

# CENTERPIECE

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## The J's Yachad Inclusion Camp is "Priceless" for Moms



by Alexandra Ramsey  
*Public Relations Specialist*

"You have no idea how priceless it is for Cassius to come home from summer camp exhausted because he had fun, not because he's working so hard to try to make sense," Erica Brady said as she talked about her son, Cassius Rodriguez.

Four-year-old Cassius has Sensory Processing Disorder, Attention Deficit Hyper-tension Disorder, Auditory Processing Disorder and high anxiety.

"It's been very hard to find a place that will accept Cassius for being Cassius," Brady said.

As a very new disorder, many daycares

and day camps don't accept sensory processing disorder as an actual disorder yet. Therefore, they classify it as a behavioral issue, according to Brady. They don't really know what it means or how to handle it.

SPD is a condition that exists when multi-sensory integration isn't adequately processed to provide appropriate responses to the demands of the environment. Brady describes SPD as having sensory receptors that don't function at a proper rate. He can be over or under-stimulated.

For Brady, the struggle to find a place where Cassius can go and to be loved for who he is, was a heartbreaking journey. "I really needed to find a program that acclimated to him, to who he is," she said.

That's when Brady discovered The J's

Yachad Summer Camp inclusion program at Cassius' school, the Friends School.

The J's Yachad program works to help children with special needs have the best camp experience possible. Each child is designated a "buddy" who works with the child each day and stays in constant contact with the family.

"Oh Cassius is madly in love with his advocate, Mary. She's taught him a range of songs and keeps constant interaction with me about how he's doing at camp and how she can best serve Cassius," Brady said.

It's that constant, open interaction that gives Brady something that she's not been able to find at camps: Peace of mind.

"There was one time that Cassius lost his custom-made hearing tubes for when he swims. Five people were searching for those tubes," Brady said. "And I got emails from each of them letting me know the tubes had been found."

Brady said that The J has welcomed Cassius, accepted him for who he is and simply loved him for it.

"Every time we drive by The J, Cassius always squeals and says 'That's my JCC!'" Brady smiled as she reenacted her son's reaction.

Brady said Cassius has two favorite things about The J's summer camps: playing "categories" in the swimming pool and walking with his stepdad, Eric Finney, to camp every morning.

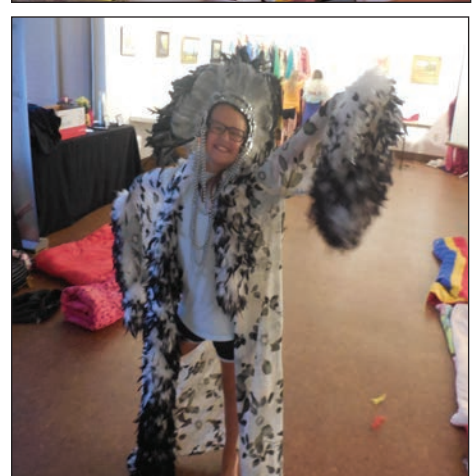
"He's about to go into kindergarten at Friends School and he always asks what he's going to do without his JCC."

It will always be here, Brady calms him and says.

"I just want him to be the best version of himself he can be and The J's summer camp has helped him with that," Brady said. "We are members for life."

The J's Summer Camp is funded in part by the National Inclusion Project, Allan Kling Second Century Fund, WHAS Crusade for Children, the Hannah Marks Fund and Jewish Heritage Fund for Excellence.

For more information on The J's camps, visit [jclouisvillecamp.org](http://jclouisvillecamp.org). All slots in the Yachad program for this summer have been filled.



## Rev up Summer Work Out with Circuit Fitness Training

by Alexandra Ramsey  
*Public Relations Specialist*

Use your leg drive to lift you up on step-ups, firm your core during planks and get your heart-rate up on agility ladders. The J's Circuit Fitness program incorporates all of these workouts and more in a high-intensity hour-long circuit training that will help you get in the best shape of your life. The program is every Thursday from 5:30-6:30 p.m. beginning August 4, in the Life Fitness room.

The month-long program is the "merry-go-round" of the exercise world: spending one to three minutes at one exercise station, then moving on to the next with little rest in between.

Denise Joseph, personal trainer and fitness coach, will instruct the circuit classes and says that no class will ever be the same.

"I use about 10 different exercises and you'll be going through them four to five times each. But no week will have the exact same routine. I like to mix it up," Joseph said.

The Circuit Fitness program is unlike any of The J's other exercise classes. The maximum capacity is six people, so that you're working out in an environment



that closely resembles a personal training environment.

"We decided to keep sessions maxed out at a very small number because we want people to feel as though this is a more one-on-one environment. We want to make it more personalized to each person's needs," Joseph said.

"Circuit training is amazing for building cardio endurance and is a heck of a way to lose weight and tone up," Joseph said. "It's only one hour, once a week for four weeks. You're really getting the best of both worlds."

Don't miss your chance to have the best of both worlds. The final session of the year for Circuit Fitness begins Thursday, August 4, and concludes on August 25. The program is \$72 for The J members, \$90 for community members. For more information visit <http://jewishlouisville.org/circuit>.

## Leffert's Car Found but CenterStage Costumes Lost

by Ben Goldenberg  
*Marketing Director*

On Monday, July 18, CenterStage Artistic Director John R. Leffert and his partner woke up to find their car stolen from their house in St. Matthews. The shock turned to horror when Leffert realized that inside the car were hundreds of costumes from CenterStage. The car was later found, abandoned, with nothing inside.

Now, CenterStage will begin the process of replacing those costumes. Leffert began the collection when he started at the Jewish Community Center 17 years ago. It had grown into a collection that was used by the entire Louisville theatre community. In fact, they were in the car because CenterStage was loaning some to New Albany Riverstage's upcoming production of *Hairspray*.

Many of the pieces were original clothes from the 1950's and 60's, often donated by CenterStage supporters out of estates.

"These are not items that you would be able to buy off the rack. They don't make clothes like they used to. Some of these pieces were even custom created for specific roles and actors."

The costumes were used for many performances at CenterStage including *Hairspray* and *How to Succeed in Business Without Really Trying*. Though they fit the time period, none of the stolen costumes are used in the current production of *West Side Story*, which will continue as scheduled through July 24.

Those interested in helping CenterStage replace the costumes can visit [CenterStageJCC.org](http://CenterStageJCC.org) to make a contribution. Clothing donations should be arranged through the CenterStage office by calling 502-238-2709.



# The Gators Place Second in LSA Championship Meet

The Gators capped off another great season with the Louisville Swim Association's Championship Meet on Sunday, July 17. Among the highlights: six-year-old Harrison Bayne won both of his 6 and under events, the 25-meter freestyle and backstroke. Julia Thomas, 14, won all three of her events, the 100-meter freestyle, the 100-meter IM and the 50-meter butterfly. Together, the team came in second of seven teams. Woods of St. Thomas won

the overall competition.

The Gators Head Coaches are Austin Clark and Kiley Handley. Assistant Coaches are Shelby Serad, Jake Schultz and Audrey Thomas. The coaches are very proud of the swimmers, who did an amazing job.

Thanks are also due to the parent volunteers and team sponsor Perelmutter and Goldberg Orthodontics.



**Sunday, July 31 • 4-6 p.m.**



The J is going green with our newest program, centered around food and the environment! We will plant seeds in the garden and learn about cooking, local food and partner organizations. There will also be an opportunity to learn more about The J's JOFEE (Jewish, Outdoor, Food and Environmental Education) program and how you can get involved!

RSVP AT

[www.jewishlouisville.org/summerseeding](http://www.jewishlouisville.org/summerseeding)

Meet your JOFEE  
Fellow Michael Fraade.



♪ **Shalom Baby & PJ Library Music Class** ♪  
July 24 • 10 a.m.

August 20

**ADULTS**  
*Summer Camp*  
**★ ONLY ★**

7-11 p.m.

*The kids had fun all summer, now it is your turn.*

Register online at [www.jewishlouisville.org/adultcampfun](http://www.jewishlouisville.org/adultcampfun)



# Swim All Year Long with Lenny Krayzelburg Swim Academy at The J

by Alexandra Ramsey  
Public Relations Specialist

Help your children maintain the water safety and skills they learned in swimming this summer all year long with the Lenny Krayzelburg Swim Academy offered at The J.

Infants all the way up to adults are welcome to take lessons Monday through Thursdays from 3-7 p.m. and on Sunday, 10 a.m.-3 p.m. Participants can take part in group or one-on-one lessons. The Swim Academy and The J provide an environment where swimming is a respected, healthy, fun and a safe place for your children to nail down their swimming skills and learn to be safe in the water.

Aquatics Director, Johnny Kimberlin said that swim lessons are very important, especially at a young age.

"Swimming is a wonderful life skill that provides many benefits to all that learn. Our program provides great structure and teachers who will encourage and push the children to learn this important safety skill," Kimberlin said. "Enabling your kids to learn these skills at a young age will ensure that they stick with them throughout their entire life," Kimberlin said.

Using the SwimRight Method, swim instructors use seven levels of learning to inspire the children to recognize their achievements and move up



to the next level. Whether your child is a Splasher, Floater, Kicker, Streamliner, Freestyler, Glider or Flyer, each instructor will work with the swimmers, helping them reach their next level goals.

All children get their own swim book to help them keep up with their progress, and they receive ribbons and color-coded swim caps for each level.

At the completion of level 2 and 3 (Floaters and Kickers), the children get the opportunity to put their learning to the test and must pass a survival test. This is to help show

parents and the children that they can survive in the water in a real-life situation.

"Swimming is a great skill that the children will be able to physically do forever," Kimberlin said.

So what are you waiting for? Don't let the swimming, learning and fun stop! Enroll your child today. The Swim Academy is accepting children as young as two months. To reserve your spot, contact The J at 502-459-0660.

For more information, visit <https://jewishlouisville.org/lksa>.

# Sofiya Inger Features "Searching for Memories" in Next Patio Gallery Exhibit



by Alexandra Ramsey  
Public Relations Specialist

When the white snow covered the ground for most of winter in her hometown of Kirov, Russia, Sofiya Inger found color in painting.

As the next featured Patio Gallery artist, Inger said that her painting became the color and meaning to her life. Her work, "Searching for Memo-

ries," will open at a reception on Sunday, August 28, 2-4 p.m. and will be on display through October 11.

In describing her show, Inger said: "It was always easy for me to forget. Names, events, numbers, order of days, insults, faces..."

So many times it helped to keep going, to start new days clean, not needing to forgive, or to revenge.

Soft, malleable clouds cover everything....

In the middle of my life I flew across the ocean.

How to grow into the new soil, new language? How to change everything?

Even the very words to name and describe this world had to be found again, matched, and tested for how they felt on the tongue.

Paintings, and sculptures, images, and forms; all I can touch, see, smell, things made by my hands for all these years-they are becoming my breadcrumbs to follow in the woods, reminders of past moments I cannot otherwise recall.

My mother's dress, our faces I painted on it, my father's coat, long and black, with his young eyes I painted on it, my own face, young, and longing, looking back to home never to be.

Women in my family have their

memories taken from them, slowly, cruelly.

I do not know my own future for now."

Inger's style incorporates human emotion, vulnerability and ties to nature with an eloquent way of incorporating her Russian heritage; with shapes that are reminiscent of Matryoshka, Russian nesting dolls.

In 1991, Inger left her home country and immigrated to the United States, first to New York and then to Indiana. She said her pastels and paintings capture the events of her life and the changes she saw throughout her moves.

The swirls and images captured by pastels on canvas transmit Inger's feelings at the moments she drew them to each person who views the finished painting.

Inspired by painters such as Marc Chagall and Hieronymus Bosch, Inger's works are painted with an "overflowing heart." She received her schooling at the Children's Art School and Kirov Art College in Kirov.

A 2011 Skip McKinney Award winner at the Indianapolis Art Center, Inger exhibits her work across Indiana and surrounding states. For more information on Inger visit [www.sofiyaingerart.com](http://www.sofiyaingerart.com).



## TODDLER TOPICS:

How to Make the Most of Screen Time

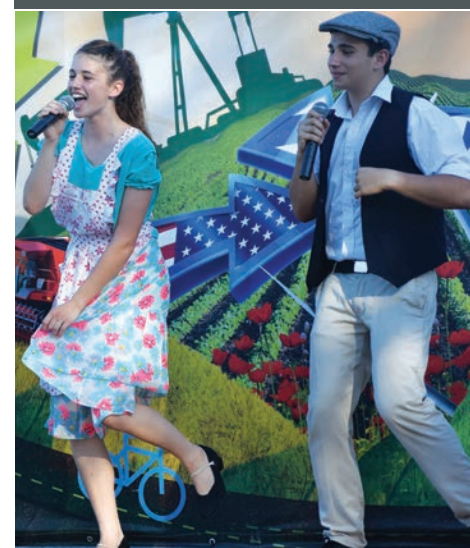
Aug. 21 • 10 a.m. at the J Board Room



## TZOFIM COMMUNITY CONCERT

July 24

11 a.m.  
FREE



## FRIENDS AND FUN!

JCC  
AUDITORIUM

FOR MORE  
INFORMATION  
502-459-0660

or  
[jewishlouisville.org/tzofimconcert](http://jewishlouisville.org/tzofimconcert)



# Senior Spotlight: Suzanne Eveslage’s Love of Life Shines Bright at The J

by Alexandra Ramsey  
*Public Relations Specialist*

On Wednesday afternoons in The J’s dance studio, it’s impossible to miss the glow that Suzanne Eveslage has. During her weekly line dancing class, Eveslage’s bright smile lights up the room as she steps to the beat of the music, enjoying the class she’s taken for 12 years.

Her accent, which she is persistent in saying she doesn’t have, is that of a mix between all of the places she’s lived. A Montreal, Canada, native, Eveslage’s first language is French. She spent some time in Miami Beach, FL, and several years in New York. All of which are woven into her accent, adding depth to her voice, which is tender, warm and full of joy. Eveslage is the epitome of what The J’s senior program is about.

“I first heard about the senior trip to Branson, MO, from Diane [Sadle] in my line-dancing class. Before she could get the words out of her mouth I told her to count me in!” Eveslage said.

On her first senior trip with The J, June 6-10, Eveslage was one of 46 seniors who took a bus to Branson, where they attended multiple theatrical shows and ate at local restaurants. It was that trip, Eveslage said, that introduced her to the most amazing people.

“Oh I met so many wonderful women on that trip. They’ve been calling and inviting me to bar mitzvahs and get-togethers. We’re taking a group to see West Side Story at CenterStage too,” she said.

Eveslage said she met friends she’ll have forever and she enjoys keeping busy with them.

“We all have common interests, I mean we love the arts. I love meeting new people, and The J has been a channel for me to do that,” she said.

Once retired, the former paralegal and her now deceased husband, Don-

ald, decided to pack up and move to a new city in 2002. After visiting Louisville, Eveslage said they knew immediately this is exactly where they wanted to be.

“Our friends in Miami Beach would say ‘Oh you’re moving, you must have family there in Louisville.’ Nope, I would say. We don’t know a soul.”

Eveslage quickly found her niche in Louisville. Her luminous personality and love of the arts seemed to draw friends to her. She volunteers at the Kentucky Center for the Performing Arts as one way to stay involved in the world she loves.

“It’s really the people here that make Kentucky what it is. My husband and I both fell in love with the state and within one month and 113 cartons later, we became Kentuckians,” Eveslage said.

Although her husband of 22 years passed away four years ago, Eveslage has been able to keep busy and maintains an absolute thirst for life.

From going to lunch, getting season tickets to performing arts shows or just exploring different local towns, Eveslage keeps very busy with friends she’s made at The J.

“I don’t turn anything down. I’m retired, this is what I love to do, and you should see my calendar, there’s something to do every day! I believe it’s important to keep busy!” she said with sheer joy.

Eveslage said The J is the perfect venue for anyone, young or senior-aged, to develop friendships and to get involved.

“Especially for someone new to Louisville, like I once was, The J is the perfect place to become a member. There are entertaining events, theatre and even intellectual events,” she said. “It’s a very well balanced and diversified place to call home,” Eveslage said.

“The J gives me a way to stay busy. If you freeze up with nothing to do after you retire, it’s not good. I don’t have time to freeze up.”

## SENIOR CALENDAR

### JULY 26

**Senior Retirees Meeting, 12:45 p.m.**

Madeline Abramson will be the guest speaker.

Refreshments will be served.

### AUGUST 9

**Senior Retirees Meeting, 12:45 p.m.**

Dane Lane, Director of Community Relations at Good Samaritan will speak on “Choosing the Right Rehab Facility.” He will also play the guitar and sing some favorite songs.

Refreshments will be served.

### AUGUST 12

**Robert “Bob” J. Mueller, author & motivational speaker will present “Attitude is one of Gratitude,” 12:45 p.m.**

Join us for this inspiring program.

Refreshments will be served.

### AUGUST 16

**Bingo, 12:45 p.m.**

### AUGUST 21

**Adult Social Club Paid-Up Membership Luncheon, 11:30 a.m.**

Join us for this annual free event for all current members of the Adult Social Club.

All Senior Adult Volunteers will be honored. Entertainment will be provided by Bob Holt & his Prime Time Band.

Free for all Club Members! Transportation will be provided upon request.

Reservation Deadline: Wednesday, August 17th

### AUGUST 23

**Musical Entertainment, 12:45 p.m.**

Mike O'Bryan, “The Accordion Man” will perform. We will celebratebirthdays and anniversaries.

Refreshments will be served.

### AUGUST 25

**Muhammad Ali Center, 10 a.m.**

Explore the Ali Center to learn about the life, legacy and core principles of Muhammad Ali.

We will have a self-guided tour and then have lunch at Bristol Bar & Grill.

Cost of admission & transportation: \$18/M, \$25/NM

### AUGUST 30

**Bingo, 12:45 p.m.**



## SCHOOL’S OUT DAY

**AUGUST 8 - ALL THINGS PURPLE**  
**AUGUST 9 - ALL THINGS YELLOW**

Register online at [jewishlouisville.org/SOD](http://jewishlouisville.org/SOD) or call 502-238-2718.

## TRAIN YOUR WAY

### Personal Training and Pilates at The J



Our goal is to provide you with the **motivation and education** needed to help you meet your Health & Wellness needs. Let us help you create a fitness program based on your goals today.

Contact the **Health & Wellness** Desk today for details at **502-238-2727**.



16/17  
SEASON



SEPT 15-25, 2016



OCT 27 - NOV 13, 2016



JAN 26 - FEB 12, 2017



MAR 16 - APR 2, 2017



MAY 11 - 21, 2017

SEASON AND  
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