

JFS Matters

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New Evening Food Bank Hours Remove Barriers



The JFS Polack Food Bank fills a critical need for many in our community. Open several days a week, it provides healthy food to thousands of households each year. But there are a few segments of the population the Food Bank hasn't been able to fully serve—including working parents and college students. That will change when the Polack Food Bank adds evening hours to its schedule early next year.

For working parents and college students alike, getting to a food bank during the day can be a challenge. Work, family and school commitments mean the best time to visit the food bank is in the evening. Yet most food banks serving Capitol Hill—including the Polack Food Bank—don't offer evening hours, meaning many people in the

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JEWISH FAMILY SERVICE

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SPECIAL INSERT: Tributes



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Rabbi Will Berkovitz

“
**Thank you
for helping
us provide a
more direct
route for
people on
that climb
to a better
life.**
”

EXECUTIVE LETTER

Dear Friends,

This past summer I dusted off my climbing gear and climbed the Grand Teton in Wyoming. It had been a long time since I did any serious climbing, so we hired a guide to help us pick our way to the summit. At 13,376 feet high, from a distance the mountain looks daunting. Like so much of life, sometimes the best way up is not to look at the full scale of the task ahead, but to look at the steps before you. And it helps tremendously to have someone as a guide who knows where the dangers are, especially as the air gets thinner and the effort is harder.

In many ways staff who work on the front line at JFS are wilderness guides for the people who turn to us. They may be able to offer a safer more direct route, a more direct path or help finding the right gear for the journey.

Recently Sandy Lowe, our Director of Emergency Services, shared a story with me about her client who was struggling to pay rent. The only thing standing between this client and a promotion and better salary was a pair of work boots she needed to take on the new duties. We were able to purchase them for her.

A pair of boots may not seem like much, but when the margins are thin and a person is struggling to cover the costs of rent, childcare, insurance and all the other living expenses, the barriers can be steeper than they appear.

Employment stability leads to economic stability. In this instance a simple pair of work boots led to a pay raise for this client, which helped provide some much needed breathing room. And that breathing room and a good guide to help find the way through the wilderness can make all the difference.

We could not do this work without support from the caring and generous JFS community. As we enter this new year, I want to thank you for helping us provide a more direct route for people on that climb to a better life.

Rabbi Will Berkovitz, CEO



Values into Action.
Help into Hope.

community who need a food bank the most aren't able to use them.

No one should have to choose between food and going to work or school. Recognizing that the lack of evening hours presented a barrier to healthy food, JFS will expand the hours of the Polack Food Bank to include one evening a week beginning early next year.

"Opening the Food Bank in the evening really fills a need in our expanding community. It will ensure populations who may have been underserved have access to healthy food," says Brian Sindel, Food Bank Manager.

One in nine Washingtonians struggle with hunger, according to Northwest Harvest. This number includes working parents who have a job and might rely on a food bank for a few extra nutritious meals a

month. College students are also part of this group. In fact, a 2018 study by researchers at Temple University and the Wisconsin HOPE Lab found that 36 percent of college students say they are food insecure.

With Seattle Central College (SCC) and Seattle University in the Food Bank service area, JFS hopes more students in need come through the door in the evening. It's a good complement to the JFS Food Pantry already in operation at SCC.

"What we found is that students who use the SCC food pantry really want prepackaged, ready-to-eat meals they can eat during the day in between classes. Then, after school hours, they can come to the Food Bank and do some shopping for at-home meals," adds Brian.

The consumer-choice model and culturally appropriate foods the

No one should have to choose between food and going to work or school.

Food Bank offers have made it a convenient option for many. Now it's a great option for working parents and college students, too.

The Polack Food Bank expects to begin opening one evening a week in early 2020. Stay tuned for more information and specific day and time.

JFS Welcomes New Board Members

Jewish Family Service has a longstanding tradition of community involvement and passionate volunteerism that supports our client-centered work. The JFS Board of Directors consists of key volunteer leaders who guide the agency as it fulfills its mission to help vulnerable people achieve health, well-being and stability.

We are grateful to outgoing Board Member Karen Mayers Gamoran for her service and invaluable insights on fundraising and development.

We enthusiastically welcome three new board members who joined the Board in July.

Carolyn Hathaway is a national council member of AIPAC and a political chair of the pro-Israel lobby. She is a regular volunteer with JFS. Carolyn retired from a career in IT marketing at Microsoft and other tech companies. She is honored to join the JFS Board and to help JFS meet its objectives and fulfill its mission.

Lauren Lavoie is Head of Engineering at CareZone. Lauren first became connected to JFS as a supporter of our Refugee & Immigrant Services and has also participated in volunteer programs at the Polack Food Bank with her three small children. She is honored to join

the Board and become more deeply involved with JFS and its work to serve the community.

Neal Mulnick is a Principal at Clover Capital Commercial Real Estate. Neal lives in Seattle with his wife Michele and is committed to assisting fellow community members in need of a helping hand. He was previously a "Big Pal" at JFS and is looking forward to helping further engage his own generation—as well as the next generation of leaders—through his participation on the Board.

Lessons in Civic Integration and Community

Learning to navigate life in the U.S. can be daunting for newly arrived refugees and immigrants. It means learning the social mores and customs of an entirely new community and, for many, a new language. Some may want to become citizens which entails passing a rigorous citizenship exam. The experience can be daunting—and that's why Jewish Family Service's Citizenship and English classes are specifically designed to promote inclusion.

JFS currently serves a total of 62 students across the Eastside Citizenship and ESOL classes, both of which are intended for students who live in Bellevue, Kirkland and Redmond.

The students—who come from a variety of different countries, including Brazil, Mexico, Vietnam, China, Ukraine, Russia, Turkmenistan, Ecuador, Taiwan, Iran and Afghanistan—also bring with them varying levels of English language skills. Irene Lundquist, the program's new instructor, says that the goals of the beginner classes are “to get everyone on an even plane, literacy-wise. Some students are illiterate in their first language; some have no knowledge of the English alphabet and others can already read on their own.” Intermediate classes focus more intently on the basic foundations of grammar as well as spelling—but still half of the lessons are dedicated to dialogue, since the classroom also functions as an important social outlet for students.

“I signed up for the classes at JFS because I wanted to understand my new home,” said one student



who has been in the ESOL program for four months. “I also wanted to learn how to integrate myself into American life. I really enjoy the instructors and the teaching methods here—it suits me.”

BUILDING COMMUNITY WITHIN THE CLASSROOM

Irene Lundquist, who joined JFS to lead the Citizenship classes and English language classes, has deep experience in teaching adult students in both college and social service settings. Passionate about “building community within the classroom,” she has implemented dynamic components into the classes, including field trips and other activities for applied learning and regular listening comprehension practice. A recent excursion involved taking an offsite trip to Trader Joe's, right across the street from the Eastside office. The students, who had just finished a unit on shopping, money, and food, paired up in teams and went on a scavenger hunt around the store to locate and name various products.

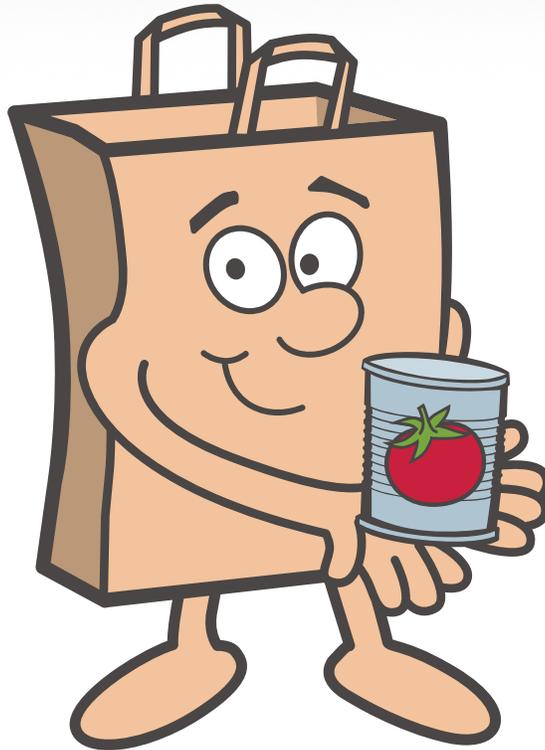
Soon, Irene plans to take intermediate ESOL students to a nearby Walgreen's drugstore after completing a unit on doctor's visits and prescriptions. In the winter, she will accompany all three classes on a special field trip to the Bellevue Botanical Gardens' Garden d'Lights show thanks to a grant from the City of Bellevue.

A NEW LAYER OF COMPLEXITY

“I think now, more so than ever, it's necessary to keep providing these classes and resources,” says Irene. The written portion of the U.S. naturalization exam, which is already intimidating for many, is now delivered via touch screens, adding another layer of complexity for applicants to navigate. Older refugees and immigrants with limited exposure to technology could find this new learning curve especially discouraging. Anticipating this change, JFS has begun using Microsoft Surface tablets in both the Citizenship classes and the English

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HEALTHY FOOD FOR A HEALTHY COMMUNITY



JFS Community-Wide Food Drive

September 29 – October 20, 2019 / Food Sort: October 20

Learn more and register at jfsseattle.org/food-drive

WHAT TO BUY: Canned Goods (Low Sodium), Grains & Pastas,
Proteins (Tuna & Peanut Butter), Toiletries

NO GLASS CONTAINERS • NO OPENED PACKAGES • NO EXPIRED FOOD

#JFSsort
#CommunityGiving
#WeAreResolved

LESSONS IN CIVIC INTEGRATION AND COMMUNITY *(Continued from page 4)*

classes to help students prepare for the writing portion of the exam.

“Our students are amazing, hard-working individuals, some of whom are here simply to join their families and take care of their grandchildren, others who are here to escape violence and religious persecution. I don’t know my students’ full stories,

and I don’t ask—but what they have shared with me paints pictures of unsustainable, challenging lives. I love that we are able to welcome them into our country and into the safe space of our classroom, where we laugh together and learn about our different rich cultures and languages,” adds Irene.

The Jewish Family Service Eastside Office offers English and Citizenship classes, including test preparation, all year long and students may start any time depending on space available. For more information, please call (425) 643-2221, or email ris@jfsseattle.org.

Who will be for me?
 – Ethics of Our Ancestors

2019 Community of Caring Luncheon

From our inception in 1892, Jewish Family Service has always been committed to community. We are inspired by our sponsors and the 1,063 members of our community who came together and contributed an extraordinarily generous total of \$1,615,656. This ensures people receive the support they need with the dignity they deserve. When those in need wonder, “Who will be for me,” together, we will provide an answer.

LEADER



Amy & David
Fulton



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THANK YOU!

FALL EVENTS, CLASSES & VOLUNTEERING AT JFS

Volunteer, learn and celebrate with Jewish Family Service this fall!



Exploring Dignity: High Holidays

Thursday, September 19
Noon – 1:00 p.m.

Join Beth Huppin, Director of Project Kavod/Dignity, for a Jewish text-based exploration about contemporary connections between the work of JFS and the High Holidays.

RSVP to education@jfsseattle.org or (206) 861-8784.

Rosh Hashanah Basket Making & Delivery

Sunday, September 22
10:00 – 11:30 a.m. or 1:00 – 2:30 p.m.

Volunteer to help make holiday food baskets and deliver them to vulnerable community members in need and those who want to celebrate our Jewish community. Pre-registration is required.

To RSVP, please send the participant first name, last name, age and the preferred delivery neighborhood to volunteer@jfsseattle.org or (206) 861-3155.

Sha'arei Tikvah Rosh Hashanah Celebration

Monday, September 30
4:00 – 6:00 p.m.

Join us in prayer and celebration to hear the sounding of the shofar and enjoy sweet, holiday treats.

RSVP to education@jfsseattle.org or (206) 861-8784.

NAMI Peer-to-Peer

Thursdays, October 3 – November 1
6:00 – 8:30 p.m.

NAMI Peer-to-Peer is a free, eight-session educational program for adults with mental health conditions who are looking to better understand themselves and their recovery.

Register at namiseattle.org/programs or by contacting NAMI Seattle at (206) 783-9264 by September 23.

Sukkot Celebration for Russian Seniors

Wednesday, October 16
2:00 – 4:00 p.m.

Join us for a joyful celebration of Sukkot, the autumn Jewish harvest festival.

RSVP to ymushkatina@jfsseattle.org or (206) 726-3637 by October 11. Please indicate the names of each person coming.

Creative Healing Circle

Fridays, October 25 – December 13
1:30 – 3:00 p.m.

* No session on November 29 *

Join us for healing through writing and other creative projects; support and connection; and mindfulness practice. People who identify as women or are gender nonconforming from all religions, communities and cultures are welcome!

RSVP to avinikoor@jfsseattle.org or (206) 861-3183.

Exploring Dignity: What is Vulnerability and Why Does it Matter?

Monday, October 28
Noon – 1:00 p.m.

Join Beth Huppin, Director of Project Kavod/Dignity, for a Jewish text-based exploration about contemporary connections between the work of JFS and this question of vulnerability.

RSVP to education@jfsseattle.org or (206) 861-8784.

Exploring Dignity: Us & Them

Monday, November 18
Noon – 1:00 p.m.

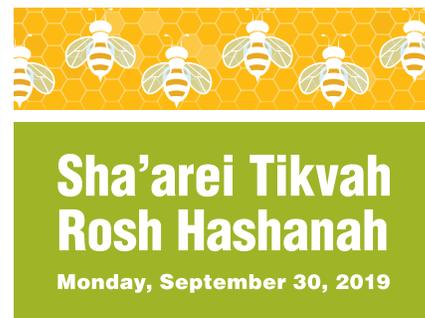
Join Beth Huppin, Director of Project Kavod/Dignity, for a discussion of whether it is possible to create a community in which there is no “us” and “no them.” Can we have a community that is just “us?”

RSVP to education@jfsseattle.org or (206) 861-8784.

Community-Wide Food Drive & Food Sort

Food Drive: September 29 – October 20
Food Sort: October 20

Help support the Polack Food Bank during our annual Community-Wide Food Drive, which officially begins with announcements at Rosh Hashanah and culminates with our one-day Food Sort. Find out more and register at jfsseattle.org/food-drive.





JEWISH **FAMILY** SERVICE

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Remember to recycle this newsletter.

SAVE THE DATE!

Community of Caring Luncheon

FRIDAY, APRIL 3, 2020

Sheraton Seattle Hotel

Event Chairs: Wendy & Gary Kaplan

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.

Marty Nelson, *Board President*

Rabbi Will Berkovitz, *Chief Executive Officer*

Ivy Sager-Rosenthal, *Editor & Writer*

Isobel Press, *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.

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