

Spotlight on Volunteers

OUR SILVER ANNIVERSARY AWARD RECIPIENTS

JFCS depends on 400 volunteers to help fulfill its mission of helping those confronting life's challenges. Each year we recognize those volunteers and donors who go above and beyond with our Volunteer and Donor of the Year Awards. The following recipients were honored at the agency's Silver Anniversary Celebration for their generosity, volunteer commitment and support:

Marshall Bernstein, Jewish Life Education Award - For providing a spiritual connection to patients at Sarasota Memorial Hospital and leading religious & festival services at area nursing homes and assisted living facilities.

Joel Blumsack, Senior Outreach Award - For his commitment to the Senior Outreach Service (SOS) program, by helping to serve lunch during its weekly Wednesday meetings and spending time with care recipients while their caregivers are attending the caregiver's support group.

Irwin Cooper, Children Services Award - For being a mentor and tutor for many years at McIntosh Middle School, serving as a role model and helping at-risk middle school youth achieve academic success.

Roz Ehrenpreis, Management Services Award - For her many years of providing guidance and leadership to the Audit & Finance Committees and Board of Directors.

Jeanne Epstein, Jewish Spirituality Award - For lending her beautiful voice and knowledge of Judaism, while leading Shabbat and holiday services at area assisted living facilities.

Howard & Betty Isermann, Philanthropy Award - For their generosity in supporting our Kosher Food Pantry, Building Strong Families Homelessness Prevention Program and School Based Programs.



Kathy Killion, Organizational Impact Award - For her valuable contribution of instituting new procedures & systems for the agency's personnel committee and overseeing the volunteer resources department.

Julie & Ron Milton, SCENE Magazine, Community Outreach Award - For their commitment to the promotion and celebration of the efforts of JFCS and all the non-profits in our community.

Gene & Saralyn Oberdorfer, Visionary Award - For their generous contribution to fund the "Successful Talented Adults Reaching Skyward" (STAR) program which helps

"differently-abled" adults learn vital social and life skills, such as communication, time management, and practical living skills.

Roslyn Ross, Acts of Loving Kindness Award - For volunteering as a mentor to a military family in the Operation Military Assistance (MAP) program and to an incarcerated client in our Mentor for Success jail program.

Sarasota Bay Club, Corporate Citizen Award - For their collaborative business partnership as an event sponsor, participation in our annual Celebrity Chef & Wine Tasting signature fundraiser and support of our SOS program lunches.

Leo Seligsohn, EDor VDor Award - For his love of children and his work as a tutor with at-risk students at Booker Middle School for a decade.

Ruth Siegel, Humanitarian Award - For her outstanding work as an intake volunteer in our Retired Social Workers program, answering phone calls and providing information and referral to people turning to JFCS for help.

IF YOU WOULD LIKE TO VOLUNTEER and lend a helping hand to people seeking services from JFCS, please contact Caroline Zucker at 941-366-2224, ext. 141 or by email czucker@jfcs-cares.org



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JFCS NEWSLETTER

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Board Chair: Marie Monsky
President/CEO: Rose Chapman, LCSW

Message from the Board Chair

As I write this last newsletter message of my term as Board Chair, I am drawn to reflect on the challenges and achievements of our agency and our Board over the past two years.



My term began with the uncertainty of our national financial and political institutions and the subsequent affect of financial pressures on the local and state economy. Our task as an agency and as a Board became very clear...

- sustainability of the agency funding was essential
- ability to react to the growing needs of the Sarasota-Manatee community was imperative
- responsibility to inform and assure our supporters of our outcomes were more necessary than ever

Fast forward two years and our economic circumstances, both nationally and locally remain a challenge with much still uncertain for the near future.

I am pleased to reassure all of you...our donors, volunteers & community partners that JFCS developed and followed a plan which allowed the agency to effectively and strategically ride out these difficult times while responding to the urgent needs of our community.

The credit for this success must go to the collaborative efforts of our professional and talented staff; to the passion and vision of a dedicated Board; to the personal commitment of our hundreds of volunteers; and to the responsive and generous support of our donors and funders. I thank you all for your contribution to these successful outcomes of the past two years:

- Two years of financial stability and successful audits. Our ratio of administrative expenses to program expenses outperform industry standards in spite of an expansion to 26 programs and significant demand on our emergency assistance programs
- Completion of an ambitious strategic plan that served as a road map this past year and will continue to guide us the next two years
- Culmination of a highly successful year celebrating our 25th anniversary with sold out attendance at each of our 5 events

Having said all this, however, the next two years will not be an easy time and the pressure has not yet subsided. As Rich Segall takes over the gavel we face:

- A State and National deficit that remains high with the certainty that grant funding will be cut
- Local job statistics that remain grim and, therefore, our Homelessness Prevention and emergency assistance programs continue to strain under the burden of increased applications for help
- School-based programs for at-risk children and youth that will be under pressure because of announced cutbacks to education from the State

Our job is neither finished nor easy and we will continue to need your help and support. I am confident that you will be there as people turn to us because they cannot do it alone. We know that we can turn to you because we can't do it alone...and we are truly thankful!

Marie Monsky
Board Chair

We're Pleased to Share This News...



JFCS recently received **Leadership in Energy and Environmental Design (LEED) certification** for the expansion and renovation of its Fruitville Road campus from The U.S. Green Building Council. Mr. S. Richard Fedrizzi, President of the Council wrote, *"LEED certification identifies Jewish*

Family & Children's Service of Sarasota-Manatee as a pioneering example of sustainable design and demonstrates your leadership in transforming the building industry." The Gulf Coast Community Foundation of Venice added \$25,000 to its original capital campaign grant of \$150,000 in recognition of this achievement.



NASW, the National Association of Social Workers, Sarasota-Manatee Chapter **recognized JFCS as its Agency of the Year** in March 2011. JFCS was selected for its programs that meet the social service needs of people in our community and compassionate and caring staff who help people overcome life's challenges by empowering them to change.



Michael Shlifer with his mentee, RaiNeisha

Congratulations to JFCS Mentor/Tutor **Michael Shlifer** who was recognized in April for his volunteer efforts at McIntosh Middle School and awarded the **Outstanding Senior Volunteer of the Year** from PALS Partners in Education. Michael is known for being a great role model to the students. School officials say he demonstrates a positive attitude, a strong work ethic, and respectful, courteous communication skills – all qualities that young people need to see. Michael has volunteered in JFCS' Challenge to Change/Safe Alternative to Out of School Suspension program since 2006. The program targets at risk children who are at risk of suspension and falling behind academically in school.

Kerry Dennis, ACSW, LCSW, CAP, Family Unification Counselor for the JFCS VIP-ER Program received the **Outstanding Service Award** at the Sarasota Film Festival Recovery Awareness Day on April 13th. This award was sponsored by Reach Out Recovery, an organization committed to education, awareness, and fundraising for recovery programs. Kerry, a certified addictions and mental health professional is a compassionate professional who is dedicated to empowering individuals who have struggled with substance abuse addiction, providing them the tools and resources to overcome their addiction and live a full and productive life.



BIZ(941) *BIZ941* named **Rose Chapman** one of six **Best Bosses** in Sarasota in its May Issue. Rose Chapman's favorite business book is *Good to Great*, written by Jim Collins. She models her exceptional work as the CEO of JFCS of Sarasota-Manatee after a quote from the book. "Get the right people on the bus, the right people into the right seats, the wrong people off the bus, and then we can take the organization to a great place." With over 30 years of experience Rose recalls taking to heart words from one of her first bosses when she began her career in social work. *"When I first entered the field I was pretty young, and my supervisor wanted me to take my first student,"* Chapman says. *"I didn't think I was ready."* She said, *"You do good work, and it's your duty to provide that knowledge to the next generation."* Throughout all the growth, Chapman has continued to work hands-on with employees and clients. Her staff says her quiet strength and ability to lead by example are awe-inspiring, especially in an economic climate when so many more clients need food, shelter, drug counseling and medical help. *"Mission is a priority,"* Chapman says. *"I look for staff who have passion for their work and see it as more than a job."*



Congratulations to **Rose Chapman**, recipient of the **2011 Distinguished Service Award** at the 39th Annual

AJFCA Conference held May 15-17 in Calgary, Alberta Canada. Rose was honored & recognized for her 30 years of service as a Jewish communal professional. We are so proud of Rose and her commitment to helping people!

Announcing *NEW* Program & Helpline for Caregivers

JFCS CAREGIVER HELPLINE: 941-364-7560

JFCS is pleased to announce its newest program, **Sarasota Caregiver Counseling and Support Program (SCCSP)** targeting the needs of caregivers in our community who are caring for a partner with Alzheimer's Disease or Alzheimer's Related Dementia. It is estimated that one in 18 people in Sarasota County is impacted by Alzheimer's Disease. The goals of the SCCSP Program is to provide knowledge and support to caregivers and their families to reduce caregiver stress, increase coping skills to manage daily challenges and provide ongoing support through connections to local resources.

Funded through a \$1.35M grant from U.S. Department of Health & Human Services, Administration on Aging, granted to the FL Department of Elder Affairs and subcontracted to JFCS, this three year grant will support caregivers through implementation of an

evidenced-based intervention program that offers:

- individual and family counseling sessions
- wraparound services
- ongoing follow up contacts and
- telephone calls

Community partners include the Alzheimer's Association, The Memory Disorder Clinic at Sarasota Memorial Hospital, The Pines Education Institute, Area Agency on Aging of SW FL, and University of South Florida Sarasota-Manatee.

The SCCSP Program is free and open to Sarasota County residents, who have been diagnosed with Alzheimer's Disease or Alzheimer's Related Dementia. To learn more about the program, please contact Pamela Baron, MSW at 941-366-2224.

JFCS offers these additional programs & support groups for caregivers...



Caregiver Helpline: 941-364-7560

JFCS has a new Caregiver Helpline to provide you with information about all of our specific caregiver programs and services. If you are a caregiver, you don't have to face this challenge alone...call JFCS.

Caregiver Support Group

Wednesdays, 10:30 a.m. - 12:30 p.m. (JFCS)

Fridays, 1:00 p.m. - 3:00 p.m. (St. Mark's Episcopal Church, Venice)

Caregivers participate in a weekly support group to discuss concerns and gain knowledge about community resources. Funded through a grant from the Area Agency on Aging for Southwest Florida. Call Pamela Baron, MSW at 941-366-2224.

Children of Aging Parents Support Group

2nd Thursday of the month, 6:30 p.m. - 8:00 p.m. (JFCS)

4th Tuesday of the month, 6:30 p.m. - 8:00 p.m. (Frances T. Bourne Jacaranda Library, Venice)

Support Group offers emotional support, affirmation, understanding and socialization as well as assistance with community resources for individuals who are serving as caregivers for aging parents, spouses or other family members. This support group is funded through a grant from the Harry & Jeanette Weinberg Foundation. Call Betsy Schwartz, MSW at 941-366-2224.

Sarasota CARES (Caregivers Accessing Resources and

Essential Services) helps care partners to identify and connect with community supports and resources; both formal and informal through the professional assistance of Wraparound Facilitators. The Facilitators helps families clarify their needs and assist caregivers in identifying solutions from both the formal (professional service) and informal (family, friends, faith settings) environments resulting in improved outcomes for caregiver loved one's and reduced stress for caregivers.

Sarasota CARES will also match caregivers and their care partner with well trained respite volunteers. Sarasota CARES has a Volunteer Coordinator who seeks interested volunteers to perform respite care with a caregiver's care partner. Volunteers are carefully screened and trained in dealing with their assignments. Care partners can receive a minimum of 4 hours of respite care per week. Volunteers need not have prior experience in respite caregiving, they must have a desire to work with senior adults. All necessary training will be provided by Sarasota CARES staff and partners. Sarasota CARES is available throughout Sarasota County and is a free program. Sarasota CARES is a program created through a grant from the Harry and Jeanette Weinberg Foundation of Baltimore, Maryland. The Weinberg Foundation awarded 14 grants across the country all dealing with reducing the stress that caregivers experience when they provide ongoing care for family and friends age 60 or older. For more information, contact Betsy Schwartz, MSW at 941-366-2224.

JFCS IS FORTUNATE to have many caring friends in the business community who partner with us to support our programming, events and activities. Together, we make Sarasota and Manatee Counties a better place.

We are pleased to highlight the following local restaurants who participated in our 7th Annual Celebrity Chefs & Wine Tasting and support two of our signature programs: **Senior Outreach Services Program** by providing catered meals for our SOS participants and our **Summer Enrichment Program** serving at-risk middle school youth.

We encourage you to patronize these local restaurants over the summer months. Please mention that you are a friend of JFCS and **offer your personal thanks** for their support of our programs and fundraising events.

Apron's Cooking School
The Breakfast House
Bridge Street Bistro
Café Americano
Café L'Europe
Children's Healthy Pantry Foundation
Cosimo's Brick Oven
Cosimo's Too!
Detwiler's Farm Market
Kilwin's
Libby's
Longboat Key Club & Resort
MarVista Dockside Restaurant

Michael's On East
Polo Grill & Fete Catering
Publix Super Markets
Ritz-Carlton, Sarasota
The Rolling Pin Kitchen Emporium
SALUTE! Restaurant
Sarasota Bay Club
Selva Grill
SOMA Diner
Sweet Tomatoes
Too Jay's Gourmet Deli
Yummy Stuff Club



JFCS Volunteer Florence Katz & Sarah Zwerin of the Senior Outreach Service Program offer their thanks to Sweet Tomatoes for providing monthly catered meals to homebound isolated seniors who attend the weekly SOS Program.

2011-2012 Board Officers & Members Installed At 25th Annual Meeting



BOARD OFFICERS
Marie Monsky, Larry Eger, Gerri Aaron, Kathy Killion,
Barbara Brizdle, Rich Segall



NEWLY ELECTED BOARD MEMBERS
BACK ROW: Randy Mallitz, Ben Klein
FRONT ROW: Lauren Fineman, Marion Levine, Audrey Coleman
NOT PICTURED: Shaun Benderson

More than 200 friends, funders, volunteers and clients of JFCS gathered on May 2nd at Michael's On East to celebrate the agency's 25th Annual Meeting. The event was organized by Sue Gleeksman, Chair and committee members: Sue Bralow, Sandra Krause, Lori Liner & Dorothy Zenie.

The Annual Meeting provides the opportunity to thank retiring board members and includes the installation ceremony for new board officers and members. We offer our thanks to: Roz Ehrenpreis, Ken Marsh, Sanford Milter, Betty Schoenbaum & David Shukovsky for their service on the board. And would like to welcome newly elected board members: Shaun Benderson, Audrey Coleman, Lauren Fineman, Ben Klein, Marion Levine & Randy Mallitz.

Elected to serve as Officers of the Board of Directors for 2011-2012 were:

- Rich Segall, Chair
- Gerri Aaron, Vice Chair
- Larry Eger, Vice Chair
- Kathy Killion, Secretary
- Barbara Brizdle, Treasurer
- Marie Monsky, Past Chair

The program included a 25 year retrospective offered by Lee Berkowitz, whose beloved husband, Sidney, of blessed memory, was the visionary and driving force behind the establishment of a local Jewish Family Service agency here in Sarasota.

JFCS Honors Women of Valor

Twenty-five of our area's most community-minded and dedicated women were honored at the JFCS Women of Valor Awards luncheon in late February. The event was established in recognition of the agency's 25th anniversary of providing hope & healing to the community. The following women were honored for their commitment to helping others, with compassion, commitment and leadership:



Jewel Ash
Lee Berkowitz
Carol Poteat Buchanan
Margaret Callihan
Audrey Coleman
Bea Friedman
Carol B. Green
Marilyn Harwell
Dr. Mona Jain

Florence Katz
Lee Levine
Gwen MacKenzie
Helen McBean
Diane McFarlin
Graci McGillicuddy
Carolyn Michel
Nikki Nilon

Nora Patterson
Lee Peterson
Flori Roberts
Mary Ann Robinson
Carol Siegler
Barbara Siemer
Lisa Walsh
Sally Yanowitz



Joy Weston, author, "*How an Ordinary Woman Can Have an Extraordinary Life*" served as Mistress of Ceremonies. Betty Schoenbaum served as Honorary Chair along with Ilene Friedman who served as Event Chair. The Women of Valor honorees received a personalized plaque and note cards featuring artwork created by Artist Debbie Dannheisser.



"INSIDE THE WINDOW OF COMMUNITY COMPASSION"
 Artwork created by **Debbie Dannheisser**



LONGBOAT • KEY • CLUB
& RESORT

Hosts 7th Annual Celebrity Chefs & Wine Tasting

On a picture-perfect March evening, JFCS held its 7th annual Celebrity Chefs & Wine Tasting event at the Longboat Key Club & Resort. Over 450 attendees dined on signature dishes prepared by 20 local chefs, sipped hand selected wines from W.J. Deutsch & Sons, Ltd. and enjoyed spirits from Blue Angel Vodka.

Thank you to the following restaurants for supporting JFCS:

Apron Cooking School; The Breakfast House; Bridge Street Bistro; Café Americano; Café L'Europe; Cosimo's Brick Oven; Cosimo's Too; Kilwin's; Libby's; Longboat Key Club & Resort; MarVista Dockside Restaurant; Michael's On East; Polo Grill & Fete Catering; Ritz-Carlton, Sarasota; The Rolling Pin Kitchen Emporium; SALUTE! Restaurant; Sarasota Bay Club; Selva Grill; SOMA Diner; Too Jay's Gourmet Deli.

More than \$72,000 was raised through ticket sales, donations and proceeds from a Live & Silent Auction to benefit the **Senior Services Program** at JFCS which provides counseling, coordinated case management and outreach to all Seniors in our community to support them in preserving their quality of life, independence and dignity.

This exciting event began in 2005 under the leadership of founding chairs, Marion & Dr. Bernard Levine. A huge THANK YOU to Gail and Ben Klein, event chairs, Chef Chair Robert Weil of the Longboat Key Club & Resort and committee members: Barbara Boltuch, Barbara Brizdle, Amanda Cattaneo, Cloe Drapkin, Karen Gary, Jessica Gonzales, Betty Greenspan, Joan Koplin, Fran Lambert, Susan Landau, Marion Levine, Sherry Linhart, Susan Mallitz, Audrey Marten, Barbara Pugliese, Elaine Rosen, Suzette Seigel, Madelyn Spoll, Arline Steinberg, Yvette Thornton, Judy Vigder, Debbie Yonker & Sheila Zinder.

A special thank you to our corporate partners for their support: Design Marketing Group, Inc., Longboat Key Club & Resort, Harris Private Bank, Sarasota Bay Club and SCENE Magazine.



Auction Volunteers Barbara Boltuch & Alan Gross



Marie Monksy, Ben Klein, Gail Klein



Bob Weil, Chef Chair and Marion Levine, Founding Chair

SAVE THE DATE! *Celebrity Chefs & Wine Tasting*

Randy & Susan Mallitz, Co-Chairs and Bob Weil, Chef Chair are pleased to announce that the 8th Annual Celebrity Chefs & Wine Tasting will be held on Tuesday, **MARCH 20, 2012** at the Longboat Key Club & Resort. Mark your calendars now...you won't want to miss this event!

JFCS Offers Help to Substance Abusers

The JFCS Mentor for Success Program offers help to those adults who want to overcome their addiction and make life-altering changes towards recovery and self-sufficiency. JFCS staff and trained volunteer mentors provide a life line to those inmates who are ready to change and rebuild their lives. No one can do it alone and JFCS is there to help!

You might ask, *“Why can’t we see you?”* Rest assured we are **NOT** nameless or faceless. **We are your neighbors, friends and family.** There was a time that you didn’t want to see us for who we were...habitual addicts who would do just about anything for that fix. We lied to you, we stole from you, we left our kids and spent months and years in jail.

Today, we are all on the road to recovery.
We know we will always be in recovery. **And thanks to the support from JFCS, we are able to get the help we need!**

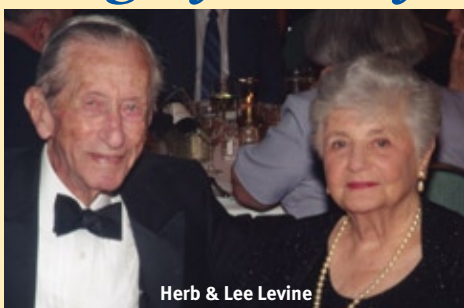


- *“I’m a 25 year old college graduate, but spent 4 months in jail because of my drug and alcohol addiction. The JFCS therapy groups gave me tools I can use in real life to make the changes I need to make and not just talk about it anymore. It’s time that I, Alice, walk the talk and I can do that thanks to my JFCS volunteer mentor.”*
- *“I’ve got 3 kids that I can’t take care of because I can’t even take care of myself. For 3 months I attended the JFCS groups in Sarasota County Jail and now I’m waiting to start the JFCS VIPER Group at Salvation Army. Everyday I have to reach deep and tell myself that there’s a better way. JFCS believes in me and I need to believe in myself,” stated Angela.*
- *“The JFCS Mentor for Success Program saved my life,” stated Julie. “I’m 52 years old with two adult children and had to*

rebuild my whole life. I know there’s a better way, but to succeed, I have to stay out of the neighborhood and start over. The JFCS staff meets with me twice a week and helped me reunite with my children. Since participating in the program, my whole attitude has changed...I’m respectful of people, I’m thinking clearly for the first time, I want things like a job and I’m taking care of myself! I can even reach out to the other women and be a role model for them so they know there are options. But they have to be ready to change. I wanted it bad enough and now I know I can be that other person.”

You can offer a helping hand and become a trained volunteer mentor or provide financial support by making a charitable donation to the Mentor for Success Program. To learn more about the JFCS Mentor for Success Program, call Claudia Coville, Mentor for Success Coordinator at 366-2224.

L’Dor V’Dor Legacy Society



Herb & Lee Levine

L’Dor...V’Dor, from generation to generation, is a Jewish value that offers promise from current generations to future generations. In keeping with this Jewish tradition, the JFCS *L’Dor V’Dor Legacy Society* provides donors the opportunity to make a gift which ensures the long term sustainability of the agency’s vital programs and services.

We invite you to become a member of our *L’Dor V’Dor Legacy Society* ... committing to the Jewish value of *Tikkun Olam*, and setting the example to the community and your family that you are indeed making the world a better place than you found it.

You can design your gift to match your unique, personal financial circumstances. The simplest, most effective way to support JFCS is through a bequest. You can easily make a provision in your Will of cash, stock, or other personal property, naming JFCS as the beneficiary.

Other planned giving tools to consider are gifts of retirement assets (IRA or Pension

Becoming a STAR at JFCS

“I love it,” says 19 year old Becky Jaffer, a senior at Sarasota High School. “It gives me a chance to come and hang out with my friends and learn valuable things.” Becky is referring to her weekly STARS gathering. The group, “Successful, Talented, Adults, Reaching Skyward” began last fall as a result of the generosity of snowbirds, Gene and Saralyn Oberdorfer who donated monies to start a weekly support group for differently-abled adults.

STARS encourages self-esteem and self-respect while teaching valuable life and social skills, such as communication, practical living skills, nutrition, self-care, time management, and job skills. Clients are typically ones with developmental disabilities such as cerebral palsy, autism, or low IQ. Development is achieved through community field trips, socialization and skills workshops.

Donna McGrath, the program’s coordinator says individuals who are differently-abled frequently experience social isolation and difficulty forming positive and meaningful relationships with peers. “The STARS program offers opportunities to learn and improve

social skills and a safe venue in which to practice these skills. When I witness the beautiful friendships that are blossoming along with the increase in self-esteem and self confidence among the participants, I am so very thankful that an opportunity like this exists for these individuals.”

Becky’s mother, Cathy Jaffer says the group gives her daughter an opportunity to feel good about herself with her peers. “It’s the highlight of her week and something she looks forward to that she truly enjoys.” Cathy says the group has changed her daughter, saying “she wants to help more at home and is more conscious of being kinder to her friends.”

Volunteers are needed to help prepare food and activities for the weekly workshops as well as assisting & chaperoning on monthly field trips. For more information on volunteering or to learn more about the program, please call Donna McGrath at 366-2224, ext. 145.



Becky Jaffer with her mother, Cathy Jaffer



The STARS group on a picnic outing

SUCCESSFUL, TALENTED, ADULTS, REACHING SKYWARD

Plans), life insurance policies, or life income plans, such as Charitable Gift Annuities, Charitable Remainder Trusts or Charitable Lead Trusts

Marie Monsky announced at the Annual Meeting that Lee Levine and her family had established the **Lee & Herb Levine Legacy Fund** in recognition of Lee’s 25 years of volunteer service to JFCS and the agency’s Silver Anniversary. The income from this named endowment fund will ensure in perpetuity the recognition of volunteers at the JFCS Annual Meeting. *“Through the full circle of life, JFCS is there to help, comfort, support and serve all people in our community. As a JFCS volunteer, I know the impact the agency has on the lives of children, families and seniors who*

seek hope and healing through our counseling and social service programs. Thanks to the efforts of hundreds of volunteers, JFCS is able to reach out and help these most vulnerable members of our community. I believe that volunteers are the heart of JFCS and should be recognized for their commitment to Tikkun Olam...our obligation to repair the world. I could think of no better way to leave my mark at JFCS than recognizing volunteers.” – Lee Levine.

Please consult with your professional financial advisor or attorney to decide which planned giving option is right for you. For more information, contact Andria Bilan, VP of Development at 941-366-2224, ext. 138.

Helping the Bereaved at JFCS

“You are not losing your mind,” Susan Finkelstein, RN, MAS, tells participants of her weekly bereavement support group. *“Many mourners feel they are going crazy when they first come into the group. I tell them this is normal and you are not alone. That gives them the foundation to build the healing process.”*

The group is offered through the JFCS Jewish Healing Program, funded in part by the Jewish Federation of Sarasota-Manatee. Based on a Jewish approach to mourning and healing the soul, the groups are scheduled five times a year, with each group meeting for six consecutive weeks. Some attendees recently lost a loved one; for others, it's been years. Each hour-and-a-half session has its own topic such as the normal process of grief, a roadmap for healing, the role of prayer, how to keep memories alive and finally, acceptance.

Widowed last summer, Shirley Fein describes her sense of grief. *“All of a sudden, I was jet-propelled into being a widow after 54 years of marriage. I was lonesome and confused.”* As a supporter



Jewish Healing Coordinator,
Susan Finkelstein, RN, MAS
with Shirley Fein

of JFCS, Shirley knew where to turn for help. Less than one month after her beloved Arnold's death and right before what would have been his 84th birthday, Shirley began attending the JFCS bereavement group. *“Susan taught me it was important to express myself. Some people don't want to mention the departed. As a writer, I chose to write about my feelings for an article which was published recently in The Observer. Susan gave me permission to put things in the right perspective.”*

The groups are intentionally kept small and participants are able to attend multiple groups to build on what they

have learned. Fast friendships are formed in the group and many participants get together for monthly lunches long after their group meetings are over. *“We provide information as well as a trusting environment that is conducive to sharing and supporting each other,”* Susan says.

The next Bereavement Support Group will be held on Thursdays, July 7 - August 11 at 10:00 a.m. - 11:30 a.m. at JFCS. To register contact Susan Finkelstein at 366-2224, ext. 166.

ONGOING PROGRAMS & SUPPORT GROUPS

In response to community needs, JFCS offers a variety of support groups to help individuals overcome life's challenges. Pre-registration is required for all groups. Please call the staff contact person at (941) 366-2224 to register or for additional information.

ANGER MANAGEMENT GROUP

Wednesdays, 6:00 p.m. - 7:00 p.m.

The art of managing anger and understanding where it comes from are acquired skills which you can learn and practice in this group. Call Dale Block, LMFT, CAP.

BEREAVEMENT SUPPORT GROUP

Thursdays, 10:00 a.m. - 11:30 a.m.

This group, for people at all stages of loss, provides opportunities to deal with grief, share experiences, receive support and discover new ways to cope. Call Susan Finkelstein, RN, MAS.

CAREGIVER SUPPORT GROUP

Wednesdays, 10:30 a.m. - 12:30 p.m. (JFCS)

Fridays, 1:00 p.m. - 3:00 p.m. (St. Mark's Episcopal Church, Venice)
Caregivers participate in a weekly support group to discuss concerns and gain knowledge about community resources. Funded through a grant from the Area Agency on Aging for Southwest Florida. Call Pamela Baron, MSW.

CHILDREN OF AGING PARENTS SUPPORT GROUP

2nd Thursday of the month, 6:30 p.m. - 8:00 p.m. (JFCS)

4th Tuesday of the month, 6:30 p.m. - 8:00 p.m. (Frances T. Bourne Jacaranda Library, Venice)

Support Group offers emotional support, affirmation, understanding and socialization as well as assistance with community resources for individuals who are serving as caregivers for aging parents, spouse or other family members. This support group is funded through a grant from the Harry & Jeanette Weinberg Foundation. Call Betsy Schwartz, MSW.

THE MARRIAGE BREAKTHROUGH - STRENGTHENING AND NURTURING RELATIONSHIPS

Wednesdays, 6:00 p.m. - 8:00 p.m.

Based on the work of Michelle Weiner-Davis, author of Divorce Busting and The Sex Starved Marriage. This four-week interactive video seminar will make you and your partner feel more connected by providing practical and effective skills to improve communication and handle conflict constructively. Call Wendy Kulscar, LCSW, CMC.

PARENTING CLASS

Thursdays, 6:00 p.m. - 7:00 p.m.

Children don't come with manuals and parenting is the most important job you'll ever have. The Parenting Class provides insight into questions and issues that come up in everyday life, and will help you to manage the challenges that come your way. Call Dale Block, LMFT, CAP.

SENIOR OUTREACH SERVICES

Mondays, 2:30 p.m. - 3:45 p.m. (Villa San Marcos, Venice)

Tuesdays, 11:00 a.m. - 1:30 p.m. (Jewish Center of Venice)

Wednesdays, 11:00 a.m. - 2:30 p.m. (JFCS)

Fridays, 11:00 a.m. - 1:00 p.m. (JFCS)

Homebound older adults can maintain their independence, increase their involvement with friends and community, and enhance their mental health through education and social activities. Medicare assignment accepted. Transportation provided by JFCS to JFCS location only. Lunch is provided by JFCS for the Wednesday and Friday groups. Call Pamela Baron, MSW.



Tribute Cards

JFCS Tribute Cards offer you the opportunity to honor family, friends and loved ones while providing financial support of our programs and services. People use Tribute Cards to:

- Celebrate Milestones**
- Send a message *In Honor Of***
- Offer a message *In Memory Of***
- Thank a Host or Hostess**
- Wish a *Speedy Recovery To***

You can view recent personalized Tribute Card messages by logging onto our website at www.jfcs-cares.org Simply click on the **ABOUT US** tab and select the **Newsletter** listing.

To order your personalized Tribute Card, complete the form below and return it with payment to JFCS in the envelope enclosed with this Newsletter.

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Name: _____	Name: _____	<input type="checkbox"/> IN APPRECIATION OF
Address: _____	Address: _____	<input type="checkbox"/> IN MEMORY OF
City: _____ ST _____ Zip _____	City: _____ ST _____ Zip _____	<input type="checkbox"/> SPEEDY RECOVERY TO
Phone (Day) _____	Email _____	<input type="checkbox"/> OTHER
CREDIT / DEBIT CARD INFORMATION <input type="checkbox"/> Visa <input type="checkbox"/> Master Card <input type="checkbox"/> Discover <input type="checkbox"/> American Express [_____] 3-4 DIGIT SECURITY CODE _____		
Account# _____ Exp. _____ Signature _____		
Please list my/our names(s) as follows in the next online posting of the JFCS Newsletter		

Check Us Out Online!!!

Visit us at www.jfcs-cares.org

All volunteers, clients, donors and friends are encouraged to visit the JFCS website at www.jfcs-cares.org. Visitors of the website can read about our history and growth, obtain information about programs and services, view our Annual Report and Agency Newsletter, learn about volunteer opportunities and can make designated donations using PayPal.

Are you a social networker? Do you use Facebook? Now you can join our growing list of friends to stay informed about "What's New" at JFCS and help us network with others in the community. We invite you to join as a Friend of JFCS. Simply type JFCS Sarasota-Manatee in your search for friends and request to join our group.



Email us at info@jfcs-cares.org

Friend us on Facebook at **JFCS Sarasota-Manatee**



JFCS Tribute Donations

Thank you to the following donors who ordered a personalized Tribute Card from JFCS between December 1, 2010 and May 31, 2011.

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Gloria Adams' special birthday

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Fran Adelman's 85th birthday

Bernice Goodman

Margo Berman's birthday

Ruth Rolfe

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Lee Berkowitz

Peter Bilan's college graduation

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Susan Marks, Bruce Black &

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JFCS Staff & SOS Group

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Lee Berkowitz

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Ruth Rolfe

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Donna & Steve Jablo

Max Ellis Hesser

Melva & Mel Herrin

Bette & Arnold Hoffman-a joyous sesquicentennial

Margot & Warren Coville

Sheri & Gerry Lublin

Ora & Joe Mendels

Hannah Honeyman's

granddaughter Rachel's marriage

Lee Levine

Betty & Howard Isermann

Dorothy & Billy Firestone

Howard Isermann's birthday

Evelyn Kosbner

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Diany & David Vigder and family

Judy & Bob Vigder

Nina Horwitz Weitzman

Joan & Peter Wells

Patti & David Wertheimer

Ida Wilkof

Alexandra Ziegler

Marty Katz

Lee Berkowitz

Paula Kaufman's special birthday

Sandra & Al Mardon

Kathy Killion

Barbara Lupoff

Susan Marks & Bruce Black

Gail & Ben Klein's new

granddaughter, Sophie Livia

Fran & David Lambert

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Nancy & Philip Kotler's birthdays

Margot & Warren Coville

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Fran Lambert's award from Susan

G. Komen

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Evelyn Lerman's special birthday

Ruth Block

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Lois Goodman

Hannah Honeyman

Ann Lepes

Lee Levine

Sandra & Alvin Mardon

Joan Rubinstein

Suki Sellinger

JoAnn Spiegel

Bobbi Steiner

Dona Stulmaker

Judy Whitman

Clare Levin's birthday

Ruth Rolfe

Frank Levine

Gertrude Wiederborn

Dr. Harvey Levine's 90th birthday

Marilyn & Stanley Hochman

Gloria Levine, a Gezunt Pessach

Barbara Levin

Lee Levine

Sarah Levine Hartlay

Carolyn & Jason Lanzetta

Audrey, Dan, Gabriel & Charlie

Levine

Ellen & Harry Levine

Kathy & Richard Levine

James Weinberg

Lee Levine's two new great

granddaughters - Kate & Charlie

Hannah Honeyman

Patricia Lewis' birthday

Ruth Rolfe

Natalie Lipton's birthday

Ruth Rolfe

Jeremy Lisitz's Bar Mitzvah

Lee Berkowitz

Joe Malinger's Bar Mitzvah

Susan & Randy Mallitz

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Noah Mendlow's birthday

Ruth Rolfe

Alec Miller's Bar Mitzvah

Lorrie & Richard Stern

Nadia Miller

Lorrie & Richard Stern

Howard Mills

Arlene Stolnitz

Marie Monsky's leadership as

JFCS Board Chair

Gerri Aaron

Judy & Charles Cabn

Sue Jacobson

Tanice Knopp

Ken Marsh

Carlyn & Ed Morris' 60th wedding

anniversary

Barbara & Tom Bernstein

Roslyn & Conrad Ross

Susan & Kenny Newmark's

Dr. Debbie Toder's birthday
Ruth Rolfe

Norma & Hy Wagner's granddaughter Isabella
Barbara Jacoby

Jennifer Walker's new granddaughter Adina
Shirley Fein

Norman Wallack's 90th birthday
Elinor & Stanley Weisman

Sidney Waller's 90th birthday
Ursula & Herb Schiff

Fay Watkins' birthday
Ruth Rolfe

Dan Weber's birthday
Phyllis & Saul Lowitt

Norma & Hy Wagner's granddaughter Isabella's Bat Mitzvah
Barbara Jacoby

Richard Weissfeld's 70th birthday
Susan & Alan Blum
Phyllis Dreyfuss
Sherry & Jerry Simons
Sandy & Jack Ward

Evan Weixel
Elinor & Stanley Weisman

Sam Wex's 70th birthday
Elinor & Stanley Weisman

Gerald Zeitlin's 80th birthday
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Alice Birnbaum

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Doroithy Jacobson
Sue Jacobson

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Rose Chapman

Margo Berman
Ruth Rolfe

Alice Birnbaum
JFCS Board & Staff

Dr. Bruce Epstein
Florence Katz

Bobbie Fleisher
Gerri Aaron

Nina Gitomer
JFCS Staff & Friday SOS friends

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Betty Schiff
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Cathy Schwaab
Ruth Rolfe

Ruth Siegel
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Ruth Rolfe

Harold Zabin
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A Tribute Card form is located on the back page of the newsletter.

