



## THE HELPING HAND PLAN

### A Project of the Hesed Committee

#### WHAT IS THE HELPING HAND PLAN?

Beth Judea has assembled a group of volunteers who are ready, willing, and able to offer help or assistance to members in need of a "Helping Hand."

The goal of the **Helping Hand Plan** is to offer assistance to members of Beth Judea or to the immediate family of Beth Judea members. This assistance may be needed because someone is recovering from surgery, an injury, an illness, has recently lost a spouse and is now living alone for the first time in many years, or maybe just needs some help as they are getting a little older. This assistance may be short term or occasional, but could be on-going, as needed. This assistance will be available to members living on their own, rather than in an Assisted Facility.

Assistance would come in many different ways but might include:

- A ride and help with grocery shopping
- A ride and help with shopping for clothes
- A ride to and from a doctor's appointment
- A ride to and from services at Beth Judea
- Help around the house, or offer help doing anything that is now difficult for the person to do alone, such as:
  - Change a light bulb
  - Read a newspaper
  - Read a book
- Help with Shiva arrangements: shopping, making phone calls, or doing whatever is needed

#### THIS IS NOT

This assistance is not a substitute for a Caregiver. If a member has a need which requires special attention provided by a Caregiver, the **Helping Hand Plan** is probably not the correct type of help for this member.

While we will offer transportation, our intent is not to replace a taxi service. Normally, in addition to providing transportation, we will be offering some type of additional assistance, such as help with the shopping.

#### TO ALL BETH JUDEA MEMBERS

1. If you are in need of the type of help proposed with the **HELPING HAND PLAN**, please contact us.
2. If you are aware of any members in need of assistance who would benefit from the **HELPING HAND PLAN**, please contact us with their names.

#### HOW TO CONTACT US

Please call Larry Wollheim at 847-634-9399 or e-mail at [lwollheim45@gmail.com](mailto:lwollheim45@gmail.com) or call Rabbi Klatzker at 847-634-0777 or e-mail at [rabbiklatzker@bethjudea.org](mailto:rabbiklatzker@bethjudea.org) to request help.