

# JFSMatters

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## SPECIAL INSERT

Tributes



JEWISH FAMILY SERVICE

## FAMILY CAREGIVER SUPPORT

### Suddenly a Caregiver

BY AIMEE BENOIT

**M**y mom's health had been a concern for quite some time. She suffered from chronic obstructive pulmonary disease (COPD), diabetes, depression and a number of joint problems. She missed a lot of work, had depleted her sick leave and, at 67, thought she probably should retire soon. Both family and coworkers agreed, but she kept putting it off.

In December of 2014, life forced her hand. She had stayed home from work yet again that day, and when I came home in the evening around 7:00, I found her on her bedroom floor half-dressed, nearly unconscious, slurring her words and unable to put together a sentence.

We discovered that she had fallen while getting out of bed that morning — nearly 12 hours earlier — and had been unable to get up. Her blood sugar had dropped dangerously low through the day, and she had also contracted pneumonia. After I made a panicked call to 911, she was taken to the hospital, where she remained for two weeks. She was now very definitely retired, and I was suddenly a caregiver.

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“I needed help navigating not only the legal, financial and medical issues of caregiving, but also the day-to-day of caring for a parent who was just as scared and confused, frustrated and impatient, as I was.”

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I was absolutely unprepared. After her hospital stay, Mom spent, at my insistence, another two weeks at a skilled nursing facility so I could prepare for her homecoming. This was not nearly enough time. After close to 40 years in the same house, there was some hoarding going on, and the house was neither fit for visitors nor safe.

The emergency responders reported us to both the city, for property code violations, for which there was a fine, and the state, as a possible case of senior abuse. I wasn't sure which was more shocking: that we couldn't keep broken-down cars in our own driveway, or that I was suspected of abusing my mom. I went into shell shock.

I found my way to JFS through a high school friend who was a nurse. I needed help navigating not only the legal, financial and medical issues of caregiving—

*(Continued on page 2)*



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## EXECUTIVE NOTE

BY RABBI WILL BERKOVITZ, CEO



If we're lucky, we're granted the time to grow old with family, friends and community around us. Our bodies remain adequately strong and our minds sufficiently sharp so that we can keep living at home. If we're lucky, we've worked and managed to save enough to enjoy retirement at a time of our choosing. If we're lucky, these things come to pass for ourselves and for those we love.

But even for the luckiest of us, it's a sure bet that our lives will, at some time, be affected by the challenges of aging. When that vulnerable moment comes, JFS is here for elders, families

and caregivers. We are proud to be the place people can get the help they need, delivered with the dignity and compassion they deserve.

### SUDDENLY A CAREGIVER *(Continued from page 1)*



*Aimee Benoit*

like arranging a will and enrolling in Medicare — but also the day-to-day of caring for a parent who was just as scared and confused, frustrated and impatient, as I was. We worked on:

**Boundary-setting:** “No, I will not give up my charity zombie-dancing group to look after you; we’ll have to find another option.” **Bargain-making:** “Ok, I can move this for you, but I need you to sort through the stuff on top of it first.”

**Creative distribution of labor:** “I can do the shopping and cooking, but I need you to pay for the groceries.”

At first, I still felt completely incompetent. It took nearly all of my JFS counseling

sessions before I no longer felt overwhelmed or fearful that, at any moment, someone from the Department of Social and Health Services would swoop down on me to demand why I hadn't done better.

But as my skill set expanded — I now make a mean pasta primavera and can bargain shop with the best — I felt myself relax. I learned how to connect with community resources and available help. JFS helped me to see that that's how caregiving should be done. No caregiver should have to take on that role alone, especially if they come to it suddenly.

*An enthusiastic zombie dancer and Assistant Organizer for the Seattle Thrillers, Aimee Benoit can often be found performing for charity around town. In her normal life, she is a manager for the Seattle College District.*

**To learn more about the Family Caregiver Support Program and other social services for older adults, contact Adam Halpern at [ahalpern@jfsseattle.org](mailto:ahalpern@jfsseattle.org) or (206) 861-3141.**

*The Family Caregiver Support Program is funded by a grant from the City of Seattle.*

# VOLUNTEERING

## An Intergenerational Friendship

In 1928, Miriam Lippman was born in Krakow, Poland. Herbert Hoover was elected president. The first all-talking motion picture was screened. And pop music hit-makers were Al Jolson and Bessie Smith. In 1994, Emma Kibort-Crocker was born in Seattle, Washington. Bill Clinton was president. "Amazon.com" was registered as a domain. And Billboard chart-toppers included Boyz II Men and Salt-N-Pepa. In 2015, when JFS connected Miriam and Emma through the Friendly Visitor Program, the differing experiences and decades between them only added to the quality of their new friendship.

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"Honoring elders is a value I was raised with, but a value is really nothing if you don't do anything about it."

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### **EMMA, HOW DID YOU DECIDE TO BECOME A FRIENDLY VISITOR?**

Honoring elders is a value I was raised with, but a value is really nothing if you don't do anything about it. My living grandparents are not here in Seattle, so my relationship with Miriam fulfills some of that for me. It gives me a connection with someone who is wise and has experienced more of life than me.

### **MIRIAM, TELL US ABOUT GETTING TO KNOW EMMA.**

I didn't think my friendly visitor would be so young. I was expecting someone my age — or maybe a

little younger. Emma is young, yet so giving. She's already participated in so many adventures in her life, but she finds time to visit with me on top of her schooling.

### **EMMA, WHAT'S SPECIAL ABOUT YOUR TIME WITH MIRIAM?**

It's different than with my peers — in the most refreshing way. I don't connect with Miriam through social media. I have to be intentional when I get together with Miriam. It's nice to slow down, sit and talk, have a cup of coffee together.

### **WE UNDERSTAND YOU TWO SPENT ROSH HASHANAH TOGETHER THIS YEAR.**

*Emma:* Yes! Over the months I was getting to know Miriam, I told my parents so much about her. I invited Miriam to spend the holiday with our extended group of family and friends. I was really excited for everyone to meet her.

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"It's nice to slow down, sit and talk, have a cup of coffee together."

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*Miriam Lippman and Emma Kibort-Crocker*

*Miriam:* It was a special experience for me, to spend time with the people who raised Emma and gave her these values.

*After the Holocaust, Miriam lived in Israel, which is where she met her husband, Archie Lippman (z"l). Over the last decade, she has enjoyed participating in JFS Endless Opportunities events.*

*Emma is a University of Washington senior studying Comparative Literature. She has spent extended time studying in Israel and traveling abroad.*

▶ **Contact Jane Deer-Hileman, Director of Volunteer Services, [jdeer@jfsseattle.org](mailto:jdeer@jfsseattle.org) or (206) 861-3155, to learn more about the Friendly Visitor Program.**

## AGING IN PLACE

# A Day in the Life of Geriatric Specialist Carol Prigge



**9:00 a.m.** I have a voicemail message from an out-of-town daughter concerned about her dad. He's in his late 80s and still lives alone. He's having a hard time moving around, and she worries he's not eating well or able to manage the housework. I learn about his financial situation and believe he would be a good candidate for some safety net programs.

**9:45 a.m.** I reach the father. The daughter told me he's been resistant to help, so I do my best to honor both his independence and her concerns. The father tells me that

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*"I assure my caregiving client that it's normal to be tired and frustrated. I try to help her see how much she is doing."*

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*"I have a voicemail message from an out-of-town daughter concerned about her dad. He's in his late 80s and still lives alone."*

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everyday tasks like cooking are becoming harder for him. I suggest the Meals on Wheels program, and he resists. I don't linger on the subject but ask him to consider trying it as a "just in case" option. He agrees.

I also refer him to a colleague who will set up an in-home assessment the following week. This helps us see what's really going on, talk about additional benefits he may qualify for and make a plan so that he can safely age at home.

**10:30 a.m.** I leave for an in-home therapy session with an older gentleman caring for his wife. When we first met, he shared how hard it was not having any time for himself, but he felt like he couldn't leave his wife on her own. I've been working with the couple to find times during the day when it's comfortable for the husband to take breaks. They've been experimenting with this over the past couple of weeks, and I'm glad to hear it's going well for both of them.

**12:00 p.m.** My next appointment is a family caregiver counseling session with a woman helping her elderly mom. The mother recently had a stroke that left her fairly immobile, and her daughter found herself thrown into the caregiver role. This is our second session, and I

listen as my client describes feelings of inadequacy and isolation.

I assure her that it's normal to be tired and frustrated. I try to help her see how much she is doing. I remind her that taking better care of herself will enable her to take better care of her mom. We brainstorm ways she can do this, and she sets a goal of exercising three mornings a week.

**2:00 p.m.** During a brief stop at the office, I contact Emergency Services Director Carol Mullin about getting a client set up for Food Bank home delivery.

**3:00 p.m.** My last appointment is with a Holocaust survivor. Perhaps a remnant of what he went through, he always insists I hide my JFS badge so people don't assume he's Jewish or know where I'm from.

As a survivor, he's eligible for several hours of in-home care paid for by the Conference on Jewish Material Claims Against Germany. The home care staff helps him keep his apartment immaculate and drives him to doctor appointments and errands.

The purpose of my visit today is to take him to a new specialist. My client has a chronic disease and is having difficulty believing nothing can be done to help. I'm doing my best to

**1 in 5**

households are impacted by caregiving responsibilities.

## Social Isolation

increases the risk of mortality in older adults.



**ONLY 41%**  
of older adults eligible for SNAP (Food Stamps) are enrolled.



**1 in 7**  
PEOPLE AGED 65+ LIVE BELOW THE SUPPLEMENTAL POVERTY LINE.

**37%**

of caregivers needed to reduce their work hours or quit their jobs.

**23%**

of women aged 80+ live below the supplemental poverty line.

*Facts gathered from the U.S. Census Bureau, Centers for Disease Control and Prevention, the National Council on Aging, National Academy of Sciences of the United States, and the Henry J. Kaiser Family Foundation.*

support him as he struggles to accept his diagnosis and know part of this is helping him find ways to work with the disease.

**4:00 p.m.** The new doctor confirms what we've heard the others say, but he is able to offer some new information. He knows of an emerging technology that may restore some of my client's function! My client is relieved to hear that there is hope. For the first time in months, I see him smile.

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*"I do my best to honor both his independence and her concerns."*

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**To learn more about the Family Caregiver Support Program and other social services for older adults, contact Adam Halpern at [ahalpern@jfsseattle.org](mailto:ahalpern@jfsseattle.org) or (206) 861-3141.**

**To learn more about in-home caregiving options customized to meet your family's needs, contact Don Armstrong at [darmstrong@jfsseattle.org](mailto:darmstrong@jfsseattle.org) or (206) 861-3193.**

# WRITE YOUR LEGACY



Susie Eastern

“I care deeply about the community, the agency and helping those who can’t help themselves.”

## An Extension of My Values

Susie Eastern has always been in the people business, so it’s no wonder she was drawn to volunteering with Jewish Family Service. A University of Washington alumna who grew up in Portland, Susie is an executive recruiter who is passionate about helping people achieve their career goals. After more than two decades with the same firm she joined after graduation, Susie opened her own search firm in 2013.

Despite the demands of being an entrepreneurial small-business owner, Susie has continued to prioritize JFS. She began volunteering ten years ago, bringing her business acumen to the marketing committee and doing hands-on work in the Polack Food Bank. In 2008, she felt privileged to join the Board of Directors.

Susie’s first interaction with JFS was through counseling when she began her career. “I was just starting out and wanted someone to talk with. The sliding scale made counseling accessible to me at that point in my life. JFS was there for me in a very real way, and now I have the honor of giving back.”

Currently in her third Board term, Susie takes pride in the accomplishments of the Family Matters Campaign that expanded the agency’s offerings and created its current Capitol Hill campus. Her professional expertise was put to good use on the search committee that hired JFS CEO, Rabbi Will Berkovitz.

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“It’s natural that I would want to take care of JFS after I’m gone.”

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In recent years, Susie has been privy to her parents’ conversations about estate planning, including the bequests they have designated for Jewish community organizations they have supported throughout their lives. It got her thinking, “How am I preparing for that? What are the things I do in my life that have impact? What is the legacy I will leave?”

As a natural extension of her commitment to JFS, Susie designated Jewish Family Service as a beneficiary in her will. “I feel like planning for this gift to JFS is an extension of my values. You don’t have to erect a building to offer a statement of what you value most. *Anybody* has the ability to dedicate a portion of their estate that will say, ‘I want to give this gift. This is a part of who I am.’”

*The Family Tree Legacy Circle recognizes supporters who have informed us of their intent to leave a bequest to JFS, those of blessed memory who have already left such a gift and those who have made a monetary gift to the JFS Endowment in their lifetime.*

**To learn more, contact Lisa Schultz Golden, Chief Development Officer:  
Lgolden@jfsseattle.org or (206) 861-3188.**

## CALENDAR OF EVENTS

For complete details about these and other upcoming events, visit [jfsseattle.org/calendar](http://jfsseattle.org/calendar).

### FOR THE COMMUNITY

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

#### Kosher Food Bank

Wednesdays, February 3, March 2, April 6, May 4 and June 1  
5:00 – 6:30 p.m.

**Pre-register** Esther Magasis, (206) 861-3174 or [emagasis@jfsseattle.org](mailto:emagasis@jfsseattle.org).

#### NAMI Family-to-Family

A 12-week series for family and friends of people living with mental illness, including a discussion of the perception of mental illness in the Jewish community.

Starting Wednesday, March 16  
6:30 – 9:00 p.m.

*Co-presented with the National Alliance on Mental Illness-Greater Seattle.*

#### Groups for People Who've Experienced Domestic Violence

Starting this spring

Contact JFS, (206) 861-3159.

#### Caring for Our Aging Loved Ones Series: Supporting Your Parents Long-Distance

Thursday, March 31

7:00 – 9:00 p.m.

#### Caring for Our Aging Loved Ones Series: Cooperation and Teamwork in Family Caregiving

May – date T.B.D.

### Sha'arei Tikvah

*Celebrations for All*

#### Purim Celebration

Sunday, March 20

3:00 – 5:00 p.m.

Volunteer opportunities available.

#### AA Meetings at JFS

Tuesdays, 7:00 p.m.

Contact (206) 461-3240 or [ata@jfsseattle.org](mailto:ata@jfsseattle.org).

### ENDLESS OPPORTUNITIES



*Endless Opportunities is a community-wide program offered in partnership with Temple B'nai Torah & Temple De Hirsch Sinai. Events are open to the public.*

*For more information and to RSVP:*

**Contact** Ellen Hendin or Wendy Warman, (206) 461-3240 or [endlessopps@jfsseattle.org](mailto:endlessopps@jfsseattle.org).

#### An American in North Korea

Thursday, February 11

10:30 a.m. – noon

#### Luncheon With Simon Amiel



Tuesday,  
February 16  
11:30 a.m. – 1:30 p.m.

Applying Talmud to Dr. Martin Luther King's famous "I Have a Dream" speech.

Temple De Hirsch Sinai  
1441 16th Avenue, Seattle

**Parking Reminder:** Parking is available in the TDHS lot, between 15th and 16th off Union. This is the only lot you may use.

#### Outing to the Frye Art Museum

Tuesday, February 23

2:00 – 3:30 p.m.

#### An Afternoon with the Seattle Symphony

Sunday, March 13

Time T.B.D.

### FOR PARENTS & FAMILIES

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

#### The Power of Play: Learning and Relationships

Thursday, February 4

7:00 – 9:00 p.m.

*Co-presented with the UW I-Labs.*

#### Mindful Parenting

Wednesday, April 6

7:00 – 9:00 p.m.

### VOLUNTEER TO MAKE A DIFFERENCE

Contact Jane Deer-Hileman, (206) 861-3155 or [jdeer@jfsseattle.org](mailto:jdeer@jfsseattle.org).

#### Families Fight Hunger

Sunday, February 21

1:00 – 3:00 p.m.

#### Purim Basket Making & Delivery

Sunday, March 20

10:00 a.m. – noon or 1:00 – 3:00 p.m.

#### Passover Food Drop-Off

Sunday, April 3

1:00 – 3:00 p.m.

#### Passover Basket Making & Delivery

Sunday, April 17

10:00 a.m. – noon or 1:00 – 3:00 p.m.

#### Shavout Learning & Serving

Sunday, June 5

1:00 – 3:00 p.m.

For more volunteer opportunities, visit [jfsseattle.org/volunteer](http://jfsseattle.org/volunteer).



## Care for Mom. Peace of Mind for You.

Our award-winning home care can make mom's goal of living independently a reality.

Contact us for a free consultation:  
(206) 861-3193 or [homecare@jfsseattle.org](mailto:homecare@jfsseattle.org).



JEWISH **FAMILY** SERVICE

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Remember to recycle this newsletter.

## Save the Date!

JEWISH FAMILY SERVICE

# COMMUNITY OF CARING LUNCHEON

**FRIDAY • MAY 6 • 2016**

**11:30 a.m. – 1:30 p.m.**

Sheraton Seattle Hotel • 6th & Pike

Event Chairs: Peter, Jessica and Evan Shapiro

Questions? Please contact:  
Leslie Sugiura, Director of Special Events  
Lsugiura@jfsseattle.org or (206) 861-3151.

### 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  
Rabbi 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](http://jfsseattle.org)  
(206) 461-3240

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