

JF&CS Benefit a Huge Success!



More than 400 guests attended the JF&CS Benefit on March 31, co-chaired by Neal Balkowitsch and Donald Nelson at the Westin Boston Waterfront Hotel.

The event raised a record \$725,000 for the important programs JF&CS provides to 30,000 vulnerable children, families, seniors, immigrants and people with disabilities each year.

Karen Kaplan, president of Hill Holliday's Boston headquarters, was presented with the first annual JF&CS Community Leadership Award for her commitment both personally and professionally to improving Boston-area nonprofits.



Mayor Thomas Menino and
Community Leadership Award
Recipient Karen Kaplan

JF&CS in the News

* On April 24, 2007, an article mentioning Peggy Kaufman, director of the Center for Early Relationship Support, appeared in the *Wall Street Journal*. The article discussed the negative impact a first child can have on a marriage, and Peggy Kaufman's thoughts on the subject are quoted.

* The *Boston Globe* published photos from the JF&CS Benefit on April 2, 2007.

JF&CS Sends Kids to Camp: Arthur J. Neiterman Camp Scholarships

Summer camp is the highlight of the year for many children. Camp helps children become independent, fosters new friendships, and teaches them crucial values of sharing and compromise.

One young camper summed it up well, saying, "To me an overnight camp experience means five things...friends, fun, tradition, fitness and relaxation."

But for families struggling financially, summer camp is a luxury they simply can't afford. For the past 10 years, the JF&CS camp scholarship program has helped many families in need send their children to camp. The program has grown from a single funding source to include donations from individuals, as well as grants and contributions from foundations. This year JF&CS awarded scholarships to 60 children.

One special scholarship established by the family of the late Arthur J. Neiterman helped JF&CS send even more children to camp this summer.

Arthur Neiterman was a physician who spent two weeks every summer as a camp doctor. He loved his patients and was deeply loved in return. After his death, his family received a thousand letters from colleagues, patients and friends describing how important he was to them.



Judith Neiterman and her
daughter, Robin, reading
the scholarship entries.

Dear Friends,

You may have heard the term "sandwich generation." This is the generation of people who are caring for their aging parents while supporting their own children. This is a challenging situation for many people in our community.

According to a recent article in the Washington Post, "19 million Americans are unpaid 'informal caregivers' for their families and relatives, providing a staggering 75% to 80% of all long-term care in the United States."

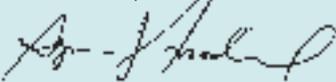
JF&CS has recognized the variety of needs facing caregivers, and took action with a series of innovative programs that were offered by Senior Services over the past few months. The programs provided information and support for people who find themselves facing the stress of caring for aging parents. They included:

- Alzheimer's Disease Symposium (135 attendees)
- Parkinson's Support Open House (95 attendees)
- Understanding Elder Care Workshop (50 attendees)

The success of these programs has clearly emphasized the need for this type of information.

With your input, JF&CS will continue to anticipate and design solutions for the needs of our community.

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.

Eda Spielman Recognized for Dedication to Infant Mental Health

Eda Spielman, clinical director of the Center for Early Relationship Support of JF&CS, was recognized by the Massachusetts School of Professional Psychology with the Mintz Alumni Award on May 4, 2007, for her contribution to the profession of psychology and her dedication to parent/infant mental health.

Eda directs the JF&CS mother-baby treatment program, Early Connections. She is involved in direct service, supervision, consultation and program development as well as teaching postgraduate professionals through the Infant-Parent Training Institute.



Eda Spielman

"We are very fortunate to have Eda Spielman as a member of our team. Her commitment to her research and teachings enables us to continually improve our services and better address the needs of our clients," said Sy Friedland, executive director of JF&CS. "We are thrilled that Eda has been recognized for her important contribution to mental health."

New Sunday Program for Children with Disabilities

JF&CS is launching a new program designed to help children with neurological disorders and their families. Starting Sundays in July, the Family Circle Sunday Respite Program will offer swimming, art therapy and music therapy to children and young adults with neurological disorders. The program will be held at the Newton JCC.

Children will enjoy fun activities and have the opportunity to make new friends in a safe, structured environment. The Sunday program will be a respite for families caring for children and young adults with severe disabilities including cerebral palsy, epilepsy and other seizure conditions, brain injury, multiple sclerosis, and Tourette's syndrome.

Doreen Cummings, director of Individual Living and Working Support, said, "The program will be a much-needed break from the constant caregiving for families of children with disabilities."

Family Circle is a support and mentoring program for families whose children have severe neurological impairments. Serving families of children of all ages throughout Massachusetts, the program is a resource for information, referral and support. Family Circle was established in 1999 with the help of HALO (the Help A Little One Foundation).

Annual Meeting — May 10, 2007

At the 2007 Annual Meeting on May 10th, Elizabeth Rosen was installed as the new JF&CS president. Elizabeth has served on the board since 2000 and throughout her tenure has had many high-profile accomplishments, from working on the JF&CS branding campaign to co-chairing the 140th Anniversary Event and providing overall strategic leadership for the agency. Currently she is an independent consultant in marketing and advertising. She was previously a senior vice president for DMB&B in New York, working on Procter & Gamble advertising.



JF&CS President Elizabeth Rosen and JF&CS Executive Director Sy Friedland

JF&CS Welcomes Our New President

New Board Members Inducted



Jonathan Dorfman



Henry Kay



William Miller



Lisa Rubinstein

President's Award

Also that evening, Harvey Greenberg received the President's Award, which recognizes extraordinary leadership shown by a member of the board of directors. Harvey has been a board member since 2001 and currently serves on the Executive Committee of the JF&CS board and is a member of the Human Resources Committee. Harvey is also co-chairing the strategic planning process.

The Gilda Goldstein Memorial Symposium: Alzheimer's Disease: Our Struggles and Our Hopes



Susan Shapiro, Senior Clinical Specialist in Dementia; Lisa and Steve Lebovitz, Founders, Safe at Home Program

On May 18, 135 people attended the Gilda Goldstein Memorial Symposium: Alzheimer's Disease: Our Struggles and Our Hopes. The goal of the symposium was to learn about the latest research in targeting genes for a cure.

The keynote speaker, Rudy Tanzi, Ph.D., of Harvard University and Massachusetts General Hospital, discussed his recent research on Alzheimer's disease. Dr. Tanzi and collaborating researchers are creating an Alzheimer's genome "map" that can help identify targets for new therapies, greatly accelerating progress toward a cure. The research is already finding unexpected results. Family and professional caregivers also talked about their experiences meeting the day-to-day challenges of caring for individuals with Alzheimer's disease.

The symposium was presented free of charge, thanks to the generous donations made to JF&CS in memory of Gilda Goldstein. Gilda's daughter, Lisa, Lisa's husband, Stephen Lebovitz, and his family began the Safe at Home Program at JF&CS in 2000 because they recognized, as a result of their own experiences, the need for specialized care management services to help individuals and their families coping with Alzheimer's disease and other dementias.

Camp Scholarship, *continued*

When he passed away two years ago, Arthur's wife, Judith, and two daughters, Robin and Pamela, took inspiration from his well-rounded life. Judith said, "His life was fun. He made it a wonderful experience, and it was like camp for us."

The Neitermans originally intended to sponsor three children. They asked interested children to do something creative describing what they like about camp. The potential recipients wrote essays, submitted drawings and even built a sculpture of a camp.

When Judith and Robin met with the staff at JF&CS to review the 14 entries, they were "blown away." Judith said, "We felt they were all so meaningful and we couldn't choose one over the other." Although the scholarship was originally intended for three children, they increased their contribution so that all the children could be awarded grants.



this way, the Neitermans are making an incredible difference in a child's life."

One child wrote, "I suppose that the reason I love camp so much is that I feel that I am a part of something...I can't wait to go to camp because it means that I get to do all of the activities and see all of the people and that makes camp the best place on earth."

Wayne said, "Camp is a very supportive place. Kids that aren't connected in school, or that have a disability, can go to camp and feel like everybody else and have a great time. They learn new skills in the context of having fun. Camp has a huge value."

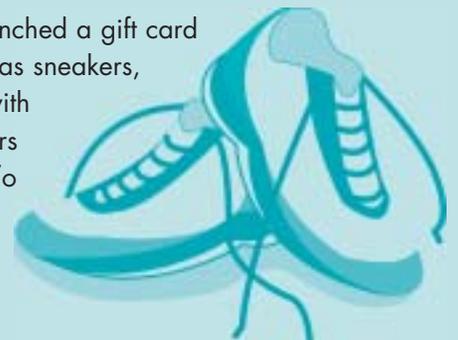
One mother wrote, "These children have had an unconscionable amount of stress and sadness in their lives in the past few years...Camp is incredibly important in my sons' lives. [It] gives them an escape from their reality and opportunity to relax; have fun; be with friends; get physically fit and mentally rejuvenated; and, most important, be happy."

“I suppose that the reason I love camp so much is that I feel that I am a part of something”

Wayne Kessler, director of the Center for Family Assistance, said, "In choosing to honor Arthur in

Gift Cards for Campers

The Center for Family Assistance Advisory Committee has launched a gift card initiative to help families in need pay for camp supplies such as sneakers, bathing suits, towels and other items children need to bring with them. To participate, simply send a gift card from Target, Sears or any other department store to JF&CS Camp Scholarship c/o Wayne Kessler, Jewish Family & Children's Service, 1430 Main Street, Waltham, MA 02451 or call Wayne Kessler at 781-647-JFCS (5327) for more information.



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**, Nancy Mazonson, M.S., OTR/L, answers frequently asked questions about Parkinson's disease.

Q How prevalent is Parkinson's disease and who suffers from it?

A Parkinson's disease affects men and women in almost equal numbers. In the United States, it is estimated that 60,000 new cases are diagnosed each year, joining the 1.5 million Americans who live with the disease. While the condition usually develops after age 60, 15% of those diagnosed are under 50. The cause is unknown, and although there is presently no cure, advances in medication; surgical interventions; and physical, occupational, and speech and language therapy can play a role in improving the quality of life for those with Parkinson's disease.

Q My husband has had Parkinson's disease for eight years. Lately he has been more limited in his walking, and he has fallen twice in the last month. Our primary care doctor, who treats him for his Parkinson's disease, says it's the natural course of the disease and there isn't much more that can be done. Should I accept this advice?

A It is not uncommon for people with Parkinson's disease to be followed by a primary care physician or by a general neurologist. The American Parkinson Disease Association recommends that a movement disorders specialist also be involved in the care of people with Parkinson's disease. Boston has a number of these specialists, who are highly skilled in adjusting medications and reducing side effects throughout the disease process. Ideally, these physicians should be practicing in an interdisciplinary team setting. The JF&CS Parkinson's Family Support Program staff is available to provide information and referral to resources throughout Greater Boston.

Q My mom has Parkinson's disease and my dad has been taking care of her. Lately, I've noticed that my dad seems overwhelmed and does not remember appointments. They're not taking care of the house as they used to. When I offer help, they say they're doing fine. I'm not so sure.

A Very often, the stress of caring for an ailing spouse or a parent is overwhelming. Caregiver burden can create health problems in the person who is providing the care, and it is important that families reach out for and accept support. This support can include accessing respite services, participating in a support group and consulting with a Geriatric Care Manager to find ways to reduce the caregiving burden. Most important, caregivers must realize that they cannot do it all by themselves. Sometimes talking to an eldercare professional can give you strategies and ways to talk to your parents that will allow them to accept more help.

About Nancy Mazonson



Nancy Mazonson, M.S., OTR/L, is an occupational therapist and geriatric care manager. She has extensive experience working in inpatient and community-based rehabilitation settings and has specialized in working with people with degenerative neurological conditions. Nancy has been the coordinator of the JF&CS Parkinson's Family Support Program since its inception in September 2006.

Bet Tzedek Helps Mother Gain Custody of Her Son

For many people who need legal advice, the cost of a private attorney can be an insurmountable barrier. Every year, Bet Tzedek of JF&CS provides access to free civil legal services to more than 350 people in desperate situations who could not otherwise afford an attorney.

One grateful client is Soledad (name changed to protect privacy), who came to this country illegally six years ago, fell in love with an American man and had a child. Sadly, the relationship quickly went awry, and Soledad fell victim to his violent outbursts and threats. She explained, “He kicked me out when I was seven months pregnant, but I came back after he begged and cried, because I loved him so much.”

“Soledad got high-quality legal services that would have cost her tens of thousands of dollars – and she deserved it.”

Soledad’s plight was even more troublesome because of her immigration status. Soledad added, “I had no life. Friends and family told me to leave him, but I was afraid because I was here illegally.”

After their son was born, Soledad’s boyfriend said he was going to take their baby away and have her deported. Despite the fact that her boyfriend repeatedly threatened her physically and verbally, Soledad continued to try to make the best of her tragic situation, working six days a week as a housekeeper to support their family.

After years of suffering, Soledad finally found herself homeless with her toddler. With help from another local organization, Soledad obtained a restraining order that has served to keep her safe from harm, but she needed additional legal assistance to secure her relationship with her son.

Soledad was then introduced to JF&CS and the Bet Tzedek program, which means “House of Justice” in Hebrew. The program provides free advocacy, legal information and referrals to private attorneys. Rachel Pemstein, Esq., Bet Tzedek’s program coordinator, assessed Soledad’s legal claims and referred her to Steven D. Weil, an attorney at the Boston firm of Cohen & Fierman, LLP. Steven has volunteered with Bet Tzedek for almost 15 years and for the past several years has served on its Advisory Committee.

With Steven’s help, Soledad filed a complaint to establish sole legal and physical custody as well as child support. Over the next nine months, Steven worked with Soledad as the case made its way through the judicial system and, finally, to a trial. Steven ultimately spent 40 to 50 pro bono hours on the case. Happily, the judge ruled in Soledad’s favor. As a separate matter, her immigration status was resolved and she no longer fears deportation.

Steven said, “Soledad got high-quality legal services that would have cost her tens of thousands of dollars—and she deserved it. She’s a mom who was really struggling to make it work for herself. She did the right things in a tough situation.”

Soledad said, “I love this country. Here people help you and you have rights. I am so happy for the help JF&CS gave me.”

For more information, please contact Rachel Pemstein, Esq., Bet Tzedek’s program coordinator, 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 to find out more.

» » » » » » » Volunteer Spotlight

Celebrating Our Volunteers

The Simone Lottor Exceptional Service Award

The 2007 recipient of the Simone Lottor Exceptional Service Award is Steven D. Weil, Esq. The Lottor Award is presented annually to a JF&CS volunteer who has made a vital contribution to the community.

Steven said, "The work I do with Bet Tzedek is especially meaningful because it often makes a difference for people who are in dire straits and in need of a lawyer they couldn't otherwise afford."

Steven is an attorney at the Boston firm of Cohen & Fierman, LLP. He has volunteered with Bet Tzedek for almost 15 years and for the past several years has served on its Advisory Committee.

He said, "JF&CS is one of the pillars of the community in reaching out to help people who are in need. The longer I'm with Bet Tzedek, the more I think that's true."

Steven is dedicated to community service because of his parents' experiences. His grandfather was a lawyer in Germany, and his father's childhood was interrupted by war. The family moved throughout Europe before coming to the U.S. Steven said, "I grew up hearing the stories of what happened to that generation. Their struggle made quite an impression on me."

Before retiring, Steven's mother was a social worker and the chief administrator of a program that provides residential rehabilitation for people with head injuries. He said, "I feel a lot of empathy for people on hard times, and I get a lot of satisfaction out of the work with JF&CS."

Bet Tzedek, provides free advocacy, legal information and referrals to private attorneys. Steven is a trial lawyer who has practiced in the Massachusetts Superior, District and Probate Courts for the past 14 years. He has an emphasis in family law, but also practices in the areas of real estate, civil litigation and employment law.

He brings his skills, experience, intelligence and compassion to helping those in need of legal services. Steven said, "I'm trying to contribute in the best way I can, and Bet Tzedek is a way to do that."

The cases Steven has worked on have made a vivid impression on him. He's helped a Russian immigrant maintain her Section 8 Certificate so that she wouldn't be evicted, a young mother suffering from Huntington's disease move into subsidized housing; and a client with an extreme allergy to environmental substances get benefits so that the bottled water she needed would be covered by food stamps.

Steven credits "a very supportive wife and a high tolerance for chaos" for his ability to include volunteer work in a very busy schedule. He added that his law partners recognize the importance of pro bono work as well.

Originally from New Jersey, Steven graduated from Union College with a B.A. in political science and received his J.D. from Boston University School of Law. He and his wife, Julie, have two young sons, Michael and Daniel, and live in Sharon, where he served on the board of Temple Beth David for 10 years, including two as president.



Steven Weil and his family

Save the Dates

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

* CHAI Celebration

Proceeds benefit Services for People with Disabilities.

Event Chairs: Claire & Edward Saxe
Jackie & Alan Weinstein

Honoring: William D. Kirchick, Esq.

When: Thursday, October 18, 2007, 6:30 p.m.

Place: Four Seasons Hotel Boston

* Kol Isha Event

This annual event raises money for Kol Isha, our Jewish domestic violence program.

Event Chair: Ken Tutunjian

Keynote Speaker: Susan Estrich, legal and political commentator and author of *Real Rape*

When: Tuesday, November 13, 2007, 6:00 p.m.

Place: The Westin Copley Place, Boston

* The JF&CS Benefit is set for Saturday, April 5, 2008, at the Westin Boston Waterfront Hotel!

Women's Breakfast Raises \$111,000



Executive Director Sy Friedland; Peggy Kaufman, Director of CERS; Diane Patrick; and Event Chair Judy Kaye

More than 230 people attended the JF&CS Women's Breakfast on May 15 at the Four Seasons Hotel Boston. This year's breakfast, chaired by Judy Kaye, raised \$111,000 for the award-winning Center for Early Relationship Support (CERS), which provides critical services to new moms and their babies.

The highlight of the breakfast was a video presentation chronicling the traumatic experiences of three new moms and how the critical services of CERS helped them. Guests were also addressed by Dr. Ann Epstein, faculty member of the Infant-Parent Institute at the Center for Early Relationship Support and a clinical instructor in psychiatry at Harvard Medical School, who explained the importance of the work of CERS.

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Caring for Generations



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