

JFS Matters

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JFS CLIENTS WILL BE PINCHED

The State of the State's Economy

The continued impact of the *Great Recession* on Washington's fiscal fortunes and the difficult decisions our elected leaders must make will severely impact the state's ability to provide public systems that serve our family, friends and neighbors. There most certainly will be a domino effect — those who are barely getting by will no longer be able to do so; those who are already in crisis will need more and more assistance just to keep their heads above water.

Yes, the midnight oil is being burned in Olympia. Long days are turning into long weeks. The debate over where to cut and proposals on how to fill the budget gap seem never ending, for the short term and upcoming biennium. While there is no way to predict the ultimate depth and breadth of the cuts, the impact on individuals and families in need — the people JFS helps every day — will be great.

As of early February, here are but a few examples of what is on the table:

- **Disability Lifeline Grants (formerly GA-U):** Reductions in the state's only resource for people who can't work because of a temporary disability are making it even harder for these extremely vulnerable people. The new Disability Lifeline grant of \$266 a month is not enough for most recipients to pay for housing and avoid homelessness. *(Please see client story on page 6.)*
- **Temporary Assistance for Needy Families (TANF):** A 15% reduction in the TANF grant has made it harder for refugees coming to America, resettled in Washington and helped by the JFS *Refugee & Immigrant Service Centers (RISC)* to afford even a basic studio apartment in suburban King County.

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SPECIAL INSERT

Calendar of Events



JEWISH FAMILY SERVICE



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PRESIDENT'S PERSPECTIVE

Preparing for Spring.

Most of us think of nature being dormant in these winter months; however, experience teaches us that a great deal is going on behind the scenes to prepare for increased activity later in the year.

I have found this to be true at Jewish Family Service as well. It's just the nature of how things work.

So many milestones have been reached, rather quietly, in the past few months, in order to prepare the ground — literally — for the signs of construction that you see around the Jessie Danz Building today. Staff and Board have worked tirelessly to prepare the Agency for the future, and our building activity is only one sign of that endeavor. With the help of our strong and proactive community, all of us at JFS are looking forward to continuing our 119-year pledge to serve with care and dignity, and to anticipate needs far into the future. Our commitment **of** and **to** community has never been stronger nor busier than it is right now.

The persistent stress from the ongoing economic dilemma, coupled with severe cutbacks in government funding and assistance, is impacting community members in ways our generation has never experienced. These are truly tough times for our clients who continue to seek and receive assistance from JFS. As the challenges mount, new clients will come to us as well. But because we are part of a *Community that Cares* — as our upcoming Luncheon is appropriately named — I know that we'll be working together to deliver the very best services to those in need. With your help, JFS is able to meet the promise of our mission: *to deliver essential human services to alleviate suffering, sustain healthy relationships and support people in times of need.*

I am honored to have been President of the JFS Board of Directors for the past two years. As my tenure winds down, I look forward, with great anticipation, to continuing to serve JFS and our community members who turn to the Agency for assistance.

I'm confident that in the next few months, as well as for many years to come, the groundwork we're doing now will bear fruit for this and for generations to come.

Regards,

Dianne Loeb
Board President



JFS CLIENTS WILL BE PINCHED

The State of the State's Economy

(Continued from Page 1)

- **Limited English Proficiency:**
Should it be eliminated, refugees assisted by JFS could lose access to employment counseling and job placement services.
- **State Food Assistance Program:**
Proposed reductions could mean more hungry people will turn to the JFS Polack Food Bank.
- **Basic Health Plan & Disability Lifeline Medical Program:**
Eliminating both could make it harder for community members to receive the health care they need, especially preventive care, to avoid a dire medical crisis. When simple medical problems spiral out of control, sick people turn to emergency rooms for their primary care. It's a no-win situation.
- **Working Connections Childcare:**
A tight job market and slow recovery make this program more important and vital than ever. Without it, working moms could be left with no good options and have to pay for childcare so they can continue to work.

The projected shortfall in tax collections over the next two years is approaching a record \$5 billion (yes billion, not million). Every service not secured by law is open to scrutiny, debate, being cut or eliminated.

Compounding the challenge is the fact that since late 2008, the state has already made a series of massive cuts; everything from severely reducing K-12 education, decreasing access to higher education and decimating major parts of our health care infrastructure. The options for an all-cuts approach are limited to a small portion of the budget — including human services.

Let your elected officials know now what's on your mind. Do it today before the current Legislative session abandons its commitment to our refugees, our homeless, those who don't have enough to eat, our children without basic health care, the list goes on and on.

After all, family matters...*always has, always will.*

Speak Up, Speak Out

- **Legislative Hotline:**
1-800-562-6000
- **Governor Christine Gregoire**
E-mail: <http://www.governor.wa.gov/contact/default.asp>
(360) 786-7604
- **Senator Lisa Brown**
Senate Majority Leader
E-mail: lisa.brown@leg.wa.gov
- **Senator Mike Hewitt**
Senate Republican Leader
E-mail: mike.hewitt@leg.wa.gov
- **Senator Ed Murray**
Chair, Senate Ways & Means Committee
E-mail: edward.murray@leg.wa.gov
- **Senator Joe Zarelli**
Senate Ways & Means Committee
E-mail: joseph.zarelli@leg.wa.gov
- **Representative Frank Chopp**
Speaker of the House
E-mail: frank.chopp@leg.wa.gov
- **Representative Pat Sullivan**
House Majority Leader
E-mail: pat.sullivan@leg.wa.gov
- **Representative Richard DeBolt**
House Republican Leader
E-mail: richard.debolt@leg.wa.gov
- **Representative Ross Hunter**
Chair, House Ways & Means Committee
E-mail: ross.hunter@leg.wa.gov
- **Representative Gary Alexander**
House Ways & Means Committee
E-mail: gary.alexander@leg.wa.gov

DID YOU KNOW?

RESPECT + EDUCATION = EMPOWERMENT

■ Tu B'shvat is the Jewish holiday to take note of the budding growth lying dormant in the winter soil, and celebrate spring's impending arrival. In concert with this theme, *Project DVORA* held a Body Grounding Workshop for survivors of intimate partner abuse on January 16. Eleven women participated in this overwhelmingly successful workshop. The metaphor of trees was summoned, as participants learned of tools to help them stay strong, rooted and reaching towards higher spiritual and emotional self-knowledge. One participant remarked, "It brought me back to the center of peace and healing."

JFS ON-LINE SCREENING FOR DEPRESSION SURGES IN POPULARITY

■ This free on-line screening tool for mood and anxiety disorders is available to all community members and is taken anonymously. After completing the self-assessment, participants receive immediate feedback and referral information on local treatment resources. During the last six months of 2010, 287 community members completed the screening, compared to just 23 for the same period in 2009. Visit <http://www.mentalhealthscreening.org/JEWISHFAM>

FINDING A BIG PAL ON FACEBOOK

■ Within a few hours after posting a specific ask for *Big Pals* to mentor JFS *Little Pals*, we received a call from someone who saw the post, wanted to volunteer and has now been matched. If you have the time and desire to become an adult role model to a Jewish child, contact Jane Deer-Hileman, Director of *Volunteer Services*, (206) 861-3155 or e-mail volunteer@jfsseattle.org

As Baby Boomers Age...



Jane M. Relin, MSW, LICSW
JFS Clinical Director

DEAR JANE,

"I recently celebrated (if you can call it that) my 60th birthday. That event has given me cause to look at my mortality and what I think about getting older. If I live as long as my parents, I still have a third of my life in front of me. But I wonder if it will actually be living? My parents complain about not feeling well, which concerns me; but even more so, I worry because they are so unhappy. Is there anything I can do that will make me a happier 90 year old? If not, I am not sure I want to live that long." – Aging Fast

DEAR AGING,

The conditions that qualify for a "good old age" are up for discussion. Good health, certainly. And I agree with you that health is not enough. We want to *enjoy* good health and *celebrate* life.

So how do we survive the decreased strength and multiple losses of aging in a way that preserves a love for life? I suggest that the keys are 1) **planning** and 2) **practice**.

We can **plan** to live healthier lives than our parents. We know more now about nutrition and the value of exercise. All those things we're advised that we "should do" really can make a difference if we can get

ourselves to do them. The same can be said for learning about and taking charge of your medical care. Being an active partner with your primary care physician will help you to focus on health rather than illness.

Staying engaged in life means finding interest in the world around us. Be curious about other people and new ideas. Take time to help others (even volunteer at JFS); it takes our minds off ourselves. Plan to learn something new every day. In the "internet age" we can explore the world, even if we are homebound.

We may plan for our retirement years (without earned income) if we take time to realistically examine what we have accumulated and what that will provide (or maybe not provide). If need be, can you change your lifestyle and expectations before life forces the changes?

Our feelings are greatly affected by our expectations. Can you make peace with the difference between your youthful dreams and the life you have lived? Can you take pride in who you have become and what you have accomplished? We can choose to forgive and forget. The key to a "good old age" may be having the flexibility to roll with what comes our way.

For most of us, flexibility takes **practice**. Practice yoga or meditation. Practice helping others. Practice gratitude and forgiveness. Practice letting go. Practice faith.

The Jewish tradition says that aging is the Sabbath of the soul. For those who are philosophically or spiritually inclined, old age may be seen as humankind's highest point of development. As Rabbi Abraham Joshua Heschel wrote about the Sabbath, "there is a realm of time where the goal is not to have but to

be, not to own but to share, not to subdue but to be in accord."

You have questions, Jane has solutions. Jane M. Relin, MSW, JFS Clinical Director, assists us, as we age, adapt to changes in our 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.

Accept misfortune as a blessing. Do not wish for perfect health or a life without problems. What would you talk about?"

NEW WRINKLES ON HOW TO ENJOY "GOOD OLD AGE"

Here are some helpful videos, articles and publications that are helpful primers for enjoying "good old age."

- **Exercise & Physical Activity**
<http://www.nia.nih.gov/HealthInformation/Publications/ExerciseGuide/>
- **Taking Charge of Your Own Health Care**
<http://www.ahrq.gov/questionsaretheanswer/>
- **Affording Retirement**
http://www.usatoday.com/money/perfi/retirement/2008-08-15-mentors-how-much-to-retire_N.htm
- **Affordable Retirement**
<http://money.usnews.com/money/retirement/articles/2009/04/06/8-tips-for-an-affordable-retirement-abroad>
- **Saging – Not Aging**
<http://www.context.org/ICLIB/IC37/Shalomi.htm>

STARTING IN LATE FEBRUARY, 2011

Yield to JFS Construction

Very, Very Limited Parking

Now that construction will be underway in creating an expanded JFS campus, our ability to provide free parking on-site will be severely restricted. For the duration (anticipated to be until early 2012), the very limited free Visitor parking we have in the upper lot on 16th will be available on a first come/first served basis. Lot access will be through a security gate, just as we have had in the past.



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

Proceed With Caution

Everyone visiting Jewish Family Service during this period of growth and transition...volunteers, visitors, clients, Board members, staff, family and friends...is encouraged to arrive a few minutes early to park in one of the nearby pay lots at:

- 15th Avenue, between E. Pine & E. Pike
- 14th Avenue, between E. Pine & E. Pike
- E. Madison, between 14th & 15th Avenues
- 14th Avenue at E. Madison
- 13th Avenue, between E. Madison & E. Pike
- 13th Avenue, between E. Pine & E. Olive



Helpful Tips

- Carpool when possible
- JFS is served by Metro buses #10, 11, 12 & 43
- The entrance to JFS will be moved south on 16th towards the corner of E. Pine
- If you are in need of assistance either loading or unloading, please call ahead, (206) 461-3240



A limited number of JFS counseling clients will be seen at the **Hearing, Speech & Deafness Center: 1625 19th Avenue.** (Some on-street parking is available.) Enter on the ground floor on 19th Avenue, then take the elevator up to the first floor.

We apologize for any inconvenience. Your patience and cooperation are greatly appreciated.

THE BEST OF 2010...

The People Have Spoken.

The *JTNews* just released the results of its readers survey "The Best of Jewish Washington 2010." All of us at JFS are honored and humbled by the community's recognition and kind comments. Specifically, as published in the January 28th *JTNews*:

BEST LOCAL JEWISH ORGANIZATION

Jewish Family Service, with its deep programming options, counseling, food bank, and so many other services resonates across all parts of the community, and once again takes the prize.

BEST JEWISH WEB SITE

It makes sense that the Best Jewish Organization would also have the Best Jewish Web Site, and that JFSSeattle.org would be our winner. Check it out...

BEST PLACE TO VOLUNTEER

JFS is the pick for volunteering, not just because of all the organization's good work, but because it offers a volunteer so many different ways to help.

BEST LOCAL FOOD BANK

And speaking of the JFS food bank, it pops up again! Thankfully, Seattle has a great deal of organizations helping feed the hungry...

BEST COUNSELING SERVICES

And the winner here, once again, is JFS. Their counseling services were the clear favorite among voters.

BEST VOCATIONAL/ TRAINING SERVICES

JFS takes it again, but not all the way. Seattle Community Colleges rounds out the tie for first place.

A JFS CLIENT SPEAKS OUT

Cutting the Disability Lifeline Would Be Tragic

"My name is [REDACTED].* I got myself in a bad way and had to pay my debt to society.

I took care of the substance abuse situation in prison; with the chemical dependency classes they offered, relapse prevention classes, too. And then the Right Living Program... but from what I gather, they don't have it any more due to funding. That's rough.

When I was coming out of prison, I didn't know what I was going to do. I was worried — so I got with some people where I was incarcerated. They told me about applying for benefits. So I did that; filled out the information — applied for both the Disability Lifeline and food stamps. When I came home, I went straight

"I got a letter the other day. No more dental, no more vision, no more foot doctor."

to the DSHS Capitol Hill office on Cherry Street. They had everything, so I immediately got approved. The lady told me I'd get \$339 in cash, \$200 in food stamps...which was great.

I'm now clean, over two years clean and sober...no cigarettes, no drinking, no nothing...just eating; it's better that way, healthier too.

The \$339 from the Disability Lifeline is not a lot of money. (*Editor's note:*

WHAT IS THE DISABILITY LIFELINE?

Disability Lifeline (*formerly General Assistance Unemployable or GA-U*) is a Washington state-funded program that provides cash and medical benefits for persons who are physically or mentally disabled and cannot work for 90 days from the date of application.

It's now been cut to \$266 per month.) If you pay your rent and your rent is over \$300 you don't have anything. You can't manage that way.

I got a letter the other day. No more dental, no more vision, no more foot doctor. I didn't have the money to take care of my bills.

It got to the point where I had to start selling my food stamps. And that was bad because then I couldn't eat. That's when I first came to the JFS Food Bank — you gave me food.

That was a great thing, that was a blessing.

Last month I was in a bad way. I couldn't pay my rent...and I was \$100 behind on the month before. I didn't know where to go, I said, 'man, what are you going to do? I'm going to be put out, I'm going to be on the street.'

I went to my mental health appointment and they told me to see JFS. And I did that. It was intervention, through God to me.

"But what about the people who don't have anything, what about the people who aren't able to work?"

It was wonderful to get help from the JFS Food Bank. Lauren (JFS Emergency Services Case Manager) said to get all the food that I needed — we'll help you with your rent, we'll do what we can. I had to go through the process — yes, JFS did help.

I'm not able to really work. I have a mental condition. But if I hadn't had the Disability Lifeline, I would've had to do something — even if it's just yard cutting — you know, going around and knocking on doors and asking people if I could cut their grass.

Things are getting a little better now with the SSI. It's not a lot either, but it beats \$266. Still not out of the woods..."

**The client's name has been redacted to protect confidentiality*

SEE YOU AT THE
MOVIES!
MARCH 12 - 20



SEATTLE JEWISH
FILM
FESTIVAL®

BAGGING HUNGER HERE AT HOME

An Inside Look at the JFS Polack Food Bank

- This past August, for the first time ever, the number of clients served in a single month by the JFS Food Bank surpassed 2,000 — a 35% increase from August of '09.
- Seniors in our community continue to be the largest population served by the JFS Food Bank — over 50% are 55 years of age or older.
- This past October, the JFS Food Bank distributed a monthly record 31,193 pounds of food — a 47.6% increase from October of '09.
- 47% of our Food Bank clients must choose between paying for food and paying for utilities — the “Heat or Eat” dilemma.
- Thanks in part to generous funding by the City of Seattle, JFS staff and volunteers now deliver groceries to more than 400 Food Bank clients, many of whom are frail and isolated and have nowhere else to turn.
- With funding from the Boeing Employees, JFS has a new Sprinter van (with two extra feet of height and wall shelves) that makes picking-up and delivering groceries a piece of cake. What a wonderful

and most appreciated addition to our Food Bank Program.

- Food Bank clients are always in need of toiletries and personal hygiene items. Toothbrushes, toothpaste, shampoo, conditioner and hand soap are in big demand, yet our supplies are running short. If you have any to donate, even samples or items you've picked-up while traveling, please drop them off at your earliest convenience.
- **Sponsor the JFS Food Bank for a Day!** Here's an increasingly popular way to honor the ones you love...and support the JFS Food Bank at the same time. Your donation of \$1,250 helps underwrite the cost of operations and food, allowing us to more fully serve the over 1,500 clients who shop the JFS Food Bank each month. Both you and your loved one(s) receive special recognition. Call Irene at (206) 861-3150 or go to www.jfsseattle.org and click on “Donations.” What could be more fulfilling during these times of extraordinary need!

NEXT KOSHER FOOD BANK DAY IS APRIL 6!

The response to our initial event in January was so positive (18 families received over 600 pounds of food), that we have scheduled a special pre-Passover Kosher Food Bank Day from 5 – 6:30 p.m. on Wednesday, April 6th — overseen on-site by Shaul from Seattle's Va'ad Harabanim. **Advance registration required** to Jana Prothman, (206) 861-3174 or jprothman@jfsseattle.org.

We're All in This Together.

In December, the community members teamed with the Capitol Hill Chamber of Commerce for **Mitzvah Month** — “Do A Good Deed” outreach opportunity to collect food and donations for the JFS Polack Food Bank — **Capitol Hill's “Neighborhood Food Bank”** that assists anyone living in zip codes 98101, 98112, 98121 and 98122, regardless of denomination.



THANK YOU!

- Bachtel Property Management, Inc.
- Broadway Video
- Capitol Hill Chamber of Commerce (CHCC)
- Dick's Drive-In
- Dubois Apartments/ Catherine Hillenbrand
- Eltana
- Flowers on 15th
- Julia's
- Arni Litt
- Madison Market
- Michele & Stan Rosen
- The Polyclinic
- Poppy Restaurant
- Russell Jones Real Estate (Broadway Office)
- Seattle Academy
- Seattle Central Community College
- Seattle Police Department – East Precinct
- Umpqua Bank

For ways that your business can become involved in feeding the JFS Polack Food Bank that feeds the community, please contact Gail Pollack, Director of Annual Giving, (206) 861-3151 or e-mail gpollack@jfsseattle.org.





JEWISH FAMILY SERVICE

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Remember to recycle this newsletter

Please Save the Date

JEWISH FAMILY SERVICE

Community of Caring Luncheon

Monday, May 9, 2011

Westin Seattle Hotel • 11:30 a.m. – 1:30 p.m.

Chair: Donna Benaroya

To become a Table Captain or for information, please contact Gail Pollack: (206) 861-3151 or gpollack@jfsseattle.org

Register on-line at www.jfsseattle.org

KEYNOTE SPEAKER: ERIC LIU
Noted author, educator and civic entrepreneur, Eric is former speechwriter and deputy domestic policy advisor for President Clinton.

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*

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www.jfsseattle.org

A Commitment to Community since 1892

