Collaboration with Horizons for Homeless Children

JF&CS and Horizons for Homeless Children are joining forces to help vulnerable children. With the support of a generous five-year grant from Ellie and John Svenson, the Center for Early Relationship Support (CERS) will be able to provide clinical supervision and training for Horizons' staff in addition to offering direct services to the homeless families they serve. This is a stressful and often chaotic time for families and helping them to understand and support their children's growing emotional and social needs creates long-term benefits for both the families and children.

CERS Director Peggy Kaufman said, “The work with Horizons will bring our skills and interventions together to reach our community’s neediest population. We are thrilled to have this opportunity to work hand in hand with an organization that is providing such a crucial safety net and learning community for vulnerable children.”

Horizons for Homeless Children was founded in 1988 as an independent, non-profit organization dedicated exclusively to serving homeless children and their families. Tasha Davidson, Horizons’ Director of Center Based Programs, said, “I’m incredibly excited that we’re moving ahead with this partnership.” While the parents are homeless for a specific period of time, these parents are developing skills and strategies that will carry them through the child rearing years.

This partnership represents Ellie and John Svenson’s desire to support a project that joins the two organizations that mean so much to them.

Understanding Elder Care Workshop

Thursday, April 26, 2007
8:30 – 10:30 a.m.
Boston Marriott
Newton Hotel

Are you managing the demands of a busy family and caring for an aging relative?

Many of us are currently living this scenario and it can be very stressful. As people continue to live longer, and as the array of programs and services for seniors expands, choosing the best care for those we love can be overwhelming.

On April 26, JF&CS will host a free informative workshop on ways

JF&CS in the News

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Dear Friends,

For almost 150 years, JF&CS has been an organization that values innovation. Our ability to anticipate needs and respond to our community has allowed us to thrive.

Part of our ability to remain vital is our strategic planning process. This is a nine-month effort that we undergo every three years. I’m pleased to announce that we are launching this initiative once again.

The 2007 strategic plan, led by co-chairs Henry Kay and Harvey Greenberg (profile to right), will help the Agency face the challenges and issues of the future. We’ve grown significantly, especially over the past 10 years, and this process is an opportunity to take a look at the future from our current vantage point.

There are a number of trends that will clearly affect us. The number of elderly will surge as the baby boomers continue to age. Things are also rapidly changing in health care and government funding. Just three years ago people were not talking about universal health care. Now it is becoming a reality.

There are big changes coming down the road. We need to stretch our imaginations to come up with creative ways to deliver services in a new environment while preserving our values and traditions.

Our 2007 strategic plan will help us review our past accomplishments and prepare for tomorrow.

Sincerely,

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.

JF&CS Prepares for the Future
Agency Launches Strategic Planning Process

As the Agency begins the nine-month process of preparing its strategic plan, it has tapped two prominent local executives to serve as co-chairs—Henry Kay and Harvey Greenberg.

Henry Kay is the retired Group Vice President of New Market Development and Strategic Planning at Boston Scientific Corporation. He has had an illustrious career as a business leader with a particular strength in strategic planning, a skill which he developed in over 35 years in the medical industry.

Henry was intrigued when invited to serve as chair, since he was not familiar with the organization with the exception of Family Table, to which he and his wife have made charitable gifts over the past few years.

Henry said, “As an outsider, I felt that I could be completely objective, while working with the board, staff and vested individuals and groups to develop a plan for the future.”

He added, “One of the critical parts of the planning process is to take the time to step back from the daily challenges of leading JF&CS to look into the future and evaluate what needs to be done.”

Executive Director Sy Friedland said, “It’s gratifying to find someone who is bright and caring and who is also ready to get down to the ground level and do the work—that is my description of Henry.”

In addition to his many corporate achievements, Henry is a fellow of the Royal Society of Medicine, and serves on the boards of several research foundations and companies, as well as Beth Israel-Deaconess Hospital. He is the immediate past president of Temple Beth Elohim in Wellesley. He and his wife Laurie have one grown daughter and reside in Weston.

Henry is joined by Harvey Greenberg, former senior vice president of human resources at Polaroid, who is an innovative business leader, executive coach and consultant with over 35 years of experience in solving business problems and creating effective workplaces. He currently serves as vice president of the JF&CS board and is a long-time JF&CS supporter. This will be the third strategic plan Harvey has been involved with at JF&CS.

Harvey is very encouraged about working with Henry. He added, “This is a terrific opportunity to partner with someone who has great strategic planning skills from outside JF&CS. Henry’s already shown a fresh perspective.”
Robert Jokela Selected to Join Boston’s Future Leaders Program

JF&CS’ Chief Operating Officer Robert Jokela has been accepted into the Boston's Future Leaders program of the Greater Boston Chamber of Commerce.

The program seeks to identify leaders of tomorrow and engage them in the business and civic life of our community by providing a platform for professional development and significant opportunities for growth and exposure.

Bob joins a class of 50 individuals, each nominated by senior executives within Chamber member organizations.

The year-long program consists of leadership development seminars at Harvard Business School and Suffolk University Business School, designed to ensure that each participant will gain enhanced personal leadership and professional skills.

Bob joins a class of 50 individuals, each nominated by senior executives within Chamber member organizations.

The Campaign for Jewish Family and Children’s Service

JF&CS Staff Gives Back

The Campaign for JF&CS has begun a new chapter. After receiving 100% board participation and many gifts from the larger community, the Campaign has now reached out to the amazing staff of the Agency and asked them to show their support.

Human Resources Director Donna Magnasco has been at JF&CS for 15 years. She says “I enjoy being HR Director for an organization that does such important work in our community. For the staff at JF&CS, their jobs are not just a profession, they’re a vocation.”

Donna brings her warmth and dedication to the mission of the Agency. She gave a very generous gift to the Campaign and is co-chairing the staff Campaign effort along with Deborah Fogelman, who calls her “a cheerleader for the Agency.”

In addition to her work in Human Resources, Donna volunteers for Services for People with Disabilities. She regularly helps serve the monthly Shabbat dinner, held at the JF&CS headquarters in Waltham, so the direct-care staff can sit and eat with their clients. She describes their work by saying, “It’s special work, so I like to support the staff who do it.”

Donna believes the staff campaign is an opportunity for JF&CS employees to make a difference. She says, “I’d love to show the board that staff believe in this Campaign 100% and that we believe in our mission. We’re investing in ourselves.”

Understanding Elder Care Workshop continued

you can navigate this complex issue. The program is designed for anyone who would like to learn more about how professional care managers can help families care for their elderly loved ones.

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.

After a brief introductory program, four experts from JF&CS will answer your questions. The presenters will be Karen Wasserman, Director of Geriatric Care Management; Susan Shapiro, Director of The Lebovitz Family Safe at Home program which specializes in Alzheimer’s-specific care management, Marsha Frankel, Director of Mental Health; and Nancy Mazonson, Director of the Parkinson’s Disease Family Support Program.

To register or to get more information, please contact Mary Lang at 781-647-5327 (JFCS) or mlang@jfcsboston.org.
Q My father was just diagnosed with early stage Alzheimer’s. His doctor said that it is okay for him to drive right now, but how will we know when it’s not okay for him to be driving? And how can we get him to stop driving when it’s no longer safe?

A During the early stages of Alzheimer’s a person may have the ability to drive safely for a time. But eventually all individuals with Alzheimer’s must stop driving. For many adults driving represents independence, freedom, competence and control. Giving up driving can be a deeply personal and emotional issue.

There are a number of warning signs you can look for in your father, including incorrect signaling, trouble navigating turns, confusion at exits, a car accident, delayed responses to unexpected situations, getting lost in unfamiliar places, and confusing the brake and gas pedals.

Though your father may still be safe driving now, it is important for you and your family to begin talking with him about what the loss of driving will feel like when the time comes. This may help smooth the transition of not driving in the future. When you begin to notice any of the warning signs, discuss them with your father. If he refuses to stop driving when faced with this information you can get an independent driving evaluation. It is always a good idea to seek support from his doctor as well.

Q I live in California, and speak to my 82-year old mother regularly on the telephone. Sometimes she seems forgetful and a little vague and I’m concerned. I will be visiting her next week in Brookline. What should I be looking for to figure out if it’s Alzheimer’s?

A When visiting your mother, keep an eye open for the following: mail that is unopened and bills that are unpaid; if the house is cluttered and unkempt especially if she’s always been neat and orderly; if there is food in the refrigerator that is uneaten or spoiled or if your mother has lost weight since losing weight can be a sign that she is forgetting to eat; if her personal hygiene has deteriorated and she wears the same clothing repeatedly; or if she forgets to take medication.

All of these are symptoms of cognitive impairment. However, they also can be symptoms of depression. Contact your mother’s primary care physician and let him or her know about these symptoms. A medical and neurological workup is necessary to determine whether this is Alzheimer’s. If you are concerned about your mother’s ability to remain at home safely, consulting with a geriatric care manager can also be beneficial.

Q My mother passed away recently, and my father is depressed and lonely and doesn’t want to go out of the house. What should I do?

A Your father is likely grieving the death of his spouse. The normal grief process can take up to two years. Helping him grieve can be very beneficial. JF&CS offers a variety of support options such as a community bereavement group, pastoral counseling and/or a mental health clinician specializing in bereavement.

If your father won’t accept the help that is available to him or does not respond to support, try discussing his condition with his doctor to see if he or she can guide him to the support he needs to help him cope with this loss. A physician or geriatric mental health counselor can determine if he has become depressed and might suggest medication and counseling. Geriatric mental health counselors can make home visits.
Karen Kaplan will be honored with the first JF&CS Community Leadership Award for her personal and professional commitment to improving Boston area nonprofits. Karen is the President of Hill, Holliday's Boston headquarters, one of the county's leading advertising agencies.

Karen said, “I am honored to be receiving the Community Leadership Award from Jewish Family & Children's Service, a wonderful organization that shares my commitment to improving the lives of those most vulnerable in our community.”

The award will be presented at The JF&CS Benefit on March 31. Board member Neal Balkowitsch and his partner Donald Nelson will chair the annual event at the Westin Boston Waterfront.

Under Karen’s leadership, each year Hill, Holliday donates $1 million in cash and $4 million in pro bono services to nonprofit clients. In 2003, JF&CS was the fortunate recipient of the firm’s incredible talent when Hill, Holliday produced a historical retrospective on the Agency’s work in the community. Since that time, Karen has connected JF&CS to other important members of the community to help advance the mission of the Agency.

Karen said, “Throughout my career, I have felt a real responsibility to give back to the community that has given me the opportunity to succeed. I am particularly fond of the work done by JF&CS, guided by Jewish traditions of social responsibility, compassion, and respect for all members of the community.”

Karen has had a long and vibrant association with Hill, Holliday that began when she first joined the company in 1982 as a receptionist. As president of Hill, Holliday’s Boston headquarters she is considered one of the most powerful women in Boston.

Her many professional commitments and awards demonstrate her dedication to the community.

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Collaboration with Horizons for Homeless Children continued

Ellie is on the JF&CS board as well as the Center for Early Relationship Support Advisory Board. Ellie has also been a New Mom Support Group Leader. John is on the board of Horizons for Homeless Children and their daughter is a Visiting Mom.

Ellie Svenson said, “My husband and I are very committed to the well-being of families and children in need and to providing opportunities to make that possible. We are thrilled to facilitate collaboration between these two organizations. It’s like fitting two pieces of a puzzle together.”

She is Treasurer of the Massachusetts Women's Forum, has been honored with the prestigious Pinnacle Award from the Greater Boston Chamber of Commerce and was inducted into the YWCA Boston's Academy of Women Achievers.

Karen resides in Marblehead with her husband, Ken and their two children, Zack and Elizabeth.

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Karen Kaplan

“Throughout my career, I have felt a real responsibility to give back to the community that has given me the opportunity to succeed.”

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The JF&CS Benefit

March 31, 2007 at 7:00 pm
Black Tie dinner, dancing and auction

For more information, please contact Michelle Bishop at 781-647-JFCS (5327) or mbishop@jfcsboston.org.
One of the happy children this holiday season was nine-year-old Amelia (name changed to protect privacy) who lives with her single mom and ailing grandmother. They are clients of the JF&CS food assistance program, Family Table.

In addition to their financial worries, the family is constantly torn between balancing the grandmother’s numerous medical issues and the daily needs of a young schoolgirl. Last year was a particularly stressful one as her grandmother’s health worsened and her mother had to care for her 24 hours a day. Amelia felt abandoned and became increasingly sad and lonely. To make matters worse, she could not participate in after school activities because there was no one who could bring her home. The family’s precarious financial position made the stress of the upcoming holidays almost unbearable.

After learning about the Toy Drive, Amelia’s mother called JF&CS with a simple request ... could they help her daughter have a Happy Hanukkah? Thanks to the generosity of our community, this year’s JF&CS Toy Drive helped Amelia and almost 350 other struggling families celebrate the holidays.

Wayne Kessler, Director of the Center for Family Assistance (CFA), said, “The Center helps people who are on the brink of survival. Throughout the year they’re not able to get their children what they want or need so holidays are a particularly stressful time. The toy drive takes some of the burden off these families. It’s an amazing project.”

CFA clients live on very fixed incomes, many earning below $15,000 annually. Every month is a struggle to figure out what bill they are not going to pay—medication or heat. For some people this means breaking their pills in half, for others not buying all the fruits and vegetables they need. Others pay just a little part of each bill each month. Most come to the Center in crisis.

JF&CS intern Jenny Cox ran the Toy Drive with great compassion, energy and organizational skills. Jenny is a student at the Boston College Graduate School of Social Work and will graduate in May 2008. Jenny promoted the event widely at temples, colleges and at our 47 JF&CS Family Table collection sites throughout Greater Boston and received an outpouring of generosity.

The families who received gifts have responded with calls, cards and emails to JF&CS with thanks for making their holidays something to celebrate. Jenny added, “It means so much to hear from them.”

Toy Drive Brings Joy to Kids in Need

The annual JF&CS Toy Drive was a huge success this year, distributing $5,000 in gift cards and over 1,000 wrapped gifts to children of 350 needy families.
Becoming a parent is full of unknowns, and for adoptive parents those unknowns may be overwhelming. For Eric and Jim Freiman-Polli, who adopted their son with the help of JF&CS Adoption Resources, their desire to have a family was further complicated by the fact that their son was born with a medical condition.

Happily, since they brought home their son Jacob last September, they can scarcely remember their doubts. The happy parents describe their son as “an unusually good baby.”

Eric said, “We spent so long thinking about this. Now I realize it doesn’t matter at all that he’s not my biological child. It never enters my mind. All that anxiety went out the window the minute I held him.” Jim agreed, saying “It’s a lot to go through, but it’s so worth it.”

The journey began when their rabbi introduced them to someone who had adopted two children through JF&CS and had a very positive experience. Eric said, “They highly recommended JF&CS.” So they decided last March to contact the Agency’s adoption program, Adoption Resources.

In August, Adoption Resources Director Betsy Hochberg was able to connect them with their son Jacob, who is named after Jim’s father, had been in foster care since his birth in May so that JF&CS could evaluate his medical condition and search for a family. He was born with vision problems, and his doctors thought at first that he might be blind.

Jim said, “Betsy gave us all his medical records and we met with our pediatrician, but we went into it without any certainty that his vision would improve.” He added, “When we first met Jacob, he looked like he was seeing, but his tracking was poor.” Happily, when the time came to take him home two weeks later, his vision had improved noticeably. At each follow-up appointment he has continued to show improvement. Jim said, “His vision is now slightly below the curve. He will need glasses and may have trouble seeing at night.”

Because of Jacob’s medical issue he was considered “hard to place” and a portion of the fee was subsidized by the Lindelil Fund at Adoption Resources. The Lindelil Fund was created to provide financial assistance for families, especially those who wish to adopt a hard to place child, a child of color or one with medical problems. Jim said, “The fund was an added bonus we didn’t expect. We plan on making a gift in the future to help others build their families.”

Betsy Hochberg said, “The Lindelil Fund makes adoption a reality for families who might not otherwise have thought of adopting. It benefits children who might not otherwise have found families.”

About Adoption at JF&CS
Adoption Resources is thankful to be able to bring more children and families together through the Lindelil Fund. To find out more about donating to the Lindelil Fund or to learn more about Adoption Resources, please contact Director Betsy Hochberg at 781-647-JFCS (5327).
**2007 Save the Dates**

For more information, contact Lorraine Levine at 781-647-JFCS (5327) or LLevine@jfcsboston.org.

- **The JF&CS Benefit**
  - *Saturday, March 31*
  - Dinner, Dancing and Auction,
    - The Westin Boston Waterfront
  - This event is being chaired by JF&CS board member Neal Balkowitsch and his partner Donald Nelson.

- **Understanding Elder Care — Thursday, April 26**
  - Geriatric Care Management Workshop,
    - Boston Marriott Newton Hotel

- **CHAI Celebration — Thursday, October 18**
  - Proceeds benefit Services for People with Disabilities,
    - Four Seasons Hotel, Boston

- **Kol Isha Celebration — Tuesday, November 13**
  - Benefits our domestic violence program,
    - The Westin Copley Place, Boston

**Board of Directors**

- **Executive Director**
  - Seymour J. Friedland, Ph.D.

- **President**
  - John F. Levy

- **Nonprofit Org. U.S. Postage PAID Boston, MA Permit 415**

- **JF&CS Women’s Breakfast**
  - *Tuesday, May 15*
  - Supports programs for new moms and babies, Four Seasons Hotel, Boston
  - This event is being chaired by Judy Kaye with special guest Diane Patrick, First Lady, Commonwealth of Massachusetts

- **Alzheimer’s Disease “Our Struggles and Our Hopes”**
  - *Friday, May 18*
  - Gilda Goldstein Memorial Symposium, JF&CS Headquarters, Waltham
  - Keynote speaker, Rudolph E. Tanzi, Ph.D., Director of The Genetics and Aging Unit at Massachusetts General Hospital

- **JF&CS Women’s Breakfast**
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**Caring for Generations**

**JF&CS**

Editor: Elizabeth Carey, Director of Marketing Communications
Writer: Ginna Hall
Published three times a year. Circulation: 10,000

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