

# JFSMatters

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## INSIDE

Executive Letter .....	2
SAJD Supported Living Program ...	3
Polack Food Bank .....	4
Big Pal/Little Pal .....	5
Learning & Life Skills .....	6
Calendar of Events.....	7
Community of Caring Luncheon.....	8

## SPECIAL INSERT

Tributes



JEWISH FAMILY SERVICE

## EXECUTIVE LETTER

“To be known, you have to be shown.”

I found this quote as we were getting ready for February’s Jewish Disability Awareness Month. The author is talking about making our communities proactively welcoming, consciously accessible and truly inclusive. Underneath its deceptive simplicity, far more complex ideas are at play.

The pithy sentiment clearly and directly relates to the *SAJD Supported Living Program*, our suite of services that helps adults with cognitive disabilities and mental illness live independently, at the highest quality of life possible. But in a deeper sense, it underscores broader goals for all JFS services, including the idea that we strive to treat every individual we encounter with the highest level of dignity and respect.

I think this notion resonates so strongly with me right now because it embodies the spirit of our *Project Kavod* initiative, launched just this month with funding from The Covenant Foundation. *Kavod* is one of those Hebrew words with the kind of richness that makes it difficult to find a singular English equivalent to capture its meaning. Used by Moses as he asks God to reveal God’s “essence,” “presence,” and “glory,” *kavod* is often translated simply as “dignity.”

Our tradition and texts are replete with *kavod*-conversation, and I’m thrilled JFS and our community will now have the benefit of nationally-recognized educator Beth Huppín leading us in learning, discussion and an even deeper embedding of this concept into the work of both our staff and volunteers.

Every day — on my way to work, on my way home and as I walk about Capitol Hill for meetings and the occasional breath of fresh air — I see the erosion of human dignity. Underpasses and off-ramps have become perverse inversions of the American neighborhood. And business doorways that used to be dormant in the evenings now double as one-night lodgings for those with nowhere else to go.

This defies all logic of a just society. It dehumanizes the people who live in such dire circumstances, and dehumanizes each of us who deploy blinders to make it through our days. When this kind of poverty and suffering become



Beth Huppín

Courtesy of Sabina Burd Photography

(Continued on page 2)



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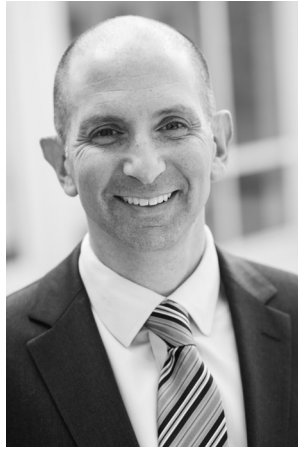
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**EXECUTIVE LETTER**

*(Continued from page 1)*



Will Berkovitz

ubiquitous, just as apparent in our suburbs as our city, we can lose touch with *who* it is that we're actually seeing. The encampments and make-shift shelters become like an impressionist painting, a scene in which the individuals who comprise the picture are indistinguishable dots of color, understandable only in the aggregate. When we see the problem but can no longer distinguish the person, we've reached the opposite of *kavod/dignity*.

Our challenge is not that vulnerable people are hidden from view. Our challenge is maintaining focus so that we can experience the essence, the presence and the glory of *each* one that we encounter. The challenge is transforming *what* we see, into *who* we will know.

Will Berkovitz  
Chief Executive Officer



*"Mom appreciates the loving care she receives. Her caregiver is skilled, compassionate and filled with warmth and grace." – Daughter*

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We believe it's possible for mom to live the way she wants and for you to feel she's safe to do so. Our award-winning home care team can make mom's goal of living independently a reality.

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# SAJD SUPPORTED LIVING PROGRAM

## Weekly Activity Creates Community

Isolation is one of the biggest challenges people living with cognitive disabilities or mental illness face. To help address this, the SAJD Supported Living Program hosts a weekly Sunday activity. The outing changes from week to week, but the goal is always the same — to get out into the community for an enjoyable afternoon spent with friends. To learn more, we sat down with Instruction & Support Specialist Jill Ruder.

### WHAT DREW YOU TO THIS KIND OF WORK?

I wanted to make a tangible difference in peoples' lives. A large part of my job is teaching practical life skills necessary to live alone. These types of skills include grocery shopping, cooking, banking, housecleaning, exercising and going out into the community. It's amazing to watch my clients grow and succeed. I love that my job and the SAJD Supported Living Program help people live independently, at the highest possible quality of life.

### HOW DO YOU CHOOSE ACTIVITIES FOR THE GROUP?

I comb through the event listings, looking for activities that are specific, seasonal and special. As much as possible, I try to incorporate exercise. We recently went to MOHAI on scholarship for the Jewish Family Day. The guys are big Seahawks fans, so we occasionally watch games in one of the group member's homes. They are teaching me a lot about football.

### WHAT ARE SOME OF THE FAVORITE OUTINGS?

I've been running the group since 2006, and we've done so much over the years! Everyone has his or her own favorite activity, so it's tough to pick just one. We've visited pumpkin patches, U-pick berry farms, art museums, concerts, cultural festivals, bowling, picnics and plays. One time we went on a horse carriage ride at a medieval festival in Volunteer Park. A few months ago we went to a parrot expo and saw all types of beautiful and entertaining parrots. One client

**"I love that I facilitate fun times for the people I work with. Leisure time and recreational activities are something that most of us take for granted."**

still talks about it every time I see him! The clients are always excited when we go out to eat. I take pictures at most of the events and make everyone who comes a memory book of the activities we've done together.

### WHAT DO YOU FIND THE MOST MEANINGFUL PART OF THIS WORK?

I love that I facilitate fun times for the people I work with. Leisure time and recreational activities are something that most of us take for granted. But when you don't have transportation or the ability to look up events, it becomes more challenging. Many of them would be at home watching TV alone, so it's really meaningful for me to bring them together and out into the community to have fun experiences they likely wouldn't have otherwise.

### WHAT FEEDBACK DO YOU HEAR FROM THE GROUP?

The members are good cheerleaders for the group. One man tells me he looks forward to it every week, as do I. It's lovely and heartwarming to talk to them. They are really grateful.

The Sunday activity is part of a larger network of services provided by the SAJD Supported Living Program, including one-on-one in-home support, Shabbat dinners and *Sha'arei Tikvah* holiday celebrations. To learn more, visit [jfsseattle.org/sajd](http://jfsseattle.org/sajd).



Jill Ruder

# WRITE YOUR LEGACY

Contact Shelly C. Shapiro, J.D.,  
Director of Legacy Giving,  
(206) 861-8785 or  
[sshapiro@jfsseattle.org](mailto:sshapiro@jfsseattle.org).

# POLACK FOOD BANK

## 10 Things We Need That Might Surprise You

BY JANA LISSIAK, POLACK FOOD BANK MANAGER



Jana Lissiak

### SPICES

Many *Polack Food Bank* clients struggle with diet-related health issues, like diabetes and hypertension. Cooking at home with whole foods is one important step that can help manage these chronic issues. Spices play a critical role in making healthy foods taste good, but they are expensive.

### ADULT DIAPERS

Feminine products are great, but these are even more in demand. Imagine being 80 years old, struggling with incontinence and then not being able to afford products you need.

### TOILETRIES

Food stamps (SNAP) don't cover toiletries. Stores don't commonly donate toiletries to food banks since they don't expire. These items are vital to basic hygiene and self-esteem.

### BABY SUPPLIES

Diapers, baby wipes and baby formula. WIC (the supplemental nutrition program for women, infants and children) helps, but diapers are a hot commodity in the *Polack Food Bank*. Always needed are diapers in sizes 3-5 and pull-ups, as well as non-dairy formula.

### CANNED MEATS & JERKY

Providing homeless clients with nutritionally valuable foods, and especially proteins, is always a challenge.

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Imagine being 80 years old, struggling with incontinence and then not being able to afford products you need.

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### CULTURALLY RELEVANT FOOD FOR ASIAN POPULATIONS

The *Polack Food Bank* serves 5 central Seattle zip codes. This is a significant population in our community.

### CANNED CHILI & STEW

These are very popular and relatively expensive for clients. A can of chili or stew can make a very filling, high-protein meal — especially on damp, cold days.

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68% of *Polack Food Bank* clients are seniors.

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### NUTRITIONAL SHAKES & DRINKS

68% of *Polack Food Bank* clients are seniors. This product helps with the many older clients who have age-related dietary needs.

### FLOUR

Many of our clients like to cook and bake from scratch. Plain flour never sits in the bins for long.

### FOOD THAT IS NOT EXPIRED

If you don't want it because it's past its use-by date, we don't want to erode our clients' dignity by giving them those back-of-the-pantry, expired food stuffs.

*Adapted from a Reddit.com survey of food bank volunteers.*



Donations of food, toiletries and grocery gift cards are accepted year-round. The *Polack Food Bank* serves 1,800+ people each month on-site and through its home delivery and Kosher Food Bank programs.

For more information, contact **Jana Lissiak** at [jlissiak@jfsseattle.org](mailto:jlissiak@jfsseattle.org).

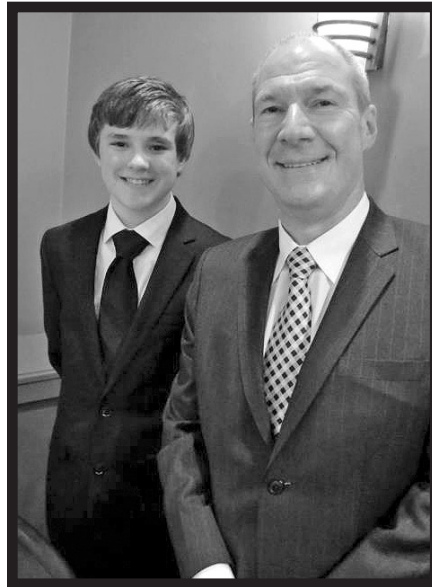
## PALLING AROUND

# Big Pal Spencer Jacobs on Why He Volunteers

Spencer Jacobs first became involved with JFS as a *Community of Caring Luncheon* guest. After attending several lunches, he was struck by the agency's dedication to helping people from the entire community work through difficult situations. This led him to become interested in volunteering. When he met with Director of *Volunteer Services* Jane Deer-Hileman to discuss opportunities, she suggested the *Big Pal/Little Pal* program. Spencer's other philanthropic activities centered on youth issues, so he was eager to learn more.

Spencer's interest in working with youth stems from his own experiences. Growing up, his parents fought frequently, divorced and eventually entered into second marriages. He remembers the feelings of hurt and confusion and can empathize with children in similar situations. As an adult, he was a stepfather and later a divorcé. He saw the impact of both the marriage and divorce on his stepdaughter, who he still sees regularly. Through all of this, he's come to understand, "children can be greatly impacted by the circumstances of their parents' lives," and wants to help in whatever way he can.

Spencer was matched with an elementary school boy and remembers, "He was very shy at first, so I did my best to build trust and let him know I was someone he could count on." As the pair spent more time together, the relationship deepened.



*Spencer and his pal*

**"It's been a pleasure watching my little pal grow up, and I have gotten just as much out of our time together as hopefully he has."**

Spencer describes his relationship with his pal as being, "the favorite uncle. I felt great pride at his Bar Mitzvah."

"I'm also trying to instill in him the value of service. We regularly participate in basket making at JFS. At these events, we fill baskets with food and then deliver them to community members who are elderly

or have disabilities. This summer, we also attended the *SAJD Supported Living* picnic. A few months later, when we were out delivering Chanukah baskets, we brought one to a guy we met at the picnic." In addition to volunteering together, the pair enjoys attending museums, sporting events and concerts.

Consistency and trust are hugely important to Spencer. He hangs out with his pal every few weeks, and they talk most weekends. "For me, sharing my time is the most meaningful way to give, but it can sometimes feel hard. I own my own small business, which keeps me quite busy. I have family commitments. Some days I'm tired, and the long drive feels like a lot. But as soon as I see my little pal (who's not so little anymore), those feelings fade away. It means a lot to me to be there for him. It's a pleasure watching him grow up, and I have gotten just as much out of our time together as hopefully he has."

The *Big Pal/Little Pal* program matches children who need an additional adult role model with responsible grown-ups from the community. The pairs meet one or two times a month.

**To learn more, contact:**  
Jane Deer-Hileman  
jdeer@jfsseattle.org  
(206) 861-3155.

**"For me, sharing my time is the most meaningful way to give."**

# LEARNING & LIFE SKILLS

## Follow the Leader

BY SARINA BEHAR NATKIN, PARENT EDUCATOR & COACH

What do a parent educator and a business leader have in common? Both are actively teaching others the skills needed to inspire, motivate and encourage those around them.

My father and I discovered that whether it's business or parenting, we speak about the exact same things: the skills we all need to thrive as human beings. Based on our conversations, here are some tips for building leadership skills that inspire those around us to move towards their hopes and dreams.

**Model your values every day.** We are always teaching through our actions and inactions. Identify your core values and use those as your compass in every decision you make. Want others to hear your perspective — what are you modeling when they want to share theirs? Your ability to walk your talk will shift behavior in others.

### LEAD WITH KINDNESS AND FIRMNESS AT THE SAME TIME.

We often get stuck being too kind and not taking care of our own needs; or, too firm and not respectful of the other person involved. Kind and firm at the same time sounds like, "What ideas do you have for solving this problem? What support do you need from others?" If we want to develop leaders, we have to treat people as such and let their successes and failures be their own.

**Keep your brain in mind.** The biggest thing that gets in the way of modeling our values and leading with kindness and firmness at the same time is our brain. Out of control emotions inhibit our ability to think rationally, to communicate effectively and to learn. When you have flipped your lid — or someone else has — the first thing to do is take a break and get back in your full brain. Deal with the emotions first, then the problem.

**Ask, don't tell.** As leaders, we spend a lot of time stuffing knowledge in and wondering why it goes in one ear and out the other. No one likes being lectured, ordered around or talked down to. Focus on drawing out the information instead of stuffing it in. "What was our



Sarina Behar Natkin

agreement about screen time?" "What is your plan for completing that report on time?" Asking is much more likely to invite participation and cooperation from others.

**Focus on solutions.** When facing challenges, it is so easy to get wrapped up in blaming others, rationalizing why it isn't our fault or our problem. We repeat our own perspective instead of hearing the other person's. Let go of who did what and look for solutions that are respectful of all involved. People do better when they feel better. Focusing on solutions helps us move away from blaming and come together as a team to solve the problem.

### ENCOURAGE AND INSPIRE OTHERS EVERY DAY.

The biggest gift we can give those we lead is encouragement. Something amazing happens when we believe in others and give them the space to grow. I'm not talking about praise. I am talking about really connecting with someone. Saying, "I believe in you. I have watched you grow through other challenges, and I know you will get through this one too." We do better when we feel good about ourselves, when we feel supported and valued; so encourage those around you every single day.

*Sarina Behar Natkin (LICSW) is a parent educator, coach, and with Melissa Benaroya (MSW, LICSW), co-founder of GROW Parenting.*

#### **Sarina will be teaching a *Positive Discipline* series in March at JFS.**

For more information or to register, contact Director of *Family Life Education* Marjorie Schnyder at (206) 861-3146 or [familylife@jfsseattle.org](mailto:familylife@jfsseattle.org).

#### **WE THINK YOU'RE THE BEST!**

Thank you for voting JFS "Best Local Organization" and "Best Place to Volunteer" in the *JTNews* survey. Our community of supporters, volunteers and staff make us who we are – **thank you!**

## CALENDAR OF EVENTS

For complete details about these and other upcoming events, visit [jfsseattle.org/calendar](http://jfsseattle.org/calendar).

### FOR THE COMMUNITY

#### AA Meetings at JFS

Tuesdays, 7:00 p.m.  
Contact (206) 461-3240 or  
[ata@jfsseattle.org](mailto:ata@jfsseattle.org).

#### Sha'arei Tikvah Celebrations for All

#### Celebrations for All Purim Celebration

Sunday, March 8  
3:00 – 5:00 p.m.  
Contact Marjorie Schnyder,  
(206) 861-3146 or  
[familylife@jfsseattle.org](mailto:familylife@jfsseattle.org).

#### Kosher Food Bank

Wednesdays, March 11, April 1,  
May 6 and June 3  
5:00 – 6:30 p.m.  
Pre-register Jana Lissiak, (206) 861-3174  
or [jlissiak@jfsseattle.org](mailto:jlissiak@jfsseattle.org).

#### Passport to Passover

Thursday, March 19  
5:00 – 7:30 p.m.  
Contact Leonid Orlov, (206) 861-8784 or  
[familylife@jfsseattle.org](mailto:familylife@jfsseattle.org).

#### Medicare 101

Sunday, April 19  
1:00 – 3:00 p.m.  
Contact Leonid Orlov, (206) 861-8784 or  
[familylife@jfsseattle.org](mailto:familylife@jfsseattle.org).

#### Pride Shabbat

Friday, June 26  
6:00 – 8:30 p.m.  
Contact Leonid Orlov, (206) 861-8784 or  
[familylife@jfsseattle.org](mailto:familylife@jfsseattle.org).

#### PrideFest

Sunday, June 28  
Noon – 5:00 p.m.  
Contact Leonid Orlov, (206) 861-8784 or  
[familylife@jfsseattle.org](mailto:familylife@jfsseattle.org).

### FOR PARENTS & FAMILIES

Unless otherwise noted, contact  
Marjorie Schnyder, (206) 861-3146 or  
[familylife@jfsseattle.org](mailto:familylife@jfsseattle.org).

#### Positive Discipline: Parenting with Confidence

Wednesdays, March 4 – 25  
9:30 a.m. – noon

#### Passover Potluck for Couples and Families

Sunday, March 15  
5:30 – 8:00 p.m.

#### Raising a Mensch

Sunday, March 22  
10:30 a.m. – 12:30 p.m.

#### A ParentMap Lecture with Rosalind Wiseman: Queen Bees and Masterminds

Wednesday, April 22  
7:00 – 9:00 p.m.

#### Emotion Coaching: An Essential Part of Your Parenting Toolbox

Wednesday, May 6  
10 a.m. – noon

#### Shavuot Is Here: Learn, Celebrate and Help Others

Sunday, May 17  
1:00 – 3:00 p.m.

#### Jewish Meditation for the Whole Family

Sunday, May 31  
2:00 – 3:30 p.m.  
Contact Leonid Orlov, (206) 861-8784 or  
[familylife@jfsseattle.org](mailto:familylife@jfsseattle.org).

### VOLUNTEER TO MAKE A DIFFERENCE

Unless otherwise noted, contact  
Jane Deer-Hileman, (206) 861-3155 or  
[jdeer@jfsseattle.org](mailto:jdeer@jfsseattle.org) for these and other  
volunteer opportunities.

#### Purim Basket Making and Delivery

Sunday, March 1  
10:00 a.m. – noon and 1:00 – 3:00 p.m.,  
deliveries following each shift

#### Passover Food Collection Day

Sunday, March 22  
1:00 – 3:00 p.m.

#### Passover Basket Making and Delivery

Sunday, March 29  
10:00 a.m. – noon and 1:00 – 3:00 p.m.,  
deliveries following each shift

#### Families Fight Hunger

Sunday, April 26  
1:00 – 3:00 p.m.

#### Shavuot Is Here: Learn, Celebrate and Help Others

Sunday, May 17  
1:00 – 3:00 p.m.  
Contact Marjorie Schnyder,  
(206) 861-3146 or  
[familylife@jfsseattle.org](mailto:familylife@jfsseattle.org).

### FOR ADULTS AGE 60+

#### ENDLESS OPPORTUNITIES

*Endless Opportunities* is a community-  
wide program offered in partnership  
with Temple B'nai Torah & Temple  
De Hirsch Sinai. Events are open to the  
public. Unless otherwise noted, events  
are from 10:30 a.m. – noon.

#### The Eastside Story

Thursday, March 12

#### Early 20th Century Apartment Buildings in the JFS Neighborhood

Tuesday, March 17

#### An Afternoon with the Seattle Symphony

Sunday, March 22  
12:30 – 4:00 p.m.

#### A Heritage and History: The Ben Bridge Story

Thursday, March 26

RSVP Ellen Hendin or  
Wendy Warman, (206) 461-3240 or  
[endlessops@jfsseattle.org](mailto:endlessops@jfsseattle.org).

## Family Volunteering

*Tell me and I forget.  
Teach me and I remember.  
Involve me and I learn.*  
– Benjamin Franklin

#### Join us for these spring family avodah/service opportunities:

- Make and deliver holiday baskets to community members
- Help the *Food Bank* through hands-on activities and legislative advocacy
- Deliver *Food Bank* groceries to home-bound seniors
- Connect with a home-bound elder as a regular Friendly Visitor

Contact Jane Deer-Hileman  
at (206) 861-3155 or  
[jdeer@jfsseattle.org](mailto:jdeer@jfsseattle.org) to learn more.



JEWISH **FAMILY** SERVICE

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**Jewish Family Service**  
**Community of Caring Luncheon**

**THURSDAY**  
**April 30, 2015**

Event Chairs: Carin Jacobson and Barbara Sulman

For more information, contact Leslie Sugiura,  
(206) 861-3151 or [lsugiura@jfsseattle.org](mailto:lsugiura@jfsseattle.org).

[jfsseattle.org/luncheon](http://jfsseattle.org/luncheon)



**MISSION**

JFS helps vulnerable individuals and families in the Puget Sound region achieve well-being, health and stability.

**APPROACH**

Jewish history and values guide our work; therefore, we provide effective services to people of all backgrounds and also have a responsibility to meet the particular needs of Jewish individuals and families in the region.

Gail Mautner, Board President  
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