

Family Matters

ANNUAL REPORT ISSUE



NEW PROGRAM OFFERS CAREGIVER COUNSELING AND COACHING

PEARLS for Caregivers is a short-term counseling and life coaching program designed for caregivers dealing with depression. Counselors meet with caregivers to provide eight free one-on-one support sessions over five months.

Caregivers have such a tough job. To provide the best possible care for a loved one, they often sacrifice their own physical and emotional needs. The resulting feelings of anger, anxiety, sadness, isolation, exhaustion—and then guilt for having these feelings—can exact a heavy toll.

JFS is excited to announce a new program, PEARLS (Program to Encourage Active and Rewarding Lives) for Caregivers, a short-term counseling and life coaching program specifically designed for caregivers dealing with depression. Counselors provide eight free in home one-on-one support sessions over five months. After the sessions are complete, monthly follow up phone call sessions are offered for an additional four months.

For caregivers who live outside the JFS St. Paul metro service area or who prefer an alternative, PEARLS for Caregivers offers tele-counseling. Sessions can be video streamed from any location. For those who do not have a computer or internet access, JFS will provide them. This enables delivery of service to rural homes to overcome geographical barriers.

JFS offers two additional programs to support caregivers. Caregiver Coaching works to help caregivers make changes to improve everyday life at home; whether by promoting better self-care or by offering tips to deal with disease-related behaviors.

JFS also offers a Caregivers Support Group that is free and open to the public. The group meets on

the second and fourth Monday of each month from 3:00 to 4:00 p.m. at Sholom Home in St. Paul.

The PEARLS for Caregivers program is supported, in part, by a Live Well at Home grant from the Minnesota Department of Human Services and by Metropolitan Area Agencies on Aging, Inc. as part of the Older Americans Act Program.

SAVE THE DATE

~ 3RD ANNUAL ~

CELEBRATION OF SERVICE

A Fundraiser to Benefit JFS

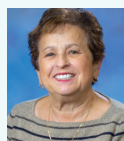
Sunday Morning, June 2, 2019

Midpoint Event Center | St. Paul



Featuring mental health advocate Senator Al Franken as keynote speaker.

Honoring this year's Service Award recipients.



Dora Lender,
newly retired JFS
Senior Bilingual
Community
Specialist



Chris Rosenthal,
JFS Aging &
Disability Services
Director retiring
12/31/19.

Watch for your invitation.

2018 by the Numbers

WHO WE ARE

In 1911, six Jewish businessmen created The Jewish Charities of St. Paul, Minnesota to provide charity to impoverished Jewish refugees fleeing Eastern Europe.

Today, Jewish Family Service of St. Paul provides programs and services that help people from all walks of life meet the planned and unplanned changes in their lives.



WHAT WE DO

Aging & Disability Services

Care planning and coordination; support groups; kosher meals on wheels; programs to address depression in seniors; and Holocaust Survivors program.

Counseling & Mental Health

Assess and treat a wide range of mental health issues.

Employment Assistance Program

Resume writing, interview skills, access to training.

Financial Assistance Services

Variety of financial assistance for those who qualify.

Community Outreach

Including Family Life Education and Community Chaplaincy.

Helpful Resources

Help people identify and access the resources they need.

OUR CLIENTS

**More than
3,000 lives
touched in 2018.**

JFS served 1,737 clients and fielded approximately 330 information and referral contacts. Through our support groups and educational programs, we reached another 952 people.

53%
of our
clients are
non-caucasian

80%
of our clients are
at, or below the
poverty line

110
clients identify
as Holocaust
Survivors.

80%
of our
clients are
non-Jewish

1,472
people were
served by Aging
& Disability
Services.

**ONLY
25%**
of our clients speak
English as their
first language

Jewish Family Service of St. Paul is a beneficiary of the St. Paul Jewish Federation and Greater Twin Cities United Way. JFS serves clients without regard to race, ethnicity, creed, religion, national origin, gender, disability or sexual identification or orientation. Family Matters is a tri-annual publication. Client names in stories in this issue have been changed to protect client confidentiality.

Jewish Family Service of St. Paul / 1633 West 7th Street / St. Paul, MN 55102 / (651) 698-0767 / info@jfsstp.org | www.jfsstp.org

JFS Works to Keep Senior Widow in the Home She Knows and Loves

Despite his serious mental illness and her lower functioning intelligence, Mr. and Mrs. Berg have been living in their own home for many years. As their ability to care for themselves diminished with age, the lack of family to help led Mrs. Berg to JFS more than a decade ago.

As her needs and situation changed over the years, JFS has arranged a number of services for Mrs. Berg including delivered meals, chore service, homemaking, volunteer grocery shopper/companion, adult day care, Lifeline emergency response system, nurse visits, and daily visits from a personal care attendant. Her case manager also helped her understand health care programs and paperwork and together they prepared her health care directive.

After her husband died, JFS coordinated Mrs. Berg's services with the informal support of her faith group. When it became clear that her savings would soon be depleted, JFS helped Mrs. Berg apply for a reverse mortgage that allowed her to remain at home.



Mrs. Berg was recently admitted to a nursing home for a short-term medical concern. During her stay, facility staff determined that Mrs. Berg needed 24-hour supervision and should not be allowed to return home because of significant cognitive impairment.

But, like many seniors, Mrs. Berg wanted to go home to all the things that were familiar, including her neighborhood and friends. Because

of the case worker's relationship and history with Mrs. Berg, JFS was able to advocate for her return home based on her ability to manage with the help of care services. JFS developed an increased plan of home care and was able to reach a discharge agreement with the nursing home.

Today, Mrs. Berg lives happily in her own home and is managing well.

KEEPING THE SPIRIT ALIVE

The Conference for Caregivers and Those Supporting a Loved One with Dementia



**SUNDAY, APRIL 7, 2019
8 a.m. to 1:15 p.m.**

Beth El Synagogue
5225 Barry St. W
St. Louis Park, MN 55416.

**Featuring Keynote Speaker
Dr. Vic Sandler**

**Register by March 22, 2019
www.jfcsmpls.org
or call 952-417-2149**

MISSION

Inspired by Jewish values, Jewish Family Service of St. Paul helps individuals and families build on their strengths to develop the skills and confidence to meet life's challenges with dignity.

VISION

To be one of greater St. Paul's most effective organizations in helping people from diverse cultural backgrounds successfully navigate the expected and unexpected changes in their lives.

VALUES

Jewish values are the foundation of our work at JFS. We are always guided by *chesed* (kindness), *tzedakah* (justice), and *tikkun olam* (repairing the world).

Mom Introduces Young Daughters to the Joy of Volunteering

Volunteering is like a dose of sunshine. It feels good, and it's good for you. It connects you to others and brings fun and fulfillment to your life. JFS volunteer Dina and her daughters got a great dose of sunshine during their volunteer experience.

"My daughters and I speak Russian, so we delivered gifts and holiday wishes to elderly Russian immigrants during Hanukah as part of the B'Yachad Holiday Gift Bag Program," said Dina.

Dina and her daughters, Sophia and Mia, delivered dozens of gift bags to Russian-speaking seniors. "It was important to me to connect with the elderly and the culture we come from."

Giving without receiving anything in return was an experience Dina wanted her girls to have. "The return is the gratification of making the elderly feel happy and seeing those tears of joy."

Dina's youngest daughter Mia definitely experienced the joy of helping others. "It made me happy to give gifts to old people because they could get happy," said Mia.

Her older daughter Sophia explained, "When they opened the door, we saw people have happy faces and some



people started crying. We knew they were tears of joy. They didn't know that kids could speak Russian and say 'Happy New Year' to them."

Visit the JFS website for a complete list of volunteer opportunities currently available at www.jfssp.org/support-jfs/volunteer or contact Volunteer Engagement Specialist Margie Solomon at (651) 690-8907.

THANK YOU 2018 VOLUNTEERS

The following volunteers generously gave 1,562 hours of their time in support of JFS and its' clients. Thank you for making a difference. Please accept our sincere apology if we missed your name.

Sandy Aaron
Jennifer Abbott
Elaine Alper
Ty Antwi
Semyon Axelrod
Beth Barron
Dan Berlinger
Amy Boley
Sarina Boley
Jenny Brackel
Sheila Brod
Eilon Caspi
Lisa Cohen
Stephanie Curtis
Maureen Davidson
Stacy Dockman
Lisa Dorn
Eugene Dreyster
Fred Dulles
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Christine Epstein
Rena Fedorova
Sheldon Finver
Neal Foman
Andrea Freidberg
Tom Frishberg

Joel Glaser
Rena Glaser
Kelsey Goeman
Mitzi Gramling
Steve Greenberg
Mike Greenstein
Barb Grossman
Barb Gutzmann
Leslie Hahn
Diane Hallock
Ronna Hammer
Susie Held
Jacob Heller
Alden Hoffman
Kate Houston
Bea Roitman Johnson
Beth Johnson
Janet Kampf
Raleigh Kent
Tom Kigin
Ira Kipp
Susie Klett
Esti Koen
Roger Kramer
Brian M. Krasnow

Sillett Kulie
Mary Pat Ladner
Etta Lambright
Elizabeth Lamin
Toba Lazor
Donna Lenmark
Daniel Lepow
Irving Lerner
Susan Levey
Steve Levin
Barbie Levine
Charles Levine
Jimmy Levine
Ron Levitus
Harriet Levy
Amy Leiberman
Rick Linsk
Beverly London
Kyle Luebke
Gail Machov
Jamie Maddeaux
Don Mains
Joe Marin
Judi Marshall
Todd Marshall
Amber Mason

Bruce Matza
Betty Meerovich
David Milavetz
Rabbi Micah Miller
Jerri Neddermeyer
Lori Nordgaard
Wendy Oskey
Leah Palmquist
Robin Parritz
Michael Paymar
Jeffrey Perlman
Jim Podlich
Julie Podlich
Rhoda Redleaf
Pola Rest
Maya Richman
Rochelle Rottenberg
Dan Saltzman
Stuart Sanders
Sarah Schaleger
Karen Schanfield
Christian Schlecht
Stuart Schmitz
Bart Schneider
Marjorie Schneider

Naomi Schoenberg
Sheila Schuman
Sue Schwartz
Kate Searls
Jamie Shacter
Dana Shapiro
Marjorie Sigel
Myndal Davis Silver
Charley Smith
Erica Solomon
Michael Solomon
Lanae Staab
Leslie Strohm
Julie Swiler
Heidi Tarshish
Alex Treitler
Jennifer Wall
Rabbi Aaron Weininger
Marilyn Weisberg
Deb Weiss
Judy Witebsky
David Wolkowicz
Sheri Yarosh
Dina Yushkevich
Marsha Zimmerman

JFS Makes it Possible for Everyone to Help

We make supporting JFS easy. There are many ways you can achieve your philanthropic goals. See our website for details on each of the following ways to donate. For more information, contact Charlie Levine, Chief Development Officer, at (651) 690-8938 or clevine@jfssp.org.

SUPPORT WHILE YOU SHOP

Shop at smile.amazon.com to donate a percent of your purchases to charity. May we suggest JFS?

SUPPORT WHILE YOU BANK

With Interest for Others, it's easy to donate your earned interest to JFS.

DONATE YOUR VEHICLE

It's fast and easy with CARS. Visit careasy.com.

STOCK TRANSFER

After you have initiated a transfer, JFS will work with your broker.

IRA CHARITABLE DISTRIBUTION

Use all or part of your Required Minimum Distribution to donate up to \$100,000 directly to JFS.

JOIN THE 1911 SOCIETY OF LEGACY DONORS

At every age, at every stage, Jewish Family Service is here to help, offering over 30 programs and services to benefit every member of the family. You can make a difference by helping to support our vital work in the community. A gift from your will, trust, retirement account, or life insurance policy will help to secure the long-term future of the agency.

What kind of impact will you make on following generations? You can earmark help to go to the area of greatest concern to you or simply use it where it is most needed. Make a statement about what is important to you; specify that your gift create an endowment to last in perpetuity or that it be available to meet current needs.

2018 UNAUDITED FINANCIAL STATEMENT

REVENUES

Program Fees	\$126,847
Contracted Services	\$1,769,631
Funding Agencies	\$305,628
Fundraising	\$469,849
Investment Gains/Losses	(\$51,138)
TOTAL REVENUE	\$2,620,817

EXPENSES

Services & Programs	\$2,324,160
Administration & Fundraising	\$378,306
TOTAL EXPENSES	\$2,702,466

Full audited financial statement will be available on our website in May.

jfs 1911 SOCIETY OF LEGACY DONORS

Friends of JFS (8)

Adam Bahr
Gary J. Benedict
Herman J. Birnberg (z"l)
Dr. Arnold Brier
Judith Brier
Elinor Brodie (z"l)
Marjorie R. Dana-Levine
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Elaine Steinman
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Alex Treitler
Jennifer Wall
Michael Wall
Deborah D. Weiss



Recognized for excellence
by Charities Review Council
and Guide Star



Designated and Endowed Funds

Endowed Funds are invested and only the interest generated is used to issue grants. Designated Funds allow you to raise funds in support of a specified program at JFS.

The following designated and endowed funds have been established to support the mission of Jewish Family Service of St. Paul:

Bass Mental Health Fund	Irma & Adolf Adler Kosher Meals on Wheels Endowment Fund
Bear-Schoenkin Leadership Development Fund	Jewish Domestic Abuse Collaborative
Bebe Endowment	Marjorie Sigel Staff Wellness Fund
Board Centennial Fund	Maurice & Ruth Rischall Endowment Fund
Brian & Judith Krasnow Fund for Senior Services	Milton & Evelyn Smith Endowment for Office Improvement
B'Yachad Fund	Newman Emergency Aid
Calvin Youth Services Fund	Office Improvement Fund
Celia Goldstein Elderly Training Fund	Rose Smith Mirsky Endowment
Community Senior Services Fund	Rosenblum Unmet Needs Fund
Dena Frishberg Fund for People with Advanced Cancer	Samuel & Esther Straus Endowment Fund
Domestic Abuse Project	Schwartz Vocational Education Fund
Dr. Richard & Diane Smookler Family Endowment Fund for Addiction and Community Support	Shapiro Resettlement Fund
8th Degree Fund	Sheldon & Sandy Olkon Endowment Fund
Freeman Rosenblum Children's Health Fund	Simon Endowment Fund
Glaser Fund for Senior Services	Stanley Cohn Special Needs Fund
Hanson Senior Services	Sylvia Peilin Endowment Fund
Herman J. Birnberg Endowment Fund	

If you are interested in establishing a fund to address a specific area of concern or ensure the future vitality of JFS, contact Charlie Levine, Chief Development Officer at (651) 690-8938 or clevine@jfssp.org.

MAJOR SOURCES OF FUNDING



F. R. BIGELOW FOUNDATION



Are You Receiving
Our Monthly
E-Newsletter?

If not, you're missing lots of JFS news and features including "Making an Impact" and staff introductions.

Subscribe today on our Facebook page at www.facebook.com/jfssp/ or on our new website at www.jfssp.org.

Thank you to our generous donors and investors who chose to make JFS part of their philanthropy. You keep our programs running.

A complete list of all JFS donors can be found on our website at jfsp.org/support-jfs

\$25,000+

F.R. Bigelow Foundation
Jewish Federation of
Greater St. Paul
Lois Bette Levine (z"l)
Metropolitan Area Agency on Aging
Otto Bremer Trust
St. Paul Foundation
Greater Twin Cities United Way

\$10,000 - \$24,999

Alliance Bernstein
Dr. Jimmy & Stephanie Levine
William Lipschultz
Dr. Rick & Diane Smookler

\$5,000 - \$9,999

Friends of JFS
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Charles Schwab
Harold Grinspoon Foundation
Mary Dinerstein Endowment Fund
Tom & Deb Frishberg
Alex Treitler

\$2,500 - \$4,999

Friends of JFS
Fred & Karen Gordon
Mary & Bob Mersky
Minneapolis Foundation
Sandra Schloff
Joan Shapiro Endowment Fund

\$1,000 - \$2,499

Sharon Benmaman & John Allen
American Endowment Organization
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Steve & Wendy Baldinger
Phillip & Susan Fantle
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Kyle & Nathan Luebke
Leonard & Cookie Mastbaum

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\$500 - \$999

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\$250 - \$499

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Anita Lurye-Silver
Elaine Steinman
Rabbi Adam & Cantor
Rachel Stock Spilker
Charles & Susan Ward
Bernie & Deb Weiss
Barbara Winthrop
Dr. Mitchell Wittenberg & Jaine Strauss

JFS Financial Assistance is Available

Whether you've been affected by illness, job loss, or an unexpected life change, Financial Assistance is designed to provide a safety net to help you return to financial stability. JFS offers the Eighth Degree Loan Program; Emergency Financial Support; and the Jewish Free Loan Program. Visit our website for complete details.

A little help during a financial crisis can allow people to regain their footing and prepare for the future. JFS staff member Cathy shares a story about the impact it had on one community member.

"I don't often get the opportunity to interact with clients," said Cathy, "and when I do, it's mostly mundane things like confirming a payment or recording new insurance information."

However, a recent interaction changed that. "With our Eighth Degree Loan," explained Cathy, "qualified applicants can borrow up to \$1,000 and repay it interest free on a payment schedule that works for them. I bill these clients monthly. We have one client who is incredibly conscientious about making her payments. Over the years I have talked to her frequently to assure her we

have received her payments and that her loan is in good standing."

With the recent winter holidays approaching, the client called Cathy afraid she wouldn't be able to make her December payment, and if she did, she wouldn't have any money to buy her grandchildren holiday gifts. But she had paid ahead on previous months, a few dollars here and there, so she actually had a credit balance. Cathy was able to tell her to skip her December payment and use that money for holiday gifts.

"She was thrilled," said Cathy. "What struck me was the amount of money that made such a difference here, a mere \$24. An amount that you and I might find insignificant created an entire holiday for this client. I was thrilled to help her, but also incredibly humbled."

Financial Assistance is funded by grants, partnerships with other agencies and businesses, and donations from people like you. If these funding sources are not available, JFS may be unable to provide the service.

"She was thrilled," said Cathy. "What struck me was the amount of money that made such a difference here, a mere \$24. An amount that you and I might find insignificant created an entire holiday for this client. I was thrilled to help her, but also incredibly humbled."



Harry & Jeanette Weinberg Building
1633 West 7th Street | St. Paul, MN 55102

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