



From our Director

Beth Schwartz, MSW

country who are developing cutting edge innovations in aging services' best practices, particularly with the looming demographic explosion at our heels.

I am excited that this edition of Family Ties has a special focus on Aging in honor of Older Americans Month. Working with older people has always been near and dear to me.

My first job out of grad school was investigating allegations of elder abuse and neglect. I worked daily in Over-the-Rhine and Avondale, visiting frail older people who were struggling to maintain independence despite so many factors working against them. That's where I found my passion for finding solutions to allow older people to age in place in their communities.

When I came to JFS almost 10 years ago, the charge was to build a comprehensive complement of community-based aging services. Today, under the direction of Ann Sutton Burke, I am proud to claim without hesitation that Aging Services is a shining star of our great agency.

In my work as the Chair of the National Interfaith Coalition on Aging and as a member of the Leadership Council of the National Council on Aging, I have the privilege of working with leaders throughout the

The work we do at Jewish Family Service in Cincinnati lives up to this national standard of creativity and excellence. The JFS Aging Services professionals consistently deliver compassionate, expert, and practical assistance to older adults themselves and to the family and friends who provide support and caregiving help. We offer skilled assessment and assistance to make sure that the people we serve can grow old successfully and independently on their own terms.

I have been inspired by so many of the older people that I have had the privilege to work with over the years and they have become for me a model of successful, vital aging.

Growing older doesn't need to scare any of us, especially with the peace of mind in knowing that JFS is there if and when needed.



Ruth Heldman, Vivian Anderson, Sonia Simkin, Freda Pilder, Gerry Pilder, and Frank Payne

Aging in Place with JFS

The aroma of a freshly cooked dinner, and the sounds of laughter and music spilled out of the Amberley House apartments' party room into the hallways Monday, April 27.

Once a month, Jewish Family Service brings together the older adult residents from the apartment for a fun evening of dinner, mind-challenging games, and stimulating conversations about current events. These monthly dinners have led to daily friendships.

"We didn't all know each other before we started these dinners. Now there is a sense of camaraderie. We are family in a way," says resident Barbara Dizenhuz.

"Everyone is very friendly. We share stories about our families and check up on each other. There is a feeling that you can knock on any door and get help if you need

it," Ruth Heldman added. Others around the table nodded in agreement. During dinner, much of the conversation centered on sharing stories about family and mutual friends.

The feeling of community is achieved through the Jewish Family Service *Options Cincinnati* program.

This program is part of a national Aging in Place initiative that delivers supportive services to older adults where they live. It builds greater connections among neighbors, and between seniors and their service providers. It prevents or delays the move to a residential care facility by promoting social, emotional, and physical health through social work and case management; shared meals and recreation; volunteer opportunities; and health care services. Jewish Family

Continued on the next page

Aging in Place with Jewish Family Service *Continued from page 1*



Vera Lewis and Barbara Dizenhuz at dinner

Service offers this program at Amberley House and Indian Creek.

Fit 'N Flex classes, offered twice a week, are other opportunities for residents to interact socially.



Volunteer Susan Harris leads Fit 'N Flex classes

"We have some great talks while we exercise," says JFS Volunteer Susan Harris. "We talk about economics, health issues, and politics."

Harris, who has been leading the exercises for two years, is in private practice as a licensed clinical social worker. She also volunteers with Jewish Family Service Food Pantry.

However, the classes are more than an excuse to meet the neighbors. They also help keep the residents healthy and independent.

"This yoga move is important to help your balance so you can prevent falls," Harris tells the class as she slides one

foot up against the other using the chair for support. Maintaining balance, muscle development, flexibility, and brain stimulation are key to older adults successfully living on their own.

"The JFS Options Cincinnati dinners, exercise sessions, blood pressure screenings and other activities create an environment for the residents to build their own community. They ultimately help older adults maintain their security, dignity, and quality of life while they remain living independently in their own homes," says Ann Sutton Burke, MPA, who is the Jewish Family Service director of Aging Services

and Supportive Care Management.

"Also, to combat isolation, we encourage the Options Cincinnati participants to get involved with outside community activities such as going to Mayerson JCC for congregate meals and their exercise classes," she adds.

Jewish Family Service maintains regular office hours at both Aging in Place sites to provide in-home visits, assessments, and referrals for supportive services.

For more information about aging in place, contact Ann Sutton Burke at 513-766-3350 or asuttonburke@jfs Cincinnati.org



Sonia Simkin (left) and Ruth Heldman (right) build muscle strength that often gets lost with aging

Jewish Family Service Aging Services staff is proud to be affiliated with the following organizations that support our efforts in navigating the complexities of Elder Care issues.

- Alzheimer's Early Detection Alliance
- Association for Professionals in Aging
- Council on Aging of Southwestern Ohio
- Greater Cincinnati Alzheimer's Association
- Jewish Agencies Serving Seniors
- Midwest Geriatric Care Managers Association
- National Association of Professional Geriatric Care Managers
- National Association of Social Workers
- National Council on Aging
- Southwest Ohio Caregiver Coalition
- University of Cincinnati Dept. of Social Work-Field Instructors



Peace of mind from far away

Mr. Berg's* only child Sam* was living 4,500 miles from Cincinnati when Berg, a widower, was hospitalized suddenly in critical condition and not expected to live.

Upon hearing the news, Sam's first call was to Jewish Family Service where he found the expertise his dad needed and the peace of mind he wanted.

"I first began to work with Mr. Berg as his care manager about a year ago. He had a history of problems related to diabetes, so I was already making weekly visits. I noted the cleanliness of his home, his food consumption, and his ability to maneuver in his surroundings," says Jewish Family Service geriatric care manager Marge Reed, MSW.

Reed had built a trusting relationship with Berg's son who was unfamiliar with the type or availability of services needed by his father.

"At Sam's request, I stayed with his father in the critical care unit into the evening. Sam was on his way into town and didn't want his dad to be alone. Mr. Berg had not been in this hospital before, so his medical history was a blank page to the staff trying to save his life," says Reed.

Reed was able to fill in the pertinent information related to past hospital stays, care

*The identities of the clients have been changed to protect their privacy.

and treatment of his diabetes at home, diet and nutritional concerns, and other health related issues.

Berg remained unconscious for several days, then started to slowly improve. After many more weeks in the hospital, he wanted to go back to his own home.

"Sam and I discussed the discharge plan. It was necessary to make some changes in his care to enable his father to remain independent in his home," says Reed. She arranged for additional caregiving and nursing services.

Sam is also back home now, but visits more regularly. During the visits he meets with Reed to discuss his father's current health status and changing needs.

"We have a sense of mutual respect that allows for open communication to make changes as the needs arise," says Reed. "I feel honored that the family has placed such a high level of trust in my knowledge and experience; and in the work our agency does to assure our seniors have the highest level of care necessary to empower them to live independently at home."

Concerned about your aging parent? Contact Marge Reed at 513-766-3344 or mreed@jfscinti.org

JFS Aging Services partners with congregations



Ann Sutton Burke at Temple Sholom

Jewish Family Service has partnered with Temple Sholom and Isaac M. Wise Temple to help ease concerns congregants may have as they or their parents become seniors adults.

Focusing on caregiver support and available community resources, Ann Sutton Burke, JFS director of Aging Services, recently spoke to a group of fifty at Temple Sholom.

"This program was so well received," said Doris Lehrner of Temple Sholom. "Although most of those who attended were 'mature adults', the

universal comment was 'I'm giving this information to my adult kids who will be the ones helping me and themselves when I need the help!'"

Ann is presently collaborating with Wise Temple on "Conversations on Aging", an 8-part series for congregants 80 years old and older.

"We are excited to be recognized for our expertise in aging issues," said Sutton Burke.

Ann Sutton Burke can be reached at 513-766-3350 or asuttonburke@jfscinti.org

Volunteers Needed!

- Tzedakah Garden
 - Options Senior Health Fair
 - Jewish Family Service Food Pantry
 - Naturalization Ceremonies
 - Jewish Visiting Initiative - Bikur Cholim
- ... and more!

Visit www.jfscinti.org or contact Sandee at 513-766-3352 or sgolden@jfscinti.org

What will you do this year that will outlast you?

What will be your Jewish Legacy? What will you build, whom will you teach, where will you plant?

The greatest use of your life

Fulfill the promise so future generations will say of us, "The world is a better place because, for a brief time, they lived in it."

is to spend it on something that will outlast you. By creating **your** Jewish Legacy, you can reflect all that is most important and meaningful to **you**. It lets

you complete the work of your heart and leave a permanent signature on our Jewish community. *Create your Jewish Legacy today. Contact Beth Schwartz at bschwartz@jfscinti.org or 513-469-1188.*

Walking on Sunshine - the key to youthful aging



Mesel Wieder

At 97 years old, Mesel Wieder proves the magic of gratitude as he walks through Kenwood Towne Centre with other Holocaust survivors.

As he passes the storefronts, he stops to say hello to the kiosk vendors and hands them a piece of wrapped chocolate candy - always with a big smile and hearty laugh.

"I like to get out and talk to

people," he says. "I have lots of friends in the mall."

Wieder is a member of the Jewish Family Service Center for Holocaust Survivors' Friendship Club. Twice a month, he is picked up from his home to join other Holocaust survivors for the shopping mall excursion.

"They know Mesel is here, but they don't know *why* Mesel is here at my age," he says, emphasizing the *why*.

Wieder explains the *why* - in a word, gratitude.

"It is good to be alive," he says. "I am grateful for dogs, for cats, for people, for this candy, for every day."

He claims that bed is the

biggest enemy. "Get up. Enjoy the day. Keep moving," says Weider who wakes up at 7 a.m. daily and does yoga stretches in bed.

Part of his daily routine includes walking in place for an hour while watching TV. But Wieder is grateful that Jewish Family Service brings him to the mall to walk.

"It is social here...good to see people...good to laugh with them."

As a Holocaust survivor he says he paid for the right to be happy today and does not want to be known simply as a survivor. It is his attitude filled with gratitude that makes him 97 years young.

The mall walk is offered by the JFS Friendship Club. In addition to social therapeutic activities, Jewish Family Service

also provides Holocaust survivors with case management; home visits; restitution assistance; counseling and referral; free hearing tests; and safety/adaptive equipment. Social services for Nazi victims have been supported by a grant from the Conference on Jewish Material Claims Against Germany. Assistive listening devices/adaptive equipment is provided by a grant from The Bahmann Foundation.

For more information, contact Gail Gepsman Ziegler at gziegler@jfscti.org or 513-766-3309



Other mall walkers Erica Gordon, Elizaveta Feldman, Ruth Kropveld, Sara Blicblum, Etta Gepsman

Meet some of our 18 Aging Services Staff...

Ann Sutton Burke, MPA, director of Aging Services and Supportive Care Management. She has 29 years of experience in planning and managing community-based care for the elderly.

Stephanie Aronhalt, MSW, LSW, Quality Assurance Coordinator and Care Manager. She ensures that JFS exceeds regulatory industry standards.

Jackie Drake, LISW, Social Work Counselor and Care Manager. She brings together her personal

experience as a family caregiver with her social work expertise to offer counseling to homebound seniors.

Luda Gikhman, MA, ESOL Instructor and Care Manager. A professor at Northern Kentucky University and University of Cincinnati, she specializes in immigration and naturalization issues.

Katie Gordon, BSW, LSW, Care Manager. She originally joined JFS as a Workum intern. Currently, she is providing independent living assistance services.

Natalie Hurley, BSW, LSW, Social Work Counselor and Care Manager. She advocates for clients with her wealth of knowledge in public benefits, personal affairs management, and insurance programs. She is the JFS point person with the Council on Aging of Southwestern Ohio.

Carrie Krach, BA, Care Coordinator. She maintains a wide database of community resources to provide information and referrals.

Lilly Narusevich, BA, ESOL Instructor and Care Manager. Her expertise is in public health benefits for the Russian speaking community.

Marge Reed, MSW, Care Manager. She specializes in grief counseling and working with long-distance caregivers and children of aging parents.

Gail Gepsman Ziegler, MSW, LSW, director of Center for Holocaust Survivors. She has extensive knowledge in Holocaust issues and advocates for survivor needs.

...ready to assist you today

Volunteers Deliver Food and Smiles for Passover Delivery

The 11th annual Dr. Samuel S. Rockwern Passover Delivery of Jewish Family Service delivered 428 Passover meals to low-income families Sunday, April 5.

"This project is more than collecting and delivering food," says Fran Gafvert, Director of Vital Services at Jewish Family Service. "It is about connecting with people. Volunteers visit with the recipients, learning about their families and sharing a caring smile."

Anna Zmood, 17, has been delivering Passover food with her mother each year since this project began. "When I started delivering at age 6, I was only handing out boxes. Over the years I began to appreciate the tradition of

helping other Jews as a whole; helping our community stay together," she said.

"Thank you for your help. Thank you for your care."

The Passover delivery project was renamed this year in recognition of the generous support by The Rockwern Charitable Foundation.

"In recent years, The Rockwern Charitable Foundation has taken an interest in supporting this community volunteer project," says Beth Schwartz, Jewish Family Service executive director. "We are excited that by making a formal and lasting commitment, the foundation has taken a lead role in launching our fundraising efforts to support our community's needs."

Schwartz states that the high cost of *Kosher for Passover* food makes celebrating the weeklong holiday of Passover difficult for many individuals and families, who



Jacob and Lila Englander with Bina Milzon

are often older adults on a fixed income. The rising costs of medical care along with rising unemployment force many to choose between buying food and paying for other necessities such as utilities or medicine.

Cincinnati Hebrew Day School donated the storage and set-up facilities. Area congregations collected the

nonperishable, boxed food; the balance was purchased with monetary donations from The Rockwern Charitable Foundation and individual community donors (who are recognized on the Jewish Family Service website www.jfscinti.org).

bigg's, a JFS food partner, also supported the project by offering customers pre-packaged bags of Passover food to purchase and donate. Almost 200 bags were donated.

Bina Milzon expressed the feelings of many as she accepted her Passover box, "Thank you for your help. Thank you for your care."

Fran Gafvert can be reached at 513-766-3324 or fgafvert@jfscinti.org



Rick and Lil Lefton



Sue and Bob Juran



Sarah, Stephanie, Hannah, and Howard Kaplan



Nathan, Suzanne, Mariah, and Scott Schweiger



Sheri, Jake, Seth, and Tedd Friedman

**2008-2009
From Strength
To Strength
Circle of Donors**

Visionary

Bernard and Pamela Barbash
Family Foundation

Andrea Lerner Levenson
& Family

Patron

Jacqueline Mervis Mack
Philanthropic Fund of
Greater Cincinnati

Anonymous

Benefactor

Bruce and Kitzi Baker & Family

Cindy and Edward Getty

Mr. and Mrs. Stephen Guttman
Jerry Horwitz

Mark and Marcy Kanter

Mr. and Mrs. Peter Levin

Leah and Gary Smith & Family

Sustainer

Roy Adams

Anonymous

Patricia and
William Aronstein

Marcie and Nathan Bachrach &
Family

Patty and Louis Beck

Mrs. Robert M. Bergstein

Michael and
Shannon Garfunkel

Sam and Susan Knobler

Anonymous

The Lobar Family

Carl Morgenstern

Beatrice and
Steve Rosedale

Anonymous

Anita and Hank Schneider

Beth Schwartz and
Gene Smiley

Susan Shorr and
Denny Mitman

Jonathan and Elizabeth Wolf

John and Dr. Abbie Youkilis

Showing You Care, Strengthening Our Community

Thank you to the following donors who have helped strengthen lives in Cincinnati by giving to the 2008 JFS Friends campaign. You helped feed the hungry, visit the sick, honor the aged. As a not-for-profit agency 501(c)(3), Jewish Family Service depends on the generosity of donors such as you to ensure its continued excellence in providing vital services to our community.

Alice Abrams
Adath Israel Congregation
Robert Altbaier
Anonymous (60)
Carol and Les Appel
Judith Aronoff
Elena and Namik Ashe
Emily Bachrach
Dora Baehner
Monica and Daniel Barach
Marilyn and Bob Barnett
Sharon and John Baron
Carol and Leonard Bartel
Gayna and Jeffery Bassin
Karen and Avi Bear
Sara and Richard Behrman
Robert and Ruth Berg
Kayla and Baruch Berger
Nancy and Dolph Berman
Robert and Maryann Betagole
Beth Israel Congregation
Sandra Biales
Nelda Billups
Jadwiga Biren
Rozlyn and Donald Bleznick
Randal and Peter Bloch
Angie Bowling
Marilynn Braude
Marianne and Ed Brill
Evelyn Brod
John and Karen Brownlee
Ursula Buckman
Ann Burke
Lynn and David Callif
Edith Carter
Jeff and Sharon Casper
Stanley and Emily Chaikin
Dona and Michael Chertok
Marcia Chesley
Katherine and Louis Claybon
Stephen and Mary Claybon
Hildy and Robert Clayton
Sally and Alex Cohen
Mae Cohen
Barbara and OJ Cohen
Sheryl Cohen
Dee and Sid Cohen
Concord Realty, LLC
Ruth and Steve Coppel
Patricia and Rick Cron
Chris and Lisa Cummings
Edith Czerkiewicz
Donna and Emil Dansker
Roza Dashevsky
April and Harry Davidow
Sharon and Binem Dizenhuz
Marina and Michael Dolgin
Susan and David Donnett

Laurie and Neil Dubin
Elenora Dubinsky
Herbert and Susan Ducovna
Kathy Edelstein
Regina Eisenberg
Marion and Bill Elson
Iris and Leonard Eppel
Thelma Essig
Sterling and Cecelia Euster
Frederick and Julia Fink
Libby and Guenther Fleischer
Ellen and Oran Fox
Barbara and William
Frankenstein
Sheila and Edward Freeman
Susan Freudenthal
Lois and Morry J. Friedlander
Valerie Friedman
Radell and Carl Friedman
Irene and Melvyn Frieman
Laurel and Aaron Fritzhand
Albert and Alison Frydland
Fran and Peter Gafvert
Sara and George Gati
Judith and Carl Gehr
Lee and Sandy German
Shelly Gerson
Deliaa and Benjamin Gettler
Luda Gikhman
Hilda Gilbert
Stephanie and Norman Gilinsky
Walter Glas
Seymour Glick
Robin and Brian Goldberg
Sandee Golden
Shari Goldsmith
Shelley and Steven Goldstein
Nancy Goldstein-Levine
Kenneth and Kathie Goode
Mr. and Mrs. David Goodman
Joyce and Bernard Goodman
Karen and Richard Goodman
Edward Goodman and Julie
Maslov
Elizabeth and Simon Gorelik
Carol and Len Green
Sandra and Thomas Green
Jan and Herman Groshoff
Amy and Adam Grossman
Magda and Gyila Grosz
Rita and Edward Grusd
Helen and John Habbert
Lynne Haber
Doris Hall
Eileen and Herbert Halpern
Susan and Jeff Harris
Barbara and Mort Harshman
Joyce and Paul Heiman

Mark Heiman
Anita and Bernard Hertzman
Bruce Heyman and Ellen Essig
Marty and Sally Hiudt
Jon Hoffheimer
Deborah Horewitz
Stewart Horn
Leonard and Marilyn Horwitz
Natalie and Kevin Hurley
Jonathan and Idit Isaacsohn
Janice and Dan Jacobs
Zelda and Lou Jacobs
David and Josephine Joseph
Scott and Patricia Joseph
Larry Juran
Donna Kabakoff
Nancy and Ronald Kabakoff
Evelyn Kabakoff
Ruth and Ernst Kahn
Helene Kallenberg
Rabbi Lewis and Mrs. Rene
Kamrass
Lynne and Bob Kanter
Richard and Julie Kantor
Shirley and Aron Kantor
Ray Kantor
Helen Kaplan
Kathryn and Jeffery Kaplan
Susan and Rod Kaplan
Sherry and Mark Kaplan
Arlene and Bill Katz
Julane Katz
Louis Katz
Linda Kean and Ron Mervis
Patricia and Donald Keller
Rabbi and Mrs Yuval Kernerman
Mona and Richard Kerstine
Margie and Chuck Kessel
Tamara Khodoun
Yolanda Kirschner
Deborah Kirshner and Paul
Heldman
Jennifer and Andrew Klawter
Jerry and Nancy Klein
Sheldon and Dolly Kopin
Sharon and Mel Kreitzer
Susan and Roy Kulick
Jackie and Stanford Lang
Bruce Lazarus and Phil
Weintraub
Perry and Bobbie Leitner
Debbie and Hamilton Lempert
Dr. and Mrs. Robert Lenobel
Hatsy and Jerry Lerer
Jacob Lesch
Joyce Levine
Edward and Leah Levy
Stuart and Bonnie Levy

Brad and Barbara Levy
Harold Levy
Hanna and Karl Lewin
Leon and Beverly Lichtin
Carrie Lindenschmidt
Abbie Brant and Danny Lipson
Lynne and Michael Lipson
Gloria and Alvin Lipson
Beverly Liscow
Leba R. Litwack
Dr. Dianne Litwin and
Dr. Charles Mesh
Helene and Millard Mack
Christine and Ramesh Malhotra
Marlene Manes
Charles and Jennifer Margolis
Jerry and Bernice Mark
Cynthia and Mel Marmer
Marlene and Howard Mayers
Erin McNew
Joseph and Eleanor Megel
Joe Mendelsohn
Jeanie and Steven Messer
Karen Meyer and Richard
Michelman
Robin and Mark Miller
Robin and Fred Miller
Leslie and Kenneth Miller
Ann Mishne
Ruth and Robert Moeddel
Susan Brenner and Steve
Mombach
Marilyn Mor
Ella and Jacob Moskovich
Lilly Narusevich
Sharon Nelson and Ken Venick
Ethel Nemoff
Ann and Joel Newberg
Leslie and Larry Newman
Kenneth and Susan Newmark
Helene and Tom Ohren
Meri Orekhova
Jackie and Tom Orsi
Linda and William Overholt
Patricia and M H Passer
Terry and Allan Peck
Louis Peerless
Penny and Myles Pensak
Alice and Burton Perlman
Bernard and Eileen Plaut
Ruth and Albert Pleatman
Sue Pliskin
Elaine and Harold Pockrose
Lois Klein and Saul Polasky
Lori and Greg Politzer

Bernice & Don Pollack
Nancy and Charlie Postow
Sue and Jay Price
Michael Privitera and Marcia
Kaplan
Dianne and Kerry Rabe
Ed Raick
Mitchell Rashkin
Marge Reed
Glynnis and Glenn Reinhart
Stuart Richards
Mary and Mark Rinsky
Tom Rinsky
Allan and Dianne Robinson
Steve Rosen
Maria and David Rosenbaum
John Rosenthal
Monique Rothschild
Julie and Marc Rubin
Danielle Sabarese
Pam Sacherman
Karen and Edward Saeks
Judith Saeks-Gable
Julius and Sandra Saslow
Barbara Scharf
Lauren E. Scharf
Phyllis and Peter Schiff
Rachel and Steven Schild
Lucia and Gordon Schilmeister
Tatiana and Isadore Schmerler
Carol Ann and Michael Schwartz
Ida and Irv Schwartz
Joanne and Richard Schwartz
Mildred Selonick
Steven Selss
Mrs Robert Senior
Robert and Cheryl Shelby
Bob and Gerry Ann Shokler
Sally and Andrew Shott
Eleanor Shott
Helen and Leo Shuller
Ann and Joel Shulman
Jan Shulman
Bernie and Janice Siegel
Leslie Siegel Kreines and
Michael Kreines
Dorothy Siegel
Bobbie and Wayne Signer
Barbara Silver
Marc and Julie Silverman
Beth Silverman and Thomas
Gelwicks
Mary Lee and Louie Sirkin
Blessing Sivitz
Deborah Smith-Blackmer and
Benjamin Blackmer

Steven and Tobe Snow
Barb and Ron Solomon
Lois Spahn
Judy and Harold Spitz
Howard and Nancy Starnbach
Statman, Harris & Eyrich, LLC
Evan and Lindsay Stein
Bobbie Sterne
Josephine Stillpass
Ruth Stott
Sonia and Benny Strauss
Barry Stregevsky
Bob and Marcia Sugeran
Mary Sutton and Daniel Kanter
Samantha Tebelman
Blair Tillett
Jean and Brian Tobias
Paula Tompkins
Susan Trenkamp
Rachel and Tony Venezia
Vicki Ventre
Arden and Irene Wander
Gladys and Stuart Warshauer
Dr and Mrs Irvin Warth
Rita and Arnold Wasserman
Beth and Donald Wayne
Irmgard and Ralph Weil
Ophra and David Weisberg
Sherry and Albert Weisbrot
Louis Weisser
Ashley and Josh Werthaiser
Larry and Iris Werthaiser
Edward Wertheimer III
Daniel and Jessica White
Beverly and Paul Williams
Martha and Craig Willis
Ronna and James Willis
Rabbi and Mrs. Irvin Wise
Brad and Melissa Wittenbaum
Frederick and Eve Wittenbaum
Barbara and Jay Wittenbaum
Amy Diamond & Eddie Wolf
Nancy and David Wolf
Gloria Wolfson
Rhonda Woodburn
Wood - Byer Foundation
Ellen and William Wyler
Sharon and Jacob Yosafat
Judy and Martin Young
Lillian Zanger
Mort and Ethel Zemsky
Marcie and Robert Ziek
Zina and Michael Zmood
Fred Zorndorf
Sanford and Helen Zussman

Thank you to the members of our 2008-2009 Board of Directors who volunteer their time to ensure Jewish Family Service meets the needs of our community.

Officers

Bruce Baker, President
Michael Schwartz, Vice-President
Susan Shorr, Vice-President
Danny Lipson, Treasurer
Mark Kanter, Secretary

Board of Directors

Jonas Allen
Marcie W. Bachrach
Gail H. Friedman
Aaron Fritzhand
Cindy Getty
Jeff Harris
Sam Knobler
Bruce Lazarus
Rick Lefton
Evan Leitner
Andrea Lerner Levenson
Sam Lobar
Liz McOsker
Leslie Miller
Mark Miller
Pam Sacherman
Lauren Scharf
Gary Smith
John Youkilis

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

*Phone: (513) 469-1188
FAX: (513) 469-1195
www.jfscinti.org*

*Address changes or to be removed from the mailing list:
Vicki Ventre, (513)766-3302 or
vventre@jfscinti.org*

*Beth Schwartz, Executive Director
Sherry Kaplan, Marketing Director*

Your Gift to One Strengthens the Lives of Many. Send a JFS Tribute today.

Acknowledge a special occasion, wish someone a speedy recovery, offer condolences, or recognize a milestone by sending a Jewish Family Service tribute.

Actually, you are doing a "double mitzvah" by sending a tribute to show someone you are thinking of them while you

also help Jewish Family Service strengthen lives in our community.

Send a tribute today. Donate online at www.jfscinti.org or call Vicki at 513-766-3302.

Save the Date

Options Senior Health Fair

June 10, 2009

1 - 3 pm

Indian Creek

Annual Meeting

JFS Family Reunion

August 6, 2009

Pick-a-Party is back!

August 29-30, 2009

Southwest Ohio Caregiver

Coalition Conference

October 14-15, 2009

Call 513-469-1188

or visit jfscinti.org

for more information

Jewish Family Service is supported in part by funds made available from Jewish Federation of Cincinnati, United Way of Greater Cincinnati, The Conference on Jewish Material Claims Against Germany, and Council on Aging of Southwestern Ohio



Jewish Family Service
11223 Cornell Park Dr.
Cincinnati, OH 45242

NonProfit Org.
U.S. Postage
PAID
Cincinnati, OH
Permit No. 1404

Dig in and Volunteer at the Tzedakah Garden

Fresh fruits and vegetables are starting to grow in the Tzedakah Garden, which is a cooperative effort between Jewish Family Service and Mayerson JCC. Volunteers are needed to help with planning, sowing seeds, tending, harvesting and delivering the fruits of their labor to Jewish Family Service Food Pantry located in Golf Manor Synagogue.

"This project has been a labor of love and a joy from the beginning," says Barbie Sterne, community volunteer and head of the Tzedakah Garden committee. "Once we connected with Diamond Oaks Horticulture teacher Jim Hansel, we knew we were off to a great start. He and his students agreed to plant our seedlings for us in their greenhouse. We have

five planter containers already in bloom and expect to have harvest for Jewish Family Service Food Pantry starting in July."

The idea for a community garden is very timely. The benefits of producing and procuring food locally have been popularized with Community Supported Agriculture (CSAs) and the City of Cincinnati's Urban Gardening Pilot Program. There are savings in transportation costs and minimizing pollution with the utilization of local resources when a community grows its food locally.

And it involves all ages. Denise Schnur, director of the Early Childhood School at Mayerson JCC, has involved preschool children by having

them tend to the planters.

Fran Gafvert, Director of Vital Services at Jewish Family Service has seen the need for the community garden since the early days of the pantry. "I remember one summer several years ago, a volunteer brought in asparagus from her garden. The clients were so touched by the gift of homegrown vegetables. It really enhanced what we had to offer at the pantry that day," she says.

The Tzedakah Garden was started with seed money from Louise and Alan Wolfe. "Louise wanted to help the clients nutritionally in some



way," Gafvert recalls. "After brainstorming some ideas, I realized that the Wolfes could help us start a garden. It's a gift to the clients and to the volunteers."

All help and support of the Tzedakah Garden is appreciated. Please contact Sandee Golden at Jewish Family Service for more information, (513) 766-3352 or sgolden@jfscinti.org