

Family Matters

ANNUAL REPORT ISSUE



JFS Service Continues During COVID-19 Crisis



BY RUTH HAMPTON
OLKON, MSW, MPH,
JFS CEO

*At a time when
everything we
know seems to*

have changed, you can depend on the professional, caring staff at JFS to steady the lives of vulnerable clients and community members.

When I try to remember what I thought was so important a lifetime ago in January, it's hard to believe I was worried about how many inches of snow we'd get during the impending storm or how to best launch new software within the agency. My, how things have changed. Now I am constantly concerned about the health and safety of my family, my colleagues, all JFS clients and the entire community. How are they holding up? Do they have enough food? If they are sick, are they getting the medical attention they need?

I take great comfort and pride in telling you that JFS has done a tremendous job responding to an overnight change in its service model. We have cancelled all in-person activities and closed our building to the public; however, our services continue remotely using phone and video technology.

Although this is our annual report issue, and I encourage you to review our 2019 successes and generous supporters inside, I want to take this opportunity to tell you how COVID-19 has impacted the agency, its clients and the community we serve.

As you know, we offer Passover programs each year. Just as those programs had been fully developed, we had to adapt. JFS Community Chaplain Rabbi Lynn Liberman was not able to share a Seder with isolated people in congregate living settings. She has, however, provided spiritual care to many over the phone and has delivered our Passover for All supplies to several assisted living facilities. She received a call of thanks from one recipient. "As a tumble of words and emotions poured from him, I could tell that he was so disoriented by what is happening" said Rabbi Liberman. "He was choking back tears of gratitude for receiving something so kind and so normal. What a difference it can make to be able to reach out to another and connect."

We also cancelled our event to gather volunteers to fill Passover for All bags with Seder supplies. Instead, our staff safely packed the bags in our office and delivered them to many homes and the management staff of multi-unit housing complexes and care facilities for safe delivery to our clients in those buildings.

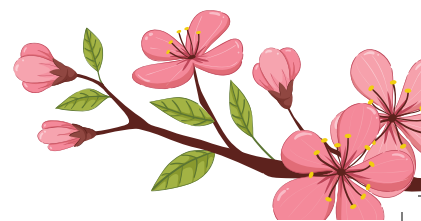
We have proactively increased contact by calling clients and caregivers to check on their health and safety. While our case managers are not going into client homes, we've found other ways to ensure they are receiving the help they need, whether it's food, medicine, transportation and homemaking or personal care services. I am so impressed by these dedicated employees. Not only have they located hard-to-find resources, but they share those resources with one another. For example, Metro Mobility is providing free grocery delivery to its customers. Minnesota Serving Our Seniors (SOS) is providing kits containing paper towels, toilet paper, and non-perishable items like canned soup, fruit and vegetables. And for the many clients who are feeling secluded and lonely, we are enlisting the help of volunteers to call them in order to reduce isolation and ensure they're healthy and safe.

Our counseling and mental health services continue as well. We quickly researched and adopted a fully compliant telehealth service model to allow our therapists, Mitchell Wittenberg, Ph.D., LP and Beth Johnson, LMFT, to continue to meet with patients.

The critical assistance we provide for our clients and the community will continue. Call us at (651) 698-0767 or email at info@jfsp.org for support or to find out more about how you can help.

#StayHomeMN Celebration of Service

WATCH FOR YOUR INVITATION WITH ALL THE
DETAILS DURING THE FIRST WEEK OF MAY.



IF YOU NEED HELP

staying in your home,
managing the stress of
caregiving, writing your
resume or finding a job, or
managing your mental health,
CALL US AT (651) 698-0767.

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 needed
to meet life's challenges
with dignity.

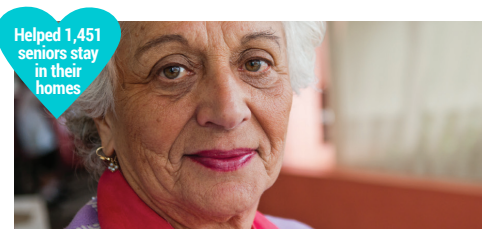
Family Matters is a tri-annual
publication. Client names in
stories in this issue have been
changed to protect client
confidentiality.

JFS serves clients without
regard to race, ethnicity, creed,
religion, national origin, gender,
disability or sexual identification
or orientation.

jfs
**JEWISH FAMILY
SERVICE OF ST. PAUL**
1633 West 7th Street
St. Paul, MN 55102
(651) 698-0767
info@jfsp.org / jfsp.org

Jewish Family Service of St. Paul
is a nonprofit 501(c)(3) agency
and a beneficiary of the St. Paul
Jewish Federation.

**WE HELP PEOPLE REGAIN STABILITY IN THEIR LIVES IN ORDER TO
IMPROVE PHYSICAL AND EMOTIONAL WELL-BEING AND QUALITY OF LIFE.**



Helped 1,451
seniors stay
in their
homes

Aging & Disability Services

Ensures clients and their caregivers have the
support, information and services they need
to remain living safely and successfully in their
own homes.



27% increase
in clients over
2019



Sponsored
Mental Health
Conference

Community Engagement

From welcoming new babies to engaging
volunteers to provide spiritual guidance, these
services cover the life span.



1,235 counseling
and therapy
sessions

Financial Assistance

Covers emergency expenses related to
housing, utilities, transportation and some
health expenses.



Helped 49
people find
employment

Counseling & Mental Health

Assess and treat a wide range of mental
health issues for children, adolescents, adults,
couples and families.



Connected over
400 people to
assistance
outside
JFS

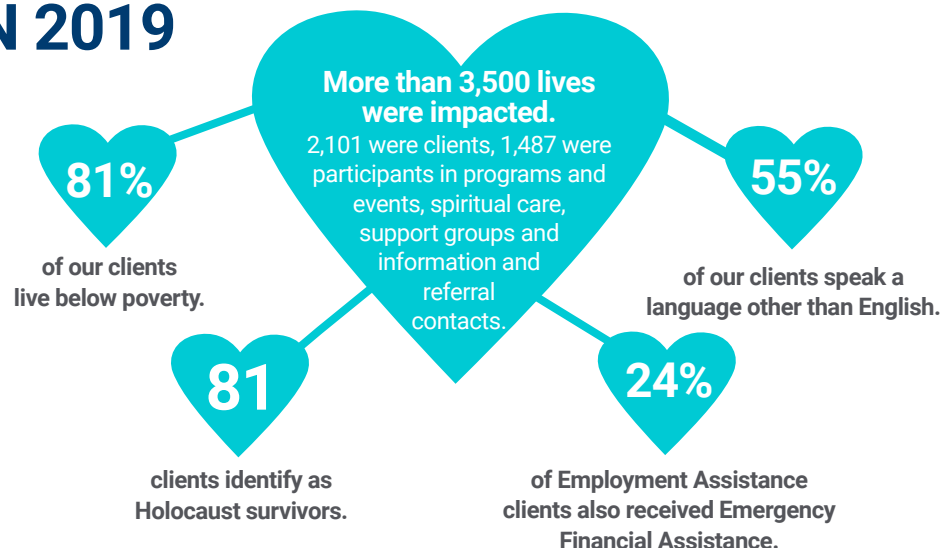
Employment Assistance

Helps people with resume writing, interview
skills and job search.

Helpful Resources

Helps people identify and access the community
resources they need to ease their burden.

IN 2019



Creative Thinking and Innovative Solutions Help JFS Reach Clients

JFS Community Chaplain Rabbi Lynn Liberman, BCC, is responsible for addressing the spiritual needs of those who seek her help. Each year, she leads Seders just before Passover and celebrations to prepare for the High Holy days before Rosh Hashanah to congregate living centers throughout the Twin Cities, attended largely by seniors, many who live alone.

This year, Rabbi Liberman and Volunteer Engagement Specialist Margie Solomon were not able to deliver Passover for All bags directly to their clients. Instead, they worked with the management of living centers to ensure bags were delivered safely. Rabbi Lynn followed up with phone calls, and received many calls of thanks, giving her the opportunity to visit, encourage, support and share favorite Passover traditions and memories. "While I was on the phone with one gentleman who now has to stay in his room, even for meals," said Rabbi Liberman, "he told me he is optimistic. When I asked why, he explained that he grew up during the polio epidemic, watching many of his friends suffer, and believed that we would get through this as well."

"But there are those who don't have access to a phone," explained Rabbi Liberman. "I can't check in on them and share Passover wishes. I hope the Passover for All bags are something they can take heart in."

Rabbi Liberman is very excited to announce the launch of tele-chaplaincy, similar to the tele-health model our Counseling department is now using. The ability to do this, though, depends on the client, some of whom can no longer use a telephone. "But I can listen to them, pray with them," said Rabbi Liberman. "For my clients with dementia, I can show them pictures and sing with them too. Maybe it will connect for them."



Rabbi Liberman is a Board-Certified Chaplain (BCC). In addition to her rabbinical training and ordination, she has completed a year of supervised residency training followed by 2,000 hours of field work. She was also required to demonstrate her competency in more than 30 areas of practice and knowledge before a board to receive this certification.

JFS Care Manager Role Becomes More Critical During COVID-19

All (nearly 30) of the JFS social workers who provide care coordination are contractually required to assess their clients initially, followed by a minimum of one annual follow up. Many clients require more contact, while others require only the minimum contact.

During these assessments, many factors are reviewed including physical appearance, cognitive ability, emotional state and the overall health and wellbeing of the client in the home and community. Is the client eating? Are they taking their medication? Can they get up and down from a sitting or lying position? Can they ambulate safely?

Many clients are blessed with family and friends who either live with them or visit

regularly. However, some have no one. In these cases, the care coordinators assessments and visits become even more important.

With the spread of COVID-19, it has become necessary to eliminate in-person contact. Care coordinators continue to assess the needs of their clients via telephone. One of our clients, an elderly Somali gentleman who has been with us for several years, lives alone but has a daughter nearby who visits with him frequently. It was time for his annual assessment.

We have services set up for him that include home delivered meals, homemaking help, personal care assistance and adult day care. He has several health issues that include memory deficits related to a bad accident he

suffered in Somalia, making oversight and support crucial for his wellbeing.

His daughter was with him during the phone assessment. As the assessment began, it quickly became clear to the care coordinator that they did not realize the seriousness of COVID-19. The coordinator reviewed the need to avoid crowds and stay home, keep food on hand, watch for symptoms and what to do should any appear. They had no idea. The client does not speak English. Although his daughter does, she doesn't watch the news or participate with any social media. They were grateful for the information about the virus and how to best manage their lives during this crisis.



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New Vital Elders Program Improves Quality of Survivors' Lives

JFS was awarded a grant from Jewish Federations of North America (JFNA) in the spring of 2019. One of the unique goals of the grant was to develop programs for Former Soviet Union (FSU) Holocaust survivors to reduce isolation, successfully engage in community life and live more comfortably in their homes and communities. Working directly with a group of survivors who volunteered to serve on a planning committee, JFS Coordinator Rena Fedorova helped them design activities in the new Vital Elders program to promote meaningful engagement in community life.

The Vital Elders have enjoyed several activities. Last July, they visited the Como Zoo and conservatory, and in August, they took a boat tour on the St. Croix River in Stillwater. In September, the group enjoyed a Russian movie at the JCC Jewish Film Festival, and a planetarium show at the Bell Museum in October. "The Barber of Seville" at the Orpheum Theater was the November activity.

In December, the Russian-American Jews in Minnesota (RAJMN) agency put on an inter-generational Hanukkah celebration at the St. Paul JCC. It was a spectacular program with home-made latkes, singing, dancing, music and an interactive retelling of the story of Hanukkah, all in Russian. The program included students playing piano, violin and bassoon. Some students performed ballet, cha-cha and other dances in full costume.

The party ended with a large group dance to Hava Nagila. Thanks to RAJMN's superb planning, beautiful decorations and delightful program, everyone had a great time.

Rena continues to lead the Vital Elders program to develop inclusive community activities throughout the spring including attending the ballet, MN Orchestra's "The Russian Century," and attending a Russian comedy group show touring from Moscow.



Right: RAJMN students dance the tango. Below: Russian Holocaust survivors enjoy the Hanukkah celebration at St. Paul JCC.



Are you receiving our monthly e-newsletter?

If not, you're missing lots of JFS news and features, including "Making an Impact," monthly tribute gifts and staff introductions and accomplishments. Subscribe today on our Facebook page at www.facebook.com/jfssp or on our website at www.jfssp.org.

WE ARE LEADERS AND TRUSTED ADVISERS



MN Leadership Council on Aging



twin cities aging network
integrating health and home



Member of
NETWORK of Jewish Human Service Agencies



Working together for family caregivers



We are grateful to the following individuals who have made legacy gifts to JFS.

Adam Bahr
Gary J. Benedict
Sharon Benmaman
& John Allen
Herman J. Birnberg (z"l)
Dr. Arnold Brier
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David & Sheila H. Brod
Elinor Brodie (z"l)
Marjorie R. Dana-Levine
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Joan & Elliott (z"l) Farber
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Michael Wall
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Designated and Endowed Funds

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

- Irma & Adolf Adler Kosher Meals on Wheels Fund
- Bass Mental Health Fund
- Bear/Schoenkin Leadership Development Fund
- Bebe Endowment Fund
- The Calvin Youth Services Fund
- Capital Building Repair
- Stanley Cohn Special Needs Fund
- Community Senior Services
- Eighth Degree Fund
- Maxwell Fassler Discretionary Fund
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- Newman Emergency Assistance Fund
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- Dr. Richard & Diane Smookler Fund for Addiction and Community Support
- Esther & Samuel Strauss Endowment Fund
- Vocational Services Restricted Fund

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by Charities Review Council
and GuideStar



Thank you to our generous donors and funders. With their help, JFS continues to give hope and make a critical difference in peoples' lives.

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

\$50,000+

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Human Services
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St. Paul Jewish Federation
The Conference on
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 Jaine Strauss
 David Wolkowicz
 Brian & Enrica Zaidman

*Please excuse any omissions or
 inaccuracies. For corrections,
 please contact Development at
 (651) 690-8938.*

Unaudited Financial Statement

December 31, 2019

REVENUES

Program Fees	\$256,122
Contracted Services	2,093,841
Funding Agencies	259,753
Fundraising	603,230
Investment Gains/Losses	366,060
TOTAL REVENUE	\$3,579,006

EXPENSES

Services and Programs	\$2,807,116
Administration & Fundraising	354,177
TOTAL EXPENSES	\$3,161,293

Thank You 2019 Volunteers

The following 140 volunteers generously gave 1,155 hours of their time in support of JFS and its' clients. Thank you for making a difference. Please excuse any omissions or inaccuracies. For corrections, please contact Volunteer Services at (651) 690-8907.

Elaine Alper	Janet Kampf	Alexandra Schwartz
Linda Alter	Jethra Kapp	Jerry Schwartz
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Jennifer Bagdade	Esti Koen	Rosalyn Segal
Sharon Benmaman	Roger Kramer	Judy Serrell
David Brod	Brian M. Krasnow	Jamie Shacter
Sheila Brod	Robin Lackner	Daniel Shapiro
Joan Cleary	Etta Lambricht	Marjorie Sigel
Lisa Cohen	Lisa Lane	Dan Silver
Jackson Collins	Dora Lender	Myndal Davis Silver
Carole Davidson	Irving Lerner	Lee Silverstein
Maureen Davidson	Daniel Levey	Dede Smith
Stacy Dockman	Susan Levey	Diane Smookler
Lisa Dorn	Steve Levin	Rick Smookler
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Emma Dunn	Harriet Levy	Michael Solomon
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Rena Glaser	Michael Minsberg	Dina Yushkevich
Kelsey Goeman	Linda Morgan	Michael Yushkevich
David Goldstein	Robin Parritz	Marsha Zimmerman
Mitzi Gramling	Andy Rapoport	Debbie Zuckerman
Doreen Greenblat	Rhoda Redleaf	
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Laurie Hadler	Rochelle Rottenberg	
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Jerry Helfand	Karen Schanfield	
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Nathaniel Hurse	Bart Schneider	
Sam Isenberg	Marjorie Schneider	
Bea Roitman Johnson	Sheila Schuman	

Groups from the following organizations also volunteered:

- RAJMN Teens
- Newman School Students and Staff
- Sholom Residents and Staff



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1633 West 7th Street | St. Paul, MN 55102

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Ira Kipp	Alex Treitler
Esti Koen	David Wolkowicz
Bruce R. Matza	Marsha Zimmerman
David Milavetz	

WE CAN HELP YOU

JFS offers the following services you or someone you love may find helpful during this challenging time.

Community Chaplaincy

Rabbi Liberman will offer support and connection, listen, provide insights from the Jewish tradition and acknowledge the challenges we face. Contact Rabbi Liberman (651) 434-4112, liberman@jfssp.org. There is no fee for this service. Donations are appreciated.

Community Support Program

Includes three 20-minute phone conversations with one of our mental health professionals to help people feel more grounded and emotionally secure. Contact Sara Wellington (651) 239-4756, swellington@jfssp.org. There is no fee for this service. Donations are appreciated.

Connection to Community Resources

There are numerous community resources available to ease your burden, both within JFS and elsewhere. We will help you find and access them. Contact Nancy Cohen (651) 329-1092, ncohen@jfssp.org. There is no fee for this service. Donations are appreciated.

Counseling & Mental Health Services

Treating a wide range of mental health issues. Contact our main number (651) 698-0767, info@jfssp.org to schedule an appointment. This is a fee-based service; however, we offer a sliding fee scale for those who qualify.

Emergency Financial Assistance

We offer emergency financial assistance to those who qualify. Contact Nancy Cohen (651) 329-1092, ncohen@jfssp.org. There is no fee for this service. Donations are appreciated.

Kosher Meals on Wheels

Could you or someone you love benefit from a nutritious kosher/halal meal delivered to their home? Cost is based on income. Contact Jill Grover (651) 315-9167, jgrover@jfssp.org.

PEARLS (Program to Encourage Active & Rewarding Lives) & PEARLS for Caregivers

Eight FREE video streamed support sessions for older adults and those who provide care. Contact Avi Zadaka (651) 410-7822, azadaka@jfssp.org.

Senior Care Services

Include Care Planning, Care Coordination, Caregiver Coaching and Advanced Care Planning. Contact Bonnie Jaffe (651) 497-8248, bjaffe@jfssp.org.

Share this with someone who may benefit from the services we offer.

YOU CAN HELP US

Volunteer

Friendly Remote Visitor (FRV) program connects your desire to help with JFS clients. Contact Margie Solomon (651) 690-8907, msolomon@jfssp.org.

Donate

Please give generously to help us meet unprecedented need at jfssp.org/donate.