



From our Director

Beth Schwartz, MSW

"Have Faith.

Things fall apart so that things can fall together."

So says a sign taped on my office door. I put it there to remind myself to persevere and not despair when it seems that things are literally falling apart. And I'm learning that there's some truth to this little saying. This past year is proof.

We started 2009 with economic challenges that were a recipe for falling apart—reduced revenues and increased demand from people in our community who were facing unprecedented crises.

But we had faith; and more importantly the community had faith in us.

Our donors stepped forward with increased giving; The Jewish Federation supported us with supplemental funding that was made possible in no small part from generosity from The Jewish Foundation; and we had a strategic plan to guide us through the challenges—

to enable us to get things to "fall together." Did I mention that the strategic planning process facilitation was funded by The Mayerson Foundation?

Yes, the community had faith in Jewish Family Service.

*But we had faith;
and more importantly
the community
had faith in us.*

As a result of the strategic plan, we allowed our adoption services to fall apart in order to figure out how they might fall together again. Read about our reinvented Adoption Connection in this newsletter. I am so excited and proud to launch our new model beginning in January.

From all of us at JFS, and especially from the people in our community who rely on us every day for lifeline services, thank you for your support.

Here's to keeping the faith...



Judy Lass (center) of Finneytown, with her children Amber, 12 (left) and James, 9 (right).

JFS Food Pantry provides smiles

When a truck ran over Judy Lass in 1996, it filled her body with years of endless pain. Judy lost her ability to work. But she never lost her smile or fighting spirit.

"I have a wonderful family. And I am so lucky to even be able to have children after the accident. I love them so much; nothing can compare to being a mother," said Judy.

As a typical loving mother, Judy wants her children to eat healthy foods, even on a tight budget.

"My husband works full-time. But his pay is \$10.50 an hour. It is 50 cents too much to qualify for food stamps. And much of his salary pays for health care," she said. Her aunt suggested she call Jewish Family Service.

Jewish Family Service Food Pantry offers kosher food and personal care items to people in the Greater Jewish community who are experiencing financial difficulties.

"Jewish Family Service Food Pantry has been heaven sent," she said.

"I can make a few meals out of this," she says pointing to her basket of fresh carrots, cabbage and potatoes along with packages of ground beef and a turkey breast.

Jewish Family Service Food Pantry provides more than food and case management services. With the help of volunteers, it also fulfills dreams.

"One year we had an anonymous benefactor - who we called our 'mystery munshkin' - deliver five huge bags filled with toys and clothing for Hanukkah. We were so tickled. Without that, my children would not have had any gifts."

"Oh, that shiny black coat was so perfect. It was awesome. I wore it every day," exclaimed her daughter Amber who is now 12.

Contact Fran at 513-766-3324 or fgafvert@jfsncinti.org

Jewish Family Service Food Pantry receives support from Jewish Federation of Cincinnati, MAZON: A Jewish Response to Hunger, and other community organizations and private donors.

7th Annual Symposium to explore the How of Happiness

Jewish Family Service will help you learn to increase happiness in your everyday life when it presents *The How of Happiness: A Science and Practice* on Sunday, March 7, 2010.

Sonja Lyubomirsky, PhD, is the featured speaker. She will present simple, yet scientifically researched, strategies for integrating happiness into your everyday life.

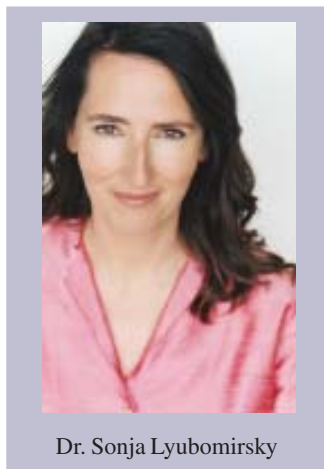
Lyubomirsky is the author of the bestselling book, *The How of Happiness: A Scientific Approach to Getting the Life You Want*. She has been the focus of numerous magazine and newspaper articles; appeared on multiple radio and TV shows, including Good Morning America and

Dr. Oz; and featured in documentaries in North America and Europe.

Donna Mayerson, PhD will facilitate a session for professionals. She will link research in positive psychology, particularly character strengths, to their clinical practice.

Mayerson is Chief Coaching Officer and a Co-founder of Hummingbird Coaching Services, an organization that has imbedded best practices to date of positive psychology into its coaching model.

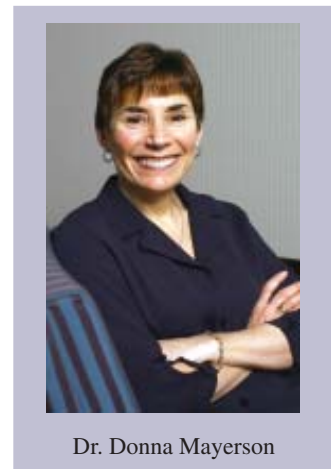
This is the 7th Annual Miriam O. Smith Educational Series symposium dedicated to mental health wellness. It is designed for mental health professionals and other



Dr. Sonja Lyubomirsky

health professional as well as for the community at large. Susan Shorr and Marcie Bachrach are the event co-chairs.

The symposium will be held at the Receptions Conference Center, 10681 Loveland-Madeira Road, Loveland, OH. Seating is limited. The session for the



Dr. Donna Mayerson

general community is 12:30-3:30 pm. Professionals remain until 5:30 and may receive continuing educational units in up to two of several disciplines available.

For more information, visit jfscinti.org or contact Sandee at 513-766-3352 or sgolden@jfscinti.org

Create Your Jewish Legacy for future of our Jewish community

"What did I do to make the world a better place than I found it?"

This is one of the most basic Jewish questions.

One answer is to make a legacy gift to Jewish Family Service.

Your bequest or other planned donation will have a lasting and generational effect, enabling JFS to always provide the critical services for the vulnerable in our community.



Jewish Family Service has joined with ten other organizations to encourage legacy gifts to provide for the future of Jewish Cincinnati.

"The Create Your Jewish Legacy campaign puts the future in our hands," says Beth Schwartz, Jewish Family Service executive director. "Under the leadership of the Jewish Federation, the campaign is a reminder that the people and causes that matter most in our lives deserve our thought and planning now."

To learn more about how you can Create Your Jewish Legacy, contact Jackie at 513-766-3315 or jorsi@jfscinti.org or visit createyourlegacy.org

Jewish Visiting Initiative expands

Volunteers with Jewish Family Service's Jewish Visiting Initiative: The *Bikur Cholim* Project perform the mitzvah of visiting the sick and isolated.

After successfully building the program at Jewish Hospital, *Bikur Cholim* has now expanded to University Hospital. Through this new partnership, Jewish Family Service volunteers are visiting with Jewish staff and patients. They bring holiday ritual items, greeting cards, readings, and a link to the broader Jewish community.

The role of the *Bikur Cholim* visitor is not that of a social worker or medical professional. However, they

can be the patient's advocate.

"We ask the volunteers to report any concerns they may have to proper staff members such as the floor nurse or the chaplain's office," says Pat Rosenberg, Jewish Family Service *Bikur Cholim* coordinator.

But the most basic task the *Bikur Cholim* volunteer can do is simply to 'be there.'

"Whether the patient is able or willing to communicate verbally, the volunteer's presence alone can be a source of comfort," says Rosenberg.

To volunteer, contact Pat at 513-766-3362 or prosenberg@jfscinti.org

JFS recognized by United Way as a select case management agency

When people are hungry, is it enough to give them something to eat?

When people are on the verge of homelessness, is it enough to pay their rent for a month?

At Jewish Family Service, we know better.

What will be on the table next month and where will they sleep?

When people call us for critical needs, they are linked to one of our skilled case managers. A case manager works with the client to really listen to what is going on in his or her life. *How did this happen? What can we do to*

help so that she has control again of her life?

In recognition of the work we do to help clients in difficult financial situations, JFS was selected as one of six area agencies to help administer

The goal of case management is to make sure that the household is receiving all forms of appropriate assistance necessary to lead them toward self-sufficiency

the Homelessness Prevention and Rapid Re-Housing Program (HPRP). This is a HUD endeavor that is dispersing Stimulus

Package money. The purpose is to help renters who are at imminent risk of homelessness if not for our help.

Our job is twofold:

1. Authorize payments to landlords and utility companies to stop evictions; households can receive up to \$2,000 in qualifying funds.

2. Guide families in the direction of self-sufficiency by working with them to

connect to other public assistance and support, meet job and educational needs, and break down barriers in navigating bureaucratic hoops.

"We have a team of dedicated case managers who understand how to use empathy and skill to help our clients," says Beth Schwartz, JFS executive director. "We are proud to be chosen to work on this critical need in the community."

Did you know?

In January-October 2009 vs the same period in 2008, Jewish Family Service has seen a

- 91% increase in Emergency Assistance Fund requests
- 80% increase in Food Pantry Requests

Jewish Family Service had as many clients asking for assistance in October as in the combined months of August and September.

Adoption Connection unveils new approach to building families



Tebelman, director of the Jewish Family Service adoption program.

The Adoption Connection program of Jewish Family Service is excited to share a new philosophy toward bringing hearts together to build families.

Adoption Connection is now offering adoption-outreach training that was developed by an adoptive father after he and his wife used these specific techniques to adopt their two children.

"Instead of asking you to WAIT with us, we are inviting you to WORK with us. And, hopefully, you will have a shorter time until your placement," says Samantha

Traditionally, prospective adoptive parents sign up with an adoption agency, and sit back and wait for that long-anticipated phone call. Instead, Adoption



An outreach workshop teaches prospective adoptive parents tips on reducing the time until they hold an infant in their arms.

Connection's goal is to empower prospective adoptive parents to shorten the time until they hold an infant in their arms.

"We want to be your partner in adoption—we want to empower you, inspire you, support you, guide you. And we will be there with you every step of the way. But we want to help you to be in control of your situation.

"Of course Adoption Connection's experienced team of adoption experts will be by your side along this journey, continuing our community wide agency outreach, and providing as much support as you need," she adds.

Also new is the Adoption Connection logo and a fee structure that could lower total adoption fees.

Adoption Connection, which is a non-profit Ohio-licensed private child placement agency, has been building families through adoption since 1943. It offers international and domestic adoption services including homestudy, adoption education, support groups, parenting information, birth parent counseling, and post-placement services. All are welcome regardless of number of children, religion, race, sexual orientation, marital status, or age.

For more information, contact Samantha at 513-489-1616 or stebelman@jfscinti.org

Easy \$\$\$ to support JFS

1. Get a JFS Kroger Gift Card. Shop as usual for Kroger groceries, pharmacy and at the gas pump and 4% of all monies paid will come back to JFS.

2. Donate your used vehicle (car, boat, RV). All you need is a clean title and we'll do the rest including free pick-up anywhere in the US.

3. Send a Jewish Family Service tribute to acknowledge a special occasion, wish a speedy recovery, offer condolences, or recognize a milestone.

Visit www.jfscinti.org for details

The Family Ties Newsletter is published twice a year by Jewish Family Service of the Cincinnati area.

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Maintain close relationships with your adult children while respecting their independence

Dr. Ruth Nemzoff

author of **Don't Bite Your Tongue:**

How to Foster Rewarding Relationships with Your Adult Children

As children become adults, parents are often confused what the "parental role" is. Do you let go and stay silent? Do you speak up and share opinions?

Dr. Nemzoff, who is a leading expert in family dynamics, will address the ever-changing realities of parent-adult child relationships. She is a resident scholar at Brandeis University's Women's Studies Research Center and an adjunct assistant Professor at Bentley University.

Monday, December 14, 2009

1 - 2 pm OR 7 - 8 pm

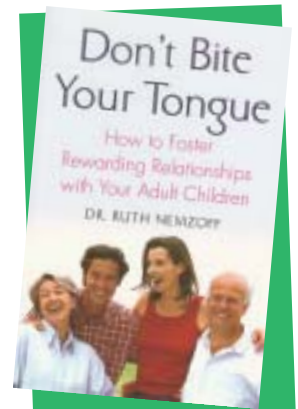
Mayerson JCC

8485 Ridge Road, Amberley, OH

\$10, \$15 at the door

Get more information or buy tickets: jfscinti.org or 513-766-3352

This program has been generously supported by a gift from Louise and Alan Wolf



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