

Jewish Healing Connections and Rosie's Place Sponsor Interfaith Healing Service



In May, Jewish Healing Connections and Rosie's Place, a sanctuary for poor and homeless women, joined together to sponsor an interfaith service of healing and recovery. The service was for people dealing with issues of poverty, homelessness and addiction.

Held at a Catholic Church in Dorchester, the service included prayers from the Buddhist, Christian, Jewish and Muslim faiths, as well as music and silent reflection.



Caring for Generations

JF&CS is proud to launch our new Agency tagline, "Caring for Generations." We are excited about this new initiative which speaks to both our 140-year history in the Greater Boston community and the fact that we care for people at critical stages of their lives from newborns and their parents, to individuals with disabilities, to the elderly and families in crisis.

We will also be introducing a poster campaign that incorporates "Caring for Generations." Please look for the posters next time you visit one of our locations in Waltham, Boston or Norwood.

Come and enjoy the fun with your family!

October 2, 2005 12:00 – 4:00 p.m.
Jewish Family & Children's Service Waltham Headquarters

You are invited to our first Family Day! Spend a sparkling fall afternoon with old friends and new at the JF&CS headquarters in Waltham.

With activities, music, games, crafts and treats there will be something for kids of all ages at this fun and educational event!



Summer Fun Helping Campers in Need

Every summer the Center for Family Assistance (CFA) camp scholarship program sends over 60 children to camp. This year CFA honored two special individuals for their generous gifts to needy campers.

Charlie Rosmarin, a middle school student in Milton, and Leilah Steiger, President of Pinewood Acres

Children's Charity Inc., both chose to give of themselves so that kids in need could enjoy the fun, adventure and friendship of summer camp.

Wayne Kessler, Director of the Center for Family Assistance, noted, "Many parents have shared positive memories of their child's camp experience, including new friendships, exposure to positive role models and increased self esteem. These new skills help to sustain them emotionally throughout the year."



Wayne Kessler, Director of the Center for Family Assistance accepting gift cards from Charlie and his mother Ada.





Dear Friends,

In this age of possibility and promise, JF&CS works to strengthen the bonds that tie person to person, neighbor to neighbor and community to community. As we near the end of the Jewish calendar year, I am pleased to share a few of the programs our wonderful new headquarters has allowed us to offer our community.

In partnership with our support programs for new mothers, we now offer a New Dads' support group called "Dinner with Dads." This gathering allows fathers to share the challenges and joys of being new parents in order to become engaged and resourceful parents.

Family Table, Greater Boston's Jewish food pantry, has joined with the Greater Boston Food Bank and is expanding with a pantry for Waltham residents. We continue to strengthen our connections with other service providers, governments, foundations and advocacy organizations to meet growing needs.

We will also be having our first Family Day on October 2 at our headquarters in Waltham. This lively and fun-filled afternoon is a great way to connect with your community, help your children learn and have a chance to meet our wonderful staff, volunteers and board members.

With your help, we can continue to improve our world and make it a brighter place for our children. The staff, board, donors and volunteers of JF&CS wish you joyous holidays and a healthy and peaceful new year.

Sincerely,

Seymour J. Friedland, Ph.D.
Executive Director

Knitters' Club Warms Kol Isha

Freda Shapiro, 93, has been knitting for over 70 years. She and two of her friends decided they wanted to knit items to give to a charity and formed a knitting club. A year later, the group has grown to 20 women who meet every Monday afternoon in the craft room at the Fireman House in Randolph.

The knitters are creating wonderful scarves, mittens, hats and afghans for the clients of Kol Isha, the Agency's Domestic Violence Program. Some of these clients are forced to flee abusive situations without their belongings. Kol Isha Director, Nicole Lesser, said, "It makes our clients feel more connected to our community when people do tangible things like this to support them."



Freda is a mother of three, grandmother of eight and great-grandmother of six. One of Freda's granddaughters, Lauren Small, said, "They wanted to donate to a Jewish organization."

In a funny coincidence both Freda and Lauren, who was a member of the Leadership Development Series, became involved with the Agency without the other one knowing about it.

The women gather to share each other's company and their passion for knitting. Freda says, "Knitting relaxes me and takes up some of my time. We bring goodies and have a party. We have such a wonderful group."

Home Health Services Recognized by State

Our Home Health and Home Care services were recently recognized by MassPRO, the quality improvement organization for Massachusetts, for achieving improvement in a target area of care, specifically dyspnea (shortness of breath). The award was given at MassPRO's statewide conference to celebrate the achievements of home health agencies participating in the Centers for Medicare & Medicaid Services' Home Health Quality Initiative.

Facilitated locally by MassPRO, the Home Health Quality Initiative seeks to improve the quality of care provided to patients treated at home. Ellen Lash, Interim Director of Home Health and Home Care, said, "This award shows the commitment of JF&CS to improve the quality and outcomes of care for the elderly population we serve."

Already known for providing consistently high-quality care to seniors, JF&CS' certified Home Health Program serves over 800 clients a year.

If you or a loved one need support, please call 781-647-JFCS (5327).



JF&CS Executive Director Appointed to White House Conference

Appointed by Representative Edward Markey on June 1st, Sy Friedland, Executive Director of JF&CS, became one of 16 people representing Massachusetts at the 2005 White House Conference on Aging in Washington, DC.

The conference, which will take place the week of December 11th, will focus on “The Booming Dynamics of Aging: From Awareness to Action,” understanding the need to acknowledge the upcoming retirement of the baby boomer generation.

As the Executive Director, Sy has been at the forefront of providing exceptional community-based programming for seniors. Sy’s admirable nomination will allow him to impact the future of American seniors.

Our senior services include:

- Home Health and Homecare
- Long-Term Care Ombudsmen
- Guardianship Services
- Safe at Home *(For Alzheimer’s Patients and Caregivers)*
- Geriatric Care Management
- Geriatric Mental Health
- Aging Well at Home *(Services for Senior Communities)*

Jewish Healing Connections and Rosie’s Place Sponsor Interfaith Healing Service

continued

Participants prayed, sang and told personal stories about their struggles and search for God.

Marjorie Sokoll, Director of Jewish Healing Connections, said, “It was one of the most moving things I’ve ever been involved with.”

Over 80 people, including guests of Rosie’s Place, other homeless men and women, and religious leaders, sat in a circle surrounding flowers and candles. Home-cooked food was served after the service. Marjorie said, “There was a very genuine feeling of fellowship. There was no feeling of hierarchy. We all suffer, we’re all human.”



Rosie’s Place client, Florence Mugenyi, performs with Marjorie Sokoll, Director of Jewish Healing Connections

Planning for the service began when Marjorie and Rabbi Karen Landy met with a public policy fellow from Rosie’s Place who was interested in faith-based initiatives. Having done healing services in interfaith settings before, both Marjorie and Rabbi Karen worked with Rosie’s Place and other faith leaders to adapt it to include prayers from other religions.

Together they were able to put together an impressive list of participating organizations that represented a true interfaith fellowship: the Addiction Prevention and Recovery Team of the New England Conference of the United Methodist Church; Ecclesia Ministries; First Church of Christ Scientist; Jewish Family & Children’s Service/Jewish Healing Connections; Islamic Multi-Services Organization; Rosie’s Place; and the Wellesley College Buddhist Community.

For more information, contact Marjorie Sokoll at 781-647-JFCS (5327) or msokoll@jfcsboston.org.

Ten Baseball Gloves

Charlie chose for his Bar Mitzvah Project something that would help in *Tikkun Olam*, repairing the world. Charlie loves baseball and realized that many of these children would probably go to camp without some of the items needed, like something as simple as a baseball glove. Charlie used a portion of his bar mitzvah gifts and asked family members and congregants to donate funds to purchase Sports Authority Gift Certificates to give to these underprivileged children.

Charlie said, "I decided to do this because many of my friends and I play baseball, and we take for granted the fact that we have a glove, which now can be quite expensive. There are many kids in the Boston area that would consider a baseball glove a luxury that they can't afford."

Charlie raised enough money to purchase ten \$50 gift certificates that were given to campers. Charlie is hoping that other B'nai Mitzvah will follow his lead and do similar projects.

Wayne said, "Charlie's sensitivity to the needs of kids in low income families is amazing. His desire to help underprivileged kids purchase sports equipment is truly a generous act of kindness that we appreciate greatly and one which has been much appreciated by the kids and their parents. He has clearly made a difference in their lives."

10,000 Camp Scholarships

While Charlie is taking his first steps toward a life of helping others, Leilah Steiger, President

"There are many kids in the Boston area that would consider a baseball glove a luxury that they can't afford."



Leilah Steiger receives a leadership award from JF&CS

of Pinewood Acres Children's Charity Inc., has helped thousands of children attend day and overnight camps for over 40 years.

Wayne said, "Mrs. Steiger and Pinewood Acres Children's Charity have been a cherished partner in enabling children to have a positive camp experience, which, for many, can positively influence their lives for years to come."

Pinewood Acres was founded in 1915 as a non-profit, non-sectarian charity to send needy boys and girls of all races and creeds to camp. In 1950, Pinewood Acres started its own camp to serve this population.

Mrs. Steiger said, "About 40 years ago I was a teacher and was asked to volunteer at the Camp. Then I started doing public relations. I loved working with children and immediately joined the camp staff. Ultimately,

I became camp director. My continuing relationship with Pinewood Acres is tremendously rewarding to me."

About 30 years ago a fire and then extensive vandalism plagued the camp, located on a beautiful lake in Plymouth. It was impossible for it to get liability insurance. In 1977, the decision was made to sell the camp for development and use the proceeds to further fund the Pinewood Acres Children's Charity.

Mrs. Steiger directs this charity and continues to enable hundreds of children each year to attend camp. She estimates that between the original camp and the scholarships, her organization has helped over 10,000 children to have a summer camp experience.

She added, "To this day, I personally inspect each new camp where we send children. I look at everything including the mattresses. If I would not send my son there, I would not send a camper there."

JF&CS thanks Charlie and Mrs. Steiger and all the others who in ways large and small extend helping hands to needy children.

For more information, contact Wayne Kessler at 781-647-JFCS (5327) or wkessler@jfcsboston.org.

Family Day *continued*

Donna Stein, Chair of Family Day, said, “We felt like this would be a great opportunity to introduce our neighbors to JF&CS. It will also allow our children to learn about the wonderful programs that the Agency offers in a fun and interactive way. So come spend a fantastic afternoon at our headquarters in Waltham.”

At the Interactive Program Booths kids and adults can explore their creativity and get familiar with our many services and offerings. Each activity is hosted by a JF&CS program.

Senior Services will offer blood pressure screening while the little ones can enjoy the playdough fun at the Early Intervention table or play grocery story with Family Table. Kol Isha has designed an innovative interactive Jeopardy game to help you learn about dating violence.

Teens can create their own bead bracelets with Jewish Healing Connections and make rattles for new babies at the Center for Early Relationship Support. And don't miss a chance to jump on the Moon Bounce or try a round of Mini Golf.

Music and entertainment will be provided by singer Rick Goldin, who will bring his puppets and guitar, as well as by the clown, Rami Salami, and his crowd-pleasing animal balloons.

A highlight of the afternoon will be a raffle with a spectacular grand prize. A \$10 ticket will enter you in a drawing for a weekend getaway in Boston including a night's stay at a hotel, four tickets to Doctor Doolittle at the Wang Center and a \$100 American Express Gift Check for dinner.

Any questions, please call Director of Marketing, Liz Carey at 781-693-5718 or email lcarey@jfcsboston.org.



Activities For Kids of All Ages

- ★ Rick Goldin will give a kids music show at 1:00
- ★ Raffle: A family getaway in Boston
- ★ Moon bounce and a mini-golf course
- ★ Rami Salami the clown will entertain the crowd
- ★ Make Your Own Personalized Bead Bracelets
- ★ Pizza, Popcorn and Cotton Candy
- ★ And Many More Exciting Surprises!

Grief Has No Time Line

Turning Loss into Inspiration

For some who have suffered the loss of a loved one, the process of grieving can be long and lonely. Not wanting to burden family and friends, people suffer in silence. But one woman who found comfort in a bereavement support group is making sure that others have the same safe place to heal.

After the tragic loss of both her husband and son within four months of each other, Marion Matzkin turned to JF&CS for support and guidance during this extremely difficult time. She found such strength that she decided to extend this helping hand to others in her position.

Knowing how difficult it is for some to attend a daytime bereavement group, Marion funded a group that meets at night. The group is in memory of her son Lester, who suffered from a rare progressive genetic disease known as Familial Dysautonomia. Lester lived in JF&CS's supported living program, Community Housing for Adult Independence (CHAI). Marion said, "There is no timeline for grief and it never goes away. You learn to live with it."

The second group is now meeting, having extended its original schedule from ten to fourteen weeks. Members of the group come from Chestnut Hill, Wayland, Burlington, Lexington, Framingham, Winthrop, Easton, Andover and Newton.

Marion said, "I've been through a lot and I know I'll survive, but not everyone has that strength. I knew what the group gave to me — so much support and the feeling that I wasn't alone."

The group is one of several JF&CS offerings for people suffering from the loss of a parent, adult

child, sibling or spouse. In addition to a day-time drop-in group and evening support group, Jewish Healing Connections also offers pre-holiday groups at the High Holidays, Hanukkah and Passover led by Rabbi Karen Landy and Barbara Sternfield. Marjorie Sokoll, Director of Jewish Healing Connections, said, "It's important to be with other people who have been through a loss during the holidays."



Marion Matzkin

One woman who found comfort in a bereavement support group is making sure that others have the same safe place to heal.

Barbara also facilitates the day and evening groups. She said, "I feel very privileged that I can accompany these people on their journey." She believes this group is extraordinary because of the way the people have bonded. She said, "They feel a tremendous kinship with each other because they met during one of their most vulnerable moments."

The group offers support, connection and strength. Barbara said, "My goal is to create a safe, confidential, comfortable place where everyone can be who they are, express their grief, and talk about how to go forward." Through their tears and anger, they are able to laugh.



Support groups can be a way to counteract the urgency to get on with things and the discomfort in modern life with death and the process of grief. Even well meaning friends may say, “Why do you keep talking about this if it just makes you sad?” Some are reluctant to share their grief, saying, “I have a wonderful family and friends but I don’t want to burden them.” Barbara understands that people have to talk to go through the grieving process. She said, “Here no one will tell you to move on.”

In addition to support, the group offers a connection to their community in a Jewish setting. Bereavement services targeting the Jewish community are rare. Many Jewish people experiencing a loss want something that is culturally sensitive. Marion said, “I wanted a Jewish group because when you’re hurting you want your own culture and traditions.”

Marion urges others to be generous with their time

“When I leave this world
I don’t want to leave it any
worse and I’d like to leave
it a little better.”

and donations. She said, “I don’t understand why others don’t do it — help other people — it’s not a big amount. When I leave this world I don’t want to leave it any worse and I’d like to leave it a little better.” And this extraordinary woman is certainly doing that.

For more information, contact Marjorie Sokoll at 781-647-JFCS (5327) or msokoll@jfcsboston.org.

save the date

To learn more about these Events, please call the development office at 781-647-JFCS (5327).

* **Family Day** **Sunday, October 2nd at our Waltham headquarters**

JF&CS will be holding a Family Day from 12–4 p.m. to showcase our programs and services and introduce the community to our Waltham headquarters. For more information, please call Liz Carey at 781-693-5718.

* **Family Table Distribution** **October 16th at our Waltham Headquarters**

Family Table, Greater Boston's Jewish Food Pantry, serves over 150 needy families throughout Greater Boston each month by providing life-sustaining non-perishable food. On Distribution Days, volunteers of all ages help to sort, package and deliver food orders.

To learn more about helping set up the pantry or making food deliveries in and around Greater Boston, call Family Table at 617-566-0333 several days ahead. Children are welcome accompanied by an adult.

* **Kol Isha Sukkah of Peace Event** **Thursday, October 20th at Temple Emanuel**

Celebrating the work of the Jewish Domestic Violence Program. Event Chair: Patti Kraft

Featured Keynote Speaker: Kenneth Novack

For more information, please call Mali Ionascu at 781-647-JFCS (5327).

* **JF&CS Black Tie** **Saturday, November 12th at the Seaport Hotel**

Our largest annual fundraiser to support all of our programs and services. Event Chairs: Patricia Berenson & Jeff Carp and Jane & George Pelz. For more information, please call Debbie Fogelman at 781-647-JFCS (5327).

Auction Highlights: A fabulous dinner prepared in your home by celebrity chefs Gordon Hamersley and Jody Adams, tickets to Live with Regis and Kelly, fantastic trips and one-of-a-kind sporting event experiences.

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