

THE SIBLINK | JANUARY 2018

[FROM THE DESK OF...](#)
[SIBLING SCRIBBLINGS](#)
[JFGH RESOURCES](#)
[COMING UP](#)
[FOLLOW US](#)

FROM THE DESK OF...

Beth K. Shapiro, LCSW-C, JFGH Director of Social Work

Happy New Year JFGH Siblings! While we may celebrate in various time zones, I hope you are enjoying 2018. At JFGH, we are excited to begin our 35th year of service to the community. We are thrilled to include you and your sibling(s) in the JFGH family.



In 2017, JFGH hosted a variety of fun and educational events. There were sibling education programs here in Rockville, MD, and some of you join us via Facebook Live. Many of you are connecting with other JFGH siblings through our sibling only [Facebook group](#). If you haven't yet, I invite you to [join now](#).

Sibling Nick Cibel hosted siblings, residents and families at Nick's Riverside Grill in Washington, DC, where we enjoyed a beautiful sunny day with an [outdoor brunch](#) and a boat ride along the Potomac. We hosted focus groups to learn the needs and interests of residents, siblings, parents and staff so that JFGH can set into motion plans for residents as they age. We also celebrated our direct support professionals (DSPs) at a [field day](#) held in their honor. During the summer, we had a great time at the annual [Alan Silverberg Fun Day](#) with residents and families that featured sibling Marian DeAngelo and her talented pups, and we held our [34th Annual Gala](#) in November with entertainment by Emmy award winner Rachel Platten.



And that's only some of what happened at JFGH in 2017!

I wish you all a wonderful 2018 and invite you to reach out to me with your ideas and insights to help you connect with JFGH on behalf of your sibling.

Happy New Year,

Beth

SIBLING SCRIBBLINGS

A large, empty light blue rectangular area, likely intended for a drawing or a story related to the 'SIBLING SCRIBBLINGS' theme. The area is bounded by a thin black line on the left and right sides, and a thin black line at the top, which is the boundary of the dark blue header. The bottom boundary is the bottom edge of the page.

Sibling Scribbling: An Annual Reflection

At 65, I'm a big sister and a 20-year legal guardian. Always gregarious, my charming, happy, favorite brother is sadly now digressing with Alzheimer's confusion and memory loss. - Patty Aycock, sister of Bob

Well, God may laugh at our plans, but that does not stop us from readjusting and making new plans to fit new realities. I was brought up to understand that someday I would shoulder the responsibility for Lewis' care. - David Fishback, brother of Lewis

I'll confess that I juggle an overabundance of emotions when I think of my sister, my relationship with her and other family members, and my responsibilities for her. Most of these emotions can be herded into the categories of guilt, gratitude, resentment, and acceptance. Grace Leonard, sister of Alison

When my sister Rakir was younger, she would frustrate me as I would try to teach her "normal" things. In later years, she has effortlessly taught me the power of the "abnormal." Rakir has taught me the unique ability to love others without condition or pretense. - Shakir Jackson-McDonald, sister of Rakir

Before our parents passed away, Gillie and I enjoyed a friendly sister relationship. I loved her like a protective older sister, and thoroughly enjoyed our carefree interactions. Like many siblings of disabled children, I was and still am her fiercest defender. - Dorrie Pilot, sister of Gillian (Gillie)

And I think to myself that there should be a secret sign. A look, a smile, a nod that says, I get it. I get you. Forget about the stares from people who don't know or understand. - Jill Zuckman, sister of Beth

Being a sibling of someone with disabilities also helps me every day in raising my other daughter, Samara, who does not have special needs per se. I say "per se," because I often feel that "siblings of those with special needs also have special needs." - Lisa Cordell, sister of Jason

Because of how our parents raised us and the supports they provided, I have never felt overwhelmed by taking responsibility for Susie or jealous of any extra attention she may have received. - Joe Jolles, brother of Susie

From my earliest recollections, my parents always guided our family in regards to perspective. If I ever complained, they quickly reminded me of how fortunate and wonderful my life was. It wasn't always easy to see. - Nick Cibel, brother of Ted

If you have a sibling story you'd like to share, please email bshapiro@jfgh.org.

JFGH RESOURCES

Did you know... JFGH has a fund that supports residents' oral health? The Diener Dental Endowment Fund was established by JFGH to help subsidize the cost of dental care. It has been invaluable in ensuring that residents have access to quality oral care that meets their

individual needs to improve their health and quality of life. The fund is meant to support those who are most in need of costly, non-routine dental procedures. When a resident's dentist determines there is a need for dental work, the resident, with the help of their program manager, can submit a request for financial support from the fund. Contributions to the dental fee from the resident or their family is encouraged and is a vital aspect of maintaining the fund.



If you would like to donate to the fund, you may do so [here](#).

COMING UP

SAVE THE DATE!
MC Live
AN EVENING OF COMEDY

This event benefits local Jewish organizations that support individuals with disabilities.
WEDNESDAY, MARCH 7, 2018 • 6-9 PM • Bender JCC of Greater Washington

Presented By and Supporting:

**Sibling Brunch
& Mini Golf**

Sunday, March 25th
10 am-12 pm

For more information:
<https://www.jfgh.org/events/minigolf/>

FOLLOW US

Are you following us on social media? You should! Like us on [Facebook](#) and follow us on [Twitter](#) and [Instagram](#) for instant updates. Don't forget to check out our videos on [YouTube](#), too.



We also have a special, sibling-only [Facebook group](#)!



THE SIBLINK: *A JFGH publication of the Bruce K. Smith Sibling Network*

P: 240.283.6000 | F: 301.576.4574

www.jfgh.org

