

Family Matters

A Newsletter for the JFS Family - Summer 2018

Celebrating years of service at JFS

When JFS nurse's aide Tiphaney Powell speaks about her clients, she does so with a great deal of respect, love, and admiration. After all, when your clients are two 93-year-old women and a 96-year-old man, there are a lot of life lessons to learn from them.

Tiphaney was recently honored at JFS' Employee Appreciation Dinner as "Home Health Aide of the Year," and for good reason. "I feel it's my job to love my clients - to make them comfortable and get them to smile," says Tiphaney.

As Tiphaney shared stories of her clients, the mutual love and care is very evident. "One of my clients has told me I can never leave her. She loves to talk and has confided in me. Though my gentleman client is very independent, he knows I'm there to assist him so he can continue to stay at home." Tiphaney is so dedicated to her clients that she spent four straight days with one of them during a blizzard this past winter. While the power was out for over 15 hours, she even bundled up with her to keep her warm so her body temperature wouldn't drop.

Tiphaney came to JFS in 2003 after moving here from Maryland in 1995 and finishing her education at a local CNA program. "I can't imagine doing anything else; I love what I do and feel I'm called to do it. My clients see me as their confidant and more of a listener than a caretaker," says Tiphaney.

An active mother of four and grandmother of two "lights of her life," Tiphaney knows the importance of family. "When I'm with my clients, I try to provide the best care I can, as if they are my own family. I love my clients; they are a blessing to me," says Tiphaney.

Recognizing years of service at JFS

Every year at its Employee Appreciation Dinner, JFS takes time to thank employees and honor those who have reached milestone years of service. This year, JFS honored 19 employees with a combined 265 years of experience.

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Tiphaney Powell, NA (left) was honored as JFS' Home Health Aide of the Year, presented by Jan Ganderson, RN, director of nursing (right)



JFS president makes legacy gift

As a JFS board member since 2005, Jeff Cooper has learned a lot about JFS. But it wasn't always that way. "I first heard of JFS when I was living in Florida. JFS Home Health Care took care of my grandfather, and I remember how grateful my mom and dad were to JFS."

When he moved back to Virginia in 2004, "it was a natural fit to become involved with JFS because I knew about its Home Health program and the great services it offers," says Jeff, owner and vice president of Cooper Realty. "But I was surprised to learn about the range of other services that JFS offers for all people in all stages of life, when people need it the most." As a board member, and now the current board president, Jeff says, "the more you stay involved, the more you learn what the agency does. It's a community that encourages you to stay involved."

Jeff notes that his participation in the agency's Clinical Committee was eye-opening. "It's really inspiring to hear all the stories of the people JFS helps every day." Continued on Page 3...



Greetings from Betty Ann Levin

JFS Executive Director

Summer has arrived! JFS had a very busy spring, as you'll read about on pages four and five of this newsletter. We were thrilled to have so many in our community experience Charity Tillemann-Dick and Dr. Marie Budev tell their story of music, medicine, and hope. It was truly an inspiring evening. We endured a little (okay, a lot) of rain at our 14th annual Run, Roll or Stroll but we survived – soggy shoes and all! We are extremely appreciative of all of our sponsors, supporters and participants – thank you! We could not do it without you. As always, your generosity and participation directly helps so many in our community.

Rest assured JFS will not slow down during the summer months! We are busy gearing up for one of our busiest seasons: the arrival of the high holy days which usher in autumn. We are preparing for our annual holiday outreach to area Jewish residents, as they'll receive bags of challah, honey and apples to celebrate the holidays. Throughout this preparation, our programs continue to operate and care for those in need. Call us if we can help!

Wishing you and your families a restful and enjoyable summer!

Beach teen organizes massive food drive

Four thousand, five hundred seventy-three. That's how many items of food Matthew Helman, 13, of Virginia Beach collected for the JFS Community Food Pantry recently. For his bar mitzvah project, Matthew organized food drives at his temple, the JCC, and the Little Neck Swim Club.

The results? Over 225 families donated to the cause! As Matthew was stocking the food pantry shelves with the food he collected, he said, "I want to thank everyone who donated food. I know this will help so many people in our community. I hope others will do food drives because this is such a good cause."

"We thank Matthew for his hard work and dedication to this project," said Jody Laibstain, JFS Food Pantry coordinator. "Because of Matthew and the people who donated to his food drives, JFS will be able to feed approximately 250 people for two months." Laibstain continued, "Of course, we are always in need of food in our pantries, so we encourage others to organize food drives any time of the year."

Matthew is the son of Nancy and Phil Helman and the grandson of Dorothy and Edwin Salomonsky and David Helman. •



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2018 - 2019

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Jewish Family Service of Tidewater



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As he is out in the community or in Richmond for legislative meetings lobbying for JFS, Jeff is proud to have the opportunity to reach out and talk about its mission. "It's a privilege to be a board member, and I'm proud to be able to help, and see what the professionals at JFS do every day for the Jewish community and the broader community as well," says Jeff.

Ensuring JFS' future

Jeff and his wife Allison have committed to participate in the Harold Grinspoon Foundation's LIFE & LEGACY™

program, which promotes after-lifetime giving. Jeff and Allison, who is a partner with Corrigan Consulting, chose to make a gift because, as Jeff puts it, "we'd like to ensure the long-term financial health of JFS. We give our time and money to JFS now; we'd like for JFS to be able to offer its services for many years from now."

As a member of the LIFE & LEGACY™ team, Jeff feels it's important to reach out into the community and ask others to share his vision of ensuring that JFS will continue to deliver essential services for generations to come.

Jeff and Allison live in Norfolk with their two sons, Nathan, age 8, and Ryan, age 5. •

Soggy...but all smiles at JFS Run, Roll or Stroll

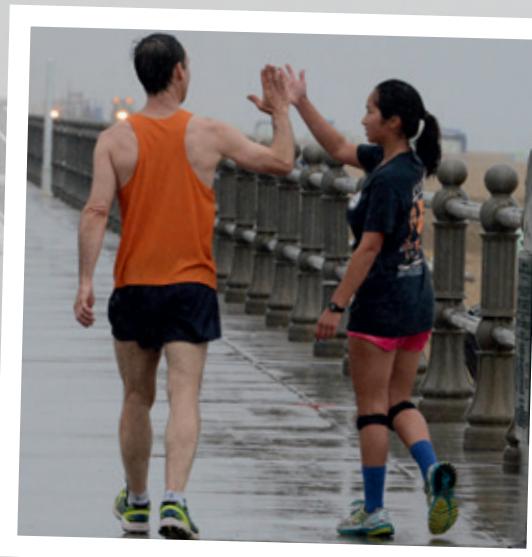
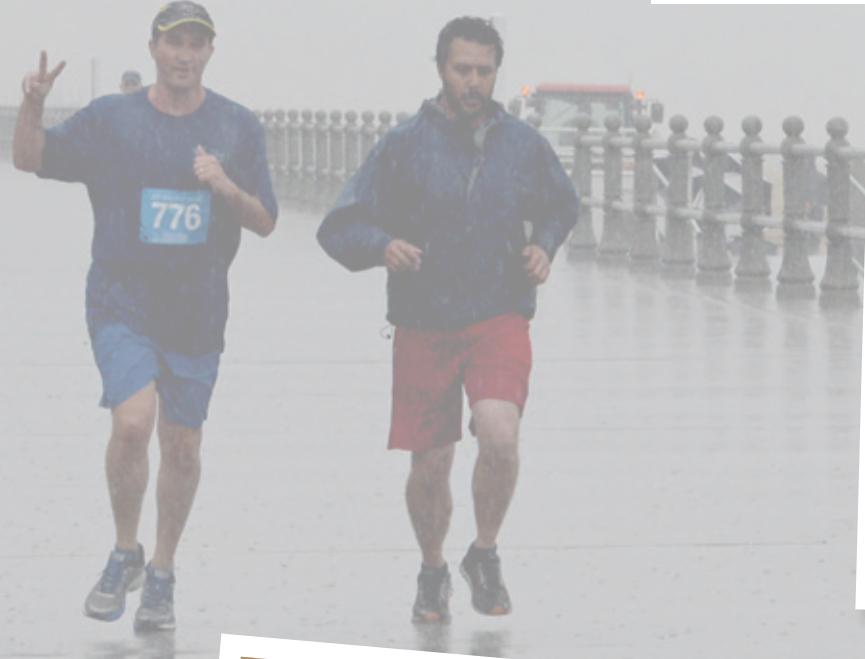


Even though it was raining, the smiles on the runners' and walkers' faces as they crossed the finish line said it all. They were having FUN. The 14th Annual Run, Roll or Stroll on Sunday, May 6 was soggy to say the least but those who came out managed to make the most of it.

"Over the 14 years of the Run, Roll or Stroll, we've had cool weather, cloudy weather, windy weather, and sunny and warm weather," said Betty Ann Levin, JFS Executive Director. "This year," she continued, "we had rain. Lots and lots of rain. We are so thankful for all those who showed up despite the not-so-ideal conditions."

The 14th Annual Run, Roll or Stroll is part of JFS' Spring Into Healthy Living fundraiser, which was sponsored by Presenting Sponsor: TowneBank; Lead Sponsor: Lee & Bernard Jaffe Family Fund of the Tidewater Jewish Foundation; Diamond Sponsor: Copeland & Klebanoff Families; and Finish Line Sponsor: Dr. and Mrs. Ronald Dozoretz. •*

*Of blessed memory



Speakers share "Music. Medicine. Hope." at special program

When she began to sing, it was hard to believe she had had a double lung transplant...twice. But as Charity Tillemann-Dick, a soprano and opera singer, shared her story on May 10, the audience got just a little insight into her journey and her struggles as a two-time double lung transplant recipient. Charity was joined on stage by one of her doctors, Dr. Marie Budev of the Cleveland Clinic, who also had a remarkable story to tell, as she suffered a stroke and fought to recover.

The two ladies share an unbreakable bond that was apparent to all who heard them speak at the Chrysler Museum. As their lives intersected, Charity learned resilience and Dr. Budev grew more empathetic. "The art of medicine is both knowledge and empathy," said Dr. Budev.

The program was presented by JFS as part of its annual Spring Into Healthy Living programming, in partnership with the Brock Institute of Eastern Virginia Medical School, Chrysler Museum of Art, LifeNet Health, and WHRO. •

*"The art of
medicine is
both knowledge
and empathy."*

Dr. Marie Budev tells her story as Charity Tillemann-Dick listens intently.





For more than 116 years, Hebrew Ladies Charity Society (HLCS) members have been committed to meeting the needs of local Jewish families requiring immediate financial assistance. Thanks to HLCS' financial support, JFS Food and Financial Assistance program has been able to carry on this mission.

Since January, 12 local Jewish families have received assistance with overdue medical bills, car payments, rent, water bills, and power cut-off notices, as well as helping a child enroll in summer camp. One family helped was a single mom with two elementary school-aged children. The mom works during the day and goes to college at night. Last month, she missed work due to an illness and lost her job. Since the family lives paycheck to paycheck, she immediately got behind in her bills and the rent was overdue. She turned to JFS for help, and fortunately, with funds available from the HLCS Endowment Fund, JFS was able to help with her rent. She was so grateful for the help! Thank you, Hebrew Ladies Charity Society, for your ongoing support! •

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In 1976, JFS began a home assistance program for the chronically ill and over the next few years, the program grew more than 400 percent. In 1983, the agency was approved as a Medicare provider and hired its first registered nurse, Jan Ganderson, RN, to administer the program. JFS recognized Ganderson for 35 years of service at the recent appreciation dinner.

Today, the home health care program boasts over 80 certified nurse assistants (CNAs), nurse aides and licensed professional nurses (LPNs). Additionally, the program has registered nurses and physical, occupational and speech therapists to provide quality skilled care in the home. The program is accredited by the Community Health Accreditation Partner (CHAP).

"Jan has been instrumental in the growth of our Home Health Care program," says Betty Ann Levin, JFS executive director. "She has served with hard work and dedication, and we appreciate her years of service to JFS."

Honoring executive director

JFS also recognized and honored Betty Ann Levin, executive director, for 15 years of service. Jeff Cooper, JFS president, says, "Under Betty Ann's leadership, the breadth and depth of the agency has grown significantly. The number of clients receiving service from JFS has nearly doubled from 2,186 people in 2003 to an estimated 4,000 clients in 2018. The agency has grown its existing programs, and has also introduced new services like Freda H. Gordon Hospice and Palliative Care. Betty Ann and her team have put together numerous fundraising events, including Spring into Healthy Living, which just celebrated its 14th year." Cooper concludes, "As important as any of those accomplishments are, Betty Ann has also made sure that quality has remained central to JFS, and that the agency has maintained its strong commitment to serving the needs of our individual clients. Betty Ann does this with her all-around professionalism and collegiality as well as the confidence she inspires in her interactions with employees, volunteers, board members and members of the broader community. Betty Ann's deep personal interest in the needs of the community will serve her extremely well as she begins the next chapter in her career as she joins the Federation."

Other years of service at JFS

JFS also recognized the following for years of service: **25 years** - Debra Mayer, LCSW, and Michelle Walter, LCSW, Clinical department; **20 years** - Joe Anderson, PT, and Marian Edmonds, Home Health; **15 years** - Myra Iacono, LPN, Allison Madore, RN, and Valerie Patterson, Home Health; **10 years** - Robyn Brownley, Marion Lisenby, PT, and Susan Riggs, RN, Home Health; Terrie Cruz, Fiscal department, and Deanne Dwyer and Geralynn Hudson, PAM department; and **5 years** - Valerie Busby, RN QA, and Beth Taylor, PT, Home Health; Maryann Kettyle, Clinical department; and Jody Laibstain, Older Adult Services. •



Jan Ganderson, RN (left) with outgoing JFS executive director Betty Ann Levin (right)



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