



# Family Matters

A Newsletter for the JFS Family - Spring 2018

## Music. Medicine. Hope.



**Thursday, May 10 at 6:30 PM**  
Chrysler Museum of Art's Kaufman Theater

Join JFS for an uplifting evening featuring Charity Sunshine Tillemann-Dick and Dr. Marie Budev on Thursday, May 10 at 6:30 PM in the Chrysler Museum of Art's George M. and Linda H. Kaufman Theater. The program is presented as part of JFS' Spring Into Healthy Living programming and is sponsored by Linda H. Kaufman.

Charity is an American-born soprano, top-selling classical recording artist, and author who has performed throughout the world. Charity is also a two-time double lung transplant recipient. Dr. Budev is the medical director of the Cleveland Clinic's Lung and Heart-Lung Transplant Program and the Macon and Joan Brock Endowed Chair.

***Together, Charity and Dr. Budev will tell the inspiring story of music, medicine and hope.***

Jane Gardner, former TV news anchor and four-time cancer survivor, will introduce this program and Dr. Kamal Chemali, neurologist and director of Sentara Healthcare's Music and Medicine Center, will accompany Charity on the piano.

This program is presented by JFS in partnership with the Brock Institute of Eastern Virginia Medical School (EVMS), LifeNet Health, WHRO, and the Chrysler Museum of Art.

This program is free and open to the public; however, pre-registration is required. **To register, visit [reservations.chrysler.org](http://reservations.chrysler.org).** For further details, call 757-333-6232. •

## Doctor leaves a legacy to JFS

As a medical professional, Dr. Mark Lipton, an optometrist with Beach Eye Care, understands the importance of quality health care in our community and was drawn to JFS because of it, among other things.

Dr. Lipton has served on the JFS board for the past 4½ years. "I believe in the agency's

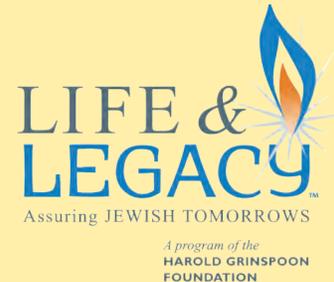
mission, which is a meld of both sound business and service to both the Jewish community and the community at-large," says Dr. Lipton.

This is one of the reasons he chose to participate in the Harold Grinspoon Foundation's LIFE & LEGACY™ program, which promotes after-lifetime giving.

"From a logical standpoint," says Dr. Lipton, "when I give to JFS during my lifetime, whether it is \$5 or \$1000, I know the agency depends on that gift. So by giving this LIFE & LEGACY gift, I'm ensuring that JFS will continue receiving something from me when I'm no longer capable of giving. It also allows JFS a period of time to recoup those funds they are dependent on."

Although Dr. Lipton has lived in the Hampton Roads area for 21 years, he grew up in Charleston, SC.

*Continued on Page 3...*





## Greetings from Betty Ann Levin

JFS Executive Director

**A**s I write this message on the first day of spring, it does not look or feel like spring outside in Virginia Beach! However, inside at JFS it does feel more seasonable as we prepare for our 14<sup>th</sup> Annual Spring into Healthy Living. We hope to see all of you at our Run, Roll or Stroll on Sunday, May 6, and at the Chrysler Museum on Thursday, May 10. I could not be more excited about our wonderful program this year, which you will read about in this edition of *Family Matters*, and the fact that it is the result of an ongoing partnership with so many incredible organizations in our community.

Speaking of community, it was wonderful to see so many of you recently at our community's year one celebration of the LIFE & LEGACY™ program. There is no better illustration of coming together to celebrate community and potential for the future. We should all feel immensely proud of the commitments made thus far to ensure the future of our community; thanks to the Tidewater Jewish Foundation for leading this important initiative.

Wishing you and your families a wonderful Passover!

## Painting the Town Green for Mental Health Awareness

**T**he symbolic color for mental health awareness is green, as it signifies new life, new growth, and new beginnings. People wear green ribbons to raise awareness to better the lives of people with serious emotional disorders. May is Mental Health Awareness Month, and the first week of May is Children's Mental Health Week.

The National Alliance on Mental Illness (NAMI) Virginia Beach chapter will seek to raise awareness of mental health during the first week of May with numerous activities at the Virginia Beach Town Center. Some of the events include:

- Clark Nexsen building (4525 Main Street, Virginia Beach) will be lit up in green starting Tuesday, May 1.
- May 1-3, 11 AM - 2 PM - An Education Fair featuring local businesses. JFS is a co-sponsor and participant in this event. There will also be a Meet & Greet on May 1 at 11 AM with WAVY-TV10's Tom Schaad and local dignitaries.
- May 2, 6-8 PM - "Say It Out Loud" at Zeider's American Dream Theater. Includes short video and panel of teens discussing mental illness.

Mental health is essential to overall health and well-being. Serious depression, once thought to affect only adults, is now known to affect one in 50 children. JFS has counseling services for individuals of all ages, as well as family counseling. For more information, call 757-459-4640. •

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# Join us for the 14<sup>th</sup> Annual Run, Roll or Stroll

Jewish Family Service of Tidewater's



74<sup>th</sup> Annual

## Run, Roll or Stroll

Sponsored by the  
Copeland/Klebanoff Families

Finish Line sponsored by  
Dr. & Mrs. Ronald Dozoretz

Sunday,  
May 6



24<sup>th</sup> St. Park  
Virginia Beach  
Oceanfront



8K Run  
5K Run or Walk  
1 Mile Run/Walk



Presenting Sponsor:



Lead Sponsor:

Lee & Bernard Jaffe\* Family Fund  
of the Tidewater Jewish Foundation

*\*Of blessed memory*

Register for the race & learn more at  
[jfsrunrollorstroll.org](http://jfsrunrollorstroll.org)

On your mark...get set...go! Mark your calendars for the 14<sup>th</sup> Annual JFS Run, Roll or Stroll which will take place the morning of Sunday, May 6 at 24<sup>th</sup> Street Park and the Virginia Beach Boardwalk. Come out



and join us for our biggest event of the year! The Run, Roll or Stroll features an 8K run, 5K run, 5K walk, and a 1 Mile run/walk. Families

and individuals of all ages are encouraged to come out to walk, run, or just cheer on the participants!

"This is our 14<sup>th</sup> Run, Roll or Stroll and it is always a day filled with fun, fitness, and a bit of friendly competition," says Betty Ann Levin, JFS executive director.

But the excitement is not just limited to running/walking on the boardwalk. Inside 24<sup>th</sup> Street Park, attendees will be treated to music by the New 101.3 radio station. Kids of all ages will be transformed thanks to face painter, Ashley Pickin, dazzled by the incredible balloon art creations of Ryan the Balloon Guy, and will find lots more fun things to explore!

This highly anticipated event is sponsored by the Copeland/Klebanoff families and this year, the Finish Line is sponsored by Dr. & Mrs. Ronald Dozoretz.



Visit our event website at [www.jfsrunrollorstroll.org](http://www.jfsrunrollorstroll.org) and register today. •

...Continued from Page 1

He credits his philanthropy to his father, Dr. Morey Lipton (*of blessed memory*), who was very involved in Jewish causes in Charleston and nationally, and also had a connection to the Hampton Roads Jewish community.

For more information on the LIFE & LEGACY program, contact Betty Ann Levin, JFS Executive Director, at 757-321-2222, or Scott Kaplan, Tidewater Jewish Foundation, President and CEO, at 757-965-6109. •

# Local youth goes above and beyond in Bar Mitzvah project

**M**atthew Helman, age 12, really wanted to make a difference for his Bar Mitzvah project. So he chose to highlight JFS' Community Food Pantry, for which he has volunteered over the past year.

Most teens would organize a food drive and call it a day. But not Matthew, who is a seventh grader at Brickell Academy at Old Donation School. Feeding the hungry comes naturally to Matthew, as he comes from a long history of family in the food distribution business; his great-great grandfather, great grandfather, grandfather and father were/are all in the food distribution business.

Matthew contacted the folks at Sysco Hampton Roads - a food supplier to many local restaurants and businesses - and set up a presentation. He created a PowerPoint slide show and presented about the JFS Food Community Pantry to Sysco in February.

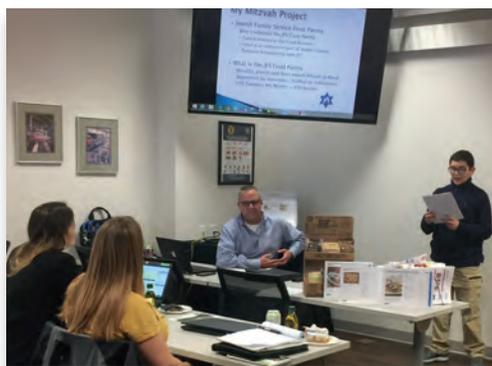
"My goal," said Matthew, "is to have them donate food to the JFS Community Food Pantry to help stock the shelves."

Not stopping there, Matthew also created an info-graphic (to the right) to advertise his "Clean Out Your Pantry" food drive. He plans on distributing it to all of his friends, family, religious school staff, temple and other places to help spread the word. He will be collecting food donations on the following days to support his food drive:

- Friday, April 13, 3-5 PM: Simon Family JCC
- Saturday, April 14, 9 AM-12 PM: Little Neck Swim Club
- Sunday, April 15, 9 AM-12 PM: Ohel Shalom Temple

Matthew chose the JFS Community Food Pantry as his Bar Mitzvah project because of his family history in the food business, and he says, "because food is an important part of Jewish culture."

Matthew, who lives in Virginia Beach, will turn 13 in May. He is the son of Nancy and Phil Helman and the grandson of Dorothy and Edwin Salomonsky and David Helman. •

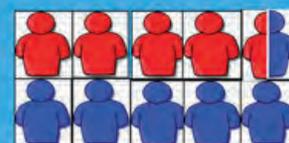


## SUPPORT THE JFS FOOD PANTRY



# 2430

The number of people that the food pantry supports annually including repeat customers



4.5 out of 10 people per month are repeat customers

### MOST NEEDED ITEMS

**Cereal**  
**Condiments**  
**Boxed Milk**  
**Canned Fruit**  
**Single Serving Meals**



Open  
Monday 10-12  
Tuesday 10-12  
Volunteer Staff  
Rely on Donations

## Matthew Helman's Mitzvah Project

### Clean Out Your Pantry Food Drive

- Step 1** - Check your pantry for unused but not expired food items.
- Step 2** - Bring items to donation drop off center  
Friday, April 13 - 3-5 pm at the JCC  
Saturday, April 14 - 9-12 at the Little Neck Swim Club  
Sunday, April 15 - 9-12 at Ohel Shalom Temple
- Step 3** - Spread the Word!
- Step 4** - Feel good about helping people in need

Learn more about JFS at [www.jfshamptonroads.org](http://www.jfshamptonroads.org)

## JFS makes the holidays a little sweeter for local 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 Purim, Passover, Rosh Hashanah, and Chanukah.

This past Chanukah, JFS delivered bags full of homemade cookies, dreidels, and chocolate gelt to 120 of these residents. Religious School students of Ohef Sholom Temple provided the cookies and other treats, and also decorated the festive bags.

In March, 120 nursing home residents received

*Shalach Manot* bags filled with candy and hamentashen for Purim. The hamentashen was made by community members as part of *Operation Hamentashen*, sponsored by the United Jewish Federation of Tidewater (UJFT). The bags were decorated by the Temple Emmanuel Religious School, who also donated the candy.

For Passover, JFS is delivering beautiful spring bags full of matzo and macaroons.

Jody Laibstain, JFS volunteer coordinator who organizes the outreach programs, says, "We just like to make sure these residents get a little taste of the holidays. We also would love to find more people to help." If you know the name of a Jewish resident in

a non-Jewish nursing facility or a senior community, please contact Jody Laibstain, 757-321-2222.

*Know a Jewish resident in a non-Jewish facility? Let us know!*



To left: Passover bags with matzo and macaroons





Some say it takes a village, but in 1902 it took only nine Jewish women from Norfolk with big white handkerchiefs to make a difference. Their distress over the financial situations of some of their neighbors led to the formation of the Hebrew Ladies

Charity Society (HLCS). For over 116 years, HLCS has honored their mission of meeting the needs of local Jewish families requiring immediate financial assistance.

Today, JFS' Food and Financial Assistance program carries on this mission and offers a helping hand to families in crisis. Since January 2017, 21 families in Hampton Roads have received assistance.

One family helped was a single mom, Sheila\*, with a teenage son, Drew\*. Due to an illness, Sheila lost her job after missing too much work. She and Drew were evicted from their apartment and spent two months staying with friends and even a few nights sleeping in their car. Sheila eventually found a new job but did not have the money for the utility company's deposit and set-up charges.

Thanks to funds provided through the HLCS Endowment Fund, Sheila and Drew were able to move into a new place. Sheila was so thankful for the help she received that she sent a note. "Thank you very much for the help I received. This should be a one-time help through a very rough time. I hope next year I can pay it forward to help others."

Thank you Hebrew Ladies Charity Society for your ongoing support which allows JFS to continue HLCS' mission to help people like Sheila who need financial assistance when unexpected emergencies arise. •

\*Names changed to protect client confidentiality

## Spring is a time for new beginnings!

Starting with this Spring issue, JFS has combined its two newsletters, *Family Matters* and *JFS Connect*, into one. We will continue to cover the same stories we covered in each previous newsletter, but in a more streamlined way.

As always, we welcome your feedback and story ideas! •

JFS is excited to participate in the 5<sup>th</sup> Annual Give Local 757, Hampton Roads' Giving Day to benefit local nonprofits. Building on the momentum generated over the past five years, in 2018, we aim to make the BIGGEST impact yet and engage 100 donors and raise \$2,500 on **Tuesday, May 8**. And your support can help us get there! Here are a couple of ways you can help make this happen:



- Donate to JFS (starting at \$10) any time Tuesday, May 8 at [www.givelocal757.org](http://www.givelocal757.org).
- Share - Tell everyone (friends, family, colleagues, etc.) you know on social media with posts and IM, by email, text, phone call, or in person.

Your donation of any amount will help. From \$10 to \$100 or more – every amount donated helps JFS continue its mission in Hampton Roads.

Give Local 757 - THE DAY for EVERYONE in Hampton Roads to GIVE where they LIVE. 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 8.



#### You may qualify if you are:

- A resident of FL, GA, NC, SC or VA (excluding metro DC)
- A full-time student at a U.S.-accredited educational institution
- Enrolled in a program leading to a degree or certificate
- A U.S. citizen or have lawful immigration status
- Able to demonstrate financial need
- Able to find a co-signer for your loan

For more info [jelf.org](http://jelf.org)





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