

## Aging Well at Home: A Recipe for Healthier Living >>>

Every week, seniors in Brookline gather for a trip to the grocery store, followed by a cooking lesson complete with nutrition tips, and dinner. It's just one example of "the little things that make a huge difference," said Rimma Zelfand, JF&CS Director of Senior Services.

The seniors are part of the JF&CS Aging Well at Home program. In 2004, JF&CS was awarded a grant from the U.S. Administration on Aging to bring services to areas that have high concentrations of elderly with

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## The Infant-Parent Training Institute: Building Stronger Relationships

A child's early relationships are the cornerstone of cognitive and emotional development. When something occurs to disrupt these relationships, the effect can be serious and long lasting. Healthy social-emotional development is essential for success in relationships, in learning and in life.

JF&CS has launched a two-year program, the Infant-Parent Training Institute, to prepare professionals to address the social and emotional health needs of infants and their parents. This inter-disciplinary program has attracted experienced professionals and a superlative faculty who are dedicated to infant mental health.



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## JF&CS in the News

\* Family Table, Greater Boston's Jewish Food Pantry, was highlighted on the WCVB news magazine *Chronicle*.

\* Services for People with Disabilities was featured in a story on the front of the Real Estate section of the Boston Sunday Globe on December 18th.

\* On December 31st, our Friendly Visitors program was highlighted in a Boston Globe article about six people who are making a difference.

## Serving More People with Disabilities

In an exciting move toward the future, JF&CS is significantly expanding our programs and services for people with disabilities. This will allow JF&CS to offer more comprehensive social programs and create greater capacity in both group and in-home services, while significantly growing the support network to help families get the help and advice they need.

Services for People with Disabilities are a collection of programs designed for people with special needs and their families. Services include information and referral, supported housing, case management, service planning, support for activities of daily living, social skills groups, individual advocacy and connecting clients with the Jewish community and Jewish life. Each service is designed with the goal of

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Caring for Generations



Dear Friends,

Antoine Saint-Exupery, author of *The Little Prince*, once said, "A goal without a plan is only a wish." Our strategic plan turns wishes into goals that will keep our Agency strong and viable for future generations. One of the dreams that will become a reality this year is the Geriatric Institute.

The Geriatric Institute will demonstrate our leadership and commitment to making it possible for seniors to remain at home in optimal health, with a quality of life that maintains dignity. It will showcase our innovative and creative programs to help seniors age in place with dignity.

I recently attended the White House Conference on Aging as a delegate from Massachusetts. It was affirming to see that our programs, and what we plan to do with the Geriatric Institute, are aligned well with what the coming wave of baby boomers will require as they begin to retire. It was a corroboration of our dedication to pioneering practical, effective solutions to problems that we all encounter across the life cycle.

The success of THE CAMPAIGN FOR JF&CS (see page 4) will mean we can continue to operate as a forward-thinking organization that anticipates needs and develops programs to make wishes become reality.

Best wishes for a happy and healthy 2006,

Seymour J. Friedland, Ph.D.  
Executive Director

## JF&CS Awarded Accreditation

In October 2005 JF&CS was reaccredited by the Council on Accreditation for Child and Family Services (COA). COA accreditation shows that JF&CS meets the highest national standards and is delivering the best quality services to the community we serve.

Amy Johnson, Quality Improvement and Training Coordinator, said, "This is a recognition of JF&CS's commitment to the best practices standards in the industry."

COA's voluntary accreditation process involves a rigorous and in-depth examination of our compliance with best practice standards. The process included a review of our organizational standards including human resources, financial and risk management and continuous quality improvement as well as 16 program-specific service standards.

## New Partnership for Adoption Resources

Adoption Resources and Jubilee Christian Church have launched a collaborative effort to find families for hard-to-place babies. Through the Church Adoption Ministry, overseen by Pastor Maxi Hudson, JF&CS is engaging parents who might not have considered adoption as a way to build their families. The Agency is able to subsidize these adoptions with the help of the Lindelil Fund. The Lindelil Fund was created through the support of generous donors to provide financial assistance to families wanting to adopt harder to place children, such as minority infants and infants with special needs.

**JF&CS is engaging parents who might not have considered adoption as a way to build their families**

Betsy Hochberg, Acting Director of Adoption Resources, said, "We've been doing outreach into the African American community to recruit adoptive families of color and to educate women about adoption as an option."

Nationwide, infants of color are considered hard-to-place because there are not enough adoptive families. Jubilee Christian Church is the largest Christian Church in the Boston area, with a membership of 3,000. Betsy added, "This is a wonderful opportunity to educate the church community about adoption."

## A Lifeline for Hurricane Katrina Evacuees



For everyone who lost their homes and belongings to Katrina, starting over is a daunting task. JF&CS was able to make that task a little easier through our Center for Family Assistance by helping evacuees in Massachusetts with a lifeline to local benefits.

Many of those who came to Massachusetts to be with family or friends were elderly — in one case a gentleman in his 90's — or had medical conditions. They needed places to stay, food, clothing, transportation, counseling, medical care, and schools for their children. Some lost not only their homes but income from rental properties and were unable to pay mortgages on houses that no longer exist.

One long-time New Orleans resident, a 78-year-old woman, fled to Massachusetts but could not stay with her daughter here because of medical issues. Prior to the hurricane, her family's plan had been to finance her move to an assisted living facility by renting her home. When her home was destroyed by the flood, she was left with no belongings and no income.

JF&CS Central Intake Coordinator Sarah Taylor, who had volunteered to work with Katrina cases, quickly contacted a web of service providers and coordinated a full range of assistance for the woman. Initially she arranged Kosher meals and a visit from a rabbi, then financial assistance and eventually long-term housing in Brookline. Once settled in her empty apartment, Sarah continued to connect her with others to find furniture and a television. When her physical needs were met, Sarah set up a Friendly Visitor and a geriatric social worker to help her emotionally.

This woman's story is just one example of the many families who were connected with a full range of local services. We received many thank you letters from grateful and relieved evacuees and their families. One daughter wrote, "We really appreciate your effort and the effort of your staff in assisting my mother during this difficult transition time for her. Thank you again so much."

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## Join the Leadership Development Series

The JF&CS Leadership Development Series (LDS) was developed for people in their mid 20's to 40's who are interested in learning more about the human and social service needs of the Greater Boston community.

Approximately once a month the group will meet to learn about a different program or service that JF&CS provides. Participants will also be given the opportunity for some direct service participation. The Leadership Development Series is a great way to get involved, meet new people and make an impact on those less fortunate in our community.

If you are interested in getting involved, please contact Deborah Fogelman at 781-693-5711.



## Ena Feinberg Honored as Woman of the Year!

Ena, Director of New American Services, was honored as Woman of the Year at the Charity Ball held in November by the Russian Jewish Community Foundation.

# The Campaign for JF&CS

JF&CS is excited to announce THE CAMPAIGN FOR JF&CS. Over the past 10 years, we have more than tripled the Agency's size and community impact. With the generous support of our family of donors and volunteers, we will continue to expand current programs and launch new initiatives that will further increase the reach of our high-quality and innovative services.

The goal of THE CAMPAIGN FOR JF&CS is to raise \$8 million to support the growth and stabilization of our programs and services

and secure the success of the Agency for future generations. As of December 2005, the campaign has already raised over \$4 million.

This Campaign is essential to our ability to realize these important objectives. Executive Director Sy Friedland said, "We're undertaking THE CAMPAIGN FOR JF&CS now because the needs of those we serve are great and the financial climate is favorable for cost-effective program and facility expansion."

President of the JF&CS Board of Directors John Levy and his

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wife Gail feel it is important to support the Campaign, saying, "The Campaign ensures that as the years go on JF&CS can continue to do what it does so well, and indeed do it even better."

Campaign contributions will make tangible improvements in the lives of children, families, seniors and people with disabilities. Because our programs serve so many people with such diverse needs, campaign funds will be used for everything from food vouchers for fresh fruits and vegetables to rent money to camp scholarships for children.

Gifts will also provide vital support for victims of domestic violence, new parents struggling with feeding, sleep and post-partum depression issues, and seniors who want to remain at home rather than live in a nursing home, as well as those suffering from depression, Alzheimer's disease and other dementia.

We are launching these exciting initiatives with the faith that the JF&CS family of supporters will celebrate with us and make extraordinary gifts to mark this pivotal time in JF&CS's history.

## Chairs, Campaign for JF&CS



Mark and Lauren Rubin are active and involved members of our JF&CS family. Mark has been a member of the JF&CS Board for over ten years and has held many senior leadership positions, including JF&CS President (1998-2000). Lauren volunteers with JF&CS as a Visiting Mom. Together they continue to make an important impact on the work of our Agency. We are extremely fortunate that they have agreed to Chair our Campaign for JF&CS.

"We are very proud to lead this important effort for Jewish Family & Children's Service. Boston is about history and JF&CS has been an integral part of the life of the people of our community for more than a century. JF&CS continues to provide high-quality, caring services to those in need—

regardless of age, background or ability to pay. We hope you will join us in supporting this truly remarkable Agency—together with the help of generous friends and neighbors we will ensure that JF&CS remains strong and vital for future generations."—Lauren and Mark Rubin

Naming, specific program support and other funding opportunities are available. To find out more, please contact Marla Kannel, Chief Development Officer at 781-647-5327 or [mkannel@jfcscboston.org](mailto:mkannel@jfcscboston.org).



enhancing independence, quality of life and inclusion in the community.

Program Director Betsy Closs said, “We have developed an excellent strategic plan for disabilities that clearly delineates long-term goals and incremental implementation objectives.” The plan calls for us to double our group home capacity from 55 to 120 clients within three years.

This growth is partly a response to a tremendous unmet need for residential services in the Greater Boston area. According to Betsy, “Housing is the number one request from callers to our Disabilities Resource Network.” She noted that with as many as 5,000 Jews with disabilities in the Greater Boston area, over 500 of them need housing.

**In addition to growing existing services JF&CS is launching many new programs.**

Planning for this type of growth requires a unique understanding of our clients and their needs. Betsy noted that when people first become CHAI residents, services are very intensive but that over time needs level off. She said, “This happens because clients have grown in skills and their natural social network takes over. Instead of attending a structured social event they have dinner with friends.”

In addition to growing existing services JF&CS is launching many new programs.

- Preparing for Independence provides skills training to adults who are still living with their families. This program focuses entirely on helping individuals develop the skills they need to live away from their families.
- Personal Affairs Management Services provides weekly or bi-monthly assistance with budgeting and financial management.
- Our newest program, CHAI Works! helps prepare CHAI residents for employment. This prevocational program provides volunteer opportunities, job skills classes and job coaching in partnership with Jewish Vocational Services.

- We’ve expanded Jewish Social Programs including Chaverim Shel Shalom, our social support group for adults with psychiatric challenges, and Chaverim Chaim, our collaborative program with the JCCs of Greater Boston and Jewish Big Brother/Big Sister. This program provides structured social activities for all adults with disabilities, especially those who live with their families and in non-CHAI residential programs.

JF&CS looks forward to providing greater opportunities and support for people with disabilities. To learn more, contact Betsy Closs at 781-647-5327 or [bcloss@jfcsboston.org](mailto:bcloss@jfcsboston.org).

### Judi and Douglas Krupp: Champions for CHAI

Services for People with Disabilities are growing with the dedicated commitment of our community. One generous couple, Judi and Douglas Krupp, have chosen to support Community Housing for Adult Independence (CHAI) with a \$100,000 gift.

Douglas said, “CHAI is important because of the fact that these people need an advocate. The Jewish community has many advocates but [people with disabilities] do not. That’s why we give so substantially.”

The Krupps co-chaired the CHAI Celebration on May 18, 2005 at the Four Seasons Hotel Boston along with Joan & Steven Belkin and Joan & Ted Cutler.

Thanks to the leadership of our event chairs we raised over \$650,000 for CHAI’s programs, which support adults with disabilities. Over \$300,000 was raised that evening with a unique challenge. Attendees were asked to sponsor a CHAI resident for \$5,000 a year for the next five years. Within minutes 13 generous donors had raised their hands.

At this year’s celebration we were thrilled to present the first-ever CHAI Hero Awards to Hope & Joe Albert and Nancy & Mark Belsky. These

two very special couples have worked tirelessly to promote the mission of CHAI on behalf of people with disabilities in our community.

Program Director Betsy Closs said, “Donor support has been fabulous.” Many thanks to all our Celebration attendees for their dedication to CHAI.



Judi and Douglas Krupp

# student spotlight

## Infant-Parent Training Institute Judy Semonoff

Judy Semonoff, LICSW, is a Clinical Fellow at the Infant-Parent Training Institute. Her professional experience, combined with her warmth, intelligence and compassion make her an ideal student.

Judy came to study infant mental health on a very personal path. Twenty five years ago, while completing her master's degree at SUNY Stonybrook, she was hospitalized during a very difficult pregnancy. After a lengthy hospital stay, her daughter was born 13 weeks early. "She was in the NICU for four months," Judy said. "It was a roller coaster ride."

Despite the excellent medical care that her daughter received, Judy and her husband did not get the support they needed. Judy said, "There was a social worker at the hospital but she focused on helping parents without cribs rather than emotional issues."

"Having a premature child is a very dramatic way to become parents. You are dealing with life and death issues versus getting enough sleep." She decided that the work of parents and infants was something that she wanted to focus on. Judy said, "After that experience I knew I wanted to make a difference."

After 20 years of experience and self-directed study in infant mental health, Judy was looking for more formal training. She says, "The program is wonderful." She especially thrives on the interaction with faculty and a very diverse group of fellow students.

In September she began a newly created role as Infant Mental Health Coordinator at Early Intervention in Rhode Island. EI provides services for families with children from birth to age three. At EI she trains staff in social and emotional development and parent-infant issues and is developing a team of infant mental health specialists.

As she begins her new position, Judy said, "The program is giving me the support and training I need to feel more confident in doing what I really want to do. I am taking my role another step."



Judy Semonoff

## The Infant-Parent Training Institute *continued*

Peggy Kaufman, Director of the Center for Early Relationship Support, said, "Training professionals in the early relationship provides a greater number of infants with an inoculation for emotional health."

The Infant-Parent Training Institute is for experienced professionals who wish to broaden their knowledge and develop skills specific to clinical work with infants and families. It offers an integration of neuro-developmental and psychodynamic approaches to parent-infant psychotherapy.

The students include psychiatrists, educators, psychologists, social workers and mental health counselors who travel from Greater Boston, Western Massachusetts, New Hampshire and Rhode Island to study and train at JF&CS.

Together with the Agency's Early Connections Program, the Institute offers fellows and students

the unique opportunity to receive academic training at a clinical site where research is being conducted as well as clinical service provided. Peggy said, "This program is meeting an enormous training need in the area of parent-infant relationships in the Greater Boston area."

In addition to the obvious long-term benefits for parents, infants and our community, the Institute takes JF&CS to a new level in the world of early parent-infant relationships by providing a home for the growing infant mental health community in Boston. As well as training, master classes, and consultation, the Institute provides opportunities for collaboration, funding, and publication.

To learn more about the Institute contact Meredith Joy at 781-647-5327 or [mjoy@jfcsboston.org](mailto:mjoy@jfcsboston.org) or visit our website [jfcsboston.org](http://jfcsboston.org).

## Ageing Well at Home *continued*

the goal of helping people “age well at home.” JF&CS launched programs in Brookline and Malden.

Ageing Well at Home builds a community of seniors who are happier, healthier, and more productive and rely less on government and community assistance. The ultimate goal is to avoid unnecessary hospitalizations and nursing home stays, which can cost \$50,000 to \$60,000 a year. Rimma said, “We bring many services to them but we also build a community that helps itself.”

The program does this through a strong emphasis on prevention. There are four main reasons that elderly people end up in nursing homes: isolation and depression, misuse of medication, falls and poor nutrition. Ageing Well at Home has developed a multi-faceted program that addresses these issues.

Not only are the seniors in the cooking class learning to shop within a budget and make better nutritional choices, but they are learning how to cook for one so that they don't end up buying frozen dinners which are expensive and high in sodium. Rimma said, “The class fights loneliness as well as improves health.” The challenge is to sustain this valuable program, and others like it, in an era of limited federal funds.

Ageing Well at Home is a smart concept. Simple, inexpensive measures, like making sure seniors have appropriate eyeglasses, moving phone cords and removing area rugs, can prevent falls and save money. This in turn reduces suffering and grief for seniors and their families.

The services and programs are designed to meet the needs articulated by the seniors. Each participating senior receives an individually-tailored mix of services, which may include care planning and case management, medical services, rehabilitative therapy, fitness instruction, mental-health counseling, personal care, and social activities such as events, trips and classes.

These services have made a real difference since the project started. In surveys, residents overwhelmingly report that they are living healthier, happier lives.

Lifelong Malden resident Christina Connelly is an active participant in many Ageing Well at Home programs, including the cooking class. She also attends a weekly discussion group, volunteers with the Neighbor-to-Neighbor effort, and is a past president of the building's resident association.

She said, “What I like about Ageing Well at Home is that it gives us seniors something to think about other than our everyday personal issues.” Christina added, “JF&CS has been wonderful for our building. We've gotten involved in many different programs. You're never too old to learn something new.”

“We bring many services to them but we also build a community that helps itself.”



Pictured with Rep. Frank are Elza Margolina, Rose Finkelstein and Thelma Smolker.

Representative Barney Frank spoke to residents at the Brookline site of Ageing Well at Home on September 16th. In 2004, JF&CS was awarded a \$700,000 grant from the U.S. Administration on Ageing, with support from Congressman Barney Frank, Senator Edward Kennedy, and other members of the Massachusetts Congressional Delegation and the Jewish Community Relations Council.

### Volunteer with Ageing Well at Home

If you have a skill or interest you'd like to share with a senior, sign up today. Volunteers needed for cooking class, knitting, gardening, reading groups and more! For more information please call Sharon Levinson or [slevinson@jfcscsboston.org](mailto:slevinson@jfcscsboston.org).

assistance

# JF&CS Black Tie

Over 400 guests attended the JF&CS Black Tie fundraiser on November 12. The event raised over \$675,000 to directly offset the costs of our programs, which serve the most vulnerable members of our community.



Event Co-chairs (left): George & Jane Pelz and Patricia Berenson & Jeff Carp  
The exciting live auction was hosted by Matt Siegel of Kiss 108 (below)



# JHC Celebration

Over 60 people gathered for the Seventh Anniversary Celebration of Jewish Healing Connections on September 25. The event raised \$60,000 for the award-winning program, whose mission is to help ensure that people feel a sense of connection when facing illness, loss or isolation.



Celebration co-chairs Daniel & Betty Ann Miller and Lori Barnet & Jeffrey Savit

# Kol Isha Event

On October 20, Kol Isha raised over \$90,000 for domestic violence at its third annual Sukkah of Peace Event. This year, the event focused on teen dating violence in the Jewish community. Kol Isha is the only program in Massachusetts that is specifically designed to provide culturally competent and religiously sensitive services to Jewish and Russian-speaking victims of domestic violence, sexual assault and human trafficking.



Nicole Lesser, Director of Kol Isha, Keynote speaker Ken Novack and Patti Kraft, Event Chair

# Family Day

An estimated 300 people gathered at our Waltham headquarters on Sunday, October 2, for a Family Day. Among those enjoying the festivities are Nicholas and Sofia Gilchenok of Framingham, shown with JF&CS Early Intervention staff member Elizabeth Walsh.



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Permit 415

Caring for Generations



Editor: Elizabeth Carey, Director of Marketing Communications  
Writer: Ginna Hall  
Published three times a year. Circulation: 9,000

HEADQUARTERS | 1430 MAIN STREET | WALTHAM, MA 02451  
781-647-JFCS (5327)

174 PORTLAND STREET | BOSTON, MA 02114  
617-227-6641

198 VANDERBILT AVENUE | NORWOOD, MA 02062  
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VISIT OUR WEBSITE AT [JFCSBOSTON.ORG](http://JFCSBOSTON.ORG)