

# Raising Campaign Funds (Continued from page 2)

## WHAT ELSE DOES THE PLANNING & ALLOCATIONS COMMITTEE CONSIDER WHEN MAKING FUNDING DECISIONS?

### Additional considerations are:

- The amount an organization received in previous quarters
- The type of organization and in which quarter(s) they most need funds
- Whether an organization has applied for or received an Impact Grant(s)
- Whether members of an organization's Board of Directors have given to the Campaign
- An organization's participation in raising Campaign funds (e.g., Super Sunday)
- An organization's participation in major Federation events (e.g., Annual Meeting)
- Whether an organization has publicly acknowledged Federation support they have received to help spread the word about Campaign dollars at work

## WHAT IS THE GREATEST CHALLENGE TO DISTRIBUTING CAMPAIGN FUNDS?

We don't have enough funding for all our community needs! The organizations we support need more money than we have to give. This is why we urge EVERYONE to do

their part in both giving and raising funds. The more we raise, the more we have to give. We can't do it alone.

Please make your Campaign gift TODAY, and ask what you can do to help. Contact Robyn Teplitzky, [rteplitzky@jewishnewhaven.org](mailto:rteplitzky@jewishnewhaven.org), Senior Consultant, to take part in making a difference. All gifts, at any level, are greatly appreciated. The only gift too small is no gift at all.

*Dena Schulman-Green*

Dena Schulman-Green

*Steve Fleischman*

### FOR MORE INFORMATION:

#### MAKE A GIFT NOW!

[jewishnewhaven.org/ways-to-give/combined-israel-emergency-annual-campaign](http://jewishnewhaven.org/ways-to-give/combined-israel-emergency-annual-campaign)

#### CAMPAIGN IMPACT:

[jewishnewhaven.org/annual-campaign-impact-allocations](http://jewishnewhaven.org/annual-campaign-impact-allocations)

#### IMPACT GRANTS PROGRAM:

[jewishnewhaven.org/community-impact-grants](http://jewishnewhaven.org/community-impact-grants)

#### WOMEN'S PHILANTHROPY:

[jewishnewhaven.org/womens-network](http://jewishnewhaven.org/womens-network)

## INCLUSION AT THE J

# Cerebral Palsy

To me, the topic of Cerebral Palsy (CP) is important because it is a part of me, but does not have me!

When I was younger, I really disliked the use of labels, such as "disabled" or "disability." As I got older and understood my disability more, I learned that it is ok to say "this person has a disability," and it is also ok to say "this person is disabled." I wanted to take a moment to explain that having a disability and being disabled are two different things. Saying "this person has a disability" means the person may walk differently, or look different. On the other hand, saying "this person is disabled" means the person is physically unable to do things. I want to also say that before I came to terms with my disability, I felt like I needed to be fixed, but when in reality, I do not, and I also felt sorry for myself or as if I couldn't do as much as I thought I could.

In writing this article, I hope to inform and educate people about this condition.

Even though there is still research to be done on the topic of CP, I think society is more understanding of

people living with it. I am glad to have had the opportunity to write this article, as it gave me some relief, and I feel like I can serve as a voice for others that live with it. I think a common misconception about Cerebral Palsy is that it affects everyone in the same way, but later in the article, I state that it does not.

I think how people go about asking if someone has CP matters because we are people too, and we have feelings! I would prefer someone ask me what my disability is, rather than assuming I have a disability or because I do things differently. For example, it was really hard for me to tie my shoes, so I used leather to learn how to tie them. I have to pretty much change how I do things, given my ability. I am going to throw in a little basketball talk. When I go to shoot a basketball, my left hand is on the side of the channel of the ball, behind it, and my right hand is there to assist. It may look different, but at least, I made the shot!

I prefer to be asked directly by someone about my condition because I think

# Seeking Cherished Memories

## Submissions for New Haven's Yom HaShoah 2024 Exhibit

Do you have Old World Judaica and/or historic items from the Holocaust era we can photograph for our upcoming exhibit? **Let us hear from you!**

**ITEMS WE ARE LOOKING FOR:** photographs, ID cards, ship tickets, household items, toys, Judaica, textiles and more — anything that reflects the stories of our people and the pre-war culture in which they lived.

**YOM HASHOAH COMMEMORATION WILL BE HELD SUNDAY, MAY 5, 2024, AT 2 PM.**

As time passes and firsthand accounts become rare, we plan to highlight objects that serve as reminders of our traditions and cultural heritage that existed before—and survived—the Holocaust.

**For questions or more information on how to have your item photographed by us, email us at:**

**[holocaustmemorial@jewishnewhaven.org](mailto:holocaustmemorial@jewishnewhaven.org)**



**SUBMISSION DEADLINE: March 15, 2024**

# Through My Lens: *The hand I have been dealt*” By Gillian Jasper



**Gillian Jasper is a PAVE student intern this year at the JCC. She shares her time between our Cafe J and our JCC Marketing Department, and is a tremendous asset in both capacities.**

I would be able to tell them best how it affects me, as I live with it, and the person will get the information firsthand. It was not so easy for me to disclose that I have a disability, I had the fear of judgment because of my condition. I did not

have to disclose it, but made the decision to do so. People in general don't have to disclose their disability.

Cerebral Palsy (CP) is a group of disorders that affects a person's ability to move and maintain balance and posture. It is not only categorized as to the area of the brain affected, but also by how much of the body is affected. CP is the most common motor disability in childhood. Cerebral means having to do with the brain. Palsy means weakness or problems with using the muscles. CP is caused by abnormal brain development or damage to the developing brain that affects a person's ability to control his or her muscles.

People with CP use three to four times more energy than people who do not have CP. About one in every 323 children in the United States has been identified with Cerebral Palsy. CP is more common among boys than girls, and more common among black children than among white children. One in four children with CP cannot talk, one in four cannot walk, one in two have an intellectual disability, one in four have

epilepsy, and about one in 10 have Autism Spectrum Disorder.

Many also have related conditions such as seizures, like myself. I will talk about my personal experience with CP and seizures. More specifically, I will talk about Hemiparesis and my seizure disorder. While there are four main types of CP, I have a type of CP called Hemiparesis which affects my whole right side and makes it harder for me to do most everyday tasks. That requires that I adapt to them or find a different way to get them done. I also have to think about it more.

As stated above, CP is part of me, but it does not have me! Seizures, by definition, are uncontrolled electrical activity in the brain. On the other hand, how I describe seizures to someone is that they are like Google, I feel an aura, which is the precursor to a seizure. While having an aura, my eyes fix to the right, I see things that aren't there, I start to hear things, and ask "what is happening?" and "what is this"?

More recently, I had a seizure while I was watching my school's winter play. It had been really hot, I felt my body tense up, I

could not walk, so I called the staff, and leaving the play, they gave me my rescue medicine, which made me really tired. After I left the play, the staff carried me from point A to point B. By then, I was really tired, they gave me dinner and, after some time, I went to bed. This seizure was different in that I could not walk, or remember all of what happened. Typically, however, I remember the seizure, and am more alert.

My seizures usually happen late at night: if I overwork myself, if I am tired, stressed, or sleep deprived. I had Hydrocephalus, which means "water on the brain." I now have two ventriculoperitoneal shunts, which are thin plastic tubes that help drain extra fluid from the brain. I had delayed milestones, two examples include: I did not walk independently until I was 25 months old and I could not crawl because I couldn't bear weight on my arms, but I scooted.

The symptoms of CP vary from person to person. It is not one size fits all! Although the symptoms don't get worse, that might become more apparent as the child grows. A person with (Continued on page 28)

## BIG TICKET RAFFLE

TICKETS ARE ON SALE  
FEBRUARY 25-MARCH 10

WINNERS WILL BE SELECTED  
ON SUNDAY, MARCH 10

### WIN BIG!

**\$5,000**  
Cash

**\$3,000**  
Entertainment Package  
from Liverpool Production

**1 YEAR JCC MEMBERSHIP**  
(Any Category)


### BIG TICKET RAFFLE IS BACK AND BETTER THAN EVER!

Your support will help fund essential programming, provide resources to those in need, and enhance the overall JCC experience.

Did we mention that purchasing tickets is super easy? All you have to do is visit our website, register & hit purchase.

Purchase tickets February 25 - March 10 for a chance to win incredible prizes!

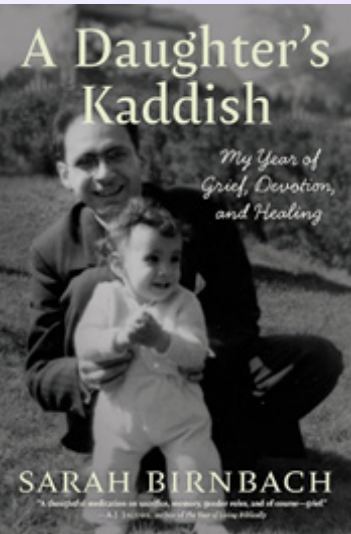
### GET YOUR TICKETS TODAY!



nhjcc.org



# Save the Date



Sunday,  
May 5  
10 a.m. – 12 p.m.

A Daughter's Kaddish  
with author Sarah Birnbach  
JCC Vine Auditorium



Sponsored by the Jewish Cemetery Association in collaboration with Women's Philanthropy of the Jewish Federation of Greater New Haven, Life and Legacy of the Jewish Foundation of Greater New Haven and the Robert E. Shure Funeral Home.

This event was made possible through a generous impact grant from the Jewish Federation of Greater New Haven.

# Cerebral Palsy Through My Lens

(Continued from page 4)

severe Cerebral Palsy may require the use of assistive technology, such as a wheelchair, to walk, while someone might walk a little awkwardly but might not need any special help. CP does not get worse over time, though the exact symptoms can change over a person's lifetime.

All people with CP have problems with movement and posture. There are four main types of CP: Spastic, Dyskinetic also, includes athetoid, Choreoathetoid.

Every year, on October 6, which is World Cerebral Palsy Day, people come together to raise awareness and educate people on this condition. There is also a day in March that is to celebrate Cerebral Palsy. As the color pink is associated with breast cancer, green is associated with Cerebral Palsy to reflect youthfulness and new growth, as well as hope for advancements in treatment and acceptance. There are many ways to support CP, from instagram, to books, to people telling you their stories with it.

I encourage you to ask someone about their experience with it. That may be hard, but just ask them directly, and be there for them because you never know how it affects the person.

As stated before, the symptoms of Cerebral Palsy vary from person to person. In my opinion, if you are not sure if someone has it, ask questions! Also, as previously stated, ask questions of the individual rather than the parent/caregiver because, even though the parent/caregiver knows the individual best, the individual will be better able to speak to their diagnosis and experience.

I can't emphasize enough that it is ok to ask questions, rather than make assumptions. I think it is the way the person asks, and that they shouldn't just assume a person has a disability just by looking at them. That being said, I feel the person should be asked directly, since they are living with it, and can give firsthand information. I feel the same way about disabilities in general, not just Cerebral Palsy.

Thank you for taking the time to learn about this condition!

# Your Future Is In Your Hands



As a Member of **Mozaic at Home**, you can achieve unparalleled peace of mind knowing you will receive the care you need at predictable fees for the rest of your life. Our goal is to help our Members remain in their home for as long as possible, with the care, advocacy, and oversight they need to do so successfully, thereby eliminating concerns of burdening family and friends. And if home is no longer the optimal place for you to live, the program provides for assisted living and nursing home care too. You can relax knowing that if your needs change, every level of care is covered, thereby protecting your assets from unexpected, expensive long-term care costs. **It's your future, put a plan in place.**

## What Do You Get?

A whole lot. Plus, peace of mind with a plan that provides a lifetime of care.

## How Does it Work?

We provide every level of long-term care support needed as you age, from home care to facility care, all with the oversight and guidance of a personal care coordinator. Together, we'll set a course for the future, on your terms.

## Who Is This Right For?

Independent, active adults age 55+ living in New Haven or Fairfield County.

**Take control of your future. Please contact us if you would like to learn more about the program, schedule an appointment, or begin the application process to become a Member.**

**MOZAIC** at Home  
An Innovative Concept in Long-Term Care Planning



4200 Park Avenue, Bridgeport, CT 06604 ■ 203-365-6491  
MozaicAtHome@mozaicsl.org ■ **MozaicAtHome.org**

