

Time to Live



Families Who Have Come In and Changed Their Lives

THROUGH SAFE AT HOME, DANIEL WAS ABLE TO LEARN MORE ABOUT ALZHEIMER'S DISEASE AND PLAN FOR THE NEXT STAGES OF THE DISEASE PROCESS.

For nearly 140 years, Jewish Family & Children's Service has been changing people's lives. Our clients are not unusual or unique. They are our friends, neighbors, relatives and colleagues, each of which have come to us for guidance and support during troubling times. Some of the programs you will read about in this article, such as the Center for Family Assistance, have been available for many years. Others, like Safe at Home, have been created recently to address the shifting needs of individuals and families throughout our community. But no matter what the program or how long it has been available, JF&CS always endeavors to care for all our clients as individuals with their own specific challenges, concerns and frustrations. Only then are we truly able to change their lives. Here are some of their stories:

Safe At Home

After 48 years of marriage, two children and a rich life together, Daniel noticed his wife, Debra, had become forgetful. On a few occasions, she missed appointments she had made. Then, a friend of hers called Daniel with concern because Debra was having problems with her memory during her mah jongg games. He didn't know how to approach the subject with Debra, and when he tried, she assured him that she felt fine. Soon after that Debra stopped playing mah jongg and began to spend more time at home.

At first, Daniel thought that Debra's memory problems might just be related to getting older. But when she got lost driving home from the grocery store, he knew something must be very wrong. When he called his children, they acknowledged that they were also beginning to worry. Their mother "wasn't herself" and was forgetting

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Welcome

Dear Friends,

As our thoughts turn increasingly to summer, it is time at Jewish Family & Children's Service to introduce our new president and pay special thanks to the one who has served us so diligently the previous two years.

Alan Dana was announced as the new president of our board of directors during our Annual Meeting on May 15th, held at Temple Emmanuel in Newton. A member of our board since 1992, Alan will provide consummate leadership as we continue to address the shifting challenges of those in need.

Stephen Lebovitz steps down as president after two years of service. Stephen has provided invaluable guidance and support of JF&CS during sometimes difficult and challenging times, and everyone at JF&CS joins me in extending a heartfelt thank you for his dedication, intelligence and hard work on behalf of our agency.

As you will see from the articles inside this newsletter, JF&CS is nothing without the volunteers who staff our programs, provide services to clients and guide our mission via our board of directors. Our thanks goes to each and every one of you!

I wish you and your family a happy and healthy summer.

Seymour J. Friedland, Ph.D.
Executive Director

The Lindelil Fund: Bringing Families Together

After struggling for years with infertility, Diane and John had been fortunate to adopt a daughter, and now wanted to have a second child. Both Diane and John have siblings and said they never envisioned having an only child. "This is what life is about as far as I'm concerned," said Diane. "I love mothering and love children. I wanted to experience that a second time, but didn't know how we would afford it. I don't begrudge the fees. There are expenses associated with doing things the right way."

For some couples hoping to become parents, adoption offers a wonderful answer to their prayers. Yet adopting a child can be an absorbing and challenging process, both emotionally and financially, with expenses that can reach up to \$30,000. Financial concerns can put this option out of reach for many people.

Happily, there is now a resource for couples in this situation. Two years ago, The Lindelil Fund was established at JF&CS's Adoption Resources. The fund was created to provide financial assistance for families, especially those who wish to adopt a hard to place child.

The fund was created through the generosity of two families who adopted through JF&CS. The families, who wish remain anonymous, said, "Given the great joy that each of our families has experienced by adopting our children we felt honored to be part of enabling others to do the same. We hated to think that the expenses associated with adopting would deter anyone from becoming a parent."

Families describe the Lindelil Fund in glowing terms. Diane put it best when she said, "What greater gift can you give than to provide children with a loving home? What a blessing this fund is. It makes it possible for people to have a family."

Diane and John found out about the Lindelil Fund from the archdeacon at their church who has four children, two of them adopted through JF&CS. A little over a year later, they welcomed a healthy 4-day old son into their lives. Diane said, "Our daughter loves her new baby brother and wants to constantly hug and kiss him."

The couple found working with JF&CS a wonderful experience. Diane said, "I've worked with other agencies but found JF&CS incredible to work with. The people at JF&CS are honest and they involve you in every step of the process. They let you make the best decisions for you."

Another couple who adopted with the help of the Lindelil Fund is Julie and Richard. "I've never heard of another fund like it. It helps couples who may not think adoption is an option for them," added Julie.

Julie and Richard, who are Caucasian, adopted their son, an African American, in March. He was born in February and they were able to bring him home when he was just four weeks old. Julie said, "The first day at home was surreal. We couldn't believe we finally had our son!"

They were very serious about adopting a child of another race, and when they learned there were mixed race children waiting to be adopted, it became even more important that they adopt one. "I don't want to make us sound like heroes, but we wanted to adopt someone who might otherwise wait a long time to be adopted. It seemed like the right thing for us," commented Julie.

The birth mother had relinquished rights immediately and the baby went into foster care for four weeks. With JF&CS's assistance, Julie and Richard were able to



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meet their child's birth mother twice and said it was wonderful. "It was hard for the birth mom but she felt really happy that this was happening. She was very strong and she was comfortable with the transracial situation," said Julie. They send updates to the birth mother via JF&CS every two months.

The couple said adopting through JF&CS was a wonderful experience. Julie said, "JF&CS was a good place for us. They've done quite a few transracial adoptions, they were very open with information, and the people were very down to earth."

Julie and Richard felt that having a large organization behind it made them more comfortable with Adoption Resources. "This is a very involved process and you want to work with an organization that's been around for a while. Having the umbrella organization of JF&CS, the financial backing and the people made us feel very secure," Julie said.

Betsy Hochberg, director of JF&CS Adoption Resources, said, "The Lindelil Fund makes adoption a reality for families who might not otherwise have thought of adopting. And it benefits children who might not otherwise have found families."

Both families are grateful to JF&CS for making their adoptions possible. Diane urged others to get involved. "This is such a worthy cause. I hope that people will be inspired by this so that other families and children can benefit."

She added, "They've given me the greatest gift possible – two beautiful children."

How can you help?

Adoption Resources is thankful to be able to bring more children and families together through the Lindelil Fund. The fund, now in its second year, was created to provide financial assistance for families, especially those who wish to adopt hard to place children. The Lindelil Fund was created through the generous gift of two grateful families who experienced the joys of adoption at Adoption Resources. We must continue to build the fund in order to have the resources to continue helping families who wish to adopt. Your tax deductible contribution will help other children in need find loving homes.

If you or someone you know is interested in building a family through the adoption of a hard to place child, please call us to explore the possibilities.

To find out more about donating to the Lindelil Fund at Adoption Resources or to learn more about Adoption Resources, please contact Director Betsy Hochberg at (617) 558-1278 or via email at bhochberg@jfcsboston.org.

"WHAT GREATER GIFT CAN YOU GIVE THAN TO PROVIDE CHILDREN WITH A LOVING HOME? WHAT A BLESSING THIS FUND IS. IT MAKES IT POSSIBLE FOR PEOPLE TO HAVE A FAMILY."

DIANE, ADOPTIVE MOTHER



inspiration

CHAI: AFTER THE MIRACLE

CHAI: After the Miracle offers Lester (right) and Eric (left) a chance to realize their dreams for greater independence.

“a lthough many life experiences have been unavailable to Eric and Lester they are extraordinary men. Two of approximately 400 people in the world with Familial Dysautonomia, they have lived past the age of 30. FD is a rare progressive genetic disease occurring in families of Jewish Ashkenazi descent. In previous years most FD patients died by the age of 30. Medical advances have helped dedicated parents extend the life spans of some FD patients. For Eric, 39, and Lester, 49, this is a miracle.

People with FD have impaired autonomic nervous systems, leaving them unable to navigate their days without being in constant danger from their symptoms. FD patients are unable to sense temperature and most types of pain and therefore do not notice burns, broken bones or cuts. Their eyes don't tear, increasing risks for severe eye damage and blindness. Wildly fluctuating blood pressure can result in dizziness and fainting without warning. FD patients are also subject to aspirating, choking, impaired reflexes, and compromised mobility and posture. These impairments, only part of the constellation with which FD patients cope, vary widely from person to person. Caretakers, therefore, must be alert, trained and dedicated.

For Lester, who had always lived with his parents, and for Eric, who had been able to live somewhat more independently for awhile but who was forced to return home more recently, Jewish Family & Children's Service could not have come on the scene at a better time. As each man's parents began aging the need for stable alternative living arrangements became acute. Through JF&CS' CHAI: After the Miracle – a pioneer program of JF&CS Services for People with Disabilities – Eric and Lester now reside in a home together. After two years of searching, Jim Elkind, clinical director of Services for People with Disabilities, was able to find appropriate affordable housing for the two men. “I think two of the greatest miracles have been the courage every parent has demonstrated and the strength each man has shown to persist in striving for the chance to live independently, with supports, in an apartment of their own,” said Elkind.

The vigilant care of doctors, family members and the terrific staff at JF&CS are providing Eric and Lester with the care and information their own bodies deny them. Their own indomitable spirits and devotion to cooking shows, opera, baseball, good food and good fun are an inspiration to all who know them. The goal of CHAI: After the Miracle is to offer adults with Jewish genetic diseases a chance to realize their dreams for greater independence. The program offers counseling and dedicated staff who assist with the myriad of daily living tasks and issues confronting Lester and Eric. It's working. Lester volunteers at the Sunbridge Nursing home and the Boston Guild for the Hard of Hearing and has become computer-literate. Eric also volunteers at Sunbridge, works part-time, and works out with a personal trainer.

“Helping people with such pervasive disabilities to achieve a sense of normalcy is crucial to our mission, and can be very costly,” says Ron White, chief operating officer of JF&CS. “To date, extensive fundraising efforts have been launched, and Combined Jewish Philanthropies has supported the program. But we need more support to keep this program a reality.”

THE GOAL OF CHAI: AFTER THE MIRACLE IS TO OFFER ADULTS WITH JEWISH GENETIC DISEASES A CHANCE TO REALIZE THEIR DREAMS FOR GREATER INDEPENDENCE.

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conversations that she had with them. They had wondered if Debra was feeling depressed. They suggested that he take Debra to see her doctor.

The doctor evaluated Debra and confirmed that Debra was in the early stage of Alzheimer's disease. Daniel was understandably distressed and didn't know what to do next. His wife was just 73 years old and had been so healthy. They had been enjoying their retirement years. The doctor recommended that the family call Jewish Family & Children's Service and talk to the director of the Safe at Home program, a specialized care management program for individuals with Alzheimer's disease and other dementias.

Through Safe at Home, Daniel was able to learn more about Alzheimer's disease and plan for the next stages of the disease process. Since Daniel owned his own business and was still working part-time, the Safe At Home director recommended an adult day health program for Debra which provided her with companionship, socialization and supervision. When Debra began to need assistance with personal care, Daniel made plans with the director of Safe at Home to hire a home care aide to assist Debra with bathing and dressing. Daniel was given information and guidance on how to plan for the long-term care needs of his wife and he felt prepared for what was ahead. Most helpful to him was knowing that he could rely on Safe At Home for the emotional support he and his family needed.

Daniel realized that some of the plans that he and Debra had made before she was diagnosed would not happen. But, he also realized that thanks to Safe at Home he would not face last minute decisions in a crisis.

Today, Debra is comfortable going to her adult day health center, spending time with her children and grandchildren and living safely in her own home. Daniel has peace of mind knowing that he will always have the Safe At Home program to help and support him in caring for his wife.

Center for Family Assistance

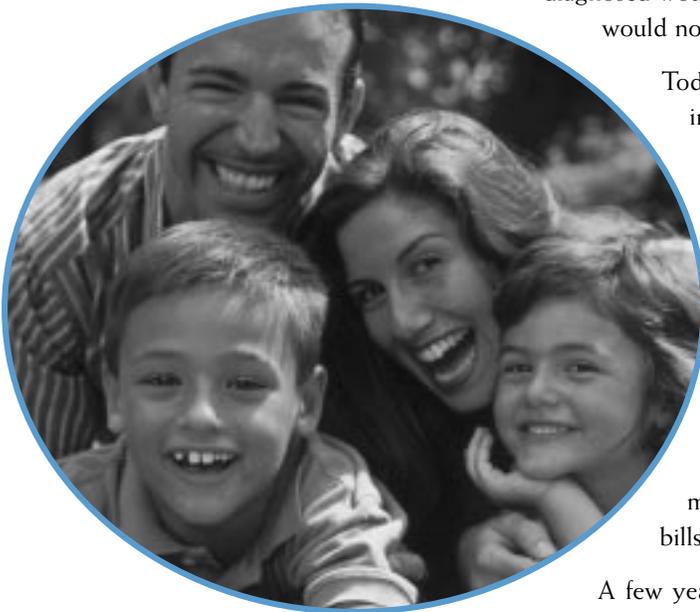
"I can't believe this has happened to us." Rob and Ellen thought they would be okay when Ellen lost her job. They still had Rob's job, his benefits and her unemployment. But, when Rob's company closed, they were in shock. Two kids, a mortgage, bills – the list was endless. When they sat down to figure costs – there wasn't enough money for everything. They couldn't pay the mortgage, pay the utility bills and buy food. But, they needed to live and to eat.

A few years prior, Rob had volunteered at the Center For Family Assistance Family Table bundling food for families in need. Never did he think he might need the help. He was too embarrassed to call. But, when his daughter needed medical attention and they had no insurance, they had eaten spaghetti for a week, and the electric and phone company were threatening – Ellen decided to call. The next day they met with a Center for Family Assistance caseworker who reviewed all their needs and determined a game plan to help. Next, he was given some food, and put on the list to receive monthly deliveries from Family Table. Ellen said, "When we thought about asking for help – we were initially reluctant. But, when I realized I

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ELLEN, AIDED BY THE CENTER FOR FAMILY ASSISTANCE



THE DISABILITIES RESOURCE NETWORK
IS AVAILABLE TO ANYONE, ADULT OR CHILD,
WHO NEEDS INFORMATION ON RESOURCES
THAT ARE AVAILABLE.

had to call, JF&CS treated us with dignity, respect and candor. They took the time to listen and helped us figure out how to deal with all the craziness resulting from the layoffs. The Center helped us get health insurance, financial and legal services to keep our home, and it was the only food bank in the area that had kosher foods. I am glad we call."

Nine months after she lost her job – Ellen found another position, with benefits. Two months later, Rob found a job. About three months after both were working, the entire family began volunteering at Family Table.

Rob says that he never thought it would happen to them. "Being that desperate, no money, no insurance, afraid we might lose our house – only happens to someone else. But it did happen to us. Without JF&CS I am not sure what we would have done. I am glad we made the call, it changed our family's life."

Disabilities Network Resource

When the Blum family was transferred from Phoenix to Boston – the move was major. It involved selling a home, buying a new one as well as settling five children into a new routine. Tammy Blum also had to decide on what was best in terms of school and activities for her five year old daughter Marisa, who has Down's syndrome. "Based on my experiences in Phoenix," says Tammy, "I knew I could call Jewish Family and Children's Service for assistance. Marisa was in the JCC pre-school in Phoenix, and the JF&CS had helped us secure services that Marisa needed. So I called JF&CS here in Boston, and was immediately connected to the Disabilities Resource Network. I asked about services and activities that would be appropriate for Marisa, and got more than enough information. It was a one-stop clearinghouse for all my questions and Marisa's needs.

"Sandy Slavet, the coordinator of the program, has a daughter with Down's syndrome, and understood my concerns and what types of available programs might be good for Marisa," says Tammy.

The Disabilities Resource Network is available to anyone, adult or child, who needs information on resources that are available. The Network has assisted families in finding appropriate summer camps for children as well as finding support groups for adults who have been recently diagnosed with an illness such as Multiple Sclerosis.

For Tammy, her life was changing tremendously, moving to the east coast. Thanks to the work of the Disabilities Resource Network, the stress over finding appropriate resources for Marisa was lessened, allowing the family to concentrate on other things – like getting used to Boston drivers.



Leadership

JF&CS Introduces New President, Board Members

Jewish Family & Children's Service was pleased to introduce its new president and announce two new members of its board of directors at its Annual Meeting, held at Temple Emanuel in Newton on May 15th.



New JF&CS President Alan Dana and his wife Margie

Alan Dana, a member of the JF&CS board since 1992, resides in Brookline with his wife Margie and his son Jacob. Alan received his BA from Middlebury College in 1974 and is a principal in the firm of Marshall Dana and Associates LLP. His firm provides real estate appraisal and consulting services, with an emphasis on real estate and estate and gift taxes on commercial property. He enjoys movies, novels, cooking and sports.

Laura Pontin recently moved back to Boston after a three-year stay in Sweden. She and her husband Johan are the proud parents of a five-year-old daughter. Laura received her education at New York University and Boston University in business and psychology. She is now a full-time mother and works with her family's foundation, the Novack Family Foundation. She is active in various charitable organizations, including Combined Jewish Philanthropies and Jane Doe, Inc.



New board members Laura Pontin (left) and Susan Florence-Smith (right)

Susan Florence-Smith is a Boston native and is married to Alan Smith. Susan earned her BA degree from Tufts University and also studied at the Boston Museum of Fine Arts School, the University of London, Christie's Fine Arts Program in London, and the Gemological Institute of America. As senior vice president for Christie's Fine Art Auctioneers, Susan is a senior jewelry specialist in the period 1800 to the present. She is active in numerous organizations including Boys & Girls Clubs of Boston and Chelsea, Hebrew Rehabilitation Center for the Aged Women's Auxiliary (current president), University of Chicago Cancer Research, and Boston Jewish Community Women's Foundation. In 1999 she received the Young Leadership Award from the National Association of Jewish Homes and Services for the Aging.

The Simone Lottor Exceptional Service Award

"My wife was exceptional and believed greatly in working with people and in doing the right thing," said Sanford Lottor about his late wife, Simone.

Simone Lottor was always looking for ways to make a difference and help others. A dedicated volunteer with JF&CS, she was generous with her time, energy and compassion. She dedicated herself to the agency's Visiting Moms, Friend to Friend, Home Care and Home Health programs. "She put her whole heart and soul into whatever she did," Sanford says.

Sanford established the Simone Lottor Exceptional Service Award because, "I wanted to do something that would perpetuate her legacy and would have great meaning. Volunteer work is so important to JF&CS and I thought it would be wonderful to recognize someone who best exemplifies the work she did." The award will be presented annually to a JF&CS volunteer whose efforts have made a significant contribution to the community.

The first award recipient is Lisa Schiffman of Chestnut Hill, Massachusetts. Since 1992, Lisa has coordinated JF&CS's Jewish Community Information Service, served as a site coordinator with Family Table (Greater Boston's Kosher food pantry) and has connected with isolated elders as a volunteer in the Friendly Visitor program. JF&CS is grateful to Lisa for her dedication to helping the agency and the Greater Boston community.

Jewish Family & Children's Service could not possibly serve 25,000 people each year without the work of all our volunteers. Volunteers are always needed throughout the agency. If you have any questions, want to explore a variety of opportunities or want to understand the agency better, please call Sharon Levinson, coordinator of volunteer services, at 617-558-1278.

Jewish Family & Children's Service

CHAI Evening at Pops

Over 340 people attended this year's Evening at Pops event honoring Kay Bernon for her incredible leadership in establishing the Berkshire Hills Music Academy, a residential school of musical arts for students with learning differences. This year's event raised close to a record \$200,000. All proceeds benefit Community Housing for Adult Independence (CHAI).



Beth Terrana, Kay Bernon, Debbie Goldberg, Cindy Leach, Luara Werick, Pattie Bishop



Honoree Kay Bernon, Conductor of the Pops Keith Lockhart, Event Co-chairs Hope Albert and Nancy Belsky

Woman's Breakfast

This year's breakfast raised money for the Center for Early Relationship Support and featured Boston Globe columnist, Barbara Meltz, as the keynote speaker. Over 160 women attended the event at the Pine Brook Country Club in Weston.



Phyllis Seresky, Krana Rosen, Carolyn Lichtenstein, Robin Wolk, Deanna Wolk and Arlene Davidson.



Boston Globe Columnist Barbara Meltz, CERS Director Peggy Kaufman, Speaker Dionne Gaynor-Seepersad and Event Chair Amy Bloomstone



Robert Weiner, Andrea Yanoff, Melissa Weiner Jansfaza and Jennifer Vidal



September 11, 2002 – Hope, Healing, and Transformation in Uncertain Times, "By Your Light, We See Light" (Psalms 36:10). Join JF&CS Jewish Healing Connections and Temple Beth Zion, as we commemorate our losses of September Eleventh. Wednesday, September 11, 2002, 7:30 – 9:00 pm, Temple Beth Zion, 1566 Beacon Street Brookline. There is no charge for this program. For more information please call Marjorie Sokoll at (617) 558-1278 or email at msokoll@jfcsboston.org.

October 6, 2002 – Understanding Hunger and Poverty in the Jewish Community, Presented by Family Table, a program of JF&CS. Sunday, October 6, 2002, 1:30 – 4:30 p.m., Congregation Kehillath Israel, 384 Harvard Street Brookline. For more information and to volunteer your time, please call Margie Nesson at (617) 558-1278.

November 14, 2002 – JF&CS Annual Autumn Dinner and Auction. This event is the agency's largest annual fundraising effort Thursday, November 14, 2002, 6:30 p.m., Four Seasons Hotel, Boston. Invitations and further details will follow. For more information please call Michelle Bishop at (617) 227-6641.

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