

Family Matters

ANNUAL REPORT ISSUE



The Value of Hope



BY JFS CEO RUTH HAMPTON OLKON, MSW, MPH

I was visiting with a therapist friend of mine, talking about how difficult everything has

been and seeing no end in sight. She said, "I'm going to give you the gift of hope," and gave me a few pointers about how to look at things when I feel overwhelmed. I listened and tucked her suggestions away, determined to use them when I needed a little inspiration.

It wasn't long, maybe only a day or two, before I thought about not so much the pointers, but the value of the hope she had given me. Hope had become a life vest, a buoy, and just the idea of having something to cling to helped me keep going, striving and working to do good and be good to myself, my loved ones and my work.

What is it about hope that is so emotionally and psychologically

beneficial? I asked my colleague, JFS Counseling Director Dr. Mitchell Wittenberg. "Consider the problems associated with hope's flipside—hopelessness," said Mitch. "Research has found that those lacking in hope and optimism often feel at the mercy of forces outside of their control. In response, many people experience a painful sense of powerlessness that functionally impacts their lives, and as such, their sense of emotional wellbeing plummets."

When you think of it that way, you begin to understand that hope is priceless. When you have hope, you believe you have control over your world. For more than 110 years, JFS has been giving people hope. We started by giving hope to impoverished Jewish refugees fleeing persecution in Europe. Later, we gave hope to those wishing to adopt. Now, we give hope to seniors, hope that they can stay in their home safely as they age. Hope to neighbors that they can pay their rent or mortgage and keep their home. Hope to clients

of all ages that they can improve their mental health.

Many feel pretty beaten and battered after the last two years, but I'd like to give you the gift of hope. Look inside this annual report. We gave hope and critical services to more than 4,200 people last year. Donors answered the call over and over, making it possible for us to expand our programs. We received a special COVID grant totaling \$85,500 from the St. Paul Jewish Federation. We delivered 12 percent more Kosher Meals on Wheels, helped 56 households with emergency financial assistance and reached nearly 500 people through our Community Chaplaincy workshops, trainings and conferences.

Perhaps after reading the stories inside, you will share my hope for the future of JFS and all those we serve.

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.



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 AND EMOTIONAL WELL-BEING



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.



Counseling & Community Chaplaincy

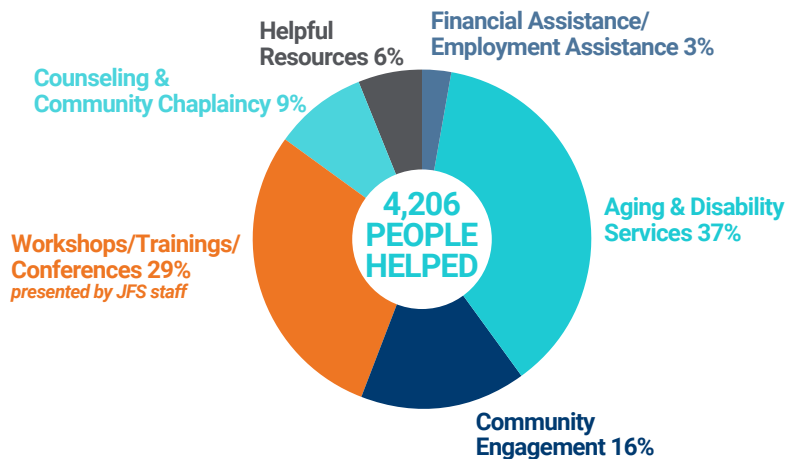
Assess and treat a wide range of mental health issues and provide spiritual guidance for all ages.



Community Engagement

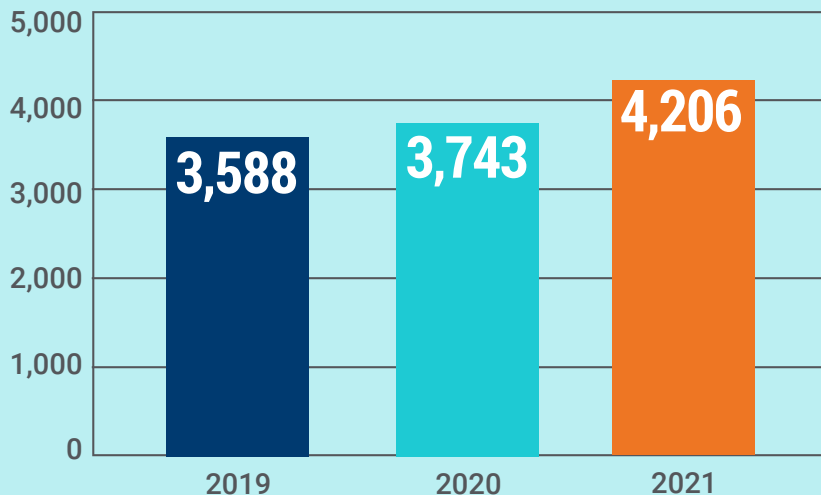
From welcoming engaging volunteers cover the life span.

SERVICE IMPACT



The increase in the number of people helped has occurred in all service areas. In fact, we expect this heightened demand for our critical social and human services has become our new baseline.

TOTAL SERVED



ITY IN THEIR LIVES IN ORDER TO IMPROVE PHYSICAL WELL-BEING AND QUALITY OF LIFE.



Financial Assistance

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

Employment Assistance

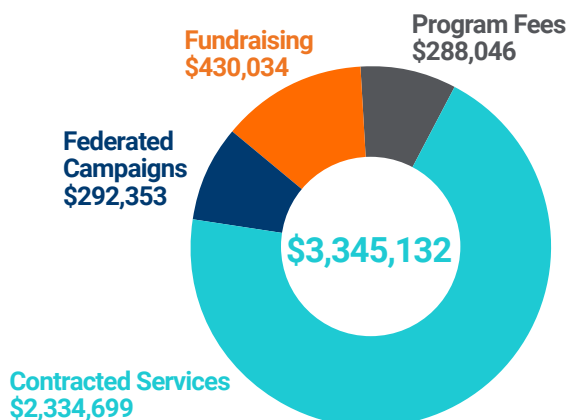
Helps people with resume writing, interview skills and job search.

Helpful Resources

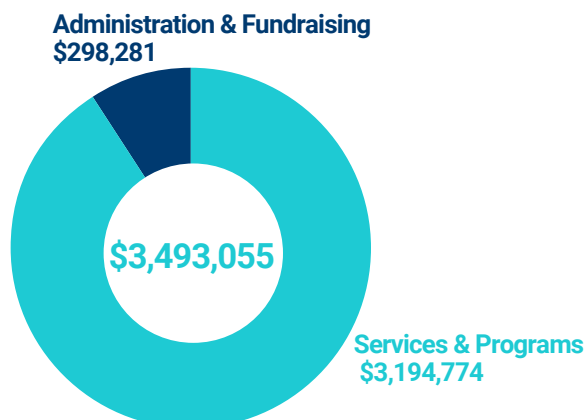
Helps people identify and access the community resources they need to ease their burden.

new babies to
s, these services

REVENUES *unaudited*



EXPENSES *unaudited*



Audited financials will be available at jfssp.org/about/financials after 6/1/2022.

Aging & Disability Services, which includes our health insurance and Ramsey County case management contracts, remains our largest service sector.

Based on evaluation data we received from one of our grant funders and a state-led aging initiative, we know we're truly making a difference in people's lives. The grantor surveyed people who participated in three of our caregiver support services and found that 99 percent gave the programs the best possible score offered on the survey. In the state-led study of our PEARLS program that provides free short-term counseling for older adults, 95 percent of those surveyed gave the program the best possible score.

The JFS Board of Directors commends staff for the tremendous job they have done. All of this was accomplished with no increase in staffing levels during 2021. Employee retention remains high, but JFS, like many other employers, has several open positions to fill. Through a staff-led committee, we are identifying and implementing incentives and benefits to make JFS a premiere non-profit employer in the East Metro.



Volunteers Needed for Annual Passover for All

JFS is recruiting volunteers for Passover for All, an annual community outreach effort. In partnership with the Minnesota JCC, kosher-for-Passover food and supplies are provided to families to help them celebrate the holiday.

There are three opportunities to help with this outreach effort:

ONE. A gift of \$36 will provide one Passover for All bag that contains an array of traditional kosher-for-Passover food and holiday greetings. Donate at jfssp.org/donate.

TWO. Sign up to pick up bags at JFS on Sunday, April 3 between 10:00 a.m. and 1:00 p.m. and deliver them to the doorsteps of Passover for All bag recipients by April 8. Sign-up information can be found at jfssp.org/events.

THREE. Adults and children are encouraged to create holiday cards to be inserted in every bag. Drop your creations in the marked plastic bin outside the door to JFS, located at 1633 7th St W in St. Paul, by March 31.

PASSOVER for ALL

LET ALL WHO ARE HUNGRY COME AND EAT

כל רעב יבוא ויאכל

Contact JFS Community Engagement Manager Jodi Saltzman at (651) 983-0965, or jsaltzman@jfssp.org for more information about volunteer opportunities.

JFS and United Family Physicians Offer FREE Advance Care Planning During April

JFS and United Family Physicians of Allina Health will offer free advance care planning during the month of April, National Healthcare Decisions Month.

Advance care planning, sometimes referred to as an advanced care directive or a living will, helps people make decisions about the healthcare they would want to receive if they become unable to speak for themselves. These decisions are based on personal values, preferences and discussions with loved ones.

An advance care plan can be used at any stage of life and includes sharing your personal values with your loved ones; getting information on the types of life-sustaining treatments that are available; deciding what type of treatment you would want should you be unable to speak for yourself; alleviating unnecessary suffering; improving quality of life; and providing better understanding of the decision-making challenges facing the individual and their caregivers.

Call (651) 698-0767 to schedule a phone, Zoom or in-person meeting with trained, experienced JFS staff members.



Advance care planning can be used at any stage of life.

2022 ANNUAL CELEBRATION OF SERVICE FUNDRAISER TO BENEFIT JFS

SUNDAY 4.24

5 PM

Eagan Community Center

Get your tickets today at jfssp.org/celebration

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

John Allen & Sharon Benmaman	Flora Levine (z"l)
Adam Bahr	Dr. Jimmy & Stephanie Levine
Gary J. Benedict	Don & Rhoda Mains
Herman J. Birnberg (z"l)	Annie & Bruce R. Matza
Dr. Arnold Brier	Mickey & Susan Minsberg
Judith Brier	David & Ruth Olkon
David & Sheila H. Brod	Jon & Robin Parritz
Elinor Brodie (z"l)	Eric & JoAnn Pasternack
Marjorie R. Dana-Levine	Ossie Perlman (z"l)
Michael & Stacy Dockman	Sharyn E. Pesses
Elliott (z"l) & Joan Farber	Connie (z"l) & Paul (z"l) Ross
Jon & Holly Brod Farber	Lily Rothschild (z"l)
Jackie & Ted Flaum	Charles Sansby (z"l)
Victoria Fodor	Marvin Scherzer (z"l)
Friends of JFS (13)	Steven J. Shaller
Deborah & Tom Frishberg	Dora Shom (z"l)
Barry & Rena Glaser	Allen D. Shores (z"l)
Fred & Karen Gordon	Marjorie Shores-Freeman (z"l)
Stephen Gordon	Dan & Myndal Davis Silver
Sheila & Tim Gothmann	Shaked Danai & Charley Smith
Mitzi Gramling	David & DeDe Smith
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Peggy S. Kipp	Rabbi Adam & Cantor Rachel
Sternie Kissin-Rosen (z"l)	Stock Spilker
Gwen & Dr. Irving Lerner	Lee G. Straus (z"l)
Daniel Levey	Alex Treitler
Susan Levey	Jennifer Wall
Rita (z"l) & Stephen Levin	Michael Wall
Charles Levine	Deborah D. Weiss

Designated and Endowed Funds

Permanently Restricted Standing Endowment Funds

Community Support Endowment Fund
 General Services Endowment Fund
 Mental Health Services Endowment Fund
 Senior Services Endowment Fund

Named Funds

- Irma and Adolf Adler Kosher Meals on Wheels Fund
- Bebe Endowment Fund
- Bear-Schoenkin Leadership Development Fund
- Herman J. Birnberg Endowment
- The Calvin Youth Services Fund
- Eight Degree Loan Fund
- Dena Frishberg Fund for People with Advanced Cancer
- Glaser Senior Service Fund
- Godes Community Service Fund
- Ted and Floanne Hanson Senior Services Fund
- Brian and Judith R. Krasnow Fund for Senior Services
- Annie and Bruce R. Matza Endowment Fund
- Rose Smith Mirsky Endowment Fund
- Newman Emergency Assistance Fund
- Shel and Sandy Olkon Endowment Fund
- Sylvia Peilen Endowment Fund
- Maurice and Ruth Rischall Endowment Fund
- Victor Rosenblum Unmet Needs Fund
- Marjorie Sigel Endowment Fund for Creative Arts Programming
- Arnold and Kaethe Simon Endowment Fund
- Milton and Evelyn Smith Endowment Fund
- Dr. Richard and Diane Smookler Fund for Addiction and Community Support
- Esther and Samuel Strauss Endowment Fund

Are you receiving our bi-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 facebook.com/jfssp or on our website at jfssp.org.

Thank You

With your help, JFS continues to give hope and make a critical difference in people's lives.

\$100,000+

Otto Bremer Trust
St. Paul Jewish Federation

\$50,000 - \$99,000

Shapiro Endowment Fund

\$25,000 - \$49,999

Connie Ross (z"l)
F.R. Bigelow Foundation
Saint Paul and
Minnesota Foundation

\$10,000 - \$24,999

BOND
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Dr. Jimmy & Stephanie Levine
Mardag Foundation

\$5,000 - \$9,999

Barry R. & Rena Glaser
Louis F. Hill
Robert Merksy
Alison & Mark Savin

\$1,000 - \$4,999

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Elaine & Mark Adelman
Helen Adler
John Allen & Sharon Benmaman
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Dr. Arnold & Judy Brier
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Nancy & Neil Fink
Deborah & Tom Frishberg
Joel Glaser & Jethra Kapp
Rachael Goldberger & Joel Paper
Fred & Karen Gordon
Mitzi & Rich Gramling
Patty & Paul Gust
Donald Greenebaum &
Beth Honetschlager
Nancy Karasov
Esti Koen & Andrew Meltzer
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Gwen & Dr. Irving Lerner
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Joe & Sandy Wolkowicz
Marsha Zimmerman

\$500 - \$999

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Shirley Kulevsky
Mark Lasoff
Cynthia Launer & Will Thomas
Janice & Louis Leichter
Daniel & Susan Levey
Harriet Levy
Richard Markovitz

Cookie & Leonard Mastbaum
Neil & Susan Moses-Zirkes
Joan & Richard Newmark
Rebecca & Shane Noecker
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Ruth & Maurice Rischall
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Martha & Stuart Schmitz
Jamie & Stewart Shacter
Michelle & Steve Shaller
Diane & Dr. Rick Smookler
Socha-Perl Fund
Elaine Steinman
Robert Steinman
Charitable Foundation
Cantor Jennifer &
Nicholas Strauss-Klein
Lori Vanderhider
Brian & Enrica Zaidman

\$250 - \$499

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Bonnie Abrahamson
Ruth & Steve Abrahamson
Rabbi Morris Allen &
Dr. Phyllis Gorin
Arlene Goodman Alm
Charles Anderson &
Jeri Glick-Anderson
Paul Applebaum
Stuart Applebaum & Jean King
Aurora on France
Tom Bates & Ellen Mack
Sheldon Berkowitz &
Carolyn Levy
Alan & Elisa Bernick
Troy Beugen
Judith Belzer & Jeremy Waldman
Marcia & Herbert Bernick
Gary Birnbaum
Janine & Tom Braman
Paul Brisk
Jane Brodie
Susan Cobin
Lisa Cohen & Amy Jacobson
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Phillip Geller & Nancy Goldstein
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Barb Grossman & Jeff Prauer
Inver Grove Ford Lincoln
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Harris Family Fund
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Allan & Helen Rossman
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Jim & Sandy Rutzick
David & Fern Sanders
Karen & Paul Schanfield
Daniel & Emily Shapiro
Anita Lurye Silver
Janice Snyder
Rabbi Adam & Cantor
Rachel Stock Spilker
Jaine Strauss &
Dr. Mitchell Wittenberg
Julie Wagner
Kevin & Lisa Walker
Charles & Susan Ward
Bernie & Deb Weiss
David & Sarah Wellington
Barbara & Stephen Wolf
Michael Zis

Please excuse any omissions or inaccuracies. For corrections, please contact Development at (651) 698-0767.

Thank You 2021 Volunteers

The following 71 volunteers generously gave 715 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 Jodi Saltzman, Community Engagement Manager, at (651) 983-0965.

Joni Abramson
Mark Adelman
Zoey Alch
Linda Alter
Jay Benedict
Julia Biel
Joan Cleary
Lisa Cohen
Tom Cytron-Hysom
Lisa Dorn
Fred Dulles
Ted Flaum
Andrea Freidberg
Tom Frishberg
Adam Garen
Galina German
Joel Glaser
Rena Glaser
Jane Goldberger
Bruce Goodman
Mitzi Gramling
Barb Grossman

Shira H
Lynn Hopwood
Mimi Houston
Kelsey Indergaard
Bea Roitman Johnson
Carly Johnston
Paula Kaplan
Emily King
Ira Kipp
Esti Koen
Sloane Kohnstamm
Roger Kramer
Robin Lackner
Etta Lambright
Donna Lenmark
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Sarah Levine
Jamie Maddeaux
Joe A. Marin
John Mast
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Dinah Meron
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Pam Orren
Baruch Parnas
Andy Rapoport
Gabe Ruiz Gorritz
Stuart Sanders
Laura Schauben
Jim Scheib
Mary Schulz
Peter Schulz
Sue Schwartz
Kate Searls
Ann Sechter
Jamie Shacter
Daniel Shapiro
Leslie Strohm
Maureen Sultan
Jerry Swarsensky

Alex Treitler
Debra Winston
David Wolkowicz
Dina Yushkevich
Marsha Zimmerman

Groups from the following organizations also volunteered:

- Minnesota JCC, Capp Center St. Paul
- Students of St. Paul Lubavitch Cheder
- Students of Temple of Aaron
- Students of Mount Zion Temple
- The Compassion Museum
- Beth Jacob Congregation
- Hillel

JFS Employment Services Gives Hope to More Employment Seekers

Although it seems there are currently more open employment opportunities than there are people to fill them, many JFS Employment Services clients face barriers to employment: lack of transportation, childcare, education or qualifications. We have worked with clients trying to overcome felony convictions and those who are new to this country or speak very little English.

With the help of a grant from the St. Paul Jewish Federation, we expanded the program specialist position during the summer of 2021 from a part-time to full-time position. This allowed us to increase the number of people we helped to 42, a 36 percent increase over 2020.

“Debra” is a 32-year-old mother of two young children. She works hard as a personal care assistant at a local assisted living facility. Though people

with this certification are in high demand, they are among the lowest paid professionals. She is barely able to pay her bills and keep a home for herself and her daughters. Like many of our clients, Debra is one emergency away from becoming unemployed and homeless.

She contacted JFS after a family member told her about our grants for vocational training and certification. Debra had been researching professions offering higher pay without advanced degree requirements. She became interested in becoming a phlebotomist. With the many compliments she receives about how good she is with facility residents, she believed her gentle nature would help her succeed. With the help of the JFS employment specialist, she found a six-month course that ended with national certification.



Debra passed the certification exam with flying colors and is now working in her chosen field just a few blocks from her home in the East Metro. With greater financial resources, she has been able to avert crisis and steady her life.

Contact JFS Employment Services Specialist Nancy Cohen at (651) 329-1092 for more information.

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

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The Need for Vital Services Increases as Holocaust Survivors Age

One of the immeasurable values of friends and belonging to a community is having a place to go when you need help or have a question. “Olga” reluctantly accepted the fact that she needed help keeping her house clean. Fiercely independent and determined to stay that way, she was only comfortable asking her closest friends in her Russian neighborhood where to find someone to help. The answer was unanimous: Jewish Family Service of St. Paul!

When she called JFS and identified herself as a Holocaust survivor, she was connected to JFS Holocaust Survivor and Senior Services Coordinator Bonnie Jaffe, RN. Bonnie reached out to the Conference on Jewish Material Claims Against Germany (Claims Conference) to connect Olga to funds

to help with vital services such as home care, food and medicine. Bonnie set up housekeeping services to help maintain Olga’s small home.

During their discussions, Bonnie discovered that Olga’s oven hadn’t worked for a very long time. The burners worked, but she didn’t have the money to replace the apartment-sized range, so she made do. Bonnie has worked with Survivors for many years. There isn’t an organization or resource for help that she doesn’t know about. She reached out to KAVOD, an agency that provides emergency aid to Survivors in need. “What a terrific organization,” said Bonnie. “They immediately got Olga a new stove and sent her a \$250 Target gift card. I was aware of KAVOD but had never worked with them before. I’m glad my experience



Bonnie Jaffe helps client get a new oven.

with Olga gave me the opportunity to find another way to help people.”

Bonnie checks on Olga each month to ensure the housekeeping service is meeting her needs and assess the need for additional services.

**Contact JFS Holocaust Survivor and Senior Services Supervisor
Bonnie Jaffe, RN at (651) 497-8248 for more information.**