

Family MATTERS

Winter 2012, Vol. CLVIII, No. 1

JFS Welcomes New Executive Director

Deborah Sturm Rausch has been appointed Executive Director of Jewish Family Services of Northeastern New York, succeeding Miriam Adler, LCSW, who recently retired after more than 25 years with JFS.

Board president Steve Ribner offered, "In this exciting era of new ideas and new directions for nonprofits, Rausch's leadership will enable JFS to grow and play an even more vital role. We look forward to continuing to build upon our long-standing record of success under Debbie's leadership."

Ms. Rausch comes to JFS with significant experience in both the private and public sectors, having served Director of Communications for various state agencies including the Office for Persons with Developmental Disabilities, Consumer Protection and the Department of Transportation. She has also served in leadership positions in nonprofits including New York Special Olympics, Childs Hospital, Holocaust Survivors and Friends, and the Albany Jewish Community Center.

Together with the Board, Rausch will work to ensure JFS' continued and enhanced record of excellence by helping to secure the long-term stability of the agency, meeting the rising demand for services, increasing the organization's understanding of current and future needs, establishing and maintaining partnerships with other community organizations, and engaging volunteers to support the mission of JFS.

Deborah and her husband Lee have lived in the Capital Region for more than 35 years. Their two daughters are married and live in Boston and Seattle.

A Year at a Glance: A Lot Happened in 2011

2,912 people whose lives were touched by JFS **11%** increase from last year in the number of people helped by JFS

1,011 hours of in-home counseling for seniors provided by JFS staff **84.5%** increase in-home counseling sessions provided versus 2010

1,548 mental health counseling hours provided **14.5%** increase in counseling services provided since 2010

1,792 visit hours for children with a parent from whom they have been separated

182 supportive home visits to seniors made by JFS

1,577 seniors receiving monthly NNORC newsletter **12%** increase in number of seniors who became NNORC members over 2010

325 seniors received services from JFS

12.8% increase in the number of seniors who received services from JFS versus 2010

INSIDE

President and ED Messages	2
Welcome New Board Members	3
JFS Programs and Services	3
Saved by a Ride	4
Albany's NNORC	5
Steve Lobel—Community Builder	6
An Enduring Legacy	6
Thank You to Our Supporters	7
Save the Date	8

Family MATTERS

is published by Jewish Family
Services Of Northeastern
New York (JFSNENY).

BOARD OF DIRECTORS

OFFICERS

Stephen A. Ribner
President

Gary Siegel
Vice President

Robert Gumson
Vice President

Jocelyn Dax
Treasurer

Harris Oberlander
Secretary

Doug Schwartz, MD
Assistant Secretary

Dr. Marvin Garfinkel
Sr. Trustee

BOARD MEMBERS

Ian Arcus

Linda Cohen

Ira Lobel

Evelyn Loeb

Bill Nathan

Alfred M. Norek

Judith H. Rettig

Karen Setzen

Clara Simon

EXECUTIVE STAFF

Deborah Sturm Rausch
Executive Director/CEO

Christine A. Holle
Director, Finance & Administration

Elisa B. Meredith
Director, Programs & Services

NEWSLETTER CONTRIBUTORS

Sally Bratspis, Christine Holle,

Elisa Meredith, Deborah

Sturm Rausch, Stephen

Ribner, Deb Riitano &

Marlene Rosenfeld

Please contact us at:

JFSNENY

877 Madison Avenue
Albany, NY 12208

P 518-482-8856

F 518-489-5839

E info@jfsneny.org

www.jfsneny.org

JFS receives funding from:



A Message from the Board President

Mazel Tov Miriam!



Stephen A. Ribner

It is with great honor that I say "Thank You" to Miriam Adler, who retired as JFS' Executive Director in December after more than 25 years with our organization. On behalf of the entire JFS Board of Directors and staff, we all hold deep gratitude and appreciation for her compassionate leadership, and for her therapeutic skills that have helped thousands of people improve their lives. We look forward to honoring Miriam for her many accomplishments at our Annual Celebration on June 7, 2012, and we hope you will join us. We certainly wish Miriam a fulfilling retirement and much happiness. Mazel Tov!

Welcome to Debbie Rausch as our new Executive Director. We are excited about her passion for the agency's mission and her commitment to continue our 157 year legacy of helping families and individuals in our community with effective caring services.

Please honor both Miriam and Debbie by making a special donation to JFS on their behalf. Your contribution will ensure that each person coming to JFS for help will receive full services, without regard to their financial ability to pay.

Thank you,
Steve

A Message from the Executive Director



Deborah Sturm Rausch

Dear Friends:

It is an honor to lead an agency that makes a real difference in so many people's lives. Each year, caring and dedicated individuals—JFS Board, staff and volunteers alike—provide supports and services for nearly 3,000 people of all faiths and backgrounds. A stalwart agency for more than 157 years, Jewish Family Services truly represents the heart of our community.

Our vision for the future is to build on JFS' record of success by enhancing and increasing the services we offer, and by adding new programs so that we can continue to develop strong families, engage communities, support caregivers and encourage vibrant seniors.

During these economically trying times, just when more people are in need of the services JFS provides, it is more and more difficult to obtain the funding we need. We turn to and thank our many partners and supporters who continue to give generously to help us create a better tomorrow for those whom we are so fortunate to serve.

As you read this newsletter, you'll get a glimpse of why what we do is so important. These are challenging times, but together we can continue to deepen and expand the impact of this incredible organization. I invite you to help us make 2012 the best year in JFS' long and meaningful history.

Shalom,
Deborah Sturm Rausch

JFS Welcomes New Board Members

Linda Cohen...

is the Executive Director of the New York State Dispute Resolution Association, and has over 15 years experience in nonprofit management and strategic direction. She is a graduate of Union College, Albany Law School and George Washington University. Linda is the daughter of the late Herbert E. Cohen, President of the JFS Board of Directors in 1974-75, and former JFS Board member Phyllis Simonovitz Cohen. She and her husband, attorney and fine art photographer Michael Yood, are members of Congregation Ohav Shalom in Albany.



Ira Lobel...

served 30+ years as a mediator with the Federal Mediation Service before opening a arbitration and mediation resolution practice nearly 10 years ago. A member of the National Academy of Arbitrators and the Association for Conflict Resolution, he serves on several permanent arbitration panels. A life-long Albany resident, Ira has served on the boards of the Albany Jewish Community Center, Congregation Ohav Shalom, and Daughters of Sarah. Ira and his wife Sheila have two grown daughters.



Evelyn Loeb...

is the daughter of Holocaust survivors. Evelyn has been a Diversity Trainer, Holocaust Educator, School Social Worker and Educational Consultant for more than 30 years. She presents workshops on Holocaust education, anti-bullying, prejudice and fighting discrimination throughout the New York area. Evelyn conducts individual and group counseling for special needs students and does behavior consultation, advocacy, community liaison and support work for children and families. She resides in Delmar with her husband of 34 years and has two grown daughters.



JFS Programs and Services

Helping people help themselves. That's the basis for what we do. We provide comprehensive assessment, planning, consultation, advocacy, counseling and other services to assist individuals, families, and the community.

JFS is here for all members of the community without regard to religion, race, creed, or sexual orientation. Our team of highly qualified professionals offers confidential personalized services in a supportive environment.

Our most widely used programs include:

- Counseling for individuals, couples, and families
- Anger Management Program
- Supervised and Therapeutic Visitation
- Parenting Skills
- Custody Evaluations
- Mental Health Assessments
- Mediation/Dispute Resolution
- Support during life-changing illnesses and events or bereavement through the Norek/Moses Transitions Program

Some people come to us briefly; some work with us over the longer term; some return to us at different stages. JFS serves as a "one-stop" center for all who turn to us throughout the many stages of their lives. For more information or to schedule an appointment please contact us at 518-482-8856 or at info@jfsnyny.org.

Scholarship Awarded

JFSNENY extends our congratulations to Danielle Palatsky from Niskayuna, Schenectady County, who is the recipient of a scholarship award for the 2011-2012 academic year. Danielle attends the State University of New York at Plattsburgh. She is in the class of 2014, and has made the Dean's List.

Each year since 1954, JFS has awarded academic scholarships from funds given to JFS explicitly for that purpose. Scholarships are awarded to Jewish undergraduate and vocational students based on need, and other criteria including scholastic achievement, age, and residency of the applicant. Stay tuned for scholarship announcements for 2012-2013.



Going Green

Please help us go green! JFS is striving to be more environmentally conscious. You can help us achieve our goal. Please join our electronic mailing list by emailing your name and email address to info@jfsnyny.org. Please put "Electronic Mailing List" in the Subject line.



Saved by a Ride

Meet Marjorie (*a pseudonym*), who wants everyone to know about the life-saving experience she's had thanks to Jewish Family Services.


Flashback to about a year ago: the vibrant lady with the glowing smile was nowhere to be found. A formerly independent person, she had gradually become overwhelmed by everything that needed to be done in her life. Important things like signing up for Social Security and Medicare benefits and having a primary care physician went by the wayside. Marjorie was alone and isolated—unable to keep up her apartment and using an ancient rotary phone with no answering machine, so she was missing countless calls.

Out of the blue, JFS received a call that Marjorie was in crisis. Though she hadn't really used the service, she had the

Project 5 number on her personal phone list. It was her only outside link, so we were contacted. That call likely saved her life.

Soon after, JFS' care management team lead by Project 5 Coordinator Sally Bratspis rolled in. Marjorie's situation immediately turned around. She was connected with a physician who offered in-home visits. She was assigned her own personal team of JFS volunteers, including Sandy Storfer who became her "personal banker," reviewing her financials and helping with Social Security and Medicare. Arthur Kline, her Project 5 driver, was on call to take her shopping and on other errands; and a volunteer came to her apartment to install a telephone and answering machine.

This fall, Sally facilitated Marjorie's move into a new apartment where she feels at home and renewed. A career librarian for more than 30 years, one of the first things she did was tackle the library in the lobby there. "Now people can find what they're looking for!" she beamed.

As for Sally, Marjorie is quite clear. "I love her!" she said. Then, as they sat together on the couch, she looked into Sally's eyes and with deep emotion said, "You saved me. You saved me in so many ways." 




Sally Bratspis

Project 5

Indeed, it takes a village, a caring Jewish community, to bring so many positive changes into someone like Marjorie's life. What begins as a just a ride burgeons quickly into friendship.

Transportation is key to bringing elderly out of isolation and depression. Project 5 volunteers provide transportation to and from medical appointments, shopping, visits with friends and more.

We're reaching out for more drivers - baby-boomers, college students, young adults, and recent retirees who have some free time to make a difference. Training is provided.

Most volunteers get more from the experience than they give. It's easy, fun and rewarding. Promise! 

Become a Project 5 Volunteer

To learn more about becoming a Project 5 volunteer, please contact Sally Bratspis at JFS at 518-482-8856. Or email us at info@jfsnjeny.org.

Project 5 volunteers
Sandy Storfer and
Art Kline.



Albany's NNORC: The Latest in Keeping Seniors Safe & Healthy

The Albany NNORC run by JFS was recently spotlighted by WNYT- TV's Benita Zahn, co-anchor and health reporter, who highlighted it as "the latest in keeping seniors safe and healthy."

Aging in place.... means not having to move from one's present residence in order to secure necessary support services in response to changing needs related to aging. A NORC—or Naturally Occurring Retirement Community—is a community or neighborhood where residents remain for years and age in place as neighbors. As Michael Burgess, Chair of the Statewide Senior Action Council noted, "It's a naturally occurring retirement community. It wasn't planned, but it became one."

Neighborhood NORCs like ours serve a unique and

wonderful purpose of enabling nearly 2000 people living in the Albany Whitehall Road area to receive the supports and services they need to continue living in their own homes. As Zahn



commented, the NORC is "more than structures. It's services from social to medical to even home maintenance."

The piece, which featured


NNORC residents Vern DeLong and Bill Straney as well as the JFS NNORC Nurse Pat Gumson, provided a window into the lives of Albany seniors who have come to depend on the program as a lifeline.

The NNORC keeps people "socially and emotionally connected," Zahn continued.

"They have people that care and that make you feel at home, and make you feel like you're wanted and like you're a person and you have something to give," commented Mr. Straney.

Mr. DeLong perhaps summed it up best as he reflected on what the NNORC has meant to him.

"There's no reason a person has to be alone," he said.

The full story may be found on WNYT's website at <http://wnyt.com/article/stories/S2413747.shtml?cat=300>. 

Controlling Anger so it Doesn't Control You

Everyone loves a graduation. And when graduates thank their classmates and instructors, you know the class was a success. This was the case with two recent graduates of JFS' 10-session Anger Management Program. They learned the triggers to their anger, knew how to interrupt angry thoughts and actions, and were taking constructive steps to resolve their initial angry responses. No small feat.


"I've always known this is a problem for me," said one participant, and another person, taking full responsibility for his behavior said, "I belong here."

There are few places in the Capital Region that offer such a program—a critical service since anger issues have continued to escalate given the downed economy, rising unemployment and the added stress people feel

from having to do more with less.

Few of us can control situations that "push our buttons," but all of us can learn to control the resulting behaviors in response to ensuing thoughts and feelings.

Referrals to the program come from a variety of sources, and a full evaluation is conducted to determine admission to the program. Once in the group, members open up to one another, sharing both awareness of triggers to anger and impulse control. Participants are encouraged to examine the long- and short-term costs of their anger, and learn how to identify the triggers so they can control the behaviors that result in negative and costly consequences.

For more information about our Anger Management Program, or to schedule an evaluation, contact JFS at (518) 482-8856. 

Steve Lobel – Community Builder



Residents of Albany have long-regarded Steve Lobel as someone who cares and is willing to work hard for something he believes in. This past June, Jewish

Family Services recognized Steve with its most prestigious honor—The 2011 Anshel Weiss Community Builders Award—a testament to his generosity, deep commitment and dedication to serving others. Through his lifelong contributions, Steve has come to epitomize Serving Humanity with Humility, the concept and underlying theme of the Award itself.

Those who attended the event at the Massry Center for the Arts at the College of St. Rose were treated to the best the Capital Region has to offer. Surrounded by family, friends and supporters, it was Steve's humility and gentility that true-to-form came through. The presentation of the award by Al Norek, long-time board member and friend of Steve's was capped by many kind words from community leaders and friends.

In describing Lobel, Norek offered, "Steve is a person who has a rare balance of being a fun-loving guy who never stops trying to make the world a better

place, and who has who has—over the years —gently persuaded many of us to join in to support his causes."

The event featured an array of light fare and desserts accompanied by live Jazz and Classical music and a brief award presentation. Guests mingled among artwork and photography from local collections and community members, including Lobel, that were on display throughout the evening.

Thank you, Steve, for your many years of dedicated community building!

We are excited to announce that this year's Annual Event will be held on June 7, 2012, and by popular demand we'll celebrate once again at the Massry Center for the Arts. The 2012 Anshel Weiss Community Builders Award will be presented to Michael J. Castellana, President and CEO of SEFCU. We will also be recognizing Miriam R. Adler for her many years of service to JFS. We hope you'll join us. (See back cover.)



An Enduring Legacy

JFSNENY recently received a generous donation from the estate of our friend and community philanthropist, Robert J. Ludwig. Bob's gift to the Endowment Fund will provide perpetual support, and is an enduring legacy in his honor.

Bob Ludwig will long be remembered for his generous spirit and passionate commitment to the highest ideals of humankind. Though his bequest he has deeply enhanced JFS' ability to continue serving the community. In keeping with Bob's commitment to the Jewish community, JFS is purchasing an Israel Bond that will provide both a long-term investment in the agency as well as the State of Israel. We are forever grateful for his generosity and foresight.

As nonprofit organizations struggle to survive during this difficult economy, bequests like Bob's are becoming an increasingly important lifeline to ensure that the organizations and services people count on will be there for generations to come.

While some gifts may be large, many are small. Some come in the form of cash, while others come

in the form of property, stocks, bonds, life insurance or annuities. All gifts to JFS offer tax benefits. Regardless of form or size, all gifts are important and will make a difference in the lives that follow.

Making a bequest can be as easy as listing it in your will or changing the beneficiary of an IRA or life insurance policy. Bequests may be unrestricted or restricted gifts. JFS staff can work with you to meet

your giving needs. For more information about planned giving, please contact us at 518-482-8856.



Bob Ludwig

Thank You to Our Generous Supporters

Your donations are essential to ensuring delivery of excellent services and the availability of the range of supports we provide for the thousands of people who count on us. Many thanks to the following individuals, organizations, and corporations for their contributions in 2011.

CORPORATE SPONSORS

Albany ENT & Allergy Services
Albany Medical Center
Anchor Agency, Inc.
Charlotte & Charlie Buchanan
CDTA
The College of Saint Rose
Cotton Hill
Key Bank
Nigro Companies
Omni Management Group, Ltd.
Schuyler Companies
Stuyvesant Plaza
Tri-City Rentals
Wilson Elser Moskowitz
Edelman & Dicker, LLP

INDIVIDUALS

Anonymous
Sheldon & Rochelle Abelson
F. Stanton & Harriet Ackerman
Seth & Gail Agata
Elaine Ainspan
Helene Ainspan
The Sidney & Beatrice Albert
Foundation
Arthur & Rita Alowitz
Janet Altschuller
Robert Altshul
Abraham & Frieda Anolik
Alan & Gloria Arnold
Martin & Sara Barr
Martin Becker
Gerald & Judith Ann Berger
Marc & Leslie Berlinsky
Bertha Berman
Carole Bieber
Sanford & Joyce Bookstein
Nancy Boone
Charles Braverman & Julia
Rosen
Arthur Brenner
Dorice Brickman
Karl & Barbara Brodsky
Albert Brooks
Judith Brown
Anitta Burg
Virginia Camerman
Abe & Dorothea Capon
Tim Carleton & Elisa Meredith
Jennifer Ciulla
Kenneth & Judith Clements
James Cohen
Jeffrey & Bonita Cohen
Shirley Cohen

Ted Cohen
Community Foundation for the
Capital Region
Congregation Beth Abraham
Jacob
Barry Davis
Jocelyn Dax
Elsa deBeer
Leslie Diamond
Reynold Easton
Julia Eddy
Jeri Eisenberg
Beverly Eisenstadt
David & Esther Eisner
Marjorie Elitzer
Jonas & Emily Ettlinger
Malka & Eitan Evan
Alana Feldman
Sanford & Suzanne Fialkoff
John Finn
Stewart & Pamela Finton
Leslie & Audrey Fisher
Bernard Fleishman
Marvin & Sherry Friedman
Eric & Joanna Fried
Florence Friedman
Abe & Leah Gaies
Marjorie Gang
Marvin Garfinkel
Alan & Yvette Gebell
Bernard & Barbara Geizer
Marc & Cheryl Ginsburg
Richard & Nancy Ginsburg
Adelaide Glazier
M. Sherry Gold
Allan Goldberg
Alan Goldberg & Karen Lipson
Bryan Goldberger
Sol Goldstein
Neil & Jane Golub
A. Richard & Diane Goodman
Jill Goodman & Arthur Malkin
Steve & Marilyn Gordon
Jerianne Green
Steven Greenberg
Walter & Roberta Greenberg
Matthew & Sally Greenblatt
Maurice Griffel
Robert Gumson
Leon & Marsha Halpert
Marcia Handelmann
Roger & Shirley Hannay
Jonathan & Margaret Harvey
Allan & Gloria Herkowitz
James & Barbara Hoehn
Sophie Hollander
Gary & Christine Holle

Rosanne Horn
Barry Ikler
Barry & Diane Isenberg
Stanley & Charlotte Isser
Ed & Laura Jacobs
Lillian Jacobs
Murray & Marsha Jaros
Gary & Rosalind Judd
Martin & Jean Kaback
Ethel Kagan
Steven & Elana Kamenir
Morris & Reba Kaminsky
Asa & Judith Kaplan
Milton Kaplan
Esther Karp
Eugene & Bernice Karp
Aaron Kassoff
Robert Keyes
Shalom & Rena Kieval
John & Marlene Kimball
Jeffrey Kimmer
David Kinney
Eric & Rose Ann Knieling
Mark & Marta Koblenz
Louise Koenig
Barry & Cheryl Kogan
Ron & Nancy Kohn
Dr. Daniel & Celine Kredentser
Lewis & Basia Krupka
Max Kuperman
Leland & Deborah Lakritz
Eugene & Cynthia Laks
Alfred & Carole Landess
Barry & SaraLee Lerner
Naomi Laub
Jack & Ruth Lauber
Gardner Lerner
Alan & Rose Levensohn
Shirley Levey
Bernard Levine
David Levine
Esther Levine
Freda Levine
Margaret Levine
Karen Beth Levy
Leo & Martha Levy
Esther Lewis
Henrey Linett
Steward & Brenda Linsey
Paul & Susan Lipman
Alan & Karen Lobel
Ira & Shiela Lobel
Jane Loeb
Fred & Florence Luborsky
Joseph H. Mann, Jr.
Jessica Many

Richard & Ruth Marowitz
Morris & Esther Massry
Norman & Micki Massry
Max & Lois Mendelson
Adelaide Muhlfelder
Carl Myers
William & Elizabeth Nathan
John Nigro
Alfred & Meryl Norek
Harris & Sandra Oberlander
Bruce & Ellen Peckage
Seymour Peltin
Alan Pfeffer
Barri Pivar
Lawrence & Mancina Propp
Richard Propp
Ken & Anita Rabinoff-Goldman
Louis Rappaport
Alan & Susan Rauch
Deborah & Lee Rausch
Judy Rettig
Steve Ribner
Eliot Rich & Marla Eglowstein
Wayne & Monica Richter
Edith Riemer
Harold & Francine Rockowitz
Robert & Carol Rosenblatt
Peter & BJ Rosenfeld
Paul & Taube Rothenberg
Joseph & Gail Sacco
Larry & Clara Sanders
George Louis Sarachan
James & Joan Savitt
Morris & Barbara Sax
Vita Scarlet
Michael & Barbara Scher
Kenneth & Elaine Schick
Sadie Schneider
Debra Schnoop
Barbara Schron
Douglas Schwartz
Eric & Ellen Schwartz
Gail Schwartz
Susan Scribner
Robert & Amy Scully
Ken & Nancie Segel
Richard Seiden
Joanne Seltzer
Paul Seltzer
Gavin & Karen Setzen
N. Greenstein
Mildred Shafer
Laurence & Marilyn Shapiro
Sumner Shapiro
Gabriela Sherer
Bernice Shoohe

Eugene & Marina Shpirt
David & Mollie Shulan
Gary Siegel
Stuart Silbergleit
Albert & Christine Singer
Patricia Snyder
Joel Spiro
Sanford & Gail Sternstein
Henry & Nancy Stone
Sandra Storfer
Norman & Adele Strominger
Rami & Deborah Strosberg
Stulmaker, Kohn, & Richardson
Robert & Robin Suitor
Bertha Sussman
Sophie Swire
Avrum & Rosemary
Tabachneck
Ralph & Audrey Tannenbaum
Eli Taub & Nancy Bell
Leah Taub
Henry & Terry Tedeschi
Alice Tepper
Daniel & Terry Tyson
Martin & Susan Farber
June Schechter
George & Clarice Silverstein
Philanthropic Fund
Herman & Deborah Ungerman
Washington Tavern
Natalie Weinstein
Dorothy Weiss
Charles H. Weissman, MD
Richard Weisz
Martin & Renee Whitman
C. Wayne Williams
Jonas & Ilse Wolff
Michael & Linda Wolff
Robert & Monika Woll
Linda Woodward
Ira Zackon & Nini Wu
Barbara Zaron
Philip Ziffer

IN-KIND

Jeffrey Altman
Congregation Beth Emeth
Delaware Plaza Wine & Liquor
Miller Printing & Litho
St. Sophia's Greek Orthodox
Church
Joe Schuyler
Agnes Tick
Daniel Tick
Paul Tick



877 Madison Avenue
Albany, NY 12208

NON PROFIT ORG.

US POSTAGE

PAID

PERMIT #587

ALBANY, NY

Honoring

Anschel Weiss Community Builders Award

Michael J. Castellana

President & CEO of SEFCU

Recognizing

Miriam R. Adler

25 Years of Service to JFS

For more information
contact JFS:
518-482-8856
info@jfsneny.org

Thursday, June 7, 2012

6:00–8:00 pm

Massry Center for the Arts
The College of Saint Rose
1002 Madison Avenue
Albany, NY 12208



Save the Date