

## MEMBER PROFILE

## Jackie Pinkowitz, M.Ed

Let your spirit lead you to the people and places that put a smile on your face and joy in your heart.



I am an educator, caregiver, speaker, writer, and advocate for consumer choice, quality of life, and quality of care for all home and residential care

settings. I love being the founder of QH's Caregivers Cafe blog. Please drop by often!

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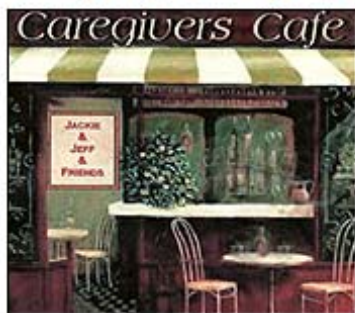
## Blog Archive

- May 2009
- April 2009
- March 2009
- February 2009
- January 2009
- December 2008
- November 2008
- October 2008
- September 2008
- August 2008
- July 2008
- June 2008
- May 2008
- April 2008
- March 2008
- February 2008
- January 2008
- December 2007
- November 2007
- October 2007
- September 2007
- August 2007
- July 2007

## Caregivers Cafe

By Jackie Pinkowitz, M.Ed

Are you currently caring for a family member or spouse? Drop by the cafe to share your insights with Jackie, Jeff, and friends.



## HOPE &amp; PERSEVERANCE: A WINNING COMBINATION

Set: May 16 10:06:18 EDT 2009



Several weeks ago, some Cafe friends attended a forum and expo for parents of special needs children and adults. Listening to the parent presenters, we realized we were in the company of a unique breed of caregivers - those who had woven their personal beliefs and faith, dreams and visions of a better life for their loved ones into an amazing tapestry of possibilities, made ever stronger by their individual and collective perseverance in the face of any and all obstacles in their path.

Each one awed us with their dedication; none more so than Harvey Greenberg, father of a special needs child, longtime Special Olympics coach, certified fitness trainer and founder of HOPEFitness, a one-of-a-kind fitness gym for individuals with disabilities.

In 2006, while skeptics were busy explaining why such a gym could never be created, Harvey applied his winning formula of hope and perseverance to use each obstacle as a stepping stone toward opening HOPEFitness, a place for social, physical, and mental camaraderie that now serves hundreds of clients, individually and in groups from their residential settings.

As Executive Vice President Loraine McMillan shared videoclips of happy HOPEFitness friends and sessions, she quietly added: "It saddens us that government agencies won't pay for exercise as an essential part of people's health needs. Clearly, we hope that others will take up the cause for making this kind of health and fitness program reimbursable so that many, many more individuals around the country can enhance their wellness through fitness and friendship."

We couldn't agree more! For additional insights on this unique service, please visit Harvey and Loraine at HOPEFitness or call 877-396-HOPE (4673).

We caregivers know that EVERYONE NEEDS MORE THAN A LITTLE HOPE TO MAKE A BETTER TOMORROW FOR OUR LOVED ONES...Caringly, Jackie, Jeff & Friends

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