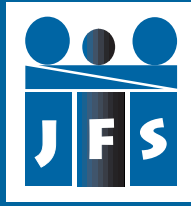
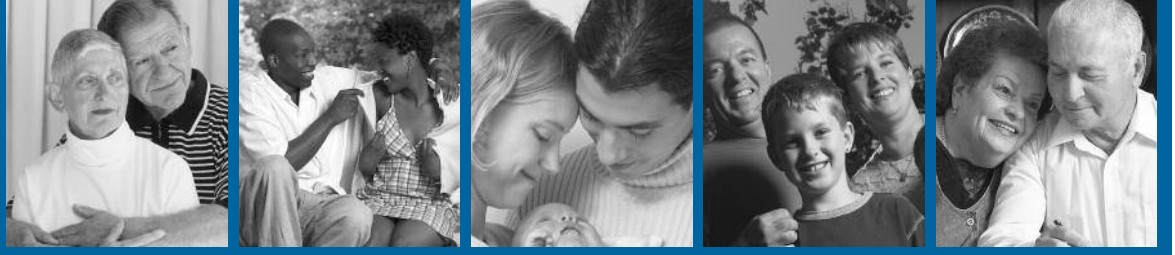


FAMILY matters

The Newsletter Of Jewish Family Services



Strengthening Families.



877 Madison Avenue • Albany, New York 12208 • Phone 518.482.8856 • Fax 518.489.5839 • www.jfsnny.org

EACH DAY: *Some Glue, Netting, and Tires* PRESIDENT'S MESSAGE

Hopefully, the unusual words used in my title have gotten your attention, and in a very efficient, brief way, I can encourage you to generously support JFS in this year's Friends appeal.

Each day, someone in our Jewish community reaches out for help, assistance, guidance and support for themselves or a family member. Each day the staff at JFS finds a way to respond and help. People often come to JFS because they don't know where else to turn. Without the dedication of JFS staff, many in our community would be isolated and alone.

EACH DAY:

JFS uses its clinical expertise (*glue*), to help families that have broken apart, reunify and begin anew.

Sons and daughters call JFS for help with their aging parent(s) who are in crisis. JFS responds with In home Counseling, Referral and Care management, and basic necessities for maintaining a parent's dignity and their ability to stay in their homes.

JFS uses its broad community alliances and partnerships (*netting*) to provide outreach and a real world 'safety net' to thousands of seniors who need human contact and caring, helping them with the daily challenges of living independently.



JFS arranges for older adults in need of a ride (*tires*) to be picked up by caring and dedicated volunteers and taken to their doctor's appointment and shopping, while most importantly delivering a ride where someone listens and talks caringly to them. This simple service shines in its loving kindness to reduce isolation and alienation of our elders in our community.

Your contribution to this year's Friends campaign will support the work of JFS—Each Day. We are a small caring community, and your financial support of JFS is needed and greatly appreciated.

Thank you,

Stephen A. Ribner

President, JFS Board of Directors



Transitions Receives Endowment Renamed Norek/Moses Transitions Program

Thanks to a generous gift made by board member Al Norek and his wife, Meryl, the endowment of the Norek Transitions Program is significantly larger, enabling JFS to increase the services provided by this valuable program. This gift, made in memory of Meryl's step-mother, Hermine Moses, came with the request that this program be renamed the Norek/Moses Transitions Program. Al and Meryl wished to honor Hermine's memory by helping others as they deal with issues surrounding illness and aging, both for themselves and their loved ones. Al and Meryl's son Josh, an accomplished writer whose works have been published in *The Forward* and other publications, recently wrote a piece that told of Hermine's seemingly rapid decline, and her reluctance to contact her family to ask for the help she needed.

"I made my way to Hermine's room. Subsisting alone in a small apartment on social security since the death of my grandfather Myron Moses three years earlier, Hermine was terribly lonely and rarely left her nook more than once a week. Though depressed for several years, she lived independently and had actually looked quite good for her age. One week before my trip to New York to co-organize a music industry conference, neighbors on Hermine's floor noticed several days' worth of newspapers outside her apartment. They called the building superintendent and had the door opened. Inside, they found Hermine on the floor, conscious, but with a broken hip. Upon further testing at the hospital, we learned that Hermine also had a minor stroke—and leukemia.

continued on page 2

WIN 4 TICKETS TO
HANNAH MONTANA!
with special guests the Jonas Brothers,
live at the Times Union Center

Wednesday, January 9, 2008 at 7pm
\$10 PER CHANCE

Fax your raffle ticket order with
credit card info to JFS at 518-489-5839

or

mail a check to Jewish Family Services at
877 Madison Avenue, Albany 12208

or

order your raffle tickets online at www.jfsnny.org.

Drawing takes place on December 17.



FAMILY matters

is published by Jewish Family
Services of Northeastern New York.

We welcome your comments and
suggestions. Please contact us at:

877 Madison Avenue
Albany, NY 12208
518/482-8856
www.jfsneny.org

BOARD OF DIRECTORS

OFFICERS

Stephen Ribner
President

M. Sherry Gold
Vice President

Alfred M. Norek
Vice President

Rick Ezell
Secretary

Stephen Richman
Treasurer

Michael Weisberg
Assistant Treasurer

Dr. Marvin Garfinkel
Senior Trustee

Henry Skoburn
Immediate Past President

Miriam Adler
Executive Director

Anschel O. Weiss
Executive Director Emeritus

BOARD MEMBERS

Ian R. Arcus
Jocelyn Dax
Cantor Glenn Groper
Robert Gumson
Sylvia Kaminsky
Judith Rettig
Peter Rosenfeld
Ira Rubtchinsky
Daniel Sanders
Doug Schwartz, M.D.
Gary Siegel

NEWSLETTER EDITORIAL
DEVELOPMENT AND DESIGN

message · strategy · results
COMMUNICATION SERVICES
SINCE 1984



MESSAGE FROM THE EXECUTIVE DIRECTOR



Miriam Adler

As 2007 comes to a close, I have been reflecting on this past year at JFS. Although I have been at the agency for many years, my first year as Executive Director has been an exciting and challenging time. There have been many changes at JFS, and the staff and I are very excited—about what's happened already, and in anticipation of what's planned for the future.

Within these pages, you will learn a little more about what's happening at the agency. Here are some highlights ...

We've recently completed a "facelift" after 11 years in our building, and the office feels fresh and welcoming. The staff and clients feel energized by the change.

PROJECT V, the volunteer transportation program, has grown by leaps and bounds over the year and continues to generate interest in both the Schenectady and Albany communities.

The Neighborhood Naturally Occurring Retirement Community (NNORC) Project has offered us many opportunities to educate our community about this important program. NNORC and JFS have been highlighted in many recent feature stories – on television, in community programs, and in local newspapers. As we begin our third year of the NNORC in January, we do so with an ever-growing number of Neighbors who have joined us to support the effort.

We are enlarging our capacity to help those in the community through new anger management and parenting groups at both our Albany and Troy locations. In the coming year, we will begin offering mediation and dispute resolution, as well as services associated with adoption issues. The addition of these new services propels JFS to the forefront of service providers in this area by broadening the scope of assistance available to meet the needs of the community.

The biggest challenge we face as we move forward is utilizing our limited funding in the most efficient manner possible, while honoring our commitment to provide services to our diverse community within a framework of collaborations and cooperation.

You can help by letting us know when you see unmet needs. We value your involvement and feedback. So, let us know how we are doing.

The biggest challenge we face as we move forward is utilizing our limited funding in the most efficient manner possible, while honoring our commitment to provide services to our diverse community within a framework of collaborations and cooperation.

JFS Board Welcomes Jocelyn Dax

At our annual meeting in June, the Board of Directors welcomed our newest board member, Jocelyn Dax. Jocelyn lives in Delmar, and is the Deputy Director of Budget Studies for the New York State Assembly Ways and Means Committee, a position she has held since 1997. In this capacity, she is a key staff person for education finance issues.



In addition, Dax has been a part-time instructor of English as a Second Language at Rensselaer Polytechnic Institute, the Emma Willard School and New York University. She holds a Master of Arts in Education and a Bachelor of Arts in French Literature and language from New York University. Jocelyn is a member of Congregation Ohav Shalom.

"I am deeply honored to have been given an opportunity to work with such committed people in an organization that has such value to the community," said Dax. "I hope to be able to make a positive contribution as JFS continues to grow and provide essential services to people all across the Capital District."

Transitions Receives Endowment

Renamed Norek/Moses Transitions Program *continued from page 1*

I did not even recognize her; Hermine was a fragment of the person I had seen just six months earlier. "Can a person really fade this fast?" I found myself wondering nearly aloud.

After about half an hour, Hermine is tired. I hold her hand and tell her that I know she will at least get well enough to soon move up to a nursing home in Albany near my parents. As the words leave my lips, I wonder if Hermine will ever actually recover sufficiently to be moved to the upstate hinterlands.

The next day, I will accompany my maternal grandmother to Sloan-Kettering, where they will diagnose cancer in the right lung. My paternal grandparents are also fading fast. While my grandparents were progenitors of the so-called "baby boom," their generation now appears to be part of another mass movement, one of synchronized ailments and shrinking muscle tissue.

The issues and concerns the Norek family faced at the end of Hermine's life has left them with a desire to provide a program that supports families during these most difficult times that all families face.

CDGRHG's ROSH HODESH: It's a Girl Thing!

Beginning in January, 2008 Jewish Family Services will be home to a program developed especially for Jewish teen girls. The Capital District's Girls Rosh Hodesh Group (CDGRHG)'s - Rosh Hodesh: It's a Girl Thing! (a project of Moving Traditions) is a nationally sponsored program that draws on the tradition of Rosh Hodesh (the monthly celebration of the new moon) to promote girl's empowerment and enrich Jewish identity for adolescent girls.

CDGRHG'S Rosh Hodesh: It's a Girl Thing was brought to the Capital District in 2004 by project coordinator Pamela Faith Lerman. The program meets once a month to bring together girls of different denominations from throughout the Capital District. Together they learn about each other and increase their awareness of issues that Jewish girls have in common. This leads to improved social relationships, increased self-esteem and a stronger Jewish identity for Capital District Jewish teenage girls. These small, personal groups also address issues



of body image, friendship, assertiveness, family stress and school struggles—all within a Jewish context.

"I first encountered this innovative program at a national conference I attended when my daughter was in 9th grade," said Pamela Faith Lerman, program coordinator, who is also a Dance Movement Therapist, Licensed Creative Arts Therapist and a Licensed Mental Health Counselor at Ellis Hospital. "As both a parent of a teenage girl and a therapist, I recognized how valuable this program would be here in the Capital Region."

The first Capital District Girls Rosh Hodesh Group (CDGRHG) was launched in 2004 with eight 8th and 9th graders and has been growing in popularity ever since. Last year's participants included girls from Congregations B'nai Sholom, Ohav Shalom, Beth Abraham-Jacob and Temple Israel in Albany and Temple Sinai in Saratoga Springs. When the program moves to Jewish Family Services in January, the new name will be CDGRHG at JFS. For more information, please call CDGRHG at JFS at 518-482-8856.

PROJECT V

Honoring our Fathers and our Mothers

Thanks to our dedicated group of volunteer drivers, PROJECT V has provided a grand total of 234 rides in July, August and September to Jewish elders living in Schenectady, Troy and Albany. That's a truly grand total of 463 rides since January 1st! The word is out, and PROJECT V is growing quickly! PROJECT V makes roundtrip transportation available for medical and dental appointments, shopping and other errands, religious services, cultural and social events or simply for lunch out with friends.

"PROJECT V helps people maintain their independence and live active lives outside of their homes," said Coordinator Sally Bratspis. "Availing themselves of this service enables our elders to overcome the isolation, depression, apathy and alienation associated with them having to give up driving."

The program is always seeking more volunteers, especially now with its continued and rapid expansion. Driving assignments are flexible and include mileage reimbursement. To see if you qualify as a PROJECT V driver, please call Sally Bratspis at 518-482-8856 or e-mail her at sbratspis@jfsneny.org.

PROJECT V is funded by a grant from the United Jewish Federation of Northeastern New York (UJFNENY), made possible through support from M & T Bank.

Visitation and Family Services

This fall, JFS welcomed six new MSW interns from various backgrounds and disciplines through the University at Albany's School of Social Welfare. The addition of these interns allows JFS the opportunity to maintain a strong relationship with local universities, while at the same time carrying on a mentoring role in the community. Having interns available to serve clients who would otherwise be unable to afford our services helps JFS honor its mission of supporting and assisting the community in a tradition of helping people to help themselves.



In 2007 JFS' Supervised Visitation program celebrates its 10th anniversary! This program, which served only a handful of families when it began in 1997, now boasts the largest Supervised Visitation service in the area and serves more than 400 individuals each year. As we embark on the second decade of this program, we will be consolidating the Visitation with other services, including: Counseling, Parenting and Anger Management Groups, and Mediation and Dispute Resolution. This will enable individuals and families to access these services more conveniently.

Watch for the launch of this new program in our Winter, 2008 newsletter!

NNORC

Now in its second year, the Neighborhood Naturally Occurring Retirement Community (NNORC) has gained considerable momentum. In September we kicked off our NNORC Neighbor membership campaign and are delighted that nearly 100 "Neighbors" have joined so far. Joining, which costs only \$15 per year, entitles our "Neighbors" to reduced rates on social and recreational outings and activities and to receive our monthly NNORC NNEWS newsletter. This is a truly exciting program for those aged 60 and older living in the NNORC service area. JFS is proud to remain at the forefront of a nationwide effort to create neighborhood-based aging-in-place programming. By offering a variety of programs and services, seniors can remain in their homes living independently for as long as possible. Here are just some of the activities available in the NNORC:



...ONGOING...

- **Monday's at the Muddy Cup Café**
1038 Madison Avenue, Albany, Mondays 2-3 pm
- **NNORC Walking Groups**
Albany JCC, 340 Whitehall Road
Tuesdays, 3-4 pm (weather permitting)
- **Healthy Choices NY Workshops**
Location: TBD New Group Starting Soon!
Call NNORC (514-2023) for info
- **Tai Chi Exercise**
Temple Israel, 600 New Scotland Avenue
Wednesdays 11am - 12 pm

INDIVIDUAL PROGRAMS

- **Saving Energy Workshop**
St. Sophia's Church, 440 Whitehall Road
Thursday, November 29, 3-4 pm
- **House Party hosted by Wendy Cotter**
259 Whitehall Road, Thursday, November 29, 6:30 pm
- **Healthy Holiday Eating**
St. Sophia's Church, 440 Whitehall Road
Thursday, December 6, 2-3 pm

There are new programs and activities added to our schedule regularly, so call (514-2023) for information or to become a "Neighbor."

JFS and the Community Gather to Honor Anshel Weiss

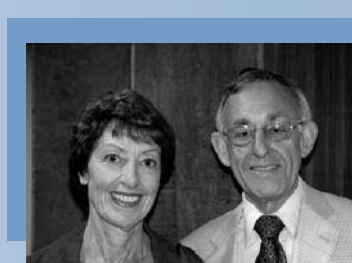
This past June, the newly renovated reception area of Congregation Ohav Shalom was filled to capacity as the Jewish community came together with the Board of Directors at JFS' Annual Meeting to honor Dr. Anshel O. Weiss for his years of service.

Highlights of the evening included a keynote address by the SUNY School of Social Welfare's Dean Katharine Briar-Lawson, as well as reflections by folks who know Anshel both personally and professionally. Anshel became the first recipient of the Anshel Weiss Community Builder Award, which will be presented annually by JFS to deserving individuals in our community.

In his farewell message, Anshel spoke of his vision for the future of Jewish Family Services and for services to the community at large. It was a moving address, generating good ideas, some laughter and even a tear or two. This memorable evening was a meaningful tribute to an individual who has left a wonderful legacy on which to build the future of JFS.

Near the end of the evening, the much-anticipated drawing for the trip to Israel took place. Murray Carr was the lucky winner and he, his wife and two children will be traveling to Israel next summer. Congratulations, Murray!

And again, JFS offers many thanks to Ayelet Tours and the Norek Family for their generous donations that made this raffle possible.



877 Madison Ave.
Albany, NY 12208



NON-PROFIT ORG.
U.S. POSTAGE
PAID
PERMIT NO. 587
ALBANY, NY