

JFS volunteer Mimi Houston takes JFS client Mary Zanmiller to a doctor appointment.

2023 Work and Milestones in Surveys, Safety and Security to Build Quality of Life



BY JFS CEO RUTH HAMPTON OLKON, MSW, MPH

I'm delighted to present the JFS 2023 annual report. With the relentless work of the

dedicated JFS staff and unwavering support from our Board of Directors, we have, once again, managed to bring our mission to life through our critical human services.

Throughout 2023, we continued to survey clients in each of our programs to understand the outcome or impact our service had on their life and to identify things we can do better. We will finish that work in 2024 and will present a comprehensive report on the entire project, but here are a few highlights:

- 98% of survey respondents agreed that JFS helped them with the issues that initially brought them to us.
- 100% of respondents agreed that they would recommend JFS counseling to others.

- 78% of respondents to our Grief Support Group survey agreed that they felt a sense of community while participating and would recommend the Group to others.
- 100% of respondents to our Holocaust Survivor Services survey agreed that they had the support needed to remain in their home, had an increased sense of independence and greater knowledge of local resources, felt an increased sense of wellbeing, and would recommend the program to others.
- 100% of respondents to our Kosher Meals on Wheels survey agreed that the meals were easy to choose and delivered on schedule.

These surveys also helped us find meaningful ways to make improvements. Our Holocaust Survivor Services respondents told us they need more financial assistance. As a result, the fundaneed portion of our annual fundraiser "Celebration of Service" on May 19 will be dedicated to raising money for programs that support these JFS clients.

We also identified community need for affordable transportation. Through a group of dedicated volunteers, we offer free rides to people who cannot drive or have limited access to transportation. "The ability to get to things like haircuts, doctor appointments or grocery shopping is taken for granted by many of us," said JFS Volunteer Coordinator Anne Myers. "JFS supports those who cannot accomplish tasks that support their health and social needs, enhance their quality of life, and allow them to remain safely in their homes."

In 2023, we exceeded our grant funding goal by nearly eight percent, reaching \$225,000 in revenue for the agency. In the fall, we received a call from the daughters of former long-tenured JFS employee Anita Dinerstein who passed away in the spring, telling us they wanted to establish an endowment in their parents name. Their \$500,000 endowment will provide perpetual funding for JFS programs and operations.

CONTINUED ON PAGE 3

IF YOU NEED HELP

staying in your home, managing the stress of caregiving or managing your mental health,

CALL US AT (651) 698-0767.

MISSION

Inspired by Jewish values, we help people from all backgrounds build on their strengths and meet life's challenges.

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.



1633 West 7th Street St. Paul, MN 55102 (651) 698-0767 info@jfssp.org / jfssp.org



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

Inspired by Jewish values, we help people from all



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.



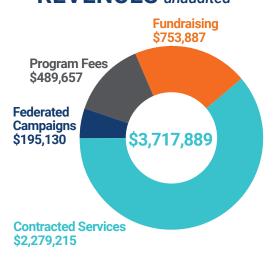
Counseling & **Community Chaplaincy**

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

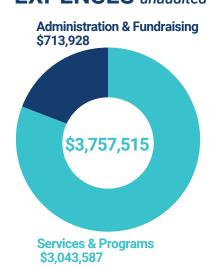
SERVICE IMPACT



REVENUES unaudited



EXPENSES unaudited



Audited financials will be available at jfssp.org/about/financials after 6/1/2024.

backgrounds build on their strengths and meet life's challenges.



Community Engagement

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



Financial Assistance

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



Helpful Resources

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

2023 Work and Milestones in Surveys, Safety and Security to Build Quality of Life CONTINUED FROM PAGE 1

We continued and strengthened our commitment to embedding the advancement of diversity, equity and inclusion (DEI) into the infrastructure and planning of our organization. The most important 2024 goal of our new human resources generalist is to develop an objective process for finding, hiring and retaining people of different cultures and backgrounds. All staff are required to complete assigned DEI courses, while managers and supervisors are required to complete additional training specific to managing direct reports. Our staff-led DEI committee is identifying opportunities within our building to create signage and visual imagery that supports our DEI focus.

At the end of 2023, we were informed that we have been selected to receive a FEMA grant to make security enhancements to the interior and exterior of our building. With this grant, we will upgrade our cameras and motion lights around the building and improve our lobby.

We've got another busy year planned.

Make sure you stay informed by subscribing to our bi-monthly enewsletter on the home page of our website at jfssp.org.



Volunteers Needed for Annual Passover for All

JFS has volunteer opportunities to help with our annual **Passover for All** program. This community outreach program provides kosher for Passover food and supplies to help those in need celebrate the holiday.

You can help in one of these ways:

- Donate: 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.
- Pack bags of food and supplies at JFS on Thursday, April 11 from 1:00 to 3:00 p.m.
- Deliver bags to client homes between April 11-19. Pick up bags at JFS on April 11 from 3:00 to 5:00 p.m. or on April 12 from 9:00 a.m. to 2:00 p.m. and deliver them at your convenience.

Contact JFS Volunteer Services Coordinator
Anne Myers at amyers@jfssp.org or (651) 359-7775
to sign up for bag packing or delivery.

Need Help on Your Caregiver Journey? Join Crash Course for Caregivers

JFS, in partnership with Sholom, invites anyone searching for help with their caregiver journey to Crash Course for Caregivers, an educational series covering different aspects of caregiving. These classes will be part educational and part participatory with an opportunity for caregivers to learn from and share with each other.

The courses will be offered by psychotherapist and Caregiver Support Group facilitator Tara Burns, MA, LPCC. Working with adults across the life span, her passion is providing services to individuals living with grief, loss, depression, anxiety, life changes and adjusting to illness and chronic pain. Her group experience involves facilitating support for bereavement, caregivers, and healing through art workshops.

JFS Senior Services Care Coordinator Bonnie Jaffe, RN, will also lead Crash Course for Caregivers. Bonnie is a registered nurse with many years of hospital experience prior to joining JFS in 2008. In her role at JFS, Bonnie provides caregiver coaching, family consultations and leads the JFS grief and caregiver support groups. She is also a certified instructor for Powerful Tools for Caregivers, Reach Community for Caregivers and Dementia Friends presenter. Bonnie is trained by Honoring Choices of MN to assist people in completing advance care directives.

Crash Course for Caregivers will take place in the Mains Auditorium at the Shaller Family Sholom East Campus at 740 Kay Avenue in St. Paul from noon to 1:00 p.m. Lunch will be provided. CEUs available.



Tara Burns, MA, LPCC



Bonnie Jaffe, RN

Register for one, two or all classes, free and open to the public.

Contact Ali Lilja at alilja@sholom.com or (651) 328-2258

for more information and to register.

FREE and open to the public at Sholom East Campus in St. Paul

Caregiver Grief and Loss

Thursday, March 28 Noon to 1:00 p.m.

Learn about different kinds of grief and loss caregivers and care receivers experience and how to move through those experiences.

Quality Caregiving in the Home

Thursday, May 23 Noon to 1:00 p.m.

Hear thought-provoking questions that can help you identify quality care and resources and recommendations for in-home caregiving.

Improving Communication Skills

Thursday, June 27 Noon to 1:00 p.m. Learn skillful ways to communicate with the care receiver including listening, processing and responding.

Quality Caregiving in a Facility

Thursday, July 25 Noon to 1:00 p.m.

Hear thought-provoking questions that can help you identify quality care, resources and recommendations for caregiving in a facility.

Caregiver Resources

Thursday, August 22 Noon to 1:00 p.m.

Part of taking care of ourselves is knowing about community resources we can turn to for support and assistance. We will explore and discuss known resources and direct and indirect supports to assist caregivers.

Thank You 2023 Volunteers

The following 363 volunteers generously gave 1,884 hours of their time in support of JFS and its clients, valued at approximately \$59,911. Thank you for making a difference. Please excuse any omissions or inaccuracies. For corrections, please contact Anne Myers, HR Generalist and Volunteer Services Coordinator at amyers@jfssp.org or (651) 359-7775.

Joni Abramson Mark Adelman Zoey Alch Linda Alter Cheryl Anderson Semyon Axelrod Andrea Backes Beth Jacob Synagogue Congregants Julia Biel Michael Chauss **Cheder Students** Lisa Cohen Dan Contreras Jr. Tom Cytron-Hysom Samuel Dalwood Maureen Davidson Charles Davidson Myndal Davis Silver **Gary Devitt** Lisa Dorn Fred Dulles

Gerard Engelen

Randy Eylmann

Mari Forbush

Rachel Frank

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Linda Friedman

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Janet Leavitt Irv Lerner Susan Levey Steve Levin Sarah Levine Barbie Levine Harriet Levy Jamie Maddeaux Don Mains Yuliya Makhlin & Family Joe Marin Judi Levin Marshall Morgan Marvin Bruce Matza Mary McKay Mickey Minsberg Susan Minsberg Kathryn Monikowski Mount Zion Congregants **NCSY Group**

Sara Lynn Newberger Ruth Olkon Jon Paritz Linda Passon-McNally Charles Rafkowicz Andy Rapoport Jared Rolsky Alicia Rouse & Family Nancy Rowe Jodi Saltzman Nina Samuels Stuart Sanders Lynne Sanders **Gary Sankary** Karen Schanfield Jim Scheib Stuart Schmitz Naomi Schoenberg Mary Schulz Peter Schulz Alexandra Schwartz Sue Schwartz Kate Searls Marjorie Sigel Margie Solomon Larry Solomon **Daniel Sperling** Jerry Swarsensky **Talmud Torah Students** Temple of Aaron Congregants Sadie Teske Marsha Weiner Julia Wolfe Paige Yanny Yedidya Yasu Masha Yevzelman Marsha Zimmerman

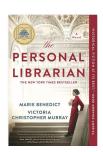
The Bruce Goodman Read in Color Little Free Library Book Pick of the Quarter

Bert Kritzer

Robin Lackner

Etta Lambright

Stan Lapidos



The Bruce Goodman Read in Color Little Free Library is sharing a review of The New York Times Best Seller *The* Personal Librarian by Marie Benedict

and Victoria Christopher Murray, a remarkable novel about J.P. Morgan's personal librarian, Belle da Costa Greene, the Black American woman who was forced to hide her true identity and pass as white in order to leave a lasting legacy that enriched our nation.

In her twenties, Belle da Costa Greene is hired by J. P. Morgan to curate a collection of rare manuscripts, books and artwork for his newly built Pierpont Morgan Library. Belle becomes a fixture on the New York society scene and one of the most powerful people in the art and book world, known for her impeccable taste and shrewd negotiating for critical works as she helps build a world-class collection.

But Belle has a secret, one she must protect at all costs. She was born not Belle da Costa Greene but Belle Marion Greener. She is the daughter of Richard Greener, the first Black graduate of Harvard and a well-known advocate for equality.

The Personal Librarian tells the story of an extraordinary woman, famous for her intellect, style and wit, and shares the lengths to which she must go to preserve her carefully crafted white identity in the racist world in which she lives.

"Written by two authors, one white, one black, this book creates an authentic look at the costs of 'passing'. The book kept me intrigued throughout. Learning about a woman who took risks, carved her own path, and silenced naysayers is a gift and a must read," said JFS Community Engagement Manager Jodi Saltzman.



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

Mark & Elaine Adelman Adam Bahr Gary J. Benedict Sharon Benmaman & John Allen Herman J. Birnberg (z"l) Dr. Arnold Brier Judith Brier David (z"l) & Sheila H. Brod Elinor Brodie (z"l) Marjorie R. Dana-Levine Michael & Stacy Dockman Joan & Elliott (z"l) Farber Jon & Holly Brod Farber Sheldon Finver & Dee Albert Jackie & Ted Flaum Victoria Fodor Friends of JFS Tom & Deborah Frishberg Barry & Rena Glaser Fred & Karen Gordon Stephen Gordon Sheila & Tim Gothmann Mitzi Gramling Ira G. Kipp Peggy S. Kipp Sternie Kissin-Rosen (z"l) Elsie Kramer Roger & Jennifer Kramer Brian & Judith Krasnow Robert Leibman Daniel & Susan Lepow Gwen & Dr. Irving Lerner Daniel Levey

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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

- · 8th Degree Loan Fund
- · Helen Adler Meals on Wheels Fund
- Bebe Endowment Fund
- · Bear-Schoenkin Leadership Development Fund
- · Anita and Jim Dinerstein Endowment
- · Bruce Goodman Fund
- Herman J. Birnberg Endowment
- · Ben and Sophie Frishberg Family Fund
- · 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 Staff Development
- 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

Largest Endowment in the History of JFS Made in 2023

A \$500,000 donation was made to JFS to establish the Anita and Jim Dinerstein Endowment to support ongoing operations. The gift was made by Rachel Geballe and Ellen Werlin of New York City in honor of their parents, Anita and Jim. Investments stemming from this gift will have a direct and positive impact by providing perpetual funding for JFS programs and operations.

"Building and nurturing JFS was a life's work for our mother, Anita, with the wholehearted support of our father, Jim. His work in supporting housing and other resources for those in need is etched across the physical space of the city and state. We can think of no greater legacy than to honor their memories by uplifting and honoring those who follow in their footsteps, building a stronger and more compassionate St. Paul Jewish community," said the daughters.

With this gift, the JFS Community Service Award, presented each year at the agency's annual fundraiser to honor extraordinary volunteer and philanthropic effort in support of JFS, will be renamed the Anita and Jim Dinerstein Community Service Award.

Anita Dinerstein was a long-time staff member and leader at JFS, retiring as assistant



director in 2005. She then generously contributed another seven years at JFS as a volunteer for the financial assistance and community resources programs.

Susan Levey

Stephen & Rita (z"l) Levin



With your help, JFS continues to give hope and make a critical difference in poorle's "

\$100,000+

Otto Bremer Trust St. Paul Jewish Federation

\$50.000 - \$99.999

Shapiro Endowment Fund

\$25.000 - \$49.999

F.R. Bigelow Foundation Saint Paul and Minnesota Foundation Sephardic Foundation on Aging

\$10,000 - \$24,999

Mardag Foundation Hardenbergh Foundation Dr. Jimmy & Stephanie Levine Stevens Square Foundation

\$5,000 - \$9,999

Allina Health Bruce Goodman Bruce & Annie Matza Mersky Family Foundation Jerry Swarsensky

\$1.000 - \$4.999

Linda Alter Steve & Wendy Baldinger Melanie M. S. Baumhover Benmaman and Allen Family Fund Sharon Benmaman & John Allen Betty and Bernard Sweet Charitable Fund Shirley Bloomfield Dr. Arnold & Judy Brier Steve Cohen Anita Dinerstein Ron & Phyllis Ettinger Bruce Fink Mari Forbush Rachel Geballe Joel Glaser & Jethra Kapp Rena & Barry R. Glaser Phil & Renae Goldman Fred & Karen Gordon Mitzi & Rich Gramling Donald Greenebaum Jr. & Beth Honetschlager Paul & Patty Gust Kenneth & Anna Hampton Harris Louis F. Hill Karen Hessel & Isaac Rischall Inver Grove Ford Lincoln Isaac Levin Marshall Fund Beth & Todd Johnson Nancy Karasov

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\$500 - \$999 3M Foundation

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\$250 - \$499

Arlene Alm Ben & Bree Axelrod Judith Belzer and Jeremy Waldman Fund Jay Benanav & Lucy Kanson Karen Bruning Dori Denelle

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Susan Levey





Tickets are now on sale for the 8th Annual Celebration of Service,

to benefit Jewish Family Service of St. Paul (JFS), on Sunday, May 19 from 5:00 to 8:00PM at Mendakota Country Club in Mendota Heights. Cocktails will begin at 5:00PM followed by dinner at 6:00PM. Bruce Goodman, former JFS board member, will host this year's event.

The Celebration will honor JFS volunteer Jim Scheib who donated more than 254 hours of volunteer service in 2023 with the Anita and Jim Dinerstein Community Service Award. There will be several very exciting packages for guests to bid on during the live auction.

For more information, contact JFS Development Director Kristen Cullen at kcullen@ifssp.org or by phone at (651) 239-7496.