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 telecounseling. 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.
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.

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

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

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.
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.jfsmpls.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 Hanukkah 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
Sharyn Effress-Pesses
Christine Epstein
Rena Fedorova
Sheldon Finver
Neal Foman
Andrea Freidberg
Tom Frishberg
Joel Glaser
Rena Glaser
Kelsey Goeman
Mitzl 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
Ettia 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 Link
Beverly London
Kyle Luebke
Gail Machov
Jamie Maddeaux
Don Mains
Joe Marin
Judi Marshall
Todd Marshall
Amber Mason
Bruce Matza
Betty Meirovich
David Milavetz
Rabbi Micah Miller
Jerri Nedermeyer
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 Staub
Leslie Strohm
Julie Swiler
Heidi Tarshish
Alex Treitler
Jennifer Wall
Rabbi Aaron Weininger
Marilyn Weisberg
Deb Weiss
Judy Witesbsky
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**

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>Program Fees</td>
<td>$126,847</td>
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<tr>
<td>Contracted Services</td>
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<td>Funding Agencies</td>
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<td>Fundraising</td>
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<tr>
<td>Investment Gains/Losses</td>
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<td><strong>TOTAL REVENUE</strong></td>
<td><strong>$2,620,817</strong></td>
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**EXPENSES**

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<tr>
<th>Description</th>
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<tr>
<td>Services &amp; Programs</td>
<td>$2,324,160</td>
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<tr>
<td>Administration &amp; Fundraising</td>
<td>$378,306</td>
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<tr>
<td><strong>TOTAL EXPENSES</strong></td>
<td><strong>$2,702,466</strong></td>
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Full audited financial statement will be available on our website in May.
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
- Bear-Schoenkin Leadership Development Fund
- Bebe Endowment
- Board Centennial Fund
- Brian & Judith Krasnow Fund for Senior Services
- B’Yachad Fund
- Calvin Youth Services Fund
- Celia Goldstein Elderly Training Fund
- Community Senior Services Fund
- Dena Frishberg Fund for People with Advanced Cancer
- Domestic Abuse Project
- Dr. Richard & Diane Smookler Family Endowment Fund for Addiction and Community Support
- 8th Degree Fund
- Freeman Rosenblum Children’s Health Fund
- Glaser Fund for Senior Services
- Hanson Senior Services
- Herman J. Birnberg Endowment Fund
- Irma & Adolf Adler Kosher Meals on Wheels Endowment Fund
- Jewish Domestic Abuse Collaborative
- Marjorie Sigel Staff Wellness Fund
- Maurice & Ruth Rischall Endowment Fund
- Milton & Evelyn Smith Endowment for Office Improvement
- Newman Emergency Aid
- Office Improvement Fund
- Rose Smith Mirsky Endowment
- Rosenblum Unmet Needs Fund
- Samuel & Esther Straus Endowment Fund
- Schwartz Vocational Education Fund
- Shapiro Resettlement Fund
- Sheldon & Sandy Olkon Endowment Fund
- Simon Endowment Fund
- Stanley Cohn Special Needs Fund
- Sylvia Peilin 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

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 jfssp.org/support-jfs
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.