

Jewish Family Services

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Mother's Day Friends Run-May 12
Use Code "CJN" to Save \$5 Off 5k Registration

This May 12, Jewish Family Services invites the community to experience a different kind of Mother's Day; one we hope will become your new family tradition. JFS is holding our annual Friends Run 5k and 1 mile walk/run on Sunday, May 12.

"JFS's mission is 100% selfless and giving," said South Charlottean Amy Krakovitz who has participated in the 5k every year. She won first place in her age group in 2012 and looks forward to the Mother's Day competition. Krakovitz is the editor of the *Charlotte Jewish News*, a Hebrew school teacher, wife, and mother of two grown boys. She has been running for over 30 years and has participated in multiple races with her 21-year-old son.

"It's really neat to run with my son," said Krakovitz, about her son, Nick Montoni, who attends UNC Chapel Hill. This year Montoni won't be able to run with his mom as it conflicts with his college schedule, but he knows firsthand what a difference JFS makes in the lives of people in the Charlotte community. In high school, Montoni volunteered in JFS's food pantry, packing grocery bags each week for families in need.

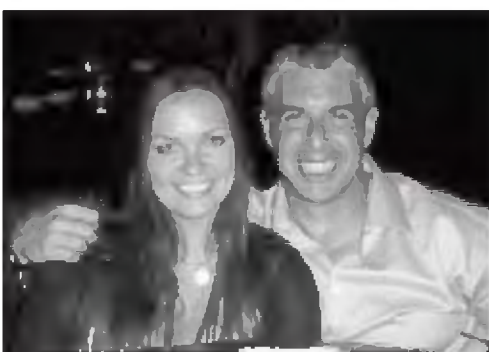
Mother-daughter team Karen Knoble and Anna Bobrow also know the power of running as a family. "During the first Friends Run," says Knoble, "my daughter Anna was my motivator because I was not running regularly at the time. We both just love the camaraderie of being part of the event together." Last year, Karen won her age group and looks forward to this year's family-friendly competition, which she will run with her husband Barry Bobrow and Anna, who will surely be cheering her on.

Natalie and Adam Smith, owners of Golden Heart Senior Care of Charlotte, are participating in the Friends Run coming from a different perspective. Natalie relocated to America from the Ukraine in 1996 at age 11, with her mother and younger brother. She credits the JFS in Baltimore with helping establish her family. "JFS helped my mom find a job; they sent me to camp for two summers on scholarship. If it weren't for JFS, I don't know how I would have learned my first English words," she said. "Now that we own our own company, it's important for us to give back to the Jewish community."

Her husband Adam is a native Charlottean; he grew up active in the Charlotte Jewish community and they married at Temple Beth El in 2011. The Smiths recently

opened Golden Heart Senior Care, which is sponsoring the Friends Run as a way to support Jewish Family Services and their senior outreach program.

Natalie recalls the first time she went to a grocery store in Baltimore. After living on rationed foods in the Ukraine, she could not believe that her family was able to decide what food they wanted, and how much they could purchase. "I see JFS through those same eyes ... nourishment, education, aging gracefully ... these are all aspects



Natalie and Adam Smith

food, financial assistance or companionship. Make Mother's Day a memorable and meaningful day by registering today.

www.FRIENDSRUN.com. ✨



Jewish Family SERVICES
the heart of our community

of humanity that every person is entitled to," Natalie said. "JFS is the one agency in the Jewish community that makes this a priority."

This year the Friends Run will include several new features:

* Challenge your friends to participate as part of a team. Sign up online during registration.

* Visit the Mellow Mushroom Kids zone featuring bouncy houses and fun activities for children.

* Run the Breakfast in Bed Relay & Sprint - load a tray with "breakfast" and sprint to mom or dad.

* Dedicate your participation in the race by naming your mother, grandmother, child, or friend on your race bib.

* Wear your pajamas for extra fun!

Traditionally Mother's Day is a time when families spend the day together. The JFS Mother's Day Friends Run is the perfect activity for a family outing where all ages can participate. The Friends Run is about coming together as a community and celebrating everyone who is a mom, has/had a mom, or knows a mom.

Whether you walk, run, stroll, cheer or volunteer, when you participate in the Mother's Day Friends Run you're helping someone who needs therapy,

Larry Horowitz, CLU, ChFC

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JEWISH FEDERATION ENCOURAGES JEWISH EXPERIENCES FOR CHARLOTTE'S YOUTH

Jewish Experience Fund: Promotes Jewish identity building among our Jewish youth through Jewish camping, community building, leadership development, and informal educational opportunities.

Need based subsidies are available for families meeting at least one (1) of the following criteria:

- Household gross income not to exceed \$75,000
- Change in household circumstances within the last 6-months necessitating financial assistance (ie: medical concerns, job loss, change in family status, etc.)
- Multiple children attending camps and/or Jewish programs
- Extenuating chronic family circumstances (ie: special needs children; disability, etc.)

For an application or more information, please contact Lynda Woodburn, Jewish Family Services 704.364.6594.

Gorelick Teens to Israel Fund: Enables and encourages local Jewish teens to have positive and lasting Israel experiences creating Jewish teens who are passionate about Israel, committed to the Jewish community, and influential in encouraging other Jewish teens to share their passion.

Subsidies are available to local Jewish teens ages 13-19 traveling to Israel on a Federation approved program.

For more information, please contact the Federation office at 704.944.6757 or info@jewishcharlotte.org

Special thanks to Bill and Patty Gorelick for their ongoing support and generosity.

JEWISH FEDERATION OF GREATER CHARLOTTE

Celebrate Mother's Day with JFS

Online Auction
Live Bidding May 1 - 12
Shop for Mother's Day & Support JFS by bidding on items for Mom:

Mountain Vacation, Tickets to Charlotte Knights Carowinds & Riverbanks Zoo, Gift Certificates to Bad Daddy's, Cheesecake Factory, Dressler's, Jason's Deli, Taco Mac & Zoe's Kitchen, Gift Cards to The Boulevard at Southend, Gymboree, Midas Fabrics, Pike's Nurseries, Sports Authority, Total Wine, Maid Brigade, Lee Bierer of College Admissions Strategies, Metro Fitness Club & CrossFit, Personal Training, Tax Preparation, Autographed Panthers Football, Diamond Ring from Ellis Jewelers, Gift Baskets from S&D Coffee, Whole Foods & Green Mountain Coffee & Much More!

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