

# JFS Matters

Volume 118, Number 1 | Fall 2010 / 5771



## INSIDE

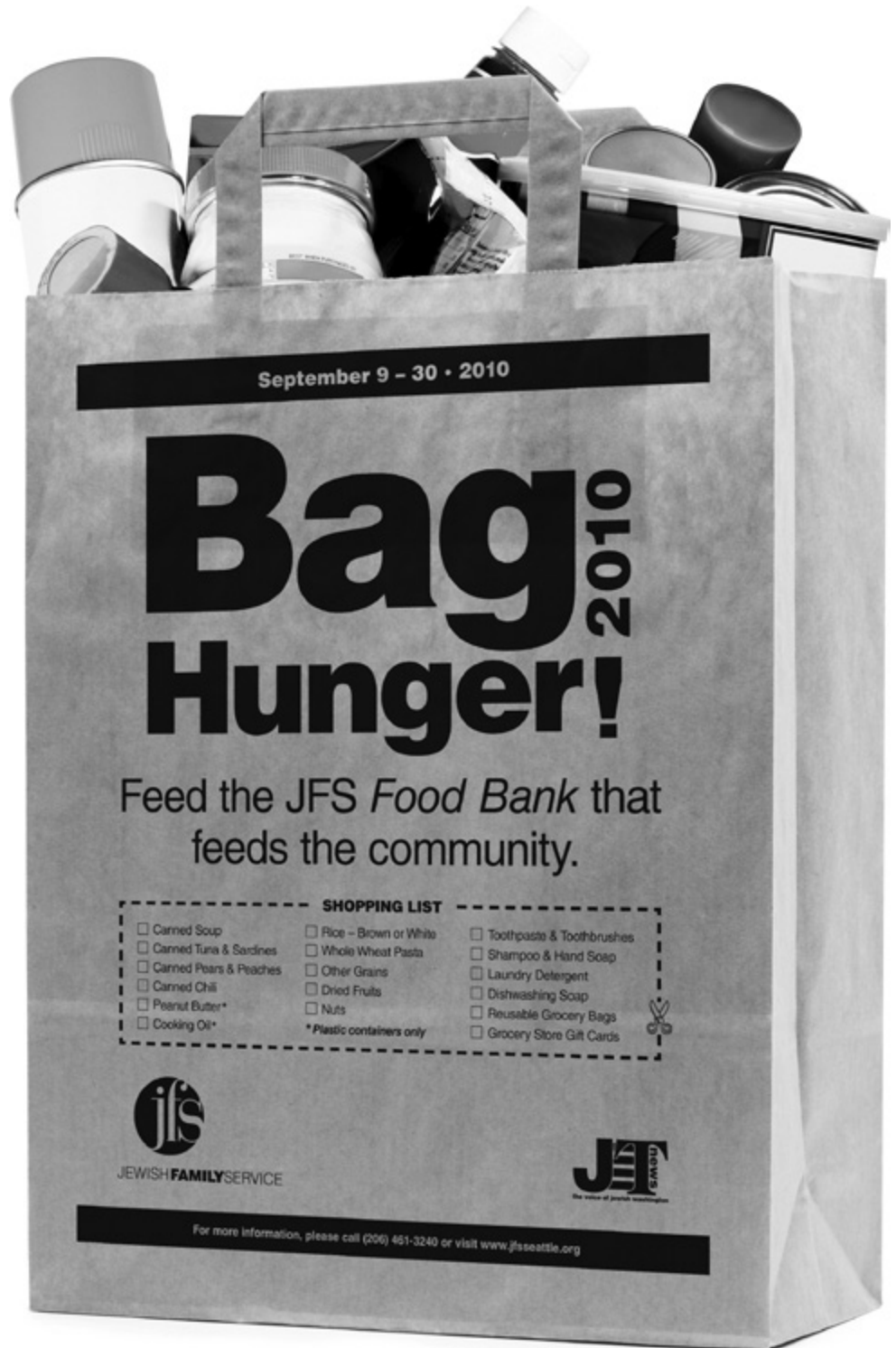
CEO Commentary..... 2  
 Community-Wide Food Drive..... 3  
 Did You Know?..... 3  
 Elder Abuse Hits Home ..... 4  
 Baby Boomer Babies are  
 Abusing Marijuana ..... 5  
 Rituals in Healing &  
 Empowerment..... 6  
 Domestic Violence  
 Awareness Month..... 6  
 Shaarei Tikvah: Gates of Hope ... 7  
 Celebrate the Harvest:  
 September 26..... 8

## SPECIAL INSERT

Calendar of Events  
 Putting the “Planned” in  
 Planned Giving



JEWISH FAMILY SERVICE





**2010 - 2011  
Board of Directors**

Dianne Loeb  
*President*

Emily Alhadeff  
*President-Elect*

Eric LeVine  
*1st Vice President*

Gerry Goldman  
*2nd Vice President*

Michele Rosen  
*2nd Vice President*

Leland Rockoff  
*Treasurer*

Gail Mautner  
*Secretary*

Laura Stusser-McNeil  
*Immediate Past  
President*

Stephanie Axelrod

Etan Basseri

Bonnie Berk

Kathy Berman

Barney J. Cohen

Will Daniels

Susan Eastern

Jeff Feinstein

JoAnn Forman

Amy Fulton

Delia Jampel

Marc Kittner

Sally McKenzie

Valerie Piha

Jon H. Rosen

Ellen Rubinfeld

Julia Schechter

Steven J. Schwartz

Judy Soferman

Remy Trupin

Gary Wenet



[www.jfsseattle.org](http://www.jfsseattle.org)

## CEO COMMENTARY

# Ken Weinberg

*What am I most passionate about in this world that seems to be spinning out of control? Without question, **social justice**.*

Social justice is one of the most important values any of us can have. I, for one, hold it very near and dear to my heart. I am motivated by it; I am driven to achieve it...on every level for every single one of us.

Truth be known, social justice is the inspiration and aspiration that has guided me over my 35 years here at Jewish Family Service. I think Marian Wright Edelman said it best, "The challenge of social justice is to evoke a sense of community that we need to make our nation a better place, just as we make it a safer place."

Better for our parents who are challenged by aging and declining health. Better for the immigrant family who is fleeing persecution, just as our relatives did not so long ago. Better for the abused wife, the addicted husband and the children who are caught somewhere in-between. Better for the family that has no roof over its head, no food on the table.

All of us are people in need with needs. Nobody is given a free pass, not one of us. What we Jews learned thousands of years ago is that **we are each responsible for the other**. This extends not only to our Jewish community, but to our greater family as well.

Social justice shouldn't be a battle, but it frequently is. It need not be a fight, but it often turns into one. We must be prepared to fight this fight, to battle until social justice is achieved.

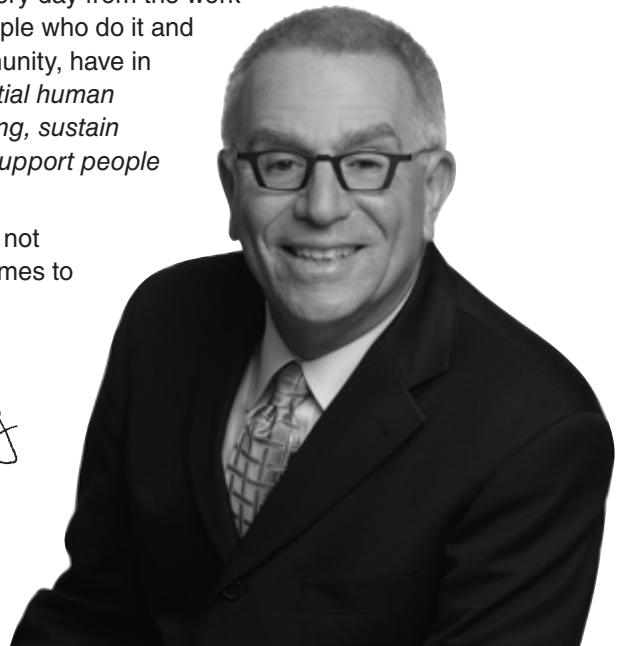
Social justice is a pledge and a promise to work together and do the very best we can. Doing the best we can is what the *JFS Family Matters Campaign* is all about. A *Campaign* that, much to my personal delight and professional satisfaction, has been so firmly embraced and supported by family, friends and neighbors as we set out to make our little corner of the world a better place — today, tomorrow and for generations to come. It's all about doing the right thing.

I draw energy each and every day from the work we do here at JFS, the people who do it and the mission we, as a community, have in common...*to deliver essential human services to alleviate suffering, sustain healthy relationships and support people in times of need.*

After 35 years at JFS, I am not prepared to rest when it comes to seeking social justice.

Sincerely,

*Ken Weinberg*  
Ken Weinberg



# SEPTEMBER 9 – 30, 2010

## Community-Wide Food Drive

BY CAROL MULLIN, DIRECTOR, JFS EMERGENCY SERVICES

**Food Drive 2010** will raise about one-fifth of the nearly 150 tons of food JFS distributes a year. It begins on Rosh Hashanah and runs through September 30. Local synagogues and many community organizations are collection sites. Donate a little; donate a lot. Either way, help us bag hunger here at home.

### JFS POLACK FOOD BANK BY THE NUMBERS

- Amount of food distributed is up 20% over 2009.
- On average, 1,500 people are served each month.
- 47% must choose between paying for food and paying for utilities – the “Heat or Eat” dilemma.
- JFS distributes, on average, over 24,000 pounds of food (12 tons) each month.
- Amount of food JFS must purchase to meet the increased demand is up 46% over 2009.
- The JFS *Polack Food Bank* serves people of all backgrounds and denominations from Downtown Seattle to the Madison Valley (zip codes 98101, 98112, 98121 and 98122) — as well as providing kosher food for those in the Jewish community who request it.
- A grant from the City of Seattle helps fund monthly Home Delivery of groceries to nearly 400 frail elderly and adults with disabilities.

### HELP BAG HUNGER

- Donate everything from “Soup to Nuts” (see grocery bag shopping list on page 1).
- Involve kids (a great community service project).
- Donate grocery store gift cards.
- Collect reusable or paper grocery bags.
- Do a Mitzvah — fill a bag or two or three or four or more.
- Organize a “Fill a Bag for the Food Bank” neighborhood collection.
- Write a check.
- Volunteer in the JFS *Polack Food Bank*.
- Challenge family, friends & neighbors to pitch in.
- Collect food donations at work, school or community events.
- For more information, call (206) 461-3240 or visit [www.jfsseattle.org](http://www.jfsseattle.org).

### FOOD DRIVE FOOD SORT

- **Advance registration required.**
- Sunday, September 19  
10 a.m. – Noon.
- Drop-off your organization’s delivery of collected food — please bring volunteers with you to unload the donation.
- Contact Jane Deer-Hileman, Director of JFS *Volunteer Services*, (206) 861-3155 or [volunteer@jfsseattle.org](mailto:volunteer@jfsseattle.org)

## DID YOU KNOW?

### CELEBRATE HEALTHY RELATIONSHIPS

- JFS *Project DVORA* now offers a variety of free workshops for youth and for adults on creating dialogue in our Jewish community to support loving, safe and respectful relationships. You provide the location, JFS provides the expertise. For information, please call (206) 461-3240 and speak with a *Project DVORA* Advocate.

### THANK YOU J.TEAM

- The Jewish Youth Philanthropy Program of the Jewish Federation of Greater Seattle is a wonderful example of what can be accomplished when young minds set out to change the world. With so many local social action options available to J.Team, we were honored and thrilled that their Jewish values of giving led them to JFS. By funding personal care kits for the homeless, J.Team members are making a critical difference in so many lives locally, one at a time.

### HOMECARE ASSOCIATES

- HCA, the state licensed home care division of JFS, provided in-home services last year that allowed 487 people to remain at home with their families, rather than being hospitalized or moving into institutional settings. (A total of 77,430 hours of service.) For a no-obligation, no-fee assessment, please call (206) 861-3193; toll-free, 1-877-860-3193.

## How to honor family & friends who have <sup>almost</sup> everything.

**Sponsor the JFS Food Bank for a Day** to honor the ones you love. Your donation of \$1,250 underwrites the cost of operations and food, allowing us to more fully serve the over 1,500 clients who shop the JFS *Polack Food Bank* each month. Both you and your loved ones receive special recognition. Call Irene at (206) 861-3150 or go to [www.jfsseattle.org](http://www.jfsseattle.org) and click on “Donations.” What could be easier!

JEWISH FAMILY SERVICE

# TALKING ABOUT IT CAN'T HURT

## Elder Abuse Hits Home

BY JANE E. RELIN, LICSW, JFS CLINICAL DIRECTOR



Jane E. Relin, LICSW  
JFS Clinical Director

When we hear the term **Elder Abuse**, most of us think of that terrible case of the man who kept his wife hostage on his boat a few years back, or nursing home residents assaulted by caregivers. Yet, the truth about elder abuse is that it is much more common today than most of us think, and it is frequently at the hands of “loved ones.” More often than not, nobody knows that it is going on, or at least nobody reports it.

Morrie and Esther, an elderly local couple, are a perfect example. Esther was diagnosed with Alzheimer’s Disease several years ago. Morrie had been taking care of her at home until a year or so ago when his health began to fail. He is now frail and unable to take care of their home and their finances.

Morrie and Esther’s only daughter lives in Los Angeles; their only local relative is their granddaughter who became their Power of Attorney. Within a short time, she moved them to an adult family home and moved into their house. She subsequently transferred the house into her name and took money for her expenses from their bank account. Nobody knew there was a problem until there

was no money left in their account to pay for their care.

Financial exploitation is, perhaps, the most common form of elder abuse. Many relatives who are “helping” the vulnerable elderly are also “helping themselves.” Often the older person does not recognize the problem or does not want to complain because he/she is dependent on this relative. Elder abuse is more widespread than most of us realize and goes far beyond financial exploitation to include:

- Physical abuse
- Emotional abuse
- Sexual abuse
- Neglect by caregivers or self-neglect

Much like domestic violence and substance abuse, elder abuse is a hidden problem in the Jewish Community. We don’t think of family members taking advantage of vulnerable and dependent elderly, so nobody bothers to look or suspect. The key to prevention is listening, being involved, educating yourself about the problem and knowing who to tell. After all, talking about elder abuse may be painful, but it surely can’t hurt.

If you suspect that an older person is being neglected or taken advantage of by family, caregivers or “friends,” you should know that confidential help is just a phone call away. Contact JFS *Ageing & Adult Programs* at (206) 861-3152 or Adult Protective Services at **1-866-ENDHARM**.

### WARNING SIGNS OF ELDER ABUSE

Just as there are many types of elder abuse, there are also a number of signs or symptoms that abuse may be taking place. While one sign does not necessarily indicate abuse, some tell-tale signs that there could be a problem include:

- Hesitation to talk openly.
- Sudden changes in financial situations.
- Items or cash missing from the senior’s household.
- Suspicious changes in wills, Power of Attorney, titles and/or policies.
- Unpaid bills or lack of medical care, although the elder has enough money to pay for them.
- Bedsores, unattended medical needs, poor hygiene and unusual weight loss are indicators of possible neglect.
- Behavior such as belittling, threats or other uses of power and control by spouses.
- The elderly person is cut off from family or friends; cannot be reached by phone or other usual methods.
- Strained or tense relationships, frequent arguments between the caregiver and elderly person.
- Unexplained signs of injury such as bruises, welts or scars, especially if they appear symmetrically on both sides of the body.

It is very important to be alert. The suffering is often in silence. If you notice changes in personality or behavior, you should start to question what is going on.

## AN ALARMING TREND

# Baby Boomer Babies are Abusing Marijuana

BY EVE M. RUFF, MS, CDP, DIRECTOR, JFS ALTERNATIVES TO ADDICTION



Marijuana is the most commonly abused illicit drug in the United States. The age of first use is getting younger and younger, now reported at just 8 – 10 years of age. For youth seeking treatment here in Washington, over 60% cite marijuana as the primary drug of abuse.

The facts are quite alarming:

- 62% of 8th graders in Seattle report having smoked marijuana in the last month (Healthy Youth Survey, WA State 2008)
- 87% of 12th graders in Seattle report having smoked marijuana in the last month (Healthy Youth Survey, WA State 2008)
- The THC content (the active ingredient in marijuana) is TEN TIMES more potent today than it was when baby boomers were smoking in high school or college (National Institute of Drug Abuse)

Research on the long-term effects of marijuana abuse indicates changes in the brain similar to those seen after long-term abuse of other major

drugs — including adverse impact on learning and memory that can last for days or weeks after the acute effects wear off.

Long-term marijuana abuse can lead to addiction. Compulsive drug seeking and abuse is known to have harmful effects upon social functioning in the family, at school and work, even recreational activities. Abusers trying to quit report irritability, sleeplessness, decreased appetite, anxiety and drug craving, all of which make it difficult to succeed. These symptoms begin in about a day following abstinence and subside within a few weeks following drug cessation. (NIDA InfoFacts)

As a Chemical Dependency Counselor, one of my greatest concerns is the perception that marijuana is a harmless drug, in spite of evidence to the contrary. Police cannot keep on top of the number of kids misusing this illegal drug. School counselors are challenged likewise. According to John P. Walters, Former Director of the White House Office of Drug Control Policy, “The public debate over marijuana has been plagued by difficulties, not the least of which is a lack of accurate information.”

If any of these warning signs hit close to home, culturally relevant confidential help is just a phone call away — either on a one-to-one basis or to speak to groups of parents. Contact Eve M. Ruff, JFS Chemical Dependency Counselor & Director, *Alternatives to Addiction*, (206) 861-8782 or e-mail [emruff@jfsseattle.org](mailto:emruff@jfsseattle.org).

### EVE M. RUFF TO ADDRESS NATIONAL CONFERENCE ON ADDICTIVE DISORDERS IN WASHINGTON, D.C.

Eve has been invited to present *Alternatives to Addiction: Gaining Access to a Faith Community* this month at the prestigious national gathering of addiction counselors, treatment centers, physicians and other members of the treatment community.

“There is a longstanding misconception that Jews are less affected by substance abuse and addiction than the greater population,” Eve explained. “In fact, the Jewish community is affected by the problem as much as any other group; however the ability of practitioners to gain access to those struggling with addiction or in recovery presents unique challenges, of which denial tops the list.”

Based on her accomplishments with the JFS *Alternatives to Addiction* Program, Eve will advocate for practitioners to continue their all-out efforts in gaining greater access to members of our community so that the following can be provided:

- Confidential, research-based counseling
- Assistance with accessing appropriate spiritual, social and/or medical services
- Culturally relevant support for Jews in recovery
- Outreach and education for synagogues, schools and the unaffiliated
- Community-wide advocacy to reduce the stigma

# PROJECT DVORA UPDATE

## Rituals in Healing & Empowerment

BY MICHELLE LIFTON, MS, DIRECTOR, JFS PROJECT DVORA

These events are for survivors of intimate partner abuse. They are held at confidential locations, and designed to create an environment in which participants can move from the oppression of the abuse towards a place of personal empowerment and liberation. No prior knowledge about Jewish practice or learning is needed. All events are free of charge.

### WORKSHOP 1:

#### Tashlich Ritual

September 15, 2010 • 6:30 – 8:30 p.m.

The Jewish New Year is a time of reflection in which we think about how, over the past year, we got off track from our intentions, behaved in ways we may not have wanted to and/or wronged others. For those who have experienced abuse from an intimate partner, this can be a confusing time, as survivors try to take responsibility for their individual actions while refusing to take responsibility for the abusive acts of their partners or former partners. Join us for *Tashlich*, a powerful ritual in which we try to reconcile this dilemma, “casting off” the things we need to leave behind and entering the New Year with clear and renewed intentions. *Facilitated by Danica Bornstein, MSW, LICSW.* RSVP by September 13, 2010.

### WORKSHOP 2:

#### Body Grounding Workshop: Balancing The Physical with The Spiritual

January 16, 2011 • 2:00 – 4:00 p.m.

The Jewish holiday of Tu B'Shevat is known as the birthday of the trees. It is a day when we take note of the budding growth lying dormant in the winter soil and celebrate spring's impending arrival. Join us for this empowering workshop during which we will experience tools to help us grow like the trees: strong, rooted, reaching towards higher spiritual and emotional self-knowledge. We will learn simple ways of developing our keen connection to the earth and

hence to ourselves. *Facilitated by Eve Ruff, MS, CDP.* RSVP by January 12, 2011.

### WORKSHOP 3:

#### Rejoicing in Resistance: Honoring Queens Vashti and Esther

March 13, 2011 • 2:00 – 4:00 p.m.

Purim is the most festive of Jewish holidays, commemorating the Jewish people's victory over a plot to destroy them. It is also a holiday in which two brave and strong women, Vashti and Esther, appear in our texts. Through discussion, art and ritual, we honor the women of the Purim story and their acts of survival and resistance — as well as our own. *Facilitated by Danica Bornstein, MSW, LICSW.* RSVP by March 9, 2011.

### WORKSHOP 4:

#### The Mosaic of Wisdom: A Writing Workshop

June 5, 2011 • 2:00 – 4:00 p.m.

Shavuot commemorates receiving the Torah at Mount Sinai. The Torah represents one source of our collective wisdom, our stories and our truths as Jews. Our own personal journeys represent another source. Join us in this supportive writing workshop as we explore the connections between our experiences and our understanding of truth and wisdom — as Jews, as women, as survivors. No prior writing experience needed. *Facilitated by Karen Rosenberg, Ph.D.* RSVP by June 1, 2011.

For more information or to RSVP, please contact *Project DVORA*, (206) 461-3240 or e-mail [contactus@jfsseattle.org](mailto:contactus@jfsseattle.org).

### OCTOBER IS NATIONAL DOMESTIC VIOLENCE AWARENESS MONTH

Last year, President Obama proclaimed:

“Domestic violence touches the lives of Americans of all ages, leaving a devastating impact on women, men, and children of every background and circumstance. A family's home becomes a place of fear, hopelessness, and desperation when a woman is battered by her partner, a child witnesses the abuse of a loved one, or a senior is victimized by family members. Since the 1994 passage of the landmark Violence Against Women Act, championed by then Senator Joe Biden, our Nation has strengthened its response to this crime and increased services for victims. Still, far too many women and families in this country and around the world are affected by domestic violence. During National Domestic Violence Awareness Month, we recommit ourselves to ending violence within our homes, our communities, and our country.”

*While Project DVORA is committed to ending domestic violence in our Jewish community, our vision reaches much further “to create the conditions in the Jewish community to support loving, safe and respectful relationships.”*

**WE INVITE YOU TO JOIN US IN THIS VISION.**

## GATES OF HOPE

# Shaarei Tikvah Summer Shabbat

BY MARJORIE SCHNYDER, LICSW, DIRECTOR, JFS FAMILY LIFE EDUCATION

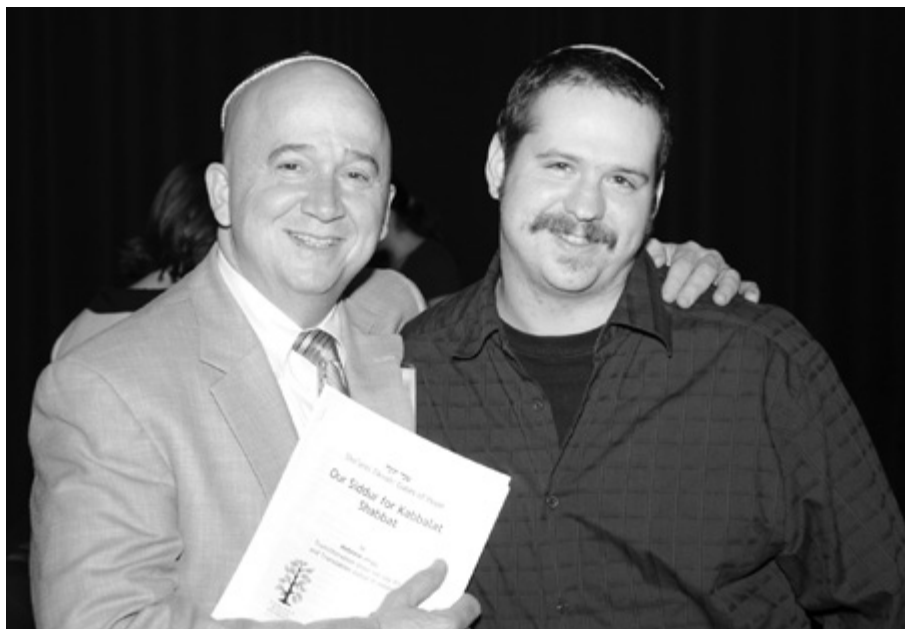
*Shaarei Tikvah: Gates of Hope holiday services are inclusive, accessible, community-wide and suitable for all ages. They grew out of a need for services and celebrations which are meaningful for individuals with cognitive disabilities, as well as their families and friends.*

On Friday, July 23, over 80 community members came together for the first-ever *Shaarei Tikvah* Summer Shabbat Experience for People of All Abilities. The generous support of The Kenneth and Marleen Alhadeff Charitable Foundation allowed us to hold this mid-summer experience, including a wonderful catered Shabbat meal.

With Herzl-Ner Tamid Conservative Congregation as a co-sponsor, Rabbi Jay Rosenbaum joined in leading the service. Cantorial soloist Emily Katcher designed beautiful Shabbat *siddurim*, prayer books, for our guests with special needs. Everyone had a wonderful time, leaving filled with the spirit of Shabbat. In the words of one guest, "This is great. We should do it again next year."

We're pleased to add this new and very meaningful Shabbat experience to our on-going *Shaarei Tikvah* celebrations (typically held for Rosh Hashanah, Chanukah and Purim). Guests ranged in age from six-months to great-grandparents; individuals with developmental disabilities, mental illness, hearing impairments and other physical or cognitive challenges were joined by family and community members at this special Shabbat.

Since our first service in 2004, *Shaarei Tikvah* has evolved into an integrated, welcoming community



*Cantor David Serkin-Poole, with the Emily Katcher designed Shabbat prayer book in hand, and his son Eugene enjoyed the special Shaarei Tikvah Summer Shabbat Experience for People of All Abilities, made possible with the support of The Kenneth and Marleen Alhadeff Charitable Foundation.*

that prays and celebrates together. In addition to the much valued leadership of Cantor David Serkin-Poole of Temple B'nai Torah, special guests have included Emily Katcher, ASL interpreter Beth Schoenberg, *ba'al Tekiah* (shofar blower) Jon Lellelid and the Congregation Beth Shalom *Not Ready for High Holidays* Purim Players. *Shaarei Tikvah* is jointly co-sponsored by the *Family Life Education* Program of JFS, the *Seattle Association for Jews with Disabilities* and Temple B'nai Torah.

The Chanukah *Shaarei Tikvah* Holiday Service for People of All Abilities will be on Sunday, December 5, from 3 – 5:00 p.m. at Temple B'nai Torah in Bellevue. Please join Rabbi James Mirel and Cantor David Serkin-Poole at this special service, which is free and open to anyone and everyone in the community. Advance registration is greatly appreciated; contact Emily Harris-Shears, (206) 861-8784 or e-mail [familylife@jfsseattle.org](mailto:familylife@jfsseattle.org).



JEWISH FAMILY SERVICE

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

NON-PROFIT ORG.  
U.S. POSTAGE  
**PAID**  
SEATTLE, WA  
PERMIT NO. 88

Remember to recycle this newsletter

Jewish Family Service

*Celebrate  
the Harvest*

Sunday, September 26, 2010  
11:00 a.m. – 12:30 p.m.  
1601 16th Avenue • Seattle 98122

- 118 years of service to our community
- Ceremonial groundbreaking for the new building
- Fran Hasson, JFS Volunteer of the Year
- Ken Weinberg's 35 years of service to JFS

For more information, contact Gail Pollack at  
(206) 861-3151 or [gpollack@jfsseattle.org](mailto:gpollack@jfsseattle.org)

*After 118 years, we have much to celebrate!*

**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 quarterly by Jewish Family Service.

For more information, please call (206) 461-3240 or visit [www.jfsseattle.org](http://www.jfsseattle.org)

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

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](http://www.jfsseattle.org)  
A Commitment to Community since 1892

