



Family Matters

A Newsletter for the JFS Family - Spring 2019

JFS Celebrates



15 Years of Healthy Living

JFS ' 15th Annual Run, Roll or Stroll takes place Sunday, May 5 at 24th Street Park at the Virginia Beach Boardwalk. That means it's time to lace up those sneakers and get moving, whether you prefer running or walking! There's an event for people of all ages and all levels - including an 8K run, a 5K run, and a 5K walk at 8:00 AM, and a 1 Mile Run/Walk at 9:15 AM, which is the biggest event of the morning.



Sue Graves, JFS race director, says, "The JFS Run, Roll or Stroll is a highly anticipated event in our community. People look forward to it every year and always have a great time. You don't have to be a seasoned runner to participate - people of all activity levels enjoy the events of the morning. If you're not interested in running or walking, come out just to cheer on the participants."

It's important to warm up before exercising, so instructors from the Simon Family JCC will lead everyone in a Zumba warmup in 24th Street Park before each race. Kids of all ages can enjoy face painting and balloon art by Ryan the Balloon Guy. Radio station The New 101.3 2WD will entertain attendees with lively music to get the adrenaline flowing. As always, there will also be snacks and beverages, and an awards ceremony after the last race to recognize the top placers in each race, plus the top teams.

Leigh Casson, a volunteer with Gift of Life Marrow Registry, will be on-site with information about joining the stem cell/bone marrow registry. JFS nurses will also perform blood pressure checks.

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L'dor V'dor:

From generation to generation...

Dr. Marcia Samuels and her husband David Kamer both learned at young ages the importance of not just giving to but also serving in the community.

Marcia's parents, Stanley and Linda Samuels, emphasized to their three daughters, Suzanne, Karen, and Marcia, how



blessed they were and how important it is to give back with both time and talent. During the girls' younger years, Stanley served as president of the JFS board, as chairman of the UJFT' Community Relations Council (CRC), and as president of Congregation Beth El. Linda was the president of the JCC when Marcia was a teen. Marcia was inspired by her family's tradition of serving the community.

David's inspiration, however, came a little differently, as his family received help from the Hebrew Immigrant Aid Society (HIAS) when they immigrated to the U.S. from Cuba in 1961. He saw firsthand the good work HIAS did resettling his family.

Marcia followed in her father's footsteps when she served as JFS board president from 2012-2014. "The agency's mission to help people in underserved populations in our community is very important to both of us," says Marcia.

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Greetings from Kelly Burroughs

JFS Chief Executive Officer

As we “Spring Into Healthy Living,” I am so grateful for the generosity of our community. Thank you to all of our sponsors of this year’s events! This is JFS’ only major fundraiser, so your support is crucial in helping us meet our goals. There is still time! Get together a team of walkers or runners, and meet us out at 24th Street Park on Sunday, May 5. I look forward to seeing you all there and seeing who wins the prizes for the biggest teams and best running times.

Planning for this year’s event is definitely a lesson in humility. I am so humbled by the generosity of our sponsors and donors, but also by the people who are participating as panel members for “Organ Donation: the Gift of Life.” We are honored to have Dr. Janet S. Wright, acting Director of Policy and Science from the U.S. Office of the Surgeon General, as our keynote speaker. Also, and very importantly, we have a panel of people who will share their own personal stories with us about what it means to be a recipient of a donated organ – and family members who shared the gift of life after the loss of a loved one. Their stories are moving and we hope they will inspire more people to make the “Gift of Life” through consideration of becoming a donor.

I am immensely proud of our committees who have helped to kick off this year’s events, and to our donors and volunteers who makes this possible. I look forward to seeing you at both events!

Kelly

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On Friday, May 3, participants may pick up their race bibs, race t-shirt, and swag bag at the Simon Family JCC between 8:00 AM and 4:00 PM. Registrations will also be accepted at Packet Pickup and on-site at the race starting at 6:45 AM.

To register for the JFS Run, Roll or Stroll, visit www.jfsrunrollorstroll.org.

Organ Donation: The Gift of Life - Thursday, May 16



JFS is hosting an event on May 16 that just might save a life. The program, focused on organ and tissue donation, will be held Thursday, May 16 at 7:00 PM at the Zeiders American Dream Theater, 4509 Commerce Street in Virginia Beach Town Center. The program is presented as part of JFS’ 2019 Spring Into Healthy Living health awareness commitment.

The event’s goal is to provide clear information and perspective on the organ donation process and inspire a decision to make the gift of life.

The keynote speaker will be Janet S. Wright, MD FACC, Director of Science and Policy, (Acting) from the Office of the U.S. Surgeon General. Dr. Wright joined the Surgeon General’s team in March 2019 as Director of Science and Policy.

There also will be a panel of experts – including organ donor families, an organ recipient, a transplant specialist, and a member of the clergy – who will discuss the importance of organ and tissue donation in order to increase awareness of life-giving choices as well as the ethical issues involved. Kathryn Barrett, former WVEC medical editor, will moderate the panel discussion.

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Grant-funded program aims for inclusion in children's programming

JFS recently received a grant to work in collaboration with Simon Family JCC to develop a fully inclusive after-school program. This grant supports the initial development and implementation of inclusive programming for children with special needs within the Simon Family JCC's Kids Connection program. Kids Connection is a before and after-school enrichment program that provides a safe, fun, and educational experience for children Pre-K through sixth grade. This new grant program strives to provide opportunity for students of all abilities to participate in this after-school program. Thanks to the grant, the additional support/enrichment is currently provided at no additional cost for families.

The inclusive programming is an expansion of the Yachad summer camp program which has been a part of the JCC for over 22 years. Each summer, Yachad supports an average of 25 children who experience a variety of developmental, physical and/or emotional needs. Within the Yachad program, specially trained staff, referred to as "shadows," are at the camp to provide support and accommodations to campers, facilitate friendships, and encourage participation.

Program originated with summer camp

When JFS initially worked in collaboration with the JCC to develop the Yachad summer camp program, its success could not have been predicted. JFS' Michelle Fenley, LCSW, who has been instrumental in the development of both programs, shared, "The Yachad program has not only grown and continued to exist, it has provided a fun and nurturing camp experience to so many children in the Tidewater area. It has been a hope of mine for many years that our community could expand and broaden the fully-inclusive environment that

the Yachad summer camp program creates. My heart is so happy that this grant program has provided another step forward for us in being able to welcome and embrace people of all abilities within our facilities and programs."

Michelle will continue to provide consultative support and staff trainings for the program, as well as guidance and resources to families. She is available to meet with students and their families to assess their strength and needs and to develop appropriate supports.

Similar to Yachad, Kids Connection now employs specialty staff who will be able to provide academic and social support to the children. Mary Beth Britten, who has a Masters in teaching, is the first hired Inclusion Specialist within the Kids Connection program. She is currently supporting students with social, physical, and academic needs daily. Plans are in the works to hire a second Inclusion Specialist.

Sarah Cooper, program manager of Kids Connection, says, "We're so grateful for this inclusion program through JFS. It's comforting to know that children are getting the support they need to have a memorable after-care experience. Mary Beth blends right in with the other counselors and the children are drawn to her!"

For more information about the Inclusion program, contact Sarah Cooper at 757-321-2306.

This program was made possible by a private grant administered by the Network of Jewish Human Services Agencies, and with generous matching donor support by Marilyn Simon Weinberg and Amy Goldberg of the Marilyn & Marvin Simon Philanthropic Fund, the Bartel Family Philanthropic Fund, and the Tidewater Jewish Foundation Community Impact Grant Fund. Matching contributions for this grant are still needed. To learn how you can help support youth with special needs enjoy an inclusive after-school and summer camp experience, contact Kelly Burroughs, JFS CEO, at 757-321-2244. •

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Last spring, Charity Tilleman-Dick, opera singer who survived double lung transplants, spoke and sang at the Chrysler Museum's Kaufman Theater, with her physician, Dr. Marie Budev, director of heart and lung transplant at the Cleveland Clinic. Charity's story, along with the profound need for organ donation, led JFS to focus on this topic again with this year's Spring Into Healthy Living program.

The May 16 event is presented in partnership with LifeNet Health, the EVMS M. Foscue Brock Institute for Community and Global Health, and WHRO. **TowneBank** is the Presenting Sponsor of Spring Into Healthy Living.

The May 16 program is free and open to the community with RSVP.

To register for May 16 program, visit <https://jfshamptonroads.org/healthyliving> or call 757-321-2233.

JFS Celebrates

HEALTHY

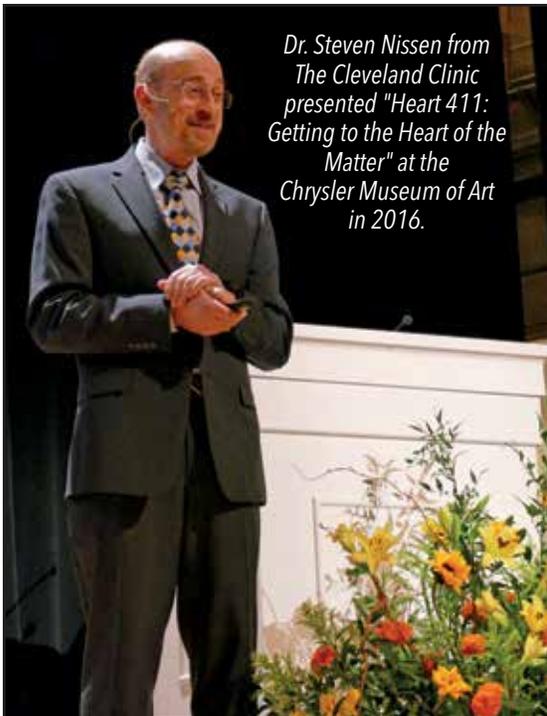


In 2006, the 2nd Annual Run, Roll or Stroll took place at the Norfolk Botanical Garden. Having fun here were former JFS Executive Director Betty Ann Levin, Beth Dorsk, and Valerie Butts.

For the past 15 years, JFS has presented free health talks along with the annual JFS Run, Roll or Stroll. Speakers from Johns Hopkins, in addition to celebrities such as Good Morning America, in addition to celebrities such as Good Morning America, from sleep health, heart health, breast cancer awareness, and photos from past programs and races...



Clinical psychologist Dr. Michael Breus presented "Sleep...Your Way to Health" in 2012. Dr. Breus is both a Diplomate of the American Board of Sleep Medicine and a member of The American Academy of Sleep Medicine. He is an author of numerous books and is known for his appearances on The Dr. Oz Show.



Dr. Steven Nissen from The Cleveland Clinic presented "Heart 411: Getting to the Heart of the Matter" at the Chrysler Museum of Art in 2016.

The Bates Family enjoyed the 2013 Run, Roll or Stroll at 24th Street Park.



In 2007, runners and walkers gathered at the Norfolk Botanical Garden for the 3rd Annual Run, Roll or Stroll and celebrated victorious finishes!



Where are they now? Run, Roll or Stroll.

es 15 Years of

YLLIVING

awareness events as part of Spring Into Healthy Living, have included physicians from The Cleveland Clinic and *Good Morning America's* Joan Lunden, with topics ranging and more. Let's STROLL down memory lane with these

ael Breus, present-
th & Happiness"
diplomate of the
icine and a Fellow
Sleep Medicine.
books and is also
TV shows such as



ed family time during
troll at the Boardwalk
Park in Virginia Beach.



In 2015, Joan Lunden (second from left) presented "Joan Lunden: My Journey" to a packed crowd at Norfolk Academy. Here she poses with Brian Wainger, Kathy Kantor, and Patti Wainger, JFS board member.



ow?! These kids ran in the 4th Annual
Roll or Stroll in 2008.



Face painting is always popular with the children, as Hannah Williams' smile indicates.



Faye L. Shapiro, MS, CGC, Einstein Medical Center Philadelphia, and Dr. Steven Warsof, Eastern Virginia Medical School, presented "What's In Your Genes" in 2013. This program was followed by a community genetic screening later that same year.



For over 117 years, Hebrew Ladies Charity Society (HLCS) has provided financial support to local Jewish families requiring immediate financial assistance and now today through the JFS Food and Financial Assistance program. Each year, JFS receives \$12,000.00 annually from the Hebrew Ladies Charity Society Endowment Funds, held at the UJFT-Foundation. These funds are specifically designated to assist local Jewish families in financial need. In 2018, JFS provided financial assistance to 43 families for overdue power or water bills, overdue rent, medical expenses, car repairs, summer camp attendance, and an indigent burial.

One of these families was an elderly woman who died without financial resources. Her daughter told JFS that her one wish was to have a "proper Jewish burial." The daughter pulled together what she could for the expenses, but still did not have enough. JFS was able to arrange for a donated burial plot at a local Jewish cemetery and a local Rabbi to perform a graveside service. The remaining expenses were covered by a combination of JFS donor supported funds, including those from HLCS. The daughter, with tears in her eyes at the graveside service, told JFS staff, "This was so important to my mother. I cannot thank those responsible enough for allowing her to be respected in her burial. This was truly an act of "chesed" (acts of loving kindness)."

Please consider what your financial contribution might be used for and help support this very important endowment fund so that JFS can continue to provide "acts of loving kindness" to local Jewish families in need. •

JFS the recipient of HAT second graders' "Good Deed Day"

Second graders at Hebrew Academy of Tidewater (HAT) learned about an Israeli project called "Good Deed Day." They collected canned and boxed foods during March and April 2019 to give to local Jewish families in need. They counted each food item and organized them by category: pasta, soup, fruits, beans, vegetables, and "other." At the end of their project, the class brought in over 140 cans/boxes of food items.

In early April 2019, all of the collected foods were taken to JFS by the class and their two teachers (Mrs. Carnazza and Ms. Ben-Moshe). The class was able to see

JFS's Milk and Honey Food Closet and also helped put the cans on the shelves.

Throughout the year, JFS's Milk and Honey Food Closet provides food items to over 70 different local Jewish families in financial need.

JFS thanks Hebrew Academy second grade students, families, and teachers. What a great *zedakah* project! •



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These were lessons Marcia and David wanted to pass on to their children, Olivia and Leo. "Although giving financially is important, it's also about giving your time and serving in a leadership role," says Marcia.



Their involvement with JFS led both David and Marcia and her parents, Linda and Stanley Samuels, to commit to participate in the Harold Grinspoon Foundation's LIFE & LEGACY™ program, which promotes after-lifetime giving. "We feel it's so important to keep the legacy and mission of JFS going strong for generations to come," says Marcia and her dad Stanley. •



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UPCOMING EVENTS

FRIDAY, MAY 3

Run, Roll or Stroll Packet Pickup, 8 AM - 4 PM
Simon Family JCC, 5000 Corporate Woods Drive, Virginia Beach

SUNDAY, MAY 5

15th Annual Run, Roll or Stroll at 24th Street Park
Register at www.jfsrunrollorstroll.org

MONDAY, MAY 13 - SATURDAY, MAY 18

Support JFS by dining at No Frill Grill
(Hilltop location only) and order the "JFS Salad."

THURSDAY, MAY 16

"Organ Donation: *The Gift of Life*," 7 PM at
Zeiders American Dream Theater, Va. Beach Town Center
Register at www.jfshamptonroads.org/healthyliving

THE MONTH OF MAY IS

Mental Health Month and the first week of May is
Children's Mental Health Week. Events through the
National Alliance on Mental Health (NAMI) will take place all
month at the Virginia Beach Town Center.

Find details at www.namicoastalvirginia.org

THURSDAY, JUNE 6

JFS Annual Meeting and New President Installation, 7 PM
Reba & Sam Sandler Family Campus
5000 Corporate Woods Drive, Virginia Beach



JFS is excited to participate in the 6th Annual Give Local 757, Hampton Roads' Giving Day to benefit local nonprofits. This year, our goal is to make the BIGGEST impact yet and raise \$5,000 on **Tuesday, May 14**. And your support can help us get there!

You can choose to donate on May 14, or visit the website (www.givelocal757.org) between May 1 and 13 and schedule your gift ahead of time.

From \$10 to \$100 or more – every amount donated helps JFS continue its mission in Tidewater.

Thank you in advance for your generosity to our community and to JFS.

Together, we can make a difference!

**Please donate to JFS on May 14.
www.givelocal757.org**