



Family Matters

A Newsletter for the JFS Family - Fall 2019

Jewish Family Service Awarded Grant Focusing on Trauma Services for Older Adults

As part of its continuum of services to older adults, JFS was awarded a grant through the United Way of South Hampton Roads to provide Person Centered-Trauma Informed Care training to help educate the community on the impact of trauma later in life.

"As we age, the memories and emotions from past experiences often resurface and intensify just as we are becoming less resilient and more dependent on others for our well-being and care," says Kelly Burroughs, JFS CEO.

As part of the Hampton Roads Trauma Informed Community Network (HRTICN), JFS will work together with CHKD's Child Advocacy Program and other United Way constituency programs to help promote trauma informed principles in working with individuals throughout the lifespan. HRTICN is a member-led network which exists to promote understanding of how trauma affects individuals and communities and to advocate trauma informed practices that help all people reach their full potential.

"The Child Abuse Program has always had a positive working relationship with Jewish Family Service," says Erinn Portnoy, Executive Director of CHKD's program, "and we are excited to be working closely with them in this network. There will be many opportunities for collaborative trainings and sharing of information and resources".

"This investment reflects United Way of South Hampton Roads' commitment to working with partners to transform service delivery and how we engage with people" said Kathleen Banfield, Director of Community Investments and Engagement for the United Way of South Hampton Roads. "JFS's project is critical to the Network because it acknowledges that the effects of trauma cut across the lifespan. Awarding this grant to JFS is our way of supporting efforts that promote self-care (or prevent burnout) among caregivers and reduce the lifelong effects of trauma." •

JFS will begin hosting trainings in February, and will hold the series three times throughout 2020. Please watch the community calendar for training dates and RSVP information.

Kramer Family Kindness

Anne and Eddie Kramer are both very involved in their community and their synagogue, Ohef Sholom Temple, and feel it is important to support the community where they live. They have com-



mitted to participate in Harold Grinspoon Foundation's LIFE & LEGACY™ program by making a perpetual gift in support of Jewish Family Service. Eddie says "the work JFS does is important and will go on long past the two of us and we want to make sure it does."

A JFS board member since 2013 and now a member of the executive committee, Anne says "it makes me proud to know that JFS is there to lift up those in the community who need a helping hand. As a board member, I have heard the words of thanks and gratitude from the recipients of our agency's work and it is heart-warming."

Anne and Eddie have been connected to JFS and the work the agency does for many years. Their first experience was when Eddie's father required home health care. They utilized JFS' private duty services and

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Kelly Burroughs

JFS Chief Executive Officer

JFS Board of Directors 2019 - 2020

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GREETINGS WITH *Gratitude*

It is with gratitude that we send our fall *Family Matters* newsletter. Because of the dedication of this community to helping those in need, JFS continues to offer compassion and support to people who are struggling. Without your generous donations, fewer people would know the comfort of kindness or the strength of a compassionate community.



This fall, we invite you to join JFS in our "Kindness Campaign," and make every intentional act count! Thank you!

Kelly

What to Eat When

A Strategic Plan to Improve Your Health & Life Through Food

Michael Roizen, chief wellness officer of the Cleveland Clinic, will empower you, a NEW VERSION OF YOU, to make food the best weapon to live better and longer.



Michael Roizen

What to Eat When

**Thursday, January 16
12 PM**

5000 Corporate Woods Drive
Virginia Beach, VA
On the Reba & Sam Sandler
Family Campus

\$12/Lunch • \$31/Lunch and book

*Bundled registration for lunch and
a signed book closes January 9*



**PURCHASE TICKETS AT
www.JewishVA.org/bookfest**

*In partnership with Simon Family JCC's JFit,
United Jewish Federation of Tidewater's Society of Professionals,
and Jewish Family Service of Tidewater*

LEE & BERNARD JAFFE FAMILY
JEWISH BOOK FESTIVAL
SIMON FAMILY JCC

THANKS A *Latte!*

Jewish Family Service was pleased to honor its volunteers at this year's Volunteer Appreciation Luncheon held on October 23 at Ohef Sholom Temple. JFS is grateful to Cantor Elihu Flax, President of the Board of Rabbis and Cantors of Hampton Roads, for his participation and leading the Hamotzi before the meal. The volunteers were delighted to be entertained by the very talented Cantor Jennifer Rueben and Chuck Woodward of Ohef Sholom Temple.

JFS is so thankful for its volunteers and all they do to help JFS achieve its mission. Jody Laibstain, JFS Volunteer Coordinator remarked, "We all know how stressful it can be for people who find themselves in need of the services JFS provides. Our volunteer's words and actions go a long way towards helping our clients keep their dignity." This past year, JFS volunteers contributed over 7,000 volunteer hours. Jody said, "We could never put a price tag on what our volunteers mean to us and are so grateful for the immense time and effort our volunteers give."

Jody announced Bonnie Lindenberg as the 2019 Max Japha Volunteer Award recipient. "Bonnie has been a volunteer in our Personal Affairs Management program for six years and this year prepared more than 60 tax returns for our clients who cannot afford to pay a tax preparation fee," said Jody. Bonnie is a certified public accountant and is always available to answer tax questions that our JFS case managers may have regarding their clients. JFS is very fortunate to have Bonnie as one of our volunteers.

"JFS thanks each and every one of its volunteers for their time and dedication to JFS and those we serve. You all make a difference. You matter, and we are grateful" said Kelly Burroughs, JFS Chief Executive Officer. •



Left to Right: Dorothy Salomonsky, Director of Personal Affairs Management, and Jody Laibstain, Volunteer Coordinator, with Volunteer of the Year Bonnie Lindenberg



Our gratitude to the United Way of South Hampton Roads and to our staff for supporting JFS through their contributions to the United Way's 2018-2019 campaign. JFS was awarded the Silver Trailblazer Award for their successful workplace campaign.

...Kramer Kindness, continued from Page 1

were very pleased with the quality of care he received. While their children, Carra and Franklin, were in preschool, Anne volunteered at the JFS offices, then located in Norfolk, to pack holiday bags for Rosh Hashanah and Passover, and has continued to do so ever since.

Anne and Eddie are lifelong Tidewater residents and live in Virginia Beach with their two dogs and occasionally provide doggie daycare for their granddog.

For more information on how to become a LIFE & LEGACY™ Society member, please contact Kelly Burroughs, JFS Chief Executive Officer at 757-321-2244 or Kaitlyn Oelsner, Director of Philanthropy at 757-965-6103. •



You never know when you'll need help, but...

Focus on Mental Health...

Stress seems like it's at an all-time high. Caustic discourse dominates the world news. Tragedy after tragedy are witnessed on the evening news, even right here in our own backyard.

These events are not distractions. They produce real effects on the brain, on our relationships and on our health.

Your mental health matters. Make it a priority.

Angst

There is no shame in seeking help. Just like getting a flu shot each fall, we have to build up our

"psychological immune systems" by addressing the challenges that we face.

JFS is partnering with other community providers to bring a series of educational and support programming to Hampton Roads. On October 29, over 180 community members attended the IndieFlix original documentary, *Angst*, hosted by JFS in partnership with Kempsville Center for Behavioral Health, Virginia Beach Behavioral Health and Wellness Prevention Services, and the National Alliance on Mental Illness of Coastal Virginia.

By showing the film and hosting the panel discussion with young adults from "Say It Out Loud," our intent was to shed light on anxiety and its effect on teen behaviors and emotions—and to break down the barriers and stigma of seeking mental health services.

Your Mental Health Matters. You Matter. And You are Not Alone.

For more information on how to schedule an appointment, please contact Jewish Family Service Clinical Program
757-459-4640



And why it matters...

- In the United States, almost half of adults (46.4 percent) will experience a mental illness during their lifetime.
- In the US, suicide is the 2nd leading cause of death among children and adolescents ages 10-24, and the 3rd leading cause of death among 12 year olds.
- Half of all mental disorders begin by age 14 and three-quarters by age 24.
- In the United States, only 41 percent of the people who had a mental disorder in the past year received professional health.

***Help is available.
And it's confidential.***

but you'll always know where to find it.

Stress and Trauma in Childhood: Potential Long Term Consequences

Childhood Stress is a normal and healthy part of development. However, when stress and trauma are frequent and prolonged, these are referred to as Adverse Childhood Experiences (ACEs). Research shows that there are long term health consequences to ACEs, in addition to challenges with mental health issues.

What are ACEs?

ACEs are described as situations where a child experiences frequent and/or prolonged:

- physical, sexual, or emotional abuse
- chronic neglect
- caregiver substance abuse or mental illness
- exposure to violence
- the accumulated burdens of family economic hardship
- bullying
- community violence
- death of a parent or guardian

- discrimination
- separation from a caregiver to foster care or migration

This kind of prolonged activation of the stress response systems can disrupt the development of brain architecture and other organ systems, and increase the risk for stress-related disease and cognitive impairment, well into the adult years. If left unaddressed, toxic stress can affect growth, learning, behavior, immunity and even the way DNA is read and transcribed. Kids who are exposed to very high doses of adversity have more than double the lifetime risk of heart disease and cancer and a nearly 20-year difference in life expectancy.

Help is available

JFS Clinical Services Programs specialize in treating adults, children and teens who have experienced Grief, Loss and Transition due to divorce, family separation, deployment, death and other situations in which it may be difficult to understand and express emotions in a positive way. •

The Health of Kindness and Gratitude

Did you know that you can “train your brain” to think more positively through acts of kindness and gratitude? These are not *random acts*, but rather *intentional acts* that actually help rewire the brain. The problem is, as we get more and more inundated with the noise of the outside world, it becomes harder and harder to find the inner quiet we need to repair ourselves.

That’s where intentionality comes in. “Your brain is kind of like a muscle – the more you use it the stronger it gets,” says Kelly Burroughs, CEO of JFS. “If you spend most of your time attending to the “noise,” the stronger those patterns of connection are, and the harder it is to break that pattern of thought. Conversely, the more intentional you are with kindness and

gratitude, the stronger you make those connections in the brain.”

Research shows that adopting an overall “attitude of gratitude” – simply expressing appreciation and being thankful – can measurably improve your overall well-being. Actively practicing acts of kindness and gratitude actually help rewire the brain by increasing the production of “feel good” neurotransmitters like dopamine and serotonin in our brains – creating feelings of contentment and happiness. There are other health benefits, too.

Research shows that grateful people often have better health outcomes as well, such as reduced blood pressure and increased energy. People who capture grateful thoughts before bed even sleep better than those who don’t. •





Thanks to the ongoing financial support of Hebrew Ladies Charity Society, the JFS Food and Financial Assistance Program has helped 50 local Jewish families with overdue power, water, medical and car insurance bills; purchasing medications; and household repairs since January of this year.

One gentleman lived alone and was subsisting solely on his Social Security income. He needed new eyeglasses and his health insurance would not cover the expense. Thanks to funds available from Hebrew Ladies Charity Society, he was able to purchase new glasses. He was so excited and said, "I did not know how much I needed this new prescription until I got it. Please tell the people who helped me that I am grateful to be able to see more clearly."

*Thank you Hebrew Ladies Charity Society
for your acts of loving kindness!*



*"The Roots of Judaism" The Twelve Tribes
Artwork by Arlene Kesser*

Tribute Cards offer an affordable and convenient way to show gratitude for others. There is no better way to remember or recognize the ones you love and respect, and to support JFS at the same time. A card featuring the beautiful artwork of local artist, Arlene Kesser, will be sent in honor or memory of a loved one, or to celebrate milestones such as weddings, bar/bat mitzvahs, birthdays and anniversaries.

"It is so easy to send a card honoring a celebration or in memory of a loved one through JFS. The card will be mailed for you and you are helping JFS continue to provide vital services to those in need in the Hampton Roads community" says Ellen Rosenbaum, JFS Board President.

For more information on how to send a card, please visit our website at www.jfshamptonroads.org or call Sue Graves, Director of Development at 757-321-2238. •

Please regularly visit
our website

jfshamptonroads.org

for more information on our
programs, upcoming events
and how to get involved.



**SAVE
THE
DATE!**

May 3, 2020

Social isolation becomes a real challenge for people who are referred for Personal Affairs Management (PAM) Guardianship services; they often have no family or friends to care for them, and the holiday season can be very lonely. Recognizing this, Altmeyer treats the clients and PAM program staff to an annual holiday dinner. "We believe in giving back to the community," says Christopher P. Sisler, Regional Vice President for Altmeyer Funeral Homes. "It is an honor and a privilege for us to be able to do so."

As guardians, JFS works hard to ensure the needs of its clients are met, including after-life decisions. "JFS relies on its partnership with Altmeyer to help with pre-planning needs, and throughout the process of making arrangements when people pass away," says Dorothy Salomonsky, PAM Program Director. "We trust Altmeyer to ensure that they are treated with dignity and respect."

Thank you, Altmeyer, for the compassion, care and kindness you provide to JFS clients – and our staff!



- *Family owned and operated since 1917*
- *Professional, experienced, caring staff*
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- *Advance funeral planning*
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Approved by all area Rabbis and Chevrah Kadisha



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*On the Reba and Sam Sandler Family Campus
of the Tidewater Jewish Community*

757-321-2222

www.jfshamptonroads.org



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OF TIDEWATER

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THANK YOU for your support in **2019** with your time, talents and donations. Your continued support will help us fulfill our mission of healing the world (*tikkun olam*) with loving kindness (*chesed*) through just and charitable deeds (*tzedakah*).

Remember, you have until December 31 to make a year-end tax deductible donation.

DONATE ONLINE AT
www.jfshamptonroads.org

*May love and light fill your
home this Chanukah!
Wishing you a happy and
healthy 2020!*

