

JFS Matters

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COMMUNITY PROFILE

Marc Rosenshein



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BIG PAL MARC

Marc Rosenshein and his wife Judy Soferman have two grown sons of their own. Marc has been an oncologist at Stevens Hospital for the last 28 years – where he is currently President-elect of the medical staff. Why then, with such a busy and fulfilling life, did Marc decide to become a Big Pal in the JFS Big Pal/Little Pal Volunteer Program?

It began four years ago at the urging of one of his sons, who was a mentor in a similar program in L.A. "My boys were fully grown. I had always enjoyed doing things with them and since there were no grandchildren...just having a kid to do things with was something very appealing. I was looking for an experience in which I could see the difference I was making first-hand," Marc recalls.

LITTLE PAL PJ

Although PJ comes from a very devoted and loving single-parent home, his mom felt PJ was lacking a strong male influence in his life. So



"PJ is such a great kid," Marc boasts. "We started when he was about six, and he just turned ten. It's a perfect match"

she signed-up PJ as a Little Pal with JFS. In stepped Marc, and the two have been together ever since.

"I taught him how to ride his bike just as I did with my own two boys. We took off his training wheels and there

(Continued on Page 3)



JEWISH FAMILY SERVICE

CEO's CORNER

Ken Weinberg

I've been thinking a great deal lately about the difficulties we all are facing. With a faltering economy, global warming, the war in Iraq and fuel and food costs continuing to rise; it would be easy to throw up our hands and say, "It's too much. There's nothing I can do."

WE ARE ALL AFFECTED

The JFS "family" has been affected by these difficult times. **Emergency Services has seen a seven-fold jump in the number of monthly calls from community members seeking assistance with rent.** In July '07, we received 21 inquiries. July '08 topped out at 144. I have never seen anything like it in my over three decades here at JFS.

The *Food Bank* is being visited by more individuals and families every week. **Demand has increased by 22% over the past two years, while community donations of food have actually declined by 33%.**



Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has. –Margaret Mead

With everything costing more, JFS is continually striving to reach the greatest number of those in our community with needs.

Even with all these difficulties and uncertainties, this is a New Year that must be confronted with hope and optimism. As long as JFS continues to be a place that the community supports and can look to when in need, the community, in turn, will forever be supported.

HOPE & OPTIMISM

As we close the book on one fiscal year and begin a new one, JFS continues to represent a community that is strong, caring, vital and supportive; recognizing the importance of responding to evolving needs here at home. Our new *Alternatives to Addiction* Program has been enormously successful in serving a segment of the Jewish population that is often overlooked and a community frequently in denial.

The upcoming community-wide Food Drive, beginning September 30, looks to be our biggest Drive yet. There is an indication of hope because we, as a community, are showing that we care about those with needs and we **can** make things better.

WE ALL HAVE A PLACE TO TURN

So as we settle into our daily routines this New Year — nervous about our children, the upcoming election or how we're going to pay the mortgage — remember that JFS is the place to turn, be it to donate resources or to receive services. It's been that way for 116 years; through thick and thin, feast and famine. Individually and collectively, our community is, as Margaret Mead said, a "group of thoughtful, committed citizens that can change the world."

Ken Weinberg

Let's Bag Hunger in Our Jewish Community

From Rosh Hashanah through Thanksgiving Day, support our community-wide Food Drive. Donate a lot, donate a little... but please, donate something. See details on the enclosed blue Tribute insert.

COMMUNITY PROFILE

MARC ROSENSHEIN (Continued from Page 1)

I was, watching him actually ride his bike on his own for the very first time. It gave me a huge kick to see him accomplish something so special and to be a part of 'this moment' in his life. He loves riding his bike. Whenever the weather is good, that's what we do, we go for a nice long bike ride. I think those simple little experiences turn out to be so big and gratifying."

MUTUALLY REWARDING

Marc feels this JFS Volunteer Program is mutually rewarding. "Kids always have such amazing things to teach us. I think because PJ is an only child in a single-parent situation, having a Big Pal he can talk to and bounce ideas off is one of the greatest services I can provide him."

Taking time to help those in difficult situations is nothing new to Marc. "I think we all try to put aside some time to do things for others...to get away from our daily routine and do something besides just earn a living. I've been very fortunate. I have a good career and an incredible family. I think it comes down to the fact that it is so rewarding to give back to make the world a better place."

"UNCLE PJ"

PJ has spent time with Marc's family and they've definitely taken to one another. However, PJ sees Marc as being more of a big brother than just a pal. "With that in mind," Marc reflects, "if I was his big brother, then he would be my own kids' uncle — so they now call him Uncle PJ. Oh well, kids will be kids."



"The rewards of volunteering are incredible," Marc told us. "I just hope PJ gets as much from our being together as I do."

WHEN ASKED: WHY JFS?

Without hesitation, Marc replied, "JFS is a wonderful organization that serves such an unbelievable array of needs throughout our community. When Judy and I arrived in Seattle some 30 years ago and needed something, the first place we turned was to JFS. They were so generous and gracious in their help. And now that we are in a position where we can give back with time and resources, we do just that. I am proud to say that Judy is an active member of the JFS Board and was the Chair of this year's *Community of Caring Luncheon*."

"JFS really helps people. That's the core — helping people. I encourage everyone to support JFS and participate with it in every way they can, because it is so rewarding."

Big Pals:

For Jewish men and women age 21 and over who would like to provide mentoring and companionship to a Jewish boy or girl.

Little Pals:

For Jewish children ages 6 - 16 from families seeking an additional adult role model.

JFS Pals:

The JFS Big Pal/Little Pal Volunteer Program recruits, screens, matches (same-gender only) and provides support to the volunteer Big Pals and Little Pals who participate. Fun get-togethers, outings and activities take place throughout the year.

OTHER VOLUNTEER OPPORTUNITIES

Holiday Baskets: Help create and deliver Rosh Hashanah holiday baskets for Seniors on Sunday, September 28th.

Food Sort Event: Come one, come all on Sunday, October 12th, 10:30 a.m. to 1:00 p.m. Advance registration is required. (Details on the enclosed blue Tribute insert.)

Friendly Visitors: Provide some company and good cheer on weekly or bi-weekly visits to Seniors currently waiting in Mercer Island, Seward Park and First Hill.

Home Delivery: Volunteer to bring food monthly to shut-in Seniors. Drivers needed for Northgate and Bellevue areas.

For information about all volunteer opportunities, including the Big Pal/Little Pal Program, contact Jane Deer-Hileman, Director of Volunteer Services, at (206) 861-3155 or volunteer@jfsseattle.org

FOCUS

Family Life Education

A CONVERSATION WITH MARJORIE SCHNYDER, FLE DIRECTOR, & ADAM HALPERN, FAMILY LIFE EDUCATOR (Continued from the Spring 2008 issue of JFS Matters)



JFS Family Life Educators Marjorie Schnyder and Adam Halpern confer on reference material for a workshop.

Q: Collaboration with other community organizations, both Jewish and secular, seems to be a consistent aspect of your approach. Tell us about that.

Margie: At least a third to half of what we do is collaborative. This can be around a single event or an ongoing program like *Mom2Mom*, which represents a four-year partnership with the Stroum Jewish Community Center. In that instance, we combined the different strengths of two organizations for more effective programming and outreach.

Adam: Like JFS, other organizations also see people in need every day. It pays to work together to meet those needs. We've been partnering more with non-sectarian organizations so that we can better reach people who are less affiliated with our community.

Margie: We look at research and trends in the broader community. Our *Parenting Mindfully* series is a fruitful collaboration with Temple B'nai Torah. It started with Rabbi Yohanna

Kinberg approaching me after teaching an adult class on Musar. We were both excited about applying these principles to parenting. After the first few sessions, I looked around and saw people from *Mom-2Mom* or *Mother's Circle* recognizing and saying hello to one another. They were not only getting the specific content from the workshop, but making meaningful and supportive connections with community as well.

Q: Paint a picture for us of some FLE participants and their stories.

Margie: There's a dad who first came to a Jewish Single-Parent Family Retreat and now he and his daughter are regulars. They're not connected in more traditional ways to the Jewish community, but the dad wants his daughter to have a strong Jewish identity around his values of social justice. In fact, in a recent survey, a number of respondents told us they like having parent education at a Jewish agency. They explained that it doesn't have to be *Jewish* parent education, but it's nice when it's at a Jewish agency.

Adam: In another instance, an older woman came to an event with her daughter and her grandson, who has Asperger's Syndrome. They were so happy to be in a synagogue as a family, since it wasn't something they did very often. A year later, when the grandmother became ill, she contacted me and we connected her with HomeCare Associates (the state licensed home care division of JFS). She was glad to receive assistance from the same organization that had served her family earlier.

Margie: We try to make the FLE program truly accessible to people who may be challenged financially or struggling emotionally, and also to people who are not in crisis but are using the programs in a proactive and educational way. We'll often find JFS Board Members and clients at the same event. It just shows how fluid our lives are. Sometimes you give, sometimes you need. *Like chicken soup, it can't hurt and it can so often be a great help.*

Parenting Mindfully: Drawing on Jewish Values through Musar

A Sunday Series for Parents of Children up to Twelve Years Old

Explore how to express emotions and beliefs in balanced and healthy ways, consistently modeling traits to pass on to our children. Facilitated by Rabbi Yohanna Kinberg and Marjorie Schnyder, MSW.

Each class goes from 11:00 a.m. – 12:30 p.m.

#1: The Middah of Hospitality
October 19

#2: The Middah of Equanimity
November 9

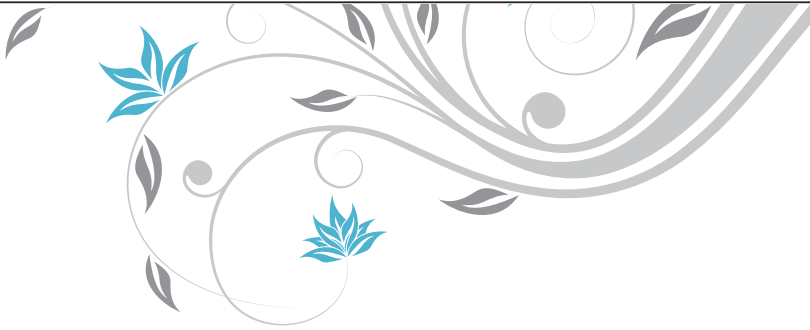
#3: The Middah of Deliberation
January 25

#4: The Middah of Anger
May 17

Co-sponsored by and held at Temple B'nai Torah
15727 NE 4th Street, Bellevue
Limited amount of child care may be available by pre-arrangement.
FREE.

Pre-registration is encouraged.

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



116th Annual Meeting

CELEBRATING "INNOVATION & COLLABORATION"

The 116th Annual Meeting of Jewish Family Service was held the evening of August 14th at Hillel UW. Nearly 200 community members joined us for "A Celebration of Innovation & Collaboration."

- Pola Doenyas and Rita Segelbaum were recognized as our *Jessie Danz Volunteers of the Year*. These two remarkable women have been volunteering one day a week in the JFS Finance Department for years. We were honored to salute their commitment to the community and to JFS.
- As JFS entered fiscal year 2009, we said "thank you" to our outgoing Board Members for their many, many years of service: Howard Behar, Michael Hershey, Renee Herst, Judy Neuman and Dean Polik. At the same time, we welcomed incoming Board Members Susan Eastern, Jeff Feinstein, Marc Kittner and Julia Schechter.
- The *Outstanding Service Award* was given to • The Kenneth and Marleen Alhadeff Charitable Foundation • Employees Community Fund of Boeing Puget Sound • Special Initiatives Fund of the Jewish Federation of Greater Seattle. Their vision and values helped launch the JFS *Alternatives to Addiction* Program that is providing a culturally sensitive response to the disease of addiction within our community.

2-for-1 Rosh Hashanah Cards from JFS

When you let JFS "Tribute Cards" do the talking, you send your best wishes for a happy & healthy New Year **and**, at the same time, say you care about funding vital JFS programs here at home. Call Irene at (206) 861-3150 or, on the web, click on "Donations" at www.jfsseattle.org. Use your Visa or MasterCard. It's a 2-for-1 that says it all.

DID YOU KNOW?

- It comes as no surprise to clients of the JFS *Food Bank*, but according to the Seattle Food Committee & DSHS, increases in local food prices over the last 12 months are "unprecedented":
 - Eggs: +95%
 - Milk: +67%
 - Rice: +42%
- As a follow-up to the "Thank You: Klaus Stern" article in the last issue of *JFS Matters*: Did you know that Klaus Stern and other local survivors speak to teachers, students and community groups at no charge as members of the Speakers Bureau of the Washington State Holocaust Education Resource Center. Klaus also has a memoir of his life, printed by the Holocaust Center, available for a \$20 donation. For more information, or to schedule Klaus Stern or another speaker, please contact the Holocaust Center at (206) 441-5747 or info@wsherc.org
- AA Meetings are now held at JFS on Capitol Hill every Tuesday at 7:00 PM. These **To Life!** meetings of Alcoholics Anonymous are for both men and women alcoholics and others who have stopped...or are considering stopping...drinking. For details, contact Eve M. Ruff, JFS Chemical Dependency Specialist, (206) 461-3240 or emruff@jfsseattle.org

PERSPECTIVE

Healthy Relationships

A DISCUSSION WITH MICHELLE LIFTON, DIRECTOR OF JFS PROJECT DVORA

Q: When did DVORA start focusing on Healthy Relationships?

Michelle: DVORA stands for Domestic Violence Outreach, Response and Advocacy.

Project DVORA has always worked on Healthy Relationships.

From our beginning in 1999, we've gone into local Jewish schools to provide education to youth on dating violence prevention and on Healthy Relationships — all part of our larger outreach efforts and response to Domestic Violence within our local Jewish community.



Q: How does Project DVORA'S Kids' Club help create Healthy Relationships?

Michelle: Our Kids' Club is a 12-week curriculum for parents and for their children who have witnessed Domestic Violence. It provides an

opportunity for kids to talk about their experiences, explore their feelings and learn how to identify what we call "mean and hurtful behavior." This assists in breaking the isolation that is intrinsic to Domestic Violence.

Kids' Club helps children realize that *this happens in other families too* —

"When a group of parents wants us to conduct a Healthy Relationships workshop for their children, we're delighted to do so."

Q: How did the strategic planning process impact Project DVORA?

Michelle: We started by looking at everything *Project DVORA* offered. From there, we asked ourselves, "What is the larger goal?" In doing so, the Strategic Planning Committee created a vision for *Project DVORA* and, in fact, for the Jewish community. That vision is *to create the conditions in the entire Jewish community to support loving, safe and respectful relationships; and build the capacity in the community to respond to domestic abuse.* Our goal is to have the direct services as one layer of a multi-level approach, with Healthy Relationships being the central point of that approach.

that there's nothing inherently wrong with them, or, as most children believe, they're the cause of the abuse. Kids' Club helps moms learn how to talk with their kids about their experiences while learning positive parenting strategies. So while this program is part intervention, it also promotes Healthy Relationships between mother and child, teaching children what Healthy Relationships look like.

Q: Is Project DVORA expanding Healthy Relationships for youth?

Michelle: In the past, we'd go to a Jewish school and do a one-time,

one-hour presentation. Schools are now reaching out to us to implement more comprehensive curricula over extended periods of time. This is very gratifying. In 2006, we launched a six-week group for girls grades 7-9, using a curriculum called *Love...All That And More*. The feedback, from both the girls and their parents, was extremely positive. We now hold youth education groups for any group, formal or informal, within the Jewish community. Just ask.

Q: Is teaching about Healthy Relationships a trend in the DV community?

Michelle: We live in a great place. King County is extremely progressive when it comes to Domestic Violence services and community-wide programs that are culturally specific. There's a movement in the county towards looking at Healthy Relationships. This is very exciting for all of us as it recognizes that we can be proactive in stopping the cycle before it begins.

KIDS' CLUB PARTICIPANTS, IN THEIR OWN WORDS

"This program is outstanding. My daughter has learned so much. It has given her a safe, comfortable outlet for expressing herself."

"This program was the brightest light in the journey of leaving my abuser. I felt completely supported and believed and respected and empowered."

Please see "Fall Calendar of Events" for upcoming programs. For more information on *Project DVORA*, contact Michelle at (206) 461-3240 or contactus@jfsseattle.org

FALL CALENDAR OF EVENTS

FOR JEWISH ADULTS AGED 50+

ENDLESS OPPORTUNITIES

A free, community-wide program in collaboration with Temple De Hirsch Sinai and Herzl-Ner Tamid Conservative Congregation

Israeli Folk Dancing

September 3 (Wednesday)
10:00 – 11:30 a.m.

What are Osteoporosis & Osteoarthritis?

September 9 (Tuesday)
10:00 – 11:30 a.m.

“Mini” Lecture on Israel with UW Professor Gad Barzilai

September 16 (Tuesday)
10:00 – 11:30 a.m.

Lunch with Seattle P.I. Political Correspondent Joel Connelly

September 25 (Thursday)
11:30 a.m. – 2:00 p.m.

Contact Ellen at (206) 861-3183 or endlessops@jfsseattle.org

ON DEATH & DYING

Four-Part Series on Jewish Traditions & Practical Preparations

Mondays, 7:00 – 8:30 p.m.

#1: I Don't Know What to Say: Comforting the Dying & Bereaved
September 8

#2: Preparing for the End of Life: Documents, Laws & Finances
September 15

#3: Burials, Funerals & Cemeteries: Jewish Traditions & Practical Concerns
September 22

#4: Remembering Our Loved Ones: An Introduction to Jewish Mourning Rituals
October 6

Contact Adam at (206) 861-8784 or familylife@jfsseattle.org

Complete details about these and other upcoming JFS events and workshops can be found on our website: www.jfsseattle.org

FOR THE COMMUNITY

Healthy Relationships & Jewish Values

Two-day workshop explores the skills we need to build loving relationships and their connection to Jewish values.

September 14 & 21 (Sundays)
10:00 a.m. – Noon

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

Shaarei Tikvah: A Celebration of Rosh Hashanah for People of All Abilities

September 30 (Tuesday)
4:00 – 6:00 p.m.

Contact Adam at (206) 861-8784 or familylife@jfsseattle.org

Healthy Choices, Healthy Relationships

Eight-week class for women.
Oct. 27 – Dec. 15 (Mondays)
6:30 – 8:30 p.m.

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

Interfaith Couples Connect!

Multi-session workshop exploring the complexities of Interfaith relationships.
October 28 – December 2 (Tuesdays)
7:00 – 9:00 p.m.

Contact Adam at (206) 861-8784 or familylife@jfsseattle.org

ALTERNATIVES TO ADDICTION

AA Meetings at JFS

Tuesdays at 7:00 p.m.

Celebrate Recovery Brunch

September 7 (Sunday)
10:00 a.m. – Noon

Contact Eve M. Ruff at (206) 461-3240 or emruff@jfsseattle.org

SEATTLE ASSOCIATION FOR JEWS WITH DISABILITIES

Annual Picnic

September 7 (Sunday)
Noon – 2:00 p.m.

RSVP by September 2 to Jeanne at (206) 709-8229 or jroxby@jfsseattle.org

FOR PARENTS & FAMILIES

Meaningful Mitzvot for Our Children

For Jewish single-parent families
September 7 (Sunday)
3:00 – 6:00 p.m.

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

An Introduction to Discipline from the Heart

A workshop for gay fathers
September 14 (Sunday)
3:00 – 5:00 p.m.

Contact Adam at (206) 861-8784 or familylife@jfsseattle.org

Parenting & Teshuva: Reflecting & Moving Forward

With Rabbi Rachel Nussbaum and Marjorie Schnyder
September 18 & 25 (Thursdays)
7:00 – 9:00 p.m.

Register online through <http://www.kavanaseattle.org/events.html> or call Marjorie at (206) 861-3146.

Bringing Baby Home

Six-part workshop series for couples
October 27 – December 1 (Mondays)
6:15 – 8:30 p.m.

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

Kids' Club

Helping children who have witnessed domestic violence

Contact Project DVORA at (206) 461-3240 for confidential dates, times and location

FOR JEWISH WOMEN

Programs of Project DVORA (Domestic Violence Outreach, Response & Advocacy) are free of charge

Rosh Chodesh: A Celebration of Women & The New Moon

Sept. 14, Nov. 2 & Dec. 7 (Sundays)
6:30 – 8:30 p.m.

Confidential Support Group

Ongoing

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



MISSION

Jewish Family Service helps to ensure the survival and strength of our community by identifying needs and offering programs and services which incorporate Jewish culture, ethics and principles. We support and assist individuals and families in the tradition of helping people help themselves. In so doing, we recognize and welcome the opportunity to be responsive to the broader community.

VISION

As guided by our mission and highly respected values, Jewish Family Service will thoroughly meet the needs of our diverse Jewish community and provide significant service to our broader community.

www.jfsseattle.org

A Commitment to Community since 1892

What do you do when you're 31 with two young children and facing cancer, the loss of your left hand and, possibly, your life? If you're Seattleite Joshua Isaac, you get a camera...

my left hand

A film by Joshua Isaac

SOLD OUT

■ Monday, September 8, 7:00 p.m.
 NW Film Forum - 1515 12th Ave, Seattle
Limited number of tickets available. For information, contact Marjorie Schnyder at (206) 861-3146 or familylife@jfsseattle.org
 Co-sponsored by the NW Sarcoma Foundation and JFS

JFS Matters is published quarterly by Jewish Family Service.

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

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JEWISH FAMILY SERVICE

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