

Restoring Hope Across the Generations



Family

Album

Jewish Family Service of Rochester, Inc.

Fall Issue 2005

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SPECIAL EDITION:
2004-2005
Annual Report



Weaving Stronger, Happier Lives at Pittsford Place Counseling

A Message from the President and Executive Director



While the High Holidays are still fresh in our minds, now is the time to reflect on the new understandings we've reached about ourselves and our relationships. Rosh Hashanah and Yom Kippur encourage both introspection and remembrance. We examine our individual lives — how best to address our weaknesses and build on our strengths — in the context of a tradition that says change is a possibility and opportunity. Judgment is tempered by forgiveness, atonement leads to renewal.

And so it is with Jewish Family Service. Through our new Pittsford Place Counseling office, the Home Base Aging In-Place Initiative, Passport Senior Services, adoption services and support for people with traumatic brain injury, we do much more than help people cope with their losses and disappointments. We help make change possible by working to restore their hope and challenging them to make the most out of what they have.

This combined issue of our *Family Album* and Annual Report highlights recent JFS accomplishments along with our financial summary for the fiscal year 2004-05. Each year we are inspired by the people we serve — the stories of people making extraordinary efforts, of small steps and giant leaps, of joining hands and changing lives.

Each name in our donor listing represents an even bigger story of caring and compassion. Our donors' generosity adds immeasurably to our ability to help people recognize and build upon their strengths. Thank you for your support. We are also grateful to our primary funders, the Jewish Community Federation and United Way, for enabling us to fulfill our mission.

May Jewish Family Service, the people we serve, our friends and our community go from strength to strength throughout the coming year!



Michael Harf

Michael Harf
President, 2003-2005



Barry Stein

Barry Stein
Executive Director

Weaving Stronger, Happier Lives at Pittsford Place Counseling

It was his children who finally persuaded “Joe” to call. Fourteen years after his wife passed away, he still wouldn’t join the family for vacations, refused to celebrate birthdays and mostly stayed home, where his uncontrollable tears wouldn’t bother anyone else. His children felt they had lost their father as well as their mother.

Within three months of that initial call for help, Joe was once again attending family functions. He could talk about his wife and he was thoroughly enjoying the company of his grandchildren. The difference? Skilled and compassionate counselors at Jewish Family Service’s new Pittsford Place Counseling office, who guided Joe through the hard work of dealing with the grief he had suppressed for so long. A case manager also became involved and helped increase his sense of well-being by arranging for meal service, housekeeping and personal care aides. What’s more, Pittsford Place Counseling staff members went to Joe’s home initially, until he felt ready to venture out to the Monroe Avenue office.

In short, good counseling helped repair the fabric of Joe’s life. And that’s the common thread of what goes on every day at Pittsford Place Counseling, a satellite office of Jewish Family Service.

Whether using play therapy, active listening or grief counseling, Dr. Kimberly Kalish, Director of Clinical Services, and three social workers help people of all ages weave stronger, more textured lives. Because they carefully protect client confidentiality, the stories in this article are a composite of typical, but not actual, people served by Pittsford Place Counseling.

For example, “Lisa” is like many of the teens who come to Pittsford Place Counseling with anxiety, shaky self-esteem and prickly peer and family relationships. Without intending to, she pushed friends away. She began to experiment with drugs and alcohol and her grades were beginning to slip. With the help of her JFS

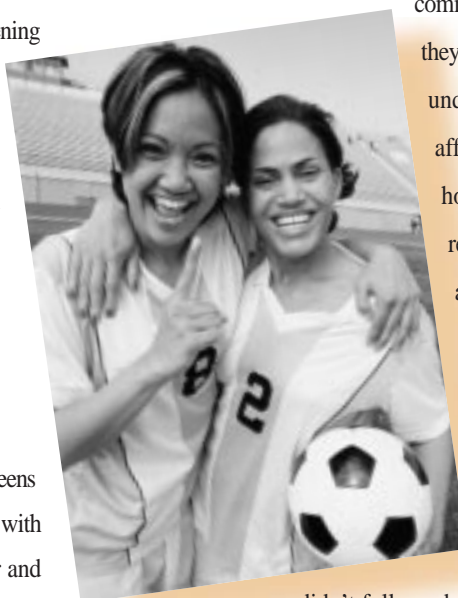
therapist, she learned positive ways to soothe herself when hurt or angry and to consider other people’s points of view in social interactions. As Lisa developed a sense of self-assurance and social confidence, her “prickles” softened and relationships became more positive. She even joined the soccer team.

“Susan”, a single parent, came to Pittsford Place Counseling with her pre-teen son, “Matt”.

They were both dealing with relationship losses and trying to protect each other from further hurt. Matt, in particular, had been reluctant to leave his friends and teammates when they moved to Rochester for his mother’s job opportunity.

Matt became increasingly sullen, picked at his food and shut himself in his room, refusing to help around the house. When communication was at an impasse, Susan insisted that they try family counseling. Gradually, they began to understand how the move and their losses had affected them. As they learned to communicate honestly, they developed a more open and trusting relationship and negotiated age-appropriate limits acceptable to both mother and son. These new skills have enhanced their relationship and will continue to help them in the future.

Patently and imaginatively, JFS counselors help young children work out their problems through play therapy. At five years old, “Evan” didn’t fully understand what had happened to his family. But the effect of his parents’ divorce showed in challenging behavior that changed this sweet little boy into an aggressive, demanding child.



In a room that looks more like a playroom than a therapist's office, a social worker encouraged Evan to act out his feelings using toys. Through play, he revealed the



depth of his confusion and pain. In time, Evan learned that both parents still love him and the divorce was not his fault. Moreover, based on information gleaned from Evan's therapeutic play, the therapist coached both parents on how best to support their son.

No wonder Dr. Kalish is so positive about Pittsford Place Counseling's first few months! Since its grand opening on June 2, it has become a virtual tapestry of therapeutic services and a source of numerous "new beginnings" and "happy endings." Dr. Kalish attributes this to the experience of her staff. "There is a large body of expertise in this group of counselors," she says. "They are so skilled, so expert in their fields."

Contributing to Pittsford Place Counseling's initial success is a strong Advisory Board that connects JFS with the immediate community and is a valuable source of referrals (see sidebar).

Pittsford Place Counseling is ready to help people of any age — clients have ranged in age from 2 to 97 — with issues of transition, identity, parenting, communication and a host of other problems. Sessions may be covered by insurance and there is a sliding scale for fees. All it takes to set the process in motion is a phone call to **(585) 586-6190**. Callers will find flexible hours and warm, professional care that helps restore hope across the generations while it strengthens the colorful tapestry of our community.

Pittsford Place Counseling Staff

Kimberly D. Kalish, Ph.D., *NYS-licensed Psychologist,
Director of Clinical Services*

Christopher Brady, MSW, *Coordinator of After School Program*

Regina Gonek, LCSW-R, *Coordinator of Child &
Adolescent Services*

Michele Mendelson, LCSW-R, ACSW, *Coordinator of
Wellness Programs*

Pittsford Place Counseling Advisory Board

Debbie Bourne, *Coordinator, Counseling Center,
Brighton High School*

Gregory A. Franklin, Esq., *Ashcraft, Franklin & Young, LLP*

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Karen Johnston, *Employee Assistance Program, Wegmans*

Shaya Kilimnick, *Rabbi, Congregation Beth Sholom*

Liz Konar, *Principal, Pittsford-Sutherland High School*

Roseann Kraus, *Director, Brighton Family Resource Center*

Deb Masters, *Director, YMCA Southeast Branch*

Scott Reinhart, *Principal, Calkins Road Middle School*

Michele Ruda-Leve, MSW, *Interfaith and Young Adult*

Coordinator, Jewish Community Center

Carol Steron, *Executive Director, Sylvan Learning Center*

Tom Voelkl, *Chief of Police, Brighton*

Special thanks to...



Carol and Michael Hirsh, trustees of the Joseph and Anna Gartner Foundation, whose generous gift helped make the Pittsford Place Counseling office possible.

New Diamond Fund Offers One-Time Emergency Assistance to Families

A young woman needs new tires for her car. Without safe transportation, she has no way to get to work to support her family. A one-time grant from JFS gets her back on the road.

A retired man going through an episode of depression falls behind in his bills. JFS steps in with a grant to cover the accumulated utility bill just before RG&E would have cut off his gas and electricity. Along with counseling and a referral to a doctor for medication, the special funding prevents a short-term emergency from becoming a long-term crisis.

Perhaps a serious illness puts the cost of replacing a conked-out furnace out of reach. Maybe a husband loses his job just when his wife is home on maternity leave. These and any number of unanticipated scenarios can send a family who watches pennies and budgets carefully into a financial tailspin.

Jewish families now have a place to turn when an unexpected blow to the budget threatens to turn their lives upside down. Often, it takes only a few hundred dollars to fill the gap and avert an ongoing financial crisis. This is the purpose of JFS' new Diamond Fund for Emergency Family Assistance.

The idea for the fund grew from Shirley and Moe Diamond's concerns about the number of people losing jobs in today's weak upstate economy. "Every time Moe read about another layoff," explains Shirley, "it evoked vivid recollections of the Depression Era. We want this fund to help members of Rochester's Jewish community survive a short-term emergency without losing their homes, their cars or their self-respect."

According to Janet Sunkin, Assistant Executive Director at JFS and also the fund's administrator, individuals may apply



Moe and Shirley Diamond

once a year for a grant or loan of up to \$500; families may request up to \$1,000. Applicants must be 25 years or older. If you are in need of one-time financial assistance to help cover the cost of an emergency or urgent, unexpected expense, this fund may be the answer for you. For more information, please contact Janet at (585) 461-0110 ext. 112.

Jewish Family Service is exceptionally grateful to the Diamonds for their innovative and generous contribution, which will give families in need an extra, well-timed measure of light and hope.

Please Help Ensure Our Future...

When you write your will, or structure your estate for the future, please consider Jewish Family Service in your plans.

To determine the best path for your personal situation, you should seek the advice of your financial planner, accountant or attorney so you can best provide for your family and our community. We are happy to work with you and your advisors to achieve your goals.

Thank you to the following who have recently pledged their bequest to JFS, although we certainly hope they each live to be 120!

Mrs. Yetta Barowsky
Dr. Carl Devore
Nina Kalen
Dr. Morris Shapiro

If you have already included Jewish Family Service in your will or estate plans, please let us know so we can thank you for your generosity.



Photo © Phil Matt

JFS Welcomes New Board Members

We are pleased to welcome Donald J. Onimus (left) as incoming President of our Board of Directors. Don has served on the JFS board for the past five years, most recently as Treasurer.

We also welcome two new board members: Sherre Binik Levene (center) and Joseph Klein (right). We look forward to their years of dedicated service to JFS.

JEWISH FAMILY SERVICE “When You've Lost a Loved One” A BEREAVEMENT SUPPORT GROUP

Have you lost someone special? Do you feel like you could use the camaraderie of others who understand what you are going through? If so, please join JFS for our Bereavement Support Group. This is a free of charge, open group — anyone may come for any or all sessions.

Dates: Every first and third Friday of the month

Time: 11:00 am – 12:15 pm

Location: Jewish Community Center, Room 1,
 1200 Edgewood Avenue, Rochester

For more information or to register, contact: Linda Isaacson at 585-461-0110 ext. 109 or lisaacson@jfsrochester.org or Michele Mendelson at 585-461-0110 ext. 117 or mmendelson@jfsrochester.org.

This program is made possible by a generous donation from Betsy and Stuart Bobry.

JFS Receives Kovod Award

The Association of Jewish Family & Children's Agencies (AJFCA) honored JFS with its coveted Kovod Award in print and electronic publications for *Excellence in Print Newsletters*.

“Our JFS team was delighted to receive this honor and we are flattered that our newsletter has earned national recognition among the Jewish Family Service community of agencies,” said Barry Stein, Executive Director of JFS in Rochester.

The award presentation was made at the AJFCA's 33rd Annual Conference in April 2005. Winners of the Kovod Award competition were determined by an independent panel of four judges who evaluated submissions from agencies in the United States and Canada. The criteria for the award were creativity that is conceptually innovative, writing/substance with clear messaging, layout and design and overall effectiveness of the publication.



Don Onimus, JFS President, and Barry Stein, JFS Executive Director, receive the Kovod Award from Ted Marcus, AJFCA Board Chair, and Bert J. Goldberg, AJFCA President and CEO.

JEWISH FAMILY SERVICE OF ROCHESTER AND THE GREATER ROCHESTER TEACHER CENTER NETWORK PRESENT

The Minds of Boys and Girls

How to Help Sons & Daughters Do Their Best in School and in Life



Featuring Michael Gurian

*Social Philosopher, NY Times Best Selling
Author and Co-founder of the Gurian Institute*

Wednesday, November 16, 2005

4:00 pm to 8:00 pm (check-in at 3:30 pm)

Fairport High School, 1358 Ayrault Rd.

About the Lecture

Michael Gurian's lecture is based on twenty years of research in brain science, education and practical parenting. In this no-nonsense, inspirational and humorous presentation, he will explore how the minds of boys and girls develop differently — and how parents, educators, mental health and related professionals can help both sons and daughters succeed in school and life. By attending Michael Gurian's lecture you will learn about:

- What boys and girls need to be successful in school and life
- How boys and girls learn and grow differently
- New tools by which to interpret the signals of growing children
- The crucial relationship between school success and life success
- The gender based learning and life difficulties that girls and boys face
- Educating and loving both sons and daughters in today's high-pressure world

About the Presenter

Michael Gurian lectures internationally and has pioneered efforts to bring neuro-biology and brain research into homes, schools and public policy. He is the author of twenty *New York Times* best selling books.

For more details about the work of Michael Gurian visit www.michaelgurian.com.

Don't miss this opportunity to gain new confidence and understanding about your children's needs. Register Today!

About the Conference

General Registration \$65.00*

Above fee includes box dinner.

After November 9th registrations will be accepted on a space available basis.

Date: November 16, 2005

Check-in: 3:30 to 4:00 pm

Lecture: 4:00 to 6:00 pm

Dinner Break: 6:00 to 7:00 pm

Questions & Answers: 7:00 to 8:00 pm

Fairport High School — 1358 Ayrault Road. Free parking and fully accessible. Please call with special requirements/requests.

For cancellations prior to November 1, a refund less a \$10.00 processing fee will be given. No refunds after November 1.

Michael Gurian's books will be available for purchase at the conference. Credit cards, cash and checks accepted.

For Further Information or to Register: Call JFS at 585-461-0110 or visit our web site at www.jfsrochester.org.

Conference Co-Sponsors as of October 10th

BOCES 1

Brighton Central School District — Teacher Center

Fairport Central School District

Fairport Teacher Center

Genesee Valley Parent Magazine

Girl Scouts of Genesee Valley, Inc.

Greece Teaching & Learning Center

Hillside Family of Agencies

Nazareth College School of Education

Penfield Central School District — Teacher Center

Pittsford Central School District — Teacher Center

Rochester Monroe County Youth Bureau

Rochester City School District

Rush Henrietta Central School District — Teacher Center

Ralph C. Wilson Jr. School of Education at St. John Fisher College

Tri-County Teaching Resource Center

West Irondequoit Teacher Learning Center

YMCA of Greater Rochester

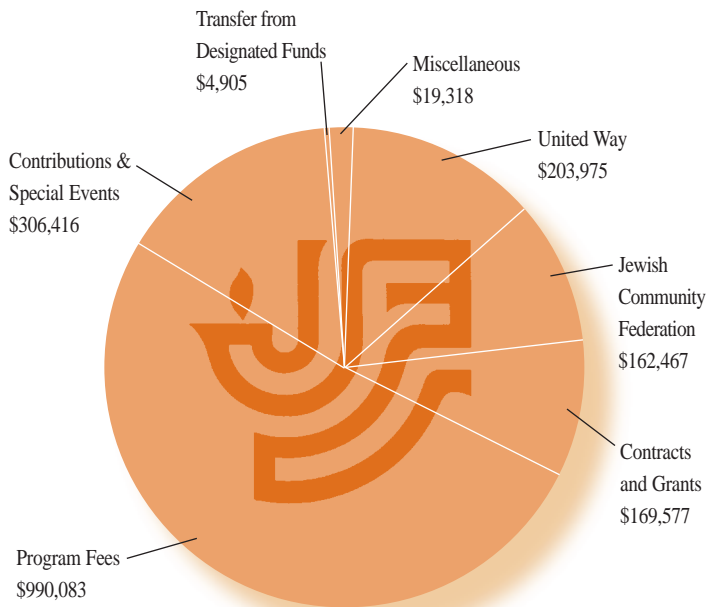
**Employees and affiliates of sponsoring organizations may be entitled to discounts or free registration. Please contact your organization to find out if you qualify or call Jewish Family Service at 585-461-0110.*

FINANCIAL/STATISTICAL REPORT

For Operations from July 1, 2004 to June 30, 2005

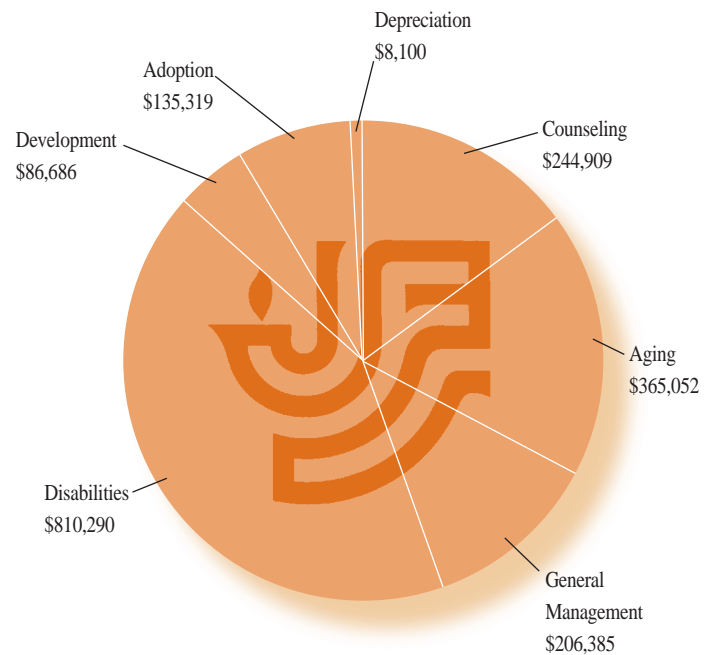
Revenue Sources

\$1,856,741



Program Expenses

\$1,856,741



Highlights of Services Provided — 2004-2005

Aging

- 594 clients were served through our programs.
- 260 individuals were engaged by the Passport Senior Services Outreach Social Worker.
- 98% of clients increased or maintained activities of daily living.
- 100% of JFS Transportation clients reported increased mobility outside the home and greater access to essential services.
- 66 residents participated in Home Base, the JFS Naturally Occurring Retirement Community (NORC), and reported increased levels of independence.

Counseling

- 268 clients received counseling services.
- 98% of counseling clients were helped to increase their level of functioning.
- Clients achieved 91% of self-directed goals.

Developmental Disabilities and Traumatic Brain Injury Services

- 23 clients with developmental disabilities and 36 clients with traumatic brain injuries received service coordination and continued to live independently or with their families.

Adoption

- 57 clients completed the adoption process and adopted children.
- 59 additional clients began the process and are expected to complete their adoptions this year.

Annual Campaign Donors

July 1, 2004 - June 30, 2005

We are very grateful to the hundreds of donors who contributed to our 2004-2005 Annual Campaign. Donations help provide much needed funding for programs and operations. While all gifts are truly appreciated, due to space limitations, gifts under \$36 are not acknowledged in this report. If we made an error in our efforts to thank you, please accept our deepest apology. We welcome your corrections – please contact us at 585-461-0110.

The JFS Family Tree Society

The Family Tree Society is a group of generous households contributing \$500 or more to our annual campaign. Benefits are as follows:

\$5,400 and above

- Customized indoor or outdoor tree, with personalized plaque
- Framed, original piece of artwork, commissioned for the Family Tree Society
- Invitation to the annual Family Tree Society social event

\$1,800 and above

- Framed, original piece of artwork, commissioned for the Family Tree Society
- Invitation to the annual Family Tree Society social event

\$500 and above

- Invitation to the annual Family Tree Society social event

The next Family Tree Society Appreciation Event is November 3rd. For more information or to join the Family Tree Society, contact Melinda Goldberg at 585-461-0110, ext. 123

Family Tree Society Members

Tabor Oak (\$5,400 and above)

Bunny & Mort Skirboll

Sycamore (\$3,600 - \$5,399)

Mrs. Louise Epstein

Poplar (\$1,800 - \$3,599)

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Harold & Joan Feinbloom

Kevin & Rachel Glazer

Michael & Susan Harf

Mr. Arthur Lowenthal

Barbara Orenstein &

James Present

Cedar (\$1,000 - \$1,799)

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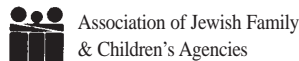
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