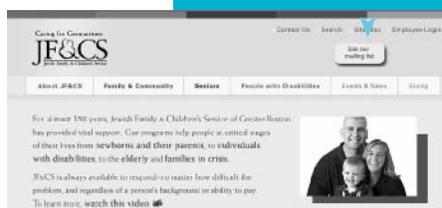


Newsletter Moving Online >>

To use our valuable resources in the most effective way, this will be the last printed edition of *JF&CS News*.

To ensure that you continue to receive this newsletter, please visit jfcsboston.org to join our mailing list. >



JF&CS in the News

- * The *Boston Herald* featured JF&CS on the front page of a special edition on February 9 called "Nonprofits Weather Downturn." The article highlighted hiring practices of human services nonprofits.
- * The *Boston Globe* had a full page of photos from the the JF&CS Benefit on March 31. It was also featured in the April 29 - May 19 edition of *The Improper Bostonian*.
- * The *Boston Globe* mentioned JF&CS regarding our services for refugees and immigrants in an article that appeared on the front page on May 2.

Lauren and Mark Rubin Visiting Moms® Program Celebrates 20th Anniversary

Becoming a mother can be the most satisfying and the most stressful experience of a woman's life. For every precious smile and coo there are sleepless nights and endless diaper changes. Many parents face this journey alone, far from their families. And for some women the transition is complicated by postpartum depression that is often under-recognized.



Since 1989, the Lauren and Mark Rubin Visiting Moms program has helped almost 10,000 women through this incredible transition. This innovative service, now emulated worldwide, is one of the agency's most admired and successful creations.

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 JF&CS Center for Early Relationship Support,® Visiting Moms provides trained volunteers who come to the home for up to two hours a week until the baby's first birthday to offer support and encouragement during this challenging time.

An Advocate for New Mothers

The program was established by the Director of the Center for Early Relationship Support, Peggy H. Kaufman, MEd, LICSW, and is led by Director Debbie Whitehill, LICSW.

Peggy is a pioneer in the field of infant-parent relationships and a tireless advocate for increasing awareness of maternal mental health. She has been a leader in developing programs, facilitating and building collabo-

>>> Continued on page 5

Dear Friends,

This spring I was very fortunate to travel to Israel, where I spent time in our sister city, Haifa, planning the next phase of our work there.



While in Israel I had the chance to visit Sderot, a small town on the Gaza border that was the target of daily rocket attacks. I was able to meet with a group of Israeli teens that had been evacuated during the recent war. I was moved by the fact that, despite the tension and fear of their daily lives, they shared many of the typical concerns of teenagers everywhere.

I will further explore my adventurous side when I take a long delayed sabbatical this summer – to travel, read, write, and reflect – so that I can return renewed for the valuable work of the agency.

It is never the perfect time to take a short leave, but I feel the organization is in a solid position to operate successfully in my absence.

With our strategic plan in place and ongoing financial strength, I'm confident that the agency can continue to thrive during my short leave. And with email and cell phones I will never be out of touch.

Because of the economy, this summer may be a challenging time for many in our community. If you need help during this difficult time, you can turn to JF&CS. Financial assistance, emergency food and heat, and crisis counseling are just a few of the more than 35 programs and services we offer. If you or someone you know is struggling, please call us at 781-693-1409 to get help today.

I look forward to sharing my experience with the JF&CS community when I return in September. Until then, enjoy the gifts of summer.

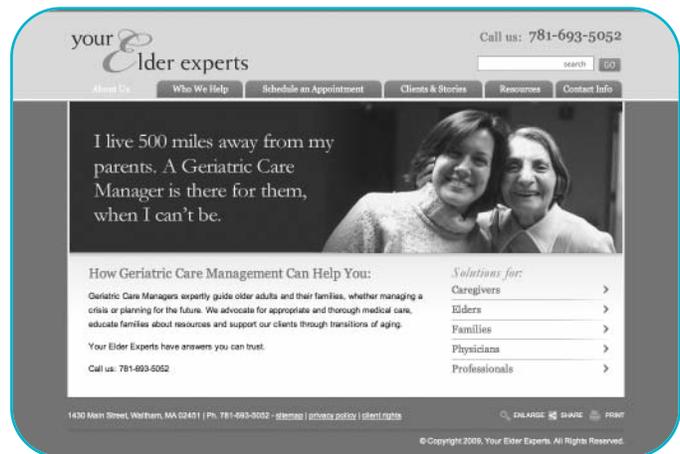
Sincerely,

Seymour J. Friedland, PhD
Chief Executive Officer

JF&CS Launches New Website

After 10 years, the JF&CS Geriatric Care Management program has a new name, Your Elder Experts, and its own website, yourelderexperts.com. Please visit the site to learn more about the program, the staff, and how we help elders, families, professionals, caregivers, and physicians.

Karen Wasserman, Director of Your Elder Experts, said, "Nothing has changed but our name – we still have the same fabulous service. Our website makes one of the top care management groups in the area known to more people." She added, "JF&CS has such a great reputation. We're now reaching out to people who don't know about our services."



Caring for aging relatives can be very stressful, especially when family members live in distant cities. As people continue to live longer, and as the array of programs and services for seniors expands, choosing the best care can be overwhelming. Geriatric care managers are social workers and other health care professionals who have the expertise to assess a senior's home situation, identify the appropriate level of services needed, connect families with resources, and, if necessary, help manage the senior's care and well-being over time.

Your Elder Experts have answers you can trust.

Call us: 781-693-5052

Visit our website: YourElderExperts.com

Jewish Family & Children's Service is the leading provider of comprehensive human services, delivering personalized and integrated care that improves people's lives.

JF&CS Board Welcomes Incoming President

We are pleased to welcome Harvey Greenberg, long-time agency supporter, as our new board president. Harvey is always willing to lend a helping hand. He and his wife, Helene, have been spotted in the JF&CS kitchen serving Shabbat dinner to our CHAI clients. Harvey has served on our Board since 2001 taking on increasingly important leadership roles at the agency that earned him the President's award in 2007.

He co-chaired the 2008-2011 Strategic Planning Committee, marking his fourth involvement with the agency's strategic plan. Harvey currently serves on the Executive Committee and is a member of the Human Resource Committee. Harvey has a BS from Rochester Institute of Technology, an MBA from Boston University, and an MS in Human Resource Development from American University. Harvey is the founder and principal consultant of Nehoiden Partners, an organizational consulting group, where his areas of expertise are organizational development, executive team development and coaching, human resource processes and strategies, and group process and facilitation.

These experiences allow Harvey to bring strong leadership and innovative thinking to his work at the agency.

"We welcome Harvey Greenberg as our next president. With 35 years of experience in human resources and working with organizations, Harvey brings the opportunity to look at JF&CS as an organization and see what we must do to move to our next stage of development." ~Sy Friedland



Harvey Greenberg

The JF&CS Benefit

Thank You to All Our Generous Supporters



Community Leadership Award recipients
Melinda & James Rabb of Weston and
Irving Rabb of Cambridge



JF&CS CEO Sy Friedland and JF&CS Benefit
Event Chairs Melissa Weiner Janfaza & Andy
Janfaza of Weston

The 2009 Jewish Family & Children's Service Benefit surpassed even the most ambitious of goals, demonstrating once again the explicit commitment our community has to safeguard the vulnerable among us. The outstanding level of support in this time of economic hardship is something of which we can all be proud. A special thanks to event chairs Melissa and Andy Janfaza for their incredible leadership. And thank you to everyone who helped to make the evening such a fantastic success.

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Honoring Our Volunteers

Judith Spivak Celebrates 19 Years as a Visiting Mom®

The 2009 recipient of the Simone Lottor Exceptional Service Award is Judy Spivak. Judy has been helping women and their infants thrive for 19 years as a Visiting Moms volunteer.

Judy is the kind of caring, empathetic person that every new mom should have by her side as she encounters one of life's most exciting and stressful changes – the transition to parenthood. Judy said, "Visiting Moms is a wonderful program. There should be a Visiting Mom for anyone who needs it."

Debbie Whitehill, LICSW, director of Visiting Moms, said, "Judy has been a reliable and generous volunteer who has participated in the Visiting Moms program for almost its entirety."

Judy, a dental hygienist who lives in Framingham with her husband Herbert, is active in her community, a 40-year member of Hadassah, and a long-time volunteer at her synagogue.

Many years ago she decided that she wanted to concentrate her volunteer work on women and children. She said, "I like working and being with people in a one-on-one relationship. That gives me the most satisfaction and where I am doing the most good. That's why my efforts have been with the Visiting Moms."

Judy brings not only years of volunteer experience to Visiting Moms but mothering know-how, with two grown daughters and three grandchildren.

Judy was inspired to become a Visiting Mom by a newspaper ad calling for volunteers. The ad resonated with Judy because she had once been a young mother without the support of family or friends. She recalled, "When Herb and I were married we left New York and I never lived close to my family again."

Judy's mother died shortly after her marriage and the couple's first child was born while they were living in Lee, MA. She recalled, "Family came to visit once or twice and we had a nice next door neighbor, but I was basically alone. I was a new mother, 23 years old, and I didn't know what end was up."

When Judy saw the Visiting Moms volunteer listing she said, "The ad described me and I thought



Judith Spivak

"This is what I could have used.' I wanted to help other women in my situation."

From the very first mom she worked with, Judy can easily recall the details of each woman's situation. She was especially moved by the case of a young woman who had moved to the U.S. from Canada. Her mother had died recently and she had no close friends or family in her new home. Judy said, "I knew exactly how she felt."

"This is what I could have used.' I wanted to help other women in my situation."

Judy gets great satisfaction from seeing the women she works with grow and move "into a better place." One new mom wrote to say that Judy's visits were "her lifeline." But she adds wisely, "Some situations you can't fix. As a Visiting Mom you need to know you can't make it all better. But what you can do is help the mother become more confident or aware of what her situation is."

JF&CS is grateful for the empathy and wisdom Judy has devoted to caring for new moms.

Volunteering with JF&CS

Volunteers are a vital part of JF&CS. For more information on how you can help, call (781) 647-JFCS (5327) or visit jfcsboston.org to find out more.

Volunteers

Visiting Moms Program Celebrates 20th Anniversary

continued from page 1

rations, and participating in community-wide efforts to serve mothers and babies from all walks of life.

Peggy said, “If a mother feels supported and nurtured she, in turn, can nurture her baby. Research proves that the payoff is enormous.”

Peggy is the visionary behind the development and growth of the Center for Early Relationship Support. She has been recognized for her work as the leader of a unique web of home visiting, group, and consultative services developed to serve the needs of new mothers and infants.

From One Mom to Another

The heart of the program was and continues to be the many caring volunteers who devote their time to helping new moms in their homes each week. Peggy said, “The most important people are our volunteers and our community donors who make sure that we can continue to offer our free service.”

Helping Moms Around the World

Visiting Moms continues to grow and develop, and as the number of volunteers increases, some supervision groups are filled to capacity. The program serves over 130 mothers each year and extends to communities far beyond Greater Boston. Since its inception, Visiting Moms has served over 1,300 mothers in their homes and 8,000 in new moms groups.

Visiting Moms has been replicated nationally and internationally. Within the Northeast, the program is offered in Chelsea, Framingham, and Providence. It is now established internationally in multiple locations throughout Israel and in Australia.

The program has become increasingly connected to its Israeli counterparts, with colleagues in both countries visiting and sharing resources and expertise.

Refining a Winning Formula

The program worked well from the very beginning and over the years the core service has remained the same. The key elements of the program’s success are the high quality of the professional staff; thorough screening, training, and supervision of the volunteers; and careful attention paid to clearly defined outcome measures and consumer satisfaction surveys.

Debbie Whitehill said, “The program evolves to meet the needs we observe and as we deepen our understanding of both moms’ and babies’ postpartum period. We are continually challenging ourselves to be better, refining our approach, and using current research and experience to enhance our work.”

Looking Ahead

As the program enters its third decade, there are plans to reach more mothers and serve women of diverse cultures and languages. A “Train the Trainer” curriculum is in development that would allow the model to be replicated with guidance and support throughout the US and abroad. The staff continues to work with community partners and offer advanced training for staff and volunteers.

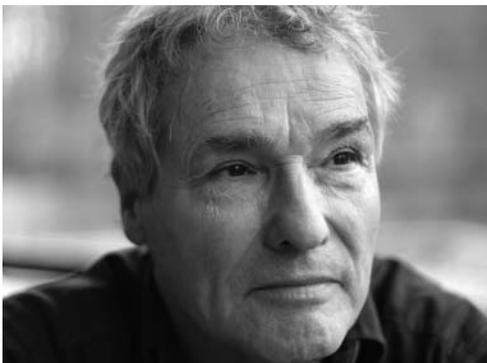
Having a baby can be an overwhelming experience. Fortunately, there are people like Peggy Kaufman whose professional life is dedicated to fostering positive early relationships. She said proudly, “The commitment of our staff, volunteers, and donors ensures Visiting Moms’ continued presence and success for years to come.”



JF&CS Honored Peggy H. Kaufman, MEd, LICSW
Director of the Center for Early Relationship Support for 20 years of exceptional service to JF&CS at this year’s Women’s Breakfast (see back cover).

One Man's Housing Story

Dan* is a Korean War veteran who has lived on the streets for 20 years. With no family in the area, he was refusing services and did not want to apply for benefits or his veteran's pension. Ironically, because he is not substance abusing or mentally ill, Dan is not eligible for many of the resources available to the homeless.



Devoted staff at the Pine Street Inn had worked with Dan for 10 years in an effort to convince him to come in off the street. Their persistence paid off, and a few months ago Dan finally agreed and accepted their offer of a studio apartment.

When his case manager discovered that he strongly identified as Jewish and tried to keep kosher, he called JF&CS wondering if there might be some resources to help him.

JF&CS identified Dan as having many characteristics of Asperger's, which helped them understand Dan's needs. Asperger's is a type of autism usually characterized by a person who is unable to socialize

properly with other people. It has varying degrees of severity and it is thought that between 3 and 7 out of every 1,000 children suffers from this disorder.

Betsy Closs, who is the Director for Services for People with Disabilities at JF&CS, enrolled Dan in JF&CS Family Table, Greater Boston's kosher food pantry, to help him keep kosher and have a regular source of free, nutritious food.

Closs delivers Dan's food each month and hopes that she can continue to have a relationship with him. She bought him a new pair of shoes and is trying to convince him to get a computer.

"For people with Asperger's, computers can be a lifeline. Many individuals can find employment by working at home, and they can sustain relationships with people that would be impossible any other way," explains Closs.

For now though, Closs will continue meeting with Dan regularly, carefully working on improving his quality of life in ways that are comfortable for him. "In social work we always say, 'You need to meet people where they're at.' So that's what we're doing with Dan."

** Name changed to protect privacy.*

New Housing Opportunities Network

As the economy weakens and funding for residential services for adults with disabilities is reduced, it is more important than ever for families to be able to find housing information.

Thanks to the generous support of the CJP Disability Housing Initiative, JF&CS is pleased to announce the creation of a Housing Opportunities Network (HON).

The network will help families of individuals who have disabilities

learn about subsidized housing options and connect with each other to launch their young adults into independent settings.

By joining our network, individuals with disabilities and their families will receive:

- Email alerts about new subsidized housing lotteries in Greater Boston.
- Online newsletters with vital information about subsidized housing, home ownership oppor-

tunities, creative housing options, upcoming workshops and training on housing and related issues.

- Invitations to join workshops, networking groups, and forums on creating housing opportunities.

Since the inception of the CJP Disability Housing Initiative, JF&CS has worked with almost 300 families and individuals with disabilities to find housing. We have helped place 90 people including 68 who receive services from JF&CS.

JF&CS Helps Teens Build Healthy Families

Most of us think of the teen years as a time of possibility and a chance to have fun before beginning work or college. But for some teens, these years take on a different meaning – parenthood.

Camilla* was 18 and living with her mother when she discovered that she was pregnant. Unmarried and unemployed, Camilla needed help. Luckily she learned about the JF&CS Healthy Families program and began a connection that would help her create a strong, happy family.



For the past 10 years, Healthy Families has been helping teenagers from ages 14 to 20 create the stable family life they deserve with a network of services that address their needs from peer support, to housing and nutrition, to immigration status and beyond.

After joining Healthy Families, Camilla began receiving intensive weekly home visiting services to help her prepare for the birth of her child. She was committed to having a healthy child and to overcoming the many obstacles in her path.

Being a parent is challenging for most adults, but for teens it's a huge leap. Program Manager Sue Green, MEd, said, "The demands of parenting are not compatible with adolescence. It's a very egocentric age. Teens are trying on different personas and just want to get out of the house and have freedom. With a baby, all of these plans have to be postponed."

"My job is to help young parents develop the skills to go forward, to give them the strength and resources to overcome obstacles, and to empower them to set goals and keep moving toward them."

Over the next three years, with a JF&CS home visitor by her side, Camilla worked hard to strengthen her relationship with the baby's father, move into subsidized housing, obtain Mass Health, and, most importantly, get her green card and a social security card.

The JF&CS home visitor, Andrea Siani, also worked closely with Camilla to address the medical needs of her son Miguel* who had a complicated delivery and suffered from oxygen deprivation at birth. At four months old, it became evident that Miguel had very low muscle tone and required specialized care. Andrea helped Camilla find a new pediatrician, interpret the medical process and paperwork, and set new goals to follow up on the health care needs of her child, which included leg braces, two eye surgeries, and speech therapy.

Healthy Families worked with Tony*, Miguel's father, who wanted to learn how to become a better parent, choose a career path, and strengthen his relationship with Camilla. Tony also had a five-year-old son from a previous relationship. Andrea helped Tony, who had been grossly misjudged by the court, find a pro bono lawyer and address the court's mistakes to protect his older son from abuse. After a four-month investigation, a court-appointed Guardian ad Litem recommended that Tony be his son's primary caretaker.

Andrea said, "My job is to help young parents develop the skills to go forward, to give them the strength and resources to overcome obstacles, and to empower them to set goals and keep moving toward them. These young people have learned that they can advocate for themselves and their children. They were a joy to work with."

Happily, Camilla and Tony have married, found housing, and are both working. Miguel has started school in a special needs classroom and is actively running everywhere. His older brother attends kindergarten within walking distance of home. With the guidance of Healthy Families, this young couple has gotten the support they needed to be successful as parents and as individuals.

** Names have been changed to protect privacy.*

2009 RECENT EVENTS

* JF&CS Women's Breakfast Raises \$102,000 to Support CERS

More than 230 people attended the JF&CS Women's Breakfast on May 14 at the Belmont Country Club. This year's breakfast, co-chaired by Elizabeth Snider Gross and Melissa Gross McCray, raised over \$102,000 for the award-winning Center for Early Relationship Support (CERS), which provides critical services to new moms and their babies.

Peggy Kaufman, the Director of CERS, was honored for her 20 years of excep-

tional service to JF&CS. The program was filled with a variety of speakers whose presence truly showed the impact Peggy's work has had on the community. At age 91 Dr. T. Berry Brazelton still exudes the same enthusiasm and zest for the mother-baby work as he did 50 years ago. Rabbi Sherre Hirsch, author of "We Plan, God Laughs" enlightened the guests with the wisdom of her connections with congregants and with her own family. A tribute to the work of



Elizabeth Sinder Gross, JF&CS Past President and Women's Breakfast Co-Chair with Peggy Kaufman, Director of CERS and Melissa Gross McCray, Women's Breakfast Co-Chair

CERS by Jane Clayson, host of WBUR's *Radio Boston* and a past client of CERS, brought home the importance of what CERS does each and every day.

* Annual Meeting Featured Innovative Partnerships

JF&CS has partnered with prominent organizations throughout Boston to bring enhanced services to some of the most fragile members of our community – Holocaust survivors, adults with disabilities, and homeless children.

JF&CS's partnerships were featured at this year's Annual Meeting held on May 19 at the Waltham Headquarters. Through collaborative arrangements with Goodwin Procter LLP, Women's Lunch Place, and Horizons for

Homeless Children, JF&CS is able to expand our network of services in creative ways.

JF&CS also welcomed new Board President Harvey Greenberg at the meeting. A former Polaroid senior vice president, Harvey is a long-time agency supporter who has been an active board member since 2001. We are also thrilled to welcome our four new board members: Debra Milgram, Sylvia Perlman, PhD, Candice Wolk, and Joyce Zakim.

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