

JFS Matters

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COMMUNITY PROFILE Barbara Grevoir



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Through all the ups and downs, Barbara continues to wear her magical smile. “Recently my son had two operations and now he’s bleeding in his cerebellum, which is inoperable. We’re hopeful it’s bleeding slowly enough that it won’t cause further problems. He has tunnel vision in one eye, dizziness problems and I’m supporting him, but we’re getting along alright thanks to JFS.”

By any standards, Barbara Grevoir has been dealt a difficult hand. Not only has she fought through injuries that left her wheelchair bound for extended periods of time and jobs continually falling through, but her two children suffer from cavernous malformations of the brain — which lead to seizures, neurological defects, headaches and bleeding of the brain. While many folks might feel like packing it in, not Barbara. As she puts it, with each hard time,

(Continued on Page 3)



JEWISH FAMILY SERVICE



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CEO COMMENTARY

Ken Weinberg

The JFS fiscal year ends this month not with a whimper but with a bang! The banging of nails, the pouring of concrete, the raising of steel girders. The new JFS building rises after over four years of discussion, committee meetings, subcommittee meetings, looking at other available buildings, realizing how we could use our existing Jessie Danz Building as part of a larger and new building, examining parking issues, using a bevy of consultants and experts. Did I mention meetings... and more meetings?

*“More than a building rising, it is the future
of JFS that rises. It is hope that rises.”*

And then, of course, there was (and still is) the issue of money. Our commitment that no service, no client, no program, no worker would pay a price because of the new building. We stuck to that vow. We have even expanded some of our critical programs during these critical times. We sought help from donors, from the State government, the Federal government, foundations — the results of which are not yet known; but most, not all, look hopeful.

We begin our 119th year grateful to our Board, our Supporters, our Staff, our Volunteers and all who make our programs and the steel girders possible. More than a building rising, it is the future of JFS that rises. It is hope that rises... all at a moment in which hope and joy, and even success, are in short supply.

The building is not a symbol of a people who love monuments but of a people who love and cherish and do all they can to ensure that lives are well lived.

Sincerely,

Ken Weinberg

EDITOR'S NOTE: As we go to press, JFS was notified that the just approved Washington State budget includes \$2.313 million from the Building Communities Fund for the new JFS building. Our heartfelt appreciation goes to everyone who helped make this possible.



COMMUNITY PROFILE

Barbara Grevoir

(Continued from Page 1)

“Jewish Family Service has always been there to get me on my own feet and back on track.”

“A social worker from JFS would come and bring me food...she was the sweetest, most wonderful person. JFS even arranged for two Russian women — a mother and daughter — to come to my house and clean. It’s an amazing thing to have a place to call when you’re in serious hurt.”

Now 78 years old, Barbara tries to make ends meet living on Social Security. “It’s hard to get by,” Barbara remarked. “The medical bills for my kids are too much for them to pay, so I give them everything I can. Often times, that leaves me short for my own bills.”

Follow our progress on the new building with twice a week updates at www.jfsseattle.org



PHOTO BY JAKE GROSHONG

Those medical bills are the result of multiple brain surgeries for both her son and daughter — an extremely costly, but life-saving, endeavor. Both of her children, now grown adults, still suffer from the brain disorder and often need extra help. They, too, have turned to JFS for assistance over the years — home delivery of groceries from the *Polack Food Bank* and grants to help with rent and utilities.

Barbara is not shy about expressing her feelings for the staff and programs of JFS. “I love the people at JFS. It’s a safety net. It’s a friendly helping hand. It must be even harder than ever for JFS as these are hard times. I hope they can continue to be there for all of us who struggle in life. If JFS wasn’t there, I’m not sure what I would have done. I would have had a much harder time. It’s always been there for me, it’s there for everyone.”

JFS continues to be there for Barbara. Late last year, as the medical bills for her children began piling up again, Barbara was forced to choose between paying her electricity bill and the medical bills. She chose the medical bills for the well-being of her kids, then placed a phone call to JFS *Emergency Services*. “**JFS kept the lights on.**”

Barbara attended the JFS *Community of Caring Luncheon* a few years ago and made a donation to JFS. In her words, “It just felt so good to be able to give back and help those who have been in situations like mine. It meant the world to me.”

DID YOU KNOW?

- Jewish Family Service was selected as one of eight hosts for the U.S. State Department’s 2011 Cultural Orientation Trainers Exchange, from the 22 agencies that were nominated nationwide.
- Activities at the May 22 – 24 Trainers Exchange included a simulation of the airport pick-up and orientation process for arriving refugees, participation in a cultural orientation class, visits to other refugee resettlement agencies, a meeting with the State Refugee Coordinator and meals with JFS staff.
- The purpose of this program is to provide overseas Cultural Orientation staff with an opportunity to increase their understanding of the broad range of issues and approaches to services provided by United States refugee resettlement programs. Other trainings are scheduled for Phoenix, Charlotte, Fargo, Denver, Kansas City, Minneapolis and Chicago.
- JFS is honored to be one of two Hebrew Immigrant Aid Society affiliates chosen.



REFUGEE & IMMIGRANT
SERVICE CENTERS

...TO HONOR YOUR FATHER & MOTHER

An Important Issue of Aging



Jane E. Relin, MSW, LICSW
JFS Clinical Director

DEAR JANE,

My elderly parents need care at home, but I am concerned that they won't pay for it. I feel like I am supposed to pay for this, if they need it, but my wife and I are struggling to make ends meet as it is. My question is... who pays when elderly parents need help? What is my responsibility as a Jew? – A Dutiful Son

DEAR DUTIFUL,

You pose a very difficult question — one that is answered differently by different families. Even the Babylonian and Palestinian Talmuds reflect different views about what it means to honor and respect your father and your mother.

When people are diminished to a point of needing help with basic tasks such as dressing, bathing and getting around, their self respect may also be compromised. Usually they want to keep as much control as possible and may be sensitive to being “patronized” by their children or others. It is meaningful for you to recognize and revere that. (In our world, paying your own way means you are independent.)

The course of action you follow very well may depend on whether or not

“When a father gives to his son, both laugh. When a son gives to his father, both cry.”

– Yiddish proverb

your parents have the ability to pay for their own care. In the book *That You May Live Long*, Rabbi Michael Chernick observes, “For a child to say to a greatly diminished parent ‘I’ll pay’ when the parent still has personal assets is murderous. It kills the parental self...if the mitzvah to revere one’s parents means anything, the parent pays if he or she can.”

Talmud says that a child should give something tangible to a parent to fulfill the commandment to honor, but rather than money you can give of your time. These days it is so hard to find the time, it is something very valuable to give and it honors them.

– Jane

You have questions, Jane has solutions. Jane E. Relin, JFS Clinical Director, assists older people adapt to changes in their health and / or social supports. Send your inquiries to Jane at JFS, 1601 16th Avenue, Seattle 98122, e-mail jrelin@jfsseattle.org or call (206) 861-8783.

IN-HOME CARE FROM FAMILY JUST FEELS RIGHT.

As the state licensed home care division of Jewish Family Service, HomeCare Associates specializes in personal and homemaker services that make the whole family feel better. Whether your needs are full or part-time, long or short-term, live-in or live-out, a few hours a week or 24 hours per day... all our caregivers are pre-screened, bonded, insured and actual employees of JFS.

PLAN AHEAD! Call for a no-fee, no-obligation intake assessment: (206) 861-3193

- Medication Assistance
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- Dressing & Grooming
- Toileting & Incontinence Care
- Transportation
- Exercise & Walking Program
- Eating Assistance
- Meal Preparation
- Errands (including groceries)
- Laundry
- Housekeeping
- Companionship

HomeCare
ASSOCIATES
A division of Jewish Family Service

CENSUS FAST FACTS FOR 2010*

- Number of Washington residents 85 and older increased nearly 40%.
- Number of Washington residents 65 and older increased 25% (State’s overall growth rate was just 14%).
- 12.3% of Washington’s population is 65 and older (up from 11.2%).
- Residents 65 and older number 822,677, up from 662,148.

*Compared to U.S. Census data for 2000

PROGRAM PROFILE

JFS Kosher Food Bank

BY JANA PROTHMAN, MANAGER, JFS POLACK FOOD BANK

JFS has always kept **kosher shelves** within our *Food Bank*. It was our policy to ask families who kept kosher to let our *Food Bank* staff know in advance of their arrival, so a special selection of kosher products could be gathered for them from these shelves.

Realizing that it was not feasible to make the *Food Bank* kosher full-time, the staff posed the question: could JFS provide, on an ongoing basis, a true *Kosher Food Bank* shopping experience, possibly in the evening? The answer, a resounding YES!

Such was the launch of the first official JFS *Kosher Food Bank Event* on January 26, 2011. It was so successful that another was held on April 6th ... and, as of June 1st, is now being offered the first Wednesday evening of each month, 5:00 – 6:30 p.m.

Shaul Gallor from the Seattle Va'ad comes to our *Polack Food Bank* before each event to supervise the set up and to help out; JFS volunteers also assist with set up, bagging and staffing. We know that families keep kosher on different levels and having the Va'ad partner with us is the most effective and efficient way for JFS to meet the need.

At the *Kosher Food Bank Event* on April 6th, we served a total of 57 people. It was very encouraging and exciting, up 32% from the launch in January.

As the April 6th *Kosher Food Bank Event* was just prior to Passover, we

During the last six months of 2010, the JFS Polack Food Bank distributed 153,236 pounds of food, an increase of 20.8% over the same period of 2009.



JFS Food Bank Specialist Chris McNamara prepares for the April 6th Pre-Passover Kosher Food Bank Event.

featured two special sections: one with kosher items for use before Passover (including juice, granola bars, cereal, cake mixes, canned fruit, canned vegetables, canned fish, eggs, pasta, rice, potato chips and oil); and one section with items that were kosher for Passover (fresh fruits and vegetables, cheese, whole chickens, matzo, matzo ball soup mix, gefilte fish, grape juice and macaroons).

Each family that attends the *Kosher Food Bank* walks away with at least 20 pounds of kosher food — including perishables. It's another way that

2011 SCHEDULE KOSHER FOOD BANK EVENT

(5:00 – 6:30 p.m.)

June 1

July 6

August 3

September 7

October 5

November 2

December 7

JFS strives to meet the needs of our community in tough times.

The JFS Polack Food Bank serves our neighbors of all backgrounds and denominations living in zip codes 98101, 98112, 98121 and 98122; in addition to anyone in need from our local Jewish community. Home delivery of groceries is available, on a limited basis, for those who are frail, homebound and have nowhere else to turn.

Pre-registration is required for each *Kosher Food Bank Event*. For more information, please contact Jana Prothman, e-mail jprothman@jfsseattle.org or call (206) 861-3174. JFS strives to maintain an atmosphere of respect and dignity for all visitors to the *Polack Food Bank*.

“The help from JFS was a life preserver in an ocean of despair.”

– Emergency Services Client, Jewish Family Service

ДОБРО ПОЖАЛОВАТЬ!

Seattle Passover Seder Conducted in Russian

Jewish Family Service and Temple Beth Am hosted this unique Passover Seder on April 24th, providing a joyous and comfortable environment for nearly 300 local Russian Jewish immigrants to not only savor the traditional Ashkenazi foods, but connect with their faith as well...reminding us all of the universal importance of continuing the battle for freedom in every generation. One guest remarked how special the evening was for her "because never before had she been able to be...Jewish."



Cantor Marina Belenky (pictured left) led the Reform Seder in Russian with the assistance of Wendy Marcus (pictured right), Temple Beth Am Music Director, and Belenky's own Russian language trio, Marianna. This special Seder was made possible by the generous support of the Alhadeff Family Charitable Foundation.

STAFF PROFILE

Diane Burnett

NEW DIRECTOR OF JFS ALTERNATIVES TO ADDICTION



Diane Burnett, CDP, MSW, was profiled last month in the JTNews "Five Women to Watch" series where she observed: "There is a myth in the Jewish community that Jews don't have a problem with addiction."

Diane Burnett, a certified Chemical Dependency Professional, MSW and third generation Jewish Seattleite, has joined Jewish Family Service as the new Director of the *Alternatives to Addiction* Program. Her years of experience in the addiction/recovery field include the emergency rooms at Harborview and UW Medical Centers, the King County Jail, King County Drug Court and, most recently, outreach to veterans. Diane has been a member of several research projects involved in defining Best Practices in the chemical dependency field.

The JFS *Alternatives to Addiction* Program was created specifically to increase awareness and further

"There is a myth in the Jewish community that Jews don't have a problem with addiction."

understanding of alcohol/drug abuse in the Jewish community, and to remove barriers which prevent Jews from getting the help they need. Providing this Jewish component to the issues of prevention, assessment and recovery is made possible through community support of the JFS Family Matters Campaign and ongoing generous funding from the Alhadeff Family Charitable Foundation.

As important as her professional experiences are to the *Alternatives to Addiction* Program, perhaps Diane's most significant credential is her personal knowledge of addiction. She has over 21 years of recovery from drug and alcohol addiction.

"It saddens me knowing that there are Jews in our community who are trying to 'go it alone' in their struggles with addiction," Diane observed. "Those of us who have achieved success along the road to recovery needed help and support. No one need suffer alone. The JFS *Alternatives to Addiction* Program extends its hand to all who are interested in finding an alternative to the pain of addiction. I am thrilled to be a part of that support".

If you or someone you care about is struggling with an addiction or chemical dependency, there is help and support. For more information, contact Diane Burnett, JFS Chemical Dependency Specialist, (206) 861-8782 or e-mail dburnett@jfsseattle.org

EARLY SUMMER CALENDAR OF EVENTS

For complete details about these and other upcoming events & workshops, go to: www.jfsseattle.org

FOR ADULTS AGE 60+

ENDLESS OPPORTUNITIES

A community-wide program offered in partnership with Temple De Hirsch Sinai and Temple B'nai Torah. EO events are open to the public and free of charge.

The Paradigm Shift, Measuring America

Tuesday, June 14
10:00 – 11:30 a.m.

Three Feet Under:

Digging Deep for the Geoduck
Thursday, June 23
10:00 – 11:30 a.m.

Not for the Faint of Heart:

The Restaurant Business
Thursday, June 30
10:00 – 11:30 a.m.

Slice of America: Coffee & Pie

Thursday, July 7
10:00 – 11:30 a.m.

Jews of Melilla: A Spanish Territory on Mainland Africa

Thursday, July 28
10:00 – 11:30 a.m.

The Jewish Image in Film, Part 2

Thursday, August 18
10:00 – 11:30 a.m.

Feldenkrais: Retrain Your Body to Do Your Commands

Tuesday, August 30
10:00 – 11:30 a.m.

RSVP Ellen Hendin, (206) 861-3183 or endlessopps@jfsseattle.org regarding all *Endless Opportunities* programs.

FOR SINGLE PARENT FAMILIES

Celebrating New Connections: Mini-Retreat for Jewish Single Parent Families

Sunday, June 12
11:00 a.m. – 4:30 p.m.

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

AA MEETINGS AT JFS

Tuesdays at 7:00 p.m.

FOR THE COMMUNITY

Kosher Food Bank

First Wednesday of Each Month
5:00 – 6:30 p.m.

Contact Jana Prothman, (206) 861-3174 or jprothman@jfsseattle.org

Financing Your Future – Third in the Baby Boomers' Series: Getting the Most Out of Getting Older

Wednesday, June 15
7:00 – 9:00 p.m.

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

Pride Shabbat

Friday, June 24
6:00 – 8:00 p.m.

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

Pride Festival

Sunday, June 26
Starts at 10:00 a.m.

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

Shaarei Tikvah Shabbat Dinner & Service

Friday, July 29
Time TBD

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

FOR WOMEN

Support Group for Jewish Women with Controlling Partners

Date/Time/Location Confidential

Contact Project DVORA, (206) 461-3240 or contactus@jfsseattle.org

VOLUNTEER TO MAKE A DIFFERENCE.

Call (206) 861-3155,
e-mail volunteer@jfsseattle.org
or check Volunteer Opportunities
at www.jfsseattle.org

FOR COUPLES

Braiding Traditions for Interfaith Couples

Thursday, June 23
6:30 – 8:30 p.m.

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

Bringing Baby Home for Expecting & New Parents

Thursdays, June 16 – July 21
6:15 – 8:30 p.m.

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

MARK YOUR CALENDAR

Bag²⁰¹¹ Hunger!

**COMMUNITY-WIDE
FOOD DRIVE:
SEPT. 29 – OCT. 21**



**JFS FOOD SORT:
OCT. 9, 2011
(MUST PRE-REGISTER)**



JEWISH FAMILY SERVICE

Jessie Danz Building
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Seattle, WA 98122-4000

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SAVE THE DATE

JEWISH FAMILY SERVICE

119TH ANNUAL MEETING

CHAIR: Susan Eastern
Thursday, September 1, 2011
6:30 – 8:30 p.m. | Hillel UW

All guests must be registered.
For information, please contact
Gail Pollack: gpollack@jfsseattle.org
or (206) 861-3151

In this season of extraordinary need, a donation of non-perishable food for the *Polack Food Bank* would be greatly appreciated.

MISSION: We deliver essential human services to alleviate suffering, sustain healthy relationships and support people in times of need.

VALUES: Guided by our Jewish tradition of repairing the world, we are committed to:

- Treating people with dignity and compassion
- Providing culturally relevant services
- Helping people help themselves
- Reflecting the changing face of the community
- Collaborating with others to broaden our reach.

JFS Matters is published three times a year by Jewish Family Service.

For more information, please call (206) 461-3240 or visit www.jfsseattle.org

Dianne Loeb, *Board President*
Ken Weinberg, *Chief Executive Officer*
Dick Rosenwald, *Editor*
Jake Groshong, *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.

www.jfsseattle.org

A Commitment to Community since 1892

