

JFS Matters

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COMMUNITY PROFILE

Emily & Aaron Alhadeff



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DARA ROSENWASSER PHOTOGRAPHY

Emily and Aaron Alhadeff make beautiful music with their son, Max.

Childhood sweethearts Emily and Aaron Alhadeff fully understand the unique value of long-term relationships — be they friendships, romance, family ties or ties to community. “When Emily and I first got together,” says Aaron, “our Jewish identity, community and giving back were all focal points in our relationship. Jewish Family Service answers all three.”

Both Emily and Aaron are from long-time Seattle families who have always been actively involved in the community. “We had wonderful role models,” comments Aaron. “When we were little, our parents gave us quarters for *tzedakah*. It was

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JEWISH FAMILY SERVICE

CEO's CORNER

Ken Weinberg

“Change has a considerable psychological impact on the human mind. To the fearful it is threatening because it means that things may get worse. To the hopeful it is encouraging because things may get better. To the confident it is inspiring because the challenge exists to make things better.” – King Whitney, Jr.

I've been reflecting on change lately, mostly because I am in the middle of so much of it! Standing at the center of Jewish Family Service's program expansions and plans for building a new facility sometimes feels like being in the eye of a tornado. Like the quote above, I often feel more than one way about change, depending on the mood I'm in. It's impossible to feel sanguine about the transition and disruption that typically accompany growth of any kind. Each decision to do something brings with it a myriad of further decisions to be made.

The non-profit process is hardly unilateral — numerous people are called upon for their expertise,

resources and time to make the vision for this Agency a reality. Each person brings a different perspective and many strongly held beliefs — immeasurably enhancing our planning and decision-making. I can't imagine our Agency being the wonderful entity that it is and will be without all this input and participation from our stakeholders. So I try to stay at the center of all the activity, and I try to stay centered.

What soothes my 'growing pains' is the sense of far-reaching excitement and anticipation that I share with this community as we all work to create the second century for Jewish Family Service. Though JFS has been around for 116 years, this current period in our history feels much more like the establishment of a brand new organization. Though we are by no means neglecting the solid base of service provision we have traditionally offered, we *are* adding to that base at what sometimes feels like breakneck speed.

This issue of *JFS Matters* features an in-depth look at the profound changes going on in our *Family Life Education* department. You'll also find some wonderfully inspirational profiles of people with whom I personally feel very proud to be associated.

Let me take this opportunity to invite you to the JFS 2008 *Community of Caring Luncheon* on May 6th. Adding to my general feeling of excitement is the idea of hearing Randy Cohen, who just seems like my kind of guy — strong opinions about right and wrong, a wicked sense of humor *and* he's a mensch who lives in New York! (We'll have a lot to talk about on the way to the hotel.) Please do join me for this event — you'll love it, and we'll love having you!

Ken Weinberg



The JFS *Emergency Services* department will be distributing \$10 grocery gift cards to 500 Jewish families and individuals, so that they can purchase the Passover items of their choice.

We welcome your donations of \$10 gift cards to grocery stores that stock Passover food and supplies. Please contact Carol Mullin at (206) 861-3176 for more information.

PROGRAM FOCUS

Family Life Education

Back in 1977, newly minted MSW and JFS employee Ken Weinberg initiated a fledgling program department called *Jewish Family Life Education*. Until just a few years ago, the department remained fairly small. But the *JFS Strategic Plan* changed all that. Today, two full-time staff are charged with expanding programming and outreach in this important area. In this two-part interview, Marjorie Schnyder, MSW, Director of *Family Life Education* (FLE), and Adam Halpern, MSW, MAJCS, Family Life Educator, talk about implementing the vision for this important and popular JFS program:

Q: What kinds of programming and outreach are you engaged in as a result of the *Strategic Plan* goals and objectives?

Margie: When we knew that we were going to grow, we looked at other *Family Life Education* programs around the country, assessing whether we could sustain the goal of serving everyone who is served by JFS in other ways, or if we should narrow our focus to one or two in-depth topics — something other cities have opted to do. **In the end, we decided to develop programming for as many of our client groups as possible.** For example, JFS has always served people with issues and concerns around aging, but we have not had much FLE programming around that. We knew that would be a big growth area. On the other end of things, we had been doing just a little bit for new parents, such as our *Mom2Mom* mentoring program, so in 2006 we added *Bringing Baby Home* classes. We knew this would continue to be an important area for us. One of the groups we



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

knew we had not been serving very consistently or comprehensively was that of Jews who are lesbian, gay, bisexual or transgender (LGBT). We wanted to see what kinds of needs this group had around family issues. Our offerings in this area have been enormously popular. The next thing we plan to do, as resources and space become available, is programming for people who are affected by serious illness, like cancer. We'll be doing a pilot project this spring on the impact felt by the children of parents who have cancer or other serious illnesses. We'll continue with other topics in this area over the course of 2008.

Adam: I think the vision to broaden, rather than narrow, the FLE program focus is really important. People are not *just* parents, or *just* children of aging parents, or *just* gay. A lot of us are all of those things; we need resources that meet all of these needs. I've seen people first come to, say, the *Lesbian Relationships* workshop and then come to another

one on parenting, then to a workshop for Interfaith couples, and to a *Death and Dying* workshop. By offering programs that cover the whole life span, we can reach people at many different points during their lives. We need to be meeting the needs of *people* rather than just *identity groups*. Another important point is that FLE looks at the same issues that other departments in the Agency do, but we do it in a way that can be more accessible. For example, someone may be starting to think about in-home care for his parents, but for now he just wants a way to learn about what's out there. Such a person is able to come to a two-hour workshop and discuss the options, even though he's not ready to make a bigger commitment. **FLE provides a way for people to find resources, information and guidance.**

Margie: People who attended the *Caring for Our Aging Parent Series*, realized they wanted more, and asked us to form an ongoing support group — a step up in the intensity of service provision. Those who need even more in-depth attention can access our clinical departments easily and smoothly — they don't have to start over with a whole new system.

...to be continued in the next JFS Matters

This spring's FLE offerings can be found on page 7; full details are posted in the Calendar section of the JFS website. Learn more about *Family Life Education* at JFS by visiting our website, or contact Margie and Adam at (206) 861-3240 or familylife@jfsseattle.org.

STAFF PROFILE

Kathy Andeway **ACCOUNTING ASSISTANT**

Many of us have thought seriously, at one time or another, of traveling to other parts of the world to help people in impoverished conditions.

Here at JFS, we're extremely proud to have a staff member who has done much more than just think about it. Under the aegis of American Jewish World Service (AJWS), our own Kathy Andeway recently joined a group from Congregation Beth Shalom for a week-long working expedition to El Salvador. Last year she traveled with a group from Temple Beth Am to the Yucatan. Says Kathy, "It was an honor for me to be part of these delegations."

AJWS coordinates these trips, matching groups of volunteers with non-government organizations (NGOs) working in the most underdeveloped countries. The focus is on sustainable agriculture, local economies, health concerns and communal infrastructure. The NGO works with the local people on creating goals for improving their situation. Kathy's group volunteered in the village of Ciudad Romero, which has been working for years with the NGO *La Coordinadora* to introduce nutrients into the soil in order to convert it for organic farming. The group made compost and picked beans that were then ground up and turned back into the soil. Kathy describes a typical day:

"We would work in the morning, as it's a pretty hot climate and a great deal of physical labor was involved. In the afternoon we might have another work session or a study group. AJWS has developed quite an extensive curriculum for exploring ideas from the Torah, the Talmud and



Kathy Andeway (far right) helps prepare dough for Shabbat challah with AJWS group members Rabbi Jill Borodin and Shelly Crocker of Congregation Beth Shalom.

contemporary writers about social justice."

Kathy explains further, "After dinner we might study some more or community members would speak about their experiences. They had some very interesting and, at times, horrific stories. They lived through the civil war in El Salvador — during which time Archbishop Romero and several nuns were murdered. Many people now living in Ciudad Romero had fled to Honduras because their homes had been burned. The Honduran government was not particularly welcoming. They suffered under terrible conditions. After some time they were given refuge in Panama. They established a village in a forested area and lived there for 16 years. Their story of exile sounded familiar to us as Jews. After the truce,

the villagers went back to El Salvador and obtained a grant to convert some of their land to sustainable agriculture."

"Our hosts were so gracious, so hospitable," Kathy recounts. "We had quite a good time getting to know them. At the end of the week they had a party for us, with a DJ from the local radio station. The station is one of the NGO projects there, along with micro-lending and agriculture. They played Latin music and we danced with the children — once they got over their shyness!"

Kathy plans to go on future AJWS trips. JFS applauds her dedication to *tikun olam* (repair of the world) at home and abroad!

DID YOU KNOW?

• Our deep appreciation goes to the following organizations and companies who participated so generously in our 2007 Fall Food Drive. Their efforts, along with those of many individuals, resulted in the donation, collection, sorting, packing and storage of over 50,000 pounds of food! What an incredible example of the community helping its own!

Acme Food Sales
BBYO
Bet Alef Meditative Synagogue
Bet Chaverim Community Synagogue of S. King County
Community High School of Jewish Studies
Congregation Beth Shalom
Congregation Eitz Or
Congregation Kol Ami
Essential Baking Company
Herzl-Ner Tamid Conservative Congregation
Hillel Foundation for Jewish Life at UW
Jewish Day School of Metropolitan Seattle
Kadima
Kavanah Cooperative
Kol Haneshamah
Madison Market
Madison Pub
Nordstrom
PCC Seward Park

Secular Jewish Circle
Summit at First Hill
Tall Grass Bakery
Temple B'nai Torah
Temple Beth Am
Temple De Hirsch Sinai
Temple De Hirsch Sinai Religion School



• Sixty clients of the *JFS Refugee & Immigrant Service Centers* participated in Refugee and Immigrant Legislative Day 2008 on February 11, highlighting the contributions of refugees and immigrants and advocating for funding to support ESL classes, job training, education and integration.

• JFS is co-sponsoring SJFF's "Praying With Lior," a film that introduces Lior Liebling, a thirteen-year-old boy with extraordinary spirituality who also has Down syndrome. Join JFS at the Seattle Jewish Film Festival

on Sunday, April 6, at 1:00 p.m. at Cinerama Theatre.



Screening of this unique and moving documentary follows the Festival's popular Bagel Brunch. For more information about the Festival, go to www.seattlejewishfilmfestival.org

• John Streimikes, JFS Assessment & Intake Specialist, has become certified as a Licensed Clinical Social Worker (LCSW).

• JFS Human Resources Manager Lydia Zamora recently obtained the qualification of Professional in Human Resources from the State Human Resources Board.

COMMUNITY PROFILE

EMILY & AARON ALHADEFF (Continued from Page 1)

the beginning of a lasting feeling, not of obligation, but of *honor* at having the opportunity to make a difference. As we grew up, we saw how our parents and others around us valued and supported Jewish Family Service."

"JFS has always been in my family," adds Emily. "We used the Agency as a family when I was younger, and then my dad was on the Board. When I was asked to follow in his footsteps and serve on the Board as well, it seemed so natural and was the biggest honor I could ever imagine."

Emily is in her third year of service on the Agency's Board of Directors. At the age of 30, and with baby Max in tow, she chaired the very successful 2007 *Community of Caring Luncheon*. (It was truly a family affair, with significant involvement from her father, Denny Warshal, and her father-in-law, Kenny Alhadeff.) Emily served on the Strategic Planning Committee for *Project DVORA*, and is a member of the *JFS Family Matters Campaign* Cabinet. The couple has also made a significant financial commitment to the *Family Matters Campaign*.

"This is a huge moment in the 116-year history of JFS," says Emily. "The *Strategic Plan* is being implemented and is making the Agency even more responsive to the needs of our community. The growth and expansion is both a challenge and an extremely exciting opportunity. JFS is primed and ready for that challenge."

The Alhadeffs, who are expecting their second child, see JFS in their family's future for decades to come. "JFS will always be a part of our lives," affirms Emily. "We'll always be involved."

PERSPECTIVE

The Neurobiology of Love



Steve Morris, MSW,
Director of Counseling Services

A news release from *The New York Times* stated that romantic love has the same effect on the brain as cocaine. Being a specialist in addiction counseling, I thought it might be interesting to pursue these similarities a bit further. That led to my developing a workshop on *The Neurobiology of Love* for the JFS Family Life Education department.

The findings thus far confirm what we already know: the emotions associated with love are inherently non-rational — the impulses of the heart and the head often *don't* match up. The portions of the brain that control the emotions of romance, attachment and attraction are separate from the cortex — the rational thinking part of the brain. They're not only separate, they're also poorly connected. No wonder we experience 'relationship paradoxes' that don't make sense to us.

A good example is that of people in a relationship in which they are being treated very poorly, perhaps even being abused. Even though they know rationally that they need to terminate the relationship and do

so, they still go through heartache after separation. One client who experienced this said, "I thought I was crazy. I felt so much shame about my reaction that I wouldn't share what I was going through with anyone." My comment to her was, "We shouldn't feel ashamed about the way the brain is wired."

Some of the findings have to do with such phenomena as 'frustration attraction,' in which someone may be ambivalent about or dissatisfied with a relationship, but will see his or her attraction level go way up if the other person initiates a break-up.

Or take lovesickness — the pain we feel when we're thwarted in love. It's much like depression, or, coincidentally, like cocaine withdrawal. One piece of advice given in this case is to make a clean break, completely severing oneself from all of the cues that rekindle the emotions of attachment.

One author is looking at why we're attracted to the same kind of person over and over. You have to be awed by how effectively and consistently we seem to select the same dysfunctional patterns from one failed relationship to another.

Another finding, from Helen Fisher's work with imaging studies, is that sexual attraction, romantic attraction and long term attachment are three separate, independent drives that can co-exist at the same time. Using functional MRI imagery, Fisher found that when people looked at pictures of their partners, completely different parts of their brain lit up on the scanners depending upon whether they were in a six-month relationship or had been in the relationship for more than two years.

Fisher hypothesizes that we are biologically wired to pair bond for about four years, the time it takes to raise a child out of infancy. If that's true, the implication is that longer term relationships are more a construct of social and cultural norms — an important function of community. We cannot expect 'infatuation' to hold us together for life — we have to work at it and we need consistent reinforcement!

Some people get restless once the romantic attachment starts to wear off. They're addicted to *falling* in love, not to *staying* in love. It is understandable — that early stage of attraction is a very intoxicating experience. However, people who are in long-term relationships often describe them as perhaps less exciting but far more rewarding.

The fact that *The Neurobiology of Love* workshop has been so well attended in the past shows just how curious so many of us are about our often perplexing experiences with intimate relationships. I'm a firm believer that understanding something helps make it easier to deal with, and I think that the research can be reassuring. It's both fascinating and helpful to give names to these complex drives and thereby normalize them.

Want to learn more?

Steve recommends *A General Theory of Love* by Thomas Lewis, Fari Amini and Richard Lannon. And don't miss the next *Neurobiology of Love* workshop on Wednesday, March 26, from 7:00 – 8:30 p.m. at JFS, 1601-16th Avenue, Seattle. More details are on the JFS website in the Calendar section, or call Adam Halpern at (206) 861-8781.

SPRING CALENDAR OF EVENTS

ENDLESS OPPORTUNITIES

A free, community-wide program of social, educational and recreational activities for Jewish adults aged 50+, offered in collaboration with Temple De Hirsch Sinai and Herzl-Ner Tamid Conservative Congregation.

For up-to-date information, contact Ellen Hendin at (206) 861-3183 or endlessopps@jfsseattle.org or visit the Calendar page of the JFS website.

FAMILY LIFE EDUCATION

Pre-registration is encouraged for all FLE events and required for some. Scholarships are available for all events where there is a fee. For more information and to register for any of the programs below, please contact Marjorie Schnyder or Adam Halpern at (206) 461-3240 or familylife@jfsseattle.org.

Mother's Circle

For mothers from other backgrounds raising Jewish children

1st & 3rd Sundays of the month;
Ongoing
3:00 – 5:00 p.m.

Bringing Baby Home

For new and expecting parents
March 4 – April 8 (Tuesdays)
6:15 – 8:30 p.m.

BBH: Next Steps for Couples

March 6 – April 3 (Thursdays)
6:15 – 7:30 p.m.

A Conversation with Parents about *The Blessing of a Skinned Knee*

March 9 (Sunday)
3:00 – 5:00 p.m.

Shaarei Tikvah: Purim Celebration for People of All Abilities

March 16 (Sunday)
3:00 – 5:00 p.m.

Caring for Our Aging Parents: When to Worry

March 19 (Wednesday)
7:00 – 9:00 p.m.

Parenting Mindfully: Truthfulness

March 23 (Sunday)
11:00 a.m. – 12:30 p.m.

The Neurobiology of Love

March 26 (Wednesday)
7:00 – 8:30 p.m.

Emotion Coaching

April 2 (Wednesday)
6:30 – 8:30 p.m.

Getting Ready for Passover

For Interfaith couples & families
April 6 (Sunday)
3:00 – 5:00 p.m.

Strengthening Lesbian Relationships

April 10 (Thursday)
7:00 – 9:00 p.m.

Parenting Mindfully: Compassion

May 4 (Sunday)
11:00 a.m. – 12:30 p.m.

Caring for Our Aging Parents: Dementia & Memory Loss

May 14 (Wednesday)
7:00 – 9:00 p.m.



PROJECT DVORA

Programs of Project DVORA (Domestic Violence Outreach, Response & Advocacy) are free of charge. For more information, please call (206) 461-3240 and ask to speak with a Project DVORA advocate.

Rosh Chodesh Group

An evening of support, connection and healing
March 9 (Sunday)

Journey Towards Freedom: A Pre-Passover Seder for Survivors of Intimate Partner Abuse

RSVP by March 31

Support Group

Ongoing
Dates, times and locations confidential

VOLUNTEER OPPORTUNITIES

To volunteer for any of the projects below, please contact Jane Deer-Hileman, Director of Volunteer Services at (206) 861-3155 or e-mail volunteer@jfsseattle.org

Collect Passover Food:

Individuals and groups needed to help in late March and early April by holding a food drive or collecting food at a grocery store.

Deliver Holiday Baskets:

Drivers needed on March 16 to bring Purim Baskets to seniors and adults with disabilities, and on April 13 to deliver Passover Baskets.

Friendly Visitors: Make weekly or twice-monthly visits to an older adult at the Summit, Kline Galland Home or in Renton.

Mentoring & ESL Tutoring:

Through home visits and outings, you'll boost confidence and promote independence for new immigrant families in Kent.

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

JFS Matters is published quarterly by Jewish Family Service. For more information call (206) 461-3240 or visit www.jfsseattle.org

Laura Stusser-McNeil, *President*
Ken Weinberg, *Chief Executive Officer*
Richard Rosenwald, *Editor*
Celia Cohen, *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

SAVE THE DATE!

Jewish Family Service
2008
Community of Caring Luncheon

Tuesday, May 6, 11:30 a.m. - 1:30 p.m.

Westin Seattle Hotel

Randy Cohen (“The Ethicist”) to Speak at JFS Luncheon



Randy Cohen explores the ethical questions of everyday life in his weekly column “The Ethicist” for *The New York Times*, and answers listeners’ ethical dilemmas on NPR’s *All Things Considered*. Cohen is the author of *The Good, The Bad & The Difference: How To Tell Right From Wrong in Everyday Situations*. His work has appeared in *Slate*, *The New Yorker*, *The Washington Post* and other publications.

Presented by:  **WaMu**

Contact Gail Pollack at (206) 861-3151 or e-mail gpollack@jfsseattle.org.



JEWISH **FAMILY** SERVICE

Jessie Danz Building
1601 16th Avenue
Seattle, WA 98122-4000

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