The tradition of *tzedakah* means to give for a good cause and to help someone to help himself. Many individuals have taken this tradition to heart in a whole new way. Instead of receiving gifts for important occasions, these generous people request that donations be made in their honor to JF&CS. They have found creative ways to honor the special days in their lives and help JF&CS to continue to offer services to people at every stage of life.

**Becoming an Adult**

Cory Rosenfield used the occasion of his bar mitzvah to ask his friends and family to make tribute donations in celebration. He happily reported, “I was surprised at the response and how many donations were given.”

He said, “I wanted to do it because I felt that it was important to give something back. A bar mitzvah is a big thing and I felt lucky to have one – many kids don’t get to have it, especially kids in other countries.”

Cory’s generosity springs from an awareness that has grown from his faith and his family. He understands that he is more privileged than many other people and he feels he wants to give back. His mother Janet said, “Cory has this awareness because we talk about these issues at home and it’s part of our faith. Judaism includes a focus outside of oneself. We’re trying to teach our children about *tzedakah* and giving back to the community.”

When he was in middle school, Cory had an experience that made a profound impression on him. At a school outing, his class went to a veteran’s shelter in Boston. They brought toiletries and supplies to the men, and made and served dinner. While he was there, Cory met a man who had been a student at his same school. His mother said, “It blew him away – here was someone who had had all the same opportunities that Cory has and now he was homeless.” With a growing maturity,
Dear Friends,

Welcome to the latest issue of JF&CS News! It gives me a great deal of pleasure to once again have the opportunity to write to you about our important work.

JF&CS is more than a collection of programs that address the challenges and obstacles of everyday life. In a very important way, JF&CS is also a community of people who come together on behalf of those in need. This community includes our board of directors, donors, volunteers and staff, some of whom are spotlighted inside this issue of JF&CS News.

JF&CS would not exist without our staff who direct our programs, work with clients and reach out to the community. It is their dedication, leadership and hard work on behalf of those struggling with the frustrations of everyday life that set us apart from other social service agencies.

As you will read, many of our staff have recently been recognized across the country and the world for their innovative work. Their achievements reflect greatly on the strength of the community of people that is Jewish Family & Children’s Service.

Sincerely,

Seymour J. Friedland, Ph.D.
Executive Director

We are very excited to announce that Carl Zack has joined us as Chief Operating Officer at Jewish Family & Children’s Service. Carl comes to JF&CS with years of leadership experience. He most recently was the Chief Executive Officer of Hale Hospital in Haverhill, MA and was credited with turning around this failing institution. Prior to that Carl spent most of his career at Somerville Hospital. He started as an administrative resident in the 1970's and eventually rose to president of this non-profit acute care hospital.

Carl graduated from Brandeis University with a BA in Economics and holds a Masters of Public Health from Yale University. He lives in Brookline, MA with his wife and two children.

Peggy Kaufman, has been selected to receive an Award for Excellence from The Boston Institute for the Development of Infants and Parents. Peggy was recognized for her work as director of Center for Early Relationship Support, which is the home of all JF&CS programs dealing with newborns and their families.

The Boston Institute for the Development of Infants and Parents is a prestigious, multidisciplinary professional organization established in 1973 to study the dynamic interaction of the infant/parent relationship.

Each year, the International Institute of Boston selects immigrants from a particular country to honor. This year they presented Rita Blanter with the New Citizens Award for her extraordinary leadership in Boston’s Russian community.

Rita Blanter serves as director of business development for Senior Services at JF&CS in Boston. She immigrated to the United States from Moscow in 1981 and went on to receive Bachelor of Science and Master of Science degrees from Northeastern University and Harvard University, respectively. Blanter is known for her commitment to home-care programs for elderly immigrants. She also works to enhance employment opportunities for Russian refugees.

Left to right: Kathleen Lamb, Co-President of Boston Institute for Development of Infants and Parents (BIDIP), Eleanor Boschert, Executive Director, BIDIP, Honoree Peggy Kaufman, Director, Center for Early Relationship Support, Arnold Kerzner, MD, President Emeritus of BIDIP and Conference Moderator.

Left to right: Kathleen Lamb, Co-President of Boston Institute for Development of Infants and Parents (BIDIP), Eleanor Boschert, Executive Director, BIDIP, Honoree Peggy Kaufman, Director, Center for Early Relationship Support, Arnold Kerzner, MD, President Emeritus of BIDIP and Conference Moderator.

Rita Blanter honored with the New Citizens Award by Thomas J. Hollister, President and CEO of Citizens Bank of Massachusetts.
CERS Presents at International Congress

“I feel there’s a loving side but it can’t get it out.”

Post-partum depression and related mood disorders affect an estimated 10 to 15 percent of new mothers each year. Two staff members at JF&CS’s Center for Early Relationship Support (CERS) have developed internationally recognized programs to help those suffering from this disabling illness.

On July 16-20, 2002 Peggy Kaufman, M.Ed., LICSW, director of the Center for Early Relationship Support and CERS Clinical Director Dr. Eda Spielman, Psy.D. were invited to present at a symposium on post-partum depression at the 8th biannual congress of the World Association of Infant Mental Health (WAIMH).

Held in Amsterdam, the five-day international congress focused on research, evaluation and clinical work with young children and their parents. The CERS presentation, entitled “Responding To The Darker Side Of Motherhood: A Web Of Services For Depressed And Isolated New Mothers,” was part of a larger symposium on post-partum depression.

Attended by academics, researchers, psychologists and psychiatrists working in the field of parent and infant mental health, the symposium included speakers from France, Finland, South Africa, Japan, Switzerland and Canada who presented rates of post-partum depression and focused on its impact on children.

Few programs exist that target these issues in a comprehensive and relationship-based way. Attendees learned about CERS’ unique approach to helping new mothers. Eda said, “CERS is unique in that it offers women a range of supports. They can utilize one or several of our programs for any length of time depending on their needs. This flexibility was seen as unique and valuable at the congress.” It is also unique that many of the Center’s services are free or on a sliding scale.

The presentation included moving quotes from the mothers that have suffered from postpartum depression that demonstrate the depth of their despair.

“I’m afraid to touch my baby because I’m afraid I might be poison to her.”
“I listened to his tortured cries above my own weeping.”
“I’m scared to death. How am I supposed to do this? Motherhood is beyond my capability.”

Eda said, “It was very interesting to hear what is happening in other parts of the world and good to know that we are doing something so valuable. Attending the congress was a rewarding and validating experience. We came back feeling very energized about the important work that we’re doing.”

Looking forward, the Center continues to develop its clinical capacity and to expand awareness among health care professionals about the prevalence of post-partum depression and the availability of CERS’ services.

Peggy and Eda will be presenting another aspect of their work in December at the “Zero to Three” conference in Washington D.C.
To Nancy and Mark Belsky, philanthropy is a family tradition. Through their good works, dedicated commitment of time, and the generous philanthropy from their family foundation, they have helped improve the lives of those in the Jewish community and the world at large.

The Belskys have been active with JF&CS for almost a decade. Nancy chairs the Community Housing for Adult Independence (CHAI) annual fundraising event and her husband, a long-time JF&CS board member, has chaired its committee on disabilities. They chose to get involved with the organization because, “JF&CS is a very strong and visible vehicle to make a difference in people’s lives.”

CHAI is a JF&CS program that provides residential services to clients living in their staffed homes and supported living apartments. With the help of CHAI staff and volunteers, residents are able to flourish as individuals and become confident, involved members of the community.

Nancy believes strongly in the CHAI housing model, saying, “The benefit of CHAI is that it allows you to live in a neighborhood, to be part of a community. You can live where you want and get the services you need to be more independent.”

One of the Belskys’ daughters is developmentally disabled and Nancy says she may have become involved with CHAI because of her daughter’s disability. She says, “People get involved with causes that effect them directly. You end up in what life puts in your path.”

“It’s healing to work in an area you are struggling with. You meet people who share your pain and your triumphs – people who understand – and there’s a comfort level. It helps you to accept what life has dealt out for you and to find the blessing in it.”

And her years of dedication have paid off. When she started working with CHAI the fundraisers were small events that raised $15,000. Now the sellout evening has grown and last year raised around $200,000.

“That’s wonderful to see and it’s a result of the work that JF&CS has done and the people who are involved.”

Nancy is the daughter of Stanley Kaplan, founder of Kaplan test preparation service, one of the nation’s premier providers of educational and career services. With her sister Susan Kaplan, she runs the Boston region of the Rita J. and Stanley H. Kaplan Family Foundation. Part of their mission is to create challenge grants to further social service and social justice. One of their recent efforts was a generous three-year grant to Friday with Friends, JF&CS’ Shabbat program for people with disabilities.

The Belskys’ work is very closely connected to their faith. “JF&CS offers many different services that we feel as Jews are our obligation. I’d like to promote the mission that the Torah teaches. This work is about creating more tzedakah and more social justice.”

With their years of commitment to helping others, the Belskys have helped many people find the blessings in their own lives. Thank you Nancy and Mark.
Cory saw that the world is hard for some people and that life is more complicated than it may appear.

Cory felt strongly that he wanted the donations to benefit the community in which he lives. He and his family considered international organizations and looked at several other possibilities. His mother Janet helped Cory decide where the tribute donations should be directed. She said, "I had attended a couple of JF&CS fund raising events and through friends I’d heard of many of their programs. The types of services they offer are substantial and worthwhile." Cory added, "I wanted to contribute to a Jewish charity. I looked around and thought that JF&CS was the best around. It was perfect for what I wanted to do."

Cory got a great deal of pleasure from being involved with Tribute Giving. Janet said, "It was a way to honor in a more direct way what he's trying to do with his own life. He is becoming a young adult and assuming greater responsibility and this was commensurate with that."

A Day at Camp Solomon

Dr. Harold Solomon celebrated a special birthday – his 60th – with a unique, action-packed party that was fun for all and raised a substantial amount of money for JF&CS.

A successful physician with a thriving practice, he and his wife, Milly, planned ‘A Day at Camp Solomon’– a fun-filled event at which 100 guests, each wearing a white t-shirt with his photo on it, did arts and crafts, competed in camp activities, spent time in the infirmary and ended the day jitterbugging at the camp social.

When Dr. Solomon and his wife sent out the invitations, they included envelopes with a note that asked that a donation to JF&CS be sent lieu of gifts. He said, "It was easy to make the contribution because everything was in there." Even better, "Some of the guests have stayed connected with the organization and continued to donate." Dr. Solomon said, "Tribute Giving is a nice way to give people who want to pay you back an opportunity to do so."

Dr. Solomon learned of JF&CS after a patient introduced him to the organization. He wanted to become involved "because I felt I hadn't had enough participation in the local community and this was a nice way to do it." A board member since 1993, Dr. Solomon serves on two committees and is active in JF&CS’s Family Table, Greater Boston’s Jewish Food Pantry.

A Mother’s Happiness

For Arieh and Lisa Coll, the birth of their third child, a daughter, was an occasion for joy. They decided to celebrate by encouraging others to donate in her name.

Lisa said, "When our daughter was born, there was literally nothing else we needed and we knew there were a lot of people who did need something." She added with a laugh, "When you have your first child, you don’t know what you need. With your second, you know what you don’t need. And with your third you realize you don’t need anything more!"
She wrote a poem that went with the birth announcement, followed by JF&CS’ name and phone number:

Our new baby girl is blessed indeed,
There’s nothing of which she is in need.
So please no gift to mark the occasion,
If you’d like, in her honor, please make a donation.

“People loved it.” She found that business associates who had given expensive gifts for the first two children sent donations instead. After every donation she got a card saying that a gift had been made in her daughter’s honor.

Lisa has been volunteering with various JF&CS programs for 12 years. She started out by working on the info line once a week, and then got involved with Family Table and the Center for Family Assistance. As she was working the phones she began to realize, “There but for the grace of God goes anyone, not just me, anyone.”

She says JF&CS is a good fit for her since she is interested in Jewish community services and social service and feels the agency does so much important work. She said, “It’s like getting the most bang for the buck – they cover so many needs. They serve every population from the elderly to infants, the hungry, people who are new in town, aging parents, battered women and many more.”

She believes people in general want to give gifts but don’t feel comfortable giving something that they consider small. She feels Tribute Giving gives people another opportunity to give, since a donation as small as $18 can make a difference.

As someone in non-profit management she knows that non-restricted gifts are best and prefers not to earmark donations for a particular program. However in her daughter’s case she directed gifts to help other new mothers and their babies. She said, “If it helps a family adopt a child, if it helps another child, we will have achieved our goal.”

She added, “Tribute Giving was such a positive experience we will be doing it for all future simchas.”

**About Tribute Giving**

Tribute donations can commemorate the memory of a loved one; honor family, friends and colleagues; and celebrate anniversaries, birthdays, graduations, weddings and bar and bat mitzvahs. They can be made in any dollar amount starting at $18. For more information, please call our Office of Development at (617) 227-6641.
Volunteer Spotlight:
Legal Services Volunteer Peter Lefkowitz

F&CS is pleased to recognize Peter Lefkowitz for his volunteer work with Bet Tzedek, (House of Justice).

Peter is an attorney who has been on the Advisory Committee of Bet Tzedek for eight years and has recently joined the Advisory Committee of the Center for Family Assistance.

Peter was introduced to the Center for Family Assistance by its director, Wayne Kessler. Wayne said, “Peter has been an exemplary volunteer. He has contributed time to several of the Center’s programs, and always brings creativity, intelligence and enthusiasm to his work!”

The Center for Family Assistance is an umbrella organization offering programs and services that meet the basic needs of individuals and families for food, housing, clothing, access to medical care and legal representation. The Center also provides comprehensive services for victims of domestic abuse and their families.

In addition to his work on the Advisory Committee, Peter provides day-to-day assistance vetting cases, deciding whether they fit into the scope of services Bet Tzedek provides, and whether the case and individual are ones the center can serve well. “When you’re on call to answer questions about on-going cases that’s more time consuming but it’s more rewarding,” says Peter. Bet Tzedek provides access to all types of pro bono civil legal services.

With a busy commercial practice and family, Peter makes time for volunteering by saying, “It’s just a matter of building it into your day and into your mindset.”

He plans on becoming even more involved. He says, “JF&CS provides so many great services. The people who really deserve recognition are the ones collecting cans of food and taking on the phone company for a Russian-speaking family – the people down in the trenches – because of how hard they work and the service they provide.”

Peter urges others to volunteer, saying, “There are so many good things going on at JF&CS and there are so many avenues to provide help to people. If I or any volunteer can add onto that, make more programs more robust, bring more help to people, then that’s a success.”

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 jfcsboston.org to find out more.
Unlock the Possibilities...

Autumn Dinner and Auction
November 14, 2002 · Four Seasons Hotel, Boston

Another sellout crowd helped Unlock the Possibilities for the 25,000 people that Jewish Family & Children's Service helps each year.

Thanks to the generosity of our donors the event raised a record $380,000. Proceeds from the auction go directly to programs, which serve the most vulnerable members of our community.

Come In and Change Your life.
VISIT OUR WEBSITE AT JFCSBOSTON.ORG

GIVE A GIFT OF HOPE TO A FAMILY THIS HOLIDAY SEASON

For many families in the Greater Boston area, this has been a difficult year. Individuals have lost their jobs, someone in their family is suffering from a serious illness or they've recently experienced the loss of a loved one. Fortunately, many have found hope and direct assistance through the Center for Family Assistance at Jewish Family & Children's Service. The Gifts of Hope program provides direct support for clothing, fuel, food, transportation, day care and other subsidies to families in economic crisis. During this upcoming holiday season you can make a difference for a family in need. Please consider making a gift today with the envelope provided and indicate Gifts of Hope.

Jewish Family & Children's Service
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