertzberger, CW_HCBS coordinator, made herself available late Friday afternoon

to sort out a last-minute worker cancellation and even offered to go to the house in person to throw in a few loads of laundry.

Mr. Lefkovits, OPWDD HCBS Director, sat with the father of the family for a few hours on Thursday afternoon, together with me and Chana Lichtman. It's not part of his job description at all, but he knew the father would feel more comfortable with another man for support. Thank you to everyone involved for going beyond your job descriptions with utmost compassion!



The Best Advocate

Etty Wajsfeld, Comfort Health Care Manager Supervisor

Miriam Gubnitsky's client Shmuli* was a teenager with challenging behavioral issues.

As a result, the yeshivah his parents wanted to send him to was hesitant to accept him.



Eventually, they decided to hold a meeting with the hanhala, the school social worker, and Shmuli's mother, who asked if Miriam could join the meeting too.

Although the school was initially very concerned about the difficulties involved in accepting this child, Miriam introduced them to the care team and support system behind the

client, who are 100% invested in helping him make progress and thrive.

The school was impressed. With such support in place, they felt more confident in Shmuli's ability to succeed in their school. The Hamaspik team didn't "talk them into it." Their compassion and commitment spoke for itself.



Anything for Her Client

Shaindy Weissman, Integrated Health Care Manager

It was Chana Lichtman's day off. But as Hamaspik's Integrated Health care manager, her sense of compassion is never on vacation.

Chana was home in Staten Island when she heard that her client had been suddenly hospitalized. Abandoning her plans for the day, she dropped everything and drove over to help.

She arrived to find chaos in the client's home,

as family and team members tried to unravel what happened and decided on next steps.

When Chana walked in, the atmosphere changed. Her presence provided a measure of stability, and she helped the family navigate the crisis with calm and compassion. Thank you Chana, for dropping everything to be there for your client and for the entire team!

Compassion
Winthers

Shea Teichman

Transportation Manager

Chaya Tziry Jacobowitz

Playhouse Director

The writer of each story and the portrayer of compassion, enter a raffle of a \$250 net bonus.
The Compassion Chronicles raffle is held once a month.



Acts of kindness

Toby Walter,
South 9th Street
Assistant Group
Home Manager



Chaya Gross,
49th Street
Group Home
Manager



Miriam Weitman,
Comfort Health
Care Manager
Supervisor



**Little stories of big hearts,
with great impact.**

Our medical coordinator, Miriam Zupnik, knew she would be out of the office for a while, and she wanted to make things easier for her staff and clients. Before she left, she prepared all the medical documentation her clients would need for an entire month.

Many girls in the IRA were leaving to camp a few weeks later, and she prepared their files as well. This was completely beyond her duties as medical coordinator, but she took this upon herself simply because she cared, and wanted to make sure things ran smoothly for everyone.

We feel so lucky and humbled to have Miriam as part of our team.

Accessoride is an easy, convenient way for our girls to get rides. But it's not so easy or convenient to get our girls enrolled. It takes hours of paperwork. Hours of appointments. Hours that we don't ever seem to have enough of.

But Miriam Klein, our veteran DSP, wasn't intimidated. She offered to take care of the entire project on her own. Usually this process is complicated, and individuals aren't approved right away, but somehow, Miriam has gotten every single one of our girls approved for Accessoride. What an accomplishment!

Zahava Moskowitz, Care Manager, took responsibility for a client's entire sleepaway camp experience. She started by researching which camp would be best for her, calling the client's teacher, social worker, and others. Next, she advocated for her acceptance into the camp of her choice. But she didn't stop there. She arranged financial help – and even spoke to the director to ensure the client would be placed in a suitable bunk with the best counselors. She did everything she would have if it were her own daughter going to camp. What care and concern!



*Shaindy Weigman,
Integrated Health
Care Manager
Supervisor*



*Miriam Westman,
Comfort Health
Care Manager
Supervisor*



*Chaya Gross,
49th Street Group
Home Manager*



She won't go to his appointments alone.

Cookie Landau, an Integrated Health care manager, has a client who suffers from anxiety and phobias that prevent her from attending medical appointments. The problem is, those appointments are important.

Cookie came up with a solution to make sure that her client gets the care she needs: Cookie herself accompanies her to her appointments. This involves a lot of effort and energy to arrange her schedule and get to the right place in time, but she makes sure to be there. Because being there for our clients is what Hamaspik is all about.

Rikki Pultman is our super organized new office manager, and she's extremely helpful with transitioning new care managers. Her concern for her clients is evident in the little details that aren't so little at all.

Recently, one a client's mother mentioned that her son would love a guitar – it would be such a great outlet for him. Rikki didn't just listen and forget about it, she looked around and found him a bargain—a great guitar at a yard sale. The boy was so excited at this dream come true!

There are extraordinary acts of kindness that steal the headlines. And then there are extraordinary acts of kindness that nobody will ever know about.

I'm talking about the work the DSPs do every day at the group home. Every hour is filled with unbelievable acts of kindness that don't win acclaim or awards but definitely don't go unnoticed by our Father in Heaven. As the year draws to a close, this is a shout out for the countless unseen acts of compassion that are performed without fuss or fanfare at the unique home on 49th Street.



**Chaya Tziri
Jacobowitz,
Playhouse
Director**



“Where on earth is that box?”

The driver was waiting outside, and the box had to be delivered to Williamsburg for our end_of_year staff event that night. We looked high and low, but we couldn’t find it anywhere. Eventually, the driver gave up and left. We continued searching, getting increasingly anxious as the day went on. We needed that box!

We called Miri Rosenberg, Administrative Supervisor, to tell her about the problem. It was long after working hours, but she located the box and sent it to Williamsburg. Thank you for going out of your way to save the day (or rather, the evening)!

Summer had arrived full force. Between the kids at home and the mad rush to get ready for camp, everyone was feeling overwhelmed.

Playhouse was open during these hectic two weeks, and pickup and dropoff schedules were different and constantly changing.

Mr. Teichman, Transportation Manager, remained calm and focused. He arranged every little bus change or pickup and dropoff in a relaxed, forthcoming way, despite the constant changes. It may be vacation time but it certainly wasn’t a vacation for him—and yet Mr. Teichman attended to every detail efficiently and meticulously so that the program could run smoothly and the children would all have a great time.

Thank you!



We rise by lifting others

_ Robert Ingersoll



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about helping others?

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Course starts in September • Classes are once a week

Learn from our
community's mental
health experts, including:
Mutty Solomon, LMHC.

Other professors in the
program include:
Chaim Winter, LCSW
Menachem Dubavick LCSW
Mordy Neuman LCSW

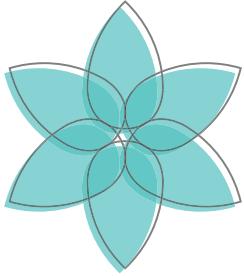


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MENTAL HEALTH DIAGNOSES

Comprehensive overview of the diagnoses we deal with on a daily basis.

Brought to you by:

Mr. Hershel Wertheimer
Executive Director

BIPOLAR & SIMILAR MOOD DISORDERS

Disorders characterized by extreme changes in mood, emotion, and energy

Neurodevelopmental Disorders

Schizophrenia Spectrum Disorders

Bipolar and Related Disorders

Depressive Disorders

Anxiety Disorders

Obsessive-Compulsive and Related Disorders

Trauma- and Stressor-Related Disorders

Dissociative Disorders

Somatic Symptom and Related Disorders

Feeding and Eating Disorders

Sleeping-Wake Disorders

Disruptive Disorders, Impulse-Control Disorders

Substance Related and Addiction Disorders

Neurocognitive Disorders

Personality Disorders

INTRODUCTION

Bipolar is a disorder that develops in the late teenage years. It can be diagnosed from age 16, and is characterized by extreme changes in mood, emotion, and energy. Someone with bipolar disorder might appear like the devil one day, and a saint the next. One day, they'll be in a great mood—so high, in fact, that sometimes it can reach the point that they are not in touch with their surroundings. These extreme highs are known as “manic” episodes. The very next day, however, they might feel sad, broken, and utterly depressed - a stark contrast to their mood on the previous day.

In our community this could manifest as follows: When a teen is on a high, he is a “tzaddik of a bachur.” He learns for long hours and davens with great fervor. Then his mood changes and he loses his drive completely. While he is in this low state of mind, he still feels that he is genuinely a tzaddik based on his actions from the day before, and he is disappointed that he is not performing like he did the previous day, thus furthering his feelings of despair. As soon as one day later, though, he might experience another manic episode. Once more, he’s a tzaddik! But because he can’t understand why he was such a good-for-nothing the day before, he begins hating himself, and the negative pattern continues.

Not all people who suffer from bipolar symptoms actually have bipolar “disorder”. There are specific symptoms that classify a person as having bipolar disorder, which will be explained below. First, though, let’s discuss mood changes

in general. These are not necessarily bipolar disorder, and they occur at a range of levels of severity. Here, we divide it into 4 categories:

Mild:

People with mild mood changes function as regular people, and their mood changes aren't terribly noticeable. They might find it helpful to become more self-aware and to understand which steps they can take to help themselves stay strong and not become discouraged when they are in a low mood. They can also learn to capitalize on the better moments to accomplish the things they really want to do.

Slightly Serious:

When a person has mood changes that they're embarrassed by, and therefore cause them to isolate from society and suffer from a low self-image, the mood disorder is considered slightly serious. In this case, the low moments are usually more intense than the highs. This person needs professional help – therapy such as CBT, or medication to help them regulate their moods – so that the moods don't fall too low. It is important for those around them, such as parents and teachers, to work together with them on the journey to a more stable place.

Serious:

Serious mood swings are even more intensive, long-lasting, and unmanageable. Such a person requires more professional help, and may even need someone to accompany them throughout the day.



Extreme:

Extreme mood changes can be one of the most difficult mental health challenges, and people who suffer from them are unable to function at all in mainstream society. This can take the form of manic episodes or hallucinations that warrant hospitalization. Such people might not be in touch with their surroundings at all.

THE BIPOLAR DIAGNOSIS

Before we discuss the differences between the different kinds of bipolar disorders, it is important to clarify precisely what defines bipolar disorder.

Firstly, with bipolar disorder, when the person is in a “low” mood, their symptoms are consistent with the symptoms of a typical depression (clinically known as MDD, major depressive disorder). This would include feelings of helplessness, low energy, low focus, and eating and sleeping either too much or too little.

What differentiates bipolar disorder from depression is the fact that the person with bipolar doesn’t remain in the low state; their mood will suddenly swing back to the other end of the spectrum. These periods are known as “manic episodes” or “hypomanic episodes,” depending on how extreme they are. In a manic situation, the person might feel highly energetic, very excited and optimistic, and good about themselves – high self-

esteem. While this doesn’t sound negative in theory, when it becomes too extreme, a person can lose their senses and do things that will cause them great aggravation in the future, such as investing all their money in a risky venture – because in their current ecstatic mood, things look rosier than they really are, and they have no doubt that the venture will succeed.

In a manic state, a person might behave carelessly, speak non-stop, feel their thoughts “galloping” at super high speeds, or feel like they don’t need any sleep. They might genuinely believe their fantasies, such as that they are a special emissary from Eliyahu Hanavi and were sent to complete a certain mission, or that they have supernatural powers and abilities.

BIPOLAR 1 AND 2

Let’s classify the deeply depressed state, classified as a “depression episode,” as a “1” on the mood scale, and the extreme opposite, the “manic episode,” as a 10. When a person has a manic episode, it is a serious situation that often requires hospitalization, and may also alter his life forever.

Regular people also experience mood shifts and changes; nobody is in the same mental state all day, every day. But if we use the same “scale” to measure their moods, they generally hover around a “4” when they’re sad, “5” when things are regular, and “6” when they are

very excited. On rare occasions, when they are going through something difficult, they might go down to a “3,” or during a time of extreme excitement, their mood might classify as a “7”.

People with depression go from the normal “5” down to “2” or “1,” and stay down there for several weeks. They might rebound somewhat, but they’re at the lowest end of the spectrum.

In contrast, bipolar sufferers have extreme mood changes, and the way in which it plays out depends on what kind of bipolar the person has.

To be classified as bipolar 1, the depressive episode must last for at least two weeks, with the person feeling like their mood is at a “1” or “2” during this time. Afterwards, they shoot back up to a manic episode, a number “9” or “10,” that lasts for at least a week – or, even if shorter, it is intense enough that they require hospitalization. (A person with a manic episode who is left unattended can last this way for as long as 3 to 6 months!)

Bipolar 2 is more or less the same as bipolar 1, with one difference: The manic episode does not go up so high. This is why this type of manic is known as “hypomanic”. They are in a depressive state for a minimum of two weeks, then their mood changes, but not to the highest level. It might be a “7” or “8,” but it will last for at least four days.

The third type of bipolar is cyclothymia. This is when neither mood goes to an extreme, but it goes up and down, more than is regular for at least two years. This

Expand your knowledge

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is what people commonly refer to as bipolar – when the person is constantly shifting between energetic and unmotivated, often one day to the next.

CATCHING IT IN TIME

Catching problems early can be lifesaving when it comes to all mental health diagnoses. This is especially true when it comes to a diagnosis like bipolar, where the person could become psychotic.

As mentioned earlier, bipolar is not diagnosed before one is 16 years old. Until this age, the child is more or less like a regular kid his age, although they might demonstrate a bit of a weaker mental “immune system,” so to speak. However, when the child reaches age 16 or 17, they may begin to exhibit massive changes, to the point where people understand that things cannot continue in this way. Sometimes there’s an episode that lands them in the hospital, and the parents come home with a different child – it’s not the same boy or girl that had a mild issue; a world has changed.

Not everyone who smokes gets lung cancer, because not everyone who smokes has the genes that make them develop the illness. However, not everyone who has the cancer genes actually ends up getting cancer. This is because such conditions

are caused by a combination of the person’s biological genetic makeup working in tandem with external factors.

In this case, a person who has the genes that make them susceptible to developing bipolar disorder, as with any other serious mental health diagnosis, has a greater likelihood of developing the disorder. However, if they are nurtured and loved as a child, are not bullied, and are successful and happy, their chances of developing the illness decrease dramatically.

Bipolar and manic episodes develop when a main nervous passageway gets clogged, causing a backup. It does not get clogged up in one day, and there are systems in place that are meant to deal with such backups. But because this person’s system is genetically weaker, in addition to the fact that they weren’t nurtured adequately or they were abused, the backup might hit a point where it explodes.

This is important to keep in mind, because when a child exhibits mild problems, great care must be taken in how he is handled. If such a child gets bullied in school, he might easily reach the point of no return. It’s important to remain aware. And if symptoms of mood disorders appear in a teen, they should be evaluated as early as possible. The longer the wait for a diagnosis is, the deeper the teen becomes entrenched in the disorder, and the lower the chances are of preventing a full-blown episode that could cause lasting damage.

To be continued...



QUESTIONS & ANSWERS

Mental Health questions responded to by our Executive Director, Mr. Wertheimer

Q: In this fast-paced world, many young children are anxious and restless. Many have a hard time staying focused on learning and davening. It takes loads of effort for them to stay engaged in the lesson, say tehillim, and daven, and they get emotionally exhausted from cheder/school. What type of treatments, besides play therapy (and medication) can help young children with mild anxiety?
Do you have any suggestions for parents to do/not do to help them?

A: Hi, and thank you for your question.

You begin your question by asking about kids who are restless and struggle to stay focused when they're learning and davening, and you end by asking about children

with mild anxiety. The beginning of your question doesn't necessarily have to be caused by anxiety; it can happen due to ADHD, or a host of different issues.

To address your overall question: When you see a child exhibit such symptoms, it is always advisable to consider the child's surroundings. Does the child have a healthy backbone and a circle of support around them? Does he/she receive love at home? There is a world of a difference between a child who has a disorganized life and whose head is all over the place, and a child who does have a healthy home. Even if the a child from a healthy home has these problems, they can be due to ADHD or something else.

In summary, your first course of action would be to consider the child's complete situation and try to determine an underlying cause.



ליין אוין פון סאציאלע ענקז'יעטי דיסארדער, דה. אז זי האבן אנגסט וווען עס קומט צו באציאונגען מיט אנדערע. אוון אפליו וווען די סעלעקטיווע שטומקיט וווערט פארשואונדן בליבט אבער די סאציאלע ענקז'יעטי.

זו העלפן קינדרער מיט "סעלעקטיווע מיטויום" נוצץ מען געווענליך CBT, פלייע טראאפי, פAMILIUS טראאפי אוון SSRI מעדייצינען.

ספעציפישע פאייע

דיסארדער 2

"פאייעס" זונען א שטארקער פחד פון א געוועסעה זאך. פארהאן מענטשן מיט א פאייע פון פלייען, פון הוכעה פלעצעה, פון חיות, פון באקומוון אין איינשפרץ אדער זען בלוט.

בי' ערואקסגע שפילט זיך די פאייע אויס מיט פשוטיע ענקז'יעטי סימפטאמען. בי' קינדרער קען עס ארויסקומוון דורך ווינען, ואופן א טענטרום, וווען געפוריין אוון זיך שטארק אנקלעבן אין איינעם זאל אים היטן.

כדי צו וווען דיאגנוזרט מיט א ספעציפישער פאייע דארך דער מענטש אלץ מורה האבן פון ינענע ספעציפישן מצב. ער דארך עס אקטיוו פרוביין צו אויסמיידן, אוון אויב מווע ער עס טון (למשל פלייען אויר א פלייגער אדער ארויפיגן א הוויכן בנין) וווערט עס געטן מיט שטארקער פחד אוון ענקז'יעטי. די ענקז'יעטי דארך זיין אויס פון פראפארכ קעגן די סכהנה ווועס יונען זאך קען זיין.

אנדרער שי' אנדערע ענקז'יעטי דיסארדערס האט דער מענטש נאר א פראבלעם וווען איין ספעציפישער גורם ("טריגער") קומט אין. אויב זיין פאייע אוין פון פלייען ער אנגיגין מיט א נארמאלאן אוון געווענליך לעבן און קיין ענקז'יעטי, בי' עס קומט אויס או ער דארך פלייען. אויב געלונגט אים אויסצומידיין פון אריינפהאלן אין א סיטואציז פון פלייען קען ער אנגיגין מיטין לעבן אומגענטערט.

די פחד, ענקז'יעטי אוון פרואוון אויסצומידיין די סיטואציז דארך אנגיגין פאר וויניגסטנס 6 חדשים.

זו העלפן מענטשן מיט פאייעס נוצץ מען געווענליך CBT אוון "עקספאזושער טראאפי"

1.6 פראצענט פון צענערלינגען ליין דערפון אוון בי' ערואקסגע שטיטט דער ציפער צוישן 0.9 אוון 1.9.

אפטמאל קומט טעפערעשאן ענקז'יעטי אלס תוצאה פון דעם וואס דאס קינד אוין אמאל יונגעראהייט בטיעות אדער בכוונה איברגעלאלזט גוואוָרַן פאר א לענגערער ציט אפשנט, א שטיגיגער ווילטען וואס האבן געליגט א קינד שלאָפַן אוון ארויסגעגאגען שמווען מיט שכנים, אוון דאס קינד האט זיך אויגגעוּקַט אוון זיך געטראפַן אלְּיַין אוון געווינט אפער שעה בי' די עלטערן זונען אングעקומוון.

זו העלפן מענטשן מיט טעפערעשאן ענקז'יעטי נוצץ מען אפט CBT, פלייע טראאפי אוון פAMILIUS טראאפי.

סעלעקטיווע שטומקיט

דיסארדער 1

ווען א מענטש וואס קען געווענליך רעדן רעדט נישט אין געוועסעה סיטואציז, קען עס זיין א צייכן או ער ל'ידט פון "סעלעקטיווע שטומקיט" (selective mutism), צייטן וווען ער ווועלט אויס נישט צו רעדן. למשל א קינד פון ווועמן עס אויז ערוארטיעס אין א געוועסעה סיטואציז או ער זאל רעדן, א שטיגיגער ווילטען, אפער ער רעדט קיינמאל נישט, קטש וואס אין אנדערע סיטואציז רעדט ער יא.

כדי צו וווען דיאגנוזרט מיט "סעלעקטיווע מיטויום" דארך עס שטערן דאס קינד אין זיין ער ל'ימודים אדער אין סאציאלן היינזט. עס דארך אנהאלטן וויניגסטנס אין חודש, אוון דאס נישט רעדן קען נישט וווען אנגעליגנט או עס קומט אפשר צוליב וואס ער אויז נישט אויז גוט באהוונט אין דער שפראך וואס מען רעדט דארך.

סעלעקטיווע שטומקיט אויז א רעלאטוו זעלטונגען דיסארדער, אוון וווען עס טרעפַט זיך אויז עס על פי רוב בי' יונגע קינדרעה. זיינער אפט הייבט זיך ער אן בעפער די פינפַט איר אבער וווערט נאר באמערקט שפטעה, וווען דאס קינד הייבט אין גיין אין שולען, ווילט דארט דערקענט זיך דער פראבלעם.

אסאך קינדרער וואקסן אלְּיַין אויס דעם פראבלעם, אבער ער וויזט זיך אויס או אסאך פון די קינדרער

מעט הולט דיאגנוזן

Neurodevelopmental Disorders

Schizophrenia Spectrum Disorders

Bipolar and Related Disorders

Depressive Disorders

Anxiety Disorders

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Personality Disorders

לוייטן DSM-5 זונען פארהאן 9 ענקזיעיטי דיסאדרדער.

"סעהערעשאן ענקזיעיטי דיסאדרדער"

"סעהערעשאן ענקזיעיטי דיסאדרדער" ווערט דיאגנוזרט ווען עס באויזט זיך בי עמיצן א שטארקע אנטסט אונז ענקזיעיטי - וואס שטימט נישט מיט דער געווניליכער אויפירונג אין דעם ירגאנגע - ווען ער ווערט אפגטעטילט פון די עלטערן אדרער נאנטער. כדי צו ווערן דיאגנוזרט דערמייט דארף מען האבן דריי פון די פאלנדע 9 סימפטאמען:

בסדר'דיגע שטארקע אנטסט ווען מען ערוארט אדרער גייט דורך אמצע פון ווערן אפגטעטילט פון שטוב אדרער פון אנדרער נאנטער מענטשן.

בסדר'דיגע זאיג איבער פארליין א נאנטער מענטשן אדרער איבער שלעכט זאכן וואס קענען זיך פאסירן, זוי קראנקהיטן, אדרער טויט.

בסדר'דיגע זאיג איבער דורך גייט דורך זיינט ערוארט, זוי אפטילען פון זיירער נאנטער, ווי ווערן פארליין, ווערן פארכאפט, מיטמאן אין עקסידענט, ווערן קראנק.

בסדר'דיגע שועעריגקייטן אוריוטציגיין פון שטוב, צו שלוע, צו ארבעטן, אדרער ערגעץ אנדערש, צוליב מורה פון ווערן אפגטעטילט.

בסדר'דיגע פחד פון זיין אלילין אדרער אן די וויכטיגע נאנטער מענטshan, אינדרההים אדרער אין אנדרער פלאטען.

בסדר'דיגע שועעריגקייטן צו שלאפען ערגעץ נישט אין דער איגענער הים, אדרער צו גיין שלאפען אן האבן איינס פון די נאנטער מענטשן נבען זיך.

בסדר'דיגע שלעכטן חלומות וואס רעדן זיך פון ווערן אפגטעטילט פון די נאנטער.

בסדר'דיגע פיזיעש סימפטאמען ווי קאפ וויטאג, בויך וויטאג, שפירן ווי קאפ שוינידלט ("דייזי") אדרער ברענן, ווען מען איז אפגטעטילט פון די נאנטער אדרער מען ערווארט צו ווערן אפגטעטילט.

כדי צו ווערן דיאגנוזרט דארף די פחד און ענקזיעיטי אנגאיין פאר וויניגטנס 4 וואכן בי קינדר ער און צענענעליגגען (דה. קינדר ער אין די צענער יאן, "טנייעידזשערס"), און וויניגטנס 6 חדשם בי ערואקסען.

"סעהערעשאן ענקזיעיטי דיסאדרדער" איז די מערסט אפטע ענקזיעיטי דיסאדרדער בי קינדר ער אונטער 12 יאה. בערך 4 פראצענט פון קינדר ער ליידן דערפונג,

און אומראיג. פאר א בחינה איז יעדער אנטגוצויגן, און עס איז נארמאל. ווען ווערט עס א דיסאדרדער? ווען די ענקזיעיטי איז אומפראפרציאנעל צו דער סייטואציע וואס ברעננט עס. עס האט אוייך פיזישע וועגן ויאזוי עס קומט ארויס ווי שוויצן און שפירן ווי דער ביך דרייט זיך, און פיסיכאלאגישע סימפטאמען ווי שועעריגקייטן צו קאנצענטרירין און אויפפרירונג טוישונגען.

אונזער מגליקיט צו ווערן אנטגוצויגן איז בעטס א מתנה פון הימל. וואס וואלטן מיר געטוון און דעם ווען ער בענטט א פיעיר און מען דארף שנעל רاطעונן יען ארים פונעם בנין? געלביבן שיין רואיג און דערבי געליגט אין געפאר זיך און אנדער. אנטגוציגנקייט שיקט א מעסעדזש צום גאנצן גוף איז יעצת איז א קרייס און מען דארף זיין קאמפסגריט און נוצץ אלע מגליקע רעסוסן אפזושלאג דעם געפה.

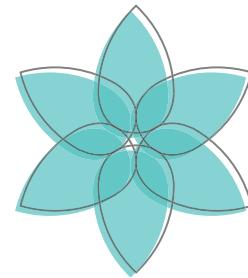
זיין עקסטרעם אנטגוצויגן איז געמאכט פאר עקסטרעמע סייטואציעס, עס איז נישט א מכב אין וואס א מענטשן קען לעבן פאר לעגעער צייט אפשנטין, און דאס איז דער פראלעלום פון ענקזיעיטי. דער ענקזיעיטי לידנדער איז אין דעם אומראויגן מכב אפיקל ווען די סכה איז יעצת איז זיין פארהאן, אדרער איז נישט אפיקן העכסטן, שטאפל פון ואקוואמקיט און אנטסט אופין מענטשן, און דאס ווירקט זיינט שלעכט אויס אויפן מענטשן. ענקזיעיטי סימפטאמען זיין אוזו שוער איז עס שטערט מיט די טיגליך אקטיוויטען ווי ארבטען, עסן און שלאפען.

דער חילוק צוישן א געוועניליכע פחד און ענקזיעיטי איז איז פחד איז אן עמאציאנעלער ענטפער צו עפערס וואס פאסירט יעצת אדרער גייט יעצת פאסירן. עס איז דא א פיעיר שפירט מען נאיטריליך א פחד, דאס רוקט אורייך די אנטגוציגנקייט שטאפלען און מען פרובייט צו ראטעוון וואס מען קען. ווען א מענטשן האט פון מראה מאכט עס אים אויניגגין איז א מכב ווי אדרער פרובייט ער צו באקעמען דעם געפאר (אויסלעשן דעם פיעיה, אפטשטעלן דעם גנבי) ברעננדיג הוי, אנטלייפט פונעם גנבי, אדרער בליבט ער געפרורין פון פחד און טו גארנישט (ווי א הרוש וואס קען בליבין שטיין געפרורין ווען ער עט א קאך קומט צו פלייען).

ענקזיעיטי, פון דער אנדער ער זיינט, איז ווען דאס אלעס קומט אריין צו א מענטשן אן א פיעיר פארנט פון זיך. ער טראקט פון עפערס און דאס ווארט אים אריין איז איז שטארקער אנטסט ווי כאילו עפערס געפערליך זאל ווען יעצת פאסירן פארנט פון זיינט אויגן. ענקזיעיטי ליגט אריין א מענטשן איז א מכב פון אויסמיידן מכבים און זיך איפפרן אנדערש ווי ער וואלט ווען נישט די ענקזיעיטי.

מענטל העלט דיאגנАЗן

קורצע און דעטאלירטע איבערציגט אויך די דיאגנАЗן מיט וועלכן מיר ארבעטען טאגליך
געברענגט צו אויך דורך: [ר' העREL ווערטה הימער, עקזעקטויז דירעקטאָר](#)



ענקייעטי דיסארדערס

שפירן אנגסט, שטענדיגע פחד, און אנטעזונגקייט

חלק הא'

דער אינהאלט פון דעם קאַלום איז גערשין געווארן בלוייז צו געבן אינפאותאָציע און ידיעות און דעם פעול.
די אינפאותאָציע קען נישט גענצעס וועח צו דיאגניזין זיך אַדער אַנדערן; ס"י עס איז נישט מעיליך און
ס"י עס קען זיין געפארפֿל אויך למעשה דארף מען זיך פֿאַרבֿידן מיט אַמענטל העלט פראָפעסיאָנאָל.



פאר'דאָגה'קייט), און "ענקייעטי דיסארדערס"
זענען אַגראָפֿע פון פֿאַרשידענע דיסארדערס
וואָס קּומְעָן אַרְוִיס אַין פֿאָרָעָם פון אַנגָּסֶט.

ארײַנְפֿיר

ענקייעטי קען זיין גענערתיש. עס קען אויך
קּומְעָן פון סטורהָס, עגמְתָה נֵפֶש, פון דער סביבה
אַדער פון סאַצְיַאלָע פֿאַקטאָרָן, און עס קען זיין
אַקְאַמְבִּינְאָצְיעָ פון עטיליכְבָּן.

יעַדְעָר ווַיִּסְט ווַיֹּזְעִי אַנגָּסֶט שְׁפִירָת, ווַיַּלְמַד
אלְעַלְלָהָבָן צִיְּתָן ווְעַן מִיר זענען אַנְגַּעַצְיוֹגָן,

ענקייעטי דיסארדערס זענען בְּריִיט
פֿאַרשְׂפֿרִיְיט אַון אַפְּעַקְטִירָן אַזְוִיפֿיל ווּ 30
פֿרְאַצְעָנְטָן פון עַרְוּוֹאַקְסְעָנָע בְּיַי אַ גְּוּווֹיְסָן
פֿוֹנְקָט אַיז זִיְּעָר לְעֵבָן. "ענקייעטי" מִינִיט
"אַנגָּסֶט" (אוֹמוֹרָה, פְּחָד, הָאָרְץ-קָלְעָמָנוּנִישׁ,



The Loop: Survey Stats

A Collection of Responses to the Recent
“In the Loop” survey

What is the most popular column in the Loop?

In our recent survey, these three columns ranked top of the list of most widely read:

#1

**Compassion Chronicles**

#2

**Capture the Moment**

#3

**Main feature**

Fun fact: in the first survey, April 2021, the feature ranked highest, followed by Compassion Chronicles.



Comments and Suggestions

Most common comment (after “thank you” - which we always appreciate):

Can you publish the Loop more often?

An idea we hope to implement soon (look out in the Loop!):

Add a “How to...” column
for example, “How to conduct a productive conversation with your client” or “Tips on how to be organized”

One great suggestion from the last survey that was implemented right away:

“As we are ever growing, constantly expanding and always hiring, a page with all the openings and a brief job description might help employees bring on new hires.”

Recognize how this popular comment (from the first survey) has been incorporated in the current Loop content?

“I would love to see added an article on specific mental health topic written by a professional.”



What would Hamaspik employees like to see added to the Loop?



True stories (💬) 87 • 24%

Humor (😄) 74 • 20%

Practical tips (💡) 61 • 17%

Recipes (➕) 38 • 10%

Divrei torah (📚) 34 • 10%

Serial stories (📖) 32 • 9%

Short fiction stories (✍️) 22 • 6%

Kids section (👶) 11 • 3%



Fun fact:

Here are some of the suggestions we received in the first survey that have been implemented since:

1. Hamaspik history ((via old Hamaspik Gazette articles | Yiddish)
2. Letters to the editor
3. Positive feedback from clients and parents
4. One great picture with an explanation

Have your say in a future issue of the Loop:

As we reflect back on a beautiful year of growth and giving, which client interaction has touched your life? Tell us about it in a few paragraphs to be published in the Loop!

Email your answer to intheloop@hamaspikkings.org. We're waiting to hear from you!



Simchos

Mazel Tov!

Mazel Tov!

Simchos in the Hamaspik family



Mr. Yehuda Spangelet

Director of Day Services, Hamaspik School and
Kinderville Administrator

Mrs. Leah Spangelet,

Integrated Health Care Manager



Upon the birth of a baby boy!



**Mrs. Hendy Fischer
(Seide)**

Self-Direction Agency Broker,
Upon the birth of a baby boy



Mrs. Rivky Goldman,

Sipuk Program Director
Upon the birth of a grandson



Mr. Eli Fischer

LMHC-Sipuk

Upon the birth of a baby boy



Mr. Leiby Feder

CW HCBS Director

Upon his son's upsherin



Mrs. Malky Rosinger

LCSW-Sipuk

On the birth of a baby girl

TeenPower hotline
Coming September 2022



We're building something

BIG

and we want you
to be a part of it!

Hey teens! Take a survey
to make your voice heard

718.863.1111

Press option 2 to take the survey

All girls who participate in the survey
will be entered to win a complete
chocolate fountain package delivered
to their camp or bungalow colony!

CALL OUR HOTLINE TO EXPERIENCE THE EXCITING PRE-LAUNCH PROGRAM

Meet
our hotline director

Connect
with other teens like you

Help
shape the hotline



A project by
Hamaspik



Big career opportunities. Helping **little** ones.

Great salary • Fabulous benefits and perks • Full time • Boro Park office

OPPORTUNITIES:

Quality Assurance Supervisor

Monitor quality assurance and compliance of Milestones EI agency within NY regulations.

Requirements

- 5+ years experience in EI
- BA in health and human services or MA in a related field
- Attentive to detail

Service Coordinator Supervisor

Oversee a team of 18 EI service coordinators. Hire, train, and provide ongoing supervision to ensure maximum effectiveness.

Requirements

- 3+ years experience in EI
- BA in health and human services or MA in a related field
- Leadership skills

Talent Acquisition Specialist

Find, screen, and attract qualified candidates to fill open positions. Help build a professional, highly capable team.

Requirements

- Work experience in the education/therapy field
- People skills
- Excellent communication skills

Service Coordinator

Facilitate EI services by acting as a liaison for parents in the Milestones program. Arrange services, monitor progress, and manage client communication.

Requirements

- BA in health and human services or MA in a related field
- Organized and people skills

skymediaco.co

Send resumes to milestones@hamaspikkings.org

718.387.8400 x 630



A project by
Hamaspik



Milestones, Hamaspik early intervention, is growing our team. We are seeking enthusiastic professionals looking to build a career doing meaningful work, helping developmentally delayed children age 0-3 reach their developmental goals through therapy and other care services.



CW-HCBS

CW-HCBS Coordinator for the following locations:

Boro Park-email resume to: CGreenfeld@comforthealthny.org
 Williamsburg-email resume to: STessler@comforthealthny.org
 Five Towns-email resume to: GLipschitz@comforthealthny.org

CW-HCBS Compliance Reviewer

Email resume to: Rschnitzler@comforthealthny.org

Marketing

Marketing Project Manager

Email resume to: marketing@hamaspikkings.org

Finance

Billing and Receivables Coordinator

Email resume to sreinhold@hamaspikkings.org

Sipuk

Insurance Authorization and Billing Specialist

Email resume to jobs@sipuk.org

HR

HR Coordinator/Front Desk Secretary

Boro Park: Email resume to HR@hamaspikkings.org
 Williamsburg: Email resume to HR@hamaspikkings.org

Group Homes

Staff for night shifts-girls residence

Call 917-648-6251 or email ykasnett@hamaspikkings.org

Staff for morning and night shifts-boys residence

Email resume to cfisher@hamaspikkings.org

Couple for Shabbos and Yamim Tovim

Call 718-387-8400 ext. 165 or email RGross@hamaspikkings.org

Administration / Front Desk

Williamsburg Administrative Assistant/Front Desk Secretary

Email resume to: Mrosenberg@hamaspikkings.org

Executive Wing

Executive Assistant

Email resume to: info@hamaspikkings.org

Software

Help Desk Coordinator

Email resume to: CAltman@hamaspikkings.org

The Hamaspik School

Boro Park Seeking driver for bus route

Call 718-302-3333 ext. 5245



New hires

New additions to the Hamaspik team



Hinda Perel Adelman	Direct Support Professional-38th St Group Home
Risa Salel	Software Implementation Intern
Golda Nicha Knobloch	HR Coordinator
Esther Berkowitz	Leadership Content Writer
Yides Krausz	HR Coordinator
Chaskel Horowitz	HR Project Manager
Rachel Davidowitz	OPWDD HCBS Recruiter-Williamsburg
Chana Zissy Rosenbaum	HR Coordinator
Rochel Feldman	HR Coordinator
Stewart Jay Sodden	The Hamaspik School Psychologist
Raizel Leah Farkas	OPWDD HCBS Coordinator (Five Towns)
Baila Mayer	OPWDD HCBS Coordinator (Williamsburg)
Melissa Paige Feder	OPWDD HCBS Coordinator Assistant (Five Towns)
Avigail Sarah Berkovic	OPWDD HCBS Coordinator (Five Towns)
Mona Kempler	Intergrated Health Care Manager
Goldie Guttman	Comfort Health Care Manager
Ratza Twersky	CW HCBS Coordinator (Boro Park)
Toby Reiner	CW-HCBS Academy Curriculum Manager
Fradel Schneebalg	Direct Support Professional-Day Hab
Avigyle Etel Tema Sherman	Early Intervention OT
Frimet Stein	FI Coordinator
Suri	FI Coordinator

At the Heart of Hope and Healing



Success reached
with immense care
and compassion.

Recovery
within your
child's reach.

A healthier, happier
life for your child.

Comfort Health offers dedicated care management and support services for children who struggle with mental, emotional, or behavioral health challenges. Through comprehensive, compassionate mental health support, we set your child up for success at home, and in the community.

info@comforthealthny.org | comforthealthny.org
718.408.5400

Comfort 
HEALTH

Boro Park:
4102 14th Avenue
Brooklyn, NY 11219

1314 50th Street
Brooklyn, NY 11219

Williamsburg:
75 Taaffe Place
Brooklyn, NY 11205

44 Lee Avenue
Brooklyn, NY 11211

Five Towns:
76 Columbia Avenue
Cedarhurst, NY 11516



**Remember that
the happiest
people are not
those getting
more, but those
giving more.**

- H. Jackson Brown, Jr