

JFSMatters

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INSIDE

Executive Letter	2
What is Hunger?	3
Dental Care for Holocaust Survivors	4
Changing the Dialogue Around Domestic Violence	5
Thank You for Being a Community That Cares	6
Calendar of Events.....	7
Community-Wide Food Drive.....	8

SPECIAL INSERT

Tributes



JEWISH FAMILY SERVICE

PROJECT DVORA

Changing the Dialogue Around Domestic Violence



*Liz Coleclough, Director of
Project DVORA.*

Liz Coleclough recently became Director of Project DVORA. This 15-year-old program strives to create the conditions in the Jewish community that support loving, safe and respectful relationships and to build capacity in the community to respond to domestic abuse. We sat down with Liz to learn more about her approach.

WHY ARE YOU FOCUSED ON DOMESTIC VIOLENCE WORK?

In every population and every place, the threads of domestic violence and sexual assault have been common themes — when I was working with the homeless population in Baltimore around healthcare access; when I was doing HIV prevention work in Zimbabwe; and, when I met girls as young as 12 in the Maryland juvenile justice system. This common thread was everywhere. But all too often, it was not addressed.

“Physical violence is almost always a subset of a much larger relationship of control.”

DV AWARENESS CAMPAIGNS HAVE BEEN ON THE RISE. WHAT INFORMATION IS STILL UNDER THE RADAR?

So much of our public dialogue still operates on the assumption that domestic violence is solely physical assault. In reality, physical violence is almost always a subset of a much larger relationship of control. Domestic violence is not simply one partner punching the other. It’s abusive control that can be financial, emotional, verbal and mental. DV is one person asserting total dominance over another person, while limiting their independence. As long as we treat DV as isolated patterns of assault, we’ll never see the larger picture.

WHAT MAKES DV IN THE JEWISH COMMUNITY DIFFERENT?

We are a small community. There is increased complexity when everybody knows each other. A woman might have concern about damaged reputations — her husband’s, her family’s and her own. All of that fear increases enormously when everybody knows everybody.

(Continued on page 5)



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EXECUTIVE LETTER

Know Before Who You Stand



Will Berkovitz

This summer I was asked to speak at one of the local synagogues. Inscribed above the ark were the words, “Know before who you stand.” Traditionally, the “who” refers to God. Many of us have very diverse ideas of who may or may not exist out there, but when I read those words, I was struck by how profound the phrase is, and how it is at the core of our work at JFS.

We always strive to know before who we stand. Who are they as individuals? What is their personal history, their specific story? We believe in the unique dignity of each person who turns to us. We strive to always see the Divine spark of their humanity, not just the specific challenge they are facing at a particular moment in their lives. Knowing before whom we stand means

respecting the complexity of people’s lives. It means refraining from assigning labels. It means letting each person tell his or her story in his or her own way and own time.

I have never met a person who says, “I am a homeless person.” “I am an unemployed person.” “I am a refugee.” Those aren’t the identities they claim for themselves. The woman who came as a refugee may identify herself as a civil engineer. The person turning to our Employment Specialist or utilizing our Food Bank may introduce himself as a teacher, a father or a war vet. Among the many things I admire about our staff is their ability to hold the fullness of people’s lives and to help people see a path into the future.

“Among the many things I admire about our staff is their ability to hold the fullness of people’s lives and to help people see a path into the future.”

In truth, this work is not limited to a few people who dedicate their lives to serving others. We all have the ability to pause and reflect on who is standing before us at any given moment. And at that moment, we are given a choice. We can choose to turn toward them rather than away. This is true for all the people we encounter in our lives — from the person selling the newspaper on the street to our parents and our children. When we know before who we stand, we offer them dignity and respect. And in those moments, the Divine spark of our common humanity glows brighter.

Will Berkovitz
Chief Executive Officer

2015 COMMUNITY-WIDE FOOD DRIVE

What Is Hunger?

BY JANA LISSIAK, FOOD BANK MANAGER



Jana Lissiak

Hunger is the result when you cannot consistently and reliably buy the food you or your family needs. Its impact stretches far beyond a discomforting feeling in the stomach. Hunger's pernicious grip impairs health, limits choice and circumscribes personal dignity.

HEALTH

People who can't afford to buy all the food they need are more likely to develop diet-related diseases like diabetes or high blood pressure. People in these situations often

“How would it feel to have your meals given to you as if you were a small child?”

cannot afford healthy but more expensive options like fresh produce and whole grains. It may be difficult for them to make regular grocery trips. They may live far from markets, work multiple jobs or have to rely on time-consuming public transportation options to get to and from the grocery store.

“People who can't afford to buy all the food they need are more likely to develop diet-related diseases like diabetes or high blood pressure.”

CHOICE

Can you imagine never having a choice in what you eat for dinner? What if your portion size was always determined by someone else? How would it feel to have your meals given to you as if you were a small child? These are the realities for people who depend on meal programs to meet their needs.

People who depend on food banks face similar challenges. The food available to them is limited by what the organization can afford and by the donations it receives. When you count on a food bank to make ends meet, you can't choose a favorite dinner recipe and then be confident your necessary ingredients will be available. Instead, you go to the food bank, get what you can and piece together meals based on what you are given.

PERSONAL DIGNITY

Many clients are embarrassed when they first come to the food bank. Their inability to provide for their own basic needs is on display for all to see. They do not want to be in a line, waiting for a handout. Their choices are limited. They may not get foods they like; or worse yet, they may not get foods that meet their specific dietary needs. They have to take or leave what is offered.

As time goes on, the effects of their situation accumulate. Their situation tells them they are not worth the foods they need for optimum health. It tells them they are not worth the choices offered in a grocery store. Over time, their situation says, 'You're not the same as your family, your friends or your neighbors.' Depending on others to get enough food impacts the sense of self that is crucial for personal dignity.



Light Up Someone's Chanukah

Be part of the 2015 Chanukah Tzedakah Program. JFS matches donors anonymously with vulnerable individuals and families who would not otherwise have gifts at this time of year. You can shop based on recipients' requests or simply donate gift cards.

Contact events@jfsseattle.org or (206) 861-3151.

HEALTH & WELL-BEING

Dental Care for Holocaust Survivors

Of the 130,000 Holocaust survivors living in the U.S., about 25 percent live in poverty. In 2013, Vice President Joe Biden announced a White House initiative to support their needs. Alpha Omega International Jewish Dental Fraternity (AO) and Henry Schein, a dental supply company, answered the Vice President's call for public-private partnerships and formed the Alpha Omega-Henry Schein Cares Holocaust Survivors Oral Health Program. The partnership works with JFS Seattle to connect survivors and dentists. We interviewed Dr. Kal Klass, Seattle's Ambassador for the Holocaust Oral Health Program, to learn more.

TELL US ABOUT THE WORK AO IS DOING WITH HOLOCAUST SURVIVORS.

This is the first program of its kind. It launched as a pilot in January 2015, and Seattle was one of nine cities selected for a three-year trial. To date, we've had 11 dentists sign up. I'm really proud of our city — we've had the resources to help everyone who's been referred to us and got off the ground quickly.

WHAT EXTRA CHALLENGES DOES THIS POPULATION FACE?

This population has very limited resources. These survivors came over with nothing and have had to make a life here. People in this generation were mostly children during the war. Many grew up undernourished and without access

“The work of Alpha Omega and Henry Schein Cares will serve as a model for how our nation can help survivors age with the comfort and dignity they deserve.”

— Aviva Sufian, White House Special Envoy for U.S. Holocaust Survivors

to dental care. This has had long-term implications for their oral health.

WHAT SERVICES DOES THE PROGRAM PROVIDE?

All dental services except cosmetic procedures. We do fillings, crowns, extractions and preventive maintenance. One patient is currently receiving treatment for removing some bad teeth and getting dentures. She hasn't had a full set of teeth her whole life. Can you imagine the health benefits and confidence this will bring once treatment is completed?

After the patient's immediate treatment is complete, it is up to the individual dentists to decide if they'd like to continue working with the patient. Even though this is not part of the program, some volunteer dentists continue to see these clients, who are then added to the regular recall system at no charge to the client.

WHAT IS THE VALUE OF THE DONATED SERVICES?

The average financial obligation varies widely and depends on the necessary work. Some dentists have

25% of survivors live in poverty, compared to 9% of their peers.

donated a few hundred dollars of treatment in cases where only minor treatment was required. Others have donated many thousands of dollars worth of treatment.

WHAT FEEDBACK HAVE YOU RECEIVED?

All patients are very appreciative. In talking with my colleagues, I've heard positive feedback. One patient has started calling his dentist “son” — “Thank you, son.” It's a personal connection in this case.

WHY DO YOU PARTICIPATE?

As a dentist, I'm in a unique position where I can easily help. I measure success by the number of people helped, not money earned. I've been involved with similar volunteer programs over the years.

The work with survivors is only one piece of the story. JFS and AO started working together in the 1980s to connect people who could not otherwise afford dental care. To learn more, visit: blog.jfsseattle.org/dental-partnership-helps-the-jfs-community.



Save the Date
DOMESTIC VIOLENCE
AWARENESS SHABBAT
October 24, 2015

When we talk about *shalom bayit*/ peace in the home, there can be this idea that it's the woman's responsibility to make the home peaceful. If there is an abuser in the home, she may think she is responsible. We usually hear the dialogue framed as, 'Why does she stay?' or 'What is she doing to make him angry?' We rarely frame the conversation as, 'Why does he abuse her?' The abuser is the action person, and as such, the

abuser has control over whether or not he inflicts violence.

During Domestic Violence Awareness Month, we're inviting all rabbis to discuss this issue from their pulpits on October 24, Shabbat Lech Lecha. Rabbis can play a critical part in shining light on the problem and opening the door so people who need our services will know they can come to us for confidential support.

WHAT CHALLENGES DO YOU SEE IN OUR REGION?

Housing is expensive and is increasing as a problem. There's a lack of transitional housing and affordable permanent solutions. Across the country there's a movement called DV Housing First. I'm in support of this idea to first get people into safe, stable housing and then work on building up independence.

The legal system can also present obstacles in DV situations. On the

"The abuser is the action person, and as such, the abuser has control over whether or not he inflicts violence."

civil-side, protective orders, divorce costs and custody negotiations can run into tens of thousands of dollars per year, for years at a time. Criminal law presents its own challenges. As in all criminal proceedings, prosecutors represent the state and bring the case on its behalf. For a woman seeking relief from a dangerous and controlling relationship, this can further minimize her sense of power and control over her own safety.

For confidential information and support, contact Project DVORA at (206) 461-3240. For more information about Domestic Violence Awareness Shabbat, contact Project DVORA Advocate Cynthia Gamel at (206) 726-3629.



Are you overwhelmed and stressed caring for a loved one?

Family Caregiver Support from JFS can help. Contact us about reduced cost respite care, free caregiver counseling, financial assistance, free classes, and information and referral.

Contact Lisa Bakke at (206) 861-8790 to learn more about this free service open to any unpaid family caregiver.

DEVELOPMENT

Thank You for Being a Community That Cares

BY LISA SCHULTZ GOLDEN, CHIEF DEVELOPMENT OFFICER

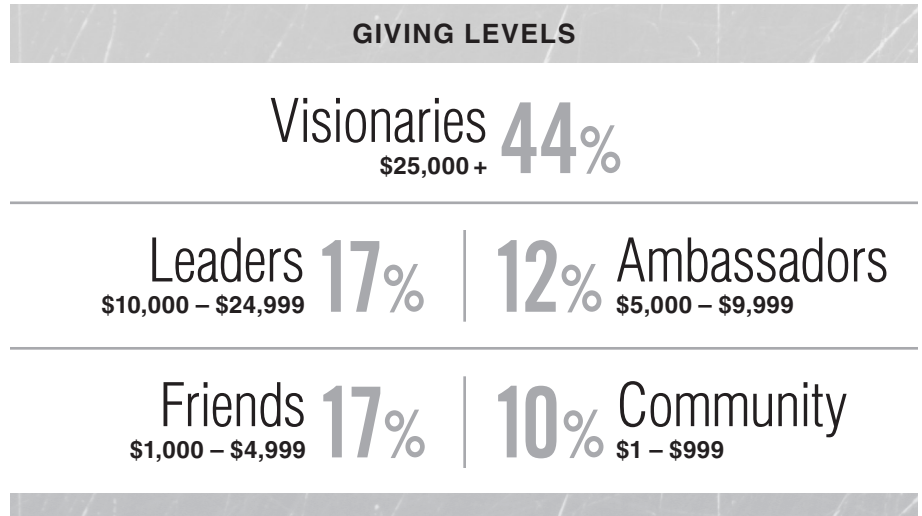


Lisa Schultz Golden

One of the most inspiring things about JFS is that, year-in and year-out, it is our “family” that makes the services we provide possible. Annually, about 40 percent of our operating budget is contributed by individuals and family foundations. This is an extraordinary testament to our community’s values and its commitment to ensuring that the most vulnerable among us always have a place to turn for help.

Our Seattle JFS is exceptional in this way. Through my 10 years here, I’ve had many colleagues from across the country ask how we garner so much support from individuals and families. For many of our sister agencies, government and institutional funders provide the lion’s share of the dollars. The answer is that our Seattle community believes deeply that it is our responsibility to help those who struggle with hunger, homelessness, disability, mental illness, resettlement, domestic violence, isolation and so much more.

At JFS, we are truly fortunate to have support that is both wide



This chart shows the percentage contributed, by giving level, to the Fiscal Year 2015 \$3,850,000 campaign to help vulnerable people achieve well-being, health and stability.

and deep. As our main institutional funders have changed their allocation models, we have seen a decrease of over 50 percent in the last decade from these traditional sources. Our annual contributions from nearly 2,500 individuals and families provide a steady funding stream from year to year when other revenue sources can be volatile.

Because of the tremendous support from our individual and family donors, we have not only maintained but also expanded our offerings to try to meet the community’s needs during the Great Recession and into this uneven recovery.

Of course, our work is not done. As we enter another year, we are aware that there will always be members of our community who need a little extra money to pay their utility bills; who must have in-home care for an elderly relative; who require rent assistance to avoid eviction; or, who need help paying the fee to become a U.S. citizen. Together, we will find ways to meet the challenge of increasing needs.

As we reflect on the \$3,850,000 in donations during the past year, and on behalf of the people we serve, I simply say, **thank you.**

“About 40% of our operating budget is contributed by individuals and family foundations. This is an extraordinary testament to our community’s values.”

We are pleased to share that Lisa Schultz Golden is a recipient of the Jewish Federation of Greater Seattle’s 2015 Pamela Waechter z”l Jewish Communal Professional Award.

CALENDAR OF EVENTS

For complete details about these and other upcoming events, visit jfsseattle.org/calendar.

FOR THE COMMUNITY

Sha'arei Tikvah *Celebrations for All*

Rosh Hashanah Service

Monday, September 14
4:00 – 6:00 p.m.

Contact Marjorie Schnyder,
(206) 861-3146 or
familylife@jfsseattle.org.

A Lesbian Grandma's Quest for Forgiveness: Film Screening and Q&A with Ronni Sanlo

Thursday, September 24
6:00 – 8:30 p.m.

Contact Wendy Warman,
(206) 726-3602 or
familylife@jfsseattle.org.

Kosher Food Bank

October 7, November 4, December 2
5:00 – 6:30 p.m.

Pre-register Jana Lissiak,
(206) 861-3174 or jlissiak@jfsseattle.org.

Interfaith Couples Connect!

Mondays, October 12 – November 2
7:00 – 9:00 p.m.

Contact Marjorie Schnyder,
(206) 861-3146 or
familylife@jfsseattle.org.

Medicare 101

Sunday, October 25
1:00 – 3:00 p.m.

Contact Ellen Hendin, (206) 861-3183
or familylife@jfsseattle.org.

Relationships With Addicted Loved Ones

Wednesdays

Contact Laura Kramer, (206) 861-8782
or lkramer@jfsseattle.org.

AA Meetings at JFS

Tuesdays, 7:00 p.m.

Contact Laura Kramer, (206) 861-8782
or ata@jfsseattle.org.

FOR PARENTS & FAMILIES

Unless otherwise noted, contact
Marjorie Schnyder, (206) 861-3146 or
familylife@jfsseattle.org.

Listening Mothers

Thursdays, September 17 – November 5
10:00 a.m. – noon

Register through Listening Mothers,
info@communityofmindfulparenting.com
or (206) 275-0104.

Positive Discipline

Tuesdays, October 27 – November 17
6:30 – 9:00 p.m.

Emotion Coaching: An Essential Part of Your Parenting Toolbox

Tuesday, December 1
7:00 – 9:00 p.m.

VOLUNTEER TO MAKE A DIFFERENCE

For all volunteer events, preregistration
is required. Contact Jane Deer-Hileman,
(206) 861-3155 or jdeer@jfsseattle.org.



Families Fight Hunger

Sunday, November 1
1:00 – 3:00 p.m.

Chanukah Basket Making and Delivery

Sunday, December 6
10:00 a.m. – noon; 1:00 – 3:00 p.m.,
with deliveries to follow each shift.

ENDLESS OPPORTUNITIES



*A community-wide program for adults
60+ offered in partnership with Temple
B'nai Torah & Temple De Hirsch Sinai.*

A Jewish Response to Hunger: What Can We Do as Individuals?

Thursday, October 15
10:30 a.m. – noon

The Seattle Public Library: Vital, Innovative and Thriving

Thursday, October 22
10:30 a.m. – noon

A Photographic Journey to Ethiopia

Thursday, October 29
10:30 a.m. – noon

Outing to Kusak Glass

Thursday, November 5
10:00 – 11:00 a.m.

An Introduction to Jewish Meditation

Sunday, November 8
2:00 – 3:30 p.m.

A Rabbi, a Priest and a Philosopher Walked Into a Bar

Thursday, November 12
10:30 a.m. – noon

The Shalom Ensemble Chanukah Party

Thursday, December 10
10:30 a.m. – noon

So You Wrote a Book: How Do You Get Published?

Tuesday, December 15
10:30 a.m. – noon

RSVP Ellen Hendin or
Wendy Warman, (206) 461-3240 or
endlessopps@jfsseattle.org.

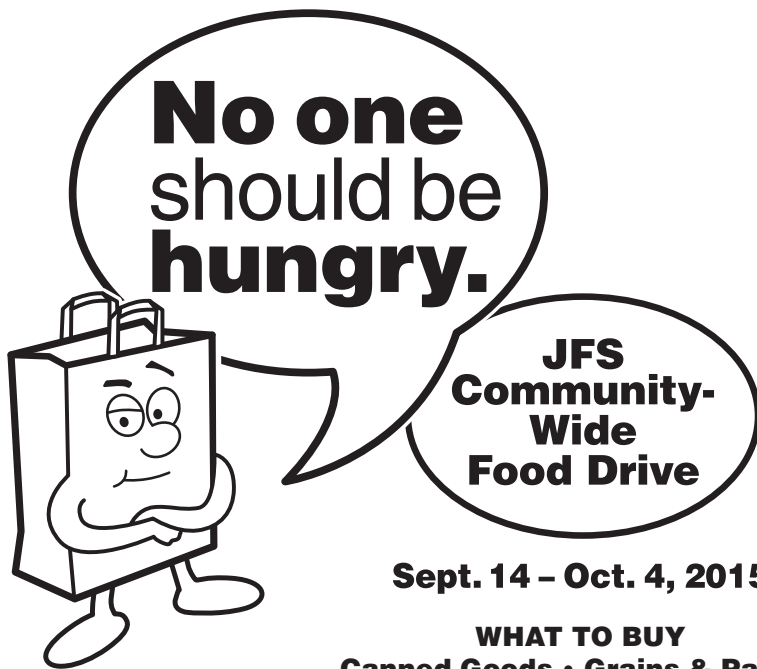


JEWISH **FAMILY** SERVICE

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Remember to recycle this newsletter.



Sept. 14 – Oct. 4, 2015

WHAT TO BUY
Canned Goods • Grains & Pastas
Proteins (tuna & peanut butter) • Toiletries

Food Sort is Sunday, October 4.
For more info, visit jfsseattle.org/food-drive.

MISSION

JFS helps vulnerable individuals and families in the Puget Sound region achieve well-being, health and stability.

APPROACH

Jewish history and values guide our work; therefore, we provide effective services to people of all backgrounds and also have a responsibility to meet the particular needs of Jewish individuals and families in the region.

Gail Mautner, Board President
Will Berkovitz, Chief Executive Officer
Deborah Frockt, Editor & Writer
Jenelle Birnbaum, Writer

Jewish Family Service is a private, non-profit, 501(c)(3) social service organization. Contributions are tax-deductible under section 170 of the Internal Revenue Code.

jfsseattle.org
(206) 461-3240

jfs.seattle

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blog.jfsseattle.org



There are so many ways you can volunteer to help. Call (206) 861-3155 or jdeer@jfsseattle.org.