

JFSMatters

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SPECIAL INSERT

Tributes

POLACK FOOD BANK

What's Cooking?

Once a month, the distinctive, delicious smell of home cooking wafts through Jewish Family Service. When you follow your nose, it takes you straight to the Polack Food Bank — which has been transformed into a demonstration kitchen. Ten men and women, most of them in their 50s and 60s, are watching as fresh vegetables are peeled and sliced, herbs are chopped and a pot gently simmers on a burner.

As with any cooking class, they are here to learn techniques, collect tips and expand their repertoire of recipes. But this group of Central District and Capitol Hill neighbors has also gathered to share a community meal and enjoy the companionship of friends they've made by cooking together at JFS.

“These people have been cooking for so many more years than I have. There’s so much knowledge in the classroom. I’m really grateful they allow me to work with them and are so respectful of what I have to offer.”

– Brian Sindel, Food Bank Specialist

The cooking class core group of eight has been coming together for more than two years. Their teacher for most of this time has been Brian Sindel, Food Bank Specialist. A Southern-California native, Sindel came to JFS after spending two years as an AmeriCorps volunteer with Solid Ground, another Puget Sound non-profit. Sindel taught nutrition in public schools that had at least 70 percent of students receiving free or reduced-cost lunches.

The intersection of the food system, nutrition, health and social justice is Sindel’s passion. Teaching the JFS cooking class is one way he puts his values into action, helping older adults find ways to create healthier, budget-friendly meals.

“The meals are vegetarian and accessible,” Sindel said. “We choose recipes that have readily available ingredients and don’t require specialty equipment.” Since some participants have limited kitchen facilities, meals in the demonstration kitchen are made with only a hot plate, microwave and toaster.

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EXECUTIVE NOTE

The Common Threads

BY RABBI WILL BERKOVITZ, CEO



Will Berkovitz

As we approach the fall holidays, I want to talk with you about what I consider to be the North Star of our service to vulnerable individuals and families. The JFS staff has worked hard to define goals shared by the different people who turn to us. How do the needs of a domestic violence survivor, resettled refugee or family on the verge of eviction intersect?

We found well-being, health and stability are the common threads of human necessity — no matter the challenges being faced. So our guiding principle is to help vulnerable people measurably improve their lives in these three areas.

“A human being is like a letter of the alphabet:
to produce a word, it must combine with another.”

— Benjamin Mandelstamm

There are many widely agreed upon measures for mental and physical health. Likewise, housing and financial stability have accessible metrics. But well-being can be more challenging to quantify. I would describe it as the qualitative feeling one has about their own state of existence in the world. It's personal, even elusive. And there are so many ways it can be compromised.

The demands of caring for an aging loved one may cause a family member to lose connections with friends or outside activities. The refugee who arrives alone may feel lost without hearing his first language spoken. The senior who must find work to supplement a retirement income may feel there is no peer to empathize with her predicament.

With these varied circumstances, what's the common denominator that can make a difference? It's the sense of connection to others. Relationships are the critical element, not only in a healthy community but also in our personal feelings of well-being. And since research shows loneliness also negatively impacts health outcomes, reducing isolation and helping people build community is an increasing focus across all our services.

Our history and values align with modern research. Again and again, the tradition reminds us we are obligated to connect with people during their most vulnerable moments, because no one should have to stand alone. We are commanded to help the orphan, the widow and the stranger find their footing and establish their place in the community.

The obligations begin with short-term, even transactional, instructions about food and clothing; but they don't end there. The tradition wants us to stay involved, so those moments of most profound isolation and vulnerability do not become the intractable and defining qualities of a life.

WHAT'S COOKING? (Continued from page 1)

A common objection Sindel hears from people about vegetarian meals is not feeling full. So his emphasis is on veggie-rich options that are bolstered by good proteins, like beans and tofu. "The desire to break the cycle of meat at the center of the plate is both a health and a budget choice," Sindel explained.

Heartiness and flavor come from layering a variety of spices. "One class we did a spice exploration. We set up a blind sniff test and the group did so well identifying each spice," he said. When the group cooks, they learn about complementary flavors and pairing spices with other ingredients.

There is undeniable benefit in helping people develop skills to support their health and to work

within extremely limited budgets. But Sindel is most passionate when he gets to talking about the dynamic of this tight-knit group.

"These are single adults who don't necessarily have a lot of other social outlets," Sindel explained. "The class is a great community space. People make and share a meal — everyone looks forward to being together."

And that sense of community extends beyond the classroom. Participants support each other with ideas about re-purposing leftovers and finding neighborhood market specials and sales.

Sindel relishes this part of his job for reasons that go beyond what's *on* the table, reasons that get to what happens *around* the table. "The meal breaks down the client/service

SPICE IT UP!

Spices are a building block for healthy eating, but they can be pricey. When you shop for this year's Food Drive, consider picking up spices in non-glass containers. Wondering what to buy?

Ground Black Pepper is the most requested spice in the Food Bank.

Garlic Powder always comes in handy to help build flavor.

provider dynamic, and we have conversation," he reflected. "I've learned about people's childhoods, the stories of their lives and how they came to where they are. It's a great, great moment."

GOOD AND CHEAP

- Coconut Curry With Tofu
- Vegetable Jambalaya and Cornmeal Crusted Veggies
- Spicy Green Beans and Bubble & Squeak

These are just some of the recipes from the class cookbook, "Good and Cheap: Eat Well on \$4/Day." In addition to a copy of the book, every participant leaves with a bag of groceries filled with ingredients needed to make the meal at home.

"These are single adults who don't necessarily have a lot of other social outlets. The class is a great community space. People make and share a meal — everyone looks forward to being together." — Brian Sindel



Brian Sindel

PROJECT DVORA

Overcoming the Isolation of Domestic Violence

Cynthia Gamel is an Advocate with Project DVORA. We asked her to help us understand the ways in which an abuser may use isolation as a tactic to control their intimate partner.



Cynthia Gamel

WHAT ARE SOME OF THE WAYS AN ABUSER MAY ISOLATE THEIR PARTNER?

There are different tactics, but it all comes down to confining the inputs and interactions that the survivor has. It's not uncommon for an abuser to limit what their partner reads, listens to or watches on TV. An abuser can isolate their partner by creating obstacles to spending time with family or friends. The abuser may also tell their partner that family or friends are negative influences. Sometimes the abuser uses jealousy to justify the isolation or demands their partner choose between the abuser and the

Domestic violence is...
“a pattern of abusive behavior in any relationship that is used by one partner to gain or maintain power and control over another intimate partner.”

The United States Department of Justice

partner's family. Another tactic is for the abuser to move their partner to a new city — or even a new country — to physically separate them from outside support networks.

HOW DO PEOPLE WHO HAVE BEEN ISOLATED DESCRIBE THEIR EXPERIENCES?

The words we hear frequently are: lonely, depressing, scared, unsure, hopeless. The hopelessness often stems from feeling that change is

not possible. At the same time that the survivor may describe their experience to us this way, they may also take a defensive posture with family and friends, justifying the abuser's behaviors.

HOW DO YOU BEGIN TO ADDRESS THAT SENSE OF ISOLATION?

We tend to educate our clients about isolation using a tool called the Power and Control Wheel. This is a recognized resource that helps survivors and others understand that abuse is a pattern of controlling behaviors — and that isolation is one of those.

We also provide support during the time that I like to describe as restoration — restoring those relationships that were lost or damaged. I've had many clients hesitate to reach out to family and friends because they fear others won't understand what they've been through or that their support people will judge them. When the survivor is away from the abuser, and as this

(Continued on page 5)

Intimidate Manipulate
Terrorize Hurt Blame Injure
Domestic violence is characterized by behaviors that...
Frighten Isolate Coerce Wound
Humiliate Threaten



Sukkot Domestic Violence Awareness

October 16 – 25, 2016

During Sukkot, we invite you to join together with local synagogues, temples and Project DVORA to raise awareness about domestic violence. Throughout the holiday, rabbinic and community leaders will:

- Share words about what the Jewish perspective is on domestic violence.
- Enhance your awareness of community and textual resources.
- Share how Jewish Family Service and Project DVORA can offer support to individuals and families in our community.

We hope you will join us as we stand together against violence.

Contact Project DVORA at (206) 861-3159.

JFS Family Volunteering

2016-2017

Rosh Hashanah Basket Making & Delivery
Sunday, September 25, 2016

Food Sort
Sunday, October 23, 2016

Families Fight Hunger
Sunday, November 13, 2016

Chanukah Basket Making & Delivery
Sunday, December 18, 2016

Families Fight Hunger
Sunday, January 29, 2017

Purim Basket Making & Delivery
Sunday, March 5, 2017

Passover Basket Making & Delivery
Sunday, April 9, 2017

Families Fight Hunger: Shavuot Learning & Serving
Sunday, May 21, 2017

Learn more or register for events by contacting Jane Deer-Hileman, jdeer@jfsseattle.org or (206) 861-3155. Check out more volunteer opportunities! Visit jfsseattle.org/volunteer.

OVERCOMING THE ISOLATION OF DOMESTIC VIOLENCE *(Continued from page 4)*

17.9% of women have experienced a situation where an intimate partner tried to keep them from seeing family and friends.

National Coalition Against Domestic Violence

period of restoration develops, we encourage survivors to reach out and reestablish their connections.

WHAT ROLE DO PROJECT DVORA GROUPS PLAY IN YOUR WORK WITH SURVIVORS?

The groups we offer provide a sense of community for survivors. Groups help remove the isolation, and they give survivors an opportunity to share with others who have gone through similar circumstances.

LEARN MORE

- National Coalition Against Domestic Violence
ncadv.org
- The United States Department of Justice
justice.gov/ovw/domestic-violence

If you or someone you know is being abused, contact Project DVORA, (206) 861-3159.

SAJD SUPPORTED LIVING PROGRAM

You Don't Have to Advocate Alone

59-year-old Rich lived a pretty typical life in Seattle. He worked as an office clerk for nearly three decades, lived in a small condo on First Hill and drove himself around the city. His sister Linda and her family lived close by in Bellevue, and Rich visited them weekly for family dinners. Very few people would have recognized that Rich was also managing depression, anxiety and a mild intellectual disability.

“I’ve benefitted personally from JFS so much, and I have so much gratitude. I hope that sharing our story will help others find their way.” – Linda

But when his heart stopped on the sidewalk outside his condo 10 years ago, Rich’s life was quickly turned upside down. His defibrillator sent a charge and re-started his heart, but the experience left everyone shaken. He was also no longer able to drive, and his lack of independence began to take a toll on his day-to-day activities and responsibilities. Medical complications followed, and Linda realized she would need additional help caring for her brother. Linda came to JFS in January of 2013, looking for a way to address the “what ifs” of his future.

Together, Linda and Rich met with Rachael Kwong, Director of the SAJD Supported Living Program. The SAJD SLP provides skilled, compassionate, supported living services for people with developmental disabilities,

persistent mental illness and brain injuries. After an in-home assessment, the family and staff collaborated to create a care plan that included medical backups in case Linda was out of town, budgeting, meal planning and building community.

“I realized that I needed to step in and become his advocate, but I couldn’t do it alone,” Linda said. “This is truly a partnership with JFS, and it takes a huge burden off of my shoulders. I know Rich has a backup plan if I’m not available. All we have to do is pick up the phone and call.”

Even with family nearby, everyone agreed that it would be beneficial for Rich to have additional social connections. Rich utilizes one-on-one friendly outings through JFS. His activities are customized to his interests and have included trips to local museums, plays and free events around town. This service provides opportunities to socialize and have companionship in a way that meets his needs.

Rich works with a JFS Instruction & Support Specialist on menu planning and food shopping. Portion control and creating menus have been recent topics of exploration. A case



Rich and Linda

manager helps him with his weekly allowance and, when needed, provides counseling.

“People often don’t realize the comprehensive benefits we offer,” Kwong said. “When we’re talking with a client or family, we are sure to ask about the whole scope of their lives. That way we can connect them to the full range of services that might assist them.”

This partnership between the family and JFS has been instrumental in helping Rich maintain the highest quality of life possible. His independence and sense of purpose are intact, as he still lives in his condo and continues to work at his longtime job. His sister and family remain central fixtures in his life. And Linda has the support she needs to continue to be the caring sibling she has always been to her brother.

Need help? Contact Us!
Stephanie Goldfarb, Intake & Assessment Specialist
goldfarb@jfsseattle.org or (206) 461-3240

CALENDAR OF EVENTS

For complete details about these and other upcoming events, visit jfsseattle.org/calendar.

FOR THE COMMUNITY

Sha'arei Tikvah Rosh Hashanah Service

Monday, October 3

Contact familylife@jfsseattle.org or
(206) 461-3240.

Kosher Food Bank

Wednesdays, October 5, November 2 and December 7

Contact Esther Magasis,
emagasis@jfsseattle.org or
(206) 861-3174.

NAMI Support Group

(National Alliance on Mental Illness)

Thursday, October 6

Wednesdays, November 9 and December 7

Contact familylife@jfsseattle.org
or (206) 461-3240.

Sukkot Domestic Violence Awareness

October 16 – 25

Contact Project DVORA, (206) 861-3159.

Food Drive Food Sort

Sunday, October 23

Contact Jane Deer-Hileman,
jdeer@jfsseattle.org or (206) 861-3155.

Project DVORA Self-Care Group

November – December

Contact Project DVORA, (206) 861-3159.

Families Fight Hunger

Sunday, November 13

Contact Jane Deer-Hileman,
jdeer@jfsseattle.org or (206) 861-3155.

Chanukah Basket Making and Delivery

Sunday, December 18

Contact Jane Deer-Hileman,
jdeer@jfsseattle.org or (206) 861-3155.

Sha'arei Tikvah Chanukah Celebration

Sunday, December 18

Contact familylife@jfsseattle.org or
(206) 461-3240.

SAVE THE DATE

Community of Caring Luncheon

MONDAY, APRIL 3, 2017

Sheraton Seattle Hotel

Chairs: Kathy Berman and Jan Silverberg



Endless Opportunities Has a New Administrative Home!

We are excited to announce that Temple De Hirsch Sinai (TDHS) is the new administrative home for Endless Opportunities. Both JFS and Temple B'nai Torah will continue as sponsoring partners of this program for active seniors.

During the past decade, hundreds of people have participated in EO, and we have been honored to see the program grow into the vital community it has become today. We are grateful to our partners at TDHS and TBT — and to the inspired and inspiring leaders of the EO Advisory Committee.

To learn more, visit: jfsseattle.org/services/aging-in-place/activities-aging-adults/

New Endless Opportunities Contact Information

Rabbi Kate Speizer

Temple De Hirsch Sinai

rsvpEO@tdhs-nw.org • (206) 693-3046



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JFS Community-Wide Food Drive

Oct. 2 – 23, 2016

WHAT TO BUY
Canned Goods • Grains & Pastas
Proteins (tuna & peanut butter)
Toiletries

Give2

(206) 461-3240 • jfsseattle.org • #JFSsort

MISSION

JFS helps vulnerable individuals and families in the Puget Sound region achieve well-being, health and stability.

APPROACH

Jewish history and values guide our work; therefore, we provide effective services to people of all backgrounds and also have a responsibility to meet the particular needs of Jewish individuals and families in the region.

Michele Rosen, Board President
Rabbi Will Berkovitz, Chief Executive Officer
Deborah Frockt, Editor & Writer
Leslie Sugiura, Writer
Rachel Seymour, Photographer

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.

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