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We look forward to keeping you updated.



JF&CS Featured in The Boston Globe

- * November 22, 2008 – "Dance aids those with Parkinson's" highlighted the innovative JF&CS Parkinson's Dance Program.
- * December 17, 2008 – "He's a blintz meister" showcased JF&CS CEO Sy Friedland's love of cooking in the Food Section.
- * December 21, 2008 – "Sharing family histories, comfort in a new world" movingly detailed Café Hakalah, the JF&CS monthly social group for Holocaust survivors.

Latina Moms Say "Gracias!"

Imagine being in a new country where you don't speak the language, with a newborn baby and very little money. Scary, isn't it?

Now imagine there's a knock on the door and a friendly stranger has delivered a bag of fresh, nutritious food just like you used to eat at home, for free.



That was the happy experience of 17 members of our Latina New Moms Support Group. Through a collaboration of three agency programs – the Center for Early Relationship Support (CERS), Nutrition Services, and Family Table – these new mothers are now getting food for their families, nutritional training, and the emotional support and guidance they need to be successful parents.

Satya Montgomery, Director of Services for Vulnerable Populations, said, "One great thing about serving these new clients with a monthly food delivery is that we are able to collaborate and harness our internal resources to meet our clients' needs in a respectful and culturally sensitive way."

The idea for the collaboration grew out of the Spanish speaking support groups run by Jaqueline Caceres in Allston and Waltham. Jaqueline is incredibly passionate about helping these moms and makes sure they get connected to every possible resource. She said, "This food helps so much. Sometimes they get food that their children won't eat. When they saw that this was Spanish food they were in shock."

By collaborating with CERS and Nutrition Services, Family Table staff developed an ethnically appropriate variety of food to help these immigrant moms provide much needed healthy and nutritious food for their families. Each delivery has included chicken, milk, rice, beans, *maseka* flour, cheese, onions, broccoli, and much more.

"We're doing the best we can for our clients nutritionally by removing barriers and helping people make good choices," said Director, Nutrition Services Alison Books.

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Dear Friends,

At JF&CS we have more than financial strength; we have the guidance of a truly meaningful mission, a long history of doing good deeds, and the talent and dedication of our staff. These are characteristics that endure and can't be taken away by the stock market, a hedge fund gone awry, or by the daily change in the global economy.



JF&CS is a strong agency. Here are some important points to know:

- We entered this period of economic distress after a successful capital campaign and a strong FY2008.
- We did not have any money invested with Bernard Madoff. Our money is invested through the CJP Community Endowment Pool along with 1.6 billion dollars of other Jewish organizations. So far, we have done better than the market.
- Our annual audit is performed by a well-respected national firm, McGladrey and Pullen. We have received a "clean" audit every year.
- Last year we received certification by the Council on Accreditation. This includes a thorough review of our financial policies and procedures.
- We have an active and committed Board of Directors.
- We have been successful in fundraising, and even in this difficult time donors have been generous.

Thank you for your continued interest in and support of the work of JF&CS.

Sincerely,

Seymour J. Friedland, PhD
Chief Executive Officer

JF&CS Honors Home Health Staff

This winter JF&CS HealthCare Operations gathered home health aides at the agency's Boston location to honor their compassion, hard work, and years of service.

Ellen Lash, Director of HealthCare Operations, said, "Our home health aides are crucial to our mission of helping elders live in their homes, safely, and with dignity."

CEO Sy Friedland was present to recognize 25 aides with tenures ranging from five to 20 years. JF&CS attracts and retains excellent home health aides as one of the few agencies that offers competitive wages, opportunities for advancement, and benefits, including health insurance.

JF&CS Home Health and Home Care employs over 200 aides and serves over 2,000 clients a year. Home health aides help clients with activities of daily living that they can no longer do themselves, from shopping and cleaning to preparing meals, dressing, and bathing.

Many aides also do something that seems simple but can have huge ramifications – remind clients to take their medications. Ellen said, "This simple function can forestall institutionalization."

Recently Home Health Aide Yosie Martinez received accolades for her work with a client. A visiting case manager was happily surprised to see Yosie and the elderly man, who suffers from Alzheimer's and has also had a stroke, laughing and singing together – truly a testament to Yosie's talents as a caretaker.

Thank you, Yosie, and thanks to all the unsung heroes and heroines who continue to provide excellent care to elders in our community.

RECIPIENT NAME	YEARS OF SERVICE
Rachelle Altidor	5
Sharon Boland	5
Patricia Horwitz	5
Karine Kartshikyan	5
ZinaidaKruhliova	5
Marie C. Nau	5
Alla Pevzner	5
Alexandra Serpinskaya	5
Alla Shnayder	5
Denise Thomas	5
Galina Tkachenko	5
Ligelia V. Villaman	5
Alexandre Chokler	10
Eliezer Cohen	10
Iriada Eidelman	10
Valentina Fedotova	10
Margaret Gavronsky	10
Yuriy P. Khvorosten	10
Theresa O'Connor	10
Comfort M. Oyaronbi	10
Dora Rong	10
Isolene Williams	10
Bronislava Zayenchenko	10
Joyce Davis	15
Icilda Peart	20

Jewish Family & Children's Service is the leading provider of comprehensive human services, delivering personalized and integrated care that improves people's lives.

Savings For Success Teaches Financial Stability in a Down Economy

For many people buying a home, starting a business, or going to college is a financial challenge. And the current economy has made these dreams even farther out of reach.

To help people thrive in the current crisis, JF&CS has launched an innovative, matching-fund program called Savings For Success.

Savings For Success provides financial literacy and daily money management training to help low- to mid-income individuals reach their goal of home ownership, secondary education, or business startup.

Moshe Roditi, JF&CS Financial Literacy Coordinator, said, “We will educate participants about fiscal terms and make them aware of how to deal with finance on a day-to-day basis. The program will help them improve their lives and motivate them to reach their financial goals.”

The program includes a 10-hour course on financial management followed by classes tailored to the specific goals of owning a home, starting a business, or attending school. To ensure success, JF&CS will also advise participants for five years following the course.



“The program will help them improve their lives and motivate them to reach their financial goals.”

Participants must be able and willing to save every month; take all required courses; and work with program staff to reach their goal. Those that complete the program will receive a \$2,000 matching grant.

Savings For Success was developed in collaboration with the International Institute of Boston (IIB) and is sponsored by the Massachusetts Department of Housing and Community Development (DHCD). The program is an Individual

Development Account (IDA) initiative, an innovative anti-poverty tool that helps low-income families and individuals break the cycle of poverty and position them for future success.

Moshe said, “Changing the behavior of low- to mid-income families is the real goal of the program. We want to inspire them, to help them understand finance, and the impact their decisions have on their financial stability.”

THE PROGRAM IS OPEN TO ANYONE WHO:

- is a Massachusetts resident
- has an income of below \$46,300 (individual), \$52,950 (2 persons)
- wants to learn how to budget and save
- wants to start a small business, buy a home or obtain secondary education
- can attend and complete a 10-hour financial literacy course
- can save between \$75 to \$200 per month

For more information about Savings For Success, contact Program Coordinator Moshe Roditi at 781-647-JFCS (5327) or at mroditi@jfcsboston.org.

JF&CS Honors Irving, James, and Melinda Rabb

Irving, James, and Melinda Rabb will be honored with the JF&CS Community Leadership Award for their personal and professional contributions to Boston area nonprofit organizations.

The Rabb family has long been an active supporter of educational, cultural, and human service organizations throughout Greater Boston. The variety of their commitments shows the diversity of their passions and missions. A brief sample includes Combined Jewish Philanthropies, Temple Israel, Temple Emanuel, and the Aaron Foundation as well as Harvard, Tufts, and Brandeis Universities, Beth Israel Deaconess Medical Center, the Boston Symphony Orchestra, New England Conservatory, Facing History, the Museum of Fine Arts, Boston Ballet, WGBH, and many more.

JF&CS CEO Sy Friedland, PhD said, "The Rabbs have always been very involved in the Jewish community and the larger community. They care deeply about a variety of institutions from teaching to music to human service programs like our own."

The award will be presented at the JF&CS Benefit on March 28. Board member Melissa Weiner Janfaza and her husband Andrew Janfaza will chair the annual event at the Mandarin Oriental Hotel in Boston.

Irving Rabb, pioneering executive and philanthropist, is the retired vice chairman of Stop & Shop. Along with his late wife Charlotte (Dolly), son James, a gastroenterologist at Beth Israel Deaconess Medical Center, and daughter-in-law Melinda, a professor of English at Brown University, the family has been an active supporter of JF&CS for nearly thirty years.

Irving said, "We have a deep appreciation for all that this organization has done over the years and hope that we can maintain its ability to give support to those who need it in difficult times."

The Rabb family's many professional commitments and awards demonstrate their dedication to the community. James is on the agency's Board of Directors and has served on the JF&CS Home Health/Home Care Professional Advisory Council since its inception.

James said, "We are honored to be receiving the Community Leadership Award from Jewish Family & Children's Service. JF&CS is very quality oriented and very service oriented. I feel like I'm a part of a strong Jewish organization with the right ideas."



James and Melinda credit their strong family upbringing for their passion for philanthropy and believe that it is important to give back and to participate in the community.

Ellen Lash, Director of JF&CS HealthCare Operations, said, "As medical director of our Home Health program, Dr. Rabb is always available to us for clinical advice and guidance. But perhaps his greatest contribution comes in his ability to understand that Home Health's success is the entire agency's success."

Sy added, "Jim has been very active in our organization as a board member and as a member of our advisory committee. His desire to lend his knowledge and skills to many things that happen here at the agency has benefited us greatly."

Irving resides in Cambridge and has, in addition to James, a daughter Betty Schafer of San Francisco, six grandchildren, and eight great-grandchildren. James and Melinda reside in Weston and have three children.

Join Us!

The JF&CS Benefit is
March 28, 2009.

For more information,
please contact Rachel Books at
781-693-5708 or
rbooks@jfcsboston.org.

Latina Moms Say “Gracias!” *continued from page 1*

Working together it took our dedicated staff less than a month to set up this new service, procure the food, and have it delivered to 17 households. Within two hours of the delivery, Jacqueline received four tearful phone calls from clients expressing their gratitude. When the time came for the second delivery, mothers with cars volunteered to bring food to the other moms.

The creative collaboration of these three JF&CS programs is helping struggling new moms raise happier, healthier children. In the current financial climate, JF&CS will continue to design innovative programs like this one to help our most needy citizens.

If you need help or are feeling stressed, anxious, or depressed, please contact us. Call us at 781-693-1409 to speak directly to a case manager or email us at info@jfcsboston.org to get help today. *We're here for you.*

“We’re doing the best we can for our clients nutritionally by removing barriers and helping people make good choices”

JF&CS Response to Economic Crisis

NUMBERS AT A GLANCE

Economic Crisis Line 781-693-1409

GENERAL INFORMATION & REFERRAL

Everyone is feeling the effects of the economic crisis, but you don't have to go through this difficult time alone. Financial assistance, emergency food, and crisis therapy are just a few of the more than 35 programs and services we offer that can assist you and your family.

CJP SeniorDirect 1-800-980-1982

FREE ADVICE ON CARING FOR OLDER ADULTS

CJP SeniorDirect is a free hotline staffed by eldercare professionals from Jewish Family & Children's Service that can connect you and your family with the resources and expert advice you need.

Disabilities Resource Network 781-693-5640

HELP FOR PEOPLE WITH DISABILITIES

The Disabilities Resource Network (DRN) is an information and referral service, serving people with disabilities in the Greater Boston area. The goal of the DRN is to help people with disabilities find programs and services within the community that are accessible, and offer opportunities for the fullest level of participation possible.

Planning for the Future

Developing a Life Care Plan for Family Members with Disabilities

For all parents, a child's future can be a cause for worry and anxiety. But for parents of children with disabilities, concern about the future is even more complicated because in some cases a person's disability affects his or her ability to be independent and financially secure as an adult. Questions such as “What happens after I'm gone?” take on new importance and a sense of immediacy. Therefore, planning for a child's future is not something that can be postponed. And today's fiscal climate of shrinking entitlements and an uncertain economy only adds to this sense of urgency.

In order to assist families in this process, a group of professionals in the field of special needs planning have come together to offer families a place to start. The Special Needs Planning Guide for Families will be available this spring and provides families with an overview of the issues they need to consider, an outline of how to proceed, as well as a comprehensive resource list.

Planning Guides will be available for purchase or you can download a free copy from the JF&CS website, jfcsboston.org. Workshops for families and special needs professionals will be scheduled for the spring around the state. For more information, please contact Ilana Gordon-Brown at igbrown@jfcsboston.org or 781-647-JF&CS (5327) ext. 1966.

JF&CS Staff Comforts Holocaust Survivor in Final Days



Born in 1914, Gertrude* was a lively and engaging woman, a Holocaust survivor who suffered from anxiety and a fear of being lonely. As her health began failing, she became terrified of dying alone. Her husband had passed away 23 years ago and she had no children or other family. At age 94 she had outlived her friends.

On what turned out to be Gertrude's last day, Karen went beyond her professional obligations and lovingly coordinated a group of trusted caretakers who comforted the elderly woman as she lay dying, therefore fulfilling her wish to not be left alone.

Karen Wasserman, Director of Geriatric Care Management, said, "I don't know if it was her experiences during the war, but Gertrude intrinsically felt alone. She needed concrete evidence that people were there for her."

Karen met Gertrude in 2002 when she was referred to Care Management by the JF&CS Hakalah Program. Initially, Karen coordinated her home care and medical needs and juggled a roster of physicians and other providers. Over time, they became close as Karen came to understand her anxiety and need for constant company. Karen said, "She would always say 'Don't forget me. Don't desert me.'"

Gertrude's husband was a prominent violinist. They had met in a displaced persons camp after being held in concentration camps and she became his manager. The couple had made their living performing at resorts, cruise ships, Synagogues, and solo concerts.

His violin was a treasured object. Not only did it represent their life together, but also it was the reason Gertrude's husband had survived the concentration camps. With that violin he had performed for the Nazis who spared his life because of his beautiful playing.

Despite her deep attachment to the instrument, Gertrude entrusted Karen to carry her husband's beloved violin to the Holocaust Museum in Washington D.C.

More recently, both Karen and Susan Bernat, another JF&CS geriatric care manager, took care of Gertrude as she gradually became less capable in her final years. Because of her intense need for company, Karen and Susan organized a key group who would spend time with her, including nursing home staff, a private caregiver, and volunteers.

On what turned out to be Gertrude's last day, Karen went beyond her professional obligations and lovingly coordinated a group of trusted caretakers who comforted the elderly woman as she lay dying, therefore fulfilling her wish to not be left alone. On Thanksgiving day, Gertrude died in the company of these trusted caregivers.

Because of Karen's careful arrangements and the compassion and dedication of her trusted circle, Gertrude got her final wish. Karen said, "I like to think that even though she was unconscious, she could feel that someone was with her."

**Last name withheld to protect privacy*

Seniors Relive Happy Memories at Hanukkah Celebration

On December 14, the Friendly Visitor Program celebrated the Festival of Lights at their annual Hanukkah party. It was a joyous afternoon that gave many who attended the chance to reconnect with each other and with their Jewish heritage.

Eighty-five guests including seniors and volunteers, JF&CS staff from across the agency, CEO Sy Friedland, Board of Directors President Betsy Rosen, and members of the Jewish Healing Connections Advisory Council.

It was a happy time to gather, sing traditional songs in Yiddish and Hebrew, recite prayers, and eat latkes together. But for many seniors who are isolated from the Jewish community, it was also a rare chance to celebrate their roots.

Program Coordinator Sue Spielman, MPA, said, "This was a unique experience because the event gathered together many people from diverse backgrounds who hadn't celebrated Hanukkah in years."

"It was a chance for elders to celebrate Hanukkah and to remember the latkes their mother made or when their children were little."

Elders came not only from the Friendly Visitor Program, but also from a variety of other programs including Schechter Holocaust Services and Aging Well at Home as well as residents of five assisted living facilities who participate in the Jewish Healing Connections monthly Shabbat Programs.

One attendee said, "The singing, blessings, stories, and food were all terrific. You all created light in many lives. I feel very blessed to have been there and to be part of such an incredible organization."

Many of the songs and prayers reminded attendees of when they were children, and the room was full of happy reminiscing and the joy of "being among our people."



Music, songs, and inspirational readings were followed by the candle-lighting ceremony. It was especially moving to hear Holocaust survivors singing traditional prayers from their childhoods.

Sue said, "It was a chance for elders to celebrate Hanukkah and to remember the latkes their mothers made or when their children were little. Spinning the dreidel and eating chocolate gelt reminded everyone of joyous times in their past."

The celebration was made possible by the generous support of the George and Beatrice Sherman Family Charitable Trust.

Save the Date: The Friendly Visitor Passover Seder will be on March 29, 2009 from 12:00 p.m. to 2:00 p.m. For more information, contact Program Coordinator Sue Spielman, at 781-647-JFCS (5327).

EVENTS

For more information, please contact Rachel Books at 781-693-5708 or rbooks@jfcsboston.org

* The JF&CS Benefit – Leading the Way

Please join Melissa Weiner Janfaza and Andrew Janfaza for a wonderful evening to benefit JF&CS at the new Mandarin Oriental Hotel in Boston. This important event raises over half the unrestricted dollars for JF&CS yearly. Dinner, music, and irresistible auction items will make this a night to remember.

Saturday, March 28, 2009 • 6:30 p.m.

The Mandarin Oriental Hotel, Boston

Seating is limited. Black-Tie Attire. Kosher-style dairy meal.



Andrew Janfaza and Melissa Weiner Janfaza

* Women's Breakfast

Honoring Peggy H. Kaufman, Director of the Center of Early Relationship Support for her 20 years of exceptional service to JF&CS.



Peggy Kaufman

Confirmed speakers include Dr. T. Berry Brazelton, renowned pediatrician; Rabbi Sherre Hirsch, author of *We Plan, God Laughs*; and Jane Clayson, host of WBUR's Radio Boston.

Event Chairs: *Betsy Gross, Melissa Gross McCray*

Thursday, May 14, 2009

9:00 – 11:00 a.m.

Belmont Country Club

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