

new mom



Partnerships Provide Hope

JF&CS JOINS WITH OTHERS TO
BRING ENHANCED SERVICES TO
THE COMMUNITY'S MOST FRAGILE

j F&CS has partnered with prominent organizations throughout Boston to bring enhanced services to some of the most fragile members of our community – newborns and their mothers, victims of domestic violence and the elderly.

Helping New Mothers

The first of these partnerships is between Boston University (BU) and the JF&CS Center for Early Relationship Support (CERS). Through this partnership, faculty at the BU School of Social Work are providing key research, evaluation, training and grant-writing expertise to CERS staff and volunteers.

CERS provides a unique web of home visiting, group support, therapeutic interventions and consultative services developed to serve the needs of new parents and infants. Peggy Kaufman, CERS director, describes the partnership with BU as ongoing and collaborative. She believes "it has added vitality and credibility to CERS to have the BU School of Social Work so invested in our programs."

The partnership began two years ago when Ruth Paris, assistant professor and director of the Family Therapy Certificate program at BU's School of Social Work, met with CERS to express her interest in the programs they were doing with new families.

Peggy said, "We were very interested in working together since we were collecting some data but did not have the mechanisms to look at it. The collaboration developed through our mutual interest in each other's work."

Ruth began looking through the raw data Peggy's team had collected of things like the self-esteem of the women who had come into the program and their sense of themselves as mothers. In addition to looking at some of the quantitative data, she also helped gather more qualitative data by conducting interviews with new mothers. Ruth and her team looked at how the women experienced their initial postpartum difficulties and how their time with volunteers from the Visiting Moms program mitigated their

continued on page 4

Welcome	2
JF&CS Staff and Program Highlights	2
Lottor Award 2003 recipient	6
Donor Profile: Norton Sherman	7
Save the Dates	8



Welcome

Dear Friends,

Throughout JF&CS we emphasize helping all people to the best of our ability. When you think of people in this way it leads to partnering as a way of serving people in the most effective way possible.

At JF&CS we have a variety of partners throughout Greater Boston. If you look at the work we do in Lynn you will see Vietnamese, Somalian and Russian partners. Our work with the elderly connects us with organizations that range from the Hebrew Rehabilitation Center in Boston to the Kit Clark Senior Center in Dorchester. Churches, Y's and synagogues host our Visiting Moms drop-in groups.

We work with more than 15 synagogues in our program for visiting the ill, over 50 synagogues and schools for Family Table, Greater Boston's Jewish food pantry and numerous hospitals in delivering home health services. We are partners with a number of independent living facilities who help us bring together grandmothers and new mothers in our nurturing rooms. We are very proud of our diverse group of partners.

I hope that the articles in this newsletter bring you closer to how much we connect to others to serve our clients in the best and most meaningful way.

Sincerely,

Sy Friedland, Ph.D.
Executive Director

Show Your Appreciation on Mother's Day



For as little as \$18, we will send cards to the special women in your life, wishing them a Happy Mother's Day and letting them know that a donation has been made in their names.

It's a great opportunity to thank the significant women in your life: mother, grandmother, daughter, aunt, niece or anyone else you would like to recognize.



Your gift will benefit JF&CS programs relating to mothering, including the Visiting Moms program, a nationally acclaimed program that provides emotional and practical support for new mothers.

Mother's Day this year is on May 11, so please send your requests by May 1. For more information, call Mali Ionescu at 617-224-4133 ext. 4133.

Check out our new website jfcsboston.org!

This new website offers visitors the opportunity to learn about JF&CS and the important role we play in changing lives. We help over 25,000 people per year, providing the highest quality of care through services for seniors, children and families in addition to programs specific to the needs of the community.



highlights

JF&CS Staff and Program Highlights

Sokoll speaks at Women's Conference

marjorie Sokoll, director of Jewish Healing Connections, presented at a conference hosted by the Leventhal-Sidman JCC on February 9.

The conference, called "Expression: Jewish Women's Spirituality and Creativity" focused on women of all ages who are exploring the spiritual and creative aspects of their lives. Sokoll ran a workshop entitled "Renewing the Wholeness Within."

To learn more about Jewish Healing Connections you are invited to attend their conference, "Seeking Spiritual Wholeness: The Wisdom of Jewish Healing." It will be held Wednesday, May 14 at 6:00 p.m. at the Leventhal-Sidman JCC.

For more information, contact Marjorie Sokoll at 617-558-1278 or email us via our Contact Us page at jfcsposton.org.



Ellen Fishman Speaks at Holocaust Reparations Conference

ellen Fishman, director of Holocaust Services, presented at the Holocaust Reparations Conference in New York City on March 2.

The conference, called "Honoring Life: Working Effectively with Holocaust Survivors," was attended by social work professionals serving the Jewish community. Fishman, along with panelists from Atlanta and Israel, presented "Tackling the Learning Curve – Effective Ways to Train Staff, Students, and the Community."

The conference was sponsored by the Conference on Jewish Material Claims Against Germany and the UJA-Federation of New York in coordination with the Association of Jewish Family and Children's Agencies and Selfhelp Community Services.

For more information, contact Ellen Fishman at 617-558-1278 or email us via our Contact Us page at jfcsposton.org.



Summer Internships

Internships are now available for students who wish to gain experience in marketing or development. Students of communications or related fields can spend the summer honing their skills by assisting in media relations, event planning, fundraising and other aspects of a premier non-profit social service organization.

For more information on marketing or development internships contact Liz Carey, director of Marketing Communications, at 617-227-6641 or via email at lcarey@jfcsposton.org.

Graduate Internships

JF&CS places eight to 10 interns per year from a variety of disciplines directly at work in a number of JF&CS programs. Typically, these include Master's of Social Work students from Boston College, Boston University and Simmons; Master's of Education interns from Lesley and Wheelock; and Master's in Jewish Communal Services candidates from the Hornstein Program at Brandeis.

These future professionals work in JF&CS's mental health department, community programs and parent programs and spend 16-24 hours a week in the field for a one-year commitment.

For more information on Graduate Internships contact Ira Schor, director of Community Programs, at 617-558-6529 or via email at ischor@jfcsposton.org.

Partnerships *continued from page 1*



Boston University School of Social Work

problems. She found that one of the primary referring problems was the isolation of the new mothers. She said, "The women are very alone and disconnected."

Visiting Moms offer two kinds of help. They listen to and affirm the positive strivings of depressed new moms and help with practical challenges of raising an infant like simply holding the baby so the mom can eat or take a shower.

Happily, the evaluations showed that the Visiting Mom was seen as a wonderful rescuer who was described as being "better than a therapist, better than a friend." The BU researchers found that the combination of practical and emotional support was a critical combination in helping these struggling new mothers to overcome their feelings of disconnection.

Ruth stresses that a university/agency partnership can be very fruitful. In these budget-challenging times, agencies like JF&CS need to demonstrate and monitor pilot programs and evaluate ongoing programs. She said, "There's a lot to be gotten from this type of partnership for both researchers and agencies."

Helping Victims of Domestic Violence

Another recent partnership that allows JF&CS to provide enhanced services to people in crisis is between two Center for Family Assistance (CFA) programs, Bet Tzedek (referrals for legal assistance) and Kol Isha (domestic violence services), and the Women's Bar Foundation.

Wayne Kessler, CFA director described it as "the premier social services agency partnering with other organizations to maximize services for our clients."

This new partnership is a result of an ever-growing need for attorneys with experience in family law and specifically domestic violence. Wayne said, "Through Kol Isha we've been seeing a growing number of women with issues of domestic violence. In January alone, Kol Isha received 127 calls from concerned family members, people in the community and victims."

Nicole Lesser, program coordinator of Kol Isha, said, "You really need an attorney that has experience with this type of case so that he or she can try to predict the moves the abuser might try to make through the court system." And because cases tend to be very time and labor intensive, with some continuing for years, the demand far exceeds the number of attorneys available.

In many of these cases the abusers use the court system to inflict further pain by not paying child support, refusing to let the kids visit at appropriate times, showing up when they're not supposed to or, in some cases, abusing the children.

Nicole said, "We needed to expand our pool of attorneys and through the Jewish Domestic Violence Coalition we connected with the Women's Bar Foundation. Their attorneys are paired with mentors who have experience in this type of case." She added, "The attorneys at the Women's Bar Foundation are very active and wonderful."

**"THE PREMIER SOCIAL SERVICES AGENCY
PARTNERING WITH OTHER ORGANIZATIONS TO
MAXIMIZE SERVICES FOR OUR CLIENTS."**

WAYNE KESSLER, CFA DIRECTOR

This partnership allows Bet Tzedek to provide assistance with safety planning, case management services, child custody, visitation, protective orders and the distribution of assets. Wayne said, "We try to level the playing field."

This kind of knowledgeable representation can make a huge difference for victims and their families. Nicole recounted one recent success story in which a client who suffered years of very physical abuse had fled to Massachusetts from another state. She had no money and was living in her family's living room with her children. JF&CS provided an attorney from the Women's Bar Foundation and an excellent out-of-state attorney. The happy ending was the woman got an incredible award that included the house, mortgage payments, retirement money, and other vital funds.

Helping the Elderly

A third vital JF&CS partnership is with Hebrew Rehabilitation Center for Aged (HRCA) and Jewish Community Housing for the Elderly (JCHE). It all started when JCHE approached JF&CS for assistance designing a program that would combine social and medical needs. This link provides the grouping of services called "Adult Day Health" that offers medical care and social interaction for 60 elderly, mostly Russian, immigrants.

Rita Blanter, director of JF&CS Senior Services, said, "This is a unique partnership. I don't know of any other that combines three agencies' abilities to serve their clients." The successful program will be four years old this spring and boasts a waiting list.

Each week, a bilingual and bicultural JF&CS staff provides a mix of activities and care to this very fragile population. A nurse delivers medication, checks blood pressure and calls physicians and families when situations arise. Attendees enjoy a healthy breakfast, lunch and a snack. But more than nutrition or medication, participants value the intellectual and social stimulation that gives a special spark to their days.

Residents interact with one another, celebrate birthdays, read newspapers, and participate in lectures, classes, concerts and an afternoon exercise class. Rita says, "It's an amazing program and clients look forward to it. It's the lynchpin that keeps them interested in life."

A 92-year-old woman's life was changed by Adult Day Health. When the program started, she and all of her friends signed up together. She was 89 at the time and was living with her older children. Sadly, she had started to deteriorate because she didn't have enough daily stimulation or structure.

The activities director of Adult Day Health and this resident created a political information series three mornings a week at which people would read newspapers and debate issues.

Two years later, Adult Day Health continues to bring zest and enjoyment to the lives of these special individuals.

"THIS IS A UNIQUE PARTNERSHIP.
I DON'T KNOW OF ANY OTHER
THAT COMBINES THREE AGENCIES'
ABILITIES TO SERVE THEIR CLIENTS."

RITA BLANTER, SENIOR SERVICES DIRECTOR

JF&CS Partnerships



volunteering



Natasha Ushomirsky, 2003 award recipient

Celebrating Our Volunteers

The Simone Lottor Exceptional Service Award

The 2003 recipient of the Simone Lottor Exceptional Service Award is Natasha Ushomirsky, a 22-year-old junior at Brandeis University. The Lottor Award is presented annually to a JF&CS volunteer whose efforts have made a vital contribution to the community.

Natasha is a dynamic and dedicated individual who has made a significant commitment to volunteering. She is being recognized for her work as the developer of a unique program in which New American teenagers teach English to Russian-speaking elders.

Natasha said, "Receiving the Lottor award is incredibly flattering. I feel very lucky about the people I've been able to work with, both from JF&CS and the student teachers."

In December 2001, Natasha, who has been described as being gifted in working with both adults and children, approached JF&CS with a desire to work with teens. She and the New American Services staff worked together to develop a community service project for Russian-speaking teens at Needham High.

Natasha obtained a list of Russian-speaking elders from the Needham Housing Authority and created and distributed a survey to them to find out what services they needed.

Simultaneously, Natasha worked with the administration at Needham High School to get its support for the project, recruited New American teens to teach and organized a three-part training for them. Originally, five teens each committed to 60 hours of teaching.

Both the elders and teens are thrilled with the program and JF&CS plans to continue offering the service. Natasha said, "The most touching thing for me was the beginning students who had tried to learn English before and quit because it was too hard. Now they are coming every week."

Formerly from the Soviet Union, Natasha came to the United States as a teen with her family and relocated to Needham where she attended Needham High School. Natasha began volunteering in high school, donating her time to the Needham Children's Museum and tutoring disadvantaged children through Brandeis. She believes that "volunteering lets you do things you wouldn't ordinarily be able to do." With a double major in Spanish and Economics, Natasha plans on teaching after graduation.

Natasha, congratulations and thank you!

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 617-558-1278 or visit jfcscboston.org to find out more.

NATASHA IS A DYNAMIC AND DEDICATED
INDIVIDUAL WHO HAS MADE A SIGNIFICANT
COMMITMENT TO VOLUNTEERING.



Norton Sherman

visiting moms

Norton Sherman Provides Vital Support for Visiting Moms Program

Visiting Moms is a nationally acclaimed program for pregnant women and new mothers who are struggling with the adjustment to an expanding family. Run by the Center for Early Relationship Support, the Visiting Moms program provides trained volunteers who go to the family's home for up to two hours a week until the baby's first birthday to offer nurturing, support and encouragement during this challenging time.

Through the generosity of philanthropist Norton Sherman, Visiting Moms has continued to thrive and grow. As the lead donor, Sherman funds a substantial portion of the program's operating budget each year. Sherman hopes "to keep a necessary program both solvent and growing."

"Norton Sherman's commitment and investment to the long-range well-being of the Visiting Moms Program has been outstanding and has fostered the growth and development of our services for new families." said Peggy Kaufman, director of the Center for Early Relationship Support. Sherman has been a loyal donor to the program for more than 10 years.

When Sherman, a life-long resident of Newton, first approached JF&CS, he wanted to find out what the agency needed and how he could help meet the needs of the Jewish community. When he was told about the urgency of the Visiting Moms program, he began the generous support that continues to this day.

Sherman said, "The program was an incubator program – probably in its second or third year and someone had to take the lead." So he gracefully stepped in. Since that time the program has gone to other places based on the Boston conception, including Israel and several European countries.

Sherman is committed to ongoing support of Visiting Moms. He said, "I saw what a difference the program makes and what a difference our funding makes."

Sherman is optimistic about the future mission of JF&CS, saying, "Since the advent of Dr. Sy Friedland [JF&CS executive director], the Agency has embarked on more strategic programs that are going to help this population more than ever before." And with the support of generous donors like Norton Sherman, JF&CS will continue to provide nurturing and encouragement to new moms and their infants.

To get involved with the Visiting Moms program, call 617-558-1278 or email us via our Contact Us page at jfcsboston.org.

"I SAW WHAT A DIFFERENCE THE PROGRAM
MAKES AND WHAT A DIFFERENCE OUR
FUNDING MAKES."

NORTON SHERMAN

Save the Dates!

Russian Community Spring Ball

Sunday, May 4, 2003
Boston Marriott Copley Place

New American Services, hosts its Fifth Annual Spring Ball, "United We Stand," to support victims of terror in Israel and programs for the Russian speaking community.



Jewish Healing Connections Spring Conference

Wednesday, May 14
Leventhal-Sidman JCC, Newton

This annual conference will focus on "Seeking Spiritual Wholeness: The Wisdom of Jewish Healing" and will include a keynote address by Rabbi Meir Sender.



CHAI Evening at Pops

Tuesday, May 20
Symphony Hall, Boston

The Community Housing for Adult Independence (CHAI) program will host its annual "Evening at Pops" benefit.

CERS Women's Breakfast

Thursday, May 29
Pine Brook County Club, Weston

The Center for Early Relationship Support will host its annual Women's Breakfast to support the Center's award-winning programs.



Announcing! Saturday night event
to honor 140 years of supporting the
Greater Boston community.

Save the Date

New Night...New Location...New Event
Saturday, November 8, 2003

Seaport Hotel, Boston
Dinner, Dancing and Auction
Jewish Family & Children's Service

Event Co-Chairs
Amy and Ben Bloomstone
Betsy and Steve Rosen

Auction Co-Chairs Susan Florence and Susan Kaplan
Sponsorship Chairs Rachel and Tony Solomons
Recruitment Co-Chairs Pam Lesser and Jamie Weintraub
Ad Book Chair Patricia Berenson
Hospitality Chair Jackie Weinstein
Evening designed by Rafanelli Events

To learn more about any of these Events, please call the development office at 617-227-6641.

Jewish Family & Children's Service
31 New Chardon Street
Boston, MA 02114

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31 NEW CHARDON STREET • BOSTON, MA 02114
617-227-6641

1340 CENTRE STREET • NEWTON, MA 02459
617-558-1278

198 VANDERBILT AVENUE • NORWOOD, MA 02062
781-551-0405



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AJFCA

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Change Your life.

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