

Wellness Fair Brings Seniors Together

On a beautiful day in August, more than 130 seniors gathered with their families at a Wellness Fair in the courtyard of The Village at Brookline. The fair, hosted by JF&CS Aging Well at Home, was an opportunity for the residents of three community centers to find out about wonderful local resources, to visit with each other, and to have fun.

Program Manager Donna Tarutz said, "Many people aren't aware of all the resources available to them. The seniors said they learned so much and that it was a wonderful way to reconnect with each other."

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JF&CS in the News

* The *Boston Globe* wrote a regional centerpiece on the Geriatric Institute's suicidality program, titled "Out of Darkness: Waltham program dedicated to preventing suicide among seniors," on September 16, 2007. In the *Globe West* edition it was featured on the front page with a large photo of William Rose, the profiled client.

* "Off the Streets and into Tents: Resident's scholarship provides camp opportunity" was the title of a story that appeared in the *Newton TAB* on August 15, 2007, highlighting the Arthur J. Neiterman Camp Scholarship program.

JF&CS Equips Kids for School

Picture an excited 5-year-old boy, ready for kindergarten with his first backpack, shouting, "Mommy, my own backpack! My own notebook!" This fall JF&CS equipped 200 happy children with their very own backpacks and school supplies.

With the cost of school supplies reaching \$50 or more per child, the backpacks were a practical and fun way to help children in low-income families of all faiths served by the Center for Family Assistance (CFA).

The idea for the program emerged this summer. Wayne Kessler, Director of CFA, said, "While running the camp scholarship program, we discovered that these same families had significant needs related to going back to school. Most of the families we serve have difficulty finding enough money for utilities, rent, and medicine, and their children did not have the school supplies and clothing they needed."

The "Back to School Kits" were durable L.L.Bean backpacks, meant to last, stuffed with age-appropriate school supplies including notebooks, binders, folders, paper, calculators, markers, pencils, pens, and crayons. The bags also included a \$50 TJX gift card for each child for clothing or shoes.

The backpacks were stuffed and decorated by volunteers from JF&CS' CHAI Works! program, which gives work experience to people who have disabilities and live in supported housing.

One grateful parent wrote, "Thank you so much for the school supplies and gift card for my kids. It may seem like a little thing for most people, but to me your gifts mean all the world. Since I became seriously ill and now have to rely on others just to survive, I have not been able to provide for my kids in a way that I would like. You enable me (and my kids) to live with dignity, and for that we are truly grateful."



CHAI Works! clients help put together backpacks stuffed with school supplies for 200 needy students

Dear Friends,

I am extremely pleased to share good news with you about THE CAMPAIGN FOR JF&CS as it comes to a close. We have exceeded our goal, bringing our campaign total to \$8.6 million!

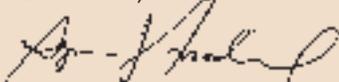
The outpouring of support from our board of directors, the community, and our staff and clients has been truly heartwarming. During the Campaign, we received gifts from 143 families and individuals, and our staff alone contributed more than \$44,000.

As you know, the goal of THE CAMPAIGN FOR JF&CS is to support the growth and stabilization of our programs and services and secure the Agency for future generations. The success of the Campaign reaffirms our community's commitment to our programs and services and your belief in the work that we do. I am truly grateful.

As the Campaign closes, I am excited to announce that Leah Oko has joined JF&CS as our new Chief Development Officer. Leah's insight and passion for community service will allow us to build on these achievements.

I look forward to working with Leah, and I am grateful for the generous commitment of time and energy that Campaign Chair Amy Bloomstone has made to the success of THE CAMPAIGN FOR JF&CS. Their efforts, and the work of our staff and board, will mean we can continue to be an innovative organization that helps wishes become reality.

All the best,



Seymour J. Friedland, Ph.D.
Executive Director

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.

Oko Joins JF&CS as Chief Development Officer

Leah Oko has joined the Agency as the Chief Development Officer. Prior to her position at JF&CS, Leah served as the Director of Principal Gifts at Combined Jewish Philanthropies (CJP).

Leah is inspired not only by the vital programs JF&CS provides for people at critical stages in their lives, but also by the progressive leadership at the Agency. As Chief Development Officer, Leah plans to increase the agency's endowment, cultivate new leadership, and begin a planned giving program.



Leah Oko

"We are excited to have Leah on board as Chief Development Officer. Her experience will enable us to increase our fundraising goals, which will allow us to better address the needs of our clients," said Sy Friedland, Executive Director of JF&CS.

Leah received her Bachelor of Arts from the University of Toronto and earned her Master's in Public Administration from American University in Washington, D.C. At

the beginning of her career, Leah worked at Brandeis University, where she served as a Major Gift Officer.

She lives in Newton with her husband, Carl Katz, and their daughter, Sophie.



Baby You Can Drive My Car

We'll make you a star if you give your car—old or new—for a great cause. Through our new car donation service, you can donate your car and allow JF&CS to receive the proceeds. It is fast and easy. All you need is access to the vehicle identification number and title of the car, and in five minutes the process is complete.

Simply call 866-557-5327 to donate. We have partnered with Charitable Auto Resources to manage the transaction. Its operators will walk you through the process. Be sure to select JF&CS of Greater Boston as the recipient of your donation. After one quick phone call, Charitable Auto Resources will pick up your car. All donations are tax deductible.

For more info, call JF&CS Development Assistant Rachel Books at 781-647-JFCS (5327).

JF&CS Builds Another Caring Community for Seniors

Building on the success of our Aging Well at Home program, JF&CS is launching an initiative in a neighborhood of North Brookline to improve the lives of seniors who live alone. Rimma Zelfand, JF&CS Director of Senior Services, said, "Human connection is so important, whether you're sharing a thought or a meal. We want to connect seniors with services and with each other."

Aging Well at Home builds a community of seniors who are happier, healthier, and more productive. The program does this by developing multifaceted services that combat isolation and depression, misuse of medication, falls, and poor nutrition.

The new site will incorporate successful components of similar programs that are common in Israel. One of these is the idea of a "warm house" in which a senior's home acts as a social center for lunches, book clubs, or any other shared activity. Another is that it will be run by a "community liaison" whose job will be to provide information and referral to community services and resources, as well as doing simple household maintenance and repair jobs.

Focus groups began in October to gather information from the community about its needs. Rimma added, "It's a little more difficult to reach these isolated seniors, but it is even more crucial."

Volunteer with Aging Well at Home

If you have a skill or interest you'd like to share with a senior, sign up today. Volunteers are needed for cooking classes, knitting, gardening, reading groups, and more!

Circle of Support for Interfaith Families

The challenges for non-Jewish mothers raising Jewish children will be lessened this fall when JF&CS, in partnership with the Jewish Outreach Institute, offers The Mothers Circle. The eight-month educational course is an introduction to Jewish cultural and spiritual practices and is intended specifically for non-Jewish women raising Jewish children.

Elana Kling Perkins, Coordinator of the JF&CS Interfaith Family Resource Center, estimates that 40 to 50 percent of marriages involving Jews are interfaith marriages. She said, "We're very excited about this program. We're here to help women make educated decisions about the religious life of their families."

Participants will meet twice a month with occasional family programs to learn about Judaism, to explore Jewish holidays and rituals, and to deepen their connection to the religion of their family.

About The Mothers Circle

For more information about The Mothers Circle or the Interfaith Family Resource Center of JF&CS, please call Elana Kling Perkins at 781-647-JFCS (5327) or email her at eperkins@jfcsboston.org.

Wellness Fair Brings Seniors Together

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The fair was an afternoon of fun activities, demonstrations, giveaways, and raffles, with treats and beverages provided by JP Licks and Starbucks. Seniors attended with their children; grandchildren; and, in some cases, great-grandchildren.

Attendees saw a demonstration of NIA (neuromuscular integrative action), an exercise that is a combination of tai chi and yoga; learned how to make healthy snacks; and tried new things, from acupuncture to massage therapy. They also had a chance to talk to professionals from a range of agencies about safety, nutrition, vision, and physical fitness.

Donna added, "We wanted to address the needs of the whole person. Our goal is to help seniors be healthier and happier."



As seen in the *Brookline TAB* on August 9, 2007: Natasha Rozenfeld, of the Aging Well at Home program, takes a Brookline resident's blood pressure at the Wellness Fair on August 1 in Brookline Village

The Campaign for JF&CS

Agency Dedicates Headquarters in Honor of Major Donor

JF&CS has concluded a successful multiyear fundraising campaign, with total gifts exceeding \$8.6 million. During the Campaign, the Agency received gifts from 143 families and individuals, and our staff alone contributed more than \$44,000.

These generous gifts will have a positive impact on many lives and will greatly enhance our ability to help families, children, seniors, immigrants, and those with disabilities in the Greater Boston community.

On October 25, JF&CS dedicated our headquarters in Waltham, named in honor of one of the campaign's major donors, Ben Schulman.



Ben Schulman admires THE CAMPAIGN FOR JF&CS signage

“The outpouring of support from our board of directors, the community, our staff and clients has been truly heartwarming.”

—Sy Friedland, Executive Director



Campaign donors David and Gail Schechter



Diane Jacobs and Ben's nephew Alvin Jacobs with Ben's sister Betty Jaffe

Surpasses Goal

Ben Schulman is a World War II veteran and businessman whose life was happily changed forever by his connection to JF&CS. He and his wife, Ruby Gryzmish, were able to grow their family with the help of the Agency's Adoption Services, raising his children over 52 years of marriage. Ben honored his family and the community with a \$1 million gift to JF&CS that has created a lasting legacy.

Another notable donor is former JF&CS Board President John Levy, who has had a strong family connection to the Agency for three generations. Together with his wife, Gail Rothenberg; mother, Shirley Levy; aunt Leona Karp; and aunt and uncle Esther and Sumner Feldberg, the Levy Karp Feldberg family has made a very generous \$750,000 unrestricted gift to the campaign in order to help underwrite the future of the Agency.

John said, "The Campaign ensures that as the years go on, Jewish Family & Children's Service can continue to do what it does so well, indeed do it even better. JF&CS takes care of people in real need, whether it is a physical need, an emotional

need, or a psychological need. And it does it while preserving the dignity of the individual. That is what makes the organization so remarkable."

The dedication ceremony began with a private luncheon for friends and family of Ben Schulman. At a community event that evening, board members and donors to the Campaign and the larger community gathered at a cocktail reception to unveil the new signage and celebrate the successful completion of the Campaign.

Speakers at the ceremony included Board President Elizabeth Rosen, Campaign Chair Amy Bloomstone, Executive Director Seymour Friedland, and honored guest Ben Schulman.

"The Campaign ensures that as the years go on, Jewish Family & Children's Service can continue to do what it does so well..."

—John Levy, Campaign Donor



Ben's lifelong friend Zoe Levinson; Ben; his girlfriend, Jan Davis; and Executive Director Sy Friedland



Event attendees Steven Goodwin and Sudie Schenck

Walking the Road to Independence

JF&CS has opened a new residence for adults with autism spectrum disorder (ASD) that significantly expands our services for people with disabilities. The shared-living opportunity is a wonderful arrangement for individuals who want to transition from living with their families to independent living.

“The goal is that these young men will transition successfully from living with family to living with minimal staff support...”

The house, located in a residential neighborhood in Brighton, Massachusetts, will be home to eight young men living with ASD who are ready to leave home but need support to master the skills of living independently.

JF&CS staff, on call 24 hours per day, seven days a week, will assist residents with time and life management, meal preparation and planning, paperwork and finances, and setting up social and recreational activities.

Betsy Closs, Director of Services for People with Disabilities, said, “People with ASD who are ‘high functioning’ still need assistance to successfully transition from home to independent living, and that is what this house endeavors to do.”

The goal is that these young men will transition successfully from living with family to living with minimal staff support and that they will have at least part-time employment. Betsy added, “Most important, we hope that they have friends and a social network to enjoy all that the Boston area has to offer.”



Located only a quarter mile from the Green Line, the house is a large two-family home that will be run as one unit. Each resident will have a private bedroom with cable/Internet. There are two kitchens and a large room that will function as a game room.

Housing of this type is critical since there is no government funding for people who have autism spectrum disorder unless they also have mental retardation. Betsy said, “We anticipate that after a few years of living with staff supports, the residents will make friends and move into their own apartments together.” The house will then be available to the next group of residents.

For more information

To learn more about our new shared-living opportunity for adults with ASD, please contact Director Betsy Closs at 781-647-JFCS (5327).

Volunteering with JF&CS

Volunteers are a vital part of Jewish Family & Children’s Service. For more information on how you can help isolated seniors, new parents, recently arrived immigrants, people with disabilities, and others in need, call our volunteer coordinator at 781-647-JFCS (5327) or visit jfcsboston.org.

> > > 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 range of services to seniors throughout Greater Boston to allow them to live at home for as long as possible.

In this column, Answers You Can Trust, Elder Care Specialist Marjorie Raskin answers frequently asked questions about CJP SeniorDirect, a new program managed by JF&CS.

Q What is CJP SeniorDirect?

A Launched in the fall of 2005, CJP SeniorDirect is a free professionally staffed telephone information and referral service and website. The telephone line is staffed Monday to Friday from 9:00 a.m. to 5:00 p.m. by JF&CS eldercare experts. We answer questions, analyze and determine needs, direct callers to appropriate agencies, and follow up with families. Our dedicated staff is here to help on all the issues facing seniors—from assisted living to kosher meal programs.

Q Who can call CJP SeniorDirect?

A Anyone who has a question or concern about an elderly person can call. Seniors call with their own questions. We get calls from sons, daughters, nieces, nephews, and friends. We also get calls from professionals in the field looking for resources and guidance. These days there is a lot of information on the Internet, including the CJP SeniorDirect website. But we can be most helpful evaluating the area of concern if we speak to you on the phone.

Q What is the most common question you get?

A Housing, housing, and housing. As people live longer, there are more options, and housing decisions may need to be revisited. Callers have a variety of questions, from subsidized senior housing to settings with Jewish programming to affordable rents to the availability of services in these settings. The CJP SeniorDirect website is a great place to start. It lists assisted-living facilities, continuing care retirement communities, and nursing homes with Jewish programming.

Q What are some unusual requests that you have researched?

A One of the greatest strengths of CJP SeniorDirect is our willingness to help with any kind of question. We've helped find dating services for those over 60, resume-writing assistance, and a Yiddish Conversation Group. We've found directions to a cemetery and where to get a power-of-attorney form, and explained the process to get Medicaid to pay for an adult day health program. One daughter needed to know whether there was a dialysis unit close to where her parent wanted to move. Our goal is to connect each caller with the right resource.



**About our
Marjorie
Raskin,
LICSW**

Marjorie joined JF&CS in 2006 after 12 years in clinical medical social work and discharge planning. She brings a wealth of expertise with the elderly in inpatient acute, emergency room, and subacute settings. Marjorie has a Master's Degree from Simmons School of Social Work.

CJPseniordirect

Call us at 1-800-980-1982 Monday to Friday from 9:00 am to 5:00pm. You can also visit us online at www.cjpseniordirect.org or email us at info@cjpseniordirect.org.

Save the Dates

For more information, contact the development office at 781-647-JFCS (5327).

* JF&CS Benefit set for March 29, 2008

Dinner, Dancing, and Auction
The InterContinental Boston

This event is being chaired by Gail & David Schechter
and Lori & Stewart Karger.

* CHAI Celebration: Saluting 18 Years



CHAI Celebration Co-Chairs Claire & Ed Saxe and Jackie & Alan Weinstein

On Thursday, October 18, JF&CS raised more than \$200,000 in support of the CHAI program, which is designed to foster independence, quality of life, and inclusion in the community for disabled adults. This year's event honored William D.

Kirchick of Dover for providing consumers of CHAI with the highest level of fiduciary, administrative, and legal expertise as Chairman of the Board of Trustees of the CJP Disabilities Trust.

* Kol Isha Celebration: Voice of Courage raises record high

More than 250 people attended the Kol Isha event at the Westin Copley Place hotel on November 13. Susan Estrich, legal and political commentator and author of *Real Rape*, was the keynote speaker at the event, which raised money to support victims of domestic violence. With the help of the Event Chair, Ken Tutunjian, the event surpassed the goal of \$125,000.



Susan Estrich

* Jewish Healing Connections 10th Anniversary

More than 70 guests attended the celebration on November 15th at the home of Joyce Zakim and Peter Greenspan. The event was held to support the mission of Jewish Healing Connections, which is to ensure that people feel a sense of connection when facing the challenges of illness, loss, or isolation. Talented scholar and teacher Rabbi Arthur Green was the highlight of the evening. The event raised \$75,000 thanks to the hard work of the Chairs, Nancy Rossman, Marilyn Ross, and Betty Ann Miller.

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