

Happy Birthday Rosie! > > >

Congratulations to Brookline resident Rosie Finkelstein, who recently turned 100. Rosie is shown here celebrating her milestone birthday with Sy Friedland, the executive director of Jewish Family & Children's Service. Rosie is part of JF&CS's

program, Aging Well at Home. This program helps seniors remain independent by providing a helpful array of services.

This photo appeared in the September

addition of *OUR TOWN BROOKLINE*.



Crowd leaves on a CHAI

Excerpts from Harold Solomon's eloquent speech at the CHAI Celebration about his belief in the mission of JF&CS.

"Everyone here, at one time or another has needs.

Home care for medical issues. Adoptions. Violence at home. Children with special needs. If you do, call JF&CS. Think of us. If you have a problem, we have a program. If we don't, we will create one. And if you want to enrich your life, help us. Write checks. But for true enrichment, volunteer. Give us some time. Help someone. We need you. You need us."



Our CHAI Celebration Event Co-Chairs Sherri Ades Falchuk & Kenneth R. Falchuk, our CHAI Hero Award Honorees Milly and Harold Solomon and Event Co-Chairs Carolyn Cohen & Alan Dershowitz

Over 250 people attended the CHAI Celebration on October 24 at the Four Seasons Hotel Boston and thanks to the leadership of Event Chairs Carolyn Cohen & Alan Dershowitz and Sherri Ades Falchuk & Kenneth R. Falchuk, the Agency raised over \$230,000 for Community Housing for Adult Independence (CHAI).

At this year's annual event, Harold, a long-time JF&CS board member, and Milly Solomon of Brookline were presented the CHAI Hero

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JF&CS in the News

* This summer, the award-winning Lauren and Mark Rubin Visiting Moms program was featured on the front page of the Living Arts section of the *Boston Globe* and in a health segment on the WB 56. We received hundreds of phone calls from families in need due to this publicity.

* Aging Well at Home, our program serving seniors in areas with a high concentration of elderly residents, was featured on the front page of the *Boston Globe* in July.

Preventing Suicide Among the Elderly

JF&CS has launched a life-changing initiative to combat suicide among seniors, and the program is saving lives already. The pilot project provides suicide assessment and intervention training for JF&CS home health nurses, aides and personal care attendants, addressing this unmet need in the high-risk senior population.

Director of Mental Health Marsha Frankel said, "This is an important program. It will increase nurses' ability to recognize geriatric depression, and teach them how to make appropriate referrals, how to get someone to accept help and how to follow up."

Consider these startling statistics: the suicide rate is highest among people over 65 years old. Major depression is twice as common in elderly patients receiving home care as in those receiving primary care. One in seven home care clients are depressed and research indicates that few will get over their depression without professional help. Yet sadly only

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Caring for Generations

JF&CS
Jewish Family & Children's Service

Dear Friends,

For almost 150 years, JF&CS has had an ongoing commitment to anticipate and address the changing needs of our community that translates into a network of caring that embraces thousands of men, women and children every year. The Agency's new mission statement reflects the values and priorities that have become part of our services.

In the past we described our services being guided by Jewish values. A more accurate way is to talk about Jewish traditions. This describes our commitment to service and identifies how our Agency is special. We want to help people remain in the community with dignity. We're not just helping people survive; we're helping them maintain their sense of self-respect.

JF&CS' history of innovation continues with the launch of the Geriatric Institute. Our expertise in community services includes helping seniors remain in the community with a good quality of life.

Our goal is to take promising research about the elderly and translate that research into practical programs that accomplish our mission of helping people age in place. This means finding interesting and effective ways of delivering services, and to ultimately influence reimbursement and public policy.

With your help, JF&CS will continue to pioneer and implement practical solutions that can make a huge difference in the lives of newborns, families, seniors and people with disabilities.

Sincerely,



Seymour J. Friedland, Ph.D.
Executive Director



Robert Jokela Joins JF&CS as COO

Robert Jokela has joined the Agency as chief operating officer. Bob will oversee all internal operations at JF&CS, focusing on staff development, strategic planning and program development.

"Bob brings a unique combination of business expertise and a passion for philanthropy to JF&CS," said Sy Friedland, executive director of JF&CS. "He is a wonderful addition to our organization and we are thrilled to have him join our team."

Prior to joining JF&CS, Bob served as executive director of Children's Aid and Family Service (CA&FS) in Fitchburg. Bob's experiences as a board member of CA&FS inspired him to leave the corporate world for a career in community-oriented not-for-profits. Prior to his work at CA&FS, Bob was vice president and CFO of American Holographic. Previously, he was assistant vice president of Safety Fund National Bank.

Bob got his MBA at Bentley College and is currently completing a Masters in Public Administration at Clark University. He lives with his wife and two children in Leominster.



Circle of Wholeness Bereavement Program

Jewish Healing Connections, a program of JF&CS, is training volunteers for a new initiative, *The Circle of Wholeness*, which is an expansion of their bereavement services.

The initiative is in response to the needs of newly bereaved individuals who are unable to attend one of the bereavement groups offered by Jewish Healing Connections or are in need of support while waiting for a group to begin.

The staff of Jewish Healing Connections has already trained eight volunteers, all of who have experienced the loss of a loved one. The training included information about the grieving process, active listening and the responsibility of being a volunteer. Barbara Sternfield, Program Specialist, said, "These volunteers are missionaries for the Agency."

These emissaries will be paired up with newly bereaved individuals who have experienced a similar type of loss. The volunteers are motivated by a desire to "give back." Barbara said, "For some people it feels unsatisfying to go through a major transition and to have the wisdom gained from going through it, and not be able to do something with it. Our volunteers want to join with others to accompany them on this journey, to listen and witness."

The support the volunteers can offer is unique. They are able to find some meaning in their loss by offering assistance and comfort from a place of shared experience.

To learn more, contact Barbara at 781-647- JFCS (5327) or bsternfield@jfcscoston.org.

Our Mission

Jewish Family & Children's Service cares for individuals and families by providing exceptional human service and health care programs, guided by Jewish traditions of social responsibility, compassion, and respect for all members of the community.

Rabbi Karen Landy Shares the Mission of Jewish Healing Connections

“I blew the shofar 20 times yesterday,” said Rabbi Karen Landy. It was Rosh Hashanah, and Rabbi Karen, as she is known by everyone, was visiting a nursing home. Since there were a number of patients who couldn’t leave their rooms, she visited each one.

A similar scene repeats itself at every holiday. During Passover, as the Rabbi of Jewish Healing Connections, she conducts 15 Seders. In the course of an average day she may also visit the Boston Alzheimer’s Center, comfort a victim of domestic violence, meet with a group of mentally ill clients or help a grieving family bury a stillborn child. Rabbi Karen said, “It’s my mandate. I go to where people are open and want some Judaism brought to them.”

“It’s my mandate. I go to where people are open and want some Judaism brought to them.”

The Rabbi’s compassion and flexibility have found a perfect match at JF&CS. Her role has developed far beyond one of traditional spiritual advisor, to one that encompasses all aspects of the Agency. Rabbi Karen said, “I feel very blessed. I feel I’ve found my calling. It’s a partnership with me and JF&CS and I feel very proud to be part of the Agency.”



Rabbi Karen Landy performs the wedding ceremony of JF&CS Board member Matthew Rosenthal and his bride, Hilary.

She added, “It’s distinguished us from other agencies that haven’t figured out how to integrate a rabbi into their services. My role is very fluid and very open.” In addition to her rabbinical duties, she is also engaged with the programming for the agency. She facilitated the board discussion on the Agency’s new mission statement, taught the staff about Jewish holidays and did a ceremony for putting up the mezuzah when we opened up the Agency’s headquarters in Waltham.

In a note of thanks, board member Matthew Rosenthal said, “I am overjoyed that [Rabbi Karen] was able to perform our wedding. It really went over and above all expectations. Karen presented those assembled with a warm, funny and instructive wedding ceremony. I am impressed as a board member to see (once again) the remarkable quality of the JF&CS team.”

The Campaign — be a part of our future!

for Jewish Family and Children’s Service

We like to think of JF&CS as a family – our clients, our staff, our board of directors, our donors and the community at large. Together we are committed to providing high-quality, caring services to people in need regardless of their age, faith or ability to pay. To meet the increased demand for our services and to more effectively serve our clients we needed to expand our physical space and programmatic capacity. Our new space now hosts monthly Family Table food distributions, community Shabbat dinners, a holiday toy drive, CHAI Works (a job-training program for adults with disabilities) as well as many other volunteer opportunities and programs. Without the vital funds generated from our Campaign we would not be able to respond to the changing needs of those most at risk. In over 80 communities throughout Greater Boston, JF&CS is there to help thanks to your generosity. As of October 30th the Campaign has raised over \$5.7 million towards our goal of \$8 million – and with your help we know we can reach or even exceed our goal. To learn more about how you can be a part of this important community effort, please call Deborah Fogelman at 781-647-5327 (JFCS).

> > > celebrating our volunteers

Friendly Visitor Program

Nancy Lester, former Wall Street securities analyst, and Marcia Cooper, painter and art teacher, both wanted to volunteer and enjoyed working with the elderly. Little did they know that their search would connect them with each other and with a very special senior, Lucy Lasoff.

Lucy, who passed away this spring at the age of 95, became a “grandmother, mother and girlfriend” for both women, always eager to share a cup of tea, a bite of chocolate and conversation about their lives.

Nancy moved to the Boston area from New York City in 2000 to be here with her husband. After a career on Wall Street she was, “looking for a kinder, gentler life ... chapter two. I knew that volunteering would be a part of that life.”

When she joined the Friendly Visitor Program she was paired with Lucy Lasoff. Nancy said, “Lucy was my first friend in Massachusetts. Many of her friends were gone and she needed a new friend. I also needed a new friend. We discovered a mutual sweet tooth, a fondness for Tic Tacs and a desire to see each other again.” Sadly, shortly afterwards her husband was diagnosed with cancer and she wasn’t able to visit Lucy in the same way. “We kept in touch, but I couldn’t continue our weekly visits.” So Lucy was paired with another volunteer, Marcia, who could visit Lucy on a weekly basis.

“Having someone like this takes your mind off your own difficulties ...”

After her husband’s death, Nancy returned to regular visits with Lucy. “For many years, we were lucky. We coordinated visiting her and Marcia and I became good friends.”

Before Marcia Cooper met Lucy, she had an elderly friend who she met eleven years ago while standing in line together at the supermarket. “She didn’t have enough cash on her. I drove her home and she paid me back.”

Marcia noticed that although her friend Dorothy was still spry enough at age 89 to walk down a hill to the supermarket in Newton, she was not comfortable going to the senior center.

“It hit me how many people are living alone with so many hours in the day. I admired the concept of community service and I had enjoyed my time with Dorothy.” After Dorothy passed away, she volunteered for the Friendly Visitor program. “My kids were grown up and I worked part time and had the time to volunteer.”

Marcia and Lucy would spend Friday afternoons together. “She was warm and entertaining. It became a solid friendship. I started lighting the Shabbat candles with Lucy, a part of our routine together that I particularly enjoyed.” She added, “Having someone like this takes your mind off your own difficulties ... someone who really appreciates you and is delighted when you walk through the door. You know you’re going to make their day.”

Nancy said, “Volunteering is a wonderful way to make a connection in the community. Friendly visiting is truly a two-way friendship. You extend your friendship and you get a wonderful friend. It’s very meaningful and satisfying.”

For More information: The Friendly Visitor Program matches caring volunteers with frail and isolated elders to provide companionship and a treasured connection to the Jewish community. To find out more, call 781-647-JFCS or email info@jfcsboston.org.



Three Women Find Friendship: Marcia, Lucy and Nancy

Crowd leaves on a CHAI! *continued*

Award. This award recognizes individuals who have dedicated themselves to improving the lives of people with disabilities.

The Solomons believe it is important for all members of the community to support people with disabilities. They both work tirelessly to promote the mission of CHAI, and they encourage others to learn about the many wonderful services that JF&CS provides.

The couple's dedication to helping others is reflected in Harold's medical practice, which helps individuals and families face a wide spectrum of personal challenges. Milly has devoted much of her time and energy to this annual event and is committed to working hard to ensure that each CHAI event is a success.

Milly and Harold's shared commitment to the CHAI program is a model of dedication to community and individuals in need.

Also speaking at the event was Kate Hill, a CHAI resident, who was truly an inspiration. Kate spoke about her "Top Ten Reasons to Love CHAI" which illustrated the positive impact the CHAI program has on our community.

Parkinson's Family Support Program Open House

JF&CS is launching a new initiative to provide education and support for individuals and families who are dealing with Parkinson's disease. The focus will be on improving quality of life for people with Parkinson's disease and their caregivers through education and wellness programming. This program has been funded through a generous gift to The Campaign for JF&CS from the Okonow and Robbins families and will be run by Nancy Mazonson with the help of Pazit Aviv. Nancy has over 25 years experience as an occupational therapist and has worked extensively with individuals and families to plan for and deal with the impact of chronic neurological diseases. Pazit is a graduate of Salem State College School of Social Work, and specializes in working with elders.

If you, or someone you care for, is dealing with Parkinson's disease, please join us for an open house at the JF&CS Headquarters in Waltham on Monday, December 4 from 10:30-11:30 am or Wednesday, December 6 from 7:00-8:00 pm to meet Nancy and Pazit and to learn more about this program. For more information, contact Nancy Mazonson at 781-647-JFCS (5327) or nmazonson@jfcscsboston.org.

Preventing Suicide Among the Elderly *continued*

12% receive adequate treatment. A recent study also indicates that many home health nurses are unable to correctly identify depression among older patients.

Training began this summer and had an immediate impact. Two days after the first training, Tatiana Yakimova, a JF&CS nurse, called to refer a 91-year-old woman living alone in her own apartment in Brookline. The client was being seen by Home Health after three falls and a hospitalization. She acknowledged being depressed and socially isolated. Tatiana felt that her complaints of pain were magnified by her feelings of distress over the aging process and her limitations. She said, "I felt a lot of sadness inside her and I involved social work to prevent her decline."

Fortunately, the woman was agreeable to treatment and responded positively to social work interventions. JF&CS social worker Selma Mirsky, said that when she first met with the client she felt that her life was useless. "She talked about ending her life." Selma was able to reconnect her with her support system, including two devoted nieces, and "little by little she was able to see that she was important to them." As the woman's emotional pain eased, she renewed her inter-

est in life and has even decided to walk to activities at the near-by senior center.

The Suicide Prevention program stemmed from adapting and expanding curricula developed and tested by the Cornell Institute of Geriatric Psychiatry. In addition to translating information into Russian, the pilot program will develop culturally appropriate materials for the Haitian and Chinese communities. Marsha said, "The stigma attached to depression and treatment issues are different for each culture."

JF&CS Launches the Geriatric Institute

Suicide Prevention is one of the first initiatives of the Geriatric Institute. The mission of the Institute is to improve the quality of life for seniors through the practical application of research findings.

In addition to Suicide Prevention, other initiatives are wellness-promoting interventions in Naturally Occurring Retirement Communities, risk screening, preventing falls and improving adjustment to Parkinson's Disease.

The Geriatric Institute was made possible through the generosity of the Belmont Manor Nursing Center and the Karger Family.

> > > answers you can trust

JF&CS is dedicated to helping seniors live independently in their own homes.

Through a comprehensive network of services including Home Health and Home Care, Geriatric Care Management, Mental Health, specialty programs for seniors with Alzheimer's or Parkinson's Disease and spiritual supports, **we offer the broadest network of services to seniors throughout Greater Boston to allow them to live at home for as long as possible.** In this new column, **Answers You Can Trust**, Karen Wasserman, LICSW, answers frequently asked questions about the challenges of aging.

Q I need to move my aging parents here from out of state. What kind of housing is available? What are the issues I should be thinking about?

A The two most important questions to answer when looking for housing for elders are: What kind of supports do they require to be safe and well cared for in their home? And, what can they afford?

There are housing options for elders that range from independent living to nursing home level of care. Whenever possible it is important to make a move that will last, if not for a lifetime, then at least for a few years, as moving is very taxing on elders.

Whether you are wealthy or living on a low/fixed income there are options for housing that can meet your needs. Discussing the different housing options with a Geriatric Care Manager can be helpful in understanding the differences between communities for elders. The Care Manager can help you determine which community most closely matches your parents' needs.

Q My mother is increasingly isolated. What community resources are available to help her?

A It is important to understand why your mother is isolated. Is it because she doesn't have transportation? Is she physically limited? Is she experiencing depression?

Many towns have senior centers that offer both transportation to the center and daily scheduled activities including lunch. The JCC in your area may also have daily or weekly programming for elders. If your mother is in need of support during the day and she has either physical or cognitive losses then an adult day program might be appropriate for her. And, if you feel that your mother may be having difficulty coping with losses and other stressors in life, helping her to find a geriatric social worker for an evaluation and possible ongoing counseling may be helpful.

Q I live in Pennsylvania and my parents live in the Boston area. They do not want to move, but their lives are becoming much more complicated and when I visit I notice that they have declined and sometimes seem overwhelmed. Can you help?

A It is very hard to be a long distance caregiver. If your parents are open to having some assistance, introducing a Geriatric Care Manager may be extremely helpful for them and for you. A Care Manager can provide a thorough assessment of your parents' needs, help formulate a Care Plan to meet their needs, put the plan into effect, and manage and monitor their situation over time. From arranging for home care to taking elders to doctor appointments, a Geriatric Care Manager can stabilize your parents' living situation and provide you with much needed peace of mind. A Care Manager can be your eyes and ears and your support while allowing you to manage your own home life.



About Karen Wasserman

Karen Wasserman has worked with elders and their families for the past 20 years. She is a Licensed Independent Clinical Social Worker with a Master's degree from Simmons College School of Social Work. Karen started the Geriatric Care Management program at JF&CS in 1999 and has managed its growth into one of the Boston area's leading Care Management practices.

For more information, please contact Karen at 781-647-JFCS (5327) or visit our website jfcsboston.org.

CHAI Works Celebrates First Anniversary

The ability to work is something many of us take for granted. But for people with developmental and psychiatric disabilities, having both the training and support to work can be a challenge.

JF&CS has developed a unique program that offers volunteer, intern and employment training opportunities at the Agency for clients of our Adults with Disabilities Program.

This new initiative, CHAI Works, allows clients to get on-the-job training, engage with the work of the Agency and ultimately move into positions outside JF&CS.

Doreen Cummings, Director of Individual Living and Working Support, said, “CHAI Works was created when we recognized that there aren’t enough supports to get clients employment-ready.” She added, “Everyone wants to work and feel like they are making a difference.”

One of the program’s successes is Stacey (last name withheld to protect privacy), a CHAI client who worked at the Agency for a year. With the skills she learned in that time, she was able to get a part-time job at a consulting group in downtown Boston. Stacey said, “Working at JF&CS helped me get the job I have today.”

At her new job, Stacey does clerical work and she is proud of her accomplishments and likes the fact that she works in a professional office setting. She said, “They like me, and they don’t treat me like I have a learning disability, even though they are fully aware of the fact.”

Many departments at the Waltham office have come to depend on the network of volunteer participants. Doreen said, “We used to go to them, asking if they had work. Now departments are counting on us to help them.”

At the same time, JF&CS staff members are being educated on the value of people with disabilities and seeing the mission of the Agency in action. Their acceptance of the program has made CHAI clients feel fully included in the everyday business of JF&CS.

Twenty CHAI clients now work anywhere from one to five days a week doing mailing, filing, data entry, cleaning, copying, setting up for events, and many other types of jobs.

Doreen said, “Because of our donor support we’re able to provide something unique and valuable.” Originally funded by Combined Jewish



Stacey got her start at CHAI Works

“They like me, and they don’t treat me like I have a learning disability, even though they are fully aware of the fact.”

Philanthropies and the Rita J. and Stanley K. Kaplan Family Foundation, the program recently received a two-year grant from the Carl and Ruth Shapiro Family Foundation to support community placement and launch Academic Training and Self Advocacy programming.

CHAI Works is one of the many programs offered by JF&CS Services for People with Disabilities for adults with a wide range of physical and intellectual disabilities including mental retardation, autism, significant learning disabilities and persistent psychiatric illness. Services for People with Disabilities provides information and referral, Jewish life, supported housing, case management, service planning, support for activities of daily living, social skills groups, special needs planning and individual advocacy. Each service is designed with the goal of enhancing independence, quality of life and inclusion in the community.

To learn more about what JF&CS and the Greater Boston community has to offer, please contact Sandy Slavet, Director of the Disabilities Resource Network, at 781-647-JFCS (5327) or sslavet@jfcsboston.org.

JF&CS events

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

* Black Tie Event set for March 31, 2007

We are pleased to announce that Board member Neal Balkowitsch and his partner Donald Nelson have agreed to chair this year's Black Tie Event on March 31, 2007 at the Westin Boston Waterfront. As contributors to The Campaign for JF&CS, Neal and Donald continue to make the Agency a priority. With Neal and Donald's leadership, this year's event promises to be a huge success. Mark your calendars now!



Donald Nelson & Neal Balkowitsch

* Kol Isha Celebration: Voices of Courage raises record high

Over 250 people attended the Kol Isha event at the Belmont Country Club on November 16th. Anna Quindlen, Pulitzer Prize-winning author, was the keynote speaker at the event which raised money to support victims of domestic violence. With the help of



Anna Quindlen

event chair, Trish Karter, President and CEO of Dancing Deer Baking Company, Inc., the event surpassed the goal of \$125,000.

* Community Shabbat Dinner

Over 100 families attended the Community Shabbat Dinner on October 6th. Co-chaired by JF&CS Board member Donna Stein and Stacey Silverstein, \$33,000 was raised to provide services and vital supports to families in crisis. The evening also honored the Weintraub family for their wonderful contributions to the community with the Family Tzedakah Award. This award recognizes a family who has dedicated themselves to volunteering and improving the lives of vulnerable members of the community.



The Weintraub Family

Over 100 families attended the Community Shabbat Dinner on October 6th. Co-chaired by JF&CS Board member Donna Stein and Stacey Silverstein, \$33,000 was raised to provide services and vital supports to families in crisis. The evening also honored the Weintraub family for their wonderful contributions to the community with the Family Tzedakah Award. This award recognizes a family who has dedicated themselves to volunteering and improving the lives of vulnerable members of the community.

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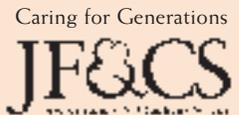
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