



## Press Release

### FOR IMMEDIATE RELEASE

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### **MELVIN J. & CLAIRE LEVINE LIFEPLANNING™ PROGRAM OFFERS FREE “CARING FOR THE CAREGIVER” ONLINE WORKSHOP FOR THOSE LOOKING AFTER SOMEONE WITH A DISABILITY**

**WEST PALM BEACH, FL – April 24, 2020** – People who care for individuals with disabilities of all kinds are invited to join a “Caring for the Caregiver” videoconference on Tuesday, May 5, 2020 from 3:00-4:00 p.m. with Jacqueline Wood, Clinical Support Specialist at Florida Atlantic University’s Center for Autism and Related Disabilities (FAU CARD). The Melvin J. & Claire Levine LifePlanning™ program, which is part of the Ferd & Gladys Alpert Jewish Family Service’s (Alpert JFS) Jewish Disabilities Network (JDN), is hosting the free program.

The program, open to caregivers of persons with any type of disability, will address how caring for a loved one with a disability can be physically and emotionally challenging, and how important it is to take time to remember self-care.

Visit [www.AlpertJFS.org/events/care](http://www.AlpertJFS.org/events/care), phone 561-713-1917 or email Tami.Lustig@AlpertJFS.org to register for “Caring for the Caregiver” by May 4, 2020. Contact Lustig regarding reasonable accommodation for a disability at least five (5) days prior to the Zoom session.

“When a caregiver’s needs are attended to, the person being cared for benefits, too,” said LifePlanning™ Program Director Tami Lustig, MSW. “Alpert JFS has a myriad of opportunities for caregivers – and the general public – to focus on alleviating stress and find coping mechanisms during our current health crisis.”

A weekly drop-in discussion group, “Coping With Our New Reality: Social Distancing Without Isolation,” facilitated by Licensed Psychologist Iris Kiner, Psy.D. and Alpert JFS Clinical Director Elaine Rotenberg, Ph.D. is meeting via Zoom every Monday evening at 6:00 p.m. Participants can learn how to connect when feeling socially disconnected during this time of change, and better manage the new realities that are affecting our lives. Visit [www.AlpertJFS.org/events/coping/](http://www.AlpertJFS.org/events/coping/) or call 561-684-1991 for more information or to register.

Learn about the education, advocacy, confidential consultation, and emotional support offered to people of all faiths and ethnicities who are caring for a loved one with a disability by visiting [www.AlpertJFS.org/lifeplanning/](http://www.AlpertJFS.org/lifeplanning/). Free workshops encourage and assist with planning for the future, providing information on education, recreation, building independence skills and vocational opportunities.

Established in 1974, Ferd & Gladys Alpert Jewish Family Service is a nationally accredited service provider for children, adults, seniors, and Holocaust survivors. The non-profit, non-sectarian organization is a trusted leader, with a team of more than 175 highly skilled professionals delivering high-quality care to community members. Alpert JFS works to ensure the well-being of children and families, independence of older adults and quality-of-life for individuals with disabilities. For more information, visit [www.AlpertJFS.org](http://www.AlpertJFS.org) or phone 561-684-1991.

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