

FAMILY FORUM

Published by Jewish Family Service of MetroWest to Celebrate and Strengthen the Family

Spring 2002

JFS Initiates TRANSITIONS Senior Care Network

TRANSITIONS
eldercare

It is an undeniable fact we must all face the aging process. Medical advances enable us to live longer, but it is up to us to ensure that we maintain a quality of life for our loved ones - one that emphasizes dignity and compassion. Now more than ever, the complex issues of caring for an aging parent require an array of medical, healthcare, psychological and support services. Statistically, it costs over 14 times more to maintain someone in a residential care facility than it does to provide home health care.

With this in mind, JFS has created the Transitions Senior Care Network, a program which seeks to link all MetroWest area synagogues in an integrated geriatric managed care network. *All congregants of affiliated synagogues who call JFS Transitions ElderCare will receive a discount on the services offered by the JFS Transitions ElderCare Service.* JFS provides a comprehensive menu of services, administered by

please turn to page 4

THE FIRST FIVE TO HONOR THE FIFTH*

** and counting...*

JFS is pleased to announce the initial MetroWest synagogues to become affiliates of the Transitions Senior Health Care Network:

Temple B'nai Abraham, Livingston
Temple Shalom, Succasunna
Temple Beth Ahm, Springfield
Temple Emanu-el of West Essex, Livingston
Temple Sha'arey Shalom, Springfield
Congregation Beth El, South Orange
Temple Beth Shalom, Livingston

In doing so, these synagogues affirm the fifth commandment of "Honoring your Father and Mother," by using Jewish Family Service of

MetroWest as the preferred provider for senior care management.

Every congregant from these synagogues who calls JFS for Transitions' services will receive a service discount. In return, each synagogue agrees to promote and advertise the Transitions program in the synagogue bulletin. Our goal is to have all the synagogues in the community affiliate with us.

So what are you waiting for?

To join the Network, call Leah Kaufman, director of JFS Transitions ElderCare Services, at (973) 467-3300.

JFS... We're all about families... yours.

JFS Responds to 9-11 Tragedy

The events of September 11 have changed the heart of America forever. As an ever-present part of the community, the JFS mobilized almost instantly to respond to these horrific events and provide much-needed services. In these painful days of recovery and rebuilding, we continue to do so.

Within hours of the tragedy, the JFS Trauma Response Team reached out to 58 MetroWest area congregations to offer our help and services. They galvanized synagogue volunteers to create networks of support for families who were directly impacted. The JFS has provided ongoing support to 25 Jewish and non-Jewish families who lost a family member that day. To date, the Agency has served over 300 affected individuals. Critical incident debriefing,

grief counseling, support groups, consultations and educational workshops have been offered both on- and off-site at 25 synagogues, 8 schools, 20 corporations and 10 community organizations. Since September 11, our staff has been available to the community to provide comfort, strength and healing to all those in need. These services include a 24-hour crisis phone response, on-site intervention, emergency financial assistance, adult counseling and play therapy for children and psychiatric services.

We are also a partner agency of the Morris County Mental Health Disaster Response Task Force, which has established a Community Resource Center for Morris county residents affected by the tragedy. The Center offers them

Jewish Family Service of MetroWest Community Calendar

March 24, arrive anytime between 12 noon and 1:30 pm
CareLink Passover, Aidekman Campus, Whippany
March 26, 11 am
Café Europa, Aidekman Campus, Whippany
April 9, 11 am
Café Europa, Aidekman Campus, Whippany
April 10, 7:30 pm
Getting Ready for Baby, JFS - Florham Park
April 17, 7:30 pm
Getting Ready for Baby, JFS - Florham Park
April 21, 8 am - Registration, 10 am - Run, 10:10 am - Walk, 11 am - Kids' Run
Run for Rachel, Memorial Oval, Livingston
April 23, 11 am
Café Europa, Aidekman Campus, Whippany
April 24, 7:30 pm
Getting Ready for Baby, JFS - Florham Park
May 5, 9 am
Naturalization Workshop, JCC - West Orange
May 14, 11 am
Café Europa, Aidekman Campus, Whippany
May 21, 7:30 pm
International Adoption, JFS - Florham Park
May 28, 11 am
Café Europa, Aidekman Campus, Whippany
June 3, 7:30 pm
Annual Meeting, Aidekman Campus, Whippany
June 11, 11 am
Café Europa, Aidekman Campus, Whippany
June 11, 7:30 pm
The Rachel Coalition Annual Meeting, JCC - West Orange
June 19, 7:30 pm
International Adoption, JFS - Florham Park
For more information about any of these events, please call (973) 765-9050

an opportunity to obtain free professional services, such as advocacy, information and mental health counseling.

If you or someone you know has been affected by the terrorist attacks, we are here for you, now and always. Please call Jewish Family Service at (973) 765-9050.

I N S I D E F O R U M
2... CareLink Passover 3... Thank You 4... Run for Rachel



From the JFS Executive Director

Dr. Reuben Romirowsky
Executive Director

It has been 5 months since the tragedy of 9/11. Yet, its influence on both the families directly impacted and the general community is still too massive to describe. After the initial outpouring by friends and family, the families who lost a loved one have started to face the everyday realities of car-pools, budgeting, paying the bills, shopping, and preparing dinner. The "firsts" - birthdays, celebrations, or a Jewish holiday since the disaster - are simply too painful to bear for most. The gaping holes left behind of a lost father or a husband is, for many, just now starting to show itself. Some of the children continue to have sleeping problems, reluctant to separate from their mothers, while for others, it is the mothers who cling to their children at night.

The JFS has responded to 25 Jewish and non-Jewish victim families since 9/11. Thousands of professional staff counseling hours, and the mobilization of countless volunteers from synagogues and churches have truly defined "community." Yet, after the initial outpouring and good will by friends and neighbors, it is the ongoing commitment of institutions like the JFS that are available to people in need 24 hours a day, 7 days a week. Like the process of Shiva after 7 days of mourning, friends tend to move on, with the family left to pick up the pieces. The JFS is there to pick up those pieces - one at a time - until the puzzle begins to make sense.

We have experienced the impact of 9/11 on the general community as well. Greater numbers of clients who are the least able to pay for their counseling have asked for our help, primarily due to the downturn in the economy, and the inability to manage multiple problems at the same time. One Federation Trustee, who now finds himself with massive debt, faces bankruptcy, home eviction, and the end of the lifestyle to which his family has grown accustomed. He says to me in shock, "I never thought that I would need your help. I always thought it would be the other guy." In these difficult circumstances, the JFS has to "break the bubble," and focus on the realities of everyday life. Left unattended, marriages can break up, and the children can be left feeling even more vulnerable and confused.

The nature of the intake work has also changed. People calling us are more anxious and agitated, and eager for quick solutions. The internal moral inventory many people have undertaken after 9/11 has helped many re-assess their priorities and values, and what matters most to them. For some, it means taking on private demons - fears, anxieties, depression, and panic. For others, it is a call to re-balance the tension between the often-competing worlds of work and family. Our job at the JFS is to customize solutions for people, and to work with them to help them feel more in control, masterful, and capable of responding to the stresses of everyday life.

Café Europa Growing Rapidly

Since its official launch in September, 2001, Café Europa, the MetroWest Holocaust Survivors Friendship Society, has grown at a phenomenal rate, averaging 115 participants per session.

"We initially hoped to attract about 40 people and grow to 80 'regulars' by year-end," noted Leah Kaufman, director of JFS Transitions ElderCare. "The community response has been overwhelming and very positive. Even during these winter months when one would expect a sharp dropoff, we have experienced very little loss in attendance. It's absolutely incredible."

Café Europa was established by JFS, in partnership with JCC MetroWest, and with generous funding from The Healthcare Foundation of New Jersey. The Café has created an informal, relaxed setting where survivors can engage in conversation, participate in social and educational activities and develop supportive relationships. It also provides a venue for JFS to identify survivors whose needs might otherwise go unnoticed and who may be eligible for other services. Meetings are held bi-monthly at the JCC in Whippany. There are no fees, but advance registration is required. For the meeting schedule, please see the JFS *Community Calendar* on page 1.

"Many participants have commented to me how secure and comforted they feel coming to the Café Europa sessions. Even after only six months, there is a very strong sense of community and sharing among the Survivors. We are pleased to be able to provide an array of programs to meet the social, emotional, and physical needs of these precious community members," said Kaufman. Looking toward spring, Café Europa has a number of special activities planned. Currently, more than a dozen individuals are creating a "Patchwork of Memories" quilt, an artistic rendering of their Holocaust experiences. The quilt itself will be unveiled at the April 9 gathering of Café Europa, which also coincides with *Yom Hashoa* - Holocaust Observance Day. The community presentation will take place at the JFS Annual Meeting on June 3.

A trip to Washington, D.C. is in the works, as are two books - A Café Europa Anthology, which will include short stories, poetry, sketches, jokes and anecdotes, and a Café Europa Cookbook, a treasury of cherished cuisine.

For further information about the Café Europa MetroWest Holocaust Survivor Friendship Society, please call JFS Transitions ElderCare Services at (973) 467-3300.



More than 300 people attended the community dedication of Café Europa on November 27 at the Crystal Plaza in Livingston.

Be a *link* in our Passover Connection!!!



We invite you to join MetroWest volunteers for a day of **COMMUNITY CARING** and extend a **FRIENDLY VISIT** to older adults and people with special needs.

SUNDAY, MARCH 24, 2002

Please plan to arrive any time between 12 noon and 1:30 pm.

Training sessions will be offered every 20 minutes

Meet at Aidekman Family Jewish Community Campus, 901 Route 10, Whippany

Volunteers will assemble and deliver a Passover meal.

Children will create **SPECIAL PROJECTS** to include in the packages!

Snacks and beverages will be available.

CareLink is a project of 



In cooperation with:

Jewish Education Association of MetroWest • United Jewish Federation of MetroWest

Co-sponsored by:

Over 40 MetroWest synagogues, agencies, schools and community organizations

Your participation makes a difference in the success of this project. Pre-registration is required. Cancellations require one week advance notice so that clients are not left without a visit.

QUESTIONS: Please call Anita Millman, JFS Director of Volunteers and Special Projects, at (973) 765-9050, ext. 231.

A Special Thank You...

We gratefully acknowledge the generous support of the following individuals and foundations who have contributed to the 2001/2002 JFS Annual Associates Campaign. Through their participation as Associates, they have made a community statement of support for the Agency's programs and services. We thank them for their continued involvement with JFS.

Ellin Cohen and Mindy Wolfson, Co-Chairs, 2001/2002 Associates Campaign

<p>Patrons Harriet & Seymour Beneroff Elissa Caterfino Ellin & Fred Cohen Dr. Cindy Green & Lee Cohen Judy Cohn Allyn & Lawrence Cooper Toby & Leon Cooperman Blanche & Nathan Dorman Joan & Peter Eilbott Carolyn & Oliver Esman Ellen & Steven Fishman Ellen & Alan Goldner Barbara Gottesman Mary C. Don & Stephen Greene Ruthella & Jerry Harwood Ellen & David Hyman Lois & Bruce Jacobs - Jacobs/Dingler Pace Fund Steve Knee Linda & Ben Kohl Cheryl & Joseph Kott Robyn & Scott Krieger Doris & Ira Kukin Susan & Lawrence Lubow Gina & Kenneth Mandelbaum Rebecca & Jed Marcus Carol & Robert Marcus Lisa & Edward Mendelsohn Deborah & Ross Miller Kelly & Michael Mulroy Maxine Myers Elisa & Alan Pines Terry Polaner Ruth & Elazar Rabbani Genie Reichman Thelma & Harvey Reisman Anna P. 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(Patrons: Gifts of \$250 and higher; Sponsors: Gifts of \$100 - \$249; Friends: Gifts of \$99 and lower)

Please accept our apology if we missed you. We researched carefully to be certain that we included everyone but omissions are always possible. If you contributed between July 1, 2001 and February 26, 2002, and your name is not present, please contact Shanique Irving, development assistant, at (973) 765-9050, ext. 200, so that we may properly acknowledge your contribution.

Celebrate Special Occasions Through the JFS Tribute Program

The JFS of MetroWest Tribute Program is a meaningful way to express your feelings to family and friends, and, at the same time, helps to provide much needed financial resources to the Agency.

Donations received through the purchase of Tribute Cards, Place Cards or contributions made to Agency Name Funds help extend services which the Agency can offer to clients in need.

Tribute Cards are ideal for acknowledging any of life's important events, such as a birthday, wedding, speedy recovery, new home, birth, memorial, Bar/Bat Mitzvah, promotion, etc. Just call and the agency can send one out for you or you can order in bulk.

Tribute cards are available under these options:

Personalized Tributes:

(Donations of \$25 or more)

Both the donor and recipient receive a personalized letter.

Chai Tributes:

(Donations between \$18 and \$24)

\$18 Single Card \$90 Packet of 6

Original Tributes:

(Donations between \$5 and \$17)

\$5 Single Card \$25 Packet of 6

Place Cards bring an element of grace and refinement to your dining table. They are perfect for all festive occasions – weddings, Bar/Bat Mitzvahs, holidays, dinner parties, etc.

Each card notes that a donation has been made to JFS in your guests' honor. Place cards are available in white or ivory stock and are attractively packaged.

\$18 Packet of 12 \$36 Packet of 25

For larger orders, please call JFS directly and we'll be happy to accommodate your needs.

Name Funds within the JFS Tribute Program are a lasting way to acknowledge your commitment to JFS, as well as support of the Agency.

Donors who establish a Name Fund can designate their fund resources to either general Agency operations or to benefit an established Agency program.

For more information about establishing a Name Fund or contributing to one, please call JFS at **(973) 765-9050**.

To order Tributes or Place Cards by phone, please call JFS at (973) 765-9050, ext. 200.

All Tribute Program donations are acknowledged and are fully tax-deductible. Payment can be made either by check or credit card. JFS appreciates its donors' support.



The MetroWest Community Helps JFS Brighten the Holidays

Jewish Family Service would like to thank all those who made donations during the holiday season. Their generosity and caring put smiles of joy on many people's faces!

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|---|--|
| Agudath Israel, West Caldwell | Morris Plains Rotary, Morris Plains |
| Temple B'nai Or, Morristown | N. Essex Holiday Fund/ United Way of N. Essex, Montclair |
| B'nai Shalom Mens' Club, West Orange | Prudential, Parsippany |
| Greater Newark Christmas Fund, (in association with the Star-Ledger) Newark | Schechner Lifson Corp., Millburn |
| JCC Nursey School, West Orange | Temple Sinai, Summit |
| Mitzvah Mission, Hebrew Academy of Morris County, Randolph | Toys for Tots |
| | Sheri & Robert Wolfson, Mountain Lakes |
| | Women of Leisure, JCC MetroWest |

On Your Mark, Get Set, *Run for Rachel*

Raising Awareness of Domestic Violence

Following a phenomenally-successful first-time event last April, the second annual Run for Rachel is set for Sunday, April 21, at the Memorial Oval in Livingston. (The Oval is located at Livingston High School on South Livingston Avenue.)

The event, a 5K race, 2-mile walk and Kids' Run, is held with the participation of the Township of Livingston, the Livingston Board of Education and the Livingston Municipal Alliance Committee.

Established in 1997, the Coalition's services include a 24-hour crisis response hotline, a suburban emergency Safe House (with kosher provisions under the Va'ad of MetroWest), transitional housing, individual and group counseling, groups for men, education and outreach.

"Last year we were overwhelmed by the reception we received from both the corporate and private community," said Beth Levithan, Run co-chair. "Nearly 1,000 people came out on a beautiful spring day to either run, walk or support the cause and we raised over \$100,000. All monies raised were earmarked for essential victim services, including an emergency suburban safe house, and we are confident that this year we can break that mark."

According to Run for Rachel 2002 co-chair Nancy Pickard, the response from the runners' world was also tremendous. "Livingston had not hosted a race in over 14 years and people were eager to run this course," she said. "Everyone who participated last year expressed a keen desire to run again and I'm sure additional runners will get on board. We also



have the addition of 'teams' this year, which will enable groups from all walks of life - companies, synagogues, health clubs, neighborhoods and friends - to participate as one squad."

Run for Rachel will begin at 10:00 a.m. with registration beginning at 8:00 a.m. The race is United States Association for Track and Field (USATF) certified and members will earn 500 points for this event. The walk starts at 10:10 a.m. and the Kids' Run, sponsored by NorCrown Bank, will follow at 11:00 a.m. Children ages two to 11 are eligible for the Kids' Run, with distances of 25 to 400 yards.

Goody bags will be distributed only to pre-registrants, and T-shirts and prizes will be distributed on race day, while supplies last. Grand prizes will be given to the adult, child and team who raise the most money in sponsorship. Awards will be distributed to the three top 5k male and female finishers; the top Livingston residents, both male and female, and the top three male and female in each age group. Ribbons will be awarded to all Walk and Kids' Run finishers. The event will also feature refreshments, generously

2002

provided by Kings Supermarkets, a DJ, surprise drawings and more. The race is directed by On Your Mark Productions.

The Run is sponsored by ADP, Schering Plough, NorCrown Bank, Tight Ends Inc., Team Products International, Kushner Companies, The Healthcare Foundation of New Jersey, PNC Bank, Roseland Properties, United Jewish Federation of MetroWest, Saint Barnabas Medical Center, Lowenstein Sandler, Avon, Nine West Eyewear, Ronald Sachs, M.D., P.C., CS Integrated, First Union National Bank, Planned Building Services, Jhanna's Fine Jewelry, Capitol Lighting, Sisterhood, Temple Sha'arey Shalom and The Richards Investment Partnerships.

The entry fee for pre-registrants is \$18.00 (\$15.00 for USATF members) and \$20.00 for those who register after April 15, 2002. The cost to participate in the Kids' Run is \$5.00.

For more information or to obtain an application, contact the Rachel Coalition at (973) 765-9050, ext. 400. To register online, www.rachelcoalition.org or www.OYMP.net.

Behind JFS - STAFF HIGHLIGHTS

We welcome the newest additions to the JFS family: **Diane Davis**, C.S.W., Intake Department; **Mariya Martynenko**, Case Manager at Ivy Hill; **Lisa Kahn**, L.C.S.W., Clinical Social Worker in Springfield; **Andrea Meth**, Rachel Coalition Case Worker at Florham Park.

Hats off to: **Irit V. Felsen**, Ph.D., Clinical Consultant, who presented the discussion "Between Our Parents and Our Children: Talking About the Holocaust in an Age of Terrorism," part of a series presented by the Holocaust Council of MetroWest for descendants of the Shoa.

TRANSITIONS *eldercare* Senior Care Network...

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reliable and dedicated professionals. Our services include in-home and office counseling, medication evaluation and monitoring, comprehensive geriatric assessment to diagnose depression, Alzheimer's, etc., referrals for home health aides and attendants to assist with community living, support groups to cope with loss and caregiving, advocacy with entitlement programs/insurance, developing a transition plan

to accommodate a move into assisted living or other residence, transportation to medical care, volunteer services and information and referral. JFS cherishes the value of "K'lal," and it is our vision to ensure the same quality of care for all older adults that we expect for our own parents and family.

For more information about the Transitions Senior Care Network, please call Leah Kaufman, JFS Transitions office, at (973) 467-3300.

If you or someone you know is affected by domestic violence, don't wait. Call 24-hours a day, and ask for RACHEL. Your call will be answered immediately.

(973) 765-9050

JFS also offers a 24-hour emergency response service to assist you with difficulties that arise after business hours.



FAMILY FORUM is published periodically by Jewish Family Service of MetroWest to celebrate and strengthen the family.

Carol P. Marcus
President

Reuben L. Romirowsky, D.S.W.
Executive Director

Reuben D. Rotman
Assistant Executive Director

Lucia M. Natale
Communications Associate

JFS is a member and beneficiary agency of the United Jewish Federation of MetroWest and its United Jewish Appeal, and the United Way of Essex and West Hudson, United Way of Morris County, United Way of North Essex and United Way of Millburn-Short Hills.



OFFICE LOCATIONS

256 Columbia Turnpike
Suite 105
Florham Park, NJ 07932

500 Morris Avenue
Springfield, NJ 07081

15 Commerce Boulevard
Suite 110
Succasunna, NJ 07876

760 Northfield Avenue
West Orange, NJ 07052

66 W. Mt. Pleasant Avenue
Livingston, NJ 07039

111 Prospect Avenue
East Orange, NJ 07017

www.jfs-metronj.org