

# JEWISH FAMILY SERVICES

## Here's How Your Donation to the JFS Friends Campaign Helps Your Community

*The Torah begins and ends with acts of tzedakah, caring and loving kindness. – Talmud.*

The giving of tzedakah at the New Year is an important mitzvah and according to Jewish tradition, the spiritual benefit of giving charity is so great that the giver benefits even more than the recipient. Judaism holds that people in need have a legal right to food, clothing, and shelter that must be honored by more fortunate people.

By making a donation to the JFS 2011 Friends Campaign, you will be reaching out to those in need by providing JFS with the means to serve the growing demands in the Charlotte Jewish community and to empower many people with the tools and resources to succeed.

Take a look at how your gift can make a difference in our community:

### Social Skills Groups for Children

Your gift helps support groups for children who struggle with social and emotional regulations. JFS completed two cycles of six week classes for children ages 8-12 and 12-14. The children who participated in JFS social skills groups have shown improvement in making and keeping new friends, identifying and understanding their emotions and feelings and how it impacts others, and cooperating with adults and peers. Libby Rains, JFS Child and Adolescent therapist says,

"With the use of hands-on activities, like interactive games, science experiments, art activities and yoga instruction, the children and adolescents who have participated in the groups have been able to practice such skills as problem-solving, initiating and sustaining social conversations, understanding verbal and non-verbal social cues, and identifying the emotions and/or understanding the feelings of others. Some have even developed connections that have carried over outside of our group activities, something that has been positive for the kids and their families."

### Love and Logic Classes for Parents

Your gift to JFS helps support programming that gives parents the building blocks needed to create children who grow up to be responsible and successful teens and adults. Through discussion, video clips, handouts, and exercises, the course teaches practical solutions to everyday issues, such as getting your child ready for school in the morning, whining, and dealing with power struggles. Dozens of parents in the community have benefitted from the Love and Logic classes offered through JFS. Lisa Blau feels that the Love & Logic class has helped her family. She says, "My kids now respond quite well to me when I say, 'We do nice things for nice people.' They know now that if they are not nice, they will not get things like treats, play dates with friends, time at the pool, etc." Lisa related a funny story about how the program helps with family communication: "We all sat down to dinner one evening and Kate, my five year old, was not happy with my menu. Kate's comment was, 'I'm not eating that!' I responded, 'Ok, Kate, I understand. It'll be here when you're hungry. I love you too much to argue with you.' Kate's response was, 'I think you need a little alone time Mommy.'"

### Therapy and Case Management

Your gift helps provide therapy and case management for adults who suffer with depression, abuse, illness, divorce, and financial difficulties. "Judy's" husband, "Jeff," passed away suddenly a few months ago. "Judy" was married for 30 years and never handled the family finances. She was

overwhelmed with her situation as well as depressed and anxious about dealing with life alone. JFS provided "Judy" with therapy to help her work through her grief issues. In addition, the JFS case manager assisted "Judy" with finding lower cost housing, affordable insurance and budget and credit counseling in the community.

### Senior Outreach and Caregiver Support

Your gift helps provide a connection to the community for older adults and also supports those people who care for them. Older adults are not forgotten; they are cherished and nurtured, due to JFS outreach services. JFS works with approximately 150 seniors who live in nursing, independent, and assisted living facilities across Charlotte. For many of these seniors, a visit from JFS staff and volunteers is the only connection to the Jewish community. JFS provides Shabbat services, Jewish programming and sorely needed companionship. JFS also facilitates a monthly support group is held for people caring for their loved ones as well as quarterly educational programming, to give Caregivers the tools to cope with the difficult issues they are facing and to learn from experts in the field.

Jill Lipson, JFS Board member and Chair of the 2011 Friends Campaign, extends a heartfelt "Thank You" to JFS Friends Campaign supporters. Thank you for caring, for reaching out to make a difference, and for helping those in need.

Jill says, "Because of loyal community members who support the agency both financially and with their time, JFS continues to do important work such as providing financial assistance, helping children with behavioral challenges, and working closely with our seniors, amongst others. The 2011 Campaign's slogan, 'Changing Lives Together,' really expresses the importance of the Jewish community and the greater Charlotte community working together to meet the needs of those who live amongst us. Supporting the JFS Friends Campaign brings to life the Jewish belief in Tzedakah, and our community needs us all, right now."

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JFS would like to thank the fabulous women of Hadassah who cook with love each month.

On August 4, the following Hadassah women contributed to the preparation of 100 meals for JFS to distribute:

Barbara Abrams, Tess Berger, Susan Breines, Cathy Bogus, Sharon Cavanaugh, Milly Corday, Helene Cullen, Deedee Daumit, Zelma Fink, Judi Fogel, Mary Gordan, Sandy Hoagland, Judy Kaufmann, Penny Krieger, Sharel Persin, Phyllis Romaine, Barbara Rosenfeld, Gabby Starr, Hagit Stav, and Lisa Strunin.