



Family Matters

A Newsletter for the JFS Family - Fall 2018

How sweet it is!

With the theme, "JFS is Sweet on Our Volunteers," JFS recently honored its volunteers at an appreciation luncheon at Ohef Sholom Temple in Norfolk. Marilyn Buxbaum and Dr. Alan Bartel provided musical entertainment.

Over the past year, JFS volunteers provided over 7000 hours of services, including delivering meals to the homebound, shopping for those in need of food, assisting with food distribution, visiting the lonely and offering them friendship, and providing transportation to those who are no longer able to drive.

Jody Laibstain, JFS volunteer coordinator, says, "Our volunteers also knit beautiful items that provide gifts to those who wouldn't receive presents during the holidays and they spend hours creating exquisite quilts our clients will treasure forever. Our volunteers make celebrations more special by helping make beautiful centerpieces for our Baskets of Hope program. They also take the holidays to the homebound by making and delivering holiday goody bags."

Several JFS volunteers assist in JFS' New American program by making life in this country easier for those who are no longer in their homeland. They assist with a variety of projects in the Personal Affairs Management (PAM) office by providing services that assist individuals in managing their lives. Lastly, other volunteers direct families through the education system to help their children get the services they need.

Jody says, "Making a difference means so many things to so many people. By giving their time to JFS, our volunteers make a very big difference to both our clients and our staff. We thank each of them."

Mayer named Volunteer of the Year

Each year JFS awards the Max Japha award to honor their outstanding volunteer commitment to JFS. This year's recipient is **Bernie Mayer**, who began his volunteer work with JFS in 1993 as a friendly visitor for a young man with Parkinson's disease.



Bernie Mayer, 2018 Max Japha Volunteer of the Year, with his wife, Debbie Mayer



Leading by example



Rabbi Sender Haber and his wife Chamie first moved to Norfolk in 2001 to pursue adult Jewish education. They immersed themselves in the community, with Chamie teaching at Hebrew Academy of Tidewater and later, Toras Chaim. Rabbi Haber became one of the original four members of the Norfolk Area Kollel, where he was involved in community-wide programming, teaching, and outreach. Rabbi Haber began leading B'Nai Israel Congregation in 2012.



We want to help JFS

Chamie says, "As part of the Orthodox Jewish community, it's important for us to do as much as we can to lead by example." For this reason, Chamie eagerly jumped at the offer to join JFS' board of directors in 2016.

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Greetings from Kelly Burroughs

JFS Chief Executive Officer

In my first message in *Family Matters*, I would like to introduce myself. I recently moved to Virginia Beach from Tucson, Arizona where I was the Vice President of Clinical Services for Jewish Family and Children’s Services of Southern Arizona. Tucson and Virginia Beach are very similar in size – but that is about where the similarities end! The Sonoran Desert and the Atlantic coast couldn’t be more different geographically. But what I have also found in common is the compassion, dedication, and caring of a very welcoming Jewish community.

I look forward to getting to know the community better, and to guiding the agency as we continue to offer a full array of programs to support people in need. As we continue to provide these high quality services, we will also look at expanding our clinical focus, especially for children and families who are struggling with emotional or behavioral challenges.

I thank everyone for the warm reception and kind offers of help. I especially thank our wonderful staff, community partners, board members, donors and volunteers for doing whatever it takes to support our goal of promoting the dignity, strength, and empowerment for the most vulnerable among us. As you'll read in this newsletter, you are all a part of the story of JFS that helps create this sense of community, and I look forward to what the future holds for JFS!

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Bernie became a regular companion for this man for many years. Jody says, “This volunteer position was a ‘marriage made in heaven’ for Bernie and the client’s family. Bernie did not just develop a friendship with our client but he also became a ‘member’ of their family, participating in many of their life events. What an ideal situation when the volunteer gets as much joy and fulfillment from their volunteer works as does the client.”

Currently Bernie assists with events for our clients with developmental disabilities (DD) and is paired with one of these clients to take him to movies and shopping excursions, or to run errands.

After retiring four years ago, Bernie began to deliver kosher Meals on Wheels every Thursday. Jody says, “Not only is Bernie extremely reliable and always willing to deliver extra meals when JFS is short-handed, but he has become an important part of all of his meal recipients’ day. They know he is a wonderful listener and he always has time to offer them some encouraging words.” For many of these people, Bernie may be the only human contact they have during their sometimes long and difficult day. His clients’ families know about their family members’ Meals on Wheels friend and have reached out to Bernie even after the loss of their loved one.

As much as Bernie does for JFS, he also shares his time with many other non-profits in the area. He helps twice a week at For Kids with homework assistance for children who have experienced homelessness; reads, leads discussions, plays music and facilitates sing-alongs at Prime Plus, an adult day program; and reads once a week to children at the Willard Model School and with the Bear program at Granby Elementary. Bernie spends his free time visiting music festivals with his wife Debbie and playing in a rock and roll trio. •

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*Hebrew Ladies Charity Trustee

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"I told my husband if I was going to be on any board in the community, I would want it to be JFS," she says. "The longer I serve on the board, the more impressed I am, just because of the *chesed* (helping other people) JFS does, and I find it very beautiful. So much of what JFS does is not public but I'm always very moved when I hear how JFS serves the community. I want to help JFS as much as possible."

Supporting Life & Legacy™

Chamie and Rabbi Haber have committed to participate in the Harold Grinspoon Foundation's LIFE & LEGACY™ program, which promotes after-lifetime giving. Their pledge will be shared by JFS and another local organization. "We feel it's important to give as much as we can now and as much as we can when we go. It's not how much you give but THAT you give," says Chamie.

The couple has five children: Minna, 15; Moshe, 12; Ely, 10; Akiva, 6; and Chava, 2. •

Delivering a taste of the holidays to Jewish residents



Every year during the Jewish holidays, JFS reaches out to Jewish residents in non-Jewish nursing facilities and senior communities to bring a taste of the holidays to them. This ensures that residents receive a special treat during select Jewish holidays.

This fall, JFS staff and volunteers delivered gifts of challah, apples and honey, and a Jewish calendar to 110 Jewish residents and Home Health clients for the High Holidays. One gentleman who recently moved to the area from New York expressed his surprise and appreciation of the "southern hospitality."

JFS also gave grocery gift cards to over 150 local Jewish families in financial need so they could have a festive meal.

These holiday outreach programs are made possible through the Pincus-Paul Charitable Trust, which is held at the United Jewish Foundation of Tidewater, and through the generosity of private donors. •

RACHEL HERZ

Why You Eat What You Eat
The Science Behind Our Relationship with Food

THURSDAY, JANUARY 10, 12:00 PM

Reba and Sam Sandler Family Campus
5000 Corporate Woods Drive, Virginia Beach

\$12 Lunch/\$30 Lunch & Book
Bundled registration for lunch and a signed book closes January 3.



In *Why You Eat What You Eat*, acclaimed neuroscientist Rachel Herz examines the sensory, psychological, neuroscientific, and physiological factors that influence eating habits. Herz weaves curious findings and compelling facts into a narrative that tackles important questions revealing how food alters the relationship we have with ourselves and each other.

DISCUSSION WITH PANELISTS:

- Tom Purcell, Membership and Wellness Director, Simon Family JCC's JFit
- Sandra Porter Leon, MS, RDN, Tidewater Community College, Professor

In partnership with the Simon Family JCC's JFit and Jewish Family Service of Tidewater



For more information or to RSVP visit
JewishVA.org/book-fest



Thank you to those who have committed to leaving a legacy to help ensure that JFS will be able to serve the entire Tidewater community for generations to come.

To learn more, contact Kelly Burroughs, CEO
kburroughs@jfschamptonroads.org
757-321-2222

From generation to generation, our serv



Program provides life-changing assistance

JFS Personal Affairs Management (PAM) case manager Lloyd Clements first met sixty-year-old Jerry, a profoundly deaf man, after Jerry had a stroke and became paralyzed. Jerry had been placed in a local nursing home where his frustration at not being able to communicate or to understand his caregivers led to aggressive behavior.

JFS was able to identify one nursing home for the deaf in the Boston area and worked with Virginia and Massachusetts Medicaid to move Jerry there. PAM case managers make periodic visits to clients in other states, and during a recent visit, Lloyd was dismayed to find Jerry in a wheelchair that did not meet his needs. Unfortunately, the cost of a comfortable new chair was more than Jerry could afford, and Medicaid wouldn't cover the cost. JFS reached out to Adler Therapy Group, a therapy company in Virginia Beach, which helped locate a donated chair for Jerry. JFS shipped the chair to Jerry in Boston, along with an iPad so Jerry can use video messaging to his family and others.

Lloyd says, "This will be life-changing for Jerry. He can now communicate with his family. We appreciate the help of everyone who made this possible for Jerry so he can live more comfortably." •

"Our world has been turned

After having several health issues, Gretchen lost her driver's license, and her husband, Ray, was diagnosed with heart disease. After a long drive, 73-year-old Gretchen was diagnosed with a heart condition. She came to JFS for counseling. After several sessions, she learned skills to help her find activities she can do that bring her joy. At a recent counseling session, Gretchen said, "I felt like our world had turned upside down," said Gretchen.

The JFS counselor offered her support through regular counseling appointments during this stressful time. Her counselor even offered to come home, if needed, since Gretchen could not bring her to the JFS office. The counselor assisted the couple by supplying financial information, as finances are very tight for them.

Gretchen continues to visit JFS for counseling sessions and is very grateful for all the support she has received. "I don't know what Ray and I would do without Gretchen." •

Services are deeds of loving kindness for all.



ed upside down”

issues and losing her ability to experience ongoing depression, counseling and, over the course help lessen her depression and bring her some joy.

Gretchen told her counselor that with colon cancer and will need ion. She was understandably our whole world had been turned

support and suggested more for both her and Ray during the agreed to do counseling in their can't drive and Ray may not be for appointments. JFS also food and transportation services,

or weekly individual counseling the help she and Ray have and I would do without JFS," says

Helping seniors live comfortably in their homes

As they age, most seniors want to be able to stay in their homes as long as they possibly can, as it brings comfort and a sense of safety. Eighty-five-year-old Berta is no different. Berta lives alone and has no local family to look after her. Her sight is failing and she has lost the ability to move around safely.

Fortunately for Berta, JFS Home Health Care has been able to assist her so she can continue to live safely at home. Berta receives around-the-clock care from several certified nursing assistants (CNAs) who help her with routine activities such as bathing and cooking, as well as take her shopping and to doctors' appointments. Additionally, every week a Licensed Practical Nurse (LPN) visits Berta to help her with her medications. The LPN was also able to advocate on Berta's behalf with her long-term care insurance company. After Berta was diagnosed with several debilitating conditions, her doctor ordered physical therapy and skilled nursing care through JFS Home Health Care. The growing diagnoses became emotionally overwhelming for Berta, so she receives counseling through JFS as well.

Berta says, "The people from JFS have helped me find a sense of peace as life has become more physically and emotionally difficult for me. The CNAs have become like family to me, and I'm so thankful for their care."



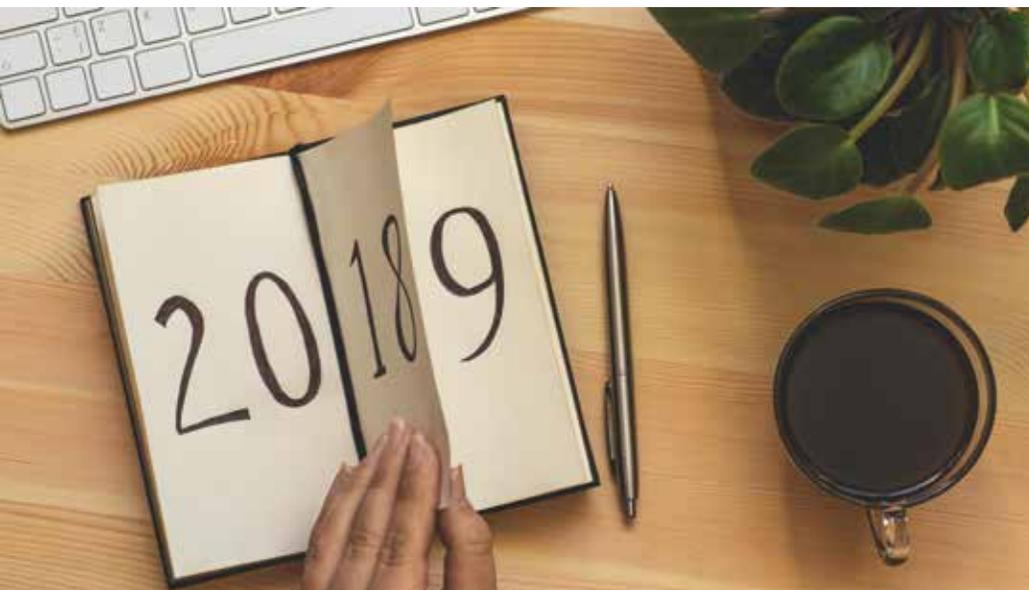
Thanks to support from the Hebrew Ladies Charity Society, JFS has helped 36 local Jewish families in need of immediate financial assistance since January 2018. JFS disbursed over \$10,000 to help with overdue power bills, car payments, rent, and medical bills, along with needed car repairs.

Helping families in need

One of the families helped was Linda's, a single parent whose employer had to cut her work hours. As a result, all of her monthly expenses piled up. She was very embarrassed to ask for help, but didn't have anywhere else to turn. The JFS case manager spent time helping Linda create a budget and set new goals for expenses and income. Hebrew Ladies Charity Society's funds were used to help with her power bill which had gone into "disconnect" status due to non-payment. She told JFS staff that she and her children would be living without lights, heat, and other power needs had JFS not helped her. Linda was very grateful.

On behalf of Linda and the clients we serve, thank you! •

Together we make a difference!



Thank You!

Thank you to all who helped JFS with their time, talents, and/or donations in 2018. Without your support, we would not be able to fulfill our mission of healing the world (*tikkun olam*) with loving kindness (*chesed*) through just and charitable deeds (*tzedakah*) for all. We are looking forward to an even more successful year in 2019.

Remember, there's still time to make a year-end tax-deductible donation by December 31.

Donate online at www.jfshamptonroads.org/donate.

TOPS is the tops!

Members of weight loss group TOPS, which stands for Take Off Pounds Sensibly, recently held their area-wide meeting at the Simon Family JCC. As part of their meeting, members brought non-perishable food items to donate to JFS' food pantries. It was the largest single donation of food JFS has seen to date.

Jody Laibstain, volunteer coordinator, says, "The timing for this food donation was great, as our fall food donations have been down because of inclement weather and other circumstances. And we've already given away a good portion of the food we received from this donation, so we'll definitely need more."

During the holidays and approaching winter months, JFS expects to see increased needs from community residents. "Hunger is year-round and we always need food donations," says Jody. •

To learn more about donating to JFS' food pantries, call 757-459-4640.

JFS is proud of our partnership with Altmeyer Funeral Homes and is so appreciative of all they do for JFS, including taking our Personal Affairs Management (PAM) clients out to dinner during the holidays.



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**TUESDAY
NOV
27**

#GIVINGTUESDAY™



For many of our neighbors here in Hampton Roads, this empty bowl represents the struggles they face each day: hunger, financial difficulties, and worries about what tomorrow may bring.

That's why JFS is asking for your help on #GivingTuesday, the opening day of the *giving season*. Every dollar we raise will support services like our Food Pantries and our kosher Meals on Wheels program.*

With your help, we can ease the burden of others in our community. Every act of generosity counts, and each means even more when we give together. Thank you!

**Money raised will go where the need is greatest.*

www.jfshamptonroads.org/giving-tuesday